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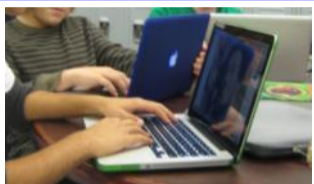
The COMMONS

Published biweekly by and for the Upper School students of Riverfield Country Day School in Tulsa, OK

VOLUME VI NO. 5

THOUGHT FOR THE DAY

"With sufficient thrust,
pigs fly just fine."
—Anonymous



Fixing minor problems on
your computer 2



Smashing! Burgers good,
atmosphere lacking 3

The COMMONS is published biweekly during the school year by the Upper School Newspaper class at Riverfield Country Day School, 2433 W. 61st Street, Tulsa, Oklahoma 74132. No issues are published the weeks of Fall Campout, Winter Break and Spring Break.

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weather

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INFORMATION FROM
WEATHER.COM, 11/11/11, 9:55 a.m.

Visiting Day is near!



Drama students Bonnie Duffield, Howie Carter, Tristan Hightower, Jeff Saizow, and Jacob Allen rehearse their production for Visiting Day. PHOTO BY MATTHEW FAETH

By Meghan Kelkar
STAFF WRITER

On November 18, Riverfield will host its annual Visiting Day. This is the day of the year when the school truly shows the spirit of its students.

Scheduled events include classroom visits, exhibits, and student performances. In addition, there will be a Book Fair this year and a \$10,000 raffle.

The day's events begin at 8:45 a.m. with classroom visits so parents can get an idea of how their students spend the mornings at Riverfield.

At 10:00 a.m., there will be an all-school assembly in the Gym.

At 10:30 a.m., Drama, Art, Rock Band, Speech & Debate, Chorus and Filmmaking classes will be displaying exhibits and performing activities across the campus.

At noon, lunch will be served in the Middle and Upper Schools, and parents may eat with their students.

Mrs. Clark will deliver a "State of the School" address at 12:45 p.m., giving students and parents updates of important happenings at Riverfield.

From 1:00 p.m. through the end of the day, elective classes will continue their demonstrations and exhibits across the campus.

Speech & Debate students will present a few pieces they have been working on in one of the classrooms. In the Gym, Rock Band students will perform a few songs. The Drama classes will perform two plays with sets that were designed by our Art students. In addition, the Advanced Home Economics class will cook for our visitors.

Visiting Day is a wonderful tradition here at Riverfield, and the talents on display will be enlightening and entertaining as always.

Muammar Qaddafi killed, Libyans rejoice

By Sam Laney
NEWS EDITOR

Muammar Qaddafi, the former leader of Libya, is dead. On October 20, the prime minister of Libya confirmed the dictator's death with these comments to CBS News: "We have been waiting for this moment for a long time. Muammar Qaddafi has been killed."

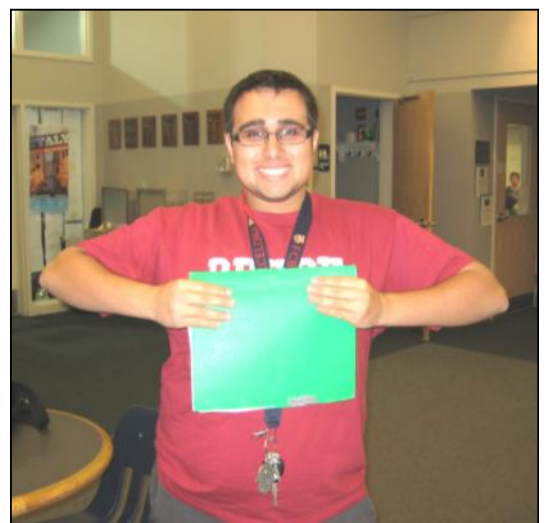
Militant groups captured Sirte, Qaddafi's hometown, and rumors began to spread of his whereabouts. During an assault on the city, a convoy containing the former leader attempted to leave the area, but a NATO airstrike thwarted the attempt. After the air strike, Qaddafi was found hiding in a large drainage pipe. He was then taken back to the town where he died from wounds suffered during his capture. Many images of the dead leader were

released to the public before Qaddafi was buried in a secret location.

