Benjamin Schmidt, a professor at Northeastern University, analyzed all 14 million ratings on the website Rate My Professor and created a chart to show which adjectives were used more often for male and female professors.

**Study shows bias in faculty ratings**

An analysis of the reviews on Rate My Professor shows a gendered difference in student ratings

**BY RACHEL WALLEN**  
News Editor  
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Biased,ooky,brilliant,passive-aggressive. All adjectives used by students to describe various Wake Forest professors on the rating site Rate Ratings. Every department has some professors heralded as the best at Wake Forest and some to avoid at all costs.

This past winter, Benjamin Schmidt, a history professor at Northeastern University, questioned whether some of these adjectives were used to describe either male or female professors more frequently. To answer that question, he collected data from all 14 million reviews on the comprehensive ratings website Rate My Professor and made an interactive chart to show which words were more commonly used to describe male versus female professors.

The data set itself includes reviewers from the top 20 most popular departments, including English, math, engineering, fine arts, biology and business, among others.

The results showed a bias, likely unconscious, in the way students evaluate the professors at higher education institutes. In Schmidt’s chart, male professors were more likely to be described as “genius” or “arrogant,” descriptors that had more to do with their level of knowledge. Female professors were more likely to be described as “rude” or “caring,” descriptors that had more to do with their personality.

Though no such comprehensive study has been done on adjectives used on Wake Ratings, some of the same gender biases shine through with just a few searches.

“For instance, I received two evaluations last fall, from the same class, that used a term I’d never seen in an evaluation before: “passive-aggression,”” said Mary Petzold, professor of classical languages.

“Suffice it to say, I checked it on the chart (made by Schmidt) and it’s applied far more frequently to women than to men. If a natural bias, even if unrecognized, is to believe that women are either assertive or powerful, passive-aggressive is a good way to characterize a non-nonsense stance.”

One female professor was referred to as a “witch” on Wake Ratings. Another as “nit-picky.” By contrast, many female professors were also labeled as “caring” and “sweet.”

While male professors were often labeled “brilliant” or “funny,” they were also described as “pompous” or “arrogant” more than female Wake Forest professors. Though the reviews on ratings websites

See Faculty, Page 5
With so many things going on in our daily lives, it's hard to think about the various events happening on campus — speakers, concerts, performances and organization meetings, just to name a few. As students with a wide variety of extracurricular commitments, it's difficult enough to advertise a large-scale event on campus like speakers from the "Voices of Our Time" series. But oftentimes some of the best student-organized performances and events are the ones overlooked most frequently.

Just this week for instance, the Anna Julia Cooper Center will host a keynote on race in the south, Chi Rho will host its 2015 "Big Concert," Innsuendo will hold its "Big Effing Concert" and the Thrive initiative to blow off steam. This week is just a snapshot of the myriad of creative opportunities available for students to come together for entertainment, education or relaxation.

Across this campus there are political groups, service organizations, acting troupes, a capella groups and so much more. But despite the breadth of all of these opportunities, too many students fail to appreciate the talents of their peers, due to a lack of time, a lack of awareness or a lack of interest. Too often we see the same students going to the cultural diversity events, art events or Student Union sponsored activities. While we appreciate that these students are involved in such programs, it should be the entire Wake Forest community that comes out to support and learn from our fellow students. The university should make it a priority to better advertise these events to the student body, and the whole student body should make a more concerted effort to experience all the university has to offer.

With the end of the semester rapidly approaching, the Editorial Board encourages students to take advantage of all of these opportunities before leaving campus for the year.

So many students pour their time and energy into organizing all sorts of activities, despite low attendance. We hope that over the next few weeks, students will keep an open mind to all of the fun and enlightening events taking place around them.

Attend that weekly meeting you've gotten emails about since freshman year; see one of the musical performances being hosted this week; or sign up to join an organization you've thought about being a part of for months.

Our classes here are only part of our college experience, particularly at Wake Forest, which values educating the whole person more so than most other universities. While classes are required, we have to take the initiative to involve ourselves with the gifted students around us. We can't section ourselves off into small, isolated groups when there is so much to learn and experience and study from the entirety of this university.

Living with such talented writers, musicians, singers, actors and activists demands a heightened level of engagement. The college experience isn't complete without it.
**Deacon Profile: Lauren Friezo**

Senior Lauren Friezo has spent her time at Wake Forest as a sexual assault activist and writing for numerous publications.

BY LYDIA GEISEL
Contributing Writer
geise@wfu.edu

A young American woman once sat in a quaint restaurant in Rome, pen and paper in hand, and thought to herself, "What am I really going to say about a bowl of pasta?" Lauren Friezo was bewitched by the vibrant city and its culinary delights, but it was not enough to write a compelling story. Thankfully, writer's block was no strange concept for Friezo. The Wake Forest senior, editor-in-chief of Her Campus, co-chair of PREPARE and founding member of Women's Philanthropy in Action, has spent her college years breaking through her writer's block by frequently writing and editing, as well as empowering other women to seek their own voice.

Friezo's biggest reward has been helping young women gain confidence, whether it is her staff at Her Campus, women dealing with sexual assault or her readers at Grit Magazine. "She is a true modern woman in that she takes pride in her appearance and her body, but also values her mind and her goals," Dettmer said.

"I think of myself as a brand," Friezo said. "You need to find out what you're passionate about and what else you can find?" Friezo asked herself.

"Do you do what is safe, or do you wait it out and see what else you can find?" Friezo asked herself. But this is not unfamiliar territory for her. As she sat in the restaurant in Rome last summer, struggling to find a story about wine and pasta, Friezo decided to wander the streets instead.

As she drifted mapless through the cobblestone streets and back alleys, the stories came to her. "Sometimes you just have to get sweaty and get lost."

**POLICE BEAT**

**Larceny**

- An unknown subject(s) entered a victim's vehicle in Lot Q and took property.
- Three other reports of vehicle breaking and entering were filed in this lot between the hours of 1:09 p.m. and 2:00 p.m. on April 9.
- An unknown subject(s) entered a victim's vehicle in Lot Q and took property. The report was filed at 1:09 p.m. on April 6.
- An unknown subject(s) entered a victim's vehicle in Lot J and took property. Three other reports of vehicle breaking and entering were filed in this lot between the hours of 1:09 p.m. and 6:19 p.m. on April 6 and at 4:55 p.m. on April 7.
- An unknown subject(s) removed an unsecured WFU ID from the Reynolda Hall Pit. The report was filed at 12:52 p.m. on April 6.
- An unknown subject took money from an unsecured wallet in Subway. The report was filed at 12:00 a.m. on April 9.
- An unknown subject entered a victim's vehicle in Lot H and took property. The report was filed at 1:09 p.m. on April 6.
- An unknown subject(s) entered a victim's vehicle in Lot G and took property. Three other reports of vehicle breaking and entering were filed in this lot between the hours of 1:09 p.m. and 6:19 p.m. on April 6 and at 4:55 p.m. on April 7.
- An unknown subject(s) removed an unsecured WFU ID.
Loans: New proposal addresses debt crisis

Continued from Page 1

have student loans, and roughly 30 percent of undergradu­
ate students at Wake Forest have federal loans.
"For 2014-15, 1,393 undergraduate students have ac­
cepted federal loans totaling approximately $11 million.
Through the current capital campaign, Wake Forest is in­
creasing the portion of need that is met with grants and
scholarships, thereby reducing the portion that is funded
with loans," Wells said. "This is the first step to help stu­
dents, considering the current system is quite confusing
and leaves some students wondering how they will pay off
their debt."

