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.

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

See Wellbeing, Page 5

Pro Humanitate Institute unites service groups

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

BY RACHEL WALLEN
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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 Ragan Kersh launched an institute intended to revamp understanding of and commitment to the ideal of "For Humanity."

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 provost and I were interested in this area, and so we said, wouldn't it be interesting to explore what our vision for the future is, in thinking about how we want to strengthen Wake Forest's commitment to its motto."

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 volunteer 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

See Pro Humanitate, Page 7
With a new school year underway, Wake Forest has decided to increase its sustainability presence on campus. A new post-consumer composting program has been implemented in the North Campus Dining Hall. For those students that have not yet ventured into the new dining facility or have not heard about the new program, it is another step Wake Forest is taking to create a more environmentally friendly campus. The campaign forces students and faculty to start clearing some items off their plate before they put it on the conveyor belt. Instead of putting wrappers and napkins on your plate, you will now put it in the composting bin. These items will then be transported to the Gallins Family Farm to begin the composting process. We are very happy to see Wake Forest take steps towards having a more environmentally campus. The Pit was the first building to begin composting. Pit workers started directing their post-consumer food waste to the Gallins Family Farm. However, the Pit could not start composting post-consumer waste because of its location in Reynolda Hall. The North Campus Dining Hall is an example of the university's commitment to making the campus more sustainable. We appreciate that Wake Forest created a dining hall with a specific purpose of promoting environmental conscientiousness. The new Pit is the only building around campus that has started the post-consumer composting campaign, and hopefully other dining facilities will too in the near future. Since we all have a strong desire to help the environment, we hope that Wake Forest can speed up this process soon. Not only is composting financially beneficial, but it also reduces landfill impacts and the amount of greenhouse gases going into the atmosphere. We hope that Wake Forest will continue to develop more sustainability programs around campus.

The administration has made an effort in making the campus more environmentally friendly, but we are still facing problems in creating pure compost. Students, however innocently, put contaminants such as plastic into the conveyor belt. However, a small piece of plastic can ruin an entire batch of compost. So we call on students to be more conscious of where they are disposing of their trash. It's our responsibility as civically engaged students to respond positively to the administration's efforts at making the campus more sustainable, in order to encourage them to make the campus even more sustainable in the future.

It's not too difficult to separate your Starbucks trash from your food waste. Students should be able to partake in this small effort to keep our camp embedded environmentally-friendly.

As we emerge from our campus to become leaders in different sectors and parts of the world, we must include environmental awareness and preservation in how we live our lives.

It is imperative that we acknowledge the efforts of both administrators and students on our campus, which are training us to become more environmentally friendly adults whether we realize it or not.

There are many possibilities for our campus to continue to grow in sustainability efforts, and we hope that we can see a positive student response and continued promotion on the part of administrators and leaders on our campus. Wake Forest will continue to develop sustainability programs around campus.
Deacon Profile: Ken Zick

BY IAN RUTLEDGE
Print Managing Editor
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Returning from a year-long sabbatical after retiring from a 24-year term as vice president for Student Life, he now serves in the role of professor of law, teaching undergraduate courses in American Constitutional History, the History of the English Common Law and Freedom of Speech.

He graduated with Phi Beta Kappa distinction from Albion College in Michigan, and then received his juris doctor degree from Wayne State University and a post-graduate M.I.S. at the University of Michigan. He is also the author of the historic novel West to Donegal Bay: A Novel of Irish Islands.

Both his children attended Wake Forest, and when not teaching, he enjoys learning more about the students at the university he has called home for more than two decades.

What drew you to the teaching profession?

I began my graduate studies at Michigan in political philosophy, then I deviated from that path, which became infused with the social justice bug, especially at that time of American history.

People really wanted to make a difference, there were several issues following on the heels of the Civil Rights movement and the Vietnam War that kind of propelled people in that direction.

And so I moved in that direction as well, but returned to teaching as my first passion, primarily because of the role models that I had as professors when I was a student.

What interested you about history and law as a field of study?

I always loved history in college, in large part because I believe that discovering patterns and trends allows us greater insight into contemporary affairs.

It is a wonderful feeling to figure a puzzle out, and then to advance your theory of historical meaning derived from pulling together these disparate pieces of the puzzle.

It was always very fascinating for me to continue to do so.

What is your favorite part about being a professor?

Well that's easy, it's definitely the students. Having been on leave of absence for a year, I think that's what I miss the most. I kind of knew that I would.

Seeing students grow, both inside and outside of the classroom, is just a real gift.

Especially now that I've hung around for so long, I've experienced the joy of hearing from alumni and take some pride in their accomplishments and lives.

Sometimes I'm kind of haunted by it, but in a good way. When I look out over a class, sometimes a son or daughter of someone I taught is in the class. Often they are so much like their parents, it's like a community that shares the same values, both in the past and present.

How does it feel to be back in the role of professor after serving as Vice President of Student Life?

It feels great [laughs]. That's a tough question though.

I loved my work in administration and being a small part of a larger vision for the university was very fulfilling. But as in all things, retiring from administrative life offers new vistas for me as well, whether it's a scholarly piece that I would like to revolve or reflections on professional life in student affairs.

I think that the stress of administrative life is not fully understood by most people because if administrators are doing their work well, it won't be seen. It will just happen seamlessly, naturally.

So I am pleased that the stresses of that life are in my past. However, it's still arduous being a faculty member.

What is your favorite thing about the university?

Once again, the people. I have been blessed to live in a place that brings remarkable minds and hearts to work here.

Benefiting from their insights and wisdom has been magnificent.

And I count the students in that mix too, because so many of them come to reflect the mind-set of Wake Forest. To see that sink in is absolutely fascinating.

Do you have a favorite class to teach?

That's an unfair question, I couldn't begin to say what's my favorite because each of them have different challenges and offer different dimensions for growth.

I think it would be easier to identify particular periods of history or aspects of intellectual history that interest me the most.

But those ideas can be found in each of the courses.

How did you get involved in writing a novel?

It was a way of relaxing on holidays and initially I became very intrigued with the diaspora with a sect of Mormons called the Strangite Mormons in an archipelago in Northern Michigan.

We vacationed on this island, so I became intrigued when I saw that the historical society had published no less than four volumes of history on this small island.

Prominent in that history was the story of these Mormons. James Strang was a New York lawyer who was a devotee of Joseph Smith, the founder of the Mormon Church.

When Smith was assassinated, there was a schism in the church and Brigham Young brought one group to Utah, but Strang also declared he was the successor.

He led another group to these isolated islands in Lake Michigan, and at one time the main island hosted about 3,000 Mormons.

Because Northern Michigan was not very populated in the 1850s, he became a state legislator.

But he was a thorn in the side of the Irish Catholics that he kicked off the island, literally by force.

He was eventually brought to Detroit and tried on treason charges because he declared himself king of the islands.

He was an attorney and successfully defended himself on first amendment grounds.

So you can see that this would interest me because I teach Freedom of Speech. I was just absolutely intrigued by this subject.

Although it had been discussed by scholars, it had been accorded popular treatment. It didn't really cause much of a ripple back then.

POLICE BEAT

Larceny

- An unknown subject(s) stole victim's credit card and made two purchases at a local gas station. The report was filed at 11:28 a.m. on Aug. 25.
- An unknown subject(s) removed sunglasses from an unlocked office in the Miller Center. The report was filed at 9:59 a.m. on Aug. 26.
- An unknown subject(s) removed property from the women's field hockey locker room. The report was filed at 6:40 p.m. on Aug. 26.
- An unknown subject(s) removed wooden folding tables from outside the ROTC building. The report was filed at 8:48 a.m. on Aug. 27.
- An unknown subject(s) removed ping pong paddles and balls from a entertainment cart on Hearn Plaza. The report was filed at 9:27 a.m. on Aug. 27.
- An unknown subject(s) retrieved the fire extinguisher from the first floor of Johnson. The report was filed at 8:07 a.m. on Aug. 30.

Underage Consumption

- Subjects were found behind Collins smoking marijuana and in possession of paraphernalia. Offenders were also in possession of alcohol. The report was filed at 7:30 p.m. on Aug. 29.
- University Police responded to a call in reference to a disturbance in Babcock. Both offenders were found to have consumed alcohol while underage. The report was filed at 10:20 p.m. on Aug. 29.
- University Police were requested to assist WSPD with an off campus party at 1500 Polo Road. Approximately 150 students were cited for underage consumption. The report was filed at 12:25 a.m. on Aug. 30.
- A subject was found passed out in the Farrell Hall lawn after consuming alcohol at an off-campus party. The offender was transported to WPUHMC. The report was filed at 2:11 a.m. on Aug. 30.

Miscellaneous

- University Police were requested to assist WSPD with a large party on Macon Drive. The party was dispersed and no citations issued. The report was filed at 12:33 a.m. on Aug. 25.
- An unknown subject(s) slashed the tires of a vehicle in Lot R-2. The report was filed at 1:36 p.m. on Aug. 27.
Dining hall implements new compost system

Wake's newest dining hall has begun an educational campaign to keep their compost pure

BY EMMA SKEELS
Life Editor
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When North Campus Dining opened in Jan. 2013, Wake Forest students were excited about new food options, a stylish new hall and another Starbucks. What many didn't know about the new facility was all the environmentally friendly innovations they included in the dining facility.

