Students debate "Best value"

The Board of Trustees approved a tuition increase Jan. 31 despite high levels of student debt

BY AUSTIN COOK
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Just days after the university was listed by The Princeton Review as one of the top 75 "best value" private colleges in the nation, the Board of Trustees voted to raise the cost of tuition an additional 3.25 percent for the 2014-15 school year.

The decision has already drawn a critical response from many students, as the increase is expected to bring the annual cost of attendance to nearly $63,000. This figure makes the university the fourth most expensive of the top 25 national universities as listed by US News & World Report.

"I think a Wake Forest education is very valuable. We have very talented teachers with an institution that has great resources," sophomore Sarah Cacciabaudo said. "I do think we get a valued education, but I don't think it's a best value."

The announcement was not unexpected, as tuition costs across the country have continued to rise — even at 3.8 percent nationally between 2013 and 2014, according to US News & World Report.

But many students are still frustrated that tuition is continuing to rise despite the university's unprecedented capital campaign currently underway, which aims to raise $600 million by 2018.

Wake Will dedicates $187 million to 18 different initiatives meant to expand financial aid availability and drive down student loan debt, according to the campaign's website.

Despite the welcome news that the university was listed as a "best value" private college, the rankings also showed an important and less flattering statistic: that Wake Forest students graduate with the most debt — $33,282 on average, according to The Princeton Review — than students from any of the other 75 colleges on the list.

Sophomore Dean Furst said that while he doesn't believe a Wake Forest education is completely worth the financial burden, he thinks that potential improvements from the Wake Will campaign could increase the value of students' degrees.

"I don't think [the university is a best value] institution at the moment," said Furst. "But the influx of money from Wake Will could create an incredible return on our investment."

The listing regarding student debt signals that despite what administrators have called a concerted effort to expand financial aid opportunities, the problem of student loan debt is still very real for current undergraduates and recent graduates.

"Spending $62,000 per year is an outrageous amount, especially for an education. One semester at Wake costs more than a full undergraduate state school for me," Cacciabaudo said. "Wake Forest has a great name, but when options like state schools are available I don't see how it can be quoted as a best value."

Sophomore Chelsea Bellomy, however, thinks that the university's quality of education and strong reputation for getting students jobs shortly after graduation make the cost of attendance more justifiable.

"The professor to student ratio puts the quality of classes [here] above a lot of other schools," said Bellomy. "The connections, job and internship opportunities that can come through Wake Forest networks makes it worth it in the end. About 95 percent of students that graduate have a job within six months after graduating, which is a very reassuring statistic."

Junior Maggie Anzalone is also optimistic that her degree will give her an advantage upon entering the job market, but she also recognizes that tuition costs are significant.

"Although the tuition is higher than many other colleges, I believe it will be

Study highlights value of liberal arts degree

A new study conducted by the AACU shows that the earning value of a liberal arts degree matches that of other degrees in the long-run

BY HILARY BURNS
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A new report by the Association of American Colleges and Universities (AACU) says that liberal arts students may start off with lower salaries than students with business, math and science majors, but the salary gap narrows over time. The report states that, 'at peak earnings ages (56-60 years) workers who majored as undergraduates in the humanities or social sciences earn annually on average about $2,000 more than those who majored as undergraduates in professional or pre-professional fields.' Executive director of the Office of Personal and Career Development Kate Brooks said she hopes this study makes liberal arts students feel more secure about their majors.

"[These students] have heard a lot of negativity over the years," Brooks said. "This is a very positive and true statement."

Dean of the College, Jacquelyn Fetrow, said that it is important for liberal arts students to articulate the skills they have learned in diverse courses to employers. She emphasized that liberal arts students' skill sets are important in professional settings.

"I think it is important for students to follow their passions in an undergraduate degree and be exposed to something they really enjoy," Fetrow said.

John McCauley is a junior double major in philosophy and English. He said that he wanted a major that would encourage him to think deeply and critically about the world around him.

"My number one priority will always be spending my days on Earth passionately," McCauley said. "I'm a strong believer that if you love what you do, the money will come naturally."

Senior Anoushka Yousuf chose to major in communications rather than business because she preferred the more creative perspective these courses offered.

"If you do what you like then you are going to be better at it and you are more likely to be promoted when you are..."
On Jan. 28, the Princeton Review released its annual list of the "Best Value" colleges and universities in the nation. While the administration was very quick to announce that the university was on the list of 75 private universities, the information not included in the press release was the fact that of those 75 schools, Wake Forest's students graduate with the most debt on average, with a mean of more than $33,000.

Ironically, it was just three days later on Jan. 31 that the board of trustees approved a 3.25 percent increase in tuition, bringing the annual cost of attendance to $62,538. Based on those figures, the cost of four years at Wake Forest would be more than $250,000 — a quarter of a million dollars. The annual cost of attendance to $62,538.

Just a few months ago, the administration launched the largest capital campaign in Wake Forest's history, with an end goal of raising $600 million for the university. When it was launched, it was announced that $315 million had already been raised. As a university that continually demonstrates its role as an institution frequently on the cutting-edge of innovation, we hope that the administration works to develop new ways of capping, and possibly even lowering the crushing cost of attendance at this wonderful university — not only to benefit current and future students, but also to ensure that the Wake Forest experience can be an option for hardworking and talented students less fortunate than those of us already here.

This column represents the views of the Old Gold & Black Editorial Board.

"Best Value" ranking ignores students' financial woes

The Wake Forest experience is extraordinary and unique, but just like everything else, it has a price tag. The release was the fact that of those 75 schools, Wake Forest's students graduate with the most debt on average, with a mean of more than $33,000. These staggering numbers are even more remarkable when considering that the median household income in the U.S. is currently $51,017, more than $10,000 less than a single year at Wake Forest. Tuition has been increasing across the country for decades, creating more student loan debt than any debt in the nation — more than $1 trillion. This devastating evolution has buried students in debt that many are not able to pay off until decades after they graduate.

It is indisputable that students value the wide-ranging and comprehensive education afforded during their time here. The Wake Forest experience is extraordinary and unique, but just like everything else, it has a price tag — especially when our careers and futures are at stake. While being named one of the "Best Value" universities in the country is flattering, it simply is not accurate. Despite the university's efforts to expand scholarships and financial aid, we have reached a point where students are being forced to risk their financial security and bury themselves in debt in order to come here. Even students who are fortunate enough to have parents who can partially or completely fund their education here are feeling the crushing weight of rising tuition, room and board costs.

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The Wake Forest experience is extraordinary and unique, but just like everything else, it has a price tag.
Deacon Profile: Cara Pilson

BY FLETCHER LAICO
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Cara Pilson is the associate director of Wake Forest's Documentary Film Program, a three year graduate program that serves students of all ages. After starting her career at the University of West Florida as a professor and the head of the student-broadcast news organization, she went on to teach at the University of Florida's non-credit program.

Now in her fourth year at Wake Forest, Pilson teaches classes in research, ethics and documentary history. She has served as the director of research and associate director of notable historic documentaries such as The Last Flight of Petr Ginz and Freedom Never Dies: The Legacy of Harry T. Moore.

What kind of differences do you note in the students in larger universities versus smaller ones?

I notice a distinct difference in campus culture. At the University of Florida I taught some classes with 300 students, whereas at Wake Forest the number is usually around 30. Because of this smaller size, I get to know Wake Forest students a lot better; I have more conversations with them outside of class, so I get to know their ambitions and goals, Wake Forest students are committed to excellence.

The students I taught at the University of Florida were older when I started — so many of them older than me and they were goal-oriented but perhaps not quite as expansive as Wake students as far as what their goals were and what they wanted to accomplish.

Have students and the way they learn changed during your career?

Students come into film with the idea that "I want to make a contribution, I want to tell stories, I want to comment on the human condition.” As far as those students that are committed to that career path, not much has changed.

Sometimes you just find fewer students that are going to be filmmakers, but the partnerships have increased. There are so many small projects now. So many opportunities are open to students.

You can look at the way technology is changing things and bemoan the fact that certain things are going to be lost, or can you say "Look at the opportunities that exist for you now that didn’t exist five years ago.

Look at how many ways there are to tell stories, and we can’t even predict 30 years from now how many new ways there will be.” In some ways you can get kind of lost, students now have a much greater sense of the possibilities.

It’s a little scarier, in that there isn’t one proven way anymore. And that goes for teachers too! We have to keep up with what’s going on out there, and teach students how to look at this changing world.

What kind of documentaries do you make, and what’s the role you play in their production?

At first, the documentaries we produced with students were more journalistic in nature. But we found that there’s a difficulty in balancing academic demands and the demands of storytelling of that nature.

On top of your classes, you had to go to some aspect of a public affairs event had to be covered.

So there was a shift toward documentary film that was more historic in nature. It was a natural fit, though, in that we were all interested in that aspect of storytelling and we could do so much more on it.

In making a film, we all wear interchangeable hats: we all go to the shoots, we all sit in the editing room. My primary role has always been that of researcher on the subject.

Is there any gold standard for documentary film — documentaries that you use to teach students the fundamentals of filmmaking?

The gold standard is always shifting. Certainly there are those classic films: Salesman, Night and Fog [Wake Forest professor] Peter Gilbert’s Hoop Dreams. But each new generation is adding to the conversation.

Filmmaking is so diverse, not only from the subject matter to how you can tell the story. We show students these films not to tell them ‘here’s how you do it’, but to show you what others have done before and how they’ve shaped the conversation.

You’ve been in the documentary film industry for years. How has the process changed?

It’s constantly evolving as technology and distribution methods evolve. There’s no one path anymore for documentary. It used to be that you make a film, you put it in festivals, and you hope to get it on PBS or HBO. But now we have Netflix, and other ways to organize community outreach. As a filmmaker you have to ask yourself more these days what you want to accomplish with your film.

The film can live and breathe in many more places than it used to be able to. But certainly we can still learn from our classic films because at the end of the day, good storytelling is good storytelling. Storytelling is a part of who we are humans. It’s part of our DNA.

If I want to touch you emotionally, I tell you a story. It’s how we best communicate. In today’s society, visual storytelling is how we communicate. That’s what we want our students to take away from our program.

What is your favorite aspect of your job?

In my short time at Wake Forest, my favorite aspect is being able to get to know Wake Forest students a lot better; I have more conversations with them outside of class, so I get to know their ambitions and goals, Wake Forest students are committed to excellence.

The best part of this job is that teaching and producing documentaries are not separate entities. The best way that I can teach students to be filmmakers is to be part of the filmmaking process myself.

The best way we can teach research, editing, producing and distribution is to do it ourselves. My students are not necessarily going to be filmmakers, but when I talk to them about ethical dilemmas when making a media product, for example, I can teach from a set of experiences.

I have conversations with them as someone who is in the middle of grappling with all of the challenges of filmmaking, instead of just teaching it.

POLICE BEAT

Larceny

An unknown subject removed an unsecured student ID card from a table in North Dining Hall. The report was filed at 12:06 p.m. on Jan. 29.

Miscellaneous

An unknown subject damaged 15 large carpet squares in Reynolds Gym and left multiple black scuffs and scuffs on the walls. There were also five places where the paint had large blisters and was peeling off the wall. The report was filed at 9:59 a.m. on Jan. 27.

A subject was charged with speeding and crossing the center line on University Pkwy. The report was filed at 3:25 p.m. on Jan. 27.

A subject was charged with possession of marijuana by WSPD on University Pkwy. The report was filed at 3:25 p.m. on Jan. 27.

An unknown subject scratched the passenger door of a truck on Gulley Drive. The report was filed at 3:59 p.m. on Jan. 28.

A subject was charged with possession of marijuana after WFUPD officers responded to Babcock in reference to an odor of marijuana. Officers located the smell and spoke to the student who resided in the room. Officers seized the contraband and referred the incident to Judicial Affairs. The report was filed at 8:00 p.m. on Jan. 30.

