

OPINION

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

Words of wisdom for the class of 2006

The parents have left, the boxes are unpacked and now that the freshmen are alone, everyone is ready to give advice, consolation or made-up answers to all of life's problems.

Over the next few days, the freshmen will hear more words of wisdom than their valedictorian and salutatorian addresses combined.

So what should they do? Learn the trade secrets of university life from older and wiser upperclassmen such as ourselves, of course.

Do encourage your family to get on its way and let you stretch your wings. You'll miss each other, but not as much as you think. Don't let Mom and Dad's last minute instructions get on your nerves - they are just as easily forgotten as delivered.

The early days of the new school year make up a special time when strangers greet each other and new friends are easily made. Do make sure you take advantage of this. Shyness may be hard to overcome, but loneliness is even harder.

Don't just sit in your room and chat on Instant Messenger with old high school friends.

And when making new friends, do try to come up with a few conversational topics other than summer break or hometown news.

Don't eat alone, especially in the first few weeks. Meal times are a social break from the everyday routine and many a lasting friendship has been built over the Pit's quesadillas. Speaking of quesadillas, don't try any "ethnic" food or seafood from a place called "the Pit." It's not ethnic, and the closest ocean is four hours away.

Do take advantage of free organizational dinners. You don't have to be Baptist to eat with the Baptists, and the Methodists love everyone. Free pizza is free, and, well, it is pizza.

Do be sure to visit people in your building and get to know your neighbors. It's okay to knock on strangers' doors and start a random conversation now, but it'll be creepy in a month. Take advantage of it.

If you have any roommate grievances, do air them out as soon as possible. These things only grow and fester. Don't ruin your week with a blowout fight. Remember, you do have to live with this person, so you might as well be friends. Do think about writing down room rules and expectations, but don't be inflexible.

As your social life begins to develop, do be smart and cautious. Don't go crazy in the first five minutes - it's generally not recommended to walk around with a can of beer in your pocket the first day of orientation. And do be wary of drugs. Apart from them being a stupid thing to do, the university is serious about its

commitment to keep them off campus. Don't get expelled before classes begin.

Do know that University Police are out to get freshmen during the first few days.

Don't get caught doing anything stupid - you wouldn't want Mom and Dad to read about you in the first Police Beat published by the *Old Gold and Black*.

On that note, don't drink the punch. It's served from a garbage can, or a dingy Coleman cooler at best. Need we say more?

Frat parties on campus follow the same style guidelines as the punch. They take place in beer-flooded basements. Do feel comfortable to dress appropriately. (May we recommend a poncho and galoshes?) And while at the parties or anywhere else on campus, don't let the charm of upperclassmen get to you. We are mere mortals and were all freshmen just like you, but don't burst our bubbles.

Don't get discouraged if orientation is boring and seemingly eternal. There is an end in sight, and the college experience gets better from here, but do get a good shot of caffeine before the long meetings.

Don't be upset if your first semester produces lower grades than you're accustomed to seeing. Do keep an open mind about classes, new professors and study habits.

You're not in high school anymore. Freshman year is rough, but you'll get the hang of it soon enough.

Do scope out your classrooms before classes start. You don't want to get lost on your first day and show up late or not at all. Do be wary of Tribble - if you feel like a lab rat stuck in a maze, don't worry. We all feel like that, even after four years.

Also, take note that the entrance to Greene Hall is on the third floor, so don't climb the stairs if it's not absolutely necessary.

And if you do get lost, don't worry about looking like a freshman. It's ok - you are a freshman and can't avoid it.

Do talk with professors and take advantage of office hours. Don't think you can slack off until the final.

Do enjoy your year and make the most of it; get involved in campus activities and organizations; take study breaks. Don't let textbooks become your entire life.

Don't think you'll ever find a parking spot near your residence hall; parking is a perennial problem on campus. Don't hold your breath for a parking deck.

Do give the university and Winston-Salem a chance. You're here to learn and grow up. Have fun and enjoy the next four years.

Do sleep. But most importantly, do make sure you read the *OGB!*

Get to know the campus staff

Offer a little conversation and a kind smile to our university's unique staff.

Move-in day has passed, separation anxiety is beginning to dissipate and freshmen are searching new faces for a semblance of friendship. This campus will be their home, their community, for the next four years. We have new



Elizabeth Turnbull

EDITORIALS EDITOR

neighbors and friends.

Among the many faces freshmen will notice on campus are upperclassmen, administrators, professors and that really cute guy the shy girl hopes will get into the same HES class as her.

However, there are also many other faces that often go unrecognized, though they are friends waiting to be made.

These are the faces of the employees that keep our university afloat. They serve us dinner in the Pit, coffee in Shorty's, a wrap at Pan Geo's. They clean our bathrooms, vacuum the study rooms and empty the loads of trash we can't believe we actually hauled from home. They tend our grounds, plant flowers and trim the grass. They are the driving force behind the university and a part of our community.

The first month of the new school year is magical, a time when students can make friends just by offering a

Juana doesn't speak much English, but she is a great conversationalist. If you want to practice your Spanish, take a moment to say "buenos días," and if you don't speak Spanish, remember that a smile and kindness are universally understood.

smile and a warm handshake.

Our cleaning staff, food service workers and groundskeepers must not be left out of this special time. Get to know them by name, learn about their families, their hometowns, hobbies or aspirations.

