Drinking games raise fears of alcohol abuse

Alcohol abuse statistics have risen, potentially caused by new games encouraging binge drinking

BY EMMA SKEELS
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Last semester, the Wake Forest campus had the highest numbers of alcohol abuse in years. This semester started off with similarly high numbers.

In January alone there were 34 students treated for alcohol related incidents, which was a higher number than Student Health anticipated.

Although February has been much more normal (only 11 students have been treated for alcohol related activities), the increased participation in a new type of drinking game, Neknominate, may not aid in the decrease in the number of these incidents.

Neknominate originated as a game in which participants filmed themselves chugging all of their drinks in one sitting, and then posting it on YouTube or other social media sites.

However, due to its increased popularity, variations have been added to the game. Now, it is common for the beverage to be any combination of things, the ingredients of which the player is usually unaware. Some participants also began to perform dangerous activities after they finished their drink. After the player finishes his challenge, the next person tries to beat the previous participant by doing an even more extreme challenge, such as adding more alcohol to the beverage, or finishing their drink more quickly.

Dangers associated with drinking games like Neknominate encourage students to drink in a high-risk manner, and they are usually unable to keep track of the amount of alcohol they are consuming.

Lavi Wilson, the Substance Abuse Prevention Coordinator, said one of the biggest dangers of Neknominate is that students could experience a spike in their blood alcohol content levels, which leads to alcohol injuries and poisoning; some participants of Neknominate have even died as a result of the game.

“Everyone has different mental and physical biphasic responses to alcohol,” said Wilson. “Drinking too much, too fast can effect people differently, therefore this practice is dangerous.”

Mixing different types of alcohol is dangerous because it affects the body in different ways than the normal consumption of alcohol would. Common affects of mixing alcohol include loss of memory and blacking out, and even respiratory failure.

Chief of WFU Emergency Response team Nick Ashburn said, “Several times this semester, we have had several trauma calls related to alcohol abuse. And I suspect that most of those traumas were related to mixing different types of alcohol together.”

See Neknominate, Page 7

Bizarre, offensive posters found across campus

University Police officers are currently investigating the origin of profane fliers that have been discovered throughout the campus

BY KEVIN CLOSS
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University Police removed unauthorized posters from around campus after receiving complaints from some members of the school community.

The signs were considered offensive by many and included references to religion, pedophilia, rape, crystal meth and obesity. Another one of the posters advertised serial killer Charles Manson as a possible candidate for president in the 2016 election.

When questioned as to why the posters were taken down, Sgt. Finney of the University Police cited several sections of the Residence Life and Housing policy that were violated by the signs. While the signs were not illegal in any way, they needed to be taken down according to the administration guidelines.

According to the policy, "all public notices or publicity material posted must be sponsored by a recognized student organization." The controversial posters in question were not.

The fliers were attributed to a group called "Students for a True Amerika," which is not an approved student group.

No students or community members have come forward to take responsibility for the signs.

“We’ve Googled that and nothing came up,” Finney said about Students for a True Amerika.

“We have never seen them on campus before and that’s why we were trying to see if we could find any information to see what the motive is,” she said.

“We posted on our Facebook page so we could find out who was posting [the signs] and go over the policy with them, we could then find out what their intent is.”

Lesia Finney
Sgt., Wake Forest University Police

The WFUPD posted a copy of one of the posters on their official Facebook page with hopes of having someone come

See Posters, Page 4
Commenting forum updated to elevate discourse

After facing several challenges with our online commenting forum over the past two semesters, we have implemented the comment hosting service Disqus across all content on our website, oldgoldandblack.com.

The service now requires that you create a Disqus account, with a username of your choosing that must be validated through email verification; alternatively, you may also link to your Facebook, Twitter or Google+ account prior to being able to comment on articles.

The change represents the Old Gold & Black's move toward a higher level of discourse within the Wake Forest community, as well as our commitment to transparency.

Over the past few semesters, we have had several instances of profane, anonymous content on our website, oldgoldandblack.com.

The Disqus forum will reduce the level of anonymity granted to individuals who post in the comments section, we hope this does not discourage readers from submitting their honest opinions and criticism.

As a student newspaper, we take our role as the voice of the Wake Forest community seriously and we enjoy giving members of the community the opportunity to express their opinions and to debate on our website.

We also embrace constructive criticism and understand that we make mistakes. Feedback, comments and criticisms help us improve as a news organization. It is important that members of the community do not stop commenting because the new system will require a login. It is still important to have your voice heard on our website, as we give the Wake Forest community the opportunity to debate the important issues that our campus faces.

If members of the community are now unable to voice their opinions because they are apprehensive about having their comments being tied to their identities, this means that these comments may be being made for the wrong reasons.

This comment forum, as well as our online commenting policy, on our website mirrors that of other college newspapers in addition to various professional news websites, including CNN and The Daily Telegraph.

We also hope that the discourse and debate presented on our site can mirror these professional sources. In an earlier staff editorial, this semester titled, "The OGB welcomes criticism when it’s constructive," we asked our readers to reflect on their actions online.

We understand that it is all too easy to make a hasty, irresponsible online comment in the heat of the moment, especially when the subject of the attack is separated by technology. However, we hope that this new forum will prevent these irresponsible comments and cause people to stop, think and offer more thoughtful and constructive comments on our website.

We hope that our new commenting forum will allow community members to continue these discussions in a more civil and mindful manner.

We enjoy giving members of the community the opportunity to express their opinions.

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Wake Forest's new MA in Sustainability and Graduate Certificate Programs combine the social and natural sciences, humanities, management and law to give students the diverse skill set they need to carve out a place in the growing global sustainability marketplace.

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Deacon Profile: Christa Colyer

BY MORGAN SCHICK
Asst. News Editor
schimo3@wfu.edu

Christa Colyer is a professor of chemistry and the chair of the chemistry department. She earned a bachelor of science from Trent University in Peterborough, Canada and a master’s from the University of Guelph. She received her Ph.D. from Queen’s University in Canada and has taught at Wake Forest since 2004.

What brought you to Wake Forest?
I grew up and received all of my education in Canada.

When I was looking for faculty positions, I really knew I wanted to have a research lab and teaching career. A lot of Canadian universities were more like the large, research-intensive state schools here with large classes.

I knew that wasn’t where I wanted to be, so I found my way down here by looking for a model like the one here at Wake Forest.

How do you think the education in the United States differs from the education in Canada?
They definitely have larger classes in Canada, but there really is nothing that resembles the liberal arts. For example, my freshman year, I had only math and science classes.

There was no religion, philosophy or English until my junior year — it just was not part of the curriculum to have that broad training.

How do you think the liberal arts and science interact in the 21st Century?
Especially now, we have many pressing problems, like human health and wellness, energy and the environment, safety and terrorism.

Science needs to interact to help these problems because they are not just policy problems. They are at the root science based, but science by itself is not sufficient to solve the problems.

Many of the ‘big’ challenges facing the world today — global warming, disease, food insecurity, terrorism — have scientific underpinnings or can be at least partially solved through scientific research and development.

However, scientific solutions to these problems cannot be implemented without the interplay of cultural, political, graphical, economic and other forces.

Students educated in the liberal arts will have at their disposal the knowledge and tools to approach scientific problems from the broader perspective needed for change.

Why should students participate in scientific research if they don’t intend to pursue a career in medicine?
I believe undergraduate research allows students to see first-hand how science can be used towards the betterment of the human. In your science classes, you learn the theory and problem-solving skills and hands-on skills that can be applied to particular scientific questions in a controlled environment and with a fixed number of parameters.

Research projects allow you to apply the theory and problem solving and lab skills you have learned to a scientific question. The process of discovery, analysis, interpretation and contextualization can help a student understand the true reach of science beyond the confines of any one profession such as medicine.

What do you see as the biggest challenge for the sciences in the future?
In the immediate future, one of the biggest challenges faced by scientists will be securing the necessary funding to support their research.

Government agencies such as the National Science Foundation and National Institutes of Health must be protected from funding cuts even when economic recession may threaten other programs.

In the long term, the sciences face many global challenges that will require greater collaboration and communication between the scientific community and the broader public.

How do you spend your free time?
Well, I honestly don’t have a lot of free time, but when I do I spend it with my family and I love to travel.

POLICE BEAT

Larceny
• An unknown subject took another student’s rain boots from Babcock. The report was filed at 7:32 p.m. on Feb. 22.

Miscellaneous
• A subject was charged with possession of marijuana and open container of alcohol during a traffic stop for speeding on Reynolda Road. The report was filed at 11 a.m. on Feb. 17.
• A subject was transported from Luter to WFUBMC after consuming alcohol underage.

The report was filed at 9:19 p.m. on Feb. 20.
• An offender was transported to Student Health for treatment and observation after consuming a large amount of alcohol underage. The report was filed at 2:04 a.m. on Feb. 21.
• An offender was issued a citation for intoxicated and disruptive behavior as well as underage alcohol consumption. The student had been involved in a domestic dispute in Bostwick. The report was filed at 1:21 a.m. on Feb. 21.
• An unknown subject damaged a window pane on the third floor of Bostwick. The report was filed at 1:21 a.m. on Feb. 21.
• A subject was charged with using a fictitious ID by an ALE Agent at The Last Resort. The report was filed at 12:00 a.m. on Feb. 22.
• An unknown subject damaged a door in Taylor. The report was filed at 12:00 a.m. on Feb. 22.
• A subject was charged with possession of marijuana after an ALE agent conducted a traffic stop at the West Gate. The report was filed at 12:06 a.m. on Feb. 22.
• A subject was charged with underage possession and aiding and abetting underage alcohol possession by an ALE agent in Lot A. The report was filed at 12:23 a.m. on Feb. 22.
• An unknown subject broke a window and damaged a wall in Kitchin. The report was filed at 5:15 p.m. on Feb. 22.
Posters: Unknown group posts obscene fliers

Continued from Page 1

forward about the creator of the signs.

"We posted on our Facebook page so we could find out who was posting [the signs] and go over the policy with them," Finney said.

"We could then find out what their intent is and why they are posting this kind of stuff"

Finney reiterated that the posters were not illegal, but that they were taken down because it violated school policy as to its source and where it was being posted.

She added that WFUPD can take them down without violating the first amendment because the university is on private property.

"This is private property so you pretty much need to do what Wake Forest says here," said Finney. "If people don't follow the policy, imagine how cluttered up and a mess things would be if we didn't have rules on where to post things."

Students who were questioned didn't really seem to be bothered much by the signs, but understood why they were taken down.

"I believe that it is just people looking for attention," said freshman Jackson Colvert. "I thought it was immature, but I honestly just didn't care."

Other students agreed and were largely apathetic to the whole ordeal.

