OPCD success gains national attention

The Office of Personal and Career Development, led by Andy Chan, has come under the national spotlight for its success and innovative new approaches to helping students find jobs after graduation.

September 13 was a good day to be a Deacon. That Sunday morning was the day that The New York Times Magazine published an article entitled "How to Get a Job with a Philosophy Degree," highlighting Wake Forest's Office of Personal and Career Development (OPCD). It was an exciting day for the entire university: administrators cheered, students bragged and parents probably felt a little less nauseous over the check they were about to write.

The piece, written by Susan Dominus, featured Andy Chan, vice president for personal and career development, and the extensive gains OPCD has made.

See OPCD, Page 6

Students abuse Adderall for weight loss

Adderall, a popular study drug, has become a common dietary supplement among college students.

A thin young woman walks into the library one night to crank out a paper. She bypasses Starbucks, where scores of students are waiting to grab their late-night caffeine fix. Instead, she settles into the sixth floor cubicles, pops a small pill into her mouth like candy and gets to work. She stays there for hours, focused, with no break for a snack.

This young woman is one example of the thousands of students who, as children, were diagnosed with attention deficit and hyperactivity disorder (ADHD) in the early 1990s. They're in college now and they've brought their drugs with them.

Adderall can be necessary for students with ADD or ADHD; however, students have been using it as a means to lose weight or gain an academic advantage.

"Part of the pressures to lose weight are related to issues about body image that are pervasive in our culture. For some students the problems are deeper and can involve eating disorders," said Joanne Clinch, the clinical director of Student Health Services.

Adderall is a stimulant that helps to normalize brain function by enabling users to organize their usually scattered thoughts. In addition to speeding up heart rate and blood
The government shutdown impacts students

In a speech in 1958, then-senator John F. Kennedy said, "Let us not seek the Republican answer or the Democratic answer, but the right answer. Let us not seek to fix the blame for the past. Let us accept our own responsibility for the future." These words are now more pertinent than ever before.

Ten days ago the U.S. Congress failed to pass a budget in time to prevent the federal government from shutting its doors. Days continue to pass and no resolution is in sight.

Now, national parks have closed their gates, numerous federal programs go unfunded and approximately 800,000 federal workers sit at home waiting to return to work.

This shutdown has also had significant effects on the population of American college and university students. Public research funding requests to various federal organizations go unprocessed and unfunded, military academies suffer as faculty and staff are furloughed and important federal investigations into universities’ actions based on the Cleary Act and Title IX are suspended.

Moreover, scholarly resources, including most online federal sources of academic information, will not be updated for the length of the shutdown.

In addition to important online sources such as the U.S. Census, the Bureau of Labor Statistics, and the Education Resource Information Center no longer being updated, sites such as the Library of Congress and the Smithsonian Institute are currently closed.

This failure on the part of Congress is deplorable.

An Oct. 7 Gallup poll showed that the approval rating of Congress is at an all-time low of 11 percent.

The government shutdown impacts students...
Deacon Profile: Ulrike Wiethaus

BY ALEX GIBSON
Staff Writer

Ulrike Wiethaus is a professor of religion and American ethnic studies. She received her doctorate in religious studies from Temple University and is a 2013 Community Solutions Fellow with the Institute for Public Engagement at Wake Forest University.

Her research focuses on the intersection of American colonialism, the effects of American colonialism, and Native American religion and spirituality. She is a recipient of the Donald O. Schonemaker Faculty Prize for Community Service, Innovative Teaching Award, the Presidential Library Grant and the Entrepreneurship and Liberal Arts Award for Local Community Involvement and Outreach.

Why do you think religion is important to study?

Because in my view, religion, and this is an artificial term, is a container of some of the deepest knowledge that humankind has gathered about what it means to be human — about what it means to live on this planet, about what it means to relate to everything that is alive.

And that can go both in a good direction, and a not so good direction which is harming and destroying life.

Knowledge is a verb; knowledge is constructed and created. It's a shared project between my students and myself and other voices that are made present in the space of a class session.

It is profoundly collaborative and profoundly dynamic and the best classes are the ones that evolve so I don't know where the class will end.

Why is it important to study Native American religion?

For a very simple reason. And the reason is that I'm living in the United States, and that I want to be a good guest and on this land mass, I am an immigrant.

I am a guest worker. I consider Native Nations to be the communities that have profoundly shaped this land. And that I am paying my respect to this deep and profound presence.

What attracted you to Wake Forest?

I remember very distinctly being on this campus during my job interview, and at that point it was much smaller than now.

I really love the small size. I find it creates community in a really substantial way.

And the second thing I liked about Wake Forest is that I thought it was a very humble place.

It appealed to me because when you're humble you can really appreciate the things that are really big in life — the things that are bigger than you.

And the third thing I really liked was the strong commitment to have substance, to not be superficial, and that appeared to me in a great deal. It's the students. That is what really makes me happy.

How has Wake Forest changed since you first arrived here?

The growth. From my experience as faculty, there's been a huge increase in bureaucracy. Twenty years ago, there was more space to create something new and fresh — to experiment.

And now, this is part of being a larger campus.

You have now a lot more bureaucratic and administrative hoops to jump through, and that is neither good or bad. It's just how it is; you have to synchronize since you have more people.

It reorganizes relationships profoundly. I like small places — that to me is important.

If you grow, you put more stress on water, electricity and birds.

You put more stress on the plants, and the planet life, so it's important to be mindful of scale and what is the best ratio to have healthy relationship with others and with everything else.

What work do you do at the Alexander Correctional Facility?

It's evolving. It's very important to me to bring my students to prison, so as we all participate in a society where we all have rights and responsibilities to understand how law works and to understand how we all participate in the legal system.

We all eventually becoming members of a jury or deciding what's legal and what's illegal and to think about that.

It's an invitation to connect the dots. I've been told that you can get any drug on campus.

It's very important that if you're on the consumer side that you understand that you're participating in a shadow economy.

What do students do at the Alexander Correctional Facility?

My vision for a university is that it's a place for communities to come together.

So I have an image in my head of a classroom without walls, and together with colleagues, I built the Institute for Public Engagement. It's a way of reaching out and building community.

We ask the inmates what topics they would like to learn more about, and we leverage the fact that we are an educational institution.

Students then design projects around themes that the inmates want to learn more about and engage in a very passionate and fun conversation about these topics.

Is there anything else you would like to tell students?

I am very interested in contemplative pedagogy and expanding our tools for building relationships to include mediation, deep listening, being present to each other in these more creative ways. So right now, I'm holding a space for a faculty group. It's a growing movement over the country and we are very intentional about it at Wake Forest.

I would really like to partner with students to explore that more especially since so many students are massively stressed out, and it doesn't have to be like that.
Drugs: Adderall abused for weight loss purposes

Continued from Page 1

pressure, it also ups metabolism and suppresses appetite, making it easier to maintain or lose weight. A spring 2011 survey of WFU upperclassmen found that 14.9 percent of students have abused non-prescribed stimulants within the last 12 months. Adderall has become the go-to drug to keep students going all night, studying or partying.

The unofficial “work hard, play hard” motto of the university pushes many students feel like they need to do it all — look good, be smart and have lots of friends. “I see a lot, people selling their prescriptions to non-prescribed, frantic students trying to cram in their studying for their exam the next day,” said senior Cassie Brown.

The ability to get a 4.0 GPA and stay skinny is a modern (albeit vain) college girl’s dream. To maintain this balance is impossible for many, and some feel compelled to cheat with drugs. That’s where Adderall comes in. “I am prescribed Adderall, but honestly I only need it when I’m studying,” said one senior girl. “Over the summer, I gained a lot of weight because I wasn’t using it and people made comments. So now I’m back on it.”

The pressure to be thin permeates pop culture. Online sensations like Betches Love This and White Girl Problems encourage young women to get skinny at any cost. Their audiences, mainly college-age women, bring this weight fixation to campus. “This is a time in life where people are very image-conscious,” said university substance misuse prevention coordinator Lavi Wilson.

She said that although Adderall abuse for weight loss isn’t uncommon, students may not view it as abuse. Wilson said instead, abusers may think of weight loss as a beneficial side effect of an otherwise useful drug, or choose to deny the true reasons for abusing it. “I have friends who buy [Adderall and other drugs] illegally to stay skinny but no one will ever admit that’s the reason,” said the senior girl.

No matter the reason for abuse, some students disagree with it as a matter of personal responsibility. “I think abusing Adderall [suggests] a popular misconception on campus that you can’t get good grades while keeping up with social life,” said Brown.

“I can see how the workload at Wake could tempt people to abuse prescription drugs, but there are people on this campus who don’t touch any form of substance and handle their work perfectly fine.”

There are also lots of students who use Adderall responsibly, but those who abuse set a dangerous example for others, said Clinch. If the student has an unknown heart problem, stimulant abuse can cause irregular heartbeat. Misuse of Adderall also increases the risk of stroke, high blood pressure and could even precipitate an obsessive compulsive disorder.

For these reasons, students who are trying to lose weight are usually not prescribed stimulants. “For people who are at a low body weight there can be a slowing of the heart’s conduction system that increases the chances of a serious irregular heart beat,” said Clinch.

“The use of stimulant medications can increase this risk and can be life threatening.” She said there are a variety of healthy resources on campus for those trying to lose weight. “You don’t know how stimulants might affect your body,” said Clinch. “You’re playing Russian roulette.”

More and more female students are beginning to use Adderall as a weight loss supplement instead of for treating ADD and ADHD.

Psychology research ventures out of Greene

E.J. Masicampo, professor of psychology, conducts research in his lab about decision making, temptation and willpower.

Experts are seeing a dramatic shift in psychology, as the field becomes more like a hub science.

BY ANMARGARET WARNER
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The discipline of psychology is undergoing a shift toward more real-world applications, and Wake Forest’s department of psychology has remotely studied the human mind and its functions.

