The debate over marriage equality has reemerged since a N.C. official gave marriage licenses to same-sex couples.

**BY KEVIN CLOSS**
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The Buncombe County Register has begun accepting marriage licenses from same-sex couples, in apparent contradiction to the 2012 amendment to the N.C. State Constitution that banned such unions.

The official, Drew Reisinger, states that he believes the amendment is unconstitutional, and began accepting the licenses following the state attorney general's endorsement of gay marriage.

However, Attorney General Roy Cooper announced that while he was personally in favor of marriage equality, he would uphold the current law.

University scholars say that Reisinger's actions will not have any immediate impact and that the move was intended to have a long-term impact.

"There is little doubt that under current N.C. law, whether the relevant state statutes or the state constitution, same-sex marriage is not recognized," political science professor John Dinan said. "And so any marriage licenses issued to same-sex couples by local officials are not valid under state law."

Dinan suggests that the reasoning behind the maneuver was to lead to an ultimate federal ruling prohibiting a ban on homosexual marriages.

Reisinger has stated that it is his belief that the courts will ultimately rule in favor of allowing gay couples to marry.

"Presumably, the point of securing such marriage licenses from local officials in North Carolina is to bring the issue before a federal court, in the effort to obtain a ruling that the denial of marriage licenses to same-sex couples violates the federal constitution," Dinan said. "Efforts are being made to present federal judges with justiciable cases that might in some instances result in rulings favorable to same-sex couples, with the ultimate aim of persuading the U.S. Supreme Court to rule for same-sex marriage."

See Marriage, Page 4

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**Researcher utilizes drone technology**

The biology department has begun using drone technology to help with research efforts in difficult terrain.

**LAURA MAZURAK**
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Graduate student Max Messinger pulls his cap low as he rotates towards the late afternoon sun. Controller in hand, his eyes follow the DeaconEye's path across the sky: its nose and propellers take shape as it approaches and the whirring gets louder and louder, until it's directly above Messinger. Blades of grass flatten beneath it and Messinger's shirt billows out like a sail that's just caught the wind.

To onlookers the DeaconEye may appear to be some sort of souped-up, remote-controlled airplane. In reality, it's a $10,000 unmanned aerial vehicle (UAV) that collects critical data for Miles Silman's climate change research.

Silman, a Wake Forest biology professor, is on the cusp of a growing trend in science: while UAVs, or drones, are more often associated with military strikes in the Middle East, they're increasingly used for data collection.

The DeaconEye, developed by students in 2012, is an unmanned aerial vehicle (UAV) being used for research for various academic departments.

See Drone, Page 5
Homecoming weekend was a rousing success for Wake Forest University. To begin, the university successfully launched the largest capital campaign in the school's history, Wake Will. Distinguished alumni and trustees celebrated the launch of the public phase on Thursday night with an elegant evening completely dedicated to Wake Forest's marked history.

The extravagant launch culminated in a school-wide gathering and grand unveiling in "the Tent" on Friday afternoon. Over 5,000 people from the university's community attended this event in the newly-purchased Joel Coliseum, according to President Hatch's advice. These celebrations were just a sign of what was to come in the weekend.

We hope that the spirit on display this past weekend returns for upcoming events, such as this weekend's Seize the Quad and Project Pumpkin. These events are made for our entire community to come together, so we should try to make the most of them.

The OGB has questioned why our campus has been plagued with a lack of school spirit over the last few years. We could list these specifications here but the bottom line is that it doesn't matter. We shouldn't need fireworks and a five-star tent to inspire spirit in the community. This spirit should be inherent from the first day that we receive those acceptance letters to Wake Forest in the mail.

The marketing campaign behind Wake Will discussed the growing pains the university has experienced in its 179-year history.

The university arrived in Winston-Salem with only a few thousand dollars to its name and now stands alongside the most elite universities in the nation. We are a miracle story in the world of higher education.

Although we sometimes lose sight of our humble beginnings, we must remember the incredible progress the university has made from the small, regional college it once was. This is evident from the incredible faculty, competitive students and impressive campus we have here.

Although we may not have the largest endowment and we may not win every athletic event, it is important to show our support for Mother. So Dear, After all, it isn't just a classroom or stadium for four years; it's a lifelong commitment to be a Demon Deacon.

We have a lot to be proud of.
Deacon Profile: Sara Dahill-Brown

BY CHRIS FORD
Staff Writer
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Sara Dahill-Brown is an assistant professor of politics and international affairs, having joined the university in 2012. She received her bachelor's degree in political science and sociology from Trinity University in 2004. She earned her master's degree and Ph.D. in political science from the University of Wisconsin-Madison in 2007 and 2012, respectively. Her areas of expertise include public policy, education, state and local government, and democratic accountability. She currently teaches courses on public policy as well as quantitative research.

How did you get your start in education?

I've lived all over the country. I was born in New Jersey and then grew up in Utah. I was really well prepared for college but I wanted to leave the state so I went to a school that was actually a lot like Wake Forest in San Antonio. I majored in political science, sociology, and environmental studies. I was totally unfocused. I knew I wanted to be in some sort of helping profession and that was probably about it.

Then during my senior year of college I discovered Teach for America. It was a lot smaller then than it is now. I ended up getting placed in the Rio Grande Valley of Texas. I taught middle school kids, which I loved. I thought it was a lot of fun. Maybe it's because you can explain some basic norms of human behavior to them.

I taught there for two years. It was a really cool place, the school worked at used to be a fort during the Mexican-American wars. So people would cross the border at the school because the border patrol can't actually come inside of school because of legal issues. But I loved it and I loved my kids.

Why have you focused on education in the United States?

I went to grad school after all that because my plan had always been to go to grad school to study international development. And when I went to grad school at Wisconsin, I thought a lot about my students and the U.S. public school system. So I ended up focusing on my research and course work learning about public schools and policy.

Wisconsin turned out to be a really great place because I ended up getting to work on a big grant for the governor. It was a great place for me to be; I got to work in schools. I got to work for the governor — so I got a good range of experiences.

What drew you to Wake Forest?

I went on the job market, I was getting ready to defend my dissertation and I was really torn between moving into an applied research position and coming to a university as a professor. I was actually worried that I wouldn't find a department that supported the kind of work that I do because it's very applied. There are two strands of research that I do that use a lot of the research methods of political science but it's not actually political science — it's policy.

So I worried that I wouldn't find a place where I could teach political science and do my research. But when I came to interview here I just loved all of the faculty in the political science department, I think they're wonderful. They were very supportive of me and the kind of work that I'm doing.

Is there a research project you're currently working on?

I am working on several projects. Public schools in the United States have generally been governed in a decentralized fashion, meaning that local communities get to make all the decisions about how long the school days were, what could be taught and who could be a teacher. But in recent decades, states have stepped in and regulated the school day, mandated that kids go to school, determined teacher salaries and standardized tests. I investigate whether that's good or bad. I examine which states are preserving local autonomy, which states are infringing on it and what are the consequences for the schools.

Have you reached any conclusions?

The Cliff Notes version of what I've found so far is that states that have consolidated authority have closed the achievement gap between black and white students at a faster pace. That is interesting if you're interested in schools and governance because for folks who study federal systems, especially in the U.S., where the big questions are: "which policies should the federal government make?" and "which policies should the local government make?" It's kind of a "fit argument" for the locality versus an "equity argument" for more centralized governance. It's a big question.

How do you think social media can be used as a good teaching tool?

I'm just starting to explore this but I think that one of the things that Facebook can do is to enable conversations to continue beyond the classroom. Because we often get a conversation started but some students weren't forceful enough to raise their hands. I think it brings more students into the conversation in addition to keeping it conversation going. For political science, I think it's especially nice because of what we study, things are happening that fit our interests on a daily basis that we can share.

What do you hope your students get out of studying political science?

I think political science has a lot to offer students in that it gives them a series of lenses that help them understand the policy debates going on around us. It helps them think about ways that we can be active citizens. The process of making policy decisions and the decisions themselves are all things that we should be paying attention to.

Political science has answers to some big questions like "why is voting important?" "Talking to people with different political values, something I see students here do very well, teaches you and makes you realize where you can compromise on certain issues.

What do you do in your free time?

I'm at an age where all of my friends are getting married so I travel to weddings quite a bit. I'm also a runner. I've run one marathon so far. I ran Big Sur in California, but that was a few years ago when there had been so much rain that a piece of the highway fell into the ocean, so we had a detour. I like to hike, and I play soccer every week. I also like to cook, so some of my students know that I like to bake. I make really good cinnamon rolls.

Do you have a favorite class that you've taught?

I love seeing students take research in all different directions so I love my research methods course. I enjoy it so much because students don't expect to like it, and I like the challenge of helping them negotiate it. It's the one class where students get to think about whatever they're interested in and how they would investigate it. I also love my policy class. I don't know if I could say I have a favorite.
Marriage: Local official issues gay marriage licenses

Continued from Page 1

Court at some point in the future to issue a decision recognizing a federal constitutional right to same-sex marriage."

Statements from Reisinger seem to support this theory that he doesn’t expect that the granted licenses will be of use immediately, but that his intention is to create a larger legal debate. "I think it's pretty clear that there is a contradiction between state law and federal law, and we want some clarification," Reisinger told the Associated Press.

Currently, 14 states recognize marriage licenses between same-sex couples with New Jersey being the most recent state to do so on Monday.

Gay marriage was approved in New Jersey as a result of state court rulings, despite Republican Governor Chris Christie's opposition and appeals. Students on campus seemed to be supportive of the marriage equality movement and Reisinger's action, in line with most polling amongst young adults.

A 2013 Washington Post/ABC News poll showed that 81 percent of those aged 18-29 supported the right of gays to marry.

"Same-sex marriage should be legal because gay couples deserve access to the same marriage benefits as heterosexual couples. I believe this is a step in the right direction towards equality for everyone," said sophomore Kelley Oxtander.

Approval doesn’t seem to be based on party or ideological lines either. Support for marriage equality seems to be widespread. "As a conservative, I fully support people's right to make their own personal decisions so I am advocate of gay rights," Jake Kerin said.

Pro-gay university organizations have also responded positively to the developments. Dr. Angela Mazaris, director of the LGBTQ center located in the Benson University Center, called the move "very inspirational.

