University earns top 25 ranking

After changing its criteria, U.S. News & World Report ranks Wake Forest at 23rd

BY AUSTIN COOK
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Wake Forest jumped from 27th to 23rd place in the 2014 ranking list of best national universities compiled by U.S. News & World Report, the highest ranking ever garnered in the university's history.

Out of the 281 institutions dubbed "national universities," Wake Forest had previously been listed at number 27, the eighteenth consecutive year it had been ranked within the top 50.

The university now shares the number 23 ranking with the University of Virginia, Carnegie Mellon University, UCLA and the University of Southern California; the fifth time that it has been inside the top 25.

Nathan O. Hatch, university president, expressed his excitement at the news in a press release distributed Sept. 10. "We are pleased that the exceptional, personalized education Wake Forest provides is recognized in these rankings."

In its description of Wake Forest, the list noted the university's 11:1 student to faculty ratio as well as overall small class sizes and the 94 percent retention rate as noteworthy factors in the ranking determination. The rankings amassed every year by U.S. News are often the standard rankings cited by prospective students in the midst of a college search as well as universities themselves. However, this year, it was noted that the publication had made serious changes to its evaluative criteria that determine a university's standing.

According to usnews.com, this year the magazine increased its consideration of graduate performance, taking into account (to a

Campus struggles with overcrowding

Additions and renovations to campus come as a result of the three-year housing policy

BY LAUREN SUSSMAN
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Besides the current senior class, Wake Forest students are currently being affected by the new housing requirement that forces students to live on campus for three years. Although announced as a new policy over three years ago, the current semester is the first period the requirement is in place.

Despite the addition of Magnolia and Dogwood halls as well as Farrell Hall and the reshuffling of campus amenities such as the post office, there is still much debate over whether these few additions are able to support the growing campus community.
Deacon Profile: Christian Waugh

BY SABRINA MORAN
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Christian Waugh, assistant professor of psychology, began working at the university in 2010 after completing his postdoctoral fellowship at Stanford University. Waugh received his undergraduate degree from William and Mary in psychology. He then went on to the University of Michigan where he received his PhD in social psychology and certificate in cognitive neuroscience. He is currently teaching PSY 338 and PSY 311.

Why did you choose to study psychology?

I was always curious about why people did what they do. Back in high school you get social, you have friends and not so friends. The whole dynamic between why people do what they do. And why do people make the decisions they do when it seems irrational at the time and very inspired at times. It always fascinated me. I'm just really interested in people as a thing of study.

When I got into college I took some psychology classes, some biology classes, some anthropology classes. My psychology classes really spoke to me because they used scientific methods to look at why people did what they did. You have to rely on your own biases and own perspective and look at it in a scientific way.

What research are you involved in?

The research that we do in the lab generally revolves around adaptive ways we use emotion. For example, how does positive emotion help us cope with stress and in what specific ways does it do it? Do we use it to distract ourselves from stress or do we use it to think about stress differently, in a more positive light?

Other sorts of things include looking at resilience. What makes some people more resilient when a stressor comes down the line or a traumatic experience comes down the line. They are able to bounce back from it.

Other people may exhibit psychopathology or depression, or something like that. How do these two processes differ and how do we teach people who are less resilient to be more resilient? I also explore the adaptive functioning of emotions in the brain using neuroimaging tools.

What is your favorite class to teach?

My favorite class to teach is definitely emotion. It is seminar style and it is typically seniors who have been around for a while and they think they know what they are doing.

They have their ideas and it is fun to go back and forth with them about what emotions are and what roles they play in life. We all have our own ideas about what emotions do and what their purpose is.

I really like to challenge them to think outside the box from a more scientific perspective about what these emotions are doing or are not doing.

One of my favorite things to do is make them think of these negative emotions, like anger and sadness, and make them think of those emotions in a positive way. They can be very adaptive and helpful, not always, but they can. It takes that kind of stepping back to a different perspective. People have opinions about emotions, so it is easy to have discussions.

Why should students take psychology?

There are a couple reasons. One is you will always have to understand what people do and why they do it for any part of your life, whether it be your work, your family, sports, anything you want to do if it is with other people.

You have to have some semblance of why they do the things they do. A lot of times we have our own ideas of why they do what they do. It takes a long time. I've been doing a lot of psychology research and the exposure to it made me realize that sometimes these ways are not the right ways of thinking. Sometimes you get a different perspective on people.

The second thing is by studying the science of psychology, it allows you to become a better thinker and makes you better at logically approaching situations because it requires you to override your own personal thoughts of what you think happens and why and really adapt a different perspective.

You can have those perspectives when you go into a hard science, but you come with a lot of baggage when you come into psychology. It is nice in forcing you to step out of your comfort zone.

What are the qualities that you like to see in a student?

The one thing that I really like to see in students, which may not be the standard answer, is flexibility.

So being able to understand that you have strengths and weaknesses and you can flexibly adapt those strengths and weaknesses to any kind of class or even to life beyond class. If you study a certain way and the next class you take compels you to study a different way, that you are able to switch strategies and you are able to approach that class with your best foot and the best strategies you can. I think the rigidity really underlines a bunch of people.

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Like it can only be this way or I am not good at this. Well you will never be good at that if you think like that.

I wasn't a very good writer. It was very clear that classes I did better in didn't have writing.

I knew that so I took a very conscientious thought process to get better at this one thing, especially for those classes that required it. So just be a little bit flexible and know that you can improve. Those are the main things that separate the stellar students.

What do you enjoy doing outside of the classroom?

I enjoy my kids. I have four kids so that takes up a lot of my time. I coach baseball and watch them play sports.

So that is most of my time, but besides that I like playing sports myself. I play softball, football, basketball and a little bit of soccer. I enjoy traveling and I like video games, I'll admit it. I have my Xbox and everything.
Crowding: Facilities unable to support student population

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Penny Rue, vice president of campus life, believes that in moving off campus, students lose a critical aspect of the college experience. “A significant part of college learning occurs outside the classroom and the residential component is a large part of campus activities and occurrences,” Rue said.

“When students live off campus they lose the informal sidewalk conversations, such as a random conversation with a classmate or coffee with a professor.”

Still, some students continue to insist that juniors should be eligible to live off campus if the decided they want to. Junior Kendra Ross feels that juniors should have a choice in whether or not to live on campus.

“I think Wake has good intentions and only wants to improve our sense of community, but it should ultimately be a student’s choice to live on or off campus, not a requirement,” Ross said.

But as the policy has taken effect, most student concerns have shifted towards the ability of campus facilities to support such a sudden increase in the student population. Housing the additional 400 students estimated to be living on campus this year was never an issue (as Magnolia and Dogwood house a combined 480 students). However, the campus’s ability to support so many more students with its food resources, study space and parking options has been frequently called into question.

Sophomore Nick Guenard feels that overcrowding in facilities like the gym have already been problematic for students, just a few weeks into the semester.

“Areas around campus are extremely crowded, especially the gym,” Guenard said. He also pointed out that the inability of students to use the athlete’s gym is a factor in overcrowding. “It doesn’t make sense that the athlete’s gym is way bigger than the gym for the rest of the students considering athletes only compromise a small portion of the student body.”

Sophomore Austin Koplan considers that a lack of efficient space at the Pit — the main dining option on campus — is one of the main issues facing students at the moment. “I believe that forcing kids to live on campus has caused the pit to become so overcrowded at dinner times that I have had to stand and eat sometimes,” he said.

Dr. Rue, however, dismissed complaints of overcrowding, suggesting that a lively campus encourages greater interaction between students and faculty. “What some students call overcrowding, are actually high levels of opportunities to interact,” Rue said.

While construction on the new north campus dining hall is still underway, students are left just with the Pit as the primary cafeteria on campus. In the meantime, a temporary dining option has been set up in Benson until the new dining hall opens in January. Offering various sandwiches, the new eatery has been dubbed “the deli at Benson.”

While the temporary setup may be a good idea in theory, most students remain unsure as to whether it even exists. Sophomore Sarah Repko was one of the many students who were unaware of the provisional eatery.

“Since Benson already has food options that are great place to put it,” except that nobody knows about it,” Repko said. “Advertising somehow or even sending out an informal email to all the students would be a good idea.”

While students currently have other dining options such as the Benson food court, Subway or Zick’s, our dining plans still hold Pit swipes separately from old gold swipes and food dollars.

Reporting contributed by Austin Cook

University students aim to take the fight to cancer

Take the Fight uses college campuses to raise youth interest by pairing college students with cancer patients to strengthen them in their personal battle with the disease.

Nonprofit organization aimed at empowering cancer patients uses university as launching pad

BY AMANDA ULRICH
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Take the Fight, a nonprofit organization recently founded in November of 2012, is revolutionizing the way cancer patients fight against their disease. "Take the Fight," the creation and its unique conception was devised, the nonprofit chose the Comprehensive Cancer Center at Wake Forest Baptist Medical Center to be its first partner, allowing Wake Forest students to become volunteers for Take the Fight. The organization was founded on the idea of pairing cancer patients one-on-one with college students, who serve as “cancer strategists” by helping the patient and their loved ones navigate through the complex system of medical records, doctor’s appointments and medical information. Take the Fight’s founders, father-son duo Steve and David Warren, first encountered Wake Forest Baptist as patients. Steve, who was being treated at the medical center for glioblastoma, an aggressive form of brain cancer, quickly formed a strong relationship with his medical team.

Both Warrens appreciated that the medical team at Wake Forest Baptist encouraged patients to be knowledgeable about their own care and to be informed about the best options available to them, which helped inspire them to create Take the Fight. As for the role of Wake Forest students within Take the Fight, volunteering for the non-profit entails becoming a vital resource for a cancer patient. Student volunteers are matched with a patient after completing management and consulting training in order to best assist the patient with their unique case.

