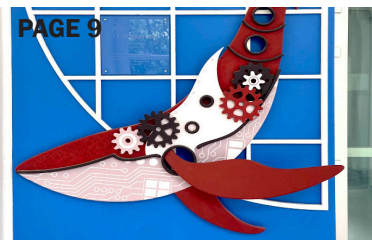




Settling the Debate
Between STEM and
the Humanities



Imposter Syndrome:
A Silent Problem



THE NORTH CAROLINA SCHOOL OF SCIENCE AND MATHEMATICS MONTHLY, EST. 1981 | VOLUME XLIV, NO. 1 | DURHAM, NC | AUGUST 2024



2024-2025

WELCOME UNICORNS

TERESA FANG - STENTORIAN EDITOR-IN-CHIEF

CULTURE



Taking Pride in Our Cultural Festivals

JOIN COMMUNITY. OUT OF JUST ATTENDING THE THREE LARGEST CULTURAL FESTIVALS ORGANIZED BY STUDENTS, STUDENT ORGANIZATIONS WELCOME STUDENTS TO BE ACTIVE PARTS.

SEE PAGE 3

CAMPUS

Don't Miss These 5 Key Features On NCSSM Landscape

LOOK AROUND. WHETHER YOU ARE NEW OR RETURNING TO NCSSM, KEEP YOUR EYES PEELED IN YOUR SURROUNDINGS FOR FUN, CUTE, AND LIVELY SURPRISES.

SEE PAGE 9

COVER STORY

Everything About NCSSM

HEAR YE! THE MOST COMPREHENSIVE SUMMARY OF INFORMATION TO HIT THE GROUND RUNNING.

BY TERESA FANG
STENTORIAN EDITOR-IN-CHIEF

Over the past 40+ years, the North Carolina School of Science and Math (NCSSM) has worked to create lasting bonds between its students, faculty, and the subjects taught at the school through a world-class STEM curriculum and robust humanities and arts program. Since its founding, NCSSM has been a one-of-a-kind institution that has served as the model for 18 such specialized schools around the globe.

Zooming in on a prestigious reputation, the school is also home to one-of-a-kind memories and lifelong friendships. Especially at this time of year, summer always brings about an abundance of memories, central to the stories and sense of community NCSSM fosters for its students. Most importantly, all the resources are accessible on Blackbaud, Canvas, or a

general Google search.

However, as most students find themselves particularly close to one or two departments or groups as the school year progresses, navigating the first week (or month) of NCSSM can be daunting. Icebreakers, club fairs, onslaught of applications... the list of things a student can do here is endless.

The Research Groups

Students who've been on a tour of NCSSM with the student ambassadors, will likely remember two things: the ambassadors' blue jackets, and the different research groups ("RScis").

One of the first departments established at NCSSM was Biology, located on the 3rd floor of the Bryan building ("3rd Bryan"). Accordingly, the first-ever research group was the Research in Biology group ("RBio"), led by Dr. Amy Sheck, who was initially a Biology instructor before becoming the current Dean of Science.

Originally, the group was extremely exclusive, taking on

one to two students per year. Because of its success, research groups quickly expanded across disciplines to become what we have now with six year-long research groups, each led by seasoned instructors in the fields: RBio, RChem, RPhys, RMath, RCompSci, and RHum.

Being part of a research group is fulfilling, but tough to get in, as many students apply when applications open in late September. But once in, a journey will quickly begin. Every year, the research groups send out droves of projects for competitions and conferences.

In the 2024 competition season, 24 percent (15 out of 63) of the total awards at the North Carolina Science and Engineering Fair (NCSEF) were swept by NCSSM-Durham students; at the International Science and Engineering Fair (ISEF), three out of the five NCSSM students representing North Carolina won Grand Awards.

STEM Departments

While the NCSSM name in-

cludes "Science and Math," the total number of STEM (Biology, Chemistry, Physics, Math, Computer Science, Engineering) courses offered is 131. Compared to the 155 total courses in the humanities (Art, Drama, English & Social Sciences, Music, and World Languages), there is a fairly balanced STEM and Humanities program at NCSSM.

Biology courses often look like a mix between classroom instruction and lab work. Offering 20 diverse courses taught by seven instructors, the biology curriculum is quite flexible for different interests.

Chemistry offers 18 courses, all providing opportunities to get hands-on experiences while dressed in fancy lab garb. While most juniors and seniors get assigned to the AP Chemistry courses as their required chemistry credits, it's always fun to branch out to more niche chemistry or cross-discipline subjects like organic chemistry.

Physics is a department that students tend to either love or hate. While many students say

SEE PAGE 2

COVER STORY FROM PAGE 1

Everything About NCSSM



NCSSM IS THE #2 IN BEST US PUBLIC HIGH SCHOOL (NICHE). TERESA FANG - STENTORIAN EDITOR-IN-CHIEF

that physics courses are the hardest in the whole school, it depends on a student's interest level, the specific course taken, and the teacher. But pay attention to the curriculum: for example, the problem-solving process that the 10 instructors teach is a universal skill. Just because you ran up nine flights of stairs to get to your classroom on time does not mean you have no energy left for physics class.

Tucked away in a cozy space (and in classrooms in the ETC and Hunt), the Engineering and Computer Science classrooms look like a mix between a Lego-building garage and a lecture hall. Offering 37 total courses, some cross-disciplinary courses include Biomedical Engineering, Satellite Design, and Cryptography. This department also hosts the school's rocketry and robotics teams including the FIRST Robotics Competition Team 900 (The Zebracorns).

The math department also offers 37 courses, taught by 14 instructors, taking a lot of the Watts building for classrooms. The math courses have a special block, the "O block," as the only tutorial hours where students can work directly with the instructors. Around exam week, an influx of coloring sheets plaster the hallways and teachers pass out goodies with words of encouragement, letting students know that learning about numbers is a very human language.

The STEM programs are looking to create more classes tackling current technological advances and climate issues, according to Sheck. As students become interested in fluid dynamics and climate change, keep your eyes out for potential fluid dynamics and climate change courses in the future.

Humanities Department

Be careful not to underestimate the Humanities programs, however, as it spans 155 courses taught by 18 instructors. This year, we also have a new Dean

of Humanities, Dr. Javier Pabón.

While many STEM students can compete in prestigious competitions, Humanities students also compete, and more, demonstrating the power of human thought, shared experiences, and creativity. Humanities-focused students tend to make up the majority of Ivy League admits from NCSSM, as Ivies today increasingly require students to be multifaceted.

Counseling

There are many counselors geared towards different things, such as typical high school counseling, college and career, wellness, and academic accessibility. If you need anybody to talk to or answer questions about programs and scholarships, you can count on NCSSM's eight counselors, along with the Dean of Counseling Ms. Lori Newnam, and Program Assistant Ms. Pam Oxendine. Don't know who your counselor is? In the first two months of school, you'll be required to meet them.

ITS and Campus Safety

Contrary to its name, the Smart Bar is not a bar nor a place to get snacks. However, it is the place to go to consult the Information Technology and Systems (ITS) team for all your tech needs.

From configuring microscopes to laptops, installing a free Adobe Suite, or providing you alternative devices while your computer is getting fixed, feel free to send in a ticket for all your requests or visit the ITS Wiki for more detailed how-tos.

One of the most friendly faces on campus is Mr. Brian Wiggs, the Director of Campus Safety. With a team of uniformed officers, a dedicated Durham police officer, and Emergency Blue Light Boxes on campus 24/7, NCSSM always keeps its eyes out to guard against potential threats, from inclement

weather to renovation alerts and drills. If you do not feel safe going somewhere outside, an officer can escort you. While on campus, make sure to keep your Student ID, which has all the important phone numbers on the back, and access pass with you. Off-campus, make sure you have signed out with Orah on your phone.

PFM and Library

After its completed renovation in fall 2023, the PFM (the full, unabbreviated name comes from the early days of the school) brings a stark contrast to the dining halls of our alumni, replacing the red brick walls with white paint and modernizing the general vibe with hanging lights and sofas. During Alumni Weekend last October, alumni wandered the dining hall with awe and pointed at new furniture and their old favorite seats.

The only constants through the years seem to be the clay artwork at the back of the hall and the different PFM days - Taco Tuesday, Fried Chicken Wednesday, Fish Fry Day, etc. Other than serving breakfast, lunch, and dinner at the same times every weekday (weekend times are different), PFM also holds special events like BBQ on the Bryan Lawn, Super Bowl dinner, and Senior Breakfast.

