A balloon arch marks Campus Recreation’s celebration over the completion of Phase I of the Reynolds Gymnasium upgrades, which will allow students more space in which to play sports and host events.

Reynolds celebrates gym upgrades

Reynolds now has two new gymnasiums as well as more office space

By Julia Haines
News Editor
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Students joined the staff of Campus Recreation and the Office of Wellbeing Wednesday to celebrate the completion of Phase I of the Reynolds Gym Transformation & Expansion project.

The recently completed facilities feature two full-sized courts and an entire basement space designated for Outdoor Pursuits.

Many students were impressed with how quickly Phase I of the expansion was completed. They are also looking forward to the continuing process of Phases II and III to be completed in the future.

“It’s cool to see it finally completed, after seeing their work on it for so long,” said sophomore Edima Udom.

The space will be primarily dedicated to intramural and club team use, however, open gym hours will also be offered.

“With this addition, a new day is upon us, a new way to look at recreation is here and a new commitment to a full, whole and happy Wake Forest community life will be within each person’s choice menu,” said Director of Campus Recreation Max Ewing.

Phase I of the expansion was completed. They are also looking forward to Wednesday to celebrate the completion of Phase I of the Reynolds Gym Transformation & Expansion project.

The space will be primarily dedicated to intramural and club team use, however, open gym hours will also be offered.

“With this addition, a new day is upon us, a new way to look at recreation is here and a new commitment to a full, whole and happy Wake Forest community life will be within each person’s choice menu,” said Director of Campus Recreation Max Floyd. “This change is making a tangible statement of the university’s commitment for the health and well-being of all community members.”

In order to better promote the official opening of the new space, Campus Recreation hosted an event for the campus community featuring a live band, free food and performances by the ballroom dance club. Local nutrition experts and representatives from the Thrive campaign also attended to discuss strategies of healthy living with students.

“I think that holding the whole event with food and stuff was a really good way to promote the opening,” freshman Claire Ewing said, who won a raffle for following the Campus Recreation Instagram page.

Students are encouraged to utilize the new and improved courts, whether they are official student athletes or just want to play pick-up games with friends.

“The addition is going to be a one-stop-shop, a sort of Campus Recreation hub, for students,” said Swain Lewis, the assistant fitness coordinator for the Miller Fitness Center.

See Gym, Page 4

University officials respond to student investigation

Administration details new measures to confront questions surrounding racial bias within University Police

By Buck Hinman
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This week, university officials addressed questions raised by an Old Gold & Black investigation into claims of racial bias in Wake Forest’s University Police Department. The investigation found a large gap between the number of black and white students arrested on campus and discrepancies in a third-party report claiming there was no evidence of racial bias in the department.

In a series of interviews, members of the faculty and administration expressed their commitment to improve inclusion on campus and detailed the steps they have taken to do so.

“Our department has worked tirelessly to build on what we have learned and set new goals for improved community engagement,” said Chief Regina Lawson of University Police. “We have learned from past mistakes, are focused on the present and continue to work toward the future.”

Since the release of the Williams/Moss Report in August 2014 and the subsequent creation of the WFUP Police Accountability Task Force in December of the same year, University Police has implemented policies to counteract a persistent sentiment of distrust among minority groups on campus. According to Lawson, these include a recent move from voluntary to mandatory bias training for all officers and a major shift in the management of large social events at places like the Barn, where reports of over-policing created a point of tension between black students and the WFUPD.

Vice President of Campus Life Penny Rue said officers who stop students for identification must now also conduct a field interview and file a report.

“This simple act of documenting and talking to a student inserts judgment into the mix, and prevents unconscious bias on the part of the officer,” Rue said. “We haven’t received a single bias report against University Police since late 2014. That doesn’t mean the problem is completely resolved, though. I encourage students who feel they have been profiled to file a bias report.”
More universities should be test-optional

With the "Making Caring Common" project hitting the news recently, a new conversation has sparked about whether or not universities should become test-optional or not.

Prospective students are no longer required to send in standardized tests, such as their SAT score, ACT score, and Subject Test scores. If students feel that their scores are good enough, they have the option to send those in. However, there are many benefits to being a test-optional school. Standardized tests don't always accurately reflect how a student will do at a college; some students do not test well. It is also difficult to judge a student's ability based on these scores because intelligence and creativity are beyond what a standardized test can capture.

"Standardized test[s] do not always show what kind of student they will be, there is more to a person than a test score."

That is why we on the Old Gold & Black staff believe that universities should change their policies to not require standardized test scores. A student's resume is more valuable than how they score on a test. A student's involvement in high school activities, the classes they took and how they balanced their varied interests, their volunteer work, show more of his or her character and aptitude than standardized test scores.

While one of the aims of these tests is to put students on a level playing field, more students spend more money on tutors for months so that they can receive high test scores.

That disconnect from those who can and cannot afford a private tutor shows that test scores are subject to being unfair and often irrelevant.

A wealthy family can pay for a tutor to boost test scores, but that only shows that a student has received more practice, not that their abilities are any higher than a student who couldn't afford to prepare.

The whole industry thrives on having high school students prepare for these tests. According to the Huffington Post, as of 2010, the College Board had a net worth of $65.6 million.

The College Board sets the SAT price at $49 in addition to charging $10.50 for each school the student sends their scores to. AP tests cost $89 each, so the gap in students who come from wealthy families and those form low-income families keeps growing.

With the cost of a tutor and the cost of all of the tests, the total money spent comes out to be quite expensive.

If schools were to become test-optional or not even look at those scores, the playing field would be more level because students would not have to worry about paying for the tests as well as not being inadequately judged by a number.

Some students are already able to pay for a tutor, but for those who couldn't afford to prepare, a test score wouldn't have to worry about paying for those scores.

That is why we believe universities should change their policies to not require standardized test scores. More universities should be test-optional.
Deacon Profile: Parker Hambright

BY MARGIE FENG
Staff Writer
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Parker Hambright is a junior from Jacksonville, NC who is a student Emergency Medical Technician (EMT) for Wake Forest. Part of the reason he was drawn to Wake Forest was because of the campus Emergency Medical Services (EMS) system. He became an EMT when he was a sophomore.

Hambright enjoys being a part of the EMS at Wake Forest because he believes that it is an organization that genuinely gives back to the community.

He feels like it is an inclusive group where the members truly care about others.

What is an EMT?
EMT stands for Emergency Medical Technician. We operate as any other EMT based EMS system in North Carolina except we are unable to transport patients and we have fewer medications we can administer.

Why did you want to be a part of the EMS system?
When Virginia Tech had the campus shooting nine years ago, the Virginia Tech EMS system was the first responders and made a huge impact on the campus.

That was one of the things that inspired me to be a part of the EMS system. Wake Forest has a strong student EMS system and I was actually partly drawn to Wake Forest because of it.

When were you first interested in becoming an EMT?
During my freshman year, I saw them driving around campus, which motivated me to start the process of joining.

My freshman year roommate was EMT certified and introduced me to the benefits of being EMT certified.

So, the summer after my freshman year, I took EMT courses, which were eight hours a day and five days a week for five weeks. Then I took my national certification, applied for reciprocity and then began to work for Wake Forest EMS at the beginning of my sophomore year.

Can you describe your job as an EMT right now?
The Wake Forest EMS members go through a probationary period. During my first semester as a sophomore, I worked a significant amount of shifts where I shadowed full members.

Once the full members developed enough confidence in me, they signed off and promoted me. Now I am a full member of Wake Forest EMS.

I work shifts independently on weekdays and I work as a crew captain for certain shifts on the weekends.

Do you mostly work on campus?
Yes. We are only campus-based.

What is the process when you receive a call during your shifts?
We are dispatched through 911 or the campus police.

When we arrive to a call, whoever is the most experienced begins working the shift typically runs the call and then the other three assist.

If we need more assistance, we are able to contact Forsyth EMS or transport them to student health.

How many shifts do you have per week?
Typical campus EMS members work about 15 to 20 hours a week.

Do you get paid?
No, we don't get paid. It is a volunteer-based organization.

So are you especially busy on weekends?
(Laugh) Yes, Friday and Saturday nights are typically our highest call volume.

What kind of patients are you dealing with on those days?
Typically, about 40 percent of our calls are alcohol-related.

We also receive a significant amount of minor trauma, seizure, or other disorders.

Some people are pretty entertaining when they are drunk, so you can get good stories out of it.

But overall, I care about making campus safer so it doesn’t bother me to respond to calls — no matter what they are.

What part of the job do you like the most?
I really enjoyed going on a call and being able to dictate and control the whole call. It gives me the ability to be able to make decisions on my own and have a positive impact on campus.

Can you describe the process of getting an EMT certificate?
There is a class that you have to take. Wake Forest offers it in the HES Department, or you can take it in a community college. The class can have varying time lengths, depending on where you take it.

Once you finish the class, if you receive a certain percentile on your test, the instructors will say you are eligible to take a national or state test in a testing center.

