

Will an apple

One problem leads to another: The health is

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Students are lined up, spilling out into Hunt Lobby from the narrow hallway leading to the clinic. They sit with their backs to the wall, hunched over notebooks and calculators, wearily attempting to make a dent in their exponentially growing amount of homework. These students are not all simultaneously suffering from some sort of epidemic. Rather, they are patiently waiting for their flu shots in an attempt to prevent one of the many health problems that can arise at the North Carolina School of Science and Math (NCSSM).

When people accept the invitation to attend the NCSSM, they accept not only the perks, but also the downfalls of the NCSSM experience. Students come here for various reasons, including to meet new people, to take advantage of a strong academic curriculum, and to experience residential life. But along with the positive aspects that NCSSM offers comes the health issues that students have to face as a result of living in such close proximity with 500 other students and being subjected to their influence.

The health issues threatening NCSSM students are interrelated – one school problem can lead to students developing bad habits,

getting sick and spreading germs. A student can start anywhere in the circle of health problems and find themselves going around and around, like drying laundry.

long – the PFM, Watts classrooms, or the bench.

“With so many students and so many communicable diseases, I think that the clinic must be overwhelmed,” said Senior

elevator button, only to be picked up by the next student trying to get to the physics floor from ground. This germ would normally be attacked by the immune system of a healthy stu-

sports, attend club meetings – all in a zombie-like state. The culprit stealing hours of sleep away from students is work. Students either have an insane amount of work; procrastinate

“On a good night, ally get about four to five of sleep,” said Junior Paul Shafer.

At NCSSM, an unwritten rule dictates that students cannot sleep, work, and be social. They must choose two out of the three.

“I can’t even choose two out of three. I’m doing work constantly and getting minimum social and minimum sleep,” said Candace Ran.

Students find different solutions for staying up through the night and justifying their living their lives in classes the next day without drooling all over the desk.

“I usually have to pull two all-nighters a week. When I can’t stay up, sheer willpower turns to either Doz or Gins, don’t recommend using those

ucts on a regular basis, though I remember that I started practicing one night. Every became colorful all of a sudden. It was freaky,” said Matt Petrie.

Students found that they are so busy that they have trouble eating. Many students are getting their five servings of fruits and vegetables every day. Though the PFM has the requirements for a well-balanced meal, getting food from each group, many students find the food to their dislike. They instead rely on the pizza delivery and of Ramen to carry them over



Caffeine pills are used by many NCSSM students to stay up late to do homework, and to stay awake during their classes.

Five hundred students are isolated on a campus spanning one square quarter of a mile. When one student comes home

Cindy Hendren. Despite the efforts of the janitorial staff, it’s beyond human capability to constantly

dent, but the sleep-deprived students of NCSSM are far from being perfectly healthy.

Staying up into the wee

until they absolutely can’t get away without doing their homework; or work inefficiently, having not yet learned the art of time

“I feel like drugs and alcohol at S&M, just like in any situation, are used for good and bad reasons.” Rosie Stoertz

from extended with a cold, it spreads quickly in an environment where students frequent the same common areas all day

wipe, for example, elevator buttons. Follow the track of a cold germ – coming out in a sneeze to the hands, transferred to the

hours of the night and pulling all-nighters are parts of the NCSSM experience. Students go to their classes, do their

management. “I usually have to pull three all-nighters a week,” said Senior SPAM Engler.

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