

Photo of the Month:



PHOTO OF THE MONTH: Dolan Potter adorns a sexy devil's costume to play the brief role of Satan in the Promethean Player's production of the Mediocre Muses' production of Macbeth. The costume was a highlight of the play and drew rounds of laughter from the audience.

Compost Bins to be installed

By KALI SMITH
Staff Writer

Sustainability initiatives are beginning to sprout up all around campus and one of them is about to influence select halls. Beginning second trimester, some halls will have composting bins in order to help reduce the food waste on campus.

Things like coffee beans, fruit scraps or your mother's stale cookies will be accepted in these green bins, located around campus. The only things that cannot become compost are dairy and meat. Besides that, go crazy. Sustainability leaders on each of the halls will be responsible for emptying the bins and they are sealed so that there is no smell.

The locations of the bins will be 2nd Bryan, 1st Beall, 1st Royall, 1E 2E 2D, 1st Hill, 3rd East, 4th East, Hunt Kitchen, and the 1st floor Watts offices. Composting is too simple to not do. If a bin is not on your hall, save it and take it to one of the other locations. If these trial bins are successful, more should follow next year. If there are any questions about what can be composted or people who would like to know more about the program, please email Vice Chancellor Steve Warshaw and he would be happy to talk with students.

Photo courtesy of Chichi Zhu

S&M diseases strike ruthlessly

By CHICHI ZHU
Staff Writer

Vitamin C gummies and tissue stockpiles are making their way into dorm room after dorm room as the impending flu season sets upon NCSSM. The 2014 flu season is expected to start late this month or early next and peak between December and February of this winter.

Being in close proximity to other students all day every day at Science and Math places a greater risk on a school-wide affliction. Play your part in keeping the NCSSM community healthy this year by keeping yourself well!

Wash your hands often. Do not drink after sick people. Do not kiss sick people. Take these common sense preventative measures to keep a disease at bay.

But most importantly, listen to the CDC. The CDC recommends annual flu vaccinations for everyone over six months of age as the number one preventative

measure against getting the flu. The NCSSM Clinic offered two rounds of this year's flu shot but with parental permission and an insurance card, they're also readily available at Rite Aid. It takes two weeks for antibodies to develop, so be sure to get them as soon as possible.

This year's available vaccinations are mostly trivalent or quadrivalent shots. Trivalent protects against three strains of the flu, two Influenza A and one Influenza B, and quadrivalent protects against an additional Influenza B strain.

According to the Mayo Clinic, the importance in getting vaccinated against the same strain year after year is vaccinations are updated to keep up with adapting viruses as well as to nudge your body to develop antibodies against the strains again.

"But the flu shot gave me the flu last year!" No it didn't. When vaccinated through a

needle, you are injected with killed – dead – virus cells. You cannot contract the virus through the vaccination or pass it along to others.

You can, however, get the flu from an outside source during the two week period between your shot and when the shot really starts working or get a cold during this time or get a strain of the flu that your vaccination manufacturers didn't predict.

The best way to avoid sickness at NCSSM is to stick to the health fundamentals. Wash your hands, eat plenty of vegetables, drink lots of fluids and avoid sick people.

With flu season shaping up to be particularly terrible, it is important to stay healthy to avoid missing school.

Most importantly, do not go to the clinic if you are not actually sick. It prevents the actually sick students from receiving care and takes up the time of the clinic workers.

Remember to stay healthy.

Voting at Science and Math

By BETTY LIU
Editor-in-Chief

As November approaches, we can look forward to a multitude of things, from Thanksgiving, to pumpkin spice everything, and cheesy Christmas carols that are playing out of season. With all this, there is also another event approaching: the beginning of the voting season.

This is an exciting time for many of us, many NCSSM students will be eligible to vote for the 2014 elections.

For students at NCSSM, it might be difficult to vote. For one, many of us do not live in Durham County. However, this issue is easily resolved.

Students can either vote for candidates in their home town through an absentee ballot or they can choose to register to vote in Durham.

Registering to vote can be done in many different ways. First, students can check the North Carolina State Board of Elections (NCSBE) website

to find the voter registration forms. There are also methods for students to register on campus.

Earlier this year, Heritage, Opportunity, Progress, Education (HOPE) held an event outside of the cafeteria that allowed students who would be turning 18 to register for the upcoming election.

In North Carolina, the voter registration deadline for this year was Oct. 10 and early voting period began on Oct. 23.

The general election is on Nov. 4, from 6:30 a.m. to 7:30 p.m.. Hopefully, many students from NCSSM will come out and vote, so that they can take part in this integral part of democracy and voice their opinions. As for others, there is always next year.

To those of you who are 18, remember to turn out to do your civic duty and vote, because America could not be free without democracy.