

## A Word from “Director Mike”



I am excited to announce that in a joint venture with Facilities, the Hendrix Dining Garden has started its

spring planting. This will be our first season of planting to include a large range of vegetables, fruits, and herbs. Seeds and plants were acquired locally and will fill up five raised beds in the Daffodil Garden area in front of Raney Hall. We hope to begin harvesting from the garden for service begin-

ning late spring or early summer. We have future plans to expand our garden space, which will continue to increase the supply to our kitchen. We look forward to the continued increase of our sustainability efforts and especially to providing you with tasty homegrown vegetables and fruits!

## 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: National Nutrition Month



March is National Nutrition Month® and the theme this year is “**Enjoy the Taste of Eating Right**”. Confirming research shows that taste over nutrition is the number one factor people purchase one food over another. This month’s key message focuses on combining taste and nutrition to create a healthy meal. Healthy food doesn’t have to be thought of as boring or tasteless, especially vegetables. Food acceptance can evolve from

the process of experimenting with cooking methods and ingredients. Preparing vegetables in a different way takes a little creativity and time in the beginning and may involve several attempts. Here are a few ideas to get you started. Stir fry your vegetables with or without brown rice and “spice it up”. We offer many flavor combinations at the wok bar. Don’t hesitate to ask one of our servers for help. Add beans or vegetables to soups, stews, chilis or even casseroles. Try a new dip (hummus, maybe?) with raw vegetables. Experiment this spring break by roasting fresh vegetables using these basic steps 1) wash and cut in chunks. 2) coat

with olive oil, salt and pepper, then add additional fresh or dry herbs such as thyme rosemary, or Italian blend. 3) distribute vegetables on sheet pan being careful not to overcrowd. 4) Roast at 425 degrees for about 30-45 minutes depending on size of cut and type of vegetables (check the internet for ideas on vegetable and herb combinations).

If you need additional ideas or tips on how to balance your meals in the dining hall, contact me, (Cindy Mosley) at [Mosleyc@hendrix.edu](mailto:Mosleyc@hendrix.edu). to set up an appointment.

National Nutrition Month® is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics.

## 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: Kelly Hepner, Dining Room Supervisor



**Kelly Hepner** has been at Hendrix Dining for about 8 years working several job positions. Starting as a daytime vegan/vegetarian cook, she later moved into a head baker position. Kelly was a fantastic cook in our kitchen and she always aimed to give her entrees and desserts a creative flair.

Way back when, in Hulen Hall, Mike Flory envisioned a made-to-

order sandwich bar. Kelly partnered up with Carrie Heflin and together they helped serve a successful action station and created the famous “Scooby Snack”.

Design has always been her passion and for several years she helped in our Catering department.

Now as one of our dining room supervisors, Kelly has taken on the role of assisting Trudy Taber (Front of the House Manager) and a group of other talented ladies in the inventive planning of our special events. The clever displays during our Sundaes event on Thursday’s are a product of her envisioned designs. She takes pride in her decorating and says, “I enjoy watching the excitement on everyone’s faces during

each special event.”

Have you ever looked closely at the *Recipes from Home* box located next to the Homestyle line? Yes, those were Kelly’s decorative touches.

Kelly was born in Louisiana, but grew up in Florida. After graduating high school, she studied hand drafting. She received her design degree in drafting and spent several years in that field until CAD (computer aided drafting) took over manual drafting. Kelly has a daughter (Kimi, 21 y/o) who also has artistic talents. She attends the Art Institute of Tennessee, majoring in animation, with the dream to someday work for Disney or Dreamworks. She says, “Kimi showed her gift at an early age by drawing a

character when she was 1 1/2 years old and we (family) continue to be amazed by her talent.”

Kelly has a huge heart for animals. She includes in her family, her two dogs, a beautiful sweet chocolate lab and Jack Russell/Beagle rescue.

In her new home, she enjoys spending time tackling home improvements and working in the yard.

One family member you may know is her mother, Janice, who serves on the Homestyle line. Kelly says, “I am so blessed to be able to be with her just about everyday.” She also concludes, “the friendly people and great atmosphere at Hendrix is what keeps me loving my job.”

### Upcoming Events

**Embrace the Orange** (with Admissions) April 13

**Rock-n-Roll Day** April 14th

### Coming in the Next Issue

#### Employee Spotlight:

Kathy Roberts,  
Vegan/Vegetarian Cook

The Burrow  
**FREE FRIES**



Free order of Regular Fries  
with any sandwich purchase.

Cannot be used with Dining Dollars

Expires 4-30-2014

The Burrow  
**Free small**



**“Coffee of the Day”**

with any purchase

Cannot be used with Dining Dollars

Expires: 4-30-2014