College sexual assault returns to spotlight

Universities across the country are reexamining and revamping their sexual assault prevention and response policies after the president created a task force to address the issue.

BY IAN RUTLEDGE
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On Jan. 22 President Obama signed a memorandum that created a task force aimed at determining ways to more effectively respond to allegations of sexual assault, aid victims and ensure campuses are complying with legal obligations.

According to a 2012 report by the Centers of Disease Control, as well as a study prepared by the White House that was released in conjunction with the task force’s creation, one in five women will experience an attempted or completed sexual assault in their four years at college. However, approximately only 12 percent of these women ever report their sexual assaults to authorities.

Similarly, PREPARE, a branch of the university counseling center that coordinates educational programs regarding sexual assault and provides support services for victims of sexual assault, conducted a survey in 2008 that revealed that women at Wake Forest are just as likely to be a victim of sexual assault with 18.6 percent of women reporting they were a victim of an attempted or completed sexual assault in their four years at Wake.

See Assault, Page 4

Law school tries to keep advantage in tough market

With most law schools operating at a loss, the university’s program is trying to maintain a competitive advantage in a challenging market.

BY RACHEL WALLEN
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The vast majority of law schools in the United States are operating at a significant financial loss, according to a survey conducted by a professor of law at the University of Colorado.

In a recent article on his blog, “Lawyers, Guns and Money,” Paul Campos, professor of law at the University of Colorado, estimated that 80-85 percent of the nation’s law schools are currently losing money each year.

“Very few law schools were running 15 percent operating surpluses three years ago,” Campos wrote, “which means that the large majority of law schools — I estimate between 80 percent and 85 percent — are incurring significant operating deficits in the present fiscal year.”

In the post, Campos gives an outline of his research into the budgets of various different ABA-accredited law schools, measuring the majority of income that comes from tuition, endowments and alumni giving.

He argues that the obsession with university rankings pushes law institutions into spending more than they earn with the hopes of boosting their reputation, spiraling them into “fiscally reckless” positions. As a result, many law schools, including Wake Forest’s, are trying to stay ahead of the flailing market with new strategies and programs of study.

Blake Morant, dean of the Wake Forest University School of Law, has a different outlook on the same numbers Campos has collected. Though many schools are not in an ideal place financially, this is not an issue that is only affecting the field of law, according to Morant.

“The situation with law schools in the United States is not unique. Many disciplines have suffered as a result of the recession, especially now that the market demands that graduates be specifically trained for jobs sought,” said Morant.

An education in law, he maintains, is still highly important for American society. “Law permeates every single thing on the planet,” he said. “There is no institution on earth that doesn’t involve law.”

See Law, Page 5
This column represents the views of the Old Gold & Black Editorial Board.

The OGB welcomes criticism when it’s constructive

It is all too easy to hide behind keyboards and computer screens when commenting online. Oftentimes, the protection of technology and the anonymity granted by online commenting forums can bring out the worst in people.

On Feb. 10, the IndyStar, a newspaper in Indianapolis, Ind., announced #ShareTheLove week, a weeklong campaign to promote positive discourse on the Internet. In an editorial, the Star asked, "what would the Internet be like if everyone behaved online as they do in real life?" I think that we can all agree that the Internet would be a much better place if people followed this mentality, and avoided the temptation to be rude, mean-spirited and ridiculously overcritical online.

In recent semesters, the Old Gold & Black has had problems with our online comments. Last year, we edited and published our online comment policy after a staff member was attacked in the comment section of our website for expressing his views in an opinion column. This past semester, we had several issues with online comments, and at one point, we even had to shut down the comment section of our website because we simply could not delete offensive comments filled with profane language fast enough.

As a newspaper, we are dedicated to covering controversial and newsworthy topics. We refuse to shy away from covering a topic just because it will be met with a critical response. It is our goal to encourage discussion, and welcome feedback, including criticism on our articles, columns and content. Certainly, we want to continue improving as an organization to maintain our position as the leading provider of news for the university.

In addition to certain defamatory comments, there are some well-written, constructive ones that could well be submitted to the OGB in the form of letters-to-the-editor and would have been published.

We mention this only to emphasize our deep belief in the voice of our campus body and our recognition of our organization’s continued success due to the support of the many members of the university who read our paper. We ask our readers and our most active online commenters to find an opportunity to reflect on their behavior on the Internet, not just on our website but on all online forums.

Although the writer on the other side of the keyboard or the monitor may seem like a distant and irrelevant figure, remember that there is an actual person receiving the message you’re releasing to the world.
Deacon Profile: Peter Gilbert

BY KEVIN CLOSS
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Peter Gilbert is a professor in the graduate film program and communication department who has enjoyed a successful career in producing, directing and doing cinematography for documentary films.

One of his major projects, Hoop Dreams, was critically acclaimed upon release and was recently re-aired at the Sundance Film Festival for its 20th anniversary. He is an Oscar-nominated and Emmy award-winning filmmaker who graduated from the film school at New York University.

What was your experience at the Sundance Film festival like?

I had a couple of different things going on there. I was there to talk to people about Wake Forest and the graduate documentary film program here and also for the 20th anniversary of Hoop Dreams.

I also produced a narrative film that had Lena Dunham and Anna Kendrick, an Academy Award-nominated actress. The film was Happy Christmas, directed by Joe Swanberg. It was a really good festival.

When did you start working on Hoop Dreams?

I started working on the film in the late ’80s and we filmed for a little over six years. It took about seven and a half years to complete the film.

That’s why American Dream was so important to me because most of the films I work on are called longitudinal documentaries, where you follow people for a long period of time and you become involved in their lives. The whole idea is to look at larger subject matters by seeing it through a regular person’s eyes.

What do you hope to accomplish with your films?

So rather than having MSNBC or Fox News with pundits telling you what to think, we wanted to show you what other people are going through.

One film I worked on was a film on a huge project on immigration and one of the things we did was follow people before they left to come to the United States so that you could see where they were coming from and why they were leaving.

We then immigrated with them and then filmed their first few years in the United States.

We wanted to get an idea of what it was like when our great-grandparents came over and to humanize these issues rather than get ratcheted up in rhetoric.

When did you become involved in education?

During my career as I became better at what I did, I taught masters classes. As a documentary filmmaker, one of the things you do is to do other things.

So during my career I directed television commercials and directed dramatic features. I worked on a film for Disney. You do all sorts of other things to make a living. After having done enough of all of these things, I began to teach masters classes.

I come from Kartemquin Film Company based out of Chicago, which is the oldest documentary film company in the country. There, I met the people who run the graduate program here at Wake Forest. I came to teach a semester to see if I liked it and I did so I was lucky enough to receive a full time job.

What classes are you currently teaching?

For undergraduates, I teach Visual Storytelling, which is a fun course for anyone. You don’t have to be a communication major or know anything about filmmaking to take it.

The idea is that in this day in age, if we can’t visually tell our story, then we’re in bad shape.

The next generation is not going to want to read a 20 page proposal, you’re going to want to see what’s on your cellphone. The best way to do this is through a visual medium.

We tell personal stories or political ads. We do interviews and have fun telling stories which is the thing that makes us human.

The more you can hone the art of storytelling the more successful you can be. I also teach a lot of graduate classes in the documentary film program where I am much tougher.

What are you upcoming future projects?

With other faculty at Wake Forest, I am working on a film about regenerative medicine. I am also creating and producing narrative films. I am into the low-end, indie movies. I am also working on a documentary on Chris Weber, one of the Fab Five.
The exhibition opened on Friday, Feb. 22, to run through Sunday, May 4.

works of many influential artists such as Norman Rockwell, artists of that period engaged with modern American society. Georgia O'Keeffe and Joseph Stella.

The Reynolda House Museum of American Art is hosting an exhibition of fifty-three paintings and four sculptures on loan from the Brooklyn Museum. Entitled American Moderns: 1910-1960, From O'Keeffe to Rockwell, it contains the works of many influential artists such as Norman Rockwell, Georgia O’Keeffe and Joseph Stella.

Each piece examines the different ways in which the artists of that period engaged with modern American society. The exhibition opened on Friday, Feb. 7 and will continue to run through Sunday, May 4.

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The task force that Obama created was given 90 days in order to ensure that college campuses are complying with federal laws, as well as, determine the best method for colleges to prevent and respond to sexual assaults on campus. The task force includes the attorney general and the secretaries of the Education, Health and Human Services and Interior Departments.

However, there are those who feel that there is little the federal government can do at this point to cut down on sexual assault and it needs to be addressed at either the state level or by the universities themselves.

"I think this task force is very unlikely to yield any concrete results," junior Harrison Hull said. "But I do think it shows initiative on an issue that is very important to society."

The discussion of sexual assault at Wake Forest: Many students feel that there is a significant lack of discussion regarding sexual assault on our campus.

"In general I think sexual assault is relatively ignored because no one likes that to talk about it," junior McCauley Marteja said. "I also think that groups like PREPARE are great and have wonderful missions but their services aren't geared enough towards upperclassmen. Sexual assault is being addressed in small ways but it has leaps and bounds to go to get to the level it needs to be."
Renowned pastor addresses faith in the 21st Century

Nadia Bolz-Weber, a pastor from the House for All Sinners and Saints in Denver, Colo., addressed a captivated audience in Wait Chapel Feb. 11 to discuss her new book, faith and theology in the 21st Century.