Once you pass the standardized test, you receive a certificate in the mail, then you can file for reciprocity. After this, you can apply for a job at certain EMS organizations.

Would you encourage other students to be an EMT?
Yes, definitely. We have people who aren't even involved in pre-med that become members of Wake Forest EMS.

People are doing it because they genuinely care, they are not doing it to just to put on the resume.

I encourage students to join EMS as early as possible because it is a somewhat long process to take the class and become certified. If you really want to enjoy it as much as possible, start the process early.

POLICE BEAT

Larceny
• Subject(s) cut the lock of a bike and stole it from outside North Campus Apartments. The report was filed at 12:24 p.m. on Jan. 18.
• Subject(s) took two TVs from the concourse level of the LJVM Coliseum. The report was filed at 12:00 p.m. on Jan. 19.
• Subject(s) stole a pair of sunglasses, sweater and leggings from a room in Taylor. The report was filed at 1:35 p.m. on Jan. 19.
• A student dropped their cell phone on Manchester Plaza and could not find it. The report was filed at 9:15 a.m. on Jan. 21.
• Victim confronted offender about stealing their chips at Subway. The offender then returned them. The report was filed at 1:58 p.m. on Jan. 22.

Underage consumption
• WSPD sent a report about underage consumption on Ranch Dr. The report was filed at 6:30 p.m. on Jan. 19.
• An offender in Collins was found intoxicated and transported to WFUBMC. The report was filed at 1:29 a.m. on Jan. 22.
• An offender in Bostwick was found intoxicated and transported to Student Health. The report was filed at 1:34 a.m. on Jan. 22.
• An offender in Luter was found intoxicated and transported to WFUBMC. The report was filed at 1:35 a.m. on Jan. 23.
• A student was found intoxicated and transported to WFUBMC. The report was filed at 1:33 a.m. on Jan. 23.

Miscellaneous
• Subject(s) threw eggs at a fraternity front door in Davis. The report was filed at 2:52 p.m. on Jan. 18.
• It was reported to University Police that subject(s) damaged a door handle in Bostwick. After investigation, it was discovered that the door handle was not damaged; it broke on its own. The report was filed at 1:20 p.m. on Jan. 19.
• A visitor's vehicle was reported as stolen from the University Corporate Center. After investigation, it was discovered that the vehicle had been repossessed. The report was filed at 4:54 p.m. on Jan. 21.
• University Police located an offender who broke into BB&T Tower. The offender was arrested at BB&T Tower and charged with a felony breaking and entering. The report was filed at 10:43 p.m. on Jan. 22.
2008 was a powerful statement that we believe students should be evaluated on their high school accomplishments, talents and character, not denied access to a selective college because of a single test score." Soares said. "The tests transmit social biases that are not relevant to how someone will do in college, be evaluated during their first year and cumulative grades or determine what kind of job or home-life a person is going to have after they leave college.

"When combined with other parts of the college application — grades, activities, etc. — SAT scores add little to the data that colleges use to make their admission decisions. However, Soares found that the tests were a poor predictor of college success, but they also make it harder for minorities and those from low socioeconomic statuses to do well on the test.

"When you add that one percentage point, [SAT scores], to your model [of a student's application], you're adding a variable that brings with it, social biases and social disparity," Soares said.

"Those disparities are most pronounced by race and gender — that is, women score lower than men on the SAT. If you work with high school grades, you do not have the same transmission of those social biases. There is no such thing as a perfectly neutral measure, but high school grades are more neutral than test scores."

The "Turning the Tide" project advocates other changes besides moving away from test scores, as well. Furthermore, the report encourages universities to evaluate students in their service and activities, not just in their achievements.

"The admissions process should clearly convey that what counts is not whether service occurred locally, in some distant place or whether students were leaders, but work in diverse groups for sustained periods of time on school and community challenges, groups in which students learn from one another," the report says. Many students and parents are under the impression that the quantity of activities a student participates is more important than the quality of the experience and the impact on the student.

This is also something that Soares believes needs to change in college preparation. "We are not doing the youth of America a service by telling them that you have to have a résumé that makes you look like you're an Olympic athlete who has been working in leper colonies with Mother Teresa in order to get into college," Soares said.

"So what this "Turning the Tide" document does is it tries to de-escalate the arms race or the competitive race and tries to make the application more real. And making it more real means placing more emphasis on looking for people who are doing a few things, but very seriously.

According to the report, if more colleges begin adopting these proposals, universities will find students with greater depth and achievement. Hopefully, students from disadvantaged backgrounds will be able to express themselves in their applications on a more equal ground than someone from a more privileged background.
Police: Officials address concerns over report

Opinions differed on the merits of the Williams/Moss Report.

The report was written by two retired police chiefs working with the consulting firm Developmental Associates. They analyzed arrest statistics provided by the WFUPD to look for evidence of racial bias.

The statistics provided in the report indicated a trend from 2007-2014, in which black students were arrested at a rate nearly four times higher than their demographic representation on campus.

Kami Simmons, a professor at Wake Forest's Law School and the chair of the WFU Police Accountability Task Force, voiced her concern.

"In my experience, when you see statistics like that, it's troubling, and you want to take efforts to close that gap," Simmons said. "My hope is that some of the things that we are beginning to do — and it is a long process — will allow us to move forward and close that gap. Whether it's intentional or not, it's still a gap."

Rue, who commissioned the report, said that while the racial discrepancy in arrests is high, the overall number of arrests remained low.

"It's really hard to generalize about these statistics on a larger scale without a larger sample," she said. "Only 68 people were arrested in the time frame analyzed in the report. That's fewer than 10 arrests per year."

After speaking with students and faculty about their experiences with University Police, the report concluded that "none of the allegations [of racial bias] rose to the level of actual racial bias," and that "the race of arrestees by the WFUPD is in accord with organizations and we see no bias as it pertains to the issue of race in arrest situations."

However, the report's methods and its conclusions sparked controversy from both students and faculty.

"I don't support the conclusions in the Williams/Moss report for several reasons," Student Body President Adam Hammer said. "Comparing the statistics in the report to our peer institutions is both qualitatively unsound and problematic. It merely proves racial bias is prevalent in our communities and high-education institutions across our country."

When asked for comment, Rue said she did not support the report's conclusions, and that she would be willing to meet with students to consider removing the report from the WFUPD website or providing a disclaimer expressing general disagreement with the report's assertions.

Provost Rogan Kersh acknowledged the controversy surrounding the report.

"If there's sentiment that the report so misses the mark that we need to commission a second report that is done by more statistically able people, I can imagine going down that path," he said. "I understand the problems with the report, and I think it has caused a large lack of confidence in the campus community," said Simmons. "I hope that the measures we are taking will help us rebuild trust on this campus."

University officials responded to lingering questions about the Williams/Moss report following the article published last week.

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Guest Artist Events

WILL CRUTCHFIELD
conductor, musicologist & author

Monday Feb 8 7-10pm
MASTERCLASS Brendle Recital Hall
Tuesday Feb 9 11:30am-1pm
BROWN BAG SESSION M208 SFAC
Tuesday Feb 9 7:30pm
LECTURE: Romantic Music: Do We Know What We're Doing
Brendle Recital Hall

Sponsored by IPLACe and the Department of Music
Safety concerns lead to hoverboard ban

Due to reports of hoverboards catching fire, the university has banned the electric skateboards

BY SHELBY DEVINE

Life Editor
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On Jan. 6, an email was sent to Wake Forest students to notify them that hoverboards — self-balancing, double-wheeled, electronic skateboards that have become incredibly popular around the world within the last year — were banned this semester by Residence Life and Housing, who cited safety hazards as their reasoning. They were one of the hottest gifts of the holiday season — but maybe a little too hot.

Despite their popularity with consumers, hoverboards have been banned by many due to them frequently catching on fire. The lithium-ion batteries inside the board are flammable by nature and when they are not of high quality, they have a tendency to become engulfed in flames.

This is why they have been banned by many shipping companies, airlines and retailers. Additionally, they have been banned in public areas in the United Kingdom, New York City and other universities across the United States.

In the relatively short amount of time they have been on the market, the perception of hoverboards has changed from that of a fashionable new toy to a potential fire-producing machine. Hoverboards can be a unique mode of transportation and a form of entertainment, but the risks involved create a hazard that the Wake Forest administration is unwilling to permit.

Wake Forest is among many universities, such as Louisiana State University, the University of Missouri and the University of Arkansas, that have banned hoverboards.

"Wake Forest took the step to ban hoverboards, or self-balancing skateboards, because it has been reported that these devices can burst into flames — especially while being charged — resulting in a metal fire that can burn with intense heat," said Penny Rue, vice president of student life.

"As a result, we are not willing to risk the safety of our community." The decision was made with the goal of promoting a safer campus. University administration consulted multiple safety organizations before they decided to deem the product as potentially dangerous.