Many students who have federal loans are confused as to
how they should go about paying these loans, or even when
they need to start paying them back.
"To be honest, I don't know much of anything about the
loans I am taking out or how I am going to pay them back
or even when I'm supposed to start paying them back," ju­
nior Bella Hunt said. "I get an email once a year telling me
how much debt I've incurred and I look at it briefly and
move on."
"What makes the process even worse is that it's confusing,
especially for people with little understanding of finances or
parents that have not been to college and can't explain the
process of paying back loans," junior Cameran Llewellyn
said.

The goal of the Student Aid Bill of Rights is to make the
process more transparent and help students tasked with the
burden of repaying loans.
"Any process that caters to college students' specific needs
with the understanding that they don't have the financial
knowledge and literacy that independent adults do would
be a more effective system," Llewellyn said.

Student loans by family income

Percent of college graduates with student loans

<table>
<thead>
<tr>
<th>Year</th>
<th>High income</th>
<th>Upper middle</th>
<th>Lower middle</th>
<th>Low income</th>
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</thead>
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<tr>
<td>1992-'93</td>
<td>24%</td>
<td>45%</td>
<td>50%</td>
<td>60%</td>
</tr>
<tr>
<td>1999-'00</td>
<td>34%</td>
<td>62%</td>
<td>45%</td>
<td>63%</td>
</tr>
<tr>
<td>2011-'12</td>
<td>70%</td>
<td>67%</td>
<td>69%</td>
<td>77%</td>
</tr>
</tbody>
</table>

Source: Pew Research Center
Graphic: Greg Good

© 2014 MCT
Graphic courtesy of MCT

Student loan debt has risen even among high income families as the cost of college skyrocketed. For the
2015-2016 academic year, Wake Forest will cost $64,650, a 3.4 increase from the 2014-2015 academic year.
Faculty: Study suggests gender bias in ratings

Continued from Page 1

are not part of the official ratings teachers receive, it seems likely that the same bias used on unofficial ratings would extend to the official student reviews, because such a bias is often unconscious.

Some professors who have read their official reviews at the end of each semester have noticed specific reviews that contained interesting comments that seemed irrelevant to their teaching style or abilities.

"The data cause one to ask if similar unconscious biases also affect the type of end-of-semester course evaluations collected at Wake Forest University, which are used to evaluate professors for raises or promotion," said Susan Fahrenbach, professor and chair of the biology department.

"My best guess is that the answer to this question is yes, based on reading student evaluations of my own teaching since 1988. Over the years, many students have made odd remarks about my clothes, my hair, my height and, during a semester when I was pregnant, my weight. I've always thought that my male colleagues likely received fewer such personal comments."

Even some male professors have noticed the discrepancy in the treatment of female versus male professors, though many admitted that they could not fully comprehend the bias faced by female professors.

"My sense is that I simply get away with a lot more than my female colleagues do. I can dress sloppily one day, I can so much negative reaction," said Dean Franco, associate professor of English.

"I was chatting with female colleagues from another university and I told them that I am perfectly comfortable letting students call me by my first name if they wish. They told me in very certain terms to stop it, that I was making their jobs harder. They explained that they have to work so hard to convey authority to students who otherwise are not used to working with strong, highly educated, professionally accomplished women," said Franco. "Part of that work includes insisting on formal address, and they don't have the luxury of being relaxed and casual with their students. Whereas a man can win points with students by relaxing the rules and still maintain a sense of authority, if women relax the rules, they lose the structures which shore up students' perceptions of their authority in the first place."

Schmidt's data showed that biases often work both ways as well.

There were some negative descriptions of men that were often not applied to women.

"One comment on that, The New York Times article mentions that men are also more often considered 'pompous,' 'lame' and 'jerks,' and some positive terms were applied more to men. So maybe there are other flaws that are considered more typically masculine, or are expected more often in men," said Clifford Zyl, professor of biology.

In addition, gender bias differed among different departments.

"This study adds to the debate on how to address bias in society as a whole. In general, though, people agree that raising awareness of how pervasive gender bias can be is a good first step."

"Because I am in women's, gender and sexuality studies, I think most of my students and colleagues are very aware of gender bias and so are less likely to judge me based on unexamined gender stereotypes, although even people who study gender have unconscious biases — it is impossible to avoid when you are socialized in a gender-biased society," said Kristina Gupta, assistant professor of women's, gender and sexuality studies.

"In terms of teaching evaluations, universities should educate students about what formal teaching evaluations are used for and how a variety of biases can make their way into both formal and informal evaluations," Gupta said.

"At the same time, universities and departments should recognize that student evaluations are influenced by bias, so if a female professor, or an African-American professor, is receiving poor student evaluations, those evaluations should be examined to see if they reflect any gender or racial bias.

Alumnus discusses career in North Carolina politics

Part one of Sen. Richard Burr's interview with the Old Gold & Black discussing his time in Congress

BY AUSTIN COOK
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Sen. Richard Burr ('78) represents North Carolina in the U.S. Senate. Burr first sought public office in 1978, has spent the last 20 years representing North Carolina in Congress, first serving in the fifth district in the House of Representatives and now as the state's senior senator.

Since arriving in Washington in 1995, he has been at the heart of some of the most important political debates in recent history and, as of January, chairs the powerful Senate Select Committee on Intelligence.

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Aramark shifts to increase local produce

BY HANNAH TIESZEN
Contributing Writer
tieszen@wfu.edu

Recycling. Turning the faucet off when your brush your teeth. Shorter showers. All small ways to promote a better environmental conscience in our day-to-day lives. But a Pit swipe? Surprisingly, yes. This year, Aramark and the University Dining Commission have collaborated with the Office of Sustainability in an initiative to rethink the college eating experience through a more sustainable dining model and a new push for homegrown local produce. In Wake Forest's efforts towards a more environmentally responsible campus life, Sustainability Office dining interns Macarena Seward agrees the cafeterias are the place to start.

"I think the worst habit is by far the amount of food students waste," she said. "We see innumerable people throw away entire plates of fried food when eating at both the old and new pit," she said. "Wake students do the easy things. They recycle their water bottles, and most of us can eat in line. But, it's not easy for them. They aren't conscious of big impacts they can make, such as water conservation, energy conservation and food waste."

Wake Forest's Aramark staff has planted the seeds for large-scale changes in both the way we eat and way we dispose of food in the two main dining halls.

Andrew Lee, the Aramark Marketing Coordinator on campus, rattled off a list of ways the kitchen in the North Dining Hall is improving the composting system by collecting post-consumer waste and using a state-of-the-art pulper to macerate food waste for composting. It is then collected and used by Gallins Foods, an establishment less than 20 miles from the university. In addition to continual efforts to improve the composting process, Aramark has begun a concerted effort to reduce food waste and food insecurity by partnering with Campus Kitchen and local non-profits in the Winston-Salem community.

"It's the small changes that will snowball into a larger shift in campus culture towards sustainability," said Caroline Smith, student leader of the University Student Dining Commission. She cites innovative ideas — such as tray-less dining and the use of certified green cleaning equipment — as catalysts to rethinking meal time.

While most students wouldn't think of the Pit when they hear the phrase "farm to table," some students on campus have worked with Aramark to improve the quality of food through an emphasis on local and in-season options in conjunction with changes in the kitchen. To Lee and the team at Aramark, local dining means using sources from within a 250-mile radius. Key partners include Henderson Farms, Smithfield and Horizon Dairy, all brands you can spot around campus. Smith pointed out that it is difficult, given the mass quantity of food served daily, to keep up with a fully local or sustainable model. Instead, the focus has shifted towards small changes that make a tangible impact. One such small development is changing the use of cage-free eggs, which they both see as a "great first step."

While longer-term plans are still being developed, there are other, more immediate changes that Seward is still pushing for.