One particularly important addition was the addition of a composting initiative.

The initiative began in 2011, when "The Pit" began to compost pre-consumer waste, which consists of the compostable food leftover after eating. The post-consumer waste consists of the compostable food leftover after preparing the actual meals. Pre-consumer is made up of things like potato peels or pineapple rinds, which are then put directly into the green bins outside of the Reynolds Hall. The compost goes to Gallins Family Farms, which adds the nutrient-rich compost to their own compost, "Carolina Dynamite." Although it was a step forward in reducing food waste, the Pit's location in Reynolda Hall made it nearly impossible to compost to their own compost, "Carolina Dynamite." Even though it was a step forward, the problem occurs when elements like plastic make their way into the waste, which happens when people dispose of waste like Starbucks cups onto the trays instead of into the garbage cans. When plastic is put into the compost pellets, it contaminates them. Gallins can't use any of the compost, because "Carolina Dynamite" is premium compost, and can only be marketed as such if there are no contaminants in it.

ARAMARK workers have done their best to reduce the chance of plastic entering the compost by taking precautions such as switching from plastic to paper straws, and using Tupperware lids instead of seran wrap to keep their compost pure. "Give your friends the nudge about not putting plastic trash where it should not be," said Dedee DeLongpre Johnston, director of Sustainability.

Students are the biggest offenders in terms of putting plastic trash where it should not be. The Office of Sustainability is staging a "human intervention" to educate students on where different types of trash should go. "The pulping system has been in place since the building opened last year, but it opened so quickly that we didn't have time to do educational campaigns," Johnston said.

That's why there are new signs in the dining hall, and people stopping students to make sure they understand what goes into trash and what goes into the trays.

"Give your friends the nudge about ratting trash, plastic, and recyclables into your food and paper waste," said Andrea Lee, Marketing Coordinator for ARAMARK.

"If you're in doubt, throw it out."

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"When we designed the North Dining Facility we wanted to make sure that it was as close to a zero-waste facility as possible. So every waste stream that comes through we try to eliminate or recycle or compost. You turn every waste stream into some other product so that there's nothing going to the landfill," said Dedee DeLongpre Johnston, director of Sustainability.

The process begins when students dispose of their dirty plates on the rotating trays. ARAMARK employees scrape the waste into the "pulper," which grinds the food and paper waste into a fine meal, mixed with water. The meal then goes into an "extractor," which sucks the water out of the meal, which shoots the meal out of a shoot in the back, directly into the compost bins. The system is simple enough: all students have to do is put their plates on the rotating trays after they're done. They don't even need to take their napkins off of them.

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"If you're in doubt, throw it out."
Malika Roman Isler looks forward to returning to Wake Forest and working with the Thrive initiative. "Wake Forest has been creating innovative approaches to allow students to unplug, engage and connect to a deeper meaning and purpose," Roman Isler said. "In my new role, I will build on those initiatives to help the entire campus community develop healthy habits and build a sense of resilience that will carry them forward through the ever-unfolding challenges of a rapidly changing world through the new Thrive approach."

Roman Isler hopes that her position will make wellbeing more accessible to students and members of the campus community. "While it's a new approach to wellbeing for the university, wellbeing is not new to Wake Forest," Roman Isler said. "I know this from my undergraduate experience and even my time at the medical school. What is new is having wellbeing centralized under one umbrella."

Roman Isler will serve as the point person for all wellbeing programs and her office will be housed in the newly renovated Sutton Center. The groundbreaking for the new $45 million facility will occur Sept. 5 and the first half of the project, an addition of a new wing to Reynolds Gym, is expected to be completed in Fall 2015. The entire project is expected to be completed approximately three years and will feature 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.

Roman Isler's background as a researcher and faculty member, as well as her time spent both as an undergraduate and then as a collaborator at the Wake Forest School of Medicine will help her advance the university's efforts to promote wellbeing among the entire community. Penny Rue, Vice President for Campus Life, also believes that Roman Isler will be a great asset to the university. "Malika's impressive track record will help to build on the University's holistic approach to wellbeing: create new synergies among campus partners; and help students, faculty and staff develop healthy habits and build a sense of resilience that will carry them forward through the ever-unfolding challenges of a rapidly changing world," Rue said in a press release.

"Students appreciate the university's focus on wellbeing," Rue added. "Wake Forest is more than its professors and classes," said senior James McCallen. "I think it's great that the university is going to focus on making sure everyone here feels like they are part of a community and that our overall wellbeing is just as valued as our performances in the classroom."

Hatch is looking forward to Roman Isler's arrival on campus. "I could not be more enthusiastic about welcoming Malika to this new role, and I am confident in her ability to lead us all toward healthier and more balanced lives," Hatch said.

Roman Isler will start her term as the first ever Director of Wellbeing on Oct. 1.
The Wake Forest community is also invited to attend two very important groundbreaking ceremonies on campus earlier that same day. We hope you can join us as we celebrate wellbeing at Wake Forest.

Sutton Center at Historic W.N. Reynolds Gymnasium, 2 pm at Poteat Field
McCreary Field House, 3:30 pm at Parking Lot F, adjoining the Doc Martin Football Practice Complex
number of service projects and organizations happening on campus.

David Hale, a senior involved with Campus Kitchen and the Volunteer Service Corps, noted the amount of different-but-similar-sounding organizations on campus.

"There are all these disconnected things going on at once on campus, with different professors and student groups planning different events, so I think this will unite everyone and make it more effective," he said.

Hale has seen firsthand what a collaboration between academics and outside service can look like. He took an English 111 entitled "Representations of Illness in Literature." In addition to reading assignments, each student was required to volunteer for 40 hours at a hospital over the course of the semester.

Each week, they turned in an analysis of the way illnesses were portrayed in their readings versus how they were in real life. The service component of the class was a way for the professor to bring the readings to life.

"You can do service, but unless you reflect upon it with others, it's not as meaningful," said Hale.

"Service is great, and it needs to happen, but we need to be able to talk, about what we're doing, and the impact it's having, and what we could be doing differently to really make a real impact," said Hale.

Though classes with a service component such as this one do exist at Wake Forest, they are few and far between.

One of the goals of the Pro Humanitate Institute is to make this type of collaboration easier and more common, and "give faculty the support they need to promote service as a part of their classes," said Rue.

At the end of the Spring 2014 semester, Rue met with many of the students leading service organizations on campus to discuss the possibility of a new Institute to unite them together. She also suggested the possibility of an executive council consisting of student leaders.

The new Pro Humanitate Institute combines the Institute for Public Engagement and the Office of Service and Social Action to create a central point of reference for service organizations on campus.

"We told her the mission statements of our organizations, and in a way she was facilitating the linking of ideas and collaborations for new projects," said junior Alyshah Aziz, Secretary of the Volunteer Student Corps and Student Co-Chair of the Hunger Board.

"I think having some form of student executive council would be beneficial, because then you have the same group of people meeting and asking each other what's going on and how they can help each other accomplish their goals," she said.

Senior Oriana Wright, Student Coordinator of Campus Kitchen, agrees.

"This is a place for the Institute of Public Engagement and the Office of Service and Social Action to merge forces and work together and really combine all the efforts we have going on on campus," she said.

In the next few months, a faculty director will be named. The director will serve as a point of communication between professors who need service-related resources, and student leaders of service organizations on campus.

Divinity School Convocation kicks off speaker series

An armed individual held a family member hostage at the Travelers Inn motel

BY KRISTOPHER KOLB

The 2014 convocation for the Wake Forest Divinity School was a time of both new beginnings and remembrance. The class of 44 new divinity students was welcomed in a ceremony headlined by Rev. Dr. William Barber.

Barber's speech acted as the first in a series of prophetic teaching naming by the family of George Williamson in honor of after the late George McLeod "Mac" Bryan of the class of 1961.

"Mac was a campus character and a true radical. If we ever spoke a prophetic word, it was because of him," said Williamson during the convocation.

"We wanted to find a way to honor that legacy in an active way," said Gail O'Day, dean of the Divinity School.

A portion of the convocation program led by university chaplain Tim Auman was dedicated to remembering Bob McGee, the University's Episcopal campus minister of 30 years who died on Aug. 30. A dedicated service is expected to be held the afternoon of September 6.

Barber is the pastor of Greenleaf Christian Church in Goldsboro, N.C. and the president of the North Carolina chapter of the NAACP. He has proven controversial, being arrested in 2013 during a peaceful protest.

However, any controversy seemed to dissipate in the confines of Wait Chapel. Barber's speech focused on social justice and civil rights issues that continue to plague society.

Barber called on the audience to challenge the systems in place to oppress the poor, vulnerable and others at risk. "You must mistrust ideologies that rationalize subordinating persons," he said.

Barber argued that so-called conservatives focused too heavily on unimportant issues such as homosexuality and abortion at the expense of the vulnerable. "The war on poverty was not lost, we walked away from the battlefield," he said.

Barber's speech was met with rapturous applause from the audience, with several students evangelized by the reverend's rhetoric. "What demons have possessed this school to stay silent in face of the injustices they perpetuate?" said senior Joe LeDuc.

