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Statistics accessible on the Wake Forest University Police website reveal black students were arrested at a rate nearly four times higher than their demographic representation on campus from 2007-2014. A university-issued report claims the gap is not evidence of racial bias, but many remain skeptical.

Stats show racial gap in student arrests

A third-party report found no signs of racial bias, but the analysis raises questions

BY BUCK HINMAN
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Senior Debbie Marke just wanted to go home.
After a bad experience at a party one night during her freshman year, Marke, who is black, decided to walk back to her residence hall, trying to fight the tears running down her face.

But as she passed by the library, following the raucous crowds of drunk, white students stumbling back to first-year housing, she was approached by two campus police officers.

She thought they were going to ask her why she was upset.

Instead, she says the two officers demanded to see identification to prove she was a student. As she stood crying in front of them, the officers detained her for what felt like minutes. They looked down at her ID, looked back up at her, then down again, then up again. The officers released her, but she said they did not stop any of the other students around her to conduct the same ID check.

"It's a pretty degrading feeling," she said. "It makes you feel like you don't belong and that you're an 'other.'"

Marke is one of many black students who shared their stories as part of an OGB investigation into claims of racial bias in Wake Forest's police department.

Reflecting a trend nationally, and especially among students at Ithaca College in upstate New York and Providence College, many black students at Wake Forest say that they have been profiled or singled out by University Police simply because of their skin color. These allegations mirror larger protests around the country in cities like Ferguson, Mo., Greensboro, N.C., and Chapel Hill, where mounting evidence shows an unusually high number of confrontations between local, mostly white, police forces and black citizens.

Wake Forest faces similar racial disparities between the number of black and white students arrested or stopped for identification on campus, according to an analysis of statistics hidden in plain sight on the WFUPD website in the Williams/Moss Report and the Yearly Arrest Data.

Black students attending Wake Forest made up 23.5 percent of arrests between 2007-2014, despite representing just 6.6 percent of the campus population. This means they were arrested nearly four times as often as white students.

"I can't say I'm surprised," says Akosua Tuffuor, a black senior from New Jersey. "People know racial profiling exists on campus. Our campus is not the bubble people think it is. So goes Wake Forest, so goes the nation."

In response to the statistics available on her department's website, Regina Lawson, the chief of Wake Forest's Campus Police, said in an interview with the OGB that while the numbers are concerning, she believes they show no evidence of racial bias in the department.

"We've had it investigated," she said. "At this point, we've taken all the measures we can to determine that when we take enforcement action, it is not based on race."

See Profiling, Page 4
Students should embrace athletics

For decades, Wake Forest University has boasted one of the most competitive athletic programs in all of Division I sports, with substantial consideration for the size of its undergraduate enrollment.

It should not be overlooked that Wake Forest has had an impressive history in sports for a small, liberal arts, private school that works to promote high academic standards among its athletes and non-athletes. With eight national championships, 20 NCAA Tournament appearances, an NBA-high three 2015 All-Star Game selections and as the only school in North Carolina to win the ACC Championship Game in football, students should have had every reason to fill the stands in recent years.

Yet, it is a common consensus among the Wake Forest community that student support is often lacking at sporting events. One argument that exists is that Wake Forest students only attend sporting events for the tailgating experience. Rather than going to the game to cheer on the players, they spend more time planning their outfits and socializing among students under tents with beer. After several hours, many students leave the tailgates early, only stepping foot in the actual stadium.

Others argue that the rigorous course load at Wake Forest makes it hard to work a two-hour game into their schedule. Even though the games are free, attending a game on a week night can be hard to do when there are classes. And thus, the trend for low attendance and apathetic sentiments began. This environment set a negative tone for future classes.

The Editorial Board of the Old Gold & Black believes this tone should change - and for good reason.

Thus, instead of perpetually lamenting in the shortcomings of the past, we, as a student body, should find hope in the visible signs that Wake Forest sports are making a turn for the better.

First, the future is bright for Wake Forest, indicative through recent recruiting success. In his first full offseason as head coach, Dave Clawson of the football team managed to recruit the highest rated recruiting class in program history — beating out the classes that ultimately produced an ACC Champion in 2006.

The Wake Forest basketball team has pulled off several upsets under the coaching of Danny Manning and his staff. Many other teams at Wake Forest have succeeded in similar ways.

Rather than focusing on the faults of our sports programs in recent years, we as the student body should celebrate the success of our teams relative to the size, academic standards and values our university upholds.

Yet, it is a common consensus among the Wake Forest community that student support is often lacking at sporting events.
Deacon Profile: Katy Lack

BY CHRIS CASWELL
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Katy Lack is an assistant teaching professor in the biology and neuroscience department at Wake Forest. The neuroscience department is a relatively new program that is quickly developing.

Lack received her Ph.D. in physiology and pharmacology from Wake Forest School of Medicine in 2008. She returned to Wake Forest to teach five years ago.

What made you decide to come to Wake Forest?
I went to graduate school here at Wake in the department of physiology and pharmacology. Every once in a while, I would get the opportunity to come to the undergraduate campus for various things. I liked the atmosphere a lot. It reminded me of my own undergraduate experience in California, and I just thought, I want to teach here.

What classes do you teach?
I teach classes in neuroscience, so I am heavily involved in the neuroscience minor and in the department of biology. I coordinate the two core courses: Introduction to Neuroscience and neuroscience seminars. Additionally, I teach a number of neuroscience-related biology classes.

One of the ones I teach is neuropharmacology — which is a pretty popular one — because the first half of the class is on drugs and abuse.

I have taught a biology topics course called Methods in Neuroscience, and right now, this semester, I am teaching BIO 114 (Comparative Physiology). I have also taught a number of first-year seminar courses which have been fun.

I taught the Forensics First-Year Seminar, which was really cool. Then this semester, I'm teaching a first-year seminar with six other faculty members throughout the campus and our theme is "World Fairs."

However, it was actually something that the college came to us to put together. They asked us to put together a first-year seminar with a global theme, and, so we have people from education, history, music, dance, english and even chemistry — we are all coming together to teach that class, which is a lot of fun.

Is there a particular course you enjoy teaching the most?
Neuropharmacology is one of my favorites because I can use the method of teaching I enjoy the most. I can teach in that class through cases and small groups. I really enjoy teaching in that way. Additionally, this class builds on my research from graduate school and as a post-doctorate.

What is some of the research you focused on?
As a graduate student and as a post-doctorate, I did research on drugs of abuse. As a graduate student, I focused on the influence of alcohol withdrawal and anxiety withdrawal effects.

As a post-doctorate, my research focused on FMRI for both cocaine and marijuana users in response to different tasks.

How would you describe your teaching style?
I really enjoy using active learning. That's what I was mentioning in neuropharmacology.

Every week we work through case studies, which brings in some type of scenario or event that is from the news. I like it because it is not as much a lecture as much as it is problem solving.

I like to use various methods of active learning in any class that I'm teaching, depending on the class.

That's the smallest class that I'm teaching, so I'm able to have four small groups, and we work like that.

In neuroscience, I have a little bit bigger class, so sometimes we just talk to a neighbor and every once in a while, split into groups.

BIO 114 is even bigger, so I'm working through different ways to interact with the students, so maybe, they'll be talking to their partner.

For me, it's really important to get students speaking out loud so that they're engaged.

Is there anything that you think makes you different from other professors in your department?
I think all of the other faculty members in this department are really good and we all teach with different styles.

All I can really speak to is what I do and what I know. I like to learn students names, I like to interact. (I like) for students to come by my office and chat. I like to make lecture topics relevant to them so that they're really engaged and I want them to be excited or look forward to coming to my class.

What did you want to do as a career when you were a high school or an undergraduate student? Is teaching what you wanted to do?
Not necessarily. So, maybe I can inspire or I can relate to students who don't know exactly what they want to do as an undergraduate.

I knew that I enjoyed the sciences, but wasn't quite sure what I wanted to do. Right after college, I was a lab tech here at Wake, and I realized that I wanted to do more.

I wanted to be asking the questions more than just being told what experiments to do, so I applied to go to graduate school and I got in.

And then, during graduate school, I got the opportunity to teach a class here and there and really liked that. That's when I decided I didn't really want to write grants and do research — I wanted to teach about the research.

You talked about the atmosphere. Is there anything else you particularly like about Wake Forest?
Well, I have met, over the years that I've been here, really awesome people, both students and faculty, and there are just some really good people here and that makes me happy to be among people like that.

POLICE BEAT

Larceny

•Offender removed televisions from Deacon Tower. The report was filed at 8:42 a.m. on Jan. 13.

•Unknown subject(s) entered LJVM Coliseum and stole a flat screen television. The report was filed at 11:45 a.m. on Jan. 13.

•Unknown subject(s) removed a NC tag from a company vehicle. The report was filed at 3:46 p.m. on Jan. 11.

•Offender stole a ladies wallet in the ZSR Library. The report was filed at 10:48 a.m. on Jan. 13.

•Unknown subject(s) removed an unsecured purse from the wall ledge outside of the North Campus Apartments lounge. The report was filed at 1:08 p.m. on Jan. 12.

•An offender charged with alcohol abuse was transported to student health and later to WFUBMC. The report was filed at 4:37 a.m. on Jan. 14.

•An offender was charged with underage consumption and for urinating in public on Old Towne Dr. The report was filed at 2:17 p.m. on Jan. 16.

•Unknown subject(s) broke a window pane at the main entrance of Boxtwick. The report was filed at 10:51 p.m. on Jan. 16.

•An RA in Johnson had issues with an intoxicated undergraduate student. Medical assistance was not needed. The report was filed at 2:20 a.m. on Jan. 17.

•Underage student consumed alcohol in Collins and refused treatment. The report was filed at 11:37 p.m. on Jan. 12.

•Underage student consumed alcohol in Luter and refused treatment. The report was filed at 12:26 a.m. on Jan. 13.

•Undergraduate student consumed alcohol in Collins and refused treatment. The report was filed at 11:56 p.m. on Jan. 13.

