University hones focus on sustainability

While the university has made great strides in certain areas of sustainability, it lags in others

BY DI CHUNG
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The university's environmentally sustainable policies have long been a topic of debate. With Wake Forest now offering a graduate degree in sustainability and the larger role that the Office of Sustainability plays in campus life, the university seems to be making environmental policies a more significant priority.

Campus sustainability is a broad concept that takes into account a variety of factors that include energy use and efficiency, waste management, transportation, food purchases and a host of other components. One substantial feature of a sustainable campus lies in its design. Many of the newer buildings on campus, like Farrell Hall and the Barn, hold LEED (Leadership in Energy and Environmental Design) certification from the U.S. Green Building Council for new construction and are currently in their performance period.

The older buildings, however, are not currently LEED certified, nor are there plans for them to become so, but rather, the focus is on maximizing energy and water efficiency through various means. Initiatives that have already been implemented include changing out shower heads and replacing washers and dryers in the residence halls. A new air handling system in Salem Hall

New York Times editor to speak at commencement

Jill Abramson, the paper's controversial executive editor, will deliver the 2014 commencement address on May 19

BY AUSTIN COOK
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In a press release on March 18, the university announced that Jill Abramson, executive editor of The New York Times, will deliver the 2014 commencement address to graduating seniors. Since 2011, Abramson has served as the legendary newspaper's chief executive, overseeing bureaus and reporters across the United States and the world. In 2012, Forbes ranked Abramson fifth on its list of the world's most powerful women.

Abramson joined the Times in 1997 after leaving The Wall Street Journal. In 2000, she was named Washington Bureau Chief and became the paper's managing editor in 2003. She succeeded Bill Keller as executive editor after he stepped down in 2011, the first woman to hold that position.

President Nathan O. Hatch expressed his enthusiasm at Abramson's selection.

"In an industry undergoing monumental change, Jill Abramson's ability to manage and evolve one of the most widely read and respected news outlets demonstrates the need for creative and visionary leaders," Hatch said in the press release. "Her significant achievements as a journalistic pioneer provide a stellar example for Wake Forest graduates as they prepare to embark on their own journeys." It was also announced that Melissa Rogers, special assistant to the President and executive director of the White House Office of Faith-based and Neighborhood Partnerships, will be this year's Baccalaureate speaker.

In 1995, Abramson coauthored Strange Justice: The Selling of Clarence Thomas, which chronicled the confirmation hearings of Supreme Court Justice Clarence Thomas. In 2006, Abramson testified in court as a defense witness in the perjury trial of Scooter Libby.

See Commencement, Page 4
Bzdelik should not overshadow players

The Wake Forest community has made no attempt to hide its displeasure with the performance of head basketball coach Jeff Bzdelik.

There are billboards and social media accounts with the hashtag #BuzzOut that beg the university to fire him, and students and alumni alike have called for his replacement. After four years as head basketball coach, most people have settled into a hearty disdain for Bzdelik that often overwhelms the players' accomplishments.

Regardless of how people feel about the current coach, the players deserve more respect and loyalty from their fans. Even before their remarkable end of the season game against Duke, the Deacs also defeated state rivals UNC and NC State, bringing home the coveted "Tobacco Road Sweep." It is a shame that the community's hatred of Bzdelik completely overwhelms any supportive conversations about the team.

Despite the community's extreme backlash against his four-year involvement in the basketball program, it is possible that Bzdelik will remain at Wake Forest for another season or not. Regardless of what he decides, the players deserve more respect and loyalty from their fans.

Regardless of how people feel about the current coach, the players deserve more respect and loyalty from their fans.

If this is the case, we as a community must remain supportive of our basketball team — at least for the athletes, if not for the coach.

We cannot continue to ignore the success of the players with overwhelming negative comments about Bzdelik.

There is nothing wrong with expressing dissatisfaction with a sports team; this paper itself did this last semester with the article entitled: "The glory that used to be Wake Forest basketball.

But negativity reaches a point where it is no longer constructive criticism and instead becomes unjustifiable hatred.

The fan base has continually made its voice heard and now the final decision rests with director of athletics Ron Wellman.

Regardless of what he decides, the community must not forget that the people who drive this program, like any other, are the players.
**Deacon Profile: Max Messinger**

**BY LAURA MAZURAK**  
Staff Writer  
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Max Messinger figured out a while ago that plants can change, goals will be revised — but things work out as they should. Even though Messinger entered Wake Forest in 2009 with an interest in medical school, he’s emerged an expert in unmanned aerial vehicle (UAV) technology.

Messinger’s change of heart occurred the summer after his sophomore year, when he began working alongside biology professor Miles Silman, a climate change researcher. Silman was looking for a more effective way to collect data on climate induced changes in the Amazon rainforest canopy, and UAVs provided a cutting edge solution.

UAVs, also known as drones, are new to the science world, so Messinger and Silman spent a year modifying the DeaconEye to fit Silman’s research needs.

Now a graduate student, Messinger has become an expert at customizing and programming UAVs for scientific use. This December he’s scheduled to present UAV research at the Fall Meeting of the American Geophysical Union in San Francisco.

Tell me a little bit about your transition from pre-med freshman to UAV expert.

I guess I have to back up and tell the whole story. In high school I was really interested in being a doctor, because I was almost paralyzed. When I was here, I realized, one, my notions of saving the world as a doctor were a little overly romantic, and also that I could make a significant difference in people’s lives in other ways. So that’s where the change came in.

I started working in the lab the summer after my sophomore year and the rest is history.

Does that mean you have grand, idealistic ambitions when it comes to UAV technology?

I would say, to get them universally applied in science. Changing that will open up possibilities for cheaper research to be done in more places.

If we can put (UAVs) into the hands of Peruvian and Brazilian universities and places where the money is not there to get these high-caliber research tools, we can empower researchers all over the world who don’t have NSF to give them half a million dollars. They would be able to learn more about their own environment, which is just something they deserve to have, this kind of ownership for their home.

Do you think there’s a Western slant to research conducted globally?

It depends upon how you identify that. Certainly issues of climate change may be more important to us than people living in Peru right now, whereas issues of mercury in the environment — which is a big issue right here — are less looked at, because we’re less likely to be interested in a local problem than a global problem.

But by empowering scientists (to research), whatever matters to them, you may see a shift in what’s being looked at.

Even though you’re a biology major and not a computer science major, you’ve been able to program the different UAVs that have come through this lab. You must be pretty adept at picking up tech skills.

I have a background in computers — I worked for an IT company in high school. Part of it is just having the mindset of a tinkerer. Things are not going to go well for you much of the time and you just have to be motivated enough and interested in making it work.

So was a lot of the development of the DeaconEye trial and error?

There was quite a bit of trial and error, just figuring out where the problems can arise and how to prevent them.

There’s not really any manual on that kind of thing. There’s information on how to get them set up, but nothing on how to keep them in working order.

Is that why UAVs appeal to you — the constant exploration?

I think so, it keeps me busy. There’s always something to do, there’s always another task to work on when I finish one. It’s exciting because there’s no other system like it — you can’t just go out and buy the (DeaconEye), we’ve brought it to this point.

It’s funny to watch you talk about it because you keep saying “it’s very exciting,” but you’re a very mellow person so it’s all in this very measured tone. I feel like your composure and patience must be an attribute in all of March 22.

Have you ever had moments where you think, “I just screwed everything up?”

That usually comes after it hits the ground. That’s when you start worrying about it. Generally not while we’re flying, even if things are going badly.

You can’t think about it too much while it’s in the air because you have two options: you can either try to get it back down in one piece or you can just let it crash — those are the two alternatives.

So I see you have a bottle of wine by your computer. Is that celebratory wine or “Oh crap it crashed, give me a drink?”

Well, we’ve also got beer in the fridge and I usually drink the beer. But it’s usually celebratory or it’s just, “I’m still here on Friday at 5 p.m.” so I have a beer.

**Taste of Reynolda hosted by Reynolda Village March 21**

From 3:00 until 6:00 p.m. on Friday, March 21, the Reynolda House Student Advocacy Council and Wake Forest Student Government invite students and faculty to visit Reynolda Village, House and Gardens to explore different shops and restaurants.

The whole event is free, and many different stores will be setting up booths that feature free food, raffle prizes, crafts, and other give-aways for those who attend. Wake Forest a cappella groups will be performing and Reynolds House will provide dessert for attendees as well.

**Ninth Annual Wake ’N Shake to be held on March 22**

The ninth annual Wake ’N Shake fundraising dance marathon, Wake Forest’s biggest philanthropy event, will be held from noon until midnight on Saturday, March 22.

This year’s theme is superheroes, and the six different “champions,” cancer survivors from the nearby area who are the reason for the event, each represent a different superhero team, from the Green Lantern to Batman.

Proceeds go towards the Brian Piccolo Cancer Research Fund, named after a Wake Forest alum who passed away from cancer in 1970. Last year’s event raised $147,000.

**I Told Jesus, Change My Name: Film Screening March 25**

Filmmaker Edgar Arceneaux’s film I Told Jesus, Change My Name will be shown at 6:00 p.m. on Tuesday, March 25 in the Annenberg Forum in Carswell Hall.

The film, part of the Reynolda Film Festival, shows Arceneaux’s mother singing a spiritual whose origin can be traced back to slaves in the United States. The woman is desperate for change, and she sings in different ways throughout the movie, focusing on the reactions and suggestions of her son.

Afterwards, Arceneaux will give a talk about his work.
WFUPD’s policies, procedures evaluated

WFUPD was most recently re-certified with the IACLE in Charlotte, N.C., in 2010; University Police must meet 210 standards to be re-accredited.

University Police was evaluated by the International Association of Campus Law Enforcement

BY MORGAN SCHICK
Asst. News Editor
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On March 17, the International Association of Campus Law Enforcement (IACLE) conducted an evaluation on Wake Forest’s campus to assess campus public safety under the Wake Forest University Police Department.

“In our final debriefing, we were told that both assessors will recommend us for reaccreditation,” said Sgt. Lesia Finney. “It will not be confirmed officially until the lead assessor has submitted the full assessment evaluation.”

According to Police Chief Regina Lawson, WFUPD will receive official re-accreditation in Montreal, Canada this June at the annual IACLEA Conference.

The IACLE represents law enforcement, security and public safety departments at more than 1,200 colleges and universities, and accredits campus police departments.

Accreditation recognizes that a university conforms to the highest professional standards for campus law enforcement and protective services.

Wake Forest became the first agency accredited by the IACLE in 2008, and was reaccredited in 2010. Originally, five “pilot program” agencies were selected to participate in the accreditation process, but Wake Forest was the first agency to finish the IACLEA accreditation process in 2010 in Charlotte at the 50th anniversary celebration of the organization.

To become accredited, the university must meet 210 standards involving 18 chapters of policy and procedures, administration, operational procedures and support services.

“If an agency is accredited, it demonstrates to the university that the department conforms to the highest professional standards for campus law enforcement,” said Finney. “It provides a more professional agency and a better quality officer that is trained and geared to a campus environment.”

