Groundbreaking on Sutton Center and McCreary Field House will occur during a campus-wide celebration in September.

BY KRISTOPHER KOLB
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The university's Reynolda Campus has experienced a radical transformation in the past five years. Now, the Sutton Center and McCreary Field House will join the ranks of new buildings on campus.

The groundbreaking of these new athletic centers on Friday, Sept. 5 is part of a daylong event dedicated to well-being on campus.

The Sutton Center is the first of several construction projects aimed at improving the campus's athletic facilities. The 46,000 square foot space will be connected to Reynolds Gym via a glass atrium.

The project was primarily funded by a $12 million gift from the family of Wake Forest graduate Ben Sutton Jr., although the project is estimated to cost around $60 million in total.

The Sutton Center is expected to be completed by fall 2015 as part of the first phase of construction. Renovations to Reynolds Gym and other athletic facilities is expected to comprise the second and third phases.

"Phase two and three could theoretically be completed in the next three years," said Keith Callahan, Wake Forest's director of planning and construction, and project manager of the renovations.

Renovations will occur incrementally in order to reduce disruptions to campus life. "We are phasing it to leave portions of the gym open during construction," said Callahan.

The timeline for these developments is largely dependent on fundraising from the ongoing Wake Will campaign, with the current goal to begin construction next summer.

The design plans for the renovations and enhancements will be formally unveiled at the Sept. 5 event.

Current plans include enhancements to Student Health Services, renovated basketball and volleyball courts, a juice bar, yoga and meditation spaces, a complete renovation of the pool and new fitness equipment.

Several members of the community have praised the proposed developments.

"I think that it is a huge step forward for Wake Forest athletics and the university as a whole. Not only will this attract top recruits, but it will also put Wake Forest at the

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Projection of the end result of renovations to Reynolds Gym, as part of ongoing enhancements to the university's athletic facilities, including the construction of a new field house.

Graphic courtesy WFU

Security cameras installed in dorms

In an effort to increase the security of residence halls, new safety measures have been implemented on campus.

BY IAN RUTLEDGE
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For the past several years students have returned from the summer to an altered campus. The additions of the Magnolia and Dogwood, as well as the refurbishment of the Student Apartments marked the most recent alterations to the face Residence Life & Housing on campus. However, this summer some dorms underwent a more subtle change.

Numerous security cameras were added to the halls and public areas of the Magnolia and Dogwood residence halls. The security cameras were added in response to just under $5,000 in damage that occurred in the first year of the dorms' being open.

"The trend in higher education facilities is to add cameras to Residence Halls as a measure of safety and security," Donna McCalliard, dean of Residence Life & Housing, said. "Secondly, camera installation significantly reduces the amount of vandalism. That point in particular resonated with Campus Life leaders as we assessed and responded

See Cameras, Page 4
As August comes to a close, first-year students all over the nation are arriving on their college campuses for the first time. When the university’s largest incoming class ever converged in Winston-Salem this past week, some students were presented with a slightly different living situation than those of previous years.

The needs of a constantly increasing class size has forced the university to test the limits of South Campus’ capacity. In Collins, South, Babcock and Luter residence halls, rooms typically meant to accommodate two students now may squeeze in up to three.

Most upperclassmen acknowledge that the beginning weeks of a student’s first year can shape his or her college experience, and, thus, it is puzzling that university would put its newest students in such a situation. Having once been freshmen, the editorial staff can certainly appreciate the rather small size of some of the rooms. Adding a third person to an already tight double could force students to spend more time away from their room, forcing them to miss out on forming crucial bonds with their fellow hallmates.

By boosting overall enrollment, the administration clearly hopes to increase the university’s national recognition and reach, which would benefit both students and alumni. However, this should not be done at the expense of future generations of Wake Forest students.

Hopefully, the administration has plans in place to construct new housing for first year students, but that is at least a few years away from completion.

As the editorial staff examines this issue, a more intriguing debate reigns: how should the university change to accommodate more students in the future? While we recognize the benefits of a larger school size, is that what the Demon Deacon community really wants? If the university doubled in size to nearly ten thousand students, or increased by even 50 percent, it would no longer be the place many of us chose to attend over other schools.

The university prides itself heavily on its small class size, a factor that would change dramatically if attendance increased. Students thrive off of the individual attention offered by professors to their students and if every classroom became filled to the brim of people, the student-professor relationship would diminish. They would not learn your name. They would not get to know you, or be as available for office hours. Most students would become lost in a sea of faces.

Keeping our student body small also encourages bonding as we all cross paths on a daily basis. Students might not form friendships that they normally would have made because they fear leaving their close-knit group of friends and getting lost in the crowd.

Wake Forest promotes a sense of community lacking in many large institutions. Any plan that reduces the closeness of this community thereby goes against this value we cling to so fiercely.

We all want to see the university become more recognized on a national, or even international, level. We do not, however, want to see it lose its most important trait: the ability to move up a couple spots in the US News & World Report rankings.
After meeting him in class, how did you go through research just to slap wasn't very receptive and rightfully so, my grades weren't very good and I hadn't per-
tact any student and constantly bothered me. When I first got there, I had no
When I got in there, I had no idea what was going on. It seemed like they
And if you weren't exposed to this in high school, it was quite a challenge at first. It
Well, I was interested in science when I got here and doing something healthcare related, whether that be the pre-med track or possibly pharmaceuticals.
I pretty much knew when I got here that I was going to be a chemistry major and Wake was basically the best school that I was offered admission to. I didn't necessarily choose Wake solely because of the chemistry department, I also liked a lot of the university's other characteristics. The campus was beautiful and the people seemed nice, so all around it was a great fit.
What led you to attend Wake Forest and pursue a degree in chemistry?

How did you first meet Bierbach?

Bierbach was the professor for my General Chemistry I lab. It's kind of funny, because when I first got there, labs completely over­whelmed me. When I got in there, I had no idea what was going on. It seemed like they just threw me in this lab with chemicals and said, "Go."

And if you weren't exposed to this in high school, it was quite a challenge at first. It reminded of dance recitals when one girl doesn't really know what to do and follows someone else's lead. That was me, except in a chemistry lab.

Bierbach has seen the complete transformation of me going from that to who I am now.

After meeting him in class, how did you get to doing research?

I knew that I needed to do research in some way. So I literally just went to Bierbach's office and asked him. At first he wasn't very receptive and rightfully so, my grades weren't very good and I hadn't per­formed well in my first lab.

It was all about persistence from that point. I stressed that I would work harder than any student and continually bothered him about it.

I knew that I might not be the smartest kid, but I could promise that I would give 110 percent. I got the feeling that some kids might have gone through research just to slap something on their resume, but I didn't want to be one of those students.

When did you first start doing research?

I shadowed during the fall of my sophomore year, and then I started my own re­search during the following spring.

The first research I started with was a computational project. The entire lab is a medicinal chemistry drug development program.

It's funded by a grant from the National Institutes of Health and partnered with Wake Forest Innovations. It combines aspects of computational chemistry, synthe­sis (the actual combining of compounds to make drugs) and mechanistic work (the testing part).

My first research, which eventually sent me to Dallas for the American Chemical Society National Meeting, was in a computational role. That's essentially the first step of drug design.

The job that I had was to make predic­tions of how viable the drug models were in real life. A good analogy for what I did was looking at the stages of the plot of a book or movie.

How did you make sure that the drug doesn't attack non-cancerous DNA?

In that sense, there is a beginning, middle and end. You start out with our drug holding water, and then it goes through a transition state where it also grabs a piece of DNA, after that it drops the water so it's just holding the cancerous DNA. The drug then would render the cancerous DNA dys­functional so it cannot replicate.

How did you make sure that the drug doesn't attack non-cancerous DNA?

That's a fantastic question, we need to make drugs that only bind to cancerous cells. That's exactly where my research comes from. I focus on modeling potential drugs through complex mathematical soft­ware, as opposed to the graduate students who make the physical drug. Most people don't even understand the full power of the software, except for those that made it.

It more or less gives you the relative ener­gies, or how quick it binds to DNA. One of the ways you can make the cancer drugs more selective to cancer cells is by changing how fast it reacts. You can use different models to determine how fast or how slow the drug will bind to DNA.

Have you been doing the same research since you first started?

Yes, I did this up until my presentation last spring at the ACS. But I'm about to pick up a new project. Before I studied the beginning stages of drug development, but now I'm focusing on the later stages of drug design.

Whereas before the target was lung cancer, now it's primarily breast cancer. Now I'm generating formulas for delivery and to test animals. That, I think, is one of the coolest things about the project. It's kind of like the Trojan horse, only instead with DNA.

Can you elaborate on what you mean by that?

Basically we want to design things on the surface of our drug to allow it to enter the cancer cell. So in this case, the cancer is Troy and our drug is the horse carrying the Greeks inside of it. This project is just about to begin, and I'll be working primarily with Ravi Singh.

I think that what I did computationally is a big part of the future of drug discovery. With this, we could build these drugs, then run the calculations and finally check them. Some would work, some wouldn't, so you would have to change certain things like bond lengths and angles.

That was hard, but at the end of the day I could model a reaction relatively quickly, usually in about a week. If you actually wanted to build the drug and test it, the whole process could take several months.

Can you explain a little more about the models that you run?

So I would get these energy readings, and then model them and compare the results. They are transition energies.

A good comparison is boiling water. If you are boiling water, it takes a certain amount of heat to make it boil. In this case, it's how much energy it takes for the reac­tion to occur.

I would take a group of different com­pounds and test my hypotheses about which would react the fastest. A simple solvent could bind the fastest would be the most toxic for the cancer drug. The graduate stu­dents at the Wake Forest medical school built these same drugs. This research in par­ticular is in the process of being published.

After you complete your undergraduate degree, what are your future plans?

I'm hoping to attend medical school, and here's how I would love to attend Wake Forest again. I'm also interested in the Vir­ginia and D.C. area, so schools like George Washington and Georgetown.