But increasingly, psychology researchers at Wake Forest are conducting their studies in conjunction with other departments, or cross-collaboratively. The Character Project, an ongoing study at Wake that examines the consistency and structure of character, combines psychology with philosophy and theology research.

Another project blends computer science and cognitive psychology to model human behavior in computer programs. Another is based out of a biology lab in Winston Hall and examines the neural mechanisms in rats to mimic how people respond to natural rewards.

Silman said the development of cross-collaborative projects is exploding because the discipline can provide a better understanding of human nature that other fields of study will find useful.

Lauryn Bryant, a senior psychology major interested in the psychology behind consumer marketing, says this is the primary reason she was interested in the major.

Bryant says the department’s emphasis on data collection and research makes the major more substantial and applicable for the real world, instead of just focusing on psychology theory. “By understanding how the consumer thinks, you can more effectively create a marketing strategy or product that speaks directly to the consumer,” Bryant said.

While there’s research in the department that studies consumer psychology, there aren’t any plans to integrate those classes into the curriculum.

If students want a further look into these real-world applications, they have to help conduct research within the department. This summer, senior psychology major Maggie Gigler studied the quality of life of people with borderline personality disorders, or BPD, with William Fleeson, a professor of psychology.

Their research found that people with a higher frequency of symptoms for BPD, such as instability in relationships, fear of abandonment and impulsiveness, are more likely to have a lower quality of life and be on government aid or probation in the criminal justice system.

The BPD research is part of a five-year study, so funding isn’t an issue right now, but they still have to prove that their efforts are worthwhile and that there are larger implications for their findings.

Beyond the empathetic level, this study can affect how communities identify and care for people with BPD,” Gigler said.

Studies such as these show the potential benefits that can come with recognizing psychological trends in research and then applying those findings in practical settings.

In the case of BPD, Gigler said the research could prove useful for lawyers and sociologists.

E.J. Masicampo, a professor of psychology whose research looks into decision-making, resisting temptation and willpower, says that people are starting to appreciate the research that psychology churns out.

Within the discipline, there’s a greater sense of purpose for what can be accomplished, and the element of cross-collaboration with other departments at Wake is emerging.

“Now with any field that’s interested in people, psychology is going to have something to say,” Masicampo said.
A FUTURE LIKE OURS COULD NEVER FIT IN A CRYSTAL BALL.
WE NEEDED A LITTLE MORE ROOM.

We hope you’ll stop by Manchester Plaza for food, fun, free stuff and a glimpse of Wake Forest’s future. You don’t want to miss this.

OCT. 18
MANCHESTER PLAZA
LUNCH 11 A.M.-2 P.M.
SHOW TIMES 12 P.M. & 1:30 P.M.
OPCD: Students still unaware of resources

Continued from Page 1

work that the university has done to make students’ post-graduation career a priority during their four years as undergraduates.

In the article, Chan describe his goal to “create a kind of ecosystem where everyone has a vested interest in helping our students be prepared for life and for careers and for work.”

The unique strategies and plans that the OPCD has implemented have been well received and garnered plenty of national attention.

“We offer services above and beyond the traditional career counseling services offered by many other schools, including credit-based career classes, mentoring programs, entrepreneurship courses, career exploration trips, networking events in cities where students hope to work, family business programming, leadership development programs, professional development programs, and more,” said Katharine Brooks, executive director of the OPCD.

“We consider academic departments, faculty, and other administrative offices our partners in this effort and we work closely with them to develop unique and creative programming for students.”

The OPCD also has the statistics to back those claims up. Each graduating class over the last 10 years has had a high percentage of individuals either employed or in graduate school — averaging 92.45 percent between 2004 and 2012.

“These numbers are much higher than those of the nation at large. In 2012, only 68 percent of graduating students were in this position.”

“We would obviously welcome 100 percent, but that number isn’t completely under the control of the OPCD,” Brooks pointed out. “The job market, student choices, and other factors enter into this. We will always strive to do what we can to ensure our students succeed in the job market.”

But while the OPCD has clearly had no trouble finding the national spotlight, some students are not at all familiar with the office or its goals, revealing a disconnect between the administration and the students.

Sophomore Madeline Ryan had never heard much about the OPCD from administrators, faculty or even other students. “I’ve heard about the center but I haven’t heard much more than that it is there,” Ryan said. The lack of student awareness regarding the presence of the OPCD may be depriving some undergraduates of its benefits.

Freshman Sara Greene was one of the first year students required to attend a lecture from Chan in Wait Chapel as part of the orientation program. Although she won’t be job hunting for a few years, Greene says she wasn’t aware the OPCD existed.

“I didn’t realize the university had an office of career development,” Greene said, “but it sounds like a great resource that I will use in the future.”

Despite the unfamiliarity some students feel towards the OPCD, others feel that the help offered by the staff is invaluable.

Senior Conley Henderson’s visit to the OPCD’s newly renovated suite in Reynolda went incredibly well. “What a remarkable resource for Wake Forest undergraduates,” Henderson said. “I was able to walk into my [job] interview confidently because of their guidance.”

While he thinks the OPCD is a valuable resource for students, sophomore Addison McLamb also recognizes that efforts to advertise the services of the office to students have fallen flat. “The OPCD is a fantastic resource for students, and I’m excited to work with them in the future,” McLamb said.

“At the same time, it’s sad to see how many students are unaware of the office’s key role in helping enhance their chances for success after graduation.”

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University need for gap funding increases

As professors lose research funding due to federal budget constraints, the university fails to make up the difference.

BY LAURA MAZURAK
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Scientists are creatures of patience. They wait for results, they wait for tenure, and perhaps hardest of all, they wait for funding.

Grant limbo — the blank space between one source of funding and the next — is brutal. Lab technicians are fired and projects are put on hold, all while researchers wait for the return of critiques on proposals.

But at universities that prioritize research, internal grants are available to bridge unanticipated holes in funding. Bridge grants don’t cover the entire cost of a research project, but they can provide enough money to keep labs up and running until external funding is secured.

Wake Forest offers bridge grants up to $10,000. “It’s like insurance,” said Miles Silman, a Wake Forest biology professor.

As budget cuts in Washington shrink awards and reduce application opportunities for federal grants, which accounted for 78 percent of Wake Forest research funding last year, bridge grants may become an increasingly important fallback resource for Biology Department faculty.

But the available $10,000 may not be able to support labs that often operate on a yearly budget of $60,000 to $100,000 — or more. “Is $10,000 enough?” asked Bruce King, the associate provost for research. “In some cases it’s plenty. In some, it’s not.”

King noted that money for bridge grants comes from external grant overhead, or the school’s cut of faculty grants, rather than tuition. Last year, Wake Forest brought in $9.1 million in grants, a minor amount compared to University of North Carolina Chapel Hill’s $767 million in external grants.

UNC Chapel Hill, along with schools like Vanderbilt and Emory, offer up to $50,000 in bridge funding. Smaller liberal arts schools, like Davidson College, usually don’t provide bridge grants.

“We’re still learning how to do research in some ways,” King said, explaining that Wake shouldn’t be compared to the larger, well-established research universities with $50,000 reserved for funding gaps.

Research is a long-term “area of growth but teaching and faculty interaction are still the priority,” King said.

Silman contests the notion that Wake is a small research school and emphasized that Wake faculty members are just as affected by funding cuts as researchers at larger universities.

“People always talk about Wake Forest being small in research, but we’re not. We have less of it, but every individual component is just as big as anywhere else and just as world-class,” said Silman, a climate change expert whose work is currently funded by NASA and the National Science Foundation (NSF). He said our funding needs are just as great.

Since the impact of this year’s federal budget shutdown and partisanship between Republicans in the House of Representatives and Democrats in the Senate has diminished hopes of an agreement before the deadline.

House Speaker John Boehner (R-Ohio) has declared he will only schedule a vote for a comprehensive debt reduction bill that would raise the debt ceiling, reopen the federal government and presumably include significant spending cuts. However, President Obama has announced that he will not negotiate with Republicans over the debt ceiling, instead believing Congress should reopen the government and raise the debt ceiling without preconditions.

OUTSIDE THE BUBBLE

U.S. nears debt limit, potential default with no solution in sight

The United States government will reach its borrowing limit on Oct. 17, leading to a possible default on the nation’s debts for the first time ever. The ongoing government shutdown and partisanship between Republicans in the House of Representatives and Democrats in the Senate have diminished hopes of an agreement before the deadline.

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Trial scheduled for ousted Egyptian President Morsi

Former Egyptian President Mohammed Morsi — the Muslim Brotherhood leader who was ousted in a military coup on July 3 — has a scheduled trial set to begin Nov. 4. Morsi, along with some of his top advisors, will be tried for incitement to commit murder, a charge resulting from his violent crackdown on protestors opposed to his administration.

The Cairo Appeals Court ruled Oct. 9 that the former president and 14 other Muslim Brotherhood officials will be tried in a military court. Morsi has been held prisoner by the Egyptian Army since he was removed from office.

Since the coup over the summer, the military has initiated a wide-ranging crackdown on the Muslim Brotherhood that has led to significant violence and political turmoil.

Correction to Oct. 3, 2013 issue of the Old Gold & Black

In the Oct. 3 issue of the Old Gold & Black, a photo on page 4 of the mental health fair, a photo of Michelle Alexander on page 6 and a photo from the men’s soccer game on page 13 were all taken by Adrian Martino.
Negative publicity does not reflect the quality of the new food options at Shorty's

Two weeks ago, the Old Gold & Black published an article titled "New Shorty's Menu Disappoints," a deeply negative and critical article, which has not gone down well with the fans, employees and managers of Shorty's. At a time when the theme of change is very prominent on campus (Zick's, two new dorms, a new business building, a new dining hall, etc.), it seems inevitable that Shorty's menu for this year should also be subjected to multiple deletions and improvements.

