Despite students bracing for a taxing semester amid the COVID-19 pandemic, spikes in cases across campus and operation status changes made it, nonetheless, a challenging term.

As students reflected on the last several months, they expressed a wide range of emotions. Some said COVID-19’s isolating effects had made them feel lonely. Others said they were able to forge connections despite it. Still more expressed surprise that the student body made it through the semester without being sent home.

“I’m surprised we’re still here,” said freshman Lanie Angelo. “There’s more things running than I’d thought there’d be.”

Angelo is also conducting a project for her Writing 111 class, interviewing fellow freshmen about their thoughts on the semester. According to Angelo, gratitude has been a common theme among the responses.

“From what I’ve been gathering, people have been feeling very grateful that we’re here,” she said. “We’re exhausted by Zoom, but everybody would rather be here and do Zoom than at home. I think that the gratefulness trumps that.”

For first-year students who had their senior year in high school cut off, the opportunity to live on campus and meet people—especially given how few universities held in-person semesters—was especially cherished.

“I think [Wake Forest] did a good job of having blended classes and allowing us to be on campus while experiencing campus life,” said freshman Daryna Lapomarede. “Especially as a freshman, I appreciated being on campus and still getting to go to classes, make friends, join clubs and just the experience altogether, I really appreciated it.”

But COVID-19 could be an isolating factor at times, especially among underclassmen. Without the opportunity for many social gatherings and most clubs and classes restricted to Zoom, meeting people has been an obstacle.
Editorial staff reflects on semester

When the Old Gold & Black transitioned to publishing exclusively online last spring, we had no clue what was in store for us, the university or the country. The past seven months have been a whirlwind of stress, anxiety and challenge, but they have also been a period of exhilarating and important journalism for the Old Gold & Black.

Beginning last semester and continuing through this week’s issue, we have closely followed and broken news relating to the university’s response to COVID-19. When classes were cancelled for the rest of the semester and Resident Advisers learned they were not going to get paid, we reported on it. When students voiced concerns about the COVID-19 dashboard, we wrote articles explaining the ins and outs of health privacy laws.

When Pfizer announced the success of their vaccine trial, we broke the news that Wake Forest began discussing vaccine plans. But this semester has not just been about the technical details of COVID-19. For students, faculty and staff, it has been a semester defined by uncertainty concerning Wake Forest’s ability to withstand an outbreak. We featured stories highlighting the perspectives of students and faculty and gave students the space to share their ideas in the Opinion section.

Although it often seemed like it, COVID-19 was not the only phenomenon that defined this semester. The election, and the events that ensued as it quickly approached, were the focus of our Editorial Board. We broke the news that President Donald Trump’s campaign rented out the Lawrence Joel Veteran Memorial Coliseum’s parking lot, and that Wake Forest ultimately made a profit from an event that directly violated the university’s own coronavirus guidelines. News Editor Rafael Lima and Online Managing Editor Elizabeth Maline executed and analyzed our first-ever Election Poll of students in anticipation of Election Day, providing students with a snapshot of voting behaviors at the university.

And, as always, we kept our opinion pages open for students to voice their thoughts about everything related to 2020 politics. Our most important project this semester, and one that the Old Gold & Black will continue to pursue for semesters to come, is reporting on systemic racism at Wake Forest and in our larger North Carolina community. In our Sept. 3 issue, we ran a timeline of events relating to racism on Wake Forest’s campus spanning from the founding of the school in 1834 to 2019. We have continued to report on diversity and inclusion endeavors on campus, and hope that we will be able to cover major changes as the introduction of a new president and curriculum occurs next semester.
Deacon Profile: Caroline Bryant

BY CAROLINE WALKER
Staff Writer
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As a major in politics and international affairs, senior Caroline Bryant enjoys studying, reading and talking about foreign policy. Wanting to share this passion with others, Bryant established a chapter of the Alexander Hamilton Society (AHS) on campus to encourage students to debate and hold conversations about foreign policy.

While president of the first foreign policy organization at the university, Bryant has organized virtual speaker events and discussion groups while also navigating the challenges of the COVID-19 pandemic. With this promising start in the organization, she hopes to continue to see the program thrive and flourish even after she graduates in the spring.

What is the Alexander Hamilton Society?

The Alexander Hamilton Society is a non-partisan, not-for-profit organization that seeks to engage college students in a rigorous conversation about foreign policy, national security and economics. It’s founders basically met in the late 90s and kind of decided that there wasn’t much of a foreign policy, national security conversation on college campuses. The organization is really just for students to kind of connect them to other people who like foreign policy on campus, and also to help us network in D.C. and help us find jobs.

How did you hear about the Alexander Hamilton Society?

I interned at the Alexander Hamilton Society about two summers ago. I told my dad that I wanted to work somewhere that kind of had an international relations focus. He reached out to some of his friends and they said, “Hey, there’s this great organization called the Alexander Hamilton Society, which is literally for college students, and they should apply and try to work there.” So, I applied, they accepted me and I feel like I really got to know the organization that way.

That’s awesome. What was your favorite part of your internship?

I think for me, I had just recently fallen in love with international relations that past spring. I took U.S. Foreign Policy with Professor [Will] Waldorf here, and I had just begun to start liking international relations, but I wasn’t quite sure where I was headed. And the organization contains college students from all across the country. I loved being with so many other college students that loved international relations, and it made me feel like this is a career I could see myself going into.

Is that why you decided to establish a chapter at Wake Forest?

I interned there, so I feel like I got to know the organization. And then, Wake Forest didn’t have a foreign policy organization up until this point and I really wanted to start one. I liked the mission of the Alexander Hamilton Society, because the organization is non-partisan. I feel like Wake Forest has College Republicans and College Democrats, but it doesn’t really have anything that’s non-partisan but still talks about foreign policy. I felt like a rigorous foreign policy conversation that wasn’t connected to domestic politics was really needed on campus.

What types of events have you been able to have this semester?

For our first event, we actually had the dean of the Johns Hopkins School of Advanced International Studies, Eliot Cohen, come. He gave a reflection of America’s role in the world, and that was really fun. Afterwards, it was also really neat, because Johns Hopkins said like, “We’d love to have Wake Forest students apply.” So, it was really fun to be able to tell our chapter about Johns Hopkins and what they do.

Then, for our second event which we had last week, we had someone from the Center for National Security come and give a reflection on Trump’s former policy kind of looking ahead to president-elect Biden. That was also really fun.

We also have discussion groups on campus for people that want to hang out with other like-minded people and want to talk about foreign policy more regularly. We’ll do those about once a week.

Do you have any plans for next semester about how you want to continue to expand and grow your membership?

Ideally, we would have in-person events, but sadly, we just can’t do that because of COVID-19. So, I think it’d be really fun to continue working with other organizations on campus. We co-sponsored our past event with College Democrats and College Republicans, which I really loved. I would love to continue that in the future to continue being a bipartisan chapter where Republicans and Democrats can meet to engage in conversation and debate.

Do you foresee any partnership with the Wake Washington program?

Definitely. The Alexander Hamilton Society has chapters all across the U.S. at various colleges, but also kind of has some kind of post-undergraduate professional chapters. They have a Washington D.C. chapter, and they put on a lot of events throughout the summer. I could see a really great relationship with Wake Washington.

We’ve also been really grateful for how supportive the Politics Department has been of our organization. They’ve been sponsoring us, so I look forward to continuing that partnership down the road, as well.

Looking back on the first semester of the chapter, what has been most successful and what do you think you would change?

I would say our two big speaker events were enormously successful. I think that at our first event we had like over 90 people, and at our second event, we had over 100. I think those were terrific and I look forward to continuing those down the road.

I’d also say just with COVID-19 it’s been a little bit harder to get discussion groups off the ground, because people are so spread out. We’ve had some in-person, and then we did some via Zoom, and I think it’s just hard since everyone’s pretty fed up with Zoom. So, I think those are a bit trickier, but also I think they’re a great resource that will always be available for people who want to meet every single week with people to talk about foreign policy.

Is there anything else that you enjoy about AHS?

Another cool thing about the chapter is that the national organization puts on various events throughout the year, which are a lot like book clubs with a really famous speaker. Right now, I’m in a book club with the former ambassador to the E.U. It’s really cool to be connected with these people in a way you wouldn’t otherwise as they just talk through their favorite book.

I think the organization does a great job connecting students with other people that could be mentors. I feel also, as a female student, there’s been tons of women in the organization who I feel like I’ve been able to look up to and they’ve been able to help me kind of sort out my career.

SG GENERAL ASSEMBLY

BY JESS SCHMIDT
Student Government Beat Reporter
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I. Executive Reports

President Miles Middleton reported that he will meet with Vice President Penny Rue this week. Speaker of the House Ally Swartzberg shared that the Process Packet is now on the student government website. This packet provides a comprehensive overview of student government processes and roles.

II. Committee Reports

The Public Relations Committee is distributing lovefeast candles for the virtual Dec. 6 event. The Physical Planning Committee reported that they are planning for Earth Week.

III. Other Business

Anna Price, the sustainable consumption intern from the Office of Sustainability, spoke about their Sustainable Swap Talk on Friday, Nov. 20.

Two resolutions were passed in the senate. The first, S.R.7, called for $300 from student government funds to provide 30 care packages to students staying on campus through winter break. It was passed unanimously. The second resolution was S.R.8, encouraging Wake Forest to make all new construction and major renovations LEED Gold Certified. While there were some concerns about the resolution’s specificity, it was also passed.

SG’s final meeting of the year will be on Dec. 4.
Hopkins: Football star, trustee passes at 70

Through the Race, Inequality and Policy Initiative, the university plans to raise students’ awareness of inequality

BY ELIZABETH MALINE
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The Race, Inequality and Policy Initiative (RIPI), founded in October, showcases student and faculty research and community projects on projects that address racial, environmental policy and crime,” she said. “Second, the initiative seeks to support faculty who conduct research and teach about policies that affect marginalized communities and to promote research and community projects on projects that address racial, gender and gender inequalities. The goal of the initiative is to enhance the community’s understanding of these injustices, which exist in Winston-Salem as well as in the country as a whole.

According to Professor Betina Wilkinson, director of RIPI and Associate Chair of the Politics and International Affairs Department, RIPI is a “multi-disciplinary research initiative” with a mission that is two-fold.

“First, the initiative seeks to support faculty who conduct research and teach about policies that promote or diminish racial, ethnic and gender inequalities and inequities particularly on topics surrounding immigration, education, housing, environmental policy and crime,” she said. “Second, the initiative seeks to support community engagement through collaborative and community research and community projects on projects that address racial, ethnic and gender inequalities that are transformative and useful for the community at large.”

With Wilkinson’s research and the RIPI have emerged while President Trump’s administration has failed to acknowledge the importance of racial justice in the United States. According to junior Donald Barrett, a student assistant for Wilkinson, the administration has played a role in the circulation of disinformation regarding issues of race and inequality in America.

“In October, our President Mike Pence claimed that systematic racism did not exist in our country,” he said. “The unfortunate truth is that a lot of people still believe this, despite overwhelming evidence to the contrary. The RIPI’s work is critical because it exposes the truth and actively supports those who are studying potential solutions.”

According to Wilkinson, RIPI distinguishes itself from other centers or institutes at the university through its impact that domestic policies have on communities of color in the United States. Further, the initiative encourages the translation of research findings into actions that can be taken by community organizers and policymakers.

Senior Addison Collins has worked with Wilkinson on a project in affiliation with the RIPI related to race and perception of government corruption. She is hoping that RIPI will help her share her research with a wider audience.

“I think even just being an affiliated student with this initiative is an honor but something that I specifically hope to accomplish is get this research paper published in an academic journal,” Collins said.

Senior Indy Cousin, on the other hand, has assisted Wilkinson with a project related to sports activism and its increasing importance within the Black Lives Matter movement.

“Although Professor Wilkinson began this project before the protests and conflict of this summer, we found the research extremely relevant,” Cousin said. “All of the turmoil experienced after George Floyd’s murder, Professor Wilkinson realized that this research could be more meaningful with a racial lens.”

Each of the students involved with the initiative have found it to be an opportunity for them, as well as their fellow students, to dive deeper into these issues.

“With everything that happened this summer, a lot of people are looking for ways to both learn and make a difference. I think the RIPI gives people a way to do both,” Barrett said. “My time working with the RIPI has definitely opened my eyes to a lot of what I had missed before, which is the whole point of the project.”

The RIPI’s mission is accomplished through a speaker series, a virtual library, faculty research and a student-led mentoring program. The RIPI has hosted several Zoom events throughout the year in an effort to engage more community members in these discussions. RIPI also sponsors the work of the Latinx Mentoring Initiative, in partnership with Latin American and Latino Studies and the Office of Community and Civic Engagement.

