What are you sleeping with?

With reports of bed bugs and mold in the older dorms, health concerns are growing among students

BY AUSTIN COOK & EMILY STRACHAN
News Editor & Staff Writer
cookarz@wfu.edu & straeg13@wfu.edu

When Junior Adriana Kimbrough informed members of the staff at the Office of Residence Life and Housing that she believed there were bed bugs in her room in Luter, she was told it couldn't be true.

A canine that was brought in to check the room found no trace of bed bugs, but Kimbrough knew they were there.

Kimbrough reached out three times before catching one of the bed bugs and taking it to the Residence Life office as proof.

It was only after a pest control team confirmed that the insect Kimbrough found was in fact a bed bug that her room was treated for the infestation, a process that forced her to temporarily find another room.

"I had to find somewhere else to stay for two nights, and the whole situation was not handled correctly," Kimbrough said.

Sophomore Taylor Carbary had a similar experience with bed bugs in Collins during her freshman year.

"Residence Life and Housing took our bed bug situation very seriously due to how easily the bugs could be spread," Carbary said. "The thing that was frustrating was that they told us to evacuate for the night and day without providing us with other temporary housing options. They also told us to avoid contact with others and to wash all of our clothing, so my roommate and I didn't know where else to go but to spend the night in a local hotel."

Two juniors, Nick Ragonese and his roommate in Kitchin, also experienced extreme reactions when they were found to have bed bugs.

"I had severe allergy problems due to mold while living in Kitchin," he said. "I can't say I could see any in my room, but everyone who lived in my suite could smell it. My family would comment on the smell of my clothes when I visited home."

With many of the dorms on campus having gone without renovation since they were constructed in the 1950s and '60s, issues involving health and cleanliness have continued to emerge ahead of long-awaited renovations to some of the campus' oldest fixtures.

While bed bugs can travel from place to place, the issue of mold and the overall health safety of the older dorms on campus has always been one students have been skeptical of.

Although many students complain of the outdated dorms of South Campus and Hearn Plaza, some claims have been substantiated in recent years.

Sophomore Sara Brigagliano lived in Bostwick her freshman year, suffering from serious allergy symptoms brought on by mold in her dorm.

"The mold conditions of Bostwick were unlivable," Brigagliano said. "I was on antibiotics for four months and then student health finally figured out I was allergic to the mold in my room."

The Residence Life and Housing website gives tips to students about how to avoid mold in dorm rooms. It advises students to contact RL&H immediately if mold is discovered.

Translational Science Center at risk

Support for the center conducting research into Parkinson's disease could be in danger of being cut

BY ANMARGARET WARNER
Staff Writer
warna6@wfu.edu

Wake Forest senior Desaly Gonzalez was no expert on Parkinson's disease.

"The most I knew was that you have a tremor," said the health and exercise science major and dance minor. But during her sophomore year, Gonzalez was recruited by Christina Soriano, professor of chemistry, to help with a study that looked into the effect of dance on people with Parkinson's.

"I was on the pre-med track at first, but then I did the study with Christina and realized there were other health professions out there," Gonzalez said. "After that, I decided to take on physical therapy."

Gonzalez hopes to be enrolled in a graduate program for physical therapy next fall.

The study on Parkinson's disease is one of many studies that have been funded by Wake Forest's Translational Science Center (TSC), which consists of basic scientists, medical staff and behavioral scientists. Their common focus is to identify and develop health improvements for aging populations.

The TSC has sparked ideas for cross-collaborative research among faculty at Wake. It has turned many of those ideas into concrete studies through grant money. It has also helped students like Gonzalez pinpoint their career path.

Yet since its inception, it has gone largely unnoticed by the greater Wake Forest community.

Backed by an enthusiastic team, the TSC has ambitious goals to continue with its studies well into the future.

But a looming hurdle is to channel that enthusiasm into providing a healthy and safe campus and supporting environmentally sound practices in the conduct of university activities, the site says. "Molds produce allergens, like any other allergen, exposed individuals will respond differently. Some may have no reaction, while others may have serious health effects."

"Wake Forest University is committed to achieving excellence in providing a healthy and safe campus and supporting environmentally sound practices in the conduct of university activities," the site says. "Molds produce allergens, like any other allergen, exposed individuals will respond differently. Some may have no reaction, while others may have serious health effects."

"Wake Forest University is committed to achieving excellence in providing a healthy and safe campus and supporting environmentally sound practices in the conduct of university activities," the site says. "Molds produce allergens, like any other allergen, exposed individuals will respond differently. Some may have no reaction, while others may have serious health effects."

See Science, Page 6

The Idea For Centers

Though the idea of a cross-collaborative center on Wake's campus may sound novel, it's not.

TSC is one of seven centers funded by the Office of the Provost, albeit one of the more successful.

Some others include the Center for Environmental, Energy, and Sustainability and IPLACE: the Interdisciplinary Performance and Liberal Arts Center.

King says the idea of creating centers began in 2004 when Professor David Carroll...
Basketball team deserves full community support

There is no question that for the past several years the attitude towards the Demon Deacons basketball program has been lacking in positivity, and for good reason. Last year the Deacons finished 13-18 and did not win a single ACC game on the road.

Yet there seems to be change in the air. With the team starting out 3-4 in conference play and remaining undefeated at home until we played Syracuse on Jan. 29, the support for the Deacs seems to be on the upswing. When Wake Forest upset basketball powerhouse and ACC rival North Carolina on Jan. 5, the Wake Forest community took strong support from students and fans of our team prepared to take on the No. 2 team in the nation. This positive, exciting and encouraging atmosphere has been a refreshing change of pace.

However, at such a close-knit and strong community we should always have pride in our athletic teams. We should constantly fill the student section to cheer on our friends and classmates. Part of the key to our basketball team's strengthened and continued success is strong support from students and fans from the greater community.

As the skill, leadership and talent on our team improves, so should the morale of the fans and, thus, the team. We should not wait around until the next exciting game against a highly-ranked team rolls around before we decide to support our team. While such games are typically more entertaining and challenging, they should not be the beginning and the end of our support for the team. Despite the controversy of the last few years surrounding Coach Biedrzycki and a lack of major wins in recent seasons, we owe it to our team to be more vocal in our support. This dry spell has clearly come to an end, and with wins against schools including N.C. State and UNC-Chapel Hill among others, we have good reason to be optimistic about the future of our basketball program.

While we may not be roaring into March Madness this year, we have seen consistently strong results for a school of our size and academic reputation throughout this season. What we have seen so far this year should make us all excited for the future and proud of our Deacs.
Deacon Profile: Cynthia Tessien

BYALEX SPEAR
Sports Editor
spears1@wfu.edu

"I heard one time that Rusty LaRue, who played basketball here, was asked about a new shoe contract that we signed for the basketball team, and he said, ‘they gave me shoes, I put ’em on and I go play ball.’"

Cynthia Evans Tessien, professor of accounting in the School of Business, has seen all sides of Wake Forest University — from the time the dorms were gender-segregated while she attended the university to the completion of the building in which she now teaches, Farrell Hall.

Regardless of the campus' new aesthetics, which Tessien supremely appreciates (especially the Founders' Living Room), she carries LaRue's mantra with her as evidence of her outlook as a professor, which is to not only teach students but to build and maintain strong relationships with them — no matter where the classes are held.

"I'm happy if they put me in Farrell Hall, I'm happy if they put me in Manchester, I'm happy if they put me anywhere. I'm really here to serve students. That's what I'm here to do ... I'm here because of my relationships with students."

Tessien, Reznick Group Faculty Fellow and Professor of Practice, grew up in Greensboro, N.C., and graduated from Wake Forest University cum laude with a bachelor of science in accounting en route to working for the public accounting firm Ernst & Young.

In 1992, however, Inmar, Inc. — a firm that connects and provides networks for retailers, manufacturers and service providers — offered Tessien a position she could not slip away.

It helped her achieve some of her long-term career goals of always gaining knowledge and experience in the world of business.

"I really enjoyed my time with Ernst & Young, I loved it," Tessien said. "It turns out what I really loved was working with clients to address issues and solve problems. I moved to Winston-Salem for personal reasons, and the Winston-Salem office of Ernst & Young was gracious enough to allow me to come into their practice office, and they asked me to take on the responsibility of serving a client here locally and the client's name was Inmar."

Shortly after this opportunity presented itself, Tessien met with representatives from Inmar.

"I went out to meet with them to understand what their needs were and to begin a relationship with them. When I had the opportunity to meet the founder of Inmar, John Whitaker, he and I spent a lot of time talking about business and he offered me the opportunity to join his team," she said.

Though she didn't plan to leave Ernst & Young, Tessien thought the chance to join Inmar was too good to turn down.

"I was not looking to leave Ernst & Young, but he offered me the opportunity to have a steadier growth curve and to learn all aspects of managing and leading a business," she said.

Throughout her time at Inmar, where she now serves as a member on the Board of Directors, Tessien has led the company to tremendous growth through acquisitions that have aggrandized Inmar's service networks.

Tessien has served as the company's President, Executive Vice President, COO, CFO and interim CEO at different times before taking a position on the board.

"Now I've stepped back from being a leader so that I could have more time with my kids." Cynthia Tessien
Professor of Accounting

Most importantly, though, Tessien has mastered her ability to maintain her work-life balance at this point in her career in order to spend optimal time with her husband, her 24-year-old daughter and her two young sons, ages 10 and 12.

Tessien and her husband adopted all three children from Russia, and her two sons regularly serve as ball boys for Wake Forest basketball games.

When asked what advice on upholding a work-life balance she would bequeath to students who stand on the threshold of entering the working world, Tessien noted that the key for students is to figure out before leaving Wake Forest a lesson she learned from President Nathan Hatch's words.

"Dr. Hatch said, in an address a year or so ago, 'I hope that you will take some time to be alone because you really need to spend some time to understand who you are while you're here,' and, third, 'I hope you take advantage of all Wake Forest has to offer,'" she said.

Tessien believes that this advice is invaluable. "I really believe in that ... it's really helpful to have been thoughtful with yourself about what's important to you," said Tessien.

"One of the phrases I like to say is 'I think you can have it all, but it's very tough to have it all at the same time.'"

Tessien points out that she was able to complete her professional goals by starting a family later in her career.

"In my experience, you make sacrifices to students who stand on the threshold of entering the working world, and your ability to really help those students make sacrifices to you." Tessien said. "Now I've stepped back from being a leader so that I could have more time with my kids."

A cherished, highly-respected, humble professor and member of Wake Forest University, Tessien is an exceptional mentor and source of knowledge for all students, proven through her final life lesson and piece of advice to students.

