Panel: racism still plagues U.S.

Activists and political figures gathered to discuss the role of the Confederate flag in the South

BY MASON DAVENPORT
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In what is sure to be one of this year’s landmark events, the panel “The Flag: Navigating Southern Identity, Race and Symbolism” set a new tone around campus climate, privilege and racism at Wake Forest.

The panel took place Wednesday, Sept. 2 at Wait Chapel. The doors opened at 5:30 and the panel began at 6:00. With nearly 200 students electronically signed up, Wait Chapel filled to roughly 1000 attendees, leaving nothing but standing room on the chapel floor.

The panel, moderated by Melissa Harris-Perry, was comprised of a number of big names in South Carolina politics and the BlackLivesMatter campaign.

Panelists included Bree Newsome, a community organizer known for climbing the flag pole and taking down the Confederate flag flown on South Carolina state capitol grounds; James Tyson, a grassroots organizer who assisted Newsome in taking down the flag; Katon Dawson, former chairman of the South Carolina Republican Party, known for his advocacy in supporting the flag’s removal; and Alicia Garza, cofounder of #BlackLivesMatter and special projects director for the National Domestic Workers Alliance (NDWA).

A number of campus organizations partnered to put on the event, including the Wake Forest chapter of the Kappa Alpha Order, the Pro Humanitate Institute, Division of Campus Life and the Office of Diversity and Inclusion.

Harris-Perry started out her role as moderator with a light-hearted reflection on the change at Wake Forest since she attended as an undergraduate student.

“There’s a lot of things in the 22 years [since attending Wake Forest] that I have found surprising,” she said. “But none more so than that I just started a panel saying thank you to the brothers of KA. It is so lovely to now know that Wake Forest is a place where this possibility (for discussion) is inherent,” Harris-Perry said.

The panelists, though from different backgrounds, agreed that discussion across differences was necessary to get at the root of the issues surrounding Confederate iconography and structural racism.

“If we want to live in a world where these issues we are facing don’t exist, we are going to have to talk to those that disagree with us,” said Garza. “We should talk across difference, though this does not and is not an excuse for institutions or for people to continue to discriminate.”

See Flag Panel, Page 5
**OPCD must focus more on humanities majors**

Last week, the *Old Gold & Black* reported on the Office of Personal and Career Development's (OPCD) newly installed platform for job and internship searches. Handshake replaced the OPCD's former platform, Deacon Source, partly as a response to student complaints that the platform was clunky and difficult to use. The response to Handshake has been, for the most part, positive. Students have liked the new, more intuitive layout, and overall it seems that the OPCD's new addition is a good one.

The Editorial Staff appreciates that the OPCD listened to students' responses and solved a problem that will help students in their career searches. In the hope that the OPCD will continue to be receptive to student feedback, we would like to propose another suggestion based on what we, as students, have heard must focus more on humanities majors.

Part of what Wake Forest promised us it would do ... was market this liberal arts experience to help launch us onto successful career paths.

in the Wake Forest community. Among Wake Forest students, there is some discontent with the way that the OPCD advises humanities majors.

In 2013, the *New York Times* published an article which reported the OPCD's new approach to career development. Andy Chan, the vice president of the OPCD, was highlighted as the leader of this new career development program, and the article said that the OPCD assured students that even if they major in something as seemingly un-hirable as philosophy, he and his team would "help them turn academic risks into resume-ready experiences." Two years later, it seems that students are still struggling to get the kind of help they need in pursuing jobs and working the connections administrators promised they would help us make.

While services like the resume review are very useful, it would be wonderful to have more workshops for students majoring in the humanities, to see how they can best market their major. Wake Forest likes to market itself as a liberal arts institution. Students are surrounded with a plethora of educational opportunities, and are encouraged to make the most out of them. The very idea behind divisional requirements is to help students find a major they love, and to ensure that upon graduation, they will leave as well-rounded, well-educated citizens of the world, rather than students who have specialized so intensely in one subject that they know little about any other topic.

We knew this going into Wake Forest, and many of us love the university’s education precisely because our four years here allow us to experiment academically in a safe environment. However, part of what Wake Forest promised us it would do, when we wrote our professional dreams on a piece of paper and turned it into a flying paper airplane, was market this liberal arts experience to help launch us onto successful career paths. While we understand that much of this is up to the student in question, we would like to see more OPCD workshops that tell us exactly why a liberal arts education is helpful, and how we can market that to help us get jobs.
Deacon Profile: Emily Claire Mackey

BY MCKENZIE MADDOX
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Emily Claire Mackey is a sophomore from Little Rock, Ark. who juggles her academics amongst her passion for sustainability. Mackey was only serves as the Campus Garden intern for the Wake Forest's Office Sustainability, but is also employed by No Bad Apple — an online grocery store that helps brings food from local farmers and restaurants to students and staff on-campus.

How did you initially get interested in sustainability?

In high school, I didn’t really know what I wanted to do until my senior year when I took AP Environmental Science. At my school it was known as the easy AP class that you could take just to get rid of your science credits. However, I fell in love with my crazy, loopy teacher who lived on farm in the middle of nowhere and rescued animals. We even had classes on her farm, sometimes. She was the one who sparked my interests.

What plans did you make to pursue your passion for sustainability at Wake Forest?

I came to campus knowing that was what I wanted to be involved with. When the activities fair came around freshman year, I found myself signing up to be an Eco-Rep. Through that, I built connections with people in the Office of Sustainability and they asked me to apply for the sustainability internships. I got the position of Campus Garden intern.

What does it mean to be a Campus Garden Intern?

I spend about four hours per week in the garden planting crops in three plots of land. Right now, the other interns and I are focused on getting our fall crops in and working on a crop rotation system between the three plots of land. All the food goes to Campus Kitchen along with the leftover food that was taken in Scales and returned after 4:49 a.m. on Aug. 24.

What is the overall goal?

We know the typical college student isn’t going to wake up and go to the farmer’s market at 8 a.m., but we want it to be convenient for them to support the local community.

POLICE BEAT

Larceny

• Unknown subject(s) removed an iPhone from an unsecured room in Davis. The report was filed at 6:23 a.m. on Aug. 25.
• Facilities workers found numerous street and campus signs in Martin. The report was filed at 2:17 p.m. on Aug. 26.
• Unknown subject(s) entered an unsecured room in Bostwick and took two David Yermen Rings. The report was filed at 3:35 a.m. on Aug. 28.
• Unknown subject(s) were observed tampering with vehicles on Student Drive. The report was filed at 3:33 p.m. on Aug. 25. A victim’s wallet was taken in Scales and returned after $50 had been removed. The report was filed at 8:30 p.m. on Aug. 28.

Miscellaneous

• Offender escaped from Forsyth County Jail and was apprehended by WFUPD officers after being identified as a suspicious person looking into cars on Student Drive. The report was filed at 1:52 p.m. on Aug. 24.
• Officer was found to be in possession of marijuana while being put on a stretcher to be transported to WFUBMC for underage consumption in Poteat. The report was filed at 4:49 a.m. on Aug. 24.
• An intoxicated officer threw a spoon at a nurse while waiting for the EMS and then the officer grabbed and struck a female EMS worker while being transported to WFUBMC from Student Health. The report was filed at 6:53 p.m. on Aug. 24.

WSPD responded to two calls in reference to an affray occurring. The report was filed at 2:29 a.m. on Aug. 30.
• An offender was charged with the possession of marijuana in North Campus Apt. after officers responded to a report of the smell and the occupants handed the officer the contraband and admitted to having smoked. The report was filed at 8:13 p.m. on Aug. 29.
• University police responded to lot Q in reference to an affray occurring. The report was filed at 2:29 a.m. on Aug. 30.
• A sexual assault that occurred on Brookwood Drive was reported. The report was filed at 11:20 p.m. on Aug. 28.
• An offender was charged with a provisional DWI after a one-vehicle accident occurred on Reynolda Rd. The three passengers were charged with underage consumption. The report was filed at 1:52 a.m. on Aug. 26.
• WSPD responded to lot Q in reference to an affray occurring. The report was filed at 2:29 a.m. on Aug. 30.
Bias Reports: System draws criticism

Continued from Page 1

"You all live in the online space. So, by creating a web-enabled system, we can meet students where they are 24 hours a day... so we can respond."

The Bias Incident Response team investigates each report. The response team meets every week to review bias reports and is also prepared to meet immediately if an urgent report is submitted.