•Assistance was requested for a student who had consumed alcohol. Engine 8, WSPD and Forsyth EMS were all on the scene, and the student was transported to WFUBMC. The report was filed at 11:56 p.m. on Jan. 13.

•Offenders were found smoking marijuana on the balcony of Bostwick. The report was filed at 1:16 a.m. on Jan. 14.

Miscellaneous

•Subject discharged a fire extinguisher. The report was filed at 2:27 a.m. on Jan. 13.

•Undergraduate student consumed alcohol in Luter and refused treatment. The report was filed at 11:37 p.m. on Jan. 12.

•Undergraduate student consumed alcohol in Collins and refused treatment. The report was filed at 12:26 a.m. on Jan. 13.

•An offender was charged with underage consumption and for urinating in public on Old Towne Dr. The report was filed at 2:17 p.m. on Jan. 16.

•An offender charged with alcohol abuse was transported to student health and later to WFUBMC. The report was filed at 4:37 a.m. on Jan. 14.

•An offender's purse was found containing a fake S.C. driver's license after being turned into the WFPD. The report was filed at 6:03 p.m. on Jan. 15.

•An offender was charged with underage consumption and for urinating in public on Old Towne Dr. The report was filed at 10:51 p.m. on Jan. 16.

•An RA in Johnson had issues with an intoxicated undergraduate student. Medical assistance was not needed. The report was filed at 2:20 a.m. on Jan. 17.
Citizens participate in MLK Day of Service Read-in

On Friday, Jan. 16, children ages four to ten attended a read-in event in honor of the Martin Luther King Day of Service at Winston-Salem State University. The event was hosted by Hands on Northwest Carolina.

The organization promotes volunteerism in local communities. Elementary-aged students partnered with community volunteers, including some Wake Forest students, in order to honor Martin Luther King Jr.'s dedication to equality and literacy.

Chipotle to shut down all stores February 8

In response to several recent outbreaks of E. coli, Salmonella and the norovirus among those who have consumed Chipotle, the national Mexican food chain will be closing all locations on Monday, Feb. 8 for several hours.

Company founder and co-CEO Steve Ellis will be leading a nationwide discussion for all employees in order to thank them for their hard work and encourage high morale.

The company plans to unleash a marketing campaign soon to remind customers of the aspects of Chipotle that made the foodchain giant it is today: its dedication to GMO-free food and locally sourced produce.

Sarah Palin endorses presidential candidate Donald Trump

Sarah Palin, former governor of Alaska, chose to voice her endorsement of presidential candidate Donald Trump on Tuesday, Jan. 19, at an event at Iowa State University.

Her support of Trump could be crucial, as the Iowa caucus is set for Feb. 1 and Palin reportedly has many supporters in Iowa from when she was on the campaign trail in 2008 as John McCain's vice presidential running mate.

Trump's poll numbers have been consistently high, to the surprise of the many who thought he would not be relevant this far into the race. However, Texas Sen. Ted Cruz has risen in the polls lately, posing a threat to Trump.

OUTSIDE THE BUBBLE

SG GENERAL ASSEMBLY

I. Executive Reports

Adam Hammar announced his plan to strengthen the Wake Forest student government's relationship with that of Winston-Salem State University's. He also plans to reach out to the student governments of Wake Forest's graduate schools. He discussed a meeting to talk about Wake Forest's financial trajectory. Lastly, he urged senators to empower themselves to take initiative and truly create positive change on campus.

Mimi Bair, speaker of the house, introduced a new policy prohibiting the use of cellphones during senate meetings. She also reminded that the deadline for cabinet applications is fast approaching.

Meredith Gay, treasurer, discussed her analysis of expenditure within student organizations. She also announced sessions to train the new treasurer and other budgeting workshops open to SG members. Hannah Dobie, secretary, reminded attendees about the SG attendance policy. She also talked the upcoming student government apparel. Finally, she emphasized the importance of Safe Zone training.

Joey Nelson, chief of staff, explained the application process to appointments to fill vacancies in the Senate.

Ann Nguyen, special advisor in engagement, talked about plans to organize a big project to celebrate February and March in 2016, which are Black History and Women's History months, respectively.

She aims to create a committee for this purpose to ensure the project is successful and repeated in the future.

II. Committee Reports

The Academic Committee announced a talk in Winston 126 with Cooper & Cooper Real Estate about living in New York. They are also collaborating with Aramark Food Services to improve Campus Greens.

Appropriations and Charter announced three charter bills and a move to reform the chartering process.

Campus Life updated the assembly on their continued efforts to advocate for and educate the student body about mental health on campus.

They proposed modifying the Deacon OneCards to have emergency contact information listed on the back side.

Judiciary announced one bill and the upcoming Senate training to learn about document and bill writing.

Public Relations urged senators to help with the Spring Student Involvement Fair, to be held in Benson University Center on Sunday, Feb. 24.

III. Charters and Bill Amendment

The Senate voted unanimously in favor of chartering the Triangle Club, which hopes to use the charter for indoor biking facilities on campus, improved training, and races.

The Senate asserted the goal to create a space for knitting, crocheting, weaving, quilting, and practicing other crafts in a welcoming and relaxing environment on campus. The Senate voted to charter the club.

The Senate unanimously passed the bill to charter Delight, a campus community of Christian and non-Christian women who explore themselves and their faith in a nonjudgmental and intimate environment.

Lastly, Senate decided to pass a constitutional amendment which will amend the Student Government Code of Conduct. The amendment serves to better reflect Wake Forest University's Code of Conduct.

The Williams/Moss report concludes with recommendations for WFUPD to improve relations with minority students on campus and to help eliminate the perceived bias of the students to charter the organizations. The WFU Police Accountability Task Force — a group of administrators, professors and alumni — has helped to implement those recommendations in the department.

"We're keenly aware of the issues and aggressively working on procedural justice, fair and impartial policing techniques and alternatives to arrest," Lawson said.

Many black students say the changes aren't enough.

"They're doing enough to put a Band-Aid on the situation and keep up their appearances," says D'Andre Terrence Starnes, a black graduate student from Winston-Salem. "They should continue investigating to see if this problem really is pervasive.

All of the students interviewed for this investigation said that numerous instances of racial bias go unreported on campus. "Many of the students who have had run-ins with campus police choose not to report them because they feel that nothing will come of it," Ray said.

"As a student leader, I can't feel comfortable telling people of color to come here when that is the atmosphere that I'm bringing them into," Marke said, reflecting on her experience with University Police.

"How can we move forward with talks of diversity and inclusion on this campus when the police can't even admit that racial bias is even a possibility?"
HUMANS VERSUS ZOMBIES @ ZSR

FRIDAY, JANUARY 22ND, 2016
7:30PM – 9:30PM
ZSR LIBRARY

USE NERF DART BLASTERS TO WARD OFF ZOMBIES IN ZSR!

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(ZSR will have some dart blasters for those who need them!)

THIS EVENT IS CO-SPONSORED BY THE Z. SMITH REYNOLDS LIBRARY AND THE WFU STUDENT ACTIVITIES FEE.

Need MORE INFORMATION? CONTACT HU WOMACK
(womack@wfu.edu/336-758-4314)
Social Norm Alcohol Campaign launched

New initiative focuses on discouraging irresponsible alcohol consumption

BY KRISTEN GUYLER
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Wake Forest University's Office of Wellbeing works to provide students with prevention support and partnerships in order to maintain a safe, healthy environment.

This past fall, the Office of Wellbeing under Dr. Malika Roman Isler initiated the Social Norm Alcohol Campaign. This campaign, however, is a nationwide program working toward researching and educating college students about social alcohol norms on campus.

There is a concerning drinking culture whereby students are misusing alcohol and drinking too frequently. The prominence of the issue varies between colleges.

"Alcohol misuse is a national problem," Roman Isler said. "However, Wake Forest has never been an institution that conforms to national standards; we believe in setting them.

With this in mind, Thrive and the Office of Wellbeing have begun their campaign to focus completely on Wake Forest students this fall. The campaign at Wake Forest targets first year students. Administration and faculty hope that through this campaign, there will be a safer, healthier drinking culture on campus.

While it is possible this campaign could be enforced for all students, Roman Isler spoke as to why it focuses on freshmen.

"Often, as students make the transition from high school to college, they have to find a healthy balance between what they expect college life to be like and the reality of what it is," Roman Isler said.

Understanding this balance also requires students to recognize the influence of other students. Students may engage in excessive and frequent drinking because they believe everyone behaves in accordance to that stereotype.

"Oftentimes, students overestimate the amount and frequency of drinking among their peers, and underestimate how common abstinance and responsible drinking occur," Roman Isler said.

Through this campaign, she, along with other administration and faculty members hope to correct these misconceptions. That process may prove to be easier than expected as the data collected shows students' alcohol use is not aligned with their peers' behavior.

While there is a good basis for Thrive to approach the situation, there is still a large number of students who do not realize their actions of overuse, "are not congruent with what is safe and desirable for many members of our campus."

Through this campaign, administration and faculty will be able to better educate students on what is appropriate. Roman Isler clarifies that while there are a group of students who do not reach the standards of Wake Forest social habits, for the most part, there was no alarming research about drinking norms. She believes the information from both groups will help promote different prevention support opportunities.

The campaign at Wake Forest has proven to be successful thus far. Students who received the campaign have been recorded to be more likely to ask for help, eat throughout the drinking, track the number of drinks and know a way to get home. Most importantly, however, these students, "have fewer drinks on an occasion compared to students who did not receive the campaign."

These statistics reassure faculty and administration alike. With the campaign showing a positive impact, faculty and students are going to offer more programs and seminars to further educate.

Roman Isler states these opportunities will provide, "training to help students identify and safely intervene when harm might occur to them or those around them, or tools for stress management other than alcohol use."

The Office of Wellbeing, administration, faculty, staff and students are hopeful for continued campaign success. With such success in the upcoming semesters and years on campus, students will be more knowledgeable about social alcohol norms and will inevitably lower the concern of the drinking culture at Wake Forest.

