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WEDNESDAY AUGUST 23, 2017
Dear Class of 2021,

First and foremost, I would like to congratulate you for choosing the best possible place to spend the next four years of your undergraduate career. As a senior, I can wholeheartedly say that Mother So Dear is a special place filled with brilliant academia, countless unique traditions and an overflowing amount of opportunities. The southern hospitality and intimate learning experience that are embedded into the campus culture set Wake Forest apart from any other university. Yet from my years of experience, I can also tell you that the success you glean from your academic career here is contingent on the effort you devote to your personal growth. And here at Wake Forest, effort takes a lot of different forms.

The first, and probably most obvious, is the effort you dedicate towards the classroom. Being present in class involves more than actually sitting in the chair. It includes keeping up-to-date on your readings, speaking up in class to share your insight and taking moments to reflect on what you have learned rather than just cramping for a test or pulling all-nighters to finish a paper. Your GPA is going to reflect the effort you put into your classes. And as someone who is now looking to venture into the job market, I can personally confirm that you will thank yourself later for the effort you put towards the classroom.

Secondly, and possibly most importantly, is the effort required to build relationships on campus. Wake Forest is bustling at the seams with highly qualified individuals who can serve as lifelong connections, mentors and friends. College is a four-year growing experience, which is why it is essential that you build relationships with your professors and fellow classmates in a way that challenges you to become a better version of yourself. Although this campus is pretty, the people are the ones who truly make it beautiful.

Yet effort is also crucial in terms of becoming involved on campus. The first couple weeks are going to feel like a springboard into your personal adventure at Wake Forest as you explore campus and find the majors, organizations, clubs and activities that help you feel most at home during your four years here. On behalf of the Editorial Staff of the Old Gold & Black, we welcome you into the campus community with open arms and are looking forward to seeing each and every one of you around campus.

Go Deacs,
McKenzie Maddox
Editor-in-chief
Class of 2018
What you can really expect your Freshman year

The untold truths of Wake Forest may not be what you expect

BY REN SCHMITT
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To those of you who are, you are going to catch a lot of flak for it since your living situation rivals, or exceeds, that of any student at Wake Forest (including upperclassmen).

I lived in Johnson during my freshman year. When I first swung open the door of my room, I was instantly taken aback by the size of my living quarters. Those of you in Johnson, Bostwick, Luttmon Babcock and Collins will quickly become used to life in the not-so-friendly confines of your hall, but I imagine that you did not realize how small some of the rooms are. Couple this with the fact that the AC and general cleanliness of these older buildings is lacking, and you are bound to encounter some hardships. Personally, I lived with a chronic cough and pink eye, but there will certainly be some surprises and details that were deliberately hidden from you when you toured and researched Wake Forest.

For starters, although you were shown these buildings on your tours, at least 5/7 of you are not living in South or Angelou.

Congratulations, you have officially made it to campus! Yet, I am sure you feel like you’ve been a part of the Wake Forest community for several months now based on all of the research you’ve collected from campus websites, pamphlets and places you’ve been shown on tours. From this, I am sure you’re thinking freshman year is going to be just about perfect... right?

Well, not exactly. Of course, I’m not telling you that your first year is going to be bad — it will probably be excellent — but there will certainly be some surprises and details that were deliberately hidden from you when you toured and researched Wake Forest.

For starters, although you were shown these buildings on your tours, at least 5/7 of you are not living in South or Angelou.

For this reason, freshmen are basically land-locked on campus for a majority of their first year. This is not as bad as it sounds and there are aspects of this that are actually quite nice. This forces you to socialize on campus more than you would if an escape were simpler.

By the way, parking tickets are also a common occurrence for those of you who think you are sneaky (I learned this lesson the hard way). The parking and transportation ticketers will find you and you will get a ticket even if you think you are using extreme discernment when selecting a good location for an attempt at an overnight parking violation.

Additionally, your roommate situation also may not go as smoothly as you hoped it would. Wake Forest claims to hold a roommate matching process rate, somewhere in the 90 percent range. While it is true that most people do not go through the process of switching roommates, there are a number of individuals who will not much exceed with their roommates as they had hoped.

It is important to remember that your roommate does not need to be your best friend, although if it works out that way, more power to both of you. If you establish a relationship with your roommate that can at least be described as functional, then everything will work out; however, passive aggression, excessive messiness and frequent late-night visitations of both sexual and platonic natures are all catalysts for a negative relationship with your roommate.

Lastly, Wake Forest tends to stress the importance of creating diversity. They might say something like, “We want to create a student body that brings all types of experience to the table in order to cultivate a varied learning environment.” However, when you consider the annual $70,000 price tag, it should not be surprising that the reality is not always as simple as a tour guide would have you believe.

In fact, according to a recent study in the New York Times, Wake Forest has more students in the top one percent of financial brackets than the bottom 60 percent. Do with this information what you will, but just know that Wake is not quite the perfect cross-section that it hopes to be, despite its best efforts.

All complaints aside, you will shortly realize that these hidden realities are quite trivial and they should cause no more than passing frustration for you. You picked the right school and I hope you will come to love this place like I did, warts and all.
Avoid the dreaded "Freshman 15"

While the "Freshman 15" may seem daunting, these tips will help you stay healthy and avoid the unwanted weight.

BY DANIEL PACINO  
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One of the biggest worries of every incoming college student is the infamous "Freshman 15." The Freshman 15 has earned quite a reputation on college campuses over the years, and for good reason.

As we get older, our metabolisms are not nearly as fast as they once were in our early teens, making it very easy to fall victim to weight gain during your first semester away from your parent's cooking, especially if you aren't careful and don't take care of yourself. But have no fear, because here are some valuable tips to help you stay healthy and fit during your first semester.