The accreditation process also involves a highly organized system to provide ongoing verification that the standards are being met. IACLEA reviews proof of compliance with these standards through the Total Accreditation Management and Evaluation System (TAME), which provides the accreditation manager the ability to request supporting documentation from the various units within the department.

The current cycle for verification is every four years, but the standards are reviewed on a daily basis through the TAME system. The assessment team is composed of law enforcement professionals from out of state with experience in campus security.

Assessors are reviewing materials, interviewing individuals and inspecting various facilities. “To be accredited is an achievement of commitment, dedication and professionalism for the employees of the department,” said Finney. “It can be compared to any other department within the university that meets a high, professional standard. They have an accreditation with an association in their particular field.”

During the accreditation process, members of the community were also invited to provide insight on campus security. WFUPD held an open forum in Benson Monday, and the team took comments over the phone from for several hours on Monday.

Written comments were also taken into consideration. Comments are still being reviewed. “We are always assessing and evaluating our services and programs to improve them and keep pace with our community’s needs,” said Lawson.

“Our recent community survey that was sent to students, faculty and staff helps provide feedback on what our community perceives as problems on campus, and we also have a Campus Safety Task Force composed of many campus representatives.”

Commencement: Students react to 2014 speaker

Continued from Page 1

Abramson has faced criticism since taking over at the Times for her managing of the organization.

In a POLITICO story that ran in April of 2013, members of the Times’s editorial board, speaking on the condition of anonymity, criticized her for being “stubborn and condescending.”

One member of the Times’s staff went so far to say that the newspaper was “leaderless,” and that Abramson was “very, very unpopular.”

Still, under her leadership, the paper has seen gains in total circulation, having surpassed that of USA TODAY in April of 2013.

The Times has also reported profits amid growing revenue and shrinking operating costs in recent months.

Student reaction to Abramson’s selection has been mostly positive thus far.

Senior Hannah Rudder is looking forward to the commencement address on May 19.

“I’m personally excited to hear from a woman who has reached such a high level of success in a male-dominated industry,” Rudder said.

“I’m hoping she will lend an interesting perspective and insight into life and work after college.”

Senior Chet Zalesky is also excited to hear Abramson’s address to the class of 2014.

“I’m really excited that they picked someone who isn’t just business,” Zalesky said. “She works in the news, so she covers a lot of different areas, and I think it’s really good to get a different perspective on things.”

Senior Wade Collins said he was pleased that such a significant figure in the news industry would be delivering the address, pointing out that the Times has such a large presence in the media.

Abramson began her tenure as executive editor of The New York Times in 2011, the first woman to hold the position. Under her management, the paper’s circulation has begun to rebound.

"Initially, I’m very pleased," Collins said. “I think it’s a good news source.”

Senior Erica Bower is glad that the university’s speaker is not catered to students beginning careers in business.

“I think it’s great that we have someone who’s not just representative of the business school,” Bower said.

“I think it’s great to have someone with a unique perspective. Also, I think it’s great that she has a global influence — The New York Times is huge and she has an influence on how the world learns about news."
SG General Assembly
MARCH 20

BY ISSABELLA BASCO
SG Beat Reporter
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I. Committee Reports

The academic committee held an info session for people moving to New York—well attended. They also have another session tomorrow of "Study Smarter, Not Harder," in ZSR Room 357.

The appropriations and charter committee approved Wake Saturdays, the Public Relations Club, and the Southeast Asian Student Organization to become chartered organizations.

The Buzzocracy committee dealt with lifting Banshees controversy about their posters. More information is to come about that.

The campus life committee announced the "Taste of Reynolds," event with the Student Advocacy Council to have free samples for Wake students from restaurants, retailers, and businesses in Reynolda Village like Vineyard Vines, Village Tavern and Monker's. Acappella groups will be performing. The deadline for Zick's artwork is this Friday and email Mimi Bair or drop it off in the Student Government office.

The Judiciary committee is re-working the Constitution and will be voting on it in General Assembly.

They also are working on changing the name of Student Government from Student Government to Student Life.

The Physical Planning committee is setting up the downtown shuttle to start this weekend.

Tate's, The Last Resort and Benson had the highest data for where they should stop. Alex Haddock is working on setting up a Deacon tailgate community.

II. New Business

Bill 27-A bill was proposed for the Student Life Committee to grant a charter to Students of AMF (Actively Moving Forward), an organization that aims to provide support for college students grieving the illness or death of a loved one and empower the campus community to take action through service.

Dean Buckley supports the bill because of her desire for the honor code to be more respected. The bill passed.

Bill 26-A bill was proposed to re-vitalize the principles and values laid forth in the Honor Code.

Bill 29-A bill was proposed for the Student Government Legislature to recognize the campus employees who "experienced personal sacrifice and grueling working conditions during the semester's wintry weather and put the safety and comfort of Wake Forest students above their own." The bill was approved.

III. Announcements

Sutherland is working on her "Gold and Black" campaign and is having her "Sit and Sip" from 4:30 to 5:30 p.m. at Campus Grounds with free coffee. She encourages students to talk to her and other student government members.

The Speaker of the House Lydia Sandy announced for freshmen running for executive positions to have office hours in their buildings from 4 to 6 p.m. and answer questions that fellow freshmen might have.

William Readhead announced for the month of April. The credit card system is going well except for MCAT's and LSAT's.
New emails link state officials to Duke Energy

New information regarding the company's relationship with N.C. officials is released

BY RACHEL WALLER
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In the midst of investigations of the recent coal ash spill in the Dan river, emails have come to light that demonstrate coordination between Duke Energy and North Carolina state environmental officials.

Discussions with the energy firm over pollution began last year, when the Southern Environmental Law Center filed its intent to sue Duke Energy for violations of the Clean Water Act in January of 2013. As a result, the North Carolina Department of Environment and Natural Resources worked privately with Duke Energy lobbyists to reach a settlement and excluded citizen activist groups from participating in the deal, according to the emails discovered.

The proposed agreement was labeled a “sweetheart deal” by environmentalists, as it charged the company $99,111 for violations but included no requirements that it stop the pollution that was occurring.

After the spill began on Feb. 2, regulators faced harsh criticism from state environmental groups and quickly put the proposed deal on hold.

Environmentalists have long been suspicious of the level of cooperation between energy firms and the state, particularly since Gov. Pat McCrory worked for Duke Energy for over 28 years before beginning his run for governor.

Since the spill, officials from Gov. McCrory to Senate Leader Phil Berger have called for Duke to thoroughly clean up the spill and face severe ramifications for the damage.

Many environmental activists hope that an investigation on such a large scale will cause Duke Energy to make the changes necessary to clean up the pollution they have caused and prevent it from happening again.

“Duke Energy has been getting away with this pollution for too long,” said senior Halston Kirkpatrick.

“There need to be enough consequences for this that they actually start complying with regulations.”

Sophomore Bella Velasco agreed. “The pipeline break wasn’t something they could necessarily have foreseen,” she said.

“But I think [Duke Energy] should use the full extent of their resources to fix the problem they created to ensure that no one else is adversely affected by the spill,” Velasco said.

Criminal investigations began soon after the spill. Since then, prosecutors have issued at least 23 subpoenas to various Duke Energy and state officials, seeking emails and reports related to the many spills that have occurred throughout Duke’s 14 power plants in the state.

A grand jury has been formed to determine whether there was criminal activity involved in the spill.

They will hear evidence and decide future consequences for Duke Energy.

Presentations of the evidence commenced on March 18 at 9 a.m. and are set to run through at least Thursday, March 20.
Faculty discuss faith, mental health in open forum

On March 19, students and faculty held a forum to talk through the relationship between health and faith.

BY ANNIE JOHNSON
Senior Writer
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A crowd of 60 people gathered Wednesday night for a panel discussion regarding the complexities surrounding faith, religion and mental wellness.

The Mental Health and Faith forum was sponsored by Active Minds, a student group that empowers students to speak openly about mental health in order to enlighten others and encourage discussion and help-seeking.

The knowledgeable panelists for the program included Gail Bretan, Director of Jewish Life; Imam Khalid Griggs, Assistant University Chaplain; Heath Greene of the psychology department; religion professor Ronald Neal; communication professor Michael Hyde; counselor Sam Gladding and Nina Poe of Transformed Minds.

The moderator for the event was Bob Mills, founder of Transformed Minds, a digital consortium of Christian resources and information on mental health.

The audience was comprised of a mix of university students and community members searching for answers to some very difficult questions, like how someone who struggles with mental illness can reconcile with religion amidst their suffering.

Every one of the panelists, even with their "riches of experiences," as Mills labeled it, admitted that there is no definitive answer to that question.

"It's a challenging theological question," said Neal. For him, "the Christian tradition provides a place where people do not have to suffer in isolation or silence."

Greene, who is both executive director of Associates in Christian Counseling and a Wake Forest psychology professor, agreed. "Faith offers hope and a space to wrestle with that question," said Greene.

Every panelist agreed that each religion envelopes a multitude of opinions on the topic.

While religion can provide a spiritual healing space, it can also be a detriment to who feel shamed by the negative stigma my cultures have of mental illness.

"There are 1.6 billion Muslims in this world, and there are 1.6 billion attitudes towards mental health," said Griggs.

His view is that "illness is not a punishment or curse but a test. God would not place an illness, mental or physical, on a person or family that is greater than they are able to bear."

Despite the range of religious and faiths, overall there was a hopeful attitude towards the role of faith in combating mental health challenges.

"It was interesting that everyone came from a different religious or educational perspective but there are still similarities among all religions in their efforts to treat mental illness and the importance of integrating a person's beliefs into their recovery," senior Nikki Sullivan said.

Audience members came prepared with insightful questions regarding issues like when faith and family become a source of stress, the stigma of mental illness or the tension between religious truth and scientific fact.

Those who attended the forum sponsored by Active Minds came from a wide variety of religious backgrounds to discuss views on mental illness.

Several members of the audience felt empowered enough by the event to share their own personal struggles with mental health and faith, and commended the panel for opening up discussion to this often-overlooked subject.

"Culture must be more conducive to this kind of conversation," said Hyde.

Active Minds Vice President Christa Harris expressed her happiness with how the event turned out overall.

"It was a great turnout and listening to all the stories was enlightening and inspiring," Harris said. "Faith has a lot of power to influence people and it's nice knowing that, based on the religions represented tonight, are accepting and willing to lift up those suffering from mental illness."

POPE FRANCIS AND THE CHURCH AT THE CROSSROADS OF REFORM

Wake Forest University
Wednesday, April 2, 2014 | 6:30 p.m.
Brothill Auditorium, Farrell Hall (ground level)

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Jason Berry is an author and investigative journalist who achieved prominence for his reporting on abuse in the Catholic Church. His books include Betrayed Into Rome: The Secret Life of Money in the Catholic Church and Vows of Silence: The Abuse of Power in the Papacy of John Paul II. Berry has been widely interviewed by national media, including appearances on Nightline and Oprah. He will discuss the future of the Catholic Church and the Papacy as these institutions respond to the changing world. With support from the Pulitzer Center, Berry also reported on the Vatican's investigation of American nun, accused of "radical feminism."