A victim was assaulted at an off campus function at Electric Blue Saloon in King, N.C. The report was filed at 10:53 a.m. on Jan. 31.

An offender was charged with possession of drug paraphernalia after being found unresponsive at the intersection of Lot H. University Police were given consent by the owner of the vehicle to search and a pipe was found. The report was filed at 12:18 p.m. on Feb. 1.
Degree: Liberal arts students earn more over time

Continued from Page 1

passionate and willing to put in extra effort,” Yousuf said.

But some liberal arts students are still concerned about making enough money to be comfortable after graduation with their majors. Senior Kristen Young is an elementary education major.

“I have always wanted to be a teacher and it’s what I love doing, but until recently I haven’t thought about the realities of supporting myself on a starting teacher’s salary,” Young said.

To these concerns, Brooks said that salaries are not correlated with majors. She said that salaries are more closely related to the industry the person is working in, the title held and geography.

“It’s not the major, it’s the individual,” Brooks said. “It’s wonderful if you want to be an electrical engineer, but if that’s not what motivates you, you have to consider some other factors.”

The president of AACU, Carol Geary Schneider, said in the report’s media release that majoring in the liberal arts leads to successful careers in a large range of professions.

“Recent attacks on the liberal arts by ill-informed commentators and policy makers have painted a misleading picture of the value of the liberal arts to individuals and our communities,” Schneider said.

Brooks said that many students put a lot of pressure on themselves to find the perfect job right after graduation. She recommends that students focus on what they will learn from this first job.

“Take a year to look and see what you do like and what you don’t like,” Brooks said. “You have to leap into the water and see what works. If you’re still trying to find yourself, then this is a great time to experiment.”

She said to think of the first job search as an information-gathering opportunity. “Money is important. But it is one of several factors that go together to make up job satisfaction,” Brooks said.

The report, conducted by the American Association of Colleges and Universities, shows that although liberal arts students earn less initially, the value of their degree increases over time, eventually matching other degrees.

**Starting Salaries from 2013 Salary Survey by National Association of Colleges and Employers**

![Graph by Sarah Moran/Old Gold & Black](image)
Value: Ranking questioned after annual tuition hike

Continued from Page 1

worth it in the long run,” said Anzalone. “I continuously hear about Wake Forest students who are graduating and have their ideal job lined up or have been accepted to graduate school.”

Availability of financial aid and scholarships, key factors to the value of a degree from any university, is a major component of the university’s effort to lower the debt of graduating students.

Bill Wells, director of financial aid, said that more than one third of the university’s undergraduate students receive some kind of need-based financial aid.

“For the current 2013-14 academic year, 39 percent of our undergraduate students receive need-based financial aid,” Wells said. “The average total amount received by students with need is $38,500.”

Since financial aid is counted as a subtraction from the university’s revenue, the proportion that it makes up is harder to calculate, said James Shore, assistant vice president for budget and financial planning.

“Financial aid is reported as a deduction from revenue instead of an expense, so it is difficult to answer what [percentage] of the operating budget goes to financial aid,” he said. “For the last full fiscal year (2012 - 2013) the university provided [approximately] $77 million of financial aid based on tuition and fees of $264 million, which is approximately 29.2 percent.”

Shore said that the university’s policies for trying to bring down the amount of debt students graduate with involves offering grants to qualified students.

“The university has and continues to address the student at graduation by instituting a series of loan caps annually by providing more institutional grants to those individuals that qualify,” he said.

As for how the amount of funding the university is able to distribute in the future because of the capital campaign, Shore said it is currently unclear because gifts will be given in varying ways such as endowed scholarships or annual donations, among others.

“It is very difficult to forecast how the $77 million that the university spends on financial aid in a given school year will change, due to how the gifts will be received,” he said.

For many students, it is impossible to truly judge whether their Wake Forest education was worth the financial investment until after they have graduated.

“But talk to me in a year and a half and see if I have a plan for the future,” Anzalone added. “Then I’ll let you know.”

BRIEFLIES

University to hold Tie a Yellow Ribbon Week, Feb. 24-28

Every February, PREPARE hosts Tie a Yellow Ribbon week to raise awareness about rape and sexual assault throughout campus. Yellow ribbons are distributed to students and faculty to honor victims, and the organization hosts many different events during the week.

On Tuesday, Feb. 25, they will organize Trivia in Shorty’s at 8 p.m. On Wednesday, Feb. 26, also in Shorty’s, there will be an a capella sing out at 7 p.m. The highlight of the week will be on Thursday, Feb. 27, when the 22nd annual Speak Out takes place in Wait Chapel at 6 p.m.

Wake Forest celebrates 180 years this Founder’s Day

On Thursday, Feb. 20, Wake Forest will celebrate 180 years as a university during the Founder’s Day Convocation at 4 p.m. President Hatch will present the Medallion of Merit, which is the University’s highest honor, to an accomplished individual who has contributed much to the school. Additionally, eight alumni and faculty will be recognized for excellence in their fields.

The three winning Senior Orations will be presented, as will the annual senior video tribute. After the ceremony, a reception will be held in Scales Fine Arts Center lobby.

Photo caption correction to Jan. 30 issue

A photo in the Jan. 30 issue of the Old Gold & Black on the page three profile of Cynthia Tessien was not credited to the correct individual. The photo was taken by Becky Hack, not Jeremy Heffer.

SG GENERAL ASSEMBLY

I. Committee Reports

The academic committee met with the Learning Assistance Center to discuss advertising the seminars they host about technology, time management and stress release. The committee also met with Dean Buchanan and the Office of Academic Advising to plan the Major and Minor Fair for next fall.

The appropriations and charter committee presented a charter for the Wake Forest University Freestyle Dance Group. The Buzzocracy committee announced that they are drafting a proposal to add more reading days.

They will also have their monthly meeting with Penny Rue next week. The committee is additionally planning Tastes of Reynolda.

The Physical Planning committee reported that the test to the lighting along the Reynolda walkway was a success. They also announced that they are still working with Parking and Transportation to redesign the downtown shuttle route to be more efficient. The committee is also working to change the policies regarding entrance to campus through the Polo Road gate.

The public relations committee reported that they gave out the Faculty Appreciation Award to Rob Erhardt of the Mathematics Department.

II. New Business

Bill 18 – Charter of Wake Forest University Freestyle Dance Group. The group has freestyle dance sessions every Friday, and is open to all students without tryouts. The bill passed.

III. Announcements

President Jacqueline Sutherland announced that the Diversity and Inclusion Committee will launch a new campaign next semester.

In addition, Anne Boyle, dean of student-faculty academic initiatives, hosted office hours in the Pit on Wednesday to answer student questions about research with faculty and conducting research abroad.

FEBRUARY 4

SG Executive Board
2012-13

Jacqueline Sutherland, President
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New student group encourages service abroad

MEDLIFE, chartered in the fall of 2013, will send students to impoverished parts of the world to work on community service projects

BY MORGAN SCHICK
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Last fall, the university chartered a new organization that will allow students to gain practical experience while serving others in impoverished countries.

Medicine, Education and Development to Low-Income Families Everywhere — or MEDLIFE — is a national organization that allows students to make a difference by volunteering in developing countries, specifically emphasizing healthcare, education, development and general welfare.

The national organization uses donations and money earned from fundraisers to build mobile clinics and deliver medical treatment to extremely impoverished areas.

To promote its mission to younger people, the organization encourages the creation of student chapters on college campuses, such as the one recently chartered at Wake Forest, where students represent the group and its mission.

There are over 100 university chapters in the United States, Canada, the United Kingdom, Australia and Puerto Rico.

"MEDLIFE helps impoverished regions in South America, Africa and India," said junior Cecilia Rambart, vice-president of MEDLIFE at Wake Forest.

"We help empower families to live healthy lives, even with the constraints of poverty by providing communities with access to medicine, education and community development."

The national group organizes service trips for students nearly every week of the year, and each trip has a different focus. Mobile Clinic trips focus on the healthcare aspect of the organization's mission by bringing general practitioners, dentists, OB/GYNs and pediatricians as well as providing access to preventative tests. Mobile School trips, on the other hand, bring education workshops and legal council to Peru.

"It's really great because medical students do not really have lot of time in their schedules to devote going abroad for months," said Reddy. "It's a shorter amount of time, but you get a ton of experience in the field, like working up close with doctors and seeing different medical problems that you wouldn't get to see here because of all the different hospital regulations."

Senior Cameron Murphy, the organization's president on campus, also said that he felt that the trips were personally rewarding.

"I have personally been on a Mobile Clinic trip in which we were able to give 1200 patients their first access to healthcare ever," said Murphy.

MEDLIFE service trips give students the opportunity to get hands-on experience delivering medical supplies and caring for people living in severe poverty around the world.

"We were able to save so many lives by just prescribing medication and teaching patients how to properly take care of themselves."

Programs like these are not limited to students aspiring to be doctors, Murphy said.

"An ideal member is any college student that would like to save lives and directly see the difference they can make in hundreds of people's lives," said Murphy. "During these trips, there are many developmental projects as well such as building stairs for safe travel through the slums and building clean water lines."

There are several service opportunities on campus through the organization. In addition to monthly fundraisers, the group frequently volunteers in the Winston-Salem community.

MEDLIFE was founded in 2006 by students at the University of Maine, and has been on campus here for three years.

After two years of attempts by previous executives, the organization was finally chartered last fall.

Hostage situation on University Pkwy lasts 29 hours

An armed individual held a family member hostage at the Travelers Inn motel down the road from campus

BY SARAH MORAN
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A 29 hour standoff between a man holding a family member hostage and the police ended around 3:30 p.m. Tuesday Feb. 4.

Prior to the standoff, Christopher Shane Jenkins, 31, had numerous charges against him resulting from a car chase with King Police Department officers that occurred right before midnight on Feb. 2.

Jenkins was charged with assault with a deadly weapon on a government official, two counts of resisting a public officer, driving on the sidewalk, reckless driving, speeding in a work zone in excess of 80 mph and felony fleeing to elude.

The chase continued into Surry County where Jenkins contacted Surry County Sheriff's Office and told officers he would harm a hostage if law enforcement didn't leave him alone. The police retreated.

On Monday morning, Winston-Salem Police Department received a tip that Jenkins was located at a Travelers Inn on University Parkway. Officers went to room, but Jenkins again called 911 and said he would harm a hostage if officers didn't leave.

SWAT teams from Greensboro, Winston-Salem and High Point converged at the Travelers Inn and police began negotiations with Jenkins. Restaurants near the Travelers Inn were closed and barricades were placed around the perimeter of the hotel.

Jenkins' hostage was his brother, 16-year-old Andrew Manjivar.

Jenkins called WGHP/Fox8 four hours after the standoff began on Monday and claimed he wanted a peaceful resolution and he let his brother talk to police so they knew he was alright.

After about 27 hours of being held hostage, Jenkins released Manjivar around 1:30 p.m. Tuesday Feb. 4 after telephone negotiations with the police. Upon being released, Manjivar was taken into custody for an outstanding warrant for his arrest.

At 3:30 p.m., two hours after he released his brother, Jenkins' emerged from hotel room 108 on the ground floor with a white sheet over his head and was taken into custody without incident.

Winston-Salem Police Chief Barry Rountree would not disclose specifics about negotiations, but said they did not provide food and did not turn off the power to the room. A handgun was found in the hotel room after Jenkins was taken into custody.

According to King County Police Chief Paula May, Jenkins already had charges facing him before the chase on Sunday night.

Jenkins was wanted for three counts of aggravated sexual assault in Virginia.