"I'd love to see Aramark stop using Tyson, Smithfield and Carolina Butterball Turkey, given their use of concentrated animal feeding operations," said Seward.

Lee hopes to expand partnerships and continue to look for new opportunities for change. "We have taken a number of actions to improve animal welfare in conjunction with the Humane Society," she said, "including purchasing only gestation crate-free pork by 2017."

Office of Sustainability will host WFU Earth Day Fair

The WFU Earth Day Fair will take place on Wednesday, April 22. The event will start at 3 p.m. in the Reynolds Hall Green Room with the Champions of Change awards ceremony and then will be followed by the fair on Manchester Plaza starting at 4 p.m.

Free food will be at the fair, in addition to ponies and puppies. There will also be other activities, such as a ball pit, hula hoops, frisbees, and dancing. Performances will be given by Minor Variations and Wake Radio. Everyone will have the chance to earn free T-shirts and be entered into a raffle for prizes.

If you have questions about the event contact Hannah Slodownik at slodownik@wfu.edu.

Iran nuclear deal negotiations begin after much inspection

Iran has negotiated with the U.S. and five other world powers for the rights to have nuclear facilities strictly for civilian use. Due to the threat of using nuclear technology for weapons, the proposal has been under great scrutiny by other countries.

The framework for the nuclear accord announced by Iran and the six other countries would limit the program for the next 15 years. However, many principles of regulation that the U.S. and other countries have proposed have been challenged by the Iranian foreign minister as well as the head of Iran's atomic energy program, who didn't think it was necessary that their military sites should be regulated by foreign inspectors. Negotiators are drafting the deal, which should be finalized by June 30.

In Goldsboro, N.C., a 20-year-old ex-student killed the Wayne Community College print shop director who had recently fired him. He shot his former boss as he arrived for work Monday morning.

The search for the suspect, Kenneth Morgan Stancil III, has begun. Officials believe that Stancil has fled the area, but believe he is still in North Carolina.

Stancil entered the print shop around 8 a.m. with a rifle after climbing the flight of stairs, authorities and school officials said. He then shot Ron Lane, his former work-study boss, who had worked at the school for 18 years. The official motive for the shooting has not been released.

The shooting caused concern on campus, forcing many students to question their safety and current precautions to prevent such occurrences from happening in the future.

Multiple offices on campus are partnering to improve the college eating experience

BY HANNAH TIESZEN
Contributing Writer
tieszen@wfu.edu

The shooting caused concern on campus, forcing many students to question their safety and current precautions to prevent such occurrences from happening in the future.

An afternoon with Hoda Kotb to be held on April 25

The Emmy award-winning co-host of the TODAY show, Hoda Kotb, will speak at Wake Forest about the value of diversity and overcoming adversity.

The event will be held at Wait Chapel on Saturday, April 25 from 2 p.m. to 3:30 p.m.

Kotb is an Egyptian-American woman who has written a number of stories about self-confidence and inclusion as she developed her career as a respected journalist.

As one of the few women of her ethnic background to succeed in journalism, her rise to fame has been highly regarded across the United States.

Contact Sarah Rudasill at rudase13@wfu.edu if you have any questions about the event.

Search for former student involving campus shooting

Hillary Clinton and Marco Rubio both announce candidacy

Hillary Clinton and Sen. Marco Rubio have become the newest candidates for the presidency. Clinton announced her run for the Democratic nomination on Sunday, April 12, while Rubio announced his run for the Republican nomination shortly after her announcement Monday, April 13.

Clinton said she would run at the end of a released two-minute video. This is projected to be one of the least contested races for the Democratic presidential nomination compared to the past several elections. If she wins, Clinton will be the first woman to capture a major party's nomination for the presidency.

Rubio, 43, is the youngest candidate running for president. He is currently the junior senator from Florida with the initiative to unite the Republican Party's factions and offer economic solutions for the 21st century.

Aramark is making a push to increase the amount of local and sustainable food it serves in its on-campus locations, such as cage-free eggs and vegetables from nearby farms.

Aramark shifts to increase local produce
I am not a fag; I am a proud, gay man

Out of the Mason Jar | Queer Language

Colloquialisms like "gay" and "fag" normalize homophobia on campus

Mason Davenport
Opinion Editor
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I am not a faggot. I am not a queer, fairy, bum boy, flamer, fruit or pansy. I am not a shit poke, although that was my father's personal favorite slang term for me. I am a human being, so please treat and call me as such.

I hate falling into clichés. When I started working for this paper, I promised myself that I was going to raise the level of conversation beyond social issues at Wake Forest to economic, political and national security questions affecting the U.S. and larger world.

I wanted to avoid falling into the "trap" of writing about gay issues. I wanted to be more than just "the gay writer at the OGB."

Clinton strategists are already attempting to erase the sneer of cold command many see imprinted on her face. As many focus on her continuously compiling mishaps and screw-ups, her capability of winning an election and her public trust has also been questioned.

Additionally, a lack of competition in the democratic primary could hurt Clinton. First, there will be no one pushing her to be better. They discourage coming out and set a bad example. They discourage coming out and set a bad example.

I thought that when I got to college, I would experience more radical ideas. I thought I would experience more acceptance. I thought I would experience more尊重。But I was wrong. I thought that when I got to college, I would experience more radical ideas. I thought I would experience more acceptance. I thought I would experience more respect. But I was wrong.

I have them, you have them and even our parents have them. They are a part of our everyday lives. They are a part of our everyday lives. Hate speech shouldn't just be offensive when someone from the targeted group is in the room.

Regardless of whether or not a gay man is sitting next to you, you shouldn't say "fag" or sit idly by while others use that type of language. It only exacerbates the underlying cultural issues at Wake Forest regarding the LGBTQ+ community.

We all need a reality check on the biases and preconceptions that we hold and use in our everyday lives.

I have them, you have them and even our most liberally minded professors have them. The trick is to try to be mindful and check them before language, thought, etc., whenever we have them.

So, am I a gay man? Yes. Yes, I am. I am proud of whom I am. I am not afraid of identifying as who I am. And I will pen this essay regardless of what is thrown at me. But do me and all other LGBTQ+ people a favor, stop throwing stones.

The views expressed in all opinion columns represent those of the article’s author, not the opinions of the Old Gold & Black Editorial Board.

Will-Innes | Election 2016

Clinton must adapt to win the 2016 election

Though the campaign is just beginning, it is clear Clinton will face tough competition

Will Innes
Staff Columnist
innew13@wfu.edu

On Sunday, the inevitable occurred. Hillary Clinton announced her intention to be a candidate for the Democratic primary could hurt Clinton. First, there will be no one pushing her to be better. They discourage coming out and set a bad example. They discourage coming out and set a bad example.

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Movement empowers black women

The Black Girls Rock! movement includes black girls in collective female voice

It is only to add black girls to the collective female voice, which is growing stronger and faster than ever these days.

"I know there are voices that tell you that you're not good enough, that you have to look a certain way, act a certain way. If you speak up, you're too loud. If you step up to lead, you're being bossy," she began. "I decided that I wasn't bossy. I was strong. I wasn't loud. I was a young woman with something important to say."

In essence, she was saying that the tired and trite trope of the "poor angry black woman" as the only way society views black girls is a lie that we can all learn to reject. Right now, there's a specific focus in news and media on the plight of the black man in American society, and while there is no doubt a need for this social commentary and the movements it has ignited, there's a voice specific to the black female that is missing or muted from the conversation.

Black women bear the double burden of being just that — black and women in a society that still debates and questions the value of affirmative action programs, equal pay movements and the values of single women voters, among other things.