"If you really know who you are, and you've spent time really investing in yourself, then you've got more ability to reflect on those choices and those decisions as you go through your life."
Dorms: Mold, bed bugs discovered on campus

experience hay-fever type symptoms or more severe symptoms.
If you are having symptoms you believe may be the result of mold allergens, make an appointment with Student Health for an examination.
Andrew Imboden, coordinator of housing, said that the university is "committed to thorough preventative measures" to stop health risks such as bed bugs and mold. Although no specific plans for renovation have been announced, administrators have confirmed that part of the funds raised by the Wake Will campaign will be used to renovate existing dorms on campus, including those surrounding Hearn Plaza.
Sophomore Sarah Repko moved into her Poteat suite in August and has experienced serious respiratory issues since then. After submitting enough complaints to RL&H, a clean air filter has been installed in her room to help with the problem. "When we arrived it was blatantly obvious they hadn't cleaned the room, let alone gotten rid of the mold and we had to spend hours cleaning the room before we could even begin to move our things in," Repko said. "As the year continued, I got continual headaches, coughs and upper respiratory illnesses because of the mold and broken heater.
Repko also criticized RL&H's handling of the mold situation, noting that the checks for mold were insufficient and only based on visibility.
"I got continual headaches, coughs and upper respiratory illnesses because of the mold and broken heater."
Sarah Repko Sophomore

"The only way they check for mold is by visually looking in only the heater, and [they] didn't run any mold tests — which can be bought at Target for $10 by the way," she said. "After numerous phone calls and three visits from maintenance, the heater got fixed and after several more calls and emails an air filter was installed."
"For $60,000 per year," Repko added, "we shouldn't have to deal with any of these problems in the first place."
Freshman Evan Copaken was forced to move out of his room in Boswick because of his allergic reaction to mold in the building. "I noticed something was wrong after I had felt ill for several weeks. After multiple trips to student health, I realized that my illness was probably a reaction to mold in the building," Copaken said. "RL&H responded well. They sent workmen to replace my pipes and clean out the air conditioning unit almost immediately after I called in."
But despite the quick response he received, Copaken said that the problem continued until he was forced to move into a different building.
"It seems that the effort was there, but the results were not. Although the school was very responsive to the issue, it's unbelievable that mold is even a problem," he said.

OUTSIDE THE BUBBLE

Obama delivers fourth State of the Union Address

President Obama delivered his fourth annual State of the Union address before the Senate and House of Representatives in the Capitol Building Jan. 28. As he enters upon his fifth year as commander-in-chief, the president has received his lowest approval ratings yet, referring between parties in Congress.

The president's speech focused on immigration reform, raising the minimum wage, increasing regulations with regards to climate change and carbon emissions, America's troop withdrawal from Afghanistan and creating a new government-backed retirement savings plan. The speech offered an optimistic tone as Obama laid out his agenda for 2014, referring to this as "a year of action."

BRIEFLIES

Hanes Art Gallery exhibiting prints inspired by classical past

Fragments, an exhibition of prints inspired by the classical past from the Wake Forest Pring Collection, will be featured in the Charlotte and Phillip Hanes Art Gallery through March 31. This exhibit will present prints and illustrated books from the Wake Forest Pring Collection, the Student Union Collection, and Z. Smith Reynolds Library Special Collections. It will exhibit well-known classical artists, including Claude Lorraine, Piranesi, Daumier, Cezanne and Picasso, and objects date from the sixteenth to twenty-first century.

Office of Multicultural Affairs hosts one-woman play

The Office of Multicultural Affairs will host Mixed — a play that tells the stories of bi- and multi-racial individuals at 6 p.m. on Feb. 4 in the Pugh Auditorium. The story was culled from interviews with over 200 with bi- and multi-racial individuals.

The story tells about the struggles of those individuals throughout the years — how they have fallen through the cracks of the political system, and were once told by doctors that they might be born "degenerate" or "deformed."

The Office's Rainn Wilson to speak at university

At 7 p.m. on Feb. 5, Office star Rainn Wilson will speak in Wait Chapel.
The lecture will focus on Wilson's SoulPancake program, which aims to encourage people to explore life's big questions and what it means to be human. The program will also aim to be a catalyst for deep thought and discussion about topics such as art, philosophy, creativity and spirituality.
Wilson has played a number of roles in television series and movies, most notably Dwight Schrute on The Office.
Undocumented students denied in-state tuition

The state Attorney General’s decision could impact admissions for North Carolina’s public universities and community colleges

BY AUSTIN COOK
News Editor
cookara@wfu.edu

The N.C. Attorney General’s office announced Jan. 23 that undocumented students in the country illegally will be denied an in-state tuition benefit under current state law.

The decision was made public in a letter from Attorney General Roy Cooper’s staff to a state representative who had requested an advisory opinion on the issue.

"Because eligibility for in-state tuition in North Carolina is determined based on residency in North Carolina, federal law prohibits the undocumented individuals as described above from being eligible for the benefit of in-state tuition," Alexander Peter, senior deputy attorney general wrote in a letter explaining the opinion.

"Under federal law ... individuals with [Deferred Action for Childhood Arrivals (DACA)] status are not eligible to receive the benefit of in-state tuition unless a specific state statute provides otherwise." The decision comes after President Obama announced last summer that the federal government would halt the deportation of young children who were brought to the United States illegally by their parents.

The issue has sparked controversy at the University of North Carolina at Chapel Hill, where 22-year old Emilio Vincente, a student running for student body president, has made it a central focus of his campaign.

Multiple organizations have held demonstrations demanding that students with DACA status be given the benefit of significantly cheaper in-state tuition.

The N.C. Dream Team, a leading organization advocating for in-state tuition benefit to undocumented students, accused Cooper of making a politically convenient decision, as many expect him to run for governor in 2016.

Immigration activists held a demonstration outside Attorney General Roy Cooper’s office in Raleigh, N.C., to show support for offering in-state tuition levels to undocumented students in the state.

To be given in-state tuition under current state law, students applying to public universities and community colleges must prove their legal status and that they have lived in North Carolina, for a minimum of 12 months.

Critics of denying undocumented students this benefit argue that it would make the cost of higher education too high for many families.

The difference is cost for in-state students versus out-of-state students is dramatic; tuition at UNC-Chapel Hill is currently $30,000 for non-North Carolina students compared to $8,000 for those who reside in the Tar Heel State.

Junior Colby Moore, a North Carolina resident who is in favor of giving the in-state tuition rate to undocumented students, pointed out that the attorney general can only follow the law as it is written.

"It seems as though people are lashing out at Attorney General Cooper, but he can’t change the law," Moore said. "In order for this to change, it needs to be taken up by the state General Assembly."

Sophomore Addison McLamb feels that because people here illegally don’t pay taxes, they shouldn’t be entitled to in-state benefits. "Most undocumented students’ families are not paying taxes, so to claim that they are being marginalized because of a benefit they aren’t receiving is misleading," he said.

State Representative Marcus Brandon, who requested the opinion, denounced Cooper’s assessment but noted that this issue must be dealt with in Congress. "The attorney general made it very clear that this is something we would have to tackle on the federal level," Brandon said.

Sustainability degree offers new career opportunities

The new masters program allows students to prepare for a career in a field that will be significant in the 21st century

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

The Wake Forest Center for Energy, Environment and Sustainability (CEES) will be accepting applicants for its new Masters of Arts in Sustainability for the Fall 2014 term.

The one-year program, housed in the CEES, will bring in faculty from all departments to ensure students are receiving a broad education in addition to some practical experience.

"You can think of it as almost a graduate version of what you get as an undergraduate at Wake Forest," said Director of Sustainability Dedee Longstreth Johnston. "Students take all different courses and look at issues across all different disciplines."

Students are required to take two one-hour workshop courses before taking two core courses, an applied sustainability course and an elective course during both the fall and spring semesters.

Students must also complete a research thesis or extended practicum over the summer session. The complete program totals 30 to 33 hours.

The core courses — global human systems, resource management and allocation, sustainable organizational management and environmental law and policy — will work to educate students on sustainability while integrating a wide variety of topics in the social sciences, humanities, natural sciences, management and law.

The program also provides students with practical experience through its two applied sustainability courses and extended practicum placement or research thesis.

In these specific programs, students work with outside clients to solve problems related to sustainability in a broad range of professional settings.

"In the applied sustainability course, students will actually work with clients," said Johnston. "We are putting together a portfolio of businesses, non-profit organizations and government entities who want to be clients. They are working on very specific problems with these clients, and at the end, they can do either a thesis or a practicum, which is kind of like an internship in the area in which they would like to work. Students should come out of this with at least two resume building experiences.

This master’s program prepares students for a wide variety of careers, such as directors of sustainability for college campuses and companies, conducting research for non-governmental organizations or consulting and working for parks and recreation departments.

"One thing employers have told us is that if people have a technical background in something like computer science, for example, but they also have a background in the context of liberal arts, they are very prepared for this field," said Dan Fogel, Executive Professor of Strategy and director of the M.A. in sustainability.

The program will also be fairly competitive due to the small number of spots.

The program is meant to be very personable and tailored to fit students’ interests.

Fogel reported that he expects about 50 applicants for the 15 in the program spots the first year, and more applicants in the years to come.

"The ideal candidates are those who have a great educational base, focused career goals, possibly a couple year’s worth of experiences and a strong desire to promote sustainability," said Fogel.

Although several universities including Duke and Arizona State offer a Master’s in Sustainability, most programs span two years and look at a specific field such as business or engineering and apply sustainability.

This program focuses specifically on sustainability and applies practical experience.

The program also draws professors from all disciplines and incorporates many topics to continue the goals of this liberal arts university beyond the undergraduate college.

"I think the thing Wake Forest does best is training students in the undergraduate programs to think across disciplines," said Johnston. "What makes this master’s program unique is that we already have faculty that are used to working with each other across different lines. It is very unusual for students to get a comprehensive understanding of how these things work together at the graduate level."
of physics joined Wake Forest from Clemson University. Carroll helped found the Center for Nanotechnology and Molecular Materials. The Nanotechnology research team moved into a building on Deacon Boulevard designed exclusively for use with nanomaterials. United under one roof, they've been able to develop a new thermoelectric fabric called "Power Felt" that uses temperature differences to create a charge. They've secured external funding from the Air Force, NASA and HTC, and are searching for outlets of commercial investment. "Nanotechnology really showed how center structures could help improve research at Wake Forest," King said.

In 2008, Jill Tiefenthaler, who was provost at the time, opened the opportunity for any group of faculty members to apply to form a center. Each successful application had to show how an endowed center would allow the group to fund research that it couldn't accomplish alone. These proposed centers fit neatly into Wake Forest's strategic plan, which cites a goal of encouraging interdisciplinary collaboration.

Daniel Kim-Shapiro, a professor of physics and director of the TSC, helped spearhead the initial proposal for the Translational Science Center. The group chose to focus on aging because many of them already had expertise in the area.

Gary Miller, a professor of health and exercise science and assistant director of the TSC, says that the focus also opened up more opportunities to get external funding grants from places like the National Institute of Health.

"There is more potential funding available for aging research than investigating healthy adults," Miller said. "There's a lot of interest in making the aging process better. Everybody gets old."

In 2009, the TSC was formed. King says the TSC received its first five-year grant for $1 million.

**Applying Science Successfully**

One of the TSC capped achievements has been its ongoing studies on beet juice. Beets contain a high level of nitrates and have been clinically proven to lower blood pressure.

Research groups have been looking at additional responses in the body that might occur after drinking the juice, like increased blood flow to the brain and prolonged physical endurance.

Faculty from chemistry, physics, health and exercise science and even psychology have collaborated to kick up these indicative findings of the benefits of drinking beet juice.