There was also an outstanding order for his arrest in Forsyth County because of charges of making harassing phone calls. In addition, Jenkins was wanted for the assault of a woman in Forsyth County.

Rountree also stated Jenkins is also facing charges of marijuana possession and drug paraphernalia possession charges in King County.

Rountree's main goal was to keep everyone safe and unharm.

"This was an intense situation," he said in a press conference. "This is one that we didn't want to rush so that we could bring it to a peaceful conclusion."
Fund allotment needs re-prioritization

Despite increased funds to improve campus, students and faculty suffer financially

Now that the administration has induced the OGB to run more stories in accord with its own agenda — regular accounts of the negative effects of the fraternities on campus, weekly reports on the evils of binge drinking, puff pieces on the Wake Will campaign — it is worth recalling at least once more a couple of the issues the OGB addressed last fall.

First and foremost would be the question of the cost to attend the university. As recently reported, of the 75 "Best Value Colleges," Wake Forest ranked highest in the average amount of debt it left students with after graduation, some $33,282.

While the recent story in the OGB about the current capital campaign mentioned helping our students with more funding, no specific goals were noted. Whereas, the report was quite clear about the needs to be met when it came to buildings and the like, there was no attempt to address the problem of student loans.

The campaign might be more noteworthy if it declared, say, a goal to reduce average student loans to $30,000, or even lower. As it is, there is no reason to think the current figure is likely to change much, even with such initiatives as the $10 million that URCEA hopes to add to its funding for undergraduate research, which is likely to dribble down to a slightly larger number of small grants to a few students.

Likewise, whereas we know there is supposed to be more funding for "faculty research grants," there seems to be little else of value for those who teach here. Granted, the administration hopes to have a total of ten Presidential Chairs to honor its most favored faculty, but this is of no use to the hundreds who won't be so fortunate.

All this says nothing for the current rumors that there will soon be major cuts in benefits for employees of Wake Forest, yet another blow to the faculty's (futile) attempts to keep pace with what it was making a few years ago.

"Academically, I think I'm getting what I paid for, but they could do better for people who aren't Greek."
Timothy Lee ('16)

"They guarantee housing for four years — and it might be expensive — but we're in a safe place."
Mary Morel ('16)

"My Wake experience has been truly priceless. It's an investment that's certainly proven to be one worth making."
Kara Harvey ('14)

"I think the education is worth how much we pay even though our living conditions aren't."
Anali Reddy ('17)

"Due to the change in price of the school, I fear that our scholarships will not fulfill the increase in price."
Kierra McClinton ('17)

"I think we do have proper educational and networking resources for what we pay here."
Hakeem Oufkir ('17)
Each major choice is valuable in its own way

What some majors lack in practical value is made up for in skills and fulfillment

"To be, or not to be" — that is the question that inspired the title for an article published in the Old Gold and Black last week. This new question, however, asked whether "To Major ... or Not to Major" in theatre at Wake Forest University.

While I was excited to see an article for which I was interviewed focusing on my primary major, I was disappointed with the lack of information stating why someone should major in theatre, or what my process was in deciding that 'theatre' would be the word forever etched across the B.A. degree I will be receiving in May.

Instead, the article compared the size of the theatre major class of 2014 (the smallest among the smallest of the 2014 undergraduate population) to that of the business school class of 2014 (likely among the largest), declared a "plummeting value," for a degree in theatre (without providing a reference for this statistic) and claimed that aspiring to go to college to choose to attend NYU or Yale conservatories, the latter of which is a graduate school, must go on!"

Out-of-the-box thinking and punches and get-the-job-done ("The show must go on") are directly rewarding people who are good and go-getters, but often at the expense of who are who is not expected to have it done.

I understand loving a feeling of comfort by majoring in a field that provides great professional "degree value." I do assume the "degree value" implied by a theatre major previously indicated monetary value, and nothing else.

Because, honestly, if we see "theatre," "business and enterprise management," "women and gender studies" or "religion," we automatically think of dollars and not necessarily the "value" or my degree is worth less than another, not settle for something that I find less fulfilling.

Respectfully yours,
Celia Quillian
Theatre and Communications
Class of 2014

Students for Education Reform | Rebuilding the Broken Ladder

Teachers should be rewarded for their work

Decreased salaries and funds for teaching programs discourage potential teachers

Natalie Fensterstock
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Guest Columnist

Two different programs are housed in two different buildings across the Wake Forest campus. One program, with 52 students, will see an average salary plus bonus of $100,897. This program also has been ranked 43rd for "return on investment" among programs of its kind. The other, with 14 students, will see an average salary of $38,545.

Which programs are we describing? The full-time MBA and the masters in education program. Unfortunately, those in the masters in education program will fail to see any substantial financial return on their investment.

During the 2013 legislative term, North Carolina removed masters pay for their educators, thus perpetuating the lack of respect for teachers in the professional realm. This lack of respect further diminishes the appeal of entering the teaching profession, a fact that is reflected in the difference in program sizes at Wake Forest.

We know what you must be thinking: "The decision seems clear. I should choose the program that will provide me the greatest return on my educational investment — the MBA." What these statistics fail to show, however, is the economic value that teachers directly add into society through their work with students.

These students, our students, are the future of this country. If we continue to fail to see a return on its ultimate investment — the children and future of our society — we are in the midst of an American crisis, and education is at the root of it. While teacher pay is not the sole issue with the American education system, it is a good place to start.

The state of North Carolina is ranked 46th in teacher pay. Now is the time to fix this broken system, this broken ladder of teacher salaries. The 2013 legislative term not only removed masters pay, but also eliminated tenure and froze teacher salaries for the fifth time in six years. With teacher morale at all time low, steps to add value back into the teaching profession must be made immediately.

The current teacher salary schedule has all the wrong incentives. With no increase in pay during the past five years in the classroom, which happen considerably, and this short-changes kids in lower-income areas where teachers are paid up to $7,000 less.

The salary schedule has to be sustainable within regular per-pupil budgets by reallo­

We are in the midst of an American crisis, this broken ladder of the children and future of our society.

Students for Education Reform | Rebuilding the Broken Ladder

Teachers should be rewarded for their work

Decreased salaries and funds for teaching programs discourage potential teachers

Natalie Fensterstock
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Guest Columnist

Two different programs are housed in two different buildings across the Wake Forest campus. One program, with 52 students, will see an average salary plus bonus of $100,897. This program also has been ranked 43rd for "return on investment" among programs of its kind. The other, with 14 students, will see an average salary of $38,545.

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The way we reward teachers should be aligned with an overall vision for the teaching profession.
Friends are present in times of need

Strive to be the kind of friend someone can count on during tough times

I have had many friends in life. I have had friendships which have come from sports teams, band rooms, classroom projects and work environments. I have had friendships which reach all the way back to my elementary years. Others have been forged in my college days and a few have found their genesis in my work world. These friendships have been grown in conference rooms, been revealed in flag football huddles, confirmed on the decks of salmon boats, pondered on mission trips and experienced over pizza and late night return. Some of these friendships have come and gone. Others have endured the test of time.

However, there is something very unique about the friendships which have been in my life for many years. Though oftentimes stretched because of distance, these friendships remind me continually that if I am ever in trouble they will be there no matter what.

In World War I a group of soldiers met each other in training and became the best of friends. They spent time and invested in each other every day. They became inseparable especially when times got tough. Towards the end of the war, they found themselves in a terrible firefight.

During this intense attack, one of this band of brothers became critically wounded. Not only was he severely hurt, he was trapped in barbed wire. Or, maybe, he could crawl back to the trench. The entire area was under a withering enemy crossfire, which made it seemingly impossible to reach him. There he was, 100 yards away, wounded, alone, tangled in barbed wire and in the midst of gunfire. In spite of the danger, one of his friends decided to do something about it. He took off his backpack and readied himself to spring from the trench. However, before he could leap from the trench, his sergeant yanked him back inside and ordered him not to go.

He yelled, "It's too late. You can't do him any good and you'll only get yourself killed." A few minutes later, this friend of his brother in trouble leaped from the trench and ran as hard as he could toward his friend.

A short while afterward, in the middle of the intense firefight, the man staggered back to the trench. He was now mortally wounded himself, but with his friend, now dead in his arms. The sergeant was both angry and deeply moved.

When the people in your life ... those closest to you are in trouble, do they know you that you will come?

"What a waste," he blurted out. "He's dead and you're dying now as well. It just wasn't worth it."

With all of his friends now surrounding him, this faithful friend smiled and said words which all who heard it never forget for the rest of their lives.

The dying brother replied, "Oh, yes it was worth it. Sarge. You see when I got to him, he said something to me. He said, "Jim, I knew you'd come.'"

Friends, when the people in your life, your family or those closest to you are in trouble, do they know that you will come? Do they know that you will drop everything, risk whatever it takes and come to their aid?

Go beyond the call of duty. Gaze over the battlefield of life and see where a friend is stuck in a barbed wire mess and then go and get 'em. If it is a relational need, be a friend. If it is an emotional, physical or spiritual need, be a friend.

What better words could be thought or spoken than, "I knew you'd come."

Athletes should focus more on their teams

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

Today, as sports fans love to focus on the individual. We love to point out who did and did not play well, who coached well and whose fault it was. Our modern day culture, even beyond the boundaries of sport, caves in on the individual.

As a direct result, a number of professional athletes have adopted this mindset as they have become the best - or the worst - that ever lived in a particular sport.

Asomugha's notoriously excellent job of calling other players and center more of his attention on helping his team win rather than only himself has been noted.

This attitude damages the reputation of athletes and sports in general — simply put, this individualistic focus is just bad for the health of professional sports. And, as we all know, every athlete is one play, one shot and one move too far left or right from being the best — or the worst — that ever played.

So, for all the athletes that giddy up and pound their chests after a big play ... be careful. Because the next play could drop that boisterous cockiness right on its head.

Let's take an example. Darrelle Revis, a former New York Jet and current Tampa Bay Buccaneer, has often called himself the best cornerback in the NFL. In a recent interview in response to Seattle Seahawks' Richard Sherman's post-NFC Championship Game rant, Revis said, "I feel like I'm the best."

With six words, Revis has set himself up to be proven wrong. Or, maybe, he could prove himself correct. But that's the problem — this individualistic, prideful nature of professional athletes is a detriment to sports no matter the results. It diverts attention off the field, where attention is due. Let the facts speak as well. In the 2013-2014 season, Revis' Bucs went 4-12 and finished dead last in the NFC South. In fact, they were one of the worst teams in the NFL and finished seventeenth in yards per game suffered by the defense with an average of 348. Sherman's Seahawks finished first with 273.6 yards per game. Revis has two interceptions all season. Sherman had eight ... and led the league.

So maybe Revis should be careful before he calls out other players and center more of his attention on helping his team win more than a fourth of their games. As Herb Brooks once said to his 1980 USA Olympic hockey team captain Mike Eruzione, "you got enough there to keep you busy."

But it doesn't just stop there. For some of you, the name Nnamdi Asomugha may ring a bell. As a cornerback in the NFL for the Oakland Raiders, a notoriously bad team in recent years, Asomugha was making some noise. He was a three-time Pro Bowler from 2008-2010, as well as a four time All-Pro selection. At the end of his stint with Oakland, Asomugha demanded a large contract, and the Philadelphia Eagles gave it to him. What happened to Asomugha after his huge contract?

He failed to reach the Pro Bowl the two years he played with the Eagles. Further, the Eagles failed to make the playoffs both years with a total record of 12-20 after creating the "Dream Team," which included Asomugha. Granted, the Pro Bowl players are selected by the fans, but he clearly failed to make enough of an impression on the fans to earn himself a spot. Since essentially dropping off the map, Asomugha was able to sign to the 49ers for three games in 2013 and then retired.