“With an eye toward the future, Wilkinson and her team also plan to begin a faculty research seminar and brainstorm ideas for a race, inequality and policy conference.”

Larry Hopkins (’72) led Wake Forest to its first ever ACC Championship in 1971.

Larry Hartsfield, a student assistant for Wilkinson, Trump’s administrative role in the circulation of the United States. According to junior Donald Barrett, while President Trump’s administration has failed to acknowledge the importance of racial justice in the United States. Further, the initiative encourages the translation of research findings into actions that can be taken by community organizers and policymakers.

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“As part of the Latinx Mentoring Initiative, mentors like myself create relationships with Latinx youth in Forsyth County,” junior Justin Cabiles said. “These mentorships aim to provide academic support to Latinx students, such as tutoring or assisting in college applications and also providing non-academic support as they undergo difficult, transitional periods in their lives.” Cabiles says that by volunteering, mentors are able to understand and address inequalities present in the Latinx community.

Students affiliated with the RIPI all point to the potential for the initiative’s findings to have widespread impact. For Cousin, they can serve as a way for universities to reconcile with racial injustices on their campuses.

“Hopefully, the niche studies of RIPI become more mainstream as our research becomes publicized,” she said. “As such, researching racial perspectives on inequality offers an opportunity for universities to incorporate a racially accurate curriculum to serve the next generation of students and leaders.”

On the other hand, Collins’ and Barrett’s main goals are to spread information and stop disinformation about the role of policy in issues of race and inequality to students on campus.

“I’m hoping to engage and educate more students because I think that the more students learn, the more they will want to do to create positive change and impact,” Collins said.

Wilkinson has already begun planning for the Spring 2021 semester by developing the speaker series and pairing each speaker event with the launch of a new virtual library, just as she did in the fall.

“As of now, we have published the ‘Immigration and Inequality’ and ‘Criminal Justice and Inequality’ virtual libraries on our website,” Wilkinson said. Next semester we will pair the launch of our education, environmental and racism virtual libraries with speaker events on the aforementioned topics.”

In October, we watched Vice President Mike Pence claim that systematic racism did not exist in our country,” he said. “The unfortunate truth is that a lot of people still believe this, despite overwhelming evidence to the contrary. The RIPI’s work is critical because it exposes the truth and actively supports those who are studying potential solutions.”

In 1971, he led the ACC with 1,228 rushing yards, including 230 each in wins over Clemson and Tulsa.

At a time when few Black students attended Wake Forest, Hopkins excelled both on the field and in the classroom. He made the Dean’s List all four years, and his teammates recall him as an incredibly dedicated student.

In 1972, Hopkins became the first African American at Wake Forest to graduate with a degree in chemistry. After declining a contract with the New England Patriots, Hopkins enrolled in the Wake Forest’s chemistry program to graduate. In 1972, Hopkins completed his residency at Virginia Commonwealth University before serving in the United States Air Force.

In 1983, Hopkins returned to Winston-Salem to practice obstetrics and gynecology. He delivered thousands of babies in his medical career, including NBA All-Star and Winston-Salem native Chris Paul.

District Court Judge Denise Hartsfield (JD ’91) notes that Hopkins “has been a role model to a lot of ladies through pregnancy,” Hartsfield said in an interview with the Winston-Salem Journal.

Hartsfield and others have lauded Hopkins’ efforts to help improve prenatal care and gynecology at Wake Forest’s School of Medicine and served seven terms on the Wake Forest Board of Trustees.

“Since the day he arrived at Wake Forest as a student 50 years ago, Larry Hopkins has been an inspiring and compassionate voice, a driving force for good and an outstanding example of what it means to live a life of purpose,” said Gerald Roach, chair of the Board of Trustees.

Hopkins is survived by his wife Beth (’73) Wake Forest’s first Black Homecoming Queen — their two children, Michelle and David (12, MA ’15); and their two grandchildren.

In 1972, Hopkins became the first African American to live a life of purpose,” said Gerald Roach, chair of the Board of Visitors and the Alumni Council before coming back to Wake Forest to practice obstetrics and gynecology. He delivered thousands of babies in his medical career, including NBA All-Star and Winston-Salem native Chris Paul.

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COVID-19: University offers pre-departure tests

Continued from Page 1

“I think students have understood the gravity of this situation and have really tried to be compliant. The level of mask compliance walking around campus is virtually 100%. Every one in awhile, someone will have their masks [below their noses], but for the most part, I’m just incredibly proud of our students,” said Vice President for Campus Life Penny Rue. “That said, everybody gets a little weary. So, in these last few weeks, people have let their guard down a little bit.”

As of Monday, Wake Forest has registered 539 cases since the start of the semester, out of which 101 are still considered active cases among students, faculty and staff. As students are gearing themselves to return home for winter break, the university announced that students will not be a source of virus transmission when interacting with their families and local community during the holiday season.

With that in mind, the university offered students pre-departure testing on Monday and Tuesday at no additional cost. Students only had to register for a testing appointment and follow the guidelines that mirrored random testing procedures on campus. Between the two days, 541 students got pre-departure testing after about 600 registered for the testing option last week.

Students that have not registered for pre-departure testing, however, plan to go to Wake testing arrangements on their own, as the holiday season creates a perfect environment for close-contact spread among family members. “I plan on [getting] testing at home. I am just going to test as a precautionary measure. Our testing clinic gets the test results in the same day, so I just preferred because it was easier that way,” said freshman Daryna Lapomarede.

The recommendation for students is to keep festivities within the inner family circle only and give preference to outdoor gatherings.

“What we are hoping is that families will be making conservative decisions about the size of gatherings. That’s just the safest way,” Rue said.

With the prospects of a COVID-19 soon being approved, the prospects for the spring semester seem much more prosperous than the ones faced three months ago. On Wednesday, pharmaceutical company Pfizer announced the completion of trial runs on its prospective COVID-19 vaccine, announcing a 95% immunization effectiveness among participants, a massive step in the race for a vaccine. The company plans to apply for emergency approval from the Food and Drug Administration’s for emergency authorization “within days.”

If approved, early batches of the two-dose vaccine could start being delivered in 2020 still. Drugmaker Moderna also announced their prospective vaccine was 94.5% effective in an early analysis, but further trial results remain outstanding.

As reported by the Old Gold & Black last week, Student Health Service Director Dr. Cecil Price hinted at early preparations at Wake Forest to store and distribute a potential COVID-19 vaccine.

Rue, however, cautions students’ expectations of a quick vaccine delivery to campus given that higher education institutions are not among the priority early vaccine destinations.

“Higher Ed will not be at the top of the [vaccine] distribution list, it is going to be hospitals, nursing homes, prisons and probable elementary schools before higher ed [institutions],” Rue said. “This is where we are very lucky to be associated with a major medical center, so they [Wake Forest Baptist Medical Center] will have access before universities not associated with medical centers would.”

The Old Gold & Black did not receive any reply from SHS officials after multiple contact attempts.

Regardless of the arrival of a vaccine, preparations for a safe spring semester are already well underway. The university expects to welcome back a similar number of students to the ones seen during the fall semester.

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Pitsgiving retools amid COVID-19 pandemic

Pitsgiving will still happen on Thanksgiving, Nov. 19, but it will be take-out only due to concerns about the Pit’s 160 person capacity limit

BY AINE PIERRE
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As COVID-19 continues to force the university to adapt, Wake Forest’s celebrated traditions have been forced to take on new forms or new restrictions.

Last week, the university announced that Pitsgiving would join the likes of Hit the Bricks and Lovefeast and be revised to keep students safe from the virus. The significant change to the event is that ‘Pit-sitting,’ where students stay at the Pit all day and eat Thanksgiving feasts with their friends, would be eliminated this year. At the Pit and North Pit, there will only be takeout.

“Everybody comes in, and nobody leaves. And so with 160 students coming in, no one else would be able to get let in,” said Tim Vandermeersch, the District Manager for Wake Forest at Harvest Table Culinary Group, which services the Pit. The Magnolia Room and Benson University Center 401 will both offer some seating for students to enjoy Pitsgiving food indoors.

According to Vandermeersch, the Pit will serve a normal breakfast spread on Thursday morning. For lunch and dinner, though, expect a Thanksgiving menu all the way through. Classics like turkey sandwiches, baked ham, mashed potatoes, mac and cheese and cornbread will all be featured, alongside desserts like apple cobbler, pumpkin pie and bread pudding. The vegan station will feature Trotulky roasts and vegan mac and cheese, and the pizza station will be making ‘Chicken Pot Pit’ and specialty flatbread to-order.

Awareness of Pitsgiving may be lower this year. Only a quarter of a sample of students interviewed in the Pit could correctly identify the date of the event. However, most did know that the event would be strictly take-out.

“Take-out only is probably the best way to do it,” said sophomore Nate Holdych. “Anything is better than nothing.”

All the students interviewed in the Pit understood the decision to go all take-out in light of COVID-19 considerations and capacity restrictions. Some, though, were disappointed.

“I’m a freshman so I never had a Pitsgiving, so it’s a little disappointing that it’s take-out only,” said freshman Jack Smartt. “[However,] it seems like a smart idea given the environment we’re in right now.”

Students had the option of getting tested on Monday and Tuesday before going home.
Fall: Abnormal semester gets mixed reviews

Continued from Page 1

“I would say that even though this semester felt pretty lonely a lot of the time, I was happy with the few connections I was able to make,” said freshman Emily Foley. “It’s been tough for everyone. We got through it though!”

Though students have been able to remain on campus, some pointed out how some students have continued to violate COVID-19 regulations, especially in the final few weeks of the semester. Senior Katie Sprague said she hopes students step up more next semester.

“I’m disappointed that the student body seems to have given up toward the end,” Sprague said. “I didn’t think we would last this long.”

Climbing active case numbers, which currently sit at 101, have worried senior Molly McComb, who has a compromised immune system. That makes COVID-19 much more dangerous for her, and presents extra challenges in raising kids.

“I’ve had to be very careful about what I do and who I see. This summer, I expected I’d be spending almost all of my time in my apartment and I was right. I’ve had to find a balance of seeing my friends so I can try to stay sane, while also setting boundaries so I can protect myself. It hasn’t been easy by any means, especially while I’m trying to write my thesis, but I’m glad and very lucky that I’ve been able to be here,” McComb said.

“Obviously, four years ago, I didn’t think I’d be spending my senior year this way, but I’ve been able to form stronger relationships with people I wouldn’t have otherwise. So it’s not been all bad by any means,” Sprague said.

Like McComb, most students didn’t think they’d be spending their semester like this — and seniors didn’t have given up toward the end,” Sprague said. “I didn’t think we would last this long.”

Sophomore Savant Patel agreed. He noted that his workload was much heavier in online classes.

“It was a lot more work than expected compared to the last two semesters,” he said. However, he also noted that it was a “successful semester COVID-19-wise despite some surges, as we made it to the end.”

Patel hopes administrators will listen to students’ concerns next semester and respond more to the impacts of the pandemic on academics.

The semester, he said, presented a wide range of difficulties. Many students cited a lack of motivation brought on by online classes. Others said they felt a disconnect with their professors, who had internet issues or had Zoom fatigue and eye strains from being on a computer most of the day. As for Zoom itself, some students believed some class formats worked better than others.

“Zoom lectures were much more difficult to follow than Zoom discussion-based classes,” said senior Gwyneth Lonergan.

Students have many hopes for next semester: more in-person sporting events, that professors manage the workload better, that students support their community more and that they’ll be able to take more classes in-person.

The new vaccines from Moderna and Pfizer, which have evidence of being 94.5% and 95% effective respectively, also become a source of hope for students.

In a world determined by the spread of a pandemic, one fact does seem to remain the same: students want to return to normal. Soon, hopefully, that will be possible.

WFU shifts to single-use dining products

Changes in dining policy due to COVID-19 have put sustainability efforts on the backburner

BY MICHAELA BARRETT

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In a semester when the health and safety of the community trumps all other regular operating procedures, sustainability and the health of our planet are being put on the backburner.

“Everything about COVID-19 is concerning,” said Brian Cohen, assistant director for Sustainability Engagement. “The rise in use of disposable plastics is not a good side effect, but if it’s important to understand that some of the reasons are valid.”

The dining halls on campus have shifted to a take-out format in an effort to de-densify indoor dining. De-densification efforts are aimed at reducing the risk of coronavirus transmission. This shift has involved an increase in the use of reusable takeout boxes, and with that, disposable plastic utensils and cups.

