

OLD GOLD & BLACK

WAKE FOREST UNIVERSITY

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A word of advice for students



Chelsea Tamura/Old Gold & Black

Advising for both declared and undeclared students can provide much needed help when planning class schedules, but for some students the process can feel like more of a hindrance than a benefit.

Students and professors differ
on the value and effectiveness
of university advising system

BY TAYLOR HICKSON
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The advising system at the university has been a component of the academic experience since the school was established. However, in 2009, the system underwent changes when the Office of Academic Advising (OAA) was created to oversee the system and further the needs of both students and faculty advisers throughout the process.

"My advisor was kind, but he agreed with everything," junior Fahim Gulamali said. "I

would have liked more guidance on resources to go to for information on courses. There was just an overall lack of knowledge."

The advising system at the university is composed of two main components: lower divisional and major advising.

Upon entry, students are assigned a lower divisional, all-purpose adviser who is meant to guide them in their transition to college while also guiding their academic decisions.

This adviser remains with students throughout their freshmen and sophomore years.

After declaring their major, students are given a major adviser from within that particular department until graduation. This faculty member then assumes the advisory role with a specific focus on completing major requirements and helping with education or occupational goals after graduation.

"Major advising is more straightforward academic advising with a specific purpose," junior Dario Calabro said. "You sit down and talk about what needs to be done academically. You go in with a focus on how you want to finish your major requirements and what you want to do afterwards."

Every year, faculty members and staff are recruited to advise the next class of students. This is done by the OAA reaching out to departments and asking them to nominate people or asking people to volunteer. There is no standardized system for each department. Some departments rotate faculty advisers, while others have all faculty participate. In this way, every department contributes, but in a way that is most manageable for that specific department.

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Students affected by devastation

The Counseling Center offers
its services to any students
impacted by Hurricane Sandy

BY DANNY WADLER
Staff Writer
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Hurricane Sandy, the largest Atlantic hurricane ever recorded, devastated thousands of homes, properties and businesses in New England and the mid-Atlantic states Oct. 29. Although Winston-Salem was unscathed by the hurricane itself, the tragedy affected the lives of many Wake Forest students, staff and faculty.

"The whole experience was very scary, not knowing what was going to happen to my family and friends," freshman Katie Trimmer from Garden City, N.Y., said. "I was very lucky that my house was not damaged, and we only lost power for a short period of time."



Photo courtesy of Katie Trimmer

Although Winston-Salem was not directly impacted by Hurricane Sandy, many students had family or friends who were affected by the storm.

Students with serious concerns about family or friends in the affected areas are advised to visit the Counseling Center by appointment, but resources for dealing with specific

trauma are also available on the Counseling Center's website. The Counseling Center,

See Sandy, Page 3

This column represents the views of the *Old Gold & Black* Editorial Board.

Advising process fails to meet student needs

When a freshman first arrives at Wake Forest, he or she is assigned both a student and a faculty adviser. While the advising process is undoubtedly helpful, there are several issues present with the current system. One of the primary problems with the faculty advising is that freshman advisers are assigned without consultation of desired majors. This is particularly pertinent for students who plan to be on the pre-med, pre-law and pre-business tracks.

Many professors in the liberal arts departments are unfamiliar with the requirements necessary for these students. Although online and physical resources are available throughout campus, many advisors are unable to direct students to their needed resources. For example, many students have difficulty accessing degree evaluations via WIN. When addressing this issue with their advisors, the professor is

“Ultimately, alterations to improve the student and faculty advising processes should be further explored by the university.”

ill-prepared to offer a solution. All faculty advisors should be well-versed in operating the university's information systems.

While faculty participate in the advising process at their own volition, more stringent knowledge of prerequisites and resources should be required in order to address the needs of students with predetermined career paths.

Professors who volunteer to be faculty advisors must also welcome more open office hours, especially those professors who only work part time. Due to scheduling conflicts, many students and professors are unable to find a time conducive to having

a meaningful discussion. In addition to providing professors with the opportunity to become more knowledgeable of the needs of their students, the documents used in the faculty advising process should be standardized across the board. For example, standardized forms that outline courses that fulfill each divisional should be provided to students.

Additionally, many faculty advisors fail to connect with their advisees in a meaningful way. Many students feel that their faculty advisor fails to display an investment in their college career. These students may be required to initiate meetings with their advisor. Many freshmen and sophomores only meet with their advisor in order to get their registration PIN.

The student advising process is also not without its faults. Although the university has been making greater strides to make the

student advising process more effective with more training, many students believe that the process is of little help. While student advisors can provide social advice and some assistance with class registration, primarily during one's first semester, they are not matched with regard to desired major.

After a student has become more accustomed to the university, he or she is likely to find a student advisor to be largely unnecessary, especially as the onus is on them to contact their advisor to discuss their academic and social lives.

Ultimately, alterations to improve the student and faculty advising processes should be further explored by the university. Potential solutions can be found in comparing the university's system with those at similar schools or consulting with students, faculty and administration to address their issues with the current system.

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ESE minor not just for business school

The CICE works with student entrepreneurs to develop and grow ideas into ventures

BY JULIE HUGGINS

News Editor
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Every year for one week in November, multiple organizations across six continents hold a week long celebration of all things entrepreneurial, called Global Entrepreneurship Week (GEW). This year the celebration occurred Nov. 12-17 and the university, as it has since 2007, is joining in the festivities.

"Global Entrepreneurship Week is a time for people to recognize how much entrepreneurship is in our everyday lives," Polly Black, director of the Center for Innovation, Creativity and Entrepreneurship (CICE), said.

"There is no limit to how innovative one can be."

Through events such as the "Tribute to Past Entrepreneurs" (the signs on Manchester Plaza showcasing entrepreneurs who have graduated from the university), forums on the future of entrepreneurship and an event that started in 2010 called "Everyday Innovations," the university and the CICE in particular have been advocating the idea that anyone with ambition and an idea can create a business.

The CICE started in 2004 as a part of the undergraduate college, not the Schools of Business, after the university was chosen to receive a Kauffman Campus Initiative grant to grow the entrepreneurship program at the undergraduate level.

In 2006, the CICE succeeded in creating the Entrepreneurship and Social Enterprises

minor (ESE), which has since become the most popular minor in the college, boasting around 140 minors at this time.

Despite all of this, however, both the CICE and ESE carry a major stigma: that the center, its resources and the minor associated with it are only for business majors.

"I've heard of the center, but I really don't think it applies to me," Deshawna Kiker, a junior English major, said. "When I think about the CICE or the ESE minor, I think about the business school."

In fact, only 15 percent of the ESE minors are in the Schools of Business, according to Black. "Although most of the students using the CICE are ESE minors, we encourage any student interested in entrepreneurship to find out more about our resources," Black said.

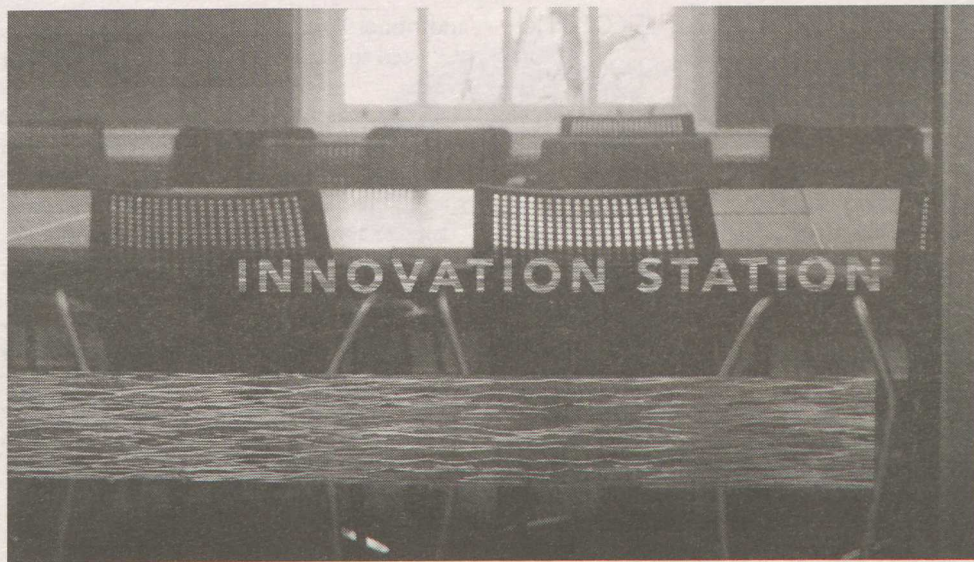
Through events like GEW and the popular TEDxWakeForestU event, which took place in February 2012, the CICE is looking to increase its presence on campus and mitigate the stigma associated with it.

"A year ago, our venture was merely an idea," Hannah Moredock, a senior English major with a double minor in ESE and communications, said.

She and fellow senior and HES major Jay Coble created Together Life, a non-profit venture that creates a virtual community to connect people with chronic or life-limiting illnesses.

"Thanks to the CICE, we now have a fully functional website and funds to launch a pilot group of users," Moredock said.

The CICE also offers major resources for students interested in entrepreneurship, such as use of the Innovation Station, the Babcock Demon Incubator House (which provides students with offices and other resources), seed grants and, of course, advice and mentorship. Since the center opened,



Clare Stanton/Old Gold & Black

Global Entrepreneurship Week is a week long initiative held yearly to inspire students to embrace innovation and turn ideas into reality.

179 new venture plans have been submitted for seed funding, and of those, 111 were approved.

"Over the past three years, I have received a Chambers Grant to create my website, simplymeganjewelry.com, a stipend of \$3,000 to study the history of jewelry and economics in European countries while traveling Europe for five weeks, and a \$2,000 seed grant to expand my line of jewelry with materials I found while I was abroad," Megan Von Buren, a senior business and enterprise management major with a minor in ESE, said. Von Buren runs Simply Megan, a jewelry business that she started at the age of 13.

Even though the CICE is still relatively unknown or misunderstood among the majority of the student body population, the perception that it is only for business

majors is changing. The CICE is hoping, over the next few years, to expand the Social Entrepreneurship side of the minor, which focuses on ways to apply the concept of *pro humanitate* outside of the classroom through non-profit ventures.

"I heard about CICE at a presentation during preview week for accepted students in my senior year of high school," Bentrice Jusu, a senior studio art major, said.

Jusu runs Both Hands, a non-profit that serves inner-city youth through art. The CICE helped her non-profit grow by funding the idea through grants and other resources.

"Instantly, I knew I was going to be a part of that somehow. I got involved through the workshop they held one strengthening and starting your venture. Since then, I have not stopped," Jusu said.

Sandy: University involvement with relief effort

Continued from Page 1

however, has yet to see an influx of students making appointments. Counseling Director Marianne Schubert attributes this to Wake Forest's close social networks.

"Just because these things happen doesn't mean [students] need counseling," Schubert said. "Sometimes just talking to friends, relatives or even professors is enough. That's where students turn to first."

Nevertheless, the counseling center is available for students who feel they need it, for instance in the event of long-term or delayed reactions to the traumatic experience.

"Although the events were very tragic, a large sense of community arose, with local businesses and families stepping up to help out their neighbors," Trimmer said of the Long Island community. On the local level, the university as well as many student orga-

nizations are stepping forward to help out victims of the hurricane.

The Red Cross club is organizing a blood drive Nov. 27, and students who wish to raise money for the cause are welcome to make donations to the Red Cross.

Students can make monetary donations of \$10 by texting "REDCROSS" to 90999.

Alternatively, students can make an appointment to donate blood, especially since the Red Cross had to cancel more than a 100 drives during the storm and its aftermath.

Members of the Wake Forest community can also donate to the Chaplain's Emergency Fund, used to help other members of the community who are in need.

Furthermore, several campus ministry groups are considering mission trips to the devastated areas, according to University Chaplain Timothy Auman. At this time, individual students and student organizations

should, for their own safety, refrain from volunteering in affected areas, according to Marianne Magjuka, director of Campus Life.

There are several current and upcoming efforts, however, towards which students can volunteer their time and service.

"A large sense of community arose, with local businesses and families stepping up to help out their neighbors."

Katie Trimmer
Freshman

A Wake Alternative Break (WAB) will be take place over spring break, although Campus Life has not yet finalized the exact dates and destinations.

"I feel it is important as a Wake Forest community to support those students who may be going through hard times," soph-

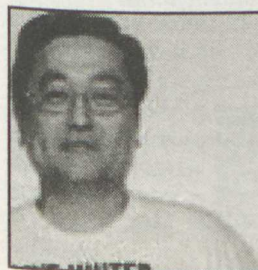
omore Jim Le, who wishes to be a leader of the WAB trip in the spring, said. "The WAB trips provide a perfect opportunity for students to serve others over their spring break."

Finally, according to Shelley Graves, assistant director of Campus Life and Services, the Division of Student Life is planning a small benefit concert for the first week in December.

Some, though, feel that the university is not doing enough to help out the victims of Hurricane Sandy. Freshman Liz Kuehn said, "I actually would like to see Wake Forest more involved."

Kuehn is from Westfield, N.J., a town that is still in recovery.

"I have friends without power, who just went back to school recently," she said. "Also, my elementary school is badly flooded, so nobody knows when [the students] will be able to return."



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Social sciences prepare for move to Kirby Hall

The business school's upcoming move to Farrell opens space for social sciences in former building

BY JACKSON SOULE

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As is easily seen by any student walking by the construction, the Schools of Business is preparing to move into a brand new building in the fall of 2013.

With all the attention surrounding the university's newest building, few have acknowledged how this affects the rest of the academic departments. In fact, the various departments that compose the social sciences, specifically political science, economics and sociology, are poised to replace the Schools of Business in Kirby Hall next year. The remaining social science departments will stay in their respective buildings of Tribble and Carswell, according to Jacqueline Fetrow, Dean of the College.

The decision to move the departments into Kirby Hall was made by the university, but not until the faculty in the involved social science departments had discussed the change.

"All the professors who were involved in the move were actively engaged in the decision," Fetrow said. Now that the business school is moving to Farrell Hall, other departments are given more mobility with the

additional space available. This eliminates the need to share classrooms on a consistent basis.

