

ROUNDABOUT

NC STATE STUDENT MEDIA

Fall 2023

THE GOTHIC ISSUE



FEATURES

- 02. An Ode to Napping
- 09. Reclining into the Past
- 11. Fall into Fun
- 17. Your Next 29.5 Days

ROUNDAABOUT STAFF

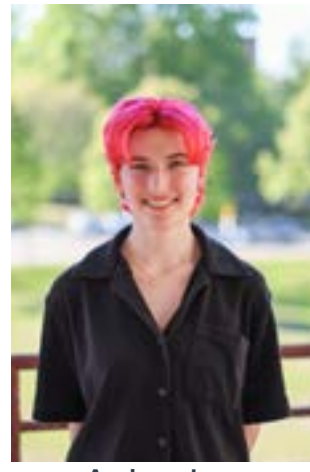
EDITOR'S NOTE



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ABOUT US

The newest NC State Student Media outlet, Roundabout is a glossy general interest magazine that covers student life, arts, and culture.

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THE COVER

A carved pumpkin sits on a tree outside of the Spring Hill House on Wednesday, Sept. 27. Pumpkin carving is a common seasonal activity during the fall.

Photo by Emily Peedin

Dear vampiric vagabonds and peeved poltergeists,

The definition of the word “gothic” seems to me to be as controversial as the debates on whether tomatoes are vegetables or if cereal should be poured on top of milk. To an architect, gothic means gargoyled-up cathedrals. To a citizen of the late Roman Empire, it means a tribe of bad-tempered barbarians. To sociologists, it means a subculture with an abundance of eyeshadow. To literature lovers, it means Frankenstein and Dracula. So on and so forth. Who is right? Can I really rely on a dictionary here? And then it hit me: who’s to say that it can’t have all of those meanings? That is the true genius of the word and the reason why it’s a perfect theme for this issue of Roundabout: it combines beauty, mystery, fear and countless other elements into one semantic package that encompasses the vibe of the fall season. So whatever interpretation of gothicness you’re looking for, you’ve come to the right place.

It only takes two people to start an argument over the meaning of a word, but it takes many more people than that to make a magazine. So many champions worked together to engineer this incredible issue, and it would be a crime not to give them the recognition that they deserve. Toot the world’s largest party horn to celebrate our perspicacious photo editor Emily Peedin, who captured, compiled and captioned an unequaled array of picturesque pictures. Melt down the gold in Fort Knox to pave the streets for our adroit copy editor Audrey Javan, who steamrolls our stories into stupendousness. Give a leg-breaking standing ovation for Zanna and the business team, who put ranchers to shame in their efforts to make this magazine a cash cow.

Many thanks to Patrick, Ray and Ben, the invaluable helpful triumvirate of terrificness. Thank you to our interviewees, who were kind enough to welcome us into their spaces and share their insights. And, most important of all, thank you to the staffers who ensured this issue was brimming with creative creations. Y’all are the reason why there’s a Roundabout magazine.

To the Wolfpack with love,

Gerbrand (Bran) Poster, Editor-in-Chief

RELAX

don't overextend yourself

LESS PRESSURE MORE FUN

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Email roundabout-editor@ncsu.edu for more information.

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A pumpkin carved with the Roundabout logo sits atop a tree outside of the Spring Hill House on Sept. 27. Rather than use a candle to light up the pumpkin, a light-emitting diode was used to create the glowing effect.

Photo by Emily Peedin

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Homey Haunts

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An Ode to Napping: Nature's No. 1 Cold-Weather Time-Killer

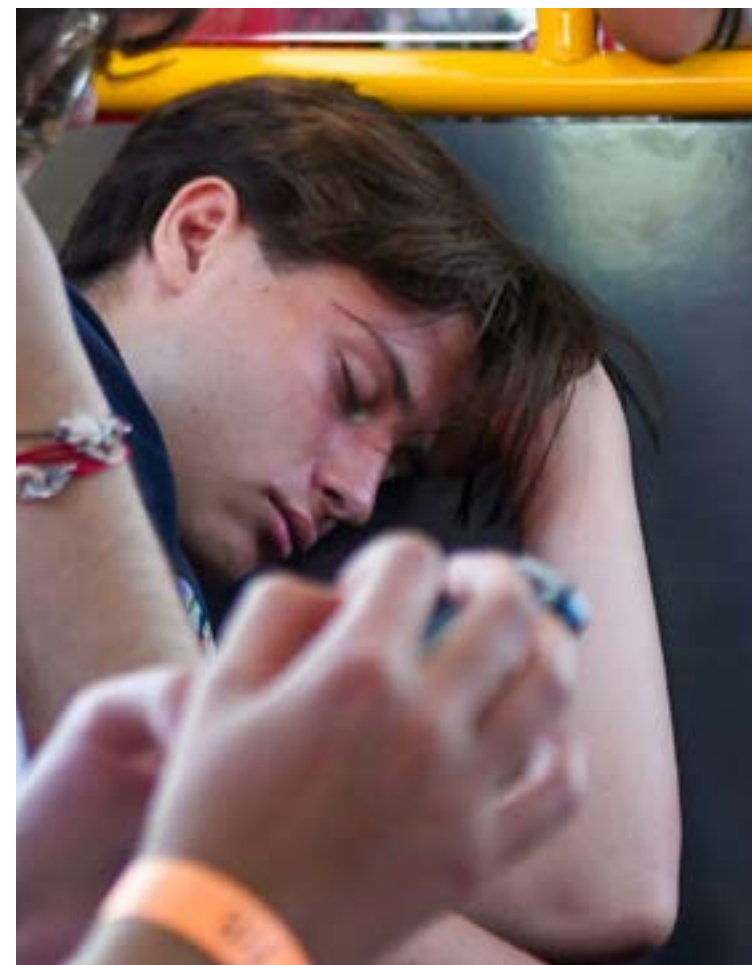
By Audrey Javan, Photo by Oscar Codes-Bodien

There are many ways to wax poetic about naps. They're a fleeting foray into sleep, as if you're kissing it hello on the cheek, or holding it for a short moment, knowing you're going to meet it again later. If you hold onto it for the optimally brief timespan, you're said to wake up refreshed, blood shimmering with a second wind that can carry you further than any energy drink. Even if you're not in need of energy, there's something magical about wrapping yourself up in a cocoon to rest your eyes.

Truth be told, not everyone enjoys naps. Not everyone is built like a little house cat, who feels the delirious call of the Sandman every time they set paw in the sunlight. I respect those people. But for many, naps are a staple of both stress relief and sickness recovery. A combination of exhaustion, drowsy medication and the need for comfort can drive people to the cover of soft bedding and heavy blankets — even a sagging couch will do nicely, if one's tired enough. Some people find themselves needing a nap just to revitalize them after a hard half-day. If you have to catch 20 minutes of sleep while wearing jeans under the glare of your sinister overhead light, then by all means do it!