"Organizations have been working on strategies to arrange equality amongst all," Mazaris said. She said the "civil disobedience" by elected officials was "interesting and exciting." The LGBTQ center opened up in August of 2011 with the goal of "fostering a safe, equitable and inclusive experience for all." Mazaris says they strive to educate the entire student community about gay rights issues as well as provide a place for people to go and talk one-on-one if they ever need assistance.

Current programs offered by the center include safe zone information sessions, coffee hours, discussion groups and free HIV/STD testing.

Despite the controversy raised in Buncombe County, the N.C. government has made it clear that it will not recognize same-sex marriage.

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Note these exciting courses for Spring 2014!

HMN 225, Literature Travel & Discovery Dance, Marosoni, R. | T/R, 2-3:15 PM, GRNE 251
HMN 282, Public Life & the Liberal Arts, Frenk, T. | T/R, 3-4:45 PM, TRIB B117
HMN 333, Found. of Revolution in Modernity, Warren, B. | T/R, 9:30-10:45 AM TRIB A 303
HMN 335, German Film, Wiggers, H. | M/W/F, 2-2:50 PM, GRNE 340
HMN 359, Fathers and Daughters, Nielsen, J. | T/R, 2-3:15 PM, TRIB A265
HMN 360, Humanity and Nature, Von Burg, R. | M/W, 3-4:15 PM, CARS 301
HMN 394, German Myths Legends Fairy Tales*, Howards, A. | T/R, 11 AM-12:15 PM, GRNE 338
HMN 396A, HMN and Law Custody Issues, Nielsen, L. | T/R, 3-4:15 PM, TRIB A205
HMN 396B, HMN and Law Custody Issues, Nielsen, L. | T/R, 10-11:15 AM, TRIB A205
HMN 396E, Wagner Schopenhauer Nietzsche, Young, J. | T/R, 2-3:15 PM, TRIB A 307
HMN 396L, Contemporary East Asian Cinema, Rosekirk, A. | T/R, 3-4:15 PM, CARS 301

*Note the new Interdisciplinary Humanities Pathway to Medicine, combining a humanities or fine arts major, Interdisciplinary Humanities minor with thesis, & core science courses as a powerful path for admission into Wake Forest School of Medicine.

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New dining hall will offer more food options

With a different layout and various eating options, the new dining hall will have a more casual atmosphere

BY MORGAN SCHICK
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Students across campus are anxiously awaiting the opening of the new North dining hall in January 2014. The building, which began construction in the spring of 2012, is set for completion by December 2013 and will welcome students back on campus for second semester. The lower tier of the building will hold an additional Starbucks and Provisions on Demand (P.O.D.) market.

The second tier will have a new market-style dining hall and a sit-down, a la carte restaurant.

With over 200 general seats, 70 restaurant seats, and 100 exterior seats, the building will certainly provide students with a space to socialize, study and dine.

"The general concept of the building is to create a space where students can come and go and use it for a variety of reasons," said John Wise, vice president of hospitality and auxiliary services.

Although the dining hall component will offer some similar food options to the Pit, it will have a different atmosphere. Unlike the Pit, the layout of the dining hall allows students to use the seating area without using a meal swipe unless they purchase food.

"It is different than the Pit for a very strategic reason: The Pit is an all-you-are-to-eat cafeteria where, once you get to the door, you swipe to go in," said Wise. "We set out with the mission to design a building that had community at its forefront, where students can dine, study or socialize.

The dining hall will be a market-style service with options such as a made-to-order deli with sandwiches and salads, a stir-fry station, grill and salad bar. It is different from the Pit in that these stations are completely separate from the seating area, and students only have to use a meal swipe to enter the area with food.

The purpose is to give students more options to use meal swipes.

"We wanted to create another meal swipe venue on campus because we know the opinion students have about their meal swipes: they don't get to use them all, and they want more options for using them," said Wise.

Freshman Tyler Pesek is looking forward to seeing shorter lines once the North dining hall opens.

"I think that the new dining hall will dramatically reduce the lines in Benson and the Pit, especially because the people in the business school and in the new dorms will have a much closer place to go on north campus," said Pesek.

The new dining hall, which has been under construction since 2012, is set to open in January of 2014 with a variety of new eatery options.

Junior Maddy Rupert is frustrated with long lines in the current Starbucks, which frequently stretch upstairs.

"I'm most excited for that," Rupert said.

"The line is always so long in the morning before my classes."

Also much anticipated is the new restaurant, Bistro 34. The Pit, especially because the people in the business school and in the new dorms will have a much closer place to go on north campus," said Pesek.

The purpose is to give students more options to use meal swipes.

"I'm really excited about being able to grab food before my 8 a.m.," said sophomore Kelsey Brown. "It's so close to my dorm and will be a huge time saver.

The office of hospitality and auxiliary services hopes that the new dining hall will serve as a social and study space in addition to providing greater eating options.

"This adds a capacity to dining on campus that we have certainly been missing over the past couple of years," said Wise.

Drone: Grad student uses UAVs for scientific research

Max Messinger, a first-year graduate student, helped develop the DeaconEye, an UAV being used for research by the biology department.

Continued from Page 1

The DeaconEye hovers I 00 to 200 feet in the forest canopy, capturing both physical and thermal imagery.

Silman's team can use data related to leaf temperature to track changes in the climate over time.

"Before, we were doing most of our exploring from the ground," Silman said.

"Even though much of the action in a tropical forest happens in the canopy," Messinger, a first-year biology graduate student, said.

He first-year biology graduate student, helped develop the DeaconEye as an undergraduate student at the university in 2012.

"It is difficult for researchers to get precise data related to leaf temperature and forest health," Messinger said.

"That's where the UAVs come into play. Equipped with special cameras, the DeaconEye hovers 100 to 200 feet in the forest canopy, capturing both physical and thermal imagery.

"Silman's team can use data related to leaf temperature to track changes in the climate over time.

"Before, we were doing most of our exploring from the ground," Silman said.

"Even though much of the action in a tropical forest happens in the canopy." Messinger, a first-year biology graduate student, said.

He first-year biology graduate student, helped develop the DeaconEye as an undergraduate student at the university in 2012.

He said it's made collecting aerial data significantly easier, especially since the Andes mountains and Amazon rainforest are home to challenging terrain that can make this type of research difficult.

Other researchers are similarly starting to catch on to UAV technology.

"It's very easy for researchers new to UAVs to start using them," Messinger said.

The April issue of Frontiers in Ecology and the Environment, the leading journal in ecological research, featured an article that touted the type of research difficult.

The article, entitled "Lightweight unmanned aerial vehicles will revolutionize spatial ecology," said UAVs offer ecologists new opportunities.

BRIEFLIES

JDRF Walk to Cure Diabetes held at BB&T Field

There will be a JDRF Walk to Cure Diabetes held 10 a.m., Oct. 26 at BB&T Field. For more information on walking or donating e-mail Brooke Epley at epleab@wfu.edu or visit jdrf.org/goto/BeatTheBetes5.

Theta Chi hosts annual Rent a Puppy Philanthropy event

From 12 p.m. to 4 p.m. Oct. 25 Theta Chi will be hosting their annual philanthropy event, Rent A Puppy. The event is in conjunction with the Winston-Salem Humane Society. All of the proceeds from the event will go directly to aid in the Humane Society's efforts to care for the animals at the shelter.

Puppies are limited so sign up as soon as possible. Sign up to rent a puppy at wejoinin.com/sheets/sdmb.

2013 Study Abroad Photo Contest opens to students

The Center for International Studies has opened up the 2013 Study Abroad Photo Contest to students who studied abroad during the 2012/2013 academic year. The three categories for submission this year are Wake in the World, A Different Light and General Travel. Submissions are made through flickr.com. The deadline for submission is Dec. 1. Photos will be judged by a panel of faculty, students and staff on quality, creativity and ability.
Students launch initiative to thank faculty

11 Days of Teaching initiative encourages students to express their gratitude to faculty through social media

BY AISHWARYA NAGAR
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After U.S. News and World Report ranked the university 11th in quality of undergraduate teaching, students in the Volunteer Service Corps, in coordination with the Dean of the College, were inspired to launch the 11 Days of Teaching Initiative. The teacher appreciation initiative, which began on Oct. 15 and will conclude on Oct. 25, celebrates the professors who have made this a community that focuses primarily on teaching and inspiring students.

Students involved in the initiative are spreading the word by tweeting or posting on Instagram with the hashtag #WFUTaughtMe or by posting a response on the initiative’s website.

Each of the 11 days spent honoring the university's faculty are coupled with a specific prompt, with the best responses displayed on the website. For example, on Oct. 15, students posted about the most fascinating fact they learned while at Wake Forest. On Oct. 16, they posted about a course that changed their way of thinking. Students can post their own messages to faculty members each day up until Oct. 25. The initiative will culminate with a large-scale event on Oct. 25 on Manchester Plaza. At the event professors will be invited to host their office hours on the Quad and there will be free coffee, donuts, cream horns and ladder-ball.

Students have responded positively to the initiative, and their website has been flooded with praise for faculty. "It’s a wonderful initiative,” said senior John Walsh. “Our professors are excellent, it’s important they get the recognition they deserve.”

The involvement of social media outlets provide students a platform to express their gratitude for the help their favorite professors and mentors have provided.

“I think the initiative generates a sense of campus community that emphasizes the important role that faculty play in student life,” said senior Joseph Belanga.

"Often students are rewarded for their individual contributions, but it’s rare to shift the focus to the faculty who are responsible for teaching our student body.”

The website for the initiative even allows students to express their sentiments anonymously. "I think this is an utterly brilliant way for students to openly display affection for professors in ways that might be difficult in person,” said junior Anna Grace Tribble, Senior Maura Connolly agreed with Tribble. "This initiative is valuable because professors are realizing just how much we appreciate them,” she said.

The website became popular almost immediately after it's launch. "Several hours after launching it on Facebook, it was one of the top 10 trending events in Winston-Salem,” said Hannah Rodgers, captain of the Volunteer Service Corps. "We had over 70 people even posting on the website: current students and graduates."

