

As Pressure Rises, Stress Surprises

by Frank Wrenn

"Help!! I'm stressed out!!" Stress seems to be a common affliction at NCSSM. It is no wonder considering the pressures we are under to succeed in life and in school, as well as the pressures of being away from home, growing up, finding "yourself", and finding someone else.

All this stress, however,

can be dangerous to both our mental and physical health. It can cause and aggravate ulcers and is often involved with cardiovascular disease. It can also decrease urinary flow, and it can prevent proper digestion of food. Stress is often involved in suicide, which is the leading cause of death among college age people.

How do we deal with

stress at NCSSM? According to some students, such as Eliza Johnson, "I don't [cope with stress]." Zerrick Bynum sometimes does the same.

"[I] take a nap, chill out, or sometimes I just don't deal with it." Often stress expresses students such as Karen Reid, who "mopes."

Some students, however, conduct their stress through more constructive channels. Greg Sutton often goes for

a walk to relieve his stress. Theresa Cannon is even more efficient...."I just do my work and put the stress to good use."

Some students (probably a large percentage) adjust to stress by becoming extremely "weird". This is clearly evident during exam week. It is also evident if one is a friend of Jane Wang; she deals with stress by "singing 'Little Rabbit Foo-Foo'."

Athletics also provide an outlet to utilize stressful energy. One just has to imagine that the soccer ball is a certain sixth period teacher (who just gave 5 hours of homework) and kick away!

Last year's snow in the middle of exam week also provided this outlet. A school-wide snowball fight ensued,

and a few teachers were seen being hit by snowballs as well as throwing them.

Exam week is a particularly stressful time of year. Fortunately, Branson Brown and Roger Messier will be conducting seminars on relaxation techniques during exam week. These will provide excellent methods of dealing with stress.

The next time you have college applications, an ICM take home, an English paper, and a Physics Take Home all due the next day, as well as two tests and basketball practice, just remember:

1. Cope with your stress.
2. Keep a good attitude.
3. Know that you are not alone.

Santa Ponders Early Retirement This Year

by Jon Carson

It seems as if Santa may be getting some tall orders this year, according to a special CIA report just released. Entitled "On Correspondence with Santa," the review contains the letters of prominent Americans to Father Christmas.

"The phenomenon of adults writing to Santa started only recently and is still unexplainable," asserts the CIA. "We can only hypothesize that increased world tension has triggered the syndrome in people with mentalities just above the eight-year-old level..." Was it interesting? Perhaps. Revealing? You bet!!

Here are a few excerpts:

Santa, Well, I would very much like a new pillow for my office. Please don't forget to find a super-deluxe teflon suit. (My old one doesn't work.)

.....So come on, man.

Just get me a haircut so I won't look like a sunbleached mop from LA.....

.....Sammy Hagar

.....Would you mind terribly changing locations to ANTARCTICA? Our great nation has a vital strategic interest on the North Pole.....

.....Cappie Weinberger

.....If you could do this, I would finally feel at home with my body and would be up there among the best with Madonna, my sister, Tiffany, and Sheena E.....

.....Michael Jackson

.....Hey old man, like when are you going to drop by with that magic dust that makes you fly so well?...

.....Cheech & Chong

.....GIRLS!!!

.....The Beastie Boys

.....Working conditions and salary are the pits! On behalf of all the elves, I demand a better deal.....

.....Dwizelrond

.....Take me for a trip upon your magic swirling ship; my senses have been stripped.....

.....Bob Dylan

.....Well yo homeslice... Whutssup with you? / We got a funky rap for you and your crew! / Yeah we know you're chillin' way up at your place / but we're just illin' and starin' into space / So please have us come and we'll celebrate / all night Christmas Eve if its not too late.....

.....Run-DMC

If I know Santa, I'd guess he's giving serious thought to early retirement!



Will Snow Flow? Students Predict

by Danene Groenke

"Oh! The snow; the beautiful snow, Filling the sky and the earth below."

