

... comparisons suggest improvements

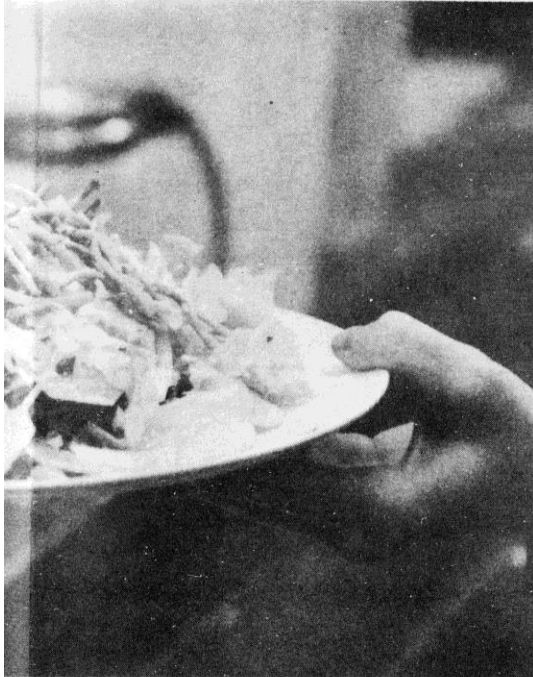


Photo by Dave Foord 8.1

muffins every morning...
poached eggs as well as
s and sticky buns..."

o deemed "much more organized
c than Proctor."

d The Hamilton visitor remarked
n that the dining hall there is "very
e spacious...even at peak hours, peo-

ple never bump into each other."
The salad bar at Hamilton, she
reported, is extremely long, and
"fixings" are repeated four suc-
cessive times. In addition, the bar is
readily accessible from either side.

In Thayer Hall, the Dartmouth undergraduate dining facility, there are four separate dining rooms. Like Williams, the serving areas are completely linear, with trays, silverware, napkins, glasses, entrees, bread, desserts, coffee and tea placed along each line.

The Middlebury student visiting Dartmouth explained that because milk machines and salad bars are located in each dining room, rather than in the serving areas, the lines move much more rapidly than they do at Middlebury.

The four dining halls at Platt-

sburgh State College in Plattsburgh, N.Y., which jointly feed approximately 6,000, are laid out like snack bars rather than cafeterias. Here, menus are posted, and students give their "orders" to a college employee who transfers them to the kitchen.

Each student's tray is then loaded by the cooks and delivered to the cashier where the student is waiting. Diners on the meal plan have a limit of \$2.20 at lunchtime, for example, and must pay cash if they exceed it.

According to one student, this sort of system discourages food waste but is much more of a hassle than Middlebury's all-you-can eat policy, since every extra cup of coffee or bowl of soup must be paid for. On the whole however, the student reported, this system operates "very efficiently."

Speaking of efficiency, almost all of the reporters noted an economic efficiency at the institutions they visited far surpassing that at Middlebury. With the exception of Bates College, every school investigated has an apparently foolproof "checking" system to insure that only those on the college meal plan are admitted free of charge.

Students at Hamilton and Brown must punch their IDs into a computer, for example. Bucknell, Dartmouth and Cortland State require their students to pre-purchase books of meal tickets of "points."



Midd Butterscotch brownies are about to be served.

Photos by Dave Foord 8.1

which the students turn in as they enter the dining hall.

The checking system at Williams is similar to Middlebury's, reported our Williams correspondent, but far less easy to outwit. Instead of giving ID numbers, students show a yellow sticker on their cards which signifies that they are on the meal plan. The cards are carefully scrutinized by a college employee, rather than a student, as the diners enter the hall.

A more varied and appetizing

culinary fare, a more efficient layout and a more careful checking system would be welcome additions to any college dining facility. Admittedly, the Middlebury students who visited other campuses probably welcomed a change of pace and may have decided a particular feature was better than one at Middlebury simply because it was different. Nevertheless, a study of this kind certainly has some value, even if it simply serves to make a few constructive suggestions.