There's no need to fear a nap, and every reason to celebrate one! Taking a short rest will not derail your career, tank your grade or set off an alarm in Chancellor Woodson's office. If your body wants to sleep, then there's a good chance that if you stay awake you won't be doing your best work anyway. The only thing to be wary of is not overdoing it. One five-hour nap could have you waking up in pitch darkness, past dinnertime, well on your way to becoming fully nocturnal. Or, maybe not that far, but you get the idea.

Maybe there's something to be said about those little house cats, napping in a perfect circle with their tail swept over their nose. They have mastered the art of getting the rest they need, when they need it. Especially as the weather gets chillier and the sun sets earlier, all creatures will feel the pull of sleep a little stronger. The next time the hibernation instinct is upon you on some sleepy, cloudy day, perhaps the best thing to do is settle in somewhere warm for a sweet, much-needed rendezvous with sleep.



Matthew Aedineau, a second-year studying business, takes a nap on the bus ride back to Greek Village from NC State's game against Virginia Military Institute at Carter-Finley Stadium on Sept. 16. When asked about his nap, Aedineau said, "It was too short."

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Fall Media to Sink Your Fangs Into

By Audrey Javan

Autumn sets in with gentle hands and sharp teeth, warm colors and cold winds. It exists in a world entirely of its own, inviting us into a sepia-toned picture of knit sweaters and ancient, creaking broad-leaf trees. As we slip further into the depths of this leaf pile of a season and the comfort of our warm little mouse-hole dens, why not visit — or revisit — some of these autumnal pieces of media? From a creepy 1960s novella to a silly 2014 comedy, there's something on this list for every taste.



Novels

"The Raven Boys" by Maggie Stievater (book one of The Raven Cycle series)

While helping her mother count the spirits of the locals who will die within the coming year, as one does, Blue Sargent actually sees one of the ghosts for the first time. He speaks to her. That's not supposed to happen. From this stark opening, the story follows Blue — the non-psychic daughter of a large family of psychics — and a ragtag quartet of boys from the infamous Aglionby Academy — all of whom seem to have something individually quite wrong with them. Over the course of the tetralogy, the group hunts for the final resting place of a legendary Welsh king in order to earn a wish from his corpse. Hopefully, they also earn some peace in their lives. Nothing screams autumn quite like dream magic and abandoned buildings and pet ravens and ghosts and murders and forests that speak Latin.

"Coraline" (Neil Gaiman)

Neil Gaiman is known for many best-sellers and cult classic novels, but "Coraline" might be his most popular work that people don't know he wrote. Even though it's a middle grade novel, the horror can't be overstated; all of the creep and crawl of the movie, of a little girl trapped in an uncanny world with a monster shaped like her mother, is heightened to a degree certainly big enough to frighten the most grown of adults. Surviving the other world requires just as much bravery from the reader as it does from Coraline.

"We Have Always Lived in the Castle" (Shirley Jackson)

This 1962 novel from the prolific author of "The Haunting of Hill House" is a spooky, mysterious tale of reclusive sisters, a suspicious town and an intrusive cousin. Even as a guest in the story, you should never get too comfortable — nothing happens as you'd expect it to. Ringing in at around 150 pages, this is the perfect light read for a chilly afternoon under a blanket, or a dark weekend indoors.

TV Shows

"Over the Garden Wall"

Brothers Wirt and Gregory are trying to find their way home after getting terribly lost in the woods known only as The Unknown. This 2014 Cartoon Network mini-series gained a cult following when it came out that revives the series every fall. It's sort of like the "White Winter Hymnal" by Fleet Foxes of TV; as soon as we feel one cool breeze, we dig this out of the dirt and dust it off for appreciation. And for good reason! It's at once whimsical and sweet, full of magic and dream-like sequences and catchy songs, and cut through with uncanny unease — is anything truly what it appears to be? What do we do if it's not? Everywhere you look, there's a new piece of foreshadowing to uncover, a deeper (and perhaps scarier) layer of meaning to what might appear simple. If you want to get a little taste of what the program is like, there's a standalone episode on YouTube called "Tome of the Unknown," which features delightful and whimsical fall imagery, and a lovely little song. Find the full series on Hulu.

"The Untamed"

This fantasy saga is the perfect mix of magic, tragedy, comedy and sword fighting for whoever feels ready to brave 50 episodes. On one level, it's a dramatic love story between a messy demonic cultivator and an infallible, stoic war hero — though there's much more to both of them than the public chooses to realize. At the same time, it's a twisted murder mystery about family relationships, revenge, the fallibility of reputation, politics, ghosts and the ethics of necromancy. What more could you want in this chilly, dark season? Find it on Netflix, Amazon Prime, Viki and my collector's edition DVD box set.

"Ghost Adventures"

Since 2008, Zak Bagans has spent 26 seasons wearing tight graphic tees at haunted locations, armed with official equipment and a team of other ghost hunters — and, on one special occasion, Post Malone — trying to prove the existence of the supernatural. Even for those who don't believe in ghosts, "Ghost Adventures" lends itself very well to jokes about the evidence, impressions of Bagans' particular pronunciation and speculation about interpersonal drama between the crew. And, of course, if you get a chill up your spine at the crackling whispers from the SB7 Spirit Box, all the better. Find on Max.

Albums

"Unreal Unearth" (Hozier)

If you're as big a fan of "Good Omens" as I am, then you surely know of this album already. Another epic showcase of Hozier's terrifyingly poignant lyricism, the 16 songs of this album lead the listener through the levels of Hell as dictated in Dante's "Inferno." Even without fully understanding the context, the emotion cuts — to cite "Who We Are" — "like a knife." As always, his vocals are hauntingly beautiful in both English and Gaelic, lending themselves so gorgeously to screaming along with all the windows down as your eyes fill with the glory of the Earth in flaming color. And maybe also a few tears.

"The Most Beautiful Moment in Life: Young Forever" (BTS)

At its conceptual heart, this album is about youth, heartache, rebellion and a time loop that traps seven friends in cycles of death and ruin. Carried over intense instrumentals, soaring harmonies and sharp, clever lyrics, it's full of the gravelly melancholy carried in chilly autumn days, glowing at the core with warm, bittersweet hope. But of course, the classic hyper dance tracks, unflinching social commentary and love songs — both the gain and the loss of it — can't be ignored as BTS staples. "Autumn Leaves" is the perfect place to start.