In addition to Dr. Bierbach, I'd like to thank Amanda Pickard and Mu Yang, who were part of my previous research. Sond Ding will join me in my work with Dr. Singh.
Cameras: Security changes manifest in dorms

Continued from Page 1

to a rise in incivility resulting in repairs to
the residence halls costing well over
$50,000 last year."

Magnolia and Dogwood are the first res-
didence halls on campus to have security
Cameras including all public areas, yet,
according to McGalliard, it is expected
that cameras will be added to other dorms
in future years.

"As time and resources are made available
in coming the coming years, cameras will
be added to each of the remaining
residence halls, again for the purpose of
safety, security and as a deterrent to inci-
divity," McGalliard said.

Generally, the student response has been
positive towards the new addition and many feel that the added cameras will
provide greater security.

"I think the addition of the cameras is a
great idea," senior and resident of Magnolia Maddie Brown said.

"The cameras are only in the halls and
other public areas so I don't feel as though
I'm losing any privacy through their addi-
tion and it definitely makes me feel safer
in the dorm. I think it will result in the
deterrence of all types of criminals."

Anne Hillgartner, another resident of
Magnolia, added, "The addition of the
cameras is pretty irrelevant to me. If it
cuts down on vandalism or adds to the se-
curity to the dorm then I think it's a good
investment, but I don't feel like it really
affects me."

Even students who are not residents of
the dorms agree that the addition of the
cameras and the plans for more cameras
around campus is an overall positive change.

"I honestly surprised that Wake is just
now getting cameras in its residence
halls," junior Tucker Ammons said.

Incidents of vandalism have been cited as a primary motivation behind the university's decision to place cameras
in residence halls. The above is a dramatization of a potential vandalization attempt.

University launches Thrive initiative for wellbeing

Sept. 5 festivities serve as official
kickoff for the campus-wide
holistic wellbeing initiative, Thrive

BY KRISTOPHER KOLB
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In April 2013, university officials
took the first step to seriously
cuss a holistic approach toward addressing
wellness among members of the university
community.

On Sept. 5, the results of these meetings
come to fruition when the Thrive ini-
tiative launches.

"We did extensive research and came up
with eight dimensions of wellbeing," said
event and project manager in the Office of
the Provost, Samantha Perrotta, who has
worked on the initiative since its inception
last year.

Thrive claims to address emotional,
environmenal, financial, intellectual,
occupational, physical, social and spiritual
wellbeing.

These "dimensions" form the core pillars
of the wellbeing initiative and run thron-
ally throughout the entire campaign and
related events.

The kickoff event for Thrive will take place
Friday, Sept. 5 (rain date Sept. 12) on
Manchester Plaza.

The kickoff event is comprised of a camp-
us-wide festival, featuring vendors and
booths dedicated to the eight dimensions
of wellbeing.

The festival will also feature catered food
and a perennial campus favorite, puppies
on the quad.

The centerpiece of the event is a 90-foot
long, dynamic installation in the shape of
a leaf.

The installation will be completely in-
tractive, with a thematic concept of parts
making up the whole.

"We hope to mobilize the innate curiosity
of students with the Thrive leaf," said Penny
Rue, vice president for Campus Life.

The planning committee intends to pro-
mote the event, and the initiative as a whole
moving into the future, via social media
platforms.

The administration is exploring other
forms of outreach to students including a
potential smartphone application.

"We know where student's eyes are look-
ing," Rue said, emphasizing the need to
connect with students, faculty and staff on
a personal level.

President Hatch has prioritized wellbeing
in his administration's long-term time-
line for the university's development, with
Thrive serving as the catalyst for this com-
mmitment.

"Our hope is that the Thrive initiative
will be a groundbreaking type of way to
approach wellness across a whole set of di-

mensions," said Mary Pugel, chief of staff
for the Office of the President.

The administration hopes to foster a
greater sense of wellbeing by providing stu-
dents with the skills needed to prosper both
at Wake and following graduation, as well
as highlight existing campus resources, such
as the University Counseling Center and
the Office of the Chaplain.

"Our ability to have a campus that me-
student needs builds a stronger student
body," Pugel said.

Additionally, the administration plans to
innovate student to act as peer leaders, in
way that is expected to be a multi-year process to dis-
fuse a mentality of wellbeing into campus
culture.

Students have become increasingly aware
of the university's need to address wellbeing
issues.

"I think we're lucky to live on a campus
where most people care about being active
and healthy, and one which gives us a va-
rity of ways to do that," said sophomore
Charlotte Bellomy.

"But our campus needs to focus on enter-
ing mental health into the discussion. We
can't be afraid to talk about it and expect
things to change."

The university's wellbeing initiatives will
integrate with the University's Page 4 | Thursday, August 28, 2014
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State legislature ends tax program for filmmakers

A tax incentive that benefited productions in N.C. will expire in January

BY MOLLY DUTMERS
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The North Carolina state legislature did not renew tax incentives for in-state film and television productions. This decision will cause people working in the North Carolina film industry to hold out hope for a last-minute extension to the tax credit program or they will likely have to take their productions outside of the state.

The tax incentives that were offered to production companies filming projects in North Carolina were some of the most extensive in the nation. North Carolina developed their current tax incentive program in 2005, making it one of the first states to offer major tax incentives to production companies.

In recent years major productions like The Hunger Games, Showtimes' Homeland and CBS's "Under the Dome" have been filmed around the state. On Aug. 4, scenes from the upcoming film adaptation of Nicholas Sparks' novel The Longest Ride were filmed at the university's campus.

The tax incentives, as well as North Carolina's geographic diversity and low labor costs have made the state a popular choice for film set locations. Despite heavy lobbying efforts from members of the North Carolina film industry to keep the tax breaks in place, the state legislators opted not to renew the program and it will expire at the end of the year.

The end of the tax incentive program could also affect Wake Forest students interested in pursuing a career in film production in North Carolina. "The changes to the tax laws will drive up production costs for movies filmed in the state," senior film studies minor Harmony Motlove said. "This will bring fewer filmmakers to North Carolina and result in fewer jobs for local communities."

Nine-year-old girl accidentally shoots instructor in Arizona

A nine-year-old girl in Arizona accidentally shot and killed her shooting instructor on Wednesday, Aug. 27 during her lesson.

Charles Vicca, 39, was teaching her how to operate an Uzi. The recoil from the automatic fire caused her to lose control of the weapon and shoot Vicca in the head. The parents were present and recording the lesson as the shooting happened.

Bullets and Burgers, the shooting range where the accident took place, states that children ages eight and up may shoot a weapon if accompanied by a parent and instructor. Sam Vaccaro, a range operator, said that policy was standard, but that Bullets and Burgers will be reviewing its current safety procedures.

Students at N.C. State developing drug-detecting nail polish

Four students at North Carolina State University are developing a nail polish intended to change color if you dip your finger into a drink containing a common date rape drug, such as Rohypnol or Xanax.

The startup is called the Undercover Colors, and their slogan is, "The First Fashion Company Empowering Women to Prevent Sexual Assault." The four men who began the project are declining interviews until the product is further developed.

Though the idea has been covered by many media outlets, some wonder if it will really solve any problems. A study by RTI International only linked date rape drugs to about 0.6 percent of sexual assaults, with over intoxication being the number one cause.

Tensions increase between Russian and Ukrainian forces

According to the Ukrainian government and its Western allies, Russia continues to aid the pro-Russian rebels through what has now been deemed as a "stealth invasion," involving the provision of small platoons of armored troops. Russia and its President Vladimir Putin have vehemently denied any involvement in the conflict, despite the evidence to the contrary, as well as the continuous fracturing of political relationships with the United States and its European allies.

The conflict, which has now persisted for approximately five months, has led the U.S. to impose increasingly punitive economic sanctions on Russia. Many analysts believe so long as Russia is willing to remain involved, the conflict will endure.

Aspire to Lead: The PwC Women's Leadership Series

In the Boorhill Auditorium in Farrell Hall, a broadcast of famed author and Facebook's COO will give a special guest speech on her perspective of how women can embrace leadership.

Following the "Aspire to Lead" series, there will be a discussion on key points of the broadcast and how to move forward in your professional and personal career. If you cannot attend in person, the broadcast will be streamed online at www.pwc.com/aspire.

The event begins at 6:00 p.m. on Tuesday.

Dean of College search

In light of the recent search for a new Dean of the College, a Listening Session will take place on Thursday in the ZSR auditorium on the fourth floor.

The event is open to all students who are encouraged to participate and ask questions such as: what makes Wake Forest unique? What are serious challenges for the Dean? What are the most relevant skills and personal attributes necessary for the Dean to uphold?

The Listening Session will occur from 11:00 a.m. till 12:00 p.m.
Groundbreaking: Renovations across campus

Continued from Page 1

cutting edge of sports performance in the entire country," said red shirt junior Aaron Fossas, closer for the baseball team. "These types of improvements are fostering greater expectations, which will ultimately lead to more wins and better results."

The renovations to campus have not been met with unanimous praise from the student body. Circumstances relating to the closure of campus facilities have been met with some criticism from those affected.

In addition to the systematic closure of portions of Reynolds Gym, the Leighton Tennis Stadium was permanently closed in early August.

Organizations such as Club Tennis have been displaced to the intramural courts, which have been criticized for their current condition.

Our opponents don't deserve to travel two hours to play on cracked courts. [The university] knows they have better facilities to use, Wake's known about this issue for three years and has done nothing about it," said Chris Ford, captain of Club Tennis.

A new access road will be constructed perpendicular to Wake Forest Road. Aside from minor traffic delays, the construction team does not anticipate any other significant additions.

Some students are concerned that the developments accommodate student athletes over the general student population.

The administration has assured that the renovations to the gym and other construction projects serve to benefit the entire university community.

"The facilities are designed to be a resource for all students, not just student athletes," said Mary Pugel, chief of staff for the Office of the President.

