Faculty salaries stagnate despite rising tuition

A report compiled for the American Association of University Professors (AAUP) sheds light on declining faculty salaries, which have been largely stagnant in recent years, failing to even keep up with the rate of inflation. The report, compiled by Hank Kennedy, professor of politics and international affairs, lays out salaries for Wake Forest's professors, associate professors, and assistant professors, and compares them to various other universities both larger and smaller, as well as those most similar to Wake Forest.

When examined side by side, the statistics reveal a large disparity between faculty members here compared to other universities.

See Salaries, Page 5

New bookstore management falls flat

Students continue to voice frustration over the bookstore's inefficient management. Two weeks into classes, many students still lack textbooks.

The University Bookstore along with the Deacon Shop and the Hanes Mall Deacon Shop, came under the management of Follett Higher Education Group June 28, 2013. The university stores were originally owned and operated by the university. John Wise, assistant vice president of hospitality services, claimed the stores switched management due to the self-operated stores inability to keep pace with the delivery demands.

"The university store industry is a rapidly changing industry and self operated stores have a harder time keeping pace with the evolution of course material delivery," Wise said.

The university chose Follett to operate its university stores because the company offered the most financial benefits for the university.

"As a leader in the college stores business, Follett brings a wealth of resources to our campus and they will help mitigate the university's risk in attempting to compete in the increasingly digitized campus bookstore business," Wise said. "Also, Follett was selected because their proposal offered the greatest financial improvement to the university, substantially better than our current self-operating model."

Follett will also operate the university's online stores through wakeforest.bkstr.com as well as the physical locations.

The new online store operation gives students the option to buy or rent their textbooks online through the nation's largest online textbook and apparel shop through efollett.com.

Representative from Follett Higher Education Group, Debbie Willis expresses the optimism and excitement that Follett has for being on Wake Forest campus.

"Follett is very excited to join the Wake Forest campus community," Willis said. "It
Inflated parking costs anger students

Parking at Wake Forest is one of the most talked about issues on campus. The spots are limited, there is a high number of commuter students and most faculty members drive to campus.

We understand that the supply of parking spots is limited and that the demand is high, but this editorial staff believes that parking passes are overpriced.

Parking passes at the university are $500 for both upperclassmen residents and commuter students. For sophomores who wish to park on central campus pay $291 for a parking pass.

Yes, Duke is a much larger campus than ours and has more space for parking, but Durham is a much larger city and the average price of living is higher. We question why these universities charge so much less for parking than our university?

Parking at Wake Forest is priced similarly to Emory University, located in downtown Atlanta, and some student parking passes at Boston College, located in a busy suburb of Boston.

Winston-Salem is not a booming metropolis, or even a large city. In fact, Winston-Salem was recently rated by MSN Real Estate as one of the cheapest places to live in the country. Therefore, the university has no excuse given our location.

For example, parking passes at the University of Richmond cost $115 for all students on-campus, for the entire year. This is $385 less than Wake Forest. The city of Richmond, Va. has a higher cost of living to Winston-Salem and both universities charge over $55,000 for tuition.

At Duke University, upperclassmen residents who wish to park on central campus pay $291 for a parking pass.

The editorial staff struggles to see the logic behind the $500 price tag for both resident and commuter students. Why should commuters, who park their cars on this campus for only a few hours a day, pay the same price as residents who leave their vehicles here permanently?

Commuter students are the people who need their cars to go to class. What other options do they have? An unreliable shuttle service or walking down the busy roads surrounding campus? These alternatives do not seem plausible.

The university already attempted to cut 550 parking spots from commuter students this August. Why have they been "punished" twice with exorbitantly high parking fees and the threat of no parking at all.

The bottom line is, the university is once again putting its own finances before the students. Despite the steep $60,242 tuition, students must pay these unnecessarily high rates to park.

Furthermore, we are paying $500 to keep our cars in Parking Lot Q, which has virtually no security.

Many students have stories of vandalized cars and stolen property in this parking lot. These issues are never resolved because there are no useful cameras to refer back to when these incidents happen. So what are we paying for?

The editorial staff encourages the university to tell the student body what this money is going towards and how these prices were chosen.

The editorial staff welcomes submissions in the form of stories, columns and letters to the editor. Letters should be fewer than 300 words and columns should be around 500 words. Send them via e-mail to burrisOwfu.edu or submit them at the Student Newspaper Office in Old Gold & Black.

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Deacon Profile: Robert Whaples

BY RACHEL WALLEN
Contributing Writer
wally2@wfu.edu

Robert Whaples is a professor of economics and has been chair of the department since 2007. He received his bachelor's degree in economics and history from the University of Maryland in 1983. He also earned a Ph.D. in economics from the University of Pennsylvania in 1990. Whaples teaches a variety of economics courses, including Introduction to Economics, Current Economic Issues, American Economic Development and Natural Resource Economics.

What first sparked your interest in economics?

When I was in high school — even in junior high school — the economy started not doing so well. It had grown well for a long time, from the end of World War II all the way up until the early 1970s, and then the price of oil went through the roof and there was a big recession, and that's all anyone was talking about when I was in junior high and high school. I was quite attracted to it. I thought, "I could help solve the world's greatest problem?"

I don't know that I have solved any problems, but that's really what attracted me to the field.

What research have you been involved in throughout your career?

Well, I was torn when I was leaving University of Maryland. I was actually a double major in economics and history, and but I wanted to make a living, and the demand for historians wasn't very high. I thought, I'd be great if I could combine those two, and that is exactly what I was able to do in graduate school. My research has mainly been looking at labor markets; my dissertation was on the declining length of the American workweek, and I've done stuff on historical markets and discrimination in those.

More broadly, as I've gotten further along in my career, I've been doing things for the economic history profession. I set up a site called eh.net and I edit an encyclopedia of economic and business history. I've also been editing a number of books in recent years that are collections of articles by economic historians, handbooks of economic history, those kinds of things.

Is there any one research topic or publication that you could say is your favorite?

Probably my favorite was when I was asked by The Teaching Company to prepare a class on current economic issues. They sell these classes and you can buy them on DVD and CD. They tape you delivering these lectures and just talking about a whole range of issues in the modern economy. It was actually very similar to doing economic history, because economic historians specialize less than anyone else. They're looking at really the whole economy and what's happening.

You can take that same approach and apply it to modern economics, and that's really what I did for this class. So now people can get me and put it in their play, and see me giving 30-minute lectures on all sorts of topics, and that was a lot of fun.

Why did you decide to come to Wake Forest?

The academic labor market is like a dart board. You just take your dart and throw it and you're never really quite sure where it's going to hit. Right out of graduate school, the first job I got was at the University of Wisconsin-Milwaukee, and that was a nice job, but I didn't think it was that great of a fit.

I was in the history department rather than the economics department, it's darn cold there and it's further away from where I grew up and where my family is.

So I went on the market a second time, had some interviews, and Wake Forest made me an offer and it seemed like a really good school.

This is the start of my 23rd year here, and three of my five children are graduates of Wake Forest University. We only live a mile and a half off campus, so I walk to work every day too.

I've lived here a long time now, so it's really a family thing too at this point. So the answer is, I almost randomly got plucked down at Wake Forest, and it worked out well.

What do you love about being a professor?

The teaching is my favorite part. I was the chair of the department for seven years, and when you're chair you get a teaching course that's the part of the job that I love the most. I especially love teaching the introduction to economics. You get a lot of people that are brand new to the subject, and you get to teach them about this whole system and how it works.

I think there's more value added in that class than in any other class you can take.

Why do you think it's so important for students to get that basic overview of economics?

Obviously these are very important issues, because how you live your life depends a lot on how the economy is performing.

But even if you're not going to go on to further classes in economics, I think that you're going to have a new way of seeing the world that makes better sense of it. Most people haven't studied the economy, and it is fundamentally important, and those tools are really useful in understanding what's going on.

What do you enjoy doing outside of the classroom?

I love spending time with my family, especially with my wife. My kids are all grown up and all in their 20's now, so I've been getting to spend a lot of time with my wife that I wasn't able to before.

I'm an avid walker and coach of the QuizBowl team, so I meet with them a couple times each week.

I love learning. Turn it into a game, and it makes certain people want to learn even more.

The Teaching Company

• An unknown subject(s) removed an unsecured property from a residence.

• A student was spotted jumping out of the second floor window of Davis. University Police responded and found an underage intoxicated student and escorted her to Student Health. They were unable to locate the jumpers. The report was filed at 11:05 p.m. Aug. 30.

• Two students were given citations for drinking alcohol under an off-campus party. One student had thrown a cup into a yard. WSIPD officers gave both students citations and charged them with littering. The report was filed at 2:01 a.m. Sept. 1.

• University Police responded to a call regarding a student who had passed out after consuming alcohol in another student's room in Kitchin. The student was taken to WFUBMC. The report was filed at 2:45 a.m. Sept. 1.

• Approximately 52 students were cited for underage consumption by Winston-Salem Police at an off-campus address. The report was filed at 2:19 a.m. Sept. 1.

• A victim in a stall in a women's bathroom in Collins heard an unknown male enter, talk, use the bathroom, and then leave. The report was filed at 10:28 a.m. Aug. 26.

• A victim was followed around in the library by a suspect whom they recognized from last spring. University Police were alerted and issued the suspect a state citation for trespassing. The suspect was warned in 2007 not to return to WFU. The report was filed at 12:00 a.m. Aug. 30.

• University Police responded to a report in Balbock in which they found an individual in possession of marijuana, paraphernalia, alcohol and fake N.Y. driver's license. The male will receive discipline from the Dean's Office. The report was filed at 7:46 p.m. Aug. 30.

Larceny

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Bookstore: students angry with inefficiency

Continued from Page 1

will be our ongoing mission to add value to the WFU student's quest for success.”
Follett also offers the Rent-A-Text program to the students, which could save 50 percent off the price of a new textbook.

“Rental is a hit — and we'll continue to drive affordability to make our store the campus source for all students,” Willis said.

“Students can look forward to an exciting new promotion, expanded online service and a one-stop rental process.”

Despite the changes in management, students are still frustrated with their experiences at the bookstore.

“The first day of classes I went into the bookstore expecting to buy all my note­books for class and they were all sold out. I asked a lady who worked there when they expected a new shipment and she said sometime that day,” senior Anoushka Yousuf said. “I went back three times that day and then every day after that for a week yet no notebooks were to be found.”