This event is free and open to the public. © Pulitzer Center © Wake Forest
Support for basketball is ALWAYS needed

Allow me to preface this by saying that I intended to write this piece regardless of a Wake Forest win or loss, so this is by no means my emotions getting the better of me.

I am absolutely not an endorser of this season’s overall basketball performance nor have I ever slightly believed that Jeff Bzdelik is a fantastic coach who deserves another chance to guide this basketball team. I’m not even a fan of wearing tie-dye.

However, the fan support for this basketball team is atrocious and completely unappealing for any possible advancement of this basketball program.

On senior night against Duke the student section was pathetically filled (or empty), and at tip-off there were arguably more Duke fans at the game.

This is a vicious cycle that Wake Forest basketball needs to avoid now by supporting your school, especially on senior night.

Speaking of supporting your school and loyalty, how about showing up Wednesday night for Travis McKie? Although he probably could have transferred amidst these difficult seasons like everyone else in his recruiting class, McKie decided to remain loyal to the school that he initially committed to.

Starting every game for four years, he has endured some painful seasons, while being a steady anchor for young teams. This man embodies loyalty and deserves much better than he received on senior night. Students here should take after McKie by supporting the team by rolling the quad after the team won.

Other people thought it would make them cool and popular to tweet or post on Facebook about the win even though they had no problem immediately supporting the team by rolling the quad after the team won.

Students need to be there to support these players and bring back the passion that attracts recruits and future coaching candidates.

The last few years have been a tough time for the Deacons on the court, but we cannot just abandon these guys or the University that we are a part of. Just don’t come crawling back when the program turns the corner and the team becomes too good to storm the court.

Respectfully,
Zachery Nelson
Class of 2015

Let your creativity shine.

Work for the Old Gold & Black.

We are looking for section and multimedia editors, web designers, graphic designers, writers, photographers and production assistants. These are all paid positions.

Interested?
Contact Molly Dutmers at dutmmk11@wfu.edu for more information.
The role of newspapers is not a PR service

To maintain integrity, any newspaper should keep its contents professional

Ian Rutledge
Print Managing Editor
rutlig11@wfu.edu

Over the past few weeks I have begun to notice a growing sentiment that some members of the campus community feel that the Old Gold & Black is too negative and does not portray the university in a positive enough manner.

While I cannot speak on behalf of the entire Editorial Board, I feel that this is an issue that needs to be addressed.

The OGB is a newspaper that strives to be as professional as an institution as possible. We hold ourselves to the same ethical standards as any major publication and hold a similar goal in mind, to shed light on any issue that faces our community and report the news.

It's important to support others, even in the heat of competition

Max Floyd
Guest Columnist
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I love competition. Whether it is commercial fishing for sockeye salmon just east of the Bering Sea in Alaska, facing down a 95 mile per hour fastball in a batter's box or going for the 'A' in a class that no one gets 'A' in, I love the tension of a contest.

Even though the competition may be taking place in 30 foot Alaskan seas, on a hardwood basketball court or behind a presentation podium, I am always intrigued by the mental, intellectual and physical stresses in, I love the tension of a contest.

Whether it is important to support others, even in the heat of competition.

Living College to the Max | Competition

Don’t let yourself get lost in the competition

It's important to support others, even in the heat of competition

I love competition. Whether it is commercial fishing for sockeye salmon just east of the Bering Sea in Alaska, facing down a 95 mile per hour fastball in a batter's box or going for the 'A' in a class that no one gets 'A' in, I love the tension of a contest.

Even though the competition may be taking place in 30 foot Alaskan seas, on a hardwood basketball court or behind a presentation podium, I am always intrigued by the mental, intellectual and physical stresses which accompany healthy competition.

Over the years, I have played and organized hundreds of competitions.

In some cases I have arranged individual duels such as tennis, table tennis and racquetball matches. In other settings I have helped to pit team against team similar to those observed in the intramural basketball championships held in the Joel a couple weeks back.

Regardless of the format of these often-times epic battles, there is something in particular that I enjoy which encircles the arena of competition. I enjoy seeing the east of friends, mentors and fellow competitors who show up and root from the sidelines.

Whether it is an important presentation, a special event or sports contest, you can tell those who are truly in the participants' corner.

In these very competitive situations, these backers prove by their care by what is thought about in their hearts. Competition doesn't just build character for those in the game, it reveals the character of those watching as well.

A father and his son had played many rounds of golf against each other over the years. But this one day in particular, the results of the match had the potential of being something very different. Up to this point in these golf duels, the outcome had just build character for those in the game, but this one day all of this could change.

The son was the farthest out. He had a very difficult 16 foot putt. After measuring the lay of the green, finding just the right angle, pulling back with just the right pace, the son putted the ball. The ball followed the son's line perfectly falling directly into the middle of the cup. The son jumped into the air in celebration.

It was now the father's turn. He had just inside the son laying about 15 feet away from the cup. Crouching behind the ball and then standing over the ball, the dad began his final preparation before striking his challenging putt.

In complete quiet, the dad drew back his putter and struck the golf ball. The ball started straight but then rolled slightly off line.

However, as just the last second, the golf ball veered back into line and found its goal dropping innocently into the cup. The dad had sunk the putt beating his son once again. After shaking hands, the dad pulled the son close and put his arm around his shoulder. He then leaned in tight and asked his son a question. The dad said, "Son, when your dad was lining up that putt and getting ready to hit it, were you pulling for your dad?" With a smile on his face, and care in his eyes, the son looked up to his dad and said, "Dad, I always pull for you."

Friends, on the field of competition, when colleagues are in the heat of the battle, please remember the role that you can play in many people's lives.

Remember that for some they are feeling the stress of competition, feeling that they have to make the putts and be successful. Others may be feeling isolated, thinking that all they are getting from life each day are just the negatives. You can play a very important role in this game of life. You can make a difference whether in the game itself or on the sideline watching from afar. What better words can be spoken on the way back to the car, the house or the residence hall then when a friend says, "I always pull for you."

As we strive for excellence, as we strive to give it all we've got, as we strive to make a dent in the universe, look around and ask yourself this question, "Who am I pulling for? Is it only myself or is it countess others?" Looking forward to seeing you on the golf course of life. It's your putt.
Deregulation of toxic waste dump-sites had lasting effect in coal-ash spill

Deregulation of toxic waste dump-sites had lasting effect in coal-ash spill

Female characters in a man's world like Allison of the series, Allison Argent, died.

Because of the bill the Republicans passed ... Duke Energy was able to sidestep their legal obligation.

Less than a year later, in February of 2014, Duke Energy announced that a coal-ash storage facility it owned leaked tens of thousands of tons of coal ash and millions of gallons of contaminated water into the Dan River. Duke Energy owns many coal-ash ponds located near important North Carolina waterways. Because of the spill and their inadequate storage procedures, Duke Energy is now being investigated on suspicion of criminal wrongdoing.

This is a simple case study in how deregulation can quickly lead to disaster. In a representative democracy, the people of North Carolina are supposed to be represented by our legislators in the state congress. Our legislators should not be passing secretive laws that benefit campaign contributors at the expense of the safety of the state's residents and environment.

In 2013, lobbyists from Duke Energy went to the North Carolina legislators and convinced them to loosen regulations on the storage of toxic waste. Governor McCrory, after deregulating toxic waste dump-sites, claimed that it ended burdensome regulations. What he didn't say was that the bill would release Duke Energy from their responsibility to adequately maintain dangerous materials, dangerous materials that would slowly find their way into the Dan river.

After meeting with Duke Energy lobbyists, Republican legislators in the North Carolina House and Senate passed a bill that contained a small, hidden amendment. Before this law, companies created a compliance barrier around their waste sites, but the new law that loosened regulations on the storage of toxic waste. Governor McCrory, after deregulating toxic waste dump-sites had lasting effect in coal-ash spill.

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State of Gracie | Sexual Identities

Sometimes love defies gender binaries

Pansexuality can be a tough concept to grasp, but it is an all-encompassing love

Greetings, Wake Forest community!

Since entering Wake Forest University in the fall of 2011 as a freshman, I have seen significant positive change within the student body's view towards the LGBTQ community.

Although we still have a ways to go as a community and institute of higher education, in the words of Provost Emeritus Edwin Wilson, "we are in the right direction."

I firmly believe that change on this campus has not only been due to social movements across the United States, such as the legalization of same-sex marriage, but also through education.

Therefore, I would love to spread knowledge about a rather unknown kind of sexual orientation, called pansexuality.

Pansexuality is closely connected to bisexuality. According to the Tumblr "Queer Dictionary," pansexuality is defined as "a sexual orientation characterized by a potential aesthetic attraction, romantic love and/or sexual desire for anybody, including people who do not fit into the gender binary of male/female implied by bisexual attraction."

While bisexuality implies an attraction to only men and women, pansexuality includes people who do not conform to the usual definitions of male and female.

For example, many members of the queer community decide to not be addressed as a "he" or a "she," but instead as a "they" or "zhe," both of which are non-gender conforming pronouns.

In short, people that are pansexual are not romantically or physically attracted to people specifically because of their gender; they more or less are in love with the whole package. Although I came out as bisexual last spring, I really see my sexual orientation as more aligned with pansexual. I see people for the beauty of their souls and spirits. It's easy to focus on the "haters," but I know that in my heart there is nothing wrong with love.

Gracie Harrington

Guest Columnist

harrgk11@wfu.edu

I came out as bisexual last spring, I really see my sexual orientation as more aligned with pansexual. I see people for the beauty of their souls and spirits. It's easy to focus on the "haters," but I know that in my heart there is nothing wrong with love.
Deacons blown away by Panthers

After a decisive win over Notre Dame, Wake was sent packing by ACC newcomer Pittsburgh

BY EMMA LINGAN
Sports Editor
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The Demon Deacons' departure from the Greensboro Coliseum on March 13 was the end of an all-too-familiar story. Once again, they faced off against a conference opponent away from Winston-Salem, and once again, they dug themselves into an insurmountable hole.

The only difference this time was that it happened in the second round of the ACC Tournament instead of the first.

A decisive victory over Notre Dame in the opening round last Wednesday advanced the Demon Deacons to the second round of the Tournament for the first time since the late Skip Proster's final season as head coach in 2006-07. Wake Forest's six-year one-and-done streak was tied for the longest in school history.

"It's not about any of us," head coach Jeff Bzdelik said after the win. "It's about Wake Forest, tradition, history, how much it means to so many people, this tournament. And it's something that is greater than ourselves, so we need to honor that and just leave it all out there and play as well as we possibly can."

The No. 12-seeded Deacons shot 61 percent from the floor and won the rebounding battle 33-23 on their way to defeating the No. 13 seed Irish 81-69. Sophomore forward Devin Thomas tallied 19 points, 13 rebounds and five assists, while fifth-year guard Coron Williams went 7-of-8 from the floor to score a season-high 25 points.

The Demon Deacons' dominant first-round performance seemed a departure from the season-long norm in almost every way. After repeatedly crumbling under pressure this season, the Deacs staved off every attempt by the Irish to overcome the deficit. Thomas and Williams delivered clutch three-pointers, as did freshman guard Miles Overton and sophomore forward Aaron Rountree, who rose to the occasion despite mediocre-at-best performances from beyond the arc during the regular season.