Unbeatable, a bottled beet juice that you can buy, has been developed as an offshoot of these studies. Gary Miller, professor of health and exercise science, thinks the beet juice studies wouldn't have existed at all if not for the TSC.

"Kim-Shapiro and I would have probably been doing their nitrates study independently," Miller said.

It seems likely that the Parkinson's dance study with Soriano and Gonzalez wouldn't have happened either without support from the TSC.

They taught a two-week long improvisational dance class to people from the Winston-Salem area with varying levels of Parkinson's to see if it improved their mobility and balance.

These improvisational classes were prompt or cue based. Soriano says she'd tell them to do things like "swim in space," because there are a lot of ways to interpret the movement. "I'd rather see them generate their own ideas rather than try and follow me," Soriano said. "It allows them to work within their limits."

The $10,000 in TSC funding was used for the motion capture technology and renting the dance studio. According to their results, the dance classes led to a noticeable increase in range of movement.

Though the study is finished for now, Soriano continues to teach the community dance class each Wednesday morning in downtown Winston-Salem to people with Parkinson's and their care partners.

Working with the TSC exposed Soriano to a new group of colleagues on Wake's campus. "I am a dance faculty member in this community of people who are largely chemists, physicists, neuroscientists," Soriano said. "I love how open they've been to this research and work in the sciences and the arts."

Klayboany Marsh in HES and it was just kind of luck," Miller said. "It was one of the professors working on the beet juice study in the center."

**Obstacles Ahead**

Abby Bagliani is a senior HES major with minors in dance and biology. This past semester, she had a research fellowship working primarily out of the Clinical Research Unit of Wake Forest Baptist Medical Center with a professor of health and exercise science.

On paper, it seems Bagliani would be a perfect fit as a student researcher in the TSC. But she's never even heard of the center.

Klebous was part of a research team that worked with beet juice this summer, almost missed out on opportunities with the TSC, too. One of Wake's big draws for Klebous was the opportunity to do undergraduate research and get published, but when she went to the center, she didn't know where to start.

"It just so happened. It put me to the professor one day [Tony Marsh in HES] and it was just kind of luck," Klebous said. "He was one of the professors working on the beet juice study in the center."

"Better promotion could help students who are truly intrigued by the opportunity to do undergraduate research," Klebous said."

Kus thinks it's OK if the TSC wants to steer clear of advertising campaigns and rely on their resources into research. But this could detract from some of the collaboration that Wake had in mind when they created the centers.

"Students could do a lot to help them," Kus said. "All of the departments in the center are so busy and it looks like they could use more hands."

Though the TSC has a director and enthusiastic team, there isn't a central office. Instead, the TSC has informal monthly gatherings at Foothills Brewery in downtown Winston-Salem to listen to team member present on this or her most recent findings.

In October the TSC submitted a proposal for a grant renewal as per National guidelines. After review by an external board, Provost Ragan Keith will make the final decision regarding renewal in February.

If the TSC secures a five-year grant renewal, which would be half the original grant award of $1 million, they will need to develop a plan to secure further external funding. Sources of revenue could come from development of intellectual property. Unbeatable, for instance, sells on Amazon.com for $30 for a pack of 12.

TSC leaders hope that continued commercial developments, paired with external grants and funding, will continue to carry their research.

But even if the grant renewal goes through, it will only cover five more years. After that, the TSC will be on its own.

"The thinking is that over five more years, these centers shouldn't have had the time — should have had the ability — to morph into whatever they will be," King said. "That was part of the premise of starting them — that they would work on some topic of importance that this group of faculty could approach, and if they were doing a good job, they would be somewhat sustainable."
College Democrats | State of the Union

Now is a critical time for policy change

Various reforms needed to promote social mobility and to improve America’s status

To move forward, President Obama discussed several important policy reforms. Changes in the tax code would close loopholes that outsource U.S. jobs, raising the minimum wage to over $10/hr will boost consumer spending and labor productivity, and extending unemployment insurance will give 5 million hard-working Americans opportunities to get jobs. Some may call that giving handouts, but anyone who has held a summer job or work study knows that it is time to “give America a raise.”

Another “cold, hard fact” the President introduced was growing wealth inequality. When the bottom 90 percent of Americans makes less than half of the total national income for the first time in history, something is not right.

The U.S. is now ranked 44th in the world in private sector job creation. Between 2009 and 2013, income in the top 1 percent rose 3.4 percent, but only 0.4 percent for everyone else. The President’s message was not about wealth redistribution or punishing wealthy Americans, but “to speed up the middle class and build new ladders of opportunity into the middle class.” At least half of Wake students should appreciate the President’s call for women to “deserve equal pay for equal work.” One can only describe the fact that our alumni enter a workforce where women still make only $0.77 for every dollar a man earns, as the President did, as an embarrassment. President Obama also talked about investing in education, something we can all relate to at Wake.

An economic slogan in the President’s speech was “Race to the Top.” Unfortunately, he failed to mention one federal policy that will strengthen institutions like our own. Critics about the Affordable Care Act cannot be ignored. After taking months to fix bugs in the system, millions of Americans have joined the government’s private insurance market. My sister is one of them. She spent two days waiting on hold over the phone, but it is only because of this program that she is able to afford private health insurance, despite her low income as a recent college graduate. Many of us will likely be joining her in the near future. Immigration is another national issue we have put on the back burner. Despite estimates of $1 trillion in benefits that would boost the economy and reduce the national deficit, Congress has failed to pass comprehensive reforms. Those with family in the military can also relate to the president’s call to “move off from a permanent war footing.”

Tuesday night’s State of the Union Address had some good news and some bad news. Unemployment is now at the lowest level in five years, the U.S. is on a path towards energy independence and we are finally moving on from over twelve years of war in Iraq and Afghanistan.

However, the challenges facing our nation remain as large as ever. American education rankings have slipped below the top 20, economic inequality is at the highest level since 1928 and the American middle class is still struggling. No one graduating in May wants to hear that.

The president’s speech missed key issues

The rhetoric from this year’s address ignores the need for greater bipartisanship

On the night of Jan. 28, President Obama delivered his fifth State of the Union Address met by low approval ratings and surrounded by an atmosphere of doubt. He chose to shy away from or gloss over many of the controversial issues that have recently consumed the left.

I’ll admit that I had braced myself for an onslaught of redistributionist and progressive rhetoric, but heard very little of it. This was a smart decision on the President’s part because these arguments rest upon extremely shaky foundations. A recent study by the Equality of Opportunity Project has shown that chances of upward mobility are essentially unchanged since the 1970s, and that family composition is far more likely to impact social mobility than wealth, an issue upon which the president was conspicuously silent. But is that an excuse? Of course not. As Americans we must always strive for improvement, and the American Dream should never be “good enough.” That is why we must re-inject dynamism into our economy, fix the maze of taxes, regulations and bureaucrats burdening our entrepreneurs and investors (including substituting a common-sense, individual-centered alternative to Obamacare like the one recently proposed by Wake Forest’s own Senator Burr). As President Coolidge so succinctly put it: “Don’t expect to build up the weak by pulling down the strong.”

There were some extremely commendable elements in the President’s speech. He reaffirmed his support for and admiration of our nation’s heroes in uniform, and drew the greatest applause of the night by introducing one of those heroes. He measured Israel’s support (although he. entrenched it in his naïve position on Iran), and he at least paid lip service to our nation’s founding ideals of individual freedom and success.

But, I’m afraid that lip service was all that it was, both due to his record as President and to an unneeded support for increasing the size, scope and budget of the federal government.

He cited many new government programs that he wishes to see implemented, just as he has always done before. But, Mr. President, where are the cuts? In an entire hour-plus speech he failed to mention our national debt a single time, and he entirely ignored our unsustainable levels of spending. Ideology aside, that is not the action of a responsible President. A massive number of Americans oppose the reckless fiscal path that we are on, and an overwhelming majority views big government as the greatest threat to the future of the United States. And yet just as President Obama attributes the State of the Union to the American citizenry, he fails to even approach the topic that concerns them the most. What he did manage to mention, however, should frighten every American. President Obama repeatedly stated his intention to circumnavigate or simply ignore Congress through executive orders on a startling range of issues.

The checks and balances in our federal government were created with very good reason, and liberal and conservative alike should be horrified by the determination of the head of our executive branch to bypass the branch most beholden to the people of this Republic.

Our government was designed to create some friction between branches, in the hope that it would stop reckless actions and would keep the federal government firmly within its constitutional limits. It hyper-partisanship is the root cause of the gridlock in Washington and the record low levels of faith the American people have in their government, does President Obama really think that ignoring the processes of our Republic is the solution to restoring trust and bipartisanship?

The way forward into prosperity is in returning to our constitutional roots, cutting the unsustainable federal Leviathan, and creating a dynamic and robust economy by lowering taxes and cutting red tape.

I, too, share President Obama’s hopes for a time when conservatives and liberals can work together towards a bright and resurgent future, even if this year’s State of the Union has done little to convince me that such a daunting aspiration will be accomplished under our president’s administration.
An emotive and authentic story is the most effective yet disheartening political weapon in post-modern America.

Afterwards, the Republican Party ought to express empathy for that person, and make that expression be public. Similarly, how radical would it be for President Obama to give an account of those people who have experienced an increase in the amount they pay for health insurance as a result of his policies? Subsequently, how radical would it be for the President to acknowledge that he has failed these individuals?

I do not offer this alternative to bemoan the immorality of the current state of affairs in our country — not in the slightest. I offer this alternative because I stand for restorative justice.

May reconciliation be the first step towards true righteousness! May the recognition of radical imperfection be the path towards true freedom!
What's Lutz Got to Do With It? A Film on Thin Ice

Disney film does not live up to hype

The popular movie lacks the depth and character development of the classics

Shane Lutz
Guest Columnist
lutzsb13@wfu.edu

Ever since Thanksgiving, the masses — including myself — have flocked eagerly to the wondrous, sensational and what-was-once-promising Frozen. In case you haven't heard, the musical has become the highest grossing animated Disney movie of all time. With a few catchy songs, adorable characters and a cast of stars, it's no wonder that it achieved such success, and while on the surface it was the perfect movie to entertain audiences of all ages, it was a menagerie of failures.

Let's start with the music. Frozen bragged to have the best music since The Lion King. Now that's a dangerous claim to make against the fabulous Sir Elton John, especially when Christophe Beck — composer for the movie — sampled almost every song from Alan Menken's work on Tangled. Sure, we had a series of catchy tunes — "Love is an Open Door," "Reindeer(s) Are Better Than People," and "In Summer" — but there was no cohesiveness to them.

For example, when "Frozen Fever" opened the movie with its Scandinavian lift (which is still no "nant! igonyama bagitshabal!" as "The Circle of Life" begins) and started up with "Part of Your World" and can any of them really compete with Hercules's "Go the Distance?"

The answer is no. The entire musical composition missed the mark when it came to the emotional experiences of the characters. Remove "Let It Go" from the movie and the entire thing falls flat. Scripture from the book of life and let's review the script and the story itself.

Frozen taught us that you should run away from your problems when you're afraid.