Barber was asked to speak at Wake because of his commitment to social justice. "Why do we seek new and inclusive ways to be agents of justice, reconciliation, and compassion in a hurting world," said Ashton Murray, president of the Student Leadership Council and member of the class of 2015.

Barber met with students at an informal gathering the afternoon after his speech. "The talk should challenge all members of the community to think broadly about the issues of today," said O'Day.

"I can imagine future speakers being influenced by immigration, healthcare and inclusion and diversity."
Thinking Rash-ionally | Race Baiting

Sharptoft is still exploiting tragedies

The esteemed social activist has used unfortunate events to exacerbate racial tensions

Caleb Rash
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Events like the death of Michael Brown in Ferguson do more than rekindle the flames of this country's racial tension. Unfortunately, they also provide an outlet for individuals seeking to aggravate these tensions simply for publicity.

In the midst of these heartbreaking tragedies, it seems like in each case the same popular figureheads swarm to the scene in an attempt to preserve their images as advocates of justice. These personalities function parasitically, surviving only because there is another racial controversy to exploit.

The worst of these race-baiters is Reverend Al Sharpton. The man has been a leading voice in countless civil rights movements and remains a prominent political analyst and social justice advocate. However, few people are aware of Rev. Sharpton's impressive résumé when it comes to activism. Rev. Sharpton's most notable highlight on his résumé occurred in the late eighties. A fifteen year-old girl by the name of Tawana Brawley was found near her apartment with racial slurs and other profanities written on her stomach. Her jeans were burnt, there was feces in her hair and her shoes were torn apart. Ms. Brawley claimed she was raped by a group of white men, including a police officer. Relatively early into his career in activism, Rev. Sharpton essentially became the advisor and spokesperson of the teenager as the case went to court. After a six-month investigation, Ms. Brawley's entire claim was proven to be false: a complete hoax. The court discovered that she did those things to herself in order to avoid being punished for staying out late with her boyfriend.

In a separate trial, Rev. Sharpton was found guilty of defamation. Even to this day, Rev. Sharpton believes that he did the right thing in defending the girl, despite clear evidence that he knew of the claim's invalidity.

If that is not enough to alter your positive opinion of Mr. Sharpton, consider the 1991 Crown Heights riots. In Brooklyn a young black man was hit and killed by an ambulance. After it was determined that the driver of the ambulance was Jewish, Rev. Sharpton rushed onto the scene. Throughout the investigation, Rev. Sharpton redirected the attention to race rather than the crime or the victim. On one occasion, he commented that Jews are "diamond merchants" bearing "the blood of innocent babies." Diamond Merchants? How is this man still allowed to host a daily show on MSNBC? The misdeeds, offenses and deplorable statements of Rev. Sharpton could fill a 300-page book, but what worse is that people still respect and listen to the man.

Civil rights activism has an important place in a country attempting to transition into a post-racial society, but Rev. Sharpton is contaminating its image and undermining its purpose. In controversies like the death of Michael Brown, he may believe he is standing up for social justice by highlighting race issues, but he is further victimizing the victim. In light of his past unscrupulous and shameful history, Al Sharpton's presence is doing a disservice to the family of Michael Brown and disrespecting a young man's memory. Rev. Sharpton is an exploiter of tragedy and a distorter of justice.

Word on the Quad | Thrive: The Wellness Initiative

In what ways do you believe the Thrive wellness initiative will benefit the Wake Forest community?

"Students could always use a holistic approach to health to get a better sense of 'self.'" Aly Olutimilehin '16

"It's always a general concern. People tend to only focus on one form of health." Hannah Montague '17

"It's important because students are stressed out academically and socially." Jack Troller '17

"I think the approach will be really beneficial to student life on campus." Josh Harris '15

"I think that's great and something that could really improve the Wake experience." Drew McDonald '15

"It's always a general concern. People tend to only focus on one form of health." Hannah Montague '17

"It's always a general concern. People tend to only focus on one form of health." Hannah Montague '17

"It's great that Wake is taking a stance for emotional and mental wellbeing." Kristi Chan '15
In North Carolina, political affairs matter

Wake students should pay more attention to politics in North Carolina and Winston

Colby Moore for College Democrats
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As many of us move back to Winston-Salem or are moving here for the first time, we look forward to the various events happening this fall. But one event is overlooked too frequently — Election Day.

Wake Forest students understand their constitutional right and their civic duty to vote, but many do not end up making it to the polls during Election Day or even during the ten day early voting period in late October. Why is this? Well there are many reasons why Wake Forest students have a low turnout to the polls. Wake students are busy and they really have no control over their class schedules and other events happening in their lives on Election Day.

Another is apathy, which is certainly a bad reason, but that should be discussed at a later time. But having tried to register many Wake Forest students to vote, I have heard the excuses over and over again. "I don't know the candidates in North Carolina." "I'm not from here." "I don't think I can even register here." Can also Impede On learning

We must regulate how we use technology to learn

Wake Forest is your home for at least four years, and you should care about what goes on here. Our area. They may not be from the state, they might not plan on living in the area after graduation, and/or they may not have family close by. Frankly, those are bad excuses to not to care.

Wake Forest is your home for at least four years and you should care about what goes on here, even though what is happening outside the bubble may not seem to affect you. Despite any plans made about postgraduate life, it will really surprise you how many Wake Forest students will end up living, paying taxes, raising a family or at least conducting business in North Carolina. You should care about the future of the state and the state may not the Winston-Salem area because it will likely affect you in some way in the future.

It may not be a Presidential Election year and it may not be one that you have been paying much attention to, but 2014 is an extremely important political year and North Carolina could be the state that ends up deciding which party controls the Senate.

But on top of that, there are also important local and state level races, which could dictate the future of North Carolina. If you are one of the people that request an absentee ballot and vote at home, good for you. But you should at the very least learn about your representatives here and how their policies are affecting you. For the others, I implore you to pay attention and to vote. Many of the upcoming elections are crucial for both the statewide and national political landscape.

Do not be someone who regrets not exercising their right to vote.

Keep it Cas-u-well | Teaching with Technology

We must regulate how we use technology to learn

Electronics can enhance the educational experience but can also impede on learning

Chris Caswell
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Technology is ever changing. Every year, new devices are released that would have been unimaginable just a short time ago. New technology is always hailed as a revolutionary new tool that will change the way we live, and even the way we think and learn. These new electronics are constantly finding their way into schools of all levels. Colleges and high schools boast of the important influence that these new devices and software will have in the classroom. However, I question whether there should be a limit to the new gadgets entering the classroom.

In past months, it seems that countless schools across the country are integrating technology into their classrooms. Integrate may not be the right word, though, instead they appear to be shoveling tables and other devices into schools as well. For example, last year, the Los Angeles Unified School District started handing out iPads to 30,000 students at a cost of 50 million dollars ($678 per iPad). According to an article published in Bloomberg Business Week, after only days, students bypassed software meant to stop students from accessing social media and games.

Students were using these expensive educational tools for social media and entertainment, not education.

Technology can help people learn, but it can also impede the learning process. Though most people have good intentions when using a laptop, tablet or other device in class, there are so many more interesting and less productive alternatives only a click away.

Encouraging students to use devices in class just provides one more distraction. Whether it's Facebook or Reddit, it's so easy to become distracted.

That bright little screen on your device of choice just seems to suck all of your attention away from that less stimulating class and into the more interesting world of the Internet.

In a world of constant communication and connectedness, it may not be a bad thing to stay grounded ..., during class.

In a world of constant connectedness, it may not be a bad thing to stay grounded ..., during class.

In a world of constant communication and connectedness, it may not be a bad thing to stay grounded and remain disconnected a few hours a day during class.

Now, I am not trying to lead a revolt against all technology. I, like many, take out my phone constantly, follow my Facebook feed religiously and enjoy watching shows and movies on Netflix, but I do think there should be limits to the gadgets that schools place in the classroom. Schools supply technology in a hasty attempts to fix the education system without much of a thought to how it helps students learn.

Innovation in schools from kindergarten through at least the undergraduate level is needed to teach children and prepare them for their futures, but forcing technology into the classroom is not the way to do it.

Graphic courtesy Trevor Joyce/Old Gold & Black
Summer is a great time to study abroad

Traveling abroad during the summer prevents missing out on campus traditions

Caitlin Herlihy  
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Last year, I was introduced to the inevitable influx of students that return to Wake Forest in the spring after spending a semester abroad. The Pit lines grow, the lower quad is flooded with activity and library study space is scarce. As a freshman, I absolutely hated this. The oneulete line doubled in length, and finding a place to set up a hammock was nearly impossible. Regardless, I can't imagine missing a semester at Wake Forest. Being absent from a frat party? Oh no. Skipping Pirates singalong? Unheard of. And don't even get me started on the idea of missing Puppies on the Quad or kittens in Campus Grounds.

However, studying abroad is a popular decision made by any Wake student. Professors encourage us to see the world and gain knowledge from alternative cultures. Something, probably the countless hours spent on Pinterest fantasizing of foreign lands, opens my eyes and made me realize that studying abroad was something I wanted to do, too. I reported to the study abroad office and sat down with an adviser to discuss the most fitting program for me. After sifting through paperwork on houses, programs, and internships, we found it. There it was in beautiful size twelve, Times New Roman font: WFU Summer 2014 Tours.

