



The Real Cause of America's Health Care Crisis
Jim House '65



Two Thousand Miles Away, Yet Right at Home
Prof. Anita Issacs in Guatemala



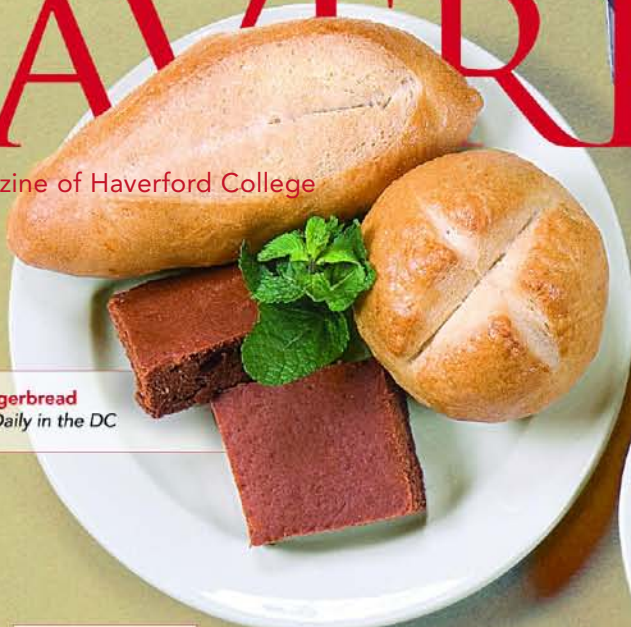
"Smoke" and Fire
Nicholson Baker '79 and His Controversial New Book

HAVERFORD

The Alumni Magazine of Haverford College

SPRING 2008

Rolls and Gingerbread
Baked Fresh Daily in the DC



Russian Apple Salad
Apples and Honey from Chester County, PA



Potato Leek Soup
Potatoes from Tower City, PA



Sautéed Kale
Organically Grown in Westtown, PA



Cauliflower Gratin
No Pesticides



Acorn Squash
Vegan



Mushroom Lasagna
Fresh Mushrooms from Kennett Square, PA



Sweet Potato Latkes
Landisdale Farm Jonestown, PA



Today's Specials

Ring Bearer
Joe Czarnecki '91
Meet the Ford with a Super Bowl Ring



t d a y s

**Local Flavors,
Broader Choices:
How Haverford's
food has evolved**

By Cheryl Sternman Rule '92

specials:

If you are a lactose-intolerant, peanut-allergic vegan with a penchant for fair-trade, organic soy lattes and a burning desire to grill your own panini, you'll do just fine at today's Haverford.

Of course, this wasn't always the case. When reminiscing about the food from his college days, Stephen Fleischman '40 recalls the creamed chipped beef on toast, which students christened with a far more illustrious (and unprintable) nickname. But it wasn't so bad, he admits. "I don't think anyone ever complained. The waiters brought the food out on a plate and, whatever it was, either you ate it or you didn't." (Yes, waiters. Work-study students waited tables in Founders Hall, the nexus of campus dining until the construction of the current Dining Center in 1967.)

Fleischman and his roommate even started an after-hours sandwich and dessert-making venture called the Campus Crumb from their dorm rooms in Lloyd. Thanks to them, Haverford's hungry young men no longer had to trek into Ardmore when felled by the post-dinner munchies.

Freshwomen arrived on the scene in 1980, though Haverford's gender balance remained skewed for several more years. Eve Carlson (nee Bernstein) '82 transferred to Haverford the year before it went co-ed and recalls watching her male classmates eat. "I remember they loved steak night," she says, "which consisted of these small, thin, tough cuts of beef with a large margin of fat and cartilage." Carlson earned "major points" by slipping her male friends her meal tickets on steak night.

In the nearly seven decades since Fleischman's era and the nearly three since Carlson's, more than a little has changed with Haverford's food scene. Some of the dishes look comfortingly familiar, but the number of options has soared and sustainability is very much on the current agenda.



John Francone helps local farmer Dan Landis with a delivery of sweet potatoes to the Dining Center.



Dining Center employee Ransford Johnson flips latkes in the kitchen.

The reason lies, in no small part, with today's students, who came of age in the 1990s and arrived on campus with culinary expectations borne of 24/7 Food Network programming and Starbucks on every corner. (Current freshmen were still in diapers in 1992, the year Starbucks went national.) Many know their nigiri from their maki, their chicken tikka from their chicken korma, their pasillas from their chipotles. Most expect considerable variety and global flavors, and an increasing number seek allergy-friendly selections, vegetarian and vegan entrees, and ethically and environmentally-sourced cuisine.