The initiative is popular outside of the student body as well. “Faculty members have been really impressed with what we’ve been able to do,” Rodgers said, "which has been the most rewarding part.”

The campaign coordinators will also share photos and videos on Twitter, Instagram and Facebook, and encourage students to continue to voice their gratitude.

"The student response has been overwhelming,” Ferrow said, "that students received over 70 and liked you letters and over 70 Tweets and other uses of #WFUTaughtMe. The website has had over 1200 hits.”

"I think this campaign is a phenomenal idea,” junior Taylorerring said. "It was such a shame when the LGBT Sign was vandalized and this is the great way for the campus to show both the wake forest community as well as the rest of the school that the vast majority of the school wants a diverse and inclusive campus.”

Student response to the campaign has been widely positive and supportive.

"I think that having this campaign is a great move toward to social media in support of the Dignity and Respect Campaign. The Wake Forest Compliments Facebook page often shares the Office of Multicultural Affairs daily tip on treating people with dignity and respect.”

Furthermore, on Oct. 2 the "WFU Not On Our Campus" Facebook page was launched to allow everyone to 'take a pledge to stand up against and to end hateful language and actions toward any and all people on the Wake Forest University campus. "I think having the campaign on campus is a wonderful idea,” junior president of the Gay Straight Student Alliance Fort Homes said. "Even if the occurrences of disrespect were few and far between, the existence of them is a serious issue. I think the campaign is necessary because it will help decrease these instances.”

University kicks off Respect and Dignity Campaign

In response to recent incidents of vandalism directed at the LGBTQ community, the campaign will emphasize the importance of acceptance and inclusion.

The campaign is designed to increase inclusion and equality for all students on campus

BY IAN RUTLEDGE
Print Managing Editor
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One month ago many members of Wake Forest's Reynolds college crunched as the news spread that an individual had vandalized the sign outside the LGBTQ center in Benson.

Angela Mazaris, director of the LGBTQ center, discovered the vandalism, which read "Rot in hell,” when returning to her office on the afternoon of Sept. 12.

This offense, along with other reports from students of maltreatment based on bias, prompted the Office of the Provost and Office of Diversity and Inclusion to launch the "Dignity and Respect Campaign” on the university's campus starting on Oct 7.

The university's campaign is based off and a part of the national "Dignity and Respect Campaign,” which was started by the Center for Inclusion at the University of Pittsburgh Medical Center. The primary goal is to embed the message "You Belong Here” into the very fabric of our campus,” Barbree Oakes, assistant provost for diversity and inclusion, said. "We have work to do with respect to fostering an environment where all these differences are fully embraced. Recent reports of student balkanization and overt acts of inclusive sparkled conversations about the need to address our campus culture, resulting in this campaign."

Oakes and the other coordinators of the campaign hope that during the campaign, which will run throughout the year, they will be able to get 5,000 members of the Wake Forest community to sign the pledge, "I will treat everyone with respect and dignity.

"We have come far in many areas, but student culture has often erected invisible barriers to the full realization of inclusive excellence. We need to work on creating a more inclusive community.”

Other university offices such as the University Police have joined in supporting the campaign.

"University Police Resource Officers took brochures into the residence halls and asked students to take the pledge and spoke with students about the 30 tips of Dignity & Respect," Sgt. Lesa Finney of the University Police said. "University Police hope to see a more inclusive community that creates an environment where all students feel safe and respected.”

Student response to the campaign has been widely positive and supportive.

"I think that having this campaign is a great move toward to social media in support of the Dignity and Respect Campaign. The Wake Forest Compliments Facebook page often shares the Office of Multicultural Affairs daily tip on treating people with dignity and respect.”

Furthermore, on Oct. 2 the "WFU Not On Our Campus” Facebook page was launched to allow everyone to ‘take a pledge to stand up against and to end hateful language and actions toward any and all people on the Wake Forest University campus. "I think having the campaign on campus is a wonderful idea,” junior president of the Gay Straight Student Alliance Fort Homes said. "Even if the occurrences of disrespect were few and far between, the existence of them is a serious issue. I think the campaign is necessary because it will help decrease these instances.”
Colby Moore | Guest Columnist
mooreCl11@wfu.edu

"Washington is broken. "Fire Congress!" There is plenty of rhetoric coming out about Washington, D.C., recently, especially in the context of the recent government shutdown.

While it is clear that many people are upset about the ordeal, there are also still many questions that remain unanswered. Who is responsible? What should have happened? How can we prevent it from happening again?

While those questions are important, the answers are simply not clear and much too complex to fit into a single newspaper column. Instead of focusing on the specific answers to those questions, I argue that we need to shift our mindset as we search for solutions to this problem and others.

The notion of "Washington Insider" has become a term slung around in numerous political campaigns. It is essentially an idea that experience in Washington is a bad thing, but it is certainly something that registers with the voters.

Whether it be Barack Obama, Abraham Lincoln or George W. Bush, the American people have shown that experience is certainly not the central focal point in their decision making regarding voting.

In Congress, it is often the leadership of both parties that are viewed as the Washington Insiders who have helped ruin Washington and are responsible for the shutdown and the unwillingness to get anything done. Instead of accepting this notion as a truth, there should be some further probing done.

Washington Insider has often been associated with back room deals, collusion and even corruption.

The connotation of the term is someone who gets wrapped up with what Washington wants and loses sight of what is best for the American people. People have blamed the Washington Insiders for the reason that the government shutdown has happened and the lack of compromise in Washington over the past years.

Upon further examination, these two beliefs do not align. How can people who are criticized for being part of "The Club" and for back room deals at the same time be blamed for the lack of compromise in D.C.? Instead, the blame for the gridlock should not be placed on the experienced, but rather the lack of experience.

The government shutdown provides a perfect example for how Washington has worked over the past few years. The lack of compromise has been a result, not of the Washington Insider, but rather inexperienced politicians who were elected for their hardline stances and came to Washington to impose their principles on Congress.

The ability to compromise has not become a desirable trait for many politicians. They often talk more about their partisan values than their willingness to sit down to hash out compromises with the other side of the aisle.

This influence of the inexperienced has left the experienced politicians, the so-called Washington Insiders, as the sole negotiators of compromises. Even then, they often feel so much pressure from those that are unwilling to compromise that they themselves feel too threatened to go against the wishes of the more radical members of their party.

Look at the politicians that ultimately helped craft the deal to end the shutdown: Senator Susan Collins (third term), Senator Harry Reid (fifth term), Senator Mitch McConnell (fifth term) and others. One can argue about who won or who lost in the deal, but the fact is that the deal was reached because by a group of experienced Senators who have over and over again been the only ones who have been able to sit down and get something done.

So maybe it isn't the fault of the Washington Insiders. Maybe experience isn't a bad thing. We, as the American people, need to change the way we look at experience. We need to start valuing the individuals who are willing to get something done and compromise more than we currently do. As dysfunctional as Washington seems today, without them, we would be much worse off.

As much as we declare diversity and inclusion as central to our university's mission, I believe we, the students, have a tendency to get caught up in whatever "type" individuals fall into.

We forget that nobody is entirely defined by the activities they partake in or their appearance.

Let me provide examples: The sorority girls don't mingle with the GDIs and the GDIs don't reach out to the sorority girls and the athletes only have time for other athletes and the frat guys will never talk to the girls in the school band, and as I look over this wild run-on sentence I feel ridiculous and kind of disgusted with myself for having written it. Sure, these are sweeping generalizations, but don't we make judgments similar to these more often than we'd like to admit?

What's sad is that we are aware of our judgments. Worse, we desire to know people outside of our closely-knit social group, yet we never do so because it is just too convenient not to. It is far easier to stick with the buddies we made the first month of freshman year than to stretch outside of our comfort zone and become close with new people.

Randomly striking up a conversation with someone who happens to be waiting in line at Starbucks or anywhere else on campus is unheard of. We walk quickly to class because we are busy students, too busy to stop and take notice of the people who surround us. When we go out, we dance with our friends and only sometimes allow ourselves to mingle with unknown peers.

We mark ourselves with our T-shirts and our activity lists and our résumés; we take pride in what we do, which is a good thing. At the same time though, we take one look at someone who does not do the things we do and we define them as "other." Perhaps we find a hardy label to slap on the figurative box we put them in, then we niall that box shut.

This continuous "psyching out" that we do to ourselves in ironic. I believe most students would like to get to know more people, different people than they regularly hang out with. In reality, we aren't cold or truly uninterested in one another. But we fear what others think of us. Yet, imagine those few people who seem to know everybody and aren't shy about talking to strangers. People like them, and will rarely outright dismiss them for trying to initiate a conversation. Why aren't more of us doing the same?

It doesn't take much effort; start with a smile or a greeting to someone in your class. Or you could try complimenting a person's shoes. Who knows? It could lead to an exchange in which you learn that the two of you have the same favorite shoe brand, or clothing style, or life philosophy. If they don't seem open, don't worry; there are about 4,998 other people you can get to know. You're best friend/soul mate/long lost-sibling might be in there somewhere. You'll never know until you take the first step to find out.
Smartphones damage social interactions

Advances in technology are replacing the important ties that bind us together.

Maura Connolly
Guest Columnist
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It was happening again. The conversation was dying and hands were digging into pockets. Out came the phones, down went the heads. I sat there and looked at each one of my friends sitting around the table. Not a single one looked back. The smartphones had won again.

Smartphones are very aptly named. They can answer all your questions. They can get your home when lost. They can answer all your questions. They can get you to a whole new level … a near diagnosable level.

The more time they spend on their smartphones, the less time they spend interacting with real people to develop the cognitive, social, and emotional skills they’ll need to lead a successful life, notes Gabrielle Prince-Pinckney, author of “Today’s Parent: Your Child’s Hair Today, Tomorrow.”

I am a first-hand witness to this lack of social skills, and most of my friends didn’t even get their smartphones until college. Now smartphones are introduced at a baby’s first tears.

Instead of pacifiers, stuffed bunnies or plastic keys, parents now hand off their smartphones to crying babies and whining toddlers.

They can connect you to someone across the country. What they can’t do, though, is connect you with the people in the same room. Only you can do that. And only your smartphone is stopping you.