Globally, COVID-19 has led to an increase in single-use plastic consumption. Many restaurants and dining halls on campuses across the country have shifted to disposable alternatives that are harmful to our planet. As time passes, our environmental behaviors become increasingly crucial to the survival of our planet, as well as to all life on earth.

While there is some such example of a school that has shifted to disposable takeout dining options. While it is surpassing some schools in its efforts to keep unnecessary waste down by using reusable takeout bins instead of polystyrene, it is still struggling to prioritize sustainability during this time.

“Plastic is pretty harmful to our environment at every stage,” Cohen said.

An increase in plastic waste threatens natural and human communities, according to senior Sarah Templeton, who is majoring in Environmental Science.

Plastic waste pollutes ecosystems and affects the species that live in them.

“An increase in single use plastics is concerning because there is a chance it could become a normative behavior,” Templeton said. “People may become accustomed to using these products and any sort of benefits they provide, and not switch away from us ing them once we are safely out of the pandemic.”

While staff says that students are encouraged to exercise their sustainable responsibility and use their own reusable utensils when they can, this is not a behavior that many students remember or think to do.

“I have noticed an increase in how many disposable plates and takeout containers my housemates have been using,” Templeton said.

While a shift to include reusable silverware and cups in a takeout bundle, along with the reusable takeout bins, could reduce waste while de-densifying dining halls, the school worries about the financials of this option.

“Reusable silverware and cups aren’t inherently less safe than the compostable alternatives we currently have available,” said Josh Suzuki, Operations Manager of Hospitality and Auxiliary Services. “The challenge is that it is unlikely that these would all be returned in a timely manner.”

While financials have played a big role in the decision to continue with disposable takeout options, the perceived barriers of the safety of reusable have also played a significant role, according to Sophie Wimberley, Waste Reduction Specialist with Maintenance & Utilities Services.

“A challenge I and the environmental community face is helping people understand the difference between barriers and perceived barriers,” Wimberley said. “It is my opinion that safety with reusable is a perceived barrier rather than an actual barrier.”

The Environmental Science department believes that they have to pick and choose what they challenge, because the school is not always forthcoming with adaptations. Discussing alternative reusable options for the dining halls this semester is something that Wimberley has deemed an unprofitable use of time.

“It’s something that most people learn when they start their careers,” Wimberley said. “And this is especially true for the sustainability field, is that you have to learn to pick and choose your battles.”

The university is also looking at overall numbers of waste being produced, and they are not concerned. Campus is producing less waste this semester than in a regular semester. While this looks promising at first glance, the number of students, faculty and staff present on campus this semester is much lower than it usually is.

“COVID-19 has not increased waste,” Wimberley said. “It has decreased waste because the campus population is smaller. So, it hasn’t hurt waste goals.”

While the amount of waste being produced has been lower overall, the diversion rates have also been lower. This means that comparatively, more waste is going to landfills than is being recycled or composted. In the last fiscal year, 56% of all waste was diverted from landfills, whereas this year there is only a 46% diversion rate, according to Wimberley, meaning a majority of waste is landfill-bound.

“We’re making these short-term shifts for the health of our community,” Suzuki said. “Long term, this is just a blip that we’re trying to get over.”
Outdoor activity can ease anxiety during finals

Spending some time in green spaces can help with anxiety and depression

BY SOPHIA TOMPKINS
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In the midst of a global pandemic, students are dealing with the pressures of academia along with anxiety and depression as a negative side effect of COVID-19.

Mental illness among college students is at an all-time high and finals season is a primary contributor. Sage Journals reported 31% of college students indicated finals are their biggest stressor.

Additionally, between 25-40% of college students suffer from test anxiety, and students with test anxiety tend to perform 12% worse on exams than students without test anxiety.

These statistics reflect a “normal” college semester, whereas the past semesters amidst COVID-19 have been anything but normal.

The pandemic is exacerbating stress and anxiety amongst students and non-students alike; TFF Pharmaceutical polls revealed 53% of adults in the United States reported that their mental health has been negatively impacted due to worry and stress over the coronavirus […] adults are also reporting specific negative impacts on their mental health and well-being, such as difficulty sleeping (36%) or eating (32%), increases in alcohol consumption or substance use (12%) and worsening chronic conditions (12%).

While these statistics may look grim, there are methods to reduce the effects of stress from finals and COVID-19. Studies referenced by Lumino Health suggest that natural environments may help boost moods and negative self-thoughts more than urban environments.

After exposure to nature, levels of anxiety tend to decrease while cognitive functions like memory, ability to focus and even creativity tend to increase. Being outdoors can also improve overall positive moods.

More specifically, nature has been shown to improve Vitamin D levels, improve lung and brain functioning, increases feelings of hope, excitement and peace and decrease feelings of anxiety and depression. Increased Vitamin D levels help improve moods, especially with symptoms of minor and even major depression. About one in five people have deficiencies in Vitamin D, so being outside under the sun can help improve these levels and consequently improves depressed moods.

Fresh air also pumps oxygen into the bloodstream which helps lung function at maximum capacity and increase brain power. Results show that students who spend more time outside tend to achieve higher academically.

Simply being in nature can help mental health too. The color green is often associated with feelings of happiness, comfort, hope, excitement and a sense of peace. The green grass, trees and other vegetation can thus improve mental health by lifting moods. Light also tends to elevate moods.

Going outside also promotes exercise which is beneficial in a multitude of ways. Exercise reduces feelings of anxiety and depression through the creation of endorphins, while improving mental functioning and quality of sleep. When endorphins are released in the brain, general wellbeing and mood is greatly improved.

In addition to improvements in mental health, there are also significant academic benefits, including improved concentration, increased standardized test scores, reduced fatigue and a better ability to focus.

With finals looming, there are plenty of options in Winston-Salem and the surrounding area to explore. Here are a few spots nearby that could help you get outdoors:

- The closest entrance to the Blue Ridge Parkway is about 45 minutes from campus, and is a great way to get out and see the mountains.
- Hanging Rock: About 10 minutes northeast of campus, is about a three-mile loop from campus and back again. There are sure to be some friendly faces in Reynolda Village or along the trail.
- A short 10-minute drive from campus is Salem Lake which, a seven-mile loop around a man-made lake. Salem Lake is an ideal spot for a long run or a bike ride around the lake. The trail is well marked and well maintained, making this an easily navigable trail around the lake.
- A little further from campus is Pilot Mountain which has a variety of trails between .5 and eight miles, and a view well worth the 30-minute drive from campus.
- Hanging Rock is another option, although it is slightly further from campus than Pilot Mountain. It is 40 minutes northwest of campus and has trails ranging in length from .1 to 7.5 miles.
- An additional 10-minutes northeast of campus is the Mayo River State Park with a 10-mile river corridor that is sure to be relaxing.

For a full-day adventure, National Parks such as the Blue Ridge and Great Smoky Mountain parks are both within three hours of campus. The view from the top of the mountains is most definitely worth the trip. The Blue Ridge parkways is also a great way to see several different mountain ranges while driving along sections of it. Sometimes the best way to study for exams is taking some time to relax and enjoy the view.

A healthy body promotes a healthy mind. So, whether it is a five minute walk or a five mile hike, help your mental health when you need it the most by stepping outside.
OFTEN MORE AWFUL WITHOUT LOSING USERS IN THE PROCESS.

I will pause my seething for a moment to say I could learn to love Twitter’s new “feature.” I originally hated Instagram Stories, but with the right combination of stickers and add-ons, I grew to use them almost daily. Facebook Stories, on the other hand, I still do not understand the need for. My thinking is that if Twitter makes no effort to make its Fleets jazzy, there is nothing that will save it from not only my deep hatred, but that of many regular Twitter users.

So, here’s to hoping that these Fleets will be fleeting, or at least fleeting back to the drawing board.

The views expressed in all opinion columns represent those of the article’s author, not the opinions of the Old Gold & Black Editorial Board.
Isolated stay facilitates introspection

Best Western adventure allows for new best friends and rich personal growth

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Seven days ago, I was whisked away from the smellly yet comforting confines of my third floor Dogwood suite and into a luxurious ground floor single at the Best Western Plus. This has coalesced into a life of leisure with brief forays into my linguistics homework. I suppose that would be all someone really needs to know about my experience, but for the poor souls who are unable to experience the world exactly as I do, I will micro-analyze a shockingly uneventful week. A topic that always piqued my interest is control, in the baseball sense of the term. It describes a pitcher’s ability to throw the ball where he wants it. I have gravitated towards what I can quantitatively control and control well. In the pursuit of a controlled environment in my new home, I conducted a fact-finding mission about those who live around me. Luckily, the girl next door has made it almost impossible for me to know nothing about her. She talks noisily with her ratty breaths interspersing her sentences; the deafening FaceTime calls to her roommates, her daddy, her sorority sisters, her high school friends and her father are usually the highlights of her day. Some-what unintentionally, I believe I have curated a somewhat thorough psychological profile on her. I believe her to be a sophomore, Caucasian, from either suburban Connecticut or Westchester County (she’s spending Christmas in Fort Lauderdale), majoring in either anthropology, sociology or psychology, and is a proud member of either Kappa Delta, Kappa Kappa Gamma or Chi Omega (I’ve heard her rag on all the other sororities). I attempted to reach out and establish a rapport early on — the note I slipped under the connecting door asking if she had anything to boil water in was received but not returned.

Although living vicariously through my new best friend was fun, transcribing her six-hour FaceTime calls can get a bit dry. Luckily, I did bring my Xbox 360 and College Hoops 2K7, where they were running train through an admittedly tepid Patriot League to the Colgate Raiders — a year removed from a crushing NIT Quarterfinal loss to St. Bonaventure. Each morning I wake up to a frenzied knock on my door asking if I had anything to boil water in was received but not returned.

The nation has become gradually fatigued in my new home, I conducted a healing mission about those who live around me. Luckily, the girl next door has made it almost impossible for me to know nothing about her. She talks noisily with her ratty breaths interspersing her sentences; the deafening FaceTime calls to her roommates, her daddy, her sorority sisters, her high school friends and her father are usually the highlights of her day. Some-what unintentionally, I believe I have curated a somewhat thorough psychological profile on her. I believe her to be a sophomore, Caucasian, from either suburban Connecticut or Westchester County (she’s spending Christmas in Fort Lauderdale), majoring in either anthropology, sociology or psychology, and is a proud member of either Kappa Delta, Kappa Kappa Gamma or Chi Omega (I’ve heard her rag on all the other sororities). I attempted to reach out and establish a rapport early on — the note I slipped under the connecting door asking if she had anything to boil water in was received but not returned.

I’ve formed strong opinions and solidified my worldview during my vacation to 3050 University Parkway.

President-elect Biden must unify nation

Over 79 million Americans got what they wanted out of the 2020 election: a Joe Biden presidency. However, while the votes cast may have had a black bubble next to “an American” or “a Democrat,” it may have had a black bubble next to “a Joe Biden presidency.” This election year turned many of those who would prefer a president of Trump’s term, much of the left-wing election is covering the president like you needs to be done with this administration, but not ensuring that he The nation has become gradually more progressive since Trump has been in office, as he is an extreme example of the American system. Whether Biden takes the cues of this desired progressivism and recognizes that many of those who voted for Trump in the last term, it was because of the moderate policies and wish to resemble more of a European system, will be watched over. He will be the oldest president in U.S. history, and he needs to set precedents of policies and examples of decision making that give young candidates an actual starting point for the next term. On the other hand, he has the power to sway many of those who considered themselves “fiscally conservative, socially liberal Republicans” to lean more moderately so that those two “sides” can actually overlap in the future. This current political atmosphere is not outraged over social media posts or unheard of threats, like defunding the postal service, but about actual policies enacted in the executive and legislative branches. At this point, the saving of the reputation of the United State’s global reputation, as well as its domestic social and economic political needs is on the line. I hope he’s true to himself, but history has his eyes on this next administration, and Trump’s removal from office will not mean that everything will just become okay.

Those that were Red “never-Trumpers” will be watching for moderate policies and maintenance of a capitalistic agenda.

We are entering a new era of politics that has not been present since 2016: one of not always focusing on Donald Trump. During that presidency, it seemed that the Left was hypercritical of Trump’s outlandish tweets, backward policy proposals, and seemingly unattainable goals. The Right, on the other hand, was overly defensive of his behavior and decisions. Now that there won’t be a president as unusual and divisive as Trump, there is a chance that both sides will now be wary of Biden’s choices. He does not have the following that number 45 had, and is lacking strong support from his voters. He will make both Republicans and Democrats nervous for the outcome of his presidential tenure. Those that were Red “never-Trumpers” will be watching for moderate policies and maintenance of a capitalistic agenda. Many blue voters, and quite frankly, settlers, will desire for Biden to lean further left and resemble the more progressive policies of those who lost in the primaries, like Bernie Sanders and Andrew Yang.