Student Health hopes to curb alcohol consumption

Student Health is taking a new approach in responding to student alcohol incidents

BY JULIA HAINES
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The fall semester of 2015 showed an increase in the number of patients treated by Wake Forest EMS due to alcohol consumption related incidents, according to data released by Student Health Services.

While the total number of incidents increased from 101 in Fall 2014 to 113 in Fall 2015, fewer students were transported to the hospital, with 74 transported in the fall semester of 2014 and 63 transported last semester.

"We've worked with Wake Forest EMS to better identify if a student needs to be brought to the hospital or can be managed here at student health," said Associate Director of Student Health and Wake EMS advisor Darren Aaron.

Typically, the first year class accounts for about 50 percent of reported incidents, as first year students were responsible for 55 percent of incidents in Fall 2014 and 50 percent in Fall 2015. However, while the first year class showed improvement, both the junior and senior classes accounted for higher percentages in Fall 2015 than Fall 2014. Combined, the junior and senior classes accounted for 18 percent of incidents in Fall 2014 and for 24 percent of incidents in Fall 2015.

Another interesting trend to note is the difference in incidents between male and female students. In the Fall of 2015, the two were about equal, at 51 percent of incidents involving male students and 49 percent of incidents involving female students, when compared to 55 percent and 45 percent, respectively, in Fall 2014.

Student Health Services has recently taken an event-by-event approach to better combat the drinking culture on campus—identifying potentially problematic weekends far in advance, such as "senior fifth" weekend and the upcoming weekend, Janu­ary 22-24, which follows fraternity pledge week.

"We're getting to a stage now where we have templates for big events," Aaron said, noting that President's Ball this year had no students transported to the hospital, when compared with approximately six or seven student transported to the hospital two years ago.

Dean of Students Adam Goldstein expressed concern over the "work hard, party hard" culture on campus.

"It is true, the rigor of academics at Wake Forest can be stressful," Goldstein said. "Yet, the rigor of professional life after college is stressful too. In fact, many of life's challenges are stressful. It isn't healthy, safe, or sustainable to drink heavily as an outlet for stress."

"As Dean of Students, I am very concerned about high-risk alcohol use in our community and the related harm experienced by students," Goldstein said.

Student Health is hoping to increase their campus wide presence through increased alcohol safety awareness efforts. Partnering with Residence Life and Housing with student groups, Student Health has increased the frequency of events such as bystander intervention training and orientation activities centered around responsible consumption.

Wake Forest will see a reduction in alcohol-related hospital transports when more students actively discourage harmful alcohol consumption among their friends and peers," Goldstein said. "Most undergraduates acknowledge these problems and set it occurring around them. Student leadership is needed."

While the spring semester is typically less problematic than the fall semester, the data from the first week appears especially low. In the first week of the spring semester, the week of sorority rush week, there were only six incidents, when compared with 18 incidents in the first week of the spring semester last year.

"Curbing student alcohol incidents definitely has been a huge focus of the division of campus life, and I hope that it is making a difference," Aaron said. "But time will tell. Fingers are definitely crossed that the spring semester is going to be better than previous years."
Shabazz sisters visit campus on MLK Day

In honor of Martin Luther King Jr. Day, two of Malcolm X’s daughters spoke to students in Wait Chapel

BY MELODY WANG
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On Jan. 18, Wake Forest and Winston-Salem State University held the 16th annual collaboration to commemorate Martin Luther King Jr.’s legacy. During the Martin Luther King Jr. Day Celebration, Wait Chapel hosted two daughters of Malcolm X, Ambassador Attallah Shabazz — artist, producer and diplomat — and Illyasah Shabazz — author, community organizer and social activist — for an audience of around 700 people. The keynote event of the celebration was an interview of the two sisters by Michelle Gillepsie, dean of the college and presidential endowed professor of southern history. The questions touched on the legacy of Malcolm X as a father and an activist, what it means to work towards justice and the current state of affairs of race relations in America today.

Illyasah Shabazz deferred to her older sister throughout most of the questions, which pertained mostly to their personal lives growing up with their father, or the absence thereof.

Since the younger Shabazz was not even three when Malcolm X was assassinated, most of the memories of her father are scattered. Ambassador Shabazz explained how their family shaped the person she is today.

“We come from generation six, seven, eight of human service providers,” she said. “It’s not a career or a profession, it is a being.”

The Shabazz family emphasized responsibility for each other. She said their family was built on a hierarchy of love.

“I like being the big sister,” Ambassador Shabazz said. “It’s not the directive aspect, but the protective.”

The protective aspect of their family spread beyond the boundaries of blood, reaching the King family, as well as the families of other prominent civil rights figures who were assassinated. Ambassador Shabazz spent much of her time on stage speaking about the perception of her father in present day society.

“They use our father to express aggression,” she said. She emphasized that the present day scholarship about Malcolm X is merely guesswork.

Outside of his own autobiography, the person who we know as Malcolm X is an amalgamation of speculation and sociological thought experiments.

“(Malcolm X and Martin Luther King Jr.) are not theory to me,” she said.

Addressing the persistent perception that Malcolm X and King were enemies, she asked, “Who are you protecting by perpetrating this myth?”

The speakers on stage were framed by two photos, one of the two supposed enemies smiling and shaking hands, and the other of their wives holding each other.

At the same time, Shabazz acknowledged that her experience with her parents are different from the experiences of her siblings, but said that she enjoys hearing her younger sisters talk about their parents, because their perspectives could be different than hers. “We had a strict mother,” she said.

When her younger sister moved to interject, Shabazz laughed, then nodded. “I had a strict mother. She didn’t.”

To the young activists of the day she said, “The quiet of your mind gives you your answers.”

“Move with that inner voice by any means necessary,” she said. “Move past the outside voices that say you should or you shouldn’t.”

The crowd was responsive; low murmurts of assent rippled frequently through the chapel, and the sisters came on and left to a standing ovation, however, the nearly full auditorium emptied almost as soon as the event finished, some leaving before the parting words.

“I was expecting to hear more of Martin Luther King Jr. and Malcolm X,” said sophomore Camille Bibb, mathematics major. “I wouldn’t go back knowing what I do now.”

For many who stayed, the speech had a huge impact.

“It’s my dream to be someone as powerful as them,” said Ashley Reid, a junior at Winston-Salem State University.

“I could feel their spirit of black empowerment. I was just so overwhelmed.”

Edima Udom, a sophomore psychology major, said Shabazz’s advice on getting quiet, finding that voice and ignoring the noise was something that resonated with her.

“It’s been hard being a black premised [student],” Udom said. “It’s been a struggle not to listen to the outside noise and continue to do it.”

“It is an honor to sit down under them and hear them speak,” said Natalie McKinney, a senior and sociology major.

“It was a healthy conversation,” said Winston-Salem State University alumnus, Chris Taylor. “It got us a lot of perspectives we needed.”

Wake In A Week

WindSync, Wind Quintet
Time: Jan. 21, 7:30 p.m.
Location: Brennkle Recital Hall, Scales Fine Arts Center
The Secret Series Series welcomes WindSync, an energetic wind quintet internationally recognized for dramatic interpretations of classical music. Tickets are free with a WFU ID.

Lunch ’n Learn
Time: Jan. 21, 12:00 p.m.
Location: Benson University Center, 410
It’s a New Year! Join registered dietitian Cindy Silver to learn about the delicious and nutritious foods of the Mediterranean. Register online at events.wfu.edu.

Humans v. Zombies
Time: Jan. 22, 7:30 p.m.
Location: ZSR Library, Atrium
Join us for a game of Humans v. Zombies in the ZSR Library! We will use Nerf Dark Blasters to ward off Zombies in ZSR. Register online at events.wfu.edu.

Carlos Perez, Guitar Guest Artist Recital
Time: Jan. 23, 7:30 p.m.
Location: Potter Byrum Welcome Center, Kulynych Auditorium
This event will feature Chilian virtuoso Carlos Perez and music tied to poetry from Spain and Latin America. This event is free and open to the public.

2016 Spring Involvement Fair
Time: Jan. 24, 3:00 p.m.
Location: Benson University Center
Student organizations focused on service, politics, academics, art, culture, faith, sports, Greek life and more will gather to recruit members and share information.

Spring Study Abroad Fair
Time: Jan. 26, 11:00 a.m. - 4:00 p.m.
Location: Benson University Center
The Center for Global Programs and Studies will host representatives from several study abroad programs to meet interested students and answer questions.

Safe Zone Training
Time: Jan. 26, 1:00 p.m. - 4:30 p.m.
Location: Benson University Center
This event is open to all faculty, staff and students interested in learning more about what it means to be an ally to those in the LGBTQ community. Register online at events.wfu.edu.

Dinner and Dialogue
Time: Jan. 26, 6:00 p.m. - 7:00 p.m.
Location: Reynolda Hall, Autumn Room
The Women’s Center invites all female-identifying students to attend this monthly discussion through which students can talk about their experiences as a Wake Forest woman.

Start-up Bootcamp Blast!
Time: Jan. 27, 6:00 p.m. - 8:00 p.m.
Location: Reynolda Hall, 230 Reynolds
The Center for Innovation, Creativity and Entrepreneurship is hosting this event for students interested in venture marketing. Register at events.wfu.edu.
The Mayor Says | Economics of Sex

Birth control lowered price and risk of sex

What it means to have sex is different now than what it was years ago because of birth control

Kierstin Mayor
Guest Columnist
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It's a common phrase we hear floating around campus all the time: "the walk of shame." Four simple words manage to sum up all the feelings of regret, embarrassment and self-loathing a girl feels as she slumps her way back to the shelter of her dorm the morning after a night out. "The walk of shame" embodies the hook-up culture ingrained not only here at Wake Forest, but on college campuses everywhere. So why do girls continue to make this "walk" often enough that they have come to think of it as a social norm for college life?

The cause of this hook-up culture, prevalent on college campuses today, can be explained through the Economics of Sex.