Chas Cantrell, a freshman, dismissed the posters as not even worthy of his attention. "It's just not credible. I don't put a lot of stock into it."

Some criticized the situation for enhancing the reputation of erratic behavior by college students.

"I think it's just dumb," said freshman Katie Balardi. "But it's just college kids being stereotypical, stupid college kids."

Some of the posters have advertised things like pedophilia and drugs. University Police officers have been looking into the fliers, but so far they are unsure what group is responsible.

Follow us on Instagram for visual news updates at: @wakeforest_ogb
A sophomore has created a robotic arm for painting that could be used for surgical procedures

By Logan Thomas
Staff Writer
thomdil@wfu.edu

What do Monet, Chinese letters and open-heart surgery have in common? In this case, the answer seems to be a remarkable technological innovation created by a Wake Forest undergraduate student.

Sophomore Timothy Lee, inspired by both the French artist and Chinese calligraphy, invented a robotic arm that can paint — technology that could one day be used to autonomously assist doctors perform surgeries on their patients.

The arm can paint lines on canvas that mimic the movements a surgeon makes with a scalpel.

Last year, when Lee was a first-year student, he applied for a summer grant to build a robot through the Undergraduate Research and Creative Activities Center (URECA). He was awarded the grant, which led him on a frantic two-week search for a project mentor.

After multiple rejections from other faculty, Lee finally found a match with Craig Hamilton, Ph.D., an associate professor of biomedical engineering at the Wake Forest School of Medicine.

Once paired with Hamilton, Lee went through several different ideas as to a purpose for the robot he wanted to build. Finally, Lee, who has had an appreciation for the arts since ever since he visited a museum in New York City when he was young, finally decided on a robot which melded art and science.

Lee realized there are many similarities between a painter’s precise brushstrokes, and the precise movements of a surgeon’s scalpel — one tiny mistake could be detrimental.

He thought of the variations of strokes, such as short and soft, as used by painters like Monet, and the long, hard strokes used in Chinese calligraphy (Lee also studies Chinese). He thought, if he could teach a robot to paint by itself, perhaps the robot could also be taught complex surgical processes.

After determining the functionality of the robotic arm, one which could paint exact patterns and lines with a variability of strokes, a few changes were made to its design.

Lee then spent much of his time analyzing physical data, and translating this information into coding for the robotic arm’s autonomous programming — that is, programming the robot to paint by itself. "This is the future of robotic surgery," said Lee.

Robots used today in surgery are operated by surgeons and technicians, from a device that Lee equated to being similar to a very complicated Xbox controller. "If hospitals had this kind of technology available to them, they would be much more efficient," he said.

Though, the arm Lee designed wasn’t designed to ever perform an actual surgery, he said the ideas and concepts from his research will be useful to many other people, and hopefully that are trying to develop similar technology.

Lee realized there are many similarities between painting, such as short and soft, as used by painters like Monet, and the long, hard strokes used in Chinese calligraphy (Lee also studies Chinese). He thought, if he could teach a robot to paint by itself, perhaps the robot could also be taught complex surgical processes.

As to the role of having a mentor during the project, Lee said it was essential to his learning process to have Hamilton, who was both encouraging and critical of his ideas. "You always need someone to acts as your double-edged sword," he said.

Hamilton had nothing but positive feedback for Lee. "He was the perfect type of student to mentor," he said. "There’s a lot of art to be found in science," Hamilton said of the unique nature of the arm.

Lee will be presenting his research to other undergraduate researchers at the ACC Meeting of the Minds conference in April at the University of Pittsburgh.

When asked why he first became interested in robots, Lee’s answer was a bit of a surprise. "I only joined the robotics club in high school," he said, "because my physics teacher offered extra credit for it."

Anti-government protests continue in Venezuela

Large demonstrations against the government have continued across Venezuela after the imprisonment of opposition leader Leopoldo Lopez.

Protesters have complained about the nation’s struggling economy as well as a sharp increase in crime under the presidency of socialist Nicolas Maduro, who succeeded Hugo Chavez after his death in March of 2013.

According to the Venezuelan government, at least 13 people have died while another 147 have been injured as a result of the ongoing protests.

Maduro has accused the opposition of trying to stage a U.S.-funded coup, and has banned media organizations such as CNN from the country. He has called for peaceful protests and an end to the violent demonstrations.

Secretary of Defense proposes cuts to U.S. military budget

On Feb. 24, Secretary of Defense Chuck Hagel announced major cuts to the military’s budget, specifically targeting benefits and pay raises.

The billions of dollars of cuts are part of Hagel, and President Obama’s, efforts to lower defense spending in the U.S. without significantly impacting military preparedness. The cuts would limit pay raises and trim officers’ pension benefits.

Hagel is also expected to propose lowering the number of active-duty troops from 490,000 to between 440,000 and 450,000, bringing the military to its smallest size since World War II.

Hagel and the President have often spoken about their goal of creating a leaner, more high-tech military as opposed to a larger, less technologically advanced one.
Students rally support for cancer-stricken sophomore

Jimmy Berents has not had the typical experience as a student at Wake Forest. This past December Jimmy relapsed with large cell lymphoma for the fourth time.

Jimmy's journey with cancer began when he was three years old. Since then he has developed unwavering strength and courage to fight his battle.

He is currently being treated at Johns Hopkins in Baltimore, Md. He had a bone marrow transplant on Tuesday, Feb. 25. His triplet Meredith was the perfect match.

"It is not about my story," Jimmy said. "I don't really like putting my story out there for my own benefit. It's more about the fact that cancer has become a cliché word but people still don't really understand what it means."

Junior Beck Miller is a friend and fraternity brother of Jimmy.

He said that Wake Forest students could learn a lot from Jimmy's positive outlook on life. "Jimmy is one of the strongest individuals I've ever had the pleasure of knowing," Miller said. "I don't think I've ever seen him without a smile on his face regardless of the circumstance."

After his most recent relapse, his sister and family friend, Mary Margaret Ryan, started a campaign called "Joined for Jimmy." This campaign aims to support childhood cancer by selling bracelets to raise money and awareness of pediatric cancer research at Johns Hopkins, where Jimmy is undergoing treatment. Ryan is a sixth grade teacher at Jimmy's former middle school.

She said that the middle school students are the producers and they have made 600 bracelets since the campaign started at the beginning of the year.

"My own child has made 100 bracelets," Ryan said. "It's been a really cool opportunity for me to give back as well. It's just a blessing to be a part of this."

Jimmy's triplet Kendall is a sophomore at William & Mary. She writes the content on the blog "Joined for Jimmy" to spread awareness of Jimmy's story. Wake Forest students have shown support for Jimmy's cause throughout the semester.

The Facebook page for "Joined for Jimmy" already has over 1,000 likes. The student group, Do Random Acts of Kindness, has also been spreading the word of Jimmy's campaign. His roommate Ben Frye said students should do everything they can to support childhood cancer research.

"Nobody should have to experience this stuff, and one day, as long as we keep working for it, they won't experience it," he said. "He added that he admires Jimmy's persistence and determination. "The kid doesn't give up on anything!" Frye said. Jimmy said that it is important to support cancer research for the sake of others.

"I would have cancer every day for the rest of my life if it meant none of my friends had to have cancer or had to die from it," Jimmy said. "You're not doing it for yourself but you are doing it for the people you care about."
Neknominiate: Deadly drinking game’s popularity grows

Continued from Page 1

Mixing different types of alcohol is dangerous in and of itself, but chugging alcohol in addition to mixing it is even worse. When a student drinks alcohol quickly, alcohol is absorbed more quickly essentially overwhelming the body with alcohol. The combination of chugging and mixing alcohol makes Neknominate a lethal drinking game.

Some Wake Forest students have already taken part in Neknominate, but others do not see the appeal. Junior Lisha Gu said, “I think the fact that you’re supposed to do something crazier than the last person makes it a dangerous game.”

Junior Thomas Bartenstein agreed. “Since the entire point is to beat the last video, I could definitely see things getting out of hand really quickly.”

“Neknominations seemed to be an international trend that are now making their way over to the States. The first videos I saw were fairly simple and just seemed to be a way for friends to stay in touch or have fun. But they’ve obviously escalated to a pretty bad state, where people are hurting themselves or others around them, so it’s probably for the best if it stops,” said another junior who chose to remain anonymous.

It is unclear whether Neknominations will lead to an increase in alcohol-related injuries or illnesses. However, Ashburn said, “There are some other drinking games to seem to promote a kind of group think. When you get involved in these games, you don’t respect your body and more often than not that can result in severe levels of intoxication.”

### Number of Alcohol Referrals for Assessment

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With alcohol abuse referrals at Wake Forest reaching record highs, drinking games involving groupthink have the potential to play a role in dangerous alcohol behavior.

Annual TEDx conference held in Wait Chapel

This year’s event, centered around the theme “Daring to endeavor,” took place on campus on Feb. 22

**BY AUSTIN COOK**  
News Editor  
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The annual TEDx conference held on campus took place on Feb. 22, drawing students, faculty and members of the community at-large to Wait Chapel to hear from prominent figures in fields including technology, business and design.

This year, the event centered around the theme of “Daring to Endeavor,” and featured speakers including Robin Emmons, a CNN “Hero of the Year” in 2013; Ben Kamens, a developer for the education non-profit Khan Academy; Greg Merril, founder of Brain Sentry, The Wall Street Journal’s 2013 startup of the year, and others.

“It was an amazing event, we had 1058 people attend this year’s conference,” said Mike Tantum, the program director. “As far as the conference itself, I think it ran very smoothly and the speakers were incredible. They engaged the audience and were extremely thought-provoking.”

The event featured speakers in a variety of career fields, including finance, non-profits, media, technology and science. Throughout the day, nine different individuals were each given 18 minutes to deliver their addresses.

In recent years, TED — the organization that has sponsored innovative leaders around the world to deliver “TED talks” about various issues facing the international community — has become known for its theme of promoting “ideas worth spreading.”

TEDx events are independently sponsored TED conferences. This year’s event marked the third annual conference held on campus.

Senior Yana Klein, one of the event’s student organizers, said that the events are an uplifting experience for the community.

“TEDx is part of a global movement to explore the unknown, discover a passion, take action, and better our community,” Klein said in an interview with Wake Forest News.

Other speakers at this year’s event included Vic Howie, a wealth management advisor at Merrill Lynch and the former chairman of the U.S. National Whitewater Center. The event also included Maranda Pleasant, founder of ORIGIN magazine.

Tantum said that a goal of the conference was to bring together speakers from the Winston-Salem area as well as from other parts of the country to present a balance of regionally and nationally-focused leaders and innovators.