Fact: many student favorites like the Freschetta burger, South of the Border burger and buffalo chicken wrap were removed from the menu.

Fact: the Shorty's menu has been changed up entirely.

Fact: the current menu is absolutely phenomenal.

As an ardent fan of Shorty's, it pains me to see that Shorty's, once packed at 6 p.m. on a Friday evening, now finds itself only semi-occupied.

However, the new menu presents a lot of potential: there have been some exciting additions, such as a Make Your Own sandwich/burger option; a grilled peanut butter, Nutella and banana sandwich; Deacon Nachos; deep fried pickles; and an apple walnut salad (with which I, a passionate anti-salad person, have recently developed an obsession for).

Despite the distinct lack of vegetarian and vegan options, the Make Your Own selection offers flexibility and diversity to the menu. Furthermore, elements of last year's menu are available as specials on particular days, and their popularity determines whether they will be added back to the revised Shorty's menu.

The ambience is even better due to the provision of a greater variety of music and the relatively speedier service.

Shorty's has continued to make changes to their menu in the past, but reintroduces popular specials to keep up with students' preferences. For example, they are bringing back the hummus platter to the official menu in response to popular demand.

The awfully negative tone with which people talk about the new Shorty's menu is undeserved; the new menu is supposed to systemize and make production of food more efficient.

Furthermore, Shorty's continues to renovate its menu in order to provide students with food they may not be able to find elsewhere on campus. The student body has to keep in mind that Shorty's has to compete with all of eateries in Benson Food Court, the Pit, the Mag Room, Subway, Zick's and all the other food options around campus.

The changes to Shorty's menu have a lot of potential — they offer greater diversity and variety, and their improved music and service provides a better ambience for those looking to sit down with friends and have an enjoyable lunch or dinner.

Shorty's is the venue for many events essential for bringing people together, such as the Late Night Open Mic Nights and Student Unions' Tuesday Trivia, and it is unfair to criticize Shorty's so fervently when they are simply trying to cater to students' needs and offer some variety.

I was doing homework in Shorty's last weekend and, after generally catching up with the staff, realized that they are really dismayed by the hit their business took as a result of the mounting negative attitudes and comments thrown at them.

As a frequent Shorty's visitor, I made it my semester project to sample half the things on the menu and I am pleased to inform that the food is absolutely phenomenal!

The ambience is even better due to the provision of a greater variety of music and the relatively speedier service. It takes some extensive sampling of the menu to make an informed judgement on their new menu, and I'm pleased to inform the student body that the additions to the menu are fantastic, and that some of the deletions will be appearing permanently on the menu soon as a result of student feedback and surveys.
If the voters really want compromise, it's time to kick out the partisan hacks

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It's really no secret to anyone that Congress is wildly unpopular in the United States — a recent CNN/Opinion Research poll which gave it a 10 percent approval rating would indicate that the institution is less popular than dice, root canals and colonoscopies.

The country's indiscrée hatred for its representatives in Washington, D.C., stems from the one thing people love to complain about more than anything: partisanship.

Over the last decade, it seems like complaining about the ineptitude of Congress has become an American tradition.

Here's the problem with that: very few people actually have the right to complain about the political brinkmanship, the partisan gridlock or the government shutdown for one simple reason: we keep sending the same ideologues back to the nation's capital to represent us.

As easy as it is to assign blame and say "put Politics aside," what people don't seem to realize is that if you vote for an ideologue, you vote for an ideologue — the one you think of as the other ideologue, anti-compromise kind of politician, would be the first ones thrown out of the Capitol Building.

Another year-long delay on the enactment of the Affordable Care Act would be detrimental to its functionality.

But some way, somehow, they continue to find their way back to Washington year after year — and the American people are starting to pay the price.

This isn't complicated — it's not rocket science: you can't vote for someone who advocates for a "my way or the highway" approach to governing and then be stunned to see that nothing gets done in Washington.

Despite Congress's 87 percent disapproval rating, in 2012, Representative Michele Bachmann, a woman who has called for the impeachment of Barack Obama and denies global warming, was still reflected in her Minnesota district. Similarly, Senator Ted Cruz of Texas, another Tea Party favorite who has liked compromise with Democrats to weakness, was also elected in 2012.

Democratic Senator Elizabeth Warren of Massachusetts is another example of an ideologically driven member of Congress: as a candidate for the U.S. Senate last year, Warren ruthlessly attacked the wealthy and the "rigged" capitalist system in America.

The point that these individuals illustrate is that voters who send narrow-minded people to Washington can't then turn around and wonder why agreement between the two parties is only possible at the 11th hour in the face of an earth-shattering financial crisis.

Fire breathing partisans, as appealing as they may seem to the fringe members of a given political party, do not make the best statesmen.

While it's perfectly valid for the American people to be sick of the trivial partisanship that has paralyzed our government, when districts (or entire states) send narrow-minded, divisive individuals to represent them in Congress, voters lose every last shred of credibility with which to complain.

If the voters really want to change the way things are done in Congress, then it's time to throw out the hacks and send some moderate voices back to Washington.
Experience abroad allows for reflection on domestic health services

Ade Ilesanmi
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On the morning of Oct. 8, 2013, I began my first clinical shadowing placement in London, the first of at least five in several different clinical settings, including a general practitioner’s practice, an HIV clinic, an urgent care center and an orthopedic care center.

These clinical settings act as different approaches to introducing me and the other 7500 patients seen on an annual basis at this practice to let those preconceptions cloud my judgment that morning.

The practice I was placed in has a partnership with a counseling service that offers cognitive behavioral therapy (CBT) to patients who are recommended for and desire it, which I found to be groundbreaking compared to the American system, which often only separates the mental and physical components of overall well-being, but also makes access to effective and often long-term therapy treatments such as CBT extremely difficult and unaffordable, even to people with private health insurance.

She saw patients with wide-ranging conditions, from colds as endemic and the common cold, to fear of being pregnant or having a sexually transmitted infection, to possible urinary tract infections, to people with private health insurance...as well as people on waiting lists to have critical surgeries.

I was stunned at how, within these brief and varied consultations, the GP acted not as a doctor but also as a counselor. She gave specific attention to the concerns of each patient, whether it was an over-analytical and anxious patient, or one who was feeling better because of her antidepressants or whether it was just placebo, and a woman who was afraid to have an important surgery because of her respiratory condition wouldn’t allow her to withstand the anesthetics. While most of the consultations appeared to be effective and if not conclusive, at least productive, I couldn’t help but notice certain flaws.

First, the ratio of patient wait time to the time of the actual consultation was extremely disproportionate. Many patients waited for at least two hours just to be told that they “probably” had one of two conditions and would need to be tested. The results would not come back for another ten days, and if they wanted to know the results, they would have to call the practice and ask to be called back by the doctor “before too long.”

To be fair, this particular practice was walk-in, so I’m not sure if things would have been different in a clinic where appointments are required.

Moreover, it seemed as though some patients were coming in for reasons that didn’t warrant a physical doctor’s visit.

Some, particularly the less educated or immigrant patients, were seen there because they were confused about forms they needed to fill to prove that they were too sick to work, and they didn’t realize that they just needed the physician’s address.

Even patients who had private health insurance and could have gone to more specialized physicians opted to see the GP, probably because they knew they wouldn’t be charged.

I even witnessed one of the patients with private health insurance complain about how much she had to pay just to be transported to the hospital when she sustained an injury skiing, over 2000 pounds (about 3000 dollars) later.

I also noted that despite how hard my mentor tried to present a positive and involved disposition to each patient she saw, she finished almost every consultation with a feeling of frustration, understandably because the patients were either not doing enough for their health, were too worried, or just didn’t understand much of what was happening at all.

In less than four hours, I witnessed firsthand that a socialized healthcare system does have its flaws — some people fall through the cracks or (un)intentionally abuse the system, and some members of the medical community bear the brunt of the work involved in maintaining the system, more than others. Yet, the fact still remains that every member of the British society knows that they have access to a physician, even if it’s a two-hour wait. They know that every question and concern that they have, whether it be petty or legitimate, will be answered by someone knowledgeable who wants to help them, even if that person is exhausted.

The California Conservative | Baseball

Baseball blackout rule hurts North Carolina viewers

Jenn Leser
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If you’d rather stay home, you’d better hope you’re not a fan of Atlanta, Baltimore, Cincinnati or Washington.

The blackout rule, it’s a uniquely baseball problem. Each team, and subsequently each team’s regional sports network, has a certain territory that they control. If you live within a certain territory, you’re blacked out of watching the games online and have to watch it on your local cable.

Sounds simple enough, but it doesn’t work out quite so nicely in actuality. North Carolina does not have a major league team and if you want to watch a game in person, you’d have to drive a minimum of five hours to the nearest MLB ballpark.

If you’d rather stay home, you’d better hope you’re not a fan of Atlanta, Baltimore, Cincinnati or Washington, because you can’t watch the games on your computer and in some cases, you can’t even get it on TV.

Now that I live off campus, I can finally get as many sports channels as I want—or as many as Time Warner Cable will allow me, if you want to get technical about it. So every month, I shell out for the sports package. Which is wonderful, don’t get me wrong—I get all the international soccer and college lacrosse that I could want, and boy do I want that—but that doesn’t fix the baseball problem. Despite having the MLB network and a few regional sports networks, I still can’t watch every game that the this territory supposedly covers.

But I’m a resourceful person. So no problem, I’ll pay a little extra to get all the games. Every year, a number of friends and I got together and go in on a season subscription to MLB.tv, which promises to let us watch all out-of-market games. That promise doesn’t apply to the blacked out teams. Even though I cannot get a Reds game on my cable, I still can’t watch them online. That’s a little ridiculous and a waste of money. Why bother shouting out for this “all-encompassing” package if up to four games a day aren’t available?