There are three different aspects of the bias report process. The Bias Reporting Development team created the overall system, including the website. They meet to fix any issues that develop, though, as some people they will stop meeting. The Bias Incident Response team receives and investigates each report, and the Steering Committee reviews an overall report each year to identify recurring themes in the reports.

If they feel there is an aspect of campus climate that is problematic in the big-picture, they work to improve it. One of the initial concerns about the system when it was launched was that it would limit freedom of speech by prohibiting unpopular opinions. Rue, however, believes that the system has encouraged students to be aware of the impact of their words.

"There are certainly concerns in some quarters that we might be trying to chill freedom of expression. That's not the intent at all. It might be the intent to help someone understand the implications of their speech," she said. "Maybe they don't understand that there are people who might be hurt or harmed."

Another concern about the system was that reports can be submitted anonymously. Those concerned often compare the system to Yik Yak. Without a name attached to the report to hold its author accountable, some believed the system would be abused and be used like Yik Yak where at times, hateful content is posted with fear of repercussions.

However, Rue believes anonymity has not been an issue, though the reports cannot be used in the same way.

"In this case, what anonymity does is allow someone to let us know about something that's happened without any expectation of follow-up," she said. "It means, 'this happened. I want the university to know, but I don't want my identity known for whatever reason. Maybe I feel targeted.'"

Rue added that in most cases, people have added their names to the reports.

Wake In A Week

SU Film Series: Insurgent
Time: September 4, 8:00-10:00 p.m.
Location: Pugh Auditorium
Join us for FREE popcorn and a free showing of Insurgent, an action-packed film from the Divergent series!

Student Union Meeting
Time: September 6, 6:00-7:00 p.m.
Location: Benson 409
SU Meeting focusing on Homecoming, trivia and games, and Fullfest!

Student Union Meeting
Time: September 6, 7:00-8:00 p.m.
Location: Benson 409
SU Meeting focusing on lectures, family weekend, and films!

Student Union Meeting
Time: September 8, 5:00-6:00 p.m.
Location: Benson 409
SU Meeting focusing on lectures, family weekend, and films!

Tuesday Trivia
Time: September 8, 7:00-8:00 p.m.
Location: Shorty's
Tuesday Trivia is back — Will your team come out on top? Prizes, food, and fun can be expected every Tuesday at Shorty's!

OGB interest meeting
Time: September 8, 8:30 p.m.
Location: Benson 401
The Old Gold & Black needs writers and production assistants. Come if interested!

Student Union Meeting
Time: September 9, 5:00-6:00 p.m.
Location: Benson 410
SU Meeting focusing on celebration or lighting of the Quad, and special events (Wake All Night)!

Want to see your organization or event advertised for FREE here?

Formatting specifications for submissions
Organization Meetings:
50 characters (max) for the organization name
Location: specific place on campus or WFU property
Time: date (month & day), time (HH:MM-MM:AM/PM)
What: 100 characters (max) to explain organization

Sports (including intramural) Events:
50 characters (max) for organization name
Location: specific place on campus or WFU property
Time: date (month & day), time (HH:MM-MM:AM/PM)
What: 80 characters (max) to explain organization/event

School Sponsored Events:
50 characters (max) for the organization name
Location: specific place on campus or WFU property
Time: date (month & day), time (HH:MM-MM:AM/PM)
What: 140 characters (max) for brief description of event

Jewish Life Coffee Hour
Time: every Monday, 3:30-4:30 p.m.
Location: Reynolds Hall 17
A casual time to take a break, enjoy delicious snacks and to share your stories and thoughts in a safe and respectful space. All WFU welcome. (Sponsored by SPECTRUM club meeting)
Time: Every Monday, 8:00 p.m.
Location: Benson 218 (LGBTQ Center)
Come get involved with LGBTQ+ rights activism and discussion; allies also welcome!
Dawson and Newsome delved into the historical context of the Confederate flag. Both pointed out that the flag flying at the South Carolina capital wasn’t put up until 1961, during the middle of integration, and that the flag is actually the battle flag of the army of northern Virginia, not the original South Carolinian flag flown during the Civil War.

Newsome took on cultural heritage and the Confederate flag. “The Confederate flag doesn’t just make people uncomfortable. It deeply bothered people,” said Newsome. “The history of the flag is one of a power structure that suppresses opposition … And so people fear the flag, and feared challenging the flag.”

Garza then looked to the broader implications of Confederate symbolism. “This country is founded on racism and white supremacy, so what is more important is not just the symbolism, but the political moment,” she said.

Newsome agreed, and added a call for student activism. “Students are a huge mover,” she said. “When you realize that the present is the consequence of the past, then you also realize that the future is the consequence of the present.”

Discussion moved away from the flag and into the underlying causes of institutional racism. Garza pointed out the conception of racism as a geographically southern issue. “There is a misconception that the South is no more racist than any other place, and I don’t believe that that is true,” said Garza.

The blood of many black folks, my ancestors, is soaked into the land here. So, I would say the South has an important role to play in dismantling white supremacy.”

James Tyson emphasized the importance of the white activist and white privilege in effecting change. “The burden of responsibility rests with white people. Really, to combat racism, you have to put some skin in the game,” Tyson said. “But you’ve got to ask. You ask what you do or how you can help. That’s what it means to be an ally. We cannot ask the most marginalized in society’s power structure to take this [racism] on alone.”

“Silence is one of the most violent of actions in perpetuating racism,” Tyson added. By the end of the hour, each panelist closed with a few wise words. Dawson issued a challenge to the audience: “If you want change, the first thing I can tell you is to register to vote … It is your responsibility, and if you aren’t registered to vote today, you need to go and get registered tomorrow.” Other panelists agreed.

The panel ended with a roar from the crowd after Harris-Perry’s closing remarks. After the event, Wake Forest students were asked to attend the discussion groups in Benson 401. Roughly 100 students participated, with a mixture of KA brothers and Pro Humanitate members acting as facilitators for discussion.

Senior Ryann Oakley summed up her feelings about the panel’s relevance to the Wake Forest community. “Our generation is the make or break generation,” Oakley said.

“It’s up to us whether we change … White students should understand white privilege not as a burden, but as a system, and black students must continue to be willing to discuss these issues.”

The panel came almost a year after the KA “rap party” incident. Edward Tillinghast, president of the Wake Forest chapter of KA, explained his fraternity’s development.

“Cancelling the rap video party made a lot of people really confused. But some of us started to realize that something was wrong here.”

“There were some internal disputes … but then we got out in the community for dialogue and realized it was not okay, that some of this stuff is wrong. And we looked to see how we could use our privilege, our organization to help combat some of these issues.”

Adam Goldstein, dean of students, praised KA’s initiative.

“I see KA’s announcement as an act of leadership. It is my hope — and theirs — that majority students will see that they have an important role to play in creating a more inclusive community,” he said.

“Sometimes that role is to listen and learn. Tillinghast and his brothers were interested in this program so that they could hear directly from some of the key people involved, to broaden their perspective on these complex and important issues, and to demonstrate that they care about these issues too,” Goldstein said. “Their leadership is an invitation to others.”

When asked about the ultimate goal of the panel, Tillinghast said, “The ultimate hope is that we want more community partnerships … our ultimate goal is to see a more diverse chapter of our own and of Greek life in general.”

“We will try to change our image. We have done so internally; hopefully we are doing so externally,” said Tillinghast. “If people gave us the opportunity, we think many would be surprised about how inclusive and inviting we are.”
University reaffirms “Yes Means Yes”

University policies regarding consent match the national movement of “Yes Means Yes.”

BY RACHEL WALLEN
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The definition of consent has always been central to discussions of sexual assault. At the heart of every sexual assault case is the question of whether the accuser consented to the actions of the accused.

Traditionally, the victim in a sexual assault case has had to prove that he or she said “no,” that he or she actively refused the advances of the aggressor.

This is difficult to prove: as a result, according to the Department of Justice, only between eight and 37 percent of rapes ever lead to prosecution, and only three to 18 percent end in a conviction.

Some state legislatures have decided that this definition of consent is in need of repair. California and New York in particular have passed bills that earned the title “Yes Means Yes.”

These bills redefine consent by arguing that the burden of proof should lie with the accused, and that he or she should have to prove that the victim actively said “yes” and consented to whatever action took place.

"Consent can be given by words or actions, as long as those words or actions create clear permission regarding willingness to engage in the sexual activity," said Tanya Jachimiak, the university’s Title IX coordinator. "No longer can silence or absence of physical resistance equate with consent. Additionally, the laws specify that a person cannot make an affirmative statement of consent if they are asleep or incapacitated by drugs and alcohol."

