

Eat in or out—that is the question

# Students become ingenious when learning to cook

By SUSAN ROSS  
DTH Contributor

Dishes, pots and pans, a hot plate and a refrigerator are part of the equipment many students at UNC bring each fall when they move back to campus.

Cooking in dormitories has become a way of life for thousands of college students. Of the 20,000 students at Carolina last year, 6,397 lived in dorms and only about 1,400 were on the University food service meal plan. A growing percentage of the others do their own cooking, either in their rooms or in dorm kitchens.

Betsy Cathcart, a junior from Mount Holly, cooked every night last year in her Morrison Dorm room. She and her roommate prepared casseroles, chicken — balanced meals "just like at home," she said.

"I think it's more convenient because you don't have to get up and go anywhere to eat," Cathcart said.

Virginia Kauffman, a junior from Raleigh, agreed. "If you've got a lot of studying to do it's easier and faster to fix it yourself than to go out," she said, "and I get tired of eating out."

Bruce Benator, a junior from Atlanta, said cooking in the dorm is more economical.

"It comes out cheaper for us; we get bigger portions for less money," he said. "Besides, the food's better."

Students at UNC have been cooking in their rooms since 1973, when the University rewired the older dorms to withstand the increased electrical demand.

Regulations allow residents of dormitory rooms to use a maximum of 1,800 watts at one time. No single appliance can exceed 1,000 watts.

Typical equipment might include a small refrigerator, which students can rent from the University, a hot plate, a toaster oven, an electric frying pan and a popcorn popper.

One student last year even used an electric iron. Tenley Ayers, a senior from Charlotte, discovered that by wrapping a sandwich in aluminum foil, she could grill it with an electric iron.

"It works okay," she said, "except when the cheese runs out."

But most students don't do anything so unusual. Dan Shackelford, a sophomore from Durham, cooked several meals a week in his room. He admitted that frozen dinners, soup and hamburgers were about as complicated as his cooking gets.

"The reason I don't cook more is because of the time factor," Shackelford said, adding that being two floors away from the dorm kitchen was another problem.

Bruce Ellis, a junior from Mount Holly, prepared fancier meals. Homemade spaghetti sauce and meatloaf were two of his favorites, and his main dishes usually were accompanied by fresh black-eyed peas, corn on the cob, or other vegetables. At the end of every week, the leftovers were put into homemade soup.

Ellis and a suitemate shopped and ate together, each cooking alternate nights. He estimated he spent \$15 to \$20 a week for all his meals, and said he got better food for less money.

There are some drawbacks, though. Ellis recalled the time he went to the dorm kitchen to take his meat loaf out of the oven and found that someone had taken it. "I couldn't believe it," he said. "I never even got my dish back."

But that is not a common problem. The biggest complaint of most students is having to wash dishes in the bathroom.

Not all of those who cook in their dorms knew how when they arrived at Carolina.

"We kind of experimented," Ellis said, "and everything started out bad."

But a few recipes from home, a cookbook and a little practice can make a lot of difference.

"You just come in and rough it," said Renee Salley, a junior from Winston-Salem. After two years, her meals ranged from hamburger casseroles to Chinese food.

Many students have found cooking groups to be a good way to handle their meals.

Buddy Bultman, a senior from Sumter, S.C., was part of a foursome in Old East last year that took turns cooking and cleaning up.

"It's a lot more convenient with three other people," he said. "It saves money, it's less time consuming, and by taking turns, it's easy."



Beth Taylor, a Morrison RA, and Reggie Gillespie prepare a meal.

## 'Kitty' Carmichael retires; UNC teacher, dean, advisor recalls town's earlier days

By AMY McRARY  
Staff Writer

The office in the basement is a combination of a gracious lady's parlor and a busy professor's office; a mixture of past and future. A portrait of Walter L. Steele, for whom the building was named, hangs above the huge desk that belonged to Frank Porter Graham. Folders and books cover the desk, among them, "What the University Means to Me." Scattered on the Oriental rug that was former governor Luther Hodges' are boxes and more boxes, labeled for their destinations.

Serene in the midst of this chaos, a result of packing up materials from thirty-one years of teaching, and advising, sits Katherine Kennedy Carmichael, English instructor, Dean of Women, and later, Associate Dean of Student Affairs.

Meeting Katherine Carmichael is a bit like stepping back to a less hurried, more gracious, time. There is a distant feeling that here is a lady of the Old South, of magnolias and barbecues. "Won't you have a cup of black coffee, my dear," the petite white-haired lady asks and sends her assistant for a cup. The wing-backed chair she sits in makes her look tiny. Her blue knit pantsuit is two shades darker than her Carolina blue eyes.

Yet if being a lady means only watching magnolias bloom, then it is an unfair description, for Miss Carmichael has been busy teaching and advising students for 45

years. The list of places she has taught reads like an atlas: Wisconsin, Birmingham, Vietnam, Texas, the Philippines, Yale, Maryland, Vanderbilt — not to mention Chapel Hill.

And at age 64, she is not about to sit still and stop an active career. For all her pettiness and seeming fragility, the lady speaks knowledgeably, with quiet authority. "Sometimes I think I have done very little in my life except work, but I have always had great joy in my work. After all, I've combined administration, student personnel, and teaching for all these years."

Katherine Carmichael was teaching English at the University of Wisconsin in 1946 when Robert B. House telegraphed her that she was to replace Margaret Henry Stacy as Dean of Women at UNC.

"I was 33 years old and I had decided I wanted a job where I could remain for a length of time," she remembers. "The walks of Chapel Hill were all sand then and the legend was that if you got the sand of Chapel Hill in your shoes you could never leave."

"Well I have remained at this University for 31 years, with occasional leaves of absence to teach elsewhere and I have found it delightful," she said with a smile.

Thirty-one years brings a lot of changes any place, and UNC has been no exception, said Miss Carmichael. "When I was first Dean of Women, there were 1100 women students. The campus didn't go beyond

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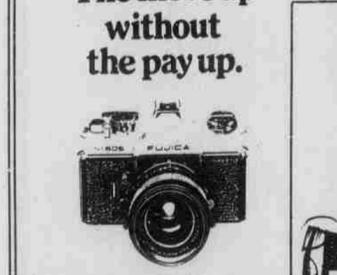
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