So what does this all mean for a player like Richard Sherman after the self-declamation as the best cornerback in the game? After his contract with the Seahawks ends, some fans in the NFL is going to pay him a lot of money. Sherman still has a lot of time left in the league.

So, will he essentially lose his spot as one of the top corners, will he fade into the shadows like Revis and Asomugha, or will someone else come in and take his self-acclaimed title of the best? Only time will tell, but Sherman's words definitely mean that all eyes will be on him.

A Guy and His Flannel Sox | Good Sports

Our modern day culture, even beyond the boundaries of sport, caves in on the individual.

I've been a huge Bay Buccaneers fan since the 90s. I'm also a huge fan of the Bucs' #23, Darrelle Revis. I had the pleasure of interviewing Darrelle last week via email, which you can read below.

Our modern day culture, even beyond the boundaries of sport, caves in on the individual. We love to point our finger at someone who can count on during tough times.

A Guy and His Flannel Sox | Good Sports

Living College to the Max | A Friend Always Shows Up

Have an Opinion?

Email column submissions and letters to the editor to ilesao11@wfu.edu by 5 p.m. on Sundays.
Popular eateries need improvement

Despite the benefits of the new dining options, certain changes are needed

Molly Dutmers
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This academic year, several new eating establishments have opened on campus. Students have appreciated these additions to the university and the diversity of options that these new food outlets have given them. However, simple changes could be made to some of these restaurants that would make them better meet the needs of students.

Bistro 34, the upscale restaurant in the new North Campus Dining Hall, is open Monday through Friday. Most students have busy schedules that do not allow them to go eat a sit down dinner during the weeknights. Bistro 34 would be much more successful if it were open Saturday nights. It makes no sense for a restaurant to be closed on what would be their busiest night of the week. Some restaurants close on Sundays and Mondays, this is much more logical than closing on the weekends.

The Hilltop Market is also a welcome addition to campus and it has greatly reduced overcrowding in the Pit, especially during the dinner service. There are a few basic changes that could be made to the Hilltop Market that would improve the service to students. The Hilltop Market does not have as many options as the Pit, so students would benefit from the menu either being posted on Wake Forest Dining's Facebook page or having the correct/updated menu on Campus Dish.

This would help diners choose if they would like to go to the Hilltop Market or not. Zick's opened last fall and most students agree that it missed the mark. Zick's has no beer, so it is difficult to stay there for an extended time and do work. Zick's also has an extremely limited menu in both food and drink. Zick's should look into adding boneless wings or chicken tenders to the menu. Also, more than two beer options should be available.

Zick's does not have a roped in patio, so beer cannot be brought outside. It would be nice to have beer on the patio of Zick's, especially when the weather starts getting nicer. Einstein Bagels is now one of the most popular eating establishments on campus. But like Bistro 34, it would be nice if Einstein's were open more than five days a week.

Many students study in the business school on Sundays, so both students and Aramark would benefit from Einstein's being open on Sunday.

I appreciate the steps that Aramark and Wake Forest have taken in recent semesters to give students more options for food on campus and with a few more basic steps these eating establishments could further meet the needs of students.

Despite the benefits of the new dining options, certain changes are needed

Hateful actions at basketball game suggest that going Greek is a superior choice

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On Jan. 29 the men's basketball team took on the No. 2 Syracuse Orange in the Joel and lost for the first time this season at home, 67-57.

The game was hard fought but the Deacs remain non-Greek? Are they less worthy of cheer for as one unit, are not affiliated with any Greek organization, such as these need to be kept in mind and continue to be supportive of our peers and athletes while they're on the court, rather than try to tear down the man that is leading our team (no matter how despicable his record is).

Numerous individuals go through life unaffiliated with any Greek organization, such as President Barack Obama, former presidential nominee Mitt Romney, professional golfer Phil Mickelson, billionaire Bill Gates and former Deac and NBA star Chris Paul. I have been a proud member of a fraternity for the last two years and agree that Greek life has incredibly valuable aspects. However, those who are not part of Greek life are just as important to this campus community and constantly make just as, if not more important contributions to this community.

When attending sporting events, ideas such as these need to be kept in mind and we need to be supportive of our peers and athletes while they're on the court, rather than try to tear down the man that is leading our team (no matter how despicable his record is).

Some of us are Greek. Some of us are not. However, we are all Deacons and this is what should identify us and drive our actions.

Interested in making graphics that are better than this?

Email dutmnk11@wfu.edu
Disney embraces current social trends

The TV network introduced its first openly gay couple to normalize the social shift

Shane Lutz
Guest Columnist
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This year is looking to be Disney's gayest yet. Literally.

On Sunday, Jan. 26, Disney Channel did something it has been covertly doing for some time now: it introduced two gay characters. What makes this moment in history so special is that unlike Bambi (don't even pretend like you didn't know), they are open, loud, gay and proud.

The show that had the honor of introducing our budding youth to the brave new world was the surprisingly entertaining “Good Luck Charlie,” which is heading for its series finale this week. In the episode, Charlie is set up on a play-date with a girl named Tiffani. She and the other main character, Sentence, are a gay couple. The show is set up to normalize the social shift going on in today's society. Snaps for Disney everyone!

The shock factor in the forerunning children's entertainment network releasing a gay couple to children was diminished by the sneaky yet terrifyingly brilliant tactics they have been feeding us for years. While it may be the first time we have seen any openly gay characters, Disney has been no stranger to giving us gay characters and a breadcrumb trail leading to their so-called closets.

One of the most famous would have to be Ryan Evans from the High School Musical franchise. I don't care if he ends up with the girl in the end, that boy's life is a reprise of Sharpay's iconic “Fabulous.” Furthermore, the award for gayest movie ever made by Disney goes to Bambi. You have the titular character who, no one is sure if they are a girl or a boy for the majority of the film (I like to call that the “Blue's Clues Effect”), then there’s Thumper, who is a little too sweet on Bambi to be straight.

Lastly, the star of the movie is Flower. Yes, Flower is a boy, and not a very straight one at that. He is literally the skunk version of a Marilyn Monroe drag-queen. Just let that one sink in.

But Disney has become a banner emblem for the LGBTQ community. As of late, they are no longer content giving us gay characters and a breadcrumb trail leading to their so-called tightly-locked closets.

In addition to the lesbian couple on “Good Luck Charlie,” the hyped Disney film Frozen did at least one thing right (refer to last week's issue for that tangent) by slipping in a very blatantly gay character.

After Anna has frolicked up the side of a mountain, she discovers a quaint little cabin called Wandering Oaken's Trading Post (and Sauna). During the spiel by the owner, Oaken himself, he suggests taking a calming spell in his sauna with his family to which he waves towards excitedly.

And here's the kicker. There's four lucky little children surrounding a man that appears to be around the same age as Anna. And with his big build and position in the center of the frame, we can assume that he is not only the father of these children, husband to Anna and a content homosexual. There is nothing subtle about it.

For someone who is traditionally ecstatic and excited to see where the corporation goes from here, and I'll be holding my breath for the gay princes! But as for now, it's about time Disney came out.

Mojo Tho-Jo | Part-Time Student Struggles

Time slows down when you enroll part-time

The flexible schedule has its benefits, but it leaves some part-time students bored

Thomas Griffin
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"Nearly there."

Such is the mantra of every spring semester senior as we progress through those last four months of college life. For three and a half years, we have clawed and scraped and clawed our way up the proverbial mountain side, and at last the peak is in sight, just a few simple credit hours away.

In the words of a great Judeo-Canadian lyrical poet Aubrey Graham, "Started from the bottom, now we're here." But what do you do when "here" isn't as exciting as you thought it would be? What if it's just a tad anticlimactic?

That's where I'm at, and I must admit, I'm at a loss. The second-semester senior has no million things on his or her mind — do I want to live at home (hopefully not)? Do I want to move out and get my own place? Do I even want to live in my home city? Should I shop at Harris Teeter or Lowes Foods? Where do I want to work? How long do I want to even hire me? The humanities are dead, for Christ's sake! All these questions buzz around inside the skull of the senior every day, and there are no easy answers, but I thought I had found the solution: part-time enrollment.

This is great, I thought. I've already eclipsed that daunting 120-credit hour requirement; all I need are a couple slots so you don't spend all day twiddling your thumbs and taking naps.

Homework? What homework? Do you join more clubs? Sure. Spend considerable amounts of time harrying the patient folks over at the OPCD about that one line in your cover letter you just can't get right? Why not? Do you volunteer, work in town, go for increasingly long walks, or take up street racing just to feel alive again? All great options. Personally, I've started showing up for my few remaining classes early, just because I can. I actually LOOK FORWARD TO THEM, which is something I'm still struggling to come to terms with. And I know what you're thinking about all of this — oh no, you're bored? Get over it.

The criticism is fair, but the struggle is also real. My roommate is in the same boat. A senior business school student, he's had a big job on Wall Street locked up since mid-December, and at only eight and a half hours, his boredometer is verging on critical mass not even one month into his final semester. I fear for the guy's sanity, I really do.

None of this is to say you shouldn't go part-time, if you get the chance. If it's there, take it, but beware — Wake Forest moves at an impressive pace, and it's all too easy for the part-time student to get left in the dust, hitting the snooze because, hey, it's a Thursday and you don't have a thing to do.

For three and a half years, being a student at Wake Forest was a lot of hard work, but being a part-time student was easy. I didn't have to try; it came naturally, but now that the work has dropped off, I find myself, for the first time, having to work at just being a Wake Forest student at all. Wake has been my home for almost four years, but, in the words of Judeo-British folk stylist Michael Rosenberg, I only knew I loved her when I left her go ... will you?
**Deacs lose by 20 at Cameron Indoor**

Despite a tight lead early in the first, Bzdelik and his men could not suppress heavy Duke pressure

**Press Box: Seahawks defense stuns the nation**

Seattle controls entire game in a mundane Super Bowl contest

En route to a being on the wrong side of a 43-8 blowout, Peyton Manning threw many of the ducks — including an overthrow to Julian Thomas intercepted by Kam Chancellor — that Seattle cornerback Richard Sherman said Manning would.

While Sherman made the headlines before the game, it was clear that somehow the media underestimated how impressive the Seahawks’ defense is as a whole.

Moreover, the Super Bowl proved once again how meaningless records and stats can be. Manning had an All-Time great season, and even set the Super Bowl record for completed passes with 34. Additionally, Demaryius Thomas set a Super Bowl record with 13 catches. None of this mattered.

Perhaps the most impressive thing in the Super Bowl was Seattle’s execution of its defensive strategy. Seattle defenders dropped back in zone coverage, bating Manning to throw to open wide receivers underneath. Manning continually threw underneath, only for Seattle to remind us why their secondary is called the Legion of Boom.

The first play from scrimmage — Manny Ramirez’s errant snap that ended in a safety — must have been a nightmare for Bronco fans. In truth, it was just a preview of the horror they would witness.

Hit after hit by the Seahawks’ defense taught us that the Broncos’ passing game had not faced a team

Despite setting a Super Bowl passing record, Manning was hounded by Seattle’s defense the entire game.

**By the Numbers**

| 3 | Consecutive wins for Wake Forest over Florida State |
| 32 | Points scored by senior Chelsea Douglas in the win over No. 23 Florida State Feb. 2 |
| 5 | Douglas’ place in school history for career scoring |
| 18 | Double-doubles by junior Deatra Hamby this season |

**Deacon Quote**

“We have confidence that we can beat these teams, and better ones.” — Sophomore Andrea Retolaza Andrade after the Wake Forest women’s tennis team beat No. 70 Missouri Sunday, Feb. 2
Luisa Fernandez

**Personal Profile**

**Birthplace:** Guadalajara, Mexico  
**Hometown:** Pittsford, N.Y.  
**High School:** Pittsford Sutherland HS  
**Birthdate:** Oct. 5, 1995

**Photograph courtesy of Wake Forest Athletic Communications**

*By Maegan Olsmead*

Staff Writer  
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Born and raised in Guadalajara, Mexico, Luisa Fernandez has taken over the number four spot for the women's tennis team. Wake Forest offers Fernandez the perfect balance between academics and athletics that she hopes will help her to succeed in both fields. In addition to becoming a professional tennis player, Fernandez hopes to go to medical school or physician assistant school.