**Stay Active**

The first semester of college can be a very hectic transition period, so it's important to take care of yourself and your body. To do so, I recommend building an hour or two dedicated to exercise into your schedule each day.

Yet, exercise can take many different forms. Especially with the newly renovated Reynolds Gym, there are so many ways to exercise and be healthy as a Wake Forest student. If lifting weights is your thing, take advantage of the brand new fitness center. It is worlds better than the Miller Center the rest of us started our Wake Forest careers with. If you are into cardio, there are endless opportunities for running on campus. You can keep it simple by just running on the treadmill in the gym, or you can make things more interesting by running on campus or exploring the beautiful trails around the perimeter of campus.

Additionally, if it is hard for you to get inspired to go to the gym a few days a week, there are many great ways to get out your competitive edge here at a Demon Deacon. Any day you go to the Student Center, you will find a pick-up basketball game. Also, Campus Rec puts on intramural sports throughout the year, and I highly recommend finding some friends from your freshman hall and making it a weekly habit.

**Eat Well**

Diet and exercise go hand in hand, so it's important to also be conscientious of the foods you are choosing. Instead of eating Chick-fil-a and hamburgers at the Pit for lunch, opt for a salad and fruit. Over the past year or so, the Pit has added many dietary and health-conscious options including the Vegan station, the Chobani bar and gluten-free alternatives, so look out for those.

The easiest way to fix this is to stop drinking. But as experimentation is a part of many freshmen students' experience, we can't ignore these calories. The easiest way to fix this is to stop drinking. But as experimentation is a part of many freshmen students' experience, we can't ignore these calories.

Yet, there are a couple tricks to be mindful of when consuming alcohol. The first is to look for the lighter options. If you are a beer drinker, there are many "light" beers that do not have as many calories as some heavier beers. If you are drinking hard alcohol, stay away from some of the darker and flavored alcohols. They tend to have more sugars and calories. Another thing students often neglect is the calories from the other drinks they consume while drinking alcohol. Drinking the calories from a can of Coca Cola along with the calories from hard liquor can quickly add up, especially when you add a Gatorade in the morning to help cure your hangover. Be conscientious of these calories and don't forget to factor them into your diet and exercise plans. Don't get me wrong, I am not advocating for underage drinking, but if we ignore it as a factor we are missing a huge source of the "Freshman 15." So my advice is to be safe about it, and also try to stay "healthy" while doing so.

By building a fitness routine into your schedule, maintaining a healthy diet and monitoring the calories you are drinking, you are sure to reduce your risk of the dreaded Freshman 15. Yet if you gain a couple pounds, or even lose a couple pounds, don't beat yourself up about it either way. Remember that college is a transition and it takes students a while to figure it out. Each person's body is different and what works for some people doesn't work for others.

Ultimately, you have to figure out what works best for you, make a plan and stick to it.

Don't let homesickness define your year

Homesickness is a challenge when adjusting to college, but there are ways to minimize the side effects.

BY AMANDA WILCOX  
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College is often described as the best four years of your life, but that does not mean the beginning of your Wake Forest experience won't be a little rocky. And that is okay. It's almost inevitable that even the most independent and well-adjusting to college, but there are ways to minimize the side effects.

As a result, because homesickness is ultimately about a lack of security, coping with it can be as easy as establishing a sense of security and familiarity in your new environment. A big step in this process can be finding a club or team to get involved with early on. You need to do something more than going to class to have a fulfilling and rewarding college experience. Having at least one or two organized extracurricular activities occupies your time and helps alleviate the feelings of loneliness. If you're feeling overwhelmed with the number of clubs and activities available at Wake Forest, try to find an activity similar to one that you loved in high school. For example, I practically lived in my high school campus newspaper's computer lab, so I immediately found a place on the Old Gold & Black staff.

Additionally, instead of putting your sandwich on white or wheat bread, consider having whole wheat. The Pit offers a great variety of fresh local fruits and vegetables that serve as a healthy and delicious side to your meal instead of those heavy chips. Simple choices in your diet can go a long way in preventing weight gain.

Finally, let's address one of the quickest ways students put on pounds: not monitoring what they are drinking. Drinking empty calories can sneak up on you quickly and can oftentimes be the source of those unwanted pounds. The easiest way to fix this is to stop drinking. But as experimentation is a part of many freshmen students' experience, we can't ignore these calories.

**EAT WELL**

Diet and exercise go hand in hand, so it's important to also be conscientious of the foods you are choosing. Instead of eating Chick-fil-a and hamburgers at the Pit for lunch, opt for a salad and fruit. Over the past year or so, the Pit has added many dietary and health-conscious options including the Vegan station, the Chobani bar and gluten-free alternatives, so look out for those.

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Ultimately, you have to figure out what works best for you, make a plan and stick to it.

Linda Lassenheimer/NS
Explore the opportunities to get involved

Push yourself outside of your comfort zone to make friends while finding a niche on campus

BY HENRY BONILLA
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Getting involved at Wake Forest has possibly the most profound effect on your experience as a student. It can help you meet new people, find new activities and spend your free time doing things that push you to grow as an individual. At Wake Forest, there are a wide range of clubs and organizations that you can choose from, plus you always have the option to create a new one. This can be overwhelming at first, but once you find the groups that you enjoy, you’ll find your niche and a great way to escape the stress of homework and classes.

This article is not intended to be a full list of all the opportunities to get involved: rather, think of it like a springboard into your exploration of the different options you have available to you.

If you love watching sports, Wake Forest has plenty of opportunities for you to get involved. The first way doesn’t even require you to sign up. Grab some friends from your hall and go to a football, soccer or field hockey game to cheer on your classmates. If you want to take your spirit to the next level, consider joining the Screamin’ Deacons, Wake Forest’s very own spirit squad. Another way to channel your passion for sports is to write for the Old Gold & Black Sports section. Reporting on the games you attend is a great way to get something out of what you enjoy doing.