People’s habit to reach for their smartphone starts in biting, awkward, or uncomfortable situations.

In the Huffington Post article “When Children Text All Day,” the author writes, “The high school kids who I do see will be checking their phones constantly. They’ll use it as an avoidance strategy.”

This stress may work short term, but it is cheating children of necessary long term social skills.

The conversation was dying and hands were digging into pockets. Out came the phones, down went the heads. It was happening again.

Even though they had to say goodbye to beloved shortstop Nomar Garciaparra and had to welcome in new players at the trade deadline such as Dave Roberts, Doug Mientkiewicz and Orlando Cabrera, this team found a way to stick together tight enough to make it to the postseason. And, somehow, these grown men bonded over the hair.

The hair became a culture. It became a staple. It became so popular that thousands of fans attending a game at Fenway Park would wear obnoxious Ozzie Ormbsry-wise wigs.

They were emulating David Ortiz, Manny Ramirez, Cabrera and, of course, outfielder Johnny Damon with his long and wavy “Jesus-like” hairstyle that flopped in the Boston breeze beneath his baseball cap.

These “idiots” discovered that something so simple, like hair, can create an unbreakable bond amongst teammates whose common goal is to win baseball games. That no matter the inning, situation or count, they all will believe in one another.

Fast-forward to now, exactly nine years later.

This same city has the same type of team with the same type of opportunity. It’s still in the hair, but this time it’s the facial hair. Literally, the 2013 Red Sox have created a culture of a winning that revolves around their greasy, thick beards.

When I examine at Mike Napoli’s beard while he takes practice cuts in the on-deck circle, it really looks like the 10-year-old in the front row dumped his popcorn’s melted butter in there, right under Nap’s chin.

These beards, of all shapes and sizes, signify a team bonded by unbreakable steel bars that will not give up until the very last pitch and until they know they’ve have nothing left to give.

These beards — such as Johnnay Gomes’, Napoli’s and Dustin Pedroia’s — are reminders of this truth, Big, yet simple, un-combed reminders.

The point I’m getting at here is that it takes more than natural talent, technical skill and large sums of money to be successful. And this goes miles beyond sports. It may be such an obvious reminder — but it’s true.

Athletic play-offs such as the MLB play-offs remind us that skill without leadership, talent without team chemistry and ability without team coagulation means nothing.

The smartest people in the world have endless individual potential could work miseria as a group while somewhat intelligent people with superior teamwork can change the world.

More importantly, the success of groups of individuals require a guiding vision set by the leader or leaders and the vision must be consistent from the start.

That’s what makes teams successful. Look at Apple — the late Steve Jobs’ vision for the company, which resonates today, was to change the way people like you and me operate in our daily lives. Jobs and his followers continued and changed the way we live our lives, simply as that. Apple is one of the most successful companies in history because they had a vision and rallied around this vision.

Look at Nike. Their vision and mission is to push the limitations of human potential through athletics and athletic apparel. Just do it, right? Obviously, we have rallied around this mission.

The vision of the 2013 Red Sox is that games can be won through a strong base of team chemistry. The players and organization have bought into this vision and they have a chance to win another World Series. They exist in October because of their team chemistry.

I believe this team is a foil for all groups of individuals looking for methods in which to succeed and looking for visions for which to buy into.

I believe in the late-inning playoff stage of Red Sox designated hitter David Ortiz. I believe in Gomes’ rag-tag attitude and his arrogant confidence. I believe in Napoli’s big swing and the smell of Hawaiian Shave Violets. I believe in Jacoby Ellsbury’s sleekness and and Xander Bogaerts’ young talent. I believe in the front office without Theo Epstein and the team leadership. I believe in the leadership and the vision of Dustin Pedroia and Jarrod Saltalamacchia.

I believe in the beards.

Smartphones or beards? Which brings me to my last point: Which phones like these, who needs friends!

I joke, but I don’t laugh; it hits too close to the truth for my comfort.

A Guy and his Sox

Red Sox facial hair will see them to victory

Team chemistry is the key to a potential World Series win for the Boston Red Sox.

Alex Spear
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I believe there’s a striking similarity between the winners of the 2004 World Series and the American League champions of 2013 and why both teams were and are so successful.

The Boston Red Sox of 2004 and 2013 have something in common that has been embraced by the city of Boston, by Red Sox nation and by the notorious, wise-cracking whiner of a blogger from Boston named David Portnoy. It’s not that they’ve won a lot of games, or made it to the World Series in these years or have home-field advantage throughout the playoffs.

It’s something much grimier. It’s the hair.

The 2004 Red Sox, who named themselves “the idiots,” found a way to bond amidst losing an unbelievable amount of games throughout the summer portion of the MLB season.

Even though they had to say goodbye to beloved shortstop Nomar Garciaparra and had to welcome in new players at the trade deadline such as Dave Roberts, Doug Mientkiewicz and Orlando Cabrera, this team found a way to stick together tight enough to make it to the postseason. And, somehow, these grown men bonded over the hair.

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In a Rut | Government Shutdown

Shutdown reveals incompetence in Congress

Congress has demonstrated its inability to responsibly govern people it represents.

The first of these details to be unveiled was the mere cost of the shutdown.

NBC News reported that the government shutdown will cost the federal government an estimated additional $24 billion.

Think of it this way for the 2013-14 school year Wake Forest’s undergraduate tuition and fees was $60,242.

With the amount money the federal government wasted through the shutdown they could have sent 99,598 students to Wake Forest for four years at that price point.

This is unacceptable.

Those elected to govern should not refuse to do so in order to get their way in regards to policy that was legally enacted.

If a legislator has a problem with enacted policy, they may very well be flawed, they should work with their fellow legislators to reach a solution that is beneficial to the American people, not stand idly by and let dollars be wasted hoping to get their way.

And for those who argue that the shutdown was to prevent the wasting of an even greater amount of money on funding the policy, which may very well be flawed, they should work with their fellow legislators to reach a solution that is beneficial to the American people, not stand idly by and let dollars be wasted hoping to get their way.

Scho Knows | Social Media

Narcissism on social media is dangerous

Studies indicate that online behavior can negatively influence one's self-esteem

Last night was so much fun! I love all my friends! #feelingloved #suchhotties #bestresponse do these people want from their friends who are reading this? "Am I'm convinced that in some cases, people's narcissism is subconscious and unintentional.

I'm one of the 60 percent. The members of the 113th Congress have shown they are unwilling to responsibly govern, work together and put the interests of the America people above their own gain, and its time we had a Congress that does.

As Representative Chris Van Hollen (D-MD) said on the floor of the House when he tried to make a motion to end the government shutdown, "Democracy has been suspended, Mr. Speaker."

Have an Opinion?

Email column submissions and letters to the editor to kolbkl11@wfu.edu by 5 p.m. on Sundays.
Wake Forest kicks Maryland out of the Atlantic Coast Conference with a 34-10 pounding at the Homecoming game

BY EMMA LINGAN
Asst. Sports Editor
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The Maryland Terrapins will be leaving the ACC after this year, and on Saturday afternoon, the Demon Deacons helped them pack. In their best game of the season and highest-scoring game against an ACC opponent since 2011, the Deacs dished out one final blow to the Big 10-bound Terps in a 34-10 homecoming victory at BB&T Field.

There isn't enough room to sufficiently applaud all the outstanding elements of the Demon Deacons' performance in this game. That being said, certain contributions cannot go unmentioned.

Unwavering as always, senior nose guard Nikita Whitlock set the tone of the game with a sack on Maryland's first play from scrimmage, and he continued to dominate throughout the day. The Terps even tried triple-teaming Whitlock toward the end, but they still couldn't keep him out of the backfield.

"I think right out of the blocks Nikita was just a beast," said head coach Jim Grobe. "He did some great things early and I think all of the guys up front played well."

The beastly performance from Whitlock was bolstered by picks from senior free safety A.J. Marshall and junior cornerbacks.

See Football, Page 12

MEN'S SOCCER
Luca Gimenez, a senior midfielder/forward from Sao Paulo, Brazil, turned in a monster performance in Wake Forest's 4-3 win over the Maryland Terrapins over Homecoming weekend.

Gimenez tallied two goals and an assist throughout the game, tallying five points to his personal statistics. No. 11 has five goals, four assists and a total of 14 points on the record books for the 2013-2014 season.

"I just think the biggest thing was we got the entire team back ... It's really good to be able to come out against Maryland and just show the world, show the nation, we're not done yet."

—Senior nose guard Nikita Whitlock on the football team's victory over Maryland

President Hatch weighs in on college sports

University president decries the payment of football players

BY NICK WELDON & ALEX SPEAR
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In August 2012, university president Nathan Hatch began his two year tenure as the Chairman of the NCAA Division I Board of Directors.

The Board, which is comprised of 18 college presidents and chancellors, serves as the highest decision making body for college sports.

All 11 Football Bowl Subdivision conferences have a permanent seat, with the remaining spots rotating among other Division I and FBS conferences. The *Old Gold & Black* caught up with President Hatch, to discuss his involvement with the board and gain some insight on his views of the changing nature of college athletics.

What do you think is the biggest issue in college athletics today?

I think the biggest issue, if you read the press, is whether players should be paid. It's defending the value of amateur sports. The narratives on that I just think are wrong.

People say, "Oh poor Johnny Manziel." What would Johnny Manziel be if he wasn't at a college? It's college football that has made him. He gets his education and after a couple years he can sign a big NFL check. So it seems like it's a little twisted. Because if you're going to be a doctor, you spend a lot of years in training for which you've paid virtually nothing.

Once you say that they should be paid, we live in a free market, so that's stop one school from entering into a bidding war. It seems to me essentially then you have minor league pro teams attached to universities.

What difficulties does Wake Forest athletics face?

As much as we invest in athletics, our budgets are among the lowest in the Atlantic Coast Conference. So that's a challenge in recruiting.

Our academic standards are high and that's the same issue that a lot
Aubrey Bledsoe

BY MEGAN OLMSTEAD
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Aubrey Bledsoe has been the starting goalie for the Wake Forest women's soccer team since her freshman year. Bledsoe is a two-time All-American, has the highest GPA on the team and already holds almost all of Wake Forest's goalkeeping records. But, despite all of this, she is humble and wants her team to succeed above all else. Having played the game since she was four years old, Bledsoe is a seasoned veteran and is well noted for her leadership and dedication both on and off the field.