The construction projects, including an outdoor amphitheater near the Sutton Center, are designed to meet a variety of student needs.

The gym renovations and new field house are just part of ongoing development of campus, including retrofitting the Z. Smith Reynolds Library and other buildings across campus.

"The focus is primarily on renewal of existing buildings," said Callahan regarding future construction.

North Carolina passes coal ash regulations

The North Carolina State House and Senate passed a bill that enforces new regulations for coal ash plants

BY RACHEL WALLEN
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On Wednesday, Aug. 20, North Carolina lawmakers reached a compromise and passed a bill in response to the coal ash spill that occurred in February 2014.

Millions of gallons of wastewater spilled from a Duke Energy power plant into the Dan River starting on Feb. 2, including 39,000 gallons of coal ash.

The contamination spread 70 miles down the river, making it unsafe for residents to fish or swim.

After months of discussion, the North Carolina State Senate and State House each sent a bill to a compromise committee, which combined parts of both bills.

The final version was passed by both chambers last week and has been sent to Governor McCrory to be signed into law.

North Carolina is one of the first states in the country to pass a bill with specific coal ash regulations.

Four of Duke Energy's fourteen power plants in the state were deemed "high-risk," and all the coal ash in those plants must be cleared away within 15 years.

The nine-member commission would be a part of the Division of Emergency Management, a section of the Public Safety Department. It would be run by an individual appointed by Governor McCrory, should he decide to pass the bill.

Neither the governor nor his spokesperson has made any official statement on whether or not he will sign the bill into law.

The governor has voiced concerns that a particular part of the bill violates the state constitution.

For the commission that is proposed in the bill, a majority of the nine members will be appointed by the state House and Senate rather than the governor.

"I think this concept of creating commissions that are appointed by the executive branch, regardless of the subject. Because that means the legislature is doing the operations of state government, which is not their responsibility. I think there is a constitutional issue there," said McCrory in an interview on political talk show NC SPIN.

Environmentalists have also taken issue with the bill, arguing that it does not do enough to solve the coal ash dump problem in North Carolina.

If a dump does not clearly pose a threat to groundwater, it may be capped with plastic sheeting and dirt.

Environmentalists want all coal ash to be moved to landfills far from any water source.

The next step for North Carolina legislators is to determine who will be paying for the estimated $10 billion of cleanup costs.

Duke Energy will be able to seek permission in the next few months to push much of the cleanup costs it has incurred onto consumers.

State legislators did not solve this issue during the forming of the bill. Discussion over costs will begin when they return in January.
Sexual assault and other forms of harassment should not be taken lightly at Wake.

As the Class of 2018 marks the end of our first weekend on campus, we also mark the beginning of our college careers. And, like any good journey, the weekend is one of both self and outward discovery. Yet, I cannot help but feel a little deflated by the atmosphere surrounding these last few days. Forgive me for I can only report one, admittedly myopic, person’s perspective on the events of orientation, but to share is to remove the cover of ignorance, as Maya Angelou so elegantly expressed.

Let’s start with the positives. As the Southern setting demands, most people’s manners are well developed and functional. We as a community, seem “nice,” to quote Dr. King’s “Choosing Civility.” We are well educated, even with our lack of diversity. Most outwardly noticeable is the attention to personal detail. In that, I mean “my god we are a good looking group!” Quite frankly, most schools are thinking “I hope that’s when checking out our Demon Deacons. So good job everyone: we’ve managed to come to WFU with nice manners, nice upbringings, and nice bods. Or, to put it in plain terms: we’ve made it through orientation with a poker face.

Speaking of poker-her, let’s come to the most outwardly overwhelming concern (warning: there will be more horrible puns to follow). Gentlemen: women are not play things that you are entitled to nor are they prized trophies to collect.

Our hormones are raging, and, for probably the first time in forever, we are out on our own. This does not mean, however, that the ladies on the hall above or below us are intent on having a hormone craved sex frenzy.

For example, sauntering up to a good looking “babe” to ask for sex or to insist upon a kiss is both morally repugnant and exceedingly arrogant (sort of like this article). Further still, the pressure for a first year male to score a “chick” as a means to validate self-worth is atrocious. None of us know much of anyone on campus thus far.

Additionally, individual self-esteem is challenged by new settings and environments. These realities do not, however, excuse allowing the peer pressure of a few low esteemed chauvinists to dictate how we real men act and speak to women.

As we the Class of 2018 find our niches ... we must share a common code of morality.

We must continue with the individuality point. College is not high school; I wholly challenge the idea that one has to be in a group or clique to have an identity. Trying to find friends is one thing. Requiring 15 friends to act as travel companions is over the top.

It’s interesting to see the fraternity/sorority headed students already bunching together even as separate debate, sports and international groups seclude themselves socially. College is about the exchange of new ideas. How is one supposed to overcome his or her ignorance if he or she only associates with those of the same background and ideology? I concede that these are the natural friends to first make contact with. However, the last four days have been about opening oneself up to encounter new people and experiences.

Don’t reject diversity so quickly. Explore it.

On a more personal note, let’s discuss the PREPARE talks. As a sexual assault victim, I take this issue extremely seriously, as all people should and must do. Going through a presentation on sexual assault was nothing, less than heartbreaking, and extremely painful for me. The tone of seeming indifference by my fellow classmates to both rape victims and using alcohol as a means to illicit sex crushed me.

These issues are not ones to be laughed off carelessly. They are life altering experiences that shape victims’ lives. Summon up that maturity. Take the matter seriously. You wouldn’t want to be in those shoes tomorrow night.

Wake Forest is an excellent school, learning environment and community of people. However, as we the Class of 2018 find our niches in it, we must share a common code of morality.

Don’t be afraid to leave the group, keep conversations on hard subjects serious, challenge your classmate to break the mold, and respect those around you.

We may only have been here a few days, but let’s challenge ourselves to rise above the rigid lines and stereotypes of high school. We’re in college now folks. Respectably,

Mason Davenport
Class of 2018

We must act maturely toward tough issues

Our country’s social infrastructure is based on a system that scapegoats one class of citizens.

No matter what race one chooses to identify with, there will always be at least one “other” to that race, and it will continue to be something that divides society rather than uniting it.

Race, as it has been socially constructed, has made it increasingly impossible to receive law enforcement, from the “stop and frisk” programs to the extreme of shooting unarmed black citizens, the racial divide has only become increasingly divisive in the context of the American “justice system.”

The media has had a field day making sure it is clear that the protests and subsequent responses from law enforcement in Ferguson are fueled by racial tensions.

I have a few friends who are extremely driven to become police officers. I really want to believe that they will be great law enforcement officials fighting to protect the rights of citizens.

The more I see news and secretly recorded videos of cops doing just the opposite of that, however, it’s hard to believe there is such a thing as good police officers, of any race.

I don’t know if it’s possible for any nation to be “post-racial” in an age of the term. Race, as it has been institutionalized, is a tool every society has used to classify the “other.”

Protection of the Seal has reached the extreme of cops not speaking out about other police officers’ brutality toward crime suspects.

As long as there are cops protecting bad cops, I am at a loss for how to genuinely believe that good cops exist.

I speak to the police: it doesn’t matter what your race or gender is. If you see brutality happening within your own troop toward citizens — black, white, Asian, Hispanic, female, LGBTQ, diabled, old or young citizens — do something about it. Protecting the rights of citizens, of human beings with families and histories and dreams and futures should be top priority over keeping your job.

Call me naïve, but I believe in good karma and the possibility of one good deed, such as preventing the shooting of an unarmed citizen, leads to another and only adds more light to the world.

The problems in our society are bigger than the police, though. Our country’s social infrastructure is based on a system that scapegoats one class of citizens for the benefit of another. This is true in the context of race, socioeconomic status, citizenship status, gender, etc.

If there is a solution to this man-made problem, and some part of me really wants to believe there still is — it doesn’t seem to be on the horizon.

Events in Missouri portray racial tensions

Social constructions of race have escalated the tensions among police and blacks

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I grow increasingly concerned as my sixteen-year-old brother becomes more integrated into society. This concern has nothing to do with his character, with his intelligence or with his ability to thrive on his own. My only concern for my brother is how the blackness of his skin is going to continue to act as a target for people — for police — to find him suspicious, to question him and his character and behavior and to do as they please with him without any warrant.

It’s not through the wrongful treatment, incarceration and slaughter of African Americans and blacks has not always been a problem in this country.

This summer presented case after case of the unnecessary abuse of young black teenagers. Unfortunately, the perpetrators of most, but certainly not all, of these offenses have been white male law enforcement officials. These are people whom society has entrusted with much power and authority for the sole purpose of protecting its citizens. The culmination of the tension that has been building since before this summer is evidenced in what was meant to be peace­ful protests-turned-riots by the citizens of Ferguson, Mo. following the unmitigated death of eight-year-old Michael Brown at the hands of a Ferguson police officer.

The movement in Ferguson has elicited an overwhelming response from all over the country and places around the world. Celebrities, monks and ordinary citizens have spoken out against the atrocities in Ferguson and other parts of the country in an effort to push for drastic changes concerning how law enforcement officials treat black Americans, especially black males.

At this point, there shouldn’t be anyone questioning whether or not we live in a post-racial America because the answer is obviously no.

I don’t know if it’s possible for any nation to be “post-racial” in an age of the term. Race, as it has been institutionalized, is a tool every society has used to classify the “other.”
College Democrats | LGBTQ-Friendly

Princeton Review is wrong about ranking

After earning a poor ranking on LGBTQ-friendliness, we should strive to improve

Colby Moore
for College Democrats
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As a Wake Forest community, we pride ourselves on looking out for one another. Our alumni are enthusiastic about supporting seniors looking for jobs, upperclassmen are eager to mentor the younger students and teachers are always willing to help out a student in need. We have such different beliefs, values, temperaments and goals, yet we still manage to come together as one. Which makes it that much more disappointing that the Princeton Review ranked Wake Forest as the number six "least LGBTQ-friendly college" in the United States.