U.S. Secretary of State Hillary Clinton has stated that this should be a major development for Libya. However, she does not believe this will totally end fighting in the region.

It was reported that celebrations were underway for some time in the capital city of Tripoli. Shots rang out and car horns sounded throughout the city. The country's new leaders have stated they will declare the country's liberation after the fall of Sirte. The death of Qaddafi has led to some relief, because it had been feared he would escape to outlying areas and lead resistance campaigns.

This new development is certainly the turning point for the conflict. The face of the oppressive regime has fallen, and perhaps better leadership shall follow.



Senior Omar Rana could not be any more ecstatic about the death of the malevolent dictator. PHOTO BY MATTHEW FAETH

NEWS BRIEFS

International

BEIJING – China's government has moved for a reduction in entertainment television. The plan involves replacing these programs with "morality building" shows. The administration has mandated that for every satellite TV channel, there will be no more than two entertainment programs shown during prime time (7:30–10 p.m.) The aim is to fill this time with programs that "promote harmony, health, and mainstream culture." (Reuters via Yahoo! News)

BERLIN – A 27 year old man was arrested on October 23 after setting fire to more than 100 cars. The attacks were initially blamed on political extremists, but were found to be the actions of the unemployed man who was merely frustrated and envious. He targeted mainly luxury vehicles, and the 67 fires he set spread to 35 other nearby vehicles. All of this was accomplished in a short three-month period during which fires were set almost nightly. (Reuters)

National

ATLANTA – An advisory panel for the Centers for Disease Control and Prevention (CDC) voted on October 25 to recommend that boys receive the HPV vaccine. The 13-member panel's recommendation now goes to the Director of the CDC and the U.S. Department of Health for final approval. This controversial issue has become a lively topic and has even entered into the political arena during this presidential election season. (ABC News)

DOVER, Del. – Forty year old Thomas Love was arrested in October after he walked out of a WSFS Bank in New Castle County empty-handed. Love had given a demand note to a bank teller who couldn't make out his poor handwriting. The teller handed the note back to the would-be robber, prompting Love to flee. (newsoftheweird.com)

2 Sports / Opinions

NEXT GAMES: 11/17 here
against Mingo Valley ...

Raven Varsity Girls' basketball

By Bryce Rossler
STAFF WRITER

Just six days from now, the Riverfield Varsity Girls' basketball team will swing open the doors of Clark Gymnasium to welcome Mingo Valley for the inaugural home game of their 2011-2012 basketball season. The team has been practicing hard as Coach Martin begins her second year leading the Lady Ravens.

This year may prove to be challenging for the Lady Ravens. The previous season, the team finished with a 9-11 re-

cord. Now, they begin their first year of OSSAA play with a smaller cast. Maddy Berry and Leslie Olson were lost to graduation last May, so the team's numbers are a bit thinner this season with only six returning players plus the addition of freshman Emma Tracy.

"It's definitely a challenge as we can't even run scrimmages in practice," junior guard Madison Nossaman said.

However, Coach Martin remains optimistic. "I am very excited about the upcoming basketball season," she said, "Right now there is a lot of fo-

cus and high energy at our practices. Our goal is to keep everyone healthy and to improve on last year and end this season with double-digit wins."

Sophomore guard Sarah Carson reflected on last year's building season in a positive light. "Being able to play with Maddy and have Coach Martin's leadership last season was a valuable experience," she said. "Between the senior leadership and the excellent coaching, we were able to grow as individual players and as a team. I think that will pay dividends in the long run."



The Lady Ravens have a very young team this year — most of the players are sophomores and juniors. But the team has quite a bit of talent. They hope to make it to district competition and perhaps even regionals.

PHOTO BY MATTHEW FAETH

Lack of tech savvy is appalling

By Sam Laney
STAFF WRITER

Technology has advanced, but knowledge of such technology has reduced.



