

NCSSM shows appreciation for women

ANNA MORRISON
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March was National Women's History Month and, to celebrate, NCSSM organized a Women's Conference to recognize and honor women.

"[The object of the women's conference] was to make women of all ages aware of the past, present, and future of women," guidance counselor and Women's Conference committee member Gail Hudson said. "The theme was the celebration of women, to celebrate who we are, where we've been and where we're going."

Activities were planned throughout the month including "Bring-A-Special-Women-to-School" days, a Film Fest, and a Powder Puff football game.

The "Bring-A-Special-Women-to-School" project was designed to allow students to show a important woman in their lives the NCSSM community.

The Film Fest included films by and about women to facilitate discussion. The Powder Puff football was a way for the women of the community to come together in fun.

The March ALT Day was the focal point of the Women's Conference. Activities planned for that day included speakers connected to the school community, and performances by the modern dance group, the dance team and the step team.

Fish Bowls, discussion groups where students were able to discuss women's issues, also occurred.

Senior Dorothee Alsentzer, a committee member, said the main objective was to cre-

ate "an inclusive atmosphere" for the conference, so that everyone could take part.

For this reason all activities, except for a sleepover on Mar 14 in the PEC, were open to both sexes and men were strongly encouraged to participate. In fact, a Women's Conference committee member went to every hall in order to promote participation in the conference.

"[The Women's Conference] was a celebration of women through their body, mind, and spirit. Everyone, men and women from the NCSSM community and surrounding area

came away knowing more about women's mind, body, spirit and felt good about taking part in these activities," committee member Ti Boshart senior said.

This is not the first year of the Women's Conference. The NCSSM Women's Conference was first held in 1995, after Tyrell Haberkorn, an NCSSM alumnus, who En-



Photo by Leonard Tran

Tyrell Haberkorn, founder of original Women's Conference in 1995, speaks to students during the 1997 Celebration of Women.

glish teacher Jane Shlensky describes as "a natural feminist leader," suggested to Hudson that something needed to be done for women's appreciation in the NCSSM community.

The gathering featured Nawaah Sabawi, a renowned speaker on women's issues. Leigh Whelper, who works in Outreach Department, described Sabawi as the highlight of the con-

ference.

Even though the first conference was very successful, the committee has decided to start fresh for this year. The committee agreed that the students should be the leaders of this conference and many students have become involved.

Cultural Celebration at NCSSM

ANNA MORRISON

On April 27, the Asian Cultures Club, sponsored by Jim Litle and Jane Shlensky, hosted NCSSM's 1997 AsiaFest, a celebration of Asian cultures through displays such as dancing and booths. The purpose of AsiaFest was to educate NCSSM about Asian culture in the community.

"AsiaFest is like a celebration of unity in diversity," senior ACC member Darice Wong said.

The fest included booths with displays of culture and food samples. Some of the cultures included were Indian displays, Hare Krishna information, Chinese calligraphy, and Korean displays. Later in the afternoon, students performed Indian and Chinese dancing. Senior Smita

Trivedi choreographed many of the dances and taught some simple steps once the dances were over.

Junior Mandrill Taylor, a participant in

one of the dances, said, "It was an enlightening experience that I will always treasure."

The afternoon finished with a Martial Arts demonstration.

"I'm glad I wasn't the cinderblock," said junior Daryl Williams, who was impressed by the demonstration.

AsiaFest is normally an annual event, but was not held last year.

"We've never done it before, we've never seen it before," Wong said.

However, various reports showed that the celebra-

tion was successful.

"[AsiaFest] is the first time I have ever done a demonstration and I enjoyed it," martial arts participant junior Karen Tang said.

AsiaFest is like a celebration of unity in diversity.

*- senior,
Darice Wong*

Martial arts interest grows

KIM MCCUMBER

The only thing kicking higher than students at NCSSM is the interest in martial arts. Students on campus show interest in many different forms of this type of exercise, including Aikido and Tae-Kwan-Do. Physics teacher Dr. Andres Manring said that these students have shown their dedication by making time in their schedules to participate in this sport.

Between school work and other activities, students have to find time to go to the martial arts programs. Although junior Karen Tang said that the dedication has always been present, junior Maria Trent was still surprised with the extent of dedication.

"With the workload here, you can't expect too much, but a lot of people, they're really dedicated, and they come to every class," said Trent. Both Trent and Tang are instructors of the Tae-Kwan-Do seminar.

In contrast, varsity sports take more time, and some students find it difficult to

make time to participate in them. "It's difficult to balance sports and school," said senior Katie Hobbs. Martial arts provide students with an opportunity to exercise and compete without placing as much of a time constraint on themselves.

"[Martial arts] competes with other student sports available," said Manring, teacher of the Aikido and Tai Chi seminars and sponsor of the Tae-Kwan-Do seminar.

Trent said that in the Tae-Kwan-Do seminar, students are taught basic forms, kicks, blocks, punches, and Korean terminology, language, and history.

Manring said that martial arts provide students with guidance to learn how to center and develop balance physically, psychology, and spiritually. Collectively they are "one of the paths of wisdom," he said.

Martial arts have many benefits for everyone on campus. "I learn something every time I do it, about myself, and about the art," said Manring.