“In addition, there were several speakers from Winston Salem and the North Carolina area — giving us a local perspective on entrepreneurship and the variety of entrepreneurial activities that people are engaging in the local community,” said Tantum.

“They parallel that, there were speakers from Silicon Valley who talked about online education and mobile apps for ride sharing which brought a worldly aspect to the conference as well,” he said.

“While one of our goals was to have speakers who were energetic about their topic and would captivate the audience,” Tantum said of the event. “I definitely think we achieve that goal.”
Twitter has altered the face of journalism

The race to publish shorter stories faster has made news stories harder to trust

Emma Lingan
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I cringe to think that I might begin with such a hackneyed phrase as “Back in the day …” but the subject of this essay requires that a distinction be made between the delivery and consumption of news before and after the advent of social media.

However, I will dispense with the cliched images of the harried reporter with the pencil behind his ear determinedly stabbing away at the keys of his typewriter and the suburban husband and wife sitting down at the breakfast table to read the front page story in the paper the following morning. Seeing as these images seem to most people but distant memories, I feel that focusing on the present will be far more effective. Today, news is presented less and less frequently as a “story.” There is no single narrative — only whatever is going on in the moment, often of little importance, but always something that can be blogged, tweeted, or captured on film. The question of whether Twitter and other social media have “ruined” journalism is still one that can be debated, but the question of whether they have changed journalism is not. That social media have changed news and the way it is both presented and digested is an indisputable fact, particularly in the case of political journalism.

Take, for example, political campaigns. Twenty years ago, a campaign would need to go through a major broadcast network or print publication such as The New York Times, Washington Post or The Wall Street Journal in order to get major coverage for a story. That all changed with the advent of the Internet, which allowed politicians to use smaller — even partisan — news outlets to push stories into the public eye. The emergence of Twitter altered the distribution of information even further. Now, anyone with a strong social media following, regardless of whether he or she is associated with a major news outlet, can turn a small tidbit of information from the political world into a major news story with just the click of a mouse.

Social media has also made political campaigns much more prone to scandal, a fact that is most obvious in today’s political climate, where the minutiae of a candidate’s private life can quickly become a major news story. In the past, a candidate’s private life was rarely brought to light, even when the candidate was clearly doing something wrong. However, with the advent of Twitter and other social media, political campaigns are now held to a much higher standard, and any sign of scandal can quickly become a major news story.

Twitter has made the distinction between mountains and molehills in the context of a political campaign or any news story virtually indistinguishable. It blurs the line between the significant and the insignificant, and suddenly everything becomes big news.

There is almost always no way of really knowing what molehills might become mountains in an hour, a day or a week. Because of this uncertainty, journalists have to monitor absolutely everything in case what initially appears to be a minor detail suddenly emerges as a major story. Granted, journalism in its purest form is about keeping an eye on the small things, but what Twitter has done is exponentially increase the number of small things that need to be watched.

This heavy dependence on technology is a double-edged sword for Gen Y.

Technology is a double-edged sword for Gen Y

There’s nothing wrong with being plugged in to gadgets, but keep it in small doses

Erin Patterson
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I inevitably roll my eyes every time someone criticizes current society for being too attached to technology. It’s like complaining about cold weather in the middle of January; it’s a fact that’s blatantly obvious and perfectly awful. I roll my eyes, but I do understand the basis of the criticism, partly because I’m so plugged in. Every morning before I even get out of bed, I check my emails, news updates, texts, Twitter and Instagram. Of course I’m half asleep, so I tend to scroll back through everything once more an hour or so later. I tweet two or three times a day (and that’s just on my personal account), and I respond to all texts, emails, Snapchats, etc. within 24 hours. When my phone buzzes, I instantly reach for it like one of Pavlov’s dogs. Even beyond communication, I’m hugely dependent on my iPhone and laptop to organize my life. I have seven separate lists in my “Reminders” app and eight color-coded categories in my “Calendar” app.

Half of my textbooks and study materials for classes are online, and I almost always take notes on my laptop. I also keep track of the hours I worked for my job with an app on my phone, and I do all of my banking online.

This heavy dependence on technology is so normal for people our age, though, that it’s easy to forget how it affects our lives and our relationships. Sometimes I trail off mid-sentence during a conversation because I get distracted by my phone beeping with a message, and I’ve caught myself not even listening to what someone else is saying because I’m reading an email or checking social media.

When we’re so plugged into our technology, we can’t really focus on others. Technology is growing at such a fast pace that we can’t learn how to use it appropriately before it jumps three steps ahead of us again.

This constant development has built up an insatiable thirst not only for increasingly advanced technology but also for increasingly heightened connections to others through technology. We are constantly searching for more ways to connect to others, whether that be through MySpace, Facebook, Twitter, Instagram, Snapchat, Tumblr, Pinterest, Tinder, GroupMe and so on.

Of course, we’re addicted to technology; it’s woven into every aspect of our lives. However, with so many wonderful things — like bin candy and Netflix — it’s only good in moderation.

As most wonderful things — like bin candy and Netflix — it’s only good in moderation.

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Of course we’re addicted to technology; it’s woven into every aspect of our lives. However, with so many wonderful things — like bin candy and Netflix — it’s only good in moderation. And as with most addictions, most people don’t realize they have a serious problem until they hit rock bottom and get the “texting thumbs” that I’m sure Dr. Phil has discussed in length.

Our generation has been raised with this dual concept of technology — that while it is the unlimited potential of our future, it is also ruining our relationships with other people and damaging our brains into mush.

We don’t know how to reconcile these two truths, but it doesn’t have to be that way. We have to learn how to incorporate into our lives in a healthy way, and we have to teach future generations how to do so as well.
Did you happen to see Lena Dunham's tweet Feb. 1, "To share in this way is coura­geous, powerful and generous. Please read," with a link to Dylan Farrow's The New York Times letter? The co-creator of Girls boldly spread the word of Farrow's letter, which broke her almost twenty year silence of sex­ual abuse allegations against her adoptive father, Woody Allen.

The letter was published just after Allen received a lifetime achievement award at the Golden Globes. Farrow opened the letter by writing, "What's your favorite Woody Allen movie? Before you answer, you should know that when I was seven years old, Woody Allen took me by the hand and led me into a dark, closet-like attic on the second floor of our house. He told me to lay on my stomach and play with my brother's electric train set. Then he sexually assaulted me."

Farrow then describes the assault in detail, which allegedly followed repeated molestation, along with its aftermath. "I may not be able to share with every person ... [I] can still share them with one." The prosecutors of sexual abuse and assault crimes have improved, but the con­duct toward the victims is still amazing — the minimal aid they receive after their ordeal, often being blamed or not believed. As Dylan Farrow stipulated in her letter, "sexual abuse claims against the powerful still make it hard to believe and hard to prove.

There were experts willing to attack my credibility. There were doctors willing to gaslight an abused child. Woody Allen and Dylan Farrow's case is hardly unique — remember Michael Jackson, Kobe Bryant and Ol' Simpson, charged with sexual abuse, rape of a hotel em­ployee and murder of his wife, respectively, and none convicted! It must also be noted that when any of the men's names are typed into Google, their alleged crimes do not ap­pear anywhere near the top of the list.

Celebrities have a pattern of getting away with or getting lesser sentencing for their crimes — from DSLRs to murder — and they are undeniably treated differently.

There is a "Mount Olympus" perception of the famous sector — they seem invinci­ble and are honored for their artistic or ath­letic talents. While the rich and famous are treated and perceived differently for their celebrity, they are also likely to act and per­ceive the world differently because of their position in life.

Acusing alleged victims of being greedy or jealous is easy for celebrities and often utilized not only by those accused, but by the public and the media. Most people find it easier to accept the ambiguity that comes with these crimes that are difficult to prove, to ask "who can say what actually happened?"

To Dylan Farrow, there is no ambiguity. She writes of being haunted that Allen was never convicted, her guilt about him be­ing near other girls, her fear of other men, and development of an eating disorder and cutting. Dylan Farrow then called our Hollywood because all but a "precious few turned a blind eye," creating a world that "celebrates her tormentor."

Farrow writes that she decided to speak out now to help other survivors of sexual abuse who are still scared and vulnerable because the message Hollywood sends matters for them.

Rape and child abuse have nothing to do with talent or accolades, but have everything to do with warped psyches and ultimately, power.

Lena Dunham publicly provided love and support for Farrow through her Tweet to over 1.3 million followers, declaring, 'Most victims NEVER speak up. Most never feel they can. These are not stories we tell for fun, attention or revenge.'

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**Living College to the Max | One Umbrella, One Life**

**You can help someone despite your limits**

Max Floyd
Guest Columnist
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Nine months ago 8,000 to 10,000 rela­tives and friends watched and waited for the one they came to see to walk across the stage at the 2013 Wake Forest University's graduation ceremony. It was a joyous occa­sion.

Once everyone received their diplomas, they returned to their seats waiting for the signal to cheerfully launch their caps high into the Hearn Plaza air. However, un­known to the graduates and their families, a large front of thunderclouds was fast ap­proaching. These rain ready clouds found campus just as the ceremony was comple­tioned. When the rain finally came, it came like flood waters from the sky. Graduates, fam­ily members and relatives scurried out of the open desperately seeking cover. Some made it into nearby buildings. Others made it to their cars. Those who did not make it to shelter were drenched from head to toe.

I brought my umbrella that day. I looked at the forecast and brought it just in case. As I started walking towards my car after the graduation ceremony, very safe and dry underneath my umbrella, suddenly I was revisited by a wave of family and friends run­ning for cover. Under the umbrella I watched quietly as the masses continued to be poured by the torrential rains. They were caught in the rain with no protection from the elements. I had my umbrella but I was surrounded by dozens and dozens of individuals who were caught in the rains without one. They had no protection. What could I do but offer my umbrella?

As I continued towards my car, I passed a gentleman covering his head with a soggy graduation program. Several others caught in the rain with a similar fate. I walked on feeling no rain, no cold, no discomfort. I passed one more person and then a thought came to my mind. I thought, "Max, there is nothing you can do to help these people."
Escaping the Rut | Budget Cuts

Faculty benefit cuts should be warranted

Administration should further explain the rationale for cutting so many benefits.

Ian Rutledge
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The first concern is that there is a budget deficit at all. As a university that prides itself on its undergraduate and graduate business programs, you would think that we would have a financial staff that could properly manage our funds and not lead us into a scenario where such drastic cuts are necessary.

However, this point aside, is cutting the faculty fringe benefits really the best option to fix this problem?

The article also cited information that faculty salaries have failed to keep up with the rate of inflation over the past several years while top administrators have seen substantial salary hikes.