"There was not enough room in Tribble for the political science department, which has really grown recently," Katy Harriger, chair of the department of politics and international affairs, said, adding that the department was "gaining one additional classroom" with the move to Kirby.

The move brings about a plethora of opportunities for those departments moving into the much larger Kirby Hall.

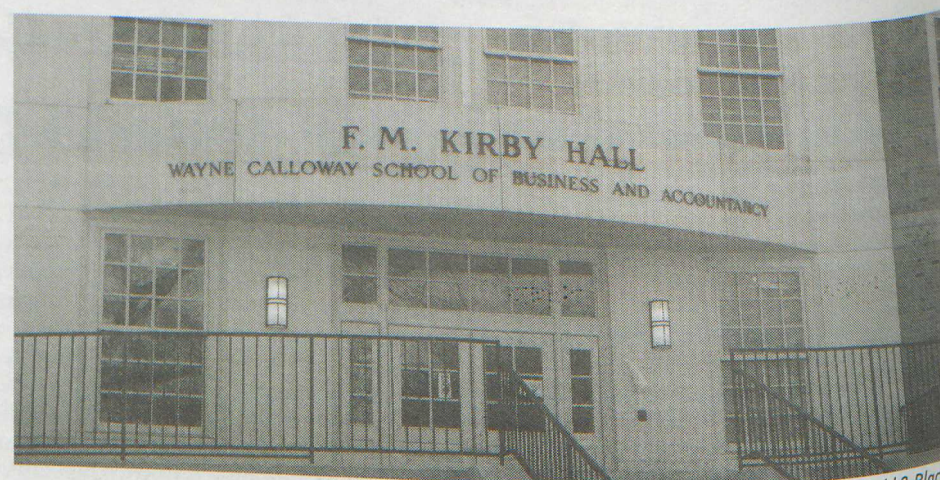
For one, professors' offices are much more conveniently situated in Kirby, which serves

"I'm looking forward to having offices in closer proximity to each other."

Robert Whaples
Chair of the Department of Economics

to bring departments closer together both physically and socially.

"Currently, there are five department members whose offices are separated from the rest of the department," Robert Whaples, chair of the department of economics, said. "I'm looking forward to having everyone's offices in closer proximity to each other." With more contiguous offices and rooms, Kirby Hall also provides the opportunity for interdisciplinary interactions within the respective departments.



Clare Stanton/Old Gold & Black

Kirby Hall will be converted from an academic building serving the Schools of Business to one housing several social sciences.

"With this opportunity for interdisciplinary interactions, we can now think creatively and innovatively about the classroom as an academic space," Fetrow said.

Most students were unaware of the university's decision to move social sciences into Kirby, but expressed enthusiasm upon learning of the news.

"I'm definitely excited to be able to upgrade to Kirby Hall, with larger lecture rooms and a less confusing layout" Peter Butler, a junior political science major said.

Fetrow also discussed the possibility of renovating Tribble and Carswell in the future in order to create more space for the

growing departments within the social sciences and the humanities. However, she stated that there is no current timetable for this project, and Simone Caron, chair of the history department, added that the renovation of the Scales Fine Art Center was a higher priority.

"The history, philosophy and classics departments are all thrilled to stay together in Tribble" Caron said.

She explained that although political science is a smaller department than history, it made sense for the department to move out of Tribble to join the other social sciences in Kirby Hall.

Advising: Students question value of system

Continued from Page 1

"I think the advising system does work," Jose Venegas Caro, associate professor of Romance Languages and lower-division advisor, said. "It is an ongoing conversation about what interests the students. This includes not just what classes to take, but larger issues they are having and if they are planning to study abroad."

Once chosen, brand new advisers are required to go through a training program where they learn the academic requirements as well as go over techniques to support students in their transition to college. They are taught to connect students with resources that can help them, even if the advisers personally cannot.

This is done by connecting students to resources such as the OAA, the Counseling Center, and the math and writing centers.

Optional workshops are also held throughout the summer and school year to further equip advisers.

"I like the advising system here," Eric Jones, professor of anthropology and lower-division adviser, said. "It's designed so students learn about the system from people who know and understand it. They also do a great job training us and giving us information."

Many students, however, complain about how they feel the system doesn't help build relationships between students and advisers. "The current system is based on meeting prior to scheduling, which doesn't necessarily facilitate a relationship that leads to the best advising," Christy Buchanan, associate dean for the OAA, said.

At the moment, the OAA's main long term goal is to "equip advisers to be engaged with their advisees in meaningful ways. Develop a relationship where they really know their

advisees and vice-versa," Buchanan said. At the moment there have been no major changes to the system itself, but the OAA expressed several potential ideas for furthering the relationship between lower-divisional advisor and advisee. "One idea is the possibility of first year seminar professors being able to be an adviser to the student's in their class if they choose to do so," Buchanan said. "It would be quite voluntary if someone wanted to do it that way, but it might be way to help the advisers know their students more fully and likewise allow the students to get to know their advisers in a more personally way."

Another reform in the works is involving faculty outside of the classroom with activities that happen in residence halls. "More ongoing casual interaction with students in their everyday environments outside of the classroom could help each party to understand and get to know each other better,"

Buchanan said. Other students believe that the system is to be entirely unhelpful, and the only interaction they have with their advisers occurs prior to class registration when they need their PIN numbers.

"It's horrible," freshman Seth Gerringer said. "Once you are done with the beginning of the year and all the freshman activities, the adviser serves no purpose. You don't hear from the student advisor at all, and the only thing the faculty academic advisor does is give you your PIN number for class registration."

"I don't think any system is perfect or works perfectly in all instances, but I do think it is important for Wake Forest students to recognize that this advising system is set up to be very personalized in a way that does not necessarily happen at other universities," Buchanan said. "But we would like to hear from students who don't feel they are getting what they need."

POLICE BEAT

Miscellaneous

- University Police responded to a call in reference to the smell of marijuana coming from a room in Student Apartments. Officers determined where the smell was coming from, and the offenders admitted to being in possession of marijuana and paraphernalia. The report was filed at 11:16 p.m. Nov. 7.

- Unknown person(s) vandalized an elevator door in South Hall with oily fingers. The suspect later came to the University Police department to confess. The report was filed at 3:44 p.m. Nov. 9.

- A victim had received disturbing text messages from an unknown number. An officer later discovered that

someone in a Verizon store was texting the victim from a display phone. The officer also discovered that it was the victim's friends playing a joke. The victim declined any further investigation. The report was filed at 3:15 p.m. Nov. 10.

Larceny

- Unknown subject(s) forcibly removed the victim's bike near Martin by cutting the lock off. The report was filed at 4:28 p.m. Nov. 6.

- Unknown subject(s) forcibly removed the victim's bike near Polo by cutting the lock off. The report was filed at 4:39 p.m. Nov. 6.

- Unknown subject(s) removed the victim's wallet from an unsecured room in Babcock. The report was filed at 9:40 p.m. Nov. 6.

Scan this code to visit police.wfu.edu



Deacon Profile: Hayes Henderson

BY MEENU KRISHNAN

Editor-in-chief
krismg@wfu.edu

Have you ever wondered who is behind the striking visuals of the Voices of Our Time and Secrest Artist Series posters?

Meet Hayes Henderson, the executive creative director of the Communications & External Relations team. Henderson, a graduate of East Carolina University where he majored in design and illustration, came to Wake Forest in January 2011 after working at his own agency for over two years. Having designed for major publications like Newsweek during his career, Henderson now oversees a team of creatives responsible for visually representing the university's institutional message.

How did you get interested in graphic design?

I started off at an agency as a designer, but I was still trying to do illustration work, like magazine and editorial illustration. I actually got a call from Newsweek to work on a cover. That was out of the blue, about a year into my career. That cued me that maybe I should try to concentrate a little harder on illustration. Two and a half years working at the agency, I decided to step out on my own and concentrate on magazine illustration. It was a very difficult process, with really cool work and low pay.



How did you end up at Wake Forest?

We had been working with Wake Forest as an independent agency. And the question was raised if we would be interested. So I brought my creative team with me. I'd had my own agency for 20 years, but it had been a tough economy for the last three years.

The opportunity at Wake Forest came up; you have a top 25 school sitting in your backyard. For 20 years, I'd been selling products that sit on shelves. I like the idea that if I'm selling something, I'm going to sell something that's one of the most important things in people's lives: their education. Something that's a little more important than a piece of apparel or a product.



What projects have you completed at Wake?

Secrest and Voices of Our Time, but also all the materials for advancement, donor and outreach. Right now, I'm working on a new Wake Forest Magazine, an update piece for key members of the alumni community and the institutional message for the university at basketball and football games. We're creating this cinematic 30 second spot, featuring quick vignettes with narration. What we're trying to do is give alumni goosebumps, jarring memories about Wake Forest experiences and putting it in epic terms.

What does your design process involve?

You have your natural library of knowledge. It just sort of becomes second nature. That's the cool thing about working with students. It reminds you to think about what your structure is to build a creative solution. For Voices of our Time, we wanted to come out of the gate quickly with a branded look, the black background and the bold, single visual. It's applied art, you've got to come up with something that's somewhat universal. Essentially what I do is sit down the old-fashioned way with a sketchbook, work through 12 to 20 ideas. One of them starts to catch and starts to build.

How do you reinvent the Secrest posters each year?

It's similar, but it has to be completely different each year. That's why I opened it up to the group, because it was starting to get stale. It was great because they all have



Meenu Krishnan/Old Gold & Black

renewed energy. What I try to set up is healthy one-upmanship. When you're talking about a creative concept, the hierarchy is flat. I don't care where the idea comes from — whoever has the best idea, that's what gets chosen. I love the creative process. Because of our exchange and connection, we're able to create better things together than if we're working in a vacuum.



What programs do you use?

The designers laugh at me, I still work in Adobe Freehand. I also work in Illustrator and Photoshop.

What is your favorite poster you've designed for Wake?

The goal of the Secrest posters is to make you work.

As an artist, I like challenging the viewer, playing with the idea of how we take in information.

A poster does a lot of different things. It has to appeal to you aesthetically, but how are you going to remember the information? Are you going to remember because it's easy or you have to work for it? I just like challenging the viewer and not treating them like they are stupid.

What advice do you have for aspiring graphic designers?

From a design school standpoint, you can't beat being immersed in an environment. It allows you the space to experiment. That said, I think a lot of talent falls outside the traditional mode of learning. Computers have obviously helped to flatten the competitive field, as far as people with great ideas but less classical training. At this point, the computer isn't a crutch for creatives. It allows people to exploit digital image opportunities.

Images courtesy of Hayes Henderson/Wake Forest University

BRIEF LIVES

Secrest Artist Series celebrates an Irish Christmas with Danu

From 7:30-9:30 p.m. Nov. 28 in Wait Chapel, the Secrest Artist series will be hosting a traditional Irish musical ensemble, Danu, composed of five virtuosi players on flute, tin whistle, fiddle, bouzouki, button accordion and vocals. Danu will perform their Christmas program, *An Nollaig in Eirinn*. The event will be free for all students, faculty and staff. For more event information, go to secrest.wfu.edu. Contact Lillian Shelton for more information at sheltolb@wfu.edu.

Native American Heritage Month celebration to be held at the Barn

From 6:00-9:00 p.m. Nov. 28 in the Barn, the Office of Multicultural Affairs and the Native American Student Association will be celebrating Native American Heritage Month with North Carolina tribes and Wake Forest's first Native American students as a part of the university's continuing year-long Faces of Courage event.

For more information, go to wfu.edu/multicultural or contact Celina Alexander at alexancm@wfu.edu or by phone at (336) 758-3424.

University faculty and guest choreographers set to perform

At 7:30 p.m. Nov. 29 in the Mainstage Theatre in Scales, the university will host the Fall Faculty and Guest Artist Concert.

The concert will feature contemporary, jazz and classical ballet choreography by dance faculty and renowned guest choreographers, under the direction of Nina Lucas.

Tickets are \$5 for students and seniors and \$10 for adults. For more information, contact the Theatre Office at WFU-TheatreTix@wfu.edu.



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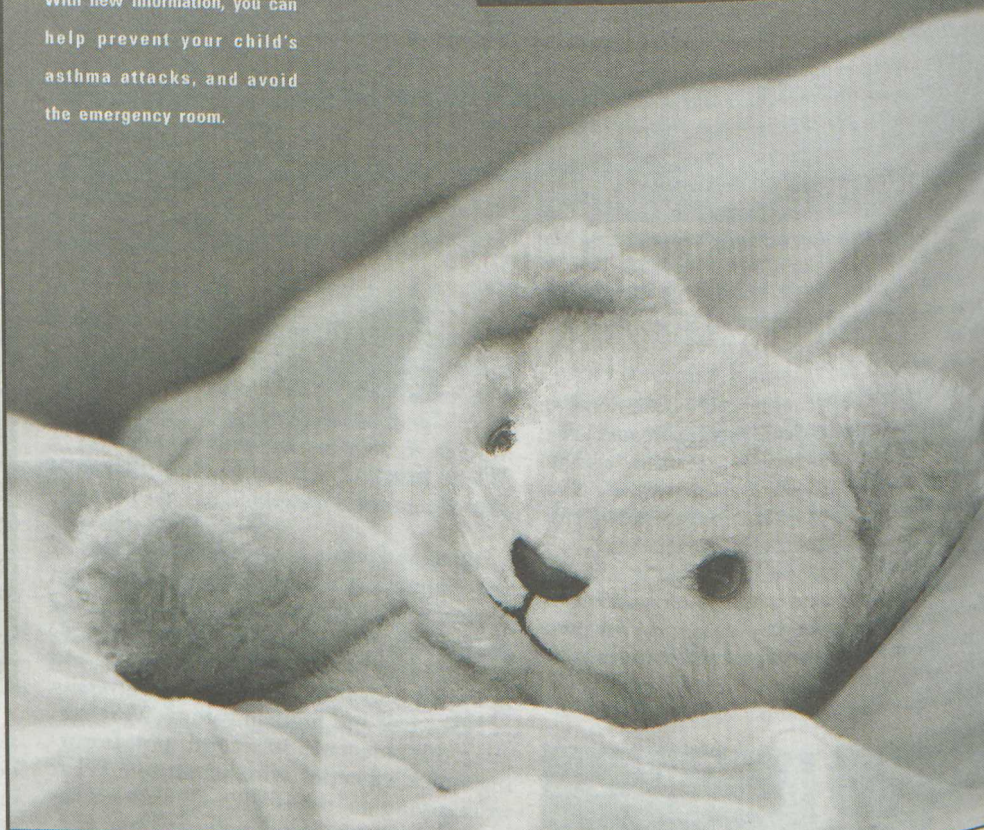
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It Takes Some Courage,
But Saving Money
Is Worth The Leap.