In order to survive this recession and continue to provide such an education, both Morant and Campos agree that law schools must be willing to adapt and make changes to propel their graduates forward, thereby drawing more students in as well. As Campos points out, most of the money a law school brings in comes from tuition, so if fewer people believe that a law degree can help them land a good job, there will not be as many students entering the school.

"At most law schools tuition revenue accounts for the vast majority of operating resources — only a few schools get even 20 percent of their revenue from gifts," Campos wrote in the post. "This all feeds a vicious cycle that Morant calls the "perfect storm," an endless loop of fewer jobs leading to fewer students and less money.

Wake Forest's law school is beginning to develop new strategies to stay ahead of the curve in this regard, taking measures to add new programs to assist students in their job search after graduation. One such program is called "Applied Legal Theory (Law in Action)" and is designed to accentuate the skills needed to help graduates succeed once they begin searching for employment.

The program contains six specified clinics in different areas of law, from working with convicts to representing elderly clients to supporting small businesses and non-profits. Students in these programs work with professors on real law cases in these disciplines, gaining real-world experience that gives them an edge over other graduates.

Justin Jenkins, a third-year law student, has taken advantage of these opportunities and believes he has benefited greatly from them.

"One valuable opportunity is Wake Law's Moot Court program, which gives law students the opportunity to submit appellate briefs and deliver oral arguments in a simulated court," said Jenkins. "Wake Law graduates come away with superb research and writing skills, the hallmarks of successful attorneys."

Additionally, he had the opportunity to directly apply his learning to a real-world case in a clinic that took him to Atlanta.

"In the Appellate Advocacy Clinic, I participated in a project to draft and file a brief on behalf of a client in a Federal Circuit Court, and I then followed up by delivering oral argument to the court," he said. "The Appellate Advocacy Clinic is one of the big highlights of my time at Wake Law; it has made me a better litigator even before I've litigated my first case."

The law schools that will survive after being hit by such a recession are those who provide these types of opportunities to their students, Morant said. Sending graduates into the world ready to take on their first case, he believes, will give graduates a competitive edge in the job market.

"Our goal with the new programs at the Wake Forest University School of Law is to meet market demand and provide the requisite skills graduates need to compete successfully," he said.

However, her eccentricities also help her connect with many others, who find her more relatable than the pastors they're accustomed to meeting.

"When people hear me cursing, they instantly relax and let their shoulders down," she said. "I'm even a sinner in my dreams! That's how much of a sinner I am!"

"I don't think the clergy should try to be people they're not. I'm not going to hide who I am," she said. Bolz-Weber criticized the religious establishment for its intolerance of diversity and for not embracing the philosophy of "anti-excellence, pro-participation."

In fact, Bolz-Weber proved to be ambivalent about Christianity as a whole. She joked that students in Seminary are "suckers" and recalled once telling an atheist, "Wow, you're so lucky! I wish I could pull that off!"

Despite her humor, Bolz-Weber reminded the audience that she is an Orthodox Lutheran who takes writing about God seriously. She enumerated her daily struggles with her beliefs that she still tries to grapple with, despite her profession as a religious leader.

"The whole thing trips me out. Although theology is un-speakably beautiful, it hunts me down and pursues me constantly," Bolz-Weber said. "My parishioners thank me, saying, 'You're preaching to yourself, and letting us over?'"

With her sharp-tongued humor and divergent views, Bolz-Weber received positive reviews from the audience, which was visibly enthralled by her speech.

"It was an incredible event. I was blown away," said junior Katherine Ririe. "She's an amazing speaker and a super-diverse person to hear in Wait Chapel. With the Q&A, it felt like an authentic conversation instead of being preachy."

Sophomore Peter Tomasiello appreciated Bolz-Weber's humility and ability to connect with the audience. "She put herself on our level, and didn't make it seem like she's better than us," he said.
University ranked eighth “most wired” in nation

Administrators hope to better utilize technology already available to students in the future

BY MORGAN SCHICK
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Last month, Unigo, a college guidance website, ranked the university eighth on its “Most Wired Colleges” list.

The university has always been committed to providing students, faculty and staff with the best technological options available.

Since becoming the second university in the nation to provide laptop computers to all students upon entry, the university now has more than five thousand computers on campus — that is 1.08 computers per undergraduate.

But administrators in charge of managing the technology on campus say that’s the software on the computers that makes the university’s policies unique.

“It’s not just the laptop, it’s the software that comes on it and a laptop capable of running with that software on it,” said Rick Matthews, assistant provost for technology and information systems. “We give extraordinary amounts of software to each student with those laptops. In fact, we have the world’s largest standard load of software.”

Other unique aspects of the university's policy regarding technology is the presence of the Bridge, which offers wide-ranging technical assistance to students for their school-issued laptops as well as their own personal ones. As far as future technology initiatives, the university is focusing on using the current technology to be as efficient as possible. The university launched Vision 2020 last semester, a program aimed at developing the most efficient technology on campus to further promote learning.

“I’m not sure what technological gadget we need next,” said Matthews. “It’s more about using what we have. We are fortunate to be ahead of the curve, so let’s take advantage of that. That is the goal of Vision 2020.”

Many students tend to agree that the technology on campus is a great aid in the classroom.

“Wake Forest really prides itself on making sure students have technology to enhance our learning experience,” said junior Christina Baddar. “It has been incorporated into every field of learning, from art to science. I find that being wired has helped us stay connected and up to date with the world and enhancements that are made every day.”

Unigo ranked the university as one of the top 10 “most wired” colleges with others including Harvey Mudd College and Dennison University.

But while some think that the technology on campus is a powerful tool, other students believe that it would be even more effective if students were better trained to use it.

“While I think this is an accurate ranking, I also think that technology at Wake could be better-utilized,” said sophomore Sarah Vianey. “I think that a significant number of Wake students are unaware of the amount of software that we have access to. If we were better informed about this technology, we would be able to use it more effectively.”

But to Matthews, the next step is to make sure that technology “supports a culture of innovation” on campus.

“We want our decisions to be driven by academic needs — what helps students learn and what helps prepare them,” said Matthews. “Students and faculty together can figure out how to rethink the way we learn, collaborate and communicate.”
Many parking tickets are unwarranted

The policy for issuing parking citations is unclear and unfair to students

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This semester, I decided not to register my car because I have virtually no need to bring it on to campus. I have it simply to get myself around town and, of course, for moving my stuff in and out of my residence at the beginning and the end of the semester, respectively. It would be economically foolish to pay $300 for a parking pass I would barely even use.

I intentionally decided that the only times I would bring my car onto the main campus would be on times that I interpreted to mean “after hours.” According to the long-winded Parking Rules and Regulations document, which can be found by visiting the Parking and Transportation website, “after hours” includes weekdays from 5:00 p.m. to 8:00 a.m. and at any time on weekends. Pretty much any spot on campus should be up for grabs as long as it is not a reserved space, a handicapped space, or a fire lane. Those rules sound simple enough to follow.

Imagine my surprise, then, when I received a parking citation on a Saturday afternoon while my car was parked in Lot Q. The specific violation was “No Registration;” however, it should not have mattered whether my car was registered or not because it was a weekend in a huge parking lot with spaces that had yet to reach capacity.

What has been policy and what has been understood by many students since my time here at Wake is that on weekends, especially, pretty much every available parking space on campus is a free-for-all for everyone regardless of what kind of parking pass you do or do not have.

As someone who does not use the campus parking lots during the “designated hours” of 8:00 a.m. to 5:00 p.m. on weekdays, I expected that I could at least bring my vehicle onto campus during times that are supposed to be free for everyone, even for people who are visitors to the campus. I, however, am only one of several students who have been forced to deal with an unusually high number of tickets issued during times when supposedly no one should have to worry about such a burden at all. Many of these students have actually paid what I consider to be an inflated fee to park in certain spots, yet they are still issued unfair parking citations.

Senior Mike Dempsey recalled his experience that he was accidentally issued a sophomore parking pass: “They ticketed me because I wasn’t parked in sophomore parking according to their worse sticker,” Dempsey said. “Then, they made me come back to them the next day at 8:00 a.m. in the snow to scrape their incorrect sticker off my car.”

It is no secret that the constituents of the Parking and Transportation department are sticklers for issuing tickets, usually multiple ones at once.

The specific violation was “No Registration.” “I went to help my friend load his drums into my car behind North Campus Apartments, and I got $150 in fines,” said junior Nick Bennett. It has become increasingly evident this semester that there are inconsistencies in the rules and regulations that Parking and Transportation relays to students and the actual measures that the department officials execute.

For instance, there are special exceptions to the rules, including when certain factors outside of students’ control prevent them from moving their car from an un-designated spot after the “after hours” period. In such situations, the rules and regulations state that the student can call Parking and Transportation or leave a note on their car explaining their situation, and that note will run for 24 hours. While this option is a fair means for students to avoid receiving unwarranted citations, there are many students who probably were unaware of this procedure because it was not clearly communicated to students early on.