Haverford dining comes of age

Passing through the double doors separating the student-packed serving area from the campus' expansive kitchen is like entering a parallel universe. Cooks buzz about, prepping vegetables for the salad bar, grilling chicken for that night's dinner, and pressing strawberries decoratively into grapefruit halves. Having not been back here since I was a student 16 years ago, I'm startled by how many familiar faces I see. There's assistant catering manager Leon Joyner, dressed impeccably, and he smiles as I walk by, a flicker of recognition crossing his face. This delights me no end since so much time has passed, and it's so very *Haverford* that he'd recognize my face. Joyner has been at Haverford nearly 33 years, and he and his colleagues are an important part of the fabric of the Haverford experience. I slowly make my way down the stairs to the basement, where Carmella Quagliariello (at Haverford for 24 years) and Teresa Ziccardi (here for 28 years) are busy in the bakery, forming

bread loaves and, along with student-worker Emma Bartlett '08, putting finishing touches on Groundhog Day cupcakes.

At the beating heart of this swirl is director of Dining Services John Francone, who arrived at Haverford in 1988, my freshman year. Over the past 20 years his telltale moustache has disappeared and his ponytail has given way to a clean-shaven pate. Although he cuts an imposing figure (students regularly see him at the gym), he's far from menacing. Not only does Francone sign his e-mails with endless strings of smiley faces, but his office boasts an impressive Hot Wheels collection in a riot of colors. A big kid? Maybe. But like a kid who aims to please, Francone's credo is a simple one: to be as responsive as he can to any request, at any time, for anyone. Within reason, of course.

Fortunately, the lines of communication between the students and dining services are wide open. The napkin board, which once served as a decidedly low-tech but functional conduit, has since been replaced by the "Food for Thought" forum on the interactive Go-Boards. On this online portal students discuss everything from social activities to upcoming lectures to, well, food: the food they like, the food they hate, and the national, and often political, food issues about which they're most passionate. It should certainly come as no surprise that Haverford students are a passionate bunch. And the way they feel about food is no exception.

Fair Food

One recent issue to pique student interest was the dining services' sourcing. A small but vocal group of students, echoing the concerns of food professionals in the larger culinary world, started to won-

der where their food came from. Was it flown in from across the world, losing valuable nutrients in transit and contributing to greenhouse gas emissions? Or was it produced nearby, supporting regional farmers and, by extension, local economies?

Though campus environmental groups have mulled these issues for years, one of the first students to bring the issue to Francone's direct attention was Stephanie Rudolph '06, a psychology major who, upon graduating, accepted a fellowship with Haverford House. (Haverford House, part of the College's Center for Peace and Global Citizenship, enables recent graduates to live communally in Philadelphia and work in area nonprofits.) Rudolph spent four days each week at a public interest law firm, and on the fifth day she sold local and organic produce at the Fair Food Farmstand, a subset of White Dog Community Enterprises (the nonprofit arm of the White Dog Café), located at the historic Reading Terminal Market. Eventually, Rudolph introduced Francone to Lindsay Gilmour, Fair Food's Farm-to-Institution project manager, who happened to be putting together a working group to explore how to connect institutional food service providers with local farmers. Haverford soon got on board. In the past year, the nonprofit has held several foodservice seminars to educate institutions about pooling resources with one another to consolidate demand. And the working group is currently discussing how else to create efficiencies that benefit not only the farmers but the institutions as well.

At first blush, buying from local farms might sound straightforward, but Haverford is currently feeding 895 students (875 on the full meal plan and 20 on the partial meal plan), so any shift in sourcing, pricing, or



Potato Leek Soup was just one of the offerings at the Food Fight local dinner.



Linden Elder '08 (center) dishes up a side at the Food Fight local dinner.

even delivery can have major repercussions. From a purely financial perspective, local food may cost up to five percent more since family farmers can't compete with big distributors on price. (During the peak growing season, however, some local items will actually cost less.) Fortunately, any uptick in cost is generally offset by an increase in quality and flavor and a corresponding reduction in waste. For example, local kale costs Haverford \$5 per bushel more than non-local kale and local apples cost an extra \$10 to \$12 per case. But Fair Food's Lindsay Gilmour points out that because the local produce comes straight from the farm, it spends little to no time in cold storage, which can both deplete its nutrient content and substantially reduce its shelf-life.