"Woodland" (The Paper Kites)

This album feels like being outside in the crisp chill, cheeks pinking, the full glory of autumn woods shimmering around you. It feels warm and kind, weaved of lovely, calming vocals and the most gorgeous guitar melodies you've ever heard. And then, the haunting doom of "Willow Tree March" falls in on a cold breeze, ghostly and harrowing. Both sides of the fall spirit twist together in unity: cinnamon and orange on one side, skulls and hunger on the other.

Movies

"Dead Poets Society" (1989)

When one thinks of dark academia, they instantly think of brick and ivy, elbow patches, stress and heartache, crisp air, dusty libraries and "Dead Poets Society." This classic is all of those themes and much, much more. The story is about a new English teacher at a strict prep school in the tumultuous mid-century, whose unorthodox methods and ardent adoration for poetry opens the hearts and minds of a group of boys. The character-driven narrative flits through the school year and different points-of-view to follow the emotional progression of that handful of inspired boys as they discover themselves, chase their passions and seize the day. It's a bit like if "The Outsiders" was about New England English majors, at once bright and heartbreaking, crushing and inspiring. I can't wait to watch it again on some brisk day when I need to be uplifted as a writer. Watch it free with ads on YouTube.

"What We Do in the Shadows" (2014)

This mockumentary follows a house of lovable vampires through their daily lives — roommate meetings, dates with age-appropriate girlfriends, feuds with werewolves, run-ins with the police and even more shenanigans ensue. Nowadays, this name might be better known through the brilliant TV adaptation on FX. The show very much deserves the attention, but be sure to share some of that love with the original movie! Have Jemaine Clement and Taika Waititi ever let you down? Rent it wherever you rent movies.

"Practical Magic" (1998)

A curse hovers over the Owens family of witches, killing the men they love. Two sisters reunite in their eccentric aunts' house under that curse and are thrown into a whirlwind reckoning of grief, stigma against witches, familial bonds and a violent man who just won't stay down. Part supernatural drama, part comedy, with a sprinkling of romance and a whole lot of platonic and sisterly love, this movie has its fingers in many bubbling cauldrons. If nothing else, everyone will come out of this movie wanting to live in the Owens' gorgeously eclectic house. Watch it on Hulu.

Pumpkin Bread: The Recipe Rivalries

By Katherine Wan, Photos by Emily Peedin

With fall upon us, what better way to celebrate than to bake some delicious pumpkin bread? However, any baking requires either prior knowledge of a recipe or research to discover a new favorite recipe. I set out to test four contenders — Allrecipes, Sally's Baking Addiction, My Baking Addiction and Food Network — in order to determine the best pumpkin bread recipe for you, our dear readers. So settle in and find your new favorite fall recipe.

Allrecipes - 8/10

Allrecipes' pumpkin bread recipe was a strong contender, but ultimately second best, just like "Frozen II." It was moist and fluffy, with a strong sweet kick at the end of each bite. While initially unassuming, the flavor of the spices makes its presence known with hints of cinnamon, ginger, cloves and nutmeg dancing on the tongue. This recipe's batter was the least viscous, and whether or not that is a result of my inability to measure remains to be seen. The seemingly greater ratio of wet ingredients may be the reason for the loaf being the most moist of the four.

You should make this recipe if you like:

- Moist cakes and breads
- A spice flavor that builds in your mouth
- Fluffy textures



Some of the ingredients for pumpkin bread include pumpkin, flour, sugar, eggs and unsalted butter.

My Baking Addiction - 6/10

The pumpkin bread recipe from My Baking Addiction called for the greatest amount of spices, yet had the most mellow and mild flavor of the four recipes. Also, weirdly enough, despite having less sugar than Allrecipes or Food Network, it had the sweetest taste throughout. These backwards results had me feeling like I swapped loaves like babies get swapped in hospital dramas, even though I meticulously labeled each loaf. Despite the relative lack of flavor, the loaf was good, just not particularly notable in any which way. In a fun twist of fate, this recipe was the only one to call for vanilla extract, and this loaf was most certainly vanilla.

You should make this recipe if you like:

- Not too dense, not too moist, not too fluffy, but just right
- Vanilla ice cream
- A mild flavor profile



Two bowls, one with wet ingredients and one with dry ingredients, combine to make the pumpkin bread batter.

Sally's Baking Addiction - 4/10

Sally's Baking Addiction's recipe was by far the most unique of the four, calling for ingredients, such as orange juice and brown sugar, as well as a higher ratio of pumpkin puree. I can tell you that I vaguely tasted hints of citrus in it, but to be fair, I made the pumpkin bread knowing that orange juice was in it. Could I really taste it, or was that my mind playing tricks on me? This recipe seemed like it had potential, but overall failed to rise to it, just like the loaf failing to rise beyond a few inches. I do think this could have been avoided if I had not covered the bread pan in tin foil as the recipe asked for, which likely hindered the baking process. Take that into consideration if you choose to try this one.

You should make this recipe if you like:

- Denser cakes and breads
- Stronger pumpkin flavor
- A sweeter, more rounded out taste



Accurate measurement of all ingredients is key to successful baking.

Food Network - 9/10

As the clear winner of this recipe comparison, Food Network's recipe resulted in the most flavorful and harmonious combination of ingredients which created a loaf of pumpkin bread that left me wanting more. With a strong, sharp flavor from first bite to last, this recipe immediately whisks me to the crisp mornings of fall, feeling a nice breeze while crunching dead leaves under each step. While it was not dry, the loaf was not as moist in comparison to the other three recipes and fell apart more easily. This did not pose any issue to my enjoyment of the pumpkin bread, though, and I can't wait to make it again.

You should make this recipe if you like:

- Breads and cakes that are fluffier
- The spice in pumpkin spice
- A sharper kick in the mouth



Pumpkin breads usually take only 15 minutes to prepare and an hour to bake.

Autumnal Adventures

Destinations, investigations and explorations in Raleigh's spooky season.

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This is Not: Wofline In Retrospect

This is Not:
By Nimet Betul Karatas



This is not an egg.
 Am I an egg?
 roll roll roll
 reach
 roll roll roll
 I am not an egg.
 smash!
 hetch
 flap flap flap
 I am a chick.
 "Pretty Chick."
 No! Don't call me that.
 slap slap slap
 I am a dream...
 a fever dream? fever.

This is Not an egg.

Inspired by the Gregg Art Museum exhibition:
This Is Not: Aldwyth in Retrospect
 Aldwyth, an artist hailing from South Carolina, is best known for her elaborate collages.