After being paired with a patient, a volunteer will attend doctor’s appointments, assist with the elucidation of medical jargon and essentially help their patient (and themselves) become self-sufficient throughout the process.

Junior Lawson McDonald, the Program Manager of the Wake branch of Take the Fight, called the week he did as a volunteer last year “certainly the most fulfilling of my life to date.” McDonald was initially “inspired by the mission of the organization,” and “saw the potential for Take the Fight to change lives, serve cancer patients, and revolutionize cancer care.”

Senior Nicole Irving has also had firsthand experience with Take the Fight. Irving was the first person selected to volunteer at the Wake Forest Baptist branch of Take the Fight, and began her work as a volunteer there this past February. After Irving’s initial few months as a volunteer, she hopes to continue volunteering this year and is assisting in minor changes to the organization’s procedures. Some of these changes include the concept of seniority of leadership experience among volunteers, which will “allow freshmen and new comers to have an apprenticeship before actually taking on their own cancer patient,” according to Irving.

This semester, Take the Fight is looking to recruit “intelligent, highly motivated and meticulous students who genuinely want to help cancer patients,” said Irving. McDonald added that the Take the Fight “welcomes” students from all majors and all fields of study, not only students who are experts in the field of medicine.

In terms of the future for Take the Fight, individuals within the organization are confident in its effectiveness and are working towards its expansion. McDonald states that the goal of Take the Fight presently is to “grow and develop, branch into new Cancer Centers and launch divisions in new branches of cancer.”

One reason why expansion of the nonprofit is likely is due to its unprecedented structure, which matches students to patients and allows for maximum support for the patient, while also creating a life-changing experience for the student.

“It’s surreal what these collegiate leaders are accomplishing on the front lines against some of the most serious diseases and complex interpersonal situations on the planet,” said David Warren CEO and co-founder.

As the nonprofit’s website states, Take the Fight “is not a charity—it’s an army. And no one fights alone.”
Ranking: University earns historic new ranking

Continued from Page 1

greater extent) the success of recent graduates in the job market. Other factors that were examined more so than in previous years include undergraduate academic reputation and student selectivity.

"It is clear from the data that U.S. News collects that, as each year passes, the proportion of high school graduates with class rank on their transcripts is falling," wrote Robert Morse, director of data research for U.S. News. "As a result, the measure is less representative of each college's freshman class than it was five or 10 years ago."

The magazine also downplayed its analysis of high school class standing of newly enrolled students, a factor whose importance has declined in recent years, according to the National Association for College Admission Counseling. The statistical weight of the peer review of universities was also diminished for this year's rankings.

Since the news first broke on Sept. 9, most students have been exuberant. Yet having risen to its highest ranking yet, and having jumped so high in just a single year, the university's shift has sparked questions about what kinds of changes have taken place since last year's rankings were published. Junior Chris Ford feels that the new ranking accurately reflects the progress that Wake Forest continues to make, especially this past year.

"We deserve it, we work really hard," Ford said. "It reflects how competitive college admissions have become and how we're still trying to improve."

"The university has worked extremely hard over the past couple of years to increase our endowment to over $1 billion. Reaching that goal is certainly reflected in a higher ranking this year," Ford continued.

Junior Brandon Ray shares that sentiment, arguing that in recent years, the university has raised its standards both inside and outside the classroom.

"I think when we fell past the 25th mark, there was a push to catch up," Ray said. "I think all of the teachers knew we were trying to get back into the top 25 and maybe the courses were a little more rigorous and the career center was a little more focused."

Jacqueline Sutherland, student government president, also feels that the university's improved ranking was well-earned, citing the personalized education that students receive while in attendance at Wake Forest. "I am thrilled at our improvement in ranking and believe that it is well deserved," Sutherland said.

"Wake Forest's personalized and keen attention to the individual student ensures that our seniors do not graduate with just a degree; students graduate with the knowledge and empowerment to think critically, dynamically and in new and innovative ways as global citizens of the world," she continued.

"I believe that this is the primary trait that distinguishes us as a top 25 university."
Renovations to Kirby Hall continue as planned

Kirby Hall will be open in January as the home of three departments in the discipline of social science

BY MOLLY DUTMERS
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When Farrell Hall opened its doors this summer, the undergraduate school of business vacated Kirby Hall. Since then, renovations in Kirby Hall have begun. The designs of the renovations were completed last spring and construction work began Aug. 1.

Once the renovations are completed the departments of sociology, economics and politics and international affairs will move to the revamped building.

Kirby Hall has five floors of offices and classrooms. "The faculty and staff of each department will occupy a separate floor of the building with private offices, a visiting faculty office, a dedicated workroom and storage area," said Wendela Wooten, the manager of the project.

The design includes restructuring each of Kirby's five floors. Kirby is one of the newer buildings on campus, as it was completed in 2003, so no external renovations or alterations to the building's structure are currently required.

The basement will consist of mainly classrooms for the three departments. The ground floor will be comprised of classrooms, a study lounge, the sociology department, which will have 16 offices for their faculty and staff, and a new entryway. The second floor will be occupied by the economics department and will have 20 offices, a faculty lounge and a conference room. The faculty lounge and conference room will be used by all departments with offices in the building.

Also, new furniture will be added to the Thomas C. Taylor Atrium. The department of politics of international affairs will have 24 offices on the third floor.

The move to Kirby Hall will give these departments the opportunity to have centralized office space. Wooten said, "Currently, these departments have been growing and offices are distributed in Carswell Hall and Tribble Hall wherever space was available."

The economics department, which is located in Carswell Hall, has five department members who have offices separate from the rest of the staff. This causes obvious problems for communication between professors in the department.

The political science department has a similar problem, with the offices of their faculty spread between two buildings. This often makes it difficult for students to attend office hours or visit professors.

"The political science department is very fragmented right now," said junior political science major Tara Kohli. "As classes are generally in Tribble and some professors have their offices in Carswell."

Other students who have majors in the departments are looking forward to moving from outdated Tribble and Carswell Halls to the newly renovated Kirby Hall. "I'm excited," said junior sociology major Kristin McClure. "Hopefully now we'll be able to have class in various rooms rather than being trapped in the basement of Carswell."

Senior sociology major, Tria Coles, believes that by moving the social sciences to Kirby, it demonstrates a greater respect for these disciplines. "It will also be nice to have larger classrooms and properly working air conditioning," she added.

The renovations will continue throughout the semester and all construction is on schedule.

"Construction is planned for completion in December 2013," said Wooten. "Ready for use spring semester 2014."

University funnels students to Teach For America

The university is listed as one of the top contributors of students and volunteers to Teach For America

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Teach for America has been one of the most popular postgraduate programs for college students since its beginning in 1990. The organization recruits recent college graduates to teach in low-income communities for two years with a paid salary. This fall 11,000 corps members will teach in 48 urban and rural regions across the nation. Meanwhile, 32,000 alumni are working across sectors to ensure that all children have access to better education. Recently, Teach for America released its sixth annual ranking of the universities that contributed the highest amount of graduating seniors, Wake Forest ranks amongst the top 20 medium-sized universities.

Twenty-three seniors from the Class of 2013 graduated and joined 169 other WFU alumni who have previously worked for the organization. Wake Forest is ranked among other elite universities such as Northwestern, Tufts, Harvard and Brown.

Taylor Hagely, a junior psychology major who is actively involved in theatre and education reform, aspires to join this elite crop of WFU alumni. After taking educational policy and practice his freshman year, Hagely was dismayed to see how wide the achievement gap is in America.

Realizing that there is a large need for teachers who recognize the personal difficulties students endure due to challenging backgrounds, Hagely sees TFA as a great starting point to a career in education or psychology.

"I think it would help me to grow by allowing me to deal with the challenges of teaching in a brand new city and school firsthand," Hagely said.

"I think that Wake is a great contributor to TFA because students here get the opportunity to serve and learn in a variety of environments, which really prepares them for the program."

Richard Chou, a senior in the business school has an interest in Teach for America due to his passion for mentoring.

As a Young Life leader, he wants to continue working with young students after he graduates. After learning of the rankings, Chou said, "The rankings demonstrate the dedication of Pro Humanitate here at Wake Forest. It shows how the student body can make a difference in the world."

Kate Player, a sophomore is also highly impressed by Wake Forest's position in the rankings. "It shows how highly respected this institution is and how well it prepares us for the real world," Player said.

Teach for America offers several benefits to its members. Besides offering a chance to better their individual communities, it offers salaries ranging from $25,000 to $51,000 depending on the area that the recruit is hired in. Some school districts offer health benefits and all offer retirement help, including pension plans supported by the employer and investing accounts.

TFA was also praised as one of the top 100 companies to work for by CNN Money rating in $259 million last year. TFA accepts all majors and career backgrounds. Along with a paid salary and benefits, it also defers student loans.

Teach for America Stats
- Founded in 1990
- 11,000 corps members teaching this fall
- 23 Wake Forest seniors who joined TFA in 2013

Graphic by Lauren Lukacka/Old Gold & Black
Letter to the Editor

‘Tolerance’ is not something to strive for

Recently the university received some online press via a Princeton Review article that listed it as the seventh “Least LGBTQ-Friendly Colleges in America.” To challenge the Princeton Review, a Huffington Post article written by our friend and former student government president Ted Easton, criticized the evaluation and methods of the Princeton Review. In his criticism, Easton referred to the Review as “crap,” and defended the progress Wake Forest has made as an institution over the past few years: referencing its new LGBTQ center, extended tax equity benefits to the same-sex partners of employees and his own election as student body president, despite his widely-known sexual orientation.