Yet when the Deacs tipped off against the Pittsburgh Panthers in the second round the following day, their opening-round success appeared to be little more than a fluke. Pittsburgh wasted no time and jumped out to an 11-2 lead from which the Deacs could not recover. By the half, the Panthers had piled up 40 points in the paint and 20 off of Wake Forest.

See Men's Basketball, Page 17

Living life like a marathon, not a sprint

Time's not on her side, but one student-athlete finds a balance

BY NICK WELDON
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As March fades into April and the sun shines a little brighter each day, the blanket of snow that once enveloped campus has almost entirely melted away. For those accustomed to mild North Carolina winters, this is welcome news.

But for one Wake Forest runner, the cold spell might have made her feel just a little closer to home. A native of Richmond Hill, Ont., junior Kaitlyn Oliver found her way to Winston-Salem after a standout career at Aurora High School. She left the Toronto suburb after earning gold medals from the Ontario Federation of School Athletic Associations in both cross country and swimming.

"I just loved the balance of academics and athletics at Wake," Oliver said. "I really liked coaches Millar and Hunt as well as all the girls on the team. Also, the NCAA is more competitive than our collegiate system at home."

Oliver had little time to adjust to the American college life once she arrived on campus. She raced in all six meets during her freshman cross country season, including the ACC Championships and the NCAA Southeast Regional.

When cross country wrapped up in the fall, she then competed in indoor track in the winter and outdoor track in the spring.

"Give Pittsburgh a lot of credit. They hit us right between the eyes and we were on our heels throughout the entire game."

— Head coach Jeff Bzdelik after Wake Forest's 84-55 loss to Pitt in the second round of the ACC Men's Basketball Tournament

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{ DEAC OF THE WEEK }

MEN'S GOLF

Freshman Danny Guise shot his lowest round of the season and tied for third overall at the 13-team Lamkin Grips San Diego Classic on Tuesday in San Diego, Calif.

Guise came into Tuesday's round at 1-under par after shooting rounds of 72-71 on Monday. The Greenwich, Conn., native finished Tuesday with a 5-under-67.

{ DEACON QUOTE }

"Give Pittsburgh a lot of credit. They hit us right between the eyes and we were on our heels throughout the entire game."

— Head coach Jeff Bzdelik after Wake Forest's 84-55 loss to Pitt in the second round of the ACC Men's Basketball Tournament

Photo courtesy of Cheryl Treworgy
McKie deserves praise for commitment

Senior staff writer points out McKie’s example despite depressing four years for men's basketball

BY JENN LESER
Staff Writer
lesenje@wfu.edu

Four years in college basketball is a very long time. It’s enough time to watch a program go from something to nothing, or to build a strong program from the ground up. It’s enough time to change, to find your mistakes and hopefully fix them.

But that hasn’t been the case for Wake Forest in the past four years. As a senior, I’ve been looking back at a lot of things lately — and one thing that stands out is the consistency of the basketball program. And that consistency isn’t meant as a compliment. With Jeff Bzdelik being hired as the head basketball coach my freshman year, I’ve had four years to watch this program struggle. From a NCAA tournament appearance in 2009, to a 2-32 conference record on the road, the Deacs saw a pretty big change and it wasn’t a positive one.

The one bright light these past four years? Travis McKie. The only remaining member of his five-person recruiting class, McKie watched his teammates and friends transfer one by one until he was left alone. And for all of his impressive accolades in his four years here, his commitment to Wake Forest is arguably the most admirable. He could have left, but that hasn’t been the case for Wake Forest in the past four years. Senior night against Duke was just sad, with the stands largely empty. Yes, it was midterms but taking two hours to cheer on the Deacs wasn’t going to make or break your grades. That’s the biggest takeaway from these past four years.

The basketball team? They’re students just like the rest of us, except they’re incredibly athletic and taller than everyone else on campus.

Wake Forest is great in large part because the athletes are a part of our community, and we should do a better job of appreciating that. For the past two years, the team has come to various chapter and organization meetings to ask for fans to show up, and that shouldn’t happen.

At other schools, students camp out for days to get tickets. Lately, we can’t even fill the lower half of the student section. That’s not the support our athletes deserve.

The past four years haven’t been all bad, but there certainly hasn’t been a whole lot of good. But that doesn’t ruin my experience. I would have loved to see more wins and see a team that looked as capable as I know them to be. I would have loved to see the Joel filled with fans regardless of the day of the week or what else was going on. I would have loved to see the quad rolled more often.

Whether or not we have a NCAA basketball as an undergrad, I’m still grateful for the experience. So it ended on a high note, with a shocking upset of No. 4 Duke with an 82-72 final score, and the first ACC tournament win since 2007. That doesn’t make up for four years of inexcusable losses, heartbreaking close games and unwatchable blowouts. But it helps.

 ;-)}

Press Box: The Madness will live up to expectations

With Florida, Arizona, Wichita State and UVA as top seeds, one of sports’ best tournaments begins

BY MAX WOHLMUTH
Web Editor
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Every March, one of the greatest college sporting events rolls around, the NCAA men’s basketball tournament, also known as March Madness. Teams compete hoping to win six games and cut down the net after the championship game. Although many teams come to the realization they probably won’t win, every one of the 68 teams technically has a chance in this tournament. Yet, what makes 2014’s tournament so different?

This year’s bracket could feature “major” upsets all over the place. But the madness simply didn’t start with the bracket, the regular season was just as exciting. Generally, a few teams remain consistent throughout the regular season leading up to Selection Sunday. However, this year the only team that remained in the top-ten was the University of Arizona. Further, only Arizona, the University of Kansas, Syracuse University, the University of Florida and Wichita State University were the only teams that remained in the top-20 throughout the season.

With so much inconsistency from a majority of programs throughout the country, is it possible there is a safe pick to win the tournament? I would argue no, there is not.

Looking at the brackets, each region seems stacked with championship contenders. In the South region, we have Florida as the No. 1 seed, Kansas at No. 2 and Syracuse at No. 3. Even at No. 6, Ohio State is a contender. All of these teams at one point were ranked in the top-3 in the country during the regular season and two of them held the No. 1 spot for a while as well.

Switching over to the West, No. 1 seed Arizona may run into its own troubles, even though the Wildcats held the No. 1 ranking longer than any other team in the regular season. At No. 2 is Wisconsin as the No. 1 seed, Kansas at No. 2 and Syracuse at No. 3 in the country for a week in the season.

Third seed Creighton, fourth seed San Diego State University and even the ninth seeded Oklahoma State University are all teams who reached the top-10 sometime this season and could challenge Arizona for a trip to the Final Four. One might question how all of these teams could be featured in one region, but because of the inconsistency throughout the regular season, it came to fruition.

Moving to the Midwest, we find possibly the toughest region of them all. We have the surprise seed Wichita State, a team many fell in love with after their Final Four run last year. At No. 2 is the University of Michigan, at No. 3 is Duke University and at No. 4 is the University of Louisville. How does a bracket like this even happen? Many analysts are picking Louisville to make the Final Four and eventually win the tournament, which also begs question as to why the defending champions are a four seed.

Even the eighth seed University of Kentucky could be dangerous and might take on Wichita State in the second round. Of all the teams that reach the Final Four, the team from the Midwest might have to overcome the toughest tournament schedule overall.

Finally, in the East, we find ACC regular season and tournament champion University of Virginia as the number one seed. Below is the second seed Villanova University, third seeded Iowa State University, fourth seeded Michigan State and fifth seeded University of Cincinnati, all of whom reached the top-10 during the season. Making the region even deeper is the University of North Carolina, a team that defeated the top-four teams in the preseason poll, a feat no other team has accomplished before. Like all other regions, the East will prove difficult.

Overall, 24 different teams reached the top-10 at one point this season. All of these teams are somewhere in the tournament waiting to make a run for the Final Four, and hopefully a championship. Each region features its own set of great teams. Although many analysts are picking Louisville to take the crown as mentioned earlier, and a majority of the general public are taking the overall No. 1 seed Florida, it seems like it could be anyone’s tournament. Only one team needs to get hot to take home the championship.

With such tough regions across the board, every team in the Final Four will be battle tested and the tournament champion will face a very tough road. Knowing all this, I don’t believe any team is safe from an upset and because so many teams seem to be ranked lower than they should be, Cinderella may not have the same glamour as past years. Yet it should still be a very exciting tournament as always.
Aaron Fossas

Redshirt Sophomore

BY MIKE MCLAUGHLIN
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Aaron Fossas is a redshirt sophomore and the starting closer for the Demon Deacons. Growing up in New England, Fossas originally played hockey throughout the whole year but was sold on baseball when he met some of baseball’s great players due to his uncle, Tony Fossas, who was a professional pitcher. From that moment on, baseball took over Fossas’ life and the drive of playing ACC baseball and receiving a Wake Forest degree convinced him to attend the university.

What influenced you to start playing baseball?

My uncle was around 11 and my dad was about six. They came to Florida from Cuba and went from Florida to Boston. All my family on my dad’s side is now back in Florida but mine remained in Boston. It was right when Castro began to take power so they were allowed to fly over. They had nothing but the shirts on their back and built their lives from the ground up.

Being from New England, who was your favorite team growing up?

I’m a Yankees fan. My uncle pitched for the Red Sox when I was a baby, in 1992. By the time I was old enough to know what was going on, he pitched for the Yankees and ended his career in 1999 with the Yankees. They won the World Series and I remember as a kid going to a game at Fenway Park. I brought my glove and our hockey team to the game. He brought me on the field and I met Derek Jeter, Mariano Rivera and from that point out I was sold. It was baseball from there on out.

How was it being a Yankee fan in Red Sox country?

My entire life was an uphill battle fighting against Red Sox fans, proving my point that the Yankees are the best franchise in baseball. I was that kid that went to school with all my Yankee’s gear when they won. And when they lost, I still wore it. I took a beating for it.

Your uncle was a relief pitcher as well. Is that what you wanted to be growing up?

In high school I was an infielder. I didn’t begin pitching until my junior year of high school and it was limited then. I came to Wake with the hopes of trying to do both and quickly found out that pitching was the way to go. I wasn’t going to cut it here as an infielder. It was not until here at Wake Forest that I decided to become a pitcher.

Why did you choose to come to Wake Forest?

In the recruitment process, Coach [Dennis] Healy was awesome and I visited Wake Forest one time and this was the place I wanted to be. What can you ask for more than ACC baseball and the degree that you get at this institution?

Did you expect to redshirt your freshman year and how did you use that year to prepare yourself for ACC baseball?

I wanted to play that year and if it was my choice I would have played but I completely understand why I was redshirted. Looking back, it was beneficial. Being an infielder coming out of high school, I was able to take that one year and focus on pitching and that year to catch up to guys who had been pitching their entire lives. It was beneficial, but as a competitor and as an athlete, you never want to not be playing.

It takes a special combination of skills and mindset to be a closer. Do you think you have that ability?