"Advances in technology drastically lowered the price of previously expensive goods [...]"

The Economics of Sex is a social phenomenon proposed by psychologists at the University for the Study of Family and Culture.

To understand how this relates to college culture, first we must understand the Institute's rationale behind their theory.

First, sex must be thought of as an exchange between two people. Although of course there are exceptions to every rule, the institute finds that whoever "tends" to initiate an exchange more often, have a higher sex drive and associate the exchange with romance less often than women.

Additionally, they found that the average woman's reasons for the exchange tend to include "strengthening commitment, affirming desirability and expressing love." So in reality, the theory is saying men have a greater demand for sex and are willing to pay any "price" set by women. Some men may only pay the price of a few compliments and dances, while others pay the price of a long-term relationship or marriage.

However, other factors are at play in setting this price.

Thinks for a moment about clothing production before textile machines, publishing books before the printing press, or even communication before the internet. All these advances in technology drastically lowered the price of previously expensive goods and changed our whole outlook on the subjects.

In the same way, the invention of birth control dramatically lowered the price of sex and shifted the entire sex market.

As the Institute suggests, before birth control, the exchange's price was set at a minimum of a serious relationship because of the high risk of possible pregnancy.

Today, fifty years after the beginning of birth control, commitment and sex are no longer inherently associated, changing the rules of the game.

This "new game" is more prevalent in colleges than any other environment. Practically every lobby of universities' student health centers now contains the same giant overflowing bowl of condoms readily available to grab like mints at a hostess' table.

From the very first day of orientation, universities drill into students' minds that birth control is easily accessible at no cost to them. This creates even more pressure on not only girls, but on all college students to have sex, because why not?

The right to free speech can be horribly abused. And that is a good thing!

Even Joe Swisher was honorably discharged from the Marines in 1957 following the Korean War.

Now in his late 70's, Swisher proudly wears the Purple Heart and the Silver Star as a constant reminder of his faithful service to the United States Military.

The only problem is that he did not earn those medals.

Last week, the United States Court of Appeals for the Ninth Circuit in San Francisco ruled that Swisher could indeed wear the service medals, despite the fact that he did not actually earn them.

The court deemed that his actions were a form of free speech. A ruling like this one is truly lamentable. To think that the constitution protects an individual's right to knowingly misrepresent himself, especially with regard to a matter as dignified as service in the military, is repugnant. But there should not be an effort to overturn the ruling. The simple (and equally disconcerting) fact is that Swisher's actions are probably a valid form of free speech, however upsetting they may be.

But there is undeniably a line between constitutionally permissible actions and behavior that displays a woeful lack of common decency.

Just because Swisher's decision to wear the medals he did not earn is legally protected, does not mean that he should wear them.

The theory goes even further in depth to explain this issue. Now more than ever, more men are looking for just sex, while more women are looking for committed relationships. So we have a discrepancy.

Girls who are looking for a relationship outnumber guys looking to do the same. This means girls are allowed to be more selective in choosing who they want to be in a relationship with.

Nowadays, college-age couples who have hooked up already spend weeks in the "talking stage," rather than asking each other's social media posts, Snap chatting and tirelessly exchanging text messages, all before the guy decides whether or not he really wants to be "exclusive" with a girl, because he has already given her only bargaining chip.

Ultimately, this creates huge competition between women.

Girls feel the need to appeal to what a guy wants in order to win over his affection, and in their mind, what could be more appealing to him than sex? So, as we notice girls cutting through crowds across the nation wearing Saturday night's outfit on Sunday mornings, what we really are witnessing, in my opinion, is the direct result of a market that was once defined by serious commitment, now evolved into a cut-throat competition.

Tried and Drew | Freedom of Speech

Being legal does not mean being right

Just because we have the ability to do something doesn't mean we should

Drew Finley
Guest Columnist
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"We hold freedom in higher regard than any other nation in the world, and it certainly comes with a steep price."

There is a reason that most Americans do not wave Swastikas in the faces of Holocaust survivors even though such an action is legally permitted. It is because they know the difference between what is legal and what is right.

The constitution protects the actions of Collin and Swisher, but it does not say that those same actions are morally upstanding. But perhaps that is the purpose of freedom of speech in this country.

While it is undoubtedly alarming we live in a nation where men can wear service medals, did not earn, and that we live in a nation where flaunting swastikas in the faces of Holocaust survivors is permitted, it is equally astonishing that such actions do not cause our nation to burst at the seams.

We hold freedom in higher regard than any other nation in the world, and it certainly comes with a steep price.

However, our own reckless abuse of freedom of speech is actually a manifestation of how strong of a nation we really are.

The liberty to do and say whatever one pleases, no matter how appalling those actions are, is truly a right that exists in only one nation on this Earth.
Hipsters are the backbone of the economy

Hipsters have a unique view of the world bringing in creative ideas to businesses. Hipsters are the backbone of our economy. It takes a certain type of creativity to see what is going to be successful in the rapidly changing society that we live in.

"Hipsters come into play in every part of a business' cycle, from creation to consumption to further creation and beyond."

They look for creative ideas that are different.
No one wants to invest in more of the same product.
The opportunity to make a profit dwindles as the amount of competitors increases. Why would any investor seek to not make money?
Being innovative pays off, whereas being the next product in a line of similar products does not offer the same chance for making money.
To a certain extent, consumers are hipsters. Consumers buy a product in order to meet their demands.

Entrepreneurs are hipsters. They see an opportunity to break off from the mainstream products in society and invent something new and different.

Something that other people could get behind. Something that starts a new trend.

Businesses create a demand for a product that people didn't even know existed, causing an expansion in certain markets or even the creation of new industries.

In order to push a product out into the world, businesses need financial backing to create and market their product. Investors are hipsters.

It is those consumers that search for something different who are the hipsters. They stimulate growth in emerging industries by placing their dollars into new companies.

As at certain point, products go from front page innovations to archaic fads of the past.

It is there when the hipsters come in to play once more. Each product has a lifespan. One day the big thing was records, then came cassette tapes, CD's, and now online music.

Streaming services are all the rage at the moment, but what about in 10 years, or even five?

Hipsters look for what is different and sometimes different doesn't mean new.

One of the biggest trends in music in the past few years is the resurgence of vinyl.

Hipsters stimulate sectors of the economy that seem to be falling off the edge. Then the hipsters come around and create new businesses that become part of the cycle.

Hipsters come into play in every part of a business' cycle, from creation to consumption to further creation and beyond.

Hipsters are entrepreneurs, and entrepreneurs are also hipsters. Hipsters are the backbone of the American economy.

Hipsters: The word brings up mixed feelings. Some people are filled with disgust and horror, while others experience admiration and curiosity.

Typically associated with being trendy, hipsters view the world with a new, long-looking perspective that keeps them ahead of the rest of the mainstream world.

The Obama Administration is often quoted saying that "America's small businesses are the backbone of our economy" — but I disagree.

Hipsters are the backbone of our economy. It takes a certain type of creativity to see what is going to be successful in the rapidly changing society that we live in.

The entirety of the hipster identity comes from being ahead of the trends. Businesses start with an idea. Someone, somewhere had to have noticed something that would inspire them to create a company.

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To a certain extent, consumers are hipsters. Consumers buy a product in order to meet their demands.

Depending on the elasticity of demand for the good, consumers will cast a wide search net, giving them greater exposure to the products on the market.

Some consumers look for products that will be the best value, while others value having something new, innovative and original.

Clearly, not everyone can be a hipster as that would deteriorate from the hipster agenda of breaking from the status quo.

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It's time for Iran and Saudi Arabia to relax rigidities and work on their various connections instead of denigrating each other in public.

To that end, the brutal executions of non-violent activists by Saudi government was politically and morally inexcusable.

This was straight from Assad's playbook targeting nonviolent activists with terrorists.

Sunni-Shia sectarianism is indeed tearing apart the Middle East, but is largely driven by the very modern and very political rivalry between Iran and Saudi Arabia.

The Tehran and Riyadh conflict is not primarily a religious issue. It is a political struggle for regional hegemony and influence.

However, exacerbating sectarianism is a way for the Saudi Arabian regime to distract the public from failures in Syria/Yemen, budget deficits and reduced subsidies.

Riyadh considers Iran's reintegration into the world order and its evolving relationship with Washington, D.C. as an intense threat to its own hegemonic ambitions.

The sectarian intensification possibly is meant to demonize Washington's strategic interests in the region.

The Iran deal and an end to the Syrian war by aggravating tensions in ways that make political progress impossible. Saudi Arabia clearly feels vulnerable as well.

Its flapping wars in Syria and Yemen, the rise of the Islamic State and the Iran nuclear deal have left it feeling deeply vulnerable.

It's time for Iran and Saudi Arabia to relax rigidities and work on their various connections instead of denigrating each other in public.

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Social media creates false sense of connection

We do not know people just because we follow them on social media

Becky Swig
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When I am scrolling through my Instagram and Twitter feeds, I’ve recently noticed that I follow a lot of people I do not know—sometimes on purpose.

I follow celebrities so that I can see what they are up to and stay up to date with my favorite television stars. Many social media platforms are a great way to share ideas and photos—I definitely post whenever I think of something funny or want to share a cute photo.

However, what is bad about following people we do not personally know, namely celebrities, is that it gives off a false sense of reality—it makes us think that we know them.

It makes us think that we are a part of their lives, even though we don’t really know anything personal about them. It gives us the idea that we know these people when, in reality, we do not.

Now there is nothing wrong with wanting to follow people you look up to or think are funny, but I’ve realized that these people that I don’t even know, I think I know them, but I really just make assumptions based on what they tweet about or share through a photo.

Social media allows us to connect with people in many ways and it is a useful tool for many different things, but it is also a dangerous platform as well. These platforms set up a pathway between celebrities and their fans, which sometimes gets abused.

We have all heard about those crazy Twitter accounts that spam celebrities so we know anything personal about them. They get “noticed.”

What constitutes a successful relationship is just as diverse as the individuals that pursue them."