It is our opinion that the strides the university has made are not enough yet to qualify as being deserving of the title of an “LGBTQ-friendly” school. Why? Because over the past decade, Wake Forest has focused on becoming a university that promotes and exemplifies the value of “tolerance” toward the LGBTQ community.

“Tolerance” is not something that should be striven for. We hate “tolerance” towards homosexuals, and you should too.

Let us clarify. “Tolerance,” as defined by Dictionary.com, is “a permissive attitude toward opinions and practices that differ from one’s own.” Similarly, the verb “tolerate” is defined as “to endure without repugnance; put up with.” The following are things most people tolerate: flat soda, gas prices, long lines and the never-ending press on Taylor Swift’s ever-changing relationship status.

As actors in WFU Theatre’s upcoming production of “The Laramie Project,” we, along with the rest of the entire cast, underwent SafeZone Training in the first week of rehearsal. There, our SafeZone trainer introduced us to the Riddle Scale, also known as the Riddle scale of homophobia.

This scale, created by psychologist Dorothy Riddle, measures attitudes regarding sexual orientation on an eight-term scale of “repulsion” (on the far left) all the way to “nurturance” (on the far right). Sadly, despite the scale’s original development almost forty years ago, “tolerance” is only separated by one term. “Tolerance” is still the dream that most politically-correct Americans tout as virtuous. We wonder why the term “tolerance” is still seen as a positive word in terms of social justice and equality.

So the next question is, how does the university prove the Princeton Review wrong? Well, first thing’s first, we must own our setbacks and learn from them. Thankfully, we have already begun this process. In fall 2011, when racist and homophobic slurs were found vandalizing doors of fraternity lounges, students responded with a “Stand For Solidarity” and later that year, in the spring, a class focused on the history of LGBTQ at Wake Forest and created an exhibit displayed in the library. Next, we must begin to inch down the scale past the pompous level of “tolerance” and towards “support,” “appreciation,” and hopefully one day, “nurturance.” How do we do this? That’s an answer larger than can be written in a single commentary. However, we will begin by asking the answer is not to stop once we’ve managed to move off of the Princeton Review’s list. We can also tell you how we know we’ve reached the level of nurturance: that truth will be self-evident when SafeZone training is no longer needed on this campus, and when a colorful sticker is no longer a symbol of shelter.

Let’s be honest. It is not easy to be openly gay in college, let alone this country. On top of this, we need to start realizing that being an open homosexual on a historically repugnant campus is even harder. To Easton’s credit, his criticism did point to the essential evil in the Princeton Review’s ranking.

His article acknowledged that it is entirely possible for an LGBTQ student to survive and thrive at Wake Forest, especially with the growing number of resources and supportive student groups on campus. In addition, Easton revealed the fact the Princeton Review could very well halt further progress on the path to “nurturance,” as “nurturance” ultimately sprouts from appreciation, which grows from understanding.

We will close with a quote from the character of Jonas Slonaker in “The Laramie Project.”

“So many gay men who grew up here and they’re like, this is not a place where I can live, how can you live there, I had to get out, grrr, grrr. But everyone once in a while there would be a guy, oh gosh, I miss Laramie. I mean, I really love it there, that’s where I want to live.’ And they get this starry-eyed look and I’m like, if that’s where you want to live, do it. I mean, imagine if more gay people stayed in small towns…”

“The Laramie Project” presented by WFU Theatre opens Sept. 20 and runs through Sept. 29. We hope you will join us for the performance and continue the discussion.

Respectfully yours,
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Annie Get Your Pun | 9/11

September 11th should be recognized by the school

Campus should reflect on tragic and important day in American history

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This week marked the 12-year anniversary of theSept. 11 attacks. In sad ceremonies across the United States and abroad, people joined to remember and honor the memories of those who lost that fateful day.

But not at Wake Forest. Here on campus, there was nothing done to commemorate the occasion.

Despite the number of students, faculty and staff that were directly affected by the tragedy, as a campus community, we did little to show our support.

No moment of silence, no campus-wide ceremony.

There was one group who passed out American flags on the Quad. The Red Cross held a blood drive to collect for the local blood bank.

Wait Chapel was reserved from 8 a.m. until 5 p.m. for quiet reflection in observance of 9/11. The bells chimed starting at 8:46 a.m. when the first plane hit the World Trade Center and accordingly throughout the morning.

However, many students didn’t even notice. There was no formal announcement and very little publicity for many of these events.

Instead we were left honoring those we lost in our own individual ways. Many of my peers paid their respects through social media, with posts to Facebook, heartfelt tweets and photos on Instagram.

I spent my day reminiscing about where I was when the attacks occurred. My fourth grade teacher rolled in a TV so we could watch the news coverage, shortly before we were all sent home to be with our families.

As a nine-year-old, I couldn’t comprehend the devastation of losing nearly 3,000 people, the destruction in New York City and Washington D.C., nor the terror felt by those involved. I didn’t understand what would motivate a group of people to commit such atrocities. Since then however, I’ve learned how to appropriately react. To this day, it’s difficult to re-watch the broadcasts and read the newspaper reports. They’re heartbreakingly familiar.

While I was lucky enough to not be directly affected by the attacks, I know plenty of people who were. For them, the significance of the day does not go unnoticed. They live every day with the loss of their loved ones.

Since 2012, Sept. 11 has been marked as Patriot Day and National Day of Service and Remembrance. This is a national holiday, but not an official federal holiday, so we don’t get off school or work. But do we really need a day off to properly recognize an event? Shame on us if it takes a vacation day for us to do it appropriately.

Two years ago, we had a service of remembrance for the 10th anniversary of the attacks. There was an academic panel to discuss its impact and encourage discussion.

We should not have to wait for a milestone to remember this historic day. There is no difference between five years, 10 years and 12 years later, except for the time that has passed. The sting of pain may subside a little but the hurt lasts forever.

I know we all have very busy schedules, but I am shocked and saddened to see how very little is being done to commemorate that fateful day in September.

We cannot neglect the day that changed America forever. It is disrespectful to those we lost but also to those within the Wake Forest family who were deeply affected.

For example, the University of North Carolina at Chapel Hill has a memorial garden that honors its alumni who died that day. I’m not suggesting we need a campus monument, but there is certainly something more we can do to help comfort those around us affected by the tragedy.

Next year, I would like to see more of an effort to honor and remember those we lost. We cannot ignore the impact of Sept. 11 on our nation, and the WFU community. While we cannot change the past, we must focus on preserving our legacy of patriotism and gratitude.

May we never forget the bravery of the heroes and memory of those we lost on 9/11.
Popped a Molly | Coffee Shops

Campus Grounds cannot handle competition

Campus Grounds is now irrelevant, the space ought to be repurposed

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When the dining hall on north campus is combining to lift, there will be four coffee shops on campus with an undergraduate enrollment of 4,815 students.

Now I know that students at Work Forest drink more than their fair share of coffee, but this seems excessive. With limited dining selections on campus, why should four food outlets be dedicated to such similar items — coffee and pastries?

I next time to this problem that some students are going to disagree with that is close Campus Grounds.

Campus Grounds, the small, student-run, university-funded coffee shop in Taylor, serves little purpose on this campus.

In last week’s issue of the Old Gold & Black, the author of the article “Chain coffee shops pose threat to Campus Grounds” mentioned that closing Campus Grounds would be similar to knocking down Wait Chapel or getting rid of the Demon Deacons.

I disagree with this statement because Campus Grounds is not a vital part of our campus or culture. In fact, I know several students, including many who have never set foot in this establishment.

Campus Grounds, with their student baristas and overly complex drink menu, simply cannot compete with Starbucks or Einstein’s Bagels. The drinks are not of the same quality — the coffee is often burned, the lattes are unevenly heated and the wait time for your beverage is far too long. This is probably due to the fact that Campus Grounds tries to do too much with limited resources.

Food and beverage outlets should apply the philosophy of “let’s do a few things really well,” instead of trying to do a million things not so well. Simply, there are way too many items on the menu at Campus Grounds. Who really needs a Milky Way mocha or a Nutella latte?

I appreciate this attempt to please every palate, but with a limited staff of busy students, this effort is unnecessary and actually hinders their business.

I understand the importance of having an establishment that is distinctly our own, and is unique to this campus, but Campus Grounds, which does not even accept food dollars, cannot keep up with the competition.

The student body would be better served by using the space in Taylor for a recreational area. This way, the student-run shop would not have to worry about competing with the national chains.

I understand that there are few things that can be done with the space in Taylor, which is small and has no kitchen.

But why can’t the space currently used by Campus Grounds be turned into a smoothie shop or juice bar, with just a couple of drinks on the menu or something else that distinguishes itself from other food and beverage venues currently thriving on this campus.

Try riding the wave of life

Letting go of one’s dreams requires sacrifice and hope

Zoe Gonzalez
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When I go to the beach, I am the ultimate minimalist. I don’t bring a surfboard, boogie board or any kind of board. I don’t bring goggles or snorkeling equipment. I bring myself. Have you ever ridden a wave? I never mean conquered one on a surfboard (although that counts as a great achievement in my book).

I mean venturing forth into the water, letting it carry you up and down, rhythmically, existing at that single moment in which the elements of wind, earth and water combine to lift you up effortlessly then set you back down. You’re a part of this breath. You are as integral to the system as the water, the collective ecosystem, the oxygen molecules that fill the sky and your lungs.

Still, you’re a small player. We are each nearly insignificant participants in a world where our actions, choices and beliefs seem to have little or no importance. Congratulations, you count as one seven billionth of the entire world.

Yet there’s something in the eeriness of nature, something in the “letting go” of riding the wave. The wave consists of a strength, understanding and acceptance of our unique smallness. There is a relinquishing of control and there is a freedom in it.