It’s not that I’m a particularly huge fan of the Braves, Nationals, Orioles or Reds, but it’s about the fact that I’m a baseball junkie. From April to October—and from the owners’ meetings in December to the start of Spring Training in February—I’m hooked.

Baseball is my drug of choice and I want—no, I need—to be able to watch any game I want. I crunch the statistics, I memorize lineups, I chart the starting pitchers—I eat, sleep and breathe the game.

And while my story may not be typical, it doesn’t change the fact that I’m not the only one who wants constant access to baseball. I pay just about as much as I can to get those games. And I totally understand why the networks are so protective of their broadcasts; the TV industry relies on viewers and that’s something that they just don’t get from the online streams. But something has to change.

So let’s enjoy the playoffs this fall. Appreciate that for now, baseball is available for everyone with a basic cable package. Let’s hope that by the time Opening Day rolls around next year, that we can watch whatever game we want. Baseball is America’s pastime for a reason — so let’s give baseball to all of America.
Miley Cyrus shines as SNL performer

Young singer proves that any publicity truly is good publicity in front of critics

Ade Ilesanmi
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On Aug. 29, 2013, an article I wrote entitled "What rhymes with hug me? Stop, Miley," in which I criticized Miley Cyrus' Video Music Award (VMA) performance as a cry for help disguised as a tasteless sexploitation, was published in the Old Gold & Black.

Since her VMA performance in August, Cyrus has continued to ride her wave of media frenzy to increasingly controversial degrees.

Cyrus' Saturday Night Live (SNL) hosting gig last Saturday, Oct. 5, suggests that she didn't really know what it was doing. This certainly isn't the first time that we've seen stars take drastic and theatrical measures to get more time on airwaves and more stock in tabloid headlines.

It's always a toss-up, however, as to whether their ends will justify their means when their antics are all said and done and the tabloid coverage stops.

With Cyrus, the big question at the beginning of her escapades was whether she was simply going through the same dangerously downward-spiraling phase we've painfully watched many young starlets tumble down, or whether she and her PR team secretly knew exactly what they were doing from the beginning.

At the end of the day, even if Team Miley didn't really know what it was doing, Cyrus' Saturday Night Live (SNL) hosting gig last Saturday, Oct. 5, suggests that she is landing on her feet more than gracefully.

"New Miley" has made 2013 the Year of Miley as far as paparazzi fever and the general public are concerned.

She began the night with the usual introductory monologue expected of all guest hosts, alluding to pretty much everything everyone has been talking about, including her VMA performance, her "Wrecking Ball" nudity, her bare-midriff tops, and even her former days as Disney pop sensation Hannah Montana.

She successfully delivered responses to most of the major questions raised by media pundits over the last few months with taste and commendable comedic timing, rivaling that of the professional comedians.

I was suddenly reminded of the fact that she did, in fact, rise to fame from acting in a fairly popular comedy sitcom in the first place.

The laughs continued as Cyrus and members of the SNL cast premiered a music video spoof of "We Can't Stop," entitled "We Did Stop," specifically poking fun at the recently ongoing government shutdown incited by Congressional Republicans in response to the Affordable Care Act. Hinting that she is at least somewhat politically aware, Cyrus portrayed a tongue-bearing Michelle Bachman, trading in her poolside Barbie for an Abraham Lincoln doll.

Finally, Cyrus reminded the audience and television viewers that she's not only a gifted comedian, but that she is also still a talented musician despite all of the bells and whistles surrounding her recent work in the recording studio.

According to some Youtube comments, her live "Wrecking Ball" performance was powerful enough to give some viewers goosebumps.

She also demonstrated her vocal range with a stripped down (no pun intended), acoustic version of "We Can't Stop," which I personally found myself preferring to the version that appears on her new album, Bangerz.

It's undisputable that Cyrus has made some questionable and very public decisions over the last few months, but any experienced PR rep will tell you that the only real bad press is no press at all, and that is certainly not something that Cyrus is suffering from.

For all the negative feedback she's been receiving, Cyrus, still three years shy of 23, has responded quite maturely and gives no hint of stopping her quest to wreck the music charts any time soon.

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Wake Forest continued its home-field domination of N.C. State by rolling to a 28-13 victory over the Wolfpack.

BY EMMA LINGAN
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Deacons earn first ACC win

ACC expansion creates challenges for athletes

BY MIKE ZAVAGNO
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The connection between academics and athletics continues to weaken

Soccer in Spain can show American sports fans that athletic games are just games — and that's about it

BY TYKRANIAK
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The Demon Deacons women's soccer team is no exception to the confounding academic conundrum.
Deacs demolish Hokies, settle for tie vs. State

Despite some recent frustration, the Demon Deacons remain undefeated in conference play

BY JENN LESER
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It hasn't been easy for the men's soccer team lately — after two tough double overtime ties, they looked to turn things around against Virginia Tech on Friday, Oct. 4, when they came home to Spry. One thing's for sure: the Deacs are back and it showed as they demolished the Hokies 3-0.

For a team that hasn't had many confidence boosting games as of late, Wake has found a way to get it done and keep climbing the table, both in the ACC and the national polls.

The matchup against Virginia Tech saw the Deacs supporting the fight against breast cancer in the sixth annual Genna Wiley memorial match, so the game had special importance for the squad.

Senior midfielder Jared Watts kicked off the scoring for the Deacs when he connected with a free kick from freshman midfielder Ian Harkes in the sixth minute. It was the first time the Deacs had led since Sept. 22, and that sense of confidence was visible as they could finally take control of the match.

From there, Wake just kept rolling.

In the 70th minute, freshman midfielder Jacori Hayes notched his first career goal when he took a can't-miss shot to put the Deacs up 2-0.

"It was big-time for me," Hayes said. "I've been working hard in training and I was glad that the coaches gave me the opportunity to play. I just told myself I couldn't miss."

Junior forward Sean Okoli sealed it for the Deacs in the 76th minute, blasting a shot from the top of the box to make it 3-0 in favor of the Deacs. Hayes picked up his first assist, and he, along with junior midfilder Teddy Mullin, set up Okoli for a great shot.

After a blistering start to his junior campaign, Okoli has been quiet on the pitch as of late, making this goal even more important. "I've been working hard and the goals haven't been dropping for me yet," Okoli said. "So it's just good to see that they're starting to come."

Just days later, the Deacs were at it again — this time traveling to Raleigh to take on N.C. State on Tuesday, Oct. 8.

Despite the Wolfpack sitting low down in the ACC rankings, the Deacs were well aware of just how challenging this matchup could be.

25 minutes in, Okoli broke through early when he sent one past the keeper with a little help from Watts and Harkes.

An early 1-0 lead wasn't there for long though, as the Wolfpack answered in the 38th to even the score.

Redshirt freshman Alec Ferrell had a number of great saves but was ultimately unable to stop N.C. State from picking up their second goal to go up 2-1 early in the second half.

Fortunately for the Deacs, it was Okoli again who finished a beautiful cross from Mullin and sophomore defender Philip Parker to keep them alive.

Wake continued to try and pick up that game-winning goal but a stifling Wolfpack defense sent the Deacs home disappointed with a 2-2 tie at the end of double overtime.

With the result, the Deacs are still unbeaten in the ACC but the team isn't satisfied with getting a tie — something they'll look to change this coming weekend. In one of their toughest challenges of the season, the Deacs will return home to take on a talented Clemson squad on Friday, Oct. 11. The No. 17 ranked Tigers are 3-2-1 in ACC play. Kickoff is set for 7 p.m. at Spry Stadium.

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Taylor Rhea

Taylor Rhea is in her final year with the Demon Deacons on the women's field hockey team. She has worn her jersey with pride for four strong years and has had a passion for the game since she started playing when she was eight years old. Playing for the Deacons since her freshman year, Rhea has remained a key component to the team. More than anything, she wants her team to successfully push through this season and qualify for the NCAA tournament. For herself she simply hopes to make a difference on the field.

What made you interested in playing field hockey?
My mom played in college so she kinda got me started playing. She would coach our rec-league team and my best friend's mom played in college as well, they were actually teammates. So they started their own league.

What made you choose Wake Forest?
I really, really enjoyed the team. I saw the academics were a major draw for me since this is such a great school, and my coach Jen had such a huge impact on me coming because she is so real and such a great person.

How does your mom feel about you playing in college?
Well I mean she was all for it, she was very excited since it was like I was following in her footsteps. She was excited to see how I would do since she knows I love it and to see me play the sport she played in college.

How was it playing as a freshman on the team?
My freshman year I was just ready to play whatever position was needed. I knew that coming on to the field was a privilege and I knew that not many freshmen got that opportunity so I felt very lucky to get to play.

What is your favorite aspect of your team?
Honestly, my favorite aspect is being friends with everyone on the team. Our team is so close, it's like nothing can break us. I would definitely say our team is a family.

How do you feel about your season so far?
I think we started off a little slow but I think we've made a serious amount of growth since our first scrimmage. We play Duke next so I'm very excited for that. I'm excited to see where we go because I think we grow with every practice.

What is your best memory over your four years playing for Wake?
I think my favorite was ... God there's so many! I think what I have to say is last year we went into double overtime with Duke and we scored the winning goal in the last few minutes of the game and everyone rushed the field and dog-piled Kari Walkley and it was a great moment. It was actually hilarious but so much fun. It was pretty cool.

What is the greatest lesson you have learned through field hockey?
I think field hockey, especially with just being a team sport, it teaches you how to trust other people and how to work with other people. It's not just about you, it's about working with other people. It creates a selfless mentality almost.

What do you see yourself doing after graduating from Wake?
I see myself coaching and I would like to get into grad school and get my masters in guidance counseling. It's a good system. I work well with other people; I'm able to help people with anything that they have. Building relationships would be my reason for doing it.