As a given, the library is a hotspot for students to work independently or for group projects, utilizing all sorts of seating options from rocking chairs to medium-sized study rooms. While it can be loud after 4 p.m., the library is a chill space for working in between classes, or just to have a little conversation with our librarians.

Athletics

As a 2A school, NCSSM offers 21 varsity sports while the Intramurals program has a 95% participation rate among the student body. A member of the Super Six 1A/2A Conference,

NCSSM plays against East Wake Academy, Falls Lake Academy, Franklin Academy, Raleigh Charter, and Research Triangle High School. Outside of the conference, NCSSM plays against public and private schools in the Research Triangle Area. If you pay attention to the game schedules on Instagram and the GoUnis website, maybe you can watch NCSSM play against your home high school.

NCSSM Student Government and the Student Advisory Board also host a variety of fun events that are not regular sports games, such as after-check Volleyball Lock-Ins and the Watermelon Run. Individual dorms sometimes organize after-check gym events as well.

Student Life

While applying to NCSSM, you probably watched a few "A Day in the Life of an NCSSM Student" blogs on YouTube. Every student has their own perspectives and favorite moments at NCSSM, and we encourage you to make your own.

With 19 residence halls and a Community Coordinator (CC) and Residential Living Assistants (RLAs) in each, students are taken care of both in their life as a student and their life as a neighbor and independent adult-to-be. On the weekdays and weekends, halls may organize field trips to downtown Durham or surrounding areas for fun activities and events like the Farmer's Market, thrifting, ice skating, sushi-eating contests with other halls, or more. On-campus activities may look like after-check Sip 'n Paints, stargazing, presentation/movie nights, or more. Check your hall's activities calendar for the complete list.

On a community level, various clubs and organizations will host events throughout the year, with the most popular being block parties and cultural festivals. The school tends to set up little fairs on various lawns and celebrations on Hill Street, providing free snacks and swag for students to de-stress and socialize. On a more serious note, students also attend College Fairs, Family Day, an end-of-the-year Awards Ceremony, and more.

Clubs

There are 100+ student-led clubs and organizations at NCSSM that can cover your every interest. If there isn't one yet, chartering one is always possible. Other than the cultural organizations, here are three of the largest and most active clubs on campus:

Future Business Leaders of America (FBLA): With 70+ active students every year, FBLA sends a massive team to

state and national competitions throughout the year, proving their skills in business and management.

Model United Nations (UN): Emphasizing public speaking, international affairs, and diplomacy, Model UN sends its 50+ members to yearlong conferences at in-state and out-of-state colleges and universities.

Science Olympiad: Almost every NCSSM kid grew up doing Science Olympiad, and NCSSM's junior varsity and varsity teams are the best of the best. The teams of 30+ students practice/study weekly for their events and almost always compete at the national level.

Student Media

Representing NCSSM's academic and creative advances and student community are the four following school-sponsored, student-led publications:

The Stentorian: NCSSM's student-run news source, established in 1981. Operated by a team of 15+ students, the newspaper prints monthly, updates the online news website with articles daily, and serves the NCSSM-Durham and local community. Contributions from any and all students are welcome.

Broad Street Scientific (BSS): NCSSM's annual student scientific research journal, written by the students and edited by the students. The BSS editorial board accepts research papers every winter, edits them during JTerm, and distributes copies to students, teachers, and donors near the end of school.

Fifth World: NCSSM's student humanities research journal, also published annually. The namesake of this journal originates in the Hopi creation myth, where the fifth world is the final dimension out of five where peace and harmony are restored to humanity. Likewise, every year the journal is an impressive compilation of stories by students reaching into the ups and downs of humanity.

Blue Mirror: If you have pieces of art or writing that you think are beautiful and should be shared, submit them to NCSSM's literary magazine, Blue Mirror. This publication prints semesterly and is always met with great enthusiasm at its open artist/author readings.

At NCSSM, each department tells a part of the school's cultural story. We all contribute to our school through our individual experiences, so go make your own memories. As the sun sets and students retire to their dorms, the campus hums with the promise of another day of discovery and growth.



"I CAME, I DANCE, I CONQUERED" AT ASIAFEST 2024. ASIAN STUDENT ASSOCIATION

CULTURE

Lifelong Friends, New Skills, and Awesome Moves: Taking Pride in Our Cultural Festivals

JOIN COMMUNITY. OUT OF JUST ATTENDING THE THREE LARGEST CULTURAL FESTIVALS ORGANIZED BY STUDENTS, STUDENT ORGANIZATIONS WELCOME STUDENTS TO BE ACTIVE PARTS.

BY LILY FRANK
STENTORIAN STAFF WRITER

"We don't just want to highlight the cultures themselves - we want to highlight the experiences that NCSSM students have with their culture," stated Leah Nikhil '25, one of the five officers of NCSSM's Asian Student Association (ASA) alongside Nicholas Win, Olivia Chen, Aadiya Dasgupta, and Andrea Dela Pena. Together they form "NOALA", as Dela Pena shared, symbolizing their commitment to "work collaboratively on different tasks and events, one being Asiafest."

Every year, NCSSM students hold different events and activities outside of the classroom and within the community. From Koffeehaus in the pit beside Woolworth to block parties on Hill Street, students love to get involved. Of these, some of the most anticipated events are the

cultural festivals, or fests. These fests are headed by ASA, the Black Student Union (BSU), and the Latin Student Union (LSU) to make Asiafest, Africafest, and Latin America Fest.

These fests, however, take a long time and are filled with careful planning and dedication.

"There's a ton that goes into planning, so expect to see all five of us (NOALA) most likely huddled around a conference table in the library throughout the year," Chen emphasizes.

Preparations start weeks or even months in advance: from the beginning planning stages to the dance practices late in the evening, these fests take hard work from everyone involved.

As Nikhil puts it, "Leading up to Asia Fest, you face many hours of stressful practices, struggles, setbacks, and difficulties. But throughout these experiences, you make lifelong friends and learn so much about who you are, all while picking up some new skills and awesome moves you never could have imagined yourself doing before."

All three fests focus on the cultural backgrounds of NCSSM students, or, as Nikhil states, "We

want to acknowledge the way students feel about their culture and help them take strength and pride in their culture, as well as emphasizing the community and support they have here at

Asiafest, Africafest, and Latin America Fest allow students of various cultures to connect with and express their experiences. Still, it can only happen with the shared collaboration of seniors

“

When you shine brightly on that stage for the first time side-by-side with your friends, proud of who you are and all the dedication and talent you displayed to get there, it is an exhilarating experience that you'll never forget nor may get a chance to experience ever again.

Leah Nikhil '25, ASA Officer

NCSSM."

The festivals allow NCSSM students to connect with their heritage and how they live with their cultural background in their day-to-day lives in the classroom or within the community.

"We want Asiafest and ASA as a whole to both encourage students to learn about their classmates' cultures and how special they are, but also encourage them to reflect on their relationships with their culture," added Nikhil.

who step up to lead and juniors who want to join in.

To any juniors unsure of their place within the fest, Dasgupta says, "1000% join! While it may seem overwhelming at first, there are so many ways to be involved with the fest... whether that's performing, leading an act, being a part of tech crew, ushering, and more. We can't wait to introduce our juniors to Asiafest and see them do amazing things in it!"

With the school year starting, preparations for all three fests

will also begin. As Win adds, "A great way to learn more and get involved in Asiafest is to attend ASA welcome and interest meetings." ASA, BSU, and LSU are open to any interested students, so keep an eye out on social media or around the school for more information.

There is no better time to join than now because, as Nikhil states, "When you shine brightly on that stage for the first time side-by-side with your friends, proud of who you are and all the dedication and talent you displayed to get there, it is an exhilarating experience that you'll never forget nor may get a chance to experience ever again."

STAY UP TO DATE WITH OUR NEWSPAPER, READ MORE AT [NCSSMSTENTORIAN.COM](https://www.ncssmstentorian.com)

WORLD

The Deadly 2024 Bangladeshi Student Protests

BY OM NAIR
STENTORIAN EDITOR-IN-CHIEF

On June 5, 2024, the High Court Division of the Supreme Court of Bangladesh (responsible for exercising jurisdiction in civil and criminal matters) reinstated the job quota that reserves a large portion of jobs for the descendants of freedom fighters.

This was subsequently met with backlash, with six universities peacefully protesting against the quota ruling. The quota system in Bangladesh has been a contentious topic for several years and has just spiked in controversy due to civilians' recent protests in the past couple of months.

This controversial system, according to an article published by The Hindu Bureau, declares that roughly 30 percent of government jobs will be reserved for the children and grandchildren of freedom fighters (or, more specifically, the soldiers who fought for the nation's independence in the Bangladesh Liberation War).