We are a far cry from the conventional beauty standards of the West, and we are still fetishized and exoticized by our peers, partners and employers, and our portrayals in pop culture are painfully one-dimensional, limited and misunderstood.

Despite the fact that black women were no less instrumental in the building of this nation into a more inclusive — albeit imperfect — democracy than white men, we have become the figureheads for what society views as bottom feeders or welfare mothers (even though statistics point to contradictory realities).

Black Girls Rock! is one of the few voices out there right now telling black girls that they, well, rock. We can be unapologetically ourselves and are as capable as the next person of contributing valuable knowledge, skills and power to our communities — black and otherwise — given the right resources and role models.

It is, therefore, unfortunate that, like many movements for marginalized groups, this movement has been deemed by some as somehow anti-white. In particular, FLOTUS's blunt support for black girls is seen as inappropriate by some, who believe that instead of "Black girls rock!" she should have been more inclusive and said "All girls rock!"

I can see how it could be uncomfortable for someone who isn't a black girl to hear that it's awesome to be a black girl; however, what should then follow that discomfort is the realization that if we didn't say it loud and say it proud, some black girls may never realize that their lives are worth something — that they matter.

When one hears the term "American girl," rarely would a black girl's face pop up in someone's mind, yet we're just as much a part of the fabric of this country as the next girl.

Try to imagine feeling simultaneously always aware of your appearance and how people might perceive you while also feeling invisible. It is seems difficult, that's because it is. But that is how some people in this world have learned to exist.

To say that black girls rock (with an exclamation) is not to say that white girls — or girls of any other ethnicity or race — do not. In fact, many parts of FLOTUS's speech could apply to all girls and even to some boys. It is only to add black girls to the collective female voice, which is growing stronger and faster than ever these days. More than ever, it is critical to humanize the black girl, to help others believe in her and to give her the freedom to believe in herself.

Oliver Douliery/Abaca Press/TNS

Mol-in it over | Moviegoers' Motivation

The entertainment value of movies varies

The entertainment value of a movie changes based on the unique opinion of the viewer

Maite Molina
Staff Columnist
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Despite rising ticket prices and the wide variety of films that are released every week, people still enjoy going to the movies. The reasons why people go to these movies vary among each individual person.

For example, a person may want to see the next popular franchise of films based on a popular book series just to see what everyone is making a big fuss about. Others may want to see this series to see if the filmmakers honored the source material and converted it into a well-made film.

In this scenario, one person wants to see a well-made film while the other simply wants to see the film out of curiosity. This scenario parallels another motivation of moviegoers: the desire to be entertained.

Though this may appear to be a question with a simple answer, I wonder, does a film have to be good to be entertaining?

Take for instance the phenomenon Sharknado. This 2013 TV film, distributed by the notorious The Asylum, was an unexpected hit among viewers. It was such a hit, in fact, that it warranted a sequel which nearly 4 million viewers tuned in to watch on its premiere.

Many watch movies to think. They enjoy the mind-bending twists of a David Fincher flick or a David Fincher-like character of a Hitchcock picture; however, there are also those who watch films to get an opportunity to not think to take their minds off of reality.
Manning: Build your base first

Why Miller-McIntyre's voice is important in 2015 and what a seven-foot-tall player will do for the Deacs' defense

BY MICHAEL MCCLAUGHLIN
Sports Editor
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Despite Wake Forest losing its last three games in the 2014-2015 season, there is reason for optimism in 2015. Recently, the Old Gold & Black talked with head men's basketball coach Danny Manning about the team's problems in the 2014-2015 season, what Wake Forest needs to improve upon and the incoming freshmen for the 2015-2016 season.

What do you make of the team's free throw issues this past season?

Part of it is this: Some people can shoot and some people can't. If you are a baseball player, you can either throw or you can't throw. You can hit or you can't hit. That's no knock on anybody, but everybody has a different skill set and attributes that they bring to the team. The deal for us as coaches is that you want to make sure that the guys that are out there on the court getting fouled make a good percentage of their free throws. A lot of that comes down to stepping up there and making it.

It's different shooting free throws with [proper] mechanics in the practice gym than when you setup out in front of 15,000-20,000 people. You can't simulate that in practice.

How do you improve defensively?

We need to have better awareness on the court. Some of it is sheer will and desire, but you have to have the athletic ability to guard, as well. I think next year we will be a little bit better. We will be able to have a little bit more paint presence. I think the guys have gotten better from a physical point of view who are working with Coach Horn [Director of Athletic Performance].

Who developed as leaders over the season?

Everyone has a hand in leadership. I think a leader is someone who takes care of his responsibilities and can encourage guys.

See Q&A, Page 10

Deacs down No. 16 UNC

Wake jumps up to fourth place in ACC standings with only two matches left in regular season

BY CHRIS FORD
Staff Writer
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It was a good weekend to be a part of Wake Forest men's tennis.

The team grabbed three more wins, including one against in-state rival No. 16 UNC, improved to 18-6 overall, 7-3 in conference play and moved up a spot in the ITA rankings to No. 12.

Besides UNC, the team notched two victories against conference rival Miami and The Citadel on April 10 and 12 respectively.

In their second match of the weekend, Wake Forest took on rival North Carolina (17-9, 6-4), who came to Winston-Salem emboldened by a passionate fan base.

"It [UNC fans] only motivated me more to do everything for my team and school to win against UNC," freshman Noah Rubin said.

The match, which was delayed one hour due to the women's tennis team's match going long — guaranteed that one of Wake Forest and UNC would be dealt their fourth ACC loss while the other grabbed fourth place in the ACC standings.

At one doubles, Mansouri and Seraphim down No. 16 UNC's fans only motivated me more to do everything for my team and school to win against UNC," freshman Noah Rubin said.

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At one doubles, Mansouri and Seraphim lost their first conference doubles match of the season on a contested match point to the 59th ranked duo of Robert Kelly and Brett Clark 6-6. Wake Forest bounced back to take the doubles point from The Tar Heels with wins at two and three. At three, Romain Bogaerts and Kelvon Tabrizi used a timely break of serve mid-match to out-
Rubin now ranks No. 26 nationally.

No. 16 North Carolina. After winning his last five singles matches, he headlines again — this time receiving recognition as the ACC Player of the Week.

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It took him a little while to adjust to the
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handed later because this was the first time

against athletic bigs on a continual basis.

It took him a little while to adjust to the
speed of the game. As he started to figure
out, he became more comfortable. He is
to have to become a little bit stronger,
because when you come in as a freshman
Young man can hit for distance and
accuracy; he can putt effectively and has
an impressive short game. The profession­
ality gifted seven-footers that I have seen in
terms of running and jumping. He is going
to give us a very good presence defensively
by altering and blocking shots. They will all
have some type of impact day one. All three
of those guys are going to have a chance [to
play] right away.

Will having Collins and Moore take any
pressure off rising senior Devin Thomas
in the post?

I don't know if they will take the pres­sure off. These guys coming in, though, are
going to help Devin get to levels he has not
achieved yet because he will compete against
these guys each week. Iron sharpens iron.

How important is the recruiting class of
2016?

Extremely important. If you look at last
year's class, this year's class coming in and
the 2016 class, that will be three years of
guys who we have had a chance to recruit.
We feel that if next year's freshmen have an
impact, [in addition to] this past year's fresh­
men and the [freshmen of] 2016, we can be
a team that — night in and night out, reg­
gardless of who we are playing — competes.

This is just from knowing the system, [I'm]
not even talking about talent.

