



## Making friends at NCSSM is as easy as giving away Nutri-Grain bars

JODY CEDZIDLO  
GRAND SENIOR

So there I was- standing in the parking lot of the Walnut Creek Amphitheater in Raleigh. Surprisingly enough, I wasn't thinking about Raleigh or even about walnuts. I was wondering how I was going to dispose of seven dollars worth of food in five minutes. Neither I nor my two friends were even hungry...

I'd thought ahead, for the first time since about 1992, and attempted to come to a show prepared. A gallon of water in my hands, a bag of groceries on my back, I was not going to pay an arm and a kneecap for a soft pretzel and a Pepsi.

Or so I thought. Security guards were searching bags and folded blankets not for guns or recording devices but for food and drink, and forcing concert-goers to discard their sustenance at the gate. Blinking my eyes at a security guard, I could only ask, "Um, can we, like, just stand here and eat some of this, instead of throwing it away?" He finally consented, and all three of us promptly stuffed apples into our mouths and began concentrating on such important issues as chewing time and efficient swallowing. Growing sick, I realized that there was no way three people could eat four apples, and an entire box of Nutri-Grain bars, and a bag of Goldfish (crackers, that is- we're vegetarians) in less than two minutes.

It was at that point that my great realization began to swim in my head. This wasn't

just any great realization, mind you. This was on of those *epiphanies*- the kind that you have to talk to your dog about, because it doesn't really seem coherent at first. It occurred to me, magnificently, to *give* the food away. Saving *other* innocent young people from the soft pretzel plot, I could get rid of my food without wasting it, and bring a smile to another's face. It was beautiful. This wasn't the epiphany, of course- that came later. But my idea was the beginning.

The obvious problem with my glorious plan was as follows: I'm fairly shy, as a general rule. How was I going to just waltz right up to a huge group of strangers and start yelling about Nutri-Grain bars and goldfish? It seemed so embarrassing...

So are you ready? Set? Here's the epiphany: there is absolutely not one thing to fear about talking to a group of one's peers for the first time. Two reasons... I'll refer back to my example, although this epiphany, like other ones, is broader than Nutri-Grain generosity. First of all, I had something very important in common with every solitary person in that parking lot: a love of the same kind of music. With that shared interest, we had to be at least a little alike in other ways, right? Second of all, even if some people that saw me thought, "Ohmygoodness-she-is-such-a-moron..." it *doesn't matter*. Chances are, the people I would care about knowing are thinking well of me, so I lost nothing by disgusting those other people. And gained intermitably- in all the smiles I received, in several thank-yous and in the few bellies that were satisfied.

It may seem a stretch to compare this situation to Science & Math, but just think about it for a little bit. You don't have any food to get rid of (except if you have cafeteria work service on egg burger day), but you do have to reach out and find some friends.

If you're shy, try to overcome it, because you are worth every bit of what those around you are worth. You're probably thinking, "Gosh. These people are all so smart, and so talented, and blah blah blah." Following that thought should come one like this: "But I am, too, or else I wouldn't be stuck in this bubble labeled 'NCSSM.'" Give yourself the credit you deserve- no one else

~Nutrigrain Continued on Page 8

## What to do... What to do...

SAMANTHA LEA

Going to school is a bummer. Leaving home without a car is a bummer. NCSSM is not a bummer. There are tons of cool things going on at NCSSM. Sporty folks, intellectual folks, artsy folks, and even couch potatoes can enjoy the events happening around campus.

What the \$#&% are they doing? Ultimate Frisbee is a popular game that is often played on Watts lawn. The yelling and diving into the grass may seem a bit odd, but hey, it is fun. There is no off season for S&M soccer and simply mentioning interest in a game can get one started. The PEC (a.k.a. gym) is an awe-

some hang out. Aerobics classes are held in the dance studio, basketballs are in the gym, and there is a free weight and exercise room over the main