Letter to the Editor | Faces of Courage

"Faces of Courage" honors campus legacy

Campus possesses greater appreciation of its history as it progresses in diversity

Sonia Kuguru and J. Matthew Williams

kugusm11@wfu.edu, williamj@wfu.edu

Last week's issue featured an opinion editorial claiming the "Faces of Courage" campaign was misleading ("Faces of Courage" campaign is misleading," Nov. 8), pointing out that Wake Forest is trying to bolster its reputation and isn't as courageous as it claims. Interestingly enough, Faces of Courage isn't about the university at all.

It's about people who demonstrate actions that move Wake Forest to a place that's accepting and inclusive of everyone.

It begins with integration. Yes, Wake Forest did integrate eight years after it was deemed illegal. However, as a private university, we didn't have to accept black students. We chose to do so. And, we were the first of all major private Southern institutions that integrated — an achievement on its own.

Black students began applying to Wake Forest as early as 1956, but were denied. Sadly, Wake Forest was not the beacon of acceptance at that time. That does not preclude the actions of students like J. Glenn Blackburn, leader of the African Student Program, or Martha Swain Wood, an advocate for equality, and others who participated in sit-ins to push for integration here. In fact, those who suggested that a student from the mission fields of Africa would be a strategic way to press a Baptist institution toward acceptance of all black students deserve significant recognition.

These people are Faces of Courage and for whom the program is reserved. People who dared to take risks to advance what was

It's about people who demonstrate actions that move Wake Forest to a place that's accepting and inclusive of everyone."

right. We welcomed many of these leaders back to campus during this year's homecoming weekend for an event with Dr. Ed Reynolds — yes, the first black student was here! Awards were given to Dr. Reynolds, his college roommates, and students who forced the hand of the Trustees.

It's important that our university recognized their remarkable leadership and will honor many others who have and continue to contribute to the advancements of diversity and inclusion through the year-long Faces of Courage program. It is unfortunate that the student who wrote the opinion piece was not at that event, or even watched the film that was produced to tell the story of integration. It's currently online at facesofcourage.wfu.edu.

If he had, he might understand that faculty and administrators like Dr. Mac Bryan, Ed Christman and Dr. Ed Wilson who supported the endeavor, and the trustees who made the final decision, also deserve recognition. Faces of Courage shows our deepest appreciation for the work of our predecessors and tells the cultural history of our university.

We certainly have work to do in our diversity and inclusion efforts, but it's hard to deny that we've come a long way. This is a remarkable moment that challenges us to grow further and espouses that we have to work together to get there. Frankly, there's no better vehicle than a commemoration of the past to accelerate movement toward a better future. Consider coming to the Faces of Courage events to educate yourself and be part of it all.

This column was written by sophomore Sonia Kuguru and J. Matthew Williams, assistant director of Diversity and Inclusion.

Quick Quotes

I have to say, the administration, the president himself and FEMA administrator Craig Fugate have been outstanding with us so far. We have a great partnership with them."

—N.J. Governor **Chris Christie** on President Barack Obama, as his state prepared to rebuild from the damage caused by Hurricane Sandy.

We'll have as much of a mandate as he will."

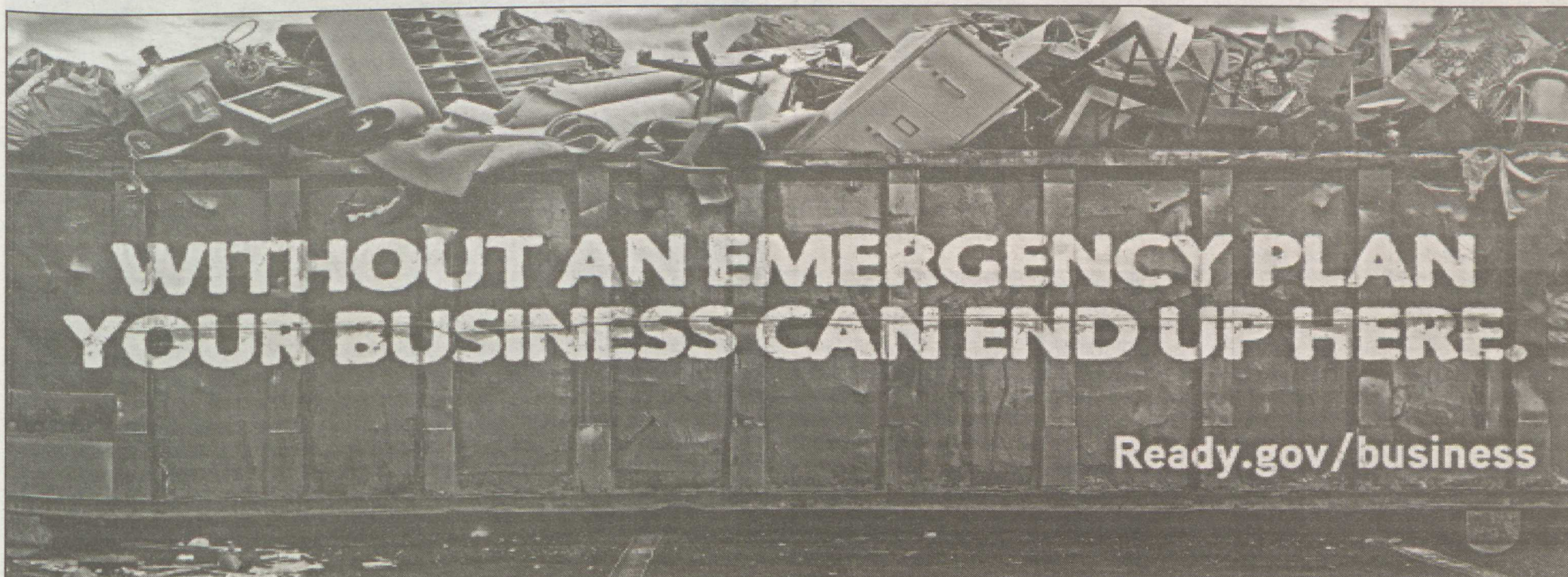
—House speaker **John Boehner** on Obama's reelection, calling on President Obama to work with House Republicans.

While our road has been hard, while our journey has been long, we have picked ourselves up, we have fought our way back."

—President **Barack Obama** addressing a rally during the last day of campaigning in the general election.

To say that I am angry, to say that I am frustrated, disappointed, would be the understatement of the decade."

—N.Y. Governor **Andrew Cuomo** on the state's public utilities in the aftermath of Hurricane Sandy.



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Election 2012 | Women Voters

The female ballot still affects election outcomes

Republicans should take cue from Democratic party and appeal to women vote

Maddox Stamey

Guest Columnist
stammm12@wfu.edu

One major topic coming into the presidential election of 2012 was women. Where or with whom would the American woman align herself?

Governor Romney and his campaign party felt very strongly that they had done what they needed in order to pull enough of women's votes for a win. What we saw though was quite the opposite and actually more like a replica of the 2008 women's voting tendencies.

Overall, President Obama won the women's vote at 55 percent compared to Governor Romney winning the national male vote at 52 percent.

The gender gap, though, has gotten so large that winning the vote of America women has become essential.

The gender gap in this recent election was an astounding 11 points, the largest gap in history other than the 1996 election. President Obama won the women's vote about the same this year as he did in 2008, then it was 54 percent compared to 55 percent this year.

This proves that winning the women's vote by more than a slight majority can propel a candidate to victory over the other candidate who might win the men's vote by only a slight majority.

The Republican Party again had a very poor performance in winning over women by having only 44 percent this year compared to 43 percent in 2008.

Winning the women's vote by more than a slight majority can propel a candidate to victory over the other candidate."

So why did women go for Obama instead of Romney? Is it because of the economic situation? Is it because of the pro-choice stance of democrats? Or is it perhaps job equality they are after?

Well, women are now more equal to men in job equality than ever before, even in big businesses like Romney's. It cannot be the economic situation because women have gone from just over 6 percent unemployment in January 2009 to almost 8 percent now.

I have come to the conclusion that President Obama just simply appealed more to women than Romney and had the pro-choice element backing him. Ever since the case of *Roe vs. Wade*, women have tended to

vote for the more liberal party that allows for women's choice in abortion.

Although a large number of women still vote conservative, the larger majority leans on a more charismatic, affectionate and open leader. Obama has these qualities that then tend to move women in his direction.

If the Republican Party wishes to regain the White House in 2016, they better wisely choose a candidate that has a shot at the women's vote.

The Republicans may have to move more towards the middle of the aisle in social stances with examples like abortion and same sex marriage.

Are the Republicans willing to move away from some of their cornerstone beliefs for a shot to restore the economy?

Well, statistics say if they do not find a way to pull women voters in, the Democrats will continue to reap the benefits of the growing gender gap as the ideological issues of the two parties continue to expand.

Election 2012 | Political Views

Social media polarizes views

Rivaling political differences prevent progressive moves on part of government



James Bailey

Guest Columnist
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Now that the buzz of the election is winding down, I've been taking a little time to think back on some of the things that people have been saying in regards to the big event, especially on social media sites.

I've read many-a-status regarding the election, often trailed by a dozen or so novel-length comments between several self-proclaimed political aficionados on why they think the other person is incorrect.

However, I've noticed that even though my peers can argue for hours online, post lengthy comments, link people to their news site of choice, use profane language and all sorts of other Internet-y things, everybody winds up leaving their e-debate with the same opinion that they began with, but they often oppose the other view more than they did before.

This sort of fruitless debate isn't anything new, either. Take a good look at shows like *The O'Reilly Factor*.

Two or more people are on a screen, and in most cases, get into a very heated de-

Even though my peers argue for hours online ... everybody winds up leaving their e-debate with the same opinion that they began with."

bate that may or may not include yelling, with the show ending without any definitive resolution.

Every time somebody puts a show like this on, they've established that they already have their own views that most likely won't change.

They know who they're going to side with on the show, and the more he or she who argues against these points, the angrier the viewer gets.

This anger causes a polarization and discourages problem-solving and compromise.

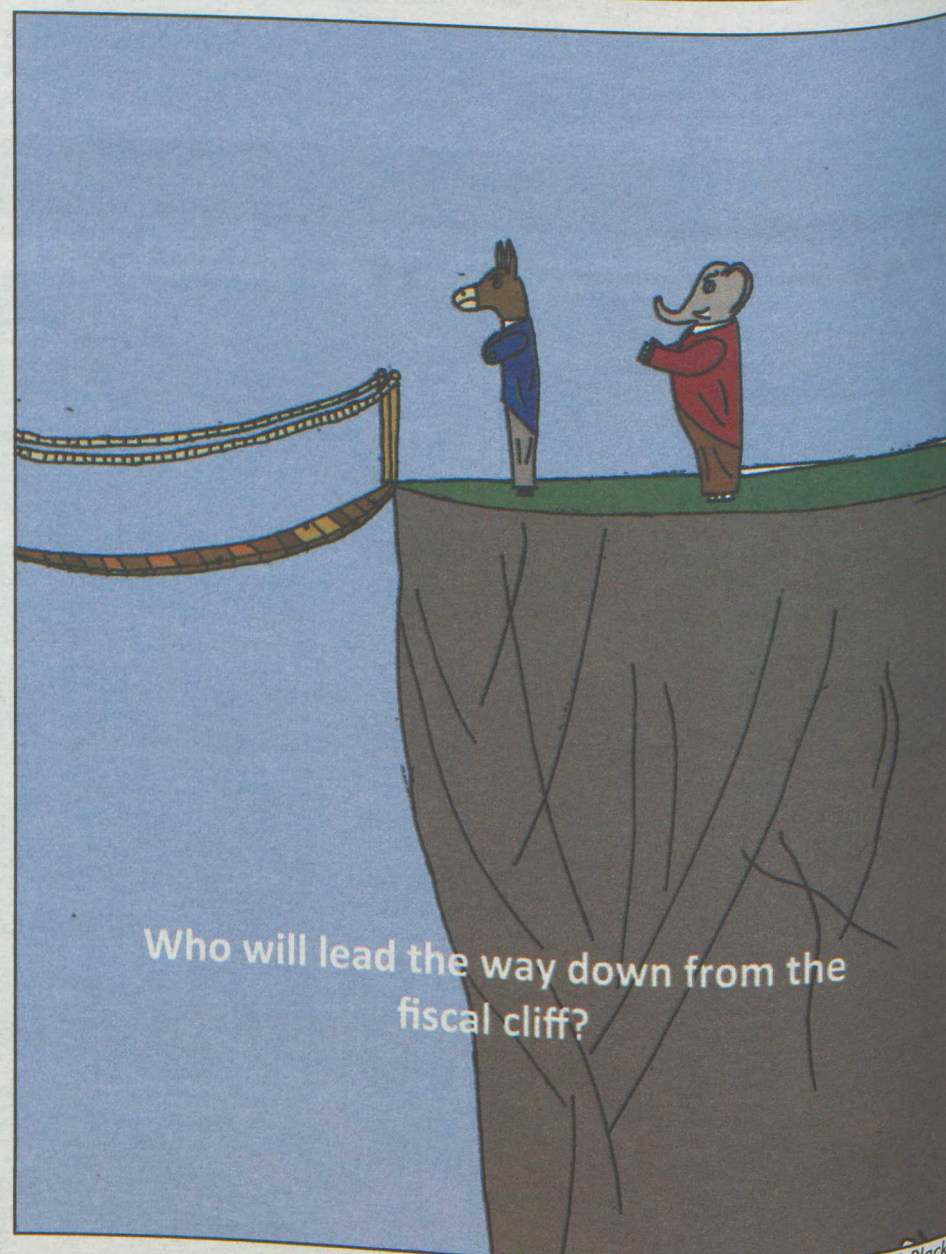
But what *Fox News* (and every other news company) knows is that people love a good fight, so an exciting, angry debate would attract more viewers to a television program than a polite debate, resulting in higher ratings.