However, if you enjoy playing sports more than sitting in the bleachers, consider joining a club sports team. Wake Forest has a range of club sports from baseball and soccer to taekwondo and squash. Yet if club teams are still too much of a commitment, you can join intramural teams. Campus Recreation hosts intramural competitions every season, so make sure to assemble a team of friends and try to take home the gold.

Wake Forest is also a great place for you to get involved in service. If you’re from the south, you will quickly learn. If you want a sit-down restaurant atmosphere, every day from 11 a.m. to 2 p.m., you can spare a few extra minutes to line up. Additionally, if you’re in the area of energy restitution, a popular choice after a long night out. Every Monday night, you can meet up with those facing withdrawal from Chipotle. If you’re interested, you can join us at the Student Involvement Fair. Every fall and spring semester Wake Forest holds a fair where all officially chartered organizations host a table. Explore the tables for Wake Radio, Wake TV, Room Pursuits, Student Union and Student Government. If you prefer fashion, look into joining WUF Style, which is a student-run fashion blog. There’s a photography club, the Lefty Banshees Comedy Troupe and a variety of groups that meet to practice different religions.

The most important thing is you discover where you feel comfortable and find an organization that helps you grow throughout your four years at Mother So Dear. Because even though you have a limited time here, the options are endless.

Discover the secrets of the Old Gold Swipes

Learn how to get the best value out of your meal plan by considering the approximate costs of each option

BY KYLE FERRER AND KYLE TATICH
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With fast food options around every corner and a seemingly never-ending stock of meal swipes, temptation can be a demon to handle. However, if you keep swiping that card with eternity in mind, there will be a day that the Pit worker will look you dead in the eyes and say ‘sorry sweetheart you’re out of swipes.’ Trust us, it’s a feeling you want to avoid. The first key is to understand the basic components of your meal plan. Your standard meal plan is comprised of pit swipes (used at the Pit and North Pit), Old Gold Swipes (combo meals at most of the fast food dining sites) and food dollars (used anywhere). Old Golds meals at most of the fast food dining sites)

Chick-fil-A: If you’re from the south, you understand. If you come from anywhere else … you’ll quickly learn.

Combo #1: Original Chicken Sandwich, medium Waffle Fries and a Fountain Drink
Cost: $6.64
Bang for buck: **
Healthiness: **
Popularity: **

Combo #2: Chargrilled Chicken Salad and a Fountain Drink
Cost: $8.25
Bang for buck: **
Healthiness: **
Popularity: **

Combo #3: 8-Count Chicken Nuggets, medium Waffle Fries and a Fountain Drink
Cost: $6.19
Bang for buck: ***
Healthiness: **
Popularity: **

Combo #4: 4-Count Chick-n-Minis, Hash Browns and a Fountain Drink
Cost: $5.50
Bang for buck: **
Healthiness: **
Popularity: **

Zick’s: Open until 2:00 a.m., Zick’s can be a popular choice after a long night out.

Combo: Two slices of One Topping Pizza or one of the Signature Flatbreads with a Fountain Drink
Cost: $8.08
Bang for buck: ****
Healthiness: **
Popularity: ****

Forest Greens: Easily the healthiest option of all the Old Gold Swipes.

Combo: Custom Four-Topping Salad and a Fountain Drink
Cost: $9.20
Bang for buck: ****
Healthiness: **
Popularity: ****

Moe’s Southwest Grill: An alternative for those facing withdrawal from Chipotle.

Combo #1: The Jr. Homeswrecker” Burrito, tortilla chips and a Fountain Drink
Cost: $8.88
Bang for buck: ****
Healthiness: **
Popularity: ****

Combo #2: The “Rupert” Vegetarian Nachos and a Fountain Drink
Cost: $9.09
Bang for buck: ****
Healthiness: **
Popularity: ****

Subway: Open 24 hours, Subway is the late night venue of energy restitution.

Combo: Any 6” sub, Chips and a Fountain Drink
Cost: $6.44
Bang for buck: ****
Healthiness: **
Popularity: ****

Einstein Bros’ Bagels: A great option for those looking to spend their mornings studying in Farrell Hall.

Combo #1: Bagel with a medium Coffee
Cost: $4.90
Bang for buck: ****
Healthiness: **
Popularity: ****

Combo #2: Deli Sandwich and a Fountain Drink
Cost: $9.05
Bang for buck: ****
Healthiness: **
Popularity: ****

Make a list of all clubs and organizations and groups on campus like Habitat For Humanity, Helping to Overcome Physical Expectations (HOPE) and Best Buddies that are all dedicated to providing volunteer services to the Winston-Salem area. Yet as I mentioned in the beginning, this is by no means a comprehensive list, so explore different options until you find the best fit.

If these options aren’t necessarily your thing, don’t worry. There are plenty of other options. Wake Forest has a great selection of clubs to join and an excellent way to find the one(s) that interest you is at the Student Involvement Fair. Every fall and spring semester Wake Forest holds a fair where all officially chartered organizations host a table. Explore the tables for Wake Radio, Wake TV, Outdoor Pursuits, Student Union and Student Government. If you prefer fashion, look into joining WUF Style, which is a student-run fashion blog. There’s a photography club, the Lefty Banshees Comedy Troupe and a variety of groups that meet to practice different religions.