.....John Whittaker Watson from "Beautiful Snow" 1869

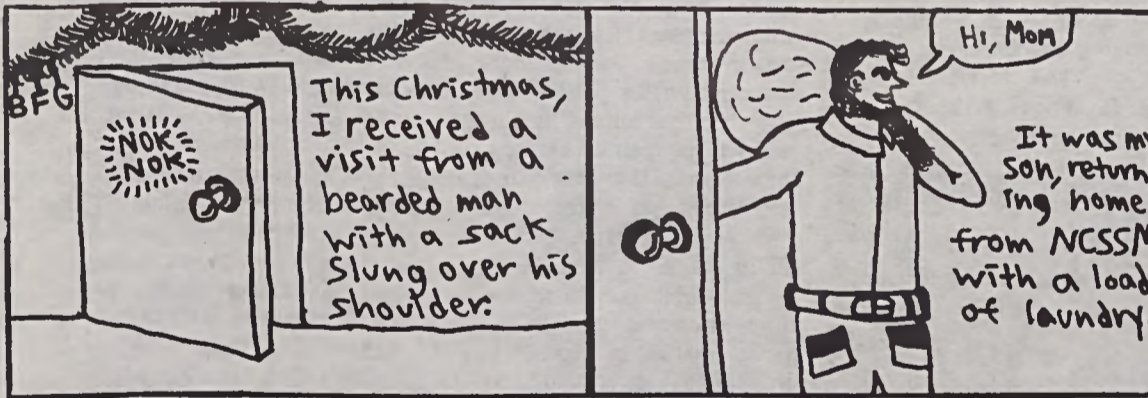
This quote from Watson's poem "Beautiful Snow" sums up how most of us feel about snow. Of course, those feelings lead us to make predictions.

Most people agree (hope) that we will get lots and lots of snow this winter. One senior feels that "we won't have a white Christmas, but we will get lots of snow in January." "We

will get loads of snow whenever it comes," responds one very hopeful junior.

Some students remain realistic, even a little pessimistic, and say that we will "only get a little or none." A senior stated "We will have a reasonably warm winter, with little snow." A junior feels that "a little snow is good, but only a little."

If the majority of students get their wish, we will get lots of snow this winter. But only the future knows if that will happen.



21st Century Mars: The Next Century Awaits

by Jon Carson

Fourth Planet, Second Earth: A view of our future on the Red Planet. A hundred years ago, no one would have guessed that people would be soaring high above the oceans on transcontinental flights, walking on the Moon, or fighting wars that would kill over forty million people.

The next century may be just as surprising...or WILL it? Only time will tell, but if we look at history, some reasonable assumptions can be made.

Pessimists always tell me that humanity will blow

itself up with its thousands of megatons of nuclear weapons. I'm not going to rule that as impossible, but I think it's highly unlikely. Our uniquely human gifts of creativity, curiosity, and insight could very well save us from Doomsday.

Our minds have always been at work to make our world's living space more livable. And our historical patterns have shown that when such a world is no longer bearable, many will set off to find-or make-a new one.

Perhaps it is again time for a small number of daring dreamers and Utopians to

separate themselves from an Earth, in their eyes, stagnant and corrupt. It could be done in the name of evolution, in the same way that a few Devonian fish grew tired of their underwater surroundings and took to the land to become amphibians and reptiles and mammals.

Instead of looking westward across an ocean, they will gaze into a third dimension: at a small, rusty point of light called Mars. Someday they will get there. And the Old World will watch in amazement as it sees a New World revive from an age-old slumber.

Though very extensive in practice, the techniques to warm Mars will be simple in concept. An induced runaway greenhouse effect will thaw the ice, thicken the air, and produce additional warming, until all the volatiles have been evolved.

Mars will also green. Life will grab hold of it and subdue the regolith and sterile seas, until no niche or cranny will be devoid of things that metabolize and photosynthesize. It may be centuries, but the new Martians will one day breathe the air themselves.

And one day, the in-

habitants may no longer be human. Although Mars may fit the requirements for supporting Earthlife, its conditions could still be very different than Terra's. Life (and Homo Sapiens is no exception) will have no choice but to evolve and fit into these new ecological frontiers.

Thus, in latter years of the twenty-first century, the next step in human evolution could already be underway millions of miles across space. One hundred years from now, our growth will continue. One hundred years from now, our grand adventure will just be commencing.