Many Upper School students know how to operate a computer but don't know how to fix their own problems.

PHOTO BY MATTHEW FAETH

What's the problem?

Many students here have trouble doing the simplest tasks, even printing. I am one of the unlucky few who has been tagged as being "good with computers" when we simply know to use Google or look through menu options to "fix" a computer.

Many problems originate from sketchy web surfing and poor prevention. Getting a decent anti-virus program isn't that hard. If you don't care enough to try to prevent getting viruses in the first place, why should anyone fix it so your

computer can just mess up again?

Beyond prevention, let's say you have an issue. You can't print, or you have a virus. What do you do? Try Googling your problem? If you have a computer problem, someone has probably made a video or instruction sheet on how to fix it.

Take some initiative. It's easy to help someone who has tried to help themselves, but it's just upsetting when people don't even try to solve it themselves.

This computer-based apathy is honestly depressing. People use computers every day, but spending the time to know how to use and repair their own machines is somehow seen as a waste of time. The few kind-hearted souls that endeavor to repair their friends' computers, or teach them a skill they will undoubtedly forget later, are holding up the entire computing world on their overworked and frustrated backs.

NFL midseason picks

By Ryan Peake
STAFF WRITER

This 2011-12 NFL football season has taken some interesting twists and turns. Many teams have been plagued by injuries or by having "star" players turn into duds.

As of now, the worst team in the NFC is the St. Louis Rams. Their roster doesn't contain a lot of talent to begin with, and losing their three top cornerbacks combined with an injured quarterback hasn't helped their cause. This year's best NFC team is no surprise. It's last year's Super Bowl champions, the Green Bay Packers. The Packers are 8-0 so far this season and look unstoppable with one of the best quarterbacks in the league, Aaron Rodgers, and a strong receiving core.

The AFC isn't looking as strong this year because they have one of the worst teams in the league, the Indianapolis

Colts. The Colts made it to the wild card spot last year but ended up losing to the New York Jets 17-16. I think the Colts would have done just as well as last year if they had their star quarterback, Peyton Manning. But without Manning, the Colts are struggling 0-9, and there is no light shining in their future. This year's top AFC team is the Baltimore Ravens. The Ravens have much experience in the defensive category and some star prospects on the defensive side with Joe Flacco and Ray Rice. The only things holding this team back are inconsistency and a poor receiving core.

I predict this year's Super Bowl will come down to the NFC's Green Bay Packers and the AFC's Baltimore Ravens. The reason I'm picking the two best teams in each division is because both these teams are so far in front of every other team in their conferences.

How to plan a great first date and battling 'senioritis'

Q: What should I do for a first date, and how should I act?

Meghan: The first time you ask someone of interest out on a date can be very exciting, but at the same time nerve-racking. The first date will give that person a good idea of the type of person you are — if you're someone who will pay, the type of restaurants you'll take them to, the type of movies you're into — and it will give them a preview of how you'll act in a long-term relationship.

Clearly, the objective of your first date should be to make sure there is a second one! In order for that to happen, think about what type of person they are. If they're active and enjoy playing sports, you could take them on a date that involves miniature golf, bowling or even rock climbing. If there's a local fair or festival going on, you could



By Omar Rana &
Meghan Kelkar

take them to that.

If you want to go to dinner instead, Downtown Tulsa has many great restaurants to choose from. Afterwards you can take a stroll around the area to look at all the great buildings, and you can talk and get to know each other better.

I would suggest the classic "movie night" idea, but since there is a limited amount of talking allowed during movies, you should probably save that for the third or fourth date.

All in all, just try to be yourself on the date. Be a gentleman and hold doors open for her, and remember, you should at least pay for the first date!

Q: What can I do about "senioritis"?

Omar: That is a tough one because I, too, have felt the crushing boulder that is senioritis. It is definitely in the air!