This summer will be the first summer we
are not teaching and coaching every rep.
Now, the guys have been here a year and
and know what the coaches mean and how we
do things. It's a process that you go through,
For us, that process gets accelerated and
we skip some steps when we get to games
because we are trying to win. You still have
to go through the steps, though.
If you don't have a good foundation, it's
hard to have sustained success. This first year
and part of next, it is extremely important to
make sure that our base is intact. You only
get one chance to build your foundation.

Rubin wins four matches this past week, defeating Miami and
No. 16 North Carolina. After winning his last five singles matches,
Rubin now ranks No. 26 nationally.

How does rising senior point guard
Codi Miller-McIntyre fit into the team's
leadership dynamic?

Codi is one who leads by example. He
does the time and work in. The one chal­

lenges I have for Codi is that vocally, he
needs to have more of a presence [with the]
guys. It's hard to do. I played college
basketball and I was not a very vocal guy. It's
something you evolve into and I think he
made great strides last year.

The three freshmen [Mitchell Wilbeckin,
Konstantinos Mitoglou and Cornelius
Hudson] all played well this year.

Those three guys, as freshmen, had really
good years. They did a great job making
shots for us — and were three of our better
free throw shooters as well.

Specifically, what does Mitoglou have to
do to improve during the off-season?

-Dinos [Mitoglou] has to improve upon
not getting sped up [in his shoot].

Earlier in the

year, he did not shoot the ball as well as
he did later because this was the first time
he was going against athletic bigs on a con­
tinual basis.

It took him a little while to adjust to the
speed of the game. As he started to figure
out, he became more comfortable. He is
going to have to become a little bit stronger,
because when you come in as a freshman
your body needs to change and develop.

Moving better laterally is something that
will help him offensively and defensively.

He has a special gift in terms of shooting
the basketball. He has the right mentality
as a shooter. And that's not just him, it is
all three freshmen that played. They were
not scared of the moment. They did not
turn down shots because they missed one or
two early. That was the thing that was most
pleasing to me.

What do the three incoming freshmen
[point guard Bryant Crawford, power
forward John Collins and center Doral
Moore] add to the team?

Bryant Crawford is a tough, hard-nosed
competitor. He played for a great high
school coach [Stephen Turner] and a great
AAU program [Team Takeover]. He com­
petes at a high level and makes his team­
mates better.

John Collins is a skilled big guy who has
had a great senior season.

Doral Moore is one of the most athleti­
cally gifted seven-footers that I have seen in
terms of running and jumping. He is going
to give us a very good presence defensively
by altering and blocking shots. They will all
have some type of impact day one. All three
of those guys are going to have a chance [to
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Will having Collins and Moore take any
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make sure that our base is intact. You only
get one chance to build your foundation.

Rubin receives ACC Player of the Week for
the second straight week, following wins
with Miami and No. 16 North Carolina.

Just one week after visiting the White House and playing tennis with President Obama, freshman Noah Rubin made headlines again — this time receiving recognition as the ACC Player of the Week.

Tulsa improved by four wins in Manning's second season as head coach.

Jordan Spieth was the second-youngest golfer to win the Masters and tied Tiger Woods for the lowest score ever at the Masters.

Dearica Hamby looks to be the first Wake Forest player to get drafted to WNBA

Dearica Hamby, the decorated senior from Marietta, Ga., is one of 12 prospects invited to attend the 2015 WNBA Draft on Thursday, April 16, at Mohegan Sun Arena in Uncasville, Conn. Having broken the school record in both points and rebounds this year, Hamby is closing in putting herself into yet another category by herself, the first Demon Deacon to play in the WNBA.
Football: Playmakers emerge

I'm going to be my best, and he's (Hinton) going to be his best. It's going to make us better in the long run and it's going to make us a better team in the long run.

— Quarterback John Wolford at QB competition

Both incoming players have the ability to make an immediate impact within the improving Demon Deacon offense. Moreover, Hinton and Hines will push older players such as rising sophomore Wolford, rising redshirt junior Jared Crump and even Cortez Lewis, who will play his first season this fall as a redshirt freshman.

"[Competition] is going to make us [Wolford and Hinton] better in the long run and it's going to make us a better team in the long run," Wolford said.

So far, it looks as though Hinton's presence is helping Wolford's progression. Wolford looked sharp in Saturday's scrimmage, stepping up in the pocket to make difficult throws and plays with his feet to keep the drive alive.

Because quarterbacks cannot be tackled in such games, both Hinton and Wolford were prohibited from extending plays that they otherwise would have. Consequently, each had to take a few sacks. Wolford was given the stronger offensive line, leaving Hinton with more reserve players — certainly a contributing factor to the game's outcome, as Wolford's team won by 19 points.

In a Spring Game, coaches are looking for balance and discipline — and for the most part, Dave Clawson's team showed that, committing only a combined six penalties.

"We're clearly ahead of where we were at the end of last year and where we were at the start of spring," Clawson said. "I think offensively we're making progress — and defensively I think we'll be solid."

On special teams, the speed and shiftiness of returners John Armstrong and Tahari Hines made tackling difficult for the kickoff team. Armstrong had an outstanding kickoff return for the Black team, returning a kick 58 yards to put his team in a position to score. He even had a 98-yard touchdown return that was called back due to a penalty, which was equally impressive.

However, the success in the return game does not fare well for the punting team. Alex Kinal, who had one punt for 57 yards, and place kicker Mike Weaver, who connected on three of his four field goal attempts — including two of 45 yards or more, was called back due to a penalty, which was equally impressive.

Although the spirit of athletic competition decrees "not giving it your all," the art of tanking, or willingly losing during the NBA season is being perfected by more and more organizations every year, and it will be a strategy that increases in usage in the foreseeable future because it ensures success eventually.

The Philadelphia 76ers, the league's premier organization at tanking, are an organization that has not been competitive in three seasons. Since the 2012-2013 season, the Sixers are 71-174.

Even though the Sixers haven't been competitive, they've been intelligent because they're priming themselves to be a contender by continually stocking the team with additional assets.

Conference wins carry Deacons

Wake Forest snatched two wins over the weekend, in preparation for Duke match

BY RYAN JOHNSTON
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With two victories over conference rivals Syracuse and N.C. State this past weekend, the Wake Forest women's tennis team is riding high into a crucial final match of the season against Duke that could determine their fate regarding postseason play.

On Saturday, Wake Forest ran into a Syracuse team that would give the Deacs all they could handle. The Deacs lost the doubles point, something that has plagued them the entire season and been a precursor of sorts, often foreshadowing a loss.

This time, however, the Deacons didn't give in and pulled out the 4-3 win over the Orange. "It is really hard to win ACC matches after losing the doubles point, but this past weekend, the players showed incredible determination to come back and win those tough three-setters," head coach Jeff Wyshner said.

Kimmy Guerin beat Syracuse's Amanda Rodgers 6-7, 6-5, 6-1 to clinch the match when it was tied at 3-3.

With the win, Wake Forest improved to 13-11 for the season, and secured their highest win total since 2009.

The team continued their excellent play with another 4-3 victory over N.C. State on Sunday to cap off their last home match.

Initially, the Deacs were lagging behind 2-1, having lost the doubles point to start the match. Wake Forest came back by winning three single matches, with every contest going to three sets. This pushed the Deacs overall record to 14-11 and 4-9 in the conference.

Losing the doubles point for the second match in two days couldn't have brought optimism to begin the match, but the relatively youthful squad showed perseverance and a sense of sustained confidence by continuing to fight back into the match.

Wake Forest has not had four wins in the ACC since 2010. "While we are still a pretty young team, with only one senior, I think we showed a maturity in these matches that we've been working towards for the past year and a half," said Wyshner.