Previously abolished in 2018 following similar protests, the quota system was seen as unjust and discriminatory with numerous citizens believing that several civilians would be placed at a disadvantage due to their "not-so-favorable lineage."

After the holiday season, several clashes between police officers and students took place, mostly on July 10-17. Blockades were placed, officers were positioned to keep students out, and universities were closed.

But, the most notable incident that took place occurred on July 18-19, when the police clashed with BRAC University students on the streets of Badda, as



MUSABBIR UDDIN/JURIST NEWS



ZABED HASNAIN CHOWDHURY/AMNESTY INTERNATIONAL

student protestors allegedly vandalized a police box and torched multiple motorcycles in Rampura as the violence spilled over to the Rampura Bridge.

This incident quickly escalated with many officials retaliating with lethal weapons.

Police officers started to use tear gas, rubber bullets, and even live ammunition. Multiple students were harmed as a result, with at least 17 reported deaths resulting in the aftermath according to a report published on Al Jazeera's Website.

Videos and documented reports have surfaced indicating that officers used firearms, particularly an AK-pattern assault rifle, during the height of the protests. Many human rights organizations (such as Amnesty International, a human

rights non-governmental organization) deemed these actions as highly inappropriate and dangerous given the context of these situations.

Soon after the event, law enforcement filed cases against hundreds of protestors, with documents detailing arrests and legal actions. The authorities inflicted several communication restrictions, targeting internet and social media access to control the spread of information and prevent the coordination of continued protests.

This action was condemned by many journalists and news outlets, saying that this can produce harmful consequences. When people aren't able to interact with each other freely, they may feel isolated and oppressed, which can spark more fire in protestors and thus lead to more aggressive demonstrations. Moreover, timely communication is necessary for coordinating responses to emergencies, like medical needs for injured individuals.

While there have been many discussions about revising or even abolishing the quota system in Bangladesh, the federal government has not expressed any intention to eradicate (or lessen the effects) of the quota system.

Ultimately, the protests surrounding the Bangladesh quota system are dynamic and have resulted in a multitude of casualties. These demonstrations show no sign of calming down, and can very well lead to a more drastic outcome. One can only hope that an agreement is reached between the protestors and the federal government, so that these events reduce in its brutality and magnitude.

INTERNSHIPS

Find The Right Internship For You

BY TERESA FANG
STENTORIAN EDITOR-IN-CHIEF

Do you like science? A fiery passion to get in the lab or see what your future career could be? It might be time for an internship.

High school students, primarily seniors, are expected to do a great deal: college applications, community service, sports, clubs, classes, and now, internships.

At the college level, internships can dramatically increase employment potential, as a 2024 report of internship programs by the National Association of Colleges and Employers (NACE) found that 52.7 percent of interns received a job offer (although this conversion rate is less than it was pre-pandemic).

At the high school level, internships are still catching on -- a 2020 study by the American Student Assistance cites that only two percent of high school students had completed internships.

High school students are looking toward the future with a mix of hope and uncertainty. While the prospect of taking on a high-level internship sounds exciting, it may also be a large investment of time and effort, as well as a source of stress.

The good news is that NCSSM offers their own flagship Research and Mentorship programs, which a large percentage of the student body is involved in, offering semester-long, yearlong, and summer opportunities (such as NCSSM's SRIP program directed by Dr. Sarah Shoemaker) to get ahead of the game.

What types of internship opportunities are available for high school students?

If you have a field you enjoy (regardless of how broad or specific a topic), the first step in your internship journey is deciding what type of internship is right for you. There are two primary options for high school student internships: a research internship where you work with a mentor or a structured

academic program.

Independent Research

In an independently organized internship, you'll most likely find yourself cold-emailing professors and requesting a position with them. Once you successfully find a mentor, you'll usually work together to plan out the length of your internships, what your responsibilities and tasks will be, and how they'll support you throughout your work.

One key pro of an independent internship is the greater freedom and flexibility for more self-designed work, as you'll play a role in scheduling the internship timeline, coordinating tasks, and communicating what you hope to accomplish through the internship. This gives you a chance to develop individual projects with meaningful results, which makes you eligible to submit to science fairs, competitions, or research journals.

However, the biggest downside is also connected to that strength. If you aren't already well-versed in the field of research, it can be a struggle to develop and coordinate your tasks and goals.

Formal Internship Program

With formal internship programs, you will have to apply and be selected to participate in that opportunity, which is typically affiliated with universities and other organizations (private and nonprofit) and has a designated timeline, subject matter, and faculty/mentors. Most importantly, they can be a great way to build academic skills and learn advanced subjects.

Once in, the opportunity to build connections with that school/organization is wide open. Some of these programs are held on-site at the university, meaning you'll be able to experience college life: living on-campus, working at university labs and classrooms, and interacting with current students and professors.

Programs usually have an

established reputation and history, so mentors and people you network with may show you a good face. Sometimes, these programs may increase your chances of acceptance or at the very least, consider your attendance as demonstrated interest.

However, while you can sit back and trust the program's structure after you get in, getting accepted is the hard part. You'll be in a competitive application pool. These applications often have extensive requirements such as submitting transcripts, writing essays, and obtaining letters of recommendation. Even when you get in, you'll have limited autonomy over deciding what, how, or when you want to do something.

Tips for finding the right internship program for you

Draw from past results and experiences. Interested in STEM? Check out past science fair winners and their projects, mentors, or other experts. Read about how they got there, and always be willing to reach out and ask for a chat. Consider which specific fields of study are most engaging to you.

Be prepared to make multiple attempts. When contacting researchers, remember that they are still working people. They may be overwhelmed with professional emails or other unsolicited emails like yours. If you don't get a response, it's not a personal affront; they may not have internship openings open.

Don't reach out without doing your research. Research work will always be oriented toward a specialized topic. Just because you have a general interest in a field does not mean your internship will necessarily touch on your specific goals.

Be open-minded and resilient. It is far more common for labs to accept college students or post-docs, as opening the lab to a high schooler can be a risk. What makes your request special? Why should they trust you and your research knowledge/skills? Do you know what you're doing? These are the questions you would want to answer in your requests.



ANNELIESE HEYDER - STENTORIAN EDITOR-IN-CHIEF

OP-ED

Saving Our Political History: Call to Action

BY MARCELLUS DAY
STENTORIAN STAFF WRITER

The opinions expressed are those of the author.

My favorite thing about NCSSM is our advocacy. We are megaphones for change and inspiration, on both a community and personal level. Despite this, very little is known about our own history when it comes to political advocacy, for both issues on and off campus.

Many do not know about the amazing student advocacy that led to the creation of our Safe Officers or about our advocacy for pressing issues in the state of North Carolina. Why is that? Why is this history, as rich and diverse as it is, lost? The answer is multifaceted and complex, but there is one glaring issue: we, the students, fail to preserve our own history.

This is due to several reasons: the workload of classes

leaves very little time for both advocacy and preservation, and every year around half of our student body graduates and takes their history with them.

Regardless, for a variety of reasons, our student body has no established means of carrying political history and legacy. However, we have the power to change that. We have the power, as the student body, to maintain our own history so that it may be continued and inspire the Unicorns that come after us. The answer to our problem is storytelling.

Seniors, tell the story of our political advocacy to our Juniors and work to pass on our political advocacy. Juniors, absorb our stories so that you may pass them on, take up passed-down advocacy, and work to do your own. Nobody is going to preserve our political history but us, so we must preserve it through storytelling.





Namu

Where Korean Heritage, Food Truck Ingenuity, and the Local Community meet Delicious Fare, Cold Brews, and Deep Roots.

📍 5420 Durham-Chapel Hill Blvd, Durham, NC 27707

<https://www.namudurham.com/>



OLYMPICS

2024 Paris Olympics: Highlights & Controversies

BY GYANI PATEL
STENTORIAN STAFF WRITER

The 2024 Olympics have once again brought the world together, celebrating athletic achievement and cultivating a sense of global unity.

This international event that goes beyond borders allows athletes from all sorts of diverse places to come together to compete, share their stories, and inspire millions. This year, the Olympics are taking place in

Paris, France.

One of the highlights of this year's games has been Women's Gymnastics. Often considered one of the greatest gymnasts of all time, Simone Biles has returned to the Olympics with a determination to add to her already impressive legacy.

After taking a step back during the Tokyo 2020 Olympics to prioritize her mental health, Biles has come back even stronger. Her performances in Paris demonstrate her extraordinary

talent but also showcase her perseverance and dedication to the sport. Biles has already made her mark in history by winning gold medals in the team, all-around, and vault events. However, the 2024 Olympic Games have not been without their controversies. The boxing events have sparked ongoing debates over gender eligibility. Algerian boxer Imane Khelif and Taiwanese boxer Lin Yu-ting were disqualified from the 2023 World Championships due to unspecified

gender tests by the International Boxing Association (IBA).