My six weeks in Tours, were without a doubt, the best weeks of my college life thus far. France. The six-week program allowed me to receive nine hours of credit and fulfilled my language requirement! Get out of town, literally. My six weeks in Tours were without a doubt the best weeks of my college life thus far. Between the beautiful language of love and cute boys sitting in cafes (and the shameful amounts of macaroons I devoured) — how could I not enjoy it? In addition to the wonderful clichés of France, I also had the opportunity to spend six weeks living with a French family. I had never been a big sister before, so I thoroughly enjoyed every evening spent playing rounds of Uno, dressing Barbie dolls and, my own eyes, I was able to make "La Reine des Neiges," or the Frozen soundtrack. The friendships and memories I made will forever hold a place in my heart. Needless to say I had the experience of a lifetime. I would without doubt recommend a summer study abroad program to anyone hesitant of spending their whole semester apart from families, friends and of course, the Forest. I studied abroad, but won't suffer through major FOMO fall. Now I can have my Pinterest pie and eat it too.

Ad-libs | Parking and Transportation

Parking on campus is too difficult for most students

There are many ways in which student parking options could be improved

Ade Ilesanmi  
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There's nothing quite like having a car on campus. You not only have the liberty that comes with being a student away from home, but you also have the freedom of the open road. Yes, just your car and wherever your half-empty tank of gas can take you.

Dealing with our parking and transportation department, however, is anything but a joy ride. First they cajole you into paying hundreds of dollars for a parking pass that provides you with restricted access to certain places on campus for certain times on certain days of the week.

If you're an upperclassman who is lucky enough to be off the never-ending wait list for an on-campus parking pass, you might be able to find a parking spot somewhere on the main campus.

Don't think that just because you found a spot you're immune from getting a parking ticket, though. Odds are, there's probably a rule in the fine print of some subsection of a footnote in the Parking and Transportation regulations handbook that you forgot to follow, and that's why you're now paying three $50 parking tickets for parking in one "illegal" spot.

Sans aside, there are definitely some valid complaints from students that the Parking and Transportation department should take into account.

First, there is the double — sometimes triple — ticketing for the same offense. For instance, if the car of someone who is hypothetically meant to park in Lots J, Q and P is found in Lot M, which also happens to be a faculty spot and it's ten minutes before the 8 a.m. to 5 p.m. weekday parking restriction ends, one is likely to be slapped with over $100 in parking fines, even if you only parked your car there for twenty minutes. I'm not saying the person in this hypothetical situation was not at fault for not following his or her parking regulations, but it seems like the punishment far outweighs the crime. I've heard many a horror story from other students who've had similar experiences.

Parking and Transportation should remember that it is still dealing with college students. Most of us don't have $50 to spend at the drop of a hat and are, in fact, trying to gain financial independence from our parents, even if its through baby steps. It's really difficult to accomplish this, however, when you're constantly asking your parents to help you pay your $75-$200 parking fee.

One possible solution in this situation would be to pick the worst offense and to fine the student in question for only that offense instead of all three. At the end of the day, the car is only taking up one parking spot and potentially inconveniencing one other driver. It's not worth emptying someone's bank account.

This brings me to another issue with the way parking tickets are handled on our campus. Why are parking offenses so expensive? Fifty dollars for one parking offense? Did I accidentally park in Oprah's spot or something? Again, the punishment and the crime just are not proportional. Most students are on a budget, and the parking tickets should, therefore, be deflated accordingly to match the average college student's budget.

Between tuition, housing, food and textbooks there's not a ton of spending money left over. Other college campuses, such as UNC Greensboro, fine their students $15 for some parking offenses. I've never seen a parking ticket at Wake that's under $50 with the exception of the initial $20 warning ticket, which I'm not even sure exists anymore.

Yes, we are a private school, but a poor college student is a poor college student no matter where he or she attends school. I'm also curious as to where all that money is going. I would love for Parking and Transportation to explain whether these inflated prices are going toward maintaining the 'poshness' of parking options on campus or if it's a matter of quotas.

Moreover, Parking and Transportation should be more lenient because there is just too much of a deficit of parking spots on our campus. We just welcomed the largest class of first-years to Wake, yet we've already forced to push student vehicles far off campus that they have to take a bus to get to their car. It really shouldn't come as a surprise to the ticket issuer that someone has parked illegally when there are literally no other feasible options on campus.

Even if you have paid the $512 to get on-campus parking pass for the whole fall, you're naíve to think that you're guaranteed a spot. Having a permit doesn't mean that you can park in any spot you want. I'm also curious as to why the parking and transportation department doesn't integrate more from carbon emissions, neither the city of Winston-Salem — which isn't known for its stellar public transportation options — nor our current campus can support such a social climate yet. Accommodations should be made to support the students who genuinely need to have cars on campus and those who were genuinely excited to bring their cars along with them on their journey through college.
Offense stumbles in season opener

Louisiana-Monroe dominates time of possession as Deacs’ gain only five first downs

BY MIKE McLAUGHLIN
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Both offenses were bad. Wake Forest’s was just a little worse. The result was a 17-10 loss for the Demon Deacons versus Louisiana-Monroe Aug. 28.

“We just got nothing on offense,” head coach Dave Clawson said.

Fortunately, the Clawson era started off with a bang when redshirt sophomore Steve Donarel blocked Justin Manton’s punt on Louisiana-Monroe’s first drive.

Redshirt senior Kevin Johnson quickly recovered the ball in the end zone for the Deacs’ first touchdown of the year.

It would also be the team’s only touchdown of the game as the offense struggled to find a rhythm.

Perspective is needed when analyzing the Deacs’ offensive play. With only five starters returning on offense, and two sophomores and a freshman starting on the offensive line, no one was expecting them to light up the scoreboard.

However, many were hoping to see a promising future in the debut of John Wolford.

Instead, the offense only produced 94 yards, with 97 coming through the air. Consequently, Wake Forest actually had negative three rushing yards on 27 attempts. One should note that this alarming statistic is largely a result of Wolford being sacked seven times for 55 yards.

“We were overwhelmed upfront,” Clawson said.

This brings up one of the many concerns on the Deacs’ offense. If Wolford is to possibly be the team’s future quarterback, it is imperative that they protect him. He will only take more hits, and harder hits, when Wake Forest moves into ACC play versus bigger and faster defenses. Moreover, it is difficult to assess his ability when he lacks the time to make plays.

“The protections we kept were pretty simple,” Clawson said. “There were more fundamental errors than assignment errors.”

Some of the sacks are also on Wolford however, who too often started to scramble backwards, instead of stepping up into the pocket, leading to three sacks that moved the offense back ten yards or more. It was his first college game though, and it is reasonable to expect him to improve.

See Football, Page 14

Wake Forest endured rough stretch to start season

Deacs fall to UCLA and California, start season with 0-2 record

BY LUCAS SMITH
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Faced with a tough opening weekend of games, the Wake Forest Demon Deacons hoped to prove their mettle against a couple of top teams in the nation.

Unfortunately for the Demon Deacons, their efforts fell just a bit short in a 3-1 loss to UCLA and a 4-1 loss to California.

Both losses occurred at Spry Stadium.

Sophomore midfielder Ian Harkes scored 13 minutes into the game against No. 4 UCLA (1-0-0), but No. 11 Wake Forest (0-1-0) was unable to hold on to the lead, allowing three straight goals en route to a 3-1 defeat Friday night at Spry Stadium.

Following a feed from junior forward Michael Gamble, sophomore midfielder Jacob Haynes played the ball to Harkes, who finished off the pass to put the Demon Deacons up 1-0. It was the second career goal for Harkes, who led Wake Forest in assists last season.

Wake Forest’s lead was short-lived, however, as UCLA countered with a goal of their own less than three minutes later as Andrew Gutman rifled a shot off a free kick that was very narrowly saved by a UCLA defender off a deflection.

The Demon Deacons pushed hard for the tying goal coming out of halftime, applying pressure on UCLA with three corner kicks and two shots on goal in a 90 second span but unable to convert.

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Sophomore midfielder Ian Harkes scored the only goal against UCLA 13 minutes in the game.

See Men’s Soccer, Page 12

{THE NUMBERS}

Amount of touchdowns the Wake Forest offense scored versus Louisiana-Monroe

Field Hockey

Sophomore Sarah Thornhill played hero as she scored the game-winning goal in overtime off a shot. She was the only player on the team to score a goal.

“Field Hockey

“They kept us guessing. It was a very multiple defense, a lot of blitz packages, twists — we didn’t handle it well, but obviously we need to play better.”

—Head football coach Dave Clawson on the Louisiana-Monroe’s stifling defense
Wake expected to defeat Gardner-Webb

Clawson hopes team will step up its level of play against the Bulldogs

BY TY KRAKIAK
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The Wake Forest men’s football program is looking to the future. But, to look to the future, sometimes you have to look back on the past.

