muffins every morning... poached eggs as well as blueberries and sticky buns...

Vegetarian way of life explored

By Alison McClosky ’82

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

"It's gaining the perceptions of some people that vegetarian eating is good for you," 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 ideas on which to focus their attention. According to Winbergard, topics discussed at the meeting included campus food, world-wide food shortages, 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 mean "beaver 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 Caltech.

About 20 students attended the first meeting, which was held on October 23, 1980. The group is hoping to attract more members and to develop a way of life that is sustainable and environmentally friendly.

Weeks met with the College dining director, who said that the group's efforts are "very helpful and seem very possible. We were interested and willing to contribute to the idea." The group has arranged a meeting with Director of Food Services for later this week.

Winbergard reported that the group plans to meet more in the future and hopes to involve faculty members as well. "Everyone is welcome - vegetarian and non-vegetarian alike - to talk about nutrition and all the other aspects of vegetarianism." Weeks concluded.
Off-campus food co-op offers delicious dining

By Sandra Murray ’81

Those of you whose palates year for excitement, whose appe- tites are lost daily somewhere between the peanut butter and the crackers, whose friends savor you in times of eating shortages, take heart in the opinions others have found! A minority of students has discovered an alternative to the Middlebury Mental Plan in off-campus dining.

The fall dining co-op revs 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 dif- ference person each night is responsible for buying food, preparing a meal and selling for washing up afterward. At Jewett House, the 15 co- op dinner teas cooking in partners, every night except Friday and Saturday.

According to Nancy Fabbein ’81, a member of the Jewett House co-op, the co-op dinner teas provide an opportunity to acquire a bit of money, the latter almost of any significance. 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.

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

The dinner co-op is something like 60 pound of peanut butter!” She added that members of the group raise their own bread and other homemade goods as well.

"Probably, if there were less of us, if we couldn’t buy in large quantities, we wouldn’t be able to get by.” On the $178 rebate, Fabbein added.

According to Lee Woolworth, administrative assistant, the College awards students without doctors’ excuses extremely small rebates in order to discourage them from over-burdening 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? Heady provided one explanation: "Eating in Proctor is like tak- ing three extra courses; you walk in there and... What’s?

Forest Hall residents share rooms with mice

By John Hornbostel ’81

We complain about no heat or too much heat in our rooms, about cold showers and about beds that seem to sag so much that we can no longer live 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, Bruce Worsnop ’81, the mice were discovered about two weeks before Halloween. When "four or five people from (Forest) East and West" sighted the furry creatures in their rooms.

"I was stringing on my bed reading when I looked down and saw a little mouse running across my rug. "I knew the 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, Mike lamented, "no one believed me."

"I then added that she would "hear things scratching like they (the mice) were in the wall." We concluded that the creatures might be coming from the attic.

Mice described the house as a "terrible" encounter of the rodents kind, when she glanced a lamp on a running creature that was trapped in a corner between a speaker and a book. She remarked that even when she and her roommate Pam Danzinger ’81 closed all the doors "we couldn’t get out," they couldn’t find the elusive mouse.

Soon, Mike said, "everyone in the hall" was looking for the mice, but none were successful. Mike and Dimonrote concluded that the mice "must have holes all over." Dimonrote added the spot in one of the rooms at which the sunken con- crete floor to a possible ex- trance point.

Neither mouse entered the room in the "traditional manner," jumping on chain and scratching.

"I have never seen a mouse that doesn’t have holes in their backs, so I put out a box of Bait on the bed, and it... What’s?

French cooking, American style

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The Middlebury Campus

Thursday, November 13, 1980

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 coffee just at the halftime of basketball games. For others, it symbolized the latest in fad eating. But what if the public at large were to accept vegetarianism as a natural, healthy way of eating? How many people would actually make the switch?

The Middlebury pre-order group, P-Mouse, consists of seven vegetarian students who are not on the meal plan, explained to P-Mouse Monica Donnelly ’81. The students meet every night, Tuesday through Thursday, for dinner at the Homestead House. Their food is ordered through the Co-op.

Campbell explained that the Co- op order is made up in sizes 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 menu 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 ordering meat.

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

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, most students throw away the meal plan, explained to F-Mouse Monica Donnelly ’81. The students meet every night, Tuesday through Thursday, for dinner at the Homestead House. Their food is ordered through the Co-op.

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