In 2019, the International Olympic Committee (IOC) stripped the Russian-led IBA from ruling on eligibility for the Olympics, and thus allowed the athletes to compete in Paris, which furthered discussions about fairness and the integrity of Women's Boxing. The IOC and IBA are now in a public argument.

This controversy raises more general questions about gen-

der testing and discrimination in sports, overshadowing many athletes' achievements during the games.

However, the games have also highlighted ongoing issues within sports, such as the debates surrounding gender eligibility. Despite these, the commitment and years of hard work from each athlete have resulted in performances that will be remembered for years to come, making this year's Olympics a truly spectacular event.

☆☆☆☆☆
Jimmy Johns and Subway - \$
Chains serving clubs and subs.

☆☆☆☆☆
Alpaca - \$
Peruvian cuisine, with a focus on juicy Peruvian-style chicken.

☆☆☆☆☆
Happy + Hale - \$\$
For the health-conscious. Fresh salads, smoothies, and juices, to keep you fueled and

☆☆☆☆☆
JuJu - \$\$\$
Asian fusion tapas. Nice for a special occasion.

☆☆☆☆☆
Burger Bach - \$\$
“Bach” as in “bachelor,” not the composer. Gourmet \$9-\$14 burgers; great outdoor seating, service, and fry sauces.

☆☆☆☆☆
Bali Hai - \$
Do-it-yourself Mongolian cuisine, for those who love making lots of food decisions (choose ingredients, sauce, and they’ll make it for you) **Bonus points for being close to campus.**

☆☆☆☆☆
Lime and Lemon Indian Grill and Bar - \$\$
Vegetarian friendly Indian food. Celebrates Northern and Southern Indian cultures.

☆☆☆☆☆
Monuts - \$\$
Best doughnuts around! Busy during breakfast, so go early or prepare to wait.

☆☆☆☆☆
Wheat - \$\$
Chinese cuisine with a lively atmosphere, conveniently close to campus, and delicious.

☆☆☆☆☆
Jamba Juice - \$
Refreshing smoothies and smoothie bowls, perfect for hot days, and quick study breaks.

☆☆☆☆☆
Sho Nuff Seafood - \$\$
A wide variety of seafood like shrimp and crab, served with classic sides.

☆☆☆☆☆
Joe Van Gogh - \$
A coffee shop located just off campus. Perfect for study sessions or study breaks, with some of the best coffee around. Prices range from reasonably low to high depending on drink.

☆☆☆☆☆
The Loop Pizza Grill - \$\$
American-style food like pizza, burgers, and shakes. A little pricey, but very close to campus.

☆☆☆☆☆
Devil’s Pizzeria - \$
Enormous slices of greasy, delicious pizza, along with an amazing drink selection.

☆☆☆☆☆
Playa Bowls - \$\$
Lots of options for delicious acai bowls complete with fresh toppings, fruit smoothies, and juices.

☆☆☆☆☆
Mi Calvillo - \$\$
Amazing fries to share, and even better Mexican

☆☆☆☆☆
Moge Tee - \$\$
Boba shop with a large selection of flavors, including fruit teas.

☆☆☆☆☆
Zenfish - \$\$
Build your own bowls, with good raw fish. Think Chipotle for

☆☆☆☆☆
Chicken Bee - \$\$
Restaurant serving Korean fried chicken. Often has long wait times due to its popularity.

☆☆☆☆☆
Elmo’s Diner - \$
Mix of old-fashioned and contemporary food. Homey (but busy) vibes and amazing pancakes.

☆☆☆☆☆
Banh’s Cuisine - \$
Chinese restaurant during the week, a wide variety of Vietnamese options on Wednesdays and Saturdays.

☆☆☆☆☆
Szechuan Mansion Hotpot Durham - \$\$\$
Hot and Spicy Hotpot food meant for sharing. Nice to bring a group for a special occasion.

☆☆☆☆☆
Bruegger’s Bagels - \$
Bagels, bagel sandwiches, and more bagels. Perfect for breakfast, shorter line than Monuts but longer walk.

☆☆☆☆☆
International Delights - \$
Mostly Middle Eastern cuisine; gyros, falafel, homes, tabouleh, and Philly cheesesteaks.

☆☆☆☆☆
Cosmic Cantina - \$
A NCSSM favorite, Cosmic’s has good Mexican food. Located on the second floor of the building after the mural.

☆☆☆☆☆
Kiichi Ramen - \$\$
Offers a variety of Japanese dishes including ramen, bento boxes, gyoza, and mochi for dessert!

☆☆☆☆☆
Panera - \$\$
Chain serving sandwiches, salads, soups, etc. Free wifi.

☆☆☆☆☆
NCSSM Dining Guide

A map showing some of the best places to eat on 9th street, approved by the Stentorian editors. Complete with blank stars to fill in your personal ratings for each restaurant throughout your time at NCSSM.

NCSSM Campus


9th Street

Broad Street

West Club Boulevard

Not on the map:

Learn about more amazing restaurants, cafes, and shops you can visit on Ninth Street and beyond on our website!



ADVICE

11 Tips for 11th Grade at NCSSM

BY NOAH FINE
STENTORIAN STAFF WRITER

Every junior brings two things with them when they come to NCSSM: shower shoes and lots and lots of questions. In this article, I'll give you 11 bits of advice I wish I had during my first year at the North Carolina School of Science and Mathematics:

1. If You Need Help, Ask for It.

To put it bluntly, every adult in Science and Math is paid thousands of dollars to help you fix your problems. The only challenge is finding the right person to ask. Don't be afraid to ask teachers, Community Coordinators, and other administrative personnel for help when you need it — they're here to serve you.

2. Go With the Flow.

Things will go wrong at Science and Math, it's all but inevitable. Learning how to ride the wave of failure and stay calm when things aren't going your way is one of the most important things you'll learn during your junior year.

3. Work Hard to Learn Names.

During your first days and weeks at NCSSM, focus on learning as many names as you can. Oftentimes, simply learning someone's name can be the greatest barrier to making a friend. By your first extended weekend, aim to be on a first-name basis with the people who live near you and at least one

person in each of your classes.

4. Friend Groups are Flexible.

During your first semester at NCSSM, friend groups are extremely malleable. You'll form and dissolve connections almost every day. Do not be worried if you don't feel like you have an ideal friend group then, or at any point during your junior year.

5. Try New Things!

Living at Science and Math can be an amazing opportunity to reinvent yourself. Have a competition you always wanted to participate in? A sport you always wanted to try out for? There's no better time to go out and give it your best shot. As the year goes on, however, remember to...

6. Manage Your Time Commitments.

You only have so many hours in the day, and a sizeable portion of those will be taken up by classes and homework. Balancing the remaining time between socializing, studying, and sleep will prevent stress and protect your health in the long run, especially during high workload times such as exam season. Google Calendar is amazing for visualizing your schedule, but it isn't essential — use whatever works best for you.

7. Find Alone Time.

One thing you'll notice quickly is that you're almost always surrounded by your peers. Moments when you're truly

alone will be few and far between. Actively seeking alone time after school or during free periods can be super beneficial to your mental and physical health.

8. Talk to Your Teachers.

The teachers at Science and Math are some of the kindest I've ever met and will try their best to help you find academic success. Teachers here have high expectations, but they also know that NCSSM students will need extra support. Don't be afraid to communicate if you have worries about directions or deadlines.

9. Clean Up After Yourself.

No one likes having to clean up someone else's mess. Learning to leave common spaces just as you found them — or better — is an essential part of living independently at NCSSM. Getting in the habit of cleaning up after yourself in your room, on your hall, and in study spaces will keep your fellow students happy and healthy.

