

Food Not Bombs Greensboro more than satisfies hungry diners

BY QUINCY MALESOVAS
STAFF WRITER

A thousand different aromas waft through the kitchen.

The smell of garlic rolls under my nose, foreshadowing the roasted potatoes being pulled out of the oven. Vegetarian stews, casseroles, salads and more sit waiting to be devoured. The building will soon be filled with hungry diners, selecting dishes from the smorgasbord.

All fresh, all local, all free.

This is what I experience every Monday afternoon at the Interactive Resource Center in downtown Greensboro. Volunteers, including myself, get together to cook a community meal featuring donated food that would have otherwise been thrown away.

The initiative is Food Not Bombs. It began in 1981 when a group of nuclear war protesters in Massachusetts joined forces to feed fellow participants. Since then, it has stemmed into a grassroots organization focused on combating war and poverty.

"Food is a right, not a privilege," said Carol Newsome, leader of Food Not Bombs Greensboro. "This is a peace and justice issue — no one should have to suffer from food insecurity when we as a society are wasting 40 percent of the food that we harvest/process."

Donations are not just an expired yogurt here or a bruised banana there. They consist of loaves of artisan bread, full boxes of greens, cartons of milk (both dairy and nondairy) plus so much more. It is hard not to feel inspired upon witnessing the abundance — even if your culinary repertoire consists of boxed macaroni and cheese.

The food variety is almost as diverse as the group of people cooking it. Members range from activists and philanthropists to those looking to increase cooking skills or knowledge of healthy eating. Some come simply because they enjoy the spirit of the community.

For myself, I fall into some combination. In a place like Greensboro, where the thriving



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vegan scene is yet to be developed, it's nice to find a place where I can cook and eat according to my dietary needs.

I am not shy about filling my plate, either. I always leave with a full stomach plus plenty of to-go containers. In keeping with the mission of the group, Newsome encourages diners to take second servings and leftovers.

Appetite aside, I contribute to Food Not Bombs to align my actions with my anti-consumerist values.

Mark Spitzer '07 joined for similar reasons. A few years prior to Guilford, he had no political leaning whatsoever.

"When my politics started to change, I began looking for things to do," said Spitzer.

It was a general interest in activism that first led sophomore Derek Dunham to Food Not Bombs.

"To me, access to food should transcend politics, skin color, orientation or religion," said Dunham. "Food is a basic human need."

One of the greatest benefits of

Food Not Bombs is that it provides meals to those who cannot afford them. Although the group claims on their website to be based on "solidarity, not charity," there is no denying the benefits that a costless community meal can bring.

According to the World Food Programme, 805 million people across the globe go hungry on a daily basis. A United Nations report in 2010 stated that the amount of food wasted is enough to feed every one of these starving people.

Just within North Carolina, 1 in 4 children are food insecure, according to N.C. Food Banks. It is likely that you know someone directly affected by this struggle.

If these staggering statistics mean anything to you, you may want to consider reaching out to Food Not Bombs Greensboro.

Food Not Bombs serves a meal every Monday from 4:30-5:30 p.m. Help is always needed with cooking, beginning at 1:00 p.m., and cleaning, beginning at 5:30 p.m.

"Please join us at our table," said Newsome.

Woods of Terror now scarier

ATTRACTION BOASTS 30 ACRES OF HORROR AND THRILL

BY CARLTON SKINNER
STAFF WRITER

Dead leaves crackled underfoot as I shifted my weight uneasily from one leg to the other. Something or someone brushed past my face in the dark. A large doorway loomed over me. From somewhere inside the expanse of dark, a sudden desperate cry escaped into the chill October air.

As the door opened, I peered into the darkness, and steeled myself to enter the Woods of Terror.

Starting in 1990, owner Eddie McLaurin began transforming his land, located on North Church Street in Greensboro, into a haunted attraction after being introduced to the concept by a close friend.

"I loved the theatrical costumes and the aspects of performance involved in those productions," said McLaurin.

Over the next five or six years, McLaurin developed his own ideas for what would eventually become the Woods of Terror. One of McLaurin's key concerns for the success of the trail is that of a customer's line of sight.

"In the woods, when you are running so many people (through the trail), a sight line of 30 feet is way too much," said McLaurin in a press conference.

The element of surprise is important to haunted attractions such as Woods of Terror, so McLaurin decided to construct his own custom mazelike network of buildings and pathways to confuse people on the trail. In order to make his idea work, McLaurin put a lot of thought into the construction of the maze.

"What I didn't want to do is just put up black tarps or pieces of black plywood," said McLaurin. "I wanted to build actual sets and scenery. So that's what I did."

Another key factor for McLaurin is making sure that his actors' makeup is convincing, not to

mention frightening enough.

"Depending on the weather conditions and the amount of detail involved, it can take anywhere from 25 to 45 minutes to get the makeup done for certain characters," said Sarah Ashley, a makeup artist for Woods of Terror.

Intense attention to detail and a tradition of innovation are what makes Woods of Terror stand out alongside other haunted attractions in the country — the visual assault of Chaos in 3-D is the first experience of its kind in North Carolina.

In 2013, Woods of Terror added a new attraction called Total Blackout. Billed as a "journey of the mind" on their website, the attraction invites guests to limit their sight further by donning a sheer black hood as they progress through the final phase of the Woods.

This year, the course has been lengthened.

As a result of the care they take with their craft, Woods of Terror boasts the proud honor of being named one of America's best haunts for 2013 and 2014, as well as being named the best in the country by MSN.com.

Woods of Terror is not only limited to scares. While not experiencing the trail, those attending are also invited to explore Woods of Terror's Midway area, which features refreshments and souvenirs.

"Our Midway is truly unreal this year," said Debra Bryant of Bryant Marketing who works with McLaurin each year to promote the event.

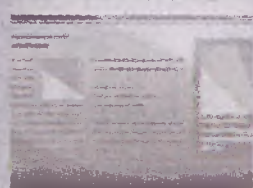
Woods of Terror is the perfect way for any Guilford student to spend these cold October nights. For anyone reading who feels brave enough to experience the Woods for themselves, general admission tickets start at \$17 per ticket.

The Woods of Terror spreads out over a total of 30 acres and is comprised of 12 terrifying tableaux. Assuming nothing unfortunate should befall you ... it will take about an hour to make your way through the whole nightmarish thing.

For more information please visit www.WoodsofTerror.com.

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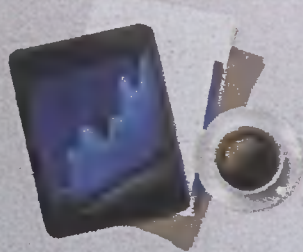
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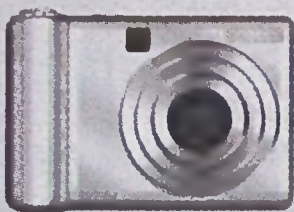
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