Where's the development? Where is the heroine grand adventure or the danger and risk? Where is the relatability to the characters? Anna — who was sold as the protagonist — was nothing more than a silly girl whose relationship with Kristoff remains undeveloped. The real star we all want is Elsa, but once more, where is the progression of her character? She is cursed with this power and suffers her whole life with her identity, and yet is riddled with nothing more than teen angst.

Despite her display of power, she runs up the side of the mountain (which takes a matter of moments while Anna climbed that thing for over half the movie) to create an ice-tower of melodrama. Where is the development of her true pain?

The writers had the opportunity to create this powerful and evocative relationship between a girl wrestling with her purpose in life and her younger, always-optimistic sister, but all they delivered was an incomplete, cutesy sisterhood that fell short of thematic resonance.

And can we just talk about the theme. What was it again? Was it that friendship is stronger than real love or something? Because all I got was a "Oh yeah! I do know how to get rid of the winner!" in the last ninety seconds of the film. Wasn't this supposed to be the progressive, feminist movie by Disney? Unim, hello? There was no clear theme!

Remember in Tangled where we learned that we could achieve our dreams, no matter what? Frozen taught us that you should run away from your problems when you're afraid (especially if there's a nearby mountain to frolic up).

Let's just say, a six-hundred word count is nowhere near enough to list every minute detail of what was missing from the "greatest Disney movie of all time."

But, if you haven't heard, Frozen is joining the ranks of The Lion King, The Little Mermaid and Beauty and the Beast as Disney films that have been adapted to Broadway productions. Hopefully they'll fix the shortcomings of the movie, but until then, Frozen melted.

For the (Bald)Win | Shammy Grammys

Award show reflects poorly on modern music

Despite a few entertaining moments, the Grammy Award show fell flat overall

Khiesa Baldwin
Guest Columnist
baldikD@wfu.edu

Sunday I was forced to choose between watching the Pro Bowl and the Grammy's. I chose the Grammy's. I think that was a mistake.

Beyoncé opened the show with her husky doing a very sultry performance of "Drunk in Love."

Cue the "Bey Hive" but I'm not a fan of the song, still you can't deny Beyoncé is a dynamite performer. Unfortunately, many of the following performances failed to live up to the standard set by Beyoncé and Jay-Z.

Taylor Swift was okay but nothing to rave about. Break out star and two time Grammy winner. Lorde failed to impress with her live performance of her smash hit "Royals."

Not only were the vocal so-so, her performance was downright creepy. There were unquestionable ticks in her movement and I couldn't help but want to somehow reach into the screen and make her stand up straight.

Even the supposedly climactic moment during Macklemore and Ryan Lewis' performance fell flat. Honestly, I was more distracted by the random appearance of Madonna and the fact that Queen Latifah was officiating weddings on stage. Strange.

As for the country classic Willie Nelson — no comment.

The majority of the combo performances did very little for me. However, the one that scared me the most — Imagine Dragons and Kendrick Lamar — ended up surprising me.

They killed it. If you don't believe me, just ask Taylor Swift, who was seen dancing to this performance. That performance was the perfect example of how musical genres can cross effortlessly. It speaks to the commonality of the unifying language that all artist use to express themselves. Plus, I hate it when artists sit so stiffly at award shows. Have a little fun. Think of it as a free concert.

For something up (and standing up) I applaud Ms. Swift.

Placed Ms. Swift. Kacey Musgraves took home two undeserved awards on Sunday. Fine, if it is absolutely necessary to award "Merry Go Round" Best Country Song, do it.

I favored the other artists in the category but didn't particularly like any of the other songs.

Still, I cannot conceive how Same Trailer Different Park won for Best Country Album!

Musgraves was against Alan, McBride, Swift and Shelton, all of which were much better picks than her.

In fact, I was expecting (and hoping for) anybody but Kacey Musgraves to win.

While on the subject of overrated performers, I can't explain how Daft Punk won (and accepted) four Grammy's last night without even speaking.

I am also not entirely sure if Macklemore and Ryan Lewis were justifiable in winning for the four trophies of the night.

I will let the latter slide simply because I subconsciously started singing "Thrift Shop" as I typed the previous sentence.

As a lover of music of all genres it is hard for me to be disappointed by a musical line-up.

Somehow though, the 56th Grammy Awards managed to make it happen. Many of the winners made me question what happened to music in 2013.

Many of the [Grammy] winners made me question what happened to music in 2013.


Despite this rather negative review of the annual musical event, there were some high points with performances and appropriate award distribution (Darius Rucker taking home Best Country Solo Performance and Imagine Dragons winning Best Rock Performance). With that being said, the best moments of the show came with the lack of pimicks courtesy of Lady Gaga and the absence of the attention seeking annoyance known commonly as Kanye West.

Many of the [Grammy] winners made me question what happened to music in 2013.
Living College to the Max | Making Deposits

Invest time in the things that count

We get more out of life when we commit ourselves to important matters.

Max Floyd
Guest Columnist
floyd@wfu.edu

I went by my bank the other day in order to make a withdrawal. I needed to get some money for a much needed haircut. As I walked up to the ATM, I was confident that it would produce what I needed. I felt good about it because I had been making regular deposits into that account for quite some time. Pay period after pay period I had repeatedly made deposits to address miscellaneous expenses when they surface. I was not worried about it because I knew that I had the money. I had been making deposits.

Approaching the ATM, I put my card into the machine and punched in my access code. I keyed in the amount that I needed and presto, out came a crisp $20 bill. The account was not empty. It had the funds that I needed. I grabbed the $20, took the receipt and proceeded to get my haircut.

However, there is another scenario that is present when anyone of us attempt to make a transaction at an ATM. There is the possibility that we do not receive the funds that we need. There is a chance that when we punch in the request that nothing comes out. Aside from an electrical malfunction of some kind, the reason that no funds are available is that there is nothing inside from which to draw. The account is at zero.

Riley at the Helm | Winter Olympics

Tensions will be high at this year’s Olympics

Heated rallies and threats of danger will raise the stakes of this year’s competition.

Riley Helm
Guest Columnist
helmil3@wfu.edu

The 2014 Winter Olympics in Sochi are attracting attention for reasons besides the talented athletes. Laws against and negative comments about homosexuality as well as safety concerns have turned the eyes of the national spotlight to the Sochi games. While construction preparing Sochi for the games was well underway, the Kremlin started working on a discriminatory law, which was passed last year. Russian president, Vladimir Putin, described the law as “a ban on the propaganda of homosexuality.” Although this doesn’t sound overtly menacing, the law has incited a lot of criticism in the West, and for good reason. The Russian homosexual community has reported a dramatic rise in hate crimes involving violence, threats and, in some cases, murder.

Putin recently signed a decree which has banned all protesting in and around Sochi for the two months surrounding the Olympics. Putin has made well-coordinated appearances on U.K. and U.S. talk shows, assuring the West that Sochi will be perfectly safe for gay Olympic athletes and spectators alike. Although, in one interview, he did seem to confuse pedophiles and homosexuals, stating, “You can feel relaxed and calm (in Russia), but leave children alone please.”

Polls by the Numbers | American Perceptions of Putin

Of the Americans surveyed in September 2013 ....

19 percent ... had a favorable opinion of him

54 percent ... had an unfavorable opinion of him

26 percent ... had no opinion of him or had never heard of him

Putin has attempted to assure [that] no harm will come to visitors attending this year’s Olympics.

Putin’s charm has not convinced his own people, however. LGBTQ rights activists and LGBTQ groups in Russia dismiss the president’s remarks, blatantly calling him a liar. Were such allegations to be made during the last Olympics housed in Russia (at the time the USSR) these activists’ whereabouts would be unknown.

Although gay activists have yet to make threats of violence, Caucasian Emirate, a terrorist organization that the United Nations Security Council has listed as affiliates of Al-Qaeda, has reportedly been making threats of a suicide bomb. As many as four “black widows” may have infiltrated the Olympic rings. Russian authorities have listed their prime suspect as Ruzanna Ibragimova, giving the label “black widow” for her husband who was slain in a previous suicide bombing in Volgograd. Again, Putin has attempted to assure the rest of the world no harm will come to visitors attending this year’s Olympics. The US has offered to lend assistance in the form of tactics, techniques and drills should Russia need it. Hopefully, the 40,000 law enforcement officers already stationed in Sochi will be sufficient.

Seriousness aside, the 2014 games should be fantastic. Personally, I’ll be excited to watch Heidi Widmer. Snowboarding legend Shaun White disappointed X Games this year, opting instead to better prepare himself for Sochi. The US has offered to lend assistance in the form of tactics, techniques and drills should Russia need it. Hopefully, the 40,000 law enforcement officers already stationed in Sochi will be sufficient.

Seriousness aside, the 2014 games should be fantastic. Personally, I’ll be excited to watch Heidi Widmer. Snowboarding legend Shaun White disappointed X Games this year, opting instead to better prepare himself for Sochi. The US has offered to lend assistance in the form of tactics, techniques and drills should Russia need it. Hopefully, the 40,000 law enforcement officers already stationed in Sochi will be sufficient.

Seriousness aside, the 2014 games should be fantastic. Personally, I’ll be excited to watch Heidi Widmer. Snowboarding legend Shaun White disappointed X Games this year, opting instead to better prepare himself for Sochi. The US has offered to lend assistance in the form of tactics, techniques and drills should Russia need it. Hopefully, the 40,000 law enforcement officers already stationed in Sochi will be sufficient.
Men’s basketball extends home win streak to 12 until running into No. 2 Syracuse Orangemen

BY EMMA LINGAN
Sports Editor
lingeji2@wfu.edu

R.I.P. “The Streak.”

Perhaps it is disconcerting that last Wednesday’s matchup against the Virginia Tech Hokies was a team that entered the game 1-4 in ACC play — was considered a “must-win,” but such is life for the Wake Forest Demon Deacons.

Prior to Jan. 22 game at Virginia Tech, the Deacs had not won a single conference game on the road in just over two calendar years. Moreover, the 71-56 win at Boston College in 2012 had been the only ACC road victory of head coach Jeff Bzdelik’s career.

Put differently, members of this Demon Deacon squad save for senior forward Travis McKie had experienced an ACC victory away from home.

Home is a relative term, however, particularly for McKie, who had essentially gone M.I.A. since his 16-point performance against North Carolina on Jan. 5. The Richmond, Va., native shined in his home state on Wednesday, leading the Deacs with 24 points and pulling down six rebounds.

Despite leading all active ACC players in career points and rebounds, McKie entered the game as Cassel Coliseum having made only one of 15 three-point shots over the last five games. After he went 4-for-4 from three-point range in the first half alone, it appeared as though the tides had turned for both McKie and the Demon Deacons.

The final score of 83-77 in favor of the Demon Deacons was hardly indicative of Wake Forest’s dominant performance. The Deacs held the Hokies without a field goal through the first four minutes of the game and headed to the locker room with a comfortable 21-point lead at halftime.

The Hokies made a run late in the second half to cut Wake Forest’s lead to six, but their comeback effort would ultimately fall short.

“It’s my second road win in four years, so you’ve got to talk about it,” McKie told Dan Collins of the Winston-Salem Journal. “We won tonight and kind of got the monkey off our back. It’s these young guys’ first win on the road, so it’s a great team win.”