Students were also frustrated with the high prices of supplies offered at the university stores. “I heard when the shipment did come in a week and a half later one notebook cost $9!” Yousuf said.

The high price of books is also a point of contention among students who chose to buy their books from the university bookstore.

“The high price of books is also a point of contention among students who chose to buy their books from the university bookstore.

“The bookstore is so overpriced compared to Amazon,” sophomore Abby McCall said.

“It is even cheaper to rent online from Amazon.”

“I think it is easier to order your books from Amazon than the bookstore because it is much cheaper and I get them in a timely manner,” sophomore Elizabeth Piontkowski said.

The university stores came under management of Follett in order to keep up with the large delivery orders on campus, yet many students are unable to buy their books and other supplies due to materials being out of stock.

“I feel like this time of year is the busiest time of year for the bookstore and they should be prepared and equipped with enough supplies for all students,” said Yousuf. “Its basically their only job and in my eyes they failed at.”

Senior Katherine Henson was frustrated with the bookstores inability to make progress after running out of materials at the very beginning of the semester.

“It’s annoying that after over a week they still don’t seem to have made any progress or changes,” Henson said. “The wait in line is still extremely time consuming and they have little to no school supplies left.”

Students feel the university stores’ poor management has hindered their studies during this semester.

“For the first week of classes, I was literally taking notes on a little notepad,” Yousuf said.
Salaries: Faculty frustrated with sluggish pay

Continued from Page 1

ties, including state schools. When compared to the list of “Cross-Admit Schools,” which includes Duke, Emory, Richmond, Vanderbilt, UNC-Chapel Hill and the University of Virginia, professors here earn thousands of dollars less. While the mean salary for professors at these schools is $157,200, professors at Wake Forest earn $139,600, roughly $17,600 less.

All levels of faculty, including professors, associate professors and assistant professors, would be earning more teaching at a UNC-Chapel Hill, a public university funded by the state. Professors would earn $8,300 more working at Chapel Hill, while associate professors would earn some $5,600 more. Assistant professors would receive $6,000 more.

At Duke University, a school that the admissions office often compares our university to, professors earn over $180,000, roughly $40,000 more than professors at Wake Forest.

Yet what was most surprising about the report is that while faculty salaries have failed to keep up with inflation, high level administrators including the president, provost, vice president and athletic director has received salary increases and sizeable bonuses over the past few years.

President Nathan O. Hatch’s total compensation nearly doubled between 2009 and 2011 from $695,000 to $2.44 million between 2009 and 2011. Associate president and chief investment officer, saw his total compensation rise from $387,400 to $770,500 in the same time frame. Ron Wellman, director of athletics, saw his total compensation jump from $695,000 to $2.44 million between 2009 and 2011.

Hank Kennedy, the professor who compiled the report, said that the thesis in teacher salaries at Wake Forest has happened quickly — just in the last few years — but that it has the university behind other schools with significantly less funding.

“There are some really interesting opportunities for comparison,” Kennedy said. His report notes that when compared to the 20 best liberal arts colleges in the country, Wake Forest is ranked 17th in faculty salaries, behind schools that are all smaller.

“We are below the mean,” Kennedy said. “The point of this study is to show that we are losing ground with respect to universities that we compare ourselves to.”

He noted that while just three years ago Wake Forest faculty salaries were still towards the bottom of the list, they were not last.

“This happens really fast because it’s a moving target and there’s a compounding effect,” Kennedy said. “This is a function of the priority of the school. It depends on the priority of the school, not the size.”

Kennedy pointed out that Wake Forest spends more money per-student on its athletic department than any other institution in the United States — at least $20 million annually, a figure that has risen much more steadily than faculty salaries and the rate of inflation.

“It’s a stunning figure — truly a very significant drain from faculty resources,” Kennedy said.

That figure is even more shocking when considering that teacher salaries are stagnant and tuition costs for students have been rising at more than twice the rate of inflation.

“The total spent on athletics was less than half of what it is now 15 years ago. It’s risen much faster than the rate of inflation and tuition.”

Provost Ragan Kersh, who met with representatives from the AAUP May 2, stressed that working to improve faculty benefits, including salaries, is one of his top priorities.

“It was a good, general conversation,” Kersh said. He pointed out that in the early 2000’s during the Hearn Administration, the status of faculty salaries were much worse than they are now.

After Hatch became the university’s president, the administration’s focus shifted to improving faculty salaries. “There was a concerted effort to catch up, and now it’s time to do that again,” Kersh said.

According to The Chronicle of Higher Education, faculty members at the university still have some of the higher salaries in the nation out of master’s institutions. All three levels of professors earn salaries in the 90th percentile or higher.

Shortly following the report’s completion, faculty members began meeting to discuss options of how to present their complaints to the administration. James Hans, professor of English, feels that the faculty has been ignored in recent years, and that the university’s faculty has taken a back seat to costly improvements to campus and administrative bonuses.

“The bottom line is that the faculty have become employees of a large business, and they have no say in anything any more and remain completely disconnected from the policies that govern where the money goes,” Hans said. “Like a good business, Wake Forest’s administrators always have an explanation for why there is money for buildings, or athletics, or this or that, and none for faculty and staff. But the bottom line here is as it is at any other major corporation: the ‘human capital’ at Wake Forest — that is, the faculty and staff — are clearly secondary to everything else, regardless of what justifications may be used.”

Hans continued by questioning the university’s priorities involving funding. “[W]e have money for those campus renovations, but not salary increases for staff and faculty,” he questioned.

“What does it say about an administration that can commit $55 million to Deacon Tower at the football stadium, $10 million for a tennis complex, $5 million to buy Ernie Shore Field? Another $10 million for the coliseum and all of this during a time of ‘austerity’ — it doesn’t make any sense,” he said.

David Weinstein, professor of politics and international affairs, feels that the while progress to rectify the salary gap was made in the initial years of the Hatch administration, the issue has never really been dealt with.

“Things got better and now it’s worse again,” he said. But Weinstein also pointed out that the Board of Trustees is the body responsible for determining faculty salaries. “Ultimately, it’s the Board of Trustees,” he said. “I’m not sure if it’s malice on their part, it’s indifference. Only if pressure is put on the Trustees will there be a reaction.”

Weinstein believes that the university’s obsession with athletics is what drains funds from what he feels are more worthy causes, faculty salaries among them. True or not, he recognizes that it is highly unlikely that athletic funding will be cut in the future. “That is a fight that is hopeless.”

BRIEFLIES

Religion department hosts guest speaker Winona LaDuke

The university’s religion department will be hosting guest speaker Winona LaDuke at 5:30 p.m. Sept. 23 in Farrell Hall Room A31. LaDuke is the founder and co-director of Honor the Earth, a non-profit organization dedicated to raise awareness and provide support for indigenous environmental justice, sustainable development, food systems and renewable energy. LaDuke will be presenting “The Spirit of the Earth: Contemporary Indigenous to Sustainable Economies.”

Museum of Anthropology hosts annual Day of the Dead exhibit

From 10:00 a.m. to 4:30 p.m. on Sept. 10 thru Sept. 14 at the Museum of Anthropology, the annual exhibit Life of Honor the Earth, a non-profit organization dedicated to renewable energy. LaDuke will be presenti.ng To Honor Sustainable Economies.”

Art department hosts guests speaker David Houston

At 4:00 p.m. on Sept. 18 in Scales Fine Arts Center in room 102, David Houston will present his lecture “Forming Collections in the Age of Conspicuous Acquisition.”

David Houston, director of the Bo Bartlett Center at Columbus State University, will focus on the world of art and art collecting of the past 20 years, which has shifted from public trust to a private commodity.

For more information contact Marc Keely at hanegallery@wfu.edu.
Students divided on president’s education plan

The president hopes his plan to expand availability of student loans will help to contain rising tuition costs.

**BY ROBERT WILSON**

Staff Writer
wilsonr@wfu.edu

On Aug. 22 President Obama unveiled a plan to contain the costs and reduce the debt burden on college students through a variety of measures, including capping student loan payments and increasing the availability of Pell Grants. According to the White House website, student loan payments would be capped at 10 percent of monthly income and Pell Grants have been increased to $5,635.

Despite drawing widespread praise, President Obama’s new plan has also created controversy. His idea to pressure higher education institutions to control tuition costs or risk losing their federal aid funding has received negative feedback.

Proponents of Obama’s initiative claim students will be helped by the plan because direct aid will be increased and higher education institutions, especially private ones, will be forced to maintain or lower tuition costs.

Interest in the society has been growing since meetings began last semester. There are currently over 100 students on the list serve.

Meetings are held every two weeks on Monday night in Davis Chapel and follow a casual parliamentary procedure. There is a primary issue and secondary issue up for discussion. For example, a recent meeting discussed the social aspect of student life away from the university. Though there were some resentments of the society over the years, the attempts failed in large part due to the fact that the student advocates were mainly seniors. The society departed along with them.

Sophomore Addison McLamb, president of the society, decided to re-launch Euzelian last spring semester (as a freshman) along with a group of interested students. His interest in the society arose from a desire for intellectual engagement that was left unquenched outside of the classroom.

“Wake students are smart, but there are not many intellectual groups on campus,” said McLamb.

Support from faculty has been a large part of the driving force behind the society’s success thus far in generating student interest. Their long list of faculty support includes professor and associate dean for student-faculty academic initiatives Anne Boyle, professor Thomas Frank, Wake Forest Scholars director Tom Phillips and Provost Emeritus Ed Wilson.

To ensure that the society remains a presence on campus, the focus has been on appealing to underclassmen.

However, the society hopes to captivate all students and welcomes everyone.

“College is supposed to be a place of ideas and having fun,” McLamb said. “All we exist for is to foster conversation. We’re just people that like talking about meaningful things. There’s no sense of academic snobbery at all.”

Interest in the society has been growing since meetings began last semester. There are currently over 100 students on the list serve.

Sophomore Brad Menchaca echoes this sentiment.

“It is far too early to go around saying what may or may not happen,” Menchaca said.

“Many other plans have been tried and have failed. We need fresh ideas. Much of the opposition is just people repeating the viewpoints of others.”

Justin Melissa Watkins is completely supportive of Obama’s initiative and thinks it will help underprivileged students attend college.

“It is finally time that some serious action is taken to help students who are often unable to attend private schools because of their cost,” Watkins said.

“This will help more people attend college and will force universities to stop letting their tuition increases spiral out of control,” Watkins said.