In fact, according to the university's IRS Form 990 from 2010, in 2010, University President Nathan Hatch made $1,342,373 and Athletic Director Ron Wellman made $2,397,321. If we were to simply cut $325,000 and $375,000 from their salaries, respectively, each year, this would solve the deficit while keeping their salaries above $1 million and $2 million each. (Whether or not these individuals deserve salaries of such immensity is a separate discussion.)

Now being practical I know such cuts are never going to happen, but my point is that there are many places that the university could look to make these deep cuts where the impact will be felt with much less severity.

As a university that prides itself as a teaching institution, shouldn’t we be prioritizing the financial well-being of our faculty? How are we expected to back up the claim that our faculty are our most valued members of the staff when the money indicates we value the presence our administrators over them? How can we expect to attract the best teachers when we cut the financial incentives that ensure their and their families financial security?

This issue of adequately compensating faculty has been present for several years now, so I ask the administration to tell us why the cuts must be made to their benefits? What have you sacrificed that warrants cutting the financial benefits that the faculty were promised? What was the reason that you arrived at that this would be the best and fairest way to fix the university's deficit?
Men have a right to speak up for equality

The shift in contemporary sporting culture to the individual needs to change

Shane Lutz
Staff Columnist
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In the American culture, we as a society have programmed our brains into living by the mantras of “take it like a man,” “be a man” and whether or not we “are man enough.” These have become household phrases tossed across the childhood of almost every boy today as he grows up and discovers what exactly this society asks of him. Being a man in the twenty-first century means nothing like it used to. The male population has been delegated to the back aisle as the surge for equality comes at our cost.

Firstly, it is important to note that I am in no way choosing to diminish the struggles of such issues as women’s or gay rights as every social group experiences individual speed bumps on the pathway to change. However, I am addressing the myth that men are not part of the many clusters striving for equality. It may not be evident in the numerical difference between male and female wages or the blatant gay marriage discrimination, but it is there nonetheless. Men are not immune to social discrimination — it’s just better at hiding.

I first broached this subject while in health and exercise science when we were discussing eating disorders. My teacher opened with the disclaimer that, contrary to popular belief, men do experience these issues more than we believe. Naturally, I was genuinely excited to hear the side of the body image issue that people like to keep under-wraps.

Now, where we then proceeded to completely ignore a masculine scope — or even a gender-neutral one — for the rest of the class, focusing on how these things affect solely women.

If you go on Google right now and search anorexia, bulimia or cutting and go to images, you’ll find hundreds of pictures of women suffering under society’s definition of beauty. But what about men? There are several cases of extremely severe cases, but why was it allowed to get that far? Because men have to be men.

Our culture has created and manifested the most perverse sense of masculinity in which men are not allowed to feel or show weakness.

Men don’t cry. Men aren’t weak. Men don’t feel. This has happened slowly under the cover of a history built on the backs of strong men that glorified the archetypal Beowulf warrior in all his bloodlust glory. Unbeknownst to Western civilization, that weight is slowly breaking the brow of all the Atlases holding it. Men are strong and the embodiment of power while women represent their gentle counterparts. Rarely — if ever — are the roles swapped, and when they are, it is viewed as socially unorthodox and quickly snuffed out.

When a woman acts feminine, no one makes a remark. She can laugh with her friends and say whatever she wants and refrain from fear of judgment or social exile. When a man acts masculine, he is constantly on guard, being sure not to sound too feminine or act “gay.” If the roles were reversed, women are empowered, praised for being a dominant personality and making a name for herself in the world, but a man is ostracized for deviating from the cultural norm. We are all pretending to be Beowulls, but in reality we’re a tribe of Grendlas. We are the outcasts.

This also builds upon the diminishment of men as a whole in modern society through the expression of double-standards.

When a man says he wants a woman who is beautiful, tall, blonde, etc., he’s branded as a misogynistic pig and a sexist, but women constantly preach about accepting nothing less than a guy who is tall, attractive, good hair, a strong jaw, nice clothes, a perfect tan, muscles, and rock-hard abs and if you don’t check “yes” to all of the above, then have fun being alone for your whole life.

While countless campaigns are launched at women to love who they are, men are held to an impossibly high standard. Where are the plus-sized/norm-sized people on the cover of men’s health magazines?

Where are the celebrities telling young boys that it’s okay if you don’t look like all of the shirtless pictures of men plastered across the internet every man crush Monday? Where are the social-changers calling out for reform? So many people want equality, but they forget that equality is for everyone.

You can fight our countless statistics about how men are more likely to commit crimes, harm their significant others, join a gang or start fights, but that’s all common sense, so why has no one asked why? Why has no one looked at how we plug our sons up to media that feeds them copious amounts of propaganda of how to act like a man?

They lose the innocent and childlike ability to let loose and have an honest soul. They never learn how to live with their fellow man. Our boys are men before they even realize that they’re supposed to be boys, and after then it’s too late. The damage is done.

For example, look at the relationship between the heterosexual and homosexual community. Among straight women and lesbians, cohabitation, friendships, and even life-lasting bonds are easily formed.

However, if you look at the powerful, masculine straight man and the stereotypically gay man, there is no bridge, no middle-ground where there is room for negotiation and is possibly why such animosity and issues arise between the two groups.

One side has broken out of their constraints and embodies the freedoms denied by the masculine culture the other is subject to.

This is no rule, of course, but cases of straight-gay interactions are the exception and in no way the accepted cultural norm, especially in such a masculine-dominated environment such as America or, more locally in Wake Forest.

Naturally, this door swings both ways, with women at many disadvantages that have become mere masculine privileges, and these issues need addressing as well and no one is denying the inequality women experience, but it’s about time someone spoke up for us, men, too.

Our culture has spent too long twisting masculinity, distorting our realities until all we’re left with is an iron mask that remains unbreakable and no one to fight for us, and at the end of the day, it’s every man for himself.

College Democrats | State Legislation

Arizona gov. was right to veto biased bill

Passage of the anti-gay bill would revert historical steps taken against prejudice

With passage through the Arizona legislature with strong Republican support, S.B. 1062 was finally vetoed by Governor Jan Brewer this past Wednesday, Feb. 26.

The bill uses the guise of religious freedom to allow businesses to discriminate against people, such as those in homosexual relationships, just because the owner of the business is a part of a religion that believes that some of the actions of that person are wrong. Many prominent Republicans, including John McCain, Jeff Flake and Mitt Romney, have come out against this sort of discrimination and urged Governor Brewer to veto this bill. In addition to the Arizona Senators McCain and Flake, three GOP State Senators that voted in favor of the bill have since come out against it, saying that the process was rushed and they made an error in the judgment of the bill’s intent.

It is without a doubt that the proponents of this bill are on the wrong side of history. Instead of listening and understanding that people are becoming more tolerant of their LGBTQ neighbors, they decide to entrench themselves further into their positions.

For years, it has been a widely held principle that when you open yourself to commerce, you simply cannot refuse business to someone who is a certain race or religion, simply because of your political or religious beliefs.

So to allow discrimination based on homosexuality would be to revert back to the rules used many years ago when they could simply ignore a customer because of traits that had nothing to do with the transaction itself.

It should not matter what one does in the bedroom when it comes to the outside world.

It should not matter what one does in the bedroom when it comes to the outside world. Gay men and women should have the right to live the same lives outside of their houses as straight men and women.

Politicians on both sides of the aisle, as well as businesses, Chambers of Commerce, and even the Arizona Super Bowl Host Committee, lined up against this bill because they believe it would hurt Arizonans, both gay and straight.

While Governor Brewer’s veto is certainly relieving, it is very disappointing that this bill is even an issue and that it got through the legislature.
There were many things I love about college, but one thing I really hate is keeping in touch with my high school friends. If I have to respond to one more question about when we can Skype during my extremely busy week, I'm going to punch a bitch.

I thought we were supposed to be the generation that had trouble maintaining strong interpersonal relationships because we're all so obsessed with our Smartphones and computers. Because really, who needs human contact when you have Netflix?

Which leads me to the question: why do we feel like we have to keep in touch with all of these people? Social media and the ease with which we can now communicate, over Skype, over text and maybe even through carrier pigeon, seems to make people feel even more pressure than usual to keep in touch.

It's like you're only friends if you force yourselves to talk every so often. We've all had that awkward Skype session during which your friend's face freezes into an awkward expression reminiscent of one that you make during an uncomfortable bowel movement. There's nothing worse than a difficult Skype call to make an already strained relationship even more uncomfortable.

Skype sucks; phone calls aren't much better, and texting might be the worst. First, my thumbs get tired, and second, I don't love what college has done to my friends'是不可能的。我需要付出更多的努力。

my opinion, tapas, along with other dishes, were so important to the Spanish, that food was actually a way to immerse myself in the culture. Also, doner kebab is really important while being abroad. Simple as that.

Going abroad was simply the best. The semesters I spent on campus at Wake Forest cannot stack up to my semester in Madrid, Spain last fall.

Of course I missed my friends here and speaking the native tongue of English. But spending time in one of the largest cities in the world is a different kind of vacation in itself. Everything that wasn't walking distance was only a metro ride away. Basically everything any area in the city was easily accessible for the most part.

Next, the food. What better way to try a country's authentic cuisine than in the country itself? If you pay attention to food culture, you know that Spain is well known for tapas.

Essentially, tapas are the Spanish version of appetizers. For those who studied in Madrid, does El Tigre ring a bell? Further, the Spanish are famous for ham and it became a staple while spending time in Madrid.

In my opinion, tapas, along with other dishes, were so important to the Spanish, that food was actually a way to immerse myself in the culture. Also, doner kebab is really important while being abroad. Simple as that.

Going abroad, specifically being in Europe, allowed me to travel to many different cities with ease. Whether it was travelling to Munich, Germany for Oktoberfest or going to see a seemingly different world in Morocco by bus and ferry, the travel was relatively short.

Plus, travelling within Spain was not bad at all. I was able to see many places including the beach city Valencia and Barcelona and its crazy nightlife.

With so many countries so close together, it would have been stupid not to take as many trips as possible.

Finally, the people you meet abroad are just as important to your abroad experience as everything else. I was fortunate enough to live with six awesome guys as well as meeting a group of people that became my good friends.

We went out together on the weekends, travelled, played basketball, basically I did everything with them.

Without easy communication with my parents or friends from home and at Wake, my friends abroad became my new support network for the semester. Hopefully, my time abroad will not be the last time I see them. Yet, with all that is good abroad, there were two obvious cons about experiencing this.

First was having to attend class. Yes, this was one crucial part of studying abroad, emphasis on studying.

But with so much to do around Madrid on any given day, I couldn't wait to get out of class.

I suppose it was interesting to experience the way classes were taught abroad, but I just loved my time outside of class way too much. I guess it was the price I had to pay.