The most important thing is you discover where you feel comfortable and find an organization that helps you grow throughout your four years at Mother So Dear. Because even though you have a limited time here, the options are endless.
"Don't rush into a fight. Don't rush into a relationship. Don't rush into picking your major." Everyone has been advising you "don't rush into things." So why is it now okay to rush into a Greek organization? Deciding whether or not to undergo the Greek Life recruitment process can be a difficult decision for many freshmen. Despite watching Animal House on repeat, scrolling through nine billion Bid Day Instagram posts with cheesy puns using the Greek letters and maybe hearing the stories from one of your parents' or siblings' experience, overall Greek Life is an unfamiliar territory.

Luckily, Wake Forest tries to alleviate some of these overwhelming things by having students rush during their second semester. What this does is allows Potential New Members (PNMs) a chance to see the fraternities and sororities in action before they decide if they want to go through recruitment. However, even after a semester of tailgates, parties and rush dates, the decision of whether or not to go through the rush process can still seem confusing.

The most important thing to realize about Greek Life is that it's not for everyone. If you are already involved in campus organizations, it is possible that you get lunch with a greater network of people with cars who could take you to Target. And most importantly, it now had a whole new group of friends faces that I could sit on the quad and ask questions about my potential major. Yet, this expanded campus horizons allowed me to expand my friend circles and make new people than who we were just continued to grow.

Although some fraternities and sororities have different systems when you join, mostly sticking to the confines of their respective Greek organizations, almost half choose to remain independent during their college years. I am one of those people. What I have found is that many "Independents" as they are often called, have a reputation of being "other" or "different" on campus. However, through debunking some myths surrounding non-Greek students, I want to emphasize that this individuality of not being affiliated can be a really positive thing.

"Independents' cannot make friends" You might hear this myth tossed around a good bit as your peers begin to consider rushing a sorority or fraternity. As ridiculous as it might seem to read this now, some actually do believe that they will not make any friends at Wake Forest if they do not rush. A large part of this sentiment arises from the tremendous pressure to rush, which tends to engulf freshmen around Winter Break each year. The ironic part is that I definitely remember making friends before Rush came around. And rest assured that you will continue to make friends at Wake Forest even if you decide that Greek Life isn't for you. Once you establish a few things that you like to do on campus — be it volunteering or just getting a cup of coffee at Campus Grounds — you will soon find that others share common interests with you even though you aren't bound to a similar organization.

"Independents do not get a full college experience" The last myth I have heard about independents is that they do not have a network comparable to that of a brother or sister in a fraternity or a sorority. Senior Sara Coronel disagrees. He elected to spend an entire year abroad in France instead of rushing a fraternity. "I feel that I have made more just a good network in comparison to a fraternity brother, but also a global one that allows me to connect to many different people with multiple experiences," Larsen said.

If you worry that your time at Wake Forest might be damped by staying independent, do not fear too much. As long as you put yourself out there, you will find that you will have a great experience and an extensive network of peers throughout your time in college.
Adjusting to life with a roommate

With honest communication and a little flexibility, your experience with your roommate can be enjoyable

BY LIZZIE SNYDER
Staff Writer
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Today is the day! You filled out that extremely long application that you thought would never end, made endless trips around Target and awkwardly emailed your roommate hoping they shared a few of your pre-move-in jitters. Now, you're ready to start the best four years of your life, but it is no secret that sleeping four feet away (probably three if you're in Boscwick) from a stranger for the next 10 months can be a little nerve wracking. Although you've probably conducted the most elaborate Facebook stalking extravaganza on this person, here are a few tips that can ease your worries.

Make an effort.

On move in day, nerves can run high. You and your roommate are nervous. Your roommate is nervous. If everyone understands that and makes an effort to make the day as smooth as possible, it will be great! Have extra command strips? Offer them to your roommate. Haven't eaten in seven hours? Ask them to grab a bite with you at Chick-fil-a. As the week goes on, talk to your roommate about their hometown and family. Even though this sounds cheesy, making an effort to learn something about your roommate will go a long way. The first few times you speak to your roommate along so you can sit down and learn a bit about them.

Don't be judge to judge.

You have probably spent hours raking through your roommate's Facebook page, but don’t be quick to judge if your roommate doesn’t seem to be exactly like you on social media. Part of what makes Wake Forest amazing is you will never find two people who are exactly the same, so don’t be quick to judge. If you go out to take a break from school work above social events, going out on a Wake Wednesday is probably the best of best. Everyone understands that and makes an effort to make the day as smooth as possible, it will be great! Will you be able to finish up an assignment, get some coffee, and food in your system? The quicker you can be in Bostwick (if you're in Bostwick) from a stranger for a space, the quicker you can be in Bostwick (if you're in Bostwick) from a stranger for a space with someone you've never met, so be prepared to pick up your trash or put headphones in when you're watching Netflix. You never know how much your new roommate might appreciate it.

Don’t touch their stuff.

This probably goes without saying, but don’t touch or move your roommate’s stuff without asking. This is essentially the same thing you learn in Kindergarten, but it will make everyone’s life easier if you don’t do this.

Compare schedules.

A great way to be considerate is to be mindful of your roommate’s schedule. For example, if every Tuesday and Thursday you have class at 8:00 a.m. and your roommate doesn’t have class until 11:00 a.m., be sensitive to your roommate who may need the extra hour to snooze. A great way to keep track of what may be going on in your roommate’s day is to hang both of your schedules up in the room.

Communicate.

There will be bumps in the road when sharing a space with your roommate. Knowing how to handle these bumps is the key to successfully living with another person. This is especially the case when trying to get your feet on the floor and some caffeine in your system, the quicker you can be in Bostwick (if you're in Bostwick) from a stranger for a space, the quicker you can be in Bostwick (if you're in Bostwick) from a stranger for a space with someone you've never met, so be prepared to pick up your trash or put headphones in when you're watching Netflix. You never know how much your new roommate might appreciate it.