Senior Christiana Gestal is supportive of the objectives, but not of the mechanics of the initiative. “It is a great idea, if not a necessary one, to increase grants to kids from poorer incomes,” Gestal said.

However, she also noted that the Pell Grant program, funded by tax dollars, may not be the best way to lower costs.

Senior Dom Weinkam opposes the initiative, pointing out previous failures by the federal government to improve public education.

“We should have learned from No Child Left Behind,” Weinkam said. “Federal intervention did not work then, it will not work now.”
REYNOLDA VILLAGE

WAKE the VILLAGE

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Letter to the Editor

Political groups need equal funding

Though it may not be the mainstream thing to do during the best four years of your life, College Republicans play an important role in the campus community. Because of the liberal bias that is inherent in our education system, College Republicans fill the void by providing intellectual diversity on campuses across the state.

That's why it's important to be sure that College Republicans get adequate funding from Student Governments.

This week, the UNC College Republicans received a 75 percent funding cut from last year's budget for seemingly no reason other than "across the board cuts."

Yet anarchist and feminist groups received significantly less cuts and substantially more funding.

The anarchist UNControllables received $4,005 and feminist Siren Magazine received their full funding request of $5,137.

Keep in mind that UNC CRs are one of UNC's largest student organizations, and especially larger than the two mentioned here.

Regardless of your position on the ideological scale, I hope you realize why it's important for College Republicans to exist.

Whether you're a Democrat, a Republican, an Unaffiliated or an Apathetic, we all have friends on either side of the aisle, and we respect their opinion as it brings balance to our political dialogue, which, as of late, is regrettably rather polarizing.

I encourage every campus community to support intellectual diversity on their campuses.

That includes open dialogues amongst different ideological groups as well as fair funding practices in SGA.

If you're fed up with the gridlock plaguing our government, let's change that.

If you're tired of the liberal bias that is inherent and students regularly pull all-nighters in that hotel until 6 a.m. the you would not get paid? Talk about a squandered opportunity.

There are those, however, that would disagree with this positive sentiment. An Associated Press article by Alan Scher Zagier reports that activist groups are starting to push back against employers, claiming they are exploiting their unpaid interns.

This movement was spawned following a court ruling against Fox Searchlight regarding their exploitative treatment of interns that worked on the film Black Swan.

The Fair Pay Campaign has been a leader in this crusade. Mikey Franklin, the founder of Fair Pay, said that getting college credit for internships "is a tangible benefit ... But I can't pay my rent with college credit."

While issues like exploitation are valid concerns, it does not paint the entire picture.

Previously, a journalist and current president of Stephens College, Dianne Lynch went from being an unpaid intern at the Wisconsin State Journal to being employed with the night police beat.

She says, "I agree that there are organizations that see interns as cheap, unpaid labor ... But I could line up 25 students who could tell you the best learning experience they had was an academic internship."

Deacon Source in search of a suitable internship.

As Wake Forest students, it is inevitable that each of us will find ourselves, at one time or another, navigating through the various databases like Deacon Source in search of a suitable internship.

As we do this, many questions will undoubtedly arise:

Is this one too far from home?

What will be asked of me?

And, perhaps most importantly — Is it sensible to get one that's unpaid?

This question has become even more relevant in light of the untimely death of a 21-year-old Bank of America intern, who is speculated to have worked until 6 a.m. the three days leading up to his death, according to CNBC.

This tragedy has led to concerns about the well-being of banking interns. Some have drawn attention to the long shifts (sometimes 100 hours a week) as well as atmospheres that tend to foster fierce rivalry among interns.

Meanwhile others, including one former female intern, say that this is a non-issue and students regularly pull all-nighters in college.

These concerns can apply to internships of all kinds, not just banking, so we as college students must ponder this issue to determine whether or not we think unpaid internships are worth taking.

For instance, I personally believe that while paid internships are preferable (for obvious reasons related to our good friends Jackson, Grant and Franklin), unpaid internships aren't necessarily bad and have many advantages.

Benefits of unpaid internships range from real world experience to beefing up one's resume, to networking, to learning valuable skills.

Would you honestly turn down a chance to intern at the White House just because you would not get paid? Talk about a squandered opportunity.

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While issues like exploitation are valid concerns, it does not paint the entire picture.

Previously, a journalist and current president of Stephens College, Dianne Lynch went from being an unpaid intern at the Wisconsin State Journal to being employed with the night police beat.

She says, "I agree that there are organizations that see interns as cheap, unpaid labor ... But I could line up 25 students who could tell you the best learning experience they had was an academic internship."

To further this point Kate Davidson, a writer for Marketplace.org, mentions former White House intern Jeff Cavanaugh, who mentioned how the internship gave him college credit, an improved resume, and led to his eventual employment by the department he interned with.

All of that made possible because of an internship.

I also have had some personal experience as well. I am involved in an 'at-home' internship with a film production company where I am not paid.

But it is not overly strenuous and it has allowed me to network, which is an unspoken requirement in the film industry. Though significantly more lightweight than most unpaid internships, it still demonstrates that they are a beneficial institution and should not be generalized as abuse or exploitation.

While imperfect, the evidence shows there are too many benefits associated with unpaid internships to reject them like some rotten fruit.

From experience to networking to other impalpable values, finding an internship paid or unpaid is absolutely vital to anyone with ambition towards a successful and rewarding future.
Developing one’s identity is a lifelong task

Don’t let others define your identity and you will feel much more fulfillment

I think by now we all know where we came from. I hope you’ve had that chat by now. But as we enter this new academic year, what are we going to be? We don’t have much control over where we grew up, who our family is or the life we’ve lived up until now, but we do have control over what we’ll be in the future.

I see the crafting of one’s identity as similar to trying to walk in the city — you have to dodge things, moving or stationary, in order to design a path that’s right for you. Some things repeat on the street (fire hydrants, stop signs) just like some obstacles in your life will repeat themselves (class registration, for instance).

Some things you only get one chance to experience (the crazy guy on the street corner or that interesting new club). Both will require you to make choices (when to cross the street or what major to choose) or you might end up with regrets (dead on the road or in a career that bores you).

So being whatever you want to be will take some strategic decision-making too. The good news is that any doubts holding you back manifest primarily in your own head, a place over which you have total control.

I don’t like to say, “be yourself” or “be different,” because who really knows who they are? Whether you’re 19 or 49, this question is tricky. I say, be whatever it is you want to be, but be it not because your new best friends are pressuring you or you want to impress some cute guy or girl. Be what you want to be because you like it. If nobody else wants to be that too and you stand out, then yeah, you’ll be different. Trying to be different just for the sake of being “unique” is not guaranteeing that you’ll happy with whatever supposedly original or one-of-a-kind identity you’re taking on. Besides, few things beat the feeling of finding someone who is as obsessed with whatever you love as much as you are.

You can also change up your identity whenever and however you want. When I came back from studying abroad in France, I was all about dressing super sophisticated, eating in the continental style and in general pretending I was French. But now I’m like “sweatpants can be chic too,” have become a pro at eating all my meals with the one piece of silverware I own, and am truly proud to be American.

I don’t like to say, “be yourself” or “be different,” because who really knows who they are?

 Acting like I was French didn’t mean I was taking whatever I was. I just happened to be that at the time.

So again, be whatever you want to be, regardless of what you are now. People might think you’re being a poser at first, but eventually if they are your true friends, they’ll be cool with it.

There will be other times when defining yourself won’t be like the thrill and adrenaline rush of walking in New York City. Occasionally, it will be more like running straight into an army of haters. I imagine a battle scene from a movie like Troy or 300 where the armies meet in some open field to charge at each other. While 95 percent of the guys die within 30 seconds, the ones who survive come out stronger. Don’t be one of the 95 percent of young people who let others dictate who they are.

Don’t take the easy path. Yes, it will take some energy, determination and downright conviction, but I promise, becoming the person you want to be is worth overcoming every 10-thousand-man army you encounter along the way.

Thank you! Thank you! Thank you!

Special thanks go out to the Wake Forest Athletic Department and all of the vendors who participated in the “Taste of Winston-Salem” at the Spry Soccer Stadium, Saturday, August 24th from 6 – 7 p.m.

A great time was enjoyed by all!

We hope the new students enjoyed the delicious free food samplings from local restaurants and food stores as well as the music, our own Wake Forest Band “Spirit of the Old Gold and Black”, Cheerleaders and the Wake Forest Men’s Soccer game.

Thanks everyone for coming out!

We encourage you to support all of our generous sponsors.

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Chris Chimes In | A Conservative Perspective

Crisis in Syria reflects negatively on Obama

Obama administration’s foreign policy decisions reveal hypocritical actions

One example of Obama’s abuse is his recent push to attack Syria. According to the Associated Press, the president has dispatched “maverick” Senator John McCain to lobby Congress to approve a strike on a country that has been plagued by civil war for more than two years. This strike is in response to a chemical weapons attack that killed 1,400 people.

According to Secretary of State, John Kerry, “We have” blood and hair samples that have come to us through a secure chain of custody from east Damascus — it has tested positive for signatures of sarin. So each day that goes by this case is even stronger.

Unfortunately, now that the Democrats are in charge of governing, their calls for accountability involve stopping an actual or imminent military strike against the Syrian regime of Bashar al-Assad. and will be held accountable for human rights violations.

Obama and his surrogates have made it clear that the president will act unilaterally in striking Syria.

Obama’s decision to do the same under President Obama — hypocrisy that has not gone unnoticed.

The bottom line is this: a situation has emerged where the U.S. can do meaningful good in the world by helping to stop a tyrant from murdering more of his own people.

A specific wing of the Republican Party (growing in power) along with a few Democrats will try to say that intervention is not in our interests, that the situation is too complex and the circumstances are too sticky.

My counter is this: all of the moments in history that established this nation’s greatness were just as complex and just as problematic.

What’s Cooking? | A Liberal Perspective

Syria crisis creates humanitarian obligations

United States should lead by example when faced with moral decisions during crisis

Over the past week, it’s become more and more apparent that Congress will rally behind President Obama to authorize limited military strikes against the Syrian regime of Bashar al-Assad.

Now, with a Senate compromise having been brokered and the entirety of the House leadership team on both sides of the aisle in favor of U.S. intervention, it seems likely that a resolution will be passed in the next week approving the president’s current proposal.

The atrocities that continue to take place each day in Syria are no longer ignorable, and the president is absolutely right in his belief that a retaliation against the Assad regime for its use of chemical weapons is necessary.