Will your kids play field hockey?
Oh my God, that is a serious question! I mean I don't know, if I have kids, then sure. If I have all boys then definitely not but girls, I will definitely get them into it.

Personal Profile

Hometown: Virginia Beach, Va.
High School: Frank W. Cox
Position: Forward/Midfield
Birthdate: May 2, 1992

Adrian Martino/Old Gold & Black

Men's golf wins match play Payne Stewart Classic in Pinehurst, N.C.

In an offseason tournament, the Wake Forest men's golf team topped Southern Methodist University by a cumulative difference of 12 strokes as the tournament ended on Oct. 1. Throughout the day of match play, senior Thomas Birdsey and freshman Danny Guise topped the standings table as they both shot a 73. Guise, sophomore Davis Womble, freshman Clancy Waugh and junior Cyrus Stewart all won their matches against their respective competitors from SMU.

Former Wake Forest golfers matched up in day one of biannual President's Cup

Webb Simpson and Bill Haas, once golfers for the Demon Deacons, played alongside one another in the President's Cup, a PGA Tour match play event that features a team of American golfers against golfers from the rest of the world, excluding European golfers. Haas, who graduated from Wake Forest in 2004, is the nephew of current men's head golf coach Jerry Haas while Simpson graduated in 2008. Haas was a religious studies major while Simpson, similarly, was a religion major.
Senior quarterback Tanner Price and the Deacon offense caught the Wolfpack defense off guard, doing considerable damage both on the ground and in the air. Price finished with a career-high 350 yards of total offense (82 rush, 268 pass), breaking his previous career-high of 342 total yards in the win over Maryland on Nov. 19, 2011.

Interestingly enough, Price led the team in rushing with a career-high 82 yards, breaking his previous career high of 66 yards against Army earlier this season. He also had three touchdown passes and one touchdown run for the second time in his career. His 24 passes gave him 722 for his career, making him only the second quarterback in school history to have 700 career completions.

"We did a lot of good things today, and guys were stepping up and making plays, which is always great," Price said. "The offensive line did a good job up front. It was fun to see us finally click on offense and now we just have to build on that and carry it with us for the rest of the season."

Price's favorite target, senior flanker Michael Campanaro, continued to shine as he notched the sixth 100-yard receiving game of his career. He hauled in 12 passes for a total of 153 yards and now has 206 receptions in his career, making him just the second player in school history with more than 200 career receptions.

"He's a great target to have on the field," Price said of Campanaro. "I love the connection we have out there. It makes it a lot of fun out there. He did a great job of finding the open holes and winning in man coverage. It was just him playing really well today, and he is capable of doing that every game. I was proud of the way that he played."

Senior tight end Spencer Bishop, who caught a career-long 54-yard reception in the second quarter, played the best game of his career with a career-high three passes for a career-high 68 yards.

"We felt our backs were against the wall and we just came out with a lot of energy, and that's what we needed as an offense because we felt we were lacking it," Bishop said. "We came out with a lot of energy and it showed."

The Deacon defense had its own share of big plays on the day, holding State to 7-17 on third down and getting two big red zone plays. Sacks by senior nose guard Nikita Whitlock and freshman defensive end James Looney, an interception by junior cornerback Kevin Johnson, and a career-high 11 tackles by redshirt freshman safety Ryan Jankowski all highlighted the Deacons' defensive strength, especially in the second half.

"I think we had control the whole game," said Whitlock, who has had at least one sack in each of his last four games. "We started a little slow but I didn't think we ever were losing. I think we had a great, great game in the D-line."

Doubts were circling as the Deacs headed into what many called a potential turning point in the season, but they defied all expectations. Heading into a bye week, they have evened their record to 3-3 and finally have a conference win under their belts.

"This gives us a chance," Grobe said. "This gives us a chance."
World Series predictions: American League

Red Sox and Tigers are most competitive for AL Championship

BY MILES LAYMAN
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Boston vs. Tampa Bay
The Red Sox sat comfortably atop the AL East standings for almost the entire 2013 season and are a well-rested squad after using this cushion to rest their starters for the last month or so. The story in the Tampa Bay club-house has been a tad different. The Rays didn't clearly separate themselves from other AL East wildcard contenders like the Orioles and Yankees until maybe the last week and a half until the end of the season, and then needed a 163rd game against the Rangers to break their tie with Texas and nab the last wildcard spot.

The Rays have ridden a rotation full of young arms throughout the season rather well, but Jeremy Hellickson, and Matt Moore have shown they can be wild at times. Having scored an MLB-high 853 runs on the season, the reemergence of David Ortiz and the Red Sox lineup that will take advantage of any missed spots made by Rays. This Rays team could have surprised someone in a short five-game series, but not Boston. Red Sox in 4 games.

Detroit vs. Oakland
It's hard to believe anyone could have unseated Justin Verlander as the Tigers pitching ace, but it's a testament to the strength of their rotation that someone was able to.

With a gaudy 21-3 record and 2.90 ERA on the year, Max Scherzer has convinced everyone that he deserves the first start against Oakland. Verlander showed his age a bit in 2013 and wasn't able to pitch deep into games on a regular basis, but he seemed to regain his stamina a bit late in the season. With plenty of rest before the playoffs begin, I expect Verlander's fastball to flirt with 100 mph late in his outing, which spells trouble for an Oakland team that had a meager .254 team batting average.

Speaking of batting averages, Detroit posted a major league leading .283 team average, led all season by the game's most feared batter, Miguel Cabrera.

The A's will likely rely on their young starters to keep the game close as they have all year and make use of what little depth they have in the middle of their lineup.

I'll be up to Homerun Derby champ Yoenis Cespedes and fellow slugger Brandon Moss to drive in runs and propel the Tigers into the ALCS.

Tigers in 5 games.

ALCS: Detroit vs. Boston
I expect what are arguably the league's two top offenses to meet in the ALCS and continue to produce. David Ortiz has had an incredible comeback season and has shown no signs of recently turning 37, with a .309 batting average, 30 homeruns and 103 RBIs. The other two members of Boston's batting core, Dustin Pedroia and Jacoby Ellsbury, have been very consistent and both have posted batting averages near .300 all season to set up Big Papi.

Detroit has been similarly balanced in it's attack, with at least 10 homeruns on the year, but with Cabrera leading the way with 44 homeruns while protecting Prince Fielder behind him, who hit 25 out of the park. Max Scherzer will likely face Boston's ace Clay Buchholz to start the series, and Verlander should match up against longtime Red Sock pitcher Jon Lester.

I think Scherzer has a slight edge over Buchholz in terms of command of his fastball and comes out of Fenway with a win, but I'm not so sure Verlander will be throwing out his best stuff this late in the season. The most important player in this series appears to be John Lackey, who is 1-5 away from the All-Star break. I expect Lackey's command to waver as the Tiger's host their first home game in the ALCS and Fielder to come up with several big hits to bury the Sox.

Tigers in 6 games.

World Series predictions: National League

Combination of veteran pitching and hitting could help the Los Angeles Dodgers go all the way

BY TY KRANIAK
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Even though the National League lost the All Star Game, it has emerged as a dominant force this October.

Having won the last three World Series Championships, all National League clubs are hoping that they will become the fourth NL team to win the World Series in the last four years.

Currently, the Los Angeles Dodgers and the Pittsburgh Pirates are making a case for their spot in the MLB Playoffs and fighting for their spots in the National League Championship Series.

Each team is ahead 2-1 in their respective series and could clinch a spot in the NLCS in their next game. Personally, I don't see the Atlanta Braves putting up much of a fight.

The Los Angeles Dodgers have a strong combination of veteran pitching and hitting and will show their dominance by taking the series 3-1 and sending Atlanta to their coaches. On the other side of the fence, the Pittsburgh Pirates have my respect.

But, they do not have my admiration. Although the team is in the driver's seat with a 2-1 lead on the St. Louis Cardinals, the Cardinals are a veteran team, who can flip the switch on a series in an instant. Don't sleep on the Red Birds.

While I would love to see the Bucs take the series, the biggest baseball story of the year will end at the hands of the Cardinals.

This would leave the Dodgers taking on the St. Louis Cardinals to compete for a spot in the World Series.

Again, I see the Los Angeles Dodgers returning to their former glory, and making it to the World Series. The team has made a number of high price acquisitions in recent years, and those big checks will begin to pay-off for Magic Johnson and his club.

When Clayton Kershaw pitches in this series, there are two automatic wins if the series goes more than four games. Kershaw should run away with the NL Cy Young and for good reason.

He is hands down the best pitcher in baseball right now. In addition, the Dodgers, along with other players, have seen the resurgence of Adrian Gonzalez. Gonzalez is leading the team in nearly every offensive category, and he has eclipsed the 100 RBI mark for the season.

This is a dangerous bat that opponents must keep at bay. One of the main reasons why I am so fond of the Dodgers stems from its managing.

While I think both Clint Hurdle of the Pittsburgh Pirates and Mike Matheny of the St. Louis Cardinals are some of the best managers in baseball, Don Mattingly seems to be in a different category.

Even though he played on the New York Yankees for 16 years, Mattingly still doesn't have hardware from a World Series despite his individual talent and contributions. Expect that to change this year.

Photo courtesy of THESPORTSQUENTIN.COM

Los Angeles Dodgers outfielder Yasiel Puig is expected to be a huge part of his team's push to the World Series.

Photo courtesy of mlb.com

Miguel Cabrera paces a Tigers' offense that led all MLB teams with a .283 batting average.
Staff writers highlight the outlook on their favorite teams heading into October

Pittsburgh Pirates

Take it from one who knows: being a fan of the Pittsburgh Pirates when they are in the playoffs is a new and enlightening experience. Finally — after two decades of waiting — it’s BuccoTime in the Burgh.