“I was parking on campus at 4:30 p.m. on a Sunday and got a $50 ticket for not registering because I was visiting her, once in the visitor’s lot, and then twice in Lot Q over the weekend. Whoever heard of such a thing?”

Moreover, certain situations should not even require students to write notes or call the department because common sense should illustrate that said student was unable to move his or her vehicle. Junior Anna Morton recounts her experience from freshman year: “There was an ice storm on a Sunday night. I couldn’t move my car into freshman parking because ice was making people slide off the roads,” Morton said. When I went to move my car the next day once the ice was somewhat melted, I had two tickets.”

Morton continued, “I submitted appeals for both tickets thinking I had pretty legitimate reasons for not moving it. They accepted one and rejected the other.”

Not only students have had to bare the brunt of Parking and Transportation’s certitude pre-occupation with petty infractions. Even visitors are at risk of finding those pesky white slips—that are too thick to even shred to pieces—on their windshields.

Senior Karli Thode explained that her boyfriend’s car was ticketed three times while he was visiting her, once in the visitor’s lot and then twice in Lot Q over the weekend.

As I said before, there are certain areas on campus when one would not even expect to acquire a parking citation, especially on the weekend.

Moreover, if one’s car is not registered because it spends little-to-no time on campus, it doesn’t actually attend Wake, there’s absolutely no reason why tickets should be issued.

So, I end this anthology of unfortunate experiences with some questions for Parking and Transportation and for the administration.

First, what is the point of paying hundreds of dollars for parking spots that one senior accurately described as “inconvenient, unprotected from the weather, and not a very secure?” If we can barely ever use them why is it convenient for us?

Where is the money for these parking passes and for the tens of thousands that is probably raked in from parking citations even going? It can’t all possibly be directed toward maintaining the parking spots that are already sparse to begin with. Furthermore, why are Parking and Transportation officials even working on the weekends and “after hours” on weekdays. Students shouldn’t have to live in fear or drive on eggshells because of some ludicrous and seemingly arbitrary parking policy.

Moreover, it seems completely unfair to me that the same people who are responsible for issuing the tickets are the same ones in charge of deciding which appeals get approved and which—more often than not—are denied. I seriously implore Parking and Transportation to rethink its policy for issuing tickets. Just because we are students at Wake Forest doesn’t mean we are made of money. Many of us are not trying to break the rules when we park our cars in certain places. Where is the compassion? Where is the humanity? Please have mercy on our tired and in some cases literally poor souls.

Please question the system here and there is money for these parking fines. Please consider a three-strike rule instead of only giving out one warning for the entire semester. Please be more lenient and vocal about what your rules and regulations are, especially on certain holidays. Please allow students who do not need/cannot afford to drop a few hundred dollars here and there to park on campus without fear “after hours.”

Please clarify what the exceptions to the rules are and be a little bit more lenient when considering appeals. Please understand that very few people actually have the time to go and look up every single rule in the handbook and that this information needs to be streamlined in a way that is convenient for students and even faculty and other staff.

These kinds of changes will not only be beneficial for students but also for the reputation of the Parking and Transportation office.

Have an Opinion?

Email column submissions and letters to the editor to ilesao11@wfu.edu by 5 p.m. on Sundays.
**The DeLutz Edition | Work Forest**

**“Work Forest” takes toll on students**

Wake should not be proud of its tendency to cause self-doubt among the students

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When you come to college, there is one thing that all of your friends tell you when you leave: pack lightly because they will give you more T-shirts than you'll ever need.

Here at Wake Forest, they've upheld that collegiate tradition with colorful tops that honor events like President's Ball and Project Pumpkin, as well as individual jerseys for each freshman residence hall. Despite all of these wonderful options, there is one that has been unceremoniously passed around by students that has come to everyone that has been unceremoniously passed around by students that has come to

We started looking and two cars seemed to ride that we will enjoy very soon.

We liked the Toyota Highlander and the Honda Pilot.

Ignition will not go back into the ignition if taken out. The back two tires are severely worn and the dashboard light controls are out as well.

As you can see, it is time for a new car. We started looking and two cars seemed to come to the surface. We liked the Toyota Highlander and the Honda Pilot. It has been an enjoyable hunt filled with dozens of web searches, several dealership visits and a few test drives. I am excited about the new ride that we will enjoy very soon.

However, something interesting has happened during this search. Something has happened that I did not notice before. Before I started looking for a new Highlander or Pilot, I did not notice them on the road. I did not notice them when I was driving to work, when going to the store, when going to ballgames, when going to the rec fields. Yet, this is a very important body of a different kind of spirit of Wake Forest: a T-shirt with the colloquial "Work Forest" branded with pride on the front and the slogan "Where Your Best Hasn't Been Good Enough Since 1834," on the back.

The student body commonly jokes about the rigorous classes and high-stakes-education at Wake Forest. Among universities we have a stark reputation for being terrifyingly tough. The question is: what's the point?

No one can deny the challenges achieving a diploma here poses, but do they know the effect?

I've seen several students run out of class crying because they couldn't handle the pressure. I've heard professors tell students they weren't good enough in front of everyone. Haven't we all survived countless all-nighters in ZSR with our faces in our palms wondering how we'll make it out alive?

Countless cases have been made against the high school system, decreeing it for its unfair basis of test scores and biased grades. A number does not determine someone's intelligence.

However, we are branded our whole lives with the knowledge that the inverse is true.

There are other issues that will need significant investment as well. The key to the ignition will not go back into the ignition if taken out. The back two tires are severely worn and the dashboard light controls are out as well.

As you can see, it is time for a new car. We started looking and two cars seemed to come to the surface. We liked the Toyota Highlander and the Honda Pilot. It has been an enjoyable hunt filled with dozens of web searches, several dealership visits and a few test drives. I am excited about the new ride that we will enjoy very soon.

However, something interesting has happened during this search. Something has happened that I did not notice before. Before I started looking for a new Highlander or Pilot, I did not notice them on the road. I did not notice them when I was driving to work, when going to the store, when going to ballgames, when going to the rec fields.

Second, the front wheel alignment and bearing are showing significant vibration. This of course is not just an annoyance but is also a safety issue.

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We have entered a time of self-exploration

Despite the stress of college, it is a great opportunity to evaluate one's purpose

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Walking into Wait Chapel to let Rainn Wilson’s philosophical thoughts rain (pun intended) over me was in itself a surreal experience. All around me, fans of “The Office” and SoulPancake were talking about him in a way that reminded me of Regina George’s description in Mean Girls (“How do I begin to explain Rainn Wilson?” “I hear his hair’s insured for $10,000” “I hear he does car commercials... in Japan” etc.)

He reduced me to high-pitched giggles of hilarity with his jokes, comments and introductory anecdotes about his life, Soul Pancake and his character Dwight Shrute on “The Office.”

One of the more enchanting aspects of his talk was his unique ability to slip in and out of a deep stream of consciousness about his talk was his unique ability to slip in and out of a deep stream of consciousness about his talk about inspiration, struggle, self-discovery and creativity involved in me.

In a time when many Wake students are trying to find their place in the campus community and in the greater community of their hometowns or of Winston-Salem, it’s important to identify what makes us unique or what makes us decide to do the things we do.

Rainn Wilson’s college experience was marked by his departure from his Baha’i faith and experimentation with substances, religions and friend groups, the pursuit of any opportunities that came his way and eventually, his return to the Baha’i faith. Moreover, he channeled his creativity and philosophical personality through SoulPancake, which inspires and empowers the many people who are familiar with it and truly transforms communities.

Keep your ears open for some of the conversations you hear at the Pit, in class before your professor arrives among groups of people walking together. Occasionally, one will hear a brilliant thought or opinion being tossed around and argued upon. Embrace the aspect of yourself that yearns to explore what you learn in class or the conversations you hear on a deeper level.

I also loved that Wilson’s talk emphasized we don’t need life-changing vacations or experiences to help us find what is true and right for each of us. It took Wilson more than his entire college career to feel at ease with the point at which his spirituality, creativity and philosophy intersected.

While we are at Wake, not only do we have so many wonderful departments and organizations through which we may discover our own beliefs and understanding of truth, but we are also surrounded by an eclectic and brilliant group of students and thinkers through whom we may develop our own opinions and philosophies or test out already existing ones.

My stance on religious beliefs has been in constant flux since the moment I set foot on campus. The talents I might have prided myself on during my freshmen year now exist as improved and radically better versions of their past selves. My point is: we are currently in an environment where opinions matter, thoughts count and philosophies are on the cusp of being developed. Is there a better quest than to find out where one’s own creativity, spirituality and philosophy intersect?

We are... in an environment where opinions matter, thoughts count and philosophies are... developed.

Embrace the aspect of yourself that wants to change something— even if it is something as practical and seemingly 'tiny' as becoming more grateful or something as large-scale as establishing gender equality.