The United States is not just a political and economic leader in the world — we have a moral authority that is largely unmatched by most other nations.

To allow the continuation of chemical warfare, a crime so inhumane that it is internationally prohibited, is simply not an option.

In vowing to intervene, President Obama has taken a stance against barbarism and savagery, showing the international community that while the United States is not the world’s police force, individuals must and will be held accountable for human rights violations.

By requesting authorization from Congress, the president has shown that he intends to listen to Republicans and Democrats in the House and Senate to ensure that every elected official has their say before a decision has been made.

The Republicans who will oppose action against the Assad regime — people like Ted Cruz, Sarah Palin and Rand Paul — are the same individuals whose incessant babbling about the greatness of America makes most people roll their eyes and cringe.

What these people seem unable to grasp (among many other things) is that much of America’s greatness stems from its record as a defender of human rights and moral decency.

If, as a nation, refuse to take a stand against evil in the world, we lose every last shred of the moral credibility which Republicans so delight in bragging about in front of TV cameras.

Many Republicans who were so eager to follow a Republican president on a crusade for justice in Iraq have been notably hesitant to do the same under President Obama — hypocrisy that has not gone unnoticed.

The broad authority the president asked for I think creates lots of concern.

Today, the American people are even wearier than in 2008. We have suffered from high unemployment, through-the-roof gas prices, surveillance by the NSA and war after war.

Our national debt has also exploded to nearly 17 trillion dollars, and our rising Millennial Generation is being referred to as "the lose generation."

Yet, Obama and his surrogates have made it clear that the president will act unilaterally in striking Syria, regardless of what the U.N., Congress or any poll says. But where are the calls for accountability?

And when is the next DNC candidate going to claim that the President, "does not have power under the Constitution to authorize a military attack in a situation that does not involve stopping an actual or imminent threat to the nation?"
Chain coffee shops pose threat to Campus Grounds

How will Campus Grounds survive with the addition of two new coffee shops?

Elizabeth Hickson
Guest Columnist
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On behalf of the entire student body, I would like to take the time to thank the administration for listening and for responding to the demands of an ever-growing campus.

As the campus continues to expand, we have struggled to find precious study space on a Sunday afternoon or waited over 20 minutes during the 2 p.m. rush to grab a coffee in the Starbucks line. The recent opening of Einstein’s Bagels in the new opening of Einstein’s Bagels in the new business school Farrell Hall and the coming addition of a second Starbucks this January, means that Wake Forest students will have more choices than ever when it comes to coffee shop study space.

However, I am left wondering if the novelty of a brand new Starbucks and Einstein’s Bagels will lead to the death of another time-honored campus landmark, Campus Grounds.

This newfound choice begs a question: amid the shining interiors of two chain coffee shops, will the beloved Campus Grounds still be relevant? Now, I know what you are all thinking. The university couldn’t possibly get rid of Campus Grounds. It’s a campus monument. It’s even mentioned on the supplement entrance application. I hear you and completely agree. To get rid of Campus Grounds would be synonymous to banishing the Demon Deacon, bulldozing Wait Chapel or prohibiting the wearing of bow ties at football games. It would be a disservice to the campus community.

Thus, this is my plea to Wake Forest. Unlike Starbucks or Einstein’s Bagels, we have the privilege of calling Campus Grounds our very own. There is something profound to be said for having a coffee shop that is both student-run and uniquely ours.

To be honest, I don’t feel as though a semester has officially begun until I find myself lounging on a couch in Campus Grounds with both a textbook and a latte. It’s no secret that the eclectic array that makes Campus Grounds so conducive to studying simply cannot be recreated in a chain coffee shop.

So the next time you feel yourself itching for a new study spot or craving a post-class coffee — try somewhere old instead. You might just find that on a campus full of novelty, Campus Grounds feels like coming home.

The importance of recognizing Labor Day

As I think back to my childhood, I am sad to say I have only a few memories on my kindergarten year; however, one that is still clear to me is sitting at “circle time” and hearing my teacher explain why we would not be at school the following Monday.

“Labor Day,” she said, “is a day when we celebrate all the great workers of our country and everything they do to help us.” She went on to explain that on Labor Day we celebrate doctors, teachers, police officers and factory workers.

Finally, she picked up a sticker that read “Labor Day” with a picture of a firefighter and nurse standing side-by-side and placed it on our classroom calendar.

I will admit that her explanation of the holiday was simplified for our five-year-old minds, but the main point is still poignant. Labor Day is a time when we should celebrate the efforts of the American worker.

Therefore, I fear that Wake Forest’s lack of regard for this federal holiday only pushes middle and working class students and families toward further isolation from the school’s community as a whole.

The beginnings of a holiday to celebrate “labor” grew out of the Pullman Railroad Strike of 1894. After the strike, the federal government, led by then-President Grover Cleveland, rushed towards legislation that would create a day to celebrate trade and labor organizations.

The idea of a holiday to celebrate blue-collar workers was initially shocking; however, over the last century, the holiday has become an integral part of American culture.

Students of Wake Forest certainly recognize Labor Day. They know it’s the unofficial end of summer. They know it’s the last good chance for a beach trip until the Easter holiday. They know it marks the beginning of sports seasons. And they most certainly know it’s the day to pack up their white shoes and seersucker shorts.

However, Wake Forest is guilty, like many other institutions of higher learning, of not recognizing the significance of this holiday. While it is true that many of our students will go on to be CEOs, investment bankers, artists, physicians, another large chunk of them will go into teaching, public service and governmental work.

It is unlikely that many Wake Forest students will become manual laborers or truck drivers; however, it is important for all people, regardless of their societal station, to understand this holiday and respect those who are recognized by it.

Thus, this is my plea to Wake Forest. Understand what Labor Day means for our country. Remember your ancestors who fought for better pay, shorter hours and reasonable working conditions.

People like them were the backbone of this institution when it was founded in 1834 as the Wake Forest Manual Labor Institute. As a school that has since been so richly blessed, it is important we remember that.

Sincerely,
Anthony Myers
Class of 2015
Wake Forest advances to 1-0 after Grobe plays nine true freshmen in the 31-7 victory over Presbyterian College

BY EMMA LINGAN
Asst. Sports Editor
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What do pigs flying, hell freezing over, and the absence of sweet potatoes in the Pit have in common?

They all seemed more likely than what happened at BB&T Field Thursday night.

Head coach Jim Grobe, firm believer in the redshirt rule and avid fan of fifth year seniors, bucked 12 years of tradition and selected Tommy Bohanon in the seventh round of the draft. The coaching staff certainly took advantage of this green light, and a final score of 31-7 in favor of the Demon Deacons to start the season by adding her third goal in as many games.

Bohanon makes the leap to the big leagues

Drafted this past spring, Bohanon has emerged as a starter for the Jets

BY MICHAEL MCLAUGHLIN
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Bohanon is clocking into work, in your not-so-typical work environment. Bohanon's version of a cubicle is his locker, one he has worked his entire life to obtain.

This journey includes growing up in the Tampa Bay area, watching his hero Mike Alstott play for the Buccaneers, to now being compared to the great fullback by Rex Ryan, his head coach. At the combine, Bohanon was able to display in his opinion, his best quality: versatility.

Not only did he display the strength to hold up at the point of attack while blocking by performing 36 reps at 225 lbs bench pressing, he also demonstrated the lower body explosion to run in short yardage situations with a 35-inch vertical leap at 246 lbs. Moreover, the receiving drills allowed him to showcase his soft hands, large enough at 10 inches to pluck the ball out of the air effortlessly.

"Going to the combine was another great thing that happened to me and again you're in front of all 32 teams and showing them what you can do and give their teams," Bohanon said.

This long pre-draft process boiled down to three stressful days: the NFL Combine, the NFL Draft. Confident in his abilities and training, Bohanon was only worried about where his new home would be located. Ironically, when Bohanon received the call that he was being drafted by the New York Jets, he heard a familiar voice on the other side of the phone. That voice was John Idzik's, newly established Jets General Manager but also father of Brad Idzik, a Demon Deacon wide receiver and friend of Bohanon.

"It was kinda funny when his dad was calling me and he [Brad] was sitting next to me," Bohanon said.

Having conquered the hurdles of the draft process, Bohanon has the even harder task of sticking in a league where the average career length is 3.5 years. The average goes up to six years if a player makes an overtime victory. Stengel, the team's all-time leading scorer, netted the goal on a free kick from 23 yards out. More performances like this should earn Stengel a spot on her fourth straight All-American team.

About Press Box

With the NFL opener approaching, our writers provide some insight into their hometown teams.

BY NICK WELDON
Sports Editor
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Philadelphia Eagles

There was a time when a successful football season in Philadelphia was basically a given. Sure, Donovan McNabb and Andy Reid would find some way to crush your spirit in the NFC Championship game, but at least the team was always competitive.

In the past few years, the Eagles have gone from mediocre to just plain bad. With former Oregon coach Chip Kelly now at the helm, no one really knows what to expect this season. The offense could be explosive, if Michael Vick stays healthy. The defense could be decent, if the secondary holds up.

There are too many questions marks and glaring holes on this team to think anything more than another mediocore season. Much less a single game, this could not have been easy. Has never played more than three true freshmen in an entire season, much less a single game, this could not have been easy.

The New York Jets signed a four-year deal in May.
Riley Ridgik

BY MAEGAN OLMSTEAD
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Riley Ridgik, a midfielder for the women’s soccer team is from Ventura, Calif. Starting at just four years old, Ridgik was inspired to play soccer by her two older sisters and started playing club soccer when she was six — the junior contributes her success to her supportive family. Coming into this season, Ridgik is a seasoned ACC veteran as she started 26 times her freshman year. She is excited, anxious and ready to contribute to the 2013-14 season.

What got you started playing soccer?
Both of my older sisters played soccer, so just like any other baby sister, I wanted to be just like them. A club team wanted my middle sister to try out and play for them, but she would only go to tryouts if I went, so by the end of tryouts the club wanted both my sister and me. She opted out and I continued to take soccer as competitively as I could being only six. So, I definitely have to give the credit to my sisters, and as a result I wear the number 2 because my oldest sister wore that same number.

What made you decide on Wake?
It had the whole package. The academics are amazing, the team is awesome and my coaches are exactly what I was looking for, so it kind of worked out perfectly. My coaches are very family-oriented so it’s not like I’m missing the family scene too much.