Natalie Wilson
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Want relationship advice? Those who say yes are in luck, but the answer doesn’t actually matter; tips abound from all directions, regardless. Even though relationships are generally private and between individuals, they don’t stop family members, friends, tabloids, magazines, television characters, and more from offering ideas as to what relationships should mean and how they should work. There is always a demand for seeing what they are up to and how they are doing.

As the boundaries of privacy become more and more blurred by social media, relationships are seen as so valuable and complicated that it is often impossible to think of wading through one successfully without the help of others to assess its progress.

I can’t deny that I am writing this because I too have ideas on the best way to experience relationships, especially as a college student. I see them as opportunities to learn and grow; a campus environment enables their dynamic to be very fun and low-stress.

I truly believe, however, that many approaches are valuable, and what constitutes a successful relationship is just as diverse as the individuals that pursue them. My advice, therefore, is to experience relationships without taking advice. I realize that this entire column may contradict that sentiment, and that in some cases, a lot can be gleaned from the counsel of others with more experience, especially when problems arise. However, my main point is that there is no right answer when it comes to relationships and that a less cautious and formulaic approach to them could be valuable.

During my senior year of high school, I followed the blog of a popular local photographer, who, at just a year older than me, was already well-known for being a successful young entrepreneur and was often invited to workshops across the country to speak. She had many interesting posts, but the only one I still regularly consider is one she made on relationships. As someone who had been in the same relationship for four years, she condemned those who entered them without that kind of longevity in mind as superficial and undedicated. For someone who is considered to be incredibly mature, even in comparison to her older competitors and peers, I actually consider this to be an immature and fairly limited view. However, it is not an unpopular one. Even as other types of relationships are increasingly portrayed in media, they are done so ways that say, look, even though hundreds of thousands of audience members find these appealing, they’re humorous because they’re not what you really should want. Maybe even the characters in those types of relationships won’t want them anymore by the end of the movie, Trainwreck anyone?

The reality is that the ultimate determination of the worth of any relationship is only by the individuals involved. College students still have a lot to learn about, well, everything, and relationships are no exception. There will be plenty of time when mistakes carry more impactful consequences, so it’s great to be able to take advantage of the chance for realism and vulnerability—but don’t take my advice.

Word on the Quad | Back to School

What are you looking forward to most this spring semester?

“My first spring break!”
Austin Schwartz ('19)

“Finishing my last semester of freshman year stronger than the last one.”
Autumn Jackson ('19)

“Spring Fest is always the best part of the semester.”
Debbie Marke ('16)

“Finishing my thesis.”
Dale Davis ('16)
Wake Forest stars headline MLS SuperDraft

Jack Harrison became the second Demon Deacon in the school's history to be selected first overall

BY FORREST DODDS
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On Thursday, Jan. 14, the Major League Soccer 2016 SuperDraft commenced where Jack Harrison made headlines around the nation from his No. 1 overall selection. Now, Jack Harrison is a common name for anyone around Wake Forest.

With such an impressive season with the Demon Deacons, it was projected he would go fairly early in the draft, but was a surprise at No. 1, as he had not fared too well at the MLS Combine.

The other Wake Forest draftee was Michael Gamble, who went No. 30 overall.

Harrison, drafted No. 1 overall by Chicago Fire, only dawned the Chicago Fire scarf for 45 minutes before he was traded to New York City FC. This was a smart move by the Chicago Fire as it was well known that the New York City FC had been after Harrison, even making a failed Homegrown Player claim on him since he had played for NYCFC youth affiliate Manhattan Soccer Club from 2012 to 2015.

Harrison is an interesting fit with the NYCFC, owned by the same holding group as Manchester City, as he had been part of the world renowned Manchester United academy for seven years.

NYCFC have a star studded, yet disjointed team, with world famous Designated Players David Villa, Frank Lampard, and Andrea Pirlo.

Their strong central and attacking players overshadowed their defensive counterparts and the team finished 17th out of 20, accumulating 10 wins, 17 losses, and seven draws for 37 points.

They also lacked a strong wide players, having to play Mix Diskerud on the right wing, with Thomas McNamara on the left. This will give Jack Harrison plenty of opportunities for playing time and the ability to grab a starting spot.

Another interesting caveat with Jack Harrison's draft is that he signed a Generation Adidas contract (that guarantees a predetermined salary and that he will sign with the NYCFC have a star studded, yet disjointed team, with world famous Designated Players David Villa, Frank Lampard, and Andrea Pirlo.

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Another interesting caveat with Jack Harrison's draft is that he signed a Generation Adidas contract (that guarantees a predetermined salary and that he will sign with the MLS team). It will be interesting to see if Harrison can make an immediate impact in a league that is filled with experienced and talented players.

Jack Harrison and Michael Gamble will be remembered for years to come by Wake Forest students and alumni after what they were able to accomplish during their short time together in Winston-Salem.

Men's basketball team begins to face adversity

After building one of the more impressive and surprising resumes in college basketball, Wake Forest has fallen on hard times.

BY BRANDON PALMER
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If Saturday's Wake Forest Basketball game had been a heavyweight boxing fight, the match would've been stopped at halftime.

Syracuse, behind an unbelievable first twenty minutes from senior guard Trevor Cooney, came out swinging and never looked back. Cooney poured in Syracuse's first 11 points and 19 total in the first half, to lead the Orange to a 47-27 halftime lead.

Many assumed that the Deacs would come out prepared and energized after a lackluster performance earlier in the week against Virginia Tech; however, this was not at all the case. They came out in the exact same fashion and found themselves in an early hole in which they were ultimately unable to rebound.

The Deacs were two-point favorites coming into Saturday's game, although Syracuse was likely underrated, as evidence by their win over Duke at Cameron Indoor Stadium earlier this week; however, no team should ever lose to a conference foe by 28 points on their home court.

Under pressure, the Deacs were once again prevalent. The team was extremely sloppy defensively, and turned the ball over far too many times to ever be competitive in the game.

The Deacs were two-point favorites coming into Saturday's game, although Syracuse was likely underrated, as evidence by their win over Duke at Cameron Indoor Stadium earlier this week; however, no team should ever lose to a conference foe by 28 points on their home court.

After a promising start to the season, filled with major ups and downs, the Deacs now appear to be trending in the wrong direction.

It is not unreasonable to expect a relatively young team to struggle and to be inconsistencies throughout a long and treacherous season; however, the way in which this Wake Forest team is struggling is what is becoming extremely worrisome.

Over the last two games it is hard to avoid the fact that there appears to be a lack of effort, coming from both the players and the coaching staff at critical moments in the game. Last week's effort against Virginia Tech is excusable as it was a road game in front of a nearly empty crowd, after having played the toughest four game stretch of the season. Saturday's effort; on the other hand, is not.

Granted, the Joel was not sold out, but it was mostly filled and there was a palpable energy in the arena leading up to the tip-off.

There was simply no excuse for the team to come out as flat as they did, allowing the Orange to completely suck the life out of the building.

What was perhaps most disappointing was how the team responded to the early adversity they encountered in the game. Instead of rising to the occasion and clawing their way back into the game, the team simply quit.

There was no apparent urgency or passion in the players on the court for Wake Forest last Saturday. After getting down early, there was never a moment in the game where it seemed as if the Deacs had a legitimate shot at winning and this was not due to a lack of talent.

It's one thing to lose a game because the other team simply outplayed you. It's another thing entirely to lose a game because the team itself doesn't believe it can win.

See Men's Basketball, Page 14
Spotlight: Bryant Crawford

BY KYLIE TATICH
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While the Wake Forest men's basketball team has fallen on hard times in the past two weeks, freshman Bryant Crawford has continued to be a consistent scoring threat while making those around him better. Forced into early action due to a foot injury to Codi Miller-McIntyre, the freshman from the greater D.C. area is averaging 12.4 points per game to go along with 4.5 assists per game. He has managed to have his biggest moments in Wake Forest's biggest games. He made two clutch baskets to tie and eventually knock off a ranked Indiana team in Maui early this season. He has already proven to have all the physical tools needed in order to be successful as a point guard in the ACC. Wake Forest will only continue to get better as Crawford matures and grows as a college basketball player.

What was it about Coach Manning and Wake Forest that ultimately led you here?

It's an experienced coaching staff who made me feel welcome and I just wanted to be a part of rebuilding a Wake Forest basketball tradition.

What was his recruiting pitch to you?

He told me about himself, the coaches and the school. I came down here to see it for myself and I enjoyed it.

You played in what many ESPN recruiting analysts consider one of the most competitive high school conferences in the country.

Can you talk about the transition from high school to college and did playing in that competitive league help your transition from Gonzaga College High School to the ACC?

I would say it probably didn't help, but it's still kind of a difficult transition as far as the game speed and the strength of the guys in college. So it was still kind of a hard transition but I'm getting used to it now.

Is there a former Demon Deacon or NBA player that you look up to most or try to model your game after?

I always paid attention to Chris Paul. He was always one of my favorite players growing up.

How do you prepare for opponents like North Carolina and talented guards such as Marcus Paige?

Just coming here to practice, work hard and be mentally and physically prepared.

How good can this Wake Forest team be, and what are your goals personally for this season and for your Wake Forest career?

I feel like we could be a great team. We fell short on a couple of games, but as long as we continue to work hard and play hard I feel like we could be a great team. And my goal is to get to the NCAA Tournament and win an ACC championship.

You've hit some pretty incredible shots so far this year — do you feel like the ball should be in your hands with the game on the line? Do you want to have the final shot like you did against Indiana?

I don't really care who has the final shot. I trust all my teammates.

But you feel comfortable having the ball in your hands if coach Manning relied on you to do it?

Yeah, I definitely feel comfortable.

How have the senior leaders Devin Thomas and Codi Miller-McIntyre helped you mature and transition into your first year in the ACC?

I mean just showing me the ins-and-outs of the game and telling me to stay mentally focused and just to keep playing hard.

Tell the Deacon community something they don't know about you off the court.

I like to draw.

You like to draw? What do you like to draw?