If there is anything that Rainn Wilson’s talk taught me, it’s that I need to sit down, evaluate my strengths, weaknesses, thoughts, philosophies, talents and opinions and really implement them in all aspects of my life.

We shouldn’t let our Wake Forest experiences simply become additions to our resumes but should instead, make them a part of who we are and what we do on a daily basis. Your secret love for DIY projects on Pinterest should become a bold declaration of your artistic mind, and your on-again-off-again commitment to those Zumba classes at Reynolds Gym should become a permanent outlet for your footloose and fancy free soul.

Perhaps I am way too inspired (if there is such a thing) by the bearded and amazing Rainn Wilson, but his anecdotes really encouraged me to get up and do something with the time I would otherwise spend scrolling down my Facebook news feed for the fifth time in a minute.

“Work Forest” definitely leaves you with very little time for yourself, but the little time you do have — even if it is the minute it takes for you to run from ZSR to Greene — should be spent celebrating your talents, your thoughts and what you have to offer to your friends, family and greater community.

Opinion
Football welcomes newest Demon Deacons

For new head football coach Dave Clawson and his staff, National Signing Day was a huge success.

BY MIKE MCLAUGHLIN
Staff Writer
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National letters of intent flooded the fax lines at colleges and universities across the country Feb. 5, and Wake Forest was no exception.

“ITs the one day in college football that we all go undefeated,” said head coach Dave Clawson.

Clawson signed 26 new players on National Signing Day, starting with cornerback DaQuan Lawrence at 7:06 a.m. and ending with offensive lineman Patrick Osterhage shortly after 10 a.m.

They came in all different shapes and sizes, from running back Tyler Henderson at 5-foot-9 and 180 pounds to offensive lineman Ryan Anderson at 6-foot-6 and 275 pounds.

The question most fans want to know is how good of a signing day was it for the newly minted Wake Forest staff?

“The true measure of this class is not necessarily on how many stars we have today or how many we sign today but where we are in two to three years with that class” said Clawson.

One thing Clawson did do though, was sign a football team, something he emphasized at the Signing Day press conference.

“Our approach to the class was we basically wanted to sign a whole football team” said Clawson. “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.”

The signing class met many of Wake’s needs. On the offensive side of the ball, Wake signed two quarterbacks, two running backs, three wide receivers (not including transfer E.J. Scott), one tight end and four offensive linemen.

Defensively, three defensive linemen, three linebackers and three defensive backs are a part of Clawson’s first class at Wake Forest.

The Deacons also signed athlete Demetrius Kemp, who national championship runner-up Auburn had displayed interest in.

Finishing the class, the Deacons signed Adam Centers, a place kicker, and Nick Luedeke, a long snapper.

The class, according to ESPN rankings, consists of one four-star and 21 three-stars.

The star gazers have pointed out though, that the class is ranked last in the ACC according to ESPN.

Men’s tennis defeats Gamecocks, falls to Vols

The Deacs had mixed results against ranked SEC opponents.

BY JENN LESER
Staff Writer
leserj1@wfu.edu

The SEC gaveith and the SEC taketh away — at least that’s how it went for the Wake Forest men’s tennis team as they took on No. 26 South Carolina and No. 14 Tennessee Friday, Feb. 7 and Sunday, Feb. 9.

Two tough matchups and two very different results gave the Deacs one of their hardest challenges of the season so far — and left them 1-1 at the end of the weekend.

A large crowd packed the Wake Forest Indoor Tennis Center for the Deacs’ match-up against the Gamecocks on Friday, Feb. 7, something that the team was definitely appreciative of. After splitting the first two doubles matches, sophomore Romain Bogaerts and freshman Maksim Kan grounded out a win in the third, going 6-5 (7-4) to put Wake up 1-0 before singles play.

“We represent the university and it’s just so much fun to play in front of them,” Bogaerts said.

“They push us. I felt a lot of energy and I enjoyed it so much.”

From there, the Deacs kept that momentum going to challenge South Carolina in singles. Bogaerts cruised to an early 6-1, 6-0 win in first singles, a performance he was definitely pleased with. “I played really focused and I started off really well,” Bogaerts said.

“I won every important point and didn’t give him the chance to let him come back into the match.”

With a slight lead, the Demon Deacons kept pushing throughout their junior Jaya Billa, sophomore Jon Ho and senior Adam Lee all picking up points to give Wake a 5-2 victory, their sixth win of the season.

“South Carolina is a great team,” Coach Tony Bresky said. “We’ve had a close match with them in each of the last two years. We knew today was going to be a close match.”

Just two days later, the Deacs would hit the road to take on Tennessee.

See Men’s Tennis, Page 13
Dearica Hamby

BY MAEGAN OLMSHEAD
Staff Writer
olmsme11@wfu.edu

At 6-foot-3, junior Dearica Hamby is an impressive forward from Marietta, Ga., for the women's basketball team. Despite not playing the sport until her sophomore year of high school, she now is a force to be reckoned with on the court.

A starter since her freshman year at Wake Forest, Hamby now leads the conference in scoring and rebounding. Last year, she was fourth in the ACC with a shooting percentage of .542 and blocked a team high of 36 shots, which was the sixth-highest total in a single season in school history.

How did you start playing basketball?
I was a sophomore in high school. I had a five-inch growth spurt from my freshman to my sophomore year, and the basketball coach came up and asked me to come and try out for the team. I wasn't very good. I played JV. But, my junior year I made the team and I was averaging around 15 points a game.

Position:
Forward

Birthdate:
Nov. 6, 1993

Personal Profile

What is the greatest lesson you have learned from being on the Wake women's basketball team?
Leadership. Just like the importance of being a leader and my role as a leader. We have a really young team and I'm one of the older girls so they look up to me. So, day in and day out I try to concentrate on setting a good example.

How is this season looking so far and what are the team's goals?
The good thing is we do have a good record. In conference we are 3-7. Like I said we have a really young team, I'm not going to make up an excuse but we have a really young team. We play in a really tough conference. We are getting better as the seasons goes on we upset teams and we hold teams. We upset Florida State and we almost upset N.C. State [Thursday] night. We are only losing two seniors next year. One of them is our main player, but we have a lot of really good recruits coming in. It's a work in progress.

What do you hope to do after you graduate?
I hope to work for Nike but it's likely that I'm probably going to play basketball for a little bit.

What is your favorite thing about basketball?
Games. It's the time you get to show off all your hard work and everything like that, basically everything comes together.

What is your favorite thing about Wake in general?
Probably with the basketball team. Basketball is 90 percent of my life. I would say last year in the ACC tournament when we upset Miami.

If you could be any animal what would you be and why?
I would say a blue eyed, white tiger. Because they are really pretty and are just one of those animals you could do nothing about, I mean you could kill it if you really want, but there's not many animals that eat a tiger.

How do you see basketball fitting into your life 20 years from now?
Basketball has taught me a lot of life skills like time management, organization, working with people, being on a team, maybe a little bit of math. But mostly teamwork.

What do you play for?
My family. I have two younger sisters, one of them in particular; her name is Desaraye. She really looks up to me. It's really cute. She plays basketball and so I try to keep that in consideration.

Cheyenne Woods wins Volvik RACV Ladies Masters

Former Deacon Cheyenne Woods finished 16-under 276 at Volvik RACV Ladies Masters in Australia Feb. 9 for her first Ladies European Tour victory.
Woods, a 2012 graduate of Wake Forest and niece of star golfer Tiger Woods, posted the best results in her two-year professional career.
Woods was a four-year letterwinner at Wake Forest. She finished her career with the lowest single-season (73.47) and lowest career scoring average (74.31) in school history.

Deac Notes

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Baseball opens season at home against Towson Feb. 14

The Wake Forest baseball team will play its season opener Feb. 14 against Towson at Wake Forest Baseball Park. First pitch is scheduled for 4 p.m.
The opener will be the first of eight home games in February for the Demon Deacons, who were picked sixth in the ACC's Atlantic Division in the 2014 ACC Coaches Preseason Poll.
Wake Forest finished fifth in the Atlantic Division last year with a 28-27 overall record and a 9-20 record in the ACC. The team will return several top starters, including eight seniors.
Men's basketball falls prey to Wolfpack

The Demon Deacons' road woes continued in Raleigh this week with a frustrating 82-67 loss to N.C. State

BY EMMA LINGAN
Sports Editor
lingeis2@wfu.edu

The good news is that sophomore guard Codi Miller-McIntyre made a triumphant return from injury and scored a team-high 15 points against N.C. State Tuesday night. The bad news is that it didn't seem to matter.

The Demon Deacons were powerless against a career-high 34 points from the ACC's leading scorer, T.J. Warren, and ultimately fell to the Wolfpack, 82-67, at PNC Arena in Raleigh, N.C.

Warren scored 23 points in the first half alone — half of the Wolfpack's total — on 10-of-14 shooting with three 3-pointers.

"We just didn't guard the ball," sophomore forward Devin Thomas told Dan Collins of the Winston-Salem Journal. "T.J. [Warren] had a field day against us — he was playing like it was a playground day."

Thomas led the Demon Deacons with six rebounds, and he and senior forward Travis McKie chipped in 11 points apiece.