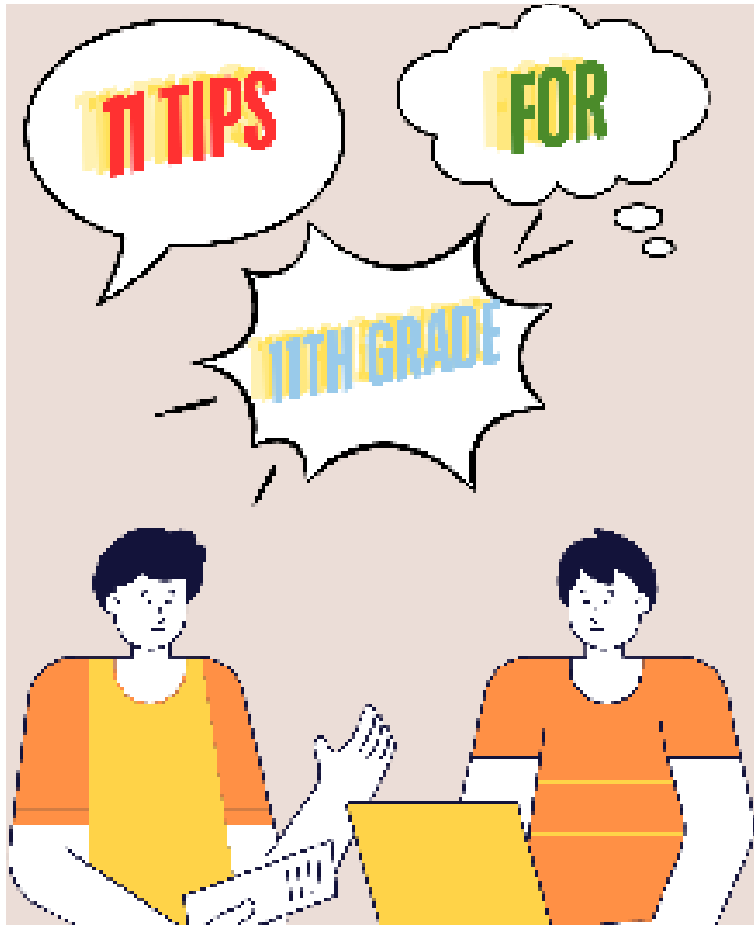
10. Complaints May Not Reflect Reality.

Complaining is Science and Math students' number two favorite activity, just behind stressing about college, and just in front of complaining about stressing about college. A fair amount of the negative opinions you'll encounter are overstated — don't let them stop you from pursuing things you'll enjoy.

11. Everything Will Be Okay, In The End.

As you get deeper into the school year, and stress begins to build up, remember that you are a student at NCSSM. You were chosen from a pool of exceedingly qualified applicants because you are smart, driven, and capable. Keep going with the flow, and you'll be all right in the end. Science and Math students are quite good at building a bright future for themselves.

STAY UP TO DATE WITH OUR NEWSPAPER, READ MORE AT [NCSSMSTENTORIAN.COM](https://www.ncssmstentorian.com)



ANNELIESE HEYDER - STENTORIAN EDITOR-IN-CHIEF



ANNELIESE HEYDER - STENTORIAN EDITOR-IN-CHIEF

STUDENT LIFE

Imposter Syndrome: A Silent Problem

BY VIVIANA GARDNER
STENTORIAN STAFF WRITER

At NCSSM, there are a plethora of students who come from academically gifted backgrounds who have exhibited extraordinary levels of skill and unbelievable levels of determination.

Many of these students have been declared among the "top students" at their home high schools due to their star-studded academic record, exemplary extracurriculars, and other achievements.

When collectively gathering these students into one school, the institution becomes an academic powerhouse designed to shoot these students toward success. However, individuals, during their time as students at NCSSM, may begin developing feelings of inadequacy, as they often compare themselves to their peers.

With numerous research and extracurricular opportunities at NCSSM, it can easily become overwhelming for students. This can often lead to students comparing themselves to their peers and feeling lacking in the differences. Those comparisons can often contribute to competition

between students, which can lead to them constantly trying to do more to win an imaginary contest they've created in their heads that will continue for as long as they remain in this mindset.

Eventually, if this behavior continues, these students will inevitably face burnout. Students may begin to feel discouraged and lose their motivation to do more while also feeling less motivated to keep up with their current commitments.

While knowing about these pitfalls does not prevent you from falling victim to one, being aware of your situation will make it easier to dig your way out if necessary. This school is filled with intelligent people who are on the path to doing great things - including you!

It's important to remember that everyone will progress at their own pace and everyone's path is different, so focusing on your own is integral. As the saying goes, comparison is the thief of joy. Don't rob yourself of happiness at the expense of trying to keep up with ever-changing standards based on the accomplishments and work of others.



All profits support The Stentorian

\$28 EACH BAG

© linktr.ee/leftwristfree
If interested in buying, please contact (919)-360-5847 or email TeresaFangTZF@gmail.com.

NOW SELLING!



STUDENT LIFE

Settling the Debate Between STEM and the Humanities

BY TERESA FANG
STENTORIAN EDITOR-IN-CHIEF

Over SRIP, I was booed in the PFM for saying the humanities department needed more funding.

Why the booing? There is no need for students to be divided over the financial decisions that the school administration makes. Several of the research in science (RSci) groups required access to expensive materials, like Madagascan roaches (\$20 per roach) and hard-to-pronounce chemicals (remember to check if it's toxic before buying), and the students in those groups were bemoaning their experiments, wishing they had chosen a simpler research topic instead. That would be much easier, right?

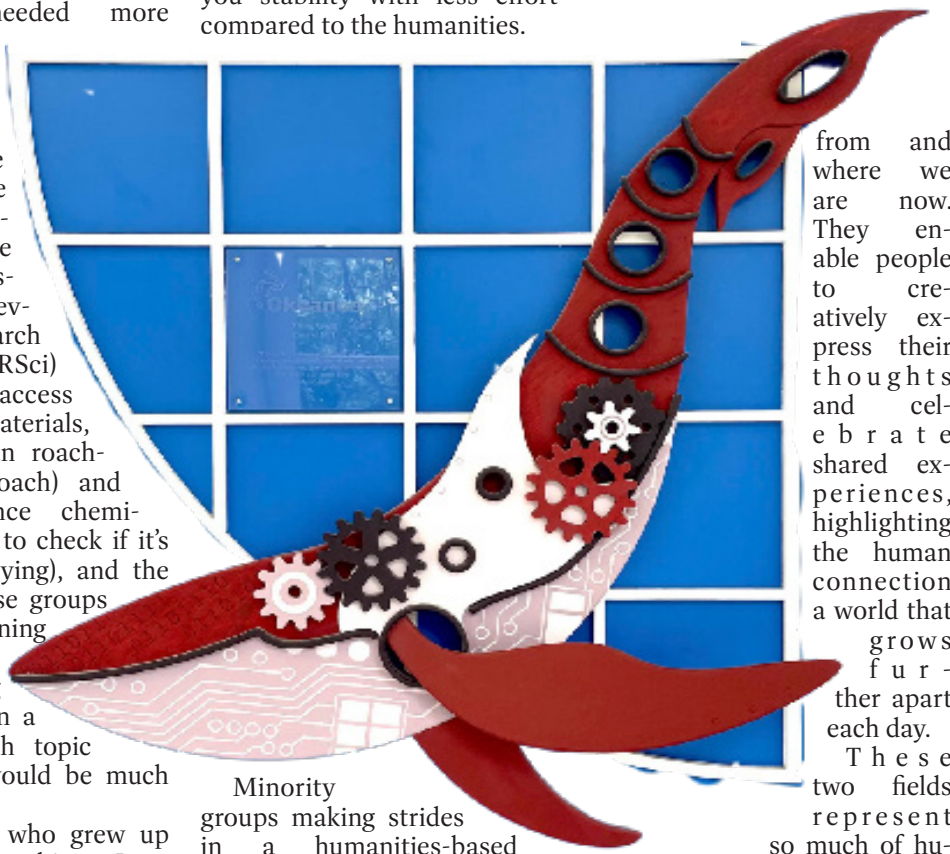
As someone who grew up doing humanities things, I argue that it is a lot of work to get through as well. There is a different type of difficulty to humanities work, but between the STEM-dominated campus of NCSSM and the general negative stigma that surrounds the humanities, it's easy to wonder if the RSci students were right.

Many people claim that entering the STEM field deserves a lot of credit due to its arduous nature. The level of memorization, technical skill, and repetitiveness required for STEM is seen as a testament to their difficulty. As minorities are increasingly overcoming social barriers and gaining opportunities to rise in STEM industries

and fields, there's no reason why the sciences shouldn't be held in high regard.


Another common thought is that a STEM career provides you stability with less effort compared to the humanities.

But, support society the same; the humanities preserve and innovate the human experience, letting us see where we came



from and where we are now. They enable people to creatively express their thoughts and celebrate shared experiences, highlighting the human connection a world that grows further apart each day. These two fields represent so much of humanity on their own that their combination is truly fascinating. The key to communicating STEM is rooted in the humanities. The key to knowing what the humanities need to address lies in STEM. A prime example of this combination is the COVID-19 pandemic: STEM worked on getting vaccines while the humanities were used for effectively and accurately communicating that research, as well as serving as comfort in a dark, depressing, and isolated time.