While Wake Forest does not want to revisit the offensive paralysis associated with last week’s 17-10 defeat at Louisiana Monroe, the team certainly wants to revisit its 48-5 thrashing of the Gardner Webb Bulldogs Sept. 17, 2011. But, if last week’s Deacon offensive scuffles are any indication for what is to come on Sept. 5 against Gardner Webb, 48-5 may seem out of reach.

“We are capable of playing better than we did (at Louisiana Monroe),” head coach Dave Clawson said. “We are excited to tee it up (against Gardner Webb) and get it going.”

The match against Gardner Webb will act as the Deac’s home opener, and kick-off is slated for 6:30 p.m. The game will be televised on ESPN3. Last week, Gardner Webb suffered a 13-3 defeat to strong Football Championship Subdivision opponent, Furman. However, Clawson is more than cautious headed into game two as head coach of the Demon Deacons. He understands from experience that it is every FCS school’s dream to defeat a Division I program. He just hopes it is not against his young Demon Deacon squad.

“Gardner Webb’s goal is to knock us off,” Clawson said. “They will be a quality opponent.”

However, for Wake to prevent Clawson’s dreaded knock-off, their offensive line must improve. The Deacons surrendered seven sacks for 55 yards in the Clawson debut against Louisiana Monroe, and assignments were missed. In addition, freshman quarterback John Wolford was under constant pressure, and senior running back Orville Reynolds was unable to find any holes for much of the night. As a result, Clawson notes, he was unable to evaluate the Deacon backfield.

“We are capable of playing better on the offensive line,” Clawson said. “We have to improve.”

Continued from Page 11

The Bruins sealed the game with their third goal in the 88th minute following a goal from Seyi Adekoya.

In the second game of the weekend for Wake Forest, No. 7 California scored two goals in each half as the visiting Golden Bears capitalized on defensive mistakes by the Demon Deacons.

Fresnian Hank Guanter scored in the second half for Wake Forest (0-2-0) for his first collegiate goal. It would be the only goal the Deacs would manage to get past Cal goalie Justin Taillode, who tallied six saves despite Wake Forest outshooting Cal 18-12.

Hayes was once again in the middle of the action, sending a looping cross to Gauger who connected for the nice finish. Hayes tallied his second assist in as many games after recording just one all of last season. Four different players scored for Cal (1-1-0), who earned their first win of 2014.

Wake Forest had several scoring opportunities early in the first half as Gamble nearly put the Demon Deacons ahead in the sixth minute. He launched a shot at the goalkeeper and headed the rebound back towards goal only to be denied by the crossbar.

Redshirt sophomore goalkeeper Alec Ferrell made two nice saves minutes later, but couldn’t stop an effort by Christian Thier-...
BY RACHEL WALLEN
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On the soccer field, most players move around and are far enough away from the stands that at least during the game, insults don’t reach their ears. The goalie, on the other hand, is stationed at one end. There are often seats, or a hill, directly behind where he stands, and he gets the brunt of the abuse all game long.

But it doesn’t bother Alec Ferrell. When he’s on the field, nothing can break his focus — not the insults, not the mistakes. He can let anything roll off his back, and later, after the game, he’ll tell you everything they were saying and laugh about it. At only 20, he’s developed one of the greatest skills any individual — especially an athlete and especially a goalie — can have: the ability to just let it go.

Alec is noticed when he walks in a room. At 6-foot-4 and almost 200 pounds, he’d be hard to miss. Size has been a pretty common theme in his life: it’s one of his biggest strengths on the field, and a foundation for some of his trademark goofy moments, of which there have been many.

Thomas Haws, one of Wake Forest’s midfielders, is the team’s nickname king. In just over a year and a half, Haws has managed to get a nickname to stick for every player. His inspiration for Alec’s new name came from a walk home from the field hockey house one summer night.

For some reason that even Alec can’t explain, he thought it would be a great idea to break out into a run, a full-on sprint back to the dorms. Disaster struck when a tree root jumped in front of his foot and he dove into a neighbor’s trash cans, cutting his clothes and face as he went. Reminiscent of the scene in Wedding Crashers where 6-foot-5 Vince Vaughn is tackled to the ground at the backyard football game, someone yelled out, “Big tree fall hard!” And Spruce was born. The nickname makes everyone laugh. As his fellow goalie Andrew Harris put it, “I think if he hadn’t learned to laugh at himself by now, he’d be dead.”

Life Throws You Curves

Before a game begins, you can see the players doing their warm-ups on the field — passing, shooting, warming up the muscles. Alec often helps the forwards, having them take practice shots, or even challenging them to see who can shoot better.

You see, Alec used to be a forward. He was a forward from age 3 until 14, with all the glory a middle school goalie-scorer can have. And then a shift happened in his life, and in one game, he moved from forward to goalkeeper.

The goalie didn’t show up. He might’ve been sick, or hurt, but whatever it was, he wasn’t there. It was a club game in Alec’s early high school years, and the coach pulled everyone in before warm-ups, and asked, “Who wants to be goalie today? Any volunteers?” After a few minutes, Alec shrugged and raised his hand.

Sure. Why not?

They won, and it was a shutout. No one on the other team managed to score on the first time goalie. At the next practice, coach pulled him aside. “You did real well. You’re our new goalie.”

His days as a forward ended after that, but he kept the skills he learned, and they helped him make an even stronger goalie — his impressive footwork is one of the traits Coach Vidovich noticed about him. Combined with his size and athleticism, as well as his work ethic and “coachability,” he’s an expert at using his size to his advantage, and growing into the best leader he can be while on the field.

His relationship with Andrew, the other goalie, is “almost too good,” says Coach, even though they’re both competing for the same spot each week. They’ve only got closer this season, and it testifies to who Alec is as a person: humble and team-first. He has the ability to encourage everyone to play outside of themselves, and carries his team up with him the better he gets.

Wake Forest

Alec has taken that flexibility with him as he grows and moves through life. Everyone experiences shifts and twists, but Alec seems to grow even better one. By spring of his freshman year, he was starting exhibition matches, and was a likely starter for the fall season.

Personal Profile

Hometown: Westlake, Oh.
High School: Westlake HS
Height: 6-foot-4
Birthdate: March 3, 1994

Wake Forest

Alec pushed for the starting position, and now he’s the starting goalie. No one on the other team scored, and Wake Forest made it to the third round of the NCAA tournament this year, which ended in a loss to Notre Dame. In pre-tournament statistics, Alec went 4-3-3 in the games he started, and in 960 minutes of play, ended with a 1.12 GAA.

Some players would focus on the bad, kicking themselves for all their mistakes. But Alec has already let it go. He hasn’t missed a beat.

The Underdog

Alec is refreshingly humble about his status as a top athlete. When asked, he says, “To be honest, I’m a little surprised. I made it this far.” The club team he played for at home wasn’t elite, and he wasn’t the star player. For his first season at Wake, he was the third string, and what Coach called “the underdog” of the team.

But he fought his way up the ladder to the starting position, and now fights for it every week, something by which Coach is impressed. He’s an expert at using his size to his advantage, and growing into the best leader he can be while on the field.

His relationship with Andrew, the other goalie, is “almost too good,” says Coach, even though they’re both competing for the same spot each week. They’ve only got closer this season, and it testifies to who Alec is as a person: humble and team-first. He has the ability to encourage everyone to play outside of themselves, and carries his team up with him the better he gets. Wake Forest made it to the third round of the NCAA tournament this year, which ended in a loss to Notre Dame. In pre-tournament statistics, Alec went 4-3-3 in the games he started, and in 960 minutes of play, ended with a 1.12 GAA.

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Deacon Notes

Wake Forest all-time leading receiver makes Ravens team

Michael Campanaro, a former Demon Deacon and seventh round draft pick of the Baltimore Ravens made their roster Aug. 30 following a strong training camp and preseason performances.

The Raven’s final preseason game versus the New Orleans Saints was a crucial game for Campanaro. He played well, recording three catches for 53 yards.

The rookie is signed to a four-year $2.287 million contract and will play his first game versus Sept. 7 versus the Cincinnati Bengals.
Women's soccer team aims for 250th win in their upcoming game against UNC Wilmington

**BY MIKE ZAVAGNO**

Staff Writer

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Following the first road contest of the season, the No. 24 Wake Forest women's soccer team is in a position it has not been in since the 2001-02 campaign.

Wake Forest dropped both of their games this weekend, a 1-0 home loss to James Madison University and a 4-1 loss to Kansas in Lawrence, to move to 1-2-0 on the season.

The Deacs had not lost two of their first three contests of the season since dropping games to Santa Clara and Portland in 2001.

The young Demon Deacon squad, which has played 11 underclassmen in all three of the team's contests this year, is struggling to find its footing as it attempts to replace decorated graduates Aubrey Blewett and Katie Stengel.

The inexperience is showing on both sides of the ball.

The inability to put the finishing touches on attacking builds, a problem that reared its head in Stengel's prolonged absence due to blood clots last season, has persisted.

Despite earning 24 more corner kicks than opponents (27-3), the Deacs have yet to find the back of the net off a corner set piece.

Additionally, of the 46 total shots attempted by Wake Forest, only three have beat the keeper for goals.

In addition to limiting corner opportunities for opponents, the Deacs have kept them from peppering freshman goalkeeper Lindsay Preston with shots.