Miller-McIntyre was also a force off the bench for the Deacs, who greatly missed his production in last week's loss to No. 8 Duke. His 15 points came on 6-of-10 shooting and his seven assists were a game-high.

"To be honest with you, we weren't even sure he was going to play," said head coach Jeff Biedelik. "He's still far from 100 percent so he did a really great job. He really did."

Miller-McIntyre entered the game after the first media timeout with 15:46 left in the half. He shot 4-of-5 in the first half to tally nine points, but also ran into trouble early with three first-half personal fouls.

Continued from Page 10

While this may be disappointing to fans who place an emphasis on recruiting rankings, it should not be necessarily surprising.

Unfortunately, it was a perfect storm of bad occurrences. It started with a 4-8 season and ended with the firing of nearly every coach from the past staff. The only coaches that we did not have the relationships with a lot of these players had relationships where Wake Forest could have improved their performance to make the game more competitive.

"We fouled at the end of the shot clock," he said. "We fouled jump shooters. When we did put them in a bind we bailed them out with our own stupidity — to be quite frank."

The Wolfpack has now won five of its past seven games since losing to the Demon Deacons in Winston-Salem on a last-second bucket by Miller-McIntyre last month. Wake Forest is now 14-10 overall and falls to 4-7 in the ACC.

The Deacs will return home for the first time in over two weeks to host Florida State Feb. 15 at 8 p.m. the LJVM Coliseum.

The Demon Deacons held their own until about midway through the high-scoring first half, when the Wolfpack went on a 9-2 run to break a 35-35 tie. The Pack outscored the Deacons 7-1 over the final three minutes of the period and took the 46-38 lead into the locker room.

The Wolfpack expanded its lead further in the second half, but the game still did not seem out of reach for the Deacons, who came as close as 56-47 with a jumper from sophomore forward Tyler Cavanaugh with just over 13 minutes remaining.

However, the subsequent 12-0 run by the Wolfpack turned the game into a full-blooded blowout. Anthony Barber drained a three-pointer to make it 63-47 before hitting a jumper to give N.C. State a 20-point edge with just over nine minutes left.

An N.C. State free throw made it 68-47 with 8:30 left, and the Demon Deacons didn't get within 13 points the rest of the way.

The Wolfpack and the Demon Deacons shot a surprisingly close 53 percent and 51 percent from the floor, respectively, but the Pack gained its edge at the line. N.C. State finished with 63 percent free throw shooting compared to Wake Forest's 45 percent. Turnovers also doomed the Deacs, who gave up the ball to the Pack 13 times for a total of 24 points.

Matching up against the conference's leading scorer is never going to be an easy task, but Biedelik noted several areas in which the Demon Deacons could have improved their performance to make the game more competitive.

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Signing Day: Clawson recruits strong 2014 class

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Continued from Page 10

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"When you get hired six weeks before signing day recruit- ing revolves around developing these relationships with players. Consequently, the new coaching staff was significantly behind in having formed relationships where Wake Forest could have formed stronger relationships with players.

Despite the conference ranking though, Clawson and his staff were impressive in their ability to put together a class that boasts promising players despite inherent challenges.

"We didn't get hired six weeks before signing day recruit- ing is such a relationship-oriented approach that obviously we did not have the relationships with a lot of these players that the other staffs had," said Clawson.

Since the staff was behind in forming relationships, play- ers such as Travis Smith, a quarterback signee from Michi- gan, were brought in. While at Bowling Green, Michigan was an area where Clawson had formed relationships.

Devin Pike, a 6-foot-6 tight end with soft hands from Cincinnati, Ohio, is another example of the new staff recruiting where had relationships had been formed. Moreover, through Pike's signature, a former Louisville commit, the staff displayed the ability to flip other team's commitments to the Deacons.

The class is headlined by four-star receiver Kameron Uter of Atlanta, Ga. Uter, 6-foot-4 and 215 pounds, and a former Vanderbilt commit, was named second team all-state by the Georgia Sports Writers Association.

He is also expected to play baseball for Wake Forest, with a fastball in the 92-94 mph range.

Wake Forest signed three other wide receivers as well, a position where the Deacons currently appear to have a bright future. This future includes three-star receivers Jaylan Barbour and Cortez Lewis. At 5-foot-10, Barbour is a shifty and explosive playmaker while Lewis has a great combination of size and speed at 6-foot-1 and 200 pounds.

E.J. Scott, a graduate student transfer from the University of Virginia, is already on campus and will be eligible to play immediately due to already obtaining his degree from UVA.

He had 29 catches for 390 yards for the Cavaliers in 2012 before seeing limited action this year.

Defensively, the class is particularly strong at linebacker where three three-stars were signed.

Headlining this group is Jaboree Williams, a 6-foot-0, 210-pound linebacker from Fort Lauderdale, Fla. Williams recorded 105 tackles, nine sacks and five interceptions as a junior.

However, the most important position in football is quarterback, and a large part of the team's future success is linked to quarterback play.

Signees John Wolford and Travis Smith will be added to the quarterback competition this summer.

Each had highly impressive high school careers.

Wolford, a Jacksonville, Fla., native, comes with the acclaim of breaking Tim Tebow's Northeast Florida record for passing touchdowns.

Smith, a former Toledo commit and dual-threat, was Michigan's High School Football Player of the Year. Moreover, he never lost a game as a starter, going 41-0 and throwing for 104 touchdowns in his career.

Neither of the quarterbacks possess great size but both are known for their intangibles, with Smith having the stronger arm.

Clawson and his staff have laid a foundation. However, the staff is still behind in relationships with 2015 recruits as many player start forming relationships with college coaches in their sophomore years of high school.

The job will not be easy for the new staff, but its strong 2014 class shows its ability to quickly adapt.
Women's tennis remains undefeated

Complete team effort leads Deacs to a 7-0 record as they beat Virginia Commonwealth and William & Mary

BY GRIFFIN KURZIUS  Staff Writer  kurzg121@wfu.edu

The Wake Forest women's tennis team went on the road for back-to-back matches against Top-50 opponents last weekend and, after the matches, the battle-tested squad returned to Winston-Salem with a new program record. For the first time, the Deacs opened the season 7-0.

On Saturday, Wake drove up to Richmond to square off against No. 44 Virginia Commonwealth University. The Deacs jumped out to an early 1-0 lead in doubles after an 8-2 victory from the dynamic sophomore duo Xue Zhang and Kasey Gardiner at first doubles and a close 8-6 win at second doubles by freshmen Samantha Asch and Luisa Fernandez.

But the Rams fought back. At first singles, Cindy Chala bested sophomore Andrea Rotolaza at 6-1, 6-1 to even the score. Minutes later, Yukako Noi defeated freshman Rami Gierin 6-2, 6-4 as a second singles to give VCU the lead.

But it didn't last long as Asch, playing third singles, outlasted and outworked her opponent following a close first set 7-5, 6-1.

Fernandez regained the lead for the Deacs with a hard-fought 7-5, 6-3 affair at fourth singles.

Yet the Rams refused the give up. At sixth singles, Zhang lost a 6-4, 6-3 battle that consisted of long, physical rallies, knotting up the score at three.

At fifth singles, Gardiner was the deciding match. After losing the first set 7-5, the Michigan native rebounded and eked out the second set 7-5. With the match in its balance, Gardiner maintained her focus and conquered the final set 6-4 and gave Wake Forest the 4-3 victory.

The following day, the Deacs faced off against No. 43 William & Mary in Williamsburg, Va. Wake Forest, once again, started off strong in doubles play. The second doubles tandem of Asch and Fernandez dictated play in an impressive 6-2 victory. Meanwhile, Zhang and Gardiner continued their stellar play at first doubles with a 6-4 win, giving Wake a 1-0 edge.

In singles play, Fernandez, Gardiner and Zhang dominated in their respective matches. Fernandez won 6-3, 6-1 with consistency and power.

Gardiner demolished her opponent from start to finish 6-1, 6-1. Zhang clinched the match for the Demon Deacons with a routine 6-2, 6-3 victory.

While the bottom three singles players came away unscathed, the top three all split sets. After falling down a quick set 6-1, Asch, playing third singles, recovered by taking the second set 6-2. Asch fought arduously and closed out the match 10-8 in a super-tiebreaker.

And finally, No. 89 Lena Nemchinov squeaked by Guerin at second singles in a contentious match that consisted of three tiebreakers 6-7, 7-6, 10-7. But the Deacs won 5-2.

Wake Forest won both days by playing to its strengths — doubles and depth. The Demon Deacons have yet to lose the doubles point and are 21-1 in doubles matches on the season. Meanwhile, their strength throughout their lineup makes the Deacs a difficult matchup for any opponent. The bottom three in the lineup finished 7-1 on the weekend.

"We can play with anybody in the country at No. 5 and No. 6," said head coach Jeff Wyshner. "It's going to be a battle at the top three spots every day, but one of the things we believe about Wake Forest tennis is that we should be that good at No. 5 and No. 6."

The Deacs travel to the University of Illinois this Saturday and return home for their first ACC match versus Florida State on Feb. 21.