Not only will every day Americans need to keep Biden’s administration accountable for following through in his promises, but the media especially will, as many news outlets have given in to the drama and profitability of politics in the last term. Biden recognizes that many of those who voted for Trump in the last term, it was because of the moderate policies and wish to resemble more of a European system, will be watched over. He will be the oldest president in U.S. history, and he needs to set precedents of policies and examples of decision making that give young candidates an actual starting point for the next term. On the other hand, he has the power to sway many of those who considered themselves “fiscally conservative, socially liberal Republicans” to lean more moderately so that those two “sides” can actually overlap in the future. This current political atmosphere is not outraged over social media posts or unheard of threats, like defunding the postal service, but about actual policies enacted in the executive and legislative branches. At this point, the saving of the reputation of the United State’s global reputation, as well as its domestic social and economic political needs is on the line. I hope he’s true to himself, but history has his eyes on this next administration, and Trump’s removal from office will not mean that everything will just become okay.

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**Surprise trip suggests new tradition**

An open mind can serve as the catalyst to a new and a positive experience

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Over the past weekend, I drove cross country from Wake Forest to Kansas City, Missouri. Going through the Appalachian mountains, through Asheville, Knoxville and Nashville, I stopped for the night in Nashville to see a buddy. Instead of the usual, faster route from Nashville, I took a slightly longer way which was starting to poke at me.

"Hey, loser, are you planning on getting me some chow or what?" He inquired with increased rapidity in a New York accent, which I have no clue where he got. I wanted to heed his demands but rural Kentucky near the border was remarkably barren of semi-trucks as well as increased traffic which can easily raise one’s blood pressure.

I had not taken the new, more southern route I chose that morning. It pops up from Nashville, cuts across the western corner of Kentucky and shoots you just underneath Cape Girardeau, Missouri to head west on I-60 to Springfield, then up to Kansas City. It was during the last moments of being in Kentucky, however, that something of a miracle occurred. It was coming up on 1 p.m. and I had not had anything to eat all day. Having just been sipping upon a bottle of water which I acquired in Nashville, my stomach was starting to poke at me.

"Now what can I get 'cha, hunn-knee?" I looked at the menu and, kaham, right there in the middle of the board was the meal for me: a barbecue bologna sandwich, which spread false information I had never had one before, but in the moment, it just sounded like something straight down from heaven. I asked the cashier if it was good and she confirmed that it was:

"Probably the best thing this side of the moon." That I needed to hear. Getting in the car, I set the bag of Lay’s Originals and a Dr. Pepper in the passenger seat as I whipped out the foil-wrapped sandwich from the brown paper bag, I almost drove off the side of the road after that first bite. It was simply a thick steak of bologna which had been smoked and subsequently placed between two thin buns. No sauce, no frills, no funny business. Just straight up, real deal, river barbecue. What they did to that bologna, I’ll never know. Honestly, I’m not even sure what bologna is made of. But, I do know that it was probably the top five sandwiches I’ve ever had. Passing over the Ohio River then the Mississippi, I felt so glad I had chosen to take this new route.

Although the original intent had been to eliminate the headache that is the stretch between St. Louis and Kansas City, the result was far different. I had found a gem where I never would have thought one existed. We should not be afraid to take more backroads in our life. Who knows, we might find some awesome sandwiches might be hiding out?

**Political Media**

**News media consumers must prioritize truth**

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Fox News has been the top competitor in the battle of cable news networks. For 18 straight years, Fox News has dominated CNN and MSNBC, achieving high ratings and receiving a spot in over 90% of United States television subscribers. These numbers may seem surprising to a younger generation—one that has trusted and relied on CNN as they have grown up. The truth is that many in the U.S. do not have a solid understanding of who lives in this country.

In the 2016 and 2020 presidential elections, we were reminded of who we are as a nation.

A majority of projections before the events of the 2016 elections called landslides for Democratic candidates and a continually decreasing number of Republican voters. The results did not come out in favor of the projections and in 2016, President Donald Trump won the electoral college and lost the popular vote by approximately three million votes. The 2020 election again surprised the nation with the amount of voters in favor of the incumbent President Donald Trump. Many data firms and pollsters, like FiveThirtyEight, again botched an election with forecasts that were nowhere near the actual numbers. These are similar to the statistics we see when looking at the ratings for different cable news networks.

Fox News is the clear cut victor of any competition, largely due to the conservative audience that they are able to maintain. CNN and MSNBC attempt to draw away viewership, but fail because of their honest coverage of Trump. However, in the future we might see a break in the lead of Fox News as a more unifying leader takes the office of president. Divisiveness, polarization and animosity have consumed the population of the United States in the past four years.

When Americans look for information to craft their political opinions, they turn on the TV and open up the internet. On one side you have Fox News and internet media like The Daily Wire and then on the other side is CNN, MSNBC and the Washington Post, just to name a few. But even now Fox News is seemingly deflecting from the conservative end of the political spectrum after their publicized standoff with Trump.

In his recent tweets — many of which spread false information — the president took the blame for an election loss to Fox News and at a march in Washington DC on Saturday, his supporters screamed anti-Fox News chants. This is just a microcosm of the current turmoil in the Republican Party. All evidence seems to point to a future split in the conservative base. While some of the Republican Party still remains with President Trump in the radical right, other Republicans must find where their allegiance lies, and where will they receive their information.

Fox News seems to have finally found rational and honest reporting, as they called the election results as they came and didn’t show their regular, unfilnching bias to the incumbent president. News media like CNN speculate that President Trump will attempt to find a new home media base, somewhere which reports facts and stories more favorable to his cause (whatever that may be).

Even though the potential shift in direction of Fox News seems to be good news on the horizon, there is still much that is wrong with the media of our country. For starters, one of the main newspapers in the nation has been bought and paid for by the richest man in the world. The New York Times is just another example of Jeff Bezos’ mastery of the internet and another micaceous revitalization job to add to his business accolades, there is a threat of great implication that Bezos could use the Washington Post for his already colossal influence.

Monopolies are already a major problem in the U.S. To have one media effectively in control of so much information is fundamentally against the ideals of our country. It seems that Bezos has not had much of a tangible effect on the Post’s editorial direction. Yet in a world where William Randolph Hearst went to such dangerous lengths, we still lack a check on the power of Bezos and the other billionaires of our time.

If we have learned anything from this presidency of turbulent politics, it should be that the truth is paramount. Nothing else, not even feeling comes close to the importance that we should give to the absolute facts.

With the inflation of sensational narratives and the emergence of outright political characters, every American citizen should sift through the smoke and mirrors and remain skeptical of everything.
Wake Forest falls to UNC on the road

The Demon Deacons dropped to 4-3 after losing an offensive showdown to the Tar Heels

BY BEN CONROY
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The hearts of the Demon Deacon faithful were crushed on Saturday as Wake Forest surrendered a 21-point second half lead in a wild 59-53 loss to UNC Chapel Hill. Tar Heels QB Sam Howell marched his squad down the field time and time again, dismantling the Wake Forest secondary to the tune of 550 passing yards and six touchdowns. The Deacs’ defense put forth its most discouraging showing of the season, allowing 742 yards of total offense and four touchdowns in the fourth quarter alone. The loss is a punch in the gut for Wake Forest, who forfeited any possibility of maintaining the Wake Forest secondary in the ACC conference.

From an objective standpoint, the game was an absolute joy to behold, with both offenses firing on all cylinders and providing a slew of high-light caliber plays. Between both sides, four players ended up with over 160 yards receiving, and two running backs finished with triple digit yardage as well. While both defensive coordinators were left scratching their heads, the ensuing matchup turned out to be one of the most entertaining in all of college football so far this year. To put things in perspective, the over/under for the game was set at 72; as the final horn sounded, however, there had been a whopping 112 points scored.

Despite the unfortunate outcome, the contest was not without its encouraging moments for the Demon Deacons. Redshirt sophomore QB Sam Hartman played his best statistical game so far this year, slinging for 450 passing yards and four touchdowns. As one would predict, the Wake Forest wide receivers had a field day as well; redshirt freshman Donavon Greene and redshirt junior Jaquarii Roberson hauled in two touchdowns apiece. On the ground, the Demon Deacon halfbacks were reliable as usual, as sophomore Kenneth Walker III scored twice while redshirt junior Christian Beal-Smith scampered for 120 yards on the ground. Performances like these demonstrate that Wake Forest has the necessary tools to finish with a respectable spot in the ACC standings. That said, the age-old question still lingers: will they be able to connect all the puzzle pieces before it’s too late?

The most frustrating aspect of this particular loss was the Deacs’ uninspiring fourth quarter performance. The offense, which had been churning out touchdowns all afternoon, suddenly sputtered as the Deacs were repowered, UVA was able to play more fair and even in the fourth quarter, the Deacs held a 45-31 lead and appeared to have the game under control. If the Deacs hope to accomplish anything noteworthy the rest of this season, they’ll have to find a way to remain during crunch time.

Deacs eliminated from ACC tournament

The COVID-ridden men’s squad fell at the hands of UVA after a fantastic season

BY J.B. BLOOD
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It was a bizarre way to end a bizarre year. After rolling through the regular season with a 7-1 record, an 18-6-0 advantage in goals scored — good enough for the top seed in the ACC, the South division — the Wake Forest Men’s Soccer team was one of the favorites to win the ACC Tournament. But then, going into the quarterfinal match against the University of Virginia, a combination of previous injuries, positive COVID-19 tests and contact tracing left the Deacs without four of their starters and 11 total players on the roster. With a shorthand squad, Wake Forest lost by a score of 2-0, the Deacs ending their fall season.

The Deacs were missing their leading goal scorer, senior Kyle Holcomb (who has five this year) and senior Machop Chol, who has the third-most goals on the team with three. Additionally, Wake Forest was missing junior Isaiah Parente, who has four assists this year. On the defensive side, Wake Forest was missing standout freshman defenders Garrison Tubbs and Cristian Escribano, who have each made multiple starts on the season.

In total, each of these absences left Wake Forest with just four position players on the bench during the match.

The first half began with Wake Forest getting off to an aggressive start, taking three shots in the first 10 minutes, but none of them were on goal. The Wake Forest goalie and redshirt junior Andrew Pannenberg had a few near saves early in the first half to help keep the match scoreless. UVA broke through in the 31st minute with a goal by junior forward, Caleb Happi Kamseu. By the end of the first half, UVA had a 1-0 lead, but it was a fairly even 45 minutes, with UVA taking seven shots and Wake Forest taking five.

UVA quickly expanded upon their lead early in the second half by capitalizing off a miscue from Wake Forest. In the 52nd minute, a Wake Forest defender had the ball and passed back to Pannenberg to re-set the play. But UVA’s Kamseu intercepted the pass and, in a one-on-one situation with the goalie, chipped the ball over his head for the goal. With a 2-0 lead and Wake Forest missing much of its offensive firepower, UVA was able to play more defensively and hold on for the 2-0 win.

At the end of the game, UVA only held an 11-0 advantage on shots taken, but they had more quality chances to get seven of their shots on goal, while Wake Forest only had two shots on goal. Additionally, UVA controlled 55% of the possession, making this game one of the few times over the past few years in which Wake Forest was not able to control the majority of possession. Pannenberg ended the match with five saves as well. Additionally, UVA was much more aggressive and picked up four yellow cards in the match while the Deacs picked up none.

This was the third straight postseason in which UVA has knocked Wake Forest out of the ACC and NCAA tournaments.

Although the fall season did not end the way the Deacs wanted, there were still many bright spots. Even after the loss, Wake Forest only dropped one spot, to third, in the national rankings, which shows that voters understood this was not the same Wake Forest team that had been playing all season. The Deacs have a strong cast of experienced veterans, like forward Chol and goalie Pannenberg, who are paired with young talents like sophomore forward Calvin Harris and defender Tubbs. Entering the NCAA Tournament in the spring, the Deacs will be one of the leading favorites, and if they can avoid another unlucky COVID-19 situation, there’s no reason they can’t win it all.

With multiple key players sidelined due to COVID-19 and contact tracing, the squad was short-handed in their loss to UVA in the ACC Tournament.
**An in-depth look at fall athletics**

**Recapping what we’ve seen from the women’s field hockey and cross-country teams**

**BY JAKE STUART**
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As we approach the end of the semester and our time on campus, we’ll be wrapping up the fall athletic recap. So far, we’ve gone through football, women’s volleyball and men’s and women’s soccer. This week we’re looking into field hockey and cross-country.