What’s your favorite part of being on Wake’s women’s soccer team?
Honestly, all the girls. We’re all best friends and we all get along really well. You can’t ask for much more than being able to play with your best friends every day.

Where do you see yourself in 10 years?
I would like to be there for all my teammates on and off the field. And, be a junior leader because we have a large senior class. Hopefully score us some goals and hopefully lead the team as far as we can go, which is hopefully a national championship.

What are your goals for this season?
I would like to be there for all my teammates on and off the field. And, be a junior leader because we have a large senior class. Hopefully score us some goals and hopefully lead the team as far as we can go, which is hopefully a national championship.

Who is your favorite athlete?
I know this sounds bad but I’ve learned to like Chris Paul a lot. He’s on the Clippers and he gives a lot back to his community and cares a lot for his family, which is nice to see, especially at that level.

What has helped you the most to be so successful at soccer?
My parents definitely encouraged it when I was young but they did a great job of not pushing it. I’ve pushed myself a lot, they started it and I’m continuing it. Also, seeing my teammates give it their all makes me want to give it my all.

Are you looking forward to the Portland Nike Invitational?
I’m super excited. Especially being from the West Coast, I’ll be able to have more family come to the game. Portland and West Coast are good so it’ll be nice to compete with them since we don’t usually do that.

Where does your passion for soccer come from?
My passion for soccer comes from the little six-year-old girl still inside me. I love the game and don’t know what I would do without it. Soccer is such an awesome team sport. You have to rely on others and they have to rely on you. The whole dynamic of the game is so fun and addicting. I have created amazing friends and memories that I wouldn’t take back for anything.

Personal Profile

Hometown: Ventura, Calif.
High School: Buena High School
Position: Midfielder
Birthdate: Dec. 6, 1992

Deac Notes

Men’s tennis announces stellar recruiting class for 2013-14 season

The Wake Forest men’s tennis team has announced one of its most talented recruiting classes yet for the 2013-14 season. 2013 ITA National Rookie of the Year Romain Bogaerts and Pedro Dumont will join the team as sophomore transfers from Mississippi State, along with Nicky Kunz from Davidson. Maksim Kan, who was ranked as the No. 5 recruit in this year’s class, leads the incoming freshmen and is joined by Matt Erdman, Aws Laaribi and Nicholas Osterling.

4-star recruit Isaac Haas commits to Wake Forest following official visit

The Deacs landed their second verbal commitment from the 2014 recruiting class from 7'2" center Isaac Haas. Haas, a Piedmont, Ala., native, announced his decision via Twitter after visiting Wake Forest over the weekend. He chose Wake over offers from Purdue, Texas A&M, Alabama-Birmingham and UVA.

Haas will join fellow 4-star recruit Shelton Mitchell, a stellar 6'3" point guard from Washaw, N.C.
Football: Early win sets tone for season

Continued from Page 12

first true freshman to start his first game at Wake Forest since Marvin Mitchell in 1987. Freshman safety Deonte Davis and freshman nose tackle James Looney took advantage of their minutes with a tackle and a fumble recovery, respectively.

Freshman linebacker John Armstrong had an outstanding debut as well, leading the Deacons in rushing with 36 yards and had 44 yards on kick returns. Those numbers alone are impressive, but they were especially reassuring in the absence of All-ACC senior flanker Michael Campanaro, who was sidelined due to a hamstring injury.

Guard Josh T. Harris, center Adam Waston and Jalen Larter, inside linebacker Marquel Lee, and fullback Charles Argenzio were among the other young guns who saw action in their first game with the Demon Deacons. All but Argenzio, a walk-on from Fork Union Military Academy, were part of Grobe's 23-player recruiting class for 2013-14, one of the largest recruiting classes in school history.

This influx of young talent reflects a drastic change in philosophy for Grobe, who was quick to emphasize that these freshmen were not in any way a last resort.

"With Cory [Helms] starting at guard and John [Armstrong] getting time at linebacker, and Josh T. Harris playing on the line like they did, as a coach it gets your attention," Grobe said. "We're not just throwing them out there because they're all we've got."

In this acclamation of Deacon debuts, I would be remiss to leave out the redshirt freshmen who also shined in their first outing. Wide receiver Jonathan Williams caught a 53-yard pass from senior quarterback Tanner Price to put the Demon Deacons on the Presbyterian 11-yard line, ultimately resulting in a touchdown at the end of the second quarter. Tailback Redshirt freshman Joshua Wilhite scored a 21-yard touchdown on his first collegiate carry.

Bohanon: Former Deacon finds quick success

Continued from Page 12

makes an opening day roster in his rookie season. Bohanon recently passed that challenge, as he will be making his NFL debut this Sunday versus the Buccaneers as the starting fullback for the Jets.

Between being drafted by the Jets and becoming their starting fullback, Bohanon encountered several challenges.

"At first it was the playbook," Bohanon said. "But then once you get out on the field it just turns back into football, which I have been playing since I was five years old."

Being able to overcome the challenge of learning an NFL playbook for Bohanon partly comes from the emphasis put on being a smart player at Wake Forest.

"That's a big thing that Coach Lobo (offensive coordinator/running backs) said, that when you didn't know what to do, you can't play fast," Bohanon said.

This mentality is etched into the brains of Wake Forest players as former Demon Deacon and current Jet Josh Bush gave Bohanon similar advice.

"The more you know, the more you can do," Bush told Bohanon.

Once he mastered the playbook, Bohanon knew his biggest draw to NFL teams in the pre-draft process is now his biggest asset as a player.

"I think that my versatility plays a big factor in my game because I can do so many things for an offense," Bohanon said. "I can line up as a single back, I can pass protect, I can do short yardage as well as do fullback and h-back stuff and be split out and do all those types of things and use my hands to catch the ball out of the backfield as well."

This versatility helped put Bohanon in a close competition with incumbent starter Lex Hilliard. But to win the starting job, Bohanon had to work tirelessly on his technique, a focal point for his running back coach Anthony Lynn.

"You have to do all the little things right all the time because everybody here is one of the best players in the world," Bohanon said.

Despite the competition with Hilliard, he demonstrated great respect for him.

"We have a good relationship, we talk a lot, and he tries to help me out whenever he can. He has been there to give me pointers because he has been in the league a few years now and knows what it takes to make it in this league as well."

This relationship was fortified during training camp in Cortland, a place where the Jets team developed a bond.

"We have a great chemistry right now, offense, defense, everything, we've all come together as brothers really," said Bohanon.

But much simpler than beating out a veteran, Bohanon, who admired that one of the stresses of the draft was not knowing where he would be living, had to adapt to a new environment. This means going from a senior leader at Wake Forest to a rookie in the NFL — a complete reversal in his status on the proverbial locker room totem pole.

"As rookies we're together almost all day even after the veterans leave. That's when we stay behind and get extra film work. The rookies really have formed a pretty tight bond. Me and Josh Bush (second year player and Wake Forest alum), we are good friends and we talk every day and he helps me out whenever I need anything," Bohanon said.

Being a rookie, Bohanon acknowledges his place: "We [as rookies] are trying to get what they already basically have, referring to the veterans who have already established themselves in the league.

Bohanon's grounded attitude spills over into his goals as a Jet this season.

"Honestly, I just want to do whatever I can to help the team. And that's my goal starting out — just to do anything possible to help the team," Bohanon said.

This team-first attitude is a microcosm of Bohanon's character, which becomes apparent when he reflects on his legacy at Wake Forest.

"I want to be remembered as a good guy that played great football while he was at Wake and that he did everything he could to help out his team."
Women’s soccer establishing habit of excellence

Coach da Luz, Stengel lead a program devoted to pure superiority, confirmed by 4-0 start to the season

BY ALEX SPEAR
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Winning consistently is becoming a habit, a tradition and a routine for not just the players on the field, and the coaches on the sidelines, but for Demon Deacon fans as well.

For the past three years, the Wake Forest women’s soccer team has been a dominant force in the highly-competitive ACC and they have proven that it’s very, very hard to beat them in any aspect of the game of soccer.

It’s rare to find the women’s soccer score update and see a loss, and if there happens to be one of those “once-and-while” losses, there sure isn’t another one right after it.

The women’s soccer team, led by a lineage of staunch defense, a brick wall in net and superior skill in the attacking third, have established themselves as one of the best teams on campus for an extended period of time and, more significantly, one of the most consistent and feared teams in United States. But besides the aforementioned, the quality that supersedes them to one of the absolute best is their sound team chemistry.

“The team chemistry is great this year, [and] that’s always a pretty good thing for us,” said junior defender Kim Marshall. “We all get along and if there is any tension we forget about it when we step on the field and solve it quickly. Our freshmen fit right in with the group and we are slowly starting to all get used to playing with each other and I think it will be a great season.

Since the onset of the 2011 season to today, coach Tony da Luz has led his team to 36 victories in 53 overall games compiling a superior .6792 winning percentage.

Since 2011, da Luz and his players have never lost back-to-back games — not once. In fact, the women’s soccer team hasn’t lost back-to-back games since late in the 2010 season, where they were handed defeats by the Boston College Eagles, 2-1, on Oct. 24 and then 2-0 on Oct. 31, six days later, by the Carolina Tar Heels.

In the past two seasons and in the beginning of this current season, Wake Forest credits much of their offensive success to now senior Katie Stengel, clearly Wake Forest’s most accelerated and dangerous player. But Wake Forest also credits a hefty proportion of its success to its team chemistry.

In Wake Forest’s most recent game — discounting the cancelled game against Louisville on Sept. 1, Stengel lit the lamp with a fire-cracking free kick from 23 yards out in the 106th minute against the North Texas Mean Green. Her ability to remain consistently productive carried the Demon Deacons to the NCAA Final Four in 2011 and has carried the team to a quick 4-0 start this year — Wake Forest already defeated Campbell, Kentucky, Alabama and North Texas this year, by scores of 6-1, 3-1, 3-0 and 2-1 (2017).

Impressive! Yes. Business per usual? You bet.

Da Luz and assistant coaches Mike Calabretta and Megan Jesse expect this level of production from their players and, of course, the players expect this high level of performance from themselves.

“We really focus on finding simple ways to control the game and move forward,” said Marshall. “We have been working on our speed of play and have set goals for each game to try to keep consistent throughout the season whether it’s playing in non-conference games or conference games. We are trying to reach the point where every practice is demanding and competitive so that we can be as prepared as possible for ACC play.”