The second con was having to leave. As I mentioned earlier, Wake does not seem to compare to my time abroad. I thought I was ready to come home after being in Spain for a little over three and a half months, but after arriving in the States, I realized how much I wanted to go back.

There truly isn't anything like studying abroad. It's like a vacation from college which is a different kind of vacation in itself.

I'm sure I'll go back eventually, but I will never experience something as exciting as the time I spent abroad again.

Everyone should go abroad if they have the opportunity.
Wake Alert.
More than just weather cancellations and delays.

Go to Wakealert.wfu.edu and Wakeready.wfu.edu
Deacs snap skid with tight win over Tigers

After a brutal seven-game losing streak, Bzdelik and his men top Clemson at home

BY JENN LESEF Staff Writer lesej @ wfu.edu

If the saying “it has to get bad before it gets good” is true, then it looks like the Demon Deacons might have finally found the good in their season again.

After seven straight losses, things just weren’t looking good for Wake Forest and the rest of their season. But that heart that’s been lacking in this team for almost a month finally started beating again. A 62-57 win over Clemson may not make up for, well, most of the month of February — but it’s a start.

It’s only fitting that a high could follow such an astounding low, as was the case when the Deacs headed to Chapel Hill on Saturday, Feb. 22.

What started out as a not totally out-of-reach matchup against the Tarheels turned into a blowout. Despite graduate student guard Coron Williams having a career day with 19 points, it looked as if the rest of the team had never gotten off the bus — or had just stayed home in Winston-Salem.

The Tarheels shot 49.1 percent from the field, the Deacons just couldn’t get over their disappointment when their shots didn’t fall, and spent most of their time just watching North Carolina’s shots fall. With the Tarheels shooting 73 percent from the three-point line, there was nothing to do but watch as the game slipped further and further away from the Deacons before they finally heard that last whistle for the end of the 105-72 game.

After that disappointing loss, it was evident that something would have to change.

Out-rebounded, out-shot and out-defended, the Deacs headed back to Winston-Salem to try and find that missing piece to get back to their old selves.

And, on Tuesday, Feb. 25, they finally did as Wake Forest stayed the course and beat Clemson 62-57 — once they remembered how to rebound, of course.

Despite trailing for most of the game, the Deacons grabbed a hold of the lead with under seven minutes to go and didn’t look back.

Sophomore forwards Tyler Cavanaugh, Devin Thomas and Arnaud William Adala Moto and sophomore guard Codi Miller-McIntyre all scored in the double digits. The key to their success, at least according to head coach Jeff Bzdelik was his first time running the 4:10.95.

Senior strikes a balance between baseball and business school

BY NICK WELDON Online Managing Editor weldon12@wfu.edu

In recent years, the concept of the student-athlete has begun to deteriorate, with the athlete component now dwarfing the student counterpart.

Players like Johnn Manziel dominate sports headlines as debates rage over the changing nature of college athletics. But even amidst this nationwide culture shift, some college athletes haven’t forgotten what it means to be a student. With the help of Wake Forest Athletic Communications and team coaches, the Old Gold & Black has selected a group of outstanding Demon Deacons that exemplify this quality.

Members of this group will be featured throughout the remainder of the spring semester.

As a teenager in Lexington, Ky., it never seemed in doubt that Evan Stephens would be a standout college baseball player.

The center fielder set his high school’s record for single season batting average during his senior year and collected several awards for his performance on the field.

When it came time to move on to college, Stephens placed a high importance on finding more than just a place to play baseball. He also wanted a place that would challenge him academically.

“I was definitely focused on finding a school that was the right fit for me, and baseball just happened to work out here perfectly,” Stephens said.

“When I first visited Wake, it reminded me a lot of home. The campus just kind of drew me in and I never looked back.”

Even though he graduated in the top-five of his high school class, being a full-time athlete and finance major at Wake Forest presented new challenges for the 6-foot-4 Stephens.

“It gets pretty tough to balance everything, especially around midterms and finals,” Stephens said. “Sometimes you’re scrambling to find a place to do homework.”

Stephens graduated Top-5 in his high school class with a 4.1 GPA and is pursuing a finance degree at Wake Forest.

See Basketball, Page 16

From baseball to business, Stephens plays to win

Seniorstrikesabalancetweenbaseballandbusinessschool

BY NICK WELDON Online Managing Editor weldon12@wfu.edu

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See Basketball, Page 16

{BY THE NUMBERS}

3 Last at-bat victories for the Demon Deacons this season
24 Strikeouts earned by Wake Forest relievers over 29 innings last weekend
12 Innings in the Deacs’ 4-3 win over Davidson Feb. 18.
2 RBIs for senior Jack Carey on 2-for-2 hitting in the win over Radford Feb. 23.

{DEAC OF THE WEEK}

MEN’S TRACK & FIELD

At the UCS Invitational at the JDL Fast Track in Winston-Salem, N.C., Feb. 15, senior Kyle Graves finished fifth in the one mile event with a time of 4:10.95.

At the Virginia Tech Challenge in Blacksburg, Va., Feb. 22, Graves also took first in the 1,000m with a time of 2:26.87. It was his first time running the 1,000m this season.

Graves graduated Top-5 in his high school class with a 4.1 GPA and is pursuing a finance degree at Wake Forest.

“Now you’re always in the game. You’re one inning away from taking over and getting a win, and that’s what we did tonight.”

— Outfielder Evan Stephens on Wake Forest’s 5-4 extra innings victory over Davidson Feb. 18.

PHOTO COURTESY OF DEAN SHORE

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Women’s tennis gains national ranking

After falling to No. 30 Florida State, No. 38 Wake Forest bounced back with a win over Pittsburgh

BY GRIFFIN KURZIUS
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Ranked for the first time in four seasons under head coach Jeff Wyshner, the No. 38 Wake Forest (8-1) women’s tennis had a target on their backs. The Deacs came out strong in their ACC opener against No. 30 Florida State (6-3), but fell short to their familiar foe 4-3 last Friday. However, they recovered quickly with a 4-3 win on Sunday against the new rival Pittsburgh (3-2).

The Demon Deacons started off strong against the Seminoles. They split second and third doubles, putting the pressure on sophomore Xue Zhang and Kasey Gardiner. After facing two match points, the duo brought the match to a tiebreaker and won 8-7 (8-6).

The Seminoles quickly surmounted the 1-0 deficit and took the momentum in singles. They won the first set in every match besides sixth singles, where Zhang won 6-4, 6-4. At fourth singles, freshman Luisa Fernandez was dropped 6-0, 6-1 and Gardiner fell 6-2, 6-2 at fifth singles. Moments later, sophomore Andrea Retolaza lost 6-4, 6-1 at first singles. Facing a 3-2 deficit, the Deacs were on the precipice of defeat. But freshmen Kimmy Guerin and Samantha Asch, at second and third singles respectively, took the second set giving Wake Forest a chance to pull off the upset. Asch successfully moved her opponent around and wore her down, notching an impressive 1-6, 6-4, 6-1 victory. But Guerin exerted all her energy in the second set and had nothing left, falling 6-2, 3-6, 6-2.

During the disappointing home loss, the Deacs came out with a vengeance two days later against Pittsburgh, one of the ACC’s newest members, in the first-ever meeting between these programs.

Once again, second and third doubles split matches and Zhang and Gardiner gave the Demon Deacons the doubles point with a strong 8-0 victory at first doubles. This win moves the pair to 9-0 on the season in doubles and keeps Wake Forest undefeated in the doubles point.

The Deacs quickly jumped onto the board in singles play with a dominant performance at first singles. Retolaza meticulously moved the Panthers’ Taylor Washington from side-to-side and forced mistakes for a 6-2, 6-2 win.

Soon after, Gardiner frequently took the ball early and controlled the net, overpowering her opponent at fifth singles 6-2, 6-2 to give Wake Forest a convincing 3-0 lead. As second singles, Asch closed out the match with a dominant 6-2, 6-1 victory. Her powerful ground strokes kept her opponent off balance and out of sync.

Although they already lost, the Panthers kept fighting. After a close first set, Guerin was defeated 7-5, 6-1 at second singles to put Pittsburgh on the board.

At fourth singles, Fernandez was bested by a score of 6-3, 6-3. And finally, Zhang lost 6-4, 6-4 at sixth singles.

“We played very well in doubles today,” Wyshner said. “We picked up good wins in singles play as well, and it’s always a good feeling to be able to get an ACC win early in the season.”

The Wake Forest women’s tennis team next plays at No. 5 UNC this Friday.

After road matches at Clemson and Georgia Tech, the Deacs return home on March 9 versus No. 1 Duke.

Stephens: Hard work pays off for scholar-athlete

find the hours to squeeze everything into one day. You have to be efficient and stay on a strict schedule.

Maintaining that efficiency can be quite difficult, especially if all of your hard work isn’t producing the desired results. During his freshman year, while still transitioning to the college lifestyle, Stephens struggled to make an impact on the field. He failed to record a hit in 13 at-bats and only made a single start on the year. To make matters worse, he broke his collarbone and missed the later part of the season.

Then and Now: Women’s Tennis

Then

Exactly one year ago, head coach Jeff Wyshner found himself and his team in an extreme hole.

On Feb. 27, 2013, the women’s tennis team had one win — against Richmond — and proceeded to lose the next seven matches, a skid that significantly lowered their stock in the ACC before any matches were played in March. What’s worse, the Deacs wouldn’t pick up another victory until April 7 at Virginia Tech, where they sneaked away with a 4-3 win. After winning the next match 4-3 as well — bumping their record up to 3-15 — the Demon Deacons would lose the remaining three games of the regular season before losing to No. 30 Florida State in the first round of the ACC championships.

Now

Fast forward one year. The Deacs are 8-1.

This record by itself is impressive enough, but to reverse last year’s record (to date) almost to the exact number is tremendous.

In 2014, the Deacs have controlled the majority of their eight wins so far. Against Appalachian State, the team won 9-0 while beating both No. 70 Missouri and No. 43 William & Mary by a score of 5-2. To date, the Deacs are ranked No. 38 in the country and reside right in the middle of the ACC, where they’re ranked No. 8.

If Wyshner and the Deacs can keep up this high-caliber play, this season could be one of the biggest turnaround seasons this university has ever seen.
Press Box: Student spends a day at the races

A writer spends four days exploring the Daytona 500 from the inside-out

BY NOLAND GRIFFITH
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Each year, race fans flock to Daytona International Speedway in Daytona Beach, Fla., from all corners of the globe to see the Daytona 500 on the final Sunday of February. Its television and physical attendance ratings are more than any other motorsports race in the country, and I got to be there.