**Field Hockey**

*Record: 3-8 (2-4 vs ACC)*

*Wins against Virginia, Duke and Boston College*

*Losses against (2), Virginia (2), Louisville, Syracuse (2) and Duke*

After an off year in 2019, the Wake Forest Field Hockey team approached the coronavirus-shortened season with a vengeance. They had impressive wins against formidable opponents including the No. 13 ranked Liberty Flames and No. 15 ranked Stanford Cardinals. The team faces stiff competition every year, and last season was much of the same. The Demon Deacons faced 13 ranked opponents, eight of which ranked among the top 10 in the country.

Things don’t come easy for the team, but they still managed to rattled off nine wins last year. A focal point going into this season was to be more competitive against ACC teams, after turning in an 0-6 mark the prior year.

This is a team that headed into the 2020 season having lost three seniors (Ilsa Bint, Kelsey Gill and Jess Pianko) including their starting goalkeeper. However, the squad gained eight freshmen to fuel the backbone of the team.

**How Things Played Out**

Wake Forest had a competitive season but ultimately fell short, losing in the first round of the ACC tournament to No. 2 ranked Virginia, 2-1. The team was limited to eleven games this year, all of which were against ACC teams as a result of the pandemic. Being placed No. 5 out of seven ACC teams is nothing to write home about, but still, with top tier programs like Louisville and UNC in your conference, the ride is never easy.

Freshman Grace Delmotte led the Demon Deacons with four goals (sixth most in the ACC) including a game winner, while sophomores Meike Lanchkb and Nat Freidman both tallied three goals of their own. Junior Elanor Winants had four assists on the season putting her at sixth in the conference for that mark.

One thing that Wake Forest can work on heading to next season is capitalizing on their opportunities. The Deacs only had 53 penalty corners on the year and 15 goals on the season (which tied them for sixth in the conference). The team loses three senior leaders after this year in Alexis Grippo, Anne Van Hoof and Elisha Evans. The win against Virginia early on in the season was the team’s biggest of the year, but the Cavaliers sought revenge and won their next two matches against the Deacs.

**Men’s and Women’s Cross Country**

*vs. UVa & UNC: Men’s 2nd and Women’s 3rd*

**ACC CHAMPIONSHIPS: Men’s 3rd and Women’s 10th**

It was quite the year for cross country, both on the men’s and women’s side. For the men, senior Jack Tierman and freshmen Carter Coughlin led their teams to historic success. The dynamic duo started the year with finishes among the top three at the season-opener against Virginia and North Carolina, leading the team to a second-place finish. Tierman finished second at 24:11.2, with Coughlin in third at 24:13.5. Freshman Luke Tewalt also added a top-10 finish in his collegiate debut finishing at ninth in 24:53.7.

Men’s Basketball is set to begin next week, and more details about the season have come out in recent days.

Just like last year, the ACC will be playing a 20 game conference schedule in 2020-21. As of right now, Wake Forest is scheduled to play 22 games this season. Every ACC school’s schedule features six home-and-away series. Wake Forest will play Virginia, Duke, NC State, Georgia Tech, Virginia Tech and Pittsburgh twice each. For the eight other ACC schools, Wake will play four of them at home (Syracuse, Louisville, Miami, Clemson) and four away (North Carolina, Notre Dame, Boston College, Florida State).

The Demon Deacons are set to face a tough group of opponents in the ACC this season

**BY CHRISTIAN ODIAKJAN**
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The Steve Forbes Era of Wake Forest Men’s Basketball is set to begin next week, and more details about the season have come out in recent days.

Garrison Brooks of North Carolina was voted the Preseason Player of the Year. The first team is composed of Sam Hauser of Virginia, Scottie Barnes of Florida State, Jalen Johnson of Duke, Aamir Simms of Georgia Tech and Chris Lykes of Miami.

“Our institutions, following the guidance of our league’s Medical Advisory Group and public health officials, continue to develop our necessary measures to compete in a safe and responsible manner,” ACC Commissioner John Swofford said in a press release. “... during these unique times we will remain nimble and be as prepared as possible should adjustments be necessary.”

Ten games currently listed on Wake Forest’s schedule are categorized as Tuesday/ Wednesday flex. As we have seen with football, it seems inevitable that games will be postponed and moved around as the season plays out to navigate COVID-19. According to the ACC, conference games that are unable to be played will only be rescheduled if both teams’ schedules permit it.

In addition to the ACC-standard COVID-19 health and safety protocols, this framework allows our staff and fans to plan for what we expect to be an exciting season,” said Director of Athletics John Currie.

The Deacs will begin their season by hosting the Mako Medical Classic, a non-conference round robin tournament, on Nov. 25. One of the three schools planning to come to Winston-Salem to compete in the event, Alabama State, announced earlier this week that they will only be playing conference games this season, citing safety concerns. It is currently unclear whether their spot in the round robin tournament will be filled by another team.

New Head Coach Steve Forbes will only have two games with his young roster under his belt before conference play begins, and an opening stretch of non-conference going to be tough. Wake Forest hosts Virginia, who is the preseason favorite to win the conference and is currently ranked fourth in the AP Poll, on Dec. 16 to start ACC play. In the first five games of conference play, Wake Forest plays Virginia twice, and Duke on the road.

Four ACC teams are ranked in the AP Preseason top 5: Virginia (4), Duke (9), North Carolina (12) and Florida State (21). Last season, five ACC schools were ranked in the top 12.

Wake Forest was voted to come in last in the ACC Preseason poll. Coming off of last season’s 13-18 overall record (6-14 in the ACC), and with many new faces and loss of transition, outside expectations weren’t very lofty for Forbes and his guys. But the coaching change has injected hope and excitement into a Demon Deacon fanbase that desperately needs it after a lackluster 2019 campaign.

If students were permitted to attend games this season, they would be able to see six home games once returning from winter break.

“We will continue to monitor NCDHHS guidance regarding fan capacity information,” Currie said.

**Previewing the men’s basketball schedule**

Wake Forest’s football game against Duke this weekend has been postponed due to an increase of COVID-19 cases, as well as subsequent contact tracing, among members of the Wake Forest football team.

This marks the second postponement of the season for the Deacs, as they saw their early matchup against Notre Dame pushed back to Dec. 12 a few weeks prior. Per a Wake Forest press release, the school has also called off practices and other team activities for the remainder of the week. The Deacs were understandingly dismayed at the cancellation, as this weekend’s contest would have been an excellent opportunity to right the ship after a heartbreaking loss to UNC Chapel Hill.

“The opportunity to bounce back this weekend was something that our student-athletes and staff were looking forward to,” Head Coach Dave Clawson said in response to the news of the postpone ment. “However, we have and always will keep our players’ safety at the forefront of our decision-making process.”

“Our number one priority is the health and well-being of our student-athletes, coaches and staff,” Director of Athletics John Currie said. “I’m so proud of how our team has faced the unprecedented challenges of 2020. We are blessed with world class medical care and guidance thanks to Wake Forest Baptist Health and Dr. Chris Miles, and we look for ward to resuming activities as soon as is appropriate.”

As of Wednesday night, no date has been scheduled for the game to be made up. Wake Forest’s next game is scheduled for Saturday, Nov. 28 against Louisville on the road. With any luck, the Deacs will all be healthy and ready to take the field again by that time.
Deacon Spotlight: Calvin Harris

BY KHUSHIARYA
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Calvin Harris plays forward for the men’s soccer team. A sophomore intending to major in communication, Harris hails from Middlesbrough, England, but has moved between Hong Kong and New Zealand while pursuing his career as a soccer player. He represented Phoenix in the Hong Kong Soccer Sevens in 2016, 2017 and 2018, and was named the New Zealand Schools National Tournament MVP in 2018. Since coming to Wake Forest, Harris has been named the ACC Co-Defensive Player of the Week twice.

Khushi Arya: How did you get into soccer?
Calvin Harris: I have been playing soccer ever since I was three-years-old. My family used to watch it religiously and soccer was just something that was around me growing up in England. Also, my dad briefly played soccer professionally, which further piqued my interest in the sport.

KA: You were born in England, moved to Hong Kong when you were 10, to New Zealand when you were 14, and now you are at the United States. What have you learned from living in all of these different countries?

CH: I think I have had very insightful experiences in all these countries, but the most important thing I’ve learned is that the world really is a small place. Everyone is unique, but at the end of the day, all humans are bound by the same emotions and passions. You can learn a lot from the people you meet if you take the time to actually listen to their stories. It is truly intriguing how different, yet interconnected, our lives are.

KA: What made you pick Wake Forest?

CH: I knew I wanted to play soccer in college, but I also wanted to get a well-rounded education, so Wake Forest was the best of both worlds. Wake [Forest] is a great division-one school with a top-ranked soccer program, as well as high academic prestige. I vividly remember the first time I saw the Wake Forest campus when I was touring. My dad and I toured the fall and as everyone knows, fall in the forest is utterly mesmerizing. We also got to watch a soccer game. Overall, that experience convinced me to spend the next four years of my life here. Wake Forest’s size is also perfect since it is easy to meet people and go from one place to another without having a long commute.

KA: Do you have any pre-game superstitions or rituals?

CH: Yes! This year I have been calling my brother and my dad right before the game, and it has been working very well so far. In addition to that phone call, I always give them a tailgate in a funny way for what I call a quick “celebratory call.” I guess I will continue to do that for the rest of the season.

KA: What’s your favorite memory as a member of the soccer team?

CH: That’s a tough one. I have made so many wonderful memories here that it’s hard to pick just one. If I were to single out one special moment, it would be early in the 2019 season when my family came to watch two games here. It was a great feeling because I scored during those games, and they were here to witness my success. They wanted to come again this year but obviously that is not possible at the moment. I hope they can come when things get better.

KA: In your opinion, how is soccer viewed differently in the U.S. compared to England or New Zealand?

CH: In the U.S., the three biggest sports are football, baseball and soccer. Obviously, professional football players get paid a lot more since football is the dominant sport here, but on a global-scale, soccer has the largest appeal, and I think people are aware of that. Especially at Wake Forest, our team is known for being great and we get a good amount of fans at most of our games. Our supporters are loyal and despite the pandemic, we wear masks during training and get tested three times a week. In terms of performance and rankings, we are doing great and I am hopeful that this trend will continue for the foreseeable future.

KA: How did the pandemic affect your training this past summer? With all the travel restrictions in place, did you get to go home?

CH: Yes, I went back to Hong Kong and spent half my year at home. It was the only silver lining to the pandemic since I got to spend a final stretch of time living in that house before my family decided to move to England. As for training, I was able to play soccer for a while before everything got shut down. When the country went into lockdown, I did my best to practice by playing with my dad and brother.

KA: Do you have a soccer idol or a favorite player you look up to? What’s your favorite team?

CH: My soccer idols change all the time. I like to watch a broad range of players like Lionel Messi and Neymar Jr., along with younger players such as Mason Greenwood, in order to learn from their performances. I closely observe players who play in my position as it helps me improve my technique. My favorite team? It’s pretty obvious, it’s Barça.

KA: Apart from soccer, what is something that you do for fun?

CH: School work keeps me very busy when I am not on the field. I do enjoy the occasional Netflix binge. Lately, I have been watching Money Heist but I am not caught up on the last season. I can’t wait to finish it when I get the time.

KA: What advice would you give to a student-athlete wanting to continue their career at Wake Forest?

CH: I would say that being genuinely good at your sport is important, but you should have good grades to back you up. Wake Forest is a competitive school and as a prospective student, having a well-rounded application will help you get in. Additionally, you need to build your resume by having videos of your performance in order to prove your skills. I would suggest having as many quality videos as possible. All things said and done, it all comes down to your love for the sport. Even if you don’t get into Wake Forest, it is not the end of the world. You can play your sport and prove yourself anywhere, the key is to keep pushing yourself to do better and aim higher.

KA: What are your future plans? Do you plan to play professionally?

CH: I have always wanted to play professionally. As a child, I played in the UK and went to Sweden for a bit. I have been to a lot of countries for soccer and though I don’t have a set team that I really want to play for, I know for sure that pro soccer is my end goal. When things get hard, I think of little Calvin who dreamed of playing soccer at the level that I’m playing at now, and I cannot let that little kid down. I like to take small steps leading up to the big picture as everything seems to fall into place when my focus is on my daily grind.
Recapping a historic Masters Tournament

Dustin Johnson shattered records Sunday as he won the 84th Masters at Augusta National

BY CATE PITTERLE
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After sweeping away competitors with a third round 65, and finishing with a final round 68 for a historic week at Augusta National, 20 strokes under par, Dustin Johnson secured his first ever Masters Tournament victory. The previous tournament-best was 18 under par, set in 1997 by Tiger Woods and tied in 2015 by Jordan Spieth. Johnson received the traditional green jacket from 2019 champion Tiger Woods.