In New York, Gov. Andrew Cuomo signed the bill into law in July 2015.

Outcry immediately followed, with critics arguing that this bill destroyed the idea of innocent until proven guilty.

However, some colleges, including Wake Forest, had policies similar to “Yes Means Yes” in place long before any states signed them into law.

“Wake Forest’s policy is similar to the newly enacted laws in both California and New York and would meet the requirements under both laws,” said Jachimiak.

"Under Wake Forest’s policy, effective consent requires an affirmative act. It is a ‘Yes Means Yes’ policy. Wake Forest’s definition of sexual misconduct mandates that each participant obtains and gives effective consent in each instance and before each sexual act.

Wake Forest’s official definition of consent is long and detailed, stating that "consent is mutually understandable when a reasonable person would consider the words or actions or the parties to have manifested in a mutually understandable agreement between them to engage in certain conduct with each other," while going on to clarify that consent can be withdrawn at any time and that neither a current relationship nor previous consent determines consent in that particular situation.

Beth Monplaisir, coordinator of the university’s Safe Office, says these bills could mark an increase in support for sexual assault survivors.

“These ‘Yes Means Yes’ bills may suggest a shift in how we as a society are talking about sexual assault and consent," Montplaisir said.

“This model encourages support for survivors as laws and conversation move away from a focus on a survivor proving that they said ‘no.’”

One student, senior Bella Velasco, thinks that there are pros and cons of both of these policies.

“The ‘Yes Means Yes’ laws do make sense and are more protective of potential victims," said Velasco.

“However, the ‘No Means No’ laws are more practical. It is unreasonable to expect that people who are in committed relationships with a physical component ask before every encounter. At that point, ‘No Means No’ laws leave less gray area and end up being easier to enforce.”

Old Gold & Black Interest Meeting

TUESDAY, SEPTEMBER 8TH
8:30 PM
BENSON 401
Medical Amnesty subject to misconception

The university's Medical Amnesty policy involves only the Dean of Students' office, not Student Health

BY NATALIE WILSON
Contributing Writer

Many students misunderstand the Medical Amnesty Policy as involving both Student Health and the Office of Student Conduct, but a student's eligibility for the policy is only determined by a dean.

Students often tell the EMS, RA or WFUPD that they want Medical Amnesty, but an incident will always be reported and then "the Dean of Students Office will assess each individual case to determine if the student is eligible," said Valerie Holmes, associate dean of student conduct.

Last year, a change in the policy determined that a student can only receive medical amnesty once in their academic career at the university.

However, this policy change does not make the possibility of Medical Amnesty any less beneficial to students, as Price explains.

"Even if a student has used the amnesty before, in an emergency, who's going to figure that out?" said Price. "You've just got to trust the system."

OUTSIDE THE BUBBLE

Obama obtains enough votes to ensure Iran nuclear deal

At the end of August, before the Senate went into recess, a group of Democratic senators officially decided that they approved of the Iran nuclear deal proposed by the president. The deal, which was negotiated over the summer by Secretary of State John Kerry, involved a lifting of sanctions on Iran and American inspections of their nuclear facilities.

Democrats and Republicans publicly opposed the deal, and announced their intention to reject it. It had previously seemed that the Republican-controlled Congress might be able to muster enough votes to override the president's guaranteed veto of the rejection, which is now untrue.

Biden's travels increase speculation of potential presidential run

On Sept. 2, Vice President Joe Biden flew to Miami, Fla. to give a speech at Miami Dade College about the need for improvement and reform in the higher education system. His proposals included two years of free college education for everyone and a closer alignment between college degrees and the needs of major employers.

While he was in Miami, he also planned to attend a fundraising dinner hosted by Stephen Bittel, who raised more than $200,000 for Obama's second presidential campaign. Biden's attendance at this dinner led to much speculation about his potential 2016 presidential campaign.

Migrant crisis intensifies across Europe, especially in Germany

Migrants and refugees from Afghanistan, Iraq and Syria have fled their homes throughout the summer due to increasing war and violence in their countries.

As more southern European countries reach their migrant quotas, countries like Germany have been experiencing an influx in recent weeks. In particular, the hundreds stranded in Budapest have been pushing to board the trains to Germany or Scandinavia.

The New York Times reports that many migrants are desperate to leave Hungary due to its relative lack of wealth and opportunity compared to northern European countries.

THE MORE YOU KNOW

- 4,867 students were enrolled at Wake Forest in 2014, the largest student body in school history
- 2,587 students in 2014 were from the Southern region, including Alabama, Arkansas, Delaware, D.C., Florida, Georgia, Kentucky, Louisiana, Maryland, Mississippi, North Carolina, Oklahoma, South Carolina, Tennessee, Texas, Virginia and West Virginia
- 21 percent of total enrollment was from North Carolina alone
- Over the past four years, the size of the student body has increased by over 200 students
Fly on the Wall-en | Republican Primary

Voters should take notice of Fiorina

Fiorina stands out in the Republican field and appeals to a wide range of voters

Rachel Wallen
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...though I was raised strongly Republican, the candidates on the GOP's side, while there are many to choose from, range from the ridiculous to the obscene. I decided a while back that I was libertarian, someone who has equal amounts of dislike for both the Republican and Democratic parties. However, Carly Fiorina is one of the few candidates on either side of the spectrum who should be taken seriously. She confronts issues the GOP tends to avoid, she gives clear and concrete answers when questioned and she is not a career politician.

First, she is willing to discuss issues relevant to women and minorities that other GOP candidates avoid. In an interview in July with Elle Magazine, Fiorina discussed her support for programs like paid maternity leave and childcare support for women who want to be mothers while maintaining their careers.

In the same interview, she matter-of-factly states that African-Americans, and particularly African-American women, are worse off in America, and later takes a moment to acknowledge the advantages conferred to her as a white woman who had the opportunity to attend excellent schools her whole life.

Even when she was CEO of Hewlett-Packard (HP), long before she had political goals, she showed her ability to confront complex issues in a thoughtful, respectful way.

Just two weeks after 9/11, Fiorina encouraged her employees at HP to remember the contributions of Islam to civilization as a whole and to be concerned for their colleagues who practice Islam or are of Middle Eastern descent. These are issues that other GOP candidates either avoid at all costs or openly brush off as irrelevant, and yet Fiorina is able to combine discussions of gender and race with her conservative beliefs in a way that no other candidate has been able to do.

Second, she is extremely well-spoken and is able to provide clear and concrete answers to questions asked of her. Her discussion of Israel and the Iran deal in the first GOP presidential debate elicited wide praise, both for her support of increased sanctions on Iran and for her ability to discuss the contentious issue in a way that was both calm and commanding. Rick Perry even quipped that he would have preferred that Fiorina negotiate the deal rather than John Kerry.

Third, she is not a career politician. Fiorina has spent her career in the business world, where the skills of negotiation and compromise are required for any moderately successful businesswoman, and even more so for a CEO. She comes from a world where there are all that matter—no matter how good your speeches are, if your results aren't good enough, you're fired, a lesson she learned when she was forced to resign from HP in 2005.

She regrouped, recovered and became the chair of Good360, a non-profit that helps companies donate excess merchandise to charities. Good360 has been ranked by Forbes as one of the top 10 most efficient charities in the country as well as one of the largest throughout Fiorina's time there.

The lessons in leadership and management she has learned in running these two huge companies, and particularly the wisdom she gained from her disappointing end at HP, are some that no senator or neurosurgeon could truly learn.

She has proven to be a force to be reckoned with since the first debate — due to the outcry from Fiorina and her supporters, CNN decided to alter their criteria for the upcoming Sept. 16 debate to include only poll results from after the first debate — i.e., after the debate that caused Fiorina's name recognition and popularity to increase exponentially.

And to top it all off, she even writes all of her own speeches. Carly Fiorina is not a perfect candidate. There is no such thing as a perfect candidate. No one will agree with her on every single issue, and that's okay.

What matters is that she is one of the few candidates within the GOP who can appeal to voters from across the political spectrum.

Candidates must stop attacking each other

Angry attacks between the Republicans and Democrats hurt their ability to govern

Austin Cook
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The Iowa Caucuses — the first time voters will have their say in selecting the two major party candidates for president — is still five months away. The 2016 general election is more than a year away. But the campaigns are well underway and the fiery rhetoric has been flying for months now.