Fresh food also tends to be consumed more readily by the students (Francone calls the local apples "100 percent better" than what he had been buying), and shorter transit times means less food is tossed due to spoilage.

Plus, from a purely environmental standpoint, local farms use far less packaging to transport their crops than do giant distributors who truck perishables across state lines. For example, when packaged for retail sale and long-haul transport, apples must be covered with layers and layers of protective packaging. This simply isn't the case for apples trucked from nearby farms.

There are, however, some real potential challenges when moving to a buy-local model, especially in terms of food prep time and increased labor costs. Whereas large-scale suppliers can provide pre-prepped carrots, for example,

or pre-shucked corn, smaller family farms deal, for the most part, in whole foods. According to Gilmour, procuring fresh-cut or pre-prepped items isn't currently possible through the direct farm-to-institution route, but as the movement gains momentum such conveniences may follow.

Food Fight

As Haverford has become more involved with Fair Food on an institutional level, several students have begun examining these issues on an individual level. In November 2007, Linden Elder '08, a senior biology major, attended the Real Food Summit at Yale University. There, she and friends Felicia Hutchison '08 and Christina

Yeung '08 became inspired during two days of intense information-sharing with 170 student delegates from 47 schools. Upon returning to Haverford they founded Food Fight, a student group intent on educating the campus community about sustainable food issues. (To read Food Fight's complete mission statement, visit <http://www.haverford.edu/organizations/foodfight>.) Food Fight immediately began working with Dining Services, and on Feb. 28 they co-sponsored a special dinner made entirely of locally grown ingredients.

In late January, Elder accompanied Francone to one of his Fair Food seminars

Just Like Mom's: 'Taste of Home' at Haverford

Going away to college means a lot of exciting and sometimes frightening changes: newfound independence, unfamiliar faces, and strange food, to name a few. At Haverford, Dining Services has instituted the "Taste of Home" initiative, a new program that aims to bring the comforts of home cooking to campus. Now students have a chance to eat pasta fagioli, latkes, and meatloaf just like Mom used to make.

This year, Genevieve Andreas '10 didn't have to wait to go home to Minnesota to enjoy her mom's sloppy joes. Director of Dining Services John Francone and his crew whipped up a tasty batch as a lunchtime special for all the students to enjoy. Parents looking to provide a little "Taste of Home" are encouraged to send recipes for their children's favorite foods to John Francone (jfrancon@haverford.edu).

Another innovation designed to take some of the mystery out of campus dining is taste testing. Several times a year students have the opportunity to sample chicken fingers, puddings, juice, etc and give their comments and suggestions to Francone, who recognizes the power of choice.

"It's important for me to know what the students like and want," he says. "The more involved they are, the easier my job is."

-Janine Beaman

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in Philadelphia. Her passion for sustainably-raised, locally-sourced food is palpable, and she firmly believes that the more students know about these issues, the more likely they'll be to jump on board and work within the existing system to effect positive change. "We want Food Fight to be the link between John and the students,"

says Elder. "For many students there's a huge disconnect. They think their food comes from John rather than from the ground." She's thrilled that Haverford is taking strides to move "towards a green, sustainable, and healthy future."

Whenever she talks with similarly involved students at other schools, she says, "I feel so lucky to have a dining services director who is as enthusiastic and proactive as the students in Food Fight. We have yet to run into any differences between what the students want and what John can provide."

Sophomore Evan Raskin '10, another charter Food Fight member, grew up in rural North Carolina, where his neighbors raised goats and cattle. "My family eats beef from cows grazing across the street from my house," he says. "Our neighbors invite people from the community to milk their cows, and they make butter and cheese." Raskin finds that his rural roots make him something of an anomaly on campus,

explaining, "A lot of people may not have played in the dirt like I have." He's well-versed in the literature of his passion, speaking freely of the profound impact Michael Pollan's *The Omnivore's Dilemma* and Barbara Kingsolver's *Animal, Vegetable, Miracle* have had on his thinking. He and the other members of Food Fight also brought the documentary *King Corn* to campus during spring semester. The film shines a critical light on industrial corn production and examines its overwhelming influence on our nation's food system.

As a sophomore, Raskin holds the key to Food Fight's future success since Elder and the other seniors will graduate this May. His priority is not merely to move

Students Dish It "Iron Chef" Style

Teams of students chop, slice, dice, and drizzle in a

Dining Services-sponsored "Iron Chef" competition.