But you are so close to college that you have to push yourself to the finish line. After all, it's not where you started or where you were in the middle. It's where you end up that counts now. I know it may seem difficult, particularly with having to apply to colleges and taking those last minute ACT and SAT tests, but you will succeed in the end.

Q: What if I get sick and have to make up a lot of work?

Omar: Try your best to do the work while you are out so you won't have to make up as much. If you're gone for several days, pace yourself. Hopefully you will get as much time as you were gone to make up all your

missing work, so here's a plan. One night do all the Math you missed, then the next night do all your English, etc.

Think about it this way. You

are a star, and you have already achieved so much, and now you just have to shine a little brighter. Just make sure you don't supernova.



Michael Sampson and Alex Rodgers must have had a successful first date, considering they have been dating over a year!

PHOTO BY MATTHEW FAETH

3 A&E

COMING UP IN OUR NEXT ISSUE: A movie review of *In Time*, an overview of the Portal game series, a Pro/Con on the Occupy movement, the effectiveness of flu shots, and more!

The Castle of Muskogee

By Matthew Faeth
STAFF WRITER

The Castle of Muskogee is well known for its fantastically scary “Haunted Castle of Muskogee,” but one wonders what goes on at this place the other 11 months of the year.

The answer is ... an assortment of exciting events!

In the not-too-distant future (November 19) the Boare’s Heade Feaste will be showcased in the halls of the castle. King Henry VIII and Queen Margret will be in attendance. In this portal to the 16th century, a four course meal

will be served along with an evening full of entertainment. The first course will consist of an assortment of fruits and cheeses, to be followed by a potato potage in an Italian bread bowl, then hastily ensued by pork, green beans, and potatoes from the “New World,” and to cap it all off, a cake with fresh apples and spices. For this entire night, the sum of \$34.95 per person is required.

From November 24 to the end of December, Christmas spirit will be consuming the castle. The Castle features over 2,000 inflatable Christmas crea-

tures ranging from four to 20 feet in size. Hay rides, carriage rides, and a petting zoo will be outside, but if you would like to escape the holiday chill, movies, food, Father Christmas, the Grinch, and craft construction with Santa’s industrious elves will be offered indoors.

Here’s a tip: the Castle of Muskogee’s website occasionally offers discounts on tickets to their events. If you ever need something to do on a fall night, the Castle of Muskogee can serve as a great haven from boredom.

Game Preview: Skyrim

By Claire White
STAFF WRITER

The Elder Scrolls V: Skyrim is an open-world video game for PS3, Xbox 360, and PCs developed and published by Bethesda Game Studios. The title, which is one of the largest slated for fall, was released this month.

Skyrim’s plot is set two hundred years after the conclusion of Oblivion, the previous entry in the Elder Scrolls series. It revolves around your character’s efforts to prevent a dragon god prophesized to destroy the world from realizing the apocalypse.

However, as in previous Elder Scrolls games, the player is encouraged to explore the large, open world as he or she wants. If you want to completely ignore the main storyline and instead focus on your own impromptu misadventures, that’s completely acceptable. After all, even if worse comes to worst, you can always reload from a recent save point and start over.

Although Skyrim follows a familiar formula practically synonymous with Elder

Scrolls games, it still manages to differentiate itself from its predecessors in a number of ways.

First and foremost is the inclusion of dragons. Dragons are randomly spawned NPCs

Additionally, Dragons can attack towns or cities at any time. It’s up to the player to assist the townspeople or laugh maniacally while they become part of a balanced breakfast.



Skyrim is available for PS3, Xbox 360, and also PCs.

PHOTO BY MATTHEW FAETH

that directly affect the game’s story and gameplay. Essentially, they function as bosses, and defeating them rewards the player with unique abilities and equipment.

Even if you manage to get through all the content Skyrim has to offer (200-300 hours), Bethesda has already promised players at least two DLC packs.

Movie Review: The Rum Diary

By Max Harkness
A&E EDITOR

Hunter S. Thompson was a great writer who always leaned toward the absurd. His writings were perfectly fine as writings go. However, time and time again, filmmakers have tried to adapt his works, and due to Thompson’s weird style, nothing cohesive or amazing has ever been created.