As a little kid you grow up thinking bases loaded, ninth-inning, full count. The game is on the line and that is when I want to be pitching. That is when it is fun to me. Closing is all about that short-term mentality, letting go of failure quickly. You have to focus on pitch to pitch. You are going to win some and you are going lose some, but you have to focus on winning more than losing.

When it’s the bottom of the ninth, and you are walking to the mound, what is going through your mind?

I enjoy it. I think of it as a challenge. I go to the mound and get my sign and think I am going to win this pitch. I’m not going to lose this pitch, this pitch is mine to win. Then I win this pitch, and you say ‘all right, let’s do it again.’ I do not think about the big picture. I do not think about winning or losing the game. I think about trying to focus on each and every individual pitch.

What are your team goals?

Everyone on this team has bought into the goal that we want to make the ACC tournament, win the ACC tournament and want to make a regional. We then want to go as far as we can with the ultimate goal of making it to Omaha. We have a lot of confidence right now and we think that’s a highly attainable goal.

How far do you want to take baseball?

My goal is that I want to play as long as somebody is willing to put me out there. I would love to play professionally. I don’t know if that is going to happen or not.

But if it does, I would love the opportunity. It is definitely something I am striving for.

What do you want to do after baseball?

I would love to stay in baseball or athletics, although I do not know at what capacity that would be. I would want to do something that incorporates my faith [Christianity]. Going back to closing, I am able to let go of failure easier because of my faith. I understand that there is something bigger than the game going on.

Personal Profile

Hometown: Dudley, Mass.
High School: Holy Name Central Catholic
Position: RHP
Birthdate: Sept. 2, 1992

Deac Notes

Wellman receives criticism for snubs on Selection Sunday

Athletic Director Ron Wellman was in the hot seat last weekend as chairman of the selection committee for the 2014 NCAA Men’s Basketball Tournament.

Several of the seedings drew criticism, most notably the exclusion of Southern Methodist University, which had been ranked No. 25 in the country, from the tournament field.

"In SMU’s case, their downfall, their weakness, was their schedule," Wellman told Sports Illustrated. SMU’s non-conference schedule was ranked 302nd, which Wellman said hurt its postseason chances.

Demon Deacons impress NFL scouts at Pro Timing Day

Nine members of the 2013 senior class braved the snow and ice to work out in front of 22 NFL scouts at the Doc Martin Football Practice Complex on March 17.

The NFL hopefuls showed off their skills and hoped to turn heads prior to the draft in May.

The players participated in the 40-yard dash, the pro-shuttle, the 3-cone drill and several other position drills. They also bench-pressed 225 pounds in the weight room and had their vertical leaps measured.

Photo courtesy of magazine.wfu.edu

BY MIKE MCLAUGHLIN
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Deacs downed by Oklahoma, Texas, UNC

A tight win is short lived as Bresky and his men fall to staunch top-ten opponents with ACCs approaching

BY JENN LESER
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All season long, the Wake Forest men's tennis team has been saying how they enjoy playing against the top 20 teams in the country. But this past week, the No. 18 ranked Demon Deacons didn't quite fare as well as they hoped against the four top opponents.

A visit to Oklahoma had mixed results for the Deacs, as they cruised to a 4-1 win over No. 21 Oklahoma State. Once they headed to the No. 1 University of Oklahoma, however, weather got in the way and forced the teams indoors, leading to a slow start and a disappointing 5-2 loss. Despite the final score, sophomore Romain Bogaerts picked up the biggest win of the year as he beat No. 2 Guillermo Alcorta.

"Whenever you're playing a top 20 team on the road it's going to be tough," Head Coach Tony Bresky said. "We got off to a slow start in the doubles match, came pretty close to getting back into those matches but unfortunately couldn't."

From there it was back to Wake, as the Deacs prepared to host No. 8 Texas in a rematch from earlier this season. After falling 4-3 to be knocked out of the ITA National Indoors Championships in February, the team was looking for revenge — and for a bit it looked like they would get it. Clinching the doubles point to go up 1-0, the Deacs seemed to have it all under control. But then things just fell out of reach, as they would drop another heartbreaking 4-3 match.

"We got off to a great start, we won the doubles which was good," Bresky said. "We actually got off to a pretty good start in singles, won three of the first sets but unfortunately we ended up losing one of those matches and another match when we came back, two of the matches that we came back to get the third set, we ended up losing those. That was a rough loss. We certainly had our chances and didn't take advantage of them."

Back in North Carolina, the Deacs headed up the road to take on No. 6 North Carolina in the ACC Opener. The Tarheels cruised to pick up the doubles point, blanking Wake on the way, and it looked like the Demon Deacons just couldn't find their fire throughout the singles matches. A slow start and a slow finish would doom Wake to a 6-1 final score in the loss.

"We didn't play very well in doubles," Bresky said. "I felt like that momentum carried over to singles, we got off to some slow starts and it probably wasn't our best match that we've played so far this year."

The lone point on the scoreboard for the Deacs was from junior Nicky Kunz, picking up his first win of the season in his first match of 2014. "I felt pretty good," Kunz said. "I've been practicing well all season, all semester so I felt pretty ready to play and I was excited for the chance to get to play against a good team like North Carolina."

The good news for the Deacs is that a little sunshine is definitely headed their way. After dealing with a number of unplanned weather problems, they're preparing to take their talents to somewhere a little warmer. They'll take on No. 72 Miami on March 21 at 4 p.m. before traveling to No. 16 Florida State on March 23 at 12 p.m.

Oliver: Balancing athletics and academics

Continued from Page 12

door in the spring, is as typical of all cross country runners. This year-round competition means that Oliver, and her teammates, have no real offseason.

"It does get tough, never having the downtime," Oliver said. "Some sports can choose to make one semester easier than the other, but we don't really have that luxury. But you just kind of find a way to manage your time and get used to it."

Time management is something Oliver has had to familiarize herself with quickly, as she participates in the business school's Finance/MSA (FINM) program. She must complete the undergraduate courses required of both finance and accountancy majors before entering into the MSA program after her senior year.

"I was always really interested in business, specifically the numbers side of it," Oliver said. "I was kind of torn between finance and accounting, so when Wake offered both, it made my life a lot easier."

While Oliver's decision was made easier, the FINM program, widely considered among the most rigorous at the university, is anything but easy. Since entering the business school, some of Oliver's professors have taken notice of her dedication to academics.

"There are many things I respect about Kaitlyn," said Jon Pinder, an associate professor of management. "Foremost is her consistent class participation — she was always ready to participate — and did so in a very calm, steady and self-assured manner."

With the intensity of the course load ramping up in the business school, Oliver continued to post strong results for the cross country and track teams.

In her first race this past fall, she finished first among Deacon runners and 16th overall at the Wake Forest Invitational. During the indoor season, she captured a third-place finish in the 3,000-meter race at the Virginia Tech Elite Meet.

At the ACC Indoor Championships, she secured 17th overall in the 5,000-meter race, crossing the finish line six spots behind sophomore teammate Samantha Jones.

Looking toward the future, Oliver hopes to start her career in the accounting industry, specifically in transaction services.

"There's a lot of work with valuation and mergers and acquisitions, so it's a huge finance component of accounting," Oliver said. "I'd probably start in that, and then depending how it goes, either continue in that field or maybe move into investment banking."

Until then, there is still plenty of time for Oliver to leave her mark on the university. Though for Pinder, she has already left a long-lasting impression.

"I admire how she trains so much, carries the Wake Forest brand outside of the university and prepares for classes so well," Pinder said. "It's students like Kaitlyn that make me proud to be a Wake Forest professor."

Interested in writing for the sports section?

Email lingej12@wfu.edu or spear11@wfu.edu for inquiries!
Tony Dungy: Leading on and off the field

University will host legendary NFL coach to kick off new Leadership Project on campus next week

BY EMMA LINGAN
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The university announced last month that its new Leadership Project will present bestselling author and legendary football coach Tony Dungy to speak at its inaugural event in Wait Chapel on March 26. The Leadership Project is an initiative that will encourage students to discover who they are and understand how to become effective leaders by engaging in meaningful conversations with leaders from a variety of career paths.

Dungy played three seasons in the NFL from 1977-79 before making his foyer into coaching. He held assistant coaching positions with his alma mater, the University of Minnesota, the Pittsburgh Steelers, Kansas City Chiefs and Minnesota Vikings.

Dungy was hired as head coach of the Tampa Bay Buccaneers in 1996 and went on to become the most successful head coach in franchise history before taking over the head coaching position with the Indianapolis Colts. He led the Colts to a Super Bowl victory in 2007, the first such win for an African American coach. He also set a new NFL coaching record with 10 consecutive playoff appearances.

Dungy retired from coaching in 2008 and now serves as an analyst for NBC’s Football Night in America. He is also involved in several charitable organizations, including the Fellowship of Christian Athletes, Athletes in Action, Mentors for Life, Big Brothers Big Sisters, Boys & Girls Clubs, the Prison Crusade Ministry and All Pro Dad. Dungy and his wife, Lauren, have seven children.

You have worn many hats in your career, including athlete, coach, husband, father, author, broadcaster, and mentor. How have you managed to strike the balance between life, Big Brothers Big Sisters, Boys & Girls Clubs, the Prison Crusade Ministry and All Pro Dad. Dungy and his wife, Lauren, have seven children.

I don't know that I have, but I think it does go back to thinking you have mastered it?

Dungy said his goal was to help us develop not only athletically, but to develop academically, socially, and spiritually as well. I never forgot that — I've thought that it is important, and that's always been my message to not only the people I coach but also now as a speaker, people I come into contact with, especially young people. Don't just develop one way.

It's great to develop academically, but if that's all you do and if that's your only development, then you're going to shortchange yourself. So developing in all ways, including leadership, I think is so critical.

I always looked at it that way, and it became the thing that really enjoyed about coaching: building relationships, getting to know people, getting to help them.

I want to make sure that I was helping people grow. I guess I always looked at it that way, and it became the thing that I really enjoyed about coaching: building relationships, getting to know people, getting to help them.

I want to teach them how to develop good leaders. To me that was part of what football was all about and part of what my coaching career was about — not just to develop players, but to develop men who could be leaders on the field but also leaders in the community, leaders in their home, and lead the right way.

I wanted to show them a different model of leadership. Sometimes we tend to think the leader is the most aggressive person, the person who's always going to be in charge, the type-A personality. To show that you could lead in a different way and be successful was important to me as well. If people didn't necessarily have that aggressive personality, they could still be effective leaders.

Do you think you have this less aggressive personality?

I think so. I think I'm an introverted person naturally. I did recognize early on that I had some leadership skills, and my parents encouraged that.

I played quarterback, which always kind of puts you in a leadership position. But it had to be developed for me, and it was something that had to be encouraged in my life.

You played quarterback in high school and college, but you were a defensive back in the pros. Was it difficult making the transition to the defensive side of the ball after calling the shots for so many years?

When I went to the NFL, I then had to learn how to be a follower. I was learning a new position where there wasn't as much leadership that you could exhibit, but it also showed me that I wanted to follow and who was effective in leading me. That gave me some background when I did get back into coaching and building a team and trying to encourage leaders all over, not just the quarterback position.

