



Colorful Tossed Salad with Parsley Dijon VINAIGRETTE

Amid the whirlwind of end-of-school-year activity and baking hundreds of cookies for graduation parties this month, today's Colorful Tossed Salad with Parsley Dijon Vinaigrette has become my



TONY & SARAH NASELLO
Home with the Lost Italian

weekday favorite for a quick and easy lunch. This salad holds up well for several days in the refrigerator and it is pretty enough to also enjoy on weekends

or any time you want to serve a simple, yet beautiful, salad.

I created this recipe a couple of years ago specifically for weeks when I am on the go and need a lunch that is fast, nutritious and delicious. I wanted a green salad that would hold up well for several days in the refrigerator, and chose ingredients suited to that purpose, including spring greens, spinach, cherry tomatoes, red cabbage, red onion

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Photos by Sarah Nasello / The Forum

Above: Bold in flavor and color, Sarah's Colorful Tossed Salad features a range of complementary textures, including fresh and springy greens, crunchy red onion and cabbage, juicy tomatoes and creamy blue cheese. **Top:** Sarah's Colorful Tossed Salad with Parsley Dijon Vinaigrette can be made in big batches and enjoyed throughout the week for a healthy, delicious and beautiful lunch dish, especially on busy days.

What I've learned in my first 3 months at a newspaper

Duluth
Last winter, when I was considering whether to accept a job as a features reporter at the News Tribune, I asked another newspaper journalist what it would be like: "If there's a fire at a

warehouse or something on a Friday night, will I be dropping everything and running down there?"

"No," she said, accurately. "That won't be you."

I had a lot to learn about life at a newspaper. While I came to this job with 15 years of experience writing and reporting,



Jay Gabler / Duluth News Tribune

Our columnist checking in for newsroom duty.

I'd never worked at an actual newspaper of record before.

I've written for an independent news website, an alternative weekly newspaper, a pop culture blog, monthly magazines, an orchestra program, an art exhibition catalog, one of those free

magazines you pick up at supermarkets, and even a consumer insight firm that hired me to write a report on the subject of — wait for it — the United States of America. The whole country.

So I was pretty sure I was ready for anything in terms of writing

challenges, but I hadn't written for a newspaper since the days of assembling my high school paper with a dot-matrix printer, a pair of scissors and Scotch tape. (That's not on my resume, but yes, I did mention it in the News Tribune job interview.)

After three months on the job, here are some of the things I've learned about being a newspaper reporter.

Not all reporters are the same. While all reporters have the same fundamental job — find out what's happening in the world and write accurate articles about it — there are important differences in how, when and what we report.

That hypothetical warehouse fire? If that were to happen, a news reporter assigned to be on call for that night

would cover it. There would also be an editor available to edit and publish the story when it was ready, as well as to help with updates in the case of a developing story.

I'm a features reporter, which means my main job is to write stories that are timely, but not breaking. When I do cover breaking news, it tends to be show announcements or other things that don't have major implications for, say, public safety. If a local theater company were for some reason to choose 9 p.m. on a Friday to announce their upcoming season of plays, that could probably wait until Monday.

Most reporters have some form of a beat, each writer being generally expected to be a go-to, knowledgeable

person for news in that realm. My beat is arts and entertainment, and one of the most rewarding parts of my job has turned out to be working with my colleagues on other beats when they intersect with mine. For example, when a new art space opens (business), when a musician plays at a local school (education) or when movie cameras roll due to county incentives (government).

Space is flexible, even in print. After a lifetime of watching movies about newspapers where the front page editor is holding 15 inches of A1 for a reporter who's glued to his phone chasing a hot lead, I had this idea that when I took a story assignment,

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