There is *Where the Buffalo Roam*, a horribly campy adaptation starring the great Bill Murray, but the less said about that, the better. Instead, let’s focus on the two most recent ones: Terry Gilliam’s *Fear and Loathing*, and more specifically, *The Rum Diary*.

The Rum Diary is better both structurally and as a film, but

both are enjoyably messy and incredibly choppy.

Fear and Loathing is Terry Gilliam’s second best film, behind (of course) *Life of Brian*, if only because it tapped into Gilliam’s only two talents as a director: comedy and visuals. *Fear and Loathing* is a bizarre piece of work that is astounding to watch. However, that movie failed because it showed Gilliam’s most obvious weaknesses: his lack of ability to tell a story, and his lack of feeling, which are two things that director Bruce Robinson can offer.

There are never moments in *The Rum Diary* in which you are completely confused, and Robinson keeps it moving like a pro. Add to that Johnny Depp’s best performance in years, and you have a combination that is

much more pleasing, especially considering the long running time of the film.

However, the very things Gilliam gets right (*Fear and Loathing* is hilarious in a delirious kind of way) are what Robinson gets completely wrong. Instead of fascinating us with sights of Puerto Rico, Robinson gives us a drab, HBO-style look. And even with his gifts, Robinson still has moments of choppieness, as though the film wasn’t completely finished.

Overall, while *The Rum Diary* is an improvement on previous adaptations of Hunter S. Thompson’s great works, it is still an inconsistent if entertaining boondoggle.

The Rum Diary is rated R. If you are under 17, parental permission is required.

Restaurant Review: Smashburger

By Nick Hartman
STAFF WRITER

Smashburger has one of the worst burger joint atmospheres that I have ever experienced. As I walked in, I was deafened by bad radio music.



Nick Hartman stands in front of Smashburger.

PHOTO COURTESY HARTMAN FAMILY

Even my mother described the general appearance of the place this way: “It had all the charm of a garage.”

The walls are covered in uneven slogans in their bright red paint saying “Smash, Sizzle, Savor.” And there was an odd, oval-shaped board suspended in the middle of the

restaurant. With poor and relatively bland design, the general appearance gets a “C” for trying.

On the other hand, the food was not bad. They have an extremely varied menu. Customers have the option to make their own burger, so the options are virtually limitless. I noticed that many people were having a hard time deciding what they wanted due to the number of choices.

After I finally ordered, my food was presented at our table in a couple of minutes, and I began to think that I could almost forgive the appearance of the restaurant.

Smashburger’s hamburger meat is 100% Angus beef and tasted as such. However, if you want a comparable burger at the same price, I strongly suggest going elsewhere. This is certainly not the best one can do for a burger in Tulsa.

If you are looking for a better burger with a better atmosphere, I would visit *Weber’s* in Brookside. *Weber’s* has been in Tulsa forever and has burgers and root beer that will blow you away — as well as having an authentic “old timey” atmosphere.

The origin of our Thanksgiving holiday

By Nick Hartman
STAFF WRITER

Thanksgiving in North America originated from European and Native traditions. Native Americans celebrated the end of a harvest season, and Europeans brought their own harvest festival traditions from Europe, celebrating peace and a good harvest.

The United States’ modern Thanksgiving holiday tradition traces its origins to a 1621 celebration at Plymouth in present-day Massachusetts. In 1621, the Plymouth colony did not have the necessary food to feed its 102 colonists, and the Wampanoag Native Americans helped the Pilgrims survive by providing seeds and teaching them how to fish.

The place where the first Thanksgiving was celebrated has been a subject of great debate. Teacher Robyn Gioia of the University of Florida has argued that the earliest attested “Thanksgiving” celebration in what is now the U.S. was actually celebrated by the Spanish on September 8, 1565 in what is now St. Augustine, Florida.