Many young people today believe they do not hold leadership positions, and therefore that the development of leadership skills does not apply to them. What would you say in response to these individuals?

What I learned from Coach Noll and what I learned from my 31 years in the NFL is that the best leaders I've seen are the leaders that help their team, their group, be better. When you look at it that way, as 'how much can I help my team?' you take it out of the context of 'how effective can I be?' and I think that opens it up. Leaders really are helpers. That's what Coach Noll told me when I first joined the coaching staff. I want you to help our players be better. I felt I could do that. If he just said I need you to do this, I need you to do that, I need you to be the one that they're following, I might have felt a little intimidated. But I knew there were a lot of ways I could help players be better, and that really let me know that that's what leadership in coaching is all about. So it wasn't as intimidating, and it did make me broaden my horizons a little bit.

For the complete interview with Coach Dungy, please visit oldgoldandblack.com.
Women’s tennis has mixed results at home

The Demon Deacons defeated Elon after falling to No. 71 Winthrop in a non-conference homestand.

BY GRIFFEN KURZIUS
Staff Writer
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Without first singles player Andrea Retolaza due to injury, the Wake Forest women’s tennis team needed a strong second singles effort to defeat Winthrop.

On Saturday, the Demon Deacons started off well against the No. 71 Eagles. The Deacs defeated the loss of sophomores Kasey Gardiner and Xue Zhang at first doubles with two impressive victories. No. 72 Luiza Fernandez and Samantha Asch fell down a break early in the match but broke back to get to 4-4.

Feeling the momentum, the freshmen took four of the final five games to win 8-3. Meanwhile, upperclassmen Karen Forman and Brigita Bercyte closed the match with an 8-5 triumph.

Singled play started off well with the Deacs as Forman won a routine 6-3, 6-3 at sixth singles. Moving up to fifth singles, Zhang was defeated in a close 7-5, 6-4 affair. But Gardiner gave the Deacs a 3-1 lead with an impressive 6-4, 6-4 win at fourth singles.

The Deacs were only one point away from defeating another ranked team.

After looking dominant in the first set, Guerin slowed up and the momentum shifted. Playing first singles, Guerin was defeated in a heart throbbing 1-6, 6-4, 7-5 affair. Moments later another stone fell for the Deacs. After conquering the first set herself, Asch lost her consistency and feel and was bested 5-7, 6-4, 6-2.

Now knotted up at three, Fernandez needed to win to give Wake Forest the scintillating victory. After losing a close first set 7-5, the freshman came back with a convincing 6-2 second set. But her opponent came back with vengeance and eked out the decisive set 6-4 and gave the Eagles the 4-3 victory.

After a tough loss, Wake Forest came back to the court rejuvenated against Elon.

After falling at third doubles, the ranked pair of Fernandez and Asch overpowered their Phoenix opponents 8-4. After falling into an early hole, Gardiner and Zhang broke serve to send the match into a decisive tiebreaker. In the race to seven, the poised duo won the first six points in route to a 7-3 win.

“We’re very proud of what Kasey and Xue did for us today,” said head coach Jeff Wyshner. “To come from two match points down in such an important match really set the tone for the rest of our day.”

Using momentum from the doubles action, the Lady Deacs jumped on top of the Phoenix in singles. Showcased at fourth singles, Gardiner sped her way to a 6-0, 6-2 win. Soon after, Guerin recovered with an impressive 6-2, 6-1 victory at first singles. Needing one point for the victory, Fernandez came through at second singles with a 6-4, 6-0 display.

With the match complete, Asch was defeated at third singles 6-2, 6-4. But moments later, Forman completed a wire-to-wire victory 6-1, 6-3 at sixth singles. Playing at fifth singles, Zhang closed out the win with a 6-2, 7-6 (2) triumph of her own.

“Today was a really great effort,” Wyshner said of his team’s performance.

“We had a tough day yesterday, and we all talked before the match that we had to come out and have a strong answer for that. Everyone played a great match, top to bottom, in both singles and doubles today.”

Men’s Basketball: Deacs look lost in final game

Continued from Page 12

turnovers on the way to an 84-55 thumping of the Demon Deacons. The loss was just one point shy of matching Wake Forest’s worst defeat in ACC Tournament history, a 103-73 loss to Duke in 1966.

The Deacs were able to narrowly dodge the 30-point regular season total for career shutouts, compiling a 57-25-12 record. She boasts a career .449 on-base percentage.

The trio includes Aubrey Bledsoe and Katie Stengel of the women’s soccer team, and Evan Stephens of the baseball team.

With the loss, Wake Forest entered the NCAA Tournament with a 17-12 record. They were ranked 10th in the ACC and 21st in the country.

“I think we’re in position to play some great teams and have a good chance to do some damage in the tournament,” Wyshner said.

The Demon Deacons defeated Elon with a routine win over the No. 71 Eagles. The Deacs defeated in a close 7-5, 6-4 affair. But Gardiner gave the Deacs a 3-1 lead with an impressive 6-4, 6-4 win at fourth singles.

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Three student-athletes rewarded

The ACC announced the 2014 recipients of the Weaver-James-Corrigan Postgraduate Scholarship, and the list of 44 student-athletes features three Demon Deacons.

The trio includes Aubrey Bledsoe and Katie Stengel of the women’s soccer team, and Evan Stephens of the baseball team.

Over her four years, Bledsoe set the program record for career shutouts, compiling a 57-25-12 record. She earned consecutive spots on the Academic All-American team. Through the fall 2013 semester, she holds a 3.88 GPA.

Stengel finishes her career as the record holder in goals scored with 50. She was a three-time member of the All-American team, including an appearance on the first team in 2011.

Finance major Evan Stephens was the 2012-13 Edward G. Wilson Scholar-Athlete of the Year. He is a two-time member of the Academic All-District team and boasts a career .449 on-base percentage.
When most college students walk into the wine section of the grocery store their decisions are dictated by mainly one thing: price. Does the shopper want to save or splurge (and by splurge I mean spend more than $10)?

Unfortunately, quality wine bought on a budget is not the easiest thing to find. To help with this dilemma here are eight highly drinkable wines that are available for under $8.

**Villa Sonia 2013 Pinot Grigio**
*Price: $4.49 at Trader Joe's*

Villa Sonia is known for their selection of inexpensive wines especially because of the wildly popular Charles Shaw, also known as "Two Buck Chuck." But for just a few dollars more, you can upgrade to the Villa Sonia pinot grigio. This Italian wine is far less acidic than the Charles Shaw and has a much smoother finish, with notes of fruit and citrus. This is a perfect light, dry white wine to pair with food or feature during a wine night.

**Lindeman's Bin 65 Chardonnay**
*Price: $5.99 at Lowes Foods*

This Australian chardonnay is a definite step up from the popular choice, Yellowtail. Lindeman's is refreshing, crisp and surprisingly flavorful. This chardonnay is definitely a good value and anyone you serve it to will not notice that it is a budget friendly vintage.

**Columbia Crest Two Vines Sauvignon Blanc**
*Price: $7.99 at Total Wine*

This sauvignon blanc is light and refreshing.

**Trader Joe's Coastal Chardonnay**
*Price: $4.99 at Trader Joe's*

This chardonnay is fruity and flavorful. It has a little bit of a harsher finish than most chardonnays so try pairing it with a meal, especially a chicken or fish dish. It is very light for a chardonnay and is reminiscent of a lighter white wine.

**Woodbridge Merlot 2011**
*Price: $7.99 at Total Wine*

While Woodbridge chardonnay can be a tad too acidic, their merlot is very well balanced. This wine is perfect for a night in as it is a little too bold to drink throughout an evening. With a smooth finish, this wine has notes of berries and chocolate.

**VINTJS 2012 Paso Robles Petite Sirah**
*Price: $6.49 at Lowes Food*

This vino is extremely bold and fruity. It has a strong berry and plum flavor. Some might find these notes to be overpowering, so this is a good wine to choose if you are only looking to have a glass or two for the night.

**Rex Goliath California Cabernet**
*Price: $6.49 at Lowes Food*

This wine has a full body and spicy finish. At a low-end price range this is one of the most flavorful and drinkable wines on the market. It would be a great accompaniment to a pasta dish, steaks or burgers.

**Meridian Cabernet**
*Price: $5.97 at Total Wine*

This wine, with its rich, dark color and aroma, has an elegant feel. It is truly a bargain, as it is one of the cheaper red wines you can find in most stores.

The next time you're searching for a classy way to celebrate a birthday or pre-game a party, try one of these wines that won't empty out your wallet. Drink responsibly and only if you're of age!
Music Column | SZA

New artist's music crosses many genres

SZA manages to create an original style with creative lyrics, and is impressing many fans of music from alternative to R&B.

BY ZOE GONZALES
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SZA is an artist who often gets placed in the R&B category, though it only partially fits under this label. SoundCloud labels her as alternative. To complicate matters, she's the sole singer at Top Dawg Entertainment, a recording label known for producing rappers. That leaves only one category into which she neatly fits: her own.

What makes SZA's sound so irresistible is her authenticity, which perhaps facilitates her transgression of musical classifications. Despite deeply poetic lyrics and eclectic beats, she proves in every interview to be a normal person. Behind every track is a just a young woman from "small town, USA," keeping us up to date on current suburban life. Her music encompasses her whole person, and that person is someone the average people of the world can relate to. Perhaps her chill, down to earth personality comes from a humble upbringing in St. Louis, and later the suburban town of Maplewood, N.J. Her father was a strict Muslim, so the young SZA (born Solana Rowe) was restricted mostly to jazz including Miles Davis, John Coltrane, and Ella Fitzgerald. Later on, after discovering Björk, her musical influences began to diversify.

Check out any track off either EP you'll see why it's so difficult to place her sound. A few of my favorites are "Country," "Aftermath" and "Once Upon a High." SZA incorporates everything from sound bites (Eartha Kitt's voice and an excerpt from Rosemary's Baby) to '80s pop beats to slow, smooth vocal sections that make you feel like you're floating along as she streams out the emotion.

Her songs tackle issues such as drug addiction, identity and sensitivity in a world that's always demanding us to "grow a thicker skin." The latter can be found in the track entitled "Julia," in the lines "Mama says I'm sensitive/I gotta work on that."

The words come across as simple and direct, but they leave a lasting sting. Again in "Advil" she brings uncensored emotions to the lines, "Pain reliever/Fever reducer/Ten to the head/Does that makes me a loser?" Finding another current female artist that addresses issues so far removed from romance and heartbreak proves challenging. Arguably, SZA is one in a million.

The new artist SZA has two extended plays, and a new one dropping on April 8.

Voice together with the sound effects create a mysterious, other-worldly aural experience. She's like a modern day, hip-hop Titania, queen of the beat fairies. How else can one explain the auditory enchantment present in See.SZA.Run.

Naturally, I had to find out when her newest stuff comes out. Luckily, Z is bound to drop on April 8 of this year. 19 days. Until then, we'll just have to sit back and listen.

To check out tracks from g See.SZA.Run and S, visit soundcloud.com/justsza.