How did you become a soccer goalie?
I started playing soccer when I was about four years old. I would play the field and goalkeeper up until I was about 13. When I decided to play goal, my parents really encouraged me to do it.

What is your favorite part of soccer?
The team. I love that it's a team sport. The girls are great and I love playing with them. We learn to rely on one another and it's just fun to succeed with my best friends.

What made you choose Wake?
I loved Wake's combination of academics and athletics. The ACC is just a great conference for women's soccer and makes every game challenging. When I came for my visit, I loved the team, the coaches and the campus.

How was it starting your freshman year?
It was pretty great. I wasn't expecting to start coming in. They had a senior goalkeeper that was injured so I got the spot when I got here and have played ever since. I was just sort of thrown into college soccer but a lot of the older girls were able to help me out. I had to grow up pretty fast and become the goalkeeper that deserved to be playing behind me.

What do you play for?
Honestly, I just want to use all the talent that I've been blessed with. I play for my family, my teammates and everyone who has helped me develop along the way. I love it, it's fun. I love the competition, the atmosphere.

How has it been with Rachel Nuzzolese and Katie Stengel injured?
It's been really tough. We've had to individually step up and collectively play better together to compensate for the loss. It hurts not having them on the field, I miss playing with them, but we just have to make the best with what we have, come together and rally behind them.

What is your role on the team?
As a captain I think my role is to lead the team. I try to be an encourager but also very commanding in the goal with giving the defense more information on positioning.

Do you hope to continue playing after you graduate?
Yeah, I definitely want to play for a couple years after I graduate. I'm proud of how it's gone so far but I'd rather have the team accomplishments over anything I've done personally. Those don't mean too much to me. I'd rather have the experiences like the College Cup that I can share with everybody.

Is there anything that you might like to add or say?
I'm really blessed and thankful to have the opportunity to play for Wake Forest. I love my team and I owe them a lot. I think I get a lot more attention and accolades than maybe I deserve just because I have stars. I've played behind some really good defenders and I think the team deserves a lot more credit than they get.
Men's soccer picks up two more victories

With wins over Maryland and Davidson, the Deacons preserved their undefeated record in the ACC

BY JENN LESER
Staff Writer
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It was a game of numbers for the Wake Forest men's soccer team this week, as a number of players had firsts and the Deacs picked up their 400th program victory - before going on to make it 401 with back-to-back wins over Maryland and Davidson.

Wake went up 1-0 early in the 21st off a Terrapin own goal. Senior forward Luca Gimenez chipped in just seven minutes later to make it 2-0, but the Sao Paulo native wasn't done there. In the 38th minute, Gimenez added another goal off an assist from junior forward Sean Okoli to make it 3-1, and Okoli returned the favor just two minutes later when he sent one home off an assist from Gimenez.

Despite a Maryland comeback attempt led by reigning Hermann award winner Patrick Mullins, the Deacs held to that 4-3 final score to move to the top of the ACC and remain undefeated in conference play.

"I knew that coming off the bench, Coach wanted me to make a difference," Gimenez said. "So when I came in I just wanted to connect with my teammates and do the right thing so to get two goals and one assist was just a great job by everyone."

Gimenez was well rewarded for his efforts at Maryland, being named to College Soccer News Team of the Week as well as the ACC Player of the Week, for the second time in his career.

After the big win at Maryland, the Deacs headed home to take on the Davidson Wildcats on Tuesday, Oct. 22. Early on, Wake set the tone and dominated possession for 90 minutes, culminating in a decisive 4-0 victory. Okoli got the action started right away, putting the Deacs up 1-0 in the eighth with the assist from senior midfielder Ross Tomasselli and freshman midfielder Ian Harkes.

Senior forward Andy Lubahn decided to make it his night as well, notching a goal in the 47th off the ball from Tomasselli and sophomore defender Philip Parker. Lubahn added one more in the 77th, this time with a little help from redhead freshman midfielder Ricky Greensfelder and Parker again.

To finish things off, senior defender Shane Powell, in his first appearance for the Deacs, took advantage of a cross from Parker and a header from freshman defender Rafael Fagundo to pick up a goal just two minutes after entering the game.

A 4-0 final score doesn't even begin to show just how dominant the Deacs were, as they outshot the Wildcats 25-4. Sophomore goalkeeper Andrew Harris, just days off his first appearance for the Deacs, took advantage of a cross from Parker and a header from freshman defender Rafael Fagundo to pick up a goal just two minutes after entering the game.

"Didn't have too much to do back there," Harris said. "You always have to stay tuned in, you always have to stay turned on just so you're ready for anything. That was the kind of game it was tonight."

With his two goals of the night, Lubahn is now tied for second with Gimenez with five this season. But it was more than just a good night for the senior forward. The Erie, Penn., native now sits ninth on the all-time goal list with 27 through his career, and he is now tied for 11th on the all-time points list with 65.

One of the most impressive parts of the Deacs' decisive win over Davidson was how solid the bench looked when coming onto the field. Fagundo and Greensfelder each earned their first career point, something they both described as exciting.

"I was able to get in a good position in the box and fortunately a great run on and had a great finish," Fagundo said. "We especially showed a bit of our depth," Lubahn said.

"A lot of younger guys, working all season and through the summer, really stepped up and did well tonight."

Next up for the Deacs is an in-state matchup against ACC rivals Duke this Friday, Oct. 25 in Durham, N.C. They'll look to take this surge of confidence with them as they face off against the Blue Devils with the hopes of staying undefeated in conference play.

Football: Every aspect came alive vs. Terps

Continued from Page 10

back Merrill Noel, the latter of whom also forced a fumble, to give the Deacs the ball in the fourth quarter. The opportunistic defense paved the way for the offense to display its dominance as well, and two players in particular made the most of the opportunity.

Senior quarterback Tanner Price had a turnover-free game and was sacked only once, but the real highlight of his performance on Saturday was the number of times - and ways - he reached the end zone. His four-yard touchdown run in the second quarter gave the Deacons a 17-3 lead; his own run in the second quarter gave them the ball in the fourth quarter. The opportunity was there. Fagundo and Greensfelder each earned their first career point, something they both described as exciting.

"That last catch, they really made me work for it," Campanaro said. "I don't think the offensive coaches have really done a good job of putting together an offense that Tanner and the other way."

With his 217th career reception, Campanaro broke Desmond Clark's school record of 216 receptions from 1995-98.

"I remember playing as Desmond Clark in Madden growing up as a middle schooler," Campanaro said. "It's just an honor to break someone like Desmond Clark's record. He had a great NFL career. That's just special."

While tremendous credit obviously goes to the players for their execution, the Wake Forest coaching staff also had a lot of playing time on the field against the Terps. They had two new faces in the backfield, continued short passes in place of a running game, and two clutch trick plays, the offensive play calling was the best it has been all season.

"I think more than anything else it's about trying to find Tanner's comfort zone," Grobe said. "I think he is more comfortable sitting in the pocket throwing the football. He runs well enough to be an option quarterback, but we had issues on the perimeter and pulling the ball and some issues getting out of the mesh and pulling the ball when he should keep it. I think the offensive coaches have really done a good job of putting together an offense that Tanner is getting comfortable with."
Kozniuk shines as Wake pushes past JMU

Junior forward/midfielder Anna Kozniuk has 21 points through 16 games, including 53 shots.

Field hockey gears up for final ACC games with 5-1 home victory

BY NICK WELDON
Sports Editor
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In football, no player bears more responsibility than the quarterback. Surprisingly, in field hockey, it is not so different.

Junior Anna Kozniuk, equated to a signal caller by head coach Jennifer Averill, led the No. 16 Demon Deacons (10-6, 0-4) to a 5-1 victory over the visiting Dukes of James Madison (8-7, 1-2).

“She's a catalyst, in our sport, she's essentially the quarterback,” Averill said of her star player. “Particularly offensively, she kind of leads our counter. We look to get the ball to her and for her to distribute; she's certainly a threatening player to our opponents.”

Kozniuk, a two-time member of both the All-ACC and All-American teams, has already eclipsed her point total from the previous season. The 2011 ACC Freshman of the Year ranks second on the 2013 team scoring list with eight goals, just three behind senior forward Taylor Rhea.

“I thought we kept it simple,” Kozniuk said. “We just used two touches and the counter advantage to get the ball down the field as quickly as possible.”

After surrendering an early goal to the Dukes, the Deacons put their foot on the gas pedal and never looked back. They rattled off five unanswered goals, with Kozniuk doing her best impression of Peyton Manning and leading the charge.

Her first score came with 14:07 remaining in the first half and was assisted by sophomore midfielder Jess Newak. It gave Wake Forest a 3-1 advantage heading into the intermission.

In the second half, it was more of the same. Whether it was breaking up a pass, juicing a defender or setting up her teammates, the North Vancouver native made her presence felt on the field. A penalty corner and a tight pass from senior forward Kari Wallday gave Kozniuk another chance to find the back of the net. She didn’t waste the opportunity and sent a shot past opposing goalie Stephanie Tarafas.

With seven shots on the day, Kozniuk single-handedly matched the entire team total for James Madison. Her 53 shots this season lead the team through 16 games.

“Finishing is so important,” Kozniuk said. “We need to be able to convert on those close shots because, really, you don’t know how many opportunities you’ll get in a game, especially next week against a top team like Syracuse.”

If the Deacons hope to upset the No.4 ranked Orange in New York next Saturday, they will once again need a stellar game from Kozniuk.

“Getting the win today was super critical for us,” she said. “Every victory is going to help us get into the tournament and confidence-wise, it’s huge too.”

Press Box: Falcons, Texans tank while Chiefs cruise

Continued from Page 10

The Atlanta Falcons are sitting on a 2-4 record. It is true that pass defense is not their strong suit, which certainly won’t help them in a league that’s now dominated by the quarterback position.

Atlanta can hope to win shootouts behind the arm of Matt Ryan, but without a strong defense, the Falcons could continue to fall for the rest of the season and could be left thinking about a season that could have been.