Just doodling, doodling in class, I can paint — stuff like that.

Do you have any pregame rituals or superstitions?

No, none at all. Just sleep — sleep before every game.

Former Demon Deacon Noah Rubin wins First-Round Match Down Under

Former Wake Forest men's tennis player Noah Rubin won his first Grand Slam match at the Australian Open on Monday. Rubin upset 17th-seeded Benoit Paire in three sets and moved onto the second round. Although Rubin came up short against French qualifier Pierre-Hugues Herbert, in straight sets. Rubin, ranked 328th in the world, showed great promise as one of the youngest players on the pro tour.

Deac Notes

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Former Deacon great Tim Duncan receives high praise from LeBron James

Former Wake Forest Basketball legend Tim Duncan received the highest possible praise from LeBron James after a recent battle between the Cleveland Cavaliers and the San Antonio Spurs. James took to Instagram, where he posted a picture of the two, and referred to Duncan as 'the Greatest [Power Forward] to Ever play' the game of basketball. Duncan continues to make the Wake Forest community proud of his accomplishments.
The Demon Deacons fell to the Syracuse Orange on Jan. 17 with a score of 91-65. Amber Campbell led Wake Forest in scoring, dropping 25 points and shooting 100 percent from the free throw line; however, this performance was not enough to win the game.

Syracuse was on fire from three-point land throughout the game. In the first half, they made nine of 18 three-point shots, making it difficult for Wake Forest to establish any lead.

Syracuse finished the game 48.4 percent from behind the arc, while the Deacons were only 9.1 percent from beyond the arc. Syracuse dominated initially; Wake had a few missed layups to start the game and the Orange went on an 8-0 run.

Campbell and Elisa Pesna started to turn it up and cut the lead to only four. This was the closest the Deacs were to catching up. The margin fluctuated between 10-15 points throughout the first quarter, then, the Orange started to hit more free throws, caused more turnovers, and hit more shots toward the end of the second quarter.

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In total, Syracuse hit 15 of 31 three-pointers, while Wake Forest struggled with being only one of 11 from behind the arc.

The number of turnovers didn't make or break either team; Syracuse finished with 20 turnovers, while Wake Forest had 24.

The biggest disparity between Wake Forest and Syracuse was the depth of their bench. Syracuse had five players score in double digits, two of which had 19 points. While Wake only had three players in double digits and two consisted of ten and 12 points.

Amber Campbell cannot lead the team to victory by herself; there needs to be more than one player who can contribute stats like Campbell's. Basketball, at its most fundamental level, is a team sport, and the Deacs will struggle down the stretch of games this season if they do not start getting consistent contributions from more than just one player. Syracuse had multiple players perform at high levels, bringing their team to victory.

The Deacs face the University of North Carolina Tar Heels on Thursday, Jan. 21 at 7 p.m. in Winston-Salem. This will be the sixth ACC game of the year. The Tar Heels have not played as well this year as in years past and this is a very winnable game.

**By Elizabeth Wallace**

Staff Writer
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The Demon Deacons have a history of drafting American college players such as Revolution legend Taylor Twellman. He may find it hard to get time, though, as the New England Revolution aren't short of attacking options.

Wake Forest's prominence in college soccer is continuing to grow, through offering exceptional professional careers, and will continue to represent Wake Forest well.

Head coach Bobby Muuss also expects a strong recruiting class this year, so if you missed any of the action this year, make sure to try to come out for a few games next season.

**BY THE NUMBERS**

<table>
<thead>
<tr>
<th>[DEAC OF THE WEEK]</th>
<th>[DEACON TWEET]</th>
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<tbody>
<tr>
<td>Alexander Krall</td>
<td>@NoahRubin33</td>
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<td>as a senior Track &amp; Field member, Krall won the men's heptathlon at the JDL Combined Events meet on Sunday in Winston-Salem. With a score of 4927, Krall won his first-ever heptathlon. Krall also tallied victories in the men's 60m dash and the shot put. The Buffalo, N.Y., native has excelled in many events throughout his career and will look to add to his stellar record next week at the Hokie Invitational in Blacksburg, Va.</td>
<td>&quot;It never ends! Talking what I have learned and experienced and bringing it with me to next week. Next stop, Maui!&quot;</td>
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**Soccer stars have successful SuperDraft**

Continued from Page 11

drafts him) with a clause that calls for the team to pay for his classes when he chooses to resume them.

Not to be overshadowed, Michael Gamble joined the New England Revolution as the No. 30 overall pick.

He now joins former Demon Deacon Sean Okoli, who joined the Revolution last year, having been traded from the Seattle Sounders.

The Demon Deacons have reach double figures this season, most in six years. Gamble also joins former Baltimore Boilermakers, London Woodberry, in New England and will join a team that tends to develop American college players such as Revolution.

He may find it hard to get time, though, as the New England Revolution aren't short of attacking options.

Wake Forest's prominence in college soccer is continuing to grow, through offering great coaching along with a renowned education.

Harrison will look to make an immediate impact on the NYCFC squad. Additionally, Gamble will provide great value and versatility to the Revolution. Both players should have exceptional professional careers, and will continue to represent Wake Forest well.

Head coach Bobby Muuss also expects a strong recruiting class this year, so if you missed any of the action this year, make sure to try to come out for a few games next season.

**Photo courtesy of Wake Forest Athletic Communications**

The Wake Forest women's basketball team will look to get contributions from more than just two players as conference play begins to pick up.

**Photo courtesy of Wake Forest Athletic Communications**

Harrison with NYCFC head coach Patrick Vieira and Sporting Director Claudio Reyna. Harrison was drafted by Chicago Fire and traded to NYCFC.
Dance team performs at national competition

Dance team competes at national championship for the first time since 2012

BY EMILY LAIR
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Last weekend, the Wake Forest University dance team competed at the Universal Cheerleading Association & Universal Dance Association College Cheerleading and Dance Team Championships in Orlando, Fla.

Wake Forest competed in Division 1A for two categories: Pom and Jazz.

Sophomore Yiefi Wu explained just how competitive the weekend was.

"The divisions are based on which division our football team is in, so we were in the hardest division for UDA," said Wu.

The dance team placed 16th for Pom, and 26th for Jazz in the UDA competition.

The dance team also competed in the World Championship, which is against teams from Japan, Puerto Rico, Mexico and Australia. The team placed 5th in that specific competition in the Pom category of dance.

This is the first time since 2012 the dance team has competed.

"We learned a lot about the dance team world in general and how competitive it is at other schools," Wu said.

"But as a team we were able to accomplish more than we originally thought."

The team has been perfecting the routine since the beginning of the year, in addition to dancing at football, basketball and volleyball games.

"It was hard going into it because this was our first year at UDA Nationals and we didn't know what to expect," said Wu.

Spirit Coordinator, Bryan Hall, explained that the dance team competing at a national level was good, not just for the team, but for the university.

"I think [UDA] Nationals gives the team the ability to build the program, but also Wake Forest in general," said Hall. "Anytime you hear Wake Forest - the name - you're promoting your school, not just athletics."

Men's Basketball: Deacons lose third straight game

Continued from Page 11

Saturday's result was likely, or perhaps hopefully, an anomaly, as this team has shown passion and effort throughout the season. However, the team's effort over the next few weeks will show the true merit and heart of this team.

The Wake Forest Demon Deacons returned to action on Wednesday night as they traveled to Chapel Hill, N.C., for a match-up against in-state rival and nationally ranked, North Carolina. Heading into the game it appeared as if the Deacons would have their work cut out for them as the Tar Heels have truly begun to play their best basketball. This prediction came true, as the Heels opened up with an early ten point lead and never looked back. The Deacs went into the locker room down 16 at half and were never able to make the game very competitive. Ultimately, this was not a game that anyone gave Wake Forest a chance of winning, but you could not tell that from the players. Yes, they found themselves trailing the entire game, but they never sunk their shoulders or quit on themselves.

On a night where things went wrong for the Deacs early and often, Senior forward Devon Thomas continued to show why he is one of the best big men in the entire country. Late in the game Thomas drove through the lane, and soared through the air for a thunderous dunk over multiple Carolina defenders.
ACC Recap: Tar Heels are team to beat in ACC

As conference play heats up, Tar Heels begin to separate themselves

BY KIRBY MCMULLEN
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This week the ACC saw North Carolina rise all the way up to No. 2 nationally in the AP poll. On Wednesday, Jan. 20 they defeated Wake Forest in the Dean Dome 83-68 and will travel to Blacksburg, Va., on Saturday to take on the Hokies of Virginia Tech.

The Tar Heels should be able to win both of these with ease as we look for both Marcus Paige and Brice Johnson to start solidifying their campaigns for All-ACC first team selections.

North Carolina looks to wrap up the stretch run before March by taking care of business in conference play as they are the current frontrunners to take home the ACC regular season title. Louisville is currently third in the ACC conference standings with a record of 3-1 in conference play and an overall record of 14-3. The Cardinals are coming off of an impressive win over Pittsburgh, however, we'll learn a lot about this team in the coming weeks as they take on Florida State, North Carolina and Virginia in a two week stretch.

The Panthers need to be able to maintain their leads in conference play as they are the current frontrunners to take home the ACC regular season title. Virginia is currently sitting nicely at No. 13 in the AP poll, posting a conference record of 3-3 and an overall record of 14-4. Virginia has arguably one of the most impressive resumes with quality wins over West Virginia, Villanova and Miami - all teams that sit inside the top-15 of the AP poll.

Virginia has two notable games coming up against Pittsburgh and Louisville, but if this season has shown us anything: it's that the always consistent Cavaliers should be able to take care of business.

Tony Bennett's style of coaching, combined with Virginia's balanced offensive attack and suffocating defense, look for Malcolm Brogdon and London Perrantes to carry the Cavaliers deep into March.

Duke is currently experiencing something it hasn't been through in many, many years: three straight losses under Coach K.