Such a ranking should challenge our idea of the Wake Forest community. As Wake Forest students, we have many labels assigned to us — our major, class year, Greek affiliation, political affiliation, etc. But the idea of community is that regardless of the labels you have, you are still as much a part of the community as the next person. To suggest that there are some in our community that are hurt more than others, second-class members, would suggest the breakdown of the community as a whole.

A house divided cannot stand, especially when there are those that are treated unjustly.

There are faults at Wake Forest and there are areas that we must improve on, including in the area of LGBTQ issues. The fact that some students who took the Princeton Review survey felt Wake Forest was not LGBTQ-friendly, coupled with vandalism and other instances and the last two weeks, shows our need to improve as a community.

As a Wake Forest community, we pride ourselves on looking out for one another. Our alumni are enthusiastic about supporting seniors looking for jobs, upperclassmen are eager to mentor the younger students and teachers are always willing to help out a student in need.

Hate crimes against the LGBTQ community should receive more attention

Shane Lutz
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Recently, there has been an onslaught of movements for equality from various minority groups. Many news venues continue to profile countless instances of events that seem almost too violent to occur in the 21st Century. However, whether it be the recent tragic events with Ferguson or the feminist revolution that's sweeping the world, newspapers, television and the endless recourses of the internet brim with frightening casualties that span across countless spectrums.

While the public deserves and needs to see the harsh realities of social inequality happening throughout the world and even in our own backyard, many news outlets fail to uncover the turmoils faced by minorities, but human beings suffering on the food chain of American community or the continuing struggles of the women's rights movement.

And now, almost sixteen years at countless of unexposed deaths later, if the LGBTQ community remains far away from even the thought of equality. How much longer are we going to have to wait?
Free Lancing | For Humanity, Community and Justice

Rolling the Quad should be rare, if ever

This long standing tradition does not align with our campus's values and motto

Lance Henry
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Traditions and values make the university what it is and they should be guarded at all costs. The only reason to discard them is when they conflict with one another. When traditions or values clash, more often than not, values should win.

New traditions can be built on strong values, but new values are harder to come by, especially when those values have been built on the mother of all Wake Forest traditions — Pro Humanitate. Our Latin motto calls us to support only those things that bring about human dignity and human flourishing. I offer three reasons why rolling the Quad is a tradition inconsistent with our values.

First, is the lack of human dignity this tradition affords to the custodial workers who cleanup the debris on the ground in the morning.

Last November, I sat in Bredelle Recital Hall, listening to Maya Angelou, Ed Wilson and Johnnietta Cole talk about dignity and respect. They encouraged us to not only respect each other, but to respect the custodians and food service employees as well, as equal members of our university community. Rolling the Quad fails to live up to this charge.

Second, this tradition means that one of the most beautiful university campuses in the nation is perpetually and unattractively half-covered in soggy toilet paper. It would be too laborious and expensive for custodial staff to clean all debris from the trees, put there by late-night revelers, who rarely, if ever, participate themselves in the cleanup. This is only partly about the bad aesthetic, but also about the type of sportsmanship that celebrates the finer wins in roughly the same way it celebrates big ones.

Third, the university has an avowed and ethical commitment to ecological sustainability. Rolling the Quad fails to live up to this charge.

Our... motto calls us to support only those things that bring about human dignity and human flourishing. The amount of paper wasted to roll the Quad, on just one occasion, demonstrates blatant disregard for this commitment. I am not one to take absolutist positions, so I say keep the tradition of rolling the Quad, but make it rare and meaningful. Save it for occasions that truly merit exuberant celebration, like a national championship, or even an ACC championship and maybe even just a victory over Duke.

And on these rare occasions when rolling the Quad is deemed worthy, consider showing up the next morning to help cleanup, or maybe even volunteering the following week with the Office of Sustainability — a small penance for the slight ecological damage you caused.

Rachel Glascock | Femin(isn't)ts

A few bad seeds give “feminism” a poor reputation

Identifying as feminist is not the same as hating men — the emphasis is equality

Rachel Glascock
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Many women in today's society are making the move to say that they are not feminists. These women are on the receiving end of a lot of scrutiny. Though many of these women believe in and generally support what would traditionally be defined as feminism, they still choose to renounce the title. A lot of people, other women especially, are outraged by this idea that women would be so bold as to renounce feminism. Many see this as women choosing to abandon the fight to be truly equal with men, but are these women who are renouncing the title also renouncing feminism? Probably not.

I can’t think of one woman, who would honestly say that they would want to get paid less than a man for doing the exact same job, nor can I think of one woman who would willingly agree to only get half a vote in an election, but does every woman I know refer to herself as a feminist? Not even close. One can still identify with feminist ideologies without calling oneself a feminist. I think that the reason so many women are choosing to renounce the title of “feminist” is not because they don’t believe in the cause, but rather because a few bad seeds are ruining the whole bunch.

Some of these “bad seeds” are very vocal about their identity as womenists, but their practices align more with misandry than with the true tenets of feminism. When someone is a “misandrist,” it basically means that person has a strong hate or contempt for men. Nowadays some women are using the word feminist as a thin veil for misandry. I am constantly seeing things in the media put out by misandrist women who are referring to themselves as feminists that make real feminists look horrible. Whether these people are calling themselves equalists and continue to call themselves feminists. I think that real feminists need to call people out when they aren’t upholding the feminist name properly and make people see that all we really want as women is true equality.

I also think that before woman can expect full equality and respect from men, they need to stop ripping on each other all the time and instead empower each other. A feminist doesn’t have to be a working woman. A feminist can just as easily choose to be a stay at home mom. It should be a woman’s right to choose what she wants to do and men, nor other women, should be able to dictate what kind of lifestyle or job a woman wants.

The only thing a feminist really can’t be is a misandrist because that goes against the equality and empowerment that true feminism strive for and at the end of the day, a feminist is just a gendered word for an equalist. Perhaps the women who no longer want to be referred to as feminists can begin to call themselves equalists and continue to fight for equal treatment of everyone, regardless of sex.
WE'LL HAVE FOOD, PUPPIES AND MORE THAN A FEW SURPRISES. DON'T MISS IT.
Winston - Salem Open features drama-filled final

Isner retires for a second consecutive year in Winston-Salem Open

BY CHRIS FORD & SARAH MORAN
Staff Writer & Sports Editor
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For the fourth consecutive year the U.S. Open Series has concluded its tour with a stop at the Winston-Salem Open. This year's field included three top-twenty players on the ATP World Tour (John Isner, Kevin Anderson, and Tommy Robredo) as well as nine other players from the top fifty.

Other prominent players included Sam Querrey (USA), Jurgen Melzer (Austria) and Jerzy Janowicz (Poland).

Also in the field this year was Wake Forest freshman Noah Rubin, who faced former NCAA singles champion Bradley Klahn in the first round.

Rubin, who claimed a victory this summer at the Junior Wimbledon Championships, was the youngest player in the tournament and was also the first American to win the Junior Wimbledon Championship since fellow Winston-Salem Open competitor Donald Young won in 2007.

Additionally, Rubin's victories in the singles and doubles draws at the USTA Boys' 18 & Under National Championships earned him wild card berths into the main draws at the U.S. Open, the final major tournament of the professional season.

Klahn defeated Rubin in a tightly contested three set match 6-2, 0-6, 7-6(5).

Defending champion Jurgen Melzer experienced a straight-set first round loss to qualifier David Goffin, who arguably had the hottest streak on the ATP World Tour this summer with a 25 match win streak that ended in the quarterfinals.

Local favorite John Isner, who won the first two titles of the Winston-Salem Open, entered the draw as the top seeded player. After a first round loss to qualifier David Goffin, he set the tone for the rest of last season. Down 21-19 with four seconds left and on ULM's third-strike line, Tanner Price was flushed from the pocket and fired a low pass to now Baltimore Raven Michael Campanaro. It's called, it's exciting, a comeback win for the Deacons.

It was not caught and became one of four losses the Deacons suffered by a touchdown or less. If the Deacons are to surprise their overwhelming number of doubters, they will need the leadership necessary to win such close games. That starts with the most talented players on the team, the comeback duo of redshirt senior Kevin Johnson and redshirt senior Merrill 'Bud' Noel.

"We want to be the best secondary in the country," Kevin Johnson said. "We aren't going to hold ourselves to any standard lower than that."

Each player has already established themselves in the Wake Forest record books as Noel and Johnson are one and two in single season passes defended. Along with redshirt sophomore Ryan Janvion, they are the anchors of a completely new defensive scheme, the 4-2-5.

The switch in defensive schemes will at least until Wake Forest can recruit players that specifically fit the 4-2-5, illuminate something many Wake Forest sports struggle with: depth.

"Some players have developed. Some guys, when we left the spring, I did not think, quite frankly, they were playable," head coach Dave Clawson said. "And I think now they are playable."

Johnson echoed Clawson's belief that the team is better than when Clawson first arrived in December.

"I think the strides we have made on both sides of the ball will help us win a surprise some people," Johnson said.

See Football, Page 15

No. 7 seed Lukas Rosol won the Winston-Salem Open after John Isner retired due to ankle injury.

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The much-anticipated start of the Dave Clawson era is set to begin at Louisiana-Monroe.

At 7:00 p.m., Aug. 28, Wake Forest football will officially embark upon its journey back to re-spectability. The last five years under Jim Grobe never lived up to the leap in expectations he created when the Demon Deacons won the ACC in 2006. In the 2008-2009 season, Wake Forest went 8-5. They have gone 23-38 since.