Although only a freshman, Fernandez has already helped the team to an undefeated start and she is excited to how the rest of the season will go.

So far this season, Fernandez has only lost two matches while winning a staggering seven matches, making her personal record 7-2 to date. Notably, she beat an opponent from Southern Cal by a score of 6-0, 6-0 while posting this same score against an opponent from UNC Greensboro within just days of one another.

With a bright and potential-filled future ahead of this young freshman, Fernandez discusses the origins of her tennis career, her transition to Wake Forest, her outlook on the 2014 season and how she will incorporate tennis in her life after college.

**What got you started playing tennis?**

"My dad played tennis at Texas A&M. He was really good, so he introduced it to me when I was eight. I played basketball also, but my mom was like, "She's not going to be tall enough for this sport."

**How has your first year at Wake been?**

"It's been great. It's a lot of work — more schoolwork than I'm used to — but it's manageable. You just have to manage your time really well. Everyone says that, but it's actually really true."

**How did you choose Wake Forest?**

"I actually graduated a year early from high school. I was looking at schools that had good academics, and I was looking to go into medicine. I saw that Wake had really good academics and I loved the girls on the team when I came to visit so it was perfect."

**Are you excited for your first full season at Wake Forest?**

"Yeah, I'm really excited. It's going to be inter-esting. I think we have a lot of potential. If we keep fighting for every match and keeping our focus then we can win a lot of matches."

**What is your personal goal for this season?**

"I think it's to keep improving — because it's hard to improve when you are playing so many matches — and also to keep getting better at doubles with my partner Sam (Asch)."

"We are really good together, but our goal is to just keep getting better."

**What is your favorite part about being on the Wake Forest women's tennis team?**

I think I like how we are always together. Pit dinners are nice.

But on the court especially, everyone pushes each other to keep getting better, which is really important to me — to keep getting better at tennis and to keep getting better at everything.

**What is your favorite song to listen to before a match?**

"Before a match, I like listening to "Lose Yourself" by Eminem, and I like "Take a Walk" by Passion Pit."

**Where do you see tennis fitting into your life after you graduate?**

"I'm hoping to travel a lot with tennis. I'm going to be playing a lot of tennis in Mexico this summer, so I'm hoping I can get a lot of points there and build up my ranking."

"My uncle got to the finals of the U.S. Open, and he has really inspired me."

He works for the Davis Cup in Mexico and he is helping me meet people there.

**How was it competing in the National Collegiate Classic?**

"It's much more fun than competing in Junior Tennis. It seems like your goal is much more current than future."

"You're already in college so you can take better advantage of where you are."  

**The team is off to a great start, so how are you hoping to carry that out through the remainder of the season?**

"We definitely have to keep being healthy and stretching a lot because we don't want to have any injuries."

"We need to be aggressive in every match and for every point.

---

**Women's tennis recruiting class ranked 19th in the nation**

The Tennis Recruiting Network named the Wake Forest women's tennis team's 2014 recruiting class the 19th-best in the nation, giving the Demon Deacons a Top-25 class for the third consecutive year.

Head coach Jeff Wyshner's 2012 and 2013 classes were ranked 25th and eighth, respectively. His 2014 class consists of Courtney Meredith, a five-star recruit and national Top-25 player from Birmingham, Ala., and Sara Swift, the 2012 and 2013 Scripps Treasure Coast Player of the Year from Vero Beach, Fla.

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**Chelsea Douglas leads Wake Forest to route of FSU**

Chelsea Douglas was pivotal in Wake Forest's 78-54 win over Florida State. The senior Deacon scored 32 points off 13-22 shooting. Douglas added four assists as well.

In the first 14 minutes of the game, Douglas shot 6-6, including 3-3 from beyond the arc.

The strong shooting in the early minutes allowed Wake Forest to gain a lead that it would not relinquish.

For a full overview of the game against Florida State, please see page 14.

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**Deac Notes**

The senior Deacon scored 32 points off 13-22 shooting. Douglas added four assists as well.
Women’s basketball stomps Seminoles

After falling to Virginia, the Demon Deacons notched an impressive 24-point win over No. 23 Florida State

BY EMMA LINGAN
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The Seattle Seahawks’ thumping of the Denver Broncos wasn’t the only blowout to occur on Super Bowl Sunday.

The Wake Forest Demon Deacons, coming off a disappointing failed comeback effort against Virginia Jan. 30, rallied in a big way and blew past No. 23 Florida State Feb. 2 at the Joel Coliseum. The 78-54 win marked the largest margin of victory over a ranked opponent in Wake Forest program history.

It was an easy Sunday afternoon for the Deacs, who got off to a strong start and never once gave up the lead for the rest of the game.

Senior guard Chelsea Douglas led the Deacons with 32 points and four assists for her second-highest scoring game of the season. Eighteen of her points came from beyond the arc, where she shot 5-for-12.

Junior forward Dearica Hamby, who leads the ACC in scoring and rebounding, scored 22 points and grabbed 10 rebounds for her 18th double-double of the season. She is now just two double-doubles away from tying Brunori the school record of 20 double-doubles in a season.

Freshman guard Jill Brunori dominated on the boards, pulling down a career-high 15 rebounds in her fourth 10-rebound game of the season. She shattered her former career high of 11 rebounds pulled down against Davidson on Nov. 15.

The Deacons shot a season-best 50 percent from the floor and held the Seminoles to just 33.8 percent. The Deacs also controlled the boards 46-37 and limited the Noles to just 1-of-16 from three-point range.

Douglas opened up the scoring with a three-pointer 30 seconds in, sparking a 6-2 run that put the Demon Deacons out in front 9-2 three minutes into the game. Wake Forest took as much as a 21-4 lead just six minutes into the game and effectively shut down any chance of a Florida State comeback.

Douglas shot a perfect 6-for-6 and 3-for-3 from beyond the arc through the first 14 minutes of the contest until she missed a layup at the 5:39 mark. The Deacs held the Seminoles without a field goal for the final three minutes of the first half and headed into the locker room with a 49-27 advantage at halftime.

Despite holding the Seminoles scoreless for the first two minutes of the second half, the Deacs fell below 50 percent from the floor for the first time in the game, with Florida State outshooting Wake Forest 11-9 over the first seven minutes of the half.

Wake Forest's struggles were short-lived, however, as foul trouble began to plague the Noles. Leading rebounder Ivey Slaughter fouled out while Morgan Jones and leading scorer Natasha Howard had four fouls each.

The Deacons expanded their lead to 25 points with 8:31 left to play. Prior to making both of her free throws over the final five minutes, Hamby scored a layup to send the Deacs on a 7-4 run that would earn them their largest lead of the day and, ultimately, the 78-54 victory.

With the win, Wake Forest is now 12-10 on the season and 3-6 in the ACC. Florida State falls to 15-6 overall and 3-5 in the conference.

The Demon Deacons will hit the road this week to take on two more ACC opponents. They will first travel to Raleigh, N.C., to take on N.C. State Thursday, Feb. 6 at 7 p.m., before heading north to face new conference rival Pitt for the first time on Sunday, Feb. 9 at 2 p.m.

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any doubters, the Broncos, historical comeback. With a 23-yard reception, the Broncos had of making a big play. Out of Thomas' hands and recovering it, ending any hope would be supplying that play response, punching the ball well provided an even better big play. Denver desperately needed a big play. In the third quarter. Down 29-0, occurred with 7:05 remaining one. It appeared Thomas appeared Thomas had fumbled the ball as it hit the ground. Byron Maxwell, the Seattle defense responded with an even better big play. "It was a real team effort today," said Wyshner. "We got a big play and responded really well to that, and then we came out in singles and put up a good fight on every single court."

"We're really consistent from No. 1 through No. 6," Retolaza added. "We have confidence that we can beat these teams, and better ones."

Wake Forest will now drive north for two tough matches in the state of Virginia. On Feb. 8, the Deacs square off against No. 4 VCU and play No. 43 William & Mary the following day. Their next home match is Feb. 21st, its ACC opener against Florida State.

Press Box: Score reflects potency of Seattle defense

that closed on the ball as quickly as Seattle did.

Dan Quinn, Seattle's defensive coordinator, showed that in a league predicated on scoring, a defense can still intimidate and shut down an offense, no matter how high-powered that offense may be.

While outside linebacker Malcolm Smith was the Super Bowl MVP, the honor could have been rightfully granted to any number of Seattle defensive players — maybe even all 11 of them.

With each play and each hit, Seattle cemented itself as a historically great defense.

Every time the Denver offense made a play, the Seattle defense responded with an even better one.

The perfect example of this occurred with 7:05 remaining in the third quarter. Down 29-0, Denver desperately needed a big play. It appeared Thomas would be supplying that play with a 23-yard reception.

However, Byron Maxwell provided an even better response, punching the ball out of Thomas' hands and recovering it, ending any hope the Broncos had of making a historical comeback.

While the Seahawks silenced any doubters, the Broncos, Manning in particular, made them ask even more questions.

The main question is that of Manning's legacy. There are those who find it inappropriate to doubt his legacy based on this game and past playoff performances. However, Manning's playoff performances are and will be continually discussed in the ongoing debate about his legacy. This is particularly true since many football fans were ready to anoint Manning as the greatest quarterback of all time if he had won the Super Bowl. Conversely, many are now inclined to say this game tainted his previous accomplishments. There is no doubt that this game did taint Manning's glorified legacy. However, Manning has always been known for underperforming in the playoffs despite being the best-ever during the regular season.

In that respect, Manning's Super Bowl performance this year only affirmed our prior beliefs. After the game, Manning said 'embarrassing' was an insulting word to use to describe the way the Broncos played. It may be insulting, but for Manning, it's true.

Previously heralded as one of the greatest NFL quarterbacks of all time, Peyton Manning saw his reputation severely tarnished by the Seahawks' defense in Super Bowl XLVIII.

Mark Cornelison | Lexington Herald-Leader | MCT

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Press Box: Serious issues haunt Olympics

As Sochi struggles to support the games with infrastructure, terrorist threats and social issues loom

BY JENN LESER
Staff Writer
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After years and years of deliberation, training and preparation, the 2014 Winter Olympics are finally here. While that should be enough to cause international excitement, this is the first games in a long time that has been surrounded by so much controversy. As the games begin, the problems seem to be getting worse, not better.

Despite what the International Olympic Committee likes to proclaim, the Olympics are inherently political. Since the reincarnation of the games in the late 1800s, political conflicts and international tensions have become intertwined into every aspect of the Olympics. These games, more than any other, might sit more on a crisis point for a number of factors. The recent adoption of anti-LGBT legislation, as well as the lack of diplomatic protection for athletes who might choose to take a stand as allies, presents the clash over equality.

Blatant favoritism over rewarding construction contracts has seen the costs to build required structures soar to over four times the marker value. That's not even mentioning the fact that Sochi had almost no pre-existing venues and, despite the games starting soon, has failed to complete three hotels designed to host international media. Multiple journalists currently reporting from their Sochi hotels in anticipation of the Olympics have tweeted statements and pictures that describe how unfinished and unclean their hotels are. Migrant workers have been imported to create these structures, only to be kicked out due to rising concerns over suicide bombers and potential threats. Any dogs found roaming around Sochi, wild or domesticated, have been poisoned and left for dead. So if you were upset about not being able to attend, don't be — the games will be far safer from your couch.