Vegetarian way of life explored

By Alison McGhee '82

Vegetarianism is a way of eating that is becoming increasingly popular in the United States, and Middlebury College sophomores Greer Weeks, Steve Wishengrad, and Linda Taylor have mirrored this trend by establishing a student group interested in vegetarianism as a way of life.

"It's amazing the perceptions some people have about what vegetarians eat," Weeks remarked. "We are working mainly for the purpose of educating people about nutrition, vegetarianism, etc." He added, "Many people don't realize that a vegetarian diet is a large step towards helping the world food crisis."

The group has had only one meeting thus far, at which interested students brainstormed for ideas on which to focus their attention. According to Wishengrad, topics discussed at the meeting included campus food, world-wide food, nutrition, vegetarian cooking, and "better ways of living." He noted that "...the origin of the word 'vegetarian' comes from the

people who coined the phrase, and means 'better living'."

At its meeting, the group also introduced the possibility of forming an official Middlebury student organization. Weeks pointed out that there is a national organization, the North American Vegetarian Society, which has chapters at several colleges and universities, including Harvard and Colby.

About 23 students attended the first meeting, which both Weeks and Wishengrad said they considered a very good turnout. "There's obviously a good deal of interest," Wishengrad commented, adding, "We might also distribute a survey on campus in order to find out how many vegetarians there are, what topics people are interested in talking about, etc."

Weeks and Wishengrad maintained that they would also like to work with the College's dietician and administration in order to improve the selection of food at Middlebury. Recently, the two have been directing much of their attention towards the food served on

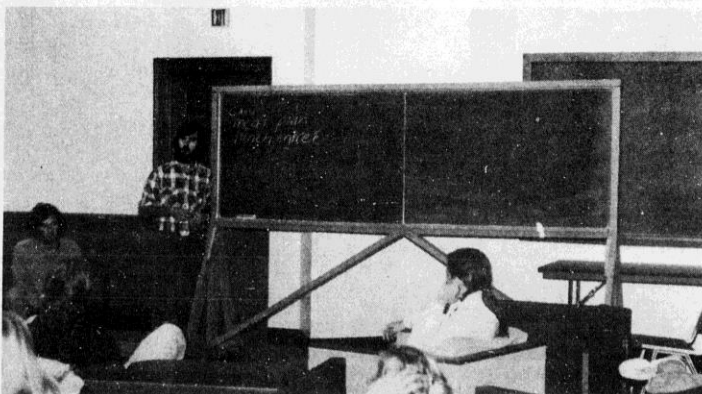
campus, which Weeks deemed "...not adequate for a vegetarian."

Weeks met with the College dietician, whom he said was "...helpful and seemed very positive. She was interested and

willing to contribute to the idea." The group has arranged a meeting with Director of Food Services Gary Starr for later this week.

Weeks and Wishengrad reported that the group plans to

meet often in the future and hopes to involve faculty members as well. "Everyone is welcome — vegetarians and non-vegetarians alike — to talk about nutrition and all the other aspects of vegetarianism," Weeks concluded.



Students meet to discuss the vegetarian alternatives

Off-campus food co-op offers delicious dining

By Sandra Murray '81

Those of you whose palates yearn for excitement, whose appetites are lost daily somewhere between the peanut butter and the croutons, whose friends forsake you in times of seating shortages...take heart in the options others have

found! A minority of students has discovered an alternative to the Middlebury Meal Plan in co-op dining.

This fall, dining co-ops exist at Weybridge, Porter, Homestead and Jewett Houses. On most evenings, co-op members living in the houses,

in dormitories or off-campus gather to partake of the culinary efforts of one of their peers.

At Weybridge House, a different person each night is responsible for buying food, for preparing a meal and for washing up afterwards. At Jewett House, the 15 co-op diners rotate cooking in partners, every night except Friday and Saturday.