The Bucs won 94 games during the regular season and landed a berth in the National League Championship Series after a decisive victory over the Cincinnati Reds in the Wildcard Game Oct. 1. Now, after overcoming a rough start against the St. Louis Cardinals in the Division Series, the Pirates seem to have a lot going right for them, but without room for improvement.

Despite help from some key midseason acquisitions and their lights-out bullpen (dubbed “The Shark Tank”), the Bucs could benefit from more reliability out of their starting pitchers and more production from the top of their lineup.

Oakland Athletics

With a stadium that frequently leaks sewage into the bullpen, an outfield that’s ravaged by a NFL team on a weekly basis, a much more popular team across the Bay Bridge and a payroll that’s less than the monthly Gatorade budget for the New York Yankees, the Oakland Athletics shouldn’t be in the playoffs.

Yet for the second year in a row, the A’s are the AL West champions and despite the lack of hype, the Green and Gold are happy to be the underdogs. Non Bay Area residents likely won’t recognize much of Oakland’s starting lineup, outside of closer Grant Balfour and outfielder Yoenis Cespedes. Much like the Moneyball story goes, this 2013 squad is comprised largely of unheralded role players who have had remarkable success despite a lack of national attention.

With a potential MVP candidate in third baseman Josh Donaldson and red-hot rookie pitcher Sonny Gray, this is a team that’s got depth to spare. The A’s will face the Detroit Tigers in the American League Division Series; the Tigers ended the postseason for Oakland in 2012 in a 3-2 series score. This October, though, the A’s are looking to go all the way.

St. Louis Cardinals

After battling their way to the top of baseball’s toughest division, the St. Louis Cardinals hoisted that NL Central title for the second time in three years. Just two years removed from winning the fall classic, the Redbirds are looking to make another trip to the World Series, as they try to help second-year manager and former Card Mike Matheny get his first title. Infielders David Freese and Matt Carpenter have had powerful bats this year, with both hitting over .300 in the regular season, and pitcher Adam Wainwright has anchored a solid starting rotation.

With first baseman Allen Craig done for the season, the Cardinals will need a combination of hitting throughout the lineup and efficient innings from their starting rotation, especially Michael Wacha and Shelby Miller, to make it past division rivals Pittsburgh in the NLCS.

Press Box: The beauty of the European game

Continued from Page 12

I headed to the game with another Wake Forest student studying abroad with me in Salamanca. We took a bus there for a solid 30 minutes and promised to help some Frenchmen who were lost and asking us for help. As we reached our stop and exited the underground rail system near the famous Camp Nou stadium, it was clear that soccer was in the air.

It was a beautiful fall night with a slight breeze coming off the Mediterranean, and there wasn’t a part of the illustrious city that wasn’t more electric at the time. With the 10 p.m. game time approaching, we quickly found our seats and settled in for the next 90 minutes. As I nestled in to my nosebleed seat that I paid a lofty 55 Euros for, I could see the disappearance of the city lights and the shores of the ocean. I was lucky to be in such a place. On my left, I began walking with a Swiss man, who called himself a fan of Barcelona. From some of the words coming out of his mouth in German, I affirmed his love for the game even when something went wrong for Barcelona. Dirty words mixed with a passion for F.C. Barcelona seemed to run deep for fans at this stadium. I had heard plenty of exclaiming in Spanish from those around me, and even more yelling and screaming throughout the match, despite Barca securing a 4-1 win over Real Valladolid Oct. 5.

The game started off with bang when Valladolid drew first blood on a goal in the tenth minute of the match. However, Barca showed resilience by notching a goal four minutes later before tacking on three second half goals to cruise to an easy victory and remain perfect in La Liga standings.

The thing that stuck out for me the most from the game was the lack of boogies. In American sports, we take TV timeouts every few minutes, fill stadiums with large jumbotrons, noises, contests and cheerleaders. In hockey, goals are accentuated by special lights, sirens, and music.

In America, sports have become entertainment with the intent to appeal to an entire family, even if not everyone loves sports. There was nothing of that sort at the Barcelona game.

It was such a romantic thought: it was just a game and nothing else. A ball, 22 athletes, a field and a few referees was all that was needed on this cool October night.

It seemed right, and maybe American sports can listen to the echoes of the Spanish soccer world.

It was refreshing to watch a game that was solely about the skill of the sport. Other than skill and execution, nothing else mattered at Camp Nou that evening. The best team was proving itself once again with an incredible atmosphere. Should the sports world really try for more?

ACC: As the conference grows, so do athletes’ concerns

Continued from Page 12

The ACC’s Thursday-Sunday game schedule has led to the Deacs missing more classes over the past two weeks than they were able to attend.

“It is hard to keep up with work because we are busy on the road with meetings, film and practices,” said senior co-captain Aubrey Bledsoe, a health and exercise science major.

Road trips force the athletes to hand in academic papers and prepare for games while reading textbooks, it has become increasingly difficult to justify the continued pleas of the NCAA to emphasize student-athletes.

“I don’t think it’s fair that there is no way for them to get the same opportunities to learn about travel,” said Wahl.

“It seems as if whoever is creating the travel schedule is running counter to the academic interest of the athletes.”

said Long. This ever-changing academic schedule can make the advantages Wake Forest holds on the field feel minuscule in comparison to the disadvantages these student-athletes are forced to confront in the classroom.

“I personally recognize that this schedule is incredibly taxing on student-athletes,” said Ana-Maria Wahl, associate professor of sociology.

“At Wake Forest, you cannot be a student-athlete that does not take academics seriously.”

As these elite competitors continue to travel in mobile libraries and prepare for games while reading textbooks, it has become increasingly difficult to justify the continued pleas of the NCAA to emphasize student-athletes.

It seemed right, and maybe American sports can listen to the echoes of the Spanish soccer world.

It was refreshing to watch a game that was solely about the skill of the sport. Other than skill and execution, nothing else mattered at Camp Nou that evening. The best team was proving itself once again with an incredible atmosphere. Should the sports world really try for more?
THE OLD GOLD & BLACK ON FACEBOOK FOR CAMPUS UPDATES AND BREAKING NEWS
FACEBOOK.COM/OGB1916
Five health fads that don’t meet the hype

Every day it seems that there is a new diet that promises to deliver amazing results. But many of these quick fixes for health don’t live up to their claims.

**Juice Cleanses**

The Promise: For three to seven days, skip solid foods and opt only for vegetable and juice drinks.

The Promise: You will quickly lose weight and easily begin a healthy eating regime.

The Reality: These cleanses can become very expensive very quickly. To go on a juice cleanse, you either have to sign up for a service that delivers your juices to you or purchase a powerful blender/juicer.

Most nutrition experts say that going on a juice cleanse is not a pathway to long-term health. Most of the weight that people who go on cleanses lose is just water weight, so when they start eating solid food again, they are very likely to gain back most of the weight they lost.

**The Paleo Diet**

The Promise: This diet is also known as the caveman diet. On the Paleo Diet, you cut out all processed foods, legumes, grains, refined sugar and salt.

The Promise: By eating a diet specifically chosen for your blood type, your body will flourish.

The Reality: Most doctors believe that this diet is a hoax. The blood type diet forces people to forgo their individual desires and tastes to eat only the types of food recommended for their blood type. This diet also can cause people to eat an unbalanced diet. Each blood type is recommended to eat a different type of diet. For example, people with type A blood are told to eat a vegetarian diet while people with type B blood are told to eat a diet extremely high in protein. The most healthy diet, would be a combination of these two.

**The Blood Type Diet**

The Promise: Eat a diet recommended specifically for your blood type.

The Promise: By eating a diet specifically chosen for your blood type, your body will flourish.

**The Reality: Most doctors believe that the diet is a hoax. The blood type diet forces people to forgo their individual desires and tastes to eat only the types of food recommended for their blood type. This diet also can cause people to eat an unbalanced diet. Each blood type is recommended to eat a different type of diet. For example, people with type A blood are told to eat a vegetarian diet while people with type B blood are told to eat a diet extremely high in protein. The most healthy diet, would be a combination of these two.**

**Drinking Kombucha Tea**

The Promise: Kombucha is a fermented tea drink that is semi-fizzy and relatively low in calories.

The Promise: Drinking kombucha will supposedly produce many health benefits, including improved digestion, weight loss, increased energy and focus.

The Reality: There is little-to-no evidence to support the claim that drinking kombucha positively impacts your health. But there is scientific evidence that proves it can cause stomachaches.

**Coconut Water**

The Promise: Coconut water is the liquid inside of young coconuts. It is now bottled and sold in most grocery stores.

The Promise: Coconut water is being marketed as “nature’s sports drink” and the ultimate hangover cure. People also claim that drinking coconut water will decrease your risk of getting heart disease or Alzheimer's.

The Reality: Coconut water is lower in sugar and calories than most other sugary beverages. It is one of the most hydrating drinks, besides water, available. It also does a good job of replacing nutrients that your body loses through sweating during exercise. But like other sports drinks, coconut water is not the best way to replace these lost nutrients. The best way is to eat a healthy meal or snack after exercising. When it comes to coconut water's disease fighting properties, there is little research to back up these claims.
Fans of the hit television show discuss their favorite episodes of the thrilling final season

BY JAN KIRCHNER
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After DEA agent Hank Schrader made the fateful connection of the telling inscription in his brother-in-law's copy of Leaves of Grass to the unsolved "Heisenberg" case, fans of AMC's "Breaking Bad" were left speechless.

The ensuing year-long wait of Hank's astonishing revelation between Walter White's double life and the final eight episodes of the series left fans chomping at the bit to see how Walt's methamphetamine empire would come crashing down.

With the emotions of devoted followers worldwide at the tips of their fingers, creator Vince Gilligan delivered by crafting eight flawless episodes to bring his cultural phenomenon to a satisfying conclusion.