In his speech announcing his campaign, Donald Trump referred to Mexican immigrants as "rapists," and "drug dealers." Meanwhile, thanks to Scott Walker, Jeb Bush and Trump, the term "anchor baby" has become the standard way for people to refer to the children of immigrants.

Recently, Hillary Clinton compared pro-life Republicans to "terrorist groups."

These are just a few examples of how heated political attacks have become in our country. Especially with Trump in the race, it seems like there really is nothing off limits anymore. And thanks to the 24-hour news cycle and the rise of trashy, partisan news media into a swath of partisan biogs and cable news shows, we're losing our humanity in politics.

What's worse is that our candidates seem to feed off this negativity and fuel the flames with fiery, destructive rhetoric that demonizes the other side and is meant to galvanize a political base.

That kind of behavior may play well with a certain segment of the electorate in a primary election, but in the end, when the real work of governing needs to be done, scorch earth politics divides us and makes it nearly impossible for the two parties to come together on anything at all.

Many observers have concluded that the country is as divided now as it was during the civil war. The path that we are currently on is not healthy or sustainable. And 2016 needs to be the year when it stops.

This election cycle needs to be the one where our political candidates and leaders begin to put the pieces back together.
Too much studio interference can hurt a film

Instead of involving many potential factors, the film’s end result turned out completely different from its original, intended version? Could the 2015 version of Fantastic Four be among these films?

In the past few decades, there have been a multitude of films that viewers have not even seen due to conflicts within studios. Tim Burton’s Nicolas Cage-led, Superman Lives entered production in the late 1990s with a script that depicted an unconventional Superman story. A Justice League film, entitled Justice League: Mortal and helmed by George Miller was meant to be released in 2009, though it would ultimately be shelved due to production delays. In the 1970s, director Alejandro Jodorowsky attempted to adapt Dune to the big screen, a film that could have impacted pop culture like Star Wars would in 1977. However, these films were never seen and remain on the shelves of studio executives, leaving moviegoers thinking about the films that could have been and could have made an impact on cinematic history.

The film’s potential to ruin the film

Some of these varying perspectives can lead to conflict. When filmmakers are heavily invested in the artistic vision of a film, it may be hard to compromise on an idea when the studio requests changes in a script because the changes could possibly lead to more audience appeal. These changes can range from a casting decision to emphasis on certain plot points to compromise on an idea when the studio requests changes in a script because the changes could possibly lead to more audience appeal. These changes can range from a casting decision to emphasis on certain plot points to compromise on an idea when the studio requests changes in a script because the changes could possibly lead to more audience appeal. These changes can range from a casting decision to emphasis on certain plot points to compromise on an idea when the studio requests changes in a script because the changes could possibly lead to more audience appeal. These changes can range from a casting decision to emphasis on certain plot points to compromise on an idea when the studio requests changes in a script because the changes could possibly lead to more audience appeal. These changes can range from a casting decision to emphasis on certain plot points to compromise on an idea when the studio requests changes in a script because the changes could possibly lead to more audience appeal. These changes can range from a casting decision to emphasis on certain plot points to compromise on an idea when the studio requests changes in a script because the changes could possibly lead to more audience appeal. These changes can range from a casting decision to emphasis on certain plot points to compromise on an idea when the studio requests changes in a script because the changes could possibly lead to more audience appeal.
Try planning some alcohol-free dates

Alcohol should not be the basis of a relationship; you can have fun without alcohol, too.

Kellie Geisel
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It is a common belief among women that in order to have fun and be flirty, alcohol is the answer. Ladies, I can tell you right now: that is not that case! Alcohol is actually the enemy. Yes, a few drinks are fine with your friends, but as you get older, having a few drinks just to get tipsy, perhaps even drunk, is not what true gentlemen want.

It looks sloppy, and can often lead to bad things. Guys these days aren't interested in the girl they take home from the bar. They are interested in the girl they meet at the gym who leads a healthy and positive lifestyle.

Ladies, what I am trying to say is that you do not need a drink to have fun and be flirty! There are a few things you can do in terms of your lifestyle that will help you act fun and be flirty without alcohol being the main promoter.

 Gather a group of friends, go for a hike, go to the gym and constantly remind yourself that you do not need alcohol to have fun...
Deacons face schedule imbalance

Wake Forest has five running backs ready to contribute. According to coach Clawson, "whomever is having the best week of practice will start.

Wake Forest can learn from the results of games from 2014 to better prepare for opponents.

Last week we previewed the first six games of the 2015 season with the conclusion that the Deacs face an imbalanced schedule in terms of easier and more difficult opponents. Though part of it simply comes from playing in the competitive Atlantic side of the ACC, Wake Forest finds itself playing one of the more athletic quarterbacks in the nation after averaging 342.07 rushing yards per game last season.

The anchor of this team is clearly its defense this season as he builds on a solid performance by the defensive line last season. Senior quarterback Marquise Williams has the ability to improve on a 78.3 completion percentage and 9 INT.

Soccer starts off 2-0

Led by new skipper Muuss, Deacons kick off 2015 campaign with two victories

Two Games, two Wins. A promising start for Wake Forest men's soccer's new head coach.

Coach Bobby Muuss returned to Spry Stadium for the first time in this weekend, the first game on Friday, August 28th and the second on Sunday, August 30th. Coming off two exhibition games, a 1-1 tie at Furman and a 3-0 win Kentucky, the team was keen to continue with their pre-season form.

UC Santa Clara of the Big West conference is no easy opponent to start off the season against. Ranked 50th in the nation in the NCAA RPI rankings while being from California, a hotbed of soccer talent. With 2 MLS teams, San Jose Earthquakes and LA Galaxy, and the winner of the USL Pro Championship in 2014, Sacramento Republic FC, Californian soccer is not to be overlooked.

Wake Forest, a relatively young squad, starred three freshmen in Sam Raben, Jack Harrison and Brad Dunwell. Only one setback at Furman and a 3-0 win Kentucky, the team was keen to continue with their pre-season form.

Thurs., Sept. 3: Wake Forest vs. Northern Illinois

See Soccer, Page 14

Previewing the ACC, Part II

Georgia Tech will compete with an evenly-matched coastal division to reach championship

As the only team to defeat eventual National Champions Ohio St. last season, one would think Virginia Tech is coming off an electric season. Think again — it went 7-6 and was the only team in the conference to lose to Wake Forest. The anchor of this team is clearly its defense, however. Led by senior defensive end Dadi Lhomme Nicolas, the Hokies should again have a stellar season on the defensive side of the ball. The offense should be more improved because quarterback Michael Brewer has an other year of experience under his belt. Virginia Tech opens up the season with a huge game Week One against Ohio State in Blacksburg.

See ACC, Page 14
Spotlight: Sarah Teegarden

Personal Profile

**Hometown:** Monrovia, Calif.
**High School:** Flintridge Sacred Heart Academy
**Sport:** Soccer
**Height:** 5-foot-7
**Class:** Junior
**Major:** Communication

**Birthday:** April 21, 1995

I also love making those big tackles. I have a lot of fun slide tackling.

How have you improved since you've been at Wake Forest?
My mental game has improved the most. I did well my freshman year and so after that, there were a lot of expectations. I let those expectations sort of overwhelm me. I would get frustrated if I didn't do well because I was supposed to always be doing well.

I think becoming a team player and leader has helped me realize that my performance isn't just about me, it's about the team as well. That's probably been the biggest thing for me. I'm just learning how to love the game even more.

You've been a consistent presence on the field ever since you arrived at Wake Forest. What players have you looked up to throughout your soccer career?
My freshman year, Aubrey Bledsoe and Katie Stengel were our two captains, and I became really close friends with Aubrey. She's a great person, a great leader and soccer player and she was my mentor when I first got on the team. She still sort of is, in a way. She's someone I looked up to for working super hard. I looked up to Katie Stengel even more for that, because she's the hardest worker I know and has the stats to prove it. Those two had the biggest effects on me coming into the team.

Have you always wanted to play college soccer?
Basically. Ever since I knew that it was an option, it's something I've always wanted to do.

What's the highlight of your career as a Deacon?
My freshman year, during the round of 32, I scored my first goal of the season which also put us into the round of 16. Unfortunately, we lost in the round of 16, but it was my one goal of the season in the most opportune time, so that's my biggest highlight.

Sarah Teegarden has captained the Wake Forest team for two years, led the team in minutes in 2014 and finished tied for second in goals.