Until the time of President Abraham Lincoln, the date of Thanksgiving had been determined by each state so celebrations were held on various dates.

The first Thanksgiving holiday celebrated on the same date by all states was in 1863 by presidential proclamation.

Finally on December 26, 1941, the unified date change to the fourth Thursday in November was made into federal legislation. President Franklin D. Roosevelt agreed to sign a bill into law, making Thanksgiving a national holiday.

The fact is, we may never know the true origin of Thanksgiving. But in my opinion, without complete and convincing proof, it seems kind of silly to assume that the celebration in 1621 was the first.



Erin Worley gets in touch with her Native American roots.

PHOTO BY MATTHEW FAETH

4 Features

DON'T MISS IT NEXT WEEK: The online Book Fair is now open — <http://bookfairs.scholastic.com/homepage/riverfield> ... free shipping!

Robots learn to lie

By Kenzie Zwyer
STAFF WRITER

A lab at the Ecole Polytechnique Fédérale of Lausanne, Switzerland designed an experiment to study the evolution of communication using a community of robots.

A circular wheeled robot — picture a Roomba vacuum — was outfitted with an omnidirectional camera at its center. At its base, a detector was able to differentiate colors at close range. Each robot was equipped with a blue light, which it could turn on or off at its own discretion. Tying these parts together was a network of neurons and an artificial 264-bit genome which determined how the 'bot would react to stimuli.

The robots' environment consisted of a dark stadium with a "food source," a white ring which the robots' detectors could discern at close range, and a similar "poison source." The robots were programmed to seek out food and avoid poison; the amount of time spent near each source

determined the successfulness.

The robots used their blue light to communicate. When one robot encountered the food source, it would signal the others to come and "eat." However, only a limited number of spaces were available at the food source, so not all could "feed" at once.

At the end of each trial, the most successful 'bots were "bred" and a new generation was created. Over several generations, the robots began concealing the food source from one another by not flashing their blue lights. By lying to each other, they were able to benefit themselves by hogging the food source.

The final results showed that over time, the trustworthiness of the blue light became meaningless: "After around 500 generations of evolution, around 60% of the robots never emitted light near food, but around 10% of them did so most of the time. Some robots were slightly attracted to the blue light, but a third was strongly drawn to it and another third was actually repulsed." (*scienceblogs.com*)

Three faculty families growing

By Meghan Kelkar
STAFF WRITER

At the beginning of the summer, we learned that two of our Upper School faculty members are expecting their own bundles of joys! They are Mr. Breig, our Science teacher, and Mrs. Sacra, our Spanish teacher.

This will be Mr. Breig's third child and his second daughter. His children will be very close in age — so close that the first child will be only four years older than the third. When asked about baby names, Mr. Breig joked, "The name will either be from Star Trek or Star Wars."

As for Mrs. Sacra, this will be her first baby, and she is expecting a little girl very soon to be named Alice. "The pregnancy wasn't expected, but we're very excited," said Mrs. Sacra. She has filled her house with pink items in preparation for her little one. She said what she has craved the most during her pregnancy has been pineapple and grapefruit.



The Breigs, the Sacras, and the Knights are all expecting!

PHOTOS BY MATTHEW FAETH (Breig photo courtesy of family)

In addition, we recently heard about another Upper School faculty member who is pregnant: Mrs. Knight! This will be her second child and will make a great addition to their family as Parker Knight's little brother! The Knights are considering names that are either British or singers' names. When I asked her what she craves the most, Mrs. Knight said,

"Sleep!" with a laugh. She also told me a funny story about how she threw up at her sister-in-law's wedding rehearsal and then passed out later from dehydration.

All these faculty members seem thrilled about their upcoming newborns, and the student body and their fellow teachers are happy for all of them and their growing families.

Bee swarms on the highways

By Bryce Rossler
STAFF WRITER

We've seen it in before in horror movies and read about it in the Bible: hordes of angry locusts swarming populations and engulfing them in a frenzy of hunger and doom.