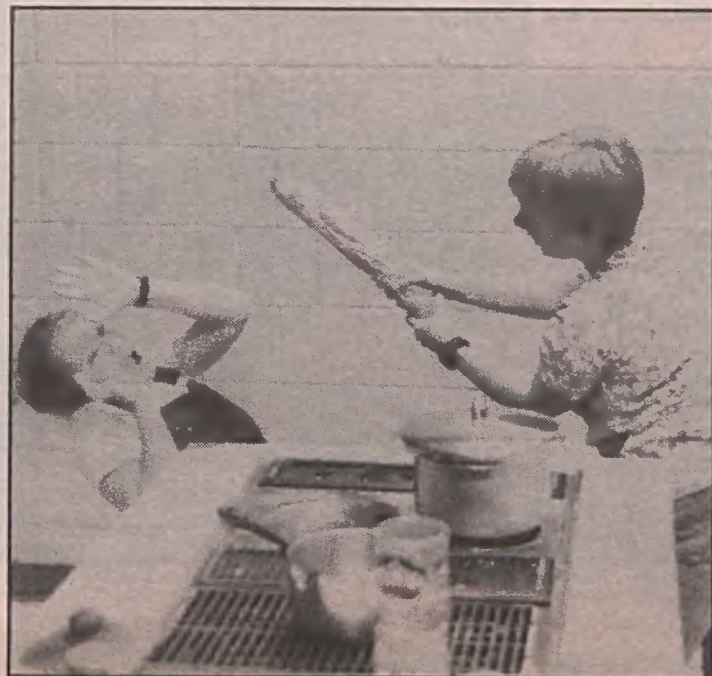
the things to do at NCSSM. Many clubs at NCSSM host events that occur on campus. Join Stentorian, Blue Mirror, or Gadfly. The publications never

have enough people to finish the work, and are great ways to meet people with similar interests. Service clubs have great meetings. Key Club organizes trips and projects on and off campus as well. Asian Cultures club and African Dance and Music Ensemble are ethnic clubs. They do not discriminate, so learn a new culture or more about your own. Go to

the library (I'm serious)- a lot of people gather at the library. Find a good book and relax in a comfy chair.

Who said all the world

~What to do Continued on Page 8



Sara Hanner

You will make so many new friends... You'll love them to death.

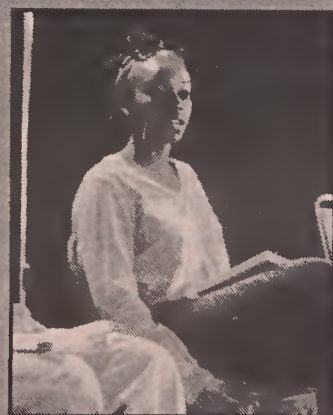
gym. Wound up a little tight? The circumference of the school is almost a mile. Put on those running shoes, and have fun.

Rather dictate Swahili than run a mile? Active activities are just a small portion of

## Dear Class of 2001

Are you ready? You made it, but do you think you can handle what the year holds? Most of you will realize that you are far from ready. You most likely left something important at home that you think is absolutely necessary in order for you to make it through the school year. Well, whatever you are stressing about, you will get over it. Calm down and enjoy your first week. Use the first couple of days to get organized (or rather unorganized, whichever environment works best for YOU). Don't hesitate about getting to know your teachers. They know a lot more than you think (trust me on this one) and they really don't mind sharing their wisdom. Whether or not you take any of the "advice" or "suggestions" seriously, always keep in mind that you have been given an opportunity that most students would do almost anything for. So think of this experience as a gift, and show your appreciation by finding every possible way - big or small - to contribute to your new school. Take

on a couple of clubs that you can PUT YOUR HEART INTO, and do just that, give it your ALL. Be an achiever instead of an overachiever. You will sleep



April Land addressing the student body.

Doug Paletta

more, be healthier, have a *social life*, learn more, and actually make better grades. Don't listen to everything the seniors say and learn from all your mistakes (you will make them). Your experience at Science and Math will be like none else, so make the best of it, and believe me you will have fun.

As far as advice concerning having a social life...Have One! It will keep you

sane. However, do not let it come before academics. Realize that you will be by yourself at times and learn to enjoy this. When you do make close friends remember that the world does not revolve around them, and there are other wonderful people on campus whom you haven't met-so meet them. Eat out once in a while, dress up on Tuesday's (Dress for Success Day), always go to class, take the rules seriously, do not walk through Walltown (even if you have muscles), and most importantly, attend at least one SGA meeting a month. Be yourself and if you do not know who you are yet, don't worry about it, I am still figuring it out. If you ever need help (emotional or academic) don't be afraid to ask for it. There is someone, somewhere on campus who can relate. You have been asked to attend one of the most prestigious high schools in North Carolina-CONGRATULATIONS and good luck!!

Sincerely,  
April Land  
S.G.A. President