What is perhaps most shocking is the lack of able security designed to protect the athletes and delegations. The United States federal government has urged the athletes not to bring their families and has stationed a warship in the Black Sea to be prepared for a rapid evacuation. The Russian government is so understaffed that it has had to contract out to private security firms who don't have to follow Russian law — presenting yet another threat. Suicide bombers, better known as Black Widows, have been responsible for over 40 deaths in neighboring provinces in the past few months. Some security experts have noted the potential that these terrorists could have worked on construction and planted explosive devices within the structures of the stadiums, which could lead to untold decimation. The strongest voice, the one that might make the biggest stand at the Winter Olympics, is an anonymous one. Grantland, an organization that deals with LGBT issues, has partnered with the You Can Play Project to present a unique series: Anonymous in Sochi. This athlete, who will represent his or her country for the next three weeks, is writing a series of honest, and hopefully revealing, pieces about the truth behind the goings-on in Sochi.

Despite the anonymity and digital platform, there are still serious concerns, particularly that the Russian government will monitor these emails and put a stop to this series. No one, aside from President Vladimir Putin, is technically safe at these games. This is concerning. It's too late to switch the games to another venue or boycott but a heightened sense of fear will forever taint the Sochi Olympics.

So let the games begin, but be conscious of what's going on behind the scenes. Just know that when the Olympics end, the damage wrought on Sochi is far from over.
Sports | Old Gold & Black

Cameron Indoor Stadium - Durham, N.C.

Wake Forest (14-9) at Duke (18-5)

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Jones, who played all 40 minutes against the Blue Devils, picked up nine points, three assists and three steals.

Basketball: Absence of poise led to hard loss

Continued from Page 12

Second half. "We were really trying to attack the rim and get the ball into the paint," Bzdelik said. "[Duke does] an awesome job shooting threes, but that's not us. Like I said, we just lost our poise for a few minutes, and you just can't do that."  The Demon Deacons kept the game very interesting by leading much of the beginning of the first half. Wake Forest's travelling students and fans initially silenced Duke faithful. But then the Blue Devils flexed their muscles and proved why they are the No. 11 team in the country. The Deacs will have the weekend off to try and put their road woes behind them when they travel to Raleigh, N.C., to face the N.C. State Wolfpack on Feb. 11 at 7 p.m. The team will then play host to the Florida State Seminoles on Feb. 15 in a rare 8 p.m. tip-off.

Absence of poise led to hard loss

"We had a tough time defending them for the first 12 minutes," Krzyzewski said. "Then in the last eight minutes of the first half, we really started playing well defensively and our offensive execution was outstanding. In the second half, we were able to maintain the double digit lead."

The Demon Deacons, according to Bzdelik, lost their poise, which contributed to a multi-minute scoring drought near the end of the first half. Duke wouldn't look back as it cruised to 46-33 lead heading into the locker room at halftime.

A three-pointer from Adala Moto early in the second half brought the Demon Deacons within 10, but that was as close as they would get for the rest of the game. The Blue Devils dropped three-pointers from all over the floor and, with athletic and stable defense, seemed to never give the Wake Forest offense an opportunity to shoot from anywhere on the floor. With the loss, Wake Forest drops to 14-9 overall and 4-6 in the ACC.

With no ranked opponents looming on the horizon for the next few weeks, the Demon Deacons will have the chance to adjust and find their groove for the remainder of the season.

Although the time frame for his return is uncertain, hopefully the Demon Deacons can welcome Miller-Mcintyre back to the floor sooner rather than later as he brings leadership and a dynamic, two-way presence to the floor. Jones, however, handled the offense well from the point in place of Miller-Mcintyre as he played in all 40 minutes of the contest, leading all players from both team in total minutes played.

The Deacs will have the weekend off to try and put their road woes behind them when they travel to Raleigh, N.C., to face the N.C. State Wolfpack Feb. 11 at 7 p.m. The team will then play host to the Florida State Seminoles on Feb. 15 in a rare 8 p.m. Saturday night tip-off.

We felt we made up a lot of ground in a short amount of time," Clawson said. "We were really trying to attack the rim and get the ball into the paint," Bzdelik said. "As their head coach I get to come up here and introduce them but I am only a small part of the whole process of getting these student athletes here. I am really proud of our staff we hit the ground running. There wasn't one day that a coach could be on the road that we weren't all on the road."

Coming into the job just a few weeks before the dead period, having to hire a coaching and recruiting staff and start to build, and rebuild, relationships with recruits and commits is a daunting task for anyone. But Clawson and his staff exceeded all expectations and signed 26 recruits, including five players who flipped their commitments from other schools. That kind of success rate is remarkable for a coaching staff that had limited time to work on building strong relationships with recruits.

"We felt we made up a lot of ground in a short amount of time," Clawson said. "We were looking for obviously good football players that would fit Wake Forest academically. This class sort of becomes the foundation of what we are building so character had to be paramount. We really wanted to recruit leaders, captains, high character guys that will not just make a splash on signing day, but hope will be very productive members of the Wake Forest class for the next four and five years on and off the field."

Unique strategy to Clawsion's search was that he didn't look to fill what were considered to be pre-existing holes in the current roster, but to add a full lineup to best take care of depth in every area. As someone new to the program, Clawson has yet to see the team's practice and decided to cover his bases when it came to looking for players.

Our approach to the class was we basically wanted to sign a whole football team," Clawson said. "We have not worked with our players here yet on the field. I did not want to take other people's opinions for what we had and what we didn't have. So we basically tried to a whole football team. We wanted to sign a player at every position. In some cases we doubled up if depth was concern."

At this point, it's too early for Clawson to say who will be playing where on the field in the fall, or if a player will see game time at all. Those decisions will have to wait until training camp this summer.

"Who is going to play early I have no idea," Clawson said. "Who is going to redshirt I have no clue. We have no idea until we go through a spring and a camp with these guys. I am sure when it's all said and done some of them will play early, some will provide depth, and others will try redshirt."

Among the new faces already roaming around campus are offensive coordinator Warren Ruggiero, defensive coordinator Mike Elko, special teams coordinator and tight ends coach Adam Schier and assistant coach John Hunte, all of whom worked with Clawson at Bowling Green. Three of the players, offensive linemen Ryan Anderson and Nick Luendeke and linebacker Jaboree Williams, enrolled in January, along with graduate transfer E.J. Scott, who is eligible to play immediately. All four will be taking part in spring practice in just a few weeks.

The remaining 22 players will join the Demon Deacons in Fall 2014. For a complete player list with positions, hometowns and high schools, please visit this story on oldgoldandblack.com.

Clawson signs recruiting class for 2014

Twenty-six players joined the Demon Deacons on the first National Signing Day of the Dave Clawson era

BY JENN LESEJ
Staff Writer
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Few shoes are tougher to fill than those of a legendary college football coach. But new Wake Forest head coach Dave Clawson faced this challenge when he was hired to lead the Demon Deacons on Dec. 9, 2013. With the pressure of trying to bring the program back to a more successful spot in the ACC, Clawson's first task was to recruit a solid class for 2014 in a very short amount of time. One of the biggest days of the college football calendar, Clawson delivered.

"Signing Day has become a national holiday of sorts," Clawson said. "As their head coach I get to come up here and introduce them but I am only a small part of the whole process of getting these student athletes here. I am really proud of our staff we hit the ground running. There wasn't one day that a coach could be on the road that we weren't all on the road."

Coming into the job just a few weeks before the dead period, having to hire a coaching and recruiting staff and start to build, and rebuild, relationships with recruits and commits is a daunting task for anyone. But Clawson and his staff exceeded all expectations and signed 26 recruits, including five players who flipped their commitments from other schools. That kind of success rate is remarkable for a coaching staff that had limited time to work on building strong relationships with recruits.

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Debating Valentine’s Day

Whether you love or hate this Hallmark holiday... here are some tips to help plan or survive this day dedicated to all things love and romance

The Morning:

It is important to start the day off right. One freshman girl hopes that her boyfriend will “wake her up with a pastry and coffee from Starbucks.” If wake up calls aren’t suitable for your relationship, perhaps plan to have breakfast before classes. Take a peaceful stroll into Reynolda Village for breakfast at Pane e Vino.

Breakfast doesn’t necessarily need to be included in the morning—perhaps drop roses by your lover’s dorm. A dozen red roses are rather cliché; this year, be more creative. Opt for pink roses, or a bouquet of a variety of flowers. If you go for the bouquet make sure it doesn’t scream, “get well soon” by virtue of its nursing home colors.

Meet your partner for a morning workout. According to The Huffington Post, “when a couple works out together, the actual exercise itself can physically and emotionally have a positive impact.” Kick off your Valentine’s Day nice and sweaty and help build your relationship for the long term!

If you take the workout route, try a yoga class. Yoga is a little different than your typical workout, and if you and your BF can stretch in awkward poses together, well, you can do anything together! The Miller Center offers regular yoga classes, or try out a yoga studio near campus.

The Afternoon:

During the time between class and nighttime activities, enjoy Valentine’s Day with your man. Consider taking a “long walk through Reynolda trails.” This is a both a peaceful and relaxing activity that gets you off campus and away from distractions.

If you’re taking a break from classes, try out a yoga class. Yoga is a little different than your typical workout, and if you and your BF can stretch in awkward poses together, well, you can do anything together! The Miller Center offers regular yoga classes, or try out a yoga studio near campus.

The Evening:

Every girl at this school wants to be treated to a lovely dinner on Valentine’s Day. If you plan to dine out, make sure you book a reservation. One student wants to have a “nice dinner off campus” with her boyfriend. Another girl requests they “go to her favorite restaurant, 4th Street Filling Station.” You don’t have to spend a lot of money to enjoy food together. Just pick out somewhere intimate and delicious! If cooking is your thing or you’re not in the mood to get dolled up and hit the town, stay in and have picnic date. Cooking together is a fun activity and more personal than eating out.

Remember, Valentine’s Day is not the end all be all of your relationship. The pressure presented on Valentine’s Day may take away from the true meaning—a day of love!

The Rejecters:

The people who reject Valentine’s Day are those who keep reminding everyone that they hate everything about this ridiculous holiday. They refuse to eat chocolate or other comfort foods, and they won’t smile at flowers. They entertain themselves throughout the day by grimacing at PDA and predicting the imminent break ups of couples who post sappy statuses, tweets and photos on social media.

We’ve all been in that dark, bitter place on Valentine’s Day. Sometimes it’s kind of fun, especially if your ex just started dating someone who’s obviously not as good looking as you. The only issue with this attitude is that it completely prevents you from being the supportive friend who gushes over the cheesy but incredibly sweet personalized pink and red M&M’s that your best friend just received from her long-distance boyfriend. It just isn’t possible to condemn the entire holiday and still be happy for those who are truly in love.

The Over-Compensators:

On the other end of the spectrum are the over-compensators, who tend to be just a little bit bitter or surprised that they’re actually single on Valentine’s Day. They send themselves flowers and chocolates, and declare that they don’t need a significant other because they’re in a healthy relationship with ESPN or online shopping. Or maybe they post a status that says, “I’m not single on Valentine’s Day! I’m in bed with Ben & Jerry!” While the couples are out on romantic dates at night, the over-compensators collect their closest friends to have a few too many drinks and rant about their “psychotic” exes.

The Waiter:

The third type of single person on Valentine’s Day is the waiter. These people twiddle their thumbs with more anxiety than Cinderella waiting for her prince to sweep her off her tiny little feet. This is also the kind of person who gasps and shudders at any hint of another rejecting the most romantic holiday of the year. Those who wait are waiting for next year, when they will surely be dating the most perfect, most wonderful person. Being mildly happy during the twenty-four hours of this year’s Valentine’s Day largely depends on the assumption that they won’t be single next year. It is far too easy to fall into this trap, because everyone has a small part that wants to someday meet the perfect person and wander off into the sunset.

