

NCSSM Students Enjoy Delicious Ice Cream From Rossini's

By Karen Grossmann

Rossini's Ice Cream, located on Broad Street where Aunt Sue's Donut Shop once was, is the only store of its kind in North Carolina. Founded in 1982 in Columbia, South Carolina, by Kurt Jaenicke, Rossini's was created with homemade ice cream and exotic tastes in mind. Jaenicke sold his interests in a Boston business to devote his energy to designing the ice cream machines that churn out fresh frozen goodies every day. He and his partners also developed the recipes for all of the flavors featured at the store.

The Durham Rossini's is the second shop opened by Jaenicke and his partners, Trena Griffith and David Thurber. Formerly Aunt Sue's Donut Shop, the store was purchased and renovated in 1983. According to Thurber, "business has been outstanding," and he attributes most of it to his student customers from Duke and NCSSM.

Many palate pleasers can be found at Rossini's, including ice cream flavors such as lemonade, molasses-ginger snap, hazelnut, and, of course, vanilla and chocolate. About eight different homemade flavors

are featured daily.

Scoops of ice cream range in price from 75 cents to \$1.40. Sundaes, which include one of Rossini's homemade sauces (like Hot Fudge, Hot Butterscotch, or Marshmallow), and two toppings (12 kinds to choose from, including crushed Reese's Peanut Butter Cups, chocolate chips, and assorted nuts), and two

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Sports Injuries Often Avoidable

by Terry Blankfard

In addition to pursuing a heavy academic schedule, many students at NCSSM also participate in sports and physical activities. School nurse Nancy Simeonsson points out that it is important for students to know how to work out and avoid injuries.

scoops (or more!) of ice cream, and fresh whipped cream are \$2.00-\$2.75.

Students here at NCSSM make weekly treks to Rossini's to savor the flavor of, perhaps, fresh, creamy coconut ice cream with gooey hot fudge and mounds of whipped cream. Everyone knows that the diets can always wait until next week!

The editor and adviser of the paper reserve the right to edit all letters for good taste and brevity; because of limitations in space, we cannot guarantee that all letters will be printed. No anonymous letters will be printed.

Simeonsson and Dr. Scott Eden both stress that students should make sure that they warm up before doing exercise and cool down afterwards. Eden says that it is actually more important to stretch out after exercising because muscles are tight after a workout. Also, exercisers should not try any activities beyond their ability. It is also important to have appropriate equipment, especially shoes, to help keep athletic injuries to a minimum.

Some common injuries which can be guarded against are stress fractures and shin splints. Stress fractures occur when the bone is cracked and can be caused by the pounding that legs get from running. Running on a level surface and having good shoes can help decrease the likelihood of such an injury.

Shin splints are a problem because no one is sure what causes them. They can be treated by taking aspirin or another anti-inflammatory drugs such as motrin or endosine. According to Eden, shin splints can be avoided if exercise is increased gradually instead of suddenly. Another prevention is to really stretch the front of the legs before running.

When a person does get an injury, Simeonsson suggests that they use the RICE method. This stands for rest, ice, compression, and elevation. The student should apply ice to the injured area while compressing and elevating the area at the same time. After 24 hours, heat should be applied.

Anyone with an injury which may be serious should, of course, see a doctor or someone with background and training in sports medicine.

Review: "Silkwood" Not Political

By Steve West

"Silkwood" - the story of Karen Silkwood, the whistle-blowing nuclear fuel plant employee who died under mysterious circumstances in 1974 - is most remarkable for what it's not. It's not a political film - it doesn't try to answer the nagging questions about the car crash that killed Silkwood or pin the responsibility for everything on a conspiracy among her employers at Kerr-McGee.

"Silkwood" works so well, in fact, because it tries to do nothing more than present an accurate portrait of this working class woman. Silkwood, a mother who leaves three children behind with her common law husband, spends eight (and sometimes sixteen) hours a day preparing plutonium fuel pellets at Kerr-McGee's Cimarron County, Oklahoma facility, awakening only gradually to the danger of her situation. After being contaminated by radioactivity, she becomes involved in her union's fight against Kerr-McGee's attempts to decertify it, and she agrees to spy on her employers at the suggestion of a union official.

The mysterious car crash that kills Silkwood occurs as she is on her way to meet with a reporter (supposedly to turn over the fruits of her spying - proof of Kerr-McGee's cutting corners on employee safety and doctoring x-rays of flawed nuclear fuel rods).

The cast that director Mike Nichols has assembled to populate Silkwood's world is a marvelous one. Kurt Douglas, after so many Disney films and the dreadful "Escape from New York", is delightful as Silkwood's redneck but caring boyfriend, and Cher's portrayal of Silkwood's lesbian friend will come as a surprise to those who remember her primarily as one-half of "Sonny and Cher". Meryl Streep's performance in the title role, however, is by far the most brilliant of the film - she offers a sensitive and very believable portrayal of a woman whose world comes crashing down about her.

Although "Silkwood" has its faults - it can, for example, be tediously melodramatic at points - its simplicity and the excellent acting make it a movie well worth your while.