

The Woman Behind the Wrap

BY MALIA BRAIEDY

WHEN I FIRST came to Concordia for a brief academic tour, something my tour guide was sure to mention was how amazing the wraps in the dining hall were. Even then, I remember how friendly the lady making the wraps had been, even though she did not even know if I was going to the school or not. Her kindness made an impression on me and helped to show me the kindness and support that the staff of Concordia have to offer.

Since then, I've gotten to experience many of Barb's wonderful wraps for myself, and recently, I sat down with Barb to ask her a few questions about her experience in the kitchen and at Concordia.

Barb has worked with Sodexo since 1990 and has worked with Concordia specifically since 2012. Before that, she was moved from dishwasher to manager in the restaurant field and ended up managing her own restaurant in Anoka, Minnesota. The kitchen became a natural environment for Barb, which eventually inspired her to go to cooking school and to earn her Chef certification.

Later on, when asked about her favorite parts of her current job at CSP, Barb mentioned her desire to spread

kindness. She states, "I don't have a very glamorous job, but I think that when you have the opportunity to deal with people, you have the opportunity to show kindness, and the world could use a lot more of that." She also says that the best part of each day is finding ways to brighten up a student or fellow staff member's day. She later states: "I work for a couple of the nicest bosses that have ever walked the face of the planet, and I get to serve some of the nicest people to walk the face of the planet, so how lucky am I? You can't put a price tag on that."

I also found our talk really inspiring and insightful, as she really took the time to discuss various issues that she knows that college students are going through. In response to this, Barb says that "we tend to say that we are bodies that have souls, but no, we're souls that have bodies. We got that backwards too... We tend to put the worldly things first and the spiritual things second..." I asked her what she would like to say to those of you reading this article right now. Her response was:

"Everybody's got things that they want to change in their lives, and we tend to go about that by thinking 'I'm going to think myself out of this bad

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habit', but it's actually the other way around. You have to start behaving a certain way. Start behaving the way that you want to be. Start doing these things, these practices, these rituals, these training mechanisms, however you want to look at it, and your heart and mind will follow. You have to practice and do things to become the people that we want to be, and then our heart and our mind follow suit and come into it... you may wonder 'why am I doing this?' but down the road somewhere, it's going to come in handy. So stay with it, keep doing those behaviors and those practices, and it's gonna get you to who you want to be."

Make sure to show some extra love to our CSP staff members this week, especially in time for the holidays, and to remember how much they do to keep our campus a fun and exciting place for us to be.