Men's tennis: Deacs drop to 6-2 with loss to Volunteers

Continued from Page 10

their highest-ranked opponent so far in 2014. Another tough SEC matchup, but this time, the results would be unlike anything Wake had seen this season. After being swept in doubles, the team started down 0-1 and couldn't manage to get into a groove.

Ho came up big again for the Deacons, picking up the team's only point as they fell to the Volunteers 4-1.

"We certainly didn't play our best today," Bresky said. "We competed hard but we had a couple spots that just didn't go our way."

Despite the disappointing loss, there's plenty that the Deacs can learn from that to work on their own game. Some might look at the time off as a chance for rust to build, but Bresky feels his team can really benefit from this extra practice. "After these two matches against two quality teams, your weaknesses get exposed," Bresky said.

"I think our guys will have a chance to go back and have about 10 days to work on things. Then we have to travel to Louisville two weeks from this Sunday and hopefully by then we'll be more prepared and a better team."

Sophomore Jon Ho was the only Demon Deacon to pick up a point against the Volunteers on Feb. 9.

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With some time off after this tough matchup, the team will be back in action on Sunday, Feb. 23 at Louisville.

When they return home, weather permitting, the Deacs will start preparing for outdoor matches for the rest of the season. And finally, No. 89 Lena Nemchinov squeaked by Guerin at second singles in a contentious match that consisted of three tiebreakers 6-7, 7-6, 10-7. But the Deacs won 5-2.

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"I think we're very fit and I think we're fighting hard and competing well," Bresky said. "I like that about us. It's a good group of guys, they care a lot and they're always working hard and doing their best. I think obviously we've had a couple tough losses against quality teams, against two top-10 teams which is who you want to compete against."

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Yankee captain to retire after 2014 season

Derek Jeter, the starting shortstop and captain for the New York Yankees, announced on Feb. 12, 2014, that he will retire from Major League Baseball at the close of the 2014 season.

Jeter, who was drafted by the Yankees as the sixth overall pick in the 1992 amateur draft, began his professional career in 1993. By the close of the 1996 season, Jeter was nominated Rookie of the Year, played 157 games and hit a staggering .314 as a 21-year-old — while winning the 1996 World Series.

Since the baseball world's first exposure to him, the future Hall of Famer has been a staple of the New York Yankees. In all, Jeter has played 2,325 games and has an .316 batting average, 2,656 hits and 355 home runs, while being named to 14 all-star games.

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Since the baseball world's first exposure to him, Jeter has been named an All-Star 12 times, has earned four Silver Sluggers and has the most hits, games played, extra-base hits and runs scored in postseason history. On July 9, 2011, Jeter reached and surpassed 3,000 career hits in one game — the 3,000th
Press Box: Sexual orientation shouldn't matter in NFL

Michael Sam's openness about his sexuality raises several questions about priorities in professional sports

BY NICK WELDON
Online Managing Editor
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Picture this: a 6-foot-2, 260-pound defensive end. He's the Southeastern Conference's Defensive Player of the Year and a first-team All-American for virtually every major publication. After playing his final season for the No. 5 Missouri Tigers, his teammates voted him as the squad's most valuable player.

He seems destined for a successful career in the National Football League, but there's just one problem: he's gay.

After coming out to his college team last year, Michael Sam declared his sexual orientation publicly for the first time in a Feb. 9 interview with the The New York Times. Initially projected to be selected in possibly the third round of the upcoming NFL draft, Sam would be expected to become the league's first openly gay player. However, many commentators now wonder whether he will be drafted at all.

Just hours after Sam's interview, Sports Illustrated released a series of anonymous statements from NFL executives, who all but unanimously agreed that his announcement would seriously affect his draft stock.

"There are guys in locker rooms that maturity-wise cannot handle it or deal with the thought of that," one assistant coach said. "It's going to be a big distraction. That's the reality. It shouldn't be, but it will be."

This coach's comments echoed others' concerns, which mainly focused on the "distractions" Sam would bring to a team, both in the form of locker room drama and increased media presence. These remarks ignore the fact that Sam's teammates at Missouri not only supported him, but also managed to keep his secret from the media for an entire season. Maybe this proves the point that the way a player acts as a teammate and performs on the field ultimately matters more than anything else.

Think of Philadelphia Eagles' receiver Riley Cooper, who was recorded using a racial slur back in July at a concert. Despite early tension with his teammates, Cooper managed to have the best season of his career and helped his team to a division title.

Sam did not use a word that disparages an entire race; all he did was reveal who he is as a person. Does that warrant the label of a "distraction?"

Apparently NFL general managers think so, and they will be the ones who decide his fate. All 32 will have the chance to select Sam for their respective teams or leave him undrafted, sending a clear message that leaders of America's most popular sport fail to identify with more progressive public opinion.

If Sam were to go undrafted, he would join Philadelphia Eagles' linebacker DeMeco Ryans as one of only two SEC Defensive Players of the Year since 2004 to not be drafted in the first round.

Ryans, the 2005 SEC Defensive Player of the Year from the University of Alabama, was the 33rd selection overall by the Houston Texans in 2006, or the first pick of the second round.

To be fair, Sam was never expected to be a first round pick like his predecessors, though prior to publicly coming out, he was a virtual lock to be drafted. Now, the future of his career may be in jeopardy.

Sam still deserves to have his named called in May, and not because he's incredibly brave, but because by all measures, he's a professional caliber football player. And in the National Football League, shouldn't that ultimately be what matters?
THE BEST OF WINSTON

Stuck in a food rut? Try out some of these local restaurants that feature classic dishes.

BY LAUREN FRIEZO
Staff Writer
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If you're anything like my friends and me, choosing a place to eat in Winston-Salem is an endless struggle. Now that's not to say that Winston doesn't have awesome food, it's actually quite the opposite — the more choices, the harder it is to decide where to eat.

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Stuck in a food rut? Try out some of these local restaurants that feature classic dishes.

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**Best Sandwiches**

1. **Rose's Deli:** Peer behind the gas pumps and look for the red awning marked "Rose's Deli." Here, you'll find the best sandwiches in town. Their cold cuts are easy and fresh, especially the smoked turkey. I'm also fairly certain that The Philly could satisfy any homesick Northerner. A vegetarian friend raves about their veggie burgers — particularly the Santa Fe. In fact, their menu is pretty vegetarian friendly for a deli.

2. **The Carving Board:** Get a three-salad plate and thank me later. Yes, I know it's not necessarily a sandwich, but for less than $9 (show your student I.D), you get 3 heaping spoonfuls of homemade salads, pastas, fruits or veggies. The plate comes with a fluffy whole grain roll that's practically begging to be stuffed with chicken or egg salad — voila, sandwich.

3. **Bob's Big Gas:** Not only are their sandwiches fabulous, they've got some pretty creative names for them too. If you're a fan of Black Forest ham, avocado, chipotle mayo and Havarti cheese (who wouldn't?), order the Triathlete. If you're suffering from a chocolate craving, try the Bella Banana: peanut butter, nutella and banana on toast. Bob's Big Gas has it all.

4. **Dioli's Italian Market:** Anything Dioli's makes is mouthwatering, and even better when stuffed inside their Ciabatta or Focaccia bread. I like to stick with the Italian specialties: Prosciutto di Parma, Meat Ball or Fresh Mozzarella with Tomato.

5. **Silo Deli:** Silo is fairly new to Reynolda Village but a great place to grab a casual dinner and Key Lime are a must try when the weather starts to heat up. Pumpkin Pie and Thin Mint are great for the winter, whereas Margarita and Black Forest are a must try when the weather starts to heat up. Blue Ridge Ice Cream (Dewey's): Blue Ridge is best known for their bright yellow Screamin' Demon Oreo flavor, which is sold inside the Joel Coliseum. Hopefuly these suggestions will help you try out some new restaurants, and explore the great food scene that exists in Winston-Salem. If nothing else, it's a break from the Pit.

**Best Burgers**

1. **Bad Daddy's:** If you haven't been to this North Carolina chain yet, stop reading this article, get in your car and GO! Bad Daddy's serves up humongous, juicy, beefy parties and tops them with anything your heart desires. I'm dying to try the Bad Ass Burger: a 10oz beef patty with lettuce, tomato, buttermilk fried bacon, horseradish mayo, homemade American cheese and pickles on a brioche bun.

2. **Mozelle's Two words: Pimento. Cheeseburger.

3. **The Loop:** The Loop's Cheddar is perfect for those who like a classic, no frills cheeseburger. It's simple (cheddar, lettuce, tomato, onion, mayo) but consistently good.

4. **Village Tavern:** Village Tavern has mastered the art of taking a burger and making it Southern. Their Cowboy Burger is topped with applewood-smoked bacon, cheddar cheese, caramelized onions and barbecue sauce.

5. **Five Guys:** I know it's a major chain but their burgers are just too good to pass up. Especially the day after a long night out...

**Best Pizzas**

1. **Burke Street Pizza:** Burke Street takes first place for most authentic New York style pizza. There's no excuse for ordering Domino's when a place like this is only a few miles away (locations on Robinhood Road and Burke Street).

