



# Mike Speaks

Hendrix Dining Services

October 2014

## A Word from “Director Mike”



I want to thank the Hendrix Community for your help in making Hendrix Dining Services an award winning dining program. Again, we are proud to announce that our outstanding performance has won us four nationally acclaimed awards. Each year NACUFS (National Association of College & University Food Service) recognizes excellence in

collegiate dining with the Loyal E. Horton Dining Awards. This year we received two gold, one silver, and one bronze awards. The Golds were achieved in Retail Sales (Burrow) and our Special Event (A Day in Paris). We received a silver in Residential Dining and a Bronze was awarded for our catering webpage. These awards are the result of a collective effort by all members of our hard working staff and helpful feedback and participation from the Hendrix Community. One of the distinct qualities of our dining hall is

the interpersonal communication between students and staff. It is quite a unique bond that resonates from year to year. We know that providing great tasting food is just part of the experience, but making the students feel at home is what we feel sets us apart.

Thanks to complimentary student reviews, our dining hall was rated #3 on the 2015 Cappies Best College Food category. Check out [cappex.com](http://cappex.com) for the gracious comments students wrote about our dining services and the Hendrix Community.

## 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.-3:30 p.m.

(grab & go) 3:30pm-8:00pm

### Friday

7:30 a.m. – Midnight

### Saturday

4:00 p.m.– Midnight

### Sunday

7:00 p.m.– Midnight

## Dietitian’s Corner: Greek Yogurt Bandwagon



Did you know we serve a Greek yogurt on the smoothie bar on Tuesdays & Thursdays? Well, if you haven't jumped on the Greek yogurt bandwagon yet, here is why you might want to give it a try. Greek

yogurt is high in protein. The yogurt we serve contains 20 grams of protein per one cup serving. Compare that to 21 grams of protein in a 3 ounce serving of chicken. One cup of our nonfat vanilla Greek yogurt contains 160 calories, only 10 mg of cholesterol, 20 grams of carbs, and provides 25% of your daily calcium. Try the yogurt as a base in smoothies, topped with granola or

in place of a dessert.

If you have questions on more nutritious ways to add variety to your diet or to set up some dietary goals, please don't hesitate to contact me. Hendrix College offers free nutritional counseling to students, so if you have questions about food allergies or have other dietary concerns, email me to set up an appointment at [Mosleyc@hendrix.edu](mailto:Mosleyc@hendrix.edu).

## How to Contact Us

Dining Services  
450-1309

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

Find us on  
Facebook  
& Twitter



## Employee Spotlight : Marque Chandler, Utility



Marque Chandler has been working at Hendrix for three years and describes one of his primary duties as “to clean, clean, clean.” Sharing bragging rights, Marque is part of a team

of dedicated workers who keep our dining hall looking polished! With various tasks that include light maintenance, stocking dishes, and support in the pot sink, there are always plenty of things to fill his busy day. He expresses what he likes best about Hendrix, “It is the friendly atmosphere and intramural sports that is offered through the Hendrix Community”. He is specifically referring to his participation in the 3 on 3 and 5 on 5 basketball

tournaments, where he shared the court with staff, faculty, and students. Marque is not a stranger to sports. He played four years of high school football and during his senior year was awarded the most valuable defensive player. Currently he spends his free time fishing, volunteering at Precious Moments daycare, singing karaoke, dancing, and jogging. His longest jogging trek took him from 5th Avenue in Conway to Mayflower

and back. While relaxing at home, he spends at least four hours of the day on his Xbox 360. Marque enjoys listening to music from the 70’s and 80’s. Some of his favorites include Michael Jackson, Ambrosia, and Fleetwood Mac. What Marque is most proud of is his 14 year old daughter, Latrevia. He speaks highly of her talented voice, noting she sings rhythm and blues and performs gospel in the church choir.

## We Love to Celebrate Birthdays!

Each day the menu board displays names of students who are having a birthday. When a student with a birthday has entered the dining hall, please notify one of our staff. As a special treat, we will present them with their very own birthday cake and a song. Thank you for your participation.



“Happy, Happy Birthday.  
We’re really glad you came.  
Happy, Happy Birthday  
From the Hendrix Gang.  
We really are excited.  
We wish for you the best.  
Happy, Happy Birthday  
to our special guest.”

(We have gluten free cakes available. Please contact Debbie Lipscomb at least one week in advance, so we can make special arrangements for your upcoming birthday. [lipscomb@hendrix.edu](mailto:lipscomb@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.



The Burrow

**FREE FRIES**



Free order of Regular Fries  
with any sandwich purchase.

Expires 10-31-14