

A Word from “Director Mike”



This has been an exciting semester experimenting with new items during our addition of late night dining. We would like to thank the students for all

the positive feedback we have received. Our late night dining was designed not only to extend the hours of operation, but as a way to continue to serve each student with a customized dining experience. The grill area offers made-to-order quesadillas, breakfast sandwiches, and burgers. The specialty items such as soups, salads and personalized pizzas have been a big hit and will

continue next semester. As always gluten free tortillas, pizza crust and bread is available upon request. We have many new late night creations in the works for this coming semester. Our dining staff looks forward to sharing this experience with you. *Our hours are between 7:00 pm and midnight, Monday through Thursday*

What is “Mike Speaks”?

“Mike Speaks” is a newsletter distributed by Dining Services to educate the Hendrix community on all the new and exciting things that are going on in the department.

The Burrow

Mon-Thurs

7:30 a.m.-3:00 p.m.

Friday

7:30 a.m. –12:00 a.m.

Saturday

4:00 p.m.-12:00 a.m.

Sunday

7:00 p.m.-12:00 a.m.

Dietitian’s Corner: Keeping Your Food Safe



As the busy holiday season is upon us, most of us will be enjoying one food feast after another that include appetizers, traditional dinners and desserts. For those of us preparing the dishes, our mind will be set on the ingredient list and planning time, but one thing we don't typically take into consideration is food safety. Well now there is a free app available to help keep our kitchen

safe. The *Is My Food Safe?* app for Apple or Android is a quick reference. A few of the sections include:

- Is it done yet? Provides correct temperature settings for cooking and reheating different items. It is important to make sure foods are cooked to a safe minimum internal cooking temperature. A food thermometer is essential.
- Time to toss? Knowing how long to keep an item in the refrigerator. When should you toss out those leftovers, condiments and more. Answers may surprise you.

- Is my kitchen safe? A quiz to test your knowledge.
- What is food poisoning?

If the app is not convenient for you or you want additional food safety references, visit homefoodsafety.org for plenty of safety tips, videos and downloads.

Hendrix College offers free nutritional counseling to students. If you have questions about food allergies, setting up dietary goals, or have other dietary concerns, email me to set up an appointment at Mosleyc@hendrix.edu.
Cindy Mosley, MS, RD,LD

How to Contact Us

Dining Services
450-1309

1600 Washington Ave
Conway, AR 72032

<http://www.hendrix.edu/diningservices>

Find us on
Facebook
& Twitter



Employee Spotlight: Kevin Saunders, Cook



Kevin has been with Hendrix dining services since 2010, working alongside others producing delectable dishes as a morning and evening cook on the homestyle line. He expresses, "Cooking food for people is a worthwhile activity. I love making someone's day with a good meal."

He brought his culinary skills from working as a cook at Pia's Restaurant, which was formerly located in downtown Conway. Pia's (named after Kevin's daughter) was owned by his wife Kate and her father. Before finding a career as a cook, Kevin was a graphic designer for nine years at a screen printing and sign shop in Little Rock.

Kevin has two daughters Lilith, nicknamed Pia by her grandfather (age 13) and Eva (age 2).

Kevin is a native Arkansan, born in Warren (home of the Lumberjacks), located in Bradley County. He has lived in Central Arkansas

since 1998 and has a house directly abutted to the Arkansas River in Perry County, where he enjoys row boating, bird watching, fishing, and collecting driftwood. He once found a machete in a cedar post that had washed up after a high water. "I used the machete the day that I found it and many times since, and the cedar post is used on the handrail of the deck that I built last summer. I love it when the barges hum as they pass the house at night, the way that the light reflects on the waves."

Some of his other hobbies include reading, boccie ball, drawing,

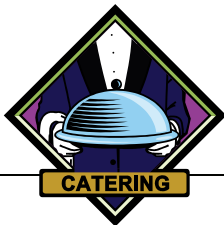
painting, woodworking, and visiting Arkansas state parks.

Kevin always has a smile on his face, a warm heart and helps keep the laughter going throughout the kitchen. What you may not know about him is that he appreciates classical books & television.

So for those of us who watched Mork and Mindy during the late 70's or the reruns on Nick at Nite in the 90's, we can appreciate the nostalgia Kevin has for the show. What's hiding under that chef coat? "You can't see them, but I am wearing rainbow suspenders."

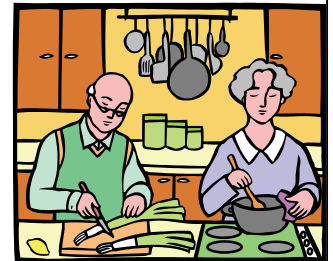
Attention Students

If you are interested in working part-time in our catering department, please contact Cecilia Driver at 450-1309 or Driver@hendrix.edu.



Recipes from Home

Have you noticed our *Recipes from Home* house located on the Homestyle line? If you have a special family recipe you would like our chef to replicate and share with everyone on campus, please fill out a recipe card and drop it in the house. Every recipe will be considered. Don't forget to put your name on it, so we can contact you if necessary.



Coming in the Next Issue:

Employee Spotlight:

Katie Reno
Catering Sous Chef

Upcoming Events :

Luau - Wednesday, Feb. 5th
Valentine's Day - Thursday, Feb. 13th
Fiesta - Wednesday, Feb. 26th