After trailing 1-0 from the doubles matches, junior Xue Zhang clinched the win over Lisa Fieldsend, 6-4, 6-1, 6-4 at No. 2. This meant Wake Forest was tied up at 1-1. No. 5 singles, Kasey Gardner, had a good fight but ended up losing at 6-1, 2-6, 6-5.

Trailing 2-1, Guerin helped pull the Deacs back up with a 4-6, 6-3, 6-4 win against Joanna Nalborska at No. 1 singles.

It was now up to senior Karen Forman and sophomore Luiza Fernandez to clinch the win for the Deacs. Forman won with a 7-6(3), 4-6, 6-0 victory at No. 6 singles and No. 4 singles Fernandez solidified the win for Wake Forest with a 5-7, 6-2, 6-1 victory.

Wake Forest will play its last regular season game against Duke at 3:00 p.m. on Friday, April 17 at the Ambler Tennis Complex. The match will determine the postseason destiny of the Deacs.

"We need a win at Duke on Friday to really bump our ranking up into the top 50 and give ourselves a chance at this year's NCAA's," said Jeff Wyshner.

Look for the Deacons to build on their strong performances this past weekend against the Blue Devils.
Wake Forest can string together wins

Baseball: Wake Forest cannot string together wins

Five and four-run losses to Pittsburgh limit the Deacs' ability to advance in ACC as they fall to 9-9 in conference play

BY ALEX SPEAR
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The Wake Forest baseball team (22-16, 9-9) is, without question, a good baseball team. A productive team.

They're powerful offensively and solid defensively, two aspects of their game that's backed by both young and veteran talent on the mound.

For as good as they are — and as attractive as their record is — they seem to be stuck at times.

In March, the Deacs won their first ACC series against Virginia Tech, winning the latter two games of the series, then lost their second series to Florida State to post a 3-3 ACC record. Following that, they finished 1-2 against Miami, then stole the series from Clemson after two games before losing the series' cap. At the beginning of April, they did the same to Boston College, winning the first two games 4-3 and 9-4 while losing the third, 10-7.

Notice a trend?

The two wins against Boston College seemed to snap their trend of trading results in ACC series. But the win-then-loss flow of the season reared its ugly head once more as the Deacs fell to Pittsburgh (14-21, 6-12) in the steel city in their most recent series, winning the first and third games, yet losing the second.

In the first game of the series, an early lead and offensive push was tarnished by Pirro, who stormed back throughout the game to post eight runs against the Deacs on nine hits and two walks. Sophomore Parker Deacon and Will Craig each had two doubles while freshman Gavin Sheets pumped a three-run homer to secure a 12-4 victory.

The series cap, however, was a mirrored reflection of the first game as the Deacs fell 8-4. Pirro's top of the order got hot early — tapping off the first inning with four runs — and adding another three in the fifth before tacking on more insurance in the bottom of the eighth.

Craig was handed his second loss of the year on the mound, tossing four innings and giving up four earned runs on three hits and two walks. Sophomore Parker Dunshee took the bump for the latter half of the game, giving up as many runs as Craig on four hits and two walks.

On April 15, the Wake Forest game against Davidson was rained out in the fourth inning. The game was tied at three and Craig was two-for-two with all three of Wake Forest's RBIs.

Despite dropping another series in conference play to sit at 9-9 in the ACC — and in fourth place in the Atlantic division — the Deacs know they can hang with anyone, beat anyone and find ways to be a successful ball club.

"I think the thing that separates us from [other ACC teams] is that they've all won," said Craig. "They've been in the playoffs and regionals and super-regionals — and we're not afraid of that."

"We approach every game like the opponent is just another opponent that we expect to beat, and I think that is what's different about this year's team compared to the teams of the past few years. We go out there every game and we say we're going to win, and if we play well we can win, we're going to win," said Craig.

"And that's one thing that's really helped us mentally — knowing that we can go out there, be a team and beat any other team in the country."

This continuity of this mentality will be necessary for the Deacs' upcoming ACC matchup against Louisville in Louisville, KY, as head coach Tom Walter and his team take on the ACC's top squad. The first game of the series is scheduled for April 17 at 5 p.m.

Men's Tennis

Continued from Page 9

last Andrew Gores and Eben Hess-Olesen 8-6. And at two, Rubin and Ho similarly outlasted their opponents, Jack Murray and Ronnie Schneider, to win in a tiebreaker 8-7 (9).

Using the momentum from doubles, Wake Forest claimed each of the first sets played during singles. The Tar Heels again kept the match close by forcing third sets in all of the six matches. Fitch off the court was Maksum Kun, who defeated Stuart DePaulo 6-3, 6-3 at six. He was followed by No. 13 Bogaerts, who took down No. 24 Ronnie Schneider 6-2, 6-3.

Rubin clinched the match for the Deacs for the second time last weekend, defeating No. 15 Brayden Schnur 7-6 (4), 2-6, 6-2.

Against Miami (7-13, 1-8 ACC), the Deacs collected their sixth shutout of the season without dropping a match in singles or doubles. Wake Forest's top two doubles teams of Mansouri-Seraphim and Rubin-Ho both won matches with scores of 8-2 to clinch the doubles point.

The Deacs produced their second shutout of the weekend against The Citadel, whose record stood at 2-25 entering the match. Sam Bloom, Anthony Delcore, Matt Erdman and Nicholas Osterling all made appearances for the Deacs in their dominating win in which only a single set was dropped.

With two matches remaining on the schedule before the ACC Tournament, the Deacs sit in fourth place behind an undefeated Virginia, followed by Virginia Tech (9-2) and Duke (8-3).

This weekend, Wake Forest will travel to Notre Dame on April 17 and Boston College on April 19 to close out the regular season. The No. 38 Fighting Irish (13-9 overall, 5-5 ACC) defeated No. 71 Cleveron in a right 4-3 match last weekend after falling to the Tar Heels the previous weekend. Boston College (7-15, 0-10) also took on the Tigers last weekend, but came up just short, falling 3-4.

"Boston College might not be at the top of the ACC, but they are competitive and want to win just as badly as the rest of us," Rubin. "No matches are easy when they're away."

MEN'S TENNIS

Noah Rubin was named ACC Player of the Week for the second time this season on April 9, going 4-0 in singles and doubles over last weekend to help No. 13 ranked Wake Forest go 2-0 against Georgia Tech and No. 64 Cleveron.

Rubin is only the second player in the ACC this season to win two Player of the Week awards, along with Duke's Nicolas Alvarez. Wake has four players who have won the award this season, the most in the ACC.

FOOTBALL

"John [Wolford] is a very underrated athlete. I think sometimes you want to characterize guys as pro-style, but Kendall [Hinton] throws the ball a lot better than people give him credit for, and John's a better athlete."

-Head coach Dave Clawson on the two starting quarterbacks at the 2015 Spring Game

[THE NUMBERS]

[DEAC OF THE WEEK]

[DEACON QUOTE]
Movie Review | The Longest Ride

Wake makes its debut in chick-flick

Nicholas Sparks' novel-turned-film hit the theatres this weekend, a must see for Demon Deacons of all ages

BY MADDIE STONE
Staff Writer
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Way back in September 2013, one of the many anonymous Wake Forest Twitter accounts excitedly tweeted, "The main character of the new Nicholas Sparks book is a Wake Forest girl!" Since then, it feels like we haven't gone a week without bringing up The Longest Ride in some way — who's read it, when it'll become a movie, who starred as an extra when they filmed on campus.

As much as I'd like to watch a film about the ins and outs of their Wake Forest experiences, though, The Longest Ride is not that movie. Sophia (Briit Robertson) is a Wake girl, but she's already got her sights set outside of the bubble as she prepares for graduation and an internship in New York City. As with so many Nicholas Sparks stories, though, her carefully made plans go out the window when she meets him and Ira begins to recap his love story with Ruth for Sophia.