According to Nancy Fishbein '81, a member of the Jewett House co-op, she and her partner usually spend from 4:00 p.m. until 7:30 p.m. preparing a meal, eating and cleaning up, when it is their turn to cook.

Meal preparation really doesn't interfere with her studies, Fishbein explained, since she is only scheduled to cook about every nine days. "Besides, it's relaxing," she added. "You really look forward to your night to cook."

At a typical co-op dinner at Weybridge House two weeks ago, Mitch Gross '81 served the four regular co-op diners and three guests — including this reporter — a delicious vegetarian meal of homemade vegetable soup, enough salad for 30 individuals, homemade cornbread and homemade apple crisp. Gross remarked that the preparation of a meatless meal like this one takes him "anywhere from one to five hours."

The dining co-ops finance their meals in different ways. The Jewett House co-op, Fishbein reported, has formed a pre-order group with the Middlebury co-op in town, through which it orders most of its goods for the coming month in large quantities and at substantial savings.

Jewett House also coordinates town co-op orders for the entire College community. Members of the Weybridge group said that they purchase non-perishable ingredients such as flour and cereals from the town co-op through Jewett, but that the individual cook is usually responsible for funding his own culinary endeavors.

All four members of the Weybridge co-op maintained that the amount of money they spend on their individual preparations appears to match the \$178 rebate which the College offers for going off the meal plan.

They added, however, that since they must supply their own breakfasts, as well as the three dinners a week for which no one is responsible, they have to be extraordinarily thrifty.

Jim Healy '81, a member of

the Weybridge co-op, defended the \$356 rebates that the College awards to those students with doctor's excuses approved by College Dr. Bruch. "I think they're fair about that. It's one of the few fair things about the program, but it's fair," Healy said.

The Jewett co-op, according to Fishbein, is doing quite well economically on the lower rebate. "We eat vegetarian, so that saves us a lot of money," she said. The group also purchased vegetables and fruit from local farmers, during the produce season, and has done some canning and jelly-making for the winter months.

"We're very conscious about proteins and getting the right food combinations," Fishbein maintained. "We've already gone through something like 60 pounds of peanut

butter!" She added that members of the group take turns baking bread and other homemade goods as well.

"Probably, if there were less of us, and if we couldn't buy in large quantities, we wouldn't be able to get by" on the \$178 rebate, Fishbein admitted.

According to Lori Woodworth, administrative assistant, the College awards students without doctors' excuses extremely small rebates in order to discourage them from abandoning the College meal plan.

Yet at least 40 Middlebury students accept the low rebate each semester. Why does co-op dining remain a viable alternative for so many? Healy provided one explanation: "Eating in Proctor is like taking three extra courses — you walk in there and...Whoa!"

Forest Hall residents share rooms with mice

By John Hornbostel '84

We complain about no heat or too much heat in our rooms, about cold showers and about beds that sag so much that we can no longer stand up straight in the morning. But at least most of us don't have to share our rooms with mice.

An invasion of rodents may sound far-fetched, but for those living on the third floor of Forest Hall, it is a reality. According to House Director Chris Viscomi '81, the mice were discovered about two weeks before October break, when "four or five people from (Forest East and West) sighted the furry creatures in their rooms."

"I was sitting on my bed reading when I looked down and saw a little mouse running across my rug," Dorsey Milot '82 said of her first encounter with the mice. She proceeded to search for it under her bed, but to no avail. When she informed her hallmates about the sighting, Milot lamented, "no one believed me."

Milot added that she would "hear things scraping like they (the mice) were in the walls." She hypothesized that the creatures might be coming from the attic.

Milot described her next close encounter of the rodent kind, when she glimpsed a baby mouse running back and forth in her room, trapped between a speaker and a box. She remarked that even when she and her roommate Pam Dinsmore '81 closed all their doors "so it

couldn't get out," they couldn't find the elusive mouse.

