

Prior cook finds his place in Truman's cafeterias

BY LAURA PRATHER
Features Editor

Dennis Markeson enjoys a nice, hot pork sandwich.

Markeson, director of Dining Services at the University, is in his 39th year of working for University Food Services. Hailing from a small town in Wisconsin, Markeson said he attended culinary school in Michigan and then began his long career in food services as a chef.

"I went through a trade school and started in cooking and then got promoted into management and traveled all over the country in the company for years," he said.

After traveling to about 10 states for his job, Markeson said he decided to take the position at Truman and build a life in Kirksville.

"When I was a traveling person for the corporation, we had an account here, and the person didn't like it here so it reflected back on the job we were doing," he said. "So I just told them, 'You go ahead and transfer, I'll take over the operation here,' because Kirksville is a nice town and it's a nice school, and I wanted to make a career staying here."

Markeson, who made the move to Kirksville in 1985, is in charge of all food services operations across campus, including residence hall functions, University events, such as Homecoming, and catered banquets on campus. Markeson said he also oversees a 14-person management staff working for Sodexo.

The staff conducts several on-campus surveys each semester, including a post-Truman Week survey to get continual feedback from students, Markeson said.

"We compile that information, and then we'll take a look at the menus and suggestions ... and make some changes to our menu for next semester," he said.

Markeson said menus are pre-planned for the semester and rotate on a five-week cycle. He said

that even though the menus are made ahead of time, changes always can be made later, depending on problems that occur or people's suggestions.

Dining services is good at solving problems in a timely manner because someone in management always is around, Markeson said.

"When I'm on campus, I make the rounds to all the build-



ings three times a day," he said. "I eat on campus here three meals a day during the week. So I'm right in the dining halls, I know what we're serving, I want to make sure the quality is there and so on."

Markeson said that in the 22 years he has been here, dining services has worked with the University to make numerous advancements.

"It's progressed 900-fold," he said. "When I first came here there was no transferability. It was strictly a 20-meal plan where you either went to your meals or you lost them. ... The whole program has changed, and part of it is that years ago they didn't allow anybody to carry food out of the dining room. ... We've gone to the school and incorporated a lot of those things into our program now."

In addition to carrying block meal plans and being able to take food out of dining halls, C-Stores also are located across campus. Markeson said he introduced those five years ago and that his wife, Lynnette, who has worked in management for 30 years, is in charge of the stores.

Markeson said the University is in charge of the dining services operations and setting their limitations. He said Sodexo's national corporation is only predominantly in charge of providing materials and suggestions for marketing strategies, such as recipes or menu specials.

"Sodexo has a lot of online recipes, and we have a lot of recipes that we've incorporated over the years," he said.

Dining services also employs about 200 local residents, which makes them one of the main employers in town, Markeson said.

"We used to hire a lot more student workers," he said. "... Now we pick up a different clientele, and so we have less students that work so we hire actually more full-time people."

Markeson said he also has seen a change in employees' motivation since he has been at Truman.

"I built a team of people, including my hourly's, that enjoy working here and being part of the campus and that means a lot," he said. "If you're happy going to work every day, it means a lot more than going to



Brian O'Shaughnessy/Index
Dennis Markeson, director of dining services, in the SUB Tuesday afternoon. Markeson has worked in University food services for 39 years in over 10 states.

a job you don't like. And we get along well with the campus and the community, and we plan on retiring here."

In his spare time, Markeson said he enjoys outdoor activities.

"[I like to] golf a lot, hunt a lot, things that you can learn to do in Kirksville," he said.

Markeson said he also likes to root for the Green Bay Packers go fishing, travel with his wife and visit their two sons, daughter and six grandchildren.

Despite the fact that Markeson is nearing his 40th anniversary of working for University Food Services, he said he doesn't see himself retiring in the near future.

"As long as I still enjoy coming to work, I'll be here for a while," he said. "I'd like to stay all the way through the renovations ... before I call it quits. Every year we get new students, a new student body, and we get a lot of new faculty and staff, ... and I just enjoy working here."



Health Talk

with Phil McIntire, D.O.



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Surgery options let patients leave sooner

Minimally invasive surgery, also known as endoscopic, laparoscopic or arthroscopic surgery, uses technology to limit cutting while accomplishing the same goals as traditional surgery. Although minimally invasive procedures result in less scarring and shorter recovery times, they come with other risks that a patient should be aware of if a doctor recommends the procedure.

In minimally invasive surgery, fewer and smaller incisions are made. Using specialized techniques, miniature cameras and light sources, a surgeon makes a series of small incisions or a single small incision rather than a large incision. The cameras and lights allow the surgeon to see inside the body to perform the surgery, which reduces blood loss, surgical scars and recovery time. Patients who have minimally invasive surgeries leave the hospital and perform regular activities more quickly than patients who have conventional surgery.