"Obviously, having Tiger put it on was awesome and unbelievable and you wouldn't put it any other way, but any guy could put it on me and I'd be just fine," Johnson said in an interview with The Guardian. Though he has been golfing for most of his life, Johnson's path to this win was not always clear. After winning the junior state championship in South Carolina at the age of 14, his parents divorced and he transferred to Dutch Fork High during high school. There, he met a group of friends who encouraged him to cut class and slack off on his golf career. In one case, he was arrested when an older friend coerced him into pawnning off items stolen by others in the group. Later, that friend, Steven Gillian, used a stolen gun to kill another student after fighting with them at a party. In connection to the crime, Johnson was arrested. After testifying in Gillian's trial and paying reparations for the stolen items, he was eventually pardoned. Realizing he had to turn his life around, Johnson refocused on the golf career he had always wanted. In 2002, his senior year of high school, Johnson helped lead his team to the Class AAAA state golf championship.

He later attended Coastal Carolina University in Conway, South Carolina, where he continued his golf career. Johnson's path has always been somewhat unconventional. He partially gained that reputation when he hired his brother, Austin Johnson, to caddy for him on the PGA Tour. But Johnson's win underscores the fact that champions come from all corners of the game.

Following the green jacket ceremony, Johnson began to cry. He had trouble getting words out, often looking around with a disbeliefing grin.

"It's hard to talk. But, you know, it's just incredible," he said, pausing to take a breath. "I've never had this makes an appearance in a competitive match (a Conca- caf competition or a World Cup Qualifier), would be a major recruiting coup for coach Gregg Berhalter, as Mensah has played for England's youth national teams and has also been personally praised by England manager, Gareth Southgate.

Playing against a Wales side without stars Gareth Bale and Aaron Ramsey, the U.S. struggled to find attacking chemistry among the debutantes and the out of position Lletget. Konrad should have finished o

Johnson's win underscores the fact that champions come from all corners of the game.

U.S. Men's National Team impressive in friendlies

In matches against Wales and Panama, the national team garnered excitement for the future of American soccer

BY CHARLES HORN
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For the first time since a match back in February against Costa Rica, the United States Men's National Team returned to the pitch with two friendlies against Wales and Panama. Both matches were played in Europe, with the Wales match taking place in Swansea and the Panama match at a small stadium in Wiener Neustadt, Austria (COVID-19 has continued its pause on matches in North America). With MLS players largely prevented from being selected due to play-off commitments, the matches highlighted the new, young, European-based generation that has excited and convinced fans of the USMNT that new highs are ahead.

The most notable absence from the U.S. squad was Christian Pulisic, who departed before the first match to return to rehabilitation with Chelsea after sustaining a slight hamstring injury during pre-match warmups in a Premier League match against Burnley.

With the loss of debutantes and very little veteran presence, concentrated almost exclusively among the defense, a lack of chemistry was expected. These predictions proved prescient as the U.S. stumbled to a 0-0 draw against the Scots.

Starting against Wales alongside the sole-MLS player in the squad, Sebastian Lletget (currently playing for the LA Galaxy, who didn't qualify for this seasons playoffs) were two debutantes: Konrad De La Fuente of Barcelona and Gio Reyna of Borussia Dortmund. Reyna, who just turned 18 on Nov. 13, is one of the brightest talents in U.S. history, shining for Borussia Dortmund after matriculating through the New York City FC academy.

The two debutantes in attack were joined by a fellow new face: 17-year-old midfielder, Yunus Musah. Musah has impressed for Valencia and is eligible to play on behalf of the English, Italian and Ghanian national teams as well as the U.S. national team. Musah committing his future to the U.S. team, done automatically if he makes an appearance in a competitive match (a CONCACAF competition or a World Cup Qualifier), would be a major recruiting coup for coach Gregg Berhalter, as Mensah has played for England's youth national teams and has also been personally praised by England manager, Gareth Southgate.

Playing against a Wales side without stars Gareth Bale and Aaron Ramsey, the U.S. struggled to find attacking chemistry among the debutantes and the out of position Lletget. Konrad should have finished a volleyed chance, rather than the Netherlands.

Wales. Dest showed off his skillful dribbling and poaching striker, who scored again to take the lead as Gio Reyna tapped home his first goal of the game, before two goals from debutante Sebastian Soto and one from Lletget put the game out of reach.

Overall, the two matches highlighted the abundance of youth talent Berhalter has at his disposal for the coming years. Against Panama, the attacking threat was clear as stellar dribbling and poaching a header to put Pan- a score of 15 under par, also broke records. He shot four rounds in the 60s, an unprecedented record in Masters history.

Smith tied with Im Sung-jae, a Korean player mak- ing his Masters second appearance, who is ranked third in the world, placed fourth at 12 under par.

Wood, the 2019 Masters champion, slipped Sun- day. He made a dismal seven-over-par 10 on the 12th hole. Rallying to make five birdies in the final six holes, he ended the final day with a score of 76, four over par. He finished the tournament at one under par.

The next Masters isn't that far away. It was pushed back several months this year, but will move back up to its usual April time slot for 2020.

On the course, Johnson seemed unstoppable. However, Cameron Smith, who tied for second place with a score of 15 under par, also broke records. He shot four rounds in the 60s, an unprecedented record in Masters history.

Smith tied with Im Sung-jae, a Korean player mak- ing his Masters second appearance, who is ranked third in the world, placed fourth at 12 under pas.

The next Masters isn't that far away. It was pushed back several months this year, but will move back up to its usual April time slot for 2020.

After his breathtaking performance at Augusta National last weekend, Dustin Johnson is presented with the iconic green jacket by last year's victor, Tiger Woods.

Willem Van Overmeire/Atlanta Journal-Constitution/TNS
**CFB Week 11: COVID-19 sweeps the NCAA**

Teams across the country are dealing with a heightened number of COVID-19 cases.

**BY DYLAN TYNES**
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If the 2020 college football season falls apart at the seams, Week 11 will go down as the beginning of the end. Postponements and cancellations due to COVID-19 outbreaks have been present each week of the season as players, coaches and subsequent contact tracing forces others to quarantine, but never has a week of the season seemed so desolate. Fifteen FBS games were either postponed or canceled this week, including the marquee matchup of the week, top-ranked Alabama at LSU.

College GameDay was in Augusta, Georgia, for the Masters Tournament instead of the site of a high-stakes college football game that was planned ahead of time, yet managed to take away from the usual energy surrounding a Saturday in the fall. The Big Ten and Pac-12, along with the Mountain West and MAC, originally planned to sit the 2020 season out, but early successes among conference foes and increased testing capacity at many schools, persuaded the conferences to bring back the college football season. Their mid-October start dates made the prospect of postponed games impossible, so any games unable to be played because of COVID-19 concerns have been canceled in this group of conferences. As virus cases rise across the nation, teams in these conferences are dropping games from their schedules, complicating matters for conference championships and the College Football Playoff. Perhaps more importantly to school administrations, many of these programs are losing valuable revenue after spending more than usual just to make this bizarre season happen.

In the conferences that decided to begin their seasons earlier, the situation is similarly concerning. Postponements allow for the revenue, exposure and competitive outcomes of affected games to carry on, but there is limited time for rescheduled games. As teams have two, three or four postponed games, some may get outright canceled, depending on the flexibility of the team and their opponents schedules.

Overall, it seems those conferences that started early and thus, have more flexibility, have been better off so far. Just, if not all, teams playing under those schedules will play more games than those who started their seasons late, which positions them better to obtain prime bowl games or berths to the national championship. Further, the predictions that a later start date would increase fan access to games or decrease COVID-19 cases, have proved invalid. With all this being said, the season is certainly not dead yet. Week 11 brought with it some narratives actually pertaining to college football, like Penn State’s continued fall from grace, evidenced by their 30-23 loss to previously-winless Nebraska. On the opposite end, West Virginia silenced any doubts about its status as a Big 12 contender after their 24-6 overwhelming of TCU brought them to a 5-3 record. The Nittany Lions were playoff contenders, and won a New Year’s Six bowl last year, while the Mountaineers were 5-7.

Indiana remained on the rise after an easy 24-0 victory over Michigan State, improving the Hoosiers to 4-0 and giving the team a ton of momentum heading into next week’s showdown against No. 3 Ohio State.

Even behind the shadow of unplayed contests, it’s promising that there were significantly more played games than canceled or postponed ones. Better yet, there is hope for new methods to confront the scheduling issues arising from the pandemic. Utah and Cal had their respective games against Utah and Arizona canceled due to COVID-19 cases in the opponents’ programs, but on Friday, the schools managed to put together a game between each other on Sunday (which UCLA won 34-10). This sort of ad-hoc scheduling could provide a model for other programs whose games have been canceled and help universities recoup lost revenue. Such measures may end up being confined to the Pac-12, where many schools play in empty stadiums (and thus do not have to worry about selling last-minute tickets) or a one-off occurrence, but the UCLA-Cal game indicates how college football programs will find a way to play safely amid a global pandemic.

If the college football world manages to hold the season together after all, Week 11 may go down as the moment when the momentum shifted.

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**NFL Week 10: Miami stays hot, Cardinals best Bills**

Cleveland, Minnesota and Pittsburgh were also among this week’s winners.

**BY COOPER SULLIVAN**
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If you are reading this I presume that you, the diehard football fan, have been in a coma since Sunday and that is the only reason why you are looking at the Old Gold & Black’s recap of the games (the ones that happened almost a week ago). Or maybe like me, you were too upset to watch any games after your beloved Tennessee Titans lost to the Indianapolis Colts yet again because your punter, Ryan Allen, who had a strong showing the previous week against the Chicago Bears, was replaced by some other punter whose name I will not type after “a good week of practice.” The future free agent proceeded to punt a 17-yarder and have another punt blocked and returned for a touchdown. So Thursday night was a great night.

The good news is that two of my three fantasy teams won their match up this weekend. The bad news, I lost to my Colts-crazed cousins. So I am assuming that Stefan Digggs and JuJu Smith-Schuster are elated. Back to the good news; I had Kyler Murray and DeAndre Hopkins playing on my other teams. The two connected for a 43-yard TD as time expired to catapult the Arizona Cardinals over the Buffalo Bills, winning 32-30. I received a combined 17.02 fantasy points from that play alone, so I would say Murray made the right decision in picking football over baseball.

You know who’s had at decision making? Bill O’Brien and the Houston Texans. That man traded away arguably the best wide receiver in the entire NFL and a fourth round pick for a second round pick and David Johnson, who left Sunday’s game with a concussion and will be out for the next three weeks on the short term Injured Reserve list. This now leaves the 7-3’ s short on running backs and entirely reliant on Ezekiel Elliott and James Conner to secure a certain offensive Rookie of the Year Justin Herbert had a solid showing, throwing for 187 yards, two TDs and an interception, but the Chargers defense were not able to slow down Brian Flores’ hot team. Fortunately, the defense stayed in the black and was able to give me 3.0 fantasy points, though I will probably be shopping around for a new defense to take their spot for next week’s fantasy matchup.

The Browns are good this year, or so it seems. I mean, again, they’re the Browns, so this 6-3 season could easily turn into 6-10. While the city of Cleveland is ecstatic, Las Vegas bettors and fantasy owners are not. RB Nick Chubb broke loose late in the fourth, sprinting up the sideline for 59 yards, no defenders in sight. Those whose fantasy teams were down by someone a strong seed in the fantasy playoffs.

Shoutout to Ronald Jones and the Buccaneers for giving us a unique historical moment against the Carolina Panthers. The 46-23 outcome was the first of its kind in NFL history and the seventh unique score this season. Jones was responsible for 198 total yards, including a 98 yard TD run, the longest of the season and good for 24.8 fantasy points for yours truly. Buck picker and Sunday morning ros- ter addition Ryan Succop and my second highest scoring player on one team (17.0 points). But hey, a win is a win.
Upper quad features art installation; Jukebox Therapy

Senior Rhythm Badal has created a collaborative playlist for students to add to, as part of a project for her Public Arts class

BY COOPER SULLIVAN
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Any avid reader of Vice-President Penny Rue’s weekly COVID-19 emails knows that the color purple is not a pleasant sight on campus. So students may have been alarmed when they came across three purple wooden boxes placed around Campus a few weeks ago. Jukebox Therapy is not a cause of worry and in fact, is an attempt to assuage concerns may have been alarmed when they came across three purple wooden boxes placed around campus a few weeks ago. Jukebox Therapy is not a cause of worry and in fact, is an attempt to assuage any worries that passersby may have.