Reclining Into the Past: The North Carolina Museum of History Celebrates Our Unsung Furniture Industry

By Bran Poster, Photos by Jermaine Hudson

Tobacco, textiles and... tables? Until recently, I never thought of furniture as a pivotal part of our state's heritage. Honestly, I seldom thought of furniture at all: it was just another aspect of life to be taken for granted like clean tap water or air conditioning. It took but one visit to the NC Museum of History's "Furniture: Crafting a North Carolina Legacy" exhibit to reassemble my conception of furniture and the role our state plays in it. I will try to get you excited about going by sharing some of the context behind it, without too many spoilers of what you'll witness within.

The exhibit is the brainchild of the museum's decorative arts curator, Michael Ausbon, who sought to call attention to this part of our state's story in light of increasing globalization and a revival in custom furnishings.

"The furniture industry has really suffered in the past few years, with the industry going overseas and a lot of cheap imports into North Carolina," said Ausbon. "I wanted to bring back to everybody's attention all the history that the furniture industry has brought to the state."

Ausbon split the exhibit into ten sections, beginning with the small-scale cottage artisanship that went on before the Industrial Revolution. Until the mid-to-late

1800s most furniture manufacturing in North Carolina was done by farmers rather than dedicated craftspeople. They would farm in the spring and summer, and then produce furniture in the fall and winter months. This all changed with the advent of new technologies and entrepreneurs like Thomas Day, a free African American cabinetmaker. A statue of Day is seen on the front steps of the museum.

"We call him the father of North Carolina's furniture industry, because around the 1840s-1850s, he was making 11.9% of all the state's furniture, which was unbelievable," said Ausbon. "He really owned what I would say was the first factory in North Carolina."

People with strong business acumen weren't the only thing helping industrialize our furniture production, however. Factors like new railroads and an abundance of timber made our state an ideal place for a dedicated furnishing industry to flourish.

"It was this perfect coming together of the lumber, the cheap labor, the railroads, and then also the community supported it," Ausbon said. "Communities got together and said, 'Hey, we want the furniture industry here.'"

The industrialization of furniture wasn't popular with everyone, though. The shoddy quality of both the working conditions and the furnishings produced in many early factories led to a backlash called the Arts & Crafts movement.

"It was a group of artisans and concerned citizens at this same time coming together," Ausbon said. "There was this consciousness in certain groups of artisans, and also in religion of making sure that crafts and people are treated appropriately."

The Arts & Crafts movement was but one of the many byproducts of North Carolina's growing furniture industry. Mirror-makers, shipping and crating companies, magazines and photography studios all emerged to support the burgeoning business.

One such furniture-adjacent contraption that features prominently in the exhibit is the Lineberry cart, which was used to move lumber and finished goods across factory floors and onto train cars. Its manufacturers advertised that you could put a ton of lumber on it without it creaking or groaning: I invite you to judge this for yourself!

The subsequent section about early women leaders in the furniture industry has a downright inspiring cast of characters. Myrtle Hayworth Barthmaier, who became president of four different furnishing-related companies after her husband died in 1928, comes to mind immediately.

"She was actually the only woman to run a factory through the Great Depression, and through World War I and II," Ausbon said. "And she also did that while she was raising six kids."

Speaking of kids, if you were a 10-year-old back in 1907, you could've gotten yourself a job at your local furniture factory! You'd be paid a whopping 3 cents an hour, which would translate to a little over a dollar after inflation. This is from the exhibit's infographic on furniture employee earnings, which I found to have some disturbing parallels to wage disparities today.

The beginning of the 1930s and '40s saw a crucial transformation for the furniture industry. Soldiers returning from both world wars had observed ancient European cities and traditions going back thousands of years, and longed to have American furnishings reflect a similarly venerable precedent.

"There was this sense for America of recapturing the history that people had forgotten about, or hadn't really appreciated," Ausbon said. "The furniture companies saw that as well, and what they started doing was going back and copying antique furniture from our past."

By the '50s and '60s, however, consumers started getting sick of the old stuff. In response, many manufacturers turned to architecture for inspiration. A North Carolina company called Broyhill designed an entire collection of furniture based on modernist buildings in Brasilia, the capital of Brazil. Frank Lloyd Wright, while known primarily for his buildings, developed furniture pieces as well. It's fascinating to contrast the works of these designers seen in the exhibit with the architectural styles that inspired them.

Despite its beauty and sophistication, the monumental furniture production going on in our state was bound to have a calamitous environmental impact, and Ausbon wastes no time in exposing it. In just 22 years after 1900, the furniture industry annihilated 300,000 acres of virgin timberland, an area more than half the size of Wake County.

Today, it's estimated that Americans discard 12 million tons of furniture every year. Good has come from the bad, however: artisans have found an inventive way to mitigate this tremendous waste by "upcycling," or creatively repurposing, older used furniture. The final section of the exhibit displays some particularly gorgeous examples of this phenomenon, from a bench repainted by folk artist Sam "The Dot Man" McMillan to an antique recreated by Cornelio Campos, the first Hispanic artist to win a North Carolina Heritage Award.

Ausbon stressed the interconnectedness of the environment, furniture and people, which too often goes unnoticed.

"All this furniture has touched so many lives, from designers, to makers, to owners," Ausbon said. "It's so cyclical."

The exhibit will remain open through March 2024. Admission to the North Carolina Museum of History is completely free. In addition, the museum offers a number of educational programs and events.



A deconstructed chair sits on display in the "Furniture: Crafting a North Carolina Legacy" exhibit in the North Carolina Museum of History on Sept. 19. The exhibit shows the unique history of furniture manufacturing in North Carolina with pieces from different eras.



Glosson and Foust Furniture Store, Burlington, circa 1910. Courtesy Michael A. Ausbon

Furniture

Crafting a North Carolina Legacy

On view through March 2024 • ncmuseumofhistory.org



Michael Ausbon, curator of decorative arts, points to one of the displays in the "Furniture: Crafting a North Carolina Legacy" exhibit at the North Carolina Museum of History on Sept. 19. Ausbon talked about rates at which employees were paid in the furniture industry.

Fall Into Fun

By Emily Mobley, Photos by Emily Peedin

Whether you're a born and raised Raleighite or from an entirely different state, you'll find that Raleigh has a lot to offer this Autumn. This is a collection to make the ultimate fall bucket list.

Panic Point

Is spooky season your favorite part of fall? Do you love haunted houses and the thrill of being scared? Panic Point is the perfect place for you! With 13 years in the business of frights, Panic Point has six different scary attractions to make you crawl out of your skin. Located just outside of Raleigh in Youngsville, this attraction is perfect to get a carpool group together and spend a Friday night out with friends. This attraction is open every weekend from September 16 to November 4.