What I want to know is how to ride the wave in all parts of my life. How does one know when to let go and when to drive forward? We don’t have the ocean to guide us. Be it relationships, educational, career or personal choices, at some points we need to give up, at others we need to hang on. Some dreams we will have to let go of; others we will need to chase. Determining which is which is called growing up. The beauty of the choice lies in our interpretation of our own abilities. Do you have what it takes to become a doctor, lawyer, etc? More importantly, do you believe you have what it takes? Particularly for humans, it is the latter whose answer we have the most control over. Once we know what it takes and believe it was all worth it.

Sometimes it will make you want to scream, it will make you want to pull our hair, spit hot, salty tears like a European fountain after a monsoon. It will make you want to curl up into a ball imitating nothingness as much as possible. And then suddenly it will make you rejoice. A tide will turn on the day when you gain that thing you’ve wanted so long you can’t remember not wanting it. A figurative wave will strike you and you’ll say, think and believe it was all worth it.

So like making a sacrifice takes “letting go,” like reckoning with the unlikelihood of one’s dream takes a responsibility to relinquish our grip on it, so does riding the wave. Exchanging a little control for the beauty of seeing one’s place in the world is worth it.

Next time you go to the beach, get in the water and let the waves take hold of you. When they rise, rise and when they lower, lower. Feel the weight of the water on your limbs and how the pressure changes as you move. Look at the sky above and the endless ocean ahead. Look into the world and you might feel yourself as whole piece in its vast puzzle.
Partisan views on Syria are lacking

Reading the vacuous and myopic opinions regarding the Syria strike reinforced the idea that providing two sides to an argument does not necessarily lead to a better understanding or discussion. Nor does the truth need to lie somewhere in-between the two — particularly when littered with the glaring falsehoods these opinions presented. I hope the following will both briefly point out the grave failings of the two columnists in the Sept. 5 issue of the Old Gold & Black and provide pertinent analysis to provoke a more meaningful dialogue.

McCracken begins by quoting Obama’s stance on the executive’s role in leading in a military strike without the approval of Congress, saying that he has turned his back on this philosophy. Two paragraphs later he rightly points out that Obama has taken the issue to Congress in order to get approval for the strike.

Cook uses his column to hash out unproductive insults at Republicans in a standard us-versus-them McCarthy-istic tirade.

Both are guilty of a dangerous thing in American media and American ideology of today: alienation without understanding. This is not a Democrat against Republican showdown. There is no way that this can be defined as a party-line vote.

Ideally, Congress would adopt a resolution most appropriate for this delicate situation. And yet, the problem with making an informed decision on the Syrian strike is that we are not particularly well-informed.

Certainly, the Assad regime is known to have stockpiles of nerve agents including sarin and VX, but this does not necessarily preclude that the opposition is incapable of manufacturing them as well.

There have been earlier insinuations of rebels using sarin, most notably from Carla del Ponte, a member of the Independent International Commission of Inquiry on the Syrian Arab Republic. However, production of a nerve agent on such a scale seems to be hard to accomplish with such a fragmented rebellion, which is why some have suggested the possibility of outside assistance.

Secretary of State John Kerry and the U.S. intelligence community continue to insist that sarin was used by the Assad regime — a claim echoed by fellow NATO members Britain and France. Kerry stated that hair and blood samples showed “confirmation of the signatures of sarin,” but also admitted that these samples came from yet-to-be-disclosed independent sources. The results of samples collected by U.N. weapons inspectors will not be ready for another week or more.

A declassified report released Aug. 30 by the White House relays why they feel sarin was used by the Assad regime, which banned the use of chemical and biological weapons in warfare. The Geneva Protocol was further expanded in 1993 with the adoption of the Chemical Weapons Convention, which has since garnered 189 participating nations. Syria is not among the signatories.

While the treaty makes deadlines for disposal of chemical weapons and sets up restrictions on their production, it says little about what to do in the case of an attack outside of providing “assistance and protection” to the affected state. The treaty itself does not provide a definitive backing of military action to enforce its decrees, especially upon a nation that did not sign it.

Others, such as Cook in his column, argue that there is a moral prerogative of the U.S. to step in. This also brings up a rather murky debate of whether moral justice implies obligation.

An emerging pattern in our history of interventions shows that the presence of an atrocity does not correlate with U.S. action. The U.S. repeatedly avoided intervention in the seven-year genocide in Darfur. Nor did the U.S. choose to acknowledge the Rwandan genocide a decade prior.

During the Iran-Iraq War, Saddam Hussein used chemical weapons to kill nearly five thousand Iraqi Kurds in northern Iraq. Despite this egregious act, the U.S. continued to give Iraqi forces information of Iranian troop and target locations, which in turn led to the use of chemical weapons attacks against Iranian forces in April 1988.

Decades later, these attacks were condemned by the U.S. and used as a pretext to ouster Hussein from power. If there is an argument that the moral compass of the United States should direct our actions, the precedence is, unfortunately, not there.

Hopefully the above casts doubt on all sides of the argument. There is a debate to be had on the topic of what our role should be in enforcing use of chemical weaponry, but it most certainly involves a great deal more grey than the black-and-white views presented this past week.

Respectfully yours,
Dexter Gulick

Selfie! — in Cambridge, MA
Deacons drop ACC opener

Despite being picked to finish last in the ACC, Boston College dismantles Wake Forest to secure a 24-10 victory

BY EMMA UNGAN
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Messy. Confused. Lost. All of these words accurately describe the Demon Deacon offense in Friday's ACC opener against Boston College. Did the first quarter fumble and resulting BC touchdown rattle the Deacs and doom them to fail? Perhaps. But a closer analysis reveals several other problems that could have been remedied despite the early blunder.

The first lesson learned on Friday night was that senior Tanner Price is not an option quarterback. Price may have played option in high school, and head coach Jim Grobe may be intent on establishing a running game, but neither of these facts is enough to reconcile the offensive self-destruction that resulted from Friday's option runs.

Not only did they fail to gain the Demon Deacons any yards, but they single-handedly gave two touchdowns to Boston College. They made the Deacon offense look incompetent, and they were the predominant reason Wake Forest headed to halftime down 17-7 instead of up 7-3.

“We just didn’t play well at times, myself included,” Price said. “I played pretty poorly. I take a lot of responsibility for this. All of this could have been remedied despite the early blunder.

See Football, Page 12

Green remains upbeat after second major injury

Redshirt senior Ally Berry was key to both of Wake Forest's wins this past week in Portland, Ore., at the Nike Portland Invitational. After the Deacs’ 1-0 victory over Washington, Berry scored the game winning goal from eight yards out off the rebound of a free kick in the 3-2 comeback victory over No. 15 Portland. Berry's strong play led to her being named Offensive MVP of the tournament.

WOMEN'S SOCCER
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DEAC OF THE WEEK
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DEACON QUOTE
"Looking back, it's easy to say 'kick the field goal.' But I felt like the momentum was not going to be good either way. If we don't get it in you lose momentum. But I felt like when you're on the one yard line and you can't punch it in and you're kicking a field goal, that's still a momentum swing." - Jim Grobe on failed conversion before halftime

Press Box | MLB Opinion
Crazy baseball superstitions

America's pastime continues to set itself apart with the strange traditions its players embrace

BY TY KRAANIK
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Baseball nuts and fanatics pile into stadiums across the country with the hope that their team comes out on top. That is, they want their team to simply score more runs than the other team, and many don't care how it happens. They just want to win.

So do the ballplayers. Offseasons are spent getting faster, stronger, mentally tougher and becoming better hitters or pitchers. However, many baseball players take a more comedic, yet in their minds completely serious, route towards ensuring their team gets a win.

For those who have spent considerable time around the game of baseball, they know why pitchers won't step on to the mound without a baseball or why hitters refuse to change bats. For those who don't understand the reasons behind these silly traditions or superstitions, here is a short guide to why.

Back-to-back knee injuries will cause Green to miss his second consecutive season. He has played in 27 games.

FIELD-HOCKEY
5 Penalty corners were shot by Michigan in the first half, converting zero times.
18 The ranking of Wake Forest following their win over No. 9 Michigan.
3 Number of saves by sophomore goalie Valerie Dahman.
9 Shots on goal by Wake Forest, compared to Michigan's 13.

Green will sit out the entire 2013-14 season while recovering

Redshirt sophomore forward Daniel Green has adopted an optimistic attitude to drive him forward as his knee attempts to drive him back yet again.

After an ACL injury in the preseason kept him out all of last year, Green re-injured his knee during a July workout and had outpatient surgery to repair it in August. The re-injury will force him to miss the 2013-14 campaign.

“I was pretty disappointed when I got re-injured,” Green said. “The first thing that came to mind was, ‘Why me out of all people?’ It hurts me that I will not be playing this year.”

Although Green understands that recovery will not be easy, his previous experience with the process has helped him make the most of this minor setback.

“I am going to have to focus more on the quality of workouts than the quantity to get my knee back to where it was two years ago,” Green said. “I have some of the finest trainers in the country and they are doing all they can to get me better.”

As a freshman, Green helped head coach Jeff Bzdelik's squad exclusively from the bench, playing in 27 games and averaging 1.4 points and just under two rebounds per contest.

Despite the frustration that has accompanied two injuries to his right knee, the Colleyville, Texas native has dedicated himself to getting stronger, mentally and physically.

“I have to look at this as a time to grow and get stronger again for another season,” Green said. “I have a lot of time to work on things that I may not have focused on much last year.”

‘One thing he did focus on, however, was hitting the weight room. Once a slender freshman, Green’s dedication to getting stronger shows on his now muscular frame. He has brought his weight up to over 230 pounds and hopes to prepare his body for what he knows will be many intense ACC battles.