I was not fortunate enough to attend the actual Daytona 500 (I left Saturday afternoon), but I was able to spend four days working at this Mecca of Motorsports. The Sunday race is not the only activity going on at DIS. It merely serves as the finale of what is known as Budweiser Speedweeks, a ten-day long series of motorsports events, including several days of Daytona 500 qualifying, along with the Camping World Truck Series and Nationwide Series races.

I have visited several of the nation's premier tracks, but there is none like the spectacle of Daytona International Speedway. To some, it is a sanctuary. To others, it is a cruel reminder of the perils of the sport. A 2.5-mile track with 31-degree banking in the turns and an asphalt temperature of over 95 degrees, DIS is a force to be reckoned with. Within the next few days, we will be writing that story.

Was I doing there? I was freelancing for my former employer, Speedway Motorsports, Inc., a corporation that owns and manages eight of the nation's premier racing facilities, including my home track of Charlotte Motor Speedway. Although DIS is owned by its competitor, it was there to further relationships with clients and sponsors who were visiting for the race. Don't worry — its legal, just as long as they purchase the space to do so.

I was in charge of hosting their on-site conference center in the infield, the region enclosed by the track. There, employees of Speedway Motorsports would bring their clients for meetings for lunch, to relax and catch up, or even seal multi-million dollar business deals that were months, or even years, in the making. I would perform the client services duties to go along with that.

It looks like the Deacs finally got tired of losing, but it looks like the Deacs finally got tired of losing, but it was a sea of gold. Waugh was next joined on the leaderboard by freshman Danny Guise, who turned in to the clubhouse by freshman Danny Guise, who turned in to the clubhouse.

“Overall, we didn’t play very well, but that’s not indicative of our team,” Haas said. “We will play better as the season goes on.”

Haas is optimistic about his team’s chances moving forward. “I think we will rebound in San Diego,” Haas said. “Womble has the ability to play really well. Birdsey is a great player, and Waugh will have the confidence to do well.”

Men’s basketball: defense, renewed confidence leads to win

Continued from Page 14

With a 62-57 win over Clemson, the Demon Deacons pick up some much-needed confidence. was just some good old-fashioned defense. “The second half, we corrected what we weren’t doing very well in the first half,” Bedell said.

“Really, what’s been our Achilles heel over the past couple weeks — we outrebounded Clemson in the second half by eight. In the first half, I believe they had more offensive rebounds than we had defensive rebounds. We turned the ball over eight times in the first half and only six times in the second. So we turned the ball less, won the rebound battle and we ran our offense well.”

It turned out that all it took to get the Deacs back on track was a little tough love from a surprising place — freshman forward Greg McClinton, who has been sidelined with a knee injury since last year.

For a player who has yet to step foot on the court since becoming a Demon Deacon, McClinton spoke up — and the team definitely listened. “Before the second half, we had guys in the locker room really speaking up,” Cavanaugh said. “Greg McClinton is obviously out this season, but he really got into us. We respect him and he said we’re not playing with any heart. You lose seven games in a row, how are you not playing with heart?”

Was it heart the Deacs were lacking? Or was it just plain confidence that wasn’t there?

“Confidence is such a fragile thing at any level for any athlete,” Bedell said. “You have to play with great confidence and you have to have the average person, that may not sound like much fun. But for a NASCAR enthusiast and someone who might want to work in client services such as the sport someday, this was the opportunity of a lifetime. I was given the chance to stand at the foot of NASCAR’s biggest stage and take it all in. I met people from all corners of this nation, from different sections of the motorsports industry. And yes, I saw the occasional redneck with his shirt off and gutter-flowing. But hey, what’s one fat Floridian when you get to turn around to network with ten well-dressed and well-to-do Texans?”

In retrospect, I should’ve taken a selfie of my face in that beautiful 82-degree sun. Grinning from ear to ear, I was like a kid in a candy shop.
Men’s tennis climbs to No. 20 with win over Louisville

The No. 20 Demon Deacons had four straight set singles wins in their 5-2 win over No. 48 Louisville Feb. 23 at the Bas-Rudd Tennis Center in Louisville, Ky. The win marked the first road victory of the season for the Deacs, who improved to 7-2 on the season.

Campanaro posts strong results at NFL Scouting Combine

Senior Michael Campanaro, Wake Forest’s leader in career receptions with 229, impressed scouts in the NFL Combine this weekend. Despite undergoing recent shoulder surgery, Campanaro bench pressed 225 pounds 20 times. His 40-yard dash time of 4.46 seconds was 14th among receivers, and his vertical jump of 39.0 inches was tied for sixth. He also completed the 3-cone drill in 6.7 seconds. Campanaro’s strong performance is expected to improve his stock for the NFL draft in May.
Despite losses, Hamby makes history

Dearca Hamby broke two school records as the Demon Deacons fell to No. 2 Notre Dame and Miami

BY EMMA LINGAN
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As the Demon Deacons head into the final part of their season, they have been matched up against some of the toughest competition the ACC has to offer. Led by 29 points from top scorer Jewell Loyd, No. 2 Notre Dame defeated Wake Forest 86-61 at the LJVM Coliseum. Frustation continued for the Deacs in Miami, Fla., where they fell to the Hurricanes 72-64 on Feb. 23.

Feb. 20 was a day the Demon Deacons won't forget. After a five-game losing streak, Wake Forest finally broke as they also lost their match up against Louisville. The 82-66 loss was a huge blow to the Deacs' season, but it also showed just why they're one of the top squads in the country, "Delcore said.

"The intensity and doing what we needed to get the doubles win was a big step forward for us. We knew we had to get it done and we did." The win for the Deacs was a big step in the right direction for the team to win their first time in number one doubles.

In the first half of the game, the Deacs scored 30 points on 22 Wake Forest turnovers to clinch the win. After being honored before the game for scoring her 1,000th career point against Virginia Tech Feb. 13, junior Deacra Hamby led the Demon Deacons with 26 points against the Irish. Freshman Jill Brunori scored 10 points and pulled down a team-high 10 rebounds for her second double-double of the season.

Starting in place of senior Chelsea Douglas, who missed her third-straight game due to a foot injury, freshman Mykia Jones was the first to put the Demon Deacons on the scoreboard. After the Deacs went down 6-0 early, Jones hit a three, and Hamby had a jumper and a three of her own to tie the score 8-8. The Irish quickly pulled ahead, and Jones' second three-pointer of the night brought the Deacs within three at 21-18 with 11:58 left in the half. But Notre Dame went on a 13-3 run, including three-straight baskets in transition, to push the lead out to 35-21 with 7:47 to play in the half.

A lay-in from Hamby and two Notre Dame free throws made it 41-31 Notre Dame with four minutes left in the half. Brunori made both ends of a 1-and-1 to make it 48-37 at the 1:59 mark, and a floater from Hamby brought the Deacs within 10 with a minute left, but a second-chance three-pointer sent the Irish to the locker room in front 51-39 at the half.

The second half started slowly for both teams, but by the under-12 timeout, the Irish had widened their lead to 20 points with seven minutes left to play. A jumper and two free throws gave the Irish their largest lead of the night and sealed the 86-61 victory.

Looking to avenge an 84-53 loss to the Hurricanes in the ACC season opener on Jan. 4, the Deacs fell short once again in Miami. Turnovers doomed the Deacs for the second game in a row, as Miami forced 27 Wake Forest turnovers and had a school-record 19 steals.

Despite the loss, however, Wake Forest had several reasons to celebrate. After missing the mark by a mere two rebounds against Notre Dame, Hamby notched her 20th double-double of the season with 23 points and 13 rebounds. She is now tied with Tracy Connor for most double-doubles in a single-season in school history. Hamby also has 587 points on the year, breaking Connor's school-record of 576 points during the 1992-93 season. Douglas also returned to the floor for the Demon Deacons, scoring 15 points in 30 minutes of action. She also dished out a team-high tying three assists.

With the losses, Wake Forest falls to 14-13 overall and 5-9 in conference play. The Deacs will be back in action this Thursday when they face No. 7 Duke at 6:30 p.m. in Cameron Indoor Stadium.

Bresky, men's tennis pick up first road win of 2014

The No. 20 Demon Deacons clean up on the road with a decisive 5-2 victory over No. 48 Louisville

BY JENN LESER
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On the road again — but unlike their past few trips, this time the men's tennis team came home with a win over No. 48 Louisville.

With a doubles lineup that looked a little different than normal, the Deacs were ready to be tested — and they more than passed as they brought home their first road win of the 2014 season.

Picking up that crucial first point from doubles came pretty naturally for the Demon Deacons — after all, they're 7-2 in doubles points this season.

Sophomore Romain Bogaerts and freshman Malsim Kan, a pair that has won seven matches in 2014, picked up an 8-3 win for their first time in number one doubles.

Freshman Aws Laaribi and sophomore Anthony Delcore tipped the scales in the Deacs' favor as they got the out an 8-6 victory to give Wake Forest the first point of the match. "I feel like we all did a pretty good job coming out with intensity and doing what we needed to get the doubles point," Delcore said.

From there it was onto singles play, where the Deacons showed just why they're one of the top squads in the country this year.

But it wasn't a perfect match. Sophomore Pedro Dumont dropped his fourth straight game to go winless in February and senior Adam Lee's 19-match winning streak, extending back to March 15, 2013, was finally broken as he also lost his matchup against Louisville.

The rest of the lineup stepped up to keep Wake alive and they did just that. Bogaerts made easy work of his opponent to win 6-2, 6-3, and sophomore Jon Ho, Kan and Laaribi finished off the Cardinals to benefit the Kay Yow Foundation and the Wake Forest Baptist Medical Center.

"I think the positions we won, our guys did a really good job," Bresky said.

"It felt like those matches, we were really in control of the whole time and we were able to kind of roll through those," Bresky said.

It's a long season and the Deacs aren't even at the halfway point yet, which means plenty of potential for wear and tear. But this squad has shown over and over again, both in singles and doubles, that there's plenty of depth to step up and fill any potential holes.

With plenty of games left to play, that depth is something Bresky is excited about. "We probably have as many as nine or 10 guys competing for line-up spots and only six can step up," Bresky said.

"As a coach, that's a good problem to have. A lot of our players are very close ability-wise and that allows us the option of playing guys against other teams' players which match up well from a game standpoint."

A few days off before their next matchup means the Deacs will have the chance to practice outdoors, where they'll play the rest of the season.

This Tuesday, March 4, they'll take on No. 37 VCU at 3 p.m. and finish off the doubleheader against Belmont Abbey at 7 p.m.

"It's actually really good timing because we're going to practice outdoor tennis now," Bresky said.

"Now we're going to practice outdoors which is great for us. I'm hoping we'll be a little bit better team outdoors."

"We'll be looking to play a good match and get our outdoor season off on the right foot."
SPRING FASHIONS 2014

Here are some trends you can expect to see people sporting on the streets and the runways this season.