Deac Notes

Michael Campanaro impresses early as he looks to improve during sophomore year

Michael Campanaro is having quite the preseason for the Baltimore Ravens. Entering his second year with the Ravens, Campanaro is trying his best to stand out from the wide receiver competition. The night of August 13th, Campanaro hauled in a 45-yard touchdown pass from quarterback Joe Flacco in the Ravens preseason game against the New Orleans Saints where they won a tight contest, 30-27.

Allison Emery picks up her first professional win as she looks to earn her tour card

Former Wake Forest women's golfer Allison Emery collected her first professional victory last weekend at the Colorado Women's Open. She finished at 3 under par (213) which got her into a sudden death playoff. Emery birdied the par 5 18th, the first playoff hole, where she knocked in a short birdie putt to earn the victory. She advanced to the 2nd stage of LPGA qualifying and can still potentially earn her 2016 LPGA tour card.
ACC: Explosive offense will carry Georgia Tech

Continued from Page 11

4. Miami - The Hurricanes have been a consistent middle-tier ACC team for the past four seasons, even since Al Golden took over as head coach. Sophomore Brad Kaaya will have an increased role in the offense this season as the Hurricanes lost their top playmakers in Phillip Dorsett and Duke Johnson. On defense, Miami looks to improve on lackluster performances against their top opponents; however, that will be tough to do without the likes of their star linebacker Denzel Perryman. If the Hurricanes can't replace last season's talent lost to the NFL, coach Al Golden could be on the hotseat headed into the offseason.

5. Pittsburgh - The Panthers' offense is highlighted by two of the best players in the ACC in receiver Tyler Boyd and quarterback Golden Tate. The Panthers are looking to take a step back this year in the Coastal division. Head coach Mike London led the Wahoos to a 4-2 start last season, however, they faltered down the stretch finishing 1-5 in their last six games. At quarterback, Mike Johns will likely take over an offense that scored 32.8 points per game. If last year was any indication as to how this year will fare, expect another competitive season.

In 2014, the Coastal division of the ACC had seven teams finish with at least three conference wins.

Virginia Tech hopes to upset No. 1 Ohio State

These are four first-week matchups that could turn around the football fortunes of the ACC

BY MICHAEL MCLAUGHLIN

These are four first-week matchups that could turn around the football fortunes of the ACC.

North Carolina vs. South Carolina:

UNC has the quarterback edge in this border rivalry because North Carolina vs. South Carolina, Louisville vs. No. 6 Auburn, Virginia at No. 13 UCLA and Virginia Tech vs. No. 1 Virginia Tech are both top matches that either help or continue to cement the conference's reputation.

North Carolina vs. South Carolina:

UNC has the quarterback edge in this border rivalry because South Carolina will play first-time starter Connor Mitch and UNC has Marquise Williams. Williams threw for 21 touchdowns and nine interceptions last season for an offense that scored 32.8 points per game.

The Tar Heels should not have trouble scoring points this year. New defense coordinator and former Auburn head coach Gene Chizik has implemented a 4-3 base defense to fix the conference's worst defense. South Carolina did not have a good defense either, but junior wide receiver Pharoh Cooper seems destined to find the end zone against the Tar Heels poor defense. Nonetheless, this game is the best opportunity for an ACC team to grab a signature win this weekend. If it comes down to the kicking game, though, South Carolina has the experienced kicker in junior Elliot Fry.

Louisville vs. No. 6 Auburn:

A win against Auburn would vault the Cardinals into the top 25 and fuel doubts about the SEC's claim as the best conference in college football. Actually beating Auburn in the Georgia Dome — which is less than a two hour drive from Auburn but six and a half from Louisville — will be an extremely difficult task. The Tigers are introducing junior Jeremy Johnson as the starting quarterback. Johnson has thrown nine touchdowns to two interceptions in his career while backing up Nick Marshall.

Expectations are high for the six-foot-five, 240 pound Johnson, who many believe has the talent to be SEC Offensive Player of the Year. Louisville's defense, however, was ranked No. 1 last year in sacks with 41. It's past rush lost third round pick Lorenzo Mauldin to the NFL. Draft but it adds Devonate Fields, who had ten sacks as a freshman for TCU in 2012. Louisville head coach Bobby Petrino has not been confident enough in any of his quarterbacks to say that only one will play versus Auburn, so the Cardinals best chance to win is to get sacks and create turnovers.

Virginia at No. 13 UCLA:

UCLA may be replacing quarterback Brett Hundley with freshman quarterback Josh Rosen, but UVA's Matt Johns has not been overly impressive in the nine games he has started. The Bruins will want to run the ball with junior running back Paul Perkins who amassed 1,575 rushing yards in 2015.

And UVA's ability to stop the run is a question mark so slowing UCLA on first and second down to create third and longs for Rosen will be key. This is particularly true because safety Quin Blanding was a freshman All-American with 123 tackles and three interceptions. He is joined by senior cornerback Maurice Canady in the defensive backfield. Overall, however, one would think UCLA's superior recruiting should mean UVA is outclassed in this game. The same belief was true last year, though, and UCLA barely pulled out a 28-20 win.

Virginia Tech vs. No. 1 Ohio State:

Virginia Tech was the only team to beat Ohio State last year. And the Buckeyes easy schedule — only one opponent (No. 5 Michigan State) is ranked — provides it a fantastic opportunity to go unchallenged for much of the 2015 season.

Virginia Tech is welcoming Ohio State to a night game in Blacksburg, VA., and senior quarterback Michael Brewer will have to replicate the third down success (21-of-27) it experienced against Ohio State last year.

In addition, the Buckeyes will be without three of its top receivers in Jalin Marshall, Corey Smith and Dontre Wilson due to suspension. Michael Thomas and his nine touchdowns will play, however, along with bulldozing running back Ezekiel Elliott. The combination of those players and whatever quarterback Ohio State choses to start should be enough to beat a Tech team that went 7-6 in 2014.
The roles of players on NFL teams change each year due to trades, draft picks and free agency signing.

BY AKSHAY DAVE
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New players emerge as key contributors to contending teams every year in the National Football League. Often, these players have always had the talent, but have not reached their full potential due to playing behind a veteran, legal issues or injuries. This article explores three players to watch this upcoming NFL season that can potentially become pivotal parts to their teams' Super Bowl hopes.

Cody Latimer

The 2014 draft was the year of the wide receiver, with instant contributors such as Odell Beckham, Mike Evans, Kelvin Benjamin and Sammy Watkins. In the second round, the Denver Broncos selected Cody Latimer, who barely played his rookie season due to the presence of Demaryius Thomas, Emmanuel Sanders and Wes Welker. With Wes Welker departing via free agency, the opportunity has arrived for Latimer to show what he can do. In packages with three or more receivers, Latimer will likely line up on the outside with Sanders moving to the slot. The intelligent Latimer does not have the speed to burn a defense deep, but he has great strength for a wide receiver and is not afraid to be physical at the line or run routes across the middle of the field. He also excels at catching balls in traffic without needing much separation.

As a blocker, he may be the best out of all the receivers in his draft class. To compare him to any current players, think of a combination of Anquan Boldin and Brandon LaFell. If Latimer were not on the Broncos, he is exactly the type of player a coach like Bill Belichick would love to have.

Will Hill

The 2014 draft was the year of the wide receiver, with instant contributors such as Odell Beckham, Mike Evans, Kelvin Benjamin and Sammy Watkins. In the second round, the Denver Broncos selected Cody Latimer, who barely played his rookie season due to the presence of Demaryius Thomas, Emmanuel Sanders and Wes Welker. With Wes Welker departing via free agency, the opportunity has arrived for Latimer to show what he can do. In packages with three or more receivers, Latimer will likely line up on the outside with Sanders moving to the slot. The intelligent Latimer does not have the speed to burn a defense deep, but he has great strength for a wide receiver and is not afraid to be physical at the line or run routes across the middle of the field. He also excels at catching balls in traffic without needing much separation.

As a blocker, he may be the best out of all the receivers in his draft class. To compare him to any current players, think of a combination of Anquan Boldin and Brandon LaFell. If Latimer were not on the Broncos, he is exactly the type of player a coach like Bill Belichick would love to have.

Men's Soccer: Quick start puts Deacs in top-25

Neither team could really capitalize on their opportunities. The game quickly became scrappy with 16 fouls, including four yellow cards (two for Santa Clara, two for Wake Forest). Unfortunately, in the first half, frustration got the best of both sides.