Minimally invasive procedures can be performed for various types of heart surgeries, colon and rectal surgeries, as well as gastroenterological, gynecological, neurological and orthopedic procedures. Specialized doctors and tiny tools make the large range of minimally invasive surgeries possible. The specifics of the surgeries vary as much as what is being operated on, but in most cases, small cameras allow the surgeons to be precise with these small instruments by projecting images from inside the body onto large screens.

Minimally invasive surgery often is more time-consuming and delicate than traditional surgery. However, this still varies from surgery to surgery. For instance, the removal of a gallbladder or appendix is one of the most commonly practiced minimally invasive surgeries. These

often are completed quickly and are as safe as traditional surgery. Surgical removal of cancer, though, can be more challenging with minimally invasive surgery. It has had less testing than the surgeries to remove the gallbladder and appendix. If your doctor suggests a minimally invasive surgery, ask for specifics and check to see if the procedure is well established or if it is still in the testing stages. Factors such as the patient's health and history also come into play in the decision to perform minimally invasive surgery. If the patient is sick or weak, minimally invasive surgery might not be the best option because of the long operating time.

Minimally invasive surgeries vary in their incision sizes, operating times and the tools used. Ask your doctor how often he or she has performed the surgery and what the success rates are. Ask how familiar your nurses and anesthesiologists are with minimally invasive procedures and how long it will take to recover. Some minimally invasive surgeries can be done as outpatient procedures and others require a hospital stay. Be sure you know which you will be having. Minimally invasive surgery can be a wonderful option for some patients and procedures, but like any surgery, it is important to learn about your procedure beforehand because being informed will help smooth the surgery and recovery process.

For more information

on minimally invasive surgeries, contact Dr. McIntire at 660-665-6174

New crush needs Facebook



Lauren Miller
sex and the 'ville

None of us can deny the convenience of Facebook in our lives, its importance, even. Although it might not outrank eating, you at least look at it while you eat. It might not beat out school, but it is a definite and undeniable distraction that we love. Why sleep when you can immediately update your albums to include last night's bar crawl? Ever notice how all those pictures look exactly the same?

Anyway, as a certified and very practiced Facebook user, imagine my surprise when I met a boy who does not have a Facebook profile.

Because of this, I am forced to call him Text Message Boy.

He is wonderful, kind, funny, super-cute and my current love interest ... but there is, as I am sure you can see from the name, a communication problem.

Text Message Boy lives with one of my high school friends in Columbia. And because he doesn't have Facebook or IM, communication came down to either text messaging or actually dialing. I

have no backbone and quickly scratched calling off my list.

That just left text messaging, which I truly hate. It takes tremendous amounts of time, is destined to give me carpal-tunnel syndrome and makes grammar virtually impossible. Plus, text messages apparently cost money.

This whole crush has cost me at least \$5. It could end up costing more if it turns out that I don't have unlimited text messaging, and I really have no idea if I do or do not. Starting a long-distance relationship has about a negative 20-percent chance of working. Regardless, I like Text Message Boy, and without communication there is absolutely zero chance for anything. At least with this, there is some very, very slim chance.

Really, it's just nice to have a crush sometimes.

This whole conundrum really made me think about the importance of Facebook in a relationship.

It can be used for so much more than stalking past exes or for checking that certain religious, political and television channel choices are in line. It actually can be useful for staying in touch when a real relationship isn't feasible at a certain time, allowing you to communicate casually until it is feasible.

This goes for potential relationships and past friendships. We all can manage being virtual friends until we end up at the same place at the same time and can carry on a real conversation.

Facebook is just less formal than an e-mail. It is less intimidating than a phone call. It is

definitely less costly than a text message.

All in all, it's just a lot more convenient.

Relationship communication develops in levels. I am not talking about the emotional levels, but the actual forms of communication. Initial stages take the least threatening forms, such as text messages or Facebook wall posts. If the initial contact is returned and welcomed, there is the next step — usually a phone call that develops that rapport.

The casual five-minute phone call turns into the 10-minute chit-chat, which somehow morphs into an hour coffee date. Before you know it, dating has occurred.

My problem lies in the fact that casual five-minute conversations cannot turn into any kind of date unless I am driving through Columbia. Which is why I wish Text

Message Boy had a Facebook account. It would give me two parallel modes of communication that would keep things on the down low until I did actually have a reason to call.

And yes, I realize Facebook communication is superficial and superfluous. It does not delve deep into feelings or thoughts. It is written to be shown to the public. Mainly, it doesn't really count.

And I am not really sure text messaging counts, either.

In the end, though, we all use it and love it for its simplicity. That should be enough of a reason for Text Message Boy to get Facebook.

Then at least I could change his nickname.

"As a certified and very practiced Facebook user, imagine my surprise when I met a boy who does not have a Facebook profile. I am forced to call him Text Message Boy."

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