That includes a 21-19 loss to ULM that seemingly set the tone for the rest of last season. Down 21-19 with four seconds left and on ULM's third-strike line, Tanner Price was flushed from the pocket and fired a low pass to now Baltimore Raven Michael Campanaro. It's called, it's exciting, a comeback win for the Deacons. It was not caught and became one of four losses the Deacons suffered by a touchdown or less. If the Deacons are to surprise their overwhelming number of doubters, they will need the leadership necessary to win such close games. That starts with the most talented players on the team, the comeback duo of redshirt senior Kevin Johnson and redshirt senior Merrill 'Bud' Noel.

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Meet local celebrity Greg the pointer

Winston-Salem's local celebrity finds happiness through Wake sports

BY NOLAND GRIFFITH

He's Winston Salem's local celebrity. Selling newspapers on the corner of Deacon Boulevard and University Parkway, right across from Wake Forest's Joel Coliseum, Greg, "The Pointer" Slade, 53, has become the heart and soul of "the point." And everyone knows it.

Though Greg was not always a joyful spirit, struggling for many years to find himself, to control the anger and frustration that welled up inside him, he is now a changed man.

His point is a gesture of love; love for all people, especially, his beloved Wake Forest Demon Deacons.

When did you start selling newspapers?

I started in 2000 at Five Points [the intersection of Country Club, N. and S. Stratford, Miller, and 1st].

Why did you start selling newspapers?

I was working at the Burger King up here [points] on North Point Blvd, when a man came in by the name of Walter.

He had a lot of money in his hand and said he'd make it selling newspapers, so I said I'd give it a shot.

What are your hours like?

I'm generally out here every day by 6:30 a.m. until anywhere from 1:30 to 3:30 p.m.

What music do you listen to while you're out here?

Continued from Page 11

No, I grew up in Paterson, N.J., with a T. I had a mother and a father, a brother and a sister. I moved down here in the '80s.

My family was good, but dysfunctional. You know, if parents abuse drugs and alcohol, it has a tendency to carry over to their children. You become a product of your environment.

I was disciplined harshly in every way. I became full of hatred. I used [drugs]. I became a racist.

Have you ever been abused or incarcerated?

(Laughs) You know I've been both.

When did you get your mental transformation occur?

In 1988. I was in school at Rutledge Business College here in Winston. I made the Dean's List.

But I was in this English class, which was my worst subject.

My professor, a white lady named Ms. Beck, said to the class 'There is someone in this room that has the potential to be a great writer, but is struggling to break the chains that bind him.'

I looked around the room, until I realized she was talking about me. I was a prejudiced man at the time, and it slowly began to fade.

Did being incarcerated help your mental state?

It helped a whole lot actually. I took classes to better myself. Anger management, stress management, you know, self-help classes.

What is your mentality now?

To love everybody and everything. Yet will have those that are ignorant come before you, but you have be the one to dish out the positivity.

How does it feel to be known around town? To be a local icon?

It's a beautiful yet scary thing, because you have to stay focused on the task at hand. You have to keep your head level.

People might start to spread rumors about you but you have to be the better person. I've been so fortunate to be featured on all these news channels, newspapers, at galleries, even a Chris Paul video. But I have to keep it together.

How long will you keep selling newspapers?

(Laughs) Well I don't know. It's unpredictable, being in a financial bind. But as long as my knee hold up and I can still be able to bounce around here, no telling. Maybe until I'm 65.

How much does the Wake Forest community mean to you?

Everything. I just want to say how much I appreciate all of you students, the faculty, the athletic departments, the athletes, the fans, of you, and God, help me make this happen.

Open: Rosol defeats Janowicz in competitive three sets

In his quarterfinal match, Querrey faced no. 5 seed Guillermo Garcia-Lopez. After losing the first set in a tiebreaker, Querrey would use the momentum of an early break to take the second set 6-2 and go on to win the third set 6-4.

Despite hoping to capitalize on another semi-final berth, Querrey would fall to Jerzy Janowicz in a match that was separated by three breaks of serve, 4-6, 7-5, 6-4.

Janowicz would then meet the 7-seed Lukas Rosol of the Czech Republic in the finals of the tournament, who beat no. 9 seed Yen-Hsun Lu in the other semi-final in a tight three set match of 7-5, 4-6, 6-4.

After fighting off two game and match points in the third set, Rosol was able to defeat Janowicz in three sets 3-6, 7-6 (3), 7-5, serving his twelfth and final ace to close the match.

This was Rosol's second career ATP Tour title and Janowicz's second career final.

With a championship, crowned the final tally of points for the Emirates Airline U.S. Open Series can be calculated, with Canadian Milos Raonic taking the top prize.

He edged out John Isner, who trailed by 80 points with 200 of his own.

Raonic, who did not compete in the Winston-Salem Open this year, has a chance to collect a $1 million bonus should he win the U.S. Open.

The Winston-Salem Open, an ATP World Tour 250 event, is scheduled to return to Wake Forest University.
Kevin Johnson

BY MIKE MCLAUGHLIN
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A redshirt senior, cornerback Kevin Johnson's immense talent has put him on NFL scouts' radars. The Maryland native is second in school history in single-season passes defended with 18, only one behind teammate Merrill Noel. As a veteran on a team enduring a coaching transition, Johnson has become a leader and fully brought into the new coaching staff.

You and Merrill 'Bud' Noel are arguably the best cornerback duo in the university's history. What are your goals for this season?

We want to be the best secondary in the country. We aren't going to hold ourselves to any standard lower than that. We have been putting in the extra work in the film room and weight room.

In your Twitter bio, you wrote you are an "All ACC 2-star recruit." Does being rated a 2-star recruit in high school motivate you?

You definitely can say it does. I came into college and I wasn't heavily recruited. I had around 12 offers and I'm always trying to keep that chip on my shoulder.

With the offers you did have, what made you choose Wake Forest?

The combination of playing in the ACC and great academics. It wasn't too far from home and wasn't too close. When I came on my visit it felt like it could be home.

The coaching staff has said they are really happy with how you and Noel have brought in. What are they specifically referring to?

Ethan Hyman/Raleigh News & Observer/MCT

We have brought into the scheme and the culture that they want the Wake Forest defense to be. That's fast and tenacious. I think Bud and I have done a pretty good job of playing at that standard and trying to hold guys to that standard as well.

How do you approach practice to reach that standard?

You have to go into practice with the mindset that it's going to be a game. You always want to practice technique so you never take any lazy steps on the game field. A lot of people say you play how you practice. I think that's a very true statement. If you are always bursting to the ball or competing for the ball at the highest point then that translates to the game. It just becomes second nature.

What has been the biggest change this year?

The culture as far as I think we are putting in a lot of work. Now that we can see the light at the end of the tunnel, we have seen how far the hard work has taken us. Guys are now ready physically and mentally to play football.

You have said the transition under Coach Clawson has gone smoothly. Why?

He's a natural leader that a lot of guys like to follow. More than anything, it's been a great transition because he is a great leader.

Has the new coaching staff helped you put weight on?

Gaining weight has always been a struggle for you. I weigh 183 pounds now. When I came in, I weighed 154. I knew it would be a long shot but I never doubted that I could get up to this weight. I want to get up to 188. I was small when I arrived so I knew I had to gain weight to be the player I wanted to be and the new coaching staff has really helped. I was able to gain eight pounds. I think I have actually gotten any faster because of the muscle and I will definitely be more physical.

You pride yourself on watching film. What are you looking for when you watch film of a wide receiver?

I'm looking for how they release off the press, what's their favorite moves, how well they run, how they come out of their breaks, and what kind of gives do they have for inside versus outside routes. I try to watch as many routes as I can. It's like studying for a test. How many times are you going to read the study guide before it just clicks for you so it's the same thing.

Who is the toughest wide receiver you have ever covered?

Sammy Watkins. He could run really fast but he could change directions well at the same time. He also has great hands. Then Kelvin Benjamin from Florida State; he was huge. Those bigger receivers are tougher to guard because its a bigger body to get around.

You might be on him, but if you can't get around him then you can't get to the ball.

What is your best memory as a student-athlete at Wake Forest?

I can't think on the spot of my best memory. But with Coach Clawson we were supposed to have a 5 a.m. workout on the field and it was snowing.

He came into the locker room and said we were going to play dodgeball in the basketball gym and that was great because we thought we were going to be out there running around in the snow.

The preseason predictions have not been kind to the football team. Do they bother you?

I try not to pay attention to that stuff. That's just preseason hype.

Duke was supposed to be one of the worst teams last year and they went to the ACC championship.

Last year, Wake Forest lost to Louisiana-Monroe 22-19. Do you approach the season opener against them as a revenge game?

It's a new year and the first game of the season. We try not to get caught up in what happened last year. They obviously have new faces on their team so its a new team for them as well. They're a great team.

Deac Notes

Former Deac Campanaro survives first NFL cuts

NFL teams had to trim their rosters from 90 to 75 Tuesday, Aug. 25. Michael Campanaro, drafted by the Ravens in the seventh round of the 2014 NFL draft, was not cut. Campanaro is the Deacon's all-time leader in receptions with 229. He is competing with receivers Kamar Aiken, Deonte Thompson and Jeremy Butler for a roster spot.

The Ravens last preseason game on Aug. 28, will be crucial for the slot receiver who has impressed his coaches so far.

Jim Grobe wishes he left Wake Forest for Nebraska in 2007

Following coaching Wake Forest to its second ACC championship, Jim Grobe was pursued by Nebraska and Arkansas in 2007. Instead of leaving for either school, Grobe signed a 10-year contract with Wake Forest and made $2.3 million in his seventh and final season as head coach in 2013.

Grobe recently said he regrets not taking the Nebraska job and staying at Wake Forest.

He resigned in Dec. 2013, after going 23-38 in his last five seasons.

BY MIKE MCLAUGHLIN
Sports Editor
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Press Box: Five Conferences gain advantage

Power Five conferences can forever change landscape of college sports

BY TODD MCFALL
Guest Columnist
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I hope you all had a better summer than the NCAA did. It's hard to overstate how extensive the damage is to the organization that acts as the governing body and marketing arm of college athletics after this summer's events.