While it's great for ratings, it isn't quite as great for getting "red" and "blue" Americans to work together. The same goes for the statuses seen all over our Facebook feeds.

The polarizing political arguments on news media and social media alike is making enemies between people with opposing political opinions, and it's creating a political mentality similar to a sports rivalry.

If we as Americans continue to polarize ourselves, we'll never be able to come together to make decisions for the good of the people.

Political Cartoon | Fiscal Policy



Cartoon by Daniel Schwandt/Old Gold & Black

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Personal Reflections | A Letter To My Former Non-Feminist Self

Collegiette gains new perspective on womanhood

Student reflects on her past beliefs and their evolution into a feminist worldview



Amy Shackelford
Guest Columnist
shacae0@wfu.edu

Dear 16-year-old self,

You haven't heard of the Avett Brothers, but they have this song that you'll love someday and your favorite line will be, "There was a dream and one day I could see it, like a bird in a cage. I broke in and demanded that somebody free it."

You wouldn't understand why it is so meaningful right now but you will. I'm here to tell you why.

You're a dreamer, you still are, but right now you're running in the opposite direction of what you know to be true and that does not lead to dreams.

You think you love him, but you don't. You love the idea of being rescued and so you place expectations on him that he can't meet. You expect him to "man up" but that

very idea ends up crippling your relationship. You think he should plan and pay for every date. He should be a perfect gentleman. Because that's what you need, a man to lead you.

But it's not. That very idea eventually makes you run away. Because you know you don't belong in the backseat. Why is chivalry more appealing than respect? Doing something from the heart rather than an expectation is love.

Stop demanding perfection. You're missing out on everything that is lovely. You enjoyed that chocolate, so why does it make you feel so guilty? Guilt is the gift that keeps on giving. Don't accept it for yourself in the first place.

You'll look back at pictures and wonder why you worried so much. You were healthy. And beautiful. But you weren't particularly happy. Stop denying yourself that right.

Stop using the words "slut" and "whore." Stop judging girls for doing things they may or may not be proud of. It's not helping anyone.

It's just putting the same expectation of perfection you have on yourself on others. Are you mean enough to wish that on anyone else? Criticizing will only exacerbate the problem. And it won't make you feel any better, either. When he left you for someone else?

“

Stop judging girls for doing things they may not be proud of. It's just putting the same expectation of perfection ... on others.”

It wasn't anything you did wrong. He's just a jerk and it's okay to admit that to yourself. You don't need to play it over in your head anymore, but you will and that's okay.

Stop letting people make you feel bad for your emotions. It doesn't make you weak. When he tells you he doesn't really like that dress on you and you dance anyway. You're setting yourself free a little.

When you realize that there's more that you want to do than be a mother, you're not a bad person.

And neither are the people who choose that path. Realizing you have that choice is enough.

You don't need to find "The One" while you're in college because you're worth isn't set on whether you're desirable to a man. Your worth is infinite and you get to set it.

Stop criticizing feminists. Stop snickering when people speak of women's rights — you'll come to learn that they do matter in this day in age.

When that shakes you for crying because you can't yell back in an argument, it matters. When you speak up for yourself

and do yell back and are called a "bitch," it matters.

When you realize you're unsatisfied with the idea of getting married young, it matters.

When you see the look on a waiter's face when you take the check, not your boyfriend, it matters. When you see your classmate bullied for being more feminine, it matters.

When you remember her smudged mascara from ridicule in math class after she had an abortion, it matters. All of this and more matters. All this time there was something in you that knew it wasn't right, but for some reason speaking up was most daunting because it meant that you finally held a voice.

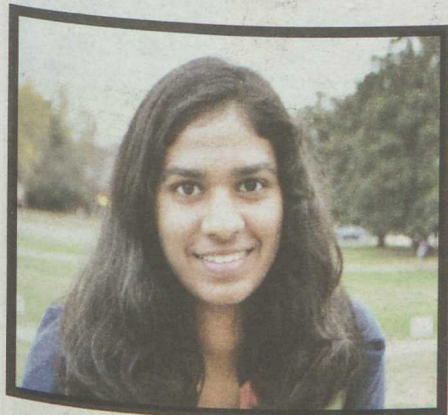
A loud voice isn't attractive. This holds you back from speaking up for a couple years. And doesn't that say enough? Your voice is silenced because it matters that much to you to be attractive to someone else. But over time, you'll gain the courage to say how you feel. And in the process, you'll start a mini-revolution. I know you won't believe me right now, but you will.

All of this ends up setting you and others free.

Sending love and too much chocolate that you shouldn't feel guilty devouring,
Amy (the same you, just a bit wiser)

Word on the Quad

Are the university's faculty and student advising systems effective? If not, how would you improve them?



"Student advising is better, but could be more thorough."
Pragna Shetty ('15)
Raleigh, N.C.
Biology and English



"Student advisers are more effective than the faculty."
Caroline Hardin ('16)
Durham, N.C.
Undeclared



"Faculty advising is more effective than student advising."
Katelyn Porter ('15)
Germantown, Md.
Health and Exercise Science



"My faculty adviser is encouraging, but we're not very connected."
Emily Kalis ('16)
Radnor, Penn.
Undeclared

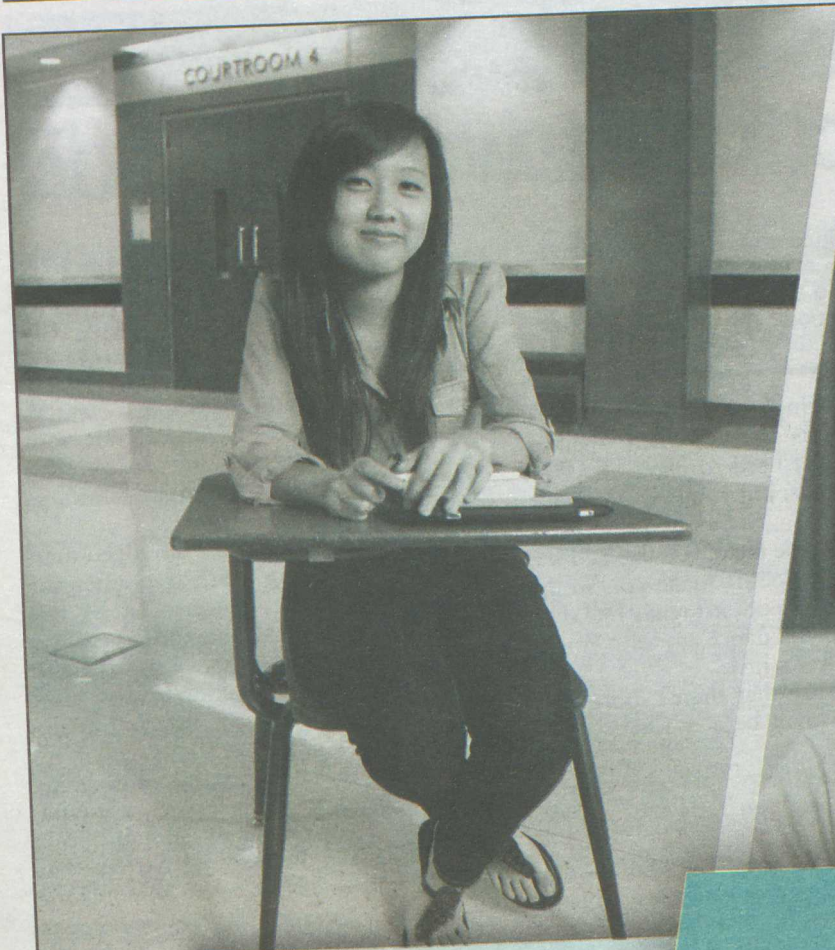
Want the campus lowdown in

140 characters

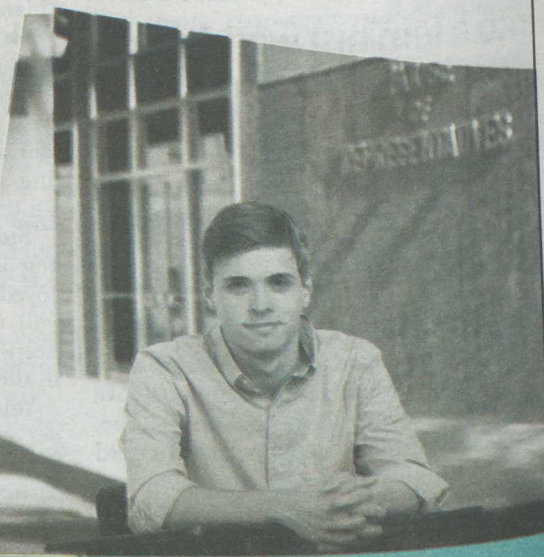
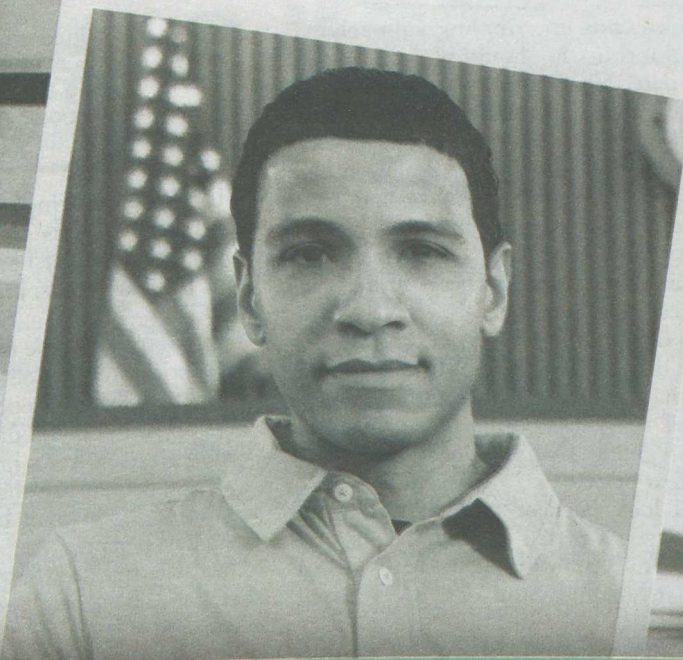
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REMEMBER

WHEN THE KIDS FIRST GOT ME ?

I'd fly through the air, they'd bounce me all the way from the house to the school, I would hear their shouts of joy as they played with the other kids. Sometimes we would all play together at the courts!! I miss that... Heck, Dad, all I need is a little air for 60 minutes of play each day. Please ?? I heard basketball is BIG in Indian Country.



P.S. Get ideas. Get involved. Get going at letsmove.gov/indiancountry.



Charging forward as a Ram

Former Wake wide receiver Chris Givens is making a splash for St. Louis in the National Football League

BY EMMA LINGAN
Staff Writer
linge12@wfu.edu

They say good things come in small packages. Though "small" could describe both his 5-foot-11 frame and his prospective talent compared to that of his fellow rookies, St. Louis Rams wide receiver and Wake Forest alum Chris Givens has enjoyed big success this season.

Givens emerged as one of the fastest wide receivers in school history during his explosive junior year at Wake Forest in 2011, and although he left a year early to pursue a career in the NFL, his speed, acceleration and footwork have quickly thrust him into the spotlight and proven that he was ready to take on the challenge.

During his time at Wake Forest, Givens' name made it into the record books on more than a few occasions. He finished his 36-game career ranked fourth in school history for receptions (163), third for receiving yards (2,473), and tied third for touchdowns (21). He broke Ricky Proehl's school record in 2011 by catching 83 passes for 1,330 yards.

See Givens, Page 14

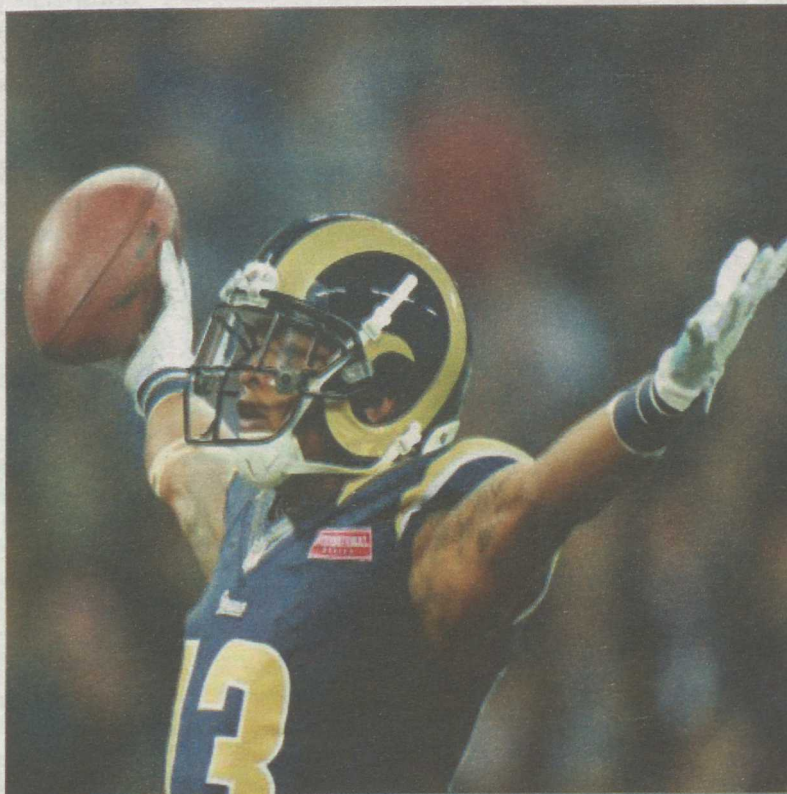


Photo courtesy of bleacherreport.com

In just eight games with the St. Louis Rams, wide receiver Chris Givens boasts over 333 yards and two touchdowns.

Wake on to second round

Women's soccer routs Georgia Southern in first round of NCAA Tournament

BY MIKE ZAVAGNO
Staff Writer
zavamd11@wfu.edu

It took 60 hard-fought minutes for the Wake Forest women's soccer team to finally break through Georgia Southern's packed-in defensive front.