BY KIRSTYN SCOTT AND ERIN PATTERSON
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It seems so long ago that we saw Jason Wu's structured pastels and Thakoon’s boxy printed jackets grace Bryant Park. We could all probably use a refresh! As we break free from the "polar vortex" and the weather gets a bit warmer, begin breaking out your spring gear and be prepared to add a few new staples to your wardrobe.

Black and white have not gone anywhere. Some of fashion’s favorites such as Milly, Proenza Schoulner and J. Crew showcased stark neutrals on their runways. Many people thought the contrasting trend would make you look pretentious. This trend is not for the faint of heart, but if Rihanna is doing it, shouldn’t we all be copying her?

Perhaps the most surprising trend that walked the runway this season was Proenza Schouler and J. Crew’s stark neutrals on their runways. Many people thought this season’s shift blouse is the new basic T-shirt — except much more sophisticated. This top layer with a great tee, boyfriend jeans and a rounded heel can take you from day to bar hopping.

This year’s trend isn’t just for the privileged few. As f*r as jewelry is concerned, the fashion industry is giving a nod of nostalgia to the “arm party.” After months of piling dozens of bracelets, baubles and watches onto wrists, fashion bloggers took a break for a more minimalist approach. However, this spring season is already too minimalistic and structured, so we’re moving the “arm party” to the ear. If you’ve been wondering whether or not you should get that second, third or fourth ear piercing, the answer is now yes. Load up your ears with chunky earrings and bold ear cuffs for a bold look.

Cat eyes have also been in for the past few seasons. Give the liner a break on any random day and try a more pared down look. Head for pearlescent eyeshadows with long, dark lashes. Cat eyes have also been in for the past few seasons. Give the liner a break on any random day and try a more pared down look. Head for pearlescent eyeshadows with long, dark lashes.

As far as nail art is concerned, the fashion industry is giving a nod of nostalgia to the "arm party." After months of piling dozens of bracelets, baubles and watches onto wrists, fashion bloggers took a break for a more minimalist approach. However, this spring season is already too minimalistic and structured, so we’re moving the "arm party" to the ear. If you’ve been wondering whether or not you should get that second, third or fourth ear piercing, the answer is now yes. Load up your ears with chunky earrings and bold ear cuffs for a bold look.

In terms of makeup, some of the trends are not for the faint of heart. Dare to wear orange lipstick? Go for it, but just don’t pair it with spring’s hottest blue eyeshadow. Prefer a more subdued look? Head for pearlescent eyeshadows with long, dark lashes.

Spring makeup trends have ventured towards the wild side, nail trends have done the exact opposite.

The past year has been full of adventurous nail art trends that escalated from a simple accent nail to intricate patterns to glitter polish to rhinestones. Now, the fashion world has finally called it quits, and nail art is dying a peaceful death. Toss out all your nail pens and glitter and grab a few bottles of pastel polish to match your new spring clothes.

This spring has something for everyone. Find a trend and make it a staple!

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OLGOLD & BLACK

Find a beach cover up with colorful patterns or a more tailored dress or blouse to join in on the trend.

An easy, more tailored look for spring is athletic chic. A tapered pant with blocked stripes on the side? A win! A la BLK DNM. A bomber jacket in nylon will give a more Marc Jacobs-esque vibe whereas a printed or embroidered one gives a more UES Tracy Reese look.

If you've

...
Tech Column | Amazon Prime TV

Shows provide online entertainment

With ten new shows dropping one episode at a time, Amazon has created some serious contenders for best online-only TV shows.

BY ALANA HARRISON
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With the success of Netflix's "House of Cards" and "Orange is the New Black" it is no surprise that Amazon Prime has fired back with the release of their own original shows. Amazon is offering various pilots and asking viewers to help them decide which should be picked up for a full series. Amazon does not give you the instant gratification of binge watching the entire show. Instead, they release one episode at a time.

There are five children's shows and five primetime shows, which include hour-long dramas and half-hour comedies. These pilots are available for any Amazon customer. Here are some synopses of four of the five primetime shows:

Bosch
Based on Michael Connelly's best-selling Harry Bosch series and written by Eric Overmyer and Michael Connelly. "Bosch" follows a relentless LAPD homicide detective he pursues the killer of a 13-year-old boy while standing trial in federal court on accusations that he murdered a suspected serial killer in cold blood. Bosch is played by Titus Welliver ("Argo," "The Good Wife") and stars Annie Wersching and Amy Price-Francis.

The After
Written and directed by Emmy-nominee Chris Carter ("The X-Files"). "The After" follows eight strangers who are thrown together by mysterious forces and must help each other survive in a violent world that defies explanation. Starring Aldis Hodge, Andrew Howard and Arielle Kebbel.

Mozart in the Jungle
Dramatic comedy, "Mozart in the Jungle" is all about sex, drugs and classical music and shows what happens behind the curtain at the symphony can be just as captivating as what happens on stage. The pilot was written by Oscar-nominated writer and director Roman Coppola (Moonrise Kingdom, The Darjeeling Limited), actor and musician Jason Schwartzman (Saving Mr. Banks, Moonrise Kingdom) and Tony-nominated writer and director Alex Timbers ("Peter and the Starcatcher").

Transparent
Written and directed by Emmy-Nominee and 2013 Sundance Best Director winner Jill Soloway ("Six Feet Under"). "Transparent" is a dark comedy about an LA family with serious boundary issues. In this exploration of sex, memory, gender and legacy, the past and future unravel when a dramatic admission reveals everyone's secrets. Starring Jeffery Tambor, Judith Light and Gaby Hoffmann.

Amazon has some great new shows coming out on their network that may possibly rival Netflix's hits "House of Cards" and "Orange is the New Black."
Health Column | Sedentary Lifestyles

Netflix binging has unhealthy effects

Most students are guilty of watching TV for hours at a time, but disregard the side effects.

BY SYDNEY LETO
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Most students are guilty of watching TV for hours at a time, but disregard the side effects. If you insist on wasting your time and money to see Endless Love, you may want to stop reading because this article contains spoilers. Actually, I don't really know if you can call them spoilers as the plot of this film is incredibly banal and predictable.

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I'm not sure where to start my list of woes with this movie, so I'll just start at the beginning. The film opens at a high school graduation with David's (Alex Pettyfer) voice proclaiming his stalker-esque love for the aloof, yet beautiful Jade Butterfield (Gabriella Wilde). Jade is beautiful and incredibly privileged, yet after the death of her brother Chris, she becomes incredibly introverted and only focuses on school despite longing for love and romance.

However, Jade's father, who has become obsessed with protecting her, puts a restraining order against David so that he can't be near her. Jade's first act of evil is whisking Jade off to the family lake house (I know, an incoming college freshman has a heart surgery internship lined up. But when Jade gives up the internship to be with David, Mr. Butterfield decides to condemn David and his relationship with Jade. His first act of evil is to punch him in the face.

The two break up, kind of. Mr. Butterfield takes out a restraining order against David so that he can't be near Jade. The two star-crossed lovers are miserable without each other. And I won't reveal the ending, but anyone with an ounce of intelligent thought should be able to figure it out.

The trailer, with its eerie music led me to believe that maybe one of the characters would have some kind of psychological break down, but no. Endless Love was just a train wreck with little to no redeeming qualities. The supporting characters, David's best friend, who is prone to fits of anger, to punch him in the face.

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Anyway, David decides that he is going to sweep her off her feet and finally give her the love affair that she so desperately needs. This happens roughly four and a half minutes into the movie. However, Jade's father, who has become obsessed with protecting her, puts a restraining order against David so that he can't be near her. Jade's first act of evil is to punch him in the face.

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Restaurant Review | The Porch

Tex-Mex eatery is promising

Though The Porch has kinks, Winston’s newest restaurant may become a favorite

BY ANNA JOHNSON
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What started out as a home delivery business has blossomed into popular Tex-Mex restaurant The Porch Kitchen and Cantina.

Tucked away in a warehouse on Manly Street, The Porch is a laid-back restaurant that’s gaining rapid popularity among local diners. The Porch is well-known for their prepared meals, and continues to offer takeout for customers on the go, but it’s the expansion into a restaurant that really has people talking.

At 7 p.m. on a Saturday night, the wait for a seat was over an hour long — a testament to the quality of the cuisine.

The menu boasts Tex-Mex favorites like tacos, burritos and nachos, but with a twist. I tried the nachos compuestos, a spin on traditional nachos that uses crispy tortillas the size of grapefruits as the base, then piles on meat, refried beans and cheese. This is definitely a good option for sharing, or could be a meal by itself.

In a similar vein, the Tostadas Teddy piles meat, beans, cheese, lettuce and guacamole on top of three tostadas. The Taco Plate is a classic pick, but the high quality of the beef strips and the delicious guacamole make it supreme to any taco I’ve ever ordered. I was disappointed to find out that the bar was out of tequila on a Tuesday afternoon, but I was pleased with the mimosa special.

While the food is incredible, the restaurant has many flaws that need to be worked out. The hours are limited. Dinner is only available on Fridays and Saturdays. The Porch is open Tuesday through Thursday for breakfast and lunch.

The atmosphere is warm, welcoming and casual, but the setup and flow of the restaurant is a little confusing.

Diners are welcomed in to an obscure section of the restaurant, the intersection of the bar and a European style high-top table. A maître-d greets customers and encourages them to choose a seat, either at the bar, the long table or on the far side of the bar in a medium-sized seating area.

Once you take your seat and make your selections from the menu, you’re told to stand up and wait in line at a cash register to order your food. A bartender may have already taken your drink order, but you’ll have to pay for the beverages at that time too. Then you can sit back down and wait for your food.

The awkward flow is confusing for first-time customers, and makes it hard to ask for small favors, like an extra plate or a refill on your drink. It doesn’t appear that a waiter has been assigned to check in on you, so you may or may not get the attention you need. Despite the kinks that need to be worked out, the quality of the food is so high that I’m hooked and will definitely be returning for more.

Relationship Column | Sexting

Always use caution when sexting

If you must send scandalous pictures, you should make sure they’re to people you trust

BY LIZ KUEHN
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Being the sex crazed young adults we are, sexting is bound to happen. Despite what Oprah or Dr. Phil might have to say, there is a time and place for everything, even sexting.

Whether it is written messages or pictures you are sending, it all comes down to two key issues: trust and connection.

You should only consider sexting if you truly trust the person and you see it as getting closer to them. That requires a connection past your go-to drunk hookup.

If you are thinking of sending a risqué “I want you” text to someone, ask yourself your reasons for sending it. Are they far away from you so you can’t physically be with them? Are you unable to discuss your sexual desires over the phone at that time? Those are reasonable times to send a sext because it helps you express your feelings toward them since other options are unavailable.