Soon, Milot said, "everyone in the hall" was looking for the mice, but none were successful. Milot and Dinsmore concluded that the mice "must have holes all over." Dinsmore cited the spot in their room at which the radiator connected to the floor as a possible entrance point.

Neither senior reacted to the mice in the "traditional manner," jumping on chairs and screaming. Dinsmore said that the mice became a "conversation piece;" they used to watch them "zoom up the hall."

Others Forest inhabitants weren't quite as thrilled with their potential bedfellows. They resorted to poison rather than cats, since pets are prohibited by the Dean of Students. Viscomi obtained mice and rat poison from the Service Building. He noted that the poison has been disappearing, which means the mice are eating it.

Milot and Dinsmore refused to use the poison because they didn't want "the dead mice smell" in their room.

Either the mice aren't feeling sociable lately, or the poison is working, because they haven't been sighted recently. With the mice situation under control, life in Forest has been rather uneventful. The mice only "entertained us for a while," Dinsmore concluded regretfully.

Vegetarianism gains

By Steve Siegel '84

People have associated "vegetarianism" with some rather strange ideas in the past. For some, the word conjured images of Bill Walton drinking carrot juice at the halftime of basketball games, or political activist Dick Gregory snacking on a bowl of granola after walking around the world a few times.

Although vegetarians have gained respect in recent years, they still face several problems. Interesting foods that make vegetarian dining more palatable are usually difficult to locate, and almost always expensive. It's no wonder that the carnivorous Middleburyian, envisioning nightly servings of Proctor "it doesn't matter what vegetable it is — it always tastes the same" quiche, decides to remain a meat-eater for the time being.

The Middlebury Natural Foods Co-op, located at 33 Seymour Street, attempts to alleviate these problems. The Co-op sells a tremendous variety of natural foods, ranging from yogurt to grains and oils. According to Manager Judy Campbell, the Co-op also offers its customers the opportunity to form a "pre-order" group that can then purchase goods at a substantial discount.

A pre-order group, Campbell explained, is a group of Co-op

members who submit monthly orders for goods. Since these orders are made in advance and are generally for large quantities, she noted, the Co-op can offer a large discount on the goods.

The Middlebury pre-order group, P-mousse, consists of seven vegetarian students who are not on the meal plan, explained to P-mousser Monica Donnelly '81. The students meet every night, Sunday through Thursday, for dinner at the Homestead House; their food is ordered through the Co-op. Campbell added that the Co-op only marks up its prices for pre-order groups 12 percent, as opposed to the regular 32 percent mark-up. Members of a pre-order group can purchase additional items outside their order at only a 24 percent mark-up.

A Co-op membership card, according to Campbell, costs four dollars annually and entitles two participants in a pre-order group to order and buy from the store at discount prices. Each member is required to work for the Co-op fifteen hours each year, either for the store itself, or for a pre-order group. Responsibilities usually include bagging goods and arranging orders.

So, whether you are a vegetarian or not, if you are on the meal plan and find yourself subsisting on salads and granola, you have an inexpensive alternative right here in town.

shape they should be in. You have to learn to motivate and compliment."

Mayer echoed Smit's enjoyment, saying "I just enjoy every aspect of it...getting involved in something slightly different and a little fun."

Dunning also seems satisfied with the program. "I feel very fortunate," he stated. "We've always had a good group of people. You really need to be on the ball to teach skiing, and we've never had any problems with that."

continued from page 6

Birthday, which creates conflicts with the students." The director added that instructors must be at the Bowl both days on weekends.

Is the time commitment worth it? Smit remarked that although he started teaching simply to ease the pain of skiing costs, he now "gets a tremendous amount of satisfaction watching students improve. It's frustrating, though, when you get people who can't learn because they're just not in the physical

French cooking, American style.

Now appearing at your local store