McKie’s individual performance was arguably one of the best of his career, but its effect on his

See Basketball, Page 13
it's been that way since sophomore year. It just gets me focused and pumped up to go out there.

How is this season looking so far?
Well, we've got a deep pitching staff; it's probably the deepest it's been since I've been here. We've got a lot of talented freshmen who are probably going to contribute this year, and I think we are going to shock a lot of teams this year.

We're poised to win an ACC tournament this year, we've been working on it since August. It's a bright future.

What is your personal goal for this season?
My personal goal is to first off help my team any way I can to win, to be a good leader to my teammates and to just take it one outing at a time, not to get ahead of myself.

It's important to take it one game at a time and not think three games down the road. Just to keep the team positive, just excited for the year.

I just hope we get off to a good start and hope the Deacon fans can be faithful. We are all really excited and really anxious now since [scrimmaging] each other so long, just to get the season here. Yeah, I don't know, I'm just really excited.

What has been the greatest lesson you have learned through playing on the Wake team?
I guess to do my best to stay in the present moment. Especially being a senior you realize how fast it goes by, being on a team with my best friends who are like my family.

Just try to take it all in because in the blink of an eye it's all gone.

What is your best memory at Wake?
Well, first and foremost I'm going to try to pursue a professional career and see where that takes me.

But I'm going to do everything I can to have a successful career. In his 2014 class, according to PrepStar.

What is your personal goal for this season?
My personal goal is to first off help my team any way I can to win, to be a good leader to my teammates and to just take it one outing at a time, not to get ahead of myself.

It's important to take it one game at a time and not think three games down the road. Just to keep the team positive, just excited for the year.

I just hope we get off to a good start and hope the Deacon fans can be faithful. We are all really excited and really anxious now since [scrimmaging] each other so long, just to get the season here. Yeah, I don't know, I'm just really excited.

What has been the greatest lesson you have learned through playing on the Wake team?
I guess to do my best to stay in the present moment. Especially being a senior you realize how fast it goes by, being on a team with my best friends who are like my family.

Just try to take it all in because in the blink of an eye it's all gone.

What is your best memory at Wake?
Well, first and foremost I'm going to try to pursue a professional career and see where that takes me.

But I'm going to do everything I can to have a successful career.
Women's tennis starts season undefeated

Led by four freshmen and three sophomores, the squad wins first four matches of 2014

BY GRIFFIN KURZIUS
Staff Writer
kurzd11@wfu.edu

The Wake Forest women's tennis team swept its two matches in a doubleheader against Appalachian State and UNC Charlotte. The Demon Deacons downed the Mountaineers 9-0 and beat the 49ers 7-0 to improve to 4-0 on the season.

Starting four freshmen and three sophomores, the Demon Deacons already have one more win than all of last season.

In the morning showdown versus the Mountaineers, Wake did not drop a set. They clinched the doubles point with four impressive doubles performances, overpowering Appalachian State with their serve and net play.

In singles, Karen Forman, the team's lone junior, sprinted to the finish line with a dominant 6-1, 6-1 victory at seventh singles. While playing at first singles for the first time, sophomore Andrea Retolaza won 6-2, 6-3.

A year after playing second singles, sophomore Kasey Gardiner pulled off a convincing 6-2, 6-1 victory at fifth singles. After a close first set, fellow sophomore Xue Zhang got into her groove, winning 7-5, 6-0.

The freshmen Samantha Asch, Kimmy Guerin, Luisa Fernandez and Kristina Centenari, second through fifth singles respectively, all lived up to their high expectations on the recruiting trail with methodical straight-set victories.

In the afternoon, the Lady Deacs played in the traditional six singles, three doubles format, but it made no difference.

Wake Forest defeated Charlotte, another in-state foe, without losing a single set.

The Demon Deacons swept the doubles against the 49ers with consistency and well-developed tactics. At first doubles, Zhang and Gardiner teamed up to win 8-2. Fernandez and Asch paired for a commanding 8-1 victory at second doubles while Retolaza and Guerin won 8-4 at third.

Meanwhile, Wake Forest was equally as dominant in singles play. Fernandez, playing fourth singles, was first off the court with a powerful 6-1, 6-0 display.

After mostly playing third singles last season, Zhang is dangerous as the team's anchor at six singles. She reeled off a nice 6-2, 6-1 win.

At second singles, Asch clinched the team victory by dropping a mere single game. After, Retolaza won at first singles by the same 6-3, 6-2 count as in the morning.

After a bagel in the first set, Guerin had to battle in the second set, but still held on for a 6-0, 6-4 win. To cap a great day for the Lady Deacs, Gardiner fought hard for a 6-4, 6-3 win.

The Demon Deacons return to action against No. 63 Missouri on Feb. 2 at 12 p.m. in the Wake Forest Indoor Tennis Center.

Wake Forest begins ACC play at home on Feb. 21 against Florida State, where they begin an important stretch in the 2014 season.

Two days after the Florida State match, the Demon Deacons will host Pittsburgh and cap off the month of February — and will begin a vital road trip — travelling to UNC to matchup against the Tarheels.

Following the road trip, that also comprises of Clemson and Georgia Tech, head coach Jeff Wyshner and his team will enjoy a home stretch against ACC opponents Duke, Virginia Tech and Miami before travelling to UNC to take on N.C. State, Notre Dame and Boston College.

At the latter end of the season, the Demon Deacons will have important matches as they'll take on Maryland, Virginia and Syracuse.

With enough leadership and impactful play from a very young team, Wake Forest should expect to significantly rebound from a long, arduous 2013 season.

Basketball: McKie, Thomas lead Demon Deacon late-January surge

Continued from Page 11

younger teammates was even more impressive. Freshman guard Miles Overton knocked down both of the three-point shots he took in the first half, and sophomore guard Codi Miller-McIntyre became the first Deacon to score 20 points and dish out 10 assists in a game since Chris Paul in the 2004-05 season.

Miller-McIntyre shared the spotlight well at Virginia Tech, but the sophomore still leads the team in scoring this season. He is going to learn as a player, especially after the game he just had (against Virginia Tech), that he is going to be a factor," Bzdelik said of Miller-McIntyre.

"I have great confidence in him. Codi and Travis McKie both made big plays offensively for us in terms of free throws and shots," Bzdelik said.

"He is going to learn as a player, especially after the game he just had (against Virginia Tech), that he is going to be a factor," Bzdelik said of Miller-McIntyre.

"I have great confidence in him. Codi and Travis McKie both made big plays offensively for us in terms of free throws and shots," Bzdelik said.

"He is going to learn as a player, especially after the game he just had (against Virginia Tech), that he is going to be a factor," Bzdelik said of Miller-McIntyre.

"I have great confidence in him. Codi and Travis McKie both made big plays offensively for us in terms of free throws and shots," Bzdelik said.

"He is going to learn as a player, especially after the game he just had (against Virginia Tech), that he is going to be a factor," Bzdelik said of Miller-McIntyre.

"I have great confidence in him. Codi and Travis McKie both made big plays offensively for us in terms of free throws and shots," Bzdelik said.

"He is going to learn as a player, especially after the game he just had (against Virginia Tech), that he is going to be a factor," Bzdelik said of Miller-McIntyre.

"I have great confidence in him. Codi and Travis McKie both made big plays offensively for us in terms of free throws and shots," Bzdelik said.

"He is going to learn as a player, especially after the game he just had (against Virginia Tech), that he is going to be a factor," Bzdelik said of Miller-McIntyre.

"I have great confidence in him. Codi and Travis McKie both made big plays offensively for us in terms of free throws and shots," Bzdelik said.

"He is going to learn as a player, especially after the game he just had (against Virginia Tech), that he is going to be a factor," Bzdelik said of Miller-McIntyre.
Gritty effort ends in men’s tennis’ first loss

As the Deacs stormed back to win three straight matches, all roads led to the No. 20 Texas Longhorns at ITA Kick-Off

BY JENN LESER
Staff Writer
lesej@wfu.edu

All good things must eventually come to an end — and for the Wake Forest men’s tennis team, the end to their perfect season came a little sooner than they had hoped for at the ITA Kick-Off Weekend. With a shot at making the ITA National Indoor Championships on the line, it all came down to one match — and despite a strong effort from freshmanAws Laaribi, the Deacs walked away from the game against No. 20 Texas with a 4-3 loss on Jan. 26, their first of the season.

The weekend competition started much better for the Deacs, though. Taking part in the ITA Kick-Off Weekend at Vanderbilt, Wake first faced off against No. 23 LSU, picking up a point early in the doubles competition.

From there, the Deacs kept pounding away, cruising to a 4-1 victory on the backs of solid performances from senior Adam Lee, freshman Maxim Kan and sophomore Pedro Dumont. Lee had four great teams playing, all top-25,” Lee said. “Competition was obviously really strong. I think the game against LSU was relatively good. I think it should have been over quicker than it was. I’m glad that we played those guys first because of nerves.”

At the end of the first day of competition, Wake’s next opponent was revealed: the No. 20 Texas Longhorns. A win over Texas would mean a spot in the ITA National Indoor Championships, a challenge that the Deacs were more than ready for. “Obviously we were excited to play Texas,” head coach Tony Bresky said. “We kind of had a feeling that we were going to play them, even though they were the lowest-ranked team out of the four of us.”

Dropping two out of the three doubles matches in the start of the match, the Deacs entered singles play already down 0-1. After two singles matches, that lead got even deeper as Wake sat at 0-3. But Lee, sophomore Jon Ho and Kan rallied to bring the score even at 3-3 and give the Deacons a chance to win the game. With the final decision resting on the matchups of Laribi and junior Clement Fons of Texas, the two battled it out to a dramatic tiebreak, with Laribi eventually falling 2-6, 6-4, 6-5 (7-3). Despite the loss, Bresky was content with the performances he saw.

“In singles the guys came out and competed really hard, they were prepared,” Bresky said. “We got down 3-0, lost two straight set matches and came back to tie the match up at 3-3. They only have five courts which I think in that situation was unfortunately a little to our disadvantage. Ahs, being a true freshman, was playing a guy who was a 21, 22-year-old junior who has a lot of experience. Ahs handled the situation really well and he put himself in a position to win and had tons of chances obviously with four match points. He stepped up and played really well at those points but unfortunately it didn’t go our way.”

The team was obviously disappointed that they didn’t qualify for the ITA National Indoor Championships — but they’re already starting looking towards the future.

“I know from my standpoint, hopefully from theirs, that we’re more motivated than ever. We all feel that our team is good enough and we should be playing in the National Indoor Championships,” Bresky said. “Unfortunately we’re not because it didn’t go our way against Texas. We also realize that it’s a long season and we have a great schedule.”

Haas, men’s golf set expectations high for 2014

In anticipation of the onset of the spring season, coaches Haas and Walters look to Birdsey to lead young team

BY TY KRAVIK
Staff Writer
krantrik@wfu.edu

Springtime is the time of year for a new beginning, a fresh slate and college golf. Head coach of the Wake Forest men’s golf team, Jerry Haas, has been anxiously waiting for the sharp winds to stagnate and frost to flee from the fairways in anticipation of the 2014 season.

