

## Shining on the Muddy Fields

DEREK PAYLOR

Once again, the NCSSM community embraces the world and brings into our little home awesome international traditions. People have played it for years here, but the formation of the Rugby Club has gathered the attention of aficionados of this sport into a cluster of people with hearts full of dreams of becoming a rugged rain-soaked superstar. So exactly, what is Rugby? Rugby, played in over one hundred twenty countries, relates to people in Britain, where many associate this sport with a bunch of randy guys and gals shuffling around with what appears to be a fluffy football. The rules of the game appear to be a cross between those of football and soccer. Players in possession of the ball carry, kick, toss, pass, and hurl this oblong sphere into the goal of the opposing side. The game gets a reputation for being passive because of its lack of formal tackling; however, one has to only view one game to realize that many players have limped away with blood and grass stains coating their aching bodies.

Because rugby is a dangerous game, one must wonder why the organizer of this club wanted to bring this fearsome sport to NCSSM.

"Because I play rugby and it's fun," Larry Whysall states simply, a little dismayed by the stupidity of the question. But this isn't the only reason Larry, a senior here at NCSSM, wanted to organize a group in uniting a club devoted to his beloved sport. Larry

lamented, as do many others, the lack of sports involving heavy physical contact on the field, such as football. "A lot of people here may have played football at their old school, so there is a good amount of potential here at NCSSM because we don't have any tackle sports."

Rugby as a high school sport doesn't have a strong foothold here in North Carolina. Our school is one of the few high schools in the state that offers students a chance to participate in this challenging endeavor. "There are five teams already in Charlotte, with one that is nationally ranked. After a few years, the same could happen for NCSSM if there is enough support [from the student body and faculty]," relates Whysall. At the moment, the Rugby Club is going over the basics for all participants, mostly playing touch rugby and some passing drills. In many instances the community is willing to support NCSSM, and the Rugby Club is under the tutelage of an informal volunteer coach from the Raleigh Rugby Club, a group that our own team would consider if the membership were to increase. If we could find a way to Raleigh, Whysall figures, we could practice with a lot of other high school teams here in our state. NCSSM has found a new mistress, and Rugby is her name.

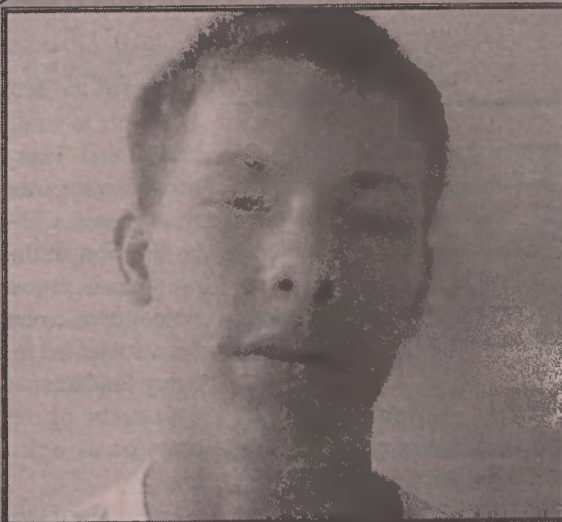
For more information on the Rugby Club, one can contact Larry Whysall at whysall@ncssm.edu, or the sponsor, Dr. David Frauenfelder. Help make this club a success!

## Athlete Spotlight: Sarah Mian

KEVIN HAN

Lance Harden, a junior at NCSSM, is an enthusiastic and talented athlete. Hoping to help the unicorns out this year with 3 sports, he trains very hard everyday to pursue this goal. So far, he has helped the cross country team tremendously. Just the other day, he finished 3rd in the conference only getting beat by .04 seconds and he finished 1st on the team. "That was one of my best finishes this year and I improved my time by 49 seconds from the last time I ran that course," said Harden describing his race. Harden's fastest time this year was at the Graham Invitational, where he finished with a burning 17 minutes and 2 seconds. He also played soccer for his old school but chose to do cross country at NCSSM. In the winter, he hopes to join the basketball

team and in the spring, he will run for the track team. His favorite sport to watch is college football and his favorite sport to play is soccer. Next year, he hopes to lead the cross country team to the state champs. "I see great hope in this achievement because Cardinal Gibbons, the best in our conference, will move up to public 3A and this will help out our team because I know we will have some good returning juniors." After cross country and basketball, Harden says that he will start



Dane Emmerling

training for the 2-mile so that he can beat the school record, which stands from 1997 at 9 minutes and 51 seconds. When he is not playing sports, he enjoys playing chess, listening to music, and reading about politics, religion, and philosophy. Lance lives by his motto of "the will to prepare is much more important than the will to win."