Everybody says that interdisciplinary academics is the goal, but they neglect to see that each of the different subjects makes a whole unit.



THE STENTORIAN

EDITORS-IN-CHIEF			
Teresa Fang '25	Laela Cash '25	Anneliese Heyder '25	Om Nair '25

STAFF WRITERS	THIS ISSUE'S SPONSORS
Lily Frank '25 - News Editor Noah Fine '25 - Features Editor Viviana Gardner '25 - Opinions Editor Marcellus Day '25 - Puzzle Editor Caroline Downs '25 - Puzzle Editor Louisa Weinard '25 - Photography Editor Preston Mullins '25 - Sports Editor Gyani Patel '25 - News Editor	NAMU 5420 DURHAM-CHAPEL HILL BLVD, DURHAM, NC 27707 THE REGULATOR BOOKSHOP 720 9TH ST, DURHAM, NC 27705 VAGUELY REMINISCENT 728 9TH ST, DURHAM, NC 27705 UGLY CAT STATEWIDE, BASED IN NCSSM

ADVISOR	John Kirk
CORRECTIONS	
The Stentorian is committed to accuracy in its reporting. Factual errors are corrected promptly on this page. Readers with information about errors are asked to e-mail the editors-in-chief at their emails or at stentoriansocials@gmail.com .	
For sponsorship inquiries, please reach out to Teresa Fang or stentoriansocials@gmail.com .	

CAMPUS

Don't Miss These Five Key Features: Overlooked Aspects of NCSSM Landscape

LOOK AROUND. WHETHER YOU ARE NEW OR RETURNING TO NCSSM, KEEP YOUR EYES PEELED IN YOUR SURROUNDINGS FOR FUN, CUTE, AND LIVELY SURPRISES.

BY LOUISA WEINARD
STENTORIAN STAFF WRITER

Taking your first steps on campus can be daunting.

The complex naming conventions of the campus buildings and the multistory floor map complete with tunnels, twists, and turns can catch your eye and take up your attention.

However, as you explore this place, there are some unique characteristics to find that add to the clever, quirky personality of Science and Math.

Koi Fish Fond of The Art Pond

Go ahead and stroll on out the Reynolds breezeway side door closest to Beall and follow the sidewalk to the right. You will end up at one of two established ponds on campus.

The art pond is home to beautiful flowers, nice white noise, peacefulness, and some striking fish. If you take a good look into the water, you will find some colored creatures enjoying their time next to the art studio.

A great way to reconnect with nature after a long school day.

Sidewalk Stroll Around School

While the sidewalks on the front of campus are often in use by students or faculty, the path on the backside of campus is much quieter.

You may find a cross-country runner speeding over the slight hill along Sprunt Avenue or a neighborhood walker taking in the view of UniVille. The trail that follows the corner of the soccer field even allows a brief moment where you are fully one with nature, with trees on both sides.

Watts Tunnel Delightful Ducks

As you walk out of the Ground

Watts classrooms heading to Reynolds, look to your right.

The end of the wall boasts a myriad of doodles and drawings from past students. Some particularly intriguing drawings are those of happy ducks. Though a bit far from a pond, the impressive artistic skill used to create these birds adds some spirit to the dark, spooky tunnels.

Staircase Surprises

NCSSM boasts many sets of staircases, and one of the most interesting is the stairs from the PFM up to the physics floor.

You may find that the number of steps you take between floors changes as you go higher. This quirky architectural design is also portrayed in the ceiling heights of the different Bryan/Beall floors.

Also, don't forget about the ETC stairwell to the right of the entrance to the music suite. It is easy to breeze past that staircase and think you have to wander through the ETC to make your way to the Dry Lab, but there are stairs to get you there even quicker.

Variety of Vending Machines

Are you hungry past PFM hours? Is a need for sugar distracting you from work? Don't worry, there are many vending machines on campus to feed your appetite.

With several different versions across Hunt, Reynolds, and Bryan, a variety of snacks are easily within reach. However, be careful to note which type of food or drink is located where, as some are not found in all the machines.

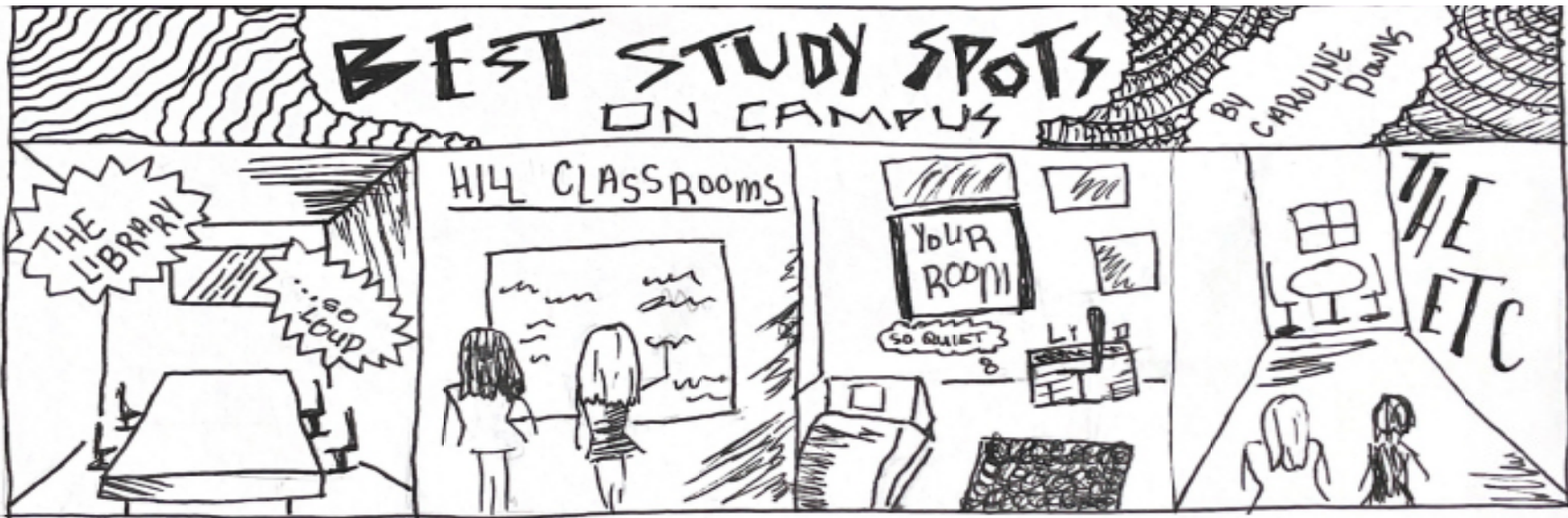
Also, be mindful of how you are paying: some machines prefer cash and some prefer card.

I encourage each of you to take up the challenge of seeking out each of these features and looking closer into some integral parts of the NCSSM landscape.

INTERESTED IN WRITING FOR THE STENTORIAN?