After that, the goals just kept coming.

The Deacs scored four second-half goals, three of which came in a span of five minutes and 13 seconds, to dispatch the Southern Conference champs in the first round of the NCAA Championship Nov. 10 at Spry Stadium.

"The first half we had a lot of possessions, but we were not really dangerous," head coach Tony da Luz said. "I wanted more combinations up the middle and one-on-one attacking to beat players toward the goal."

After a difficult first half, which featured the Demon Deacons constantly pressuring the

See W. Soccer, Page 13

{ BY THE NUMBERS }

FOOTBALL

- 1** Number of wins that Wake needs to qualify for a bowl game
- 20** Flanker Michael Campanaro's national rank in receptions
- 3** Conference wins for the Deacons, two less than last year
- 48** Total number of passing yards for running back Deandre Martin

{ DEAC OF THE WEEK }



Stengel

Sophomore Katie Stengel notched two goals in Wake Forest's opening win against Georgia Southern in the first round of the 2012 NCAA Championship.

She kicked off a barrage of scoring in the 60th minute with the game's opening goal, and then closed out the 4-0 win with another score in 79th minute. As a result of her play, Stengel was named to Top Drawer's National Team of the Week.

{ UPCOMING EVENT }

The men's soccer team will take on the winner of the Elon vs. Coastal Carolina game at 5 p.m. Nov. 18 in the NCAA Tournament at Spry Stadium.

Young Deacons take down Radford in opener



Photo courtesy of John Turner

Head coach Jeff Bzdelik, who coached in the NBA, and his coaching staff are in their third year together at Wake.

RADFORD (0-1)			
WAKE FOREST (1-0)			
	1	2	Final
	35	32	67
	44	35	79
LJVM Coliseum - Winston-Salem, N.C.			

BY MATT POPPE
Online Managing Editor
poppmwg@wfu.edu

With a new look and renewed emotion, the Wake Forest men's basketball team began their 106th season of basketball at the Joel Coliseum Nov. 9 with a 79-67 victory over the Radford Highlanders.

The win put the Demon Deacons at 1-0 on the year and marks the 78th time that Wake has won its season opener.

After a 2011-12 campaign in which the Deacs went 13-18 and an offseason highlighted by numerous roster changes, Wake entered the first contest ready to show off their new team and new talent.

The Deacons' starting lineup featured three freshmen, with Tyler Cavanaugh and Devin Thomas at the forward spots, and Codi Miller-McIntyre directing the squad at point guard.

The newcomers made their presence known early on as Miller-McIntyre and Thomas combined to score the Deacs' first nine points.

Despite their efforts, the Demon Deacons would go back and forth with Radford for much of the first half, even as the Highlanders struggled from the field,

connecting on just one of their first 10 shots.

The Deacons would, however, take control and push the lead to as much as 10 before halftime.

They would lead 44-35 at the halftime buzzer as Thomas scored on a buzzer-beating tip-in.

Radford would not go away quietly and would pull close multiple times in the second half, but they were ultimately unable to gain the lead back from the Deacs.

After the Highlanders cut the lead to three at 70-67 with just under two minutes to go, the Deacons would respond with a 9-0 run to finish the game and emerge with a 79-67 victory.

"This was a hard fought game obviously, and we expected that,"

See M. Basketball, Page 14



Nate Guthals

IN THE SPOTLIGHT

Senior

Personal Profile

Hometown: Littleton, Colo.
 Class: Senior
 Major: Health and Exercise Science
 Birthdate: 03/15/1991

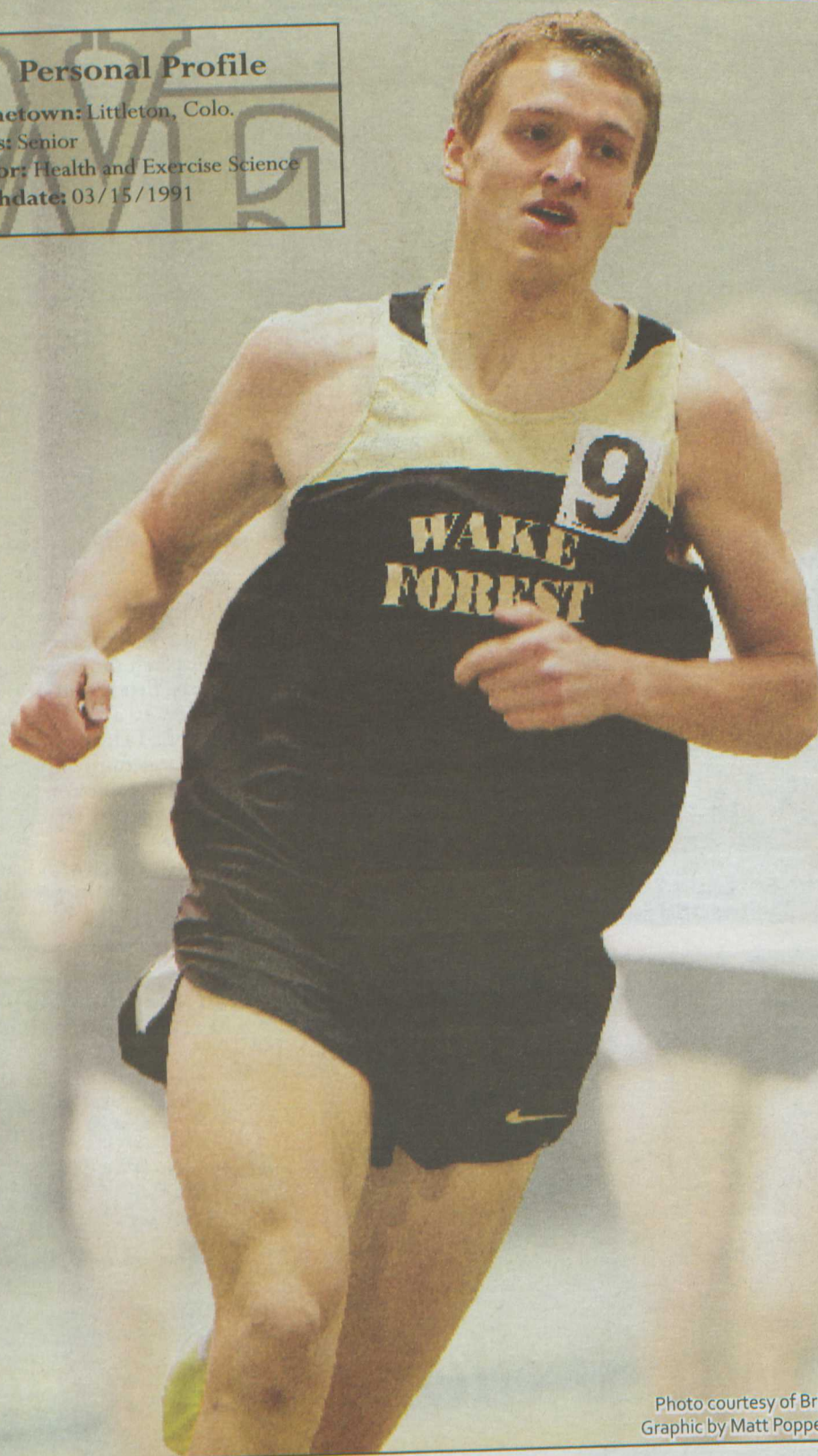


Photo courtesy of Brian Westerholt
 Graphic by Matt Poppe/Old Gold & Black

BY TYLER KUKLA

Staff Writer
 kukltj12@wfu.edu

Senior Nate Guthals has run middle distance on both the track team all four years at Wake Forest and the cross country team each of the past three years. He has come to be one of the Deacons' most valuable runners. Finishing in the top two places for the team in each race this year, Guthals recorded an 8k best time of 24:39.65.

Being from Littleton, Colo., what drew you to Wake Forest?

My high school coach went to college with one of the coaches that was here at the time. Those connections helped to get me here and start the recruiting process. Wake's a great school, and I figured if track could help me get in then I might as well take advantage of that.

Who has been the biggest influence on you in your cross country career?

I'd have to say the other guys on the team. They've kind of pushed me to motivate myself when I'm not here, like over the summer or over winter break, and when I am here, it's nice to have the guys around to feed off of. If we're not feeling good one day, usually someone in the group is, and they help pick everyone else up.

When you're not running or studying, what can you be found doing?

Sleeping, maybe? I try to take advantage of free time to work in naps during the day, especially when I'm extra tired.

How have you been a leader for the team this year?

Just being one of the older guys, the younger guys look up to you. I'm not really a vocal leader — I lead more by example and putting in the work. Hopefully, we get the results and get other people to follow my example.

What are your goals for your last seasons of indoor and outdoor track coming up?

For indoor, I'd like to score in the mile for ACCs — that'll probably be my best event indoors. Outdoors, I'm hoping to try the steeple chase this year. If that goes well, I'm looking to qualify for regionals and potentially nationals in that.

What are your plans after graduating this spring?

Right now, I'm planning on taking a gap year and hopefully applying to physical therapy school.

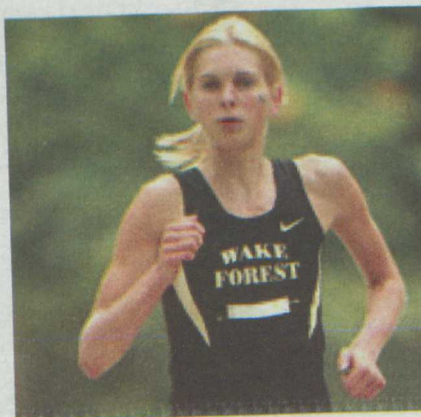
What has been the highlight of your time at Wake Forest?

Athletically, my highlight is probably the indoor conference meet my sophomore year. We had just gotten a new guy on the team from Australia (Alex Rose), and we had put together a relay. We weren't expected to really do anything against the other schools in the conference. I ran the third leg of the relay and helped put us right up in the mix, and we ended up doing a lot better than we expected to.

Deac Notes

Junior cross country runner Nicole Irving named to All-Region list

After another stellar season, junior Nicole Irving of the women's cross country team was named to the NCAA All-Southeast Region Team. Runners that place in the top 25 individually at regional meets automatically qualify for the distinction. Irving was the only member of either the men's or women's team to earn the honor. In the NCAA Southeast Regional Meet Nov. 9 in Charlotte, Irving placed 13th overall with a time of 20:30.6. The meet was Wake's last cross country meet of the year.



Six Wake Forest men's soccer players earn All-ACC status

The ACC announced Nov. 8 that six players on the men's soccer team earned all-conference honors. Junior Jared Watts was the lone first team selection, making it the third consecutive year that he has been named to an All-ACC team.

Sophomore Sean Okoli and junior Luca Gimenez each grabbed a spot on the second team, while the freshman trio of Michael Gamble, Collin Martin and Jalen Robinson were named to the All-Freshman team. The three headlined last year's No. 1 recruiting class.



Demon Deacons still searching for bowl berth

Wake Forest (5-5)					
N.C. State (6-4)					
WF	0	6	0	0	6
S	17	0	17	3	37
Carter-Finley Stadium - Raleigh, N.C.					

With two teams battling for a sixth win, Wake Forest continues season's struggle against N.C. State

BY NICK WELDON
Staff Writer
weldnr11@wfu.edu

With a bid for a bowl game on the line, Wake Forest (5-5, 3-5) floundered under the pressure, losing a 37-6 road blowout to North Carolina State (6-4, 3-3).

The loss marks the first time since 2004 that the Demon Deacons have lost to multiple in-state opponents in the same season.

In their defense though, the Wolfpack looked much more like the team that handed No. 10 Florida State its first loss of the season, rather than the one was dismantled by ACC bottom-dweller Virginia at home.

Wake Forest struggled early on both sides of the ball, and N.C. State scored the first 17 points of the game.

Thanks to a creative touchdown pass from redshirt junior wide receiver Michael Campanaro, the lead was cut to 11 points in the second quarter. Unfortunately, the Demon Deacons would not reach their opponent's endzone for the remainder of the game.

"We felt really good at halftime," head coach Jim Grobe said, "especially going in as poorly as we thought we played in the first half, but only down 17-6."

Any chance Wake Forest had to regain the game's momentum evaporated quickly when Tobias Palmer of the Wolfpack returned a kickoff for a 100-yard score to open the third quarter. Yet that wasn't the only thing that didn't go the Deacs' way. Even two

penalties by the Deacons were not enough to stop Palmer from blowing by the coverage.

"I thought we had a fired up team coming out for the second half, but that kick return took the wind out of our sails," Grobe said.

The offense racked up a combined 21 yards on their four drives of the third quarter, resulting in three punts and a fumble.

"I felt like offensively we just didn't play well at all, too many mistakes across the board, receivers, me, offensive line," junior quarterback Tanner Price said. "We just really didn't click tonight, and we weren't making plays."

Price's 33 pass attempts resulted in just 113 yards, but the running game did not fare much better. When accounting for Price's negative yardage from sacks, the team compiled a total of 16 yards on the ground.

On the other side of the ball the defense failed to consistently stop an offense that scored six points against Virginia the previous week.

Perhaps the play that best characterized the Wake Forest's defensive performance was a run during which Shadrach Thorton of the Wolfpack carried redshirt sophomore cornerback Kevin Johnson, arguably the Deacons' most skilled defensive player, for about 15 yards after the initial contact.

After another touchdown, N.C. State played its back-ups for the rest of the game, and coach Grobe soon chose to do the same.

"The last thing I said to them was we are at a fork in the road," N.C. State head coach Tom O'Brien said. "We can either go to a bowl game, or go the other direction. They all stood up and said they are going to a bowl game."

Grobe will need to deliver a speech of similar caliber if his squad hopes to have any chance of upsetting No. 3 Notre Dame (10-0).

Wake Forest will travel to South Bend for the first time in the university's history as part of a recent agreement with the Fighting Irish.

The Demon Deacons, with just two games remaining to become bowl eligible, are also at a fork in the road.

How will the team respond?

Kick-off is scheduled for 3:30 p.m. Nov. 17.



Photo courtesy of Ethan Hyman
After the game Nov. 10, N.C. State became bowl eligible, while Wake still needs another win to qualify.