NC State Fair

The NC State Fair is a fall staple for anyone who loves the most fall parts of fall: pumpkins, local farm food, vegetable contests, the fall breeze, the falling leaves and of course the fair food! The theme for this year's fair is "Best. Day. Ever!" and with new food, rides and entertainment, that's what it's shaping up to be. The NC State Fair will be running from October 12-22. The fair strives to give people from all walks of life a chance to attend, as highlighted by their AccessABILITY Day, Senior Citizens Day, Military Appreciation Day and Hunger Relief Day.



The fair rides begin to light up as the sun sets at the North Carolina State Fair in Raleigh on Oct. 19, 2021. The fair featured everything from livestock to vendors, and rides to art.

The Raleigh Market

The Raleigh Market, located at the NC State Fairgrounds during the off season, is housed right next to Carter Finley Stadium and is the perfect place to participate in fall football games when you can't get a student ticket. Over the roars of the plane show and the announcers present at Wolfpack's home games, the state's largest flea market is open every Saturday and Sunday of the year and offers a breadth of local businesses and food trucks to shop from. My favorite vendors include the vintage clothing shops, funnel cake stands and discount home goods sellers. No matter what you seek, someone at The Raleigh Market has a product to fit your needs, and it's at a discount!

J.C. Raulston Arboretum

The J.C. Raulston Arboretum is a botanical garden not far from campus. Year-round, it hosts beautiful walking trails and garden exhibitions. As the weather turns chillier and the leaves start to change, the arboretum is the perfect place for a day in nature or a picnic. The second and third weekend in November, the arboretum will be hosting their annual "Moonlight in the Garden" event, where they pair with Southern Lights of Raleigh and the North Carolina Agricultural Foundation to create a magical night time experience.

Morgan Street Food Hall

The Morgan Street Food Hall is located within the Warehouse District of Downtown Raleigh. About a five-minute walk from Nash Square, it's a popular place to eat, drink and hangout. There is outdoor seating to enjoy some fall ambiance, or indoor seating to enjoy the jovial atmosphere. Some of my favorite eats at Morgan Street include Raleigh Rolls rolled ice cream; Sassool, a Lebanese and Mediterranean restaurant; Curry in a Hurry, an Indian restaurant; and CowBar, the best burger joint in downtown Raleigh.

Moore Square

Moore Square, located in downtown Raleigh across from Marbles Kids Museum and within walking distance of City Market, has been a place of gathering, reflection, entertainment and recreation for Raleighites since 1792. The park regularly features markets, a splash ground, a cafe and special events such as trivia, movie nights and live music. Moore Square is the perfect place to enjoy the fall atmosphere, meet new people and go out with friends.

The Raleigh Greenway System

For people whose favorite part of fall is being outside, Raleigh has a very large greenway network perfect for walks, runs, bike rides and picnics. Raleigh alone has more than 100 miles of paved greenway connecting to the nearby communities of Cary, Knightdale, Garner and parks across the county. Closest to campus, there is the Rocky Branch Trail, Walnut Creek Trail and Centennial Bikeway Connector.

Umstead State Park Zombie Trail

One little known walking trail in Raleigh is located within Umstead State Park. This path is known as The Zombie Tunnel Hike, connecting to the Richland Creek Trail in downtown Raleigh. The hike is 11 miles through the Schenck Forest, owned by NC State, and while there are no real zombies, the hike features dangerous tunnel systems — when the water levels get high — that are just as spooky and perfect for spooky season.

Page Farms

Page Farms is a family-owned farm located in north Raleigh. It hosts fall fun events from September 23 through October 31, featuring pumpkin picking, a corn maze, hayrides, a playground, a cow train, farm animals and much more! Tickets are available at the farm. It is the perfect place to relive your childhood and connect with nature.

Local Cafes

Cafes are an essential part of student life. Whether it be to study for exams, grab a drink before class or to relax on a wellness day, Raleigh has some to-die-for cafes that you need to visit this fall. Some of my personal favorites can hit the spot for just about everyone. For the student who loves a classic coffee and study experience, 42 & Lawrence is located in downtown Raleigh across from Moore Square, serving a variety of specialty coffees and pastries. Global Village Organic Coffee is another great option for coffee lovers and non-coffee drinkers alike. Offering a student discount on game days, their menu consists of breakfast sandwiches, classic coffees and international specialty drinks. For students who prefer tea, Möge Tee is the spot to be. This boba cafe on Hillsborough Street serves milk tea of every flavor imaginable and is home to outdoor seating to enjoy the fall breeze and the hustle and bustle of campus.



Passersby walk through Moore Square on Sept. 24. Located in downtown Raleigh, the space was one of five original greenspaces conceived for the city.



A pair walk through the entrance of the J. C. Raulston Arboretum on Sept. 24. Located on Beryl Road, this space serves the community as both a research and teaching garden.

Research Dosen't Have to be a Horror Story

By Jackson Webb, Photos by Hallie Walker

When I first approached one of my undergraduate professors and asked about research opportunities, he said he didn't have any. I felt like my heart had exploded and my career was over before it even began. I went to a tiny liberal arts school in rural Tennessee; maybe a fifth of the students every year get research opportunities. I felt like that was it: no chance at grad school, no chance at a good job, nothing. I sat with that for a few months and missed some other fantastic research opportunities just because I was holding out hope that this one professor would have a spot open up. And a year later, he did. I couldn't believe my luck; my future was looking up again. So I gladly accepted and went out later that week to do some fieldwork with him. And I hated it. I hated every second of what we were doing. I hated the site we were at. I hated the stupid study species. I hated how the professor leaned over my shoulder to double-check every single minute observation I recorded. So I went home, sulked, swore off any future research opportunities and watched out my window as the possibilities flew by me.

Unfortunately, my experience was not unique. Getting into research as an undergrad is extremely tough, especially in competitive research universities like NC State. Oftentimes, a professor may have a billion ideas and potential projects that they would love to fully commit themselves to with the full weight of their lab behind them, but they don't have the resources to fully flesh it out. Yes, it turns out the students aren't the only ones in college that have no money. So finding a professor or a lab that both has the money and resources to commit to new research ideas and so happens to line up with your research interests is really tough. It can feel like you have the gold ticket idea but don't know where to cash it.

Thankfully, NC State has ample opportunities to get involved in research in a subject that you are passionate about. To learn about some of these, I spoke with Dr. Janet Goins of the Office of Undergraduate Research. Before coming to NC State, Dr. Goins was the Director of UCLA's Undergraduate Research center, as well as serving as the Director of Educational Outreach for UC-Irvine's PIRE program in the Civil and Environmental Engineering department. Working with engineers as well as environmental scientists gave them a "respect for the mindset of engineers."

"You can't only do theoretical research all of the time. Eventually, it has to be applied and made real, and working closely with other STEM fields showed me that," Dr. Goins said.

Dr. Goins sympathized with my research experience, "Exactly, you can't know how something is until you try it."