Wake's "Breaking Baddicts" felt that the show's last episodes were full of moments exemplary of what they loved most about the series. Sophomore Buck Hinman was among many who felt that "Ozymandias" and "Granite State," the two respective episodes before the series finale, were perfect.

Freshman Keenan Harris felt that Walt's emotions throughout "Ozymandias" were "fascinating," especially when Walt made the call, which the police tapped, back to Skylar after kidnapping their baby to make him company.

"That scene showed how Walt, though capable of doing pure evil, is still distraught after Hank's murder and lonely after losing his family," said Lackey. "Walt is so complex, real and human, and it makes him exciting to watch." When boiled down to the root of the "Breaking Bad" obsession, die-hard fans can agree that the appeal of the show lies in its lead, Walter White.

"I most often hear people, including myself, compare Walt to the fateful connection of the telling inscription between the source poem and Walt himself being the 'shattered visage in the dust,'" said Hinman. "Music-wise, the use of The Limeliters' Take My True Love By the Hand as Walt rolled his money barrel across the New Mexico desert in 'Ozymandias' and the full theme song at the end of 'Granite State' were perfect."

Freshman Taylor Lackey was captivated with the emotions of devoted followers worldwide at the tips of his fingers, creator Vince Gilligan delivered by crafting eight flawless episodes to bring his cultural phenomenon to a satisfying conclusion.

"Though I never found myself rooting for Walt in the final episodes, there was still my knowledge that he's a good guy who made actions to destroy his life," said Harris. "These actions make for a cautionary tale for anyone like Walter White who makes a life-altering decision."

Sophomore Taylor Lackey was captivated most when Walt gave $10,000 to the man who helped him escape to New Hampshire in "Granite State" so that the man could keep him company.

"I'll miss Walt the most; he was an ultimate badass, and I really liked how dark he was towards the end of the series," Zwick said.

"In 'Ozymandias,' I loved the symbolism between the source poem and Walt himself being the 'shattered visage in the dust,'" said Hinman. "Music-wise, the use of The Limeliters' Take My True Love By the Hand as Walt rolled his money barrel across the New Mexico desert in 'Ozymandias' and the full theme song at the end of 'Granite State' were perfect."

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Freshman Jeff Zwick agrees. "I really liked how dark he was towards the end of the series." Zwick said.

"Though I never found myself rooting for Walt in the final episodes, there was still my knowledge that he's a good guy who made actions to destroy his life," said Harris. "These actions make for a cautionary tale for anyone like Walter White who makes a life-altering decision."

Though sad that the series is over, students are happy to reminisce.

"By the time 'Breaking Bad' ended, it became a part of pop culture," Lackey said. "There are references to it everywhere. It's cool to be a part of the 'Breaking Bad' viewership and culture because it'll be remembered like 'LOST' and 'The Sopranos.'"

The finale, best of all, brought closure.

"The finale was great," agreed Zwick. "It really tied up all the subplots and had a great ending with Walt in the place he loved — the meth lab."

'Breaking Bad' will forever live on in the universe of Netflix, waiting for an unsuspecting TV watcher to fall victim to its thrilling story lines and deep character development.

Quad Fashion | Scarves

Keep warm in style with statement scarves

Liz Piontkowski
Sophomore

"I like to express myself with my massive scarf collection." Piontkowski is sporting a white and silver striped scarf from American Eagle.

Sarah Repko
Sophomore

"When I walk to class I like to have a scarf instead of a heavy jacket. Plus I look fabulous in it." Repko has on an infinity scarf.

Caroline Smith
Junior

"I like to wear scarves when it's chilly out. They make me feel cozy in class." Smith is wearing a bright orange printed scarf.

Sarah Kingsley
Freshman

"I love bright colors so I paired pink pants with a neutral scarf." Kingsley found her fringed scarf at Plato's Closet.
Relationship Column | Fall Break

Prepare your significant other for the trip home

Bringing your boyfriend or girlfriend home for Fall Break requires careful planning

BY ERIN PATTERSON
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Bringing your partner home from school and introducing him or her to your family is a significant relationship marker. You probably wouldn't introduce your mother to this month's hookup, since she would probably just ask why he or she is saved in your phone as "Slam Piece."

Family tends to ask intrusive questions about your relationship, but that's just one part of it. Bringing someone home not only means that you're inviting him or her into your personal home life, but you're also inviting your family into your personal school life.

Be prepared for these questions by making sure that the two of you are on the same page about where you stand in your relationship. It may seem like a personal school life story, but trust is key. You need to trust your partner and your family needs to trust you as well. You also need to plan something on the spot.

The most awkward part about bringing someone home is the sleeping arrangements. Coming home from school is always difficult because students have to reign in their relatively new freedom and live once again under their families' rules.

Save the drama for another time, though. If your partner means anything to you, don't ruin your family's first impression of him or her by arguing over sleeping arrangements. Communicate with your parents ahead of time so that you can clear the air well before actually bringing your partner home.

To avoid further awkwardness, plan things to do, like hiking or mini-golfing. It puts everyone — your family and your partner — in a good position to get to know each other and enjoy each other's company without the stress of having to plan something on the spot. It also allows for one-on-one time with each member of the family, as well as encouraging teamwork, so you can see how well he or she fits in with your family.

It can be tempting to nag or criticize your partner if he or she is embarrassing you in front of your family, but trust is key. You need to trust your partner to be himself or herself, and your partner needs to trust you to guide him or her through uncomfortable situations.
Student Spotlight | The Hobbs Sisters

Singer-songwriter duo keeps it in the family

Seniors Hannah and Lauren Hobbs are twin musicians looking to make it big in country music.

BY NOLAND GRIFFITH
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The Hobbs Sisters have made it. On a brisk, starry evening on Davis Field, seniors Hannah and Lauren Hobbs, ages 21, opened for one of country music's latest chart toppers, Brett Eldredge.

Playing a four-song set, including their first single "Love Don't Give Up," the twins, along with their guitarist Tommy Bozek, roused the crowd into cheers and applause.

Natives of Pittsburgh, the Hobbs Sisters are not unfamiliar with the blank stares they receive when they tell peers they play country music. To most, Pittsburgh is just home to steel, football and Wiz Khalifa.

But there is more to these sisters than that.

According to the twins, their grandfather John Hobbs, former U.S. military and native West Virginian, was their introduction to country music. They sang with "Pa Paw," while he played the guitar and banjo, and developed a love for the genre at an early age.

"Country music has always been a part of our lives," Lauren said. Both sang in church choir, played in talent shows and by the end of high school, the sisters began writing songs together.

But it wasn't until after their first year at Wake Forest that they began to feel the desire to make music a career. Open mic night at David's Music House was their first gig. Although it was just a three-song set of covers, to the sisters, it felt like they were performing at the Grand Ole Opry.

"Once we started doing little shows and got the bug for it, we just couldn't stop," Hannah said.

After a series of gigs in coffee shops and smaller venues of sometimes just 10 people, Nashville, the country music Mecca, beckoned last spring. A friend of a friend landed them a few minutes with notable Sony Tree Studios producer Adam Engelhardt.

"We wanted to be able to enter the competitive country music market and have our songs be able to run with whoever was on the radio," Hannah said.

And Engelhardt was the ticket. They developed their first EP, now available on iTunes for $4.95, self-titled 'The Hobbs Sisters.' They've even found themselves on the radio. And no, not just Wake Radio. They began self-promoting their EP and their single by calling up every country radio station they could find across 11 states.

"Our first call came from Alabama," Lauren said, "I rolled over one morning and there was a missed call on my phone."

It was a station in Alabama that was calling to let them know they were about to play their single on the airwaves.

"They have now made it on eight different radio stations across the country, and are hoping for many more. Opening for acclaimed country music artist Chris Cagle this past summer helped the Hobbs Sisters gain greater notoriety." They even spoke of the wonderful reception they have had from the Wake Forest community. Friends, acquaintances and perfect strangers have all lifted their spirits to soaring heights. They found out from Student Union just days before they would be playing for Eldredge and were overwhelmed.

When asked if they were nervous to play in front of their peers, Lauren said they were both nervous and excited.

"If they become fans here, they will take it back to wherever they're from, and more promotion will follow," Lauren said.

Near the end of his performance, Eldredge found the sisters in the crowd and thanked them from the stage.

"You girls play great together, and I'm very excited for you."

Organization Spotlight | Kappa Alpha Theta

Theta settles in for second semester on campus

Wake Forest's youngest sorority tackles new challenges and aspirations in their first full year as a chartered Greek organization.

BY AISHWARYA NAGAR
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Spring semester 2013 witnessed the arrival of the Zeta Omicron chapter of Kappa Alpha Theta, an all-female fraternity.

The student body expressed a generally positive attitude towards the assimilation of this sorority into the body of Greek organizations on campus. As a result, Kappa Alpha Theta took on a pledge class of 155 women.

In addition, Theta also recruited five more girls during the current semester to make up its 160 total members.

President Steph Hyatt is especially delighted with Theta's progress and the enthusiasm of current members.

"All of our members are leaders, regardless of whether they hold an officer title," said Hyatt. "Taking a blind leap of faith and joining a new organization is no easy feat and I'm constantly impressed by my sister's bravery and commitment."

"My number one aim is to further develop our sisterhood; last semester we worked toward getting Theta's name out on campus, but this semester we're focusing internally in order to figure out what Theta means to us and where we get from there."

Sophomore Ashley Hamati said, "When spring rush rolled around, many of us hadn't seen ourselves as perfect fits for a specific sorority — we each embodied qualities that craved somewhere or something else. That 'something else' became Theta."

When asked how she felt Theta was assimilating into the student body, Hamati replied "Theta is assimilating at Wake wonderfully. Everyone has been extremely supportive and sometimes even more excited than we are! We have a very diverse group of girls, which I believe is an advantage."