Quad Fashions | Colorful Pants

Brightly colored pants welcome Spring

Diann Low
Freshman
"I got these pants from Macy's. There was a rack of colorful pants. I decided to get a pair."

Ben Marple
Senior
"I like these pants mostly because they were so cheap. They were only $3 from Salvation Army!"

Sarah Repko
Sophomore
"I like these Anthropology pants because they go with a lot. They're pink, but not obnoxious."

Lizzie Stothart
Senior
"I've had these pants for a while, and they're a great go-to. I can even pair them with rain gear!"
Movie Review | The Grand Budapest Hotel

Anderson film shines amid winter flicks

The Grand Budapest Hotel, starring Ralph Fiennes and Tilda Swinton, is a relief during post-Oscar drudge.

BY MADDEE STONE
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Upon first viewing the trailer for The Grand Budapest Hotel, I felt hesitant. Although Wes Anderson is known for his quirky, pretentious films, Anderson's films knows that he operates within certain boundaries, and the trailer for Grand Budapest made me feel as though Anderson was treading old territory rather than moving in a new direction. For those who aren't familiar with Anderson: his films are quirky, bordering on pretentious and Grand Budapest at a glance felt pretentious. My hesitancy has been disproved, however — The Grand Budapest Hotel is dazzling.

The film starts in the late 1960s when a young writer travels to the once-lustrous Grand Budapest Hotel in central Europe. Dismayed at how the hotel has fallen on such hard times, the young writer asks the hotel's current owner, Zero Moustafa, (F. Murray Abraham) why he bothers to keep it running.

We are then taken back to the Grand Budapest Hotel's glory days: the winter of 1932. The hotel is run by the charming Monsieur Gustave (Ralph Fiennes), who maintains the grandeur of the hotel while also sleeping with the majority of the Grand Budapest's female clientele. When one of Gustave's elderly lovers, Madame D (Tilda Swinton) is mysteriously murdered, however, he is blamed for her death and thrown in jail. Gustave employs the assistance of Zero (Tony Revolori) — who, at the time, is but a lowly lobby boy — to help prove his innocence and break him out of prison. What ensues is the kind of wild goose chase that only director Wes Anderson can procure.

Amid the late-winter deck of films like Endless Love, The Grand Budapest Hotel is exceptional. Perfectly cast and paced, the film never once suffers from a dull moment. Each scene is intricately laid out and shot. As meticulously detailed as Wes Anderson films are, however, The Grand Budapest Hotel is not without its faults. With so many carefully planned details within the plot — and so many characters on the screen — the story can get convoluted at times. Especially in the middle, the chase scenes are so elaborate that it's not hard to forget why exactly Gustave is on the run. Watching the pursuit of Gustave, however, is so fun that it's easy to forgive the film for its more muddled moments.

Grand Budapest's greatest achievement, however, is its cast. Anderson has pulled together both his usual players and actors new to the Wes Anderson canon to create the perfect storm of talent. Notable above the rest is Fiennes as Gustave. It is a wonderful change of pace to watch Fiennes portray a character that is womanizing and mischievous without being horrifically terrible. Although the film takes place from Zero's point of view, Fiennes as Gustave truly carries the film, especially in areas where young Zero (played by newcomer Tony Revolori) falls flat.

Unfortunately, we do not get more insight into Gustave's character throughout the film — most of the characters in Grand Budapest are two-dimensional at best. But you can tell that these characters still have a heart, and that makes them all the more enjoyable to watch. I would argue that not many people are familiar with Wes Anderson's body of work — his films are not mainstream for a reason. For those not well-versed in the wacky world of Wes, however, The Grand Budapest Hotel could be a good starting point. It's got murder, intrigue, first loves, last loves — it's pure entertainment with a whimsical twist. For those who know and love Wes Anderson well, though, Grand Budapest will be sure to impress.

Humor Column | The Kardashians

Keeping up with the krazy Kartrashians

The clan's famous reality show is very addictive, and it turns out that not keeping up with the Kardashians is harder than it sounds.

BY ERIN PATTISON
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As a recovering Kardashian-holic, I try to avoid gossip columns with headlines like this. It's like dangled a Tequila Sunrise in front of a recovering alcoholic.

For example, did you hear that Kim Kardashian got a "fun new haircut?" Did she go blond again, like she did for her baby-daddy Kanye West's weird music video? Or did she make the plunge into insanity and shave it all off like Britney Spears? (Spoiler alert: she just dyed it jet black again and chopped a few inches off. Surprise, surprise.)

The hardest gossip to avoid was when Khloe Kardashian-Odom dropped her hyphenated name and got divorced from her baby basketball player Lamar Odom. A day doesn't go by without the media asking "Why did she leave him?" and "What went wrong?"

I never meant to get obsessed with the Kardashians. Jenner family, but I got sucked deep into their bizarre antics and their huge houses stylishly decorated in black and white. Even at the height of my obsession, I knew that I was getting dumber with each episode I watched. Words like "literally," "Bible," and "disrespectful" kept creeping into my vocabulary at extremely inappropriate times. I even started to imitate the pinched, nasally sound of their voices and their strange Beverly Hills accent. But I couldn't stop.

Part of the obsession was due to my friends at the time. We would sit around at lunch and during study halls talking incessantly about the Kardashians. I probably wouldn't have kept watching the show as long as I did if it weren't for all those conversations, and I probably wouldn't have been friends with those girls if I didn't watch the show. I'm not proud of this phase in my life, but it happened ... unfortunately.

My friend, though, I was fascinated with their stupidity. Who names their child Penelope Scotland Disick? Why would a woman who can't be taller than 5-foot-2 marry a six-foot-nine basketball player in a highly publicized, ostentatious wedding and then split up 72 days later? What family televises their family therapy sessions? They were a train wreck and I could not look away. Fortunately, once I got accepted to Wake at the beginning of my senior year, I knew that I was safe from ever becoming that dumb.

After my first semester at college, I quit cold turkey. I un-followed every Kardashian and Jenner on Twitter and Instagram, and I stopped watching the shows. "Trash in; trash out," I thought to myself. "If I'm filling my head with Kardashian trash, I'm going to spew out Kardashian trash every time I talk."

It was a good step forward, but as with most recovering addicts, I stumbled a few months later. I was talking with a big group of friends, and somehow the conversation turned towards the Kardashians. I tried to stay out of the conversation, but the lone male in the group got confused and tried to say that Scott Disick was the father of the Kardashian clan. I tried to tell him that actually Bruce Jenner, the ex-Olympian with the multiple botched plastic surgeries, is the patriarch of the group. But then the poor guy got confused about where Kris Humphries had gone, and just like a recovering addict, I relapsed and yelled, "You have to KEEP UP with the Kardashians!"
Concert Review | Lorde

Lorde has an impressive stage presence

One of the youngest pop singers showed her performances are almost as good as her songs.

BY IAN KIRCHNER
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A single beam of white light shined upon Lorde as she took her place on the stage of New York City's renowned Roseland Ballroom for the first time March 10. “Now we’re in the ring, and we’re coming for blood...”

As she sung the final line of the pre-chorus, the sold-out crowd of 3,500 couldn’t wait. Feverish screams of anticipation filled the sold-out crowd of 3,500 couldn’t wait.

As the track came to a close, the audience roared in approval. Ready to take them for blood... "Now we’re in the ring, and we’re coming for blood..."

As she sung the final line of the pre-chorus, the sold-out crowd of 3,500 couldn’t wait. Feverish screams of anticipation filled the brief moment of silence as the stage cut to black and the instrumental faded away. Then, built by her introductory verses, Lorde launched into the chorus of her latest single, "Glory and Gore." With bravado, she strutted energetically around the stage and sung each word with intoxicating passion and tenacity.

If Lorde keeps up her crowd-pleasing performances, she might actually be as wealthy as a royal, even though “it don’t run in her blood.”

Her enthusiasm for having the privilege to do so came through from the very beginning. The audience's eagerness to see her and her reciprocal excitement and appreciation brought an intimate level to the show that the grandiose, big-budget live extravaganzas of her modern-day contemporaries will never capture. Lorde's between-song banter, ranging from taking "tea time" to soothe a mild cold to calling out patrons texting in the balcony, showed the confidence, wit and humanity of an artist truly unafraid of being open to herself and her fans.

One especially resonating moment came before she went into her song "Ribs," a warmly surreal reflection on her fear of getting old. Lorde described the song's inspiration: an insane house party she threw while her parents were away and a deep and reflective early-morning conversation afterwards with her best friend. Afterwards, she thanked her fans for the amazing feeling of writing a song to which so many relate. It made the subsequent performance of the track raw and real. Creative versions of Lorde's songs in a live setting also brought a unique flair to the show.

Her voice stood out even more when singled at the beginning of "Royals" and layered over the instrumental as it built piece by piece. A captivating cover of The Replacements' "Swingin Party" traded the original's swinging-rock feel for a beautifully smooth and ambient vibe. In "Team," the powerful chords underneath the boom-clap style beat were drawn out before the last chorus, building to a thematic, confetti-filled climax as Lorde belted the song's last lines.

On the big stage, Lorde exhibited composure and finesse well beyond her years. Her infectious enthusiasm spread throughout the Roseland and created an atmosphere in which it was impossible not to dance and scream the lyrics out with her. She hit all the right marks, delivering a performance cementing her place at the throne of pop music and proving that she can indeed be called “Queen Bee.”

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The WFU community is cordially invited to the Wake Forest University Biotechnology Conference

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Tech Column | "Spritz"

App enables speed-reading

New app, “Spritz,” has developed technology to help people read faster than normal

BY EMMA SKEEL
Life Editor
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As an English major, I hear a lot of complaints about how people would read more, but they just don’t have enough time! Well, if all you lazies out there don’t want to waste all of your precious Netflix time on something so slow-moving and time-consuming as a novel, there’s a new app for that.

It’s called “Spritz,” and it will soon be available for the Samsung Galaxy S5. The basic idea is that words flash in front of your eyes one word at a time, in rapid succession. “Spritz” uses RSVP, or Rapid Serial Visual Presentation, a method of speed reading in combination some research if their own which enables people to read anywhere from 250 to 1000 words a minute. To put this into perspective, the average pace a college student reads at a pace between 200 and 400 words a minute. The more you read using the app, the more quickly you build your ability to speed-read.

Other speed reading apps have been available for a few months, but “Spritz” is different in its approach to speed reading. Rather than just flashing the words on the screen, each word has an “Optimal Recognition Point (ORP).” While you’re reading, your eye moves from ORP to ORP, which in most words is usually immediately to the left of the middle. When your eyes find the ORP, they register its meaning. Only 20 percent of the time you spend reading is devoted to processing words; the other 80 percent is spent moving your eyes from word to word. “Spritz” makes the ORP letter red as the word flashes on the screen, which enables people to read much quicker than usual.

“Spritz” has even worked on developing a specific font that is supposed to be very easy to read. You can also spritz in English, Spanish, French, German, Russian and Korean, and is working on developing algorithms for Chinese and other languages.

“Spritz” is working on enabling you to read anything from email to digital books. However, the website stipulates that the app is probably not best used for reading novels; they believe that reading novels too quickly might detract from the writing or plot.