This sentiment was echoed by Hunter Epps and Kaya Rosselle of the Researchpack club.

"Especially in Biology, it is so important to know whether you want to focus on fieldwork or lab work," said Rosselle. "That distinction really changes both the day-to-day of what you do and also what courses you are taking."

Epps and Rosselle have both been participating in undergraduate research efforts during their time at NC State, with Epps looking into the effects of genetic pathways on hunger in flies, and Rosselle working with the Duke Lemur Center to notate infant behavior.

ResearchPack, much like the Office of Undergraduate Research, acts as a way for undergrads to get involved and find



Sydney Gardner, a second-year studying zoology, listens to professor Lisa Paciulli, a senior lecturer in biological sciences, talk about the details of her project during the Sidewalk Symposium outside of D.H. Hill Jr. Library on Sept. 26. The Sidewalk Symposium gives undergraduate students an opportunity to present their research in the form of chalk art.

out about research opportunities outside of the classroom, as well as offering a support system for dealing with the difficulties of balancing research and coursework. While the club's focus is largely on STEM fields such as biology and engineering, many different disciplines such as finance and communications are also represented.

"Our momentum was definitely hurt by COVID, but we spent a lot of last year getting back up and running, so now we are looking to go to some research symposiums this semester that members are presenting at," said Hunter, "It's important for us to support each other's research efforts, as it does come with pressures that are unique and it's nice to know that other people are on that path with you."

Research is daunting, but it's a huge step towards whatever comes after your degree.

"Whether you are going on to a graduate degree or into the professional world, the critical thinking and communications skills that come from participating in undergraduate research are highly sought after," Dr. Goins said. "No knowledge or experience is wasted."

The Office of Undergraduate Research is open during regular business hours for students to come in and speak to Dr. Goins or another associate about how they can get involved in research efforts. The ResearchPack club meets on the last Monday of every month in Cox 214 at 7 p.m.



Students and professors line up to talk to students giving presentations during the Sidewalk Symposium outside of D.H. Hill Jr. Library on Sept. 26. Students from all disciplines are welcome to enter the Symposium.

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How to Harvest the Arts in Downtown Raleigh

By Layney Keesee, Photo courtesy of Ray Black III

Whether it's jamming out to up-and-coming bands or viewing what the artists of rural North Carolina have to offer, there are plenty of local ways to get in touch with your creative side this fall. Most of these activities are free, but a few require fees to cover materials, space and other aspects pivotal to the experience. But don't worry! All costs in this article are under \$60 in order to be student-budget friendly.

Artspace Raleigh — New Exhibitions, Weekly Open Studios, and More

Raleigh's beloved Artspace is both an artist's and art aficionado's paradise. Offering two floors of artist studios, local artists battle to have a place to create in the heart of our state capital. Fortunately for those of us who enjoy a more low-key method of creating and appreciating local artists, Artspace Raleigh offers plenty of public programs. An upcoming exhibition, Carolina Roots, opening October 6 and closing December 31, displays a juried collection of art made by rural North Carolinian artists.

Additionally, Artspace offers free open studios every Wednesday evening from 3 p.m. to 5 p.m., and on Saturday afternoons from 1 p.m. to 3 p.m. During these hours, guests are led through an art-making activity perfect for those of us who wish to get creative but aren't quite sure how. Artspace is also holding a class on October 28 for upcycled Halloween costumes. The class fee is \$40. However, all materials are provided, and, let's face it, you'll spend at least that much on a Halloween costume anyway, so why not do it in a way that's creative and sustainable?

Lastly, Artspace Raleigh is holding a film screening for two independent films followed by a discussion centering around rural-based filmmakers on October 20.

Battle of the Broker Bands at Lincoln Theater

If music is more your speed, particularly obscure rock music, Battle of the Broker Bands, presented by Littlewood Law PLLC on October 19, is a must. Tickets in advance are \$20, while day-of tickets are \$25. A small price to pay to experience several local bands!

Halloween Film Screening at Gregg Museum of Art and Design

Of course this list must include our very own Gregg Museum. On Thursday, October 26 at 6 p.m., the Gregg is holding a free screening of "The Brain that Wouldn't Die" (1962), a campy horror film so atrocious that it's simply a must-watch. Get in the spooky spirit and take a look around the galleries while you're there!

Halloween Zine Class at the Pullen Arts Center

On Saturday, October 28 from 1 to 3 p.m., the Pullen Arts Center is hosting a bookmaking class focused on Halloween zines. If bookmaking seems interesting, yet somewhat complicated, zines are the perfect place to start. And if six pages is still too many to consider, a theme helps to fill in all the empty space! A fee of \$31 for Raleigh residents and \$46 for non-residents is required for registration. The Pullen Arts Center is a close walking distance from NC State's Belltower, which makes it perfect for students looking for something frighteningly creative to do with friends on a brisk October afternoon.

I sincerely hope that there is something on this list for everyone, but if you're still looking for something more in your niche, visit the downtown Raleigh calendar online for everything going on in the month of October.



A detail from an Egyptian tent panel on display at the Gregg Museum on Aug. 6. This is but one example of what the museum offers visitors.

Your Next 29.5 Days

By Quinn Gebeaux
Designed and illustrated by Jinju Hughes

Imagine what it would be like to return to a lunar calendar. Your birthday, sometimes a Sunday, sometimes a Monday, now falls on a moon phase, the same every year. We would say goodbye to months, and switch them to their 29.5 day counterpart: the lunar cycle.

Stringing together twelve of these cycles is eleven days shy of a full year. This can be resolved by adding an extra cycle every second or third year. This does sound like a lot, but we could do so much with a lunar calendar.

Each year, we could set Halloween on a full moon, and New Year's on a new one. Maybe this would give us a better sense of the passage of time. Or for some people, help with setting intentions. So, using the lunar cycle, how can you plan your next 29.5 days?



Oct. 28 at 10 a.m.
Morning of the Full Moon
Day of the Dead 5k

Think about signing up for the Day of the Dead 5k on the morning of the full moon, October 28. The race is run by a local restaurant, Centro, and celebrates Día de los Muertos. Accordingly, the race runs from downtown to Oakwood Cemetery and back.

Then, from October 28 to November 1, the Studio Ghibli movie "Spirited Away" returns to theaters. The animated film follows a young girl, Chihiro, as she struggles with identity theft in rural Japan. The closest locations to catch the movie are Crossroads and North Hills. You can find tickets online by looking up "Studio Ghibli Fest 2023."

Oct. 28 to Nov. 1
The Full Moon
"Spirited Away" in Theatres

Oct. 31
The Waning Gibbous
Halloween

This year, Halloween occurs when the moon is 90% full, and I'm calling that a win. For planning your night, know that the moon will rise at 8:16 in the evening and reach its peak in the sky at around 3 a.m.