Feb. 17 marks a new season and new opportunities for his young golf team that is laden with freshmen talent. It marks the day that Wake Forest will be travelling to the Mobile Bay Intercollegiate, a popular annual destination for the Demon Deacons that will officially kickoff the 2014 season.

However, Haas is hoping that his young team does not completely start anew in Mobile, Ala. Wake Forest constantly improved through the Fall 2013 season. Haas and his squad finished in an impressive third place as the fall season ended Oct. 20 at the U.S. Collegiate.

“We are very excited about this spring,” Haas said. “Finishing in third place at the U.S. Collegiate was a great accomplishment for us and it is a great place to start the spring season.”

Yet, Haas understands that focus must remain in the present in order for the Demon Deacons to shoot low in their competitions this season. The young team will continue to look up to senior Thomas Birdsey, who has led the Deacons all year in firing low scores. He averages shooting a 72, which is even par.

Birdsey, however, is not the only young man on this team with talent. Haas has been pleasantly surprised with the emergence of freshman Danny Guise, who came out of high school as highly-recruited recruit, has performed well in the collegiate forum and is often at the top of the leaderboards along with freshman Clancy Waugh.

Guise had a wonderful start to his college career, and Birdsey has been consistent all along, which is what we love to see,” Haas said. “He’s very comfortable with himself, and he’s making some really nice strides in the game of golf. He has also done a really nice job at taking a leadership role.”

While these young and talented freshmen continue to develop under the leadership of Haas and Birdsey, the Deacons should only see their stock rise throughout the season. However, in college golf, anything can happen and the best talent does not always win.

Hopefully for Wake Forest, their talent shines and plays up to its potential.

“If these young players keep developing, by the end of April I think we should be good for a nice ACC run,” said Haas. “They have the ability, but if we can get this team through Regional and the NCAA, that would be huge for this team.

I’m really excited for the future of our program.”

Two Deacons earn ACC Player of the Week

Men’s basketball: Travis McKie
Senior forward Travis McKie won his first co-ACC Player of the Week Award as he lead the Deacs to a 21-point advantage against the Hokies by scoring 16 points in the first half. He went five-for-six from the three-point range vs. the Hokies and, against Notre Dame, he made four free throws in the final 30 seconds to secure the victory. The last Deacon to win this award was C.J. Harris in 2013.

Women’s basketball: Dearica Hamby
Dearica Hamby received women’s ACC Player of the Week as she averaged 24 points and 15 rebounds in wins at Clemson and Boston College.

Hamby has sixteen double-doubles so far this season and is closing in on Tracy Connor’s school-record of twenty in one year. Hamby leads the ACC in scoring and rebounding at 21.1 ppg and 11.5 rpg.

Regional and the NCAA, that would be huge for this team.

I’m really excited for the future of our program.”

Regional and the NCAA, that would be huge for this team.

I’m really excited for the future of our program.”

Regional and the NCAA, that would be huge for this team.

I’m really excited for the future of our program.”

Regional and the NCAA, that would be huge for this team.

I’m really excited for the future of our program.”

Regional and the NCAA, that would be huge for this team.

I’m really excited for the future of our program.”

Regional and the NCAA, that would be huge for this team.

I’m really excited for the future of our program.”

Regional and the NCAA, that would be huge for this team.

I’m really excited for the future of our program.”

Regional and the NCAA, that would be huge for this team.

I’m really excited for the future of our program.”
Press Box: MLB introduces new padded caps

Continued from Page 11

But McCarthy's not the only one who's been seriously affected. An "Outside The Lines" piece found that five pitchers—McCarthy, Alex Cobb, Doug Fister, A.J. Happ and Mickey Storey—were all hit in the head in the span of a little over a year. Of those pitchers, only Fister and Storey were able to return within the week.

If these players were bigger names, maybe their stories would have stayed relevant for more than just a short amount of time. But the lack of national attention does little to diminish the seriousness of this problem. All of these pitchers have been able to return to the game that hurt them, but that doesn't mean the next time someone gets hit with a line drive in the ear that it won't end in a worse situation.

Fortunately, there has been some support from within Major League Baseball to use these hats. Los Angeles Dodgers pitcher Clayton Kershaw, who signed a record-breaking seven-year, $215 million dollar deal to become the highest paid player in baseball history, is a fan. While he hasn't committed to use the hat himself, his stamp of approval can only help encourage other players to give this extra protection a try.

Dan Halem, MLB's executive vice-president for labor relations, released a statement on Jan. 28 expressing his, and the league's, excitement that the league and the union were able to agree on a cap that has premium levels of protection for the players.

For an organization that has historically struggled to marry the interests of the players and the owners, this announcement is a big step forward. But it isn't perfect. McCarthy said while he's a fan of the hats, he doesn't think they're game ready—and won't be wearing one this season.

These hats will take some getting used to—baseball, of all of the professional sports in America, is by far the most traditional in terms of style. The hats are far from attractive and it's highly unlikely that fans will rush out and buy a new snapback with added protective flaps anytime soon.

Perhaps most importantly, there's no guarantee that pitchers will even use this, and it might take a few more serious injuries for this trend to catch on. But if these new padded baseball hats prevent one injury or keep one player from suffering a concussion, then it's worth it, good looks or not.

Brandon McCarthy got back on his feet after taking a line drive to the head, but CT scans later revealed that he had suffered an epidural hemorrhage, a brain contusion and a skull fracture.

Advertisement

Deacon's Station is conveniently located just minutes from campus!

We are the ONLY off campus student housing facility that offers the following:

- Fully furnished
- Washer and dryer in each unit
- Utilities included
- Resort style amenities
- Private shuttle to WFU
- Located 1.1 miles from campus
- WFU students only
To major... or not to major

That is the question for members of Wake Forest's theatre community

BY AMBER BURTON
Staff Writer
burtab11@wfu.edu

To say that the theatre department lacks the numbers of other departments would be an understatement. The program’s five graduating seniors are miniscule in comparison to the 200 plus students who will earn degrees in business this spring.

Wake Forest, better known for its high ranking business school, often escapes the mind of those looking for a school to study the performing arts. In fact, if choosing to attend college at all, aspiring thespians often flock to the country’s renowned conservatories, such as NYU or Yale.

So the question stands: why would a student choose to come to Wake and indulge a small theatre program? With the value of a degree in theatre plummeting while the cost of higher education continues to skyrocket, it comes as a surprise that students would still become involved in the craft at a private liberal arts university.

Theatre at Wake Forest is not all singing and dancing to catchy show tunes, nor is it a strict concentration upon Shakespearean sonnets. The director of the department of theatre, John Friedenberg, says that Wake Forest Theatre is purely academic.

Academic theatre is that which includes a various types of shows and focuses on a well-rounded education. Students are exposed to a variety of works rather than focusing on one type of production for an extended amount of time as one might at a conservatory.

Choosing the Major

Unlike the majority of incoming students, senior Celia Quillian arrived at the university with her eyes set on the theatre department. Quillian is a presidential scholar in theatre, and though she is not required by her scholarship, she is a major as well.

“I applied to 12 schools and all of them had a theatre department of some sort,” she said. “Something that really pulled me into Wake was their studio series.”

The department’s studio series consist of student directed works. In addition, there are four Mainstage shows per year which are not exclusive to theatre majors. Quillian found comfort in the program’s lack of requirements. In the event that she did not choose theatre as a major, she would still be able to remain heavily involved.

Quillian saw primarily negatives when contemplating applying for colleges with conservatory programs. “A conservatory would mean only acting all the time,” she said. “That’s all you do and I figured I would get bored with that because I adore acting but I really want to explore other sides.” For academically motivated students like Quillian, the liberal arts factor of Wake Forest offers a sort of backup plan.

The Involved Non-Theatre Major

An audience member attending a university show might be misled in regard to the popularity of the major by the large number of students participating in the performance. The recent production of “Hairspray” used the help of dozens of students in both the acting and tech work.

A deeper look reveals that the majority of the actors who took part in the production belong to other majors and interests. Among the 31 listed actors, there were only five theatre majors (three out of the five were double majors in communication). The rest of the actors have majors outside of the theatre department.

Junior Lauryn (Susie) Webster, who played Motormouth Mabel in the musical, received praise for her performance. Yet, she is a sociology major, and her towering height exposes her identity as a member of the women’s basketball team.

Senior Michael Dempsey, a double major in political science and English, has also found a temporary home within the theatre department. Though he has performed in more than 10 shows in his time at Wake Forest, he is not a theatre minor and has no intention of pursuing theatre after college.

Why? Theatre was an extracurricular he seemed to fall into by chance. In fact, when completing his college search he didn’t even look at theater programs and admits to being caught up in the national rankings. For Dempsey, the department could be termed a pleasant surprise.

“The first time getting cast in a show is a really big deal because ... it kind of snowballs, you start getting cast for a lot of other stuff,” he said. “I have a lot of other friends who do theatre at other colleges, a lot of their theatre programs are geared toward the graduate students, which means that the undergraduates usually don’t get a lot of opportunities to do acting.”

Dempsey described the benefits of being able to act more than those that have majored in the craft at other universities.

“At the same time, their career or their career track is specialized in theatre in the sense that they’re doing so much more as opposed to me who is only in the department to be in shows,” Dempsey said. “I still have other stuff that I have to do outside of the university theatre, verses those universities where their career is, this is their job.”

Dempsey hopes to attend graduate school for creative writing or political science after graduation. He said his confidence to perform on stage and his learned ability to work with different people will transfer into his future endeavors.

“I like to think of theatre as a small microcosm of the world, in a sense that what happens on stage ... is usually pretty indicative of how you have to act around other people outside of the theatre,” he said.

Employer Perceptions

Tiffany Waddell, a career counselor within the Office of Personal and Career Development, specializes in advising arts students in finding a career which marries their passion with work.

As a “double Deacon,” who received both her undergraduate and graduate degrees from Wake Forest, Waddell has a deeper understanding of the students she counsels. In her time at the university, she was a double major in theatre and psychology, and had aspirations to attend graduate school for performance studies.

In relating a passion for theatre to the job market today, Waddell says it’s possible, even for those who don’t have a degree in theatre.

Waddell affirmed that it is not a foreign idea for a theatre student to work with a group of random people and trust them to do their part.

From her own experience studying theatre at Wake Forest, Waddell said that she gained event planning skills from her years of directing, as well as a flair for performance, which aids the office’s many workshops.

Even though Waddell is not currently in the field which she had once predicted, she said she is content.

“I think theatre has prepared me for working with all different types of people, different types of skills sets. And just rolling with the punches,” Waddell said.
Health | Workouts on Campus

A guide to fitness on campus

Between the Crux and fitness classes, there are various options to exercise and stay fit.

BY HEIDI GALL
Contributing Writer
gallh121@wfu.edu

As a freshman I didn't know what sort of fitness options there were on campus. Now that I've been here for a few years, I have a much better idea of what is available.

If classes are your thing, the Miller Center offers a fairly wide variety on the fourth floor, from yoga to Zumba to kickboxing to spin. You can even try them for free until Jan. 31 before having to buy a pass. I struggle with motivation to exercise, so I particularly like these classes. Every instructor I have had has been wonderful and encouraging.