If your roommate constantly invites people over when you need to study or sleep? Do they leave trash everywhere? If your roommate’s side is looking a little dirty or they play Netflix out loud as you’re trying to sleep, kindly make them aware of your concern. Sure, you can ignore it and handle it passively-aggressively, but the frustration will build up before you know it. Sooner or later, every word that comes out of your roommate’s mouth will annoy you. Avoid this predicament before it happens. Your roommate probably does not even know their habits are getting under your skin.

You don’t have to be best friends.

No one ever said you had to be best friends with your freshman roommate. If it turns out you are not the best of friends, no worries. You (or your roommate) filled out a random roommate questionnaire anyway, so don’t take it personally. However, just because you and your roommate are not best friends doesn’t mean you shouldn’t be friendly or considerate. Get to know your freshman hall, too. Everybody needs friends when they’re first starting out, so put yourself out there and make some!

Treat it as a learning experience.

Throughout your college career and life, you will be put in unexpected situations with strangers. If you ever find yourself experienced anything like living with a random roommate before, this probably won’t be the last time where you will be forced to cohabitate with someone else. freshman year can be best summed up in 14 words by the wise Charles Dickens, “It was the best of times. It was the worst of times.” So, keep this in mind when you’re navigating the waters of freshman life.

"Work hard, play hard" without the hangover

If you go out to take a break from school stress, plan ahead to avoid losing today to last night’s decisions

BY HEATHER HARTEL
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Going to college requires mastering the art of balance — balancing late night pizza with a run on Reynolds Trail, balancing five hours in the library with a Netflix binge or balancing meeting peers in your freshman hall with getting to know your professors during office hours. Managing all these things at once can already make you feel like you’re spreading yourself too thin.

However, I haven’t even mentioned the biggest aspect that causes most people to tip off balance: going out. Most students that go to Wake Forest are likely to go out at least once a week, if not more, during their freshman year. Learning to navigate this new culture is exciting and somewhat nerve wracking at the same time. But, trust me, you can manage it if you keep in mind the key to freshman year: balance.

The first and probably most important step is understanding the importance of prioritizing school work above social events.

If you have a big paper due on Thursday, going out on a Wake Wednesday is probably not the best route for your academic success. Instead, choose to wear a perfect lava skirt to wear to the super cool Hawaiian party on Thursday night, you should probably opt for a quality night of sleep if you know you will not be productive during your 8 a.m. on Friday morning. There will be more parties, I promise. Plus, it is impossible that you will be the only one choosing not to go out. If you do have a big test the next day and feel like everyone in the world is going to the ‘Angels and Demons’ party, find friends in your class and study together. I’ve always found it’s better to study in company while you study rather than be alone.

Make sure you are smart about going out. There’s nothing like waking up in the morning feeling unwell and unable to proceed with your day. If you know you’re planning on going out, be proactive. Put a large glass of water by your bed and get a gatorade in the fridge. Keep the Adlyl in arms reach from your pillow.

Unfortunately, sometimes even when you’ve taken all of these steps, hangovers are still inevitable.

One important thing to keep in mind if you happen to find yourself with a killer hangover is to just go ahead and get your day started. It’s important not to just stay in bed all day. Going for a walk, even if it’s only to the Pit for a coffee and a gatorade in the fridge. Keep the Adlyl in arms reach from your pillow.

Unfortunately, even when you’ve taken all of these steps, hangovers are still inevitable. The quicker you can be in Bostwick (if you're in Bostwick) from a stranger for a space, the quicker you can be in Bostwick (if you're in Bostwick) from a stranger for a space with someone you've never met, so be prepared to pick up your trash or put headphones in when you're watching Netflix. You never know how much your new roommate might appreciate it.

Back to the idea of balance, skipping classes because of a hangover is not a good decision as a first semester freshman. You may think that you’re pulling a fast one on your professor by emailing them two minutes before the lecture starts with a story about how you’ve developed a rare strain of the plague. Just a forewarning: they have been college professors longer than you’ve had a career as a college student. They have heard excuses that you probably couldn’t even imagine. They know why you really aren’t in class.

Professors can tell which students are committed to their education — and it will be reflected in attendance and class participation grades. While making new friends and having new experiences is crucial to personal growth in your first semester, so is prioritizing your education and making the most of the bounty of resources available on campus.

College is supposed to be fun — some even deem it as “the best four years of your life.” Whether this is true or not, you will soon find that some of your most fun and memorable days are ones where you are awake, happy and not hangover. At the same time though, great memories can also be made dancing the night away with your friends at Last Resort. Life at Wake Forest is all about balance. And by taking simple steps, you can achieve and live up to the stigmata of “work hard, play hard” culture that permeates this special campus.

Graphic by Natalie Wilson/Old Gold & Black
Having a fulfilling college experience does not have to require emptying your wallet or abandoning your social life

BY HEATHER HARTEL
Staff Writer
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You have been hearing about spending all of your money and saving some for the future, but there are also some social media accounts that are great ways to stay caught up with what's going on around campus. These accounts are great ways to see what's happening on campus and in the Wake Forest community. They'll make you a prouder Wake Forest student every time you check them.

President Hatch’s Twitter Account

If you’re looking to get your daily fix of Naty O, better known as President Nathan O. Hatch, make sure to follow his Twitter account (@PresidentHatch). His tweets are sure to make you feel like a prouder Wake Forest student every time you read one.

Wake Alert Twitter Account

A serious account that you should follow is Wake Alert (@WakeAlernt). If you choose to follow any of these accounts from this list, make sure it is one you will keep up to date with safety and security concerns on campus. They’ll also be the first to tell you if class is cancelled due to weather conditions. Did someone say an extra couple hours of sleep?

