

## Student government says, "Let's talk!"

BY ANITA SIMHA

NCSSM students have avidly been following the US presidential election buzz. From Herman Cain suspending his campaign, to Newt Gingrich speaking about future Americans on the moon petitioning for US statehood, most NCSSM students have

headlines in city and state news cycles for the school's contribution. Proud of his peers' effort, Student Body President Krunal Amin says, "Operation Toy Drop is a great example of how our school loves to give back. It's great to be a part of a community that always goes the extra mile to make a difference in the lives of

Talk Booth", SG has supported reform in PFM pizza – which, incidentally, now constitutes a vegetable serving – and more treatment options in the clinic. Academically, SG is addressing concerns about limited space in the Mentorship program, curriculum standardization, and the transition math students face when entering Calculus.



Operation Toy Drop

remained well informed about the unexpected twists and turns in the election season so far.

However, very few students are as knowledgeable about events going on within NCSSM's own student government. Here are some highlights of major projects the senators and executives have pursued during the school year.

Student Government (SG) has successfully pursued a wide scope of undertakings, extending from academic aspects of students' lives to residential ones.

Earlier this school year, SG collected over 400 toys for

others." SG also hosted other school-wide events including two Spirit Weeks, Fall Festival, the Mr. Unicorn pageant, and Winter Lock-in. In addition, SG brought distribution of funds to school clubs and trimester one privileges or "privs" to cancel out an absence and save money on muffins at the school store.

In an effort to get closer to the student body, SG introduced the "Let's Talk Booth" this year during Wednesday's common lunch. Smathers can approach a member of SG to discuss an issue within the school, and that representative will bring it up at the next SG meeting. Through the ideas proposed in the "Let's

Currently, SG is working on an art mural in Ground Reynolds that will leave a lasting impression on Science and Math. Additionally, after receiving the Campus Innovation Grant for NCSSM, SG allocated the money towards eight motion-sensing lights that will reduce energy consumption throughout the school. Other ongoing projects include junior and senior t-shirts, Prom Dress for Less, unification of girls' halls, and adding music to the jukebox in the Woolworth room.

Email [sg@ncssm.edu](mailto:sg@ncssm.edu) with any questions, comments, or concerns

## Paula Deen's ten most unhealthy dishes revealed

BY: CAROLINE DESAUSURE

Paula Deen, Food Network star, has been dumping excessive amounts fat, sugar, oil, and most notably, butter, into a majority of her recipes for years.

However, with the recent announcement of Deen's Type 2 Diabetes diagnosis, she and her family are beginning to take steps to lead healthier lifestyles, without completely compromising what they love.

Deen has recently begun endorsing a noninsulin injectable diabetes medication, Victoza, and has jumped on board with the "Diabetes in a New Light" public relations campaign.

Deen's son, Bobby Deen, is even starting his own Food Network show, entitled "Not My Mama's Meals," where he creates some of his mother's signature dishes with less fat and more nutritional value.

Deen asserts that she does not plan on changing her life style drastically. Her plan is to indulge in moderation, exercise more, and lead a more healthy lifestyle.

"I've always preached moderation," Deen said. "I don't blame myself."

Below is a tribute to the Queen of Butter herself, in a ranking of Deen's top 10 most unhealthy recipes.

### 1. The Lady's Brunch Burger

Complete with a burger, fried egg, two slices of bacon, and two Krispy Kreme glazed doughnuts as buns, this will be the most indulgent brunch you will have ever eaten.

### 2. "Surf and Turf" Fat Darrel Sandwich

It gets its name for a reason. This monster sandwich is supposed to yield 4-5 servings and includes filet mignon, bacon, lobster tails, Parmesan cream sauce, and French fries on the sandwich. Some variations also include mozzarella sticks to top it off.

### 3. Deep Fried Mac and Cheese

The recipe begins with Deen's classic "The Lady's Cheese Mac," which includes loads of sour cream, cheese, and of course, butter. This dish must chill in the refrigerator overnight and be cut into bite-sized squares, in preparation for frying. The mac and cheese is dredged in egg, flour, and bread crumbs and deep fried for about a minute.

### 4. Krispy Kreme Bread Pudding

Deen takes the traditional bread pudding recipe to the next level by introducing glazed Krispy Kreme doughnuts, homemade butter rum sauce, and fruit cocktail. Note: butter rums sauce calls for one stick of butter, one pound of confectioners' sugar, and rum.

### 5. Double Chocolate

### Ooey Goey Butter Cake Ice Cream

Deen takes a semi-homemade approach using store-bought chocolate ice cream with her homemade chocolate butter cake.

Among the ingredients for the cake are two sticks of butter, one box of powdered sugar, and one package of cream cheese.

Once the cake has been baked and cooled, it is cut up into bite sized pieces and combined into the ice cream, along with optional cookie crumbles, fudge, and pecans.

### 6. Bacon Cheeseburger Meatloaf

This recipe is Deen's attempt to bring the all-American bacon cheeseburger to the level of classiness of meatloaf. Using ketchup, mustard, mayonnaise, ten slices of bacon, bread crumbs, and cheddar cheese, the meat loaf is pure perfection, especially topped with fried onions.

### 7. Cherry Balsamic Grilled Stuffed Chicken Breast

This weird combination starts off with a typical, healthy grilled chicken breast. Deen garnishes the chicken with prosciutto, fresh cherries, and Swiss cheese. In order to achieve the illusion that the chicken is actually "stuffed," Deen recommends hammering the chicken breast as flat as possible, rolling the cheese with chicken, and securing it with a skewer.

### 8. Deep-Fried Cheesecake

With a deep-fryer built into her kitchen, it is no wonder that Deen experimented with this recipe. The cheesecake is made, cut into bite-sized pieces, and wrapped in "wonton wrappers" for deep frying.

Once you have pat the grease off of, drizzle with chocolate syrup and load on the whipped cream for one decadent dessert.

### 9. Peanut Butter Cup Brownie Smores

Marshmallow fluff, butter, and Reese's cups grilled on a hot skillet. Enough said.

### 10. Savannah High Apple Pie

24 apples in one pie. That is, a pie that looks like it measures a foot tall. Homemade streusel and pie crust make the dessert buttery, flaky, and creamy. Deen recommends adding pats of butter on top of the apples before covering with the final pie crust.

Add caramel pecan topping, semisweet chocolate, milk chocolate, and white chocolate drizzle to the top if you have a strong sweet tooth.

With third trimester and miniterm around the corner, take some time to expand your horizons. Take a break from work, head to Hunt kitchen, and honor the legacy of the one, the only Paula Deen.



Paula Deen's most unhealthy dish: "The Lady's Brunch Burger"

Courtesy of Food Network