Five teams arrive in the Dining Center sunken lounge, each with five members. They put on their red competitors T-shirts, and as a sign of their allegiance, one group's members choose to wrap their shirts around their heads.

The announcer speaks. The secret ingredient is apples.

Apples, apples. What can we do with apples? The teams huddle and discuss their options. Not too close though. Don't want the other teams to hear us.

The announcer halts them: Alright, teams. You have 30 minutes. Get ready, set, go!

Like the breaking of the balls at the start of a pool game, the teams disperse into the DC kitchen, bouncing to the fruit rack, to the salad bar, to the

chicken strips in the lunch line. They gather their ingredients in bowls. And what a motley group of ingredients it is: apples, yogurt, onions, feta cheese, cayenne peppers, granola, curry, nutmeg. Wait, there's no nutmeg? Are there sunflower seeds? Good, that'll do.

Back to their tables in the alcoves of the dining room. Knives, spoons, cutting boards, peelers, spatulas, burners, sauté pans all there for them to use. Convection ovens, microwaves, and freezers at the other end of the Dining Center.

Now to prepare the ingredients. Alright, you

cut the apples, I'll get the pan heated up. Wait. I need salt. Where's the salt? So-and-so, grab me some salt would you? And get more plates while you're at it! How much time is left? 20 minutes. Good. Still, no time to waste. Is the water hot enough? My finger says yes. Add the tofu and the peanuts to the sauce now. Add the chicken to the Italian spices. I'll stir. Okay, I'll finish getting the apples ready. Someone looks up at the clock. 10 minutes left. Do we have a

masher? No? Use the bottom of this cup then. Sliding food from one plate to the next. Some of it got on the floor. Oh well, too bad.

To an observer, Haverford's Iron Chef Competition seems so breakneck, so hectic, you might wonder why the contestants volunteered to do it at all. One student was bluntly materialistic about her motive: She was in it for the free T-shirt. Another admitted he had his eyes solely on the \$300 prize. But most of the competitors said they joined in simply for the sake of cooking. Faye Strongin '10 said she would have participated even if no awards were given out: "I live in E-Haus [Haverford's vegan dorm]," she says. "I love to cook." Andrew Lipstein '10 signed up even before he knew there was a prize!

No matter what the motive, demand for contestant spots in this year's Iron Chef Competition far outweighed supply. Mary Welsh '08, a leader of the Haverford club Fords Against Boredom and an organizer of the event, says that when she posted advertisements for the competition online, 13 teams applied for the six possible spots. "But what else would you expect?" insists Welsh. "Everyone loves Iron Chef, right?"

The announcer: Five minutes! Hurried movement is taken

over by forced meticulousness. Can't have the dish all jumbled together, you know. Gotta have it look nice. Radiating the chicken strips around the applesauce, gently ladling the milk into the cored apples. Don't let it run down the sides!

With so much enthusiasm for Iron Chef, it's surprising that the competition took a three-year hiatus since its first occurrence. The competition, based on the hit TV show "Iron Chef" from Asia and the U.S., started in 2004 when several students approached director of Dining Services John Francone. The first go-around was a success, attracting over 70 spectators. The challenge? Each team must prepare an appetizer, an entree, and a dessert using food straight from the DC, including one surprise ingredient that is not announced until just before the competition—all within a half hour. The secret ingredient of that year's competition: mangos.

Francone says he was blown away by what the students came up with: tofu cheesecake with mangos, mango lassies. How good was it? "Good?" he replies incredulously. "It was phenomenal!"

But a lack of student initiative put the event to rest for the next several years. Before now, says Francone, several students had

these issues to the fore of students' varied agendas, but to help publicize the positive steps Haverford has already taken. "Most of the stuff John was working on I didn't even know about," he admits. Indeed, many students don't realize how far the College has already come.

Eco-Accomplishments to Date

The Committee for Environmental Responsibility (CER), a widely-representative campus group formed in response to a 2000 plenary resolution, successfully moved recycling, and later local sourcing, to a more prominent place on the dining services' agenda. "I've always tried to be

environmental," says Francone, a founding member of CER, "but hearing how important it was to the students helped to strike a chord in my life. As an individual I can only do so much, but when students offer to help it becomes a team effort."

