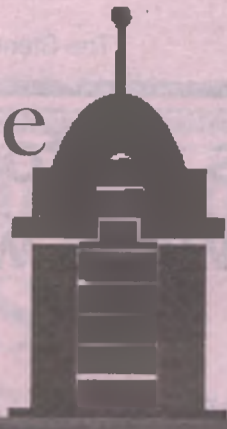


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Behind the scenes of the PFM

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Staff Writer

If the old saying “we are what we eat” is true, then we would have some serious problems. While Science and Math offers some of the best courses and activities in the STEM field for high school students, the science of cooking is certainly not one of its specialties.

Residents on campus are limited to cafeteria food from the PFM. So in an effort to understand what we really are at this critical juncture in our lives, we must understand what the PFM really is.

PFM stands for Professional Food Management, a company who ran the cafeteria a long time ago but the acronym stuck around a lot longer than the company. Currently, the cafeteria is managed by Perkins Management Services.

As stated on its website, Perkins is a food service management company committed to delivering food of the highest quality since 2005.

While students might hold differing opinions on Perkins food, many do not know that Perkins employs over 400 workers, and operations currently span across 10 states.

Besides high schools, Perkins also serves universities, the military, and commercial clients. The Millennium

Café “designed to excite the customers” aims to “transform any cafeteria into a state-of-the-art food court” while the Full Food and Dining Facility tends to the Department of Defense across 6 states along

Southern Cuisine, in Charlotte, bringing diversity to the food PMS serves.

Perkins is indeed very successful, but it is still important to remember that the food in any food management

sausages for breakfast, fried chicken, salads, and burgers for lunch, and pastas, pizzas, and lasagnas for dinner.

However, the ambiguity surrounding what exactly is in the lasagna or burger patties

regarding the origin of our daily meals, we must look behind the closed doors of the PFM.

Every day, fresh boxes of frozen entrees arrive at the cafeteria, waiting to be heated before meals. Common desserts such as cakes and brownies are also bought in bulk then sliced.

However, sliced cakes and frozen entrees are not usually served the day of their arrival, rather many items such as fries and vegetables are frozen again or half-prepared then frozen for the rest of the week.

Additionally, last night’s dinner rolls are also often transformed into the next day’s croutons to further increase efficiency.

Although many foods are not the freshest produce, the PFM does perform some actual cooking besides the heating of frozen items. For example, many vegetables are steamed and rice is cooked right before the start of meals.

Meat is also cut and prepared immediately before being served. Although the vegetables are frozen, the grill also occasionally serves stir-fry cooked to order. In the end, if students don’t especially prefer the taste of PFM foods, the frozen food companies should share at least half the blame.

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Photo courtesy of Chichi Zhu

Students take their PFM food to the dining area during common lunch. The quality of PFM food has been the subject of many SG campaign promises and has even spurred the creation of a PFM

the East coast.

Furthermore, Perkins even caters to the US President with “elegance and flair in mind”. Perkins even operated its very own restaurant, Laurene’s

service is arguably the most crucial component.

At NCSSM, the PFM serves breakfast, lunch, and dinner. Common menu items include biscuits, eggs, and

after countless days of having questionable hotdogs and barbeque for dinner, prompts students to ask, “Where does the food come from?”

To answer the question

Nigerians hopeless against Islamist attacks

By SIERRA DUNNE

Editor-in-Chief

The story of the Charlie Hebdo attacks, where 17 French citizens were killed at the headquarters of the satirical magazine in Paris, sparked outrage against the attackers and solidarity with the victims throughout the world.

However, in the same week over 2,000 Nigerian citizens were murdered in a brutal attack by the Boko Haram militants, yet there was almost no coverage on the event, causing many to question the

reliability and motives of the mainstream media.

The Islamist militant group Boko Haram stormed into the city of Baga in northern Nigeria earlier this month, firing guns at fleeing civilians and burning down buildings along the way. The attacks were so deadly, District leader Musa Alhaji Bukar that Baga was now “virtually nonexistent.”

This is not the first time the group has inflicted terror on this region: Over 10,000 people were killed in related attacks last year alone.

“Dead bodies litter the bushes in the area and it is still not safe to go and pick them (up) for burial,” said Musa Bukar, the chairman of the local government where Baga is located.

Many were forced to flee, and over 30,000 people were displaced from their homes. A number of survivors fled to lake Chad, where “some drowned and where others remain marooned on small islands, menaced by hippos,” said a local government official.

On Saturday, Jan. 10 a girl no older than 10 walked into a crowded marketplace in the city of Maiduguri and detonated an explosive strapped to her chest. As people rushed to aid the injured, another girl set off another bomb, leaving about 20 dead and several severely injured.

Attacks like these have become common in the Northern Nigerian region, and Boko Haram has expanded its insurgency to other countries such as Chad and Cameroon.

Almost 70 schools in

Cameroon’s Far North Region were forcefully closed since students and teachers had to flee their villages.

Many of these ongoing events have failed to be reported on by the mainstream media. While the situation in France prompted a worldwide response and the “Je suis Charlie” campaign, the world has remained silent on the massacres still going on in multiple African countries.

Human rights activist Aminu Gamawa believes

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