It was on the wrong end of the decision in a key legal dispute, O'Bannon v. NCAA, and lost a long fight with the most powerful members of the organization over its ability to police its actions.

If you're a fan of college sports, as I am, then the events of this summer aren't a small matter for you.

The members of the Five Conferences, the Atlantic Coast Conference (of which Wake Forest is a member), the Big 12, the Big Ten, the Pacific 12, and the Southeastern Conference, are now free to operate under a less cumbersome set of rules.

This privilege leaves the rest of the NCAA at an acute competitive disadvantage, while the O'Bannon decision leaves open to negotiation the members' financial relationship with athletes.

The NCAA (and college sports) must now solve how to survive in the face of the increasingly powerful teams from the Five Conferences, who successfully (and probably rightfully) froze the NCAA from the massive revenues created by their football teams.

The deals the conferences have with cable providers or broadcasting companies to show regular season games and the newly created four-team football playoff have granted these teams financial (and, therefore, regulatory) independence from the NCAA.

For the teams not in the Five Conferences, this should be a very scary thing.

All is not lost for the NCAA, so long as it tends to its Division I men's basketball tournament, which it receives about $750 million each year for selling broadcasting rights.

A big share of these monies go back to member schools, which fund teams with the subsidy they receive.

It wouldn't be surprising to see the Five Conferences try to take a larger share of the tournament money soon, by either demanding more of it or playing a game of chicken with the NCAA and leaving it altogether for a tournament featuring teams only from the Five Conferences.

However, the Five Conferences should not overplay their hand on this front.

While it's true the blue blood teams of college basketball are a big driver of the popularity of the event, my research on the tournament shows that Nielsen television ratings of the national semifinals and finals (key measures of interest and value in the tournament) are highest when surprise entrants, like Wichita State in 2013 or Butler in 2010 and 2011, are participating.

The NCAA should not be afraid to play its ace card-'fan' love of Cinderella-when it is protecting the value of its tournament.

For me, the concerns over the NCAA take a backseat to the concerns I have for student-athletes. It seems they are having to attend school in a meaningful way is shrinking rapidly in the brave new world the Five Conferences have created.

Coaches and universities have seen larger financial rewards for winning, and, in turn, they've placed increasingly larger demands on the athletes who actually do the winning.

The recent academic scandals with which the University of North Carolina and the University of Notre Dame are having to cope with are excellent examples of fine institutions letting the spoils of victory temporarily cloud their judgments.

I'm hopeful that in the new world, with its mountains of cash and glory, schools will find a way to protect athletic students' rights to balance textbooks and playbooks.

I'm also hopeful that the NCAA and the Five Conferences will find a way to protect the value of the basketball tournament so that hundreds of thousands of students will continue to have a chance to participate in college sports at all levels.

There's no doubt that performing those acts will be akin to walking the high wire, but the rewards to be had from striking the right balance between athletic and academic excellence are well worth the costs.

Todd McFall is a visiting assistant professor in the department of economics. He is an expert in sports economics with a Ph.D. in economics. He is an expert in sports economics with a Ph.D. in economics. He is an expert in sports economics with a Ph.D. in economics. He is an expert in sports economics with a Ph.D. in economics. He is an expert in sports economics with a Ph.D. in economics.

Men's soccer one of several great teams in ACC

Strong veteran experience is bolstered by highly-ranked recruiting conference

BY KATHERINE ROSS
Contributing Writer
rossks52@wfu.edu

Wake Forest men's soccer team already has positive prospects ahead. No. 11 Wake recently defeated No. 22 North Carolina 2-1 in a final exhibition game before the regular season begins.

The team is coming off a 10-6-5 record from last season with a 6-1-4 mark in the ACC.

Encouraging this positive momentum is the selection of the Demon Deacons to finish second in the Atlantic Division of the ACC, as determined by the ACC Men's Soccer Preseason Poll.

The team even received two first place votes from the league's head coaches in the Atlantic Division. Louisville was predicted to finish first in the division with nine first place votes.

Four teams received votes to be the eventual conference champion, with Notre Dame receiving the most (6). Wake Forest did not receive any votes. The league's 12 head coaches were polled.

The strong rankings for the men's soccer team shed an optimistic light on their future performances this season.

Although the Deacs will open their season against three top-10 teams, they have already proven that they can overcome challenges together.

Devin Thomas is one of thousands of athletes across the country who have to do the increasingly difficult act of balancing school and their sport.

Alec Ferrill, senior goalkeeper, affirms, "We're a really young and talented team that is excited and ready to compete for championships.

The men's soccer team certainly has the drive to succeed, which will be further backed by their new recruits.

In fact, Wake boasts a recruiting class that has been ranked nationally in the Top-10 for the third consecutive season.

TopDrawerSoccer.com has ranked the class at No. 9 while College Soccer News ranks the class at No. 8.

The new freshman recruiting class includes members such as Jon Barquero, Steven Echevarria, Zach Fingerhut, Hank Googer, Heath Honold, Kevin Poltrz, Kris Reaves, Chase Rhode, John Schuman, Dominic Scotti, Ian Story.

"We're a really young and talented team that is excited and ready to compete for championships.

"It's a great opportunity to take on new challenges," Senior Goalkeeper

Alec Ferrill
Senior Goalkeeper

and Matt Szucs. If the freshmen are looking for someone to emulate, they can find him in their own locker room.

Ian Harles enjoyed a remarkable rookie season, leading the team in assists and being named a College Soccer New Freshman All-American. The freshman class is well aware of their opportunity to play early.

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Football: Deacons look to control pace this season

Continued from Page 11

Merely going 6-6 would surprise many pundits. Particularly when publication after publication picked them last or near last in the ACC.

"It is definitely motivation for us to go out there and prove people wrong," Johnson said.

Much of the confidence that players display comes from their trust in their coaches.

"I think our coaches have done a great job scheming up offensively and defensively," Johnson said. "We trust them to put us in a great position to make plays."

Part of that scheme versus ULM will be featuring the no-huddle offense in an attempt to dictate and control the flow of the game. Last year, Wake Forest did everything but that as ULM ran over 100 plays, tiring a Demon Deacon defense that bended but did not break. Who will be conducting that no-huddle offense? True freshman quarterback John Wolford.

"(Wolford), he doesn't even seem like a freshman. He knows our offense so well," senior left tackle Antonio Ford said. "All we have to do is protect him and he's going to shine."

Not only will the first snap Thursday night begin the Clawson era, it will also be history in the making. Freshman have started at quarterback before for the Deacs, but Wolford will be the first Wake Forest quarterback in the history of the university to start his first game.

The 6-foot-1 205 pound Florida native, broke state high school passing records set by two-time national champion and Heisman winner, Tim Tebow. Moreover, he completed nearly 70 percent of his passes.

Additionally, Wolford will be more of a threat running the ball than former quarterback Tanner Price. In his senior year at Bishop Kenny, Wolford ran for 931 yards and scored 14 touchdowns.

However, he was not on the team for the painful loss Wake suffered to ULM last year.

"We know we lost against them last year," Ford said. "Everybody's thinking in the back of their heads this is definitely a revenge game."

Ford will get to face many of the same players as the Warhawks return nine starters on defense and 17 starters overall. Even one of their new starters, Pete Thomas, is a familiar face. Thomas started at quarterback for N.C. State versus Wake Forest last year and transferred to ULM for his redshirt senior season. He passed for 257 yards and one touchdown in a 28-13 loss to Wake.

While for many, the game displays an opportunity for revenge; it also will be the first sign of just how far the Demon Deacons have come since last year.

"I think it's going to set the stage for the rest of the season," redshirt senior wide receiver Matt James said. "We've been working with this new staff since the spring, working really hard, and it's all going to come together on Thursday."

Wake Forest Football Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Opponent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thurs. Aug. 28</td>
<td>@Louisiana - Monroe</td>
</tr>
<tr>
<td>Sat. Sept. 6</td>
<td>Gardner-Webb</td>
</tr>
<tr>
<td>Sat. Sept. 13</td>
<td>@Utah State</td>
</tr>
<tr>
<td>Sat. Sept. 20</td>
<td>Army</td>
</tr>
<tr>
<td>Sat. Sept. 27</td>
<td>@Louisiana</td>
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<tr>
<td>Sat. Oct. 4</td>
<td>@Florida State</td>
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<tr>
<td>Sat. Oct. 18</td>
<td>Syracuse</td>
</tr>
<tr>
<td>Sat. Oct. 25</td>
<td>Boston College</td>
</tr>
<tr>
<td>Thurs. Nov. 6</td>
<td>Clemson</td>
</tr>
<tr>
<td>Sat Nov. 15</td>
<td>@North Carolina State</td>
</tr>
<tr>
<td>Sat. Nov. 22</td>
<td>Virginia Tech</td>
</tr>
<tr>
<td>Sat. Nov. 29</td>
<td>@Duke</td>
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</tbody>
</table>

Do you love Wake Forest? Are you passionate about campus life issues? Join the Campus Life Advisory Committee (CLAC)!

The CLAC meets with Dr. Penny Rue, VP of Campus Life, once a month to discuss problems on campus and how we might address them.

If interested, head to the online application on Orgsync at https://orgsync.com/186242/forms/114705. The application is open until 5 p.m. Sept. 5.
Meet Caitlin Messick

Since a surgery prevented her from walking, Messick has learned to make the most out of life while coping with her disability.

BY OLIVIA DE FOUCHIER
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Growing up with spinal muscular atrophy, Caitlin Messick, a junior at the university, has been accustomed to doing things a little differently.

Messick, a Camden, ME native, was diagnosed with a motor-nerve disease, also known as SMA type III, when she was two years-old, after her parents noticed that she walked with a constant limp. Until then in 6th grade, Messick pursued normal activities just as her classmates and two younger siblings did.