W. Soccer: Wake rolls over Georgia Southern in first round

Continued from Page 11

Eagles, who were content to commit 10 players to the defensive end, junior forward Katie Stengel finally found the back of the net for her first goal of the game.

Senior midfielder Marisa Park found Stengel on the right side of the box.

Wake Forest's all-time leading goal scorer did what she does best, fighting off a defender before clinically tucking a shot inside the left post for a 1-0 lead.

The Deacs were back at it again just four minutes later, taking out the frustrations of a difficult first half on the nylon netting behind Georgia Southern goalkeeper Katie Merson.

This time it was Park finishing off a beautiful individual effort by fellow senior Kristen Meier.

The midfielder found space on the wide-side of the Eagles defense to play a tremendous ball to Park, who easily redirected the cross only to hit the back of the net.

Junior forward Rachel Nuzolese completed the onslaught just over a minute later when her shot from the top of the box also found the back of the net. Stengel put away her second goal of the contest

“They [Notre Dame] have really good attacking players and a nice midfield. It is like playing another ACC team with their skill level.”

Tony da Luz
Head Coach

in the 79th minute after executing a quick give-and-go with Meier.

It was the 11th multi-goal game of Stengel's career. With two assists, Meier moved into a tie for fifth place in the Wake Forest record books with 18 career assists.

Junior goalkeeper Aubrey Bledsoe recorded her ninth shutout of the season and in the process moved into first place on the Wake Forest career minutes played chart, passing Erin Regan with 6,642 minutes played. With the win, the Deacs advance to the second round of the NCAA Championship.

Wake Forest will take on the Notre Dame Fighting Irish, who downed Horizon League champion Wisconsin-Milwaukee 3-1 in their first round match, Nov. 16 in Gainesville, Fla.

“We are very similar teams,” da Luz said of the matchup.

“They have really good attacking players and a nice midfield. It is like playing another ACC team with their skill level. We are going to have to be really great to beat them.”



Adrian Martino/Old Gold & Black

The women's soccer team will also take on Notre Dame Nov. 16. This match will determine who advances to the third round.

Press Box | MLB

Expansive free agent list boasts heavy talent

Expect to see several old players in new uniforms

BY SCOTT SIEGLER

Staff Writer
siegs11@wfu.edu

While we are three weeks into the Major League Baseball off-season, the free agency period has officially begun. So far, many big name players have turned down qualifying offers from their previous teams and are curious to test the waters of the free agent market. Also, some quick pick-ups have put teams in position to be sellers in the offseason bartering process.

After an impressive season that ended in the American League Championship Series, the New York Yankees have quickly been stung as Nick Swisher, Rafael Soriano and Hiroki Kuroda have all passed up one year \$13.3 million dollar offers to stay.

Other talented players who have turned down initial offers and are heading for the open market include outfielders B.J. Upton, Michael Bourn and probably the most talented free agent this offseason,

Josh Hamilton. The 31-year-old outfielder had a rollercoaster of a season that included a blistering start in which he batted up 21 home runs and 57 runs batted in through the month of May, as well as a brutal slump to close out the season that was capped off with a crucial error that all but ousted his team from the playoffs. Still, Hamilton finished with 43 home runs, 128 runs batted in and an impressive on base percentage of .354 and will undoubtedly make major contributions to whatever organization can manage to acquire him.

There are a few players heading for free agency who surprisingly didn't even receive a qualifying offer. Angel Pagan, pitcher Edwin Jackson and catcher Mike Napoli are among this list of names of players who are heading for free agency and can prove to be a valuable addition to any team.

These players now join a free agency pool that is already loaded with talent. Starting pitcher Zack Greinke is thought to be the most talented among a pool of pitchers that also consists of Kyle Lohse, Anibal Sanchez, Dan Haren and Ryan Dempster. While the 29-year-old right hander is likely to cash in big this off season, his

destination is still unknown. However, it is likely we'll see the ace remain in smaller market organizations and avoid the crucibles of the big market teams in New York, Boston and Philadelphia. Shortstop Stephen Drew is the only shortstop in the free agent market this offseason, and he will likely reap the benefits of value despite a lackluster showing in 2012. The 29 year old wrapped up the season with a meager seven home runs and 28 runs batted in on top of a paltry .228 batting average.

Most teams are still scouting, but a few big contracts have already been signed. The Oakland Athletics have acquired pitcher Bartolo Colon for \$3 million with an additional \$1.2 million if he is utilized as a starter. The Boston Red Sox have resigned veteran slugger David Ortiz with a two year, \$26 million dollar contract, also adding backup catcher Justin Ross for \$6.2 million over two years. While the first move was imperative, the second creates trade flexibility for the Sox at the catcher position, a position in high demand this offseason. In an offseason that contains plenty of talent, especially among pitchers, there is plenty of potential for teams to make valuable additions to their rosters.



Photo courtesy of zimbio.com

Nick Swisher will probably not be wearing a Yankee jersey next year.

M. Basketball: UConn looks to challenge Deacs



Photo courtesy of John Turner

Senior C.J. Harris led the Demon Deacons to their first regular season win putting up 19 points.

Continued from Page 11

head coach Jeff Bzdelik said. "We did some really good things and some things that we need to work on."

Senior C.J. Harris led the Deacons with 19 points on an impressive 11-14 shooting. Five other Wake players would score in double digits, including junior Travis McKie who was one rebound short of a double-double with 11 points and a team-high nine rebounds. Wake would finish the game shooting a remarkable 63.6 percent from the floor, which marked the 14th best team shooting performance in school history. The Deacons, however, did commit 18 turnovers in the game

and allowed Radford to pull down 18 offensive rebounds.

"Yielding 18 offensive rebounds and turning the ball over 18 times is certainly not going to win you a lot of basketball games so we obviously need to improve in those two areas," Bzdelik said. "We also did a lot of good things. To shoot the percentage that we did, to have six players in double digits, to have some really good efforts from some of our younger players was good. We will build on that and move forward."

Harris agreed that turnovers were an issue for the Deacons, as he committed five while on the floor. "Coach wants us to be aggressive," Harris said. "He doesn't mind if we have good turnovers that don't lead to run outs, but some of our turn-

overs today, I know myself included, were careless and led to fastbreaks for them, so those are the bad turnovers that are unacceptable."

Wake Forest will travel to St. Thomas in the U.S. Virgin Islands Nov. 16 for the Paradise Jam. The Deacs will be matched up against Connecticut in the first round of the event. Connecticut enters the game with a 2-0 record, which notably includes their season-opening win over No. 21 Michigan State in the Armed Forces Classic. The game, which was played Nov. 9, took place in a hangar on the U.S. Ramstein Air Base. The Deacons will then play against two more opponents to be determined in the Virgin Islands, before returning home Nov. 23 to take on William & Mary.

Givens: Wake continues to house talented athletes

Continued from Page 11

Givens ran a 4.23 40-yard dash at the NFL scouting combine. Typically, a wide receiver with this speed would enter the draft with high expectations, but several factors made it difficult for Givens to set himself apart from his competition. His small size and run blocking abilities posed major concerns, as did his knees since he tore both ACLs in high school. It was perhaps for these reasons that he was the 96th overall and the 14th receiver to be chosen in the 2012 NFL draft. Early in his rookie season with the Rams, Givens appeared to have

some timing issues with his quarterback, Sam Bradford. This was to be expected — it's difficult for a rookie receiver to build chemistry with a quarterback when 60 percent of his passes go to his favorite veteran, Danny Amendola.

However, when a clavicle injury sidelined Amendola for a month in October, Givens quickly became Bradford's go-to man. During that time he received far more snaps, which eventually led him to have 10 receptions for 272 yards, including two touchdowns.

Givens scored the Rams' only touchdown against the New England Patriots at Wembley Stadium in London Oct. 28, earn-

ing him the rookie record for consecutive games with a 50-plus yard catch. Givens also currently leads rookies in average yards per catch, with 25.6. He also leads the NFL with five 40-plus yard receptions. No other player has more than three, and only six have more than two.

Although he was a fourth round pick and is not necessarily a number one wideout, Givens seems to have risen to the challenge of being thrust into the spotlight so early in his rookie season.

When asked about Givens' success, Wake Forest head football coach Jim Grobe said, "I'm not surprised because of his great foot speed and just about every game he's played

has gotten behind a defense and caught a big pass. Nearly every week he has caught a long touchdown or at the least a long pass."

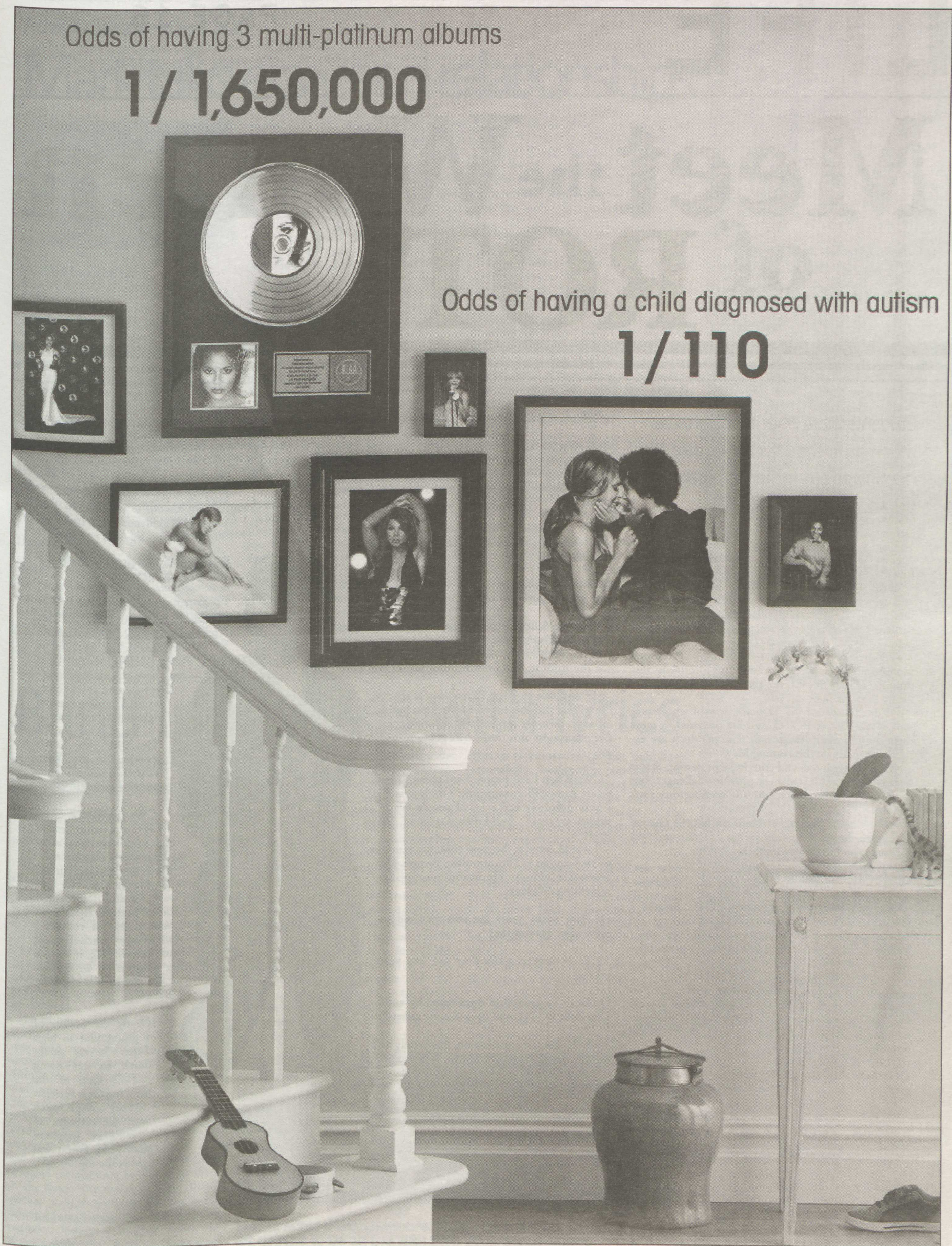
Despite Givens' impressive debut, he may still have a long way to go in order to prove that he is more than just a threat. "The thing about Chris is that he has a great pair of hands — he can really catch the football," Grobe said. "So I don't think there is any reason that he could not be a great possession receiver. He does need to block better, he didn't do that very well with us and another year would have helped him in that area. If he ever becomes a better blocker, then you've got it all because he's always going to have the ability to run behind you."

Odds of having 3 multi-platinum albums

1 / 1,650,000

Odds of having a child diagnosed with autism

1 / 110



Meet ^{the} Women of ROTC

Students share what it means to be a woman in the university's male dominated pre-military program

BY ALLISON CACICH
Staff Writer
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It takes more to wear Army fatigues than most people realize.

And if any group understands the hours of training and dedication required to be a member of the armed forces, it is the women enrolled in Wake Forest University's Reserve Officer Training Corps (ROTC) program.

With their hair tucked up under their caps, it is much more likely to see a male dressed in uniform on this campus, as they outnumber their female counterparts nearly three to one.

But don't discount the 12 brave women who represent Wake Forest's ROTC, and are prepared to serve their country after graduation, nine of which are expected to graduate this coming May.

Fighting stereotypes and entering a profession that is heavily male-dominated may provide challenges, but as these girls have proven, there is nothing they can't handle.

Senior Charlie White and freshman Isabelle Outzen share their thoughts on the rigorous program and why they are proud to be serving their country.

Q: Why did you join ROTC?

Charlie White (CW): I joined ROTC because I wanted to do something that was bigger than me. In college, it's so easy to get wrapped up in "me" and I wanted to have the opportunity to keep a perspective of the world.

Isabelle Outzen (IO): I wanted to receive the best education I possibly could while being trained to serve my country as an Army officer. The Army has a great scholarship program and some amazing travel abroad opportunities.

Q: Isabelle, how does it feel to be the only freshman girl?

IO: Being the only freshman girl, I think it took me a bit longer to get to know my male peers. But after spending so much time together in class and training, we got pretty comfortable around each other.

Q: Tell me about a typical week in ROTC.