See Green, Page 12
Sean Okoli

BY MAEGAN OLMSTEAD
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Sean Okoli is the proud Demon Deacon who wears No. 9 on the men's soccer team. While he may be far away from his hometown of Federal Way, Wash., he feels a strong familial connection with his teammates and coaches. Okoli is also familiar with traveling far from home, as he has played on the U.S. U-18 National Team in Portugal, Argentina, and Israel. Last season Okoli led the team with 11 goals and earned three assists. This year he already has one assist during the regular season and three goals in one game during the Deacs exhibition game against Furman.

What sparked your interest in soccer?
My dad put me in it when I was very young, about nine or 10 years old. He played at a very high level, so I kind of followed in his footsteps.

Did you play any other sports in high school?
Well, I didn't really play any other sports in high school. I was more into soccer by then, but in middle school I was playing basketball, baseball, football and skating. Soccer was always the easiest for me though; I was always scoring goals so I just decided to go with it.

How did you end up as a forward?
As soon as they put me on the field I was a forward. I remember I was faster than the others, I was always passing them, it was easy for me. Also, my dad was a forward so that made me want to be a forward too.

What was it like playing for the U.S. U-18 National Team?
It was a great experience playing with the best players my age. It was also a defining moment for me because I wasn't sure what I wanted to do, if I wanted to play in college. Then I got called to the national team. It was a great honor and it's always an honor playing for your country. So that was a great feeling.

How did you end up at Wake Forest?
I actually was at a national camp for a week and Coach Vidovich was there and he was a part of the program. We just built a good relationship on and off the field and when they gave me the call I just had to accept it. I use to watch Wake play on TV a lot so I guess you could say it was sort of a dream for me to play at Wake. So I got the email, and I had to say yes.

What do you love the most about being a member of the Wake Forest men's soccer team?
I like the tradition here. Getting recruited here, I found a really good family feeling. It's about being part of the program and not individual accolades.

Is it difficult being so far from home?
Yes and no. I got used to it pretty early because I was always traveling when I was younger. There are little things that are tough like not being able to go home on three-day weekends or seeing my parents, but I got used to it.

What is your best memory so far from playing soccer?
My best memory so far is playing in Portugal playing against the Portuguese national team. It was a very intense game and I just enjoyed it a lot.

How do you see soccer fitting into your future?
It's most definitely something I want to do as a career. I want to play for as long as possible, and even when my time is done I want it to be a part of my future. I'm not sure how yet, but I'll find something.

What is the best lesson you have learned through playing soccer?
I guess the best lesson I've learned so far is enjoying every minute you're on the field. The more fun you have, the more success you see, at least for me. The more fun you have, the more it feels worth it.

How do you feel your studies and experiences at Wake will help you in the future?
Well being at Wake opens a lot of doors for me after soccer. I'm not sure exactly what I'm going to do with my degree yet but I know I'll have a lot of opportunities.

Personal Profile

High School: Todd Beamer High School
Position: Forward
Birthdate: Feb. 2, 1993

Deacon basketball players kick off Wake Forest Literacy Program

Sophomore Aaron Rountree and graduate student Corin Williams went to Brunson Elementary in Winston-Salem on Monday to help kickoff the Wake Forest Literacy Program, a partnership to promote reading in Winston-Salem/Forsyth County Schools.

The program honors the late Skip Prosser, Wake Forest's head basketball coach from 2001-07. Rountree and Williams met with fourth graders and read former Deac Chris Paul's children's book, "Long Shot: Never Too Small to Dream Big."
Deacons ground Eagles in ACC road opener

Lubahn and Watts each score in 2-0 win over Boston College to lead Wake to its second consecutive shutout

BY JENN LESER
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It was a long time coming, but the Wake Forest men's soccer program got its first win on the road against Boston College on Sept. 7 — and got three important points to begin the 2013 ACC season on a high note.

The Deacons had never won at BC since the Eagles joined the ACC back in 2005, which gave this 2-0 victory an extra special meaning — something the whole team was well aware of.

"Any time we can get a win in the ACC away from home is really important," senior forward Andy Lubahn said. "A lot of good players that played at Wake never got a result there, so it's a special feeling that this class got to put a little mark in history for the Wake program."

Lubahn certainly had reason to be excited about the team's performance. Continuing his own streak of impressive performances in the attacking third so far this year, the forward recorded the first goal for Wake in the 2013 ACC season, giving the Deacs a 1-0 lead.

Lubahn put the Deacs up early in the 27th minute, connecting off a cross from senior forward Luca Gimeno in the box that came from a nice touch from freshman midfielder Ian Harkes. Harkes would come up big again later in the game, tapping a free kick over to senior midfielder Jared Watts, who would flick it into the goal for a 2-0 lead.

"Luca and Ian were on top of the ball and Luca just kind of touched it to Ian," Watts said. "I was at the top of the 18 — I ran to the near post and tried to beat the guy. The ball came to the near post and I put my right foot up, flicked it up, goalie got beat, goal went in."

Despite being only a few games into his collegiate career, Harkes has already made an impressive impact and is well on his way to becoming a key piece to this 2013 Demon Deacon squad. Yet even with his strong performances, Harkes gives credit right back to his teammates.

"I think it's just the system that Jay runs here," Harkes said. "It's a really organized, great system. Having leaders like Jared [Watts] and [Andy] Lubahn in front of you, or Ross [Tomasselli] or anybody like that, comes in and helps you play well. So I've just been learning from them and trying to do what I can to help the team."

The "Wake Way" of defense starting the plays was evident against BC, as the defensive line making a number of strong forward runs, as well as sophomore goalie Andrew Harris recording his first career shutout to keep the Deacs together across the field.

Coach Jay Vidovich was excited about his team's performance against the Eagles. "I think our guys had their priorities correct," Vidovich said. "They knew they had to compete. They knew that Boston College was capable of getting a result against them. They defended and battled until they could find the time to play, and they did."

The Deacs will be in action at 7 p.m. this Friday Sept. 13, when they'll host the University of Virginia at Spry Stadium.

Football: Option offense fails to produce

Continued from Page 10
tonight, especially in the first half. But we're going to go back and watch the film and see where we need to get better."

It is perhaps due to the disproportionate amount of attention given to the running game that the Deacons only gained 55 yards in 39 attempts rushing.

Redshirt freshman Josh Williams, redshirt sophomore Steven Gurrieri, junior Orville Reynolds and redshirt senior Josh Harris are all talented running backs that have proven in the past — even as recently as week one against Presbyterian — that a passing game is a much safer bet for this struggling offense.

The playbook was not the only source of the Demon Deacons' woes, however. The Deacs had first downs deep in the red zone on two occasions and failed to score touchdowns both times. The Deacons' two chances came at the end of the first half, when redshirt senior nose guard Nikita Whitlock blocked a punt to put the Deacons at the three, and again early in the fourth quarter after driving from their own 25-yard line to inside the Boston College five.

The former ended with Harris getting stuffed just short of the goal line on a fourth-and-one and the latter with a 26-yard field goal from redshirt sophomore Chad Hedlund that still left the Deacs trailing 24-10 with just over 10 minutes remaining in the game.

"We've got to get that in the end zone," Grobe said about the missed opportunities. "We're not very good at it yet, but we've got to have a better mentality when we're down there."

Price, who finished the game 18-of-30 for 191 yards, echoed his coach's call for improvement.

"It's disappointing when you get it down to the one and three-yard line and you don't come away with more than one touchdown (in the game)," Price said.

"We'll watch the film and see what may be a better answer there and what we could have done better," Grobe said about the missed opportunities.

Amidst the wave of offensive gaffes, however, there were a few flashes of brilliance. Redshirt senior flanker Michael Campanaro, for example, was back with a vengeance with five catches for 75 yards and a touchdown after being sidelined in week one with a hamstring injury. The Demon Deacon offense isn't hopeless, but It is certainly a work in progress. As the Deacs prepare to face Louisiana-Monroe at home this week, they hope to improve upon some of their shortcomings that were exposed in Chestnut Hill.

"I think we'll respond well," Price said. "It's a good group of guys and it's still early in the season. It's pretty much a new offense for us. We haven't played a lot of opponents yet. We're going to keep working at it and we're going to get good at what we do."

The Deacons will take on ULM at 12:30 p.m. on Saturday, Sept. 14 at BB&T Field.

Green: Injured forward vows to come back stronger

Continued from Page 10

Yet, the mental battles may rage the strongest. Spending one year away from the game he loved was hard enough, but now Green is forced to repeat the process once again.

"Right now, it is tough to do much basketball [wise] because I am limited with mobility," Green said. "I can do small things [only] like free throws, form shooting and in-place or walking dribbling."

As he takes an all-too-familiar approach on the hardwood, his task off the court is equally difficult: preserving and strengthening his relationship with his teammates, some of whom will be juniors before Green plays a single minute with them.

"Maintaining a relationship with my team is very important to me," Green said. "I spend a lot of time going out to dinner or a movie with my teammates, just finding any way I can to keep the bond strong."

Throughout the process, Green's positive attitude and dedication to improving himself in all facets have kept him focused.

As he continues visiting training tables, persevering through rehab exercises and finding time to hit the weights, there is no doubt in his mind that he will return to the floor next season better than he has ever been.

"I believe I will be back stronger than ever," Green said.

"I said that last year when I first injured myself and I will say it again this year. I know where I want to be for next year and I am willing to take the time and effort to achieve my goal for greater success in my basketball career."