Placed outside Benson University Center, Reynolda Hall and Farrell Hall, these boxes have a QR code which sends whoever scans it to jukebox-therapy.com, a collaborative playlist created for the Wake Forest community, by the Wake Forest Community.

“I wanted to do something that was COVID friendly, that people could interact with but have it mostly be on a digital platform so I decided to work with QR codes. Music just kind of came to me one day when I was listening to music. I was like ‘wow music really has this ability to change your emotion, how you feel and also connect you with others,’ said senior Rhythm Badal who created Jukebox Therapy.

Badal installed the virtual jukeboxes for her Public Arts Course taught by Professor David Finn in which the entire semester has culminated into this project. Badal was inspired by the Digital Nomad Project, a series of QR codes scattered throughout various cities that give users location-specific information, and wanted to bring this idea to campus as a way to unite and connect Wake Forest students, faculty and staff during these emotionally-draining and anxiety-inducing times.

The Jukebox Therapy playlist, which Badal updates nightly, has over three hours of music submitted by the Wake Forest community. The playlist is entirely of the hip/hop genre and this is by design. One of Badal’s collaborators, Dr. Donovan Livingston, teaches a course entitled “Issues and Trends in Education: Hip-hop Pedagogy, Poetics and Remixes for Higher Education” and initially lead Badal towards the idea of a hip/hop oriented playlist.

“After I started thinking about it, hip/hop is a really good genre of music because it provides a platform for people who might not be heard, usually in marginalized communities, to speak and voice their concerns. A lot of the content is political or about social justice so I thought it was a good genre for right now during this time. I think it also has a lot of emotion in it; it can be sad or angry or it can be self-empowering. It’s a genre that can melt it all in together,” Badal said.

Users suggest songs by typing “Song Title” by “Artist” into the jukebox screen and then have the option of explaining why they chose this specific song. Badal said that she was on the fence for adding “Boss Bitch” by Doja Cat because she felt it was more reminiscent of the pop genre rather than hip/hop. However the submission’s explanation of their decision swayed Badal to include the song about female-empowerment.

“If the song reflects empowering certain people who might not be heard or just in an effort to connect, speak about people who don’t get to speak usually, I will try to include it,” Badal said.

The project is going smoothly now, as word has spread throughout campus and the internet, specifically through Badal’s Instagram for the project, @jukebox_therapy_. But the lack of interaction the first few days concerned Badal.

“I didn’t realize that you have to buy QR codes, I thought that once you got them they would just work. So I had rented it for 30 days, and I didn’t realize this, but the day I put it up, [the code] expired. So that weekend I wasn’t receiving any submissions so I was really worried about it. I was like ‘no one likes it’. Then I looked at my spam mail and found out the QR code expired and had about 60 people try to scan it and not be able to get onto the playlist,” Badal said.

The issue was resolved with a $5.00 transaction and notices were placed around the boxes saying that the code now works and submissions are welcomed.

Badal plans on keeping the installation in place for as long as possible, citing the deteriorating wood as the only obstacle.

“I would like to have it be, and so would [Livingston] and Christina [Soriano, another collaborator], and they both want it to be a permanent installation but each year it will be a new playlist. So this will be the 2020 edition, and I guess I would start over next semester and that would be the 2021 edition,” Badal said.

After graduation this May, Badal hopes to expand this project into the city of Winston-Salem, hoping to organize community-created playlists that are more site specific rather than genre. She hopes to keep the overall theme of connection and unity strong moving forward.

“It’s just about listening to music, being able to connect with how you’re feeling, how your feelings in a certain space, looking at how others are feeling and then being a part of something that is collaborative in a sense,” she said.
Giving credit where credit is due

Chaz speaks out about the ongoing misinformation concerning his abilities

BY CHAZ
Beloved Pet
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I will no longer stand for the continual bastardization of my character within the pages of this newspaper. If one of my owners will stoop to the level of slander in the Old Gold & Black, then I have no choice but to respond to his vehemence with a review of my own.

With regards to my intelligence, I successfully acquired an adequate command of the English language within the span of a week. In terms of sheer cerebral power, I find this a far more impressive accomplishment than Andy’s academic performance this semester. I’ve been on his desk; I’ve seen the overdue assignments on Canvas and the frustrations into the ceiling in lieu of making headway on papers. My frequent reconnaissance missions into his room have unearthed an appalling lack of organization in the notes he hastily scrawls on printer paper, so I’m baffled as to how I can be faulted for minor disorder. Texting and breaks to prepare food mid-Zoom class hardly qualify as active participation, which leaves me quite confused as to where his feelings of anthropocentric authority arise from.

While Andy faults me for my lack of exercise and daunting size, I hardly find his habits enviable. I don’t think that he’s figured this out yet, but morning runs aren’t adequate recompense for the Taco Bell and Cook Out that he frequently litters our kitchen with. Perhaps my diet doesn’t have much variation, but at least Mew Mix isn’t oozing with saturated fat. I’m not even suggesting that Andy should put in hours at the gym, but at least a few push-ups or sit-ups could do his spindly frame a bit of good.

I know that I’ve been attacked for my naps and glassy states, but they’re nothing compared to the excesses of laziness that Andy indulges in. I hardly think that 4 p.m. on Tuesdays is an appropriate time for a bath, but often find him in the tub with a face mask on and candles lit nonetheless. You would think that a human wouldn’t manage to reach feline levels of rest in a day, but it’s been common enough for Andy to notch a resounding 12 hours in a day. Those graduate school and job applications aren’t submitting themselves, and though I’m sure they’re getting completed in his dreams, I would love to see him take a more pragmatic approach to prepare for his future.

I wish that I derived more entertainment from Andy, but his singing is off-key and his jokes never land the way he thinks they will. I provide plenty of aural amusement and physical comedy, so I would like to see more effort put into granting me the same benefit. I’m not asking for choreographed break dancing routines, but hearing something other than the same four country songs on loop would be a start.

I have taken flack for my lack of affection and bared fangs, but I would like to take the opportunity to categorically deny these baseless accusations. I’m sure that if others were prodded in the stomach while being derided as a “dumb cat,” they would probably take fierce issue with the behavior as well. I’ve tried to be the bigger being; I give him friendly nips, try to offer warmth for his chilled legs in the morning, and even grant him an occasional few minutes to stroke my magnificent coat. He has gotten more accommodating as of late; I’ve received more face and neck rubs than ever, but I still need to see a more continual effort on this end. Though I was greeted with tenderness when I decided to nuzzle into his chest this morning in a rare display of generosity, Andy still has significant inroads to make. I give him a 2/10.

Restaurant Review | Dairi-O

What Dairi-O means to me

The NC-based restaurant chain evokes nostalgic memories of college

BY CATHERINE REGEN
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As a senior who will be graduating this December, I’ve started to compile a list of “lasts.” The last time I’ll attend an in-person class. The last essay I’ll write before the night before it’s due. The last time I’ll edit the Life Section of the Old Gold & Black. Among those lasts will be my last trip to the dining establishment known as Dairi-O. I’ll probably cry as my wheels pull into the drive-through, welcomed back with a friendly wave by whichever staff member is standing outside. I had never heard of or been to a Dairi-O until the spring of my freshman year. A new friend, who became a best friend, took me there because it was the closest restaurant to the disc golf course at Horizons park. I remember balking at the name. What sort of reputable restaurant misspells “dairy” in its name? The best kind.

The logo is lime green and cherry red, a combination that might remind some readers of the Christmas season, but will always remind me of Dairi-O. The chain also has a mascot, a server wearing the characteristic Dairi-O oval hat. There is a statue of a server called me Kitty-Cat, an action I’ve seen him take a more pragmatic approach to prepare for his future.

Some people might measure their time at college by accomplishments or milestones, but I will measure mine by Dairi-O trips. My freshman year, we ate there anytime we played disc golf, a nice little ritual as the weather got warmer in the spring. My sophomore year I broke my vow of vegetarianism after five days because we were going to eat at Dairi-O and I couldn’t go without my usual order. The spring of my junior year, I ate Dairi-O as my last meal before heading home for quarantine. Dairi-O was my first meal of senior year, and I’ve dragged my friends back since. The last time I went the server called me Kitty-Cat, an action I’m sure we both regret, but that is indicative of the treat-you-like-family attitude the staff regard guests with.

I will be a fan of Dairi-O for the rest of my life, and will greatly miss its comforts when I leave. I would love to tell you I will miss it entirely because the food is of such a high caliber, but it is for much more sentimental reasons. Dairi-O represents the best of my years at Wake Forest, of friends made and disc golf games lost. It is my only hope that the next generation of undergraduates discovers this diamond in the rough for themselves.

Guinness Milkshake

Is this a rip-off of a juice shop smootie? Maybe...

1. 1 cup Guinness Stout Beer
2. 4 scoops vanilla ice cream
3. 4 scoops of mint chocolate chips
4. 1/4 cup Irish Cream
5. 1 cup Guinness Stout Beer
6. 57 lb.
7. 35 lb.
8. 24 lb.
9. 30 lb.
10. 70 lb.

Instructions:
1) In a blender combine all the ingredients and process until desired consistency is achieved.
2) Divide the milkshake between two glasses.
3) Garnish milkshakes with whipped topping and chocolate chips.

Courtesy of Micah Porter
21+ Please
TV Show Review | Grey’s Anatomy

Medical classic brings back fan favorite

Grey’s Anatomy is not shy about showing the trauma of COVID-19 at Grey-Sloane

BY CHRISTA DUTTON
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I am not an original fan of Grey’s Anatomy as I was too young to watch when the show aired in 2005. Rather, I am one of the many young people that discovered the show on Netflix and binged it in unhealthy amounts. I started watching the show in eighth grade with my sister. I can remember hurrying home from basketball practice to finish my homework so we could finish our day with two, maybe three, sometimes four, episodes of Grey’s. Back then, watching Grey’s felt like immersing myself into an alternative reality that contained endless possibilities. The multitude of complicated romantic relationships and far fetched storylines had me convinced that anything could happen. Furthermore, the show always left me feeling as if I could accomplish anything. After watching a few seasons, I was completely convinced that I would become the next Meredith Grey or Cristina Yang. Each episode had the ability to make me forget about my own life and instead live vicariously through the characters. The characters experience immense tragedy throughout the show, some of which viewers can relate to. But never before have all viewers been able to relate to the story’s tragic storyline. Now they can. This season of Grey’s will not feel like a different reality as it did in eighth grade. Rather, in the same brilliant and creative fashion, it will tell the story of our current reality. Grey’s Anatomy is back for its 17th season which will depict the grim reality faced by both the medical community and the entire world during the COVID-19 pandemic. Grey’s has been known for its wild and dramatic plot lines, and the craziness of a worldwide pandemic seems to fit right in alongside the bombs, plane crashes and gunmen we have seen in seasons past. This season, however, will be marked by its realness as it dramatizes the COVID-19 pandemic in a way that is emotionally gripping. For every viewer, this season will hit close to home.

It is a weird sensation watching close to real time events unfold on the television screen. For most people, television is an escape from the real world. People watch television shows so they do not have to think about the real world and the problems that come with it. It was certainly a risky move for the writers and producers to use April 2020 and the COVID-19 pandemic as not just the backdrop of their plot, but the leading force of their storyline. The new normal under which Grey Sloan is operating is displayed by Bailey showing Richard, who is just returning to work after recovering from coal dust poisoning, the newly incorporated protocols and procedures. Everyone wears masks or face shields. The OR schedule, once filled with surgeries, is empy, as only emergency procedures are being performed. All hospital employees must have their temperature taken upon entering the hospital. Only hospital personnel are allowed in the hospital, leaving worrisome loved ones in the waiting room, with busy beeping coming from the parking lot. You can see the stress and tiredness in Meredith Grey’s eyes as she calls code after code. I believe this season will truly open the public’s eyes to the extreme difficulties and emotional hardships being faced by our healthcare workers, a community that, in a way, the show has misrepresented and sensationalized for years. This season, however, the show is getting it right.

As a long-time fan of Grey’s who has faithfully watched every season, I think there is no better way to conclude America’s longest running medical drama. The novel difficulties that COVID-19 presents highlights how the characters have developed throughout the show’s seasons, and the overall tragedy that is the fictional world of Grey’s Anatomy and the world in which we live allows for a viewing experience that is incredibly personal and emotional.