Official University Accounts

If you’ve read this far and don’t follow any official Wake Forest accounts already, I would recommend putting down the paper and hitting those follow, like, or add friends. Official university accounts can be found on Instagram, Twitter, and Facebook. These include Wake Forest Sports (@DemonDeacons), Wake Downtown (@WakeDowntown), Wake Forest Magazine (Instagram: @wakeforestmagazine), Twitter: @wfumagazine) and the undergraduate college (Instagram: @wfuuniversity; Twitter: @WakeForest). The undergraduate college also has a Snapchat (wfuuniversity) managed by a fellow student, which gives quick updates about things you should know about on campus. These accounts are great ways to stay caught up with big events, Wake Forest-related news and seeing pictures of the university.

Student Organizations’ Accounts

Following some student-run groups on social media is also an excellent way for you to get involved in the Wake Forest community and potentially find some groups you may be interested in joining. Start with the basics by following Student Government (Instagram: wake_sga; Twitter: @WFUSGA), Student Union (Instagram: @wfuunion; Twitter: @wfuunion; and the Old Gold & Black and Old Gold & Black Sports accounts (@wfu_ogb and @wfu_sports). In addition, most student organizations and events have fun accounts that will help inspire your passions, style and humorous side. Wake Forest Photo Club’s Instagram (@wakeforest_photoclub), the Lifting Bambies (@liftingbambies), WFU Style (@wfu_style), Outdoor Pursuits (Instagram: @wfu_oport), Project Pumpkin (Instagram: @wfu_projectpumpkin), Wake Forest’s online community

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Connect with Wake Forest’s online community

Discover Wake Forest through our various social media accounts, including some student-run gems

BY HENRY BONILLA
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If you go on a brief hike around campus, you can hear the Twitter handles tweeting in the distance with pictures from Reynolds Gardens and the Snapchats chattering back and forth in front of Wait Chapel. Wake Forest is undoubtedly a social media savvy campus and it’s an understatement to say there are a lot of social media accounts to follow. Wake Forest is pretty well-connected on campus and it’s an understatement to say there are tons of accounts to follow, Wake Forest is pretty well-connected on every platform, so there are tons of accounts to stay up-to-date with so you know what’s going on around campus. These accounts are great ways to stay caught up with big events, Wake Forest-related news and seeing pictures of the university.

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The hot-shot study spots on campus

Finding a good place to work shouldn't be the hard part of studying, so check out these options to see which is best for you

BY DAVID AJAMY
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For being small in size, Wake Forest has a seemingly endless number of amazing study spots. Not only are there a multitude of places on campus, there are also some really relaxed and casual places in Winston-Salem to study and get away from the stresses on campus. Here are a list of some of my personal favorite study spots; however, the one that works best for you is for you to find.

ZSR Library

First and foremost, the most iconic study place of all is the ZSR library. Like most students, I have spent my fair share of sleepless nights in ZSR, and there is a high chance you all will as well. Sometimes you will spend hours on hours in the ZSR doing the loads of work you have to complete. Other times you will spend hours on hours in the ZSR distracting your friends who have hours on hours of work to do when you have a relatively “light week” of studying. The library offers all kinds of study locations that offer different perks.

Academic Buildings

Beyond the library, the academic buildings throughout campus also offer great study spots that feature a more private environment. Most students don’t think to go there during the year, so check it out for a change of pace, especially if you want to go with a group of people. These are great places to explore during the day in order to finish up that reading in between classes. However, most of the academic buildings lock at night, so keep that in mind when choosing a place to start your ten-hour long project.

Dorms

If you’re looking for something a little more social, but not as distracting as your room, your dorm lounge is a great middle-ground. These lounges are the social headquarters in many ways, but they are also very useful to study and work with groups and are great when you don’t want to venture far from your room.

Benson

Inside Benson are many places to study. If you like a little bit of background noise and action, right outside the food court there are high top tables that are great for doing some work. If you need more space of seek comfort, on the third floor there are bigger tables and even some couches and chairs available. If the weather permits, the Benson courtyard has many tables that are spacious enough for homework and Netflix.

The Pit

One of my favorite places to study is easily The Pit. The Pit is our main cafeteria in Reynolda, and you will hear the phrase “Pit Sitting” many times during your years at Wake Forest. Not only can you hang out in The Pit as long as you want once you swipe in, but you can also eat the whole time.

Beyond Campus

Outside of Wake Forest, the city of Winston-Salem also has many popular study spots. Downtown, there are many coffee shops like Krankies and Camino where it seems like every student goes to study. While they are packed often, if you can find a seat, it is worth it. At Camino, you are right in the center of Winston-Salem surrounded by amazing food and places to explore during your study breaks.

In addition, check out the university's expansion downtown to find cool places to study outside of the Reynolda Campus. The Innovation Quarter (IQ) or Wake Downtown is the new hip place to study for many students. You will be able to escape campus for a while while still have the privacy of the Wake Forest student body to study. To make it easy on freshmen and those that don’t have cars, Wake Forest has shuttles that go the IQ.

No matter your preferences of study spot(s), you will find one you love at Wake Forest or in Winston-Salem. And once you find yours, you will fight for it during finals week when every spot on campus is somehow occupied with students you have never seen before. Nonetheless, studying will be a huge part of your four years at Wake Forest so it’s important to find a location that works best for your study style, whether it be quiet, social, closed-off or open. Wake Forest and Winston-Salem have it all and you just have to discover it.
Decorating your first dorm room will be exciting but might take a little more creative thinking and planning than

BY NATALIE WILSON
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Every popular blog site has droves of articles and lists with ideas on how to organize and decorate your dorm room, but these generic articles are often expensive and impractical.