The knee injuries haven't killed him, but they have already made Daniel Green stronger.
Late goal caps comeback against Portland

Women's soccer continues to pile on wins due to an impenetrable backfield and goal-crazy strikers

BY MIKE MCLAUGHLIN
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When one talks about Wake Forest women's soccer this year, one player is likely to be mentioned more than the others, that player being senior Katie Stengel. The second-time All-American was pivotal to the Deacons' two most recent wins.

In Wake Forest's first game in the Nike Portland Invitational, Stengel provided the game's lone goal with a corner kick in the 11th minute that guided the Deacons past the Washington Cougars Sept. 6. While Stengel provided the offensive spark, the tone of the game was set by senior goalie Aubrey Bledsoe and the Wake Forest defense as a whole. Bledsoe recorded her 27th career shutout with the aid of an attacking defense.

"In the set pieces at the end, [redshirt senior] Caralee Keppler, [junior] Kim Marshall and [freshman] Sarah Teegarden had some great clearing headers — I mean well out of the box — and that's the difference," said head coach Tony da Luz. Much of the Deacon defense was built around minimalizing the effectiveness of the set pieces Washington deployed in its offensive attack.

Evidently, the defense performed strongly and the Deacons exhibited once again their toughness. This time though, Wake Forest displayed the grit over 2,000 miles away from home, proving once again, that defense and toughness travels well.

In the next game though, the Deacons proved they were up to an even bigger challenge as they took on No. 15 Portland Sept. 8. Wake Forest had not won a game after being down two goals since 1996, yet the team was faced with this task after having to weather the storm that was Portland's offense in the first half. To make a comeback even more unlikely, Wake Forest had not accomplished such a feat versus a ranked team. What's more, the Deacons were playing Portland, in Portland.

With all the cards in the deck stacked against them, the Deacons converted on an improbable 3-2 victory that leaves them undefeated going into a Sept. 12 showdown with ACC Rival and No. 2 ranked Florida State.

But to go into that game undefeated, Wake Forest had to make changes at halftime to make an extremely comfortable Portland team uncomfortable in its own environment. "We changed some things in the second half, and the kids responded great getting those early goals — it just took all the momentum out of their game," da Luz said.

The obvious change made was Wake Forest trotting out three forwards at the beginning of the second half. In a clear attempt to spark the offense, the Deacons succeeded in putting immense pressure on the Portland defense, which gave up three second-half goals.

The first two goals came in the first five minutes of the half, which clearly worked to snatch the momentum away from Portland. The first strike came from Teegarden who exhibited a strong leg as she launched the ball from 20 yards out, having it whiz into the top-left corner of the net. Soon after, freshman Caroline Wootten would tie the game at 2-2 when she converted off a through-ball from Stengel.

The game winner though, came from the Offensive MVP of the tournament, redshirt senior Ally Berry. The fact that Berry was named Offensive MVP coupled with Wake Forest's ability to effectively play with three forwards shows the depth and versatility of Wake Forest's roster.

In a season that will consistently provide more challenges for the Deacons, the team has displayed the toughness that will help them successfully navigate their ACC schedule.

Like our photos on Instagram to enter contest to win $20 gift certificate to Silo

@wakeforest_ogb #instachallenge

Each like enters your name once into the contest. Contest goes until 9 p.m. Sunday Sept. 15. Winner will be announced at 10 p.m.
Keeping up with the Deacs: Pat Blair

BY JENN LEBER
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The numbers are not promising—of the total amount of student-athletes 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 will have successful careers. While that might not look good, there are a significant number of Wake Forest alumni who have proven the odds and have made it to the big time. This week, we look at Pat Blair, a former baseball player who just finished up his first year with the Hudson Valley Renegades, the Tampa Bay Rays’ short-season A minor league affiliate. During his time at Wake Forest (2010-2013), Blair earned a place on multiple Wake Forest records, standing 10th in stolen bases, third in walks, as well as leading the team in 2012 in hits and runs. I spoke with Blair about what it was like wrapping up his rookie season in mid-August.

What has your career been like since getting drafted?

It’s been a pretty amazing experience to play in front of that kind of crowd. There are even fewer athletes who will have successful careers. Some will make you laugh, some will make you cringe, but all will make you say, “Well that is interesting.” Baseball players are forced to have tough hands. Many wear batting gloves because if they do not, many will get blisters or calluses. But former Houston Astro Mosies Alou was rumored to have regularly urinated on his hands in an effort to make them tougher. Let’s hope he also knew how to use soap when he was finished with his ritual.

For Detroit Tigers starting pitcher Justin Verlander, indigestion seems to not be an issue with the former Cy Young winner. While he loves to eat hundreds, if not thousands, of calories of Taco Bell the night before he pitches, Verlander has already thrown two no hitters in his life. Could an endorsement from Taco Bell be in the works soon?

Bartending practice is seen as a loose and fun way to get some swings because it’s not highly regulated. However, Wade Boggs felt differently about that. It was documented that the former third basemen would always take batting practice at 5:17 p.m. for all night games. What was wrong with 5:20 or 5:30?

Former Cubs pitcher Turk Wendell was known to have something odd in his mouth while he pitched. And no, it was not sunflower seeds, bubble gum, or chewing tobacco. Instead, the pitcher would place four pieces of black licorice in his mouth for each inning that the big leaguer made his way to the mound. His dentist must of not been all to happy with Wendell.

Weeks while there are just a few snapshots into the daily lives of baseball players; they are important to examine. It shows the funny side of baseball, and the fact that baseball players are human beings with their own rituals. No matter how good these guys are, they are not robots. These superstitions show the love of the game, and a desire to come up with the W for the day. Plus, they add more color to an already vibrant sport. Who doesn’t like that?
COOKING IN THE PIT

Sick of boring meals in the Fresh Food Company? Here are a few easy recipes that you can make from ingredients readily available in the Pit.

WHIP UP YOUR OWN CHINESE CHICKEN SALAD

This meal is full of flavor and will satisfy your craving for something fresh and healthy. First go to the salad bar and fill your plate with half romaine lettuce and half spring mix. Then top with carrots, cucumbers and chow mein noodles. Then go over to the grill and grab a couple of chicken breasts to top your salad.

For the dressing, combine a couple of tablespoons of oil, two packets of peanut butter, a splash of soy sauce, a touch of vinegar and a hint of siracha from the Mongolian Grill in a drink cup. Pour over your salad and enjoy.

MIXED UP WAFFLES

Take advantage of the Pit's waffle maker by creating your own delicious combinations. The waffle batter is a versatile base for any recipe. Try a sweet dessert waffle by adding peanut butter or chocolate chips (from the pancake bar) to your batter. Top with slices of bananas and maple syrup.

Or take a more savory approach and add cheese to the batter. Then top with an over easy egg from the omelette station.

PERSONALIZE YOUR PASTA

This is one of the easiest ingredients to spice up in the Pit. You can skip the sauce at the pasta line and head to the deli and have your pasta topped with pesto.

You can also combine pesto from the deli with Alfredo sauce from the pizza station. If you are feeling really adventurous create pasta pomodoro.

Get pasta with tomato sauce at the pasta station, grab some feta cheese and olives from the omelette station and a splash of vinegar from the salad bar. Stir and enjoy your Italian masterpiece.

CREATE YOUR OWN MEXICAN FIESTA

Start with a wrap from the deli and then add chicken and cheese. Put your creation in the panini press to create a quesadilla. You can also create a burrito with the same ingredients by adding lettuce, tomatoes and peppers from the salad bar and brown rice from the Wellness Station. You can use eggs instead of chicken to create a breakfast burrito. Pair with salsa from the omelette station and enjoy.

MAKE A RESTAURANT QUALITY PANINI

Start with a chicken breast from the grill. Then head to the deli, order a sandwich on ciabatta with tomatoes, spinach, provolone cheese and pesto. Place your chicken breast on the bread and put your creation on the panini press. Toast until the cheese is melted and the bread is crispy.

MAKE YOUR OWN B.O.B

Unfortunately, B.O.B's (breakfast on a bun) are not served everyday. But don't worry you can make your own version of this delicious sandwich.

Ask for a fried egg at the omelette bar. Toast a bagel and top it with whatever breakfast meat the Pit is offering that day, your egg and shredded cheddar from where the yogurt is located.

SATISFY YOUR SWEET TOOTH WITH AN ICE CREAM SANDWICH

Who says that only savory sandwiches can go in the panini press?

Use the spatulas to scrape the panini press clean. Then put two cookies in the panini press to warm them up. Heat until they are warm and then add soft serve ice cream for a delicious dessert.
Interview | Matt Wolf

Wolf discusses career in theatre criticism

Wolf believes that every journalist in our fast-paced world should live by the mantra "adapt or die."

By Sydney Leto
Staff Writer
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On Friday afternoon I sat down with Matt Wolf, a national theatre critic, whose visit was sponsored by the Wake Forest journalism department. Born in Manhattan, Wolf now lives in London. Aide from his parents who started bringing their son to Broadway at an early age, Wolf entered the world of theatre through his love for film. Aside from his parents who started giving their son to Broadway at an early age, Wolf entered the world of theatre through his love for film.

"Of course, everyone goes to movies or sees movies or downloads movies," Wolf said, "but I feel that I was part of a generation in which movies were really good." This age of film refers to is that of Scorsese and Kubrick, artists whose movies motivated Wolf to write reviews. At first, just as practice for himself.

Years ago a friend told Wolf, "adapt or die," a mantra he believes a journalist must live by each day. The perfect example is Twitter. "It just started in the last year or so," Wolf said. "There is a lot of pressure on critics to tweet. Now, I don't do it for one specific reason, which is that nobody so far has insisted I do it and, until they insist, I don't want to do it. I like the idea that people will maybe read 900 words or 1000 words or — shock, horror — 1300 words on a play, and I don't want to have to digest myself down to a set of characters on a screen. However, if I end up having to do that because I will die if I don't, then, I'll do it. But until that point comes, I don't want to do that."