IO: As a battalion, we have physical training three times a week at 6:00 a.m. and a three hour practical skills lab every Thursday, the day we wear our uniforms around campus. We also have leadership classes twice a week.

CW: In addition, we have field training exercises once a semester where we go camp out for the week-end and train.

Q: Do you believe there are stereotypes associated with being a woman in ROTC?

IO: There definitely are stereotypes about female cadets. I think sometimes people don't understand why we'd choose a "manly" or male-dominated profession, but the truth is that women make just as good soldiers as men.

My response to these stereotypes is that if I'm willing and able to serve my nation in this capacity, then my gender, and anyone's negative perception of it, really isn't going to stop me.

CW: When I tell people I am going to be a future Army officer some say, "Oh dear, really?" I have definitely had a lot of people say, "Can women do that?" And I always respond, "Absolutely."

I would say that the most common reaction to me being in ROTC is positive though. Our generation likes to see women going after something different.

Q: How many years are you required to serve after graduation?

CW: Four years active duty and four years reserve.

Q: As an organization dominated by males, how does ROTC treat their female cadets?

IO: Within the organization, there really isn't any gender discrimination. We have a co-ed intramural soccer team that is pretty fierce.

CW: I could not speak more highly of the program and the treatment of us females. We have always received incredible respect. I did have to evaluate my leadership style, because when in a leadership position as a

“

I think sometimes people don't understand why we'd choose a 'manly' or male-dominated profession, but the truth is that women make just as good soldiers as men.”

woman in charge of men it tends to be harder to gain their respect. I found that confidence is extremely effective, whether you are male or female.

Q: What is the biggest challenge about being in ROTC?

CW: Balance. Like all things it's really easy to overcommit and difficult to balance schoolwork, social life and extracurricular activities. It can get really stressful when you have papers due, meetings to attend and a three-day field training exercise right before midterms.

Q: Did you know coming in to Wake that this was the path you were going to take?

CW: I decided to do ROTC my senior year of high school, shocking all of my high school classmates.

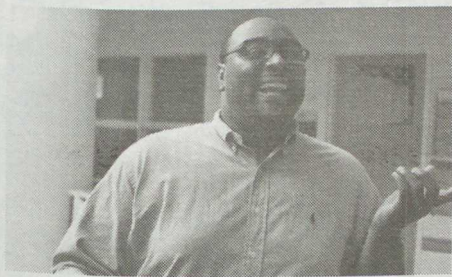
Even though my parents and sister did ROTC, I always refused. But once I started to think about what I wanted out of college, I realized how much I could learn from ROTC. It was the best decision yet in my 22-year old life, besides choosing Wake.

IO: By the middle of my junior year in high school, I was pretty much set on doing ROTC. One of the most important criteria for my college search was the strength of the ROTC program, and Wake Forest was right at the top.



Advice Column | Dear Mark

Mark talks envy and relationships



BY MARK COVINGTON

Advice Columnist
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I have a friend who I am very close with that I met here during my freshman year. We are both juniors now so we have been through a lot, and we really do understand each other. The only thing that is really bothering me about my friend is the fact that we're now in the same classes, and I feel that our competition levels have gone up. We now compete for grades and constantly compare ourselves to one another. Also my friend's love life is so much better than mine, she's always getting invited out on dates and constantly texting a new boy. I want to be happy for her, but it is getting really hard. Any advice on how not to be jealous?

Dear Reader,

I would say that you need to think about a few things here first. Jealousy has everything to do with you and not so much with the other person. Sometimes it is based in fear of losing something or losing oneself. I would just talk to her and tell her how you feel about this competition about grades. There simply

shouldn't be a competition because it's personal. As for your love life, constantly comparing yourself to others will not work. You will always put yourself in a downward social comparison because of this. Things happen in their own time, and it may not be your right time to meet someone and date just yet. Be happy for your friend, learn from her mistakes, so when you are ready to date things will go smoothly. Just have open communication with your friend and share your feelings, and if she is not understanding about it then you need to re-evaluate your friendship.

I am a guy who has recently been in an on-again and off-again relationship for around six months now. This girl has caused a lot of drama for me and my friends, but sometimes things are great between us. This weekend she pretty much just up and left me for another guy, and some of my friends saw it. Just a few days later she texted me about how sorry she is and then I see her walking around with the other guy. What do I do here?

Dear Reader,

I would say that it is time to turn this relationship off. If this girl really liked you or had respect for you she wouldn't drag this out or show dual attitudes about things. The both of you need to sit down and have an honest talk about your feelings and say what you want. The good times are important in relationships, but all of the games, headaches and arguing are not worth it. Especially right now when, at our age, long term plans are not really

in the forefront. This is your time to date and find people you like and experience different things. You don't have to waste it all on one person. I recommend that maybe you move on and find someone new because no one deserves to be treated like that and made to feel like a last resort.

I met a good friend and she and I hit it off pretty well since meeting orientation week. I live in Babcock and she's in Luter so we pretty much just walk across to each other's lounges all the time to see each other. The issue is that she has a boyfriend that goes to college about an hour away from here. He is telling her to stay away from me and that he thinks we spend too much time together, when really I just think of her as a good friend. She is at least telling me what he is saying about me, but I really don't want to break anything up. Any advice?

Dear Reader,

As long as you are clearly defining the rules of the relationship between you two then things are fine. If you are both just platonic friends, then that's all that needs to be established.

As for the other guy, maybe you should meet him or find a way to communicate with him that nothing is going on and the two of you are really just friends. Her boyfriend is the one with insecurity issues but just try to be open and honest with the both of them.

If you have a question that you would like Mark to answer, please email him at covimc9@wfu.edu.

Band impresses with lyrics

Indie band The xx blends popular music with their distinct sound

BY GEOFFREY WEBER

Staff Writer
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The xx has done it again. Their second album *Coexist* is every bit as appealing as their 2008 debut album. For those unfamiliar with The xx, the band has been active since 2008 in the indie pop genre.

Their sound is characterized by soft vocals, soothing chord progressions and an overall minimalist sound. Also, their male-female dual vocals add a layer of uniqueness to their tracks. This album is no different.

The album opens with the song "Angels," a slightly haunting and equally relaxing song with not much more than guitar, vocals and the occasional strike of the bass drum. The entire album has themes of loneliness, love and intimacy throughout. The loneliness theme is especially reflected in the musical style of The xx. With limited instrumentation, The xx efficiently conveys that theme in every last song on this album. The themes of love and intimacy are further emphasized in the lyrics. The fusion of these themes creates a very pleasing yet somewhat unusual listening experience — it almost creates a feeling of longing within the listener. Musically, The xx is more aloof

from other pop music frequenting the Internet these days, though not entirely so. As mentioned, they do retain their distinctly minimalist sound. However, The xx has made a few style changes to follow the popular music trends. *Coexist* carries more of an electronic dance feeling with some upbeat songs that have a slight trance sound to them, especially the song "Sunset." It is interesting how The xx has followed this popular music trend, while still maintaining their signature sound.

While their music is not exactly party material, the electronic twist on *Coexist* gives an upbeat feeling to a few of the songs. The musical contrast is a tad confusing at times, however, for the most part, the mixing of steady beats with an overall melancholy feel provides an interesting new sound that has been relatively unexplored by other bands.

The xx is innovative in that they have successfully combined a popular music trend that is generally upbeat with their distinctive male/female duet vocals and haunting melodies. The songs in the album are relatively homogenous, which is to be expected of a band with such a distinct characteristic.

Upon re-listening to this album with headphones, new sounds and subtleties have appeared from the backgrounds of the sonic field. If this album doesn't impress you, give a listen through some headphones. You just might hear a new thing or two.

Overall, *Coexist* sits very well in its self-carved niche. Enjoy the refreshing sound of this new album, and don't fall into the trap of listening too passively, as you might grow bored. Give this album the careful attention it deserves.



Photo courtesy of guardian.co.uk

The xx avoid the sophomore slump, as their second album, *Coexist*, proves to be on par with their 2008 debut album.

the hot list

5,4,3,2,1 with
Stephanie JackFive things you do not know about
your Student Union president

1. While abroad, I lived next door to Michelangelo's "David." We became besties.
2. I've been to a Starbucks in nine different countries. (I'm Coffee obsessed).
3. I eat ketchup with everything.
4. I once played Glinda the Good Witch from the Wizard of Oz in elementary school, and the next year I was demoted to a village person.
5. I've never stepped foot inside Student Health.

Photo courtesy of
wakestudentunion.comTexts from Your
Wake weekend

- (901): Hey i'm coming back to campus because we got evicted from our mountain weekend house. cya soon
- (407): He totally loved my cooler!
- (805): I'm in the 24 hour room because i have 2 papers and a test next week
- (248): Hey lets hang because I am sooooo bored without any frats.

Tweets from
the Forest

- @ShitWFGirlsSay: "I live in the library" #shitwfgirlsay
- @GossipGirlWfu: Dont professors understand that sundays are designated for hangovers not homework? #apparentlynot xoxo
- @liltingbanshees: Because Wake Students and Elon students have one thing in common: we both got into Elon.

Sex Column | Aphrodisiac

Keeping it spicy during the holidays

How to maintain the physical side of a relationship during the when private time is at a minimum

BY CAROLINE MURRAY
Contributing Writer
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Despite all the benefits I enjoy when returning home for the holidays (running with hills, Mom's home-cooked food, beer with the older brothers), one detriment of reuniting with my immediate family is the complete lack of privacy.

Some would throw in the white towel and think it's hopeless or inappropriate to get physical, especially in their parents' house. Don't be discouraged from having sex, the potential for exposure is half the rush and fun of it! And for those in the North, as Skank Martin preached in Mystery, Alaska, sex is "the most fun thing to do in cold weather." Next to hockey, of course.

So what do you do when you are in need of attention? How can you fool around when everyone and their mother is within earshot of all your activities? Trust me, there are more than a few methods a couple may employ in order to get the most out of their time with each other.

Be sneaky, not obvious. The whole "we're both gonna take a nap" in the middle of the afternoon couldn't be any more conspicuous. When you're in a house with

an open-door policy or a separate bedroom rule, opportunities for privacy and sex are limited. Sneaking away in the middle of the night is classic technique, but there are three rules: 1) Wear socks on hardwood, 2) Avoid creaky floors or doors, and 3) Lock. The. Door.

Take advantage of provisions. Alcohol is amply abundant during this time (at least, for all our sakes, I hope). This is NOT the time to get blackout hammered, but alcohol is useful for loosening up and dropping inhibitions, especially if either partner is meeting the family for the first time. However, stay close to vin rouge rather than your PBRs because flavonoids in wine improve sexual functioning and libido, while beer suppresses testosterone secretion and causes impotence.

Make best friends with your car. Depending on how chock-full of people your house is, fooling around away from home may be your only option. Volunteer to pick something up from the store, and use that trip to do something nice for the family and to make time for some frisky business. Car sex works best in rural and suburban areas, but exercise caution in a city unless you want to end up behind bars.

Wear easily removable clothes. During down time, by all means, T-shirt and cozy pants are the way to go. However, if you want to sneak that quickie in during the day or tease a little bit prior to any firework sessions, make sure you can do so with most

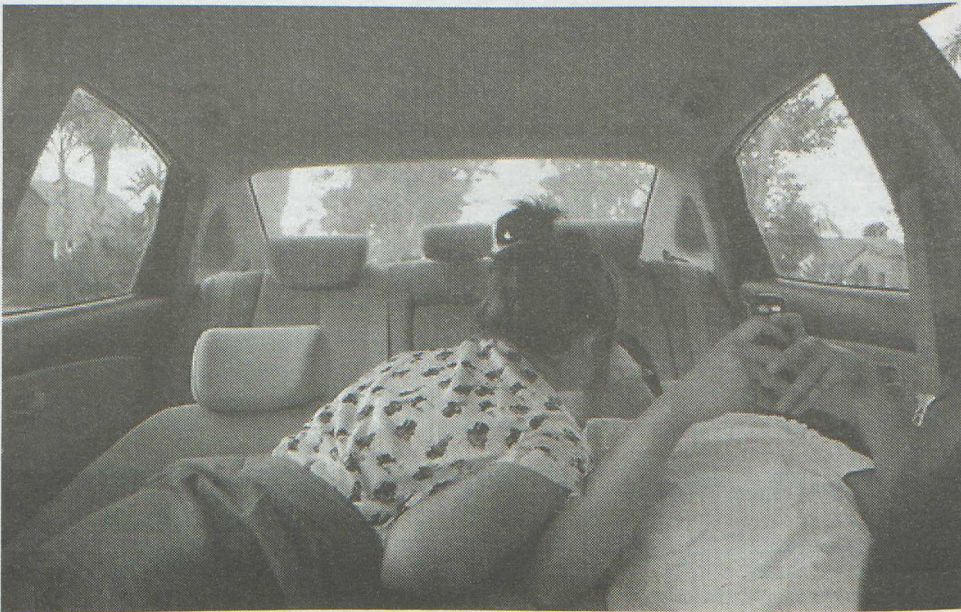


Photo courtesy of weheartit.com

Your car can be a useful location when you are having trouble finding a place to fool around during the holiday season.

of your clothes still on. May I suggest ladies, a less form-fitted dress and, if you're ballsy, sans panties.

Utter not a sound! Consider this a challenge. Not one moan, not one loud gasp of breath, not one word. If you must, muffle yourself by covering your mouth or with the pillows and sheets. You don't want your hearing-impaired Grandpa Joe and the rest of the family tuned in to your activities.

Showers drown out sounds very well.

Text often. Sometimes, all you can really manage to get through is a photo or some dirty talking/teasing. Shoot him or her a seductive picture first thing in the morning, or send a text describing what you want to do later on. This is what I like to call delayed gratification: the longer you wait and the more wound up you are, the better the experience is later on.

AAP delivers strong performance in latest play

Wake Forest Theater delivers an entertaining yet meaningful piece with *Steel Magnolias*

BY MIKE DEMPSEY
Staff Writer
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The world seems to be getting darker every day as our perception of ourselves and

others becomes increasingly morbid and saturnine due in large part to our modern media.

This media circus that surrounds us teaches the doctrine of "complacency" and that we can never be perfect unless we "fit in" or "act normal."

