



New Biophile president Bruce Picard reads on English porch.

Origin Of Vegetarian

The vegetarian meal available in the cafeteria is one of the services at Guilford to be appreciated by those involved in the college. Solely the result of three interested students, Chris Gore, John Margenot, and Ed Hickey, cooking began on a limited basis three years ago and has since developed into a five day a week operation.

During the 72-73 school year Chris, John and Ed got together on the idea of vegetarian meals and approached Ed Fisher who was then cafeteria manager. According to John, Fisher was very much in favor of the idea, so with his support they started cooking meals on a very small scale. For the rest of the year they prepared dinners, two sometimes three times a week, with Chris cooking first semester and Ed second while John arranged for the necessary food supplies. When they first started they fixed about twenty-five servings but by the end of the year they were preparing for 125.

Of the three original cooks John was the only one who remained for the next year and throughout that year he along with several different people expanded the number of vegetarian meals served. They prepared both lunches and dinners five days a week and had granola put out at breakfast. That is basically the schedule being followed this year with, again, changes in the people doing the cooking.

Primarily the cooks used the food that's supplied to the cafeteria by Saga Food Service but sometimes they purchase supplies from Laurel Brook, a vegetarian store, or the Natural Foods Buying Collec-

tive, a co-op that meets in the basement of Mary Hobbs Dorm. Cooks are paid by Saga though some people in the earlier stages of vegetarian cooking volunteered. Due to people's schedules changing, positions will be open next year for those interested in cooking. (There will be a meeting sometime after the fall semester begins.)

At this time around 75 students participate in the vegetarian meals served, some because they are vegetarians and others because they like the food better. Whatever their reasons it is hoped that people appreciate this chance for an alternative meal. Everyone can note from the example of vegetarian meals that here at Guilford we have opportunities for new or different changes and all we need to do is take the initiative.

Nevertheless for those who like to cook for themselves the following recipes are two that come recommended by the cooks and consumers alike.

Spanish Bulgur - 4 servings

1 1/4 cups raw bulgur
2 tbsp. cooking oil
1/2 cup chopped green onions
1/2 green pepper, diced
1 No. 2 can tomatoes
1/4-1/2 dry beans (cooked tender)
1 clove garlic, minced
1 tsp. salt
1/8 tsp. ground pepper
1 tsp paprika
dash cayenne

Cook and stir bulgur in oil until golden. Add remaining ingredients. Cover, bring to boil, reduce heat, simmer 15 minutes, adding hot water if necessary.

A women's studies symposium for all faculty and students will be held on the campus this Tuesday and Wednesday. The theme of the symposium will be "What is Natural in Sexuality?" It will start on Tuesday evening, April 15, at 7:00 P.M. at Ragsdale House with a lecture by Academic Dean, Dr. Cyril Harvey. It will be entitled WHICH COMES FIRST THE MIND OR THE BODY? Following this Dr. Herbert Richardson, Dept. of Theology at St. Michael's College, Toronto, Canada will give an overview of his book, **Nun, Witch, Playmate: The Americanization of Sex**. In this book he develops what he calls an

Meals

Vegetable Quiche - 6 servings

2 tbsp unrefined oil
1 onion, thinly sliced
1 clove garlic, finely minced
1 green pepper, chopped
1/2 tsp sea salt
1/2 tsp each of cumin and marjoram or crushed basil
4 cups broccoli and cauliflower pieces
4 to 6 eggs, beaten
2 cups cubed or grated sharp cheese

Heat a skillet on medium heat. Add the oil and vegetables and saute lightly. Cover and steam the vegetables in their own juices for 2 minutes. Fold in the eggs, cheese, salt and herbs. Pour in an oiled 1 1/2 or 2 quart baking dish. Bake 30 to 40 minutes at 325 degrees or until set.

Six At Model U.N. Session

by Jon Hiratsuka

Six Guilford students will participate in the National Model United Nations, a simulated U.N. session in New York, April 22-26.

Guilford students David Au, Morris Vatz, Martha Davis, Toby Gearhart, Milton Colindres, and Wayne Tesh will play the role of Jordanian delegates at the conference.

Reflecting Jordan's interests, they will serve on the Model U.N. Economic and Social Council. The council will discuss proposals to make world trade and the world economic system in general more equitable for the poorer nations. It will also discuss population and food problems.

Students from other colleges and universities will

EVOLUTIONARY THEORY OF SEXUALITY, which will be the title of his lecture. He holds that there have been five different stages of sexual consciousness in Western Civilization and tells how he sees this affecting the psycho-sexual development and behavior of Americans. Discussion will follow these two lectures.

On Wednesday at 3:00 P.M. the symposium will resume with tea and cookies Ragsdale House. In his book, Herbert Richardson argues that the Middle Ages were one of the important shifting points in the evolution of sexuality, because with the notion of celibacy sex becomes voluntary instead of instinctual. Dr. Richardson will begin by presenting this thesis and there will be two papers given in relation to it. The first, THE ROLE OF NUNS IN MERovingian AND CAROLINGIAN GAUL, will be delivered by Dr. Suzanne Wemple of Barnard College in New York City. She is presently on sabbatical working on women in the early Middle Ages, as an historian. The second paper will be Dr. Elizabeth Kirk, Associate Professor of English at Brown University, on IMAGES OF WOMEN IN THE LATE MIDDLE AGES. She is presently on sabbatical and studying at the Pontifical Institute, Toronto, Canada. Her main interest is Julian of Norwich. Dr. Elizabeth Keiser will moderate a discussion between these three different papers.

Supper will be served at Ragsdale House for those who have made reservations. Others will want to go to the cafeteria and return for the evening session which starts at 7:00 P.M. Herbert Richardson will give a mini-lecture on IS SEX LANGUAGE? This will be followed by response and rebuttals from the following Guilford faculty members, Claude Chauvigne, French; Bill Beidler, Philosophy; Frances Norton, Psychology; Gary McCown, English; and Bill Fulcher, Biology. A period for response will be given to all of the speakers and then there will be general dialogue and discussion moderated by Carol Stoneburner, Coordinator of the Women's Studies Grant Program.

You are encouraged to attend all sessions of this symposium if you can. If not, come to these parts which fit into your schedule. Two papers, THE PREFACE of Dr. Richardson's book and SEXUAL EQUALITY IN EARLY CHRISTIAN THOUGHT: THE CULT OF VIRGINITY by Dr. JoAnn McNamara of Hunter College, New York City are available from Dana 203 if you want to read them before the symposium. Several copies of Dr. Richardson's book are also on reserve in the library.

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their creator with certain unalienable rights, that among these are life, liberty, and the pursuit of happiness. Declaration of Independence 1776

The spirit of this country is totally adverse to a large military force Thomas Jefferson 1807

If particular care and attention are not paid to the ladies we are determined to foment a rebellion and will not hold ourselves bound to obey any laws in which we have no voice or representation. Abigail Adams 1776