The second half showed an entirely different Wake Forest, preventing a single shot on goal from Santa Clara. Spry was packed and cheering on the home team as the Demon Deacons were back in Spry playing against Florida International University.

Using the same starting lineup, the team was looking to build on the momentum of the last game by using the same starting lineup.

The goals started early on the 30th when Wake Forest center back Kevin Polite gave up a foul on the goal line edge of the penalty box.

The cross caused trouble for the Wake Forest defense. The ball struck off the post after a header, preceding another bounce off the left post, before finally falling to the feet of FIU defender Thibault Civiller, who slotted it into the net.

FIU came out with more pressure, but the Demon Deacons held strong and scored an equalizer in the 24th minute when in a tight space after some great passing. Brad Dunwell put the ball at Michael Gamble’s feet as he scored a curler from 16 yards out.

The final goal of the half came from Wake Forest’s Kevin Polite as he kicked a loose ball into the net. The FIU keeper, Arthur Clapot, couldn’t hold onto the ball. The assist went to Steven Echevarria.

In the second half, the fatigue started to get to the Demon Deacons and the constant subbing continued. Only 4 minutes into the second half, Jack Harrison cut through three defenders and fired into the back of the net from near the penalty spot.

With 20 minutes left to play, FIU capitalized on sloppy defending by Wake Forest as Paul Marie scored from short-distance, finding the top-shelf on a tough angle near the touch line to make it 3-2.

Wake Forest had difficulty creating additional chances and defending for the last 20 minutes, but they were able to come away with the win.

After two games, head coach Bobby Muuss was pleased with the results, but said there was a lot of room for improvement.

“We gritted out a win here today. It wasn’t pretty, but the only thing at the end of the season that you really see was that it was a win, it wasn’t a loss,” said Muuss.

There have been flashes of brilliance from the team during these two games and if they can keep improving on these performances, Wake Forest’s men’s soccer team will be a force to be reckoned with under Bobby Muuss.
Women's Soccer: Road trip halts Demon Deacons

Close matches against Alabama and Samford leave Deacons winless in first weekend of road trip

BY RYAN JOHNSTON
Sports Editor
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Following a sizzling start to the season, the Wake Forest women's soccer team cooled off this past weekend, the first of a four-week, early-season road trip.

A scoreless draw against the University of Alabama and a hard-fought 2-1 loss against Samford University didn't produce ideal results for the Deacons, but it didn’t lower the expectations of head coach Tony da Luz.

“It was a game (against Samford) we could’ve won. We dominated the game against Alabama and played great soccer, so I’m not concerned. We’ll bounce back,” da Luz said.

Wake Forest traveled to Tuscaloosa on Friday and despite registering a total of 18 shots, seven of which were on net, the Deacs couldn’t put anything past Alabama keeper Emily Rusk. The other net was just as protected, however, with Wake Forest sophomore keeper Lindsay Preston keeping the Crimson Tide off the scoreboard with two saves.

Despite the match being delayed twice due to lightning, Wake Forest kept their composure enough to establish a couple of great chances throughout.

Freshman Bayley Feist had two chances to put one away with her head in the opening half, but missed wide right with each opportunity. Despite the misses, da Luz had nothing but praise for the efforts of his freshmen. When asked if he’d seen growth from any of the younger players, da Luz stated that “all of them have grown quite a bit.”

The Deacons moved on to Samford University on Sunday, and although they struck first with a Sarah Tregarden goal just six minutes into the match, Samford’s experience and maturity proved to be too much for the young Deacons to overcome.

“It was one of the first games where I saw that our age and our strength and lack of maturity hurt us,” da Luz said. “Samford was a little older and more physical, but we’ll learn,” da Luz said.

Samford equalized in the 28th minute and took the lead for good in the 67th, despite Wake Forest’s fervent offensive pressure in the last 20 minutes of the contest. Bayley Feist, Jenai Davidson and Sarah Medina all took their chances in the second half, but Samford goalie Kate Peters was on her game and kept Wake Forest at one goal through the final whistle.

Head coach da Luz maintained that the loss could have been avoided, but Wake Forest tired quickly against Samford early in the first quarter, digging the Deacs into a hole they could not climb out of because the Blue Devils lost half of their starters from last season, expect Wake Forest to play with more experience, executing a smarter game plan.

With what will be 23 career starts for quarterback John Wolford by the time the Deacs host Duke, anticipate Wake Forest to snap what will be a five-game losing streak and defeat the Blue Devils 27-20 in Winston-Salem.

A 5-7 record for the Deacs would perhaps be a best-case scenario for the season, surely confirming Wake Forest has the right coach in Dave Clawson and that he is moving the team in the right direction.

Second year head coach Dave Clawson will look to improve in his sophomore campaign with the top-ranked recruiting class in Wake Forest history.

Leading through the game’s first three quarters, Deacon fans were optimistic about pulling off the upset, but down the stretch a lack of depth caused Wake Forest to ultimately falter, losing by ten points.

I think this year’s game has upset potential as I predict a great atmosphere at BB&T Field from the student body on the Friday before Halloween. But erring on the side of reason I must give Louisville the win of 27-23.

Continued from Page 11

Wake Forest, ranked 15th in the country, the Fighting Irish have big expectations for the season and will likely have no trouble handling Wake Forest. Led by 19 returning starters, Notre Dame will play smart and experienced football. To be competitive, the Deacs must limit turnovers (Notre Dame’s defense had the 15th most interceptions in the NCAA a year ago) and win the game at special-teams, getting stops on third down plays.

Even if the Deacs execute their best game plan, the Fighting Irish will probably still come away victorious.

Wake Forest will fall to Notre Dame 27-13.

In a competitive game 31-20.

Football: Finishing strong will be challenging

Continued from Page 11

—counted for 35 touchdowns and nearly 4,000 total yards last year. To defeat the Tarheels, the Deacs will have to limit big plays from Williams while taking advantage of North Carolina’s defense, which was the tenth worst defense in the FBS last year, allowing nearly 39 points per game.

North Carolina is one of the most unpredictable teams in all of college football, thus making a prediction of one of their games seemingly impossible. However, I predict the Tarheels getting the best of the Demon Deacons in Chapel Hill this year, winning in a competitive game 31-20.

Wake Forest vs. North Carolina State

The Wolfpack has not won in Winston-Salem since the fall of 2001, an impressive streak that may come to an end this year as N.C. State coach Dave Doeren has perhaps the best team in his three-year career leading the Pack. The Deacs will have their hands full as they face one of the more explosive running backs in the league in senior Shaadrach Thornton who ran for nine touchdowns and nearly 1,000 yards last season.

In last season’s game at Carter Finley Stadi­um, Wake Forest allowed N.C. State to rush for 362 yards, giving the Wolfpack its greatest yardage on the ground in nearly 25 years.

Wake Forest will struggle to contain the ever-improving Pack, ending N.C. State’s winless streak in Winston-Salem to the score of 38-24.

Oct. 24:

Wake Forest vs. North Carolina State

Coach Clawson likes football games played on Friday nights – just not at the collegiate level. “Fridays should be reserved for high schools,” Clawson said just last week, commenting on Wake Forest’s sched­uled game against the Louisville Cardinals.

A year ago, Wake Forest played one of its better games of the season against the Cardinals on the road at Papa John’s Field.

Nov. 14:

Wake Forest at Notre Dame

Coming off what will be a much needed bye week, the Demon Deacons will travel to South Bend, Ind., to face the Fighting Irish of Notre Dame. Wake Forest has only ever played Notre Dame twice, the last be­ing a loss in 2012.

Proence ranked 11th in the country, the Fighting Irish have big expectations for the season and will likely have no trouble handling Wake Forest. Led by 19 returning starters, Notre Dame will play smart and experienced football. To be competitive, the Deacs must limit turnovers (Notre Dame’s defense had the 15th most interceptions in the NCAA a year ago) and win the game at special-teams, getting stops on third down plays.

Even if the Deacs execute their best game plan, the Fighting Irish will probably still come away victorious.

Wake Forest will fall to Notre Dame 27-13.

Nov. 21:

Wake Forest at Clemson

When ESPN visited Winston-Salem on Thursday, Nov. 6, 2014 it could not have predicted the competitive game it pro­duced. The Deacs arguably outplayed the Tigers for a majority of the game, taking advantage of most opportunities Clemson gave them.

One of those opportunities came as kick­er Mike Weaver connected on a 50-yard field goal with 27 seconds remaining in the first half.