Yet, despite only surrendering 20 shots, six of them have gone in for goals.

The four goals allowed against Kansas was the most scored by the Deacs since Aug. 28, 2010, when they lost 4-0 to Louisville.

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Despite earning 24 more corner kicks than opponents (27-3), the Deacs have yet to find the back of the net off a corner set piece.
Wake Forest’s Webb Simpson made the final cut for the Ryder Cup

BY ELIZABETH HARVELL
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The olympics of golf are back and it’s time to get patriotic about the 2014 Ryder Cup between Team USA and Team Europe. Team USA was unveiled Tuesday night as the twelve-man squad was finalized by American captain Tom Watson. As with any drafted team, from elementary school kickball to professional golf, there were shockers and shoe-ins.

Watson used his 42 years of PGA experience and a smidgen of intuition when he finalized his lineup. With redemption on his mind, Watson’s final three selections were Keegan Bradley, Hunter Mahan and Wake Forest’s own Webb Simpson. Simpson was the eye-opening pick and a smidgen of intuition when he was selected.

Once the core of the PGA, Simpson has quietly reigned since his noteworthy 2012 U.S. Open first-place victory. He is No. 32 in the world, the lowest-ranked player on the U.S. team.

Ultimately, Watson chose Simpson over the projected pick, Chris Kirk. Having been the eye-opener, arson chose Simpson over the Weeodd, the lowest-ranked player on the team. With redemptio~ on his mind, Watson’s team that made commentators blink twice.

Obvious shoe-ins that made Watson’s cut are Phil Mickelson and Jim Furyk, who will both bring experience and a sense of composure to Scotland in late September. 25-year-old Rickie Fowler and 21-year-old Jordan Spieth are also distinct front-runners on Team USA after their performance this year.

Spieth tied for second at the Masters this year as well as tying for fourth at the PLAYERS Championship. Moreover, Fowler tied for second at the U.S. Open in addition to tying for third at the PGA Championship.

Rounding out the team are Zach Johnson, Matt Kuchar, Patrick Reed, Jimmy Walker and Bubba Watson.

Winning the cup won’t be a walk in the park. The home course advantage will be heavily felt for Team Europe in Scotland. Team Europe indisputably has some impressive golfers.

Besides having the number one golfer in the world on their roster, other notable names include Henrik Stenson, Lee Westwood and Martin Kaymer.

Stenson tied for third at the PGA Championship, while Westwood has been on Team Europe in the Ryder Cup eight times, and Kaymer won the 2014 U.S. Open.

Just because Team Europe is talented does not mean the Americans cannot be victorious on the course, however. Jim Furyk, Hunter Mahan and Phil Mickelson are the only Americans on the team who know what it’s like to celebrate a victory.

Europe has won seven of the last nine times. However, after experiencing a devastating loss in 2010 when the matches came down to the wire, Team USA is ready for revenge.
While Wake Forest doesn't manage to bring a ton of famous musicians or touring artists to campus, we make up for this with our own musical groups and ensembles. Whether it be in the music department, a capella groups, or Student Union run events like Open Mic Nights, Wake has a lot to offer in the realm of local talent, all of which is offered freely to those willing to listen. If you're really brave, you may even participate in one of these events, or become a part of one of these groups.

And have no fear, the music won't sound like nails on a chalkboard. On-campus musicians put considerable time and effort into their performances and presentation, all leading to numerous incredible opportunities for anyone interested in live music on campus.

The most obvious place to start looking for musical opportunities would be Wake's very own music building, the Scales Fine Arts Center. Our music department is certainly well-received with excellent conductors and instructors, but a relaxed and welcoming atmosphere. Wake's music department creates a very inviting space for musicians of all skill levels.

Musically inclined students can join Concert Choir to sing large vocal pieces, or Collegium Musicum and Chamber Choir for smaller chamber music, all of which are conducted by Brian Gorelick, brother of Kenny G. The "audition" held for these choirs is easy: if your vocal chords work, you're in.

Instrumentally, the music department flourishes with all sorts of opportunities, from our full orchestra conducted by David Hagy, the esteemed Deacon Jazz Machine, Stewart Carter's Collegium Musicum, or the soothing yet rhythmically challenging Afro-Cuban drumming circle.

Not a performer? There's a place for you, too. Brendle Recital Hall in the Scales Fine Arts Center allows students to listen to all of these wonderful ensembles and other guest classical musicians, all for free.

But maybe you're not really looking to be involved in the classical music scene, and as a music major, I understand. Classical vocal music gets old. Fast.

As an alternative, Wake has a thriving and quite competitive a capella scene. Wake hosts six different and equally fantastic a capella groups. There are two Christian groups, the all-male group, Chi Rho, and the all-female group, Minor Variation.

Then there are the two secular groups, the all-male, Plead the Fifth, and the all-female group, Demon Divas.

Finally, there are two coed groups, the Christian Gospel Choir, and the secular Innuendo. Every group aside from the Gospel Choir requires an audition, so they're a bit picky.

Regardless whether you're in one or not, the a capella groups perform in many different locations. There are smaller performances, such as Campus Grounds "Hot Tuesdays."

Plus, each individual group has a yearly show like Chi Rho's "Big Concert" and Innuendo's "Big Effing Concert."

Each group manages to create their own distinctive sound and vibe. If you're interested in trying out, there are flyers all over campus.

For the final type of music group on the university's campus, we have events run by the Student Union. The most notable of these is the Late Night Open Mic. This event is held once a month in Shorty's on Friday evenings.

The open mic is first-come, first-serve style, so whoever asks for a time-slot can get one. Performances lend themselves primarily to acoustic sets by one or two people. However, the occasional piano and fiddle manage to sneak their way on stage, creating an ever-changing atmosphere in Shortys.

Truthfully, some acts are better than others, but it's nice that Late Night Open Mic enables people to play their favorite song to a group of students willing to listen. For performers, this is a time to show your friends that you really can play the guitar. Listeners may discover something about a peer, like that the guy down the hall actually has a pretty good voice.

Even Campus Grounds holds its own series of musical performances, though its stage is only half a foot off the ground.

The previously mentioned "Hot Tuesdays" (so named because it can get ungodly hot there when 50+ human bodies pack closely together) hosts performances ranging from a capella group to solo acoustic guitar. You have to arrive early to get good seating at Hot Tuesday. Unlike Late Night Open Mic, you'll have to schedule in order to perform.

A similar, but fairly new, event offered on campus is the Acoustic Series. It's a close relative to the Late Night Open Mic, but it's held in Zick's.

More information on this event will come later in the semester, because the event hasn't truly formed yet. Overall, Wake manages to create a setting filled with opportunities for musicians, whether it be in classical voice or bluegrass guitar. Ensembles and open mics welcome all, so don't be afraid to walk onto any stage Wake Forest has to offer.

More often than not, there will be an audience ready to listen.

Photos courtesy of Concert Choir and Chi Rho Old Gold & Black

THURSDAY, SEPTEMBER 4, 2014

OLD GOLD & BLACK

An inside look into the music groups at Wake

Wake Forest offers many options for the musically inclined

BY CHRISTOPHER FEDERICI
Staff Writer
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Tech Column | Uber

App popularizes ride-sharing

Uber, everybody's favorite taxi app, is changing the way people think about transportation

BY GAURAV SHEN
Shift Writer
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Everybody has taken a taxi. You call a number and wait for an undetermined amount of time. You’ve probably even heard stories of drivers taking passengers on longer routes in an attempt to overcharge their customers.

Uber is attempting to change that. A four-year-old startup from San Francisco, Uber is a ride sharing service that uses your smartphone to connect you to a driver. Once you open the app, Uber will find you a driver closest to your location. The app will show you an estimated wait time, and the cost is charged directly to your credit card.

There are multiple taxi services that Uber offers. UberX is the cheapest option. According to Uber, it is “cheaper than a taxi.” Uber’s unsurprisingly, brings you a taxi. Uber Black gives you a private driver on demand. Uber SUV gives you a car with up to six seats. The most expensive option is Uber Lux, which gives you the finest cars.

The drivers for UberX use their own cars. Uber says that all drivers are screened and are constantly reviewed. Uber is ignoring all the regulatory rules in place for taxis. In the UK, cab drivers went on strike because they accused Uber of stealing local business. Instead of stopping people from using Uber, there was an 850 percent increase in downloads.

The latest appeal for Uber valued the company at $17 billion. According to many, the valuation is justified, if not undervalued.

Uber has said that it plans to replace its drivers with self-driving cars in the future. It is also testing a delivery service, UberFresh wants to deliver fast-food meals from local restaurants.

Despite all these great features, there are some drawbacks to Uber. Uber has Surge Pricing. When demand is high, the price goes up. However, Surge times usually only last a few minutes, so simply waiting can prevent an upcharge.

They have also been banned in many states for avoiding regulations. Normally, taxi operators need to buy a medallion to place a ride with another taxi company, Uber is ignoring all the regulatory rules.

Uber was an out of copy. With her husband and is struggling to deal with her grief. In the painting, "Torch She continues to carry for her late husband burns brightly, even four years after his death.

On a particularly rough night, Liv decides to visit a bar and drink away her sorrows.