The best teams understand that winning doesn’t happen overnight, but happens as a result of constant early morning practices, more running, then a little bit more running, training and, most importantly, developing a habit of winning that is established and then bequeathed to younger players.

And their fans and their critics alike know that these players understand and embrace this too.

The team is 4-0, but this hot start is a 250-degree hot start — they’ve scored 14 goals and only given up three. They scored six in one game, the first game. Stengel already has three goals and three assists (nine points) and senior defender Jackie McSally already has two goals in three games played.

The No. 10 Demon Deacons have massive potential to return to the NCAA tournament this year. It’s their goal every time they step on the field … for practice or for a game.

“We have goals to win the ACC championship and the NCAA championship,” said Marshall. “Our expectations are set pretty high but what’s going to get us there is our hard work and [putting] our minds to it. We have a very talented group of girls out here.”

Keeping up with the Deacs: Cody Arnoux

BY JENNIFER FLINT
Staff Writer
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The numbers are not promising — 15 active men who play a sport in college, very few will actually go on to have a professional career — and of that already small group, there are even fewer athletes who toil!

What has your career been like since graduation?

To do it in front of 2,000 fans in Cary, N.C., was really special. To have fans, my friends and family there since it wasn’t a lot of driving, really it was just a really special experience for anyone really, it meant a lot to me.

What do you miss most about Wake Forest?

I had a couple injuries along the way; I had a knee injury that kept me out for about eight months, which definitely halted my progression a little bit.

What’s your greatest memory while at Wake Forest?

I love about the city, and everything that I’ve seen, all the events, my favorite thing is going to the beach and just looking out at the ocean. I love the city, and everything that encompasses the entire area. I’m really happy to be back.

What was your greatest moment at Wake Forest?

If you ask any of the players who are there now, they’ll say how we’re a family, a unit that doesn’t just mean the guys that are there now, it means guys from the past and future. We definitely follow each other and root for each other, and we wish they did do so well, it’s a cool little thing.

What do you miss most about Wake Forest?

The fans and their critics alike know that these players understand and embrace this too.

The team is 4-0, but this hot start is a 250-degree hot start — they’ve scored 14 goals and only given up three. They scored six in one game, the first game. Stengel already has three goals and three assists (nine points) and senior defender Jackie McSally already has two goals in three games played.

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Redshirt senior Annick McBryar and the Deacs cleaned up in the first four games of the season.

What advice would you give to a Wake Forest student?

Not paying bills. [Laughs]. You have school and soccer and it’s fun. When you get to a different level it becomes more of a job, and you’re working for a paycheck. I still have fun playing soccer, of course in college you’re doing it with your best friends, and guys that you’re close with for four years. Every win, every loss, everything means something, so I think that’s a difference with college.

You lose a game as a pro, you’re still getting paid, but if you lose a game in college, it’s more of a pride thing. You’re losing a spot in the nation’s poll, so I think things there just meant a little more. I think that’s something I miss a lot.

What advice would you give to a Wake Forest student?

If there was something I wasn’t good at, I just worked hard at it. If you have a dream or a goal just focus on achieving, just work really hard on it and good things will happen.

Coach Talk: Jay Vidovich on Cody Arnoux

One of my favorite players. One of the funniest guys we’ve ever had, a character. A guy who put two years together with 18 goals, took up to the championships in 2007-08, two Final fours and then he left to go play in England with Everton.

We wish he hadn’t left. He had a chance at the big time and unfortunately through injuries, his body hasn’t been cooperative. That’s his bouncing back and has found a way to stable himself in playing, and to take care of himself in the school side of things. I have high hopes that he’s happy with everything and doing well.

Photo courtesy of milsoccer.com
Demon Deacons blank Monmouth 3-0

Behind the stellar play of senior Andy Lubahn, the men’s soccer team secured their first victory of the year.

BY JENNIFER ESER
Staff Writer
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It’s often said that lightning never strikes twice, but the Demon Deacons had other plans, as they struck not too but three times against Monmouth in a stunning offensive performance.

Knocking in the first Wake goal of the season, and his personal first since 2011, senior forward Andy Lubahn broke through first, connecting off of great service from senior Jared Watts and junior Sean Okoli to put the Deacs up 1-0 in the 41st.

Wake Forest wasn’t done quite yet though, as they would put two more goals on the board in less than a minute. First, senior forward Luca Gimenez beat several defenders all on his own to send one into the left post, where it crossed into the back of the net. Then just seconds later, Lubahn would send a through pass to freshman forward Tan Gent who made a can’t-miss shot to give the Deacs a 3-0 lead that they would not give up. Wake Forest ultimately outshot Monmouth 23-7 and never gave up control as they dominated the entire field for the whole 90 minutes.

“We had 23 shots, which is pretty impressive,” Gent said.

“But we can always get a few more and put some of those in so we can really start burying teams.”

The presence of the bench was also crucial; thanks to the every time we lost the ball, we were able to get it back, that’s a good job by our defense.”

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New York Giants

This year’s New York Giants team is arguably their most talented this decade. That says a lot considering they have won two Super Bowls in the past five seasons.

Big Blue has returned to their rough-and-tough, physical roots adding size, depth and athleticism on defense. The combination of Jason Pierre-Paul, Mathias Kiwanuka and a healthy Justin Tuck will make opposing quarterbacks cringe. In addition, former first-round pick Prince Amukamara appears eager to become the shutdown cornerback the Giants have lacked in recent years.

Meanwhile, Eli Manning has a plethora of playmakers on offense. The G-Men manning one of the best wide receiver tandems in the NFL with Victor Cruz and a healthy Hakeem Nicks.

I anticipate the freakishly-athletic Reuben Randle to break out after a solid rookie campaign. Also, the lightning quick David Wilson has the potential to dominate the backfield after the injury to Andre Brown.

The Giants addressed their aging offensive line in the draft with first-round pick Justin Pugh, but it still remains their biggest weakness. The success of their offensive line could be the difference between an NFC East crown and a second consecutive year without a playoff berth.

The Giants have the personnel to make another miraculous run, but it still remains the Giants will hope to retool quickly as the NFL waits on no one.

Predicted record: 11-5

BY MIKE ZAVAGNO
Staff Writer
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Cleveland Browns

Eternal optimism resonates through the city of Cleveland each year with wild predictions thrown around in a town that hasn’t been crowned champion of anything since 1964. The Browns haven’t won a playoff game since 1994, some 15 seasons ago (not counting the franchise’s dormancy from 1996-99).

This year, the same sentiment rings true in the city deemed “The Mistake by the Lake.” Fans and reporters alike have thrown around 8-8 records, playoff runs and high expectations even after a less-than-promising preseason.

That’s the case here. Although the defensive and offensive lines are improved, the Browns simply have too many question marks to compete in the AFC North, let alone the conference in its entirety.

The biggest of these rests squarely on soon-to-be 30-year-old quarterback Brandon Weeden. In just his second NFL season, the Browns’ offense will need solid years from Brian Foster, Andre Johnson and co.

The biggest weakness. The success of their offensive line could come before. Fans are yearning for a playoff run that will capitalize on the Texans’ regular season success.

Alongside All-World defensive end JJ Watt, the return of superstar running back Arian Foster and Andre Johnson and co.

The biggest weakness. The success of their offensive line could come before. Fans are yearning for a playoff run that will capitalize on the Texans’ regular season success.

The Texans also made huge steps toward revamping the team by adding former Ravens standout Ed Reed, specialist Shane Lechler along with key rookies wide receiver DeAndre Hopkins and safety DJ Swearinger.

The only problem remains injuries; a key problem with each of the Texans’ previous playoff runs. With time taken off on key players like Reed, Foster and linebacker Whitney Mercilus, the Texans will hope to recalibrate quickly as the NFL waits on no one.

Predicted record: 11-5
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Get motivated to work out by using these apps to make fitness less of a chore

BY GAURAV SHENI
Staff Writer
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Working out is not always the most exciting activity and after weeks of monotonous runs or weight lifting sessions it is easy to get bored. But with the help of these apps, you may be able to add some excitement to your fitness regime.

Zombies, Run! (iOS / Android) $7.99

Running is one of the most popular ways to get into shape. However, if you just can’t get motivated or are just looking for something fun then this app is for you. Zombies, Run! describes itself as an “immersive running game and audio adventure.” Basically, before you go on your run, you open the app and select a mission. Then you put your headphones in and start your run. As you run, you’ll be familiarized with Abel Township and how it is the last surviving human colony in a zombie apocalypse. Your job is to gather intelligence and bring supplies back to the colony. Your music will then start playing and you’ll be on your way to starting the adventure. As your songs are played, you’ll hear things like “collected medicine” or “collected a bottle of water.” You’ll also hear encouraging thoughts from other runners. It will also tell you if the zombies are getting closer. When you hear “Warning: zombies 500 meters,” then you start sprinting. After you run, you can divide up the supplies that you have picked up. They can be used to improve different parts of your base and make it stronger. While this is meaningless, many people get a satisfaction from knowing their virtual base is fortified. Just ask any Farmville player. But the difference is you’ll become more fit at the same time.

There are currently 33 missions, with more to come. The downside to this game is that it costs $7.99. Nevertheless, if you’re looking to motivate yourself to run, this app is for you.

RunKeeper (iOS / Android) Free

Anyone who hikes, runs or bikes needs this app. This free app uses your phone’s GPS to record the distance, time and speed of your run. This app will even allow you to play your music as your run.

The most exciting part of this app is the robotic lady who interrupts your music. She will tell you how fast you’re going, your time and your distance. It’s like your own personal coach is yelling at you, telling you to pick up the pace.

After your run, it puts this information online. You can see things like how many calories you burned, your split times and much more. You can also show off that amazing running pace on Facebook or Twitter, but don’t expect the Wake Forest track coach to invite you to join the team.

The app also stores all of your workouts and even lets you start other ones. You could start the “Running 4 Fat Loss” workout if you wanted to.

But if you’re a first-time runner you might want to try the “Beginner 5K.”

These workouts have specific dates, plan descriptions and the pace you should be going each day.

Fitocracy (iOS / Android) Free

Many of you are familiar with Foursquare. You get points for checking into different places you go. Now imagine if you could do this with fitness. That’s what Fitocracy aims to do.

After you sign up for your account, you start by entering your workouts into the app. It has lots of activities from barbell squats to playing basketball, to going on the trampoline.