Similar to the Notre Dame game, the Deacs may finish on the losing side even if they execute their gameplan.

Clemson vs. Wake Forest 41-14, showing off its superior offense and defense.

Nov. 28:

Wake Forest vs. Duke

After playing Notre Dame and Clem­son on the road in back-to-back games the Deacs will likely be hanged up from the physically both teams offer.

It will be vital for the Deacs to shake off their inevitable bruises of the past two weeks and prepare themselves for a winnable final game.

Last season Duke jumped to a quick lead early in the first quarter, digging the Deacs into a hole they could not climb out of. Because the Blue Devils lost half of their starters from last season, expect Wake Forest to play with more experience, executing a smarter game plan.

With what will be 23 career starts for quarterback John Wolford by the time the Deacs host Duke, anticipate Wake Forest to snap what will be a five-game losing streak and defeat the Blue Devils 27-20 in Winston-Salem.

A 5-7 record for the Deacs would perhaps be a best-case scenario for the season, surely confirming Wake Forest has the right coach in Dave Clawson and that he is moving the team in the right direction.

Close matches against Alabama and Samford leave Deacons winless in first weekend of road trip
LIONS, TIGERS AND JAGUARS ... OH, MY!

We're already back in the Work Forest grind. Go explore the Big Cats Conservators Center for a great break!

BY KENT GARRETT
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As Wake Forest students, we're pretty fortunate to have quite a lot going on around campus to keep us entertained. Whether it's attending events planned by Student Union, being able to watch our sports teams play in ACC competition or exploring Reynolda Village, we've got it pretty good as students in terms of finding something fun to do.

But even with all that Wake Forest has to offer, you may find yourself wanting to get away from campus for a day. There's all kinds of local things you could do that are within a 30 to 40 minute drive off campus.

There's beautiful Pilot Mountain, which offers great hiking trails and the opportunity to rock climb. Hanging Rock State Park also offers some beautiful mountain views and has a lake you can swim in during the spring.

You can drive over to Greensboro to check out the ACC Hall of Fame or visit the many historic landmarks that are throughout the city. There's truly quite a few activities that you can do if you feel like exploring the triad.

I'm a senior at Wake Forest, so trust me, I've had my fair share of days where I've just wanted to get away and do something fun off-campus. As the years have gone on, I've expanded my radius further and further out to find something cool to do.

This past summer I went on one of my favorite day trips yet: the Big Cats Conservators Center. The Conservators Center is a conservancy in Burlington, N.C., (about 80 minutes east of Winston-Salem) that has about 20 species of exotic animals, including 25 big cats (lions, tigers and leopards). The Conservators Center is different from a zoo because you go on a guided tour that gets you much closer to the animals.

In addition, you don't have to deal with the obnoxious crowds that can really mess up your normal trip to the zoo. The tours last about an hour to an hour and a half and are only $7 for students.

I had heard about the Conservators Center through some friends and decided to check it out myself. Burlington is about 80 minutes away from Wake Forest but only 30 minutes away from the University of North Carolina at Chapel Hill so I reached out to my sister (who attends UNC) and had her join me over at the Conservators Center. We decided to go on one of the center's twilight tours — a unique, two-hour tour that began around 6 p.m.

The tour allows guests to see the big cats at their most active times of day, as well as view some of the Center's nocturnal animals. Our tour guide, Mandy, took our small group on a tour of the center, where we were treated to gray wolves that were howling at each other and fennec foxes hopping around.

My sister's favorite was the tiger exhibit, which had five tigers interacting with each other. I actually enjoyed the genet, a nocturnal animal that was quite active that evening! The tour had a great mix of animals, and we both enjoyed seeing the range of animals at the center.

After the tour, my sister and I asked our tour guide what a popular restaurant in the area was, and she told us to check out Stokley's BBQ. Because I'm a huge BBQ and Southern food person, I knew this place would be right up my alley.

My sister had the Brunswick stew and loved it, while I enjoyed some pulled pork and mac n' cheese (nothing like Carolina BBQ, in my opinion).

I'm a huge fan of Winston-Salem and I love staying around the area, but every now and then it's fun to check out some other great places in North Carolina. Heading to the Conservators Center was one of my favorite trips, but there is still quite a bit to do in the Triad.

I recommend looking up something online, figuring out what day works best to visit there, and researching a place to get dinner or lunch after if it's a bust. Wake Forest is pretty great, but sometimes it's nice to get away.

Graphics by Kelly Guin/Old Gold & Black
Take time to relax at school

Health Column | Relaxation

Despite the pile of work looming overhead, don't forget to carve out time to relax this school year.

BY NICHOLAS DEMAYO
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No trip to Hanes Mall is complete without a stop at the Brookstone store. Recently, a trip to the mall with my roommate ended ceremoniously with a visit to Brookstone and a "five minute" trial on one of their massage chairs which rival a Wake Forest meal plan in cost.

So you can eat or you can get massaged by a robot-chair. Priorities, sadly, for a second. But that was because it was so relaxing. For the entire time the chair's little robot arms were kneading my back like a dough mixer, I was not thinking of work that needed to be done or about the embarrassing things I had done the night before. The massage chair, the Coldplay song playing on the stereo and my view of a mother yelling at her small child were the only things in the world at that moment.

I thought to myself, had I had one of these chairs sooner I could have saved so much money on all the mental health counseling I have gone through. I could have saved so much time for not having to be told how to relax. Perhaps I would be less stressed-out. Hell, I might even want to go to sleep.

However, it was just like my therapist said, "If you ever feel too stressed out, break out of your mind and just focus on what you can observe around you." What do you see? What do you feel? What can you smell?

This is a classic relaxation technique, caught by probably every clinical psychologist on the planet, and it is called "grounding." It could be the best tool you can use to combat even the most intense emotions that plague your mind while at college.

I found, though, that grounding is different for everybody. My roommate said that his experience on the same Brookstone massage chair was not at all relaxing, and no amount of "loosening the shoulders a bit and taking deep breaths" could have made it any better.

But later on that day, I found my roommate's "Brookstone chair" moment. We were kneading our backs like a dough mixer, our mental health counselors were giving us the monthly update and my therapist said, "Let it be quiet," he said.

"That's the best thing about convertibles," he continued, "when the top is down you can experience everything around you, listen to the other drivers, shave the grass from the field you're driving past, smell the grass in the field you're driving past, and see the moon above you in the sky." That is grounding. I could tell by the look in my roommate's eyes that the only thing he had on his mind on that point was pushing that BMW to its limits and shifting the gears at the perfect moment.

I recommend to all of you, especially those of you who are new to college life, to find your place where the things you have to do or the things you have done do not matter. Go to that place often. Get grounded there. Do not let yourself out until you experience your "Brookstone chair" moment. It may be the best thing you can do to relax in this crazy college atmosphere.

Album Review | Angels and Alcohol

Alan Jackson proves he's still got it

Country singer Alan Jackson is back and better than ever with the release of his latest album.

BY BOONE AIKEN
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We can all take some comfort in that: It's Five O'Clock Somewhere" as the relaxation of summer vacation and the thrill of orientation week come to a close.

Singer and song-writer Alan Jackson — who performs the aforementioned song along with Jimmy Buffett — recently released his 20th studio album, Angels and Alcohol.

After releasing Thirty Miles West in 2012, Jackson flew under the radar for a while as new country stars like Jason Aldean and Luke Bryan began to climb the charts.

With the release of Angels and Alcohol on July 17, Jackson fires back, bringing a more traditional vibe to the ever-changing country music industry.

As "pop-country" continues to rise, Angels and Alcohol provides a glimpse of hope that the acoustic-based and lyrically moving country of the early 2000s will not completely die out.

The album features 10 original tracks, seven of which were written by Jackson. Songs such as "When God Paints" and "Angels and Alcohol" are slow, acoustic ballads that demonstrate why Jackson is one of the best of his era.

With only an acoustic guitar and a small amount of help from his band, he uses his lyrics to share some of his personal stories, life experiences and lessons learned with his listeners.

"When God Paints" expresses Jackson's view of the world which includes the idea that the simple things in life are the most beautiful.

"I've never had an addiction to alcohol. In "Angels and Alcohol," he brings out some of his personal life by warning the listener of the dangers of mixing one's love for others with an addiction to alcohol.

All of this being said, however, this warm and smooth style isn't all that Jackson's new album has to offer.