We pass them every day for years and will be glad we took the extra minute to get to know all those faces by name.

Nevertheless, meeting new people is often unnerving, so allow me to offer a brief introduction to a few of those who bring an extra smile and a friendly hello to my day.

First is Lawana Chaplin who works in Shorty's. She knows my coffee of choice by heart, and a day without her small hazelnut latte seems incomplete. After a few friendly chats, she'll learn your name and drink of choice, too. Lawana has a beautiful daughter named Sierra, and a lucky few get to see the latest art masterpiece or her new school portrait. Believe me, Lawana is an important person to know. Coffee is, after all, the college student's water of life. If you need to pull an all-nighter, be sure to buddy up with Rafael Flores, who works the night shift.

At night and on the weekends, Pat Harris works as a supervisor in Benson. Her hugs have become a daily routine for me, and she always has an encouraging word. Ms. Pat works too hard, but she'll never admit

it, so be sure to take a moment and appreciate all she does.

In the Pit work Beulah Moore, Juana Galvan and the (in)famous Odella "Della" Conrad. Ms. Moore, a cashier, may seem small-framed and harmless, but she has enough spunk to command a regiment of hungry football players and a heart overflowing with kindness and compassion for all students.

Her line may be the longest in the Pit, but her hugs and smiles are worth the wait.

Juana works at the salad bar, and though her height reaches only 4'10" her kindness is without measure. (She once invited my best friend and I to dinner at her house, and she even took me to church!) Juana doesn't speak much English, but she is a great conversationalist. If you want to practice your Spanish, take a moment to say "buenos días," and if you don't speak Spanish, remember that a smile and kindness are universally understood.

Last, but never least, we have Della. Beloved and known by all, Della isn't easily overlooked. She, like Ms. Moore, is a cashier. Handsome guys may be her best friends, but ladies, take heart - she'll like you, too, if you make the effort to get to know her. Ask Della about her new house and the university students that helped her build it - she'll light up and you'll be in for a good tale.

Remember that each and every one of us forms a part of this community, and we have the responsibility to get to know our neighbors and give back to those who contribute so much to us.

Don't live the next four years on a campus full of strangers. A gentle word goes a long way, and a kind deed is never futile.

Elizabeth Turnbull is a senior Spanish major.



An ice cream social alternative

Homemade cookies serve as the perfect icebreaker for tongue-tied freshmen.

Freshman guys, I am talking to you. Listen closely, for here may lie the keys to your first Wake Forest relationship. You think I'm joking, don't you? Read on.

The darkness of the ice cream social aside, there are not many among

I would suggest that you follow the cookie spirit if you have yet to become well acquainted, or would like to get "more acquainted" with the females in your hall. All the ingredients are in the Sundry Shop and the oven is downstairs. Best of luck, men.

with made-from-scratch dough makes the best combination in the cookie-baking art.

Left with a feeling of emptiness from the social shindig, two entrepreneurial residents of Johnson Hall embarked last fall with two bags of cookies and a fearless spirit. Walking up and down the female hallways of Johnson, they knocked on doors and offered a token of their journey - the aforementioned chocolate chip cookie. Impressed by the fact that men would actually bake cookies, women seemed shocked by the amazing taste. It was certainly a win-win situation.

Within a half hour, these men met over 50 women and satisfied each of their cravings for a satiable after-hours treat. One problem - women have high expectations of men, so inevitably they expected these enterprising cookie distributors to remember every name the following morning or in class the next day. The "cookie boys," as they were then affectionately called, forgot to hand out name tags on their journey, causing considerable embarrassment when they encountered the women again. However, the gain in friends

and relationship possibilities far outweighed the pain of forgetfulness.

Why was this so successful, you may ask? Look no further than the psychology of college students. No one wants to be a loner or outsider after the first week. Combined with the fact that food is the number two reason for coming to college, everyone ended up happy.

Some statistics from the cookie runs will further prove the usefulness of this technique in meeting every female from your hall:

No female actually refused a cookie due to a diet or weight loss regime.

There was a 100 percent satisfaction rating among those that took cookies.

There was a perfect correlation between number of cookies eaten and length of time spent in said female's room (obviously).

Anyone who wanted more cookies was guaranteed to come to the cookie boys' room for more (a perfect method of retaining the customer).

I would suggest that you follow the cookie spirit if you have yet to become well acquainted, or would like to get "more acquainted" with the females in your hall. All the ingredients are in the Sundry Shop and the oven is downstairs. Best of luck, men.

Shameless self-promotion - the author is one of the aforementioned cookie boys, as is sophomore Charlie McCurry. Further tips for successful cookie distribution are available in Potate 104. All credit for further cookie expeditions is hereby reserved.

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OLD GOLD AND BLACK COLUMNIST

us who can honestly say they feel comfortable introducing themselves to random people just hours after meeting a roommate who seems sufficiently foreign enough. And honestly, those whom you meet that live in Piccolo aren't exactly going to be high on your priority list if your residence is in Luter. Let me suggest a more creative solution: cookies.

Chocolate chip cookies are a universally accepted snack food that seem relatively unaffected by any diet fad. One cookie never hurt anyone. Homemade cookies also trump any imitation bagged brand in flavor and overall satisfaction. The delicious goodness of Nestle morsels combined