2. **Marios:** Mario's doesn't deliver, but if you're by the Hanes Mall, it's worth a stop. Their thin-crust pies are piled with zesty sauce and generous helpings of mozzarella cheese. Their Garlic Cheese Bread is also out of this world.

3. **Elizabeth's:** Classic.

4. **Mellow Mushroom:** Mellow Mushroom's pizza differs from the others on this list, but it's delectable in its own right. I don't know many other places that put barbecue chicken and bacon on pizza and make it taste super good.

5. **The Loop:** The Loop is an ideal place to eat because they have something for everyone.

**Best Frozen Treats**

1. **Wolfie's Frozen Custard:** I follow them on Instagram and their posts literally make me drool. Wolfie's is especially innovative with their seasonal flavors. Pumpkin Pie and Thin Mint are great for the winter, whereas Margarita and Key Lime are a must try when the weather starts to heat up.

2. **Blue Ridge Ice Cream (Dewey's):** Blue Ridge is best known for their bright yellow Screamin' Demon Oreo flavor, which is sold inside the Joel Coliseum.

3. **Caffe Prada:** Yes, you can find Gelato in Winston Salem. Brynn's wins by a mile when it comes to widest variety of frozen yogurt toppings.
Humor Column | Birthdays

Another birthday passes

Let's face it: sometimes it's more exciting to turn a year older and other times it is not climactic.

BY LIZ KUEHN
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Let's get one thing straight: I love my birthday. February is my birthday month, the weekend before my birthday is birthday weekend and of course the week of my birthday is birthday week.

Every year there's something to get excited about, but leaving my teens behind is disappointingly uneventful. There's no special milestones about turning 20 besides bearing teen pregnancy, which isn't exactly what I want pasted on a banner for a birthday party.

Speaking of birthday parties, that's one thing I miss. Every year up until college I could get away with an entire party dedicated to me, but I can't do that turning 20. There's a party every weekend anyway, so going to a party on my birthday isn't exactly special. I'm not about to ask a social chair to send out their social saying the party's theme is "Liz's Birthday" (although I'm definitely not opposed to that).

Also I can't center the night around me by bringing my friends to a bar, since I'm still one year away for those shenanigans. And a birthday dinner where all the girls get overdressed, go to a restaurant and take group pictures is so overdone (plus I already did that for my 16th birthday). I can't have a birthday party, I can't go to bars and I refuse to do a corny birthday dinner...so what's a girl to do?

Going to a frat party and screaming "It's my birthday!" is only fun for about three seconds before I get annoyed with myself, but there has to be something for a 20-year-old to do to feel like a special birthday princess.

And no, wearing a tiara is not the answer. Wearing a tiara is NEVER the answer. I began making a mental list of appropriate ways to celebrate a twentieth birthday, but it was a failure. Trampoline park? No. Going to the movies? Nah. Roller-skating? Nope. Shorty's dinner? Been there, done that. There's just no spectacular way to celebrate leaving my teens forever.

Then it dawned on me: who is the one person that will always treat my like a birthday princess no matter how old I am?

My mother, of course. So being the momma's girl I am, I'm ringing in the next decade with a belated mother-daughter celebration.

Maybe I won't have the excitement of legally downing drinks, bumping to frat music (even though I'll totally end up doing that anyway as well, or my 25 closest friends wearing party hats and giving me presents, but a visit from my mother is a damn good way to celebrate my birthday.

When y'all are reading this (if you read it the day it comes out at least) I will be having the ultimate mother-daughter day. Yes, I'm bragging but my mom rocks, my birthday rocks, so put those two together and it's one heck of a celebration. Also, let's not forget I beat teen pregnancy. So there's that too.

Even though turning 20 isn't as momentous as I had dreamed, one year from now, next round's on me.

Trend Alert | Mixing Patterns

This spring, mix it up a little bit

One new trend is matching patterns with patterns. Here are some tips for how to do it.

BY COURTNEY CASE
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Mixing patterns is always considered a bold fashion move. Most people tend to think that mixing patterns is a fashion no-no, but mixing patterns allows you to have a creative side and stand out with our fashion choices.

Use color effectively

Stay within the same color family: I know I said to be bold and try new things but you don't want to look like a Jackson Pollock painting. Make sure that you are not mixing cool colors with warmer colors. There is nothing wrong with a pop of color coming from something as simple as a church or a statement necklace.

Take a risk: mix animal prints

Animal on animal: this style isn't for the weak at heart. You may think that wearing one animal-printed top looks fierce, but next time try layering one out but two different patterns for an even fiercer look! This look still gives off a classy vibe but will show off your daring personality. Try pairing a leopard-print top with a geometric, tribal looking pant or skirt.

Try tantalizing textures

Experiment with textures: don't just stick to mixing-and-matching patterns, experiment with different textures that will capture anyone's eye. Try throwing together a skirt under a sheer blouse. Or, for colder days, try pairing a chunky knit sweater with faux leather legging to give a little edge to your outfit.

Don't over match

Too much matching CAN be a bad thing: avoid matching your striped headband, with your striped shoes and your striped dress. Instead of repetition, try going for a T-shirt with thin stripes matched with a large hobo bag with thick stripes and then a plain pant or short. Following this rule will ensure that you won't have a clashing outfit.

Choose patterns wisely

Choose patterns that don't compete: You don't want to look tacky with completely opposing patterns so make sure to break up your outfit so that there isn't too much going on.

If you're going out with friends try pairing together a plaid skirt with tweed pants or a neutral houndstooth skirt. A good rule of thumb is to remember that two extremely busy prints, such as floral and plaid, should not be put together.

Look effortless

Floral and stripes: ladylike and cozy, this combination gives off a casual vibe that looks very laid-back. The dainty florals paired with the simple yet elegant stripe pattern go hand-in-hand together. Try matching a more neutral tone striped shirt with a fluffy and colorful skirt for an effortless look.

Strut your stuff

Lastly, be confident! While trying out new patterns may be daunting at times, confidence is the name of the game. Try mixing-and-matching patterns, experiment with different textures that will ensure that you won't have a clashing outfit.
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Health Column | Fighting Illness

Avoid the flu with these key pieces of advice

With midterms quickly approaching, don't let a weak immune system slow you down

BY ANGELA CHRISTIANO
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"It's that time of year again. 'Tis the season of extremely cold weather (anything below 45 degrees Fahrenheit), extra heavy sweaters and of course, the flu — aka the campus plague. Even if you did receive the flu vaccination, there is a 40 percent possibility that you may fall victim to the flu, according to the Centers for Disease Control and Prevention. Therefore, it is best to take the appropriate preventative steps in fending off the flu this season. Besides the obvious tips such as avoiding contact with people who are sick, washing your hands frequently, drinking lots of liquids and taking your vitamins in order to prevent or recover from the flu, there are several other preemptive steps you could take. As you roll your eyes and shield yourself from the person with the obnoxious cough sitting next to you, educate yourself on ways not to be that person.

Feed a cold, and don't starve a fever

Even when chicken noodle soup is believed to be the ultimate flu food, it has no specific qualities (other than being a hot liquid, which helps to soothe a sore throat) that help fight the flu. According to the National Center for Biotechnology Information, vitamin D is a steroid hormone that has profound effects on human immunity. Therefore, mushrooms may be your saving grace during this flu season. They are packed with disease-fighting nutrients and lots of vitamin D, both of which help to strengthen immunity. Being the trendiest of the greens, kale is not only cool to eat, but it also helps to rehydrate your body (since it has a high water content), while flushing out your system — all helping in your body's natural detoxification process. Through detoxification, the immune system is made stronger and better prepared to resist infection.

Are you feeling a little sluggish after being hit with the plague? Are you in need of a quick pick-me-up, such as a sugary snack? If this is the case, all candy bar temptations should be resisted at once because they are bound to spike your blood sugar, plummeting you into a sugar crash. If you're looking for a sustained energy boost, eat a potato. Since potatoes are complex carbohydrates, they are digested slowly, helping to break down glycogen in your body and giving you the extra energy you need.

Sleep it off

This is the most obvious tip, but also the most important tip to follow when fighting off the flu. The importance of getting a good night's sleep cannot be stressed enough, especially in college. College students should get at least eight hours of sleep per night in order to keep healthy brain function and alertness, a good mood, and a healthy immune system. Sleeping is probably the best thing you can do when you first come down with a cold or flu because it helps your body to direct its energy toward the immune battle. Getting an adequate amount of sleep in college is, as we all know, an extremely difficult task.

That being the case, everyone should better manage their time by allotting a certain amount of time for sleep each night into their daily schedule.

Take a spa day, not a sick day

Although exercise is a great way to relieve stress and keep a healthy immune system, it is always good to take a day off here and there. Thus, a spa day is the perfect excuse when trying to prevent illness. Professional massages are proven to enhance immune system function because it helps to release toxins from the tissues and aid in lymphatic function. However, you should not get a massage when your body is actively fighting an illness. When the body is already fatigued, a massage may be too taxing on the body, making the person feel worse and possibly lengthening recovery time. Remember to plan ahead!