Her drunken evening takes a turn for the better when she meets Paul, an American transplant to London who works in the art business.

The two hit it off and Liv begins to see that she can enjoy her life despite her husband’s death. However, things get complicated between the two, when Paul is commissioned by a LeFevre relative to search for the painting, "The Girl You Left Behind." From there, drama ensues and the narrative continues to switch between Sophie and Liz.

Moyes’ novel is available for a few pages. The novel doesn’t sound like it is up your alley, give it a try and it will likely surprise you.

Book Review | The Girl You Left Behind

Jojo Moyes’ latest book features a dual narrative that connects two women living 100 years apart

BY MOLLY DUTMERS
Grip-in-Chief
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In her latest best-selling novel, author Jojo Moyes tells the story of two women, who live centuries apart but whose lives are connected by a painting.

In 1916, talented artist Edouard Lefevre leaves his wife Sophie behind in France to fight on the front lines of the conflict that would later become known as the First World War.

Her drunken evening takes a turn for the better when she meets Paul, an American transplant to London who works in the art business.

The two hit it off and Liv begins to see that she can enjoy her life despite her husband’s death. However, things get complicated between the two, when Paul is commissioned by a LeFevre relative to search for the painting, "The Girl You Left Behind." From there, drama ensues and the narrative continues to switch between Sophie and Liz.

Moyes did an excellent job of blending the two narratives, but I did feel that the narrative stalled a little bit each time that she switched from 1916 to present day.

It could be because each story was so compelling that when the portion of one narrative ended, it took me a bit of recovery time to adjust back to reading the other narrative.

Moyes’ true talent lies in creating complex, sympathetic characters. Even the secondary characters are fascinating, despite only appearing for a few pages. The Girl You Left Behind is a compelling narrative and Moyes is successful in blending multiple genres — historical, romance, mystery and thriller. So even if the novel doesn’t sound like it is up your alley, give it a try and it will likely surprise you.

Five things to do on a first date

5. Willow’s Bistro
This is the perfect restaurant to go on a first date! You can sit outside and the food is delicious.

4. Mini Golfing
Looking to try something new? Mini golfing is not only inexpensive but a lot of fun.

3. Hike Pilot Mountain
Take a romantic walk to the top and look at the beautiful mountains of North Carolina.

2. Go to the Gallery Hop
On the first Friday of every month, enjoy wine and cheese while looking at fine art.

1. Go Paintballing
If you’re in the mood for a more active date, try paintballing.

Moscow Mule Recipe

Not only is this an easy drink to make, but it is absolutely refreshing to sip in the heat.

Ingredients:
1/2 oz lime juice
2 ounces vodka
4 to 6 ounces ginger beer

Preparation:
Squeeze lime juice into glass and then place shell in glass. Add 2 to 3 large ice cubes. Pour in the vodka and fill in with cold ginger beer.
Famous for his self-referential topics, Jeezy's newest album focuses on explaining street life.

BY TAYLOR DOW
Staff Writer
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Jeezy's stature.
If anything, it has become unnecessary in a notoriously brazen genre. Seen It All is contemplative and brooding, in a way that's fitting for a rapper of Jeezy's stature.

Health Column | Juicing

Juicing is great for clearing out your system and starting anew ... just make sure you don't do it for longer than a week.

BY MEGHAN HARRINGTON
Staff Writer
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Juicing really is a bit extreme, but it definitely has health benefits. Although some view it only as an extreme weight-loss tool, it really is a health supplement. It is an easy way to get those tough nutrient-filled vegetables into your diet like kale, arugula, beets, cabbage and spinach that we frequently forget to regularly include in our meals.

Furthermore, research has concluded that it helps remove toxins from the body, gain energy and also shed a few excess pounds.

This is a good day one juice. It makes two servings. Best to juice for every meal.

Juicing is an easy way to get those tough nutrient-filled vegetables into your diet like kale, arugula, beets, cabbage and spinach that we frequently forget to regularly include in our meals.

Fiber is an important part of your diet and you don't want to cut it out of your diet while you're juicing. I'm sure you're wondering: how can I sustain on a liquid diet of only fruits and vegetables? Well, you can't.

Which is precisely why juicing diets should only last anywhere from three days to one week. No matter how long you decide to juice for, it is important to wean yourself off of juicing. When your juicing period has ended, it is a good idea to still juice for one or two meals a day and gradually reintroduce one or two solid-food meals a day.

By doing ample research, I've decided that I am on a diet track that preserves that legacy. However, Jeezy, now 36, is consistent enough with his output to never let the heft of his legacy taint his ability to explain it. He now seems equally as content with dispensing sage life advice as dispensing days so much as they are simply nulling them over.

Juice: that is within your price range.
Go to the grocery store and buy virtually every kind of fruit and vegetable that you like in bulk.
After acquiring your fruits and veggies, go home and scour the internet for juicing recipes.
I'm not generally one to hop on trendy fad diets, but I have to say, juicing has my full attention.

Fad diet can actually be good for your body.

Juicing is great for clearing out your system and starting anew ... just make sure you don't do it for longer than a week.

BY TAYLOR DOW
Staff Writer
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It has been nine years since Jeezy released his debut album and joined T.I. and Ludacris among Atlanta's rap elite. His ascension to notoriety came in the wake of Outkast's departure from stardom and the ephemeral era of Jermaine Dupri assisted crunk music.
In those nine years, Ludacris and T.I.'s tastemaker status has lost its popularity and a newly reunited Outkast has emerged for a reunion tour. Jeezy's presence however has remained a constant.

Despite the popularity of similar rap heavyweights like Rick Ross, Jeezy's commercial appeal has only slightly declined in recent years. His brand of cocky hustler narratives remains intact in his new album, Seen It All: The Biography.

Aging rap stars are often celebrated out of respect for their legacy while their more recent output is simultaneously bemoaned for its artistically dull intent of preserving that legacy. However, Jeezy, now 36, is consistent enough with his output to never let the heft of his legacy taint his ability to produce at a high level. His work is also self-referential to the point where that legacy is more of a reference point than an impediment. Self-mythologizing is nothing new in rap music, but Jeezy is particularly adept. Seen It All functions as another entry point into his hustler persona. Throughout the album he employs a subdued perspective on his career thus far and his drug dealing past.

On the album's title track he capitalizes on that past by pairing with frequent collaborator and fellow elder statesmen Jay Z. They both deliver reassurances of their hustler credentials, but it is their insular outlook on stardom that's truly captivating. They aren't glorifying their crack-cocaine dispensing days so much as they are simply nulling them over.

Elsewhere on the album Jeezy takes the same approach, and eventually his self-mythologizing becomes introspective.

His previous four albums have all basked in the opportunity to relive street life, but on Seen It All Jeezy is more focused on explaining it. He now seems equally as content with dispensing sage life advice as recounting past criminal behavior.

However, the brashness of his previous work is only slightly subdued. While Seen It All contains less anthems than 2008's The Recession, it does paint the most concise image of Jeezy as a person. In providing introspection he has also refined his craft. His production choices are more soulful than dub-friendly and his rapping skills are better than ever. Instead of resting on his laurels, Jeezy has finally tapped into the decade worth of potential and cemented himself as a truly great rapper.

He sounds rejuvenated and confident rapping along peers Rick Ross and The Game in a way that he didn't on his last album, TM: 103 Hustler's Ambition. That album captured Jeezy's trademark cockiness, but none of his newfound maturity. In a Drake-dominated rap world, Jeezy's most recent album, is more refined, more mature and less brash than the style of his past albums.

Fad diet can actually be good for your body.

Juicing is great for clearing out your system and starting anew ... just make sure you don't do it for longer than a week.

BY MEGHAN HARRINGTON
Staff Writer
harrame@wfu.edu

I'm not generally one to hop on trendy fad diets, but I have to say, juicing has my full attention.

After doing ample research, I've decided that I am on a diet track that preserves that legacy. However, Jeezy, now 36, is consistent enough with his output to never let the heft of his legacy taint his ability to produce at a high level. His work is also self-referential to the point where that legacy is more of a reference point than an impediment. Self-mythologizing is nothing new in rap music, but Jeezy is particularly adept. Seen It All functions as another entry point into his hustler persona. Throughout the album he employs a subdued perspective on his career thus far and his drug dealing past.

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Movie Review | The Hundred-Foot Journey

Film shows how food can unite cultures

The Hundred-Foot Journey tells of a young chef whose innovative food unites his two cultures

BY ASHWINIYA NAGAR
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If you’ve ever wanted to watch a movie that made your heart explode with overwhelming warmth, brought happy tears to your eyes and made you instantly text your parents or siblings to tell them that you love them ... this is the movie to watch. The Hundred-Foot Journey is a mesmerizing, feel-good movie with a solid plot intertwined with vivid, vibrant gustatory stimuli.

Seriously ... if you weren’t tempted to whip up a French or Indian dish after this, you’re doing something wrong.

The movie is centered around the life of Hassan Khan, a culinarian ingénue, played by the exhilaratingly handsome Manish Dayal. Hassan, his siblings and his father find themselves stuck in Saint-Antonin-Noble-Val in the south of France. They stumble across the quiet village after fleeing from India, where their restaurant was burned down, killing Hassan’s mother in the process.