NFL Recap: Panthers seek second Super Bowl birth

Brady and Manning face off in conference championship for arguably the final time

BY ZACH SEARLE
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AFC Divisional Playoff Results

The New England Patriots hosted the Kansas City Chiefs in the first of the AFC Divisional match-ups on Saturday afternoon. With the help of two touchdowns from tight end Rob Gronkowski and an impressive game from Julian Edelman, the Patriots were able to oust the Chiefs and their late game comeback. The Chiefs on the other side dominated the first half with two touchdowns. One of these touchdowns came on a Hail Mary as the clock expired in regulation. The touchdown to Jeff Janis brought the game to overtime. The Cardinals, who had been in a losing situation in regulation before the Packers miracle play, got the ball first in overtime.

They did not waste time. Larry Fitzgerald turned a quick pass into a 75 yard gain and then scored a touchdown on the next play sending the Cardinals to the NFC Championship.

Carson Palmer finished with 349 yards and with three touchdowns, as he moved his team one step closer to the Super Bowl. At halftime it appeared that this game would not even be a contest. Carolina dominated the first half with two touchdowns from Jonathan Stewart, a defensive touchdown and a touchdown from Cam Newton.

With a commanding 31-0 lead at the half, Carolina thought the game was theirs. However, Seattle had different plans in the second half. Russell Wilson threw for 366 yards with three touchdowns, two to Kearse. Seattle would not give up, bringing Carolina's lead down to seven.

With just over a minute left, Carolina successfully caught Seattle's onside kick, ending the crazy comeback.

The Carolina Panthers will host the Arizona Cardinals on Sunday at 6:40 p.m. with a trip to Super Bowl 50 on the line.

The Blue Devils have dropped their last three games on the road at Clemson and at home against Notre Dame and Syracuse.

While the Blue Devils have a wealth of talent, they must figure out their defense without Amile Jefferson as they prepare for three straight road games coming up against N.C. State, Georgia Tech and Miami.

I still expect the Blue Devils and Coach K to straighten things out come March, as a team led by Grayson Allen and Brandon Ingram has the potential of being extremely dangerous, capable of beating any team at any time.

The NFC Championship game will be played in Charlotte on Sunday night as the Arizona Cardinals visit the Carolina Panthers in a matchup of arguably the two best teams in the NFC this year. After a shaky divisional round for both teams, there are certainly things to improve on for this game.

The Panthers need to be able to maintain their leads, especially if they are 31-point leads. The Cardinals need to get back the offense we know that they have, especially after the scores of the last game of the season and last week. Watch for Carolina's running game, the Carolina defensive line against Palmer and especially Larry Fitzgerald for the Cardinals. This game will be a great battle between two of the NFL's best.

Score Prediction: Cardinals 30 Panthers 27

Championship Game Previews

The Patriots will travel to Denver to play for the AFC Championship on Sunday. Tom Brady's favorite weapons Julian Edelman and Danny Amendola will both be active for the second straight week for the Patriots. Peyton Manning will look to close the rivalry gap as Brady has owned a dominating 10 of the past 15 meetings. This will be the fifth matchup in the playoffs between the two future hall of fame quarterbacks. With two great defenses, look for a low scoring, but entertaining game.

Denver handed the Patriots their first loss of the season back in week 12 in overtime. Brock Osweiler played the entirety of that game, so this will be the first matchup between Manning and the Patriots this year.

Score Prediction: Patriots 27 Broncos 20

The Carolina Panthers will play host to the Arizona Cardinals in the first NFC Championship Game in franchise history to be held in Charlotte, N.C.
Updog Kombucha Health Drink is an Immediate Success

Students Olivia Wolff and Lauren Miller started a business that produces popular “super tea”

BY SHELBY DEVINE
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Updog Kombucha

Health trends and products have become wildly popular in the last decade as consumers are more health-conscious than before. Wake Forest students Olivia Wolff and Lauren Miller are putting their own spin on a popular health drink — kombucha.

Kombucha is a “super tea,” which is comprised of healthy bacteria, enzymes, antioxidants and vitamins that promote digestive health and is perfect for detoxing and maintaining general good health.

Though they have combined forces only since the beginning of 2016, Wolff and Miller’s startup company UpDog Kombucha sold out of its first batch of products in just a few hours and is already taking orders for its upcoming batch that will be arriving soon.

Their healthy and delicious recipes have three simple ingredients: tea, sugar and a SCOBY (symbiotic culture of bacteria and yeast). SCOBY has a jelly-like consistency and looks like a piece of white bologna, but it contains many friendly bacteria, like yogurt and cheese, and it plays a crucial role in the making of kombucha.

To make their kombucha, Wolff and Miller ferment the tea and sugar with the SCOBY for eight days then flavor the drink with fruit.

After this process is complete, they have created what they call a “low-sugar, carbonated super tea,” that is hand-crafted, all-natural and made only with local ingredients. The SCOBY is actually what eats the sugar and ferments the tea, so the only sugar in the finished product is from the fruit.

The health benefits of kombucha are especially good for the digestive system. All people have microflora in their bodies that are good for digestive regularity and health, and this drink promotes the manifestation of those good and healthy bacteria. Kombucha is special because it’s a natural, healthy and delicious drink that anybody can enjoy.

What makes the drinks of UpDog Kombucha so healthy and unique?

Wolff: The combination of fresh, local ingredients with a fizzy and fruity taste creates a great drink that anyone can enjoy. It appeals to people who buy kombucha from health foods stores and to those who have never heard of it and don’t even know about its incredible health benefits.

Kombucha is also a great solution for people who are trying to cut soda from their diets but still want a carbonated drink. The fruits sweeten the drinks and we make flavors like grapefruit/sage, mango/ginger and mojito, which is lime/mint. Our favorites are strawberry/mint and raspberry/ginger.

We can make tons of different flavors and we continue to use organic and local ingredients. The SCOBY is actually what eats the sugar and ferments the tea, so the only sugar known each other a long time and have a lot of similar interests — so we knew we would be a great team. I’m a health and exercise science major and she’s an economics major. So I mainly handle the scientific aspects of making the kombucha and she does a lot of the business side of UpDog Kombucha. It has worked really well so far.

We’ve combined our passions for health and wellness, along with our majors, to create something we’re really excited about. I’m a senior, so working with her on this project has been a great way to wrap up my time at Wake Forest and to share something I love and care a lot about with the community.

What are your plans for UpDog Kombucha in the future?

Wolff: We want it to continue growing and to eventually become a microbrewery, a brew-bar, in Winston-Salem. We hope that in the near-future we will be producing kombucha in kegs and will have it on tap so that many people can have access to it all around the town.

It’s important to us that UpDog Kombucha remains a local brand that continues to focus on quality and always produces hand-crafted kombucha.

Sustainability is also a goal of ours. We are selling our 12-ounce bottles for $4.50, but if our customers bring back their bottles to be refilled, we drop the price to $4.00 to incentivize consumers to reuse their bottles to create less waste.

Our first batch was six gallons of kombucha which made 58 bottles. Our second batch will be 14 gallons, so if some of our first customers reuse their bottles, we could prevent many glass bottles from being unnecessarily wasted.

We are so happy with the reactions we have received from our customers so far and hope that UpDog Kombucha stays popular and loved at Wake Forest and around Winston-Salem for a long time.
Fighter inspires with tell-all book

MMA fighter Ronda Rousey releases insightful new book, My Fight/Your Fight

BY YORIKOCH
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On a daily basis, everyone fights their own battles. Whether those battles are with work, relationships, health, dreams or quite literally — fighting in an octagon. While most individuals don't necessarily experience the latter, Ronda Rousey has experienced them all. In her autobiography, My Fight/Your Fight, Rousey tells the story of the fight of her life. Although the media currently portrays her as a woman who has a lot going for her, it has not always been that way for Rousey.

Before reading this book, I had only been exposed to Rousey through her appearances on talk shows and the persona she has when she fights. Based on these exposures, it appeared she was both internally and externally strong. Rousey explained in her book exactly at the manner in which Rousey attacks everything she encounters. As a female athlete, her list of accomplishments runs a mile long — including being an Olympic medalist, a six-time UFC Women's Bantamweight Champion and founding the women’s division of the UFC.

At the same time, Rousey has had experiences more common to the average person than one would expect. She does not sugarcoat her experiences or spare any gory details. Being broke, living in debt, working multiple jobs and being in abusive relationships are just a few of the adversities she has faced. Rousey invites readers into her imperfect world which allows them to be receptive to the advice she provides throughout the book.

As a system of natural selection, Rousey invites readers into her imperfect world which allows them to be receptive to the advice she provides throughout the book. As she described in her book, she was told countless times throughout her life that certain things were not possible. Each time, Rousey displayed resilience against those who made such claims and her perseverance allowed her to prove those people wrong.

She used wit and humor to describe some of her tougher encounters, which keeps the book light and entertaining. At the same time, when describing the internal processes of her fights, it is like the reader is in the cage with her.

Each chapter begins with a quote or blurb of motivational wisdom about a lesson to be learned that sets the tone for the ensuing chapter. This structure makes the book a continuous page-turner.

I found myself feeling empowered each time I read some of Rousey's story. Rather than distancing herself from fans and the average reader, she makes the reader think, "If I can do it, why can't I?" Whether in the octagon or out, she tries her best on her worst day.

Though only a few readers might want to go out and start training in MMA after reading her story, readers may walk away from her book with a more introspective understanding of themselves and their own lives than they had when they started.
Health Column | Right Mindfulness

Make a resolution to relieve stress

Resolutions focus on diets and exercise, but mental health issues are also important

BY LAUREN DARNIS
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When people make their New Year’s resolutions, most think of taking charge of their health in hopes of transforming their bodies. While eating well and exercising regularly are always good goals to pursue, one that appears most difficult for many is to find ways to manage stress and improve mental health.

Stress causes a variety of health issues, especially with strenuous relationships. Stress can increase the risk for high blood pressure, weaken the immune system, cause headaches and stomachaches and lead to other issues such as lower self-esteem, depression and anxiety.

Many shy away from taking steps to improve their mental health because what a healthy mind needs is not entirely known. Just as dietary needs vary, so do mental health needs.

