

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 five 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 three gold and two bronze awards. Gold was achieved for Residential Dining, Catering Online

Menu, and Retail Sales (The Burrow). Bronze was awarded for Catering Special Event (The Yellow Wall-Paper, special guest Dan Welcher) and Residential Dining Special Events (Presidential Road Trip). 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.

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-Fri

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 : Staying Hydrated in the Summer



Summer is approaching soon, and this is the time of the year I like to remind everyone of their fluid intake. Drinking water, juices, sport drinks, and milk are all obvious choices, but did you know there are many nutrient rich foods

that have a high water content? The following vegetables are between 85% and 95% water and would be perfect for your summer salad.

- Spinach and lettuce have potassium, folate, antioxidants, vitamin A, C & K.
- Tomatoes have lycopene and vitamin A.
- Broccoli provides vitamin A & C, Calcium, iron, antioxidants, and fiber.
- Carrots are a great

source of vitamin A and a good source of vitamin K.

- Don’t forget to top off that salad with cucumbers, radishes, or celery.

If salad is not your thing, some excellent fruit choices are watermelon, cantaloupe, and pink grapefruit, which have vitamin A & C, & potassium.

For dietary questions please email me at
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How to Contact Us

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Employee Spotlight: Pennie Barlow, Line Attendant



Pennie started at Hendrix in 2003 working special events in the catering department. After our reopening at the SLTC in the spring of 2010, she took on a new position as one of our morning line attendants. She says, “what I like about Hendrix is the dining staff is great. Everyone helps each other and all the staff is

determined to provide the best meals possible for the students.” She continues, “ I love the diversity of the students. I also love knowing that I might be the first person they speak to that morning, helping them start their day on a positive note with something as simple as a ‘good morning’.” She enjoys teaching the students to make omelets and watching them experiment with their own recipes.

She will be married 38 years in August to Tom, who proposed to her while they were playing golf. In 1979, they moved from Cleveland

Ohio to Arkansas. They have two children Steve and Janessa and a white miniature schnauzer, named Heidi.

Pennie has a great passion for golf and learned to play at the age of thirteen, but she never got the chance to play on the, boys only, high school team. In later years, she competed in individual competitions throughout the state and has played several couples tournaments with her husband. One of Pennie’s proudest moments is playing with her husband and having him witness her make 3 out of 5 of her hole in ones. She served on the

Board of Directors for the Arkansas Women's Golf Association for ten years as Tournament Chairman, Vice President, and President. She now spends less time on the greens and more time with her beloved grandchildren (Lukas, 13; Locklan, 7; Leven, 5; Lyric 3).

Today, her hobbies include: knitting, crocheting, crafting, and she especially enjoys sewing clothes for her grandchildren.

Pennie states, “although being raised a yankee, my husband and I definitely call Conway, our home.”



THANK YOU to students, staff and faculty for participating in our special events this year. We had a great time preparing and presenting them to you. We hope you had a great time as well.