The Khan family settles down and Papa (played by the Bollywood veteran Om Puri) decides to open an Indian restaurant called Maison Mumbai. As luck would have it, the location Papa chooses is directly opposite from the renowned, once-Michelin-starred classical French restaurant Le Saule Pleureur run by the icy Madame Mallory (played by Helen Mirren). Her vicious protests against Maison Mumbai turn into a battle between the two restaurants.

The fight is laced with racist vandalism, clever sabotage and some acts of vengeance on the part of Papa that will make every Indian murmur in familiarity and appreciation. The fight makes Madame Mallory come to accept that her restaurants — and more metaphorically, their cultures — must learn to exist in symbiosis.

In the midst of their cold war, we constantly see Hassan trying to instead bridge the gap between their starkly different cultures by learning to master French cuisine on the side. Hassan develops an interest in Madame Mallory’s haute and beautiful sous-chef Marguerite. She helps him develop an interest in French cuisine; and he manages to combine his Indian culture with the subtler culinary nuances of French cuisine to eventually win over Madame Mallory. Madame Mallory decides to employ Hassan in her ardent desire to get another Michelin star.

What follows from that point onwards is the upward climb of Hassan in the culinary world. A dash of Indian spices and his keen eye for exciting flavours makes Le Saule Pleureur ever more distinguishable than it was prior to his arrival. Hassan learns about rising and falling and how far a person can go until he loses himself.

Throughout the movie, the undeniably vibrant and exotic aspects of Indian culture and the relatively classier and more subtle nuances of French culture are magically interwoven to provide a divine cross-cultural experience. While the movie is alluring with its idealistic plot, gastronomical imagery, memorable one-liners and the unforgettably handsome face of Manish Dayal, it comes with its flaws.

It is essentially a fairy tale for adults, with the perfect happy ending; the most satisfying catharsis and the most predictable of events.

While Hassan does climb the ranks of the chef world swiftly and brilliantly, it is always the same plot twist that leads to his food winning over the French world — “a dash of masala.” Strangers to the kinds of spices Hassan’s father brought over from India, the French (literally) eat up Hassan’s take on French cuisine. The movie is peppered with cheesy one-liners that, while memorable, also make the experience of the movie too utopian.

Furthermore, the movie bombards you with strong imagery, quite reminiscent of all those “food porn” Twitter feeds and Tumblrs. Bright colors, descriptive flavours and fantastic acting — not to mention the stellar plot (and Oprah’s support for this movie) make this movie one of the best I’ve seen in a long time. By the end of this movie, I was a tearful, emotional mess. I learned that home isn’t just found in the form of your immediate family — but also your friends and the individuals who create for you an inclusive and supportive environment.

It’s perfect for those who desire to get lost in a world that bombards you with excellent sensory stimuli and culminates in a feel-good ending.

If you find the time, it is definitely a must-see movie.

Humor Column | Arranged Marriages

Take the old-fashioned approach to marriage

Sometimes the possible perks of arranged marriages outweigh the probable negative aspects of it

BY SARA HENDRICKS
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I was nine when it was decided that I was to have an arranged marriage.

I made this decision for myself, of course. It all became clear to me when I was strapped in the backseat of my grandmother’s Camry as we made our annual three-hour pilgrimage to a Suzuki violin camp in the Shenandoah Valley.

During the journey, the Fiddler on the Roof soundtrack played on a constant loop, and, somewhere around the third or fourth time “Tradition” played, I found myself nodding in agreement, like a bubble, with Tevye’s lusty call for an increase in both traditional Orthodox Jewish values and an increase in capacity. Life in 1905 Ukraine under the Russian rule seemed fabulous, as far as I was concerned, as long as there was a matchmaker around to marry me off.

The fact that I had zero interest in boys at this point in my life was irrelevant, but in fact entirely vital to my scheme and only served to exacerbate my desire to be engaged, hopefully, by the time I turned 10. I had already realized, thanks to a friend in my fourth-grade class who was both highly persuasive and apparently also a junior Woman Against Feminism, that a girl needed to have a husband by the age of 16 in order to prove her worth.

Being betrothed would allow me to focus on activities already underway to help develop my character more fully, such as becoming a witch or taping beheaded Barbies to my ceiling fan in order to watch them swoop off and, if I was lucky, potentially fly straight through my window and plummet into my next-door neighbor’s pool.

In any case, I was more than ready to be a child bride. I had no worries about being in demand — what with my spiky, youthful unibrow and overgrown feet, I was certainly to be the catch of the stilt.

I was willing to be flexible with the exact terms of my arrangement, of course. I didn’t have to live in Anarevka, with its flaws.

In a world where online dating is becoming the norm for finding a partner, the idea of an arranged marriage sounds more appealing.

I would proceed based on either side of my family: my mother’s bookish Jewish one (which involved the whole “Fiddler Treatment”), matchmaker, dowry, over­ involved neighbors) or my father’s WASPy, straight-off-the-Mayflower side.

I was sure that this would be a secret, clandestine affair — no matchmaker here, just a simple, age-old agreement between families that had been communicated only through cleared throats and sidelong glances. When I returned from camp, I pitched this plan to my parents, who both blinked at me, non-plussed, and told me not to be “ridiculous.”

I suppose I shouldn’t have been surprised, once, I had suggested that my parents get a divorce for the very reasonable purpose of providing me with two houses, two Christmases and two Hanukkahs.

That had gotten shut down, too, so it was clear that I was being raised by a pair of dunes. I am no longer in the market for a matchmaker (arranged marriages are not as carefree as I assumed back in 2003).

However, I must admit that there are times when I still long for Yente the Matchmaker, such as on days when I find myself aimlessly “swiping” 30 people in a row on Tinder. But, what can I say?

I once had a dream, and not all dreams are meant to be.

Not even for the cutest little child bride in the stilt.
Exploring the Reynolda Trails

While they are constantly visited by people, the history of these sites is not as well known to the average passer-by.

BY HEIDI GALL
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Although many runners and fresh air enthusiasts use the Reynolda trails that run through the woods, these paths are often a quiet, empty oasis. Even when there are others present, a friendly nod or smile of acknowledgment is all that is required. Benches are scattered throughout the woods where you can sit to reflect, do homework or chat with a friend. Each bench is not directly on the trails but has a small footpath leading to a cleared area. The spots of sunlight that stream through the trees provide a calming, slightly mystical quality to the air.

Originally, the Reynolda House, Gardens and Village were part of an estate — that of R. J. Reynolds Tobacco, dating back to the early 1900s. About seven years after construction began on the estate, a new water system was installed. This included an irrigation basin, a cistern and a pump house. Louis J. Miller and Horatio R. Buckenhand were involved in the landscaping plan for the estate.

One of the features in their plan was building a dam as well as filling Lake Katherine to capacity. Unfortunately, due to construction, silt filled the lakebed. Presently, there is a small area of water in front of the boat house, just off the paved road that leads from the lower parking lot in Reynolda Village. The boathouse was completed in 1913.

If you walk to Reynolda Village from the Wake Forest campus, you'll pass a large green field and a wooded area. The largest of these fields, and perhaps best location for a game of catch, is near the Reynolda Road gate entrance to the property. This is the field that used to be the golf links, until the Wake Forest University Sustainability Committee restored it to be an accurate representation of what they would have looked like in the decades around the 1920s. This restorations focused mainly on the formal Gardens adjacent to the greenhouses.

In the 1970s, the staff of Reynolda Gardens improved the existing walking paths that wound through the woodlands. The first trail is called the Woodland Trail. This trail follows parts of the historic Lake Road and now connects the gardens to Wake's campus by a paved walk. The shorter of the two main trails that are currently winding through the property allows for a lovely walk through the woodlands.

Running the length of a three-quarters of a mile, the Woodland Trail passes a small pond with a building that was probably the old concrete pump house. The stairs behind it lead to a small balcony that overlooks a miniature garden. This would be the perfect spot for a picnic in the shade.

The longer trail is twice the length of the shorter one at one and a half miles. Called the Perimeter Trail, it logically partially follows the perimeter of the wooded section. The majority of both trails is quite scenic, if you don't mind watching where you step. The same trees that provide leafy shade and a soft ground covering also have extended many roots onto the path. English ivy covers the bases of a number of these same trees and creeps across the ground. A number of smaller paths connect the two trails, which converge behind Reynolda House, by the smaller pond and at the boathouse on Lake Katherine.

The parts of the estate that are still used — the house, the gardens, the woodlands — are often frequented by visitors. Reynolda Village was actually created from the outbuildings of the estate — the Blacksmith's Shop, the Cattle Shed, the Smokehouse and various barns and garages. These buildings now house a variety of shops and restaurants. The Reynolda House Museum of American Art, which is affiliated with the university, has a fairly recent addition for exhibits and education purposes. Occasionally professors will take their classes to tour the exhibits at the Reynolda House.

Some courses at Wake use the areas surrounding the formal Gardens and Lake Katherine as a place to study the local flora. Local high school cross country teams even have the occasional practice at the gardens, running the trails. The next time you go for a run or take a casual stroll, appreciate not only the tranquility but take time to reflect on the history.