"Like many institutions around the country, Wake Forest University has heeded the warnings by the Consumer Products Safety Commission with regard to the dangers associated with hoverboards," said Donna McEllum, dean of residence life. After consultation with our own Environmental Health and Safety professionals and other university and local community partners, Wake Forest determined that this policy was necessary to keep our community safe.

According to the updated Wake Forest Guide to Community Living, hoverboards may not be used, stored, or charged in any university owned or leased residence buildings.

If the policy is violated, the hoverboard will be taken and the student in possession could potentially face fines and a student conduct referral.

Taylor Illelli, a senior, believes that the decision to ban hoverboards was right for the university.

"After hearing about the hoverboard explosion that destroyed a family's home in Louisiana, I think banning hoverboards on campus is smart," Illelli said. "The most commonly used energy source, lithium ion batteries, is highly flammable and known for being extremely unstable. They are a ticking time bomb that can explode if your hoverboard charges incorrectly."

In addition to being a fire hazard, hoverboards pose a risk for injury.

"There have been many reports of hoverboard users falling off the motorized boards and sustaining injuries, but the primary reason that we banned hoverboards was for safety reasons," Rue said.

The policy is in place to prevent the potential for the boards to ignite. As a result, we are not willing to risk the safety of our community. The university has banned in cities and universities alike is a ticking time bomb that can explode in people's homes and on campus.

"There have been cases of hoverboards starting fires in apartments, which is why we have decided to ban them on our campus," Rue said.

"The decision to ban hoverboards was right for the university, and I believe it is the right decision," Illelli said. "We want our community to be safe, and this policy is the best way to ensure that happens."
Student awarded national scholarship

Upon receiving the Schwarzman Scholarship, Addison McLamb will be attending graduate school in China

BY KATHERINE CASSIDY
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As the second semester of the year begins, seniors at Wake Forest University are starting to finalize their plans for after graduation.

Students have a variety of different plans — some of which include a gap year, starting a career, or attending a graduate school.

For Wake Forest senior Addison McLamb, the end of his undergraduate career means the start of a new academic journey in China.

McLamb is a recipient of the recently-founded Schwarzman Scholarship.

Stephen A. Schwarzman, the C.E.O. and co-founder of a private equity and financial firm, founded the Schwarzman Scholarship to develop global leaders.

The cutting-edge program has a $500 million dollar endowment, and is committed to helping students from around the world gain a greater understanding of the interconnectedness of the global community in the 21st century.

McLamb’s upcoming year will be fully funded by the Schwarzman Scholars program, a significant feat in an era of crippling student debt.

McLamb has studied several languages during his four years at Wake Forest, including Chinese, Russian, Arabic and Spanish.

In addition to academic strength, scholars were selected on the basis of character, leadership and having an intense interest in global awareness.

The Schwarzman Scholars program accepted just 111 students from around the world for its inaugural class of 2017.

With an acceptance rate of just 3.7 percent, the program has proven its prestige even in its first year.

Outside of the classroom, McLamb is an active member of the Wake Forest community, and is heavily involved in the ROTC program — ranking 5th of over 5,000 senior cadets in the country.

“[ROTC] is the best leadership training on a college campus,” McLamb said. “Hands down.”

“Everyone can be a leader when it’s 75 degrees and sunny. Military leadership training often puts you in tough situations, where it really sucks to be in charge. It demands you to take ownership of your organization and move them toward improbable goals. It’s taught me a lot about myself — mainly about how many weak areas I have — but it has been an extraordinary source of growth,” McLamb said.

The scholarship application process has many components including an online portion, three letters of recommendation, a short video self-introduction and a three-part essay. The 300 finalists move on to an interview by a panel of global leaders.

Addison McLamb is the recipient of the Schwarzman Scholarship, a new prestigious program that helps students from around the world gain a better understanding of the global community.

The leaders range from executives of businesses and non-profits, to world-renowned journalists, to former heads of state in the cities of New York, Beijing, London and Bangladesh.

“Having people like Walter Isaacson [American Foreign Policy Scholar, biographical author, and CEO of the Aspen Institute] ask me foreign relations questions, as well as talking about defense with David Petraeus [former Director of the Central Intelligence Agency] were sobering,” McLamb said. “But I have to admit, it was pretty fun.”

A Chinese major here at Wake Forest, McLamb has spent his undergraduate career learning the skills necessary to be a successful Schwarzman Scholar.

McLamb said he applied to the program because he felt that it was, “a neat culmination of [his] interest in the China-U.S. relationship.”

Scholars will obtain a Master’s Degree over the course of their scholarship in the fields of economics, business, public policy and international studies. The degree will be earned at Schwarzman College of Tsinghua University, which is located in Beijing, China.

While studying in China, students will be deeply immersed in the Chinese culture through excursions and lectures, in addition to the traditional classroom setting. The degrees are intended to better prepare leaders for fields including, but not limited to, law, technology, engineering and business.

“My dad once told me that if you are the smartest person in the room, you’re in the wrong room,” McLamb said. “I have a competitive streak, and know that being surrounded by great people will cause me to push myself much harder.”

When asked which concentration he plans to pursue, McLamb said that he is planning on focusing on economics and business.

“I believe that international business will emerge as the most effective tool for avoiding a great power war in our lifetime,” McLamb said.

Following the completion of his year as a Schwarzman Scholar, McLamb will serve as a second lieutenant in the U.S. Army — a position that he is deferring in order to participate in the scholarship program.

His advice for others is to always push yourself to achieve your goals.

“Don’t stop reaching. When things get tough, you know that you’re in the sweet spot. It’s what you learn after you know it all that counts,” McLamb said.

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Wake In A Week

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Oktoberfest Bash
Time: Jan. 30, 1:00 p.m. - 6:00 p.m.
Location: The Barn
The Greek Organization Kappa Alpha Order will be hosting a fundraising event for the Muscular Dystrophy Association. Admission is $1 and the event is open to all.

The Unbroken Circle Benefit for the Shalom Project
Time: Jan. 30, 7:00 p.m. - 9:00 p.m.
Location: Porter Byrum Welcome Center, Klyneich Auditorium
Unbroken Circle, Wake Forest’s multi-generational string band, will be the featured performers for the Shalom Project Benefit Concert.

Faculty/Guest Artist Recital
Time: Jan. 31, 3:00 p.m.
Location: Scales Fine Arts Center, Bumlade Recital Hall
Adam McCord will play the saxophone and Krista Wallace-Boa will play the piano in this concert. The concert is free and open to the public.

Computer Science Colloquium
Time: Feb. 1, 11:00 a.m. - 12:00 p.m.
Location: Manchester Hall, 017 Manchester
Dr. Derek Bruff, Director of Vanderbilt University’s Center for Teaching and Learner in their Department of Mathematics, will visit to discuss active learning in the STEM classroom.

Lunch ‘n Learn: 10 Foods for a Healthy Heart
Time: Feb. 2, 12:00 p.m. - 1:00 p.m.
Location: Reynolds Hall, 301 Reynolds
Registered dietitian Cindy Silver will be leading a discussion about healthy fats in celebration of Healthy Heart Month. Register online at events.wfu.edu.

Speaking of Climate Change
Time: Feb. 2, 7:00 p.m. - 8:30 p.m.
Location: Porter Byrum Welcome Center
Laura Lemlich, soil scientist, and Dayna Reggero, visual storyteller, will be sharing stories about climate change and resilience.

Creating things with Google Forms
Time: Feb. 3, 12:00 p.m. - 1:00 p.m.
Location: ZSR Library
Students can learn how to create surveys, questionnaires and quizzes using Google Forms. Register online at events.wfu.edu.

STEM Slam
Time: Feb. 3, 6:00 p.m. - 9:00 p.m.
Location: Farrell Hall, Broyles Auditorium
Students will be able to meet with professionals in STEM fields to learn more about what is like to have a career in the STEM industry.

Days 1 through 90: Pivotal not Probationary
Time: Feb. 4, 2:00 p.m. - 4:00 p.m.
Location: Reynolds Hall, 301 Reynolds
Students nervous about transitioning into new jobs can attend this class to discuss Michael D. Watkins best-selling book The First 90 Days.
Letter to the Editor | Racial Profiling

Student Government President calls for change

There is a systemic issue of racial bias in our community, and consequently, I don’t support the conclusions in the Williams/Moss report for several reasons.

I am not the first person to assert these remarks publicly. In fact, black students in our community have made statements similar to this since the release of the Williams/Moss report two years ago.

Comparing the statistics in the report to our peer institutions is both qualitatively unsound and problematic. It merely proves that the issue of racial bias is prevalent in communities and higher-education institutions across our country and that policing problems are not just unique to our community. The issue at Wake Forest is a product of systemic biases.

It’s extremely unsettling that university police did not bother to ask Deborah Mark if she was okay or why she was upset, and even more unsettling that students of color are being profiled, questioned and arrested at rates staggering to that of white students. Deborah’s story is not uncommon; it is representative of the stories of many students of color on our campus and reflects the complexities of racial bias at Wake Forest that we, as a community, have yet to fully work through.