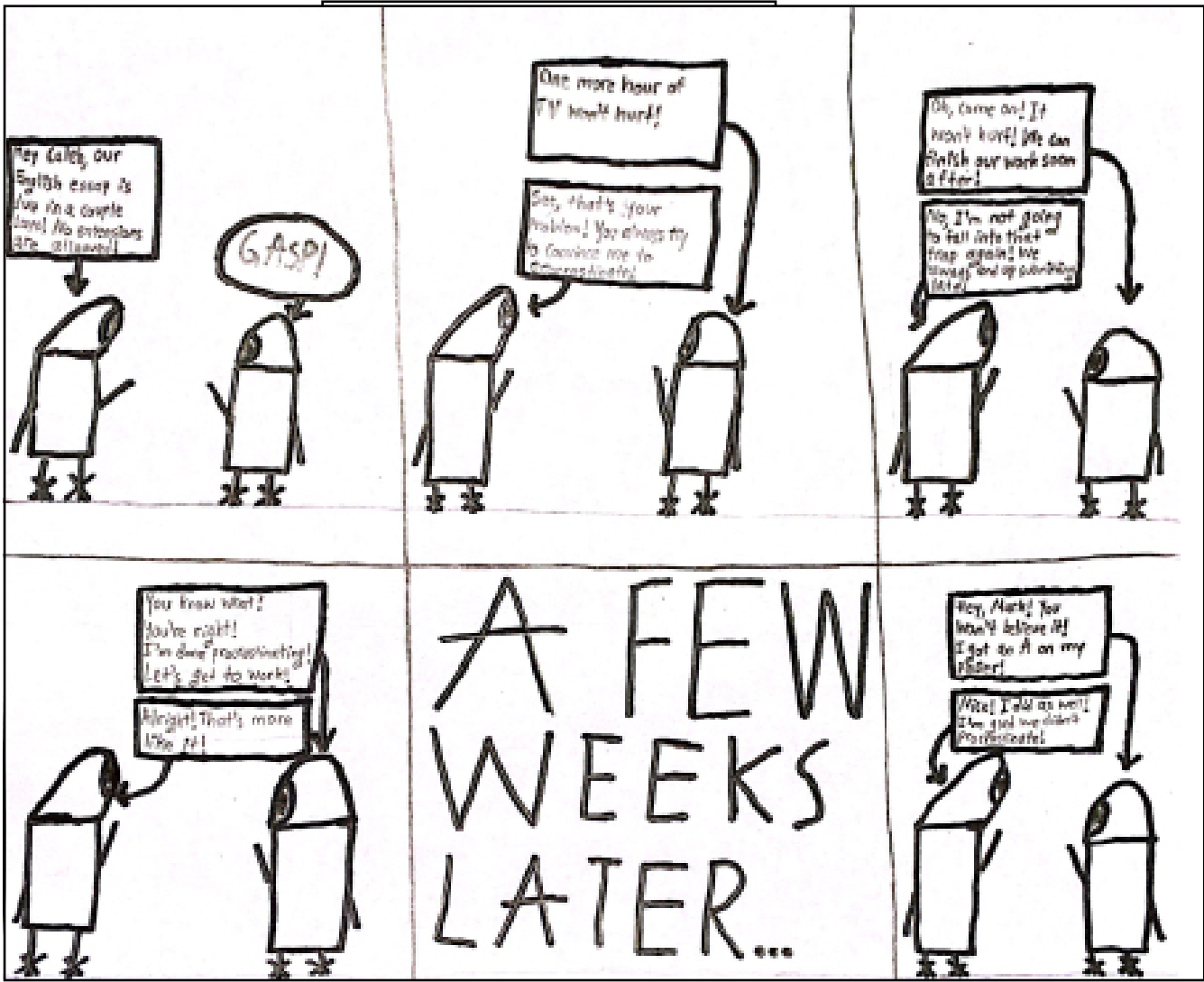
JUST CONTACT ANY EDITOR-IN-CHIEF OR AT STENTORIANSOCIALS@GMAIL.COM.

Please visit [ncssmstentorian.com](https://www.ncssmstentorian.com) for submission guidelines.

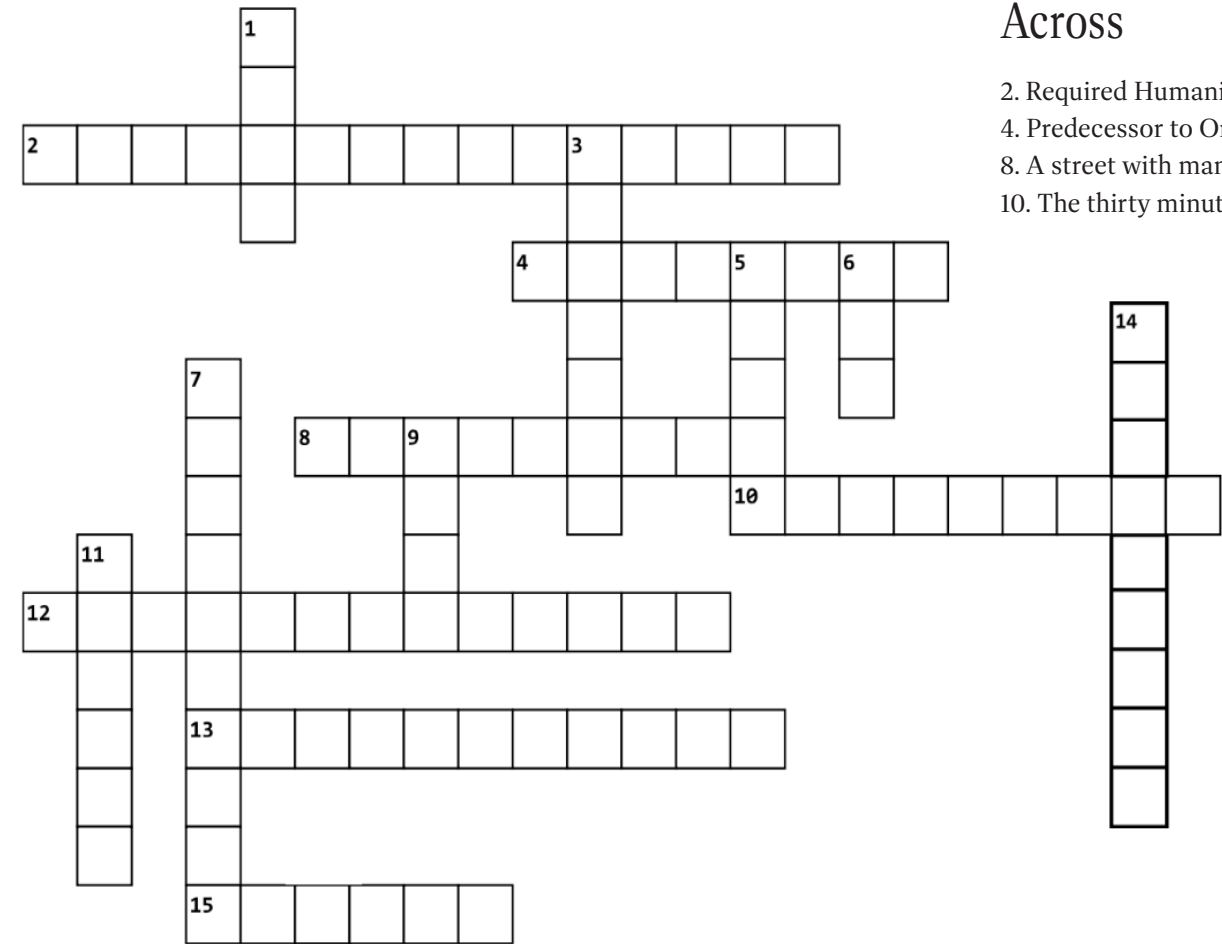


CAROLINE DOWNS - STAFF WRITER

INTERESTED IN WRITING FOR
THE STENTORIAN?
JUST CONTACT ANY OF OUR EDITORS (PAGE 9)



TO INCOMING JUNIORS, REMEMBER TO BE MINDFUL OF DEADLINES AND KNOW THAT MAINTAINING YOUR PRODUCTIVITY IS ONE OF THE KEY FACTORS TO BEING A SUCCESSFUL NCSSM STUDENT! OM NAIR - STENTORIAN EDITOR-IN-CHIEF



MARCELLUS DAY - STENTORIAN STAFF WRITER

Across

- 2. Required Humanities course for all Juniors
- 4. Predecessor to Oran
- 8. A street with many businesses close to the school
- 10. The thirty minutes before check every night
- 12. A tradition at the end of the year involving a race and fruit
- 13. Community kitchen available to all students
- 15. A school-wide tradition where students try to "assassinate" each other with a utensil

Down

- 1. A hall event where all students are invited to visit their friends on that hall
- 3. The best NCSSM's Mascot
- 5. A shortened name for NCSSM: combines Science and Math
- 6. I can't get into any of the buildings because I lost my ____!
- 9. Residential Hall currently under construction
- 11. Shortened name for our maker spaces located in Watts. Has 3-d printers
- 14. Student lounge available to all students. SG holds its meetings here.



MARCELLUS DAY - STENTORIAN STAFF WRITER, OPEN DURHAM

CAMPUS

A Unicorn's Guide to Ghosts and Ghouls

BY MARCELLUS DAY
STENTORIAN STAFF WRITER

It's a dark and stormy night for NCSSM, as the ghosts and ghouls of Watts Hospital and old NCSSM students who didn't complete their orientation on time seek new victims: the juniors. Fret not, they aren't as scary as physics labs, and with this short guide, you will have all the tools you need to identify and deal with all the hauntings of NCSSM.

The Royall Nurse is the ghost of a heartbroken former Watts Hospital nurse. She went out past curfew to meet with her lover and never returned. That is, she never returned alive.

She can be found roaming residential halls in search of juniors to hypnotize into breaking the two-week rule, accompanied

by the sound of her high heels clacking on the floor. If found, start over-explaining your comfort TV show that you binge-watched for the fourth time instead of writing your paper to her. She will soon realize that there is no hope for you and retreat.

The Phantom Plate Picker is a ghoulish with sticky fingers. His death? While leaping out of bed at 8:25 a.m., knowing he had an 8:30 a.m. class, he slipped on a PFM plate that he stole and fell to his demise.

