

## 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 perfor-

mance has won us three 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 a Gold, Silver and Bronze award. Gold was achieved for Residential Dining Special Event, where we brought you a Mediterranean cruise with ports of call at Barcelona,

Athens, and Rome. Our Silver award was for Residential Dining, which represents our entire dining program. The Bronze award was for Retail Sales. This award was for The Burrow Café, which had a menu redesign this year. 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.

## Dietitian’s Corner: Is Kale Still Cool?

Are you wondering if kale is still worth the hype? Has the fad come and gone? As we all know, kale came into trend several years ago and quickly topped almost everyone’s superfoods list. It boasts a nutritional powerhouse of antioxidants including vitamins A and C. Plus this low calorie vegetable (30 calories/cup) is high in iron, vitamin K, and fiber. Today, it holds onto its popularity and cool factor, not just for the nutritional benefits, but for its versatility and availability year-around. This leafy green is a perfect addition to your favorite recipes. It blends well into smoothies and is hardy enough to chop into soups, salads or slaws. A great snack to try

is baked kale chips, which can be simply dressed with olive oil and salt. If that’s not enough flavor for you, add garlic and parmesan or spice it up with garlic powder, cumin, cayenne and chili powder. To prepare, first remove and discard stems. Rip up leaves into smaller pieces and wash and dry the leaves thoroughly. Toss well with olive oil and spices. Spread evenly on a sheet pan and cook at 350 degrees for about 10 minutes. If you are shying away from raw kale because of the tough leaves, add a bit of olive oil and salt before preparing salads. Now give them a good rub. A cold or warm vinaigrette salad is easy to prepare and makes

for a great side dish or meal. A recipe you may want to try at our wok station or at home this summer is a warm cranberry almond salad. Don’t worry too much about the quantities, just experiment and enjoy! To prepare, heat about one tablespoon of olive oil in a pan and add some chopped onions. Sauté until tender. Then add a small handful of cranberries, a splash of red wine vinegar, about a teaspoon of honey, and juice from a slice of lemon. Stir to combine. Season with garlic powder, salt, and pepper. Transfer to a plate or bowl and add some thinly sliced (pre rubbed) kale and sliced almonds.

## 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

### How to Contact Us

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Find us on  
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& Twitter



## Employee Spotlight: Loretta Ladkins, The Burrow Café



**Loretta** has been with Hendrix Dining since August of 2008 serving up nourishing meals in our downstairs quick-service restaurant and coffee bar, The Burrow Café. She says she is very thankful for her job and works because she feels it is important to contribute. "I am not a professional cook by any means, but I cook from the heart and enjoy the freedom to try new

things". Her creative preference is sandwich making, which allows for endless possibilities to produce what she describes as either "healthy or comfort choices". She appreciates the positive feedback from students and especially the heartfelt thanks and smiles she receives after fixing a meal.

Her work experience includes various restaurants, ten years at a grocery store, and a cashier at a recycling plant and professes that working directly with the public has given her much joy. She considers her life to be filled with many blessings. Married to her best friend

(Dwayne) of 9 years, together they have 6 grown children, 16 grandchildren and one great grand child. Loretta is originally from Long Island, New York and Dwayne is from Louisiana. They met in Texas and shortly after marrying moved to Oklahoma, where he worked in the oilfields. Later, they had the opportunity to move to Arkansas. They now own what she calls her "little piece of heaven", a mini farm in Greenbrier consisting of horses, goats, geese, turkeys, ducks, chickens, cats, peacocks, and dogs (Rotties). Her animals produce milk and eggs, that she sells to friends and coworkers.

If that doesn't keep her busy enough, she enjoys flower gardening, remodeling her home, riding motorcycles, attending church and visiting family out of state (Texas, Florida, and Louisiana).

Loretta has grown close to many at Hendrix. She expresses, "The staff and students here are warm, welcoming, sincere people. It is the conversations and friendships, I will hold dear for years to come. I hope I have served you well!" Her word of advice, "never judge a book by its cover; you may have lost a best friend before you have had a chance to meet."



## 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.