The last quarter occurs halfway between the journey from full moon to new moon. Picture the moon lying ahead of us on our orbit; the left side of the moon is the only part illuminated as that side faces the sun. Some say the last quarter is an opportunity to relax, and recenter. You can do so on the morning of November 5, as daylight saving time ends and we gain an extra hour of sleep.

Nov. 5
The Last Quarter
Daylight Saving

Nov. 14
The New Moon
Astronomy Club Stargazing

The new moon occurs early in the morning on November 13. The complete absence of the moon's light from the night sky makes the stars and planets appear brighter. Consider stargazing this week with the Astronomy Club. Members of the club bring telescopes, talk about recent astronomy research and practice astrophotography at meetings. The club also takes stargazing trips to Dorothea Dix Park and Jordan Lake.

Following the new moon is the first quarter. In this phase the moon swings behind us, trailing our orbit. The first quarter is a mirror image of the last quarter, as the opposite half of the moon is illuminated. Now is the time for setting intentions and taking steps forward.

Nov. 18
The First Quarter Begins
Setting Intentions

Nov. 18 to Jan. 15
The First Quarter
Ice Skating Rink in Downtown Raleigh

Maybe it's the time for a first date. You can take your potential partner to The Rink, a temporary ice skating rink in downtown Raleigh. There will be hot cocoa, beer, wine and outdoor heating. The Rink opens on November 18 and lasts till January 15. Tickets are \$15 and cover two hours of skating.

And then, the lunar cycle returns to where it started. The second to last full moon of the year occurs on November 27. This is a great time to visit the Chinese Lantern Festival at Koka Booth Amphitheatre. The festival traditionally occurs on the first full moon of the Chinese lunar calendar. You can visit from November 17 to January 14 and tickets are \$13 - \$20.

Nov. 17 to Jan. 14
The Full Moon (Again)
Chinese Lantern Festival at Koka Booth

The Haunting of Spring Hill House

By Jackson Webb, Photo by Emily Peedin

Raleigh is an old city. It's named after Sir Walter Raleigh, an English captain and explorer who founded one of North Carolina's most mysterious sites: the Roanoke Colony. While the city bearing his name fortunately has not met the same fate as the one he helped form (yet), bizarre and unexplainable phenomena intertwine his legacies to this very day.

All old cities have hauntings. Raleigh is no different, having enough frightening phantasms and spine-tingling spirits to make many a Halloween haunt harrowing. Here at NC State, we have the hair-raising remnants of the Riddick Field House, where spirits of past coaches and players have kept the game going long past the fourth quarter. Not far from campus stands the Historic Oakwood Cemetery, where an angel statue there dances through the graves if you dare to come and meet her underneath a full moon. If you do happen to find yourself strolling around on a cool, dark October night, steer clear of the burned-out ashes of Crybaby Lane, where the spirits of those who perished in an orphanage fire cry out for anyone to help.

But I know you. You don't want the Charlie Brown scary stuff. You don't want the cottagecore, pumpkin-carving, apple-cider-sipping scary stuff. You want the real stuff. The real good scary stuff.

Colonel Theophilus Hunter Sr. came to North Carolina shortly after the Revolutionary War. He purchased about 2,500 acres and some enslaved people, and built a house. That house is known as Spring Hill House.

In 1798, Col. Hunter died and was buried in the backyard of the house, becoming the oldest marked grave in North Carolina. The house passed on to his son, Theophilus Hunter Jr. but rumors say the father never left. The creaking floorboards and flickering lantern light of the house made sleeping hard for Hunter Jr. and his family, and it was only made harder when they could never seem to find the source of these occurrences. Hunter Jr. died in 1840, but the house remained with the family until 1864, when it was sold and passed around owners for the next 50 years. Maybe they, too, found it hard to sleep in the Spring Hill House.

In 1908, the house was sold to the Dorothea Dix Hospital. Folklore and legends hover around the Dorothea Dix Hospital like swarms of flies. Legends such as that of the unfortunate victims of the Spanish flu, whose bodies were buried in the backyard, lingering around after their visit to the hospital ended; or an arsonist being kept sealed away in the attic, only for him to escape one day and cause the very fire that led to the hauntings of Crybaby Lane; or the undying spirit of Col. Theophilus Hunter Sr., still trying to serve as the head of the house, while his head lies in the backyard. Perhaps he is the one orchestrating the haunting happenings at that most macabre manor.

The house was named a Raleigh historic site in 1972, and was sold to the university in 2000, where it would become home to the NC State Japan center to this day. In 2001, the house was placed on the National Register of Historic Places, meaning that no major changes or renovations can be made to it, not even to remove the bodies behind the house.

Stories persist of the haunted nature of the Spring Hill House. A paranormal investigator who spent the night in the house in 2013 reported evidence of scratching at his feet, and wails coming from the backyard where an orb levitated over that historic marked grave. A separate investigation in 2018 reported the cold, spectral presence of a bygone soul, and motion sensors going off when nobody was in the house.

If you dare, climb the steps of the old house this Halloween. Peer in its windows and try to get a peek at the devilish denisons of the ghost dimension. Or go and pay homage to that old grave, and see if an orb will float for you.

Me? I don't think so. Far too scary for me. I'll be staying in, sipping apple cider and watching Charlie Brown. The risks of wrangling with specters is never worth the reward.



Three carved pumpkins sit on the sidewalk outside of the Spring Hill House on Sept. 27. The Spring Hill House is home to the NC Japan Center and is located on Centennial Campus.