Wishing everyone a healthy and flu-free season!

Tech Review | Pebble Watch

Smartwatch paves way for wearable tech

The latest version of Pebble includes an app store and makes the apps more accessible and easy to use for consumers

BY GUARAV SHENI
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"Many of you are constantly pulling out your smartphones checking emails, texts and every social media platform available. Now imagine that instead of reaching for your phone, you could just glance at the watch on your wrist. To be more specific, your smartwatch.

That's Pebble. It was first released in 2013, supported on Kickstarter. The first watch did some cool things, such as notify you of incoming texts, phone calls and emails. Additionally, you could use the Pebble's accelerometer to keep track of your distance and pace while running. Furthermore, an app like RunKeeper on your smartwatch can recognize your speed and aid in lymphatic function.

The new Pebble Steel is a very user-friendly, aesthetically pleasing smartwatch that you can wear every day without feeling as if it's taking over your life. It will give you valuable information that's faster than unlocking your phone all the time.

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Wishing everyone a healthy and flu-free season!

The new, modern appearance makes the watch more appealing to wear.

Photo courtesy of review.cnet.com
Movie Review | *Dallas Buyers Club*

**Movie shows an unseen side of AIDS**

*Dallas Buyers Club* portrays the trials of a Texan man diagnosed with AIDS in the ‘80s

**BY ABBY BURNS**
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Opening with an animalistic bang (prepare to be shocked in the first two minutes of the film), *Dallas Buyers Club*, directed by Jean-Marc Vallee, is a searing film that explores a man’s deathly struggle with AIDS. Spellbinding in its powerful characters and challenging views, the film fights the system and brings together unlikely teams in a heartwarming story of love and redemption.

It is 1985 in Dallas, Texas—a world consumed in the life-threatening discovery of AIDS. Ron Woodroof, played by Matthew McConaughey, is happily oblivious in a life of rodeos, gambling, alcohol, drugs, and sex. When an accident lands him in the hospital, he discovers that he is HIV-positive, and is given thirty days to live by his doctor, Eve Saks (Jennifer Garner). At first, Ron schemes to get AZT, an experimental drug approved by the FDA that is being used in clinical trials on humans. However, as he becomes more desperate for further dosage, he makes his way to Mexico and discovers through Dr. Vass, a doctor who had his American license revoked, that AZT is poison, killing every cell it touches.

Ron’s health improves as he starts using drugs that are not approved in the U.S., and three months later, he is alive, healthy and suddenly aware that he is sitting on a gold mine. Setting up a business with Rayon (Jared Leto), a savvy transgender woman, Ron creates the “Dallas Buyers Club,” charging $400 a month for membership and treating his clients with non-approved drugs. As the FDA closes in on him, Ron fights first for his business and then for the people who surround him, and we watch a tough, homophobic cowboy transform into a loving man with an awakening moral conscious.

The acting in *Dallas Buyers Club* is superb. Matthew McConaughey throws himself into his role with a passion that is raw and emotional, which can only be inspired by the onset of terminal illness and the loss of friends. While Ron Woodroof is a man who is anything but subtle, McConaughey slowly and delicately transforms his character from a man with intense hatred to a man with overwhelming vulnerability, so that we believe in Ron and root for him. Crucial to this transformation is the role of Rayon, played by Jared Leto. Leto encapsulates a character struggling with drug addictions, acceptance and self-worth, who rises above his despair in order to carry out selfless acts of love.

An unlikely friendship develops between the two business partners. Though in *Dallas Buyers Club*, McConaughey’s and Leto’s physical appearance for final proof of their dedication. They both starved themselves for their roles in *Dallas Buyers Club*, McConaughey dropping fifty pounds and Leto dropping thirty pounds before filming began. Their gaunt cheekbones, spindly legs and protruding rib cages haunt you with the chilling effects of the deadly virus.

Shot in twenty-five days, the film is an artistic masterpiece in terms of authenticity. The director, Jean-Marc Vallee, reportedly used only natural light in the film, a technique seen in the smoky, low lighting of bar rooms, the naked light bulbs that shadow the corners of motel hallway, and the fluorescent, blinding white light of the hospital corridors. Minimal wardrobe changes and makeup complete the indie feel. The shaky, hand-held cameras add an agitated tension to the action on the screen.

**Quad Fashions | Winter Coats**

**Students don trendy coats in cold weather**

As grey skies and snowy weather continue, Deacs add some fashion to the dreary days.

**Charlotte Leitch**
Junior
This coat is from a store in England. Letich liked the color because it matched her eyes.

**Emily Williams**
Sophomore
Williams’ coat, from Nordstrom, features a classic pattern and is also practical.

**Eli Groves**
Freshman
Groves received this bright coat free, from Outdoor Pursuits.

**Delaney Hobbs**
Junior
This Nordstrom piece stood out to Hobbs because she liked that it was so bright.
The Best Hookup Spots

Let’s face it: a frat basement or your dorm room, near your sleeping roomate aren’t the most romantic places to hook up. There are plenty of places to go on campus: try them out!

BY ERIN PATTERSON
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It’s February, which contrary to popular belief is the dreariest, dullest month of the year — not the most romantic. Our workload is heavy, and we haven’t seen blue skies since October. Spring break is still a month away, and friends are already sparring at each other over who’s going to plan Booze Cruise 2014. What’s more, Snowpocalypse has attacked Wake Forest Campus.

It’s easy to slip into hibernation, waiting for spring and going through the motions of eat-study-sleep-repeat. When it’s cold and grey outside, however, hibernation makes sense, but perhaps the one aspect of your life that shouldn’t go into hibernation is your sex life.

Most students here at Mother So Dear confine their romantic encounters to a cramped dorm room or a nasty basement dance floor, but I’d like to think that we’re a little bit more adventurous than that.

Start small with the “mood swings” to get the two of you in the right mindset. These small wooden swings are hung from trees all over campus, but mainly along the edges of Davis Field by Wake Forest Field. Each swing has a different mood or virtue, such as “happiness” or “hope,” engraved into the wood. Of course, hooking up on a swing presents all kinds of technical difficulties. Your heads are on different levels, and the person sitting on the swing is always moving. It just doesn’t work. However, they’re a fun pit stop along the way to somewhere else.

For those couples searching for a more secluded place than Davis Field, try the running trails surrounding the Barn. Now that no one ever has parties out there any more, the area is almost completely abandoned — except for those hooligans living in Palmer and Piccolo Halls. The trails are big and wide, so you don’t need to worry about snakes hiding in the piles of leaves beneath your feet. Another plus is that it takes so long to walk out to the trails, it gives you and your “friend” plenty of time to talk.

If you’re in the mood for a longer walk, head in the opposite direction towards the big field behind Reynolds Village. Or you could try to get onto the golf course that sprawls out behind Faculty Drive — that is, if you can get over the massive fence.

The very rebellious couple could even wander around the grounds of Graylyn. The only thing stopping you is a wooden fence short enough for even the severely uncoordinated.

Just don’t get arrested by the Winston Salem Police Department for public intoxication.

Don’t want to be the granola couple who hooks up outside? Head indoors to one spot on campus that should be on every person’s bucket list: Wait Chapel. Sure, people get married in the chapel, but don’t let that make you feel self-conscious. Student Union had it reserved as last year’s spring concert rain location, so it would have been deserted by Kendrick Lamar’s cringe-worthy lyrics anyways. If you can’t get in the chapel itself — or if you don’t want to feel sacrilegious — wander through the halls of Wingate. It’s an odd little building with funny little nooks and crannies, some of which offer a gorgeous view of the Upper Quad. Ten points if you can get into the bell tower.

There’s also Reynolds. It’s huge, surely there’s some way to get in there. Maybe try exploring the 4th floor before hours.

Or you could go to Trible. That’s a top-five on everyone’s campus hook-up list. Though it’s used for classes in everything from history to philosophy to Latin during the day, some students use it for other things at night. Get lost in the maze of floors and staircases: it’s the one time when the building’s confusing layout might actually be fun. Explore the halls with your “friend.” There are plenty of rooms to try out.

If all else fails, go to ZSR. There must be a reason that the 24/7 room across from Starbucks is open at all hours of the day, and certainly no one is at 3 a.m. on a Saturday night. The room might as well be used. Just be sure to not track in frat sludge with your chucks, because that would look suspiciously gross on Sunday morning.

Check out the 7th and 8th floors, especially. They’re the most quiet floors. You’ll be sure to find some privacy or at least silence there.

For the super daring, try to find an entrance to one of the underground tunnels. There are entrances all around campus, most of which are sealed tight. However, if you’re very creative, you could add one of these tunnels to your list of hook-up places.

Finally, if you’re not that daring, and not that public, there are always the handicapped bathrooms.

The whole idea is to branch out of your typical hook-up place.

Wander around campus (but be safe!), and find places you’ve never seen before. For example, does any one know where the beach volleyball courts are? Hint: head towards the Barn. Maybe the two of you are really drunk and a little lost, or maybe you’re having a great conversation and simply don’t want to go home to your roommate. The goal is to wake up the next morning and laugh about how you ended up in those weird places.