Next, we have the Houston Texans. After years and years of mediocrity, the Texans finally broke out last year, winning the AFC South and posting a 12-4 record.

The team looked complete with a list of solid offensive players such as Matt Schaub, Arian Foster and Andre Johnson. And don’t forget about their defensive studs in J.J. Watt.

Like the Falcons, many labeled the Texans as Super Bowl contenders. Unfortunately, that dream is slowly slipping away in a division that looks stronger than expected.

The Texans and New York Giants are off to terrible starts.

But this story isn’t all about those who have fallen from grace. Look at the Kansas City Chiefs, a team whose dismal 2-14 record in 2012 earned them the first pick in the draft.

With the addition of Alex Smith at quarterback, Andy Reid taking over as head coach and a newly energized defense who leads the league in sacks, the Chiefs have made a statement with their 7-0 start.

This is not the same team from a year ago. The real question for Kansas City is how long they can keep their energy going. With the addition of Alex Smith at quarterback, Andy Reid taking over as head coach and a newly energized defense who leads the league in sacks, the Chiefs have made a statement with their 7-0 start.

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With the addition of Alex Smith at quarterback, Andy Reid taking over as head coach and a newly energized defense who leads the league in sacks, the Chiefs have made a statement with their 7-0 start.

This is not the same team from a year ago. The real question for Kansas City is how long they can keep their energy going.

Will the Chiefs end up like the Falcons or Texans next year? Chiefs fans definitely hope their current success lasts more than one year and I’m sure the team feels the same way. It’s tough to put a finger on what is happening around the NFL. Maybe certain players have peaked, maybe last year’s top teams were a hoax or maybe some teams are just having off years.

Perennial contenders such as the Pittsburgh Steelers and New York Giants are off to terrible starts.

Unfortunately, that dream is slowly slipping away in a division that looks stronger than expected.

The Washington Redskins, who won seven consecutive games to end last season, have also struggled out of the gate. But there’s a lot of season left and at least a fair amount of time to possibly turn a season around.

The NFL season has been a bit strange over the last couple of years and teams are a bit unpredictable. But the Chiefs are a different beast this season and with momentum on their side, they could continue their success.

Kansas City Chiefs' running back, Jamaal Charles (above) has rushed for 561 yards over his first seven games.

Wake Forest in the League

Kyle Wilber: As injuries have piled up on the defensive side of the ball for the Cowboys, Wilber has made his presence felt. He made his first NFL start this past Sunday, filling in for superstar pass rusher DeMarcus Ware.

While he only has six solo tackles this season, two of them have been sacks. He also forced a fumble against the Washington Redskins on Oct. 10.

Wilbur was selected by the Cowboys with the 113th pick in the 2012 NFL Draft.

Tommy Bohanon: As the New York Jets’ starting fullback, Bohanon has seen plenty of time on the field this season.

In his team’s recent win over the rival Patriots, Bohanon carried the ball six times for 21 yards, both career-highs. He has compiled 94 total yards in his first seven NFL games but Bohanon still has yet to find the endzone.

The Jets agreed to a four-year deal with Bohanon in May after drafting him in the seventh round.
Heavy travel demands create unique routine

Women's soccer adapts to unusual study habits as they embark on extensive road trips

BY MIKE ZAVAGNO
Staff Writer
zavagno1@email.wfu.edu

For the Wake Forest women's soccer team, Fall Break was a different kind of holiday. As students eagerly put Winston-Salem in the rearview mirror, the squad welcomed the sight of campus with open arms. They relaxed in their rooms, studied in the library and settled inside Spry Stadium.

They were home. Finally.

After returning from Clemson, S.C., this Sunday, the Wake Forest women's soccer team will have traveled nearly 10,000 miles across three different time zones for a mere eight road games.

The distance traveled is the most in the regular season since the 2005-06 campaign, which included trips to Washington State, Oregon State, Miami, Boston College and Ohio State.

The Deacons' grueling travel schedule has taken a toll, but none greater than denying them access to the place most vital to any college education — the classroom.

"You can find us studying anywhere," said senior Aubrey Bedsole, who has made the All-ACC Academic Team in each of her three seasons as a Demon Deacon. "We take over the [hotel] lobbies and hallways. We are pretty studious and we make our own study calls.

"We take Wake Forest's communal atmosphere as the main factor in their continued academic success."

Other students have been very helpful giving us notes for the classes we miss," said freshman forward Caroline Wootten.

Furthermore, in an effort to bridge the gap between athletes and professors, the women's soccer program has employed Wake Forest faculty members as guest coaches for individual home games. Although they are not logging the miles, these professors get an inside look at the time-intensive schedule of game day.

"Teachers are willing to work with us," said Bedsole. "I have a lot of professors who record the lectures and send me the notes. They are definitely very accommodating and helpful in making sure we don't get behind.

However, a recorded class played through headphones in a noisy hotel lobby or scribbled notes read on a crowded plane cannot replicate the experience of the classroom."

"It is really a challenging task to negotiate the rigor of Wake and be a dedicated athlete," said associate professor of sociology Ana-Maria Wahl.

"The athletes' success in the classroom depends on their dedication to their goals and having faculty take these goals seriously."

The women of the soccer team have learned to adapt and adjust to this truth over time.

This past week, after a school-record four-game conference road-trip, the athletes finally had the chance to be back home, attending class for an entire week without interruption.

"It had been hard because I had to miss my Wednesday-Friday class a week or two a row," said Wootten. "It was nice to have that last full week, especially with Fall Break to catch up on all of our work."

"It's really a challenging task to maintain the rigors of Wake and be a dedicated athlete," said associate professor of sociology Ana-Maria Wahl.

"The athletes' success in the classroom depends on their dedication to their goals and having faculty take these goals seriously."

The women of the soccer team have learned to adapt and adjust to this truth over time.

Despite a challenging travel schedule, the women's soccer team would take to the road again this week, welcome sight of Winston-Salem as a distant memory.

"Traveling is just what I know," said Wootten. "It's part of my routine now."
Heavy travel demands create unique routine

Women's soccer adapts to unusual study habits as they embark on extensive road trips

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The Deacs' grueling travel schedule has taken a toll, but none greater than denying them access from the place to which they are used. They cannot go home. They cannot go to class. They cannot go to a restaurant. They cannot even get a cup of coffee without being hassled. They are trapped in the hotel.

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Although the rigors of attending a top-25 institution are only intensified by the demanding travel schedule, the team cites Wake Forest's communal atmosphere as the main factor in their continued academic success.

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Yes, as the sun began to set Wednesday evening, a long shadow fell over the practice fields at Spry Stadium.

Assistant coach Mike Calabretta called out set pieces as midfielder Riley Ridgik fired cross after cross into the box. Bledsoe's voice rang loud across the grass field, screaming "Wake or forest" as directions to her defensive backfield.

Many of them did not even notice the origin of the shadow, the white bus, arrive outside the fenced wall at Spry Stadium.

The white bus that had become as much of a home this season as Collins Residence Hall and as much of a classroom as Tribble.

The first time in nearly two weeks, the Wake Forest women's soccer team would take to the road again, the welcome sight of Winston-Salem as a distant memory.

"Traveling is just what I know," said Wooten. "It's part of my routine now."

President Hatch: College athletics on the right path

Continued from Page 10

of private schools face. Here our standards are high on academics and character. There are just a lot of players that Jim Grobe won't bring here because it's not a good fit. I could see why if you're an NFL prospect, going to a place like Clemson could be more attractive than going here.

Do you look to schools like Stanford and Northwestern as quality examples?

I think it's wonderful that a number of privates are doing well. I think it can be done, but we have to be creative. That is certainly Ron Wellman's philosophy.

Are you concerned about the future of college athletics, given the issues that take from and center with the NBA? I would even go so far as to say that this is just a crazy idea, but if they're never going to change it then just do away with freshman eligibility for college basketball.

What do you hope to accomplish by the end of your tenure?

Simplifying the governance. The biggest danger for the NCAA is that the five major conferences become so hamstring by the smaller ones that they eventually say we need a new organization and leave the NCAA. None, of them want to do that. But I think that would only happen if we don't move to a more confederation-style model that gives them more control in things like football. I'm fully confident that the NCAA will hang together.

Do you think the NCAA needs to maintain its regulatory standards?

The NCAA, a year ago, passed some legislation to deregulate some things. For instance, they thought they shouldn't limit the number of people who can do recruiting. Suddenly, schools from the Big Ten and SEC came back and said, "No, we need to be regulated." It was rumored that Alabama was going to hire 10 full-time recruiters. So, basically, schools want to be regulated but then the rub comes when the NCAA has to crack down.

Do you still plan to maintain an administrative level of involvement in college athletics in the future?

I don't know, but I doubt if I'll have any formally. One thing I can't afford is the time. I mean it's interesting but my first job is with Wake Forest. I've always been a big college fan. I grew up in Columbia, S.C., and went to high school on the campus of USC. I was privileged to work at places like Notre Dame and Wake Forest, places that have great traditions in sports.
THURSDAY, OCTOBER 24, 2013

BACK ACROSS THE STAGE WITH A WARBY, CONCERNED LOOK ON HIS FACE.

CHILDREN TUGGED ON THEIR PARENTS' SLEEVES AND WHISPERED, "IT'S HIM!"

THE GIGGLES AND EXCITED WHISPERS SEEMED TO PUSH THE MAN IN THE BROWN SUIT AWAY FROM THE AUDIENCE, UNTIL HE WAS WALKING THROUGH THE EXIT DOOR JUST AS SPARROW ANNOUNCED TO THE STAGE LEMONY SNICKET.

HANDLER WANDERED TO THE PODIUM AND STARED AT THE AUDIENCE MOTIONLESSLY DURING FOUR ROUNDS OF CHEERS AND APPLAUSE, TO WHICH HE RESPONDED, "I WOULDN'T CHEER IF I WERE YOU."