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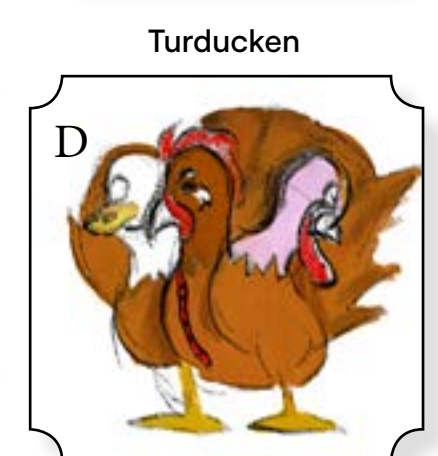
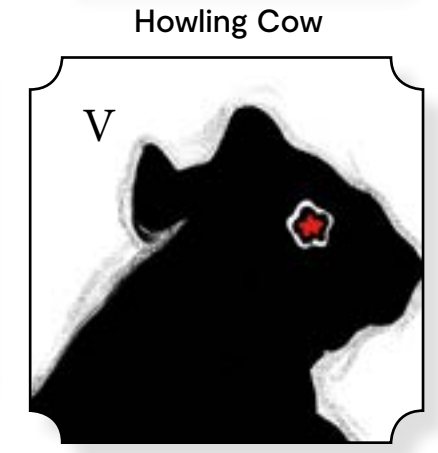
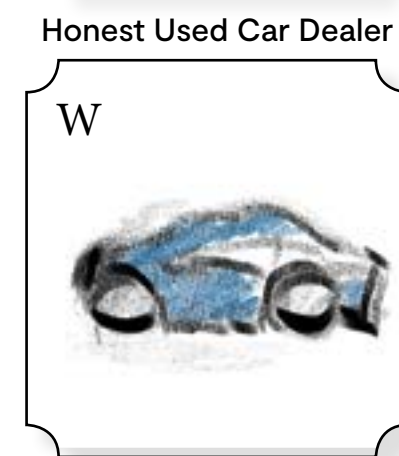
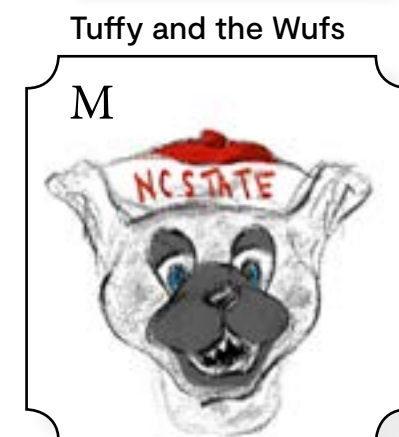
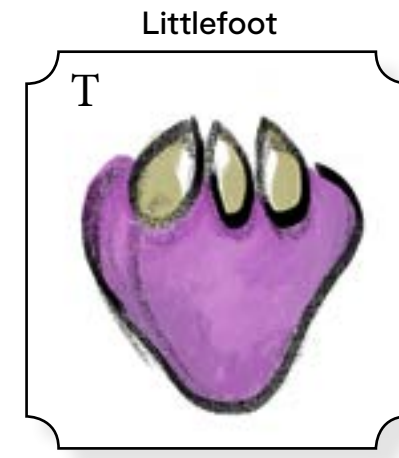
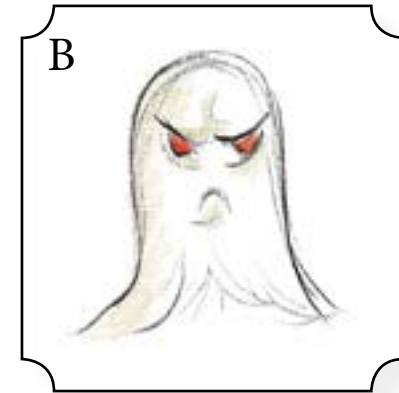
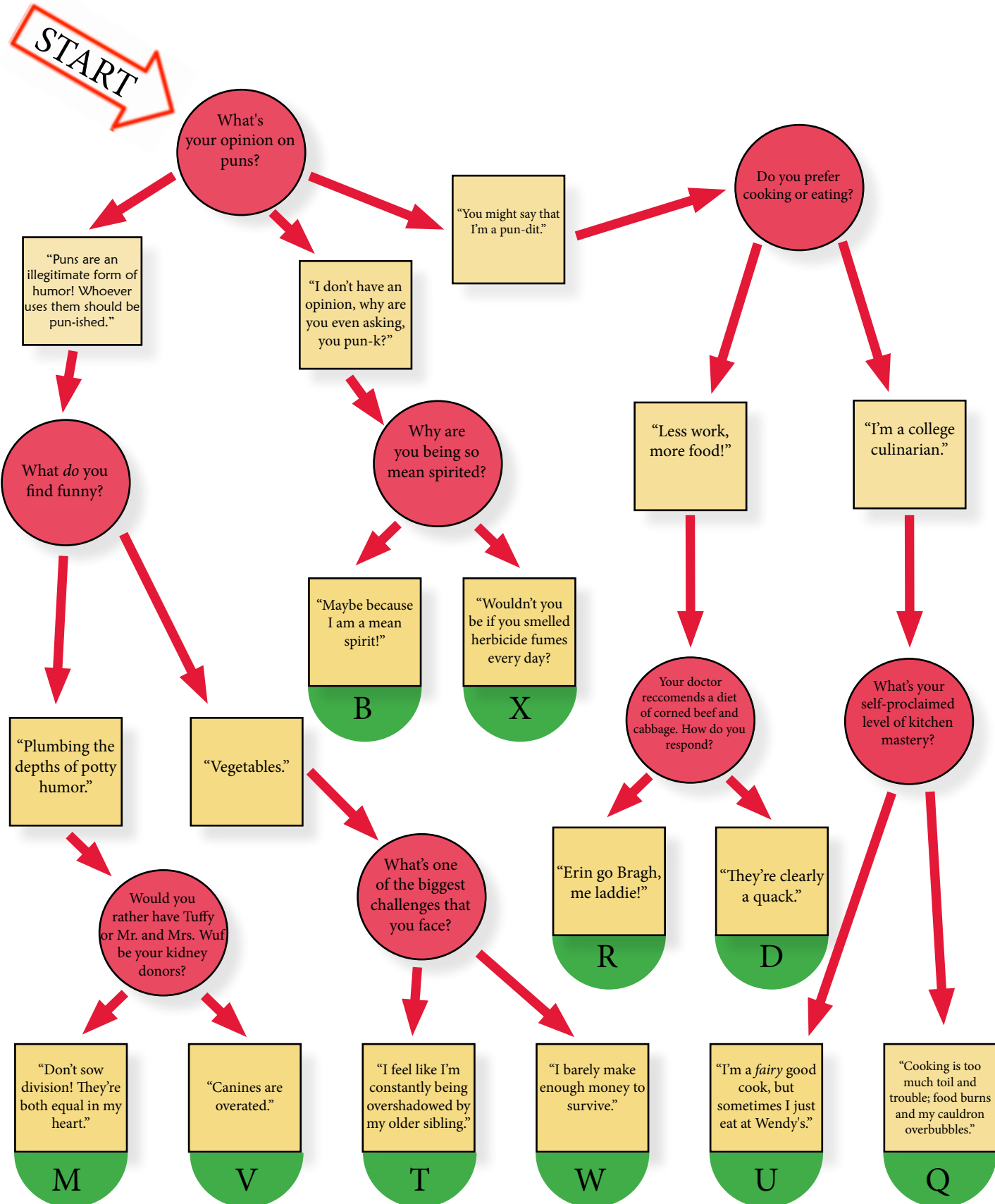
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Which Mythical Creature are You?

By Autumn Tate and Bran Poster

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