The gym on the bottom floor of the Miller Center is another good option. They have treadmills, ellipticals, bikes and weights. If you aren't sure how to use a machine or what the best workout for you is, you can set up an appointment with a personal trainer. Online coaching is a little less expensive, and if you know your way around the gym it might be a better option.

Reynolds Gym holds a lot of other options. The Crux, our bouldering gym, is on the third floor. Climbing and equipment is free, and there is always an Outdoor Pursuits staff member there to help. The pool is in the basement, and there are locker rooms next to it for your convenience. The track is just outside in Kornier Stadium. One lap around the track is a quarter of a mile. There are also trails around campus that you can access from the Barn or Palmer/Piccolo.

If you don't care for the gym, Campus Recreation has equipment available to rent out — and it's free. Outdoor Pursuits has quite a bit of gear that can be rented as well, but for a fee. Outdoor Pursuits doesn't rent out equipment, though. Their office plans trips to a wide range of places with a wide range of activities. Both offices are located in Reynolds Gym. Campus Rec is in room 214 and Outdoor Pursuits is in 213. Reynolds Gym is open from 9 a.m. to 11 p.m. throughout the week, and has slightly more limited hours during the weekend. The Miller Center is open from 5:30 a.m. to 12 a.m. during the week, and from 10 a.m. to 7 p.m. on Sundays. Saturday hours are more restricted. Outdoor Pursuits is open from noon to 6 p.m. during the week. If you have any questions, feel free to visit the Reynolds Gym Welcome Center in 336.

If the options on campus aren't for you and you don't have a car, Pure Barre and Metabolic Effect are both located in the venues to only a fairly short walk from campus. There are trails around the Reynolds House that are a great option for runs or strolls. Pilot Mountain is just a 30 minute drive, and offers great views for a reasonably short hike.

Exercise can't solve all of your problems, but it can help you have a better outlook on life.

Party apps make phone engaging

New games can connect you with your friends and entertain thousands of users.

BY SYDNEY LETO
Staff Writer
letoso@wfu.edu

Crowded around a dining room table, one girl leans back in her chair with a cheetah-covered iPhone pinned to her forehead. Three, two, one.

The pregame just got a little bit louder, as the group of twenty-something-years-olds panic shout, and make animal noises. The game, “Heads Up!” is just one of a few that students are downloading to their phones and playing with friends before parties, making the iPhone a more engaging than isolating device.

Other popular smart phone games, like “Candy Crush” and “Tiny Wings,” can also be played between friends, but lack the same interactive qualities of “Phrase Party!” or “Heads Up!” which bring people physically together in social settings.

“The game is a way to form bonds with people,” said sophomore Maddy Gaiman about her experience with Phrase Party! “Sometimes you play in teams and have to work together to come up with a solution.”

“Phrase Party!” is essentially the smartphone version of “Catch Phrase,” a guessing game that consists of round discs with 72 words on each side. As one team member describes the word on the disc, the other team members try to guess the word before time runs out.

Technology eventually transformed the original game into electronic form, which can be bought at Walmart for $26.77, but “Phrase Party!” can be downloaded for $0.99 from the iTunes Store.

If a person buys “Phrase Party!” they can pick from a selection of in-app upgrades and purchase additional categories like the vampires phrase pack, a ‘90s phrase pack, a college phrase pack or most popularly, the adult phrase pack.

“Heads Up!” is the entrepreneurial idea of Hollywood talk show host, Ellen DeGeneres. Released in May 2013, the $0.99 guessing game can be played with one friend or 10. In “Heads Up!” one player places their cell phone on their forehead while the rest of the group tries to describe the word or phrase that appears, so the holder may guess correctly.

Despite “Phrase Party!” being a more well-known game, more and more people are becoming familiar with DeGeneres’ and even prefer it.

“He's not one person standing there trying to get everyone's attention,” said senior Caroline Stoupnitsky on why she prefers “Heads Up!” “Everyone is chiming in and fewer people lose interest in the game.”

A few categories in “Heads Up!” include Superstars, Act it Out, Blockbuster Movies or Actors. Another option is Animals Gone Wild, in which your teammates guess the creature on the card without saying any part of the animal’s name or rhyming. For an extra challenge, DeGeneres encourages the players to only use noises or act-outs to give clues. Not everyone likes these interactive games at parties, though.

“I don't own the app,” said junior Julia Cannon. “I've played it once before at a party, but I just think it's annoying.”

For those who do have fun playing the games on their smartphones, some still wouldn't consider them a threat to traditional pregame favorites.

“I like ‘Phrase Party!’ but I also like beer,” said one senior girl. “So I don't think that these guessing games could ever overpower the option of playing beer pong or flip cup at parties.”

Tweets from the Forest

@WFU_Pit: “Annual obligatory statement: I am not actually the real Pit...but who am I to tell you what to believe.”

@ShitWFGirlsSay: “Welcome back, Tent Of Shame”

@WakeForestProbs: “Of course Wake makes the rest of the day a snow day after my last class #wakeforestproblems”

What’s up in Winston-Salem

Here is what’s happening around town this weekend.

Tour de Food- Winston Salem
Every Saturday at 2:30
Taste the best of downtown Winston-Salem.

Stand-up Comedy at Laughing Gas Comedy Club
7:00 p.m. every Friday, Saturday, and Sunday until March 28
Entertainment Column | The Grammys

Ambitious mashups dominate Grammys

BY CAROLINE GILL
Staff Writer
gilcezu@wfu.edu

The Grammys, more than any other awards season outing, has a tendency to confound viewers with its logic-defying choices. Ed Sheeran had just not worn a suit for Best New Artist? Sara Bareilles gets an album of the Year nod but not Justin Timberlake, whose 20/20 Experience was the best selling album of the year? Often, the ceremony itself is full of nearly as many surprises.

This year's ceremony left us to question, "What are the Grammys without Lady Gaga?" It turns out they're a clash of elaborate mashups both electrifying (Imagine Dragons and Kendrick Lamar) and head-scratching (Robin Thicke and Chicago). The ceremony, hosted by LL Cool J, was so stuffed with performances (complete with shots of Taylor Swift's dance moves) that it ran over by fifteen minutes.

Another hallmark of the Grammys seems to be their insistence to present as few awards as possible out of seventy-eight categories, only ten were presented on Sunday night's broadcast.

It would have been nice to see the presentation of Best Alternative Album, which was won by college radio darlings Vampire Weekend, for their album Modern Vampires of the City. However, it is the performances that make the Grammys what they are.

Unlike some years, no one act dominated the winners circle of the 2014 Grammys. Two of the three major awards, Album of the Year and the Record of the Year, went to Daft Punk for Random Access Memories and "Get Lucky," respectively (awkward acceptance speeches ensued). Lorde took home Song of the Year (recognizing excellence in songwriting) for her late year anti-establishment hit "Royals." Lorde also won for Best Pop Solo Performance.

The other big winners were Macklemore and Ryan Lewis, who won four of their seven nominations, sweeping the rap categories and winning the highly coveted award for Best New Artist. It was a surprise that the duo didn't win in one of the big three categories. It seems rep community was more approving of them than the general voters.

As for the wide array of performances, there were way too many to recount here. Jay-Z and Beyoncé kicked off the show with a performance of "Drunk In Love." The classy showmanship style that could only be pulled off by Jay-Z and Beyoncé.

Next was Lorde who gave a creepy but refreshingly original rendition of "Royals," with a distinctly "American Horror Story: Coven" vibe. Katy Perry also channeled some darkness for her Tim Burton-esque performance of "Dark Horse" with Juicy J. Taylor Swift took a distinctly different route with her performance of "All Too Well," the nearly six-minute song from Red. Her intense live performance included no back up dancers or outfit changes, just a somber but head-banging Swift at the piano.

Macklemore and Ryan Lewis made news with their performance of "Same Love" with Mary Lambert, later joined by Madonna. The stage, set like a cathedral, served as a backdrop for thirty couples, both gay and straight, to be married during the performance, presided over by Queen Latifah. Overall, it was a powerful, memorable statement, fit for the Grammys.

Other highlights included the wild pairing of Imagine Dragons and Kendrick Lamar, which proved to be one of the most exciting, high-energy performances of the night. Another in that category would be Metallica, who performed their haunting anthem "One" with Grammy winning pianist Lang Lang. The song's epic arrangement was even more incendiary with Lang's frantic accompaniment.

The performance ended with the stage literally being set on fire (of course). Other notable acts included Paul McCartney and Ringo Starr's mini-Beatles reunion, as well as Daft Punk's "Get Lucky," which they performed with Pharrell, Stevie Wonder and Nile Rodgers.

Overall, the Grammys were once again memorable, with deserved wins and high wire performances. The ceremony was a success, drawing 28.5 million viewers, its second-largest audience in 21 years.

Humor Column | The return from study abroad

Others' study abroad stories prove to be boring

BY SARA HENDRICKS
Staff Writer
hendsj11@wfu.edu

Every year, Wake Forest resolutely disposes of 20-30 percent of its student body by catapulting a formidable group of their young, bright-eyed students into the world. It is a beautiful sight, really, as they are released—galloping away, Patagonia-fluttering in the wind, doubtlessly bound to make errors that they are unaware of, but also grave enough to make Uncle Sam weep.

These students, while generally pretty intelligent in an "SAT prep class" kind of way, almost never possess two qualities that are vital for spending months in a foreign country: self-awareness and self-sufficiency. But what do tiny little details matter? They are ready to do things. Big things. Like "discover themselves" and "Instagram every moment they live" and "write a book." Or at least they did for, like, a month before they gave up on writing, in a style that was as passionate and mediocre about all the GREAT, LIFE-CHANGING FUN they were having abroad. (I should mention that I have an intense hatred for study abroad blogs. If you have/had one, I have not read it, and I am sure that your grandma loves them."

attended an "interactive theatre experience" in which one of the actors kidnapped me, assumed geriatric dress and forced me to look at a dead horse. It was the best experience of my young life but please please, stop asking me about it! You probably wouldn't really understand, anyway.

See? Anything can set us off. We're like pretentious landmines.

A trigger word could be something like "pizza," or "Zick's" because we ate pizza in Naples ("where pizza was basically invented, you know") and we need to let everyone know that we can never go back to the facsimile of what we once thought pizza was. A mere glimpse of a bike could cause us to tear up in fond remembrance of the time we were nearly run over by a rogue bike in Amsterdam.

So how do you, the listener, deal? Naturally, you cannot actually listen to anything they ever say. It will not make sense and will also drive you insane. Did they have a blog? I bet they had a blog. Or at least they did for, like, a month before they got up on writing, in a style that was just the worst. As someone who has recently returned from abroad, I get it. I really do.

We are super annoying. I was in London, as I assume you were wondering. The Worrell House, specifically. I went to like a ton of palaces, the Harry Potter studios and

Doesn't this pizza look good? It's probably not as good as the pizza in Naples, where pizza was invented, but it's fine, I guess.
Romance Column | Bad Relationships

The top three relationship warning signs

Do you have a significant other? Watch out for these indicators that may mean you’re on the verge of a break up.