Have these writers even seen Bostwick and Johnson dorms? You're not squeezing any extra furniture in there. Internet closet hacks don't work in the long, shallow storage spaces in Cullins rooms, command hooks often fall off the painted walls and un-bunking beds often leaves enough floor space for a runner, not a huge area rug. And where's the advice on how to spruce up a Luter suite's built-in shelving? Even if you're lucky enough to be given a big open room in South or Angelou, without a little craftiness and finesse, your abode can feel clinical and closed-off rather than cozy.

Right from the start, you're going to want to make your small space your home with memories and keepsakes. These can come in a lot of different forms, including photos, a blanket from home or even your own personal style.

This is where you'll complete schoolwork, snack, socialize and sleep for the next year, so you want to make your room likeable and familiar. And when things aren't going right, whether you're just not clicking with your hall or you're realizing that high school study habits don't cut it, it's nice to have a place that's "yours" to clear your thoughts, even if you share it with a roommate.

Additionally, when decorating, you're going to need to think creatively about how to reuse and repurpose items to make them both aesthetically-pleasing and practical. Don't worry, you have a head start: white and minimal is in!

Next, remember that little organization tricks matter — clutter kills a small room. Keep your laptop and charging cords organized on your desk with binder clips, and try to find ways to store small objects where they aren't visible. Try under-bed storage bins and small containers with lids or small plastic drawers on your desk and dresser. Get a hamper that sits upright, not a bag that lies a pile on the floor. It will be easier to carry and you can even fit it under your bed.

A little wall art is a great way to personalize your space without taking up any extra room. Poster putty will stick to any surface and is easily removable, so it's your best bet for hanging decorations; however, it might stick to fabric and paper, so if you're worried about damaging something you'd want to save for next year, try Véto command strips, which are often the ones that work the best.

If you don't find a tapestry that you like, try hanging a sheet or making your own with tie-dye or fabric paint. Student Union also sponsors an annual poster sale you might want to check out. Craft stores like Michael's, which is near campus, also often have sales on cheap canvases and brushes that are perfect for making custom decor.

Avoid the dreary fluorescent lights in your room by taking advantage of natural lighting or trying some fairy lights, which double as a string for hanging photos if you use clothespins. If you're a candle person, try battery powered tealights and a plug in air freshener to make yourself feel at home.

It's very tempting to constantly use red SOLO cups, since they work well for all kinds of beverages, don't have to be washed and can be shared with guests, but invest in a few cups so you feel less like you're at a picnic and more like you're in your bedroom. Reusable cups and mugs are sustainable and more homey.

There are many easy and affordable ways to decorate your dorm room with max efficiency while making the space feel more at home and less like dirty linoleum, plastic mattresses and white walls with nonstick paint.

And don't worry about doing everything all at once, which will be expensive and can lead you to buy things you won't end up using. You can continue to add to your abode as the year continues. By the time you're a sophomore, you'll be an interior design pro.
Learn to say “no” to college stress

While new students have more unorganized time than ever before, they struggle to enjoy it because of pressure outside of the classroom.

BY NICHOLAS DEMAYO
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Typically, I am one who is slow to give advice — and even slower to take it. But if there is one thing that I wish I knew when I was a freshman, it is this: you cannot be afraid to say “no.” To say “no” to pressure, to say “no” to getting the appropriate amount of sleep and to say “no” to advice (when unwarranted) is to trust yourself in all your abilities.

You might struggle to say “no” because shutting out others, literally and figuratively, is a hard thing to do, especially when for the first time in your life you will be constantly surrounded by people the same age as you during all hours of the day. I still struggle to do this as a senior. However, entrusting yourself with your precious time and energy, rather than constantly outsourcing it to others, may ultimately help you work and live better at college.

Without dismissing the stress and rigor that high school level-courses and preparing for college brought, many of us would say that the collegiate-level coursework and atmosphere blow previous sources of pressure and anxiety out of the water. But I'm not talking about pressure inside the classroom. In my experience, I would leave a day of high school classes far more tired than I do from a day of college lectures. It is what you do in your unorganized time in college that tires you most.

Personally, what wears me down the most is feeling like I never do anything for myself and that I only do things in order to be productive in class or in my on-campus job and clubs. The balance of laundry, homework, eating, sleeping and hanging out with friends is one of the most difficult changes to get used to and can leave you feeling like you have no “me time.”

Extending this further, there is a contradiction that plays out on this campus. It’s that we have so many great facilities and programs for unorganized time, such as Campus Recreation and Outdoor Pursuits, but a student body with no “time” to use them. Most Wake Forest students are involved in at least one extracurricular and spends the rest of their “free time” studying for their challenging courses. This leaves little time to engage in other activities.

When students cannot say “no” to the pressure of always being productive, in their work and in their play, then their time becomes truly less productive. I am emphasizing the dangers of college, like substance abuse and cutting classes, which can be tempting when you are feeling overwhelmed by the pressure of productivity.

Yet don’t let this advice scare you. It’s taken me four years to learn this and I’m still figuring it out.

How to build relationships with faculty

Getting to know professors can be some of the best experiences at Wake Forest, so long as you are respectful and engaged in class.

BY BECKY SWIG
Print Managing Editor
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The academic rigor at Wake Forest can be daunting. As a student who was probably used to making all As and Bs in high school, it can be eye-opening when you receive that first test or paper grade with a note stating “come to office hours.” And after you do a quick google search of your professor and find that they have written 14 books, worked for 12 years at the US State Department and speak four languages, that one-on-one meeting can become even more dreadful. But trust me, we’ve all been there and you will be glad you went to office hours after you go. That’s because if there’s one thing that Wake Forest does right, it’s that it selects professors who actually care about their students and want to help them succeed. Bad grades are going to be a part of your college career, but what you do about them never ask for help, your final grade will probably be close to the one you received with the note “come to office hours.”