## PFM: New and Improved?

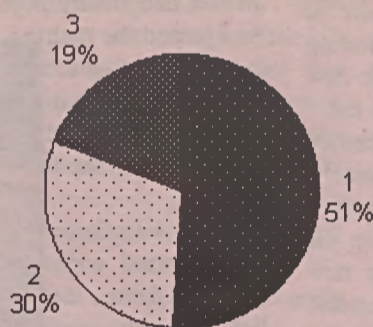
ANGELA ANTONY

Dissent over the PFM has become almost habitual for most NCSSM students, and food

has been enough of a concern over the years for the administration to finally take the issue under their wing. At the end of the 2002-2003 school year, when NCSSM's contract with

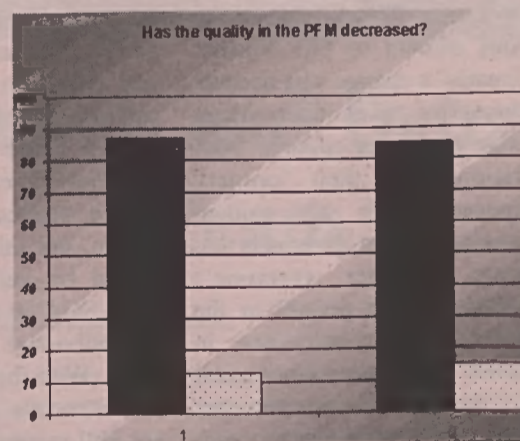
Chartwells ended, the administration began a sincere attempt to improve the quality of NCSSM cafeteria food. And have they succeeded? We went to the polls to find out.

Srs: Has the PFM improved this year

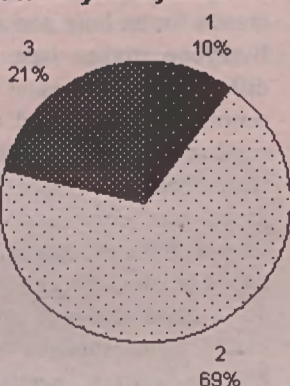


When current seniors were asked if the quality of PFM food had improved from the year before, 51% of those surveyed answered that it had. 30% said it had not, and 19% replied "undecided."

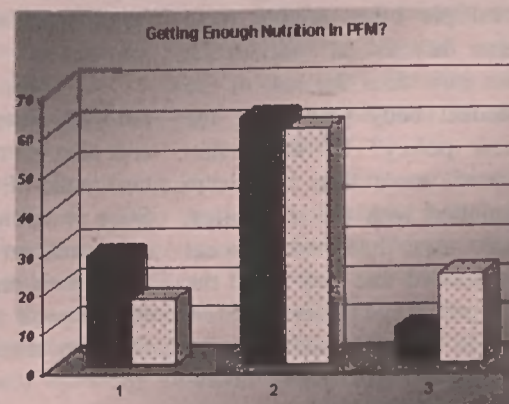
Juniors and seniors were both asked if they think the quality of PFM food has waned since the beginning of the year. Of the juniors, 87% indicated that it had and 13% indicated that it had not decreased significantly. Of the senior class, 85% replied that it had, and 15% replied that it had not significantly.



Jrs: Have you adjusted to PFM yet?



Juniors were also asked if they had adjusted to PFM food from home cooking yet. 10% replied "Yes, and I love it!" 69% replied "Yes, but it was tough." And 21% replied "No, my parents still bring me food."



Students were also asked if they thought that they are getting enough nutrition from PFM food. Of the juniors, 28% replied yes, 63% replied no, and 9% said that they wouldn't eat nutritious food anyway. Of our seniors, 17% said yes, 60% replied no, and a full 23% indicated that they wouldn't eat nutritious food regardless of whether it was offered.

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