Dining Services soon began purchasing corn-based biodegradable cups instead of Styrofoam and currently sources 95 percent of its apples (based on availability) from Highland Orchards in West Chester, Pa. Half the egg budget goes toward free eggs.

On Feb. 14, 2008, Haverford received its first shipment from Allentown-based Fresh Tofu, a vendor whose products are all certified organic and, as such, free of genetically modified ingredients. Dining

Services has also recently purchased sprouts from a Swarthmore-based farmer, adding five hydroponic "sprouters" in parts of the Dining Center where students can watch them grow. Francone even bought an extra sprouter to give to the members of Ehaus, who have worked closely with him on a number of food- and environment-related initiatives.

Ehaus

In fact, Ehaus, the campus' environmental house/co-op, has significantly expanded its role on campus in recent years. The group now hosts three, and sometimes more, vegetarian or vegan meals each week that are open to the entire Haverford com-

brought up the possibility of holding another Iron Chef, but their notice was too short given all the cooking supplies and T-shirts that go into a proper competition. This year Welsh approached him just in time, he says.

The announcer beckons: 30 seconds! And a cherry tomato on top.

Francone expresses hope that the competition will stimulate more interaction between the student body and DC staff. "You guys [students] have your com-

munity. We [the DC staff] have our community," he says. "But we are also part of a greater community, and when you combine things together it makes for a better place."

Francone adds that Iron Chef also embodies the role the DC plays in students' social lives. He says many students don't realize how often they meet with their friends over DC food. Still, Francone, who was one of this year's judges along with students Jake Ralston '10, Tovak Tripp '10, Mike Fratangelo '07 and Professors Fran Blase and Indradeep Ghosh, admits that his favorite part of the competition is the food. And apparently the students don't have a reputation for disappointing.

"The students are incredible," says Francone. "Extremely creative for the challenges we give them. There are a lot of students who can cook!"

Announcer: Time's up! Is it good? Do you think it's decent? The teams gather their culinary regiments: appetizers, entrees, deserts—who will win the judges' taste buds?

One by one the teams go forth. Now the acting comes out. Long flowery descriptions of the preparation. Dainty verbs. Residual heat softened the apples and brought out their sweetness. We

crusted the chicken slivers with sesame seeds and sautéed them lightly. We minced, we sprinkled, we drizzled, we garnished.

The judges take their sweet time, smacking their lips, nibbling, rolling the food in their mouths. Wait, did that first judge just nod approvingly? Did she just grimace? The judges' pronouncements: over all, good! The contrast between the granola and the apples was nice. The toast with sautéed apples and cheddar cheese was good. However, the chicken in yogurt curry could have had more taste.

The teams take the judges' comments in stride. Nobody's perfect. The judges mostly liked it, right?

After 75 dishes, the judges must confer. There is no sure answer; this year's competition is a tough one. Who should win it?

And the winner is: Team #5. 300 bucks to winning team! High fives at the center of the room. The other teams admit disappointment with their faces. And what did it take to win? Appetizer: Granny Smith apple boats filled with feta cheese, toasted walnuts, and raisins. Then drizzled with honey and garnished with banana slices. The boats were chilled in a bed of ice. Entree: Chicken sautéed with Italian spices served with

applesauce that was spiced with cinnamon and a touch of cayenne pepper. On top, drizzled with balsamic reduction and then garnished with cherry tomatoes. Dessert: A base of crunchy granola followed by a layer of vanilla ice cream and then topped with apple slices that had been caramelized with butter and brown sugar. Then drizzled with a little melted chocolate on top.

And all that with DC food? You betcha.

Of course, there can only be one Iron Chef team. No losers, though, insists Francone. This year he provided \$10 gift certificates to the Coop and Blockbuster as consolation prizes. These smaller prizes also make Francone's job as a judge a little easier. He says the decision in this year's Iron Chef was much harder than in 2004.

This reporter is still mesmerized by the fact that so many delicious-smelling dishes came from the DC, making him think twice before complaining about the food here at Haverford. And if one day you find you don't like the DC menu? Then Iron Chef reminds us: Make your own! 🍴

-Brian Johnson '08

The winning team carefully cuts Granny Smith apples for an appetizer.



PHOTO: SARAH GILARSKY '10

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munity. According to Ehaus member Sarah Turkus, a sophomore from New Jersey, 30 to 40 students come to these meals, which are prepared and served in the group's apartment in HCA 15. Ehaus had an \$11,000 budget this year, and much of it has been spent feeding fellow students and sharing environmental principles at these dinners. These principles, of course, include a commitment to locally-sourced food, and Ehaus members order much of their food from Farm to City Produce, a Philadelphia-based program that supports sustainability and direct connections with local farmers.