Incidents like these are deeply upsetting and manifest a need for increased and restructured empathy training toward minorities in police departments within our community and those across the country.

In my conversations with the administration, I understand that reforms are under way and progress is afoot, but they must be better communicated to students. I unequivocally believe that initiatives to fix community policing issues are of commensurate importance, starting with simply admitting that there is, in fact, a problem.

Regardless of reforms and initiatives underway, many students will remain unhappy with any progress until the trust deficit between the administration and students is mollified and truth before reconciliation is truly enacted.

Sincerely,
Adam Hammer
Student Government President

Being busy does not have to be a bad thing

With the freedom we have during college, it is important to get involved on campus

Becky Swig
Opinion Editor
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When we first come to college, we have a blank slate.
We have nothing tying us down to who we were in high school and no obligations (other than to attend class).
We can be whoever we want to be and do almost whatever we want to do.

With an endless stream of time I would procrastinate my work, but when I am busy, it forces me to do it during any free second I have.

We have a copious amount of free time and few restrictions. We come to college with the opportunity to become who we want, and in order to find ourselves we need to sign up for activities and find our passions. The thing about coming to a new place is that we do not have to do what we did in high school, or we can.
But that decision is up to us. We have a freedom that we did not have before.
We do not have our parents hanging over every decision we make, and not having that is liberating and terrifying.

With that freedom comes a lot of responsibility. While it seems like a lot, I do think it is imperative to get involved in things other than class.
Having something else to do keeps me in check; it keeps me from going stir-crazy and it actually helps me do my work.
With an endless stream of time I would always procrastinate my work, but when I am busy, it forces me to do it during any free second I have.
Coming to school I was worried that I would over extend myself and did not want to sign up for much, but I have found the opposite to be true.
I am happier when I am busy — not too busy — but when I do have things to do.
Being busy keeps me accountable because I have to answer to someone else. If it were just me, half of the time I would just give up on work and start watching something on Netflix, but being involved and surrounded by others who are working hard makes me want to do the same.
Getting involved in other activities gives me a sense of purpose other than being a student.
We have schoolwork we need to do on top of other activities we do to keep ourselves busy.
We are constantly juggling various components of our lives — school, extracurriculars, greek life, sleep, social life, exercise and more.
It is nice to know people in many other facets of the campus — I am not just meeting the freshmen from my classes, I am meeting people who share similar interests as me.

Word on the Quad | Snow Day

How was your first snow day of the semester?

"I tried skiing around campus, and it was not great."
Cole Teander ('19)

"I ate my body weight at Midtown Cafe!"
Lauren Bosway ('17)

"I liked having a three day school week."
Daniel Chan ('19)

"I slept."
Ashley Davis ('18)
Citizens have a duty to participate in politics

We live in an age of broken politics, but it’s not because of corrupt politicians

Drew Finley
Guest Columnist
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"Our political system is broken," "Congress is so polarized that no meaningful legislation can ever be passed," "Our politicians are all corrupt."

Phrases like these have become standard motifs of the American citizenry in recent years since our default response to any mention that our way of doing things politically might not be as great as we like to think it is. After all our way at its core was only a "Great Experiment" in democracy. Perhaps the politicians of today simply aren’t up to the task of governing us anymore.

But there is one fundamental problem with logic like that — it is in direct violation of the founding principles of this country. Inherent in the American political experience is vigorous and sustained participation by the citizens themselves, not just the politicians who govern them.

Consider the remarks of the French political thinker Alexis de Tocqueville when he visited the United States.

"No sooner do you set foot upon American soil, than you are stunned by a kind of tumult; a confused clamour is heard on every side; and a thousand simultaneous voices demand the immediate satisfaction of their social wants." When de Tocqueville composed his "Democracy in America," he observed an integral feature of the democratic process that has been totally forgotten in today’s political culture.

If citizens are dissatisfied with the functioning of their government, it is in part their duty to take action and modify it.

The same goes for other mental illnesses such as depression or insomnia. I’m sorry if you’re feeling sad, but once again, that’s not the same thing as being depressed. And just because you can’t sleep, that does not make you an insomniac.

Mental illness should not define or limit one’s perception of someone who suffers from a mental illness. It can be insulting and frustrating to hear someone appropriate one as a positive attribute for the sake of portraying themselves as unique. It makes light of a serious illness and makes it sound like a good thing — like the illness isn’t a bad thing at all and like OCD is just a synonym for organized.

Another fallacy of mental illnesses is that they define the person who suffers from it. Labels can be important, because they describe objects and people, as well as provide a means of treatment. But labels, when it comes to mental illness, can also be a bad thing.

Mental illness should not define or limit one’s perception of someone who suffers from a mental illness. In many cases, a label does just that.

If you know that someone suffers from bipolar disorder, that tends to be the most important thing you think about that person, though understanding that person and what they face is much more complicated and intricate than those two words.

Mental illnesses are similar to physical illnesses in many ways, but they do differ, too. Every single case is different. Two people who are diagnosed with generalized anxiety disorder will have very different experiences and face very different obstacles.

I’m sure there are exceptions, but with physical diseases, if two people suffer from the same illness, they will receive similar treatment. With mental illnesses, labels can be counter-productive as an oversimplification of people’s identity and experiences.

Attention current sophomores and juniors:

You are invited to apply for the position of

STUDENT TRUSTEE
Wake Forest University

Applications are available in the following locations:

Benson 506
OR
campuslife.wfu.edu

Applications are due by 5:00 pm on Friday, February 19th to 506 Benson (PHI) – Attention: Dr. Mary T. Gerardy (gerardy@wfu.edu)

The Board of Trustees possesses the governing authority for the administration and operation of all aspects of the University. Here, the term “trustee” is synonymous with the term “director” which one commonly hears in connection with the governing board of a corporation. To do its work, the Board of Trustees meets several times a year and is organized into a number of committees which focus on the University’s operations and programs. Each trustee is a “fiduciary” in the duties of a trustee include the obligation to serve the institution above self-interest to the best of one’s ability. The student trustee is full member of the board with all the rights and obligations of other trustees.

This ad is provided by the Student Life Committee.
**Success at “Work Forest” is unrelated to grades**

**GPA scales are often universal, but the value of having a high GPA is not**

Grade inflation means that college GPAs are becoming more and more like high school GPAs: meaningless.

Of course that’s true and important to keep in mind. The problem arises not in this idea itself, but in the sense of entitlement we all infer somewhere along the way.

My French class syllabus says it best: “Please realize that the sentence, ‘I deserve to pass this class/receive a better grade, because I work hard’ is a fallacy.” The word “entitlement” comes across as abusive, but don’t worry — I am not addressing this problem as someone who is not also affected by it.

When satisfactorily meeting all expectations in high school meant earning the best possible grade in just about any class, it was startling in college to suddenly be held to different standards and expectations by each professor.

When my photography class received some of your first portfolio grades last semester, many of us were surprised and disappointed.

When my professor half joked that he hadn’t given an A since 2010, some of us were stunned.

But he insisted that since there is no perfect portfolio, he should give no perfect grades and that an assignment must not be cut and complete all assignments on time, he or she will be rewarded with the highest grades possible — “honor roll” worthy As and Bs.

Is it any wonder that students at the university we so lovingly refer to as “Work Forest” are sometimes comparatively shocked by their GPAs!

From a young age, we’re taught that if we truly give an effort of 100 percent and work as hard as we can to achieve a high grade, then we’ve done all we can do.

**Stop caring about your GPA. Instead, realize that the national trend toward grade inflation means that college GPAs are becoming more and more like high school GPAs: meaningless.**

The more I think about it, the more I realize that my professor had the right idea.

Of course one can’t do more than their best, but that doesn’t guarantee that the best is good enough.

The liberal arts nature of our entire public education system leads students to believe that they can be good at everything, and that’s not feasible — but also not a problem.

Straight-A’s are all too achievable for young students. There should be no shame in one hardworking student earning an A in accounting and a C in photography and another earning just the opposite, even if they complete all the same work.

The former isn’t as artistic and took pictures that showcase technical mistakes and unappealing visuals; the latter mixed up numbers and made mistakes when recording information.

One will work for a bank and the other for a magazine; both will be happy and successful utilizing their differing gifts to fulfill differing roles.

While GPAs are still important to certain organizations and programs, especially while a student applies to higher education — and yes, according to Forbes magazine, recruiters at large companies do expect to see GPAs on resumes and will use them to distinguish candidates — the national trend toward grade inflation means that college GPAs are becoming more and more like high school GPAs: meaningless.

That’s okay. As long as there isn’t a standard for them, they shouldn’t matter.

Because of the way GPAs are considered in high school, they reflect less on the abilities of students and more on the education system (which is a general trend in public education perpetuated by standardized testing and No Child Left Behind, but that’s a different argument).

If the average grade for a particular course is an A+, it demonstrates that the teacher has effectively covered an appropriate curriculum.

A high grade denotes the ability to be obedient and diligent more than motivated and successful.

Unfortunately, it’s hard not to buy into that system after being taught by it for over 12 years.