Julia Gaburo, the Theta social chair, is appreciative of their members' support and looking forward to Theta's development within the Wake Forest community.

"I think Kappa Alpha Theta is fitting in well," Gaburo said. "We have taken the Greek culture here at Wake Forest and craved it back to wherever they're from, and more promotion will follow," Lauren said.

They are hoping for many more. Opening for acclaimed country music artist Chris Cagle this past summer helped the Hobbs Sisters gain greater notoriety. They even spoke of the wonderful reception they have had from the Wake Forest community. Friends, acquaintances and perfect strangers have all lifted their spirits to soaring heights. They found out from Student Union just days before they would be playing for Eldredge and were overwhelmed.

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Near the end of his performance, Eldredge found the sisters in the crowd and thanked them from the stage.

"You girls play great together, and I'm very excited for you."

After recruiting five more girls at fall bid day earlier this semester, Kappa Alpha Theta seniors welcome their new members in front of their lounge.

Photo courtesy of Student Union
Movie Review | Rush

Howard’s Rush thrills on and off the track

The competition between two racing legends reveals their inner selves, motivations and quirks

BY LIZ KUEHN
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The title Rush is all too accurate. The film takes you on an intense 123-minute adventure where your heart rate is sure to skyrocket as you get immersed in the emotions put on a thrilling roller coaster. Rush tells the story of the 1970s rivalry between two very different Formula One race car drivers. Rush is currently one of director Ron Howard’s best films to fit the seamless interweaving of thorough character development and racing scenes, with on-point cinematographic details.

The film focuses on thrill-seeking, British playboy James Hunt (Chris Hemsworth) and his rival, the disciplined, uncharismatic Austrian Niki Lauda (Daniel Brul’). The screenplay, written by Peter Howard, delves deep into their contrasting personalities and racing styles by consistently switching the perspective of the film between the two drivers. We learn extensively about James’ party habits that lead to unsuccessful romances, Nicki’s coldness and determination to show what he is worth and how their personalities translate to the racetrack.

The high volume racing scenes are a thrill to even those not into racecar driving. Each race is filled with suspense — you never know whether James, Nicki or someone else will come out on top. Moreover, you never know who will make it out safely, or even alive.

Nicki captures the essence of this when he says in the film’s beginning, “25 drivers start Formula One each year, and two of us die.” It’s during the racing sequences where the cinematography is especially impressive. At one point, the viewer is in the car with James or Nicki, their helmets obstruct the view. But then, a moment later, we are lying on the racetrack watching the cars speed by and zip through the grass edging the track.

Rush not only excites us about a race, it gets us right in it. We cry when tragedy strikes the characters’ lives, and we hold our breath watching their car speed around the track.

While the film has no true moral behind it, I came out with a clearer understanding of what drives race car drivers to risk their lives to speed around a track. Also, if there is one thing Rush teaches, it’s that the power of a rivalry is the biggest motivation to keep you going against all odds.

Hemsworth encapsulates the bad boy personality of James Hunt.

Tech Column | Xbox One vs. PS4

New PlayStation 4 outshines Xbox One

Both of these two gaming systems have their benefits, but PS4 is a better buy

BY GUARAV SHENI
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As the semester approaches the halfway point, many of you will be excited to go home for December and enjoy the holidays. What would be a better way to enjoy it than by buying a new gaming console? You can speak commands or move your hands to control your TV.

Console

The Xbox One has a boxy design. It’s a very simple looking machine that fits in well with the rest of your living room. On the other hand, the PS4 has a sleek and futuristic design. Under the sleek and futuristic design, both consoles have an AMD 8-core processor, called Jaguar. They also use the same graphics processor, a Radeon HD 7000 with 8GB RAM. Even though things might seem the same, the PS4 already has more cores for the graphics processor. It can do multiple things at once, which should give it better graphics.

Games

Xbox One might have the advantage here. If you are a fan of Halo and want the next game, then you have no choice but to buy an Xbox One. The Xbox One features games exclusively made for the console, such as Gears of War, Dead Rising 3, Forza Motorsport 5 and Killer Instinct. The PS4 has a few exclusives, God of War, Killzone: Shadow Fall and Drive Club.

Motion Control

The Xbox One is the clear winner in this category. The Kinect has been redesigned so it has a higher resolution camera, a larger field of view and a better IR camera. This means it can track up six people at a time and even see your separate finger movements. The Kinect can even recognize your heartbeat. The PS4 has a separate camera, PS4 Eye, which lets you control the console with voice and hand gestures.

Price

There is a big difference when it comes to price for the consoles. The Xbox One will cost $500 while the PS4 costs $400. The Xbox One forces gamers to buy the Kinect camera, even if they don’t want to use it. The PS4 will have a separate $50 PS4 Eye. If you’re one of the many college students looking to save money, then the PS4 might be the way to go.

Verdict

While the Xbox One has some very cool features like live TV overlay and Kinect 2.0, it is ultimately the PS4 that is the better console. You’ll get a much faster console that’s easier on the wallet. The PS4 will be released Nov. 15 and the Xbox One on Nov. 22.

Fall Break Activities

Here are some ideas to fill the time if you’re staying on campus for the long weekend.

1. A Capella Dual Performance

Innuendo is performing with Dominions from UVA at 8 p.m. on Sunday in Campus Grounds.

2. Dixie Classic Fair

This weekend is your last chance to experience the demolition derby or the Krispy Kreme Burger!

3. Pilot Mountain

Take the 30 minute drive for a great view of the fall leaves and a relaxing hike.

4. Shopping

Head over to the Greensboro Friendly Center for a higher quality shopping experience than Hanes Mall.

5. Catch up on Netflix and sleep

You know you want to. Campus is quiet and we’re halfway through the semester, so relax a little!

Celebrity Gossip

1. Miley mocks herself and the government shutdown in an SNL music video.

2. Leaders of the Kardashian clan, Kris and Bruce Jenner, announced their official separation.

3. Paris Hilton parties with Lil’ Wayne in her latest music video “Good Time.”

4. The Jonas Brothers cancelled their tour due to a rift in the band. Could a break up be next?

Midterms

When even this looks relaxing
Happy Birthday
Banshees

Wake Forest’s comedy troupe celebrates its 20th anniversary on campus

BY RACHEL WALLEN
Contributing Writer

Imagine visiting your college long after graduation to discover that the small comedy club you knew had transformed into one of the most popular student groups on campus.

This is what alumnus Ben Tomlin experienced when he came back to find that the little comedy shows he put on with his friends had developed into a full-fledged comedy troupe nearly 20 years later. Now, this club sells out two shows in Brendle Recital Hall and calls itself “The Lilting Banshees.”

This year we celebrate the Banshees 20th year on campus. Through humble beginnings, occasional administrative tensions and the constant in and out of new members each year, the Banshees have only gotten bigger and better. Notable alumni include names such as Ricky Van Veen, founder of CollegeHumor, and Sara Schneider, writer for Saturday Night Live.

Bret Raybould, a senior Banshee and this year’s director, credits the club’s camaraderie as the reason for its longevity.

“There are no groups within the group, we’re just us,” Raybould said. “The troupe is something that brought us together, but if you took that away, I would still be friends with every single one of them. It’s a family.”

Junior Emma Templeman agrees. “We’re all really different, all involved in different things, but when it comes down to it, we’re one of the most tight-knit groups on campus,” said Templeman.

This family-like atmosphere creates an environment where the art of writing humor can flourish. The success of a comedy troupe is dependent on its members feeling comfortable enough around each other that they can throw out ideas confidently, without fear of judgment or criticism.

Because it can be so intimidating to put yourself out there at first, the Banshees work hard to welcome their new members into the group each year.

“We have to make them feel comfortable enough to be themselves,” said junior Kevin Corcoran. “Each Banshee has a very unique sense of humor, and that’s why we pick the people that we do.”

In order to foster the closeness that makes them successful, they take the freshmen members on a weekend retreat at the beginning of the year.

“The point of the retreat is really to bring in the new Banshees and celebrate them being in the troupe,” said Templeman. “We get to know them as people, and we show them that Banshees is more than just writing sketches.”

When it comes down to it, though, the Banshees work hard on their shows. They spend hours each week writing new sketches and coming up with original ideas.

“Writing stuff that’s funny and original is tough,” said Raybould. “We hold ourselves to a very high standard — how funny is this? How original is this? Is this comedy people have seen elsewhere? If it is, we immediately cut it from the show.”

After weeks of brainstorming hundreds of ideas and writing upwards of 60 sketches, they all get together to read and choose the final sketches for the show. The narrowing process takes hours, but results in a set of sketches that everyone in the troupe agrees are the best from the semester’s work. After that comes the fun of sharing the laughs with a campus that can always use a humor break.

“Wake is such a stressful environment sometimes, it’s like a pressure cooker,” Templeman said. “Our shows are short, so people can just come in and laugh for an hour, and then everything feels better when you leave. That’s kind of what I want for our audiences, and something that I think Wake really needs.”

Raybould agrees that humor is an asset to any school.

“It’s valuable to have jokers on campus,” Raybould said. “It is nice to have a campus that can hold a mirror up to itself and laugh at the deformities it sees. The troupe loves this school more than anything, and when you love something, you’re okay with making fun of it.”

Regardless of what happens to Wake Forest as a community or to the Banshees as a group, they’ve proven that they are here to stay.

“I think it’s just kind of the way funny people are,” Corcoran said. “They take what they got and they just deal with it.

“All the Banshees are such different people, but the thing that brings us together is the fact that we can just set all that aside and say, alright, let’s make some people giggle.”

Thanks for 20 years of giggles, Banshees, and here’s to many more.

The current Banshees troupe goes incognito while searching for inspiration for their next show during Banshee Retreat weekend.

White shirts and khakis are a tradition for this comedy group. Here’s the 1998 troupe before their freshman orientation show.