In addition, Ehaus members routinely co-sponsor Dining Center-based meals to reach a larger audience. "We like hosting meals at the Dining Center," Turkus says, "so we're not perceived as an isolated community. Being in the DC also allows us to be visible and to cook for way more people that we could ever cook for by ourselves." At these events, Turkus and her Ehaus cohorts tend to plan the menus and prep the food, leaving the actual cooking to the trained kitchen staff. Recent meals featured butternut squash soup, assorted crepes, fried rice with seitan and vegetables, heart-shaped teriyaki tofu, and apple crisp.

In the Works

Even with all the initiatives that have successfully been institutionalized, more projects are underway. Soon, as Fair Food's Farms-to-Institutions project solidifies plans with the Common Market, a non-profit distributor, the flow of produce from local farms to the Dining Center should increase. Greens (kale, Swiss chard, collard greens, cabbage), along with blueberries, tomatoes, zucchini, peppers, potatoes, yams, winter squash, and corn on the cob are all grown locally and may very well find themselves on a much shorter trip from the fields to Haverford's kitchen.

Dining Services, Ehaus, and members of the Earthquakers (another student-led environmental group) have also been working to identify companies that can pick up the College's compost. (The cost has thus far been prohibitive.) A company called Waste Oil Recyclers out of Silver Spring, Pa., has been picking up used fryer shortening and turning it into biodiesel since January.

Choices, choices, choices

Students' food-related needs and wants extend beyond the environmental. Some,

for example, crave bolder flavors and foods that more widely span the cultural spectrum. The Dining Center's serve-yourself condiment rack now boasts sriracha (a Southeast Asian hot sauce), which Francone buys at the Asian grocery store, and the kitchen's walk-in refrigerator holds piles of knobby fresh ginger and fat jars of red curry base, items you'd be hard-pressed to find in there a few years ago. Themed international dinners are a regular feature in the DC as well. At a Japanese-themed dinner in December, the dining services team offered miso soup, sushi, dumplings, and edamame as well as green tea cake and green tea ice cream for dessert. One student even approached Francone about holding an Iraqi dinner as a way to educate students about Iraqi culture. "She designed the menu," he said, "and I went out and bought a cookbook." The meal, also served last December, included flatbread with fava bean dip, lentil salad, chicken with pomegranate syrup, and milk pudding.

Sometimes the requests are more mundane, like for a greater variety of cold cereal. At a college with a third-party food services contractor, the simple act of ordering a new cereal could entail weeks of bureau-

Haverford's Caterer Extraordinaire

From baked tofu charmoula served under a model mosque, to fried plantains accompanied by Cuban mambo—if you've enjoyed one of Haverford's catered events, thank Bruce Levine.

Manager of catering for the past decade, Levine organizes eating for all Haverford events, from cookie plates at departmental teas to President Emerson's recent inauguration ceremony (oysters included). And with an average of 20 commissions a week, it doesn't look like Levine is taking a break any time soon.

Not to mention all the planning that can go into food ordering and prop building; it can take days to set up an event, says Levine. And even once an event gets started, he says, keeping the party going is a constant effort.

Take last year's dinner by the Duck Pond for Haverford's summer camp program, Serendipity, which served 500 people. "It took 25 trips with a truck to get tables and chairs and heaters there," recalls Levine. "I had two golf carts shipping dirty dishes back to the DC."

But it's those massive efforts that make a catered event a success, says Levine.

"I'm a firm believer in team effort. Cooks, managers, bakers, dishwashers—without a complete staff, it would be impossible to make an event successful."

So far, that team effort has been getting noticed. A post board in DC kitchen displays the latest thank-you emails, and Levine proudly notes that the Haverford staff has placed in the Loyal E. Horton competition, which recognizes college and university catering, every year it's entered.

Keep it coming, Bruce!

—Brian Johnson '08



cratic wrangling with no guarantee of success. Not so at Haverford. Because Haverford's dining services are self-operated, Francone can act on requests immediately. When students asked for Kashi Go Lean cereal, Francone ordered 96 boxes. And when there was a delay in the shipment, he hopped in his car, drove to Trader Joe's, and picked up a few cartons to tide the students over. Then he posted an online update on the Go Boards so they knew their wish had been fulfilled.