What does it mean, however, when an A is actually the average grade given, not at a high school, but at Harvard University? According to registrar data, it is. How do you think our school compares?

Stop caring about your GPA. Instead, continue to take on challenging courses and accept that though hard work doesn’t always deliver great grades, what is learned is more important than any number.

**Americans should vote on beliefs not parties**

The two-party system is causing our candidates to be radical, and not in a good way

*Americans should begin to think for themselves [...] and vote for a candidate that best represents their views.*

This year, two of the four candidates in opposing parties are completely on opposite sides of the political spectrum.

On one side, Bernie Sanders pushes for free tuition, advocates for government-funded healthcare and wants to call troops home from the Middle East.

On the other side, Donald Trump believes in a literal wall between the United States and Mexico, supports the temporary deportation of Muslims, thinks climate change is a hoax, advocates for limited restriction on guns and wants a total repeal of the Affordable Care Act.

Not once in our nation’s 240 years has a third party candidate won the presidency. It seems that candidates are becoming more and more radical from election to election.

We see it all the time and the reason that candidates do this is quite simple. They need votes and they use the system to their advantage.

By projecting their views as too far left or too far right, they are able to accumulate more votes that identify with their party.

No voter ever states to someone their complete set of views. They simply identify as either Republican or Democrat.

In the words of Peter Ackroyd, “It is the nature of humankind to idealize, to indulge in excessive praise as well as unjust condemnation.”

It is because of this thought that the candidates set out to encompass the views of the majority of the voters in their party so they can win the election.

Furthermore, when voters from each party see that their party’s leaders are radical, they adopt more radical beliefs.

This creates a very strong “us versus them” mentality rather than an “issue by issue” comparison with an individual running for president.
Demon Deacons lose in painful fashion

In a comeback for the ages, the Virginia Cavaliers stunned the Demon Deacons at the buzzer

BY BRANDON PALMER
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Devastating. Heartbreaking. Disastrous. Season-shattering. Year-jerking. All of these words come to mind when thinking of the Wake Forest men's basketball team's loss on Tuesday night to the 11th ranked Virginia Cavaliers. Yet there are no words that can truly explain or describe what occurred on that night.

The Cavaliers won the game and led for a total of 45 seconds. The Demon Deacons played their best game of the season for 39 minutes, and led the Cavaliers by seven-points with 20 seconds remaining in the game.

Punctuated by a vicious Devin Thomas dunk over a defender with less than a minute remaining, the Deacons looked well on their way to pulling off their biggest win of the season.

Students had begun funneling towards the court, and ropes were being put up to protect the visiting bench from being overrun when the Wake Forest students inevitably stormed the court. Unfortunately, that court storming never came to fruition, as the Deacs missed free throw after free throw in the waning seconds and allowed the Cavaliers to bank in a three-pointer at the buzzer.

Wake Forest played its best defense of the year, hustled on every play and dominated one of the best teams in the country. Virginia coach Tony Bennett, who said after the game that "Wake Forest really outplayed us," seemed resigned to the fact that Wake Forest was going to win the game.

This game is going to be nearly impossible for the players to forget, and with an NCAA tournament berth seeming less likely by the day, the way this team

This one hurt. Wake Forest lost a heartbreaker to the University of Virginia on Tuesday night; blowing a seven-point lead in 20 seconds, and allowed Virginia to escape the Joel with a much needed victory.

See Men's Basketball, Page 13

ACC releases 2016 football schedules

The Atlantic Coast Conference released the 2016 football schedules for every team in the Conference on Tuesday

By Kyle Tatich & Brandon Palmer
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On Tuesday, Jan. 26 the Atlantic Coast Conference released the 2016 schedules for each of its 14 members.

Arguably, Wake Forest could not have asked for a better schedule as it is much more balanced than it was last season.

Last year, the Demon Deacons played a three-game stretch in which it hosted Louisville and then traveled to both Notre Dame and Clemson, two of the teams competing for a spot in the College Football Playoff at the time.

This season, the Demon Deacons will space out its most difficult opponents, playing in Tallahassee, Fla., against Florida State on Oct. 15 and then hosting Clemson a month later on Nov. 19 in Winston-Salem, NC.

"The ACC will once again be one of the top conferences in the country and we look forward to the many challenges the schedule presents," Clawson said.

Perhaps most notably, Wake Forest will play seven of its 12 games at home; the most scheduled in Winston-Salem since 2012.

In addition to Clemson, the Demon Deacons will play host to Tulane, Delaware, Syracuse, Army, Virginia and Boston College.
"We are excited to have seven home games in front of our fans at BB&T stadium," Clawson said.

See Football, Page 14
Spotlight: Coach Bobby Muuss

BY KYLE TATCH
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The Wake Forest men’s soccer team was one of the top teams in the country throughout the season. The team won the ACC regular season title and received the number one overall seed for the NCAA Tournament.

Two star players, Michael Gamble and Jack Harrison, were highly selected in the MLS SuperDraft. The team brought the entire community together, as the Soccer Stadium was constantly sold out throughout the season.

All of this was done after the departure of long-tenured head coach Jay Vidovich. Bobby Muuss was hired this offseason and many were unsure of what to expect. Coach Muuss was able to come in and quickly make Wake Forest a National Championship contender again.

First off coach, I want to congratulate you on a terrific season. Could you tell us a little about yourself, your background and what ultimately led you to Wake Forest?

Myself? Well, I'm a Long Island, New York guy that was very fortunate to get an opportunity to go to a Division II school in New Haven, Conn. called Southern Connecticut State University.

What drew me to Southern Connecticut is exactly what drew me to Wake Forest. I wanted to win a National Championship and it was one of the best Division II programs in the country.

Was it difficult to come in and fill coach Vidovich's shoes after he've been here for 22 years?

The hardest thing was replacing someone with so much history, who left a great legacy while being so successful. You come in and tiptoe on what you want to do because everyone wants to come in and make it theirs.

But I was here as an assistant for some of the best years of the program with coach Jay. You want to make it yours but you want to respect the history and the way things have been done.

Did you expect that the program would be able to win the ACC regular season title and be one of the best teams in the country in your first year?

Well, there’s always an expectation for Wake Forest soccer to be among the national elite, but I think the transition that we went through in the winter was hard for the guys.

I don’t think anyone saw coach Jay leaving, myself included — so it was a little bit of shock. Was I surprised? No, I wasn’t because of the history of the program. I also give a lot of credit to the older guys and to the leaders of this group to say ‘OK we want to put the change and transition behind us and worry about the big picture: winning a championship.’

Two of those leaders were Michael Gamble and Jack Harrison who were just selected in the MLS SuperDraft. Can you talk a little bit about their leadership and how you see them performing in their professional careers?

Michael was one of those who said, ‘OK this is my last year and I want to leave a legacy behind. I want to continue to change the program for the better and get us back to the national elite.’

Jack, obviously a very special talent and team oriented player, was under a lot of pressure and stress as Michael went down with injuries. I was very fortunate as a first year head coach to basically inherit two of the most dynamic players in America. They didn’t just talk about wanting to be pros, they went out and showed it with their work effort everyday, on and off the field.

Can you talk about your goals for next year and for the future, both for the team and for yourself?

We set the bar pretty high, which is both a good thing and a bad thing. I tell people all the time that the goals for the Wake Forest soccer program, no matter if it’s an up year or a down year, is to win a National Championship. I tell our guys all the time that the community has embraced this program, it gives you goosebumps. I think the history of the program if we do things the right way.

What do you like most about Wake Forest?

I just think the relationships. If you went to a game this year and saw the way the students and community embraced this team, it’s something very unique. It’s a smaller school and very close knit group and it’s something I’ve missed for the years that I’ve been away. Certainly I’ve embraced it again being back.

There’s a lot of programs in sports that talk about family and I think Wake Forest and the men’s soccer program have a true family and the way the alumni has embraced these young men and the way the community has embraced these young men has been incredible.

Accolades

• Won a National Championship with Wake Forest
• Two league championships with University of Denver
• Won 2014-15 Atlantic Coast Conference Championship with Wake Forest
• Has had at least six of his players drafted in the MLS SuperDraft

Deac Notes

Former Demon Deacon Al-Farrouq Aminu has big plans for the Summer Olympics

Former Wake Forest men’s basketball player Al-Farrouq Aminu has big plans for this summer. Aminu, who is having the best shooting season of his career with Portland, is determined to lead his home country of Nigeria to a medal in the 2016 Summer Olympics in Rio. No African country has ever medaled in basketball during the Olympics, but Aminu believes he can lead his fellow countrymen to victory.

Former Demon Deacon great Ricky Proehl is headed to the Super Bowl

Wake Forest’s all time leader in receptions and touchdowns, Ricky Proehl, will be at the Super Bowl on Sunday, Feb. 7. However, it will not be as a player, but rather as the wide receiver's coach of the Carolina Panthers. The former Demon Deacon football star, and long-time NFL receiver, has found a home as a coach on the best team in football. Proehl has proven to play a major role in the Panthers offensive rise this season.
Basketball: Last second shot sinks Wake Forest

Continued from Page 11
plays down the stretch of the season will show fans a lot about the grit and determination of this team.