However, being single is wonderful, partly because you don’t have to worry about thoroughly washing off your face mask at night and leaving behind a greenish tint on your skin. More importantly, however, it means that you can spend time learning more about yourself and dealing with your insecurities. If you’re single on Valentine’s Day, eat some chocolate, be happy for the couples around you and be happy for yourself. Enjoy the present, and learn to enjoy it by yourself.
I~
[29x56]one other, as they are too busy with their evolved smart
phones. For these people, technology offers mental absence
that everyone seems to take, not a single person talks to
be everywhere. On the public transportation system
of Los Angeles. This movie also works because Jonze does not villianize
Phoenix is perfect in his role as Theodore. His inherent
weirdness and vulnerability make it easy to accept him
running around in Gene Kelly's high-waisted pants with
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Jonze does not villainize
the presence of technology, but rather takes a face-value
look at its presence in our lives, and where that could go.
This movie also works because Jonze does not villainize
Heron's 
\[\text{Beats Music might provide stiff competition for Internet radio, Pandora.} \]
web browser. Ultimately, it remains to be seen if Beats
can make profit from this business and get people to love
its music. If things go well for Beats Music, they
could be up there with Pandora in terms of generating
good playlists. However, Beats Music could be even better
because they have "perfected" the science of predicting

Movie | Her

Utopian movie shows future possibilities

In spite of drastic changes in society due to
technology, love remains at the center of this
utopian, futuristic world

BY SARA HENDRICKS
Staff Writer
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It's February, so besides a string of insignificant but fun
holidays like Groundhog's, Valentine's and President's
Days, this means that the Oscar-nomination deadline
has passed. The movie studios are releasing their holiday
leftovers - a flood of big-budget, low-talent movies such as
"Ride Along" (sorry, Kevin Hart) that clog
up the cinemas, making a trip to the movies pretty dismal.

Fortunately, there are also some good leftovers from Oscar
season still hanging around. Spike Jonze's "Her" is one of
them.

Some people say that human nature is essentially
unchanging. Time goes on, cultures and technology evolve,
but humans themselves stay essentially the same, making
decisions that lead them to the same overall bottom line,
time and time again.

Whether or not you share this belief, this idea is echoed in
"Her," which takes place in a slightly futuristc (say, 30 to 40
years ahead) Los Angeles.

Despite being distinctly in the future, "Her"s world seems
to be slightly past-tense, waistlines are higher, hemlines are
longer and most of the home and city décor does not look
like it would be out of place in "Mad Men." It is a "best
of" the 40s, 50s and 60s — essentially, an Anthropologie
lover's wet dream.

However, these echoes from the past are supplemented by
every important thing from this utopian future world:
The mammoth omnipresence of technology, which seems
to be everywhere. On the public transportation system
that everyone seems to take, not a single person talks to
one other, as they are too busy with their evolved smart
phones. For these people, technology offers mental absence

while being physically present, even more so than things like
"Candy Crush" and "Happy Bird" provide today.

This future is not an unpleasant place by any means, but it
is a withdrawn and distant one.

Joaquin Phoenix plays Theodore Twombly, a moody,
morose man who has recently gone through a divorce (well,
kinds of: he can't bring himself to sign the papers to finalize
it).

His only real human contact is with his friend Amy (Amy
Adams), a computer programmer who lives in his building,
and one of his coworkers (Chris Pratt) at his office — a
company called "HandwrittenLetters.com" for which he
composes heartfelt love letters for other people. His life is
like the city that he lives in: not uncomfortable, but sterile
and impersonal.

So, Theodore decides to invest in a new OS program
that supposedly gives its user an "enhanced life." In this,
he "meets" Samantha (voiced by Scarlett Johansson), with
whom he quickly falls in love. In his already technology-
driven world, it does not seem so far-fetched. Samantha
seems alive, but without all the complicated bits that comes
with life — she's like an evolved Siri mixed with Google
Glass and a girlfriend.

The movie's main flaw is having to figure out whether
or not its main plot point of computer-human relations is a
gag, or if it should be accepted in earnest.

As it turns out, "Her" can be taken both ways.
"Her"s somewhat dubious claims (man falls in love with computer) are helped by three things: Joaquin Phoenix's performance, Scarlett Johansson's voice and Spike Jonze's direction.

Phoenix is perfect in his role as Theodore. His inherent
weirdness and vulnerability make it easy to accept him
running around in Gene Kelly's high-waisted pants with
his hand-held girlfriend, or earnestly composing a song on
a ukulele for her.

Johansson's warm, husky voice is also wonderful for
Samantha — she really does seem to be alive, which helps
the viewer understand Theodore's feelings for her.

This movie also works because Jonze does not villainize
the presence of technology, but rather takes a face-value
look at its presence in our lives, and where that could go.

"Her" is nominated for five Oscars this year, including Best
Picture. Make sure to go out and see it before it leaves
theatres!
Music Review | Mind Over Matter

Strong themes bring meaning to album

The sophomore album from indie pop band demonstrates a previously unseen sentimental side, but perhaps at a price.

BY CHRIS FREDRIKCI
Staff Writer
joesp2z@wfu.edu

If you aren’t familiar with Young the Giant, you may either be a liar, or ignorant to the music of your high school career. Their singles, “My Body” and “Cough Syrup,” were tearing up charts circa 2010-2011. Their debut album was a phenomenal success for a freshman release. They showed an understanding of numerous genres, how to write the hits, and their fantastic ability as instrumentalists. Does their sophomore album, Mind Over Matter, hold up to the standards created by the first?

A few months ago, the first two singles from their newly recorded album were released. “Crystallized,” and “It’s About Time.” These tracks helped build anticipation for the album. While one may not have realized this initially, a full run-through of Mind Over Matter will show you why. As the title leads you to believe, the album reflects the duality of mind and matter.

Similar to a half pipe, the album starts you somewhere, takes you to unfamiliar territory, then brings you right back home again.

Young the Giant’s rock roots are readily noticeable in tracks such as “It’s About Time” and “In My Home,” while their more experimental, synth influenced music is most notable in “Day Dreamer” and “Crystallized.”

And the album, takes you through just that, a duality. It starts with somewhat familiar territory, then to the uncharted for Young the Giant, then right back home with the more driving melodic rock we’re all used to.

The album is just that: an album, a journey through both mind and matter.

That’s easy to say and sell, but what does it really mean? While lyrical themes and musical background certainly stay true to the idea, the album seems to show a much more sentimental side for Young the Giant.

If I had complaints about their previous album and songwriting, it would be that the lyrics weren’t exactly that fantastic, the album wasn’t cohesive, and there really wasn’t an underlying message.

But here, things are very different, the themes lay in Young the Giant’s roots as a rock band.

Young the Giant’s history is all too interesting. Their lead singer, Sameer Gadhia, gave up a scholarship to Stanford to pursue a musical career with his friends in a band formerly known as, “The Jakes.”

They truly put everything on the line to be where they are now, and this struggle reflects clearly in Mind Over Matter. They gave up love, security and worldly possessions to pursue the career they do.

The title track, Mind Over Matter, speaks of this struggle most clearly, how one’s mind can be on one thing while their physical form, elsewhere. Without slipping you in the face, this is the uncovering of the true musical idea throughout the entire album.

My favorite line is “I’m a young man after all … a young man built to fall.” It speaks of their commitment in life; the courage and determination it took them to get where they are today. The themes in their latest album are straightforward, clever, and meaningful. Even with all this, it certainly has its flaws as well.

I have one major complaint that may seem contradictory to the theme and feel of the album.

Young the Giant’s songwriting is impeccable; their debut album had fantastic songs, one right after the other. While their style may have changed in this album, I feel the song writing isn’t as stellar as it previously was.

Health Column | Chocolate

New candy satisfies chocolate cravings

Dieters rejoice in the new alternative to Hershey’s kisses: diabetic safe, vegan and naturally sweetened chocolate.

BY LIZ KUEHN
Staff Writer
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Valentine’s Day is a holiday of extremes. Either you’re extremely single and sad about it, extremely in love and ooey gooey about it, or extremely stressed to find the perfect gift for your significant other. All these extremes usually come down to the same thing: extreme consumption of chocolate.

Instead of binging on Hershey bars until you’re sick, prepare for the holiday next week with a healthy alternative: Healthy Chocolate's Xyloceuticals.

Try saying that five times fast … or even once at normal speed.

Despite being a mouthful, this chocolate is naturally sweetened, diabetic safe, and vegan to 100 percent natural.

According to its website, 4no guilt.com. “Healthy Chocolate’s Xyloceuticals is the proud result of a unique patent pending process for making a chocolate matrix using all natural, sustainable, U.S. birch wood Xyitol as its sole bulking agent/orienteevee.

To put that in simpler terms, this chocolate has health benefits that make it a treat for your taste buds and for your body. Some of these benefits include tooth re-mineralization, fat blocking, and a better functioning digestive system. The laundry list of benefits is due to the combination of cocoa and Xyitol, a five-carbon sugar alcohol that is a natural substance of plants and humans. According to 4no guilt.com, Xyitol was originally used as a sweetener for diabetic patients. Replacing sugar with this ingredient takes away the dangerous health risks of sugar without sacrificing the sweetness everyone loves in chocolate.

This chocolate is incredibly unique because it is the only chocolate on the market made from 70 percent dark chocolate and no artificial sweeteners.

The official brand name, "Healthy Chocolate," has also developed a private label program to tailor the brands to different markets. Although it is based in Sarasota, Fla., it is beginning to spread across the nation. Healthy Chocolate is still quite new to the chocolate world; it is still made using a patent pending process, so you can only buy it in stores that sell it. However, the private label program is an opportunity for Healthy Chocolate’s product to spread everywhere, fast. According to explodemarketing.com, this means a company can buy Healthy Chocolate branded specifically for them. Imagine Wake Forest University branded chocolate with multiple health benefits; the students shelves would be lined with them endlessly.

So where can we expect to see Healthy Chocolate going in the next few years? The product has already grown substantially since its 4NoGuilt trademark was established in 2011, and it should continue to grow. With other corporations buying in through the private label program, Healthy Chocolate will soon be stocked up in stores nationwide.

Although Healthy Chocolate may be hard to get your hands on now, finding it would be the ultimate gift to your significant other or yourself.

After all, a guilt-free chocolate binging Valentine’s Day is all anyone could every want from a holiday. So on the most romantic day of the year, why not treat yourself to some delicious chocolate, guilt-free?
"Downton" continues to entertain U.S.

Season 4 of everybody's favorite British drama has kept people mildly interested with its plot's sudden twists and turns.

BY EMMA SKEELS
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"Downton Abbey" most recent episode reflects more of its most "modern" themes, among them race, unplanned pregnancy and larceny.

First of all, critics were all abuzz with excitement about the fact that "Downton" would feature its first black character ever. How shockingly modern! Jack, an African-American jazz singer, is the newest addition to Downton. Cousin Rose—who is a terrible replacement for the deceased Lady Sybil with all of her daring, but none of her intelligent ideas—becomes interested in Jack. He rescued her from being humiliated after her date left her standing alone and forlorn on the dance floor.

The audience was pretty relieved when Jack started to dance with Rose, because it meant that we no longer had to listen to his pathetic attempts at singing. And what's with Jack's "American" accent? I'm kind of wondering if the British audience bought it, because Americans sure don't. I'm also a little concerned that all of the British accents done by American actors are as crappy as this British man's American accent? Have I been living a lie this whole time? Does Johnny Depp just sound like an idiot in every Tim Burton movie he does? Anyway, Jack and Rose raise eyebrows by doing things like kissing in dark corners and meeting in secrecy.