"Of course, Wolf also writes for a niche audience that is perhaps more willing to read longer pieces than others who demand nothing more than a news update. And yet, critical discourse is not meant to be a platform for pretentious expression. "Opinions are cheap," said Wolf. "The most rewarding thing to me is the argument; that then produces the opinion, and that's where knowledge, expertise, doing your homework, brings something extra to the table." As a critic, though, you are nobody's best friend. Plates of pasta poured on heads, wine thrown in faces. Scenes that one might expect to only witness in a staged performance itself become realities.

"If you are too nice in a review, directors will think you are lying to them, but at the same time you cannot be rude or abrasive. The opinion should have some connection to reality."

"Because, it is a lesson in sociability," Wolf said. "I think all of these people here could, if they wanted, for four years, on this beautiful campus, sequester themselves away and do nothing except everything on some electronic platform. And I really think the more opportunities there are for all of this stuff in life, the more you have to resist it. When you go to the theatre, you are engaged with the event on stage, but you're also engaging with the other 400 people with you who are having that experience in that moment, on that night, that is unique to them. It will never happen in that same way."

To this response, I doubted that the lure of sociability alone would be enough for students to part with "Breaking Bad" to see a live show, but Wolf continued. "Theatre goes back as far as civilization itself, and there have been multiple opportunities for it to die long before the Internet. The more people hunker down to their computer or their iPhone, the more paradoxically, they crave the human connection," Wolf said. "And the people who don't, don't have to. But I think for the people who want to, get double sustenance from it."

Matt Wolf has been an avid movie critic since age 15.
Music Column | The Civil Wars

The Civil Wars release new album

BY BETTY OGBURN
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As a huge fan of indie folk/alternative country duo The Civil Wars (Joy Williams and John Paul White), I was devastated when the group canceled their European tour in mid-November and released a statement that dashed any hope of seeing them perform together for the foreseeable future, citing "irreconcilable differences of ambition." The dissolution split ways in between finishing and releasing their most recent album, The Civil Wars.

When I heard of the break up, I was saddened, and I feared that this would be the end of group whom I had always wanted to see work their magic on stage. However, my hope was revived when the duo released their self-titled follow-up to Barton Hollow this past August.

Upon hearing the first track and lead single of the album, "The Who Got Away," I was surprised. Gone were the sweetness of the intricate girl/boy harmonies and acoustic sound I had loved about Barton Hollow. They were replaced instead by a, for lack of a better word, rawer vocal delivery and the edge of an electric guitar. Indeed, the electric guitar makes its appearance throughout the album, giving many tracks an edge that was never seen in The CW's previous work.

However, rawness is not necessarily a bad thing, as the Rick Rubin-produced "I Had Me a Girl" (arguably the best track on the album) demonstrates. This is one of the only two songs on the album where White provides lead vocals. One can find a palpable sensuality in a song riddled with entendre. Understandably so, as White reminisces about an unfaithful lover who "taught him those things/A young man should know.

Not to be outdone, Williams shines on "Oh Henry," a song written pre-BH about a woman urging her philandering husband to straighten up his act, stating that they "...don't need/One more grave in this town."

That's not to say that the album is without its softer moments. Standout soft ballads include "Eavesdrop," about a couple struggling to hold on to each other and their relationship, and "D'Arline" (recorded on an iPhone), a dedication to a former lover who will "Always be the only one/Even when they're not."

I have only two complaints about this album. For one thing, White's presence can only truly be felt on "I Had Me a Girl" and "Disarm," the only songs on the album where he leads, and "D'Arline," where he and Williams enjoy equal vocal dominance. For most of the album, it feels almost like he's become a glorified back-up singer.

Tech Column | The Latest iPhones

Apple presents two new iPhone 5’s

BY GAURAV SHEN
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As the rumors had predicted, Apple released two new iPhones on Tuesday. One is a plastic phone, iPhone 5C, starting at $99 while another high-end model, iPhone 5S starts at $199.

The iPhone 5C is Apple’s effort to get into the low-cost markets. It is the first iPhone built out of plastic. It has something not seen before in iPhones, the option to choose from many bright colors. You can get it in pink, blue, green, white or yellow. However, the front of the phone is black and won’t match the color you choose.

This phone is essentially an iPhone 5 in plastic. It has the same camera, same processor, same screen size, and same cable adapter. The one difference — it has a more clear front facing camera.

The main star of the show is the higher end iPhone 5S. It comes in silver, gold and "space gray." Most of the differences from the current iPhone 5 are hardware based. It has a new A7 chip, which is based on a 64-bit architecture. This means that it will be twice as fast as the iPhone 5. This iPhone also has a slightly better battery life. For some of you, that will make all the difference between your phone dying and finishing your Twitter feed.

The camera has been upgraded with a better lens and dual flash. Folks, those late night party pictures will now turn out even better. You can also use a new burst mode to get 10 frames per second. The most exciting feature is the fingerprint sensor which is located below the home button. Instead of the having to type a pin, you simply place your finger on the home button to unlock. If you’re looking for an inexpensive upgrade to your current phone, then the iPhone 5C is for you. If you already have an iPhone 5, then this phone won’t be much of an improvement. You won’t notice a huge difference and may want to wait a year until Apple will release its next iPhone.

The iPhone 5S comes in 16GB, 32GB and 64GB versions. You can get either of these phones on Friday, Sept. 20.

Here are our picks for the best new musical tracks that you need to add to your playlist:

1. "Refrakter"
   Arcade Fire
   A dark, disco epic that shows off Arcade Fire’s danceric direction.

2. "Golden Arrow"
   Darkside
   An abstract 21-minute song that captures the listener with an echoing piano and violin duo.

3. "Gunshotta"
   Machinedrum
   Soulful vocals blended with electronic variations and blimps makes this new track a critic favorite.

4. "Lost It to Trying"
   Son Lux
   A loose rock song accompanied by a blend of sounds ranging from flutes to seagulls to choral singing.

5. "Birds"
   Death Grips
   A surrealistic track with unique synthesizers, a catchy hook and an overall messy, but catchy instrumental.

Tweets from the Forest

@littingbanshees: "Hmmmm... Anyone else suspicious the Order of the 23 was behind Wake’s newest college ranking?"

@WFU_Pit: "It’s days like this I want to change my name to WFU_Mag. #DIYamoldpalmsers

@WakeForestProbs: "Turning your coworker from a raging liberal to a moderate conservative over the summer #wakerestfleprobleman"

Azalea Recipe

This is a perfect drink for a warm, sunny day.

1 part lime or lemon juice
1 part canned pineapple juice
3 parts gin
Grenadine (to color pink)

Mix all together in a cocktail shaker with ice.
Restaurant Review | Pane e Vino

New restaurant exceeds high expectations

Pane e Vino in Reynolda Village offers an eclectic menu, including red velvet pancakes

BY TAYLOR OBELLI
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As the fall begins to slowly set in and the leaves begin to crisp, there is absolutely no better time to start exploring local eateries. We've been anxiously waiting for the opening of a fabulous brunch and dinner venue located conveniently in Reynolda Village and it's finally here! Acclaimed for their delectable salads and sandwiches, this restaurant is far from ordinary. After recent changes to the previous cafe Simply Yummy, the reopening of a new scrumptious and lush restaurant is exactly what this town needs.

Open until 9:30 p.m. Monday through Saturday, Pane e Vino is definitely one of the number one spots to eat this upcoming year for college students on a tight budget. With a less than three-minute drive to this hot spot, Pane e Vino automatically became an easy go-to restaurant. Commonly referred to as Mrs. Dioli, the owner is also known for managing the Dioli's Italian Market, loved for its rich bakery treats.

Upon arriving, Mrs. Dioli greeted us and sat us down immediately on the spacious patio. The atmosphere was absolutely effortless, the weather was flawless and the friendliness of the staff was only the beginning. Not to mention the homemade chocolate milk that literally made everybody melt. As I looked through the menu, the first thing that caught my eye was the Summer Salad, consisting of fresh fruits including green apples and cranberries. Continuing to scan the assortment of choices, I finally set my eyes on the mouthwatering grilled pimento cheese and bacon sandwich. It definitely did not disappoint. Layered in delectable buttery toasted bread, this sandwich consisted of hot, melted pimento cheese that drowned my taste buds in flavor with every bite I took. This goes without even mentioning the carrot sticks that comes with a side of Thai peanut dipping sauce (I'm a total sucker for peanut dipping sauce).

A few girls got exquisite egg dishes, one consisting of eggs benedict that was enjoyed and devoured almost immediately. Another girl got the red velvet pancakes, consisting of a creamy vanilla cream cheese dressing to drizzle to your desire on top. Everybody was left unbelievably satisfied and finding themselves wanting more. When the check came, the price was extremely reasonable a totally practical option for birthday dinners. All in all, what I found superb about this restaurant was the inventive sandwich combinations, healthy and astounding salads and Sunday brunch that will never be a let down.

To all those hungry college students out there, Pane e Vino is the place to be for the best of the best assortments.

TV Guide | Fall Preview

The fall season brings in strong television shows

Check out our preview guide to the new and returning shows on television this fall

BY AISHWARYA NAGAR
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Returning shows

"Grey's Anatomy," Sept. 26, 9 p.m., ABC

All you "Grey's Anatomy" fans out there are probably dying to find out what happens in season 10 following season nine's highly action-packed, dramatic and unbelievable finale. This season continues to follow the lives of the surgical interns and residents and the challenges of their medical careers at the Grey-Sloan Memorial Hospital, shaken up by the traumatic events of the season nine finale.