A road trip to Notre Dame is not going to be an easy game, in fact it will likely be a loss, but this team has proven they can play with anyone when they play at the top of their game.

Unfortunately for the Deacs, Virginia was not the only close loss to a top ranked team this past week. The scheduling gods (read: ACC officials) have not been kind to Wake Forest this season.

After coming off games against Syracuse and North Carolina, the Deacons were faced with traveling to the University of Miami on Saturday, followed by the aforementioned visit from the Virginia Cavaliers. Miami has been playing great basketball as of late, and as a result is currently ranked number 15 in the country. The Hurricanes defeated the Duke Blue Devils emphatically on Monday night.

The Deacs, once again, fought valiantly and had the Hurricanes on the ropes when they tied the game at 48, with under ten minutes remaining.

Unfortunately, the Deacs failed to close out a close game down the stretch against a better team, a precursor to what would occur against Virginia.

This has been a recurring trend this season as the Deacs have played teams such as Duke, Louisville and Xavier extremely tight, but ultimately failed to come up with the shots they needed to win the games.

Often, these game defining shots have come in the form of free throws, one of the most fundamental aspects of the game of basketball.

Understandably, the level of difficulty increases as the pressure of the game rises, but one can only imagine what his teams record would be if they were able to consistently make free throws down the stretch of games.

Based on the lack of free throw consistency, it would be easy to blame the team for these tight losses and not finishing out these games; however, great teams are supposed to beat average to good teams.

Right now the Deacs are an average team, great on some nights, bad on others.

If the Deacs were failing to close out games against inferior opponents, then there would have to be serious concerns about the trajectory of this team; however, there is no shame in losing close games to great opponents.

In order to get over the hump both this year and moving forward, the team needs to beat one of these superior teams.

It appeared the Deacs were going to finally fulfill this goal in the Virginia game, but the ball did not bounce the right way.

Playing in the ACC provides an excellent opportunity for quality and program resurrecting wins, and hopefully this team will be able to get one.

Wake Forest students, alumni and fans were seconds away from storming the court on Tuesday night before a one-handed, three-point shot by the University of Virginia fell through the net.

Football: Fall features seven home games

Continued from Page 11

In addition to Florida State, the Demon Deacons will travel to Duke, Indiana, N.C. State and Louisville in 2016. Despite a record of 3-9, Wake Forest proved it was improving throughout the 2015 season. Expect the Demon Deacons to continue to improve in 2016 and perhaps reach a bowl game for the first time since 2011.

It will be hard to view the 2016 football season as a success if the Demon Deacons fail to make a bowl game. I believe, based solely on looking at the schedule that the Deacs could finish with anywhere from five to eight wins, with the most likely scenario being a six and six season ending in a bowl berth. It must be noted that Wake Forest will still be one of the youngest teams in the country next year and will therefore likely make many mistakes that could cost them close games.

This team will be coach Clawson’s most talented group since he joined the Demon Deacons three seasons ago. This team has the capability to beat nine of the teams on their schedule next season, but that will unfortunately not be the case.

As a team and a program that is in the midst of a rebuilding process, the most important thing next season is to see proof that the program is improving and headed in the right direction. No one is claiming that Wake Forest needs to be a consistent title contender; however, Wake Forest should be consistently striving to compete in a bowl game at the end of the season.

2016 Football Schedule

| Sept. 1 | Tulane | Oct. 1 | at N.C. State | Nov. 5 | Virginia |
| Sept. 10 | at Duke | Oct. 8 | Syracuse | Nov. 12 | at Louisville |
| Sept. 17 | Delaware | Oct. 15 | at Florida State | Nov. 19 | Clemson |
| Sept. 24 | at Indiana | Oct. 29 | Army | Nov. 26 | Boston College |

In the fall of 2016, Dave Clawson will begin his third season as head coach and will look to lead Wake Forest to bowl eligibility for the first time since 2011. In two seasons Clawson is 6-18.
Demon Deacons beginning to hit their stride

The women's basketball team takes down rival UNC for one of program's biggest wins

BY ELIZABETH WALLACE
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The Deacs finally triumphed over the UNC Tar Heels at home last Thursday, Jan. 19 at home. This was the first time since 2004 that Wake Forest had come out on top and it marks their first ACC win of the year.

Rookie of the week, Elisa Penna set the tone for the game by hitting an opening three-point shot to immediately establish a lead over the Tar Heels. This was followed by Ataijah Taylor having four points in the first two minutes, as well as an assist. The team had chemistry and ultimately played better. The Tar Heels never had a lead over the Deacs throughout the entire game.

Stephanie Watts and Jamie Cherry led the Tar Heels in all aspects of the game: points, rebounds, steals and assists. Watts finished the game with 24 points, 19 of which were in the second half alone. Wake Forest's lead over the Tar Heels started to pick up in the second quarter after several crucial defensive plays made by the Deacs. The lead stretched out even more in the third quarter; the Deacs had several offensive and defensive boards that were converted into points. Jill Brunori and Milan Quinn had stellar defensive performances, each finishing with double digits in rebounds. The Tar Heels were successful at the free throw line, especially in the first half where they were seven of eight. Overall, free throws weren't an integral part in determining the outcome of this particular game.

Wake Forest converted 34 points within the paint, while UNC only finished 26. Three-point shots were not falling for the Tar Heels in the second half; UNC converted on 42.9 percent from behind the arc before missing 11 of its last 12. However, the most significant disparity between the two teams was bench depth. Wake Forest's bench players contributed 28 points, while the Tar Heel's bench totaled four points. This statistic shows the Deacs play better team basketball, not relying on a few players to determine the outcome of the game. Although the Tar Heels lost, they put up a good fight. After coming off of three prior losses, they were vulnerable and unconfident; however, this was no excuse for the Deacs. After losing five straight ACC games, Wake Forest bounced back and played harder, smarter and all around better. The Deacs were also victorious against Boston College last Saturday, Jan. 24 in Chestnut Hill. Wake Forest finished 50 percent from three-point land and 87 percent from the free throw line. High scorers were Elisa Penna (22), Ariel Stephenson (13) and Milan Quinn (10). The Deacs will take on Florida State at home on Jan. 28 at 7pm.
ACC Recap: Clemson continues to impress

The Tigers have won five of their last six, defeating three ranked opponents

BY KIRBY MCMULLEN
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This week, the most notable news in the conference focuses on the less prominent programs such as Clemson, Virginia Tech, Pittsburgh and Notre Dame. This highly contrasts with last week, when the more prominent programs in the ACC conference stole the headlines as North Carolina continued to excel and Duke began to fall. These less prominent teams may lack history and national attention, but they continue to improve and dazzle in the conversation of who will be NCAA Tournament contenders.

The Clemson Tigers are currently 5-2 in the conference and 12-7 overall, putting them in a good enough position to rank in the top half of ACC play. While the Tigers looked unimpressive during their non-conference play, something began to click once the Tigers entered the month of January. With wins over Syracuse, Louisville, Duke and Miami, Clemson has risen to sixth place in the ACC. The upset Tigers were led by junior Blossomgame, averaging 16.4 points and 6.9 rebounds per contest.

In order for the Tigers to keep up their winning ways, the team must keep the momentum going in upcoming games against Pittsburgh and Florida State.

Another team that seems to be turning heads is Virginia Tech. The Hokies are currently 4-3 in conference play and 12-8 overall, second year coach Buzz Williams has penned impressive wins against N.C. State and Virginia this season.

Virginia Tech is led by a trio of scorers, including Zach LeDay, Seth Allen and Justin Bibbs. While it’s unlikely that Virginia Tech makes the tournament, they have proved any ACC opponent on any given night, this is validated by their close, five-point loss to No. 2 North Carolina on Sunday, Jan. 24.

The Pittsburgh Panthers might be the most dangerous team in the ACC, currently sitting at 5-2 in conference play and 16-3 overall. Despite not having any notable wins, Jamie Dixon has had a consistent offense along with stifling defense. The heart of the Panthers schedule is to take on the Carolina Panthers for the title of the ACC Championship.

Newton, Panthers dominate way to Super Bowl birth

Peyton Manning looks to ride off into the sunset as Super Bowl 50 approaches

BY ZACH SEARLE
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Super Bowl 50 Preview

Now that Conference Championship weekend is over, the stage has finally been set for Super Bowl 50. The Denver Broncos will take on the Carolina Panthers at Levi’s Stadium in Santa Clara, Calif. on Sunday Feb. 7. Carolina made a statement on Sunday with a commanding 49-15 win against the Cardinals, giving them great momentum heading into the Super Bowl.