Their love story is intertwined with that of Ira and Ruth Levinson. Elderly Ira (Alden Alda) gets into a car accident shortly after Luke and Sophia's first date; the couple rescues him and Ira begins to recap his love story with Ruth for Sophia as she nurses him back to health. Ira, who ran his former rodeo.

These shortcomings are to be expected, though, given the source material. In a few months, The Longest Ride will be just another Nicholas Sparks movie, and while it certainly tries harder than his last film adaptation, The Best of Me, it still doesn't hold a candle to The Notebook or even A Walk to Remember.

Even if The Longest Ride doesn't hold up for national audiences, it's worth wondering how the film will hold up for Wake students. The film doesn't glamourize Wake; it does. We don't go to rodeos. Sophia seems ready to marry Luke, and only a devout few students have those kind of budding relationship. They married, but their blissful happiness soon gave way to angst and heartbreak. Sacrifices were made — after all, making sacrifices is the most crucial element of any Nicholas Sparks romance.

What results is a rather clumsy movie that speeds through important things, like character development, in favor of drawn-out sex scenes. The erratic editing is made even worse by the fact that the two love stories hardly complement each other. Just when Luke and Sophia's storyline starts to get interesting, the film jumps back to whatever Ira and Ruth's tale feels like a rehash of The Notebook, their story probably wouldn't have stood well on its own.

As s r , find a school with actual sorority houses near actual rodeos? All questions of location aside, though, The Longest Ride does a decent job of doing exactly what it sets out to do: tell a love story. Whether the final moments of the film makes you cry or roll your eyes is up to you.

TV Review | Better Call Saul

First season spinoff comes to a close

Some of us can think of a million things we'd rather do besides exercise, but hot yoga is fun and a great workout

BY KENT GARRETT
Staff Writer
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Last Monday, AMC aired the season finale of the first season of Better Call Saul. The show, which is a spinoff of the wildly successful Breaking Bad, follows the life of one of the primary characters from Breaking Bad, the sly, cunning, and crooked lawyer, Saul Goodman.

Better Call Saul is set in 2002, 6 years before Goodman appears on Breaking Bad. At this point in Goodman's life, he is still going by his original name, James McGill, and is a struggling lawyer trying to start his own successful practice. One of the primary characters in the show is a fellow Breaking Bad character, Mike Ehrmantraut, a former police officer who now works as a parking lot attendant at the Albuquerque courthouse.

Going into the first season of Better Call Saul, many vieweers wondered how frequently the new show would reference either the plot-line or characters from Breaking Bad. However, if there is one thing that the first season showed, it's that Better Call Saul is an entity that lives on its own. McGill spends the length of the first season trying to out-run his former life and reputation as a hustler and a cheat by the surname, "Slippin Jimmy." Jimmy works quite hard to establish credibility as a lawyer, starting out working as a public defender and then moving up to elder law as a will-writer. Despite his efforts, Jimmy can't seem to obtain respect from his older brother, Chuck McGill, who is a partner at a massively successful legal firm in Albuquerque. At this point in the series, there is little comparison between Better Call Saul and Breaking Bad. The internal conflicts that were present in each show are actually portrayed in

Breaking Bad was a series that centered on main character Walter White, a man who would do anything illegal or immoral to protect and support his family. In the first season of Better Call Saul, McGill frequently passes up the opportunity to do something immoral, rather to pursue a more ethical, yet difficult, option. Throughout the first season, Jimmy has multiple opportunities to make a large sum of money by doing the wrong thing, such as taking bribes or handling stolen money, but instead decides to do the right thing. However, like the first few seasons of Breaking Bad, the main character in Better Call Saul commonly uses his wit and knowledge to dance through predicaments. Just like Walter White would use his knowledge of chemistry to get out of potentially dangerous situations, McGill uses some tricks of the trade he once used as a hustler to help build the reputation of his legal practice.

Better Call Saul ended its first season with rave reviews and unanswered questions. The series opener set the record for the highest-rated scripted series premiere in basic cable history with 6.0 million viewers tuning into the first episode. Reviews from publications such as The Washington Post and Esquire have stated that the series was "everything you could want from a spinoff" and "in-teen" with the original series. However, many wonder how much longer McGill will stray from illegal business and if it's only a matter of time before some of Breaking Bad's beloved characters make appearances on the show.

The second season of Better Call Saul is set to air in early 2016, but episodes from the first season can be streamed on AMC.com.
Trend Alert | Fanny packs

Your old packs are back

This trend hit the runways this spring so make sure to buy a leather pack before summer

BY HOPE GAME
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I never thought I would see it. Fanny packs are coming back in style.

Now I'm not talking about your typical canvas pack with the Walt Disney logo plastered to the front (yes, I had one of those). I'm also not talking about your bright neon backpack with sorority letters on it.

Some serious trendsetters are stepping out with chic leather hip packs. Alexander Wang, Alice & Olivia and Hermès are just a few of the designers with collections of these new mini bags for the season.

They're super tiny, something many girls would have to get used to. In most of them, you can only fit the bare minimum — your cellphone, a couple of credit cards and your keys. Most of them are also pretty no-frills and help keep things simple — in reality we don't really need to tote a handbag that can carry our entire makeup drawer.

While it most certainly wouldn't work for the majority of women on a day-to-day basis, here are the top four occasions to break out a new fanny pack.

1. For a Night Out on the Town
   It's always a pain to keep up with a big bulky bag while you're out at bars, but with a pack attached to your waist, you'll never lose your phone or credit cards.

2. At a Summer Music Festival
   Fanny packs can be found at all kinds of large gatherings. You don't want to have to keep track of your personal belongings while dancing and meeting new people, so a small pack would be perfect for this type of event.

3. To Run Errands
   Don't juggle your dry-cleaning, essential oils from Target and grocery bags while also keeping track of your debit card and keys — just strap them around your waist in a cute bag!

4. On a Run
   No need to find an awkward spot for your I.D. and phone while you exercise. Buy a more casual new fanny pack to store your things while you enjoy the great outdoors. I think this new trend is right up my alley and it will definitely fit nicely into my spring and summer wardrobes.

Album Review | Kinstugi

Tracks are repetitive and boring

The newest Death Cab album is difficult for listeners to follow, despite their successful past

BY LAUREN DARNIS
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On March 27, Death Cab for Cutie released its eighth studio album with Atlantic Records, called Kinstugi. The album is named after a Japanese art movement, which bassist Nick Harmer describes as a "style of art where [the Japanese] rake fractured, broken ceramics and put them back through, both professionally and personally.

"It's making the repair of an object a visual part of its history," Harmer said in an interview with Rolling Stone. "That resonated with me as a philosophy, and it connects to a lot of what we were going through, both professionally and personally.

This damage and repair refers to the members' feelings after Chris Walla's departure from the band, while recounting different stories with changes in musicality, making each track distinct. I was hoping to find the same connection with the haunting songs in Kinsugi.

I almost found it with the fifth track, "You've Haunted Me All My Life," but this album is without instrumental variance and lacks varying messages or stories. When I think of Death Cab for Cutie, I think back to their 2005 album Plans. Several tracks on this album spoke to me, including "I Will Follow You Into The Dark," "Someday You Will Be Loved" and "Crooked Teeth."

Each song boasted the unique sounds of the band, while recounting different stories with changes in musicality, making each track distinct. I was hoping to find the same connection with the haunting songs in Kinsugi.

I got stuck on the dull repetition in the song, "Black Sun." This song truly shows Death Cab's poetic talent and expression, but in my opinion, the poem and message aren't explored, delivered or received well with the accompanying music.