HIS MOCK TONE OF SOPHISTICATED SOLEMNITY PERVADED EVERY WORD HE SAID THE NEXT HOUR, INCLUDING HIS EXPLANATION OF SNICKET'S ABSENCE WHICH WAS DUE TO AN INVESTIGATION OF SUSPICIOUS CIRCUMSTANCES THAT LANDED HIM IN THE HOSPITAL. HOWEVER, THE MYSTERIOUS FIGURE HAD PROVIDED FOR HIS "HANDSOME COLLEAGUE" BY LEAVING BEHIND A LIST OF 13 ACtIVITIES THAT HANDEL WOULD COMPLETE WITH THE AUDIENCE, BEGINNING WITH NO. 1: "AUDIENCE ARRIVES."

NO. 6 CALLED FOR A DISCUSSION OF THE SAFETY PRECAUTIONS SURROUNDING SUSPICIOUS PERSONS, CLOTHING AND INVESTIGATIONS. NO. 8 INCLUDED THE REVELATION OF A SECRET MESSAGE, WHICH TURNED OUT TO BE A CRUCIAL ELEMENT IN SNICKET'S NEWEST BOOK, When Did You See Her Last?

NO. 10: "LEMONY SNICKET READS OUT LOUD AND EXCUSES HIMSELF AND RUNS SCREAMING FROM ROOM."

SINCE SNICKET REMAINED ABSENT AND HANDEL CLAIMED TO BE MUCH MORE MATURE THAN HIS COLLEAGUE, HE PREPARED THE AUDIENCE TO LISTEN TO HIM READ THE WHOLE BOOK WITHOUT SCREAMING OR RUNNING.

THE BOOK READING BEGAN WITH, "THERE WAS A TOWN. THERE WAS A GIRL. THERE WAS A THEFT."

"ON THE WORD 'THEFT,' HANDLER SNATCHED A WOMAN'S iPHONE OUT OF HER HAND JUST AS SHE WAS TRYING TO TAKE A PICTURE."

HE MADE THE AUDIENCE ACT OUT THE STORY, DRUMMING A WOMAN'S FINGERS ALONG HER ARMREST AND STOMPING A MAN'S FEET ON THE FLOOR.

HIS FREQUENTLY TOUCHED FOREHEADS WITH MEMBERS OF THE AUDIENCE. HE CRAWLED INTO SPARROW'S LAP AND LATER CRAWLED ON TOP OF A WOMAN IN THE FRONT SEAT, OVER HER SEAT AND INTO THE NEXT ROW.

IN SPITE OF HIS ANTICS, THOUGH, HE CONSTANTLY MAINTAINED A DEMANOF DRAMATIC SOLEMNITY, NEVER ONCE CRACKING A SMILE.

CHAPTER ONE CONCLUDED WITH, "YOU'LL HAVE TO EXCUSE ME.

AND THE MAN IN THE BROWN SUIT RAN SCREAMING OUT OF THE ROOM.

NO. 13 — A TROUBLING THING OCCURS IN THE MIDDLE OF THE NIGHT.
**Abroad Column | Thailand**

The unique culture and picturesque environment of Thailand makes it a perfect travel destination for a week-long break

**BY COURTNEY SMITH**
smithsm12@wfu.edu

What could be better than a four month study abroad experience in Australia? Getting the opportunity to explore the country of Thailand with 39 other students over my mid-semester break.

Many people wanted a warm beach where they could hang out in the sun, but I knew I wanted to do something unique and more adventurous for my mid-semester break. I came across a program called Thalntro, which brings its participants on a seven-day tour of Thailand. They only had to mention the words “elephant trekking,” and I was sold. I could go on and on about what a wonderful time I had, but I will just take you through some of the highlights of my trip.

We started our tour in Bangkok. During our stay in Thailand’s capital city, we visited the Wat Arun and Wat Pho temples. The Wat Arun temple is decorated in broken pottery pieces that were a gift from a Chinese emperor. After the Thai king found that the pottery had broken on the way to Thailand, he decided to use it to decorate this temple, instead of getting rid of it. I loved the mosaic look the pottery gave to the temple. The colors were beautiful and the designs were so intricate.

Wat Pho was a lot bigger and more elaborate than Wat Arun. There were hundreds of Buddha statues throughout the premises. One of the buildings housed a statue of Reclining Buddha that could have taken up all of the Pit. The statues and shiny decorations at Wat Pho gave it a more modern feel. Wat Arun was my favorite temple because of its simple beauty, but I really enjoyed getting to experience two different Buddhist temples.

The second stop on our tour was Khao Sok National Park in southern Thailand. The national park is made up of an enormous lake with mountainous rock formations jutting out from the water. After an hour long boat ride, we reached our accommodations for the night — floating bungalows. These little huts were attached to the main land by a small boardwalk that led to the bathrooms. Other than that, about 30 bungalows and the boardwalk that connected them were held above water only by the floats beneath them. We were totally isolated from any civilization, which was really refreshing.

We spent the day relaxing in the turquoise blue water, enjoying the beautiful scenery, and just reflecting on how fortunate we were to have the opportunity to see this serene place.

After the day was over, we went for a night sky safari. I saw more stars than I have ever seen in my life. Not even the one inch mattress pad I slept on kept me from sleeping well that night.

Our final stop with Thalntro was Koh Phangan, an island off Thailand’s southeastern coast. This part of Thailand was my favorite because it was where we got to ride the elephants. The elephants were brought to Thailand to save them from poachers in other parts of Asia.

We got to sit in a seat attached to the elephant’s back, while the trainer sat on the elephant’s neck behind their ears. The trainer led the elephant through a path in the jungle for about an hour before we returned back to our starting point.

Our elephant’s name was Tam Laan. She was a bit faster than the other elephants, so our trainer stopped Tam Laan and let us sit on her neck while he took pictures of us. It felt like I was getting my own private photo shoot! This was definitely one of my favorite abroad experiences so far.

For the rest of our time in Koh Phangan, we did some snorkeling and enjoyed the beautiful ocean views from our beach front bungalows.

My week-long stay in Thailand flew by. I wish I had more time to stay and explore. I loved Thailand, and highly recommend that you travel there if you have the opportunity. The people, culture, and scenery that you will experience there are unique and wonderful.

Steaying in a city, a national park and a tropical island all in just seven days made for a busy, but incredible mid-semester break. Riding an elephant through the jungle was the highlight of my trip and a perfect way to end the week. I had an absolutely Thai-rrific mid-semester break experience, and I would not have traded it for anything.
If you’re interested in journalism, media, editing or design

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Health Column | E-cigarettes

E-cigarette use slowly infiltrating campus

The rise of this trendy technology has been met with concerns for health and calls for federal regulation of sales

BY ANNIE JOHNSON
Life Editor
johnaneO@wfu.edu

It looks like a cigarette, tastes like a cigarette, but doesn’t release those dirty cigarette fumes. It’s the e-cigarette. E-cigarettes or e-cigarettes, are battery operated devices that deliver nicotine via inhaled vapor. This increasingly trendy technology, even on campus, has attracted smokers for its purported health benefits over the traditional cigarette.

E-cigarettes do not contain many of the 4,000 chemicals found in cigarette smoke, including the cancer-causing agents and carbon monoxide. Because they vaporize the nicotine, they also reduce the risk of second-hand smoke for bystanders.

“They seem better for you than a regular cigarette,” said Junior Colin Simon who echoes the belief of many smokers who have jumped on the e-cigarette bandwagon.

Despite being the perceived healthier option, little research has been done to prove this claim.

“They have been studied, but we do not yet know if that is true,” said tobacco expert John Spangler of Wake Forest Baptist Medical Center. “We do not fully understand the health effects of electronic cigarettes.”

Although e-cigarettes contain mostly propylene glycol (which is considered safe) and nicotine, some researchers have found contaminants in them. The Food & Drug Administration does not currently regulate e-cigarettes, so there is no guarantee that they are safe or pure.

For more smokers, however, the perceived benefit is enough to keep them interested and the convenience factor makes them even more enticing. An e-cigarette can be used indoors, without the smoke or lingering smell.

“I can smoke in my dorm room,” Simon said. “The vapor doesn’t set off the smoke detector, and satisfies my craving.”

Even with the ease of use, habitual smokers still find reason to alternate with regular cigarettes.

“The social element is missing,” said senior Andrew Allyn. Simon agreed, saying that to smoke an e-cigarette at a party would be “socially laughable.” Both referenced a certain enjoyable aspect of smoking with friends that is lost with e-cigarette use.

This may contribute to the subculture of the e-cigarette’s rise to popularity. Little research has been done to determine their prevalence, particularly on college campuses. A statewide study by Wake Forest School of Medicine found that 4.9 percent of students have used an e-cigarette, with 1.5 percent reporting use in the past month.

The study concluded that “unlike older, more established cigarette smokers, e-cigarette use by college students does not appear to be motivated by the desire to quit cigarette smoking.”

Allyn disagreed based on personal experience.

“I’m trying e-cigarettes when I’m only going to smoke [a specific] amount of inhaleds, so I can control the amount of nicotine that goes into my body in order to wean myself off.”

There is some research to support the claim that e-cigarettes can be used medically to help smokers wean themselves off their nicotine addictions.

“From my clinical experience, some of my patients have quit smoking using them,” Spangler said. “On the other hand, I cannot tell my patients that they are totally safe.”

Health officials are also concerned that they could be a gateway tool for new users.

“You could all of a sudden find yourself with a nicotine addiction,” Allyn said. “You’re not seeing a pack dwindle to tell you how much you’ve been smoking.”

Spangler predicts that in the next five to 10 years, e-cigarette sales will eclipse traditional cigarette sales in the U.S. The FDA is expected to produce regulation on e-cigarette sales in the upcoming months.

Humor Column | Hoarders

Five signs your roommate may be a hoarder

Strategies for dealing with a very messy roommate, before his or her trash and dirt consume you

BY EMILY STRACHAN
Staff Writer
strae93@wfu.edu

Any type A obsessive compulsive neat freak like myself would be nervous about getting stuck with a messy roommate. Murphy’s Law states that I must be placed in a room with a real life hoarder. Hoarding is not some far fetched phenomenon that is only found on the TLC television show; it’s a real life issue, and we have hoarders here on campus.

First, how do you know if your roommate has overly messy hoarding habits? Ask yourself the following questions to diagnose the potential problem.

1. The dirty laundry slowly encroaches onto your side of the room and eventually the floor space shrinks. Also, there is so much dirty laundry, that when your parents visited for Parents Weekend they thought someone urinated in the room.