Meanwhile, the Broncos and their strong defense, knocked a win over New England and their comeback late in the game by a score of 20-18. Here is a recap of both Conference Championship games:

AFC Championship

Sports Authority Field was the site for this year’s AFC Championship as the Denver Broncos hosted the New England Patriots. The Patriots were looking to advance to their second consecutive Super Bowl, while the Broncos were trying to advance to their second in three years. Patriots’ quarterback Tom Brady, who brought the team to the conference championship for the fifth consecutive year, threw for 310 yards with a touchdown and two interceptions.

Denver’s rock solid defense along with New England’s injured offensive line allowed the defensive line to get to Brady on almost every snap, knocking him down a staggering 23 times. After an early touchdown in the first quarter by both teams, Stephen Gostkowski’s missed extra point, his first miss in 523 successful attempts, put the Patriots on the losing end. On the other side, Broncos’ kicker Connor Barth fell short on his extra point attempt.

Owen Daniels caught both touchdowns and cemented an eight-point lead over the Patriots in the fourth quarter. Down by eight, the Patriots were presented with one last try for a tie. After leading his team down the field quickly, including two fourth down conversions, Tom Brady connected with Rob Gronkowski in the back of the end zone. However, the Patriots’ season came to an end when Denver cornerback Bradley Roby picked off Brady’s two point conversion pass on the next play. 39 year old Peyton Manning and the Denver Broncos will head back to the Super Bowl for the eighth time in franchise history and look to bring the trophy back to Denver.

NFC Championship

The Carolina Panthers hosted the Arizona Cardinals for the title of the NFC Conference Championship on Sunday night. In what was projected to be a close game between a great Arizona offense and a fantastic Carolina defense, turned into a blowout quickly. Carolina’s offense and defense outworked Arizona from the start, scoring 24 points in the first half and leaving Arizona with just seven.

The scoring didn’t stop in the second half either. The Panthers outscored the Cardinals by 17, ultimately giving them a 49-15 win. Cam Newton threw for 335 yards with two touchdowns and ran for two more scores. Greg Olsen and Corey Brown both had a number of receptions totaling 113 yards each. Brown also had a touchdown added to his stat line.

The Arizona Cardinals on the other hand lack an offense in many ways. Carson Palmer threw for 235 yards with a touchdown, but turned the ball over six times. Carolina’s defense was dominant to say the least. The Cardinals season ended abruptly and painfully on Sunday night as they allowed the most points scored against them all season. Meanwhile, the Carolina Panthers will advance to their second Super Bowl in franchise history, the first being a loss against the Patriots 12 years ago.

Peyton Manning will look to lead his offense against a very powerful and strong Denver defense, with hopes of bringing the trophy to Charlotte for the first time.
I had my last serving of raw vegetables about three days ago. And those vegetables — spinach, tomato and cucumber — came on a six-inch turkey sub wrapped in Subway paper.

Although I am admittedly not the most health-conscious person, this experiment seems to be common among Wake Forest students and Americans in general. According to a report released in 2013 by the Center for Disease Control and Prevention, less than 15 percent of all Americans consume their recommended intake of fruits and vegetables.

But just around three days ago something else happened, something that gives me some hope to resolve my plight of ever-shrinking jeans and clogging arteries. Three days ago, an apple was picked in Mt. Airy and driven a short distance to Winston-Salem to fulfill its fate: to be crushed and made into juice.

Cold-pressed juice gained popularity in the 2000s when celebrities endorsed "juice cleanses" as a way to detoxify the body and reboot the digestive system. Eventually, cold-pressed juices became available to the masses. In fact, the shops in New York City became so popular that they hosted a "juice crawl," an event where juicers would jump from shop to shop to sample their cold-pressed commodities.

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While New Yorkers enjoyed their juice, residents of Winston-Salem did not have a cold-pressed juice joint, that is, until Lonnie Atkinson opened Village Juice Co. in 2015.

"The demand was there for healthy, raw food items — specifically at Wake Forest," said co-owner Elizabeth Lucas-Averett.

Wake Forest students received the opening of Village Juice Co. with excitement and quickly spread the word about the cold-pressed juices and nut milks that the business offers.

Now, the business has grown to serve the Winston-Salem area from three distribution points, including one at Campus Grounds.

But what makes a juice "cold-pressed?" The term "cold-pressed" refers to a technology that avoids heat during the extraction process. Unlike blenders and centrifugal juicers, this process does not damage the cells of the fruit or vegetable. Cold-pressing yields up to 40 percent more of its vital nutrients than the faster, less expensive centrifugal juicers. Avoiding heat also means the juicer obtains low-levels of oxidation during the juicing process. The result is a juice that is fresh, loaded with nutrients, vibrant in color, and packed with flavor. Limited oxidation also extends shelf life, meaning that even though Village Juice Co. makes their juice fresh every day, it maintains its nutritional value for days instead of hours.

So while many expensive, green juices can be found in supermarkets, none of these are like the fresh juice at Village Juice Co. That's because the juices on the shelves have either been pasteurized or subject to high pressure processing (HPP). Pasteurization allows a juice to stay on the shelves for months, but also adds heat that destroys healthy enzymes and nutrients. HPP does not add heat, but rather kills bacteria with high pressure, creating a shelf life of about 30 days. Both of these processes would negate from what makes the juice from Village Juice Co. so popular to Wake Forest students, and that's why Village Juice Co. takes the fruits, vegetables and nuts they receive and turns them into juice within a few hours.

Many Wake Forest students also appreciate the steps Village Juice Co. goes through to source their product.

"We get to know our suppliers very well," said Lucas-Averett. "And we make sure that they use sustainable and responsible farming practices."

This ensures that the cold-pressed juice has a lower environmental footprint. Also, Village Juice Co. relies on local relationships and vendors across its business.
Movie Review | Spotlight

Spotlight wows audiences

Oscar-nominated crime film accurately portrays the news team that shocked the world

BY HOPE GAME
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Movie critics, journalists and theatergoers alike have something to say about Spotlight. And for the most part, feedback has been overwhelmingly positive.

Released to limited theaters on Nov. 6, Spotlight has impressed audiences of all ages. The film is nominated for six Oscars and has earned a Rotten Tomatoes average audience score of 95 percent.

The movie is based on true events. During an investigation in 2001, the Spotlight Team of The Boston Globe uncovered an abuse scandal within the Catholic Archdiocese in Boston. In early 2002, the Globe published multiple articles revealing allegations from more than 130 people recalling horrific stories from their childhoods about molestations by priests on minors within the diocese.

As they further investigated, the Spotlight reporters realized the sexual abuse cover-up was more complex than expected. The Spotlight Team’s work earned a Pulitzer Prize in 2002 for their series of reports.

Director Tom McCarthy wrote the detailed script with The Fifth Estate writer, Josh Singer. Some critics are praising the pair for their lack of Hollywood glitz and glam and emphasis on the true story uncovered by the Spotlight Team. McCarthy and Singer focus on the demographics and neighborhoods of Boston and the priests and victims under question. The movie is well thought-out, presented and executed.

Spotlight has an extremely impressive cast including Michael Keaton, Mark Ruffalo, Live Schreiber, Rachel McAdams, John Slattery and Brian d’Arcy James. They each play a key reporter, editor or researcher of the Spotlight Team. Although movie renditions of historical events often don’t do the story justice, Spotlight’s intensity and urgency appropriately reflect that of newsroom breaking sensitive stories. The movie never slows down — I was on the edge of my seat throughout the two-hour film.

While some critics are calling the film a thriller, Spotlight is not your typical crime-drama featuring high-speed chases and action-pack “fight scenes.” You’ll watch the Spotlight Team in meetings in their office, visiting informants and sharing a couple beers and a pizza while working at home together. Instead, Spotlight’s action lies in the moving interviews with victims and arguments between coworkers in the newsroom.

The movie is incredibly accurate, with one big exception. Some critics say McCarthy and Singer took too many liberties with the chronological order of events. In 2001, articles by the Boston Phoenix preceded the Globe investigation. There were many other reporters at the Globe helping to break this story as well as many lawyers representing the victims of abuse. Regardless, Spotlight is remarkably compelling.

Spotlight doesn’t have crazy special effects and the props aren’t outlandish. It lacks flashbacks and a catchy soundtrack. The writers did not add a love story to raise interest. Instead, the Spotlight office features dated furniture, stacks of photocopies and article clips — true to most newsrooms of the time.

If you don’t make it to theaters to see it, Spotlight comes out on DVD on Feb. 23. You don’t want to miss it.

Restaurant Review | Sakura

Sakura offers eclectic menu

Sakura is the go-to spot for reasonably priced hibachi and sushi in Winston-Salem

BY TORIKO
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Do you love sushi? Do you love hibachi? Do you love insanely low prices?

Sakura is a gem in Winston-Salem. Located on South Stratford Road near Party City, it is the one dining experience I always miss when I go home to the north.

Sakura has something for everyone. Their extensive sushi menu is definitely not something to skip over, but if you are not one for fish or seaweed, their hibachi and tempura menu is just as amazing. They have everything from shrimp shumai to steak hibachi to bento boxes.