Album Review | Bill Israel

Rapper Kodak Black releases album from behind bars

It’s been two years since Kodak Black dropped Dying to Live, arguably his best and most personal work. Unfortunately, his new album Bill Israel has faced hard times with the same trend of legal troubles that have plagued much of his career. For the past 18 months, he’s been locked up in prison for firearms charges, facing worse brutality from conditions and guards than he’s ever seen before. Claiming he was beaten by guards over and over, placed in isolation and not allowed to speak to his family and legal counsel, he was quickly moved from his Florida penitentiary to one in Kentucky, where the same struggles continued. Although he will be in prison until at least 2022, nothing has stopped his team from releasing projects from many of the leftover songs he recorded in advance. Last month, the first of these projects, Bill Israel, arrived to hold fans over. The 11-track album is an ode to both Kodak’s new legal name (Bill, K. Kapri) and his dedication to his religion under the Black Hebrew Israelites.

Bill Israel is a top-heavy album and surely not one of Kodak’s best. However, it retains its importance for keeping true to Kodak’s career mission: highlighting the perspectives of the institutionalized. Being a figure for those of his hometown in Broward County, Florida and those stuck in the revolving systematic oppression of jails all over the country, his words and perspective stand out amongst his peers in importance.

The intro track to the album, “Remember the Times”, confirms this intention right off the bat with the song being dedicated to all of the hard times he’s faced in the past few years being in and out of jail and witnessing the loss of friends. “Remember how I felt when E got shot? I was ridin’ with the heat ‘round town. Remember first time when we got tried? Ever since then, ain’t seen them guys…” Remembers the way I felt inside? I was in that cell, Lil Boobie had died” are some of the moments he lists off in the chorus. Kodak has a tremendous talent of relaying feelings and emotions without ever having to waste many words in describing it. He does that here very well by listing times in his life that the listener surely doesn’t remember, but are brought to empathize with. Even without ever saying how he truly felt in any of these scenarios, it’s easy to imagine the moment. Along with reminding, Kodak raps about the hard decisions he’s had to make, such as picking the side of his friend after he robbed Kodak’s own cousin. Suppression of emotions is another challenge Kodak has had to go through while in jail, feeling numb over the many times he’s been through this.

The album has a couple of other notable moments. Track two, “I Wanna Live,” is a short but exciting two-minute track on the luxuries that Kodak wants in life similar to the themes of your average braggadocious rap song. He has expensive items he wants already, but hopes to level up. The album, features several notable acts as well who have great moments to show for. Gucci Mane, Tory Lanez, Lil Yachty and Kodak’s best friend and fellow Florida rapper Jackboy all try their best to lift the album up a bit. Although this album is not amazing, these releases will be all fans have until he gets out of prison. Even with its weaknesses, the album’s potential reminds listeners that Kodak’s unique perspective is relatable to many different kinds of people. It is worthy of a listen from anyone looking for refreshing takes in hip hop and one of the genre’s most recognizable voices among young artists.
Masks are changing how we dress

The fashion industry has been forced to adapt to the COVID-19 economy

BY CONNOR MCMEELE
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Over the course of the fall semester here at Wake Forest, you might have noticed a slight change in fashion. Though it was relatively undetectable over the summer and the late spring of this year — due to public restrictions and general subtlety — the adaptation of the average wardrobe has been quite dramatic. Retailers, business consultants and analysts for the fashion industry have all been struggling to realize the individual nuances of this shift. The circumstances of the pandemic have allowed for some predictability; comfort has been emphasized in the face of work from home directives and there has been a lack of public events which results in significantly less formal wear. All of the elements of fashion have been tailored, tailored, or less, to the comfort and well being of the consumer.

The last article I wrote about fashion was a jumbling, abstract conception that culminated in a praise of personal comfort over any stylistic, artistic or cultural concern. In looking at the direction of the industry — the consumer industry more so than high fashion — it seems that things have worked out in favor of the internet. So, rather than the masses rather than the specific stylistic choices of the individual.

The only exception to this would be the notable niche in cosmetic sales — eyeliner and eyeshadow in particular. These spikes are a direct cause and effect of mask mandates — people are increasingly purchasing and using above the nose beauty products to accentuate uncovered facial features. There isn’t any clearer evidence in favor of necessity-based clothing sales more than the dress of the student population here at Wake Forest. A lack of classes, professional obligations, student organizations and most importantly parties have radically altered the clothes most of us wear everyday.

Most importantly however, the tailspin of the nation’s economy has caused more necessity than people have ever known. In addition to the winter season in most parts of the country, consumers must look for clothes that are warm and valuable — stuff that will last as the economy thaws from the effects of the pandemic. Clothes are now becoming more of a long term investment than an impulse buy. The phrase ‘democratization of fashion’ has been used for decades, but today, the fashion industry is truly going back all the way to the 1940s. For some, that means the industry is truly undergoing this process, as consumers work with what they have. The emphasis is on comfort and value, not trends decided by select groups. Athletic leisure, jeans and shirts are becoming staples in our closets.

Over time, there has been less and less need for influencers and content creators that exist over social media. Over the course of the pandemic, the fashion industry has trickled into this platform. It wouldn’t be a huge surprise to see the majority of commerce occurring online rather than in department stores, which exist over the summer and the late spring.

A lack of classes, professional obligations, student organizations and most importantly parties have radically altered the clothes most of us wear everyday.

Restaurant Review | 237

237 offers wide variety of ramen options

Only a year old, 237 is a bustling downtown ramen establishment

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Roughly a year after opening, 237 has largely maintained its anonymity as one of the trendiest new eateries in downtown Winston-Salem. The exterior is marked not by its name nor any words at all, but rather a graphic of its signature item: ramen.

Her statement held true, as not a single menu item disappointed. In addition to the ramen dishes, the enterz-sliced Chicken Katsu Sandwich, small plates range from spicy chicken buns, edamame, gyoza and wonton nachos to japanese offerings like spicy tata and salmon and avocado hand rolls. The hand rolls were presented simply, as they might be at a sushi bar in downtown Manhattan. Meanwhile, the gyoza, steamed rather than fried and sitting on a layer of sauce, were packed with flavor.

“237 adds another element to the ever growing multicultural restaurants in downtown Winston-Salem,” senior Mary Kern said. “The city is no longer defined by Southern food and barbecue.” Kern enjoyed her spicy chicken ramen bowl, saying it had stellar flavor and texture, and similar to the large offerings of the menu that had the hand rolls were better than any thing’s she’s tried in the city.

The menu is fairly limited, but offers just enough to give the customer many options to choose from, and a reason to return. Plus, from other versions of the menu that can be found online, it appears as though the menu has undergone some changes throughout the past year.

Though the dinner menu may be limited, the Sake menu is anything but.

Clothes are now becoming more of a long term investment than an impulse buy. The phrase ‘democratization of fashion’ has been used for decades, but today, the fashion industry is truly going back all the way to the 1940s. For some, that means the industry is truly undergoing this process, as consumers work with what they have. The emphasis is on comfort and value, not trends decided by select groups. Athletic leisure, jeans and shirts are becoming staples in our closets.

A quick Google search will reveal that very few relevant results surface when searching the name of the restaurant. There is no website. Rather, the ramen bar tends to use social media platforms like Instagram and Facebook to market operating hours and new menu items. In fact, the secrecy adds to the intrigue. “It’s a way to lure people in,” Mohan said. “It’s mysterious, which has helped cultivate a sort of fan base.”

To add to the mystery, 237 is only open two days a week and only for dinner. Before the COVID-19 pandemic hit, the restaurant only operated Wednesdays through Saturdays. To reduce operating costs, it is now operating just two days a week — Friday and Saturday. According to Mohan, the restaurant hopes to return to full operations as quickly as possible, when the pandemic slows down.

“I was shocked by how little reviews and information could be found online about this place,” Kern said. “There wasn’t even a phone number, I hope it gets the traction it deserves.”

It’s clear that despite the secrecy, locals have found 237 and have certified that it has a place among the other neighborhood favorites downtown. If you want to prove that you’re the friend who’s in-the-know, or are looking for a sleek date night spot, this is your place.
Mojito Latin Soul Food opens restaurant

Bringing delicious Latin flavors to Winston-Salem, Mojito Latin Soul Food expands their food truck into a brand new restaurant featuring a menu of well-priced and delicious items.

BY ELIZABETH MALINE
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Mojito Latin Soul Food, located at 723 N. Trade Street, brings new and authentic Latin flavors to Winston-Salem, adding to the increasingly diverse mix of culinary offerings downtown.

The restaurant is an expansion of the food truck by the similar name Mojito Mobile Kitchen that Michelle and Michael Millan have operated since 2017. According to Michelle Millan, Mojito Latin Soul Food is their food truck "on steroids."

While Michelle Millan was born and raised in Miami, her husband is Cuban and is a first-generation American. The couple knew they wanted to open a Latin restaurant, though not in Miami, which they compared to opening another barbecue joint in the South. But when they moved to Winston-Salem 12 years ago, they weren't quite ready to open one here either.

"Five years ago, downtown was not ready for a place like this," Michelle Millan said. "But Winston has become more of a multicultural place."

In 2018, the Millans went into business with Mary Haglund, the owner of Mary's Gourmet Diner, where Michael Millan worked as a chef. When the coronavirus pandemic hit, Haglund, who was already considering retirement, decided that her made-to-order brunch dishes were not conducive to take-out or other COVID-19 measures, and decided to close after 20 years.

Many were left to wonder what could possibly replace this legendary Winston-Salem establishment, but soon enough, the Millans bought Haglund out of the partnership and opened Mojito Latin Soul Food. While the layout and interior design of the restaurant have not changed much, Latin-style art and murals by local artists have helped to shift the ambiance.

While Mary's became known as one of many popular brunch spots downtown before its closing, Mojito Latin Soul Food brings something completely new to the Winston-Salem food scene. The restaurant has been lauded as a success, not only because of the flavorful food it serves, but because of its COVID-friendly layout. It has a large outdoor patio, which can seat approximately 50 people while maintaining social distancing.

"People are telling us that they haven't been out to eat at all since the pandemic started, but that this is the first place they are coming to," Michelle Millan said. She also attributes some of the restaurant's success to the business it has garnered from students at local universities, including Wake Forest.

Between the stellar service and signature items from the Mojito Mobile Kitchen menu, customers have not been disappointed. According to senior Courtney Whiting, a waitress at local Southern restaurant Mama Zee's, Mojito is sure to become a new favorite among Wake Forest students.

"I've eaten their food twice and I know it's going to become a staple in my rotation of restaurants," she said. Whiting, who ordered a Mojito Bowl, said that "it had a lot of favor and seemed authentic, especially for being in North Carolina." As a waitress herself, she said she could tell the restaurant took pride in its service and said her wait was sweet and considerate.

Highlights from the menu include the Mojito Tacos, served on house-made tortillas with a choice of braised pork, crispy pork belly or chicken. The Authentic Cuban Sandwich, a best-seller from the Millans' food truck that combines Cuban bread, ham, slow-cooked pork swiss cheese, yellow mustard and pickles, is featured prominently on the menu as well. Mojito also brings in notes from other cuisines, namely Mexican and Spanish. In addition to their Cuban specialties, the menu boasts items like croquetas, street corn, empanadas, tamales and ceviche. Their Fried Chicken Sandwich is a Latin twist on a Southern classic, a nod to the region the Millans have called home for more than a decade. Many dishes are paired with the Millans' famous Mojito sauce, a creamy green sauce that packs flavor.

Diners would be remiss, however, not to indulge in some of the restaurant's signature side dishes. The Yucca fries, served with Mojito aioli and chipotle lime ketchup are a must-have, as are the sweet plantains, served with a cilantro lime cream sauce.

Not to mention, the menu is extremely well priced, with sandwiches, burgers and tacos pricing at around $10 apiece and sides coming in at less than $5. For customers who miraculously find themselves wanting more after this satiating meal, Mojito offers five dessert items, including churro bites, rice pudding and flan, all of which are $5. Although the restaurant does not yet have its liquor license, customers can choose between a variety of wines from the Spanish region, as well as beers.

The restaurant also offers take-out and curb-side pick-up, critical for those who do not yet feel comfortable dining at restaurants. Whiting, who has both ordered take-out and dined at the restaurant, said the food lends itself well to either option. Better yet, for hungry customers at the neighboring brewery Fiddlin' Fish, Mojito Latin Soul Food delivers right to your table at the brewery company. All you have to do is scan a QR code on your table to place and a Saving.

While the Mojito food truck will continue to operate long term, the Millans have dedicated most of their energy to ensuring the success of Mojito Latin Soul Food. For Winston-Salem residents and students who crave a memorable meal that don’t break the bank, Mojito Latin Soul Food is your new go-to. Though opening a restaurant in the middle of a pandemic undoubtedly comes with challenges, it seems as though the Millans' risk has paid off.