"Saturday Night Live," Sept. 28, 11:30 p.m., NBC

Live from New York, it's Saturday Night! "SNL" is your go-to if you're looking for some excellent late-night television sketch comedy. It is back for season 39, and despite the absence of many notable cast members, it's going to be better than ever, hopefully with Justin Timberlake hosting a few more episodes.

Your favorite singing McKinley High teenagers are back! The fifth season of "Glee," a show about a high school glee club and its talented but unpopular members, is premiering on Sept. 26th. Demi Lovato and Adam Lambert have been added to the cast list for this season and the first two episodes are going to be an exciting Beatles tribute, followed by a tribute to the late Cory Monteith who played Finn Hudson on the show.

"New Girl," Sept. 17, 9 p.m., Fox

"New Girl" is back for its third season. This season follows the attempts of Jess, a quirky and adorable young woman (played by Zooey Deschanel), and her roommates Nick, Schmidt and Winston try to find their places in the world.

The first episode will feature Nick and Jess running away to Mexico directly following the events of the season two finale.

"Modern Family," Sept. 25, 8 p.m., ABC

"Modern Family" is a mockumentary-style sitcom about three different, but related families that work out their problems and issues in amusing and comedic ways. The show is well-known for starring Sofia Vergara, who is officially titled as the highest paid television actress. The fifth season starts on Sept. 25.

"The Originals," Oct. 15, 8 p.m., CW

"Vampire Diaries" fans rejoice, for the drop-dead gorgeous Klaus is back in "The Originals."

The pilot season focuses on Klaus' return to New Orleans and his attempt to re-take the city from his protégé, Marcel. The spin-off series will focus on the Mikaelson siblings (also known as the original vampires) and their lives following the season four "Vampire Diaries" finale.

"Brooklyn Nine Nine," Sept. 17, 8 p.m., Fox

"Brooklyn Nine Nine" is for you! Andy Samberg plays a downright hilarious, goofy cop in this comedy cop show starring a mind-blowing number of big names.

If you're still missing Andy Samberg from his "SNL" days and loved "The Heat" (Sandra Bullock and Melissa McCarthy), "Brooklyn Nine Nine" is for you! Andy Samberg plays a downright hilarious, goofy cop in this comedy cop show starring a mind-blowing number of big names.

"Marvel's Agents of S.H.I.E.L.D.," Sept. 24, 8 p.m., ABC

This show is a smaller-screen follow-up to "The Avengers," in which Phil Coulson (he's back!), a S.H.I.E.L.D. agent, is forming an initiative to monitor specially enabled beings to fight against troublesome forces. The show will feature some epic fights and awesome actors, and seems to have a very concrete and exciting storyline.

"Reign," Oct. 17, 9 p.m., CW

This period drama is for those who have fantasized about "Gossip Girl" and "The Tudors" coming together in a dramatic, historic way. "Reign" follows the life and ambitions of Mary, Queen of Scots (played by Adelaide Kane) in 1557, France and her romance with Dauphin Francis, who later became her husband.

Photo courtesy of renoldavillage.com

Will Ferrell as the host of Jeopardy on "Saturday Night Live.

Old Gold & Black | Life
Plead the Fifth prepares for upcoming year

As the a cappella community grows on campus, Plead the Fifth looks to gain national recognition.

BY JULIA GABURO
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"It gets a little old hearing 'Are you guys like Pitch Perfect?'" junior Mark Parykewich admits, "but I love the recognition, so I can't complain."

As president of Plead the Fifth, one of Wake Forest's five a cappella groups, it is certainly something he is hearing a lot. The recent hype surrounding all things a cappella has made its way to Wake, with measurable results.

"I can speak for us and for Chi Rho when I say we had considerably more guys audition this year than we usually do," Parykewich said.

"A cappella at Wake is certainly on the rise and in general is becoming more popular. Plead the Fifth seems to be on the rise as well. Already having taken in four new members to add to their existing 14 voices, the group is not taking a moment for granted. In addition to growing their size, Plead the Fifth is in the process of recording their third studio album.

They began recording in April, with a company called ACapellaPsych. The most recent album, Stairwell Sessions Part I, will be added to the groups' other two albums: 2009's No Shape for Driving and 2011's Standing Room Only.

The album, technically an EP due to its short length, consists of six cover tracks: "Little Lion Man" (originally by Mumford & Sons), "Absolutely" (originally by 9 Days), "Easy" (originally by Lionel Richie), "With or Without You" (originally by U2) and "Lighthouse" (originally by Enrie Halter). The group hired an outside provider to help them record.

"We set up in Scales and went in two by two to record parts," Parykewich said. "It took roughly 160 individual recording sessions to get it all finished." Ambitious, diligent work like this is characteristic of Plead the Fifth. The group performs frequently at campus events in addition to their four yearly concerts.

"We pretty much do whatever people ask us to do," Parykewich said. This includes Hit the Bricks, the Breast Cancer Fashion Show, Prepare Events, promotions at sorority chapters and "Hot Tuesdays" at Campus Grounds. In addition to their concert schedule and studio album, Plead the Fifth has the future in their sights. Their focus is on growing the Wake Forest a cappella community.

"We really want to get the word out about a cappella. Wake has a potential to be a huge a cappella community and I don't think the potential is really realized at this point," Parykewich said. "We are a pretty young group and so we are trying to make a name for ourselves on campus and in the national community."

"At the basis of it all though, according to Parykewich, Plead the Fifth is about the music and the fellowship.

"We love good music. More than that, our big thing is in Plead the Fifth we love to have fun and we really love to sing and that's what the group is about for us. We love it and we want to have fun doing it. We've surrounded ourselves with people who also love singing and want to have fun doing it."

Humor | Roommate Trouble

When problems arise with your neighbor or roommate

Most college students have that one horrible story about dealing with their roommate or neighbor.

BY ERIN PATTERSON
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The horror story of the awful college roommate is almost like a rite of passage, a stamp on your hand proving that you went through your freshman year.

I've heard stories of roommates who hide drugs in the microwave, steal clothes or have raucous, bed-shaking sex in the middle of the night. I've heard stories of nudist roommates who don't see the problem with sitting pant-less on your bed or on the couch.

I've heard of smelly roommates who never take showers and roommates who showed up with a few dozen Costco-sized boxes of Ramen noodles on move-in day.

Personally, I've landed the jackpot when it comes to roommates. I didn't even have one my freshman year, which was great.

Well, technically I did have a roommate, but she moved out faster than I could say Maya Angelou, apparently because we lived in the basement of Boswick where mold was basically floating through the air.

This year, I'm living with one of my closest friends who, like me, doesn't mind letting the room get pretty messy every once in a while. I don't have any stories about the roommate who stole my Michael Kors blazer. Instead, I have an enemy that most people tend to forget: the girl next door.

I grew up in a house sandwiched by two neighbors, both of whom will always remind me of Tim Allen's neighbor Wilson in Home Improvement. Mr. Tew and Mr. Restever were the kind of men who knew all the employees at Home Depot on a first name basis and owned every kind of tool imaginable.

They're the kind of men who I think of when I think about neighbors — kind and helpful people. Or at least that's what I used to think about. Since I lived by myself last year, a lot of my friends with roommates came to my room to have private conversations. One night late into second semester, a friend came into my room to vent about guys. The door was shut and we certainly weren't yelling, yet somehow a word-for-word quote of something I said during that conversation was posted on the Facebook page Things Overheard at WFU.

I'm not the only one who thinks that's extremely creepy, right? Somebody, whether it was my neighbor or someone who happened to be walking down the hall, not only was able to hear every word we were saying but also felt inclined to post it on the public Facebook page.

I was traumatized and constantly terrified that somebody was listening to everything I said. It was like I was living in George Orwell's 1984 with Big Brother watching me all the time. It was several weeks before I would even consider staying in my room just to talk to my mom on the phone. Of course, there are tons of stories from people who, instead of being overheard by their neighbors, can't stop hearing them. These are stories of loud neighbors who have rowdy pre-game parties in the middle of the week, or neighbors who illegally keep noisy cats in their rooms.

Privacy becomes a major issue in college when you move in with a roommate or live in a community with many new neighbors.
Your guide to bar hopping in Winston

BY MORGAN SCHICK
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#1
Tate's
Location: 279 West 4th St.
Special Nights: Wednesday night features $3.50 draft beers and $7 martinis
Best Drinks: The Old Havana (rum, citrus juices, simple syrup and a candied orange slice)
Atmosphere: This classy cocktail bar is always packed and has music playing. Try sipping a specialty beverage while sitting in the chic loft area.

#2
Old Winston Social Club
Location: 1131 Burke St.
Special Nights: “Steal the Pint” Thursday
Known For: Their large selection of specialty beers
Atmosphere: This lively bar is filled with bar games and often has live music.

#3
Bull Tavern
Location: 408 West 4th St.
Special Nights: Monday night bingo and live music on Wednesdays
Known For: Variety of craft beers
Atmosphere: This spot is a local favorite and has a small town feel. Sit back and relax at this casual hangout.

#4
Finnegan’s Wake
Location: 620 N. Trade St.
Special Nights: Trivia Tuesdays and Whiskey Wednesdays
Known For: Their selection of Irish whiskies and craft beers
Atmosphere: This classic college tavern is the go-to Irish bar in Winston. Sit down on the patio and enjoy some of their delicious Irish cuisine and a pint or two.

#5
The District
Location: 723 N. Trade St.
Special Nights: Whiskey Wednesday and Thirsty Thursday
Best Drinks: Old fashioneds and dry martinis
Atmosphere: The District is the only rooftop bar in Winston. On a warm evening, sit on their rooftop cocktail lounge and sip a martini.

Graphic by Molly Dutmers/Old Gold & Black