Once you choose the activity, you enter the details of it. You will then be told how many points you get from completing the activity. These points help you get closer to moving up a level, which is your incentive to work harder.

But what makes Fitocracy a game changer is that you can socially show off your points to your friends. People can comment on your recent workout and offer you encouragement.

You can even look at your friends’ workouts and see how well they are doing. You can give them “props” (similar to a Facebook “like”) and get yourself motivated to catch up with them. You can also join groups with similar goals and have discussions. You can try to complete quests such as the “Squat Bench Deadlift 135” quest during one of your workout sessions.

In short, everything in our lives is becoming social. Just look at Facebook, Twitter or Snapchat. It’s all about sharing and interacting with others.

So why not do that with fitness and use Fitocracy to get you there?

Lose It! (iOS / Android) Free

Many of you watch what you eat and try to minimize your calorie intake. Controlling the number of calories you consume can be difficult and tedious so why not use your smartphone to ease the process.

Lose It! allows you to enter the foods that you eat throughout the day. It has a large catalog of different foods or you can add custom food. Lose It! even has chain restaurants like Taco Bell or Panera Bread. If you regularly eat a Chick-Fil-A sandwich, then you will see it in “My Foods” so you don’t have to search for it all the time. By entering all the foods you eat, you can see which foods are high in calories.

Also, you can enter your workouts and get an estimate of how many calories you have burned. The app shows you charts that let you view your progress on weight loss, exercise and caloric intake. The app also lets you scan things and see the nutritional information. If you go to an on-campus store and are about to buy some cookies, you might be inclined to scan and see the impact it will have on your calories for the day. You can even add your own foods. Let’s say you’re about to make a special spaghetti dish from back home. Simply enter the ingredients.

Lose It! will then show you the number of calories. If you have trouble remembering to enter you meals, then simply add reminders on the app.

For instance, you could set a reminder at 9 p.m. that tells you to enter your meal from the Pit.
Music Column | Hall of Fame

Big Sean delivers mediocre album

BY TAYLOR DOW
Staff Writer
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Big Sean knows something about appeal. After years of buzzing in the mixtape circuit, Kanye West’s GOOA Music artist is a bona fide star routinely holding his own with guest verses on other artists’ songs.

His penchant for wry wordplay has earned him the honor of being one of the standout rappers to emerge in the past five years. It has not, however, placed him into the same elite category as some of his contemporaries like Drake and Kendrick Lamar.

Hall of Fame, Sean’s sophomore album, does little to change this distinction. It shows that he is capable of informing his audience of his every whim, but it fails to showcase any artistic growth.

Sean manages to keep the punchlines flowing but they feel more like prerequisites for his song writing process than valuable nuggets of insight. Hall of Fame is at its best when Sean lets his beats dictate the mood. They allow him to experiment with his playfulness and not succumb to lethargy. Frequent collaborators No ID and Key Wane provide a sonic palette that transforms songs like “10 2 10” and “World Ablaze” into more than just the musings of a rapper devoid of inventive ways to express his feelings.

But despite being backed by a talented production team, Sean’s own voice comes off as an afterthought. It serves as the addendum to an album that encompasses his vision but lacks the delivery necessary for that to be clear. His deft ability to turn phrases and syllables into clever puns remains intact.

However, it only serves as a reminder of what could have been. When his energy is subdued, the charisma that makes him entertaining loses its value. While Hall of Fame is not nearly lifeless enough to cause such an immediate drop in Sean’s stock, it does suffer from a lack of focus on Sean’s part.

As a relatively new artist Sean still has time left to show that he is good for more than just songs, which require middling passivity on the part of his listeners. Certain songs on Fame hint at a desire to be taken seriously, but Sean seems unwilling to commit. When he does entertain the possibility of occupying that role, the result is often lackluster. The most talked about song Sean put out in the weeks preceding Hall of Fame was one in which two other artists — Kendrick Lamar and Jay Electronica — rapped circles around him. The song “Control” was a friendly reminder that Sean has a while to go before he is able to successfully contend on the same level as some of his more talented peers.

More importantly though, “Control” was a justification for Hall of Fame’s direction. It showed that Fame is Sean’s way of playing to his strengths and navigating his own lane no matter how artistically bland the path.

But as he explained it himself in the concluding moment, “The only way to be immortalized is to be remembered. Hopefully on his next go around he will have something more memorable to say.

Movie Review | Clear History

Larry David stars in witty HBO film

The new HBO film Clear History will delight fans of Larry David’s past comedic works

BY ANNIE JOHNSON
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HBO’s newest original movie Clear History is a one hour and 41- minute-long Curb Your Enthusiasm episode.

Okay so it’s not really the same TV show, but it certainly feels like it. The film follows the same spirit and wit as the acclaimed HBO series. David plays Nathan Flomm, a marketing executive who quits his job with a car company after an argument with his boss, right before they hit it big with the invention of an electric car.

The reason for his falling out with his boss? The name. That’s right, they named the car “Howard,” after the boss’s son. In an unfortunate fit of irony, Nathan misses out on millions of dollars of profit when the car becomes a best-seller. Disgraced, he moves to Martha’s Vineyard and starts a new life, unrecognized. But when his former boss (played by a sober Jon Hamm) moves into a Mansion on island, he launches a plan to get rid of him, permanently.

The storyline is simple and funny. So simple in fact, that it is not surprising that David improvised most of the dialogue in the film. His famous obsession with everyday minutia expands into whining about the wall height placement of electrical outlets.

His neurotic micro-dramas propel the plot and make the character development process more enjoyable. The film boasts a fantastic comedic cast including Hamm, Danny McBride, Bill Hader, Michael Keaton, Eva Mendes and J.B. Smoove. Their acting chops however go woefully unseen and underutilized.

Instead the film credits too much screen time to Kate Hudson who plays a floozy housewife.

The pacing of the movie is solid and the style is direct. Don’t expect any special effects, expensive cinematography or artistic flair.

The soundtrack consists mostly of songs from the Chicago repertoire (a backstory tribute to one fateful night on the island). Director Greg Mottola gives the fans the naturalistic treatment they want to see.

The sheer number of non-sequitors will make this a win for any Curb Your Enthusiasm or Seinfeld fan. If that’s not your comedic cup of tea however, pick a new coffee shop.
Quad Fashions | Rockin’ Shades

Bright sunny days and stylish ways to block UV rays

Georgia Hunsinger
Freshman
Hunsinger felt that these Ray Ban Clubmaster sunglasses fit her face well and had the same stylish flare as aviators.

Matt Laws
Junior
Laws chose to accent his tortoise shell Ray Ban Wayfarers with camouflage croakies. These also help him keep track of his eyewear.

Megan Collins
Freshman
While strolling around the Mag Quad, Collins sports fashionable Ray Ban shades that she received as a gift.

Devon Gilbert
Freshman
Gilbert picked up these neon orange sunglasses for free while attending a Youth in Government conference last year.

Advertisement

Selfie! —
in Cambridge, MA

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Thomas Sully, Jared Sparks, 1831, Oil On Canvas Mounted On Panel, 35 9/16 x 27 1/2 in. Gift of Barbara B. Millhouse, 1984.2.11
Student Organization Profile | Grand Olde Pipers

Meet the gentlemen of the Grand Olde Pipers

The story behind the student group dedicated to pipe smoking and living as gentlemen.

BY NICK WELDON
Sports Editor
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Amidst the fraternities across Wake Forest's campus, there exists a brotherhood unlike any other. Students formed the Grand Olde Pipers (GOP) back in 2008, and since 2010 a merger with another group, it has stood alone as the premier pipe smoking club on campus. The Old Gold & Black caught up with the organization's two leaders (known officially as the Knights Grande Cross) to learn a little more about this group of gentlemen.

There was not one driving force behind the creation of the GOP; rather it was the result of young men wanting to join in the revelry of pipe smoking and all that accompanies it.

“I would say it is a lot about honoring yesteryear,” sophomore Nick Cassata said. “There are people that come to meetings and don’t even smoke.”

Since its beginning five years ago, the size of the Pipers has fluctuated, but it has always maintained a devoted core. Currently memberships stand around 40, though the GOP's leaders are not overly concerned with adding new gentlemen. “I’d say we usually have about half to two-thirds of people show up to weekly meetings,” junior Blake Habicht said. “We’re fine with the size that it is, we just want everyone to have the opportunity to join the club.”

Those who do join the Pipers soon discover that the organization prides itself on much more than simply smoking a pipe.

There is a definite connotation evoked by the image of a scholarly gentleman with his pipe, and the members of the GOP strive to emulate it. “Our motto is amplitude versus pipio or greatness through the pipe,” Habicht said. “It’s about being a gentleman in every aspect — discussion, dress, action.”

The Pipers certainly take the dress aspect seriously, and they could be seen playing intramural softball last spring in their circa 1920s attire. Some of the authentic phrases from that era heard during games included: “We’re back on the gold standard boys, give him the old Calvin Coolidge and right down Broadway.”

But even though the GOP engages in outdoor activities, it cannot be overlooked that the club endorses an unhealthy habit. Pipe smokers face an increased risk of contracting several types of cancer as well as heart disease.

“We can’t deny the risks,” Cassata said. “Though it’s worth noting that pipe smoking is the healthiest form of tobacco use.”

“When smoking a pipe, the tobacco does not come in contact with your mouth and you don’t inhale the smoke into your lungs,” Habicht said. “This makes it a safer alternative to cigarettes, cigars or chewing tobacco.”

Despite the obvious drawbacks, the Pipers may be onto something. World War II general Douglas MacArthur and Lord of the Rings author J.R.R. Tolkien, both famous pipe smokers, lived into their 80’s. American author Mark Twain, a proponent of the Missouri Meershaum corn cob pipe, stated in an 1892 interview that “If I cannot smoke in heaven than I shall not go.”

While the golden era of the pipe smoker has come and gone with these figures, the GOP hopes to preserve a piece of it here at Wake. When asked where he sees the club in five years, Knight Grande Cross Blake Habicht responded as only a Piper could.

“Just like the pipe itself, unchanged with time.”

Restaurant Review | Mary’s Gourmet Diner

Cuisine and decor impresses at Mary’s Gourmet Diner

This Trade Street restaurant serves some of the best breakfast dishes in downtown Winston-Salem

BY ZOE GONZALES
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Once you step into the homey breakfast-lunch spot, Mary’s Gourmet Diner in downtown Winston-Salem, you’ll understand why it’s regularly packed.