However, if you are uncomfortable saying what you sext face-to-face, don’t send that text. That is a sign you are not close enough to comfortably express your feelings. Once those words are in written form they can go anywhere and be seen by anyone, so you have to feel close enough to trust that person.

Also, you should be able to talk to this person about things besides sex. Do you open up to him or her about your personal life? Are you able to hold a conversation that isn’t centered on your physical attraction to each other? If you can’t trust him or her with personal things about yourself, or don’t feel comfortable opening up, you shouldn’t trust them keeping those sexts to themselves.

If you are thinking of sexting pictures, you have much more to consider. Taking pictures of yourself in your most vulnerable state should only be meant for someone you care deeply about on an intimate level. Having those pictures get out can be humiliating and life ruining, so it needs to be reserved for someone you know will never show anyone else. Again, ask yourself why you are sending those pictures. Your body should never be used solely for the entertainment or enjoyment of someone else. Your body is your own; you should never feel pressured to send a naked picture for the sake of someone else.

However, if sending a nude picture makes you happy because it brings you closer to that person, go for it. Sex and sexting alike should only be reserved for those people you feel a strong connection of intimacy and trust for. If you are in a long-distance relationship or cannot see that person as often as you would like, sexting is a reasonable way to stay intimate when you are not physically together.

Don’t think of this as me encouraging sexting; I recognize it is inevitable and am giving guidelines to influence people to participate safely and tastefully. It is crucial to realize the appropriate opportunity for sexting is quite rare and many people make the mistake of succumbing to pressure to please someone they like. If you are going to sext, do it for you, not for them.

Stop and think before you hit the send button on your phone.

San Jose Mercury News 2007/MCT

Dorm Work-Out

Sometimes, it’s hard to get to the gym, especially if it’s raining or cold. Here’s a work-out for which you don’t even have to leave your dorm room!

25 squats
20 lunges
25 calf raises
Repeat x3

20 crunches
30 bicycles
45 second planks
Repeat x2

Make sure you remember to stretch before and after you work out to prevent muscle soreness!
Tech Column | Vik Yak

New social media presence is negative

Yik Yak's anonymous format enables people to write anything that is on their mind, which has lately been quite concerning to viewers.

BY EMILY STRACHAN
Staff Writer
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Have you ever wanted to tell someone what you really think without repercussions? Well, Wake Forest is telling each other what they really think ... anonymously. How are students going about telling the truth? It seems that social media is at it again.

Twitter is out and Yik Yak is in. Haven't seen or tried out the new app? In brief, Yik Yak is a new smartphone application that allows users, 17 and older, to anonymously share information. When one downloads the application, Yik Yak asks permission to access the user's location, allowing all of the information to be sent and received by people at or near Wake Forest. Thus, allowing people "riding the Yak" at Wake send their comments to other Wake Forest users.

Yik Yak was originally designed to provide college students a new way to communicate. The thought is that students can share things going around on campus, such as what's for lunch at the dining halls, or share basketball game updates. However, because there is no filter process before information is available, anything can be published. The Yik Yak website states that by agreeing to the terms and conditions of use: "You understand that in using the Yik Yak service you may encounter content that may be deemed objectionable, obscene, or in poor taste, which content may or may not be identified as having explicit language. The Yik Yak service allows for anonymous content that Yik Yak does not monitor. You agree to use the Yik Yak service at your own risk and that Yik Yak shall have no liability to you for content that you may find objectionable, obscene, or in poor taste."

It seems that Wake's Yik Yak feed features all of the above: objectionable, obscene and in poor taste. Specifically, certain fraternities and sororities have been targeted, as well as individual people. Even more concerning, comments have been racist — targeting our fellow classmates. People are therefore sharing things they would not dare to share with their name attached.

To add insult to injury, Yik Yak features a "liking" component. This allows for certain Yak's to gain more attention. Unfortunately, it seems as though the most offensive comments have received the most likes. So how do people feel when they have been the target of this meaness? One student was the target of a comment and claims she didn't "take it to heart." Not all students are as strong willed. In recent years many reports of suicide as a result of social media bullying have been reported. It seems that Yik Yak is the perfect platform for bullying. A freshman believes that Yik Yak is having a "negative impact on the Wake Forest community because it individually targets groups and people." This asks us to question, what does this say about us as a school if we feel the need to bully our peers? In the past week, fewer yak's have been sent, perhaps noding to a short lived trend on campus. But, what if this trend lives on? Could Wake Forest suffer from a rough reputation?

Well, consider the positive opinion. Not all of the information being shared is negative. Some is actually valuable. Users have shared accounts of the "campus bug" - perhaps Yik Yak has a positive future. One Wake student feels that "Yik Yak is a good thing because it promotes freedom of speech."

We all are lucky to live in a democracy that promotes freedom of speech. Yet, this new technology calls into question the boundaries of free speech. Should people have to stand behind the things they say? Is "anonymity" included in the concept of free speech?

One thing is certain about this new application - campus is Yaking. Will you "Ride the Yak?"

Humor Column | American Culture

Foreigner reflects on weird American habits

The awkward transition to college is hard enough, but then add in a new country with unfamiliar faces and a very different culture.

BY AISHWARYA NAGAR
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As an international student at Wake Forest (born and raised in New Delhi, India, lived in Sydney, Australia for four years), my first-year college experience was a chaotic mix of culture-shock and adaptation. However, it helped me develop this list of six things I find extremely weird about American culture:

1. Gaps between toilet stall doors
There I was at the Newark Airport, making a beeline for the nearest toilet. I was checking my phone in the cubicle and looked up only to awkwardly make eye contact, through the gap between the toilet door and the frame, with the person who was waiting for my cubicle to become vacant. I assumed that this incident of magnificent awkwardness has has some head-scratching tendencies. Some of the more mean-spirited Vik Yak messages are controversial and hurtful.

4. Portions, free water, free refills
My first food purchase on campus was the Old Gold vegetarian nachos at Moe's. Both my dad and I ordered - and then changed it to a single order to be shared between us the moment we saw how huge the container was! To this day, I have not gotten over the massive portions served at restaurants (not that I'm complaining - more bang for your buck!). However, water is free at restaurants. Free! That's a cultural practice that I, for one, will never complain about!

5. Patriotism
I've come to realize that Americans foster a lot of general patriotism — the flag is hung in a lot of suburban homes, the anthem sung at every sporting event and a lot of theme parties are dedicated to the flag colours (if you change my spelling of the word 'colour', I will find you and hurt you).

6. Strangers are really nice to you
Random people you meet in the line at the supermarket or at the table next to you at a restaurant will strike up a conversation with you. My personal favourite: people will smile at you when you pass them on the street. When I went back to Delhi for winter break, I would smile at random people I passed in the street, say "Thank you ma'am" when picking up my coffee from the Starbucks counter, etc. Needless to say, I had mad shade thrown at me for being so weirdly friendly!

The above list is never-ending! The perks of having a culture-thirsty soul are that you learn to embrace different cultural practices — and while it's awkward to make eye contact with someone while you're on the toilet, it's definitely be an adventurous way to make new friends!
BY BETTY OGBURN
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For my fellow seniors and me, it’s that time of year yet again. On the cusp of completing our undergraduate careers at Wake, many of us are beginning to receive notification from various companies, non-profits and graduate schools, finalizing their occupation and education plans for the near-future. The rest of us, myself included, are still sowing seeds, waiting and hoping for some opportunity to sprout. But what if you’re not quite ready to enter the “real world” anymore? What if you want a bit of adventure before settling down?

If you’re an adventurous soul with a huge sense of wanderlust, perhaps you should look into working abroad. According to a September 2013 report by the UN Department of Economic and Social Affairs 232 million people — that is, 3.2 percent of the world’s population — are international migrants. While the U.S. hosts the largest number of migrants (45.9 million), Europe and Asia combined host nearly two-thirds of the migrant population.

There are various reasons why people choose to live as expatriates. For Kenya Parrish ('11) she decided to take the leap abroad because she was unsure about what path to take next. “I studied abroad in Salamanca, Spain during my junior year at Wake and I absolutely loved it,” Parrish told me. “During my senior year I wasn’t completely sure what I wanted to do next in terms of grad school or finding a job, so when I found an opportunity to go back and work in Spain I took it immediately.”

And so from 2011-2013, Parrish worked in Málaga, Spain as an English teacher, a job that afforded her the opportunity to expand her language skills and explore new places. “While I already spoke Spanish when I moved to Spain, living there for two years was an incredible opportunity to improve my Spanish language abilities. I became able to distinguish accents from different areas and countries and also became much more comfortable with colloquial Spanish,” she said. “The best thing about living in Spain, and in Europe in general, was the ability to travel. With the EU you can travel between countries just as easily as you travel within states in the U.S. There are also many low-cost airlines in Europe that allow you to fly to different countries for almost nothing. I traveled for a week to Madrid, Paris, and Milan and spent under 200 Euro total on flights.”

Still, it’s not always enjoyable being so far away from home. Parrish concedes. “For me the hardest part of being abroad was being away from my family. Although I was not often homesick, sometimes I would miss a major milestone like my Grandmother’s 90th birthday, or the birth of my first nephew and I would be reminded of the great distance between myself and my family.”

However, for Parrish and many other expats, the benefits of working abroad far outweigh any inconveniences. Hsien-Ching Chen ('12), who currently works as a Marketing Assistant at Quartet FS, was an international student here at Wake, has lived in Moscow, and now lives in Singapore, adding, “When doing business, such a skill is necessary for negotiations, meetings new clients, introducing yourself, etc. Working abroad also broadens your job opportunity because you will be making connections with workers from all over the world and those people know their country’s job markets better than you do. Such networking is valuable as your international friends would be able to shed some light on things that would not be easy to find out!”

Chen recommends moving abroad to those who are open-minded, ready to challenge themselves, and are ready to learn and listen. In addition, they should expect a humbling experience that will enable them to get to know the world better.

Parrish agreed. “Living abroad is an invaluable experience and if you have the opportunity to study or live abroad, even for just one year, I highly recommend that you take it,” she said.

For those interested in working abroad, there are many options available. The most popular job option is teaching English, often with a TESOL, TEFL, or CELTA certificate. Other options include becoming an au pair, being a business consultant, and working in the food service and tourism industries. There are also plenty of online resources where one can find opportunities, such as Au Pair World (www.aupair-world.net), Dave’s ESL Café (eslcafe.com) and Jobs Abroad (jobs.goabroad.com).

With so many opportunities out there, there’s only three things that are necessary for those adventurous souls who are willing to take the leap over the pond: a passport, a good laptop (for Skype, of course) and a healthy dose of capriciousness.