Maybe the band thought the music must be haunting and consistent throughout the album to truly get their message across, but this method didn't work for me. The vocals, too, are repetitious. I think what would improve this album is variance in music, text and vocals to create a recognizable contrast and to highlight the importance of each individual song, while also allowing an overall message to come through the album as a whole.

As a listener of various genres and styles of music, and a non-follower nor superfan of Death Cab for Cutie, I would not recommend the album for anything more than background noise, as I find it difficult to stay with the lyrics and listen for the message.

But if you are a Death Cab diehard fan and want to flaunt the album as a success, I'm open to a more in-depth analysis. It's beyond my will to give the album positive feedback after a few run-throughs, but I definitely believe in the band's potential and success based on its past.
Lifestyle Column | Instagram Filters

The truth behind your Instagram filter

It's no secret that most of the accounts you follow on Instagram are filled with highly altered and filtered pictures.

BY NELL BLAGG
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Rose-colored glasses are out and Instagram filters are in. Seeing the world through optimistically tinted shades no longer requires the sun-shielding accessory but instead a complex modern gadget commonly referred to as an iPhone. The deadly combination of a smartphone and an app have given birth to Instagram, a universally addictive world of social media photo sharing where duds become beauties in the click of the finger and the selection of a filter.

The quintessential Friday night debate about which dress to wear has been replaced by which filter on "Insta" to use. Instagram lingo referring to a selection of preloaded photo edits, all innate with the ability to erase blemishes, slim the figure, make the eyes more blue and the lips more pink.

Forever accused of promoting unobtainability toned bodies and contoured faces, new research suggests glossy magazine covers and persuasive advertisements may not be to blame for provoking negative body image in women. Instead, according to a survey conducted by Glamour magazine, 64 percent of females said looking at photos of women on social networking sites made them feel worst about their bodies.

"Celebrities, we all know, have a lot of help," said Glamour's editor-in-chief, Cindi Leive. Flipping through the pages of coveted publications, readers are highly aware that celebrities are paid to look good and professionals have meticulously manipulated their pictures. Instagram, however, is a much more reality-based platform. With 300 million active users, Leive argues "when looking at women on social media, you're thinking, that's the girl next door. If she can do it, I ought to be able to do it."

The unspoken truth however, is that on Instagram every supposedly nonchalant picture has, in fact, been carefully selected, art directed and styled. Used to promote the best version of oneself to an assumed plethora of followers, Instagram is the active agent in modern personal branding.

Profiles are meant to evoke an overall persona, presenting the rose tinted moments of life captured in an otherwise chaotic world. Vacations look more luxurious and parties resemble the opening night of Studio 54. With millennials intensely addicted to technology, some question "did it really happen if it wasn't Instagrammed?"

These digitized slivers of sophistication, coupled with a wide selection of filters, transform plain Janes. Instagram offers the unique opportunity to take an outsider's perspective on their bodies. Average individuals can see themselves through the lens of a master retoucher. Users are able to manipulate brightness, contrast, warmth and saturation in effort to conjure the most beautiful representation of themselves.

Creating a world of idealized beauty, Instagram should be seen as a source of positive empowerment for women, increasing inner confidence. However, the warped way in which women present themselves online distorts accurate perceptions of reality and begs the question: can this generation accept a life that is filter-free?

Leive's argument can be countered as airbrush like techniques turn the girl next door into a cover girl. In this cyber world, you are a confident and perfect beauty. Maybe she's born with it, but more likely it's an Instagram filter.
Before you leave for the summer, make sure to stop by one of Wake students’ favorite restaurants, Dioli’s Italian Market.

You also own Pane E Vino in Reynolda Village. How did that restaurant come about?

I called to see what was going on with Simply Yummy, and at the time, it had gone out of business, so Wake was running it.

We sat down with Wake Forest and they said they’d love for us to take it over. Wake’s been great to work with. So now we’ve got two places, which work very much in sync with one another.

The kitchen at Pane E Vino is tiny, so we make a lot of the food and baked goods at Dioli’s.

Speaking of baked goods, what’s the story with the delectable Zeppole pastry?

We’re Italian Catholics, so every Saint’s Day, there is a different treat. March 19 is the feast of St. Joseph, and the feast sweets are Zeppole. I used to make them at home for my own kids because my Auntie Sarah, whose recipes I use at Dioli’s, made them for us when we were kids, I was one of eight!

Would you want your children to eventually take over Dioli’s?

I only have one kid who has interest in this business, and she’s 12. They all enjoy eating it, but they don’t all enjoy the cooking! I would like them to do something else.

It’s a hard business because of the hours. I make my kids come in and wash dishes or clean the floors — try and get them not to be in the restaurant business and make them realize how hard their parents work! But I love my job. I love my Wake Forest students, I honestly do.

Wake students love Dioli’s too! What is it like when students leave for the summer?

The day after Wake graduation, we start closing at 3 p.m. We close early because you guys are gone! Funny story: one time during Wake graduation weekend, this father approached Roger at the register and goes, “Are you Roger Dioli? I wanted to shake the hand of the man whose name appeared on my credit card statement over 200 times this year!” A lot of our Wake alumni will come back throughout the year to visit us, and we’ve employed a lot of Wake Students, too.

What have you most enjoyed while running Dioli’s?

It’s a lot of fun. We work really hard, and we work a lot. I’m in the back today and I’m super busy, but then someone will say “Hey, I got a line through the door!” and I walk out and there are all of these young faces, and I’m just so happy you’re all here.

Down the street from Wake Forest’s campus on Reynolda Road, Karen Dioli serves delicious Italian cuisine paired with a warm smile, making Dioli’s Italian Market a favorite restaurant for students.

In 1999, Dioli and her husband, Roger, wanted to have more children and settle down. Based on a family friend’s glowing review of Winston-Salem, they left San Francisco and headed for North Carolina. Soon after, they opened Dioli’s.

Now a mother of four, Dioli expertly whips up a plethora of family recipes each day, including Italian pastries and savory meatballs.

Wake Forest students constantly flock to Dioli’s for mouthwatering sandwiches on focaccia bread, visiting so often that Dioli now knows many of their specialized orders by heart.

What led you to start Dioli’s Italian Market?

My husband, Roger, grew up making lasagnas and meatballs with his grandmother, and I grew up baking cookies, cakes and pies with my Auntie Sarah, so we thought this would be the perfect marriage of what we love to do. We’ve also both worked in the food industry our entire lives.

What was it like to start your own food and catering business?

It was very different in 1999; it’s come a long way. It was hard the first year, because Wake Forest hadn’t discovered us yet. So we adjusted the menu a bit, tried to keep it Italian, but things like chocolate peanut butter cookies — you gotta make them! Now many of the items on the menu are things Wake Forest students suggested after we opened.

Which items, for example?

The breakfast sandwich! A Wake kid walked in and goes, “You have the focaccia, pancetta and cheese. Mrs. Dioli, can you make me an egg sandwich?” And like that, the breakfast sandwich was put on the board!

Do you have a favorite Dioli’s sandwich?

There are so many that I love! But I’m a sucker for the grilled chicken breast. I mean, I can’t even tell you how much chicken we go through here!

Do you have a favorite Dioli’s sandwich?

The “fresh mozzarella, add grilled chicken” is a big one, and the basketball team loves the “grilled chicken, add prosciutto and fresh mozzarella.”

What’s a popular Wake Forest order?

The “fresh mozzarella, add grilled chicken” is a big one, and the basketball team loves the “grilled chicken, add prosciutto and fresh mozzarella.”

Before you leave for the summer, make sure to stop by one of Wake students’ favorite restaurants, Dioli’s Italian Market.