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To Sleep or To Socialize

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It's midnight on First Hunt. A group of guys challenge each other to a game of Mario Tennis and soon after, triumphant yells can be heard. In one room, a few students are carefully scrutinizing textbooks, while in another a few more are blaring music, their impending assignments tugging at the back of their minds. This is a familiar scene throughout campus, where activity in any hall does not cease until well after 10:30.

Many incoming juniors have not been exposed to the intense workload at NCSSM, and find that the price of maintaining grades, a social life, and their sanity is less sleep than they have been accustomed to. This, however, can affect students in more significant ways than they expect. Daniel Cobb, a junior, shares the sentiment, "if you've had a long night, you can feel unbearably tired during the first few periods." Recent research reveals sleep deprivation can be extremely detrimental to brain activity, and frequently inhibits high level thinking tasks. Re-

searchers in Loughborough University in England have determined certain parts of the brain which are responsible for such functions as short term memory, attention, and language capability are those which work hardest, and consequently suffer most from sleep deprivation. Research at Stanford concluded that teenagers require nine to ten hours of sleep a night, which seems almost impossible in the hustle and bustle of our school and social lives.

Sleep deprivation runs rampant throughout the school. "It's clearly a problem," noted Daniel Christie, a junior. "Everyone here experiences some form of sleep deprivation." This last statement holds true for most students here. This chronic problem sent the administration searching to find an answer and an effective cure for Science & Math's sleep-deprived. Sensing that the heavy workload might be the culprit for our lack of sleep, the administration and faculty asked students to record how much time they spent studying outside of class each day. The problem of sleep deprivation is, however, a



Seniors Leslie O'Laughlin, Jonathan Drew, and Joy Loudermelt catch up on last night's missed rest

difficult one to solve. "I'm not really sure what can be done about [sleep deprivation]," commented Dr. Warshaw. "I think our options are limited." Dr. Warshaw does believe, however, that the staff should act as role models for the rest of the student body concerning the issue of sleep deprivation.

When students were

asked about what the main cause of sleep deprivation was, most responded either "work" or "stress." Some students, however, had other ideas. "Work," said Brandon Tyndall, a senior. "Well, actually it's more a combination of work and having a social life." Mrs. Link, the head of the biology department, reflected similar views: "I don't

believe it's just heavy workload... I think it's a combination of a challenging workload [and extracurricular activities] which students have to learn how to balance." There are many social and extracurricular activities to participate in at NCSSM,

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Airing the School's Dirty Laundry

JOANNE LEE

Every weekend students can be seen dragging several weeks worth of laundry to the laundry machines on NCSSM's campus. It's a well known fact that these facilities are less than ideal. Complaints about the machines range from being too old, too small, too unreliable, too inefficient, too smelly, too gross, to there being too few of them around. When several students were asked for their personal opinion about the facilities, the overwhelming response was, "It really sucks; bad." Even students who live close enough to do their laundry at home had complaints. When the dryers don't do their job and one runs out of quarters, the three weeks worth of wet laundry is destined to cover any and all of the free hanging space available in a 9' by 8' dorm room.

According to Dr. Joan Barber, Director of Student Life, there has been a lot of work already toward remedying the

situation. Dr. Barber says that the administration has been aware of the problem for quite

some time, yet their complaints to the contractor went unheeded. Ultimately, the school found great dissatisfaction with the previous service and de-

decided to end their contract. As of October 15th, the school will put in bids for a another laun-

dry service contractor, one that will provide necessary upgrades and new machines. One possible direction that is seriously being considered is a company

called MacGray. It would provide a system similar to those found on college campuses

on campus, and when the student goes to do the laundry, the amount would be deducted from that prepaid swipe card. When asked whether all this technology was feasible for our school's circumstances, Dr. Barber answered, "Yes, definitely... it's more realistic than ever."

Later on in the year there will be several committee meetings for anyone who would like to have their input on the situation. While seniors won't be able to reap many benefits from these courses of action, juniors should definitely speak out with any suggestions. As for a time on when these changes will actually be seen by the students, a

representative of the Business and Development Department of NCSSM promises, "definitely before the end of this [school] year."



Wet clothes pile up when the driers are not working

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