He loves to steal plates from the PFM and place them in unsuspecting victims' rooms, causing a great heap of paranoia yet an equal amount of laziness on the part of the victim. If you find yourself a victim, sneak the plates back into the PFM and return them throughout the year.

OLYMPICS?

NCSSM Creates New Olympic Sport: "Textbook Pickup"

BY ANNELIESE HEYDER
STENTORIAN EDITOR-IN-CHIEF

The most anticipated sport at NCSSM has arrived: Textbook Pickup. For most, this is the closest they'll get to competing in the real Olympics. Students can be seen donning their uniforms — complete with laundry baskets, plastic tote bags, and suitcases, or coming with only a pair of hands.

To many, this event is considered quite a feat and is seen as an Olympic sport. Students spend much time preparing for the challenge: sprints up and down the stairs, bicep exercises in the PEC weight room, and yoga to not tear any muscles.

Students arrive at the event with no warning of how many books they will be carrying back; numbers can range from 4-20 and vary in size. Got multiple science books? Dr. Martha Regalis' class? Good luck with that. Humanities are normally smaller and more lightweight than the thick STEM textbooks (they can literally be used as weapons).

First, eat a big breakfast. You are going to want to be fueled for the journey. The last thing you want to do is run out of energy halfway back to your dorm, for once you stop it's hard to start again.

Second, get there early or find a time when it won't be crowded. This will help you not become overwhelmed, or frustrated and you can finish the event without bumping into other students.

Third, don't dilly-dally. You'll forget a book you need or end up with one that has pages falling out. Get your stuff and get out. Now, there are obstacles you will need to overcome during this event. Don't trip on the sidewalk on Hill Street or slip on the stairs. Keep your fob on hand so you don't have to fumble with

Beall — a few steps from pickup — whereas others live on 4th West. How in the world is that fair? Well, this sport isn't judged by how fast you grab your books or the amount you carry. It isn't about if you got the first pick of the books or took the stairs instead of the elevator. It's about community.

Community is essential to living here at NCSSM as good sportsmanship is to any sport; it revolves around lending a hand, offering support, and assisting one another. Do you



ANNELIESE HEYDER - STENTORIAN EDITOR-IN-CHIEF

finding it for 10 minutes. Choose the right uniform: you don't want to not have enough room to carry all your books (I recommend a laundry basket or tote bag).

Now, you may be wondering how this Olympic event is won. Some students have four books, others have 16. Some live on 1st

see a student struggling to get textbooks up the stairs? Offer to take half. Did someone drop all their books on Hill Street? Help them pick up. Hold the elevator for others or plan with your roommate/hallmates for what works best for everyone. Does someone need an extra bag? Lend them one.

WWW.REGULATORBOOKSHOP.COM

The REGULATOR BOOKSHOP

720 Ninth Street ■ Durham, NC 27705
919/286-2700

10% discount for those who mention The Stentorian at checkout!

FRIENDSHIPS

Friendships Forged Through Sports at NCSSM

BY PRESTON MULLINS
STENTORIAN STAFF WRITER

A year ago, I never would’ve imagined I would be at a soccer game in Chapel Hill between Manchester City and Celtic with four great friends, but on July 23, that’s where I found myself! I gained all four of those valuable relationships through a shared love of sports. Whether it was running cross country or watching a Carolina basketball game, we spent lots of quality time together with a common thread—athletics.

NCSSM is a huge adjustment for everyone. For most students, it’s their first time living away from home. In a very academically challenging environment, it’s important to participate in physical activities and make new friends outside of class. Both of these can be accomplished through participating in or supporting school sports. It feels great to get outside and move after a long day of learning and the friendships and camaraderie formed by being part of a team can last a lifetime.

I have made so many great memories with the friends I met through athletics. We got to see some players and the coach of



ASA ZENGERLE

Manchester City up close at the soccer game; I know that moment is something I’ll never forget. It was just another experience I wouldn’t have had if I hadn’t participated in sports at NCSSM.

Don’t just take it from me! I asked Asa Zengerle, a rising NCSSM senior, about the impact sports made on him during his junior year. When posed this question he responded, “Being a part of NCSSM sports has been such a great experience. I played three sports during my junior

year (cross-country, basketball, and spring track) and met so many awesome people during each one. My coaches and teammates were all super supportive and everyone on each team was always really competitive while still encouraging their teammates and cheering them on. Sports at NCSSM are one of my favorite things about the school and I’m excited to do them again this year.” Zengerle’s recollection of his experiences is exciting and encouraging to those considering participat-

ing in NCSSM athletics.

Being on an NCSSM sports team has extra significance for me. I came from a small early college with no athletic teams, so I was very excited to finally have the opportunity to experience the school spirit and pride of playing for and cheering on my school’s teams. I was not disappointed; I love the electric atmosphere at sporting events and it’s a great feeling to compete with NCSSM printed on my chest. I’m sure that is a sen-

timent shared by other students as well. I can still imagine my group of friends huddled together in a cramped room yelling at the computer monitor that displayed a game you could’ve assumed our lives depended upon. College and professional sports bring NCSSM students together (or cause some healthy rivalry) just as much as school sports. It’s clear around campus that sports fans are everywhere. You can see jerseys worn to class and social events, big games on TV screens in hall lounges, and pennants on the walls of students’ rooms. Regardless of where your allegiance lies, you will be able to connect with others who support the same team. This is yet another way to bond with friends throughout your NCSSM experience. There are so many different ways to immerse yourself in a place like this; the possibilities are endless. My love of sports connected me with so many great people and led to countless friendships and opportunities. If you’re looking for that group of friends you really click with or you’re just searching for a new activity to try, consider giving sports a shot! It will certainly be a decision you won’t regret. Go Unis!

GYMS

The Grind Never Stops: A Guide to Gym-Hunting

BY ANNELIESE HEYDER
STENTORIAN EDITOR-IN-CHIEF

For some students, the gym is their safe place: it’s somewhere they can go to release stress, meet new people, and get good plain ol’ exercise.

Some go to lift weights while others run on the treadmill or get an intense bike ride in. Either way, everyone has one thing in common — they want to get a good workout. So, the question is: where to work out on (or off) campus?

On Campus

Students at NCSSM can enjoy the gym, dance studio, and weight room all located in the Physical Education Center (PEC). The gym is open for certain hours to students who want to play a game of basketball, practice volleyball skills, or prepare for the dodgeball games later in the school year. The dance studio provides an open space for both the dance and cheer teams, as well as students interested in pilates or yoga.

Finally, the weight room offers a diverse range of equipment to grow your gains. It can get crowded quickly though;

the most popular hours are afternoon/evening once classes have gotten out. Be sure to keep on the lookout for after-check events with your hall; these are great ways to get a workout in while bonding with your hallmates!

Off-Campus

Another popular option is Planet Fitness — about a 5-minute walk from campus. NCSSM students can be seen leaving campus with their gym buddies early in the morning and later in the afternoon. Planet Fitness is well-liked by students for its cheap fees and student discounts. The commercial gym boasts high-quality amenities which include a diverse range of both weights and cardio equipment. Not only is it open 24/7, but Planet Fitness states that it “has the best value on the planet.” With two different membership options — a Classic or Black Card — and the High School Summer Pass, students can find what works for them and their bank account.

Now, for those of you who find joy not in weights and cardio equipment but in pilates and yoga, Ninth Street



ANNELIESE HEYDER - STENTORIAN EDITOR-IN-CHIEF

offers two different options: Pure Barre and Yoga Off East. PureBarre offers a diverse range of classes throughout the week: those targeting strength and endurance, others flexibility and recovery, and some that incorporate both cardio and strength training.

These workouts are low-impact and full-body, allowing you to get in some effective and satisfying exercise. The studio offers both a free first class and beginner classes for those just starting. Referring a friend can

also earn you a free class; if this interests you, find another student and try it out.

Just down the street is Yoga Off East: it offers weekly classes that focus on core strength, stretching, recovery, and meditation. For newcomers, the studio offers three classes for \$30 and has a membership option. If this speaks to you, feel free to grab a buddy and go check it out.

While there are many other options around Durham, those can be difficult to get to.

Remember, you need a buddy when leaving campus. While walking is the most common mode of travel here, those with bikes can travel a bit further; if you and your friend both have a bike, you may have a larger pick of workout facilities. Some things to keep in mind when choosing a gym or studio: accessibility, costs, transportation, and most importantly, if it’s realistic.

To determine this, you’ll need to do something that you will do almost every day here at school: research. Happy gym hunting!