Just imagine if they had stingers.

Trucker Louis Holst was southbound on I-15 in Salt Lake City, Utah recently when he entered a sharp turn in a construction zone and his truck turned over. A semi-truck rolling over on the highway is bad enough, but when

coupled with his cargo, mayhem ensued.

Apiphobes, recoil in horror! Holst was transporting 25 million bees. The black and yellow mercenaries of death went into a fit of rage and began attacking Holst and his wife, who was accompanying him. The Utah Highway Patrol struggled to gain control of the incident. I-15 was shut down for several hours, and local beekeepers were forced to work overnight.

This is not the first time something like this has happened. This past July, a truck transporting 14 million bees overturned in Idaho. Richard

Adee, owner of Adee Honey Farms based in Bruce, South Carolina (where the load originated,) said he lost \$116,000 because of the accident. Forget the money, most of the bees are now dead.

The frightening part about it? "Nobody was prepared for anything like that," said Holst. *Nobody was prepared.*

In light of this country's bevy of economic and social problems, the people of America have been speculating what could cause America's downfall, if and when it occurs. Well, here's your answer, America: bees.



Maxwell Musick and Logan Mitchell REALLY don't want the world to end.
PHOTO BY MATTHEW FAETH

'The end is near!'

By Bryce Rossler
STAFF WRITER

It is said that "good things come in threes." In this instance, these good things are the failed end times predictions of Christian radio broadcaster Harold Camping.

September 6, 1994. May 21, 2011. And the most recent date, October 21, 2011. All three failed to bring the end of the world. In light of his 0-3 record, Camping's long-running "Open Forum" program, first broadcast in 1961, was cancelled.

Family Radio spent over \$100,000,000 this year pitching Camping's end times predictions. People actually forfeited their life savings to help get the word out about it. That's not to say that these people are fools, but it does attest to the naiveté of people.

Using a religious document like the Bible to predict the end of the world is not a much better

method than blindfolding yourself and throwing a dart at a calendar.

End time theories are generally used as religious propaganda or as a reason to forward chain mail. Furthermore, they can be revenue generators. For instance, the 2012 end time theory, which is based on an inaccurate and defunct Mayan calendar and related religious ideology, generated \$569,679,473 at the box office for the 2009 feature film "2010."

Until scientists approximate when the sun will explode and incinerate our entire galaxy, any end time theories should be disregarded entirely. "What if they are real?" is a question that should never be asked, because they never will be true, at least in our generation's lifetime.

If one of these theories does turn out to be true, however, I'll gladly admit I was wrong. After all, it will be the least of my concerns then.

Anti-aging chemical is studied

By Nicholas Hartman
FEATURES EDITOR

Is "resveratrol" the key to long life?

Resveratrol is a chemical found in the skin of grapes as well as in red wine. It has long been thought to be a partial explanation for the French paradox. That is, it helps explain why people in France enjoy a high-fat diet yet suffer much less heart disease than Americans.

"Scientists have recently started exploring whether resveratrol could extend life spans as well. The hope is that resveratrol or a compound based upon it could mimic the effects of a severely restricted diet, which has been shown to extend the life of mice ...

"A low level of caloric intake appears to activate a class

of proteins known as sirtuins that regulate metabolism. Researchers have shown that other natural substances can trigger sirtuins, but resveratrol appears to be particularly suited to this task," according to a recent article in the *New York Times*.

"Many scientists caution that results involving animals often do not translate into drugs that work in humans. And experiments conducted so far have been based on a level of resveratrol consumption that would be highly impractical — one involved the equivalent of drinking 100 bottles of red wine a day, while a later study brought that quantity down to approximately 35. Researchers are hoping to find a way to concentrate the effect into a manageable dose."

The facts remain that no true "Fountain of Youth" has yet

been found. It will take time for this drug to be thoroughly researched, but we can hope that it may be usable in our lifetime.



Could something simple like this box of red wine really contain the Fountain of Youth?

PHOTO BY MATTHEW FAETH