When on campus in February, I made my way through "the line" to see what kinds of food choices Haverford offered that weren't there 15 years ago. I saw an enormous variety of sandwich breads—flatbreads, pita pockets, white bread, raisin bread, twelve grain bread, marble rye, sesame bread, English muffins—plus fresh crusty loaves baked onsite. I could choose from three kinds of Green Mountain fair trade organic coffee, green tea, chai latte, as well as flavored waters and traditional juices. There was a hot chocolate and cappuccino machine. (The soda machines are still there, too. "If I took the soda out I might as well hang myself out front," Francone quips.) George Foreman grills are available near the dining tables for students who want to grill their own panini, with a separate grill reserved strictly for vegetarians.

Vegetarians and vegans, in fact, have more options than ever before. Vegan muffins are regularly available at breakfast, and seitan, tofu, soymilk, and vegetarian and vegan entrees are always well-stocked and prominently displayed.

Health

Health in the context of an on-campus dining operation can mean two very different things: offering more nutritious options and offering "safe" foods for students with special dietary needs. The kitchen switched to transfat free cooking oil several years ago and students now immediately encounter a fruit stand instead of a dessert display upon entering the serving area. (The desserts are still available, of course, just a little further along.) Whole fruits (apples, oranges, pears) and sliced melon (cantaloupe, honeydew, watermelon) perch colorfully in a wooden display for easy grabbing. "Minor changes like this

can have a major impact," Francone says. Haverford's cooks also prepare more foods from scratch than ever before (75-80 percent now versus 30-40 percent when Francone first started, he says), which ultimately means fewer preservatives, stabilizers, and other additives so common in processed institutional food.

There are also students who must be extra cautious about what they eat, like sophomore Kristina Birkel '10 from Seattle. Coping with both lactose intolerance and dangerously high cholesterol, Birkel must avoid fatty foods at all cost. For her first few weeks at Haverford she tried to "make do," though she's at especially high risk for having a heart attack. Eventually, though, she brought her unique situation to Francone's attention and they discussed her options. "If there was a special food I wanted he would immediately order it and bring it into the rotation," she marvels. Because she needs a high-fiber diet, he ordered special high-fiber cereals. Birkel even regularly sent Francone recipes. She eventually took a campus job in the bakery, where she would occasionally bake lower fat desserts for all the students from recipes she'd cull from health-oriented food magazines.

Other health concerns include food allergies, the numbers of which have steadily risen over the years. Students with celiac disease (a gluten intolerance) or wheat allergies, for example, can avail themselves of the separate gluten-free refrigerator just beyond the kitchen doors. It's packed with gluten-free cereals, cookies, breads, bagels, scones, muffins, soy sauce, salad dressing, and often freezer waffles and French toast.

A look back, a look ahead

For all the changes that have taken place, it might come as a surprise to learn that the vast majority of Haverford's food is still recognizable. Students aren't nibbling haute cuisine or nosing, pinkies out, on high-end organic microgreens. Haverford is still a college, and this is still very much college fare. When on campus recently to research this piece I filled my plate with macaroni and cheese and loved that it tasted pretty much as I remembered it.

The real advancements are in the number of options, the commitment to

environmentally-responsible purchasing, and the kitchen team's lightning-quick responsiveness to student needs. In fact, Haverford's dining services is a reflection of Haverford itself: small and intimate, with students' passions driving the food scene in a positive, forward-moving direction. "I'm really thankful that I've always had the outlook that change is inevitable," says Francone. 🍴

Cheryl Sterman Rule '92 is a San Jose-based food writer and restaurant reviewer. To read more of her work, please visit www.cherylstermanrule.com.

roads taken and not taken

Alan B. Colsey '74

Looking back in the rearview mirror, the body of a life's work shows much clearer direction than it likely could when looking out of the windshield. For the Class of 1974, the road most traveled seems to have been pre-med with a heavy volume of M.B.A.'s, J.D.'s and Ph.D.'s trailing behind. For me, I see hats....

At Haverford, two entrepreneurial friends and I ran a campus sandwich shop called Hoagies Carmichael.



This was a bridge between the old Coop in the catacombs of Union Hall and a new facility in the basement of the Dining Center, a long time before Whitehead Center was imagined, much less built. Then, senior year, I was running The Coop at the new location, along with Chris Fleming and Rob Galford. This turned out to be a very significant responsibility, and taught me how much the food industry demands of time,

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