For those who have never eaten at a hibachi steakhouse, they tend to be very expensive with meals costing upwards of $20 because the chef cooks in front of you.

However, if you want the same quality food without the excess in price, Sakura has the deal. For less than $10, you will receive soup, a protein, hibachi vegetables and rice. It is filling to say the least.

Additionally, the staff at Sakura is wonderful. They always greet you with a smile and you are sure to be seated in less than five minutes.

Generally they give you a few different menu items to choose from and you can pick one appetizer and two entrees — all served with soup or salad, vegetables and rice.

They change the options up every season, so be sure to check back for their new combinations. Although the inside décor is quite cozy, being able to sit out on their patio in the spring and summer is delightful.

One dish I would not recommend is their ramen. The taste can be inconsistent and the seasonings make it more like lo mein than ramen.

Also, take note that some of their mixed drinks are made with sake, rather than traditional liquors. It makes for an interesting twist.

Some of the more notable menu items are:
1) Stratford Roll. They roll crabmeat, shrimp, and Japanese mayo, and then fry the whole roll.
2) Salmon Bento Box: Includes fresh grilled salmon in cucumber sauce topped with mango salsa, four pieces of a California roll, vegetable tempura, steamed rice and pickled Miso soup as an appetizer.
3) Tempura Fried Ice Cream: Enough said.

Sakura can be a go-to for any occasion. Whether you are with friends, family or even looking for a cute date night, Sakura should be a top choice.

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Pulitzer Prize winning novel proves historical fiction can be interesting and exciting

BY HANNAH GOODWIN
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DJ Khaled has become increasingly popular lately with his new use of the social media platform Snapchat. Like other celebrities who have used social media to develop their fan-base — such as Drake who popularized and generated memes and Rihanna who created a presence on Instagram — DJ Khaled’s use of Snapchat has brought him closer to his fans and the social media world as a unique public figure.

Although other celebrities use social media as a means to advertise, DJ Khaled takes the resource a step further to inspire his fans through advertising that the greatest things in life are already all around us and that you can never let anyone discourage you from succeeding and further success.

For example, for each meal he documents, he comments on how “they don’t want us eating [insert breakfast, lunch or dinner].” He also shows many scenes of him watering his plants, which he calls his “angels,” or greeting his lion statue.

Other examples of DJ Khaled’s major keys to success are to “always be strong enough to let go, and be smart enough to wait for what you deserve,” and “eight-plus hours of sleep. Major key.”

His “live in the moment” and “stop and smell the roses” spirit motivates viewers to strive for success and seek the beauty in what they are blessed with — no matter how big or small.

The general public uses DJ Khaled’s phrase “major key to success” for the little things in life and it has quickly become a phrase featured on a variety of social media platforms such as Facebook and Twitter.

DJ Khaled has a lot to boast about, he never apologizes for what he has made for himself, which teaches his fans that they should be able to enjoy what they have made for themselves. This counters the social norm of listening to those who always think they are missing something.

DJ Khaled started a trend by using Snapchat to exhibit his daily life for his many followers.

Although DJ Khaled has a lot to boast about, he never seems to wish the worst on anyone. Instead, he practices not apologizing for what he has made for himself, which teaches his fans that they should be able to enjoy what they have made for themselves. This counters the social norm of listening to those who always think they are missing something.

Following DJ Khaled on his journey to success and happiness today and tomorrow can create a sense of positive vibes and uplift those who watch it.
Storm the beaches of Normandy

Normandy, France offers a unique experience for both history lovers and tourists

BY GRACE YOUNG
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Sixty hours seems like a pretty large amount of time when you're visiting any place — especially one with as many high profile WWII sites as the Normandy region of France.

However, it's really not. Based on my own experience of seeing this historic region in just two and a half days, here are some tips to make the most of your time in Normandy.

I used the town of Bayeux as my base of operations during my travels in Normandy, partially because of its historic significance and partially because it's pretty nicely located in relation to the rest of the region.

The Bayeux tapestry is definitely worth checking out on your first half-day because it only requires a little bit of walking from anywhere in the village. It's well-priced and it's important in terms of history (it details the lead-up to William the Conqueror's invasion of England)

About 30 minutes from the center of Bayeux is the Pointe du Hoc, once the site of a Nazi artillery battery situated approximately halfway between Utah and Omaha beaches. Definitely a must-see for any history-minded person. You can actually walk around and poke your head into old bunkers and many of the guns are still there. The view alone makes it worth the visit because you stand at the very tip of Pointe du Hoc and look to the west, you can vaguely see Utah Beach, and if you look to the east, you can see Omaha.

From the Pointe du Hoc, travel 31 minutes northwest to end up in the village of Sainte-Mère-Eglise for a stop at the informative Airborne Museum. Fans of HBO's Band of Brothers will almost certainly want to check it out.

On the way back to Bayeux, one of my favorite sites, and one that very few people even know about, is Bricourt Manor. It's not marked on any guidebooks or with any signs, but if you can find it — and especially if you have a decent guide, it's a great place to stop.

Today, it's just a farmhouse and a field with hedgerows, but back on June 6, 1944, the Manor presented the 101st Airborne with one of its most harrowing battles. Basically, it's really important.

The second day in Normandy should be dedicated to visiting Omaha Beach, Utah Beach and the American cemetery, so definitely get an early start.

Start the day with Omaha Beach, a fairly short 22-minute drive from Bayeux, according to Google Maps. A bunker still stands on the beach itself, covered in infographics in French, English, Italian and German.

Later that day, you should head to Utah Beach and the American Cemetery. The view alone makes it worth the trip. There really aren't too many words to describe the experience of seeing this historic region in silence. No one speaks. It's very sobering.

Many history-minded people who visit Normandy don't want to miss the Sainte-Mère-Eglise drop zone, where paratroopers landed on June 6, 1944. Unfortunately, it was a paved road where a precise drop zone could be made, but it's still an important place to see, especially if you have a guide who can tell you the story.

The last stop on your tour should be the American Cemetery. The view is incredible and the cemetery is massive. It also includes a map of the area as it would have appeared on June 6, 1944.

The American Cemetery is a very quick 8-minute drive from Omaha Beach, so that should be your next site. There really aren't too many words to describe the experience of the cemetery. For one, it's huge. It's also incredibly moving as you walk through the rows and rows of pristine white headstones in silence. No one speaks. It's very sobering.

Eagles star makes lasting musical impact

Many remember rock star Glenn Frey after he passed away recently at age 67

BY BOONE AIKEN
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The 1970s — an era where priceless vinyl records are now compiled among the multitude of “classic rock” playlists that saturate Spotify and iTunes; an era that brought um-shaking lyrics; most importantly, an era that took us back to the golden era of rock n' roll.

Frey guest-starred on TV shows such as Miami Vice and Nash Bridges. In the short span of twenty years, a once young and ambitious musician from Michigan found himself in a whirlwind of fame, stardom and a never-ending limelight.

Around the year 2000, Frey was diagnosed with rheumatoid arthritis, a disease that creates painful joint tension over the span of time. Despite the difficulty of these medical issues, Frey maintained a positive attitude on life, regrouping with The Eagles in 2007 to release one final album — The Long Road Out of Eden. On Jan. 18, 2016, Frey passed away while recovering from intestinal surgery.

"The bond we forged 45 years ago was never broken, even during the 14 years that The Eagles were dissolved," said Henley.

"We were two young men who made the pilgrimage to Los Angeles with the same dream — to make our mark in the music industry," though Glenn Frey is gone, his legacy will forever thrive in those old vinyl records that take us back to the golden era of rock n' roll.
Born to Dance

The department of theater and dance offers a minor in dance that creates a vibrant community of talented performers

BY CAITLIN HERLIHY
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The stage lights beamed and all eyes fell on the ballerina taking the stage. Several months of rigid rehearsals and minor injuries culminated in the following three minutes. It was her chance to prove she was capable of training among the most talented ballerinas in the country.

With this in mind, she took a deep breath and began her routine.

Gabi Navarro was just 14 years old when an instructor from the Bolshoi Ballet scouted her at the Youth American Grand Prix in Philadelphia. She was just 14 years old when she was confronted with the once in a lifetime opportunity to train at the American Ballet Theater. At 14 years old she made the decision to refuse the offer and pursue a college education.

"I was so young," says Navarro, a senior Presidential Scholar at Wake Forest. "I had to start thinking about what I wanted to do. I loved school and got excited about things happening outside of dance. I wanted to do it all."

Dancers of all styles are faced with the decision to forgo an immediate college education to pursue dance intensive programs at world-renowned companies, like Bolshoi, Hamburg, The Royal Ballet School and others. Many dancers, however, opt for the collegiate experience found at Wake Forest, instead. Students interested in dance here are provided with rigorous instruction and performance opportunities while being offered a liberal arts education and well-rounded college experience.

"The nature of a Wake Forest student is to have two majors and six minors," says Nina Lucas, the director of dance. "It's a great place for students who have danced and want to continue dancing, but also want to pursue other things."

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