Although some protest that speed-reading might negatively impact comprehension, many studies show that retention level remains about the same, and sometimes is even higher if you read while spritzing. Although tests remain to be run, people have reported that they believe spritzing helped increase their normal reading pace, as well.

Despite “Spritz”’s claims that the app aids reading comprehension, experts say that comprehension may take a toll if more time is taken to actually understand what one is reading.

“Spritz” originated from a Boston-based company of the same name. The company plans to move from Android to the web, and eventually to iOS.

Try out this new app to see how fast you can read!

———

Health Column | Outside the Gym

Run away from the Miller Center

If you are tired of the Miller Center, branch out and try one of these great workouts

BY TY KRAAIK
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Don’t like going to the Miller Center? Tired of hoping on the elliptical, or don’t like the workout machines there? No problem. Fortunately, Wake Forest is a campus that is conducive to other forms of exercising outdoors. Here are a just a few…

Pick a sport, any sport

Grab some friends and your Jordans, and head over to Reynolda’s gym and ball up. Running up and down the court while nailing some shots makes for a great cardio workout. If basketball is not your sport, invest in a tennis racket and pop open a can of balls. Even if you don’t have a tennis buddy (which shouldn’t be much of an issue at Wake), hitting the ball against the wall will give you a great workout. Just try to avoid hitting yourself, because if you do, you won’t be running much.

Stair-master amped up

If you’re tired of the stair-master in the Miller Center, why not try the real thing? Jog over to Kenner Stadium and try jogging in between the stairs and then sprinting up and down the rows of stairs. Switch things up by trying plynometric by jumping up and down the same step repeatedly. Believe me, you’ll be sweating in no time.

Just keep swimming, just keep swimming!

If it was not for Pros vs. Joe’s most of us wouldn’t know it’s there. But, yes, Wake Forest does have a swimming pool and it’s located on the first floor (or basement, depending on how you look at it). Whether you are trying to lose weight, tone up or develop those beach abs, swimming is a good option, although it may not be the most fun workout, especially if you need music to exercise with.

Run, Wake Forest, Run!

We have a number of beautiful running trails around campus, and at the weather heats up, why not enjoy the great outdoors? Some great running avenues around campus include: running through the Reynolda Bird Trails, scampering on over to Graylyn and some of the surrounding communities, or a short trot down Polo Road. Beware, the longer you spend on campus, the more horders and texts you’re going to get!

Spring is for sprinting

Don’t like long distance? Looking to burn fat? Pick a field (or a gym) and do a number of 40-50 yard sprints. Sprinting, in comparison, with long distance running really helps burn fat, and some find it more enjoyable. It may just be for you. Nothing starts a morning like 40 yard sprints 20 times.

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The “Meh” List

Not too hot, not too not, but not just right.

1. YouTube videos of people singing Frozen’s “Let it Go”
From the one with 25 different languages to the Disney impersonators, they’re starting to all blend together. People should stop now.

2. The 100th episode of “Glee”
I swear to God if they do another mash-up.

3. The Month of March
Just an in-between month to fill the time between winter and spring.

4. The Name “Gareth”
Just why would you put your child through that pain? It’s like Garrett, but with a lisp, an ever-present lisp.

5. “Happy” by Pharrell Williams
What was once an uplifting song has been overplayed and is making our ears burn with ambivalence.

6. Lilly Pulitzer
It all looks like the same, confusing floral jungle, even if it is in your sorority’s pattern.

Tweets

@WFU_Pit “New management here. And I solemnly swear I am up to no good.”

@WFGirls “I’ve seen like 5 girls wearing dresses today and I just want to know why they thought that was a good idea.”

@flyingbanshees “So this Malaysian Airlines plane is lost and no one has any idea where it is? ... Have we checked tribble?”

The Weekend in Winston-Salem

Taste of Reynolda
This Friday, March 21, head down to Reynolda Village and get some free samples from shops and restaurants.

Steve Aoki Concert
Aoki, a famous house musician will perform on Saturday, March 22 at the Winston-Salem Fairgrounds.

The Winston-Salem Light Project
This half mile installation changes the pathway to mirror the motion of pedestrians and bikers.
Trend Alert | Baseball Caps

Striking hat fashion hits a home run

Everybody's taking their hats off for the newest headwear trend: baseball caps. Here's your guide to wearing this new spring staple

BY LIZ KUEHN
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One, two, three strikes you're out ... is what I used to want to shout at people wearing baseball caps. I absolutely hated how they covered people's faces and never looked cute with any outfit. By name baseball caps are new and improved and incredibly in style.

This spring, baseball caps are trendy for boys and girls alike and can conform to a wide spectrum of styles. These old school caps have the ability to look sporty, preppy or fratty while making a fashion statement at the same time.

The traditional function of baseball caps is clear: baseball. But even off the field, baseball caps can make you look sporty with a chic twist. If this is the look you are going for, pick a baseball cap with a college or a favorite sport's team across the front.

The vintage style caps work best here because it gives off a more fashionable vibe, rather than solely a functional one; you want to look sporty, but not like you literally just walked off the baseball field.

Show some school spirit with a vintage Demon Deacon baseball cap worn with jeans and Chucks, and you'll be pulling off the trendy jock look effortlessly.

More recently, baseball caps have become the perfect addition to a preppy outfit. Walk into a J.Crew and you'll see the caps lined everywhere around the store — a true sign it's a popular prep trend. Baseball caps with color blocking can brighten up any outfit with bursts of pastels paired with neutral colors. Also, dare to experiment with some classic preppy materials and patterns such as chambray, Liberty of London prints and animal print caps.

Take the prep look one step further and get your cap monogrammed to add a personal touch. Pairing one of these caps with a sundress gives a casual twist to a classic look.

Baseball caps are also a simple way to show your love for your Greek organization or love of partying. Bright yellow, pink, orange or green neon caps are a fun energetic look regardless of gender. Get the cap adorned with your Greek letters or favorite party phrase and you're sure to be the center of attention at a college party. It's no secret that Wake students tend to dress incredibly casually while going out on the weekends, so a party-loving baseball cap is the perfect addition to liven up junky frat clothes. However, make sure these caps are made out of durable material that can be washed easily since they are bound to fall on the sticky basement floor at some point.

It doesn't matter what your go-to style is, there will be a baseball cap for everyone. It's one of the only styles both genders can embrace equally (although I doubt I'll see many guys with a monogrammed baseball cap walking around campus).

Whether you're on the field, walking to class or raging all night, you can find a way to add a cap to your look.

Getting baseball hats in vibrant colors or funky patterns is an easy way to change the hat's sloppy stereotype and make it a cute, fashionable addition that can spice up any outfit.

Photos courtesy of jcrew.com

Getting baseball hats in vibrant colors or funky patterns is an easy way to change the hat's sloppy stereotype and make it a cute, fashionable addition that can spice up any outfit.
Living on campus presents many opportunities to eat unhealthily. Here are some helpful tips to help you choose what to eat and what to avoid.

**BY LAUREN FRIEZO**
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Most everyone I know at Wake is a fan of "healthy eating," yet eating healthy can be trickier than it seems.

With a few small changes of choosing this and not that in the Pit, Benson or P.O.D Market, you can fuel your body with foods that help you feel better, study better and look better, too.

**In the Pit**

**EAT THIS:** Buttermilk Pancakes, Hard-Boiled Egg and Fruit

Breakfast truly is the most important meal for prepping your body for the day ahead. Breakfast should always consist of a protein, carb and fat. A hard-boiled egg is great because you can be sure that the egg hasn't had anything added to it by the Pit chefs (read: sugar or salt). To fulfill your carb and fat requirement, grab two buttermilk pancakes and toss some pineapple and melon on top.

**NOT THAT:** Scrambled Eggs and Home Fries or French Toast

Eggs aren't really 'scrambled' but rather blended with milk and butter. To get the protein you need, stick to an unaltered egg. While home fries always sound good, they lack any genuine nutritional value. The same thing goes for French toast. Not to mention, both items have high sodium percentages that will leave you thirsty all day.

**EAT THIS:** Roasted Herb Turkey, Baked Sweet Potato and Spicy Spinach

Making use of the Southern Kitchen is a no-brainer way to eat healthy. There's always some sort of meat (or tofu), starch and vegetable at the station. The wide variety of steamed and sauteed vegetables keeps your plate colorful while providing you with needed doses of vitamins A and C, calcium and potassium. Not to mention, this station is a quick fix ... even faster than grabbing a slice of not-so-healthy-pizza.

**NOT THAT:** South of the Border Enchilada

The Grill is a breeding ground for sodium, fat and saturated fat. Most items are sizzled with some sort of oil. While the South of the Border Enchilada may satisfy your spicy craving, one piece packs 661 calories. Note: 661 = the calorie count for one enchilada alone and doesn't factor any sides or extras you may add to your plate. Instead, opt for the options mentioned above. You can squirt a bit of Sriracha on your sweet potato to add heat!

All nutrition info for the Pit is derived from CampusDish.com

**EAT THIS:** Kind Bar Blueberry Pecan + Fiber

Energy bars are a great way to keep your stomach from grumbling between classes. However, not all energy bars are created equal. Kind Bars are ideal because you can see just what you're getting — almonds, blueberries, brown rice and honey are all visible through the clear packaging.

**NOT THAT:** Luna LemonZest

I don't see any bits of lemon in the Luna LemonZest bar. Ingredients include soy and vegetable glycerin ... no thanks. It may be less caloric, but it's also less wholesome. Stick to the Kind Bar and be kind to your body!

Chick-fil-A's Chargrilled Chicken Sandwich isn't a bad choice if you're dining in Benson. According to the Chick-fil-A website, the sandwich only has 310 calories and 3.5 g of total fat. Just don't order fries and avoid pouring on the Polynesian sauce (that little tub is 110 calories)! Grab some carrot and lettuce sticks from the Sundry to munch on as your side.

**NOT THAT:** Chick-fil-A Class Chicken Sandwich

There's just nothing healthy about this golden-fried chicken patty. Avoid the bloat and dehydration and order grilled.

In Benson

**EAT THIS:** Mesclun Mix, Chick Peas, Carrots and Cucumbers with your Protein of Choice

If you're at Forest Greens, take a few seconds to look at all the ingredients in the glass case and choose your four wisely. Remember, your salad, if it is a meal replacement, should always have a protein component like chicken, steak, tofu or shrimp. It doesn't hurt to add chickpeas for a fiber boost. The more colorful and vibrant the salad, the healthier it is for you. Add carrots, red peppers or cucumbers. Onions are low-calorie and perfect for a flavor kick.

**NOT THAT:** The salad above PLUS crispy items from the "Bowls" and Ranch Dressing

While what goes in your salad is important, what you put on it is even more so. Croutons, fried onions and fried noodles are empty calories that sabotage the healthy meal above. The same goes for cream-based dressings like ranch and thousand island. If you cover your salad with these fat-laden freebies, you might as well be eating a quesadilla from Moe's!

**EAT THIS:** Chick-fil-A Chargrilled Chicken Sandwich

Grilled is always superior to fried, in terms of nutrition. Even though it's still 'fast food,'