2. There are zero signs of any attempt at cleanliness apparent in the room (i.e., overflowing trash, scum built up in the sink, dust forming on shelves and desk).

3. Your roommate has a massive collection of papers all over the place that he/she collected from the student involvement fair and the study abroad fair, and has yet to throw them away.

4. When your roommate brushes his/her hair, and it develops into a hairball, which ends up on the ground, never to be picked up. There should be about nine hairballs, one for each week of school.

5. You catch your roommate eating yesterday’s Chick-fil-a out of the trash can. He/she sees you and shows no shame.

If you answered yes to two or more of these questions it is safe to say that you have a hoarder roommate.

So now what? Well maybe you’re a hoarder yourself — in which case you should immediately stop reading and clean your filthy cave. But, if you’re a clean roommate that would like to change your living situation, follow these five steps.

1. When your roommate is not present, shift his/her laundry back to their side of the room. Comment on how clean your clothes are when all the laundry is mixed in together on the floor.

2. Make up a story about how you have a severe dust allergy and that is absolutely imperative to your health that the room gets dusted/vacuumed/wiped down more regularly.

3. Complain about an odd odor in the room. Suggest it is coming from the trash can and that you both should try to take it out more often to rid the room of the smell.

4. When you spot one of the hairballs on the floor, point it out to your roommate if you didn’t know it was theirs and say, “eww, gross, look at all that hair.” Embarrassment is a great motivator.

5. Finally, about that trash can Chick-fil-a’s you are encouraged to keep it in your dorm. They are not hoarder stuff, create a story, complain, embarrass or just deal with it. We’re in college not everyone is Martha Stewart.
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The rise of this trendy technology has been met with concerns for health and calls for federal regulation of sales.

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“They seem better for you than a regular cigarette,” said junior Colin Simon who recalls the beliefs many smokers who have jumped on the e-cigarette bandwagon.

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Photo by Annie Johnson/Old Gold & Black

Andrew Allyn likes that e-cigs are becoming physically more akin to the real thing.

Humor Column | Hoarders

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4. When you spot one of the hairballs on the floor, point it out to your roommate in a way that you didn’t know it was there and say, “ew, gross, look at all that hair.” Embarrassment is a great motivator.

5. Finally, when your roommate can’t get rid of that trash can Chick-fil-a you ate, encourage popular Fit stuff to keep them from dumpster-diving.

Though you may have gotten stuck with a messy person, you don’t have to suffer all year. To summarize the steps — shift their stuff, create a story, complain, embarrass or just deal with it. We’re in college, not everyone is Martha Stewart.

The average college dorm room gets dirty, but a hoarder roommate can make so much mess that it becomes nearly unlivable.

Photo courtesy of calbemag.com
Movie Review | *Gravity*

**Viewers hold their breath for Gravity**

This outer space thriller is unstoppable at the box office for its awesome cinematography

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Alfonso Cuaron’s last directorial effort was 2006’s *Children of Men*. It was a thrilling take on the implosion of modern society that was both captivating and eerie. He melded action-packed sequences and apocalyptic scenarios into a terrifying tale of survival. With his newest film *Gravity*, Cuaron has once again delved into the world of survival.

*Gravity* stars Sandra Bullock as renowned medical engineer Dr. Ryan Stone. She is stranded in space after her shuttle is destroyed and her fellow crew members are killed by debris from a Russian satellite. The film follows her as she travels to a nearby shuttle with a fitness band called the Up. Bullock spends the majority of the film by herself, fumbling through survival with thoughts of her looming demise.

Bullock’s character is innundated with thoughts of her looming demise which are galvanized by the sounds of her exepated gases for air into a crescendo of emotion. By the time that emotion finally builds over the film has already moved onto the next set piece of action.

This breakneck pace makes it so that there are no dull moments in *Gravity*. Even the idle chit-chat between crew members that takes up the film’s opening moments is breathtaking.

The score, provided by Steven Price, adds an ominous sound to the disturbing quiet of space. The film utilizes silence by layering it with foreboding tones of gloom. Bullock’s character is inundated with thoughts of her looming demise which are galvanized by the sounds of her exepated gases for air into a crescendo of motion. By the time that emotion finally builds over the film has already moved onto the next set piece of action.

The generally high cost of all these features, it costs $149.95.

**Verdict**

If you’re the type of active person looking to improve your workouts, then consider buying the Nike FuelBand SE+. It is the more expensive device, but the built-in Nike workout sessions might be worth it.

If you’re just looking to keep track of your daily activity, then you should get the Jawbone Up+ 2. It has Nike+ workout sessions, it looks at you as a whole person, and it keeps track of your sleep, mood, physical activity and diet. It will let you know when you should work out and doing something idle, like playing video games for too long.

The coolest feature is its vibrating alarm feature. This slowly wakes you up from your sleep. There is even a power nap feature that wakes you up after 26.5 minutes, the perfect nap length.

The Up has a 10-day battery life, and it is water resistant, but you can’t submerge it. It comes in three sizes and a variety of colors including hunter green, mint green, blue, light grey, red, navy blue, onyx and orange. It costs $129.99.

**Photo courtesy of digitaltrends.com**

Bullock shines as stranded-in-space engineer Ryan Stone.

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**Tech Column | Fitness bands**

**Tech bracelets track workout activity**

In the battle of the fitness bands, price point and specifics will point consumers in right direction

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As many of you are juggling all the tools of the fitness bands, the battle to track your activity. These bands go on your wrist and will keep track of various fitness-related things throughout the day. If you pick the right band, it can totally change your fitness.

**Fitbit Force**

The Fitbit Force is a rubber made, light, fitness band that has a cool OLED display. This display lets you see the number of steps you have walked, the calories you have burned, how far you have gone and much more. You turn on the display by using the side button on the device, which is very tedious.

You can sync this with your computer, by using a wireless dongle or connecting it to your smartphone (OS or Android). The battery will last for up to 10 days and it is water-resistant. It charges through a USB port.

You can get it in two colors, slate or black. There are also two sizes, small and large. The price for all of these features is $129.95.

**Nike FuelBand SE+**

The Nike FuelBand SE+ is an updated version of the company’s original fitness band. This band has a single button, and a light sensor so the display can change if you’re in a dark room.

It connects to your smartphone with Bluetooth 4.0, so your battery won’t be wasted. It has Nike+ workout sessions, which are great motivation for people who want to do their workouts and for those who don’t know what exercises to do or for how long. It can even track your steps. It is water-resistant and has a heart rate monitor. It costs $149.95.

**Verdict**

It does a lot more than keeping track of your fitness.

Instead of worry about your calories or steps, it looks at you as a whole person, and it keeps track of your sleep, mood, physical activity and diet. It will let you know when you should work out and doing something idle, like playing video games for too long.

The coolest feature is its vibrating alarm feature. This slowly wakes you up from your sleep. There is even a power nap feature that wakes you up after 26.5 minutes, the perfect nap length.

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**Photo courtesy of nike.com**

Jawbone Up+

The same people that made the Jawbone also made a fitness band called the Up. Along with the other bands, it connects to your smartphone and follows your daily to your phone and follows your daily workout. However, unlike the other bands, it does a lot more than keeping track of your fitness.
HALLOWEEN COSTUMES

Still looking for inspiration? Here are a few unique individual and group outfits to try

The Fresh Prince of Bel-Air & Carlton

To dress up as the Fresh Prince, you need to pull out the weirdest patterned baggy sweaters and pants you own, or look for them at a thrift shop like Goodwill. The Fresh Prince's style is defined by baggy sweaters and pants you own, or look for them at a thrift shop like Goodwill. The Fresh Prince of Bel-Air

Dumble-Dora the Explorer

You’re in college — now is when your fellow Demon Deacons will actually appreciate punny/hilarious pop culture references. If you’re a Harry Potter fan and know who Dora the Explorer is, this costume is for you! To dress as Dumble-Dora, you’ll need a pink T-shirt, orange shorts and a backpack, along with a long white dress for both girls and guys. Props to you if you throw around some Spanish spells while dressed as Dumble-Dora.

Nicki Minaj

When in doubt, go as Nicki Minaj for Halloween! To dress as the eclectic pop singer, you’ll need some animal print or patterned tights and a bright pink, blue or yellow shirt. Nicki’s makeup tends to be very dramatic with giant fake lashes, fluorescent eye shadow and bright shades of gloss or lipstick. Because of her wacky style, you actually have a lot of flexibility with this Halloween costume idea. Make it what you love most about the rap diva.

Minion from Despicable Me

Perhaps the cutest animated character ever, the minions from Despicable Me are very easy to dress as, both individually and as a group. You will need a yellow shirt and either denim overalls or denim shorts with suspenders to go on top. The minions’ trademark goggles are easy to trade in, mixing and matching so that girls and boys can come up with creative, ironic signs for your character. For example, Snow White could have a sign that says “she said the apple was organic.”

Mario Kart

This group costume allows for the possibility of mixing and matching characters. You can either buy costumes for Mario, Luigi, Princess Peach, Bowser, Yoshi, Toad, Wario and all of your other favorite characters, or you can get creative with your own clothes like wearing a red shirt with denim overalls for Mario, or wearing a pink tiered dress for Princess Peach. To play, tie balloons to yourself (or to a bike) and chase each other around campus trying to pop your opponent’s balloons.

Hipster Disney princesses

Tired of seeing the same old Disney princess outfits? Change it up by adding elements of less mainstream fashion to it like thick rimmed glasses, scarves, dark eyeliner, plaid shirts and combat boots. Potential props include fake cigarettes, books by Ayn Rand, Chuck Taylor’s and unimpressed facial expressions. The costume is incomplete without a creative, ironic sign for your character. For example, Snow White could have a sign that says “she said the apple was organic.”

The Avengers

Comic-con nerds unite. This group costume allows for a lot of variety, mixing and matching so that girls can dress up as the guy characters and the guys as the females. You can either buy in body suits specific to each character or use elements of your own wardrobe for Black Widow, Thor, Nick Fury, Captain America, Iron Man, the Hulk and Hawkeye. If your group is really big and wants to expand, consider adding Loki and his army of aliens to wage battle against all night.