However, psychologists agree overwhelmingly that overall wellness comes from the inside out, starting with a healthy mindset. So, people should start a mental health plan as if they were starting a new diet, with careful planning and objective goals. That way, they may start the new year on the right track and keep it going throughout the entire year.

There are many tools available to help make a mental health plan for the new year. Different websites, such as The Huffington Post, have happiness challenges where readers can subscribe to receive emails every day for a month with tips on how to reach their happiness goals. Other activities that can be helpful and measurable include practicing gratitude and meditation. All these resources are helpful in creating better mental health.

However, some mental health problems are more deeply rooted than weight loss, stress or overdue assignments.

These problems may be a difficult relationship with a family member that seems unsolvable. But there are steps to resolve these relationships, too. A good strategy that many employ is to move on and accept what has happened in the past so that they can focus on the future. But first, they evaluate the relationship that is stressing them out.

It is important to decide if the relationship is worth keeping or should come to an end. If there are serious factors such as abuse, substance abuse or other dangerous behaviors involved, then it may be time to seek professional help.

Secondly, they try not to blame all stress on the problem individual and instead evaluate their objective role within the relationship.

Thirdly, they set time to talk things out. Arranging a conversation and addressing the situation at hand and not attacking the other person are some helpful tips.

Another option some decide to take is to spend some time apart from the problem person in order to see if the stress dissipates. However, those who choose this option must let the other person know that they are taking a break, so that the latter will understand the absence of communication.

One very important final step in creating a mental health plan is to communicate it to family and friends. This creates a good support system that provides encouragement. Many say that having a strong support system helps people stick to their mental health goals and other resolutions.
Bowie leaves one last great album

Shortly after his death, the famous artist’s new album reaches No. 1 on US charts

BY ALANA HARRISON
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David Bowie’s half-century career spanned several personas from Ziggy Stardust to the Thin White Duke, but his most haunting persona is himself on BLACKSTAR. Bowie recorded his 25th album while battling a cancer that would steal his life two days after its release on his 69th birthday.

For his final studio album, BLACKSTAR, Bowie returns to the music style that he has loved since boyhood: jazz. Bowie’s longtime producer, Tony Visconti, said BLACKSTAR was inspired by Kendrick Lamar’s To Pimp a Butterfly.

“They loved the fact Kendrick was so open-minded,” Visconti said, “he threw everything on there, and that’s exactly what we wanted to do. The goal, in many, many ways, was to avoid rock ‘n’ roll.”

BLACKSTAR began when Bowie stopped by the 55 Bar, a jazz club in New York’s West Village, and saw a quartet led by saxophonist Donny McCaslin, featuring drummer Mark Guiliana, bassist Tim Lefebvre and keyboardist Jason Lindner. The improvising quartet impressed Bowie so much that he invited the band to record with him; he found the perfect companion for his emotional lyrics.

The dramatic jazz fusion album opens with a haunting 10-minute track, “Blackstar,” setting the mood for the dark album. Bowie eerily foreshadowed the effect of his death in the lyrics: “something happened on the day he died/spirit rose a meter and stepped aside/somebody else took his place and bravely cried.”

The second track, “Tis a Pity She’s a Whore,” borrows its name from a controversial 17th century British tragedy about an incestual relationship. The track features a hip-hop drum beat and saxophone with classic Bowie gender-bending narrative lyrics (“she punched me like a dude”).

In Lazarus, Bowie talks about his life, illness, death and how the world will react. “Look up here, I’m in heaven/I’ve got scars that can’t be seen/I’ve got drama, can’t be stolen/everybody knows me.”

The music video manages to convey the surreal death imagery of “Lazarus,” cutting between Bowie in a hospital bed with a bandeau around his eyes and him passionately writing at a desk. He ends the goodbye song with, “Oh, I’ll be free/just like that bluebird oh, I’ll be freeain’t that just like me?”

“Sue (Or In A Season Of Crime)” is a re-working of the single released in 2014 from jazz, the heavy bass and drum track with pained vocals is a narrative about death.

“Girl Loves Me,” has a unique lyrical combination of Nadsat, the language from A Clockwork Orange, and Polari, a slang language used by the London gay subculture in the mid-twentieth-century. This is the most hip-hop influenced track on Blackstar with the only legible line is Bowie’s pseudo rapping, “Where the F**k did Monday go?”

“Dollar Days” is a somber ballad where Bowie is resisting death. “I’m dying to push their backs against the grain/ and fool them all again and again.”

The final track, “I Can’t Give Everything Away,” is a closing reflection on his life, “seeing more and feeling less/saying no but still I hope I’ll be there.” The song ends with the line “I’ll be back in your mind.”

Through BLACKSTAR, Bowie is coming to terms with his impending death and allowing his fans to do the same. Unlike the biblical Lazarus, Bowie will not be resurrected but BLACKSTAR has breathed a new life into his career: his first number one album in America.

Travel Column | Lisbon, Portugal

Adventure to Portugal while in Europe

Lisbon offers a great weekend getaway for students who are studying abroad in Europe

BY ERIN PATTERSON
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One of the most underrated cities in Europe — Lisbon, Portugal — sits on the edge of the Tagus River, just inland from the Iberian Coast. I spent a weekend in Lisbon with some friends while studying abroad in Salamanca, Spain. Our first mission was to see St. George’s Castle, an ancient Moorish castle that sits on one of the highest points in the city.

What should have been a nice, 30-minute walk from our hostel ended up being an hour-long ordeal. The streets were hardly marked people keeping us given different directions and all we had to help us navigate through the city was a tiny map we picked up at the hostel.

Getting lost in Lisbon, however, should be some sort of a requirement for tourists. Cobblestone roads weave up and down the city’s hills and wind between brightly colored houses, which break every so often to give stunning views of the river. The plazas and sidewalks are decorated with black and white tiles that create massive patterns.

We eventually found the castle, but while wandering the streets, we stumbled across dozens of hidden gems that no one would have ever told us about. A small patch of grapes on the edge of a cliff, the ruins of an old house entirely covered in flowers and gorgeous views of the red-roofed city climbing down to the river below.

The next day, we went to Sintra, a cute little town tucked into the side of a mountain a few miles west of Lisbon. Sintra is known for its castles and intricate gardens that are hidden at the top of the mountain, but we never quite made it there, thanks to a confusing bus system and the fact that none of us spoke Portuguese. We bought a ticket to take us to the top of the mountain, which ended up being the most harrowing bus ride of our lives, but somehow ended up in the wrong place. So instead, we went back the other way, ate our way to the top of the mountain, drinking ginjinha, a cherry liqueur, from tiny chocolate cups and eating queijada and travesseiro, Portuguese pastries.

We impulsively decided to keep going west to Cabo de Roca, the western-most point of Europe. One more stomach-turning bus ride later and we found ourselves on a cliff with the sunset over the Atlantic Ocean in front of us. This was by far the best part of the trip. We spent hours walking all along the cliff until the sun finally set.

On our last day in Portugal, we went to Belem, this is a historic, art just outside of Lisbon. There were monuments and museums all stretched alongside the river and one restaurant that sold the best pastries in Portugal — or so we were told.

Even better than the day trips, the views of the river and the colorful buildings, though, is the nightlife. Lisbon at night is a whole different world.

First, everyone goes to a neighborhood called Bairro Alto around midnight. All the bars are all tiny, though, and there aren’t any open container laws, so everyone drinks out in the streets. Bairro Alto starts to shut down around 2 a.m., at which point everyone storms down the hill to a neighborhood called Cais do Sodre, where the main street is painted Pepto-Bismol pink. Again, thanks to the lack of open container laws, everyone drinks out in the streets until the late hours of the morning.

By the end of the weekend, I had about a dozen blisters on my feet and a long, overnight train back to Salamanca, but it was well worth it.

*Blackstar*, Bowie’s 25th and final studio album, debuted on the artist’s birthday and reached No. 1 after the artist lost his long battle with cancer.
The nominees for the 58th Annual Grammy Awards were announced on Dec. 7, with Kendrick Lamar taking the top spot with 11 nominations. Tied for second were The Weeknd and Taylor Swift, each with seven nominations. Music critics predict that these nominees will capture huge wins in three of the "big four" categories: Album of the Year, Song of the Year, and Record of the Year.

Wake Forest students, on the other hand, see potential sleeper picks within the lists of nominees and they shared their opinions on who will win the "big four" categories with the Life section. The Grammy Awards will be hosted on Feb. 15 in Los Angeles. Although there is still just a little less than one month to go, anticipation for the biggest night in music is already starting to grow here in Winston-Salem.

Song of the Year
The nominees for this category are: "Alright" by Kendrick Lamar, "Blank Space" by Taylor Swift, "Girl Crush" by Little Big Town, "See You Again" by Wiz Khalifa ft. Charlie Puth and "Thinking Out Loud" by Ed Sheeran.

Could this be another huge win for Swift? Kolilias thinks so. "I think Swift has the best song out of the nominees, but will have tight competition from Sheeran. 'Thinking Out Loud' was such a huge song," said Kolilias.

Abbruzzese and Beeland agreed. "Swift should win this category as well," said Abbruzzese. "Blank Space" was a powerful and influential song.

"I like 'Blank Space' a lot, but 'See You Again' may give the song a run for its money due to its relevance to the death of Paul Walker," said Beeland.

The statistics prove Beeland's point. According to Pandora, the most played and liked tracks of the year are and . According to Beeland, the favorite to win this category should be Trainor. "Although I am not a huge fan of her music, she was all you heard over the summer and her album was a big success," said Beeland.

Trainor's album debuted at number one on the Billboard 200 chart and contained four top-twenty singles. According to Pandora, the plays and likes of listeners would also predict a win for Trainor in this category.

"I'm not that familiar with any of the artists in the category, but I think Kelly and Trainor both have really great voices and should be favorites to win," said Abbruzzese.

This year's winners will be announced at the Grammy Awards, broadcasted on CBS at 8/7c.