From the adorable breakfast-themed salt-and-pepper shakers to the expansive and accommodating menu, I dare you to leave in a bad mood.

The eatery has a local vibe; nearly all the breads, pastries and specials use ingredients from farmers markets and farms in the region surrounding Winston.

The gargantuan biscuits are baked fresh every morning (and they taste like it) along with a selection of freshly squeezed juices.

Both dining rooms make for perfect spots to sip locally-brewed Krankie’s coffee while admiring the walls speckled with the work of regional artists. As long as the weather permits, the patio may be open too.

If you’re vegetarian or vegan Mary’s offers a variety of meatless and/or dairy-free dishes.

of regional artists. As long as the weather permits, the patio may be open too.

for each meal, including coffee. The only drawback is that it’s only open 8 a.m. to 3 p.m. Monday through Saturday and 10 a.m. to 2 p.m. Sundays; not exactly the best hours for college kids. However, if you can somehow manage to get out of bed before mid-afternoon on a Saturday or Sunday this fall, Mary’s might just be the perfect way to soak in the refreshing coolness of North Carolina falls. For the best breakfast food in Winston-Salem, head over to 723 Trade St. in downtown.

And I promise the biscuits are 100 percent worth it.
Humor Column | Bookstore trials and tribulations

The tragic story of a bookstore without books

What's happening in the bookstore?
Our humor columnist digs into the disorganization behind the shelves

BY COURTNEY ANDREWS
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Orientation week is over and classes have once again begun. Most of us already have a ton of assignments piling up, and have assumed the all too familiar routine of late night ZSR sessions. Academia at Wake seems to be proceeding as usual, with one rather large exception — books. By the time I arrived at the bookstore around noon on Monday before classes, and was greeted by another hour-long line to check out. I got to dish out around $400 for books that, had I gotten them ahead of time online, I would've probably cost half as much. As this point you may be thinking that my sad little tale has ended with a silver lining. I did, after all, at least get all my books, right? Wrong. No, my friends, this story is far from over. You see, the bookstore was also out of one of the books I needed. As the man at the counter explained to me, the teachers mandate how many books should be ordered each semester (based on how many students are allowed in each class), but the bookstore usually opts to order less so as to never be left with overstock. I was told that there were three copies of the book somewhere in the store that people had returned from last year, but they had not yet been reshelved, and to keep checking later in the week. Fast forward to over a week later, and I am once again in the bookstore on Wednesday morning. The book I need is still lost somewhere amongst the piles of books strewn all over the store, the lines are still out the door and the staff is still extremely overwhelmed. After asking numerous staff members and being told that the book still wasn't reshelved, I decided to take matters into my own hands. I got down on my hands and knees and crawled around the entire store, searching through all the piles of books that they had still not had time to reshelve, although of course they had Labor Day off (while we students still had class). With the help of a very frazzled but friendly staff member I was finally able to locate The Decameron, a simple enough Penguin's Classic paperback, and cheered for joy as we triumphantly high-fived. Although my bookstore saga finally ended in a victory, it should have never been so difficult in the first place. As an important resource for the students, the bookstore should have a more efficient way of getting everyone their books in a timely and efficient manner. The poor staff members were completely overwhelmed this whole week, and students were angered at waiting in ridiculously long lines, especially when there were only a few workers manning the numerous checkout counters.

Even more upsetting is the fact that, now that I finally found it, I actually have to try and read it.

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BryTaylor Belli
Staff Writer
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TAYLOR SWIFT AND ED SHEERAN
Date: Sept. 12, 2013
Location: Greensboro Coliseum, Greensboro

Born on Dec. 13, 1989 this country star started crafting songs at age five. Taylor Swift's music contains an array of different musical elements including country, pop and rock. Her hit songs appeal to country and pop fans all around the world. Her last album that came out last October, Red has become her fourth studio album in her career. Swift's music contains an array of different musical elements including country, pop and rock. Sheeran began his rise to fame in the U.S. in 2012 when he made a guest appearance on Swift's album.

J. COLE AND T.I. (FEATURING KELLY ROWLAND AND JUICY J)
Date: Nov. 2, 2013
Location: Greensboro Coliseum, Greensboro

Jermaine Cole's first album released in September 2011, hit No. 1 on the Billboard 200 albums chart earning him his position as a rap star. With his hit single "Work Out" he spawned platinum selling hits. Beginning his rapping career as a teen in North Carolina, he signed to Jay Z's Roc Nation paving his way for a major label debut. Now J. Cole has cracked the Top 10 on Billboard's R&B/Hip-Hop songs and Rap charts.

KREWELLA
Date: Nov. 4, 2013
Location: The Fillmore, Charlotte

Krewella is a dub step/electro group originating in Chicago. This group consists of sisters Jahan and Yasmine Yousaf joined by producer Rain Man.

ZAC BROWN BAND
Date: Nov. 11, 2013
Location: PNC Arena, Raleigh

Formed in the heart of Georgia, Zac Brown Band is composed of outstanding musicians with talents ranging from the mandolin to percussion to the organ — not to mention jaw-dropping singing voices. One of the most notable aspects of seeing this group perform live is hearing firsthand the vocals mesh together and create beautiful harmonies. Also, several of the musicians are also given free reign on the stage for long solos on their instrument of choice.

The band's newest album, Uncaged was debuted as No. 1 on Billboard 200. The band was originally built on songwriters and musicians with talents ranging from the mandolin to percussion to the organ — not to mention jaw-dropping singing voices. One of the most notable aspects of seeing this group perform live is hearing firsthand the vocals mesh together and create beautiful harmonies. Also, several of the musicians are also given free reign on the stage for long solos on their instrument of choice.

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Dealing with post-hookup embarrassment

Two students take a stand on whether or not hooking up with everyday acquaintances is okay

BY LIZ KUEHN
Staff Writer
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She said

At a school of 4,500, you'd think it would be easy to hook up with someone at a party and never see them again. But at some point or another you are almost guaranteed to have a fling with someone in your dorm or class. The question is whether or not this is something you should actively seek out or avoid at all costs.

Sorry to say, but the answer is not so clear-cut. Before deciding whether to embark on the journey of dormcest (classmates included) you need to evaluate your post-hookup attitude.

Are you the type of person that cringes with awkwardness at the idea of running into your hook-up from last night? Do you take an alternate route to class to avoid the whole “do I say hi or do I pretend not to see him/her” situation? If this describes you to a tee, then the answer is obvious — stick to hooking up with people you are not bound to run into frequently.

However, if you have no problem waving hello to your hook-up as you pass him or her by, then you have that casual mindset necessary for successful dormcest. Even if you have a good handle on awkward run-ins, it is important to consider the consequences that can arise. For example, what if the hook-up is simply terrible? You need to prepare yourself for this possibility because even if it is the most uncenjoyable hook-up of your life, you're still going to have to muster up the composite to wave hello (no matter how much they may repulse you now).

Another thing to think about is your emotion. If you feel like it is a situation where you might end up heartbroken, it is best to avoid dormcest. We all know there is nothing worse than running into the person you've been crying about for days. Hooking up with classmates and dormmates can be risky business. I'll leave you with one last piece of advice that is practically my life motto: it's only awkward if you make it awkward.

BY AARON COLSTON
Online Managing Editor
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He said

We go to a small school, get over it. It will be extremely challenging to hook up with someone and not see the person again over your four years here at Wake. For the most part college is pretty casual, making it rather easy and often times expected for us to bounce around.

Sex Column | Rebounds

Rebounds can be healthy, if enough time has passed

Life is tough after a break up. Take some time to enjoy being single before moving on.

BY ERIN PATTERSON
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I’ve recently coined the term “rebound time frame.” It refers to the period of time in between the break up and finally moving on from the ex.

As a general rule for my personal life, I consider this time period to stretch from the day of the official break up until two to three months later at the very least, depending on the maturity and individuality of the person and the intensity of the relationship.

There are two types of rebounders: those who have rebound hookups and those who have rebound relationships. The former is acceptable and even healthy to a certain extent.

This person is looking for a palate cleaner, something to distract himself or herself from his or her ex and the recent break up.

This kind of rebound keeps people from getting creepily obsessed with their exes and driving themselves crazy wondering what went wrong or what they could have done differently.

Rebound hookups are a reset button for your emotions, a way to clear your ex out of your head and your heart in order to prepare yourself for the next best thing.

The second rebounder — the person who has rebound relationships — is a little frightening.

This is the person who either breaks up with her partner for another person or who unwittingly ends up in another serious relationship before his or her rebound time frame runs its length.

It's scary because this person doesn't quite realize that a break up doesn't just mean separating himself or herself from a long-time partner; it also means abandoning the part of himself or herself that he or she invested in the relationship and in the other person.

Relationships require people to devote a bit of themselves to their partner, and once given away, it’s a part of themselves that they’ll never get back again.

Break ups mean separating yourself from that part of you, which tends to leave your partner; it also means abandoning the part of yourself that you gave away, it's a part of themselves that they’ll never get back again.

He said

I've recently coined the term “rebound” to refer to relationships. The secret is to not make it awkward while simultaneously avoiding the situation all together. However, this is easier said than done. This small list will be a helpful guide to dismissing those encounters that we want to avoid.

1. Sunglasses

You may think that the guy who always has on his shades is hung-over or maybe even arrogant. However, he is just a seasoned veteran. Sunglasses block the line of sight making it easy to avoid eye contact with your latest partner.

2. “I've got a text message”

Having your phone at hand is never a bad thing. Wearing sunglasses, doesn't want to make eye contact while on the quad, dive into your phone and get those fingers moving. Text your best friend or fervently type gibberish in the notes section on your phone.

3. Never walk alone

Having a friend with you is a saving grace. You can look really involved in the conversation, masking any insecurities that you may have.

4. Look really busy

No one will stop anyone that looks like they're are in a rush. Put on your best panic face and keep it moving.

We all hate awkward conversations. We also hate having to come to terms with the mistakes from the night before. Run-ins are unavoidable, how we deal with these situations, however, is completely under our control.

And I've definitely heard of people falling too quickly into a rebound relationship and getting hurt and confused. There are no definitive rules for relationships. People are messy and confusing, and trying to figure them out is like navigating a land mine.

My advice? Wait until your rebound time frame is done before getting into something serious with a new partner.

In the meantime, try out the casual rebound. Find a palate cleanser or a reset button, and know yourself enough to recognize when you're ready to move on to something new.