BY MEGHAN HARRINGTON
Staff Writer
harmez@wfu.edu

Stop reading this article right now if you are looking for an uplifting read that you think could help solve your relationship problems. This is an article for those of you that have a bunch, or maybe you absolutely know that your relationship is on a downhill spiral. You’ve come to the right place, and sadly, you’ve come to the right person. I am a firm believer that every relationship is unique. However, I have been around long enough to notice some patterns that happen time and time again no matter how unique or special the relationship is.

There are three reasons people break up. One reason to break up is because of one or both parties are attracted to, or even worse, love someone else. Another reason people break up is because one or both parties realize that there is no future in the relationship. Lastly, people break up because one of the parties’ desires to be alone, be free, the whole “carpe diem” bit.

While you may think I am ignorant to categorize breakups into just three categories, most breakups fit into one of these categories if you really think about it. That being said, let me point out some signs for each of these types of breakups.

For those of you that are starting to sweat because one of these situations makes your heart beat a little faster and makes your hands sweat because it sounds all too familiar, don’t worry. We’ve all been there.

The Love Triangle

Man love triangles are painful. If your relationship is on the verge of hitting this break up type, you have a dark and stormy future. The good thing about having this sort of issue is that there is usually some empirical evidence that one of you is attracted to or in love with someone else.

When you are in a relationship with someone, but want to be in a relationship with a different person, you blow your boyfriend/girlfriend off without caring and spend a lot of time day dreaming about your heartthrob. From personal experience, I remember being much more concerned about my appearance in front of my crush and not my actual boyfriend. Blowing off your significant other and texting your crush are active decisions and they’re rude. However, some signs happen through no fault of your own.

Remember that feeling? That feeling that you once got when you saw your boyfriend/girlfriend where you’re stomach drops, your cheeks feel hot and you’re smiling without even knowing it? Yes, that one. When you get that feeling around someone else, that’s pretty much the tell-tale sign. When you get that feeling, your relationship is over whether you accept it or not. So for the sake of your significant other, break up with them, or at least tell them what’s going on because if not, the situation gets uglier and uglier.

Damn those free spirits

At some point, I feel like everyone goes through this phase. One day you wake up and say, hell no to monogamy... “I wanna be on my own and free!” Many people, soon after having this realization, regret breaking up with their significant other just to be alone.

But in any case, an individual that is on the brink of their “carpe diem” moment will reject PDA, want to spend a weird amount of time with their friends and would go out and party with strangers rather than go to dinner and a movie with their significant other.

No Future In Sight

Breaking up because you see no future in the relationship is much less dramatic, but all the more painful. If the two of you realize that you have different goals, values and priorities in life, the sensible thing to do is to break up. The signs of this inevitable break up will be quite obvious. You know those long talks about the future, your dreams, fears and biggest secrets that you have at 3 a.m., together? You two should be on the same page. If not, yikes. There are many variations of this situation. You may be on the exact same page as your significant other, but perhaps your future with that person is not possible for five to seven years thanks to distance. Then what? Then you have to figure out if long distance is worth it or not. If it is meant to be, it might be smart to just say “I’ll see you in five years.” While these breakups are sad, you have to keep in mind that everyone acts our of self-interest. I’m not saying we should go around making poor decisions and leave burning wreckage behind us, but you have to remember that you come first in your life.

Be honest in your relationship, but be in the relationship only if you want to. Don’t stay in it for them because no matter how much they love you, your significant others are just trying to get exactly what they want too.

Trend Alert | Crop Sweaters

How to wear cropped sweaters in the winter

Crop Sweaters

Cozy sweaters and winter always go hand in hand. Luscious cashmere sweaters never seem to go out of style and can always be adjusted to fit with the current trends. Yet, this year I’ve been disheartened because my forever loved classic winter sweaters are being replaced — the villain? Cropped Sweaters.

All of the fashion bloggers are talking about them. Celebrities, from Beyoncé to Kendall Kardashian, have been spotted wearing cropped sweaters, and brands that range from Express 21 to Urban Outfitters to The Row and Alexander Wang are selling them.

All of you fashionistas who choose style over comfort are probably rolling your eyes — who cares that crops is in and boyfriend jeans is out? Well I do. With the cropped sweater showing off a hint of midriff, what is one to do about these artic temps?

Below are some ways to sport the new trend without sacrificing your own style or setting yourself up to freeze in these winter months.

1. With a high waist pleated skirt
This fun and flirty look will cover your midriff and be appropriate for class or even Church.

2. With a blouse underneath
Take the traditional preppy look of a blouse under a sweater and “edge it up” by wearing a crochet-cropped sweater over a blouse instead.

3. With a high waist pencil skirt
Need to look a little more professional in Farrell Hall? Pair a clean-cut cropped sweater with a pencil skirt. Celebrities like Jennifer Lopez and Khloe Kardashian have been spotted sporting this look while attending formal events.

4. With high waist jeans.
If you’re early on the trend game, you’ll already know that high waist jeans are back in. Wear your cropped sweater with jeans over the weekend, for a relaxed yet fashionable look.

Wearing bright cropped sweaters like these with a blouse or high waisted jeans can easily liven up a dark winter day.

Eric Hibbeler/The Kansas City Star/MCT

Although breakups are difficult, sometimes they’re the best option for a couple.

BY EMILY STRACHAN
Staff Writer
strachan@wfu.edu

Cropped sweaters don’t always have to bare midriff. Here are some stylish options for winter.

Photo courtesy of anthropologie.com

Wearing bright cropped sweaters like these with a blouse or high waisted jeans can easily liven up a dark winter day. When you are in a relationship with someone, but want to be in a relationship with a different person, you blow your boyfriend/girlfriend off without caring and spend a lot of time day dreaming about your heartthrob. From personal experience, I remember being much more concerned about my appearance in front of my crush and not my actual boyfriend. Blowing off your significant other and texting your crush are active decisions and they’re rude. However, some signs happen through no fault of your own.

Remember that feeling? That feeling that you once got when you saw your boyfriend/girlfriend where you’re stomach drops, your cheeks feel hot and you’re smiling without even knowing it? Yes, that one. When you get that feeling around someone else, that’s pretty much the tell-tale sign. When you get that feeling, your relationship is over whether you accept it or not. So for the sake of your significant other, break up with them, or at least tell them what’s going on because if not, the situation gets uglier and uglier.

No Future In Sight

Breaking up because you see no future in the relationship is much less dramatic, but all the more painful. If the two of you realize that you have different goals, values and priorities in life, the sensible thing to do is to break up. The signs of this inevitable break up will be quite obvious. You know those long talks about the future, your dreams, fears and biggest secrets that you have at 3 a.m., together? You two should be on the same page. If not, yikes. There are many variations of this situation. You may be on the exact same page as your significant other, but perhaps your future with that person is not possible for five to seven years thanks to distance. Then what? Then you have to figure out if long distance is worth it or not. If it is meant to be, it might be smart to just say “I’ll see you in five years.” While these breakups are sad, you have to keep in mind that everyone acts out of self-interest. I’m not saying we should go around making poor decisions and leave burning wreckage behind us, but you have to remember that you come first in your life.

Be honest in your relationship, but be in the relationship only if you want to. Don’t stay in it for them because no matter how much they love you, your significant others are just trying to get exactly what they want too.
Getting tangled up with

BY ANNIE JOHNSON
Senior Writer
johnae0@wfu.edu

Who says you can't teach an old dog new tricks? The team behind the Wake Forest-based start-up Swizzler, believes you can — and they're making it their mission to teach the community a few new tricks along the way.

Swizzlers are an inventive twist on the classic hot dog. It is a spiral cut hot dog, which increases the surface area by 3.5 percent says Swizzler CEO, senior Jack Zimmerman. "The spiral gives it visual appeal," said Zimmerman. "It allows us to marinate the hotdogs and make sure every bite has crisp charred flavor."

The idea is to "incorporate surprising flavors, that people wouldn't expect or associate with a hot dog," said chief communications coordinator, senior Jesse Konig. "Eating is an adventure, and we want to take them along."

Fresh out of the Swizzler test kitchen, it's a footlong caprese Swizzler — with Roma tomatoes, fresh mozzarella, pesto and balsamic sauce.

Dreaming of dogs

The concept of Swizzler was "born out of a hostel in the south of Spain," said Zimmerman. While studying abroad in the fall of their junior year, Zimmerman and Konig dreamed up the business idea sitting on lawn chairs on the roof of a hostel in Malaga. So the story goes, when they returned to their home city of Madrid, they started cooking.

Soon they brought on fellow senior Ben Johnson as chief marketing officer who brought fresh ideas for the Swizzler. After testing several recipes out on friends, the response was "overwhelmingly positive," said Konig.

The business of Swizzler was officially born as the final group project for Konig in an entrepreneurship class the next semester. For three days, the campus got its first taste of Swizzler.

"We had the highest grossing venture in the seven-year history of the class," said Konig. "People keep asking us when they can get Swizzlers again."

Thanks to a grant from the Wake Forest Center for Innovation, Creativity, and Entrepreneurship, the team received the funds to get started on its website and other new developments.

Getting "saucy"

The Swizzlers team is constantly working on new flavors. One of their newest creations is called the "Acropolis," a combination of hot dog, olives, Roma tomatoes and a homemade tzatziki sauce. Johnson says they've also dug into a caprese dog — complete with fresh mozzarella, pesto, tomato and topped with balsamic vinaigrette. Next up? A Carolina dog — a compilation of all the comforts of the South including chili and cole slaw.

They also hope to one day mass market their original "saucy." Fans have gone crazy for their homemade "Moncloa sauce," aptly named for the Madrid Metro station that Zimmerman and Konig frequented abroad. Their newest "saucy," is still in the development stage, with the working title "Sweet Heat."

"We're trying to get away from just ketchup and mustard," said Konig.

Emphasis on values

Innovation and healthier options are two priorities for the Swizzler team.

"We're a value-based brand," said Konig. "[Swizzler] stands for adventure, innovation and responsibility."

They're responsible for providing the freshest produce, the highest quality meats and other green additions said Konig. In addition, they're reaching out into the Winston-Salem community to give back.

The Swizzler guys are teaming up to work with the H.O.P.E. of Winston-Salem food truck, which uses interfaith community networks to make meals on the weekends and deliver to underprivileged children in neighborhoods with the highest food insecurity. H.O.P.E. stands for "helping our people eat." According to its website, Winston-Salem has been ranked as one of the worst cities in the country for hunger for the last four years.

"Many of these kids are part of the federal lunch program, but many times the food provided through the Backpack program, which sends food home for the weekend, doesn't last until Sunday," said Zimmerman. "We want to make sure kids are well-fed."

The team spent this past weekend delivering Swizzlers to the local community.

The future of Swizzler

The team hopes to have their own Swizzler truck up and running locally in time for the fall semester. For these three seniors, Swizzlers are the plan for after graduation. They've added freshman Andres Fernandez to their team as their campus representative, to keep them connected to the WFU community, and spread the brand name. While the Swizzler website is currently in the works, fans can stay connected on Facebook.

Swizzler fans can look forward to more innovative eating this semester as well. Due to restrictions regarding bringing food to campus, as well as health and safety regulations, the team can only sell their product in conjunction with special events. Swizzler is planning on sponsoring an eating competition for charity, as well as selling at events like Lifesaving Bamboos shows.