"It would take me a little longer to do things, but I would always find a way," she said. "I played soccer, tennis and even swam."

This changed in the winter of 2004, when Messick was told that she needed to receive a full spinal fusion, surgery that would place titanium rods in her spine.

The doctors told Messick and her family that the operation would prevent her from walking again.

Messick was given one year before she had to have the surgery, one year to walk freely, one year before needing a wheelchair.

She remembers well the date of that surgery, December 2, 2005. It was her best friend's birthday.

"I didn't really think about it that much until it was actually there," she said about the surgery that was critical for her health but would change her mobility forever.

"I cried the morning of, but before then I just lived my life to the fullest."

As an eleven year-old, she took on a heavy burden.

"I always felt the need to be strong for everyone else, she said. "without really thinking about what it meant for me."

Throughout it all, her friends and family were very supportive, Messick said. A fan of the brilliant wheelchair-bound physicist Stephen Hawking, she laughingly said she and her friends joke about wheelchair accessibility.

"Who knows what the world has in store for me," she said. "We'll see when I get there.

When the time came to apply to college, she did not think twice about her intention to attend. "College was always the next step for me," she said. "It was never a question of whether I was going to go, it was a question of where I had to go."

Messick chose to apply and attend Wake Forest because the school just felt right, she said, and it happened to be the most wheelchair accessible campus she visited.

Although she now lives 500 miles from her parents, who live in Wilmington, DE, the distance is not an issue, either.

"I wanted to establish myself and my independence like everyone else did," she said. "I want to love your parents but you love the distance, too."

In order to manage without her family's support, Messick had to make arrangements.

Although schools usually hire medical assistants from external agencies, Messick chose to offer the position to fellow students.

"I knew there were students who were getting ready for medical school and needed the extra money and experience," she said. "I figured I could let them help me out while I helped them out, too."

Messick has tried to list the college experiences like everyone else.

"I'm still there, participating and having fun."

Messick says that Wake Forest students do not treat her differently, although she does note with a smile that people are probably more willing to hold the door for her.

"I make people look at me and not at my chair," she said. "I ignore it."

When asked about her dating life, Messick responded with a shrug.

"Guys are generally sweet, but they tend to pity me rather than see me as someone they could be with," she said.

"That's something I kind of accepted in my life," Messick does not feel that affect her outlook on life.

She now lives with five suitmates whom she sees as sisters and she can always count on them. When talking about the future, Messick said that as with anyone else, she has "hopes and dreams," and does not want to let her SMA interfere with them.

"Who knows what the world has in store for me," she said. "We'll see when I get there."

After having full spinal fusion surgery at the age of eleven, Messick knew that life was going to be a little different but that did not stop her from achieving her goals.

She attends sporting events, tailgates and parties. Even though accessibility is not always easy, Messick stays positive.

"There are difficulties, but I don't notice them," she said.

"I'm still there, participating and having fun."

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"Who knows what the world has in store for me," she said. "We'll see when I get there."

Through it all, her friends and family were very supportive, Messick said. A fan of the brilliant wheelchair-bound physicist Stephen Hawking, she laughingly said she and her friends joke about wheelchair accessibility, asking if places are "Hawking accessible." Messick says it has always been easy for her to adapt to changes and new environments.

"I always felt the need to be strong for everyone else, she said, "without really thinking about what it meant for me."
Say goodbye to credit cards

Although it has flaws, the new gadget, Coin, will all but eliminate the need for a wallet or purse.

BY GAURAV SHENI
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Do you get annoyed when you have to carry all of your cards in your wallet or purse? Well, then, Coin might be for you.

Coin is a credit-card sized device that can keep your cards. These include things like those Chipotle gift cards or that Wells Fargo debit card or if you’re lucky, your parent’s credit card.

It even works with loyalty cards, like Starbucks Rewards. Coin works just like a normal card and can be swiped at any reader, including ATM machines.

Just tap the button on the surface to activate the magnetic strip and specify which card to use.

Coin comes with a small reader that plugs into the headphone jack of most smartphones, including iPhones. This app connects with the Coin over Bluetooth.

Using the app, you swipe your cards. Once they are read into the app, you can specify which eight cards you want in Coin. Early reports say that’s it’s an extremely simple process.

Coin has a small clock-like display which shows the card type, the last four digits of the card, expiration date and CVV code.

Coin’s card battery lasts about two years according to the San Francisco startup. That’s under normal usage, which is about 10 to 20 swipes per day.

If you leave Coin at a restaurant, then it will automatically deactivate after a certain amount of time. Coin is expected to cost $100 when it finally ships in spring of 2015.

However, Coin has a record of pushing its shipping date back. Coin was originally supposed to ship in summer of 2014.

Despite all of these exciting features, there are some drawbacks to Coin. First of all, Coin can only store eight cards. Coin also won’t work outside the U.S. in most cases.

Plus, Coin only lasts for two years, after which you have to replace the whole device. It’s also difficult to verify that somebody is scanning their own card and not somebody else’s.

Another issue with Coin is that it only works at 85 percent of credit card terminals.

In an attempt to solve these problems, Coin is currently asking their early backers to help test Coin and report back. They have recently implemented a new Morse code unlocking system to battle fraud.

Coin also beefed up transaction verification by hiring two outside firms to look at their system.

Coin is a very promising product. It has the potential to truly replace your cards. However, all those remaining flukes in Coin’s system means that for now, you’ll have to continue carrying around all those cards.

Humor Column | Love your Body

Have your cake and eat it too

Sometimes eating that extra slice of cake or having another scoop of ice cream is the right choice

BY ZOE GONZALES
Staff Writer
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A sexist, mean old man once said, “It is strange when a daughter is fatter than her mother.”

When I hear this quote, I picture a withering female cow standing in the shadow of her inflated calf; the image is rather disturbing.

To equate humans with cows, even in my twisted mind, is problematic.

My mother has always been a skinny lady and I respect her speedy metabolism.

She is pretty much the same weight as I was when I was born. My mother is her ever health-conscious self, wearing yoga pants, low-cut tops and light makeup.

Meanwhile, my mother is her ever health-conscious self, wearing yoga pants, low-cut tops and light makeup.

My belly looks like an old hitchhiker’s mug, the ripples of cellulite span across my front, up and down my arms, and down my thighs.

I am planet cellulite.

But still, I resent that I’ve adopted her mother’s body that I have ever been.

Extra weight is not a travesty, but a gift.

I am starting to see the beauty in the majestic whale, its self-insulating blubber, cave-sized stomach, and talent at consuming anything that comes its way.

It is very much so a humble creature of the world.

Though I am just now experiencing that acceptance, I have known one truth all my life.

You can’t have your cake and eat it too.

That seems like cheating though, since I used to be very thin. I am heftier than ever before (breakin’ records—and furniture) and consistently make fun of my own flat, and yet I am the happiest with my body that I have ever been.

It works only at 85 percent of credit card terminals. In an attempt to solve these problems, Coin is currently asking their early backers to help test Coin and report back. They have recently implemented a new Morse code unlocking system to battle fraud.

GONZ11@Wfu.edu

The Hot List

Freshman To-Do List

There are so many things to keep track of in the next few weeks, so here are the top 5 unmissables!

1. First Home Football Game
On Sept. 6, experience your first tailgate and football night game. Go Deacs!

2. Student Activities Fair
On Sept. 3, go to the fair and see all the great clubs and organizations Wake has to offer.

3. Puppies on the Quad
Missing your dog at home? This is the perfect opportunity to play with cute puppies for 15 minutes.

4. aWake All Night
Here’s your chance to pull an all-nighter in Benson! Enjoy free food, casino games and more on Sept. 13!

5. These Shining Lives
Come see Wake’s first production of the new school year! The show is runs at the end of September.

Tweets from the Forest

@Kittingbanshees: “Yik Yak: Wake Ratings for students.”

@WFGossipSquirrel: “I hear most frats have trouble with their guy to squirrel ratio last night.”

@WFU_Pit: “Wake forest bookstore should be on the sex offender list for screwing everyone over.”

“What’s up in” Winston-Salem

Keep an eye out for these events coming soon to town!

Gallery Hop
Sept. 5 at 7:00 p.m.
Once every month you can see workshops, readings and storytellings

Bookmarks Festival of Books
Sept. 16
Enjoy workshops, readings and storytellings

Don BardeLo Angeles Times/MCT

Start to see the beauty in whales.”
The start of a new school year means that it is time to try new things. So try something new, and switch up your playlist.

Twin Peaks, a Chicago-based rock band, released their album Wild Onion on Aug. 5 through Grand Jury Music. This is the band's second album after self-recording and self-releasing their debut album, Sunken, in 2012, which was later re-released by Autumn Tone Records in 2013. The band was noticed for their raw, fuzz rock sound which garnered a lot of attention for their newest release.

Although the new album had a bit more production done, the band maintains their sound throughout. The album begins with "I Found A New Way" with guitarist Clay Frankel singing, "I found a new way, to open up my mind" in a low tone, before straining his voice to hit the high notes around being infatuated with someone and always having that person on your mind. However, James conveys an almost opposite message in the songs "Making Breakfast" and "Sweet Thing." Both revolve around being infatuated with someone and always having that person on your mind. One of the best parts about Wild Onion is the length of the album. Those who listened to Sunken know Twin Peaks fit eight songs into just 20 minutes of music. Wild Onion is exactly double that time, with 16 songs in 40 minutes.

Only four of the songs on the album last longer than three minutes which makes it difficult to only listen to Wild Onion only once because every song goes by so quickly. So, if you enjoyed Sunken, then Wild Onion is right up your alley. Twin Peaks' new album has a relaxed vibe and is perfect for anyone who is searching for a different band. Their album is definitely worth a listen and their warm sound is perfect for getting you in the mood of fall.