In "Mexico, Tequila and Me," Jackson and his band use an accordion and a fiddle to deliver an upbeat tune that will appeal to all of the beach bums out there.

As great as Wake Forest is, I'm sure many of us would rather be relaxing in paradise rather than sitting through hours of class each week.

Similar to this song, "Jim and Jack and Hank" is the perfect fit for a honky-tonk with some buddies on a Friday night.

Songs such as these diversify the album and add a rowdy element.

I would recommend this album not only to country music fans, but also to listeners who enjoy an acoustic style with powerful vocals.

Since the release of his first album a whopping 25 years ago, Jackson has climbed the charts with many of his hit singles and popular albums.

Teaming up with some of the industry's greats such as Jimmy Buffett and George Strait, Jackson has made a name for himself over the course of his career in an astounding way.

However, it is his 20th album. Will Angels and Alcohol mark the end of the singer's career?

Well, we don't know yet, but in the meantime, we can enjoy yet another one of his fantastic contributions to country music.

Exercise in Winston-Salem

Here are our picks for the best places to work out off campus. Trust us, they all beat the Miller Center.

1. Pure Barre Winston-Salem

114 Reynolda Village

Pure Barre delivers a total body workout and is within walking distance from campus.

2. Robinhood Road YMCA

3474 Robinhood Road
A monthly fee buys access to clean facilities and group exercise classes.

3. Paz Studios

633 N. Trade St. This boutique studio, located in the Arts District downtown, offers classes every day of the week. Try a pilates, hot Vinyasa yoga or core basic class!

4. The Rush

400 W. 4th St. Located in downtown Winston, the spacious gym offers an exciting atmosphere and high-end equipment.

5. The Breathing Room

918 Bridge St, NW

Relieve some stress after a long week of classes with yoga and massages offered at

Drink of the Week

SWEET TEA SANGRIA

Welcome to North Carolina! We love our sweet tea, so grab some friends and sip your way into the South with this mixed drink.

6 cups sweet tea
1 bottle white wine
2 cups raspberries
2 cups sliced peaches
fresh mint

Mix sweet tea and wine together before adding the fruit. Let chill for two to three hours. Pour into glasses and garnish with fresh mint.
Amy remembers tragic life of pop icon

BY ASHWARYA NAGAR

Asif Kapadia's documentary on Amy Winehouse delivers an emotional account of her life

**Movie Review** | **Amy**

**Food Spotlight** | **Pizza**

**Straight out of the oven: delicious pizzas**

Instead of trying a typical chain next time you crave something yummy, go off campus and try a great Italian restaurant

**BY HOPE GAME**

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It's hard to pass up a big slice of pizza with all your favorite toppings. Pizza is by no means a recent trend. Most of us grew up eating Bagel Bites, attending birthday parties with stacks of delivery pizza or having weekly dinners out with the family at your local pizza joint.

Sophomore year, I studied abroad with the Wake Forest program in Venice, Italy for a semester. There, I was spoiled with abundant resources of really amazing, fresh pizza. After returning, I was disappointed with the bland Italian food options the campus dining establishments have to offer.

Lucky for me, and all my fellow pizza-fanatics, authentic Italian pizza is being served right in our backyard. Don't get me wrong, Zicks and the personal pizzas from Subway are great, but these three pizza joints will give you a taste of Italy in your own backyard.

**Mission Pizza Napoletana**

Mission Pizza is located in the Arts District downtown close to the intersection of 7th Street and Trade Street. The minimalist, sleek interior design of the restaurant creates a hip spot you won't mind spending a couple hours with friends over a couple of drinks and pizzas.

All pizzas are a standard 12 inches. Although the pies are on the pricier side (anywhere from $9 to $16), you won't be disappointed.

My favorite pizza is the Prosciutto Arugula (cherry tomatoes, fresh mozzarella, prosciutto, arugula, pesto, and basil). From the slight char on the pizza crust to the high quality ingredients, I could tell the chefs not only care about the food they serve, but also know how to make authentic Napoli-style pizzas.

Despite the long wait during weekend dinner hours, we were invited to the bar and ordered drinks while our table was prepared. But after you are seated and order your pizza, you won't have to wait long — the wood-burning ovens, typical of one you would find in Italy, bake pizzas in 20 seconds.

If pizza isn't your thing, still check out Mission. They have salads, meatballs, pasta and a risotto dish upon request. My personal favorites were the Angiolloti (fried dough with tomato) and roasted Cauliflower Wedge with goat cheese.

**Burke Street Pizza**

Burke Street Pizza is perfect for a night you want to order out. They have two locations in Winston-Salem and deliver, too!

The pizza never takes long to prepare, and they have a large assortment of traditional toppings to choose from.

Step out of your comfort zone and try their lasagna pizza, double cheeseburger pizza or chicken alfredo pizza. You can order a 12, 14 or 16 inch from $10.50 to $20.25 depending on size and topping choices.

If you want something different, their garlic knots, fried ravioli and subs are delicious.

I recommend trying the place out on Burke Street late after going out downtown — you can walk right up and order a pre-made slice for just a couple dollars. It's greasy; not super high quality, but delicious nonetheless.

**Vincenzo's Italian Restaurant**

Vincenzo's has been in business in Winston-Salem for over 50 years, a true testimony to their delicious dishes. All their New York-style pizzas are customizable. Choose from one of 12 inch, 14 inch or 20 inch depending on your appetite. Choose your own toppings from anchovies and ham to sausage and pepperoni. Although it's a pretty typical, no-fills pizza, it's some of the best in Winston-Salem.

You won't have to wait long since they have a lot more than just pizza! Choose from one of dozens of main dishes like Ala Vincenzo's Pasta (pasta with mozzarella cheese with a house meat sauce), Veal Scaloppini or a 12 ounce rib-eye.

I recommend trying them out during their weekday lunch hours when you can get an eight inch pizza with one topping, a salad and drink for $6.99.

So next time you and your friends are about to order Dominoes, hit up one of these spots in Winston-Salem for a fresh and different slice of pie.
KEEP CALM AND LOG ON

Don’t wait for an emergency to get to know Wake Alert.

Go to Wakealert.wfu.edu and bookmark the site that could save your life.
(or ensure an extra hour of sleep when it snows)
Sweet summertime memories wane as the reality of school sets in. Gone are the lazy days spent lounging by the pool, and here to take their place are endless pages of reading and stressful all-nighters. But that doesn’t mean fun times are over! The onset of fall provides the perfect backdrop for a relaxing road trip with your closest friends.

North Carolina is trimmed with gorgeous sites across the state. The Blue Ridge Parkway and the Cherohala Skyway are popular attractions to native Carolinians and tourists alike because of their breathtaking views and natural landscapes. Winding through mountain towns and national forests, these scenic drives are ideal options for a road trip adventure.

Whether you’re headed up the road or across the country, follow these essential road trip rules for the ride of a lifetime.

Map your journey. To some extent a road trip should be impulsive, so avoid over thinking in order to enjoy every mile without expectation. However, gas isn’t cheap. Roughly plan your trip and some of the must-see stops along the way, but leave time for the surprise sites that just might steal the show.

Make a playlist. Music selection can make or break a road trip. Depending on the mood and energy level in the car, create a playlist of the perfect road trip go-to songs. If you get tired of listening to music, try listening to podcasts, audio books or stand-up comedy routines to pass the time.

Pick your co-pilot wisely. The position of co-pilot is crucial to a successful road trip. He or she should not only have great taste in music, but should also be committed to keeping the driver awake and entertained. As you approach early morning hours after a day full of driving, the co-pilot will keep you alert.

Delegate a navigator. Road trips often lead us on winding paths to unknown destinations. Select a passenger as the navigator to help find your way. This way the driver won’t feel overwhelmed with additional stressors and can keep both eyes on the road at all times.

Be safe. Road trips require a lot of responsibility. As you explore new and unfamiliar territories, safety should be your first priority. It’s easy to become distracted by banter with friends, your favorite song on the radio or the grand views surrounding you, but remember to keep your eyes on the road at all times. Maintain a full tank of gas to avoid car troubles along the way and always stop if you are too tired to drive.

Take time to enjoy. Often we get so consumed with technology that we lose focus on what is in front of us. Between Snapchat, Instagram, Facebook and Twitter it is easy to get wrapped up in a social media world and forget to enjoy the moment we’re in. Take pictures, post them, tell your friends about your adventures, but don’t forget to enjoy the present.

The next time you’re thinking of hitting the open road, follow these easy steps. Oh, and buckle up!