In the meantime, Edith, who people unfamiliar with Downton might recognize by her epithet, "The Ugly Sister," has gotten herself knocked up by her boyfriend, who has now disappeared into the abyss that is post-World-War I Germany in order to get a divorce from his certifiably crazy wife. We're all hoping he doesn't become Hitler, but Edith just can't seem to make contact with him, and she's gone to such effective len...as contacting his office, and sending him telegrams. Geez, I just Edith and her secret baby for now. Luckily, Violet seems to have an inkling and might be able to help a pregnant sister.

And now for the really juicy stuff. The side plots. Violet and Isabelle (or, Maggie Smith and the other old lady, to new viewers) get in a fight because the new gardener, Pegg (Pegg! Is that really his name?) may or may not have stolen one of Violet's many trinkets. Pegg seems kind of simple, but in the end it turns out he is not a thief. Although it's a little annoying that Isabelle has remounted her high horse and is galloping away with the moral upper hand, it is nice to see her regain interest in life. Almost every time we've seen her before this she has looked crestfallen and torn up about the death of her son, Matthew. I guess even her preachy personality is better than her depressed one.

Anna and Bates attempt to get over their most recent tragedy (you promised us no more of those after last season, Julian Fellowes!) at a fancy restaurant.

The most important side plot, though, is the show has introduced her third, that's right, third, love interest! This new suitor is Charles Blake. He is middle-class, and inspects old family estates to see if they'll survive in post-War England. Their banter and bickering is reminiscent of Mary's and Matthew's relationship, and it's nice to see the normally reserved and cool Lady Mary get riled up again.

I'm personally team Charles all the way. I can't wait to see where this new relationship goes.

Season 4 of "Downton Abbey" has taken some strange twists, but everyone's looking forward to the next episode. Will Charles Blake stick around? Will Rose and Jack stay together? Will Pegg the gardener's plans to add some new begonias gain Violet's approval?

Tune in next Sunday at 9 p.m. on PBS to find out.
New microbrewery gets inventive with beer

The Small Batch Beer Co. menu combines tasty small plates and flavorful beer

BY MOLLY HUMMERS & ANNIE JOHNSON
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On Nov. 9, 2013, Winston-Salem welcomed Small Batch Beer Co. to town. Small Batch is the vision of head brewer and chef Tim Walker. Walker moved to Winston-Salem with the dream of opening a brewery after having spent some time making his own beer at home. Luckily, he met his future business partners Cliff Etchason and Ryan Blain on his first day in town. Since this fateful meeting, the three have been working on making this dream a reality.

Small Batch is dedicated to providing its customers with the highest quality beer. To them, this means brewing their beers one at a time, using non-traditional ingredients that are sourced from local vendors whenever possible and serving their beer in unique glasses that accent their creations.

Small Batch has three staple brews that are always on tap — Limonhead IPA, a refreshing citrusy beer, Kranked, an espresso stout, and BBA, a "big beautiful amber" ale. The Limonhead IPA was light and crisp, but some drinkers who are used to a light beer and not an IPA might find it a little too hoppy for their tastes. The Kranked stout had strong notes of coffee and a chocolate aftertaste, but its heaviness and bold flavor will likely turn off the casual beer drinker. The BBA was well-balanced and flavorful; most beer drinkers will enjoy it.

The brewery also features special drafts that are served only until they run out. Some popular special brews, like the Blood Diamond IPA, a blood orange beer, will rotate through. This is one of the more unique parts of being a microbrewery — visitors may see a different beer menu every time. Their website keeps customers updated as to what's on tap every week.

Small Batch also recently started serving food. Small Batch's most popular menu items are their "breadzzas," French bread pizzas made with baguettes from local Camino Bakery. In addition to the "breadzzas," Small Batch also serves typical accompaniment for beer, like wings covered with a buffalo sauce made from Winston-Salem's own Texas Pete hot sauce and French fries. However, Small Batch's rendition of fries is far from your average bar food.

Their "wedges & TRIADip" are fried potato wedges served with three dips — beer cheese, chipotle ketchup and a gravy made from their Kranked stout. The beer cheese was a little bland and the chipotle ketchup could have been spicier, but overall the dish was a success. This appetizer pairs nicely with the Limonhead IPA.

To top off the small plates, Small Batch also serves two options for dessert, including, most notably, the "loaded doughnuts." "Loaded doughnuts" are Krispy Kremes that are fried (again) and then topped with a chocolate sauce made with Kranked stout, whipped cream and chocolate shavings.

Small Batch occupies the former Kopper Kitchen space on the corner of Fifth and Cherry Streets. The space has been renovated and restored to give the brewery an industrial, yet homey feel. The area is broken up into three parts — the public bar area, the private kitchen/brewery area and the third part will be eventually transformed into an area where customers will be able to order burgers and other foodstuffs.

One unique aspect of the bar is a wall in the front that features the name of everyone that contributed to Small Batch's creation. To raise funds for the brewery, Small Batch started a Kickstarter campaign, which ran last year from May 7 through June 21. Family, friends and other supporters of the founders raised $35,819, far surpassing their $25,000 goal. Small Batch Beer Co. provides a nice alternative to Tate's or Finnegan's Wake as a place to grab a drink with friends. The ambience is a little quieter and more intimate than many other rowdy bars in town. However, when they open up the planned burger joint third portion, this place will be a late-night staple. Overall, Small Batch is a welcome addition to the downtown Winston-Salem nightlife scene and is definitely worth visiting when bar-hopping.
Tech Column | “Couple”
Long-distance made easier

A new app helps couples struggling with long-distance relationships keep in touch

BY HEIDI GALI
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With Valentine’s Day coming up, love is pretty much in everyone’s face. There are a million lists about what to do with your significant other, or what to do if you’re single. But what if you’re in a long-distance relationship? These kinds of relationships are hard, especially on Valentine’s Day.

However, like a lot of other things, there’s an app for that! “Couple” is an app designed specifically for partners who are unable to live near each other. Primarily, “Couple” is an app that enables you to text your boyfriend or girlfriend. If you don’t choose a profile picture, it automatically assigns cute animals as your picture. “Couple” is so much more than just texting. You can send each other pictures and videos.

There is a sketch tool that allows you to create your own masterpiece. In the “Livesketch” feature, both people can sketch at the same time; this is really fun for playing all sorts of games like tic-tac-toe or hangman.

Humor Column | Dropping Classes
Dropping a class proves to be awkward

Sometimes breaking up is hard to do — especially if it’s with one of your professors

BY SHAHANI SAMARASEKERA
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Sometimes I play the song “Bad Girls” by M.I.A. on my iPod, stroll through Starbucks and steal so many packets of Sugar in the Raw it’s insane. It makes me feel like I am in the Bloop Ring.

In middle school, “69” was just one of the many terms I had to look up on Urban Dictionary in order to fit in when peers turned to you for a page number or angle measurement and enjoyed a good fashioned in-class chuckle.

I pretend to hate “Bound 2” by Kanye West, but it’s awesome and why shouldn’t we practically have sex on a motorcycle while there are horses running next to him? Needless to say, I am pretty good at playing it cool. So, you can imagine my surprise when I accidentally broke up with my history professor.

But Shahani! What can you mean? Were you in a relationship with a Wake Forest faculty member? Was loving him like driving in a new Maserati down a dead-end street, faster than the wind, passionate as sin, ending so suddenly?

My first response would be how can you love someone like driving a new Maserati or was that really just poorly planned product placement as I have long suspected it to be, Taylor Swift? Man, I really want to know more about you.

Second, no, obviously I was not in a secret liaison with a professor. Let me set the story straight. It was cold January day. I hadn’t done the homework for a class and had an hour to finish it.

The only option was clear in my head. I had to drop the class. Now you see there are a few different types of students when it comes to dropping classes. There are those cold hearted punks who “drop via web” without even having the decency to look a professor in the face, and then there are those of us who feel obligated to give the teacher an explanation, a reason for our treachery. I am one of the latter.

It started like any “Hey, I’m dropping your class” conversation. I went through all the reasons I couldn’t handle my course load, studying for the LSAT, it’s just an inconvenient time, but I am still really interested in the class material and I hope to take it in the future, all that jazz. But for some reason it didn’t feel like enough.

That’s when it came upon me to declare, “It’s not you; it’s me, but I still think you are really cool and I like you a lot.” This gracious professor was all too kind and told me I could maybe take the class in the future, but I could feel my desire to not burn bridges backfiring.

All I could think was if I was going to break up with her, why did I use so many clichés?

Once again, just like in middle school, I was forced to consult Urban Dictionary where a breakup is defined as, “The most probable outcome after your girlfriend finds you playing hide the sausage with her sister.”

And I learned a valuable lesson: just like you can’t un-scrawl Urban Dictionary definitions, you can’t un-break up with your professor. And that is the story of my first Wake Forest break up.
Dwight Schrute set foot onto Wake Forest grounds. Hosted by the Student Union, Rainn Wilson spoke to a crowd of students at Wait Chapel on the theme of life's journeys, sharing his own in particular. Though most notably known as the quirky Dwight Schrute from "The Office," Wilson founded a program called SoulPancake alongside two of his friends with the mission to "chew on life's big questions" through web outlets, books, videos and live events.

Ever a comedian, Wilson naturally opened his talk with a few jokes to lighten the mood. "I spent years at the office, but now I go to a different office — the unemployment office. But people there do not look like Jim and Pam. They look more like Kevin's and Stanley's." All jokes aside, Wilson then took the audience into his own creative and spiritual journey.

Wilson was raised in a family of the Baha'i faith and believes in an all-loving creator, the equality of men and women and the unity of religions. However, when his parents divorced, he started rejecting his faith both outwardly and inwardly. "I looked like a psycho-killer, you have no idea, like I was going to write my manifesto."

During his late twenties, Wilson became a professional actor in New York City after finishing his graduate acting program. At that time, he felt unhappy. This led him to explore the meaning of happiness. Wilson pointed out that our culture gears us toward thinking that happiness is dependent on something, that it relied too heavily on the "if x, then y" proposition.

For Wilson, happiness is outside of ourselves and future time. "Happiness is completely in the moment, and it's more of a choice you make right now," he said. After some investigation into the existence of God and essential soul-searching, Wilson reconnected with his Baha'i faith upon realizing the key "central concept." This primary concept affirms the individual to be the principal investigator of truth, that is, each person is responsible for finding what is true and right for him or her. This then lead to the creation of SoulPancake. SoulPancake is what Wilson deemed as "a perfect expression of who I am as a person and a perfect expression of my life's journey, and that's really exciting."

Wilson described SoulPancake as an intersection between creativity, spirituality and philosophy. The emphasis is on the journeys and not the destinations. "It's about chewing on life's big questions. We don't have the answers on SoulPancake. We just have the questions."

Junior Ali Buckman worked as part of the staff, but she chose to work the event in particular for its hype and appeal. Though she did not know much about Wilson, she was impressed by the message of his talk. "He's known for his humor," Buckman said. "I wasn't well-versed in "The Office," but I liked seeing that he's taking his status to good use by telling his beliefs and revolutionizing how we think."

Wilson's talk allowed some of his fans to get to know him outside of Dwight Schrute. "I love "The Office." Honestly, I didn't know much about SoulPancake apart from Kid President," sophomore Kyle Pinheiro said. "Apart from his comedy, he's more of a deep thinker and his philosophy allows us to connect with him in a different way."

Other students were also impressed with Wilson's talk and found connections on various levels. "He did not disappoint. He put to work what I believed and confirmed what I'd been thinking about for a long time," said junior Taylor Hagely.

The message of Wilson's talk was a call to serve others and to engage in different ways. "It's easy to not care, but it's much harder to care, to put your heart and soul into making the world a better place," he said in concluding. "I hope you all can help SoulPancake make the world into a better place."