Twin Peaks' new album was released August 5, and has tracks that cover subjects from trouble in love to finding yourself.
Movie Review | Boyhood

Film features a unique way of storytelling

Spanning 12 years and using the same actors throughout, Boyhood is a unique movie about growing up and embracing life's lessons

BY TAYLOR DOW
Staff Writer
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In films, epic tales are usually reserved for stories of grandeur. They work as tales of spectacle and their scope is often immersed in the theatrics of big budget filmmaking. Boyhood, Richard Linklater's latest foray into character-driven idealism, is not of this sort of epic. It revolves in the minutiae of adolescence and finds within it a reprieve from grandeur altogether.

Boyhood follows Mason (Ellar Coltrane), a bright-eyed boy living in Texas with his sister (Lorelai Linklater) and mother (Patricia Arquette), as he navigates his coming of age adulthood. Filmed intermittently over the course of twelve years, Boyhood eschews the casting and makeup trapping common in films spanning formative years in characters' lives. In doing so, intimacy is established.

As the characters physically grow on screen their bond with each other develops as well. By the end of the film their connections are palpable.

Boyhood also succeeds in its depiction of single motherhood, Mason is the main character, but it is his relation to his mother which often shapes the events of his life.

Those events include an oscillating spectrum of residences throughout Texas. The change in residences is accompanied by almost as many fleeting father figures, in the form of Mason’s non-mother’s boyfriends.

Mason’s actual father, played by Ethan Hawke, is perhaps the most fleeting figure of them all. Like Mason, it is his standing with his ex-wife that defines his character, but it also provides him with an excuse for his absence.

His weekend visits with Mason and his sister only highlight his removal from the day-to-day operations of his children's lives. Most often, his appearances are a respite.

By forcing it to contend with her own need for happiness.

Her resilience and steadfast commitment to her children is admirable but it leaves her emotionally vulnerable. Her character is fleshed out in the wake of Mason's own growth, but this film is not facilitated by the background.

Though its title may suggest otherwise, Boyhood's focus on Linklater's portrait of an entire family struggling to achieve stability.

Linklater's direction is thorough in the film's conclusion does Mason achieve independence. Ultimately that need is never realized; her self-sacrifice produces minimal results.

Her self-sacrificing ways never falter. By the time she ends the relationship the glow in Mason's eyes has been thoroughly extinguished.

As Linklater's direction is thorough, Mason's mother never achieves this autonomy. She is never singular. Linklater's portrait is that of an entire family struggling to achieve stability.

Linklater's manages to highlight the beauty in that struggle, making the movie relatable to all audiences.

Trend Alert | Fall looks

Transition easily from summer to fall fashion

Sometimes it's hard to find cute outfits in-between seasons, so here are a few helpful tips

BY MICHELLE FENGHE
Staff Writer
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Whether you're a freshman heading into your first year at Wake or you're returning for another year to a familiar campus, the weather can make it hard to part with summer break. And who can blame you?

The warm sunshine calls for denim shorts evenly across your body. Flats or flatforms.

However, unlike past years, the transition from summer to fall at Wake Forest will go more slowly.

This summer, there were many fashionable ends, and as a result, you might not have to toss some of those clothes from your closet. Every summer calls for floral prints; the pattern remains that it’s hard to part with summer break. And who can blame you?

Alicia Keys rocks a black jumpsuit at the BET Awards.

As for accessories, people can't get enough of amethyst stone necklaces or meteorite-inspired rings. Midi rings are still in; if you haven't found 'the one', try Brandy Melville (a much-loved brand in California). They are strategically placed halfway down your finger and are very stylish.

Even though the summer months are over, you don't have to throw away all your clothes. By following these basic fashion tips, you will not only be saving money but you will also look fashionable.
School-Year Resolutions

BY EMMA SKEELS
Life Editor
skeels2@wfu.edu

Every year, I start the semester off with the best of intentions. This will be the semester I get in shape, or join a club, or keep my room clean. But the O-Week hangover has barely worn off before I’m back to my usual habits. So this semester, I’ve decided to try a few things in order to make this semester the one during which I finally change my ways.

Don’t Procrastinate
At heart, I think we’re all pretty bad procrastinators. However, if you’re like me, you might be a procrastinator who hates disappointing people by missing deadlines. It’s kind of a terrible paradox, but within this combination of traits is a solution to the procrastination problem. Pair up with a good friend and hold each other accountable. Set deadlines for your project that occur before the actual due date and tell them to each other. Then act really disappointed if one of you misses them. It’s not enough for me to hold myself accountable, but once I might be disappointing somebody else, I feel much more pressure to complete a task.

If you’re distracted by the Internet, the “Self-Control” app has been a lifesaver in keeping me away from the pitfalls of the Internet. The app stops you from using your favorite website by blocking you from certain sites of your choosing, but only for a designated period of time. Though I’m ashamed I have to use it, it’s prevented me from wasting untold hours on the Internet.

Get Involved in Extracurriculars
As a Wake Forest student, you’re probably already involved in something. But for those of you who aren’t, try out something new! It’s always a little difficult to join a club, because you feel awkward being the member who doesn’t know anybody. But it’s worth it. Not only do you get to do something you like, but you also make a ton of new friends.

Don’t Do it All
...the fun of an extracurricular activity aside, don’t be afraid to say no to things. Considering the high percentage of Type-A students at Wake Forest, it comes as no surprise that most of us are involved in many things. It’s so easy to get overcommitted, and much of the time, my over-commitment to things has been the very thing that prevents me from keeping my resolutions.

It’s better to do one thing well than a lot of things poorly.

Keep In Touch With Friends
I can’t even count how many times I’ll see someone on campus and stop for a short conversation that inevitably ends with, “We should get dinner sometime!” It never happens, and I miss many of my friends from earlier years who I don’t get a chance to see anymore. Even if it’s only one day a week, try to meet up with a different friend for lunch.

Working Out
Every year, I kick myself for not going to the gym more. So this semester, I’ve created a workout schedule specifically tailored to my classes and extracurriculars. Making a schedule helps you hold yourself accountable. I always include a rest day as a little something to look forward to! Creating a workout log is another way to keep track of your goals and make sure you’re sticking to them. Also, make sure that you’re not beating yourself up if you’re not achieving your goals as quickly as you want to. Getting in shape takes a while; cut yourself a break.

Get Out of the Wake Forest Bubble
Whether it’s going out to eat more, or supporting the local art galleries, do your best this semester to get out of the campus bubble. It’s so insulated and cozy in here. Part of the Winston-Salem community has much to offer. There are helpful calendars online that alert you to events going on in Winston-Salem. Whether it’s through community service or the weekly Old Salem farmers market, you’ll be surprised at how refreshing it is to get off campus once in a while.

Get More Sleep
Sleep might be the thing everybody misses the most about summer. Sometimes it really hard to make yourself go to bed when there’s a big test or paper due the next day, but I’m sure I don’t need to throw all those oft-repeated statistics at you to convince you that at a certain point, sleeping will do more good than studying.

Furthermore, it’s important to have a consistent bedtime (at least during the week). If you’re going to bed at different times every night, your body clock will be out of sync and you may have trouble sleeping. Getting up earlier will be better for you than going to bed later than usual.
Physical wellbeing is just one component of the university’s Thrive initiative, which strives for a holistic approach to wellbeing and said approach will integrate with upcoming renovations to Reynolds Gym. The new Sutton Center will be home to the future Office of Wellbeing, headed by Isler.

On Sept. 3 the university named its first ever Director of Wellbeing. Malika Roman Isler ('99) will begin her term in the newly created position on Oct. 1. Isler got her master’s in public health from the University of South Carolina and earned a Ph.D. from the University of North Carolina at Chapel Hill, where she currently serves as a faculty member and a research administrator.

The Director of Wellbeing position will focus on improving not only the physical health of students at Wake Forest, but student’s emotional, environmental, financial, intellectual, occupational, physical, social and spiritual wellbeing, which are the core pillars of the Thrive Initiative. The Thrive Initiative is a comprehensive approach to wellbeing that launches at an on-campus event on Sept. 5. The new Director of Wellbeing will work as part of Thrive Initiative and the position is endowed by a gift from Blue Cross Blue Shield of North Carolina.

Last April, BCBSNC donated $3 million to help support campus wellbeing including supporting the transformation of Reynolds Gym into a new wellness center, providing

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Pro Humanitate Institute unites service groups

Wake Forest’s new Pro Humanitate Institute combines both the academic and practical aspects of service to others

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“Pro Humanitate” has been the motto of Wake Forest University since it was founded in 1834. This summer, Vice President of Campus Life Penny Rue and Provost Rogan Kersh launched an institute intended to ramp understanding of and commitment to the ideal of Humanitarianism.

Wake Forest students have founded many different organizations dedicated to service, among them Campus kitchen, the D.E.S.K. program, and the Wake Alternative break trips.

On the other side of campus, the Institute for Public Engagement was attempting to give professors the resources and ability to combine an element of service with the lessons they were teaching in the classroom.

Though all of these organizations were successful in their own right, when Rue and Kersh were examining the programs, it seemed that there was a lot of room for growth as a whole.

“Both in and out of the classroom we’ve had really strong programs,” said Rue.

The Office of Service and Social Action was the major hub for service organizations on campus. It served as a central place for students interested in volunteering and service to start searching for opportunities, from groups that volunteer on a regular basis to organizations that host large, one-time events such as Project Pumpkin, Hit the Bricks, and Wake ‘N Shake. When the creation of the Institute for Public Engagement was announced in Sept. 2009, its stated purpose was to train students for civic leadership positions and to expand the volunteer opportunities that were available for students both on and off campus.

It launched internship and fellowship programs, and strove to provide resources to professors who were interested in adding service components to their classes as well.

A few months after the Institute for Public Engagement was founded, Wake Forest made the President’s Higher Education Community Service Honor Roll. This list gave federal recognition to the amount of service work in which Wake Forest students participate. Around 60 percent of Wake students participate in community service each year.

Though Wake has continued to make the list each year since then, Rue and others were concerned about the large

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