

## A Word from “Director Mike”



As the 2015-2016 year comes to a close, I would like to thank students, staff and faculty for participating in our special lunch events. Every year, our diligent staff work persistently to create original events and recreate some traditional favorites. Hendrix favorites include Wiener Day, Halloween, Thanksgiving, Christmas, Valentine/Chocolate Day,

Rock and Roll, and a Chinese New Year Celebration. To change things up, we also like to throw in one spectacular surprise event that always wows our guests. This year, the choice was a BBQ Smokeout. You may remember the ultimate BBQ sauce competition, the live country rock music, photo booth with President Tsutsui, one spectacular grill cake, and of course the delicious smoked BBQ.

The Warrior Wagon is another special occasion that always draws a crowd. This year we gave you soft pretzels with cheese spreads and sauces, smothered French fries with 16 toppings,

chicken wings, burritos & nachos, gyros & falafels, and the Wienermobile with the Chicago dog, frito pie chili dog, and German dog.

On the Worlds Fare, we collaborated with our staff to introduce their favorite native dishes (Mareilla Ortega-Peruvian, Yao Ivey- Thai).

A popular go-to item this year was the addition of the build your own burger bar on Tuesdays and Thursdays. This was also a crowd pleaser that included 4 cheeses and specialty toppings.

Over the summer, we look forward to working on new ideas for the coming year.

## 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 Cafe*

#### **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: Pulses on the Menu

Are you looking to add versatile, nutritious, and affordable meal options to your summer menu? Then it is time to explore the world of pulses. What are pulses? They are part of the legume family, specifically the crop harvested from the dry seed. Examples include chick-peas, black-eyed peas, lentils and dry beans- kidney, black, pinto, and lima beans. These are all

items that we serve regularly in our dining hall. It does not include legumes such as soybeans, green peas, and green beans. Pulses can be served as a side, a vegetarian entrée, or an addition to salads or soups. They provide extra fiber and protein to any meal. The United Nations declared 2016 the International Year of the Pulses (IYP), to bring awareness to the their

health benefits, contribution to food security around the globe, and sustainable attributes. If you would like to learn more about IYP and explore some great recipes visit <http://www.fao.org/pulses-2016>. Or make a pulse pledge (pulses once a week for 10 weeks) to help reduce your carbon footprint and build a healthy diet. <https://pulsepledge.com/>

## How to Contact Us

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## Employee Spotlight: Janice Glascock, Server - Homestyle Line



Janice has been with Hendrix Dining for over 15 years. She started her first 10 years in our catering department working as the catering coordinator before transitioning as a server into our dining hall. Every Sunday through Thursday, during lunch and dinner, you can see her greeting each student by name on the Homestyle line. As many would agree, she is well admired by students and staff and her finest qualities are her pleasant manner and sense of humor.

Born in El Dorado, Arkansas, she is the youngest of five children (2 sisters, 2 brothers). At the age of 8, her family moved to Louisiana, where she spent her teenage and young adult years. Shortly after high school, she married, had her first child, and then started working as a dental assistant in Shreveport. After her second child was born, she took on a new adventure by moving to Florida and raising her children (Kelly and Kevin) in Destin, Ft Walton, and Gulf Breeze. Then, in the late 1980's, they returned to their roots in Arkansas to be closer to their extended family. Her oldest, Kelly, also works at Hendrix as one of our dining room supervisors. She helps provide many of the

creative designs at our monthly special events and Thursday's sundaes. Kelly has one daughter, Kimi, who is artistically talented as well.

Janice's son, Kevin, is the owner of Boogaerts Salon in Conway and is planning to remarry in July. He has two children and one grandchild. His son, Brad, proudly serves in the Army Reserves.

Janice looks forward to her weekends with her great-grand daughter, who will be 2 years old in June. Friday night sleepovers are cherished moments and the warmer weather has given way to Saturday morning playtimes at the park.

A typical Saturday afternoon includes church and shopping with her good friend/coworker Mimi. When

time permits, they meet up with others from work to go antiquing in Little Rock. And if that is not enough to keep her weekend filled, she still finds time to tend to her yard, particularly her flower garden. Her travels over the years have brought great memories. Family vacations include road trips through many of the western states including her favorite stops at Yellowstone National Park and the mountains of Colorado. Her fondest moments come from her visits to Maui, Cozumel, and Belize. Janice does not have any travel plans in her near future, but certainly in time, her sense of adventure will give way to another place of discovery.

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## 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 and hope you had a great time as well.