When I was given the opportunity to watch six Wake Forest actresses perform Robert Harling's iconic play *Steel Magnolias*, I was relieved and proud to watch a show

that stood for something. A show that proves that all we have in this world are the people who stand right next to us when we fall down and when we rise again.

According to sophomore Jessi Wagner, who plays Shelby in the Anthony Aston Players (AAP) production of *Steel Magnolias*, directed by Dean D. Guerra, the show is moving. "This is such a beautiful and powerful show because it shows the strong relationships between six women who represent security, love, trust, communication, and devotion to one another no matter what happens in their lives."

There is not one stand-out performance in this show, but rather, this is a show with six immensely talented actresses who give such inspired and heartfelt performances that the audience is immediately drawn into the trials and triumphs of these six Southern women.

The unbreakable bond that these women hold throughout the play truly sets this show apart from the usual theatrical fare, as the characters in this show are as alive and realistic as you and I.

Without giving away too much of the plot, I will say that this is a show that is meant to be experienced.

Every actress knows their role and identity on stage very well, and it is incredible to watch the struggle of love between a mother and her daughter, M'Lynn and Shelby, the comically dark and cryptic friendship between two widows, Clairee and Ousier (pronounced "Weezer"), and the teacher, Truvy, learning with and from

her apprentice, Annelle. The acting in this show is well beyond the years of college students, and each of the actresses should be praised for creating a performance that proves that life gets better as long as you love as fiercely as possible.

Jessi Wagner as Shelby will make you fall in love, Natalie Brashear and Hayden



Photo courtesy of Celia Quillan and Amy Shackleford

Friends M'Lynn (Johanna Beach) and Truvy (Mara McCaffray) share a smile in Robert Harling's *Steel Magnolias*.

Steel Magnolias

Grade | A

Dates | Nov. 15-17

Time | 7:30 p.m.

Location | The Ring Theatre in Scales

Writer | Robert Harling

Director | Dean D. Guerra

Ticket Prices | Adults \$12, Senior Citizens \$10, Students \$5

Starring | Jessi Wagner, Natalie Brashear, Hayden Newman, Elizabeth Patterson, Johanna Beach, Mara McCaffray

Newman as Ousier and Clairee, respectively, will make you laugh even when you know you shouldn't, Elizabeth Patterson as Annelle will warm your heart, Johanna Beach as M'Lynn will make you care and fight for those around you and Mara McCaffray as Truvy will make you proud to be free and passionate about life in general. With a gorgeous set, amazingly designed props and a brilliant sound design, this is not a show to miss. Be sure to catch this performance while you can.

Exercise | Not your average ballerina

Pure Barre offers refreshing alternative

In Reynolda Village, student finds a new, fun and accessible alternative to the traditional gym workout

BY JULIA GABURO
Staff Writer
gabujl12@wfu.edu

I've never been complicated when it comes to exercise. Not one for trendy classes or complex fitness plans, I am content with strapping on a pair of worn-in sneakers and pounding the pavement until I feel sufficiently "worked out."

So, not surprisingly, I wasn't expecting much when I attended my first Pure Barre class at the month-old studio in nearby

Reynolda Village. However, I am delighted to say I was proven wrong. The Pure Barre class was a great workout, one that left me hobbling around campus the next day with unexpectedly sore muscles.

The studio's website touts Pure Barre as exercise that "[utilizes] the ballet barre to perform small isometric movements set to fantastic music... the fastest, most effective, yet safest way to change your body."

They do not lie. The class lasted 50 minutes and consisted of strength exercises isolating different parts of the body including the arms, thighs, seat, abs and back. The exercises were done using a small stability ball (about the size of one's palm), a resistance band, light 2-pound or 3-pound weights and a foam exercise mat. Some exercises were done standing at the ballet barre and others sitting beneath it (hence the name of the class, Pure Barre).

There were nine other women in the class I attended, ranging from college-age girls to 40-plus moms.

It was a nice mix, and I never felt intimidated, as I sometimes do when I attend a class for the first time. It was easy to pick up on how the exercises should be done and the instructor was not afraid to correct us if adjustment was needed.

It was an incredibly enjoyable hour, and I left the studio feeling refreshed, yet like I had gotten a solid amount of exercise.

If you are looking for something to make you pour sweat and get your heart rate

blasting, Pure Barre will probably leave you wanting more. However, if you want something that will get your muscles shaking and leave you sore the next day, definitely give it a try.

Signing up for classes online is very easy. Simply visit purebarre.com, and proceed to choose North Carolina and Winston-Salem as your location.

Once here, you are able to create an account and choose the class time you would like to attend.

A bit pricey at \$20 for a single class and \$90 for five, I would definitely suggest purchasing one class at a time to start. One other suggestion: the class is done on carpet, and socks are required, so things can get slippery. The studio sells special socks with rubber grips on the bottom that are very helpful when trying to hold a plank position or do a push up. They also offer a 10 percent student discount on merchandise.

Overall, I was impressed with the Pure Barre studio and the class it offered. I definitely plan to give my sneakers a break a few times a week and take my talents to the barre.



Graphic by Lauren Lukacsko/Old Gold & Black

Trend Alert | Patterned Socks

Time to hang the boring socks up to dry

Surprise others by using subtle details to convey your personal sense of style, no matter the occasion

BY AARON COLSTON
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For years, men have been forced into tradition, especially when it comes to business attire. Black suit, white dress shirt and a bleak tie.

Colors and patterns are often frowned upon because of their lack of professionalism in the business realm.

The times of spunk being overruled by tradition are now over. No, this doesn't mean that zoot suits are coming back in style, but rather a more tasteful fashion sense is gaining momentum through socks. Yes, socks.

Men are now throwing away their tired and worn-out Hanes brands socks, that they have had since seventh grade gym class (we have all been there), and replacing them with patterns that show that men can master the use of color too.

There is a growing trend in men's fashion that socks are just as important to the overall outfit.

Although a man's socks may not always be apparent, the slight rising of the pants or deliberate cuff in jeans informs the eye that "This man has style." It is no longer enough

for men to relax in tradition — personal style is an expression of the man behind the plain black suit.

Argyle

The argyle pattern, with its elegance and class, is the most classic of sock pattern. The coordination of geometric shapes and colors says a lot about an individual's personality.

The color schemes of argyle can vary greatly, giving the trained eye many opportunities to incorporate a variety of different socks into the everyday wardrobe.

Many use socks to bring out accent colors in the wardrobe. Nervous if someone will notice the slight hint of purple in your new tie? No worries! Throw on a pair of purple argyle socks, and prepare to amaze.

Stripes

Striped socks are a bold addition to any outfit. The patterns and striking color contrast can bring an edge to even the most boring outfits. Striped socks act as their own piece of fashion. There is no need to match striped socks to your outfit. One of the beauties of striped socks is that they can stand on their own, no pun intended.

Political socks or socks with a message

Not all witty banter has to be included on T-shirts. You can support causes, political candidates or other initiatives using a different canvas. You can be as radical as you want with your socks' messaging because you can control how much or how

little others see it. Whether you wear socks advocating for the legalization of marijuana or supporting breast cancer awareness, they are the perfect backdrop for making a statement to who you are in a subtle yet strategic way.

Holiday theme socks

As the holiday season approaches, I am giving license to wear everything with Santa, Christmas trees, the menorah or a turkey on it. Worried about going to a meeting with a tacky sweater or a electronic

singing tie? Well you should be, because they are all horrible. But, there are no limits to cliché holiday messaging on socks.

Socks make the perfect complement to any outfit. Men's socks are no longer confined to boring tradition.

Stores like Gap, H&M, Urban Outfitters and J.Crew are all stocked with a variety of patterns that make shopping for socks an easy task.

Throw away those worn out socks and replace them with ones that reflect your personal style.



Photo courtesy of etsy.com

Socks add personal flare to an otherwise everyday outfit. Use color, patterns, messaging and texture to make a statement.

Healthy Living | Tackling the turkey

Resist the cookies and cakes this holiday season

Avoid packing on the pounds by following these simple tricks on Turkey Day

BY CAROLINE MURRAY

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Having grown up in an Irish-Catholic household of 11 people in Pittsburgh, I cherish Thanksgiving: Mom's cooking, football (No hockey?! Stupid NHL), Yuengling, family, fighting and did I mention Mom's cooking? Any nourishment-deprived college student relishes the opportunity to stuff his or her face with hot, high-caloric food, and enough of it

to supply an entire ACC football team. Here's the kicker, though. A Thanksgiving meal alone, discounting alcohol and hors d'oeuvres, racks up at least 4,000 calories. America has an obesity rate of over one-third of its population and is projected to be almost 45 percent by 2020.

And if that doesn't put things in enough perspective, the majority of annual weight gain occurs during the six weeks between Thanksgiving and New Year's, according to the National Institute of Child Health and Human Development. It's going to be a little difficult to fit into that sparkly, form-fitting cocktail dress for the New Year's Eve party, huh, ladies?

Now, there is nothing wrong with indulgence. In fact, it's healthy and keeps

you sane instead of trying to be cognizant of every few hundred calories you consume. So this Thanksgiving, don't be afraid to take that second helping of turkey or a slice of Mom's homemade apple pie (God, I can smell it now), but you can also work in some efforts to counteract the effects of Thanksgiving and other heavy holiday meals. Follow these three commandments:

Workout!

Given the high-calorie foods in which you will surely indulge, the only way to offset the intake of calories is to increase the output or burning of calories. Regardless of your base metabolic rate or your respiratory exchange ratio, you'll need to put in a little extra work to torch off all those carbs, sugars and starches. On Thanksgiving, make sure you move! Take your dog out for a nice long walk on a hilly route, go for a run and do a brief core workout afterwards or, best of all, play tackle football with your older brothers and uncles on the golf course. Ok, now I'm just getting nostalgic.

Monitor Your Fluid Intake

Always drink at least one large glass of water before every meal. About 70 percent of the time when your body thinks it's hunger, it is actually thirst. The hydration will create a feeling of fullness and suppress cravings, which leads you to eat less. I'm a big tea fan, myself. Green tea has been shown to decrease fat absorption in the body, according to the *Journal of Nutritional Biochemistry*. Finally, everyone's primary concern: the booze. Try sticking with the

lower calorie beers (Sam Adams is a quality choice on the healthier end) or red wine, which contains polyphenols that can reduce LDL oxidation that would increase arterial inflammation.

If you go for the stronger stuff, stick to lower calorie liquors like vermouth, coconut rum or scotch whiskey. And if you mix, opt for diet soda or diet tonic water.

Order of Eating Matters

Vegetables first, protein second, carbohydrates third and sweets last. By consuming vegetables at the start of the meal, the fiber in vegetables absorbs water in your stomach, making you feel fuller faster. Furthermore, since the vegetables inhibit the insulin spike, all of the subsequent carbs, starches and sugars cannot be as easily converted into fat.

As a way of cutting carbs, choose rye or sourdough options or simply pass on the bread altogether. As an alternative to mashed potatoes, try sweet potatoes or, as my English professor recommended, parsnip puree as tasty alternatives.

Now, desserts are a staple of the Thanksgiving meal. Once you reach such a glorious point of the meal, you'll be satiated enough to only have a few bites. No one can say no to pie. No one. After such a fully satisfying meal without button-bursting my jeans, I won't feel too disappointed when all of my brothers-from-other-mothers come to the Murray household to devour Mom's leftovers. And if you follow these steps, you will have had your fill as well, without doing too much damage.



Photo courtesy of home-ec101.com

Sometimes it is difficult to avoid the temptation to gorge yourself on a holiday meal, but eating healthy is not as difficult as you think.

Food Column | Eating vegan on campus

Student reflects on three day vegan experience

For students who follow a strict vegan diet, there are few culinary options in Benson and the Pit

BY MAMIE PESANT

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I would first like to start off by saying that I am not a vegan, and I don't think I could ever do it full time. But I was curious about whether or not Wake Forest dining catered well to vegan students, and that's when I decided to go vegan.

The first thing I did was call my health nut friend from home, who is knowledgeable about what kind of nutrients you need to make up for in a vegan diet.

When I told her my plan, the first thing she said was, "Pasta is not a realistic option. It's not that great for you and the carbs in pasta aren't a good alternative to protein." So with that in mind, I began my meatless, animal byproduct-less diet.

I could only manage two days, and they were difficult. I constantly questioned what I was eating (Is this spinach wrap vegan? Can I drink coffee?), but I did learn a lot.

My biggest concern was source of protein. Vegans don't eat cheese or eggs, leaving tofu and hummus as the two most realistic options. I asked my friend what she did mostly for protein and she told me that

she ate a plethora of "dark leafy greens like spinach and kale."

In Benson, I had a wrap with hummus, tomatoes, green peppers, cucumbers and lettuce. It was actually very refreshing, and to my surprise, filling.

Unfortunately, when I contacted my friend her first question was if the wrap was vegan — sometimes they use eggs to make the tortilla.

One of the hardest parts about being a vegan at school is that we don't know where everything comes from. If you are truly dedicated, then it is important you ask to make sure that you're not breaking any rules.

For dinner that night, I ate at the Mongolian grill with just vegetables and tofu, no rice or noodles. It was a little bland, but filling nonetheless.

The next day I had a salad in Benson again, this time with corn, two spoons of tomato and avocado with the light olive oil vinaigrette. Even there was no source of protein, avocado is filled with good fats and so I knew that it would fill me up.

For dinner I went to Shorty's, which was probably the hardest — all I wanted was that turkey burger — but instead I had the hummus platter. I'll be honest, I never attempted Moe's or Subway, but the two days weren't as bad as I imagined.

Regardless of what my friend told me, eating isn't a bad option. You can also get

tofu and vegetables sautéed at the pasta station, and don't forget the small vegetarian station! Usually those options are vegan-friendly as well.

As a vegan you have to really put a considerable amount of thought into your food and get creative.

My best advice: if you are truly dedicated to being a vegan, make a trip to Whole Foods where you can buy premade vegan meals and other products to make sure you get all the nutrients you need.

It's not impossible to be a vegan at Wake Forest, but it isn't easy either.



Photo courtesy of romafoods.com

While there is more to eat than just fruits and veggies on campus, if you are a vegan, then your options are still relatively limited.