But if you engage with your professors and utilize them, the personal growth and development you will gain from learning from your mistakes will ultimately help you succeed. That being said, you don’t have to only go to office hours after a bad test grade. Getting to know your professors and visiting their office hours allows you to get to know them on a more personal level. Professors are required to hold office hours, so they want you to come. If you can’t make the designated time, email them and set up an appointment. You aren’t inconveniencing them and you have the opportunity to ask that extra question you didn’t get to in class or dig more into a reading or lecture. Take advantage of the fact that you have the opportunity to engage with some of the most intelligent academics in the given field in a one-on-one setting. It can be fun to learn about their research and career path while also getting some help on a problem set from class. Especially when you begin to realize that one of the smartest people in the industry, so it is always better to sound polite than rude. Overall, if you’re respectful of your professors’ time and put in effort, they’ll be respectful of you and help push you academically towards success.

This is not to disregard the fact that your time at Wake Forest will also be the most freeing experience of your life. It will be one where you spend time refining your skills and cultivating a different way of seeing the world. But these things take time and trust. Time to pursue them and trust in yourself that, by saying “no,” others will only gain more respect for the person you will become.

In the past four years as a Wake Forest student, I have seen many people walk around robotically in the pursuit of being productive or in an attempt to escape from the pressure of productivity.

I hope that when you become a senior you may see a different kind of student, one who is not robotic, but rather more fully human, pursuing their interests and potential.
Your major does not dictate your future

A liberal arts college is a great place to experiment with different fields

BY AMANDA WILCOX
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After making the decision to attend Wake Forest — perhaps one of the biggest decisions you have made in your life — deciding what to study can be overwhelming. Given how little you probably know about your changing self at the age of 18 and how quickly you feel like you’re being forced to grow up, it can be difficult to predict what course your life will take in 20 years. Parents may believe that whatever major you choose will dictate your fate. However, the advantage of a liberal arts education at a top-notch school like Wake Forest is that your learning experiences here will prepare you for a wide variety of careers, even if they are not expressly related to your major. While keeping in mind that a major decision is not a life sentence, there are still a variety of factors to take into account as you consider what to study. First, do your best to separate your plans for yourself from other people’s plans for you. Your parents may want you to be a doctor or a lawyer and society may define “success” in terms of monetary compensation over innovative contributions to a field or positive impacts on the world. Separate yourself from that. You may even need to quiet the voice in your head telling you that you aren’t smart enough for a particular course of study. However, part of adulthood is determining your future for yourself. If you do choose to follow in your family’s footsteps, make sure that you’re doing it because you want to, not because you think that is what is expected. For example, my mother was an economics major at Wake Forest and my father is an economist, but my sister and I both chose to major in economics because we were independently passionate about the subject. In fact, before being inspired by a wonderful AP Economics teacher, we wouldn’t have touched it with a ten-foot pole. Even though you are in charge of determining your own educational future, let outstanding professors and leaders in your chosen field inspire and encourage you. Secondly, most advice about choosing a college major admonishes you to “follow your passion.” But at the age of 18, it can be difficult to know what your passions are, and there is nothing wrong with that. Often finding a passion isn’t a sudden epiphany but a meandering process that develops over a number of years. Therefore, you can start by pursuing a small interest. When you feel a little tug of curiosity, follow it, even if it is a completely different direction than one you imagined taking. When you look forward to completing assignments or readings for a particular class, you should take more classes like it. For example, I had no plans to take history classes until I took a phenomenal first-year seminar on the life of Thomas Jefferson. After that I was enamored enough with early American history that I declared a history minor.

This process of educational exploration can take place outside the classroom, too. Follow the Twitter accounts of experts in your field of interest, attend relevant lectures on campus and read plenty of academic papers that interest you — when else will you have free and unencumbered access to JStor? It’s a great idea to dip your toe into lots of different waters before you invest a lot of education and time in a specific topic.

Most importantly, perhaps, you should be flexible. You might expect to choose a specific major and later find out that you don’t enjoy it or aren’t good at it. These realities will force you to adjust or even redesign your ideal, which can be difficult and discouraging at the time. However, it will ultimately lead to a better outcome. A flexible and can-do attitude is critical to develop before you enter the workforce, because inevitably some of your plans won’t ultimately work out. A liberal arts college is the perfect place to try something new again and again.

“Work Forest” is hard but manageable

With these tips, any student can overcome the “Work Forest” stereotype

BY BECKY SWIG
Print Managing Editor
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The transition from high school to college can be demanding for any student. Without the regimented bells telling you when to switch classes, the new responsibility to actually do your readings outside of class and the constant pressure of feeling like you have an upcoming test or paper due is a hard adjustment at any school. Yet when it comes to the difficulty and rigor of classes, Wake Forest has earned itself a reputation: “Work Forest.” This stereotype can be intimidating at first, but there are strategies to handling and managing the loads of homework so that you can still achieve success.

The first involves balancing your time appropriately. While college schedules lend themselves to more free time, your workload will increase as the year progresses and homework and projects can pile on quickly. It is important to not leave your work until the last minute to limit stress and maintain the high quality demanded by Wake Forest. Secondly, find what study habits work for you. Whether you prefer to work in a dorm lounge surrounded by friends or need to take refuge on the eighth floor of the library, knowing how you study best is essential to succeeding at Wake Forest. There are many places around campus to work — the library, the dorms, Benson, Farrell Hall and Reynolds are some good examples. The next tip is to put your phone away while you are studying. This way you can actually focus on your calculus formula rather than your best friends’ new photo of Wait Chapel on Instagram. The more you focus when you work, the more productive and efficient you will be and the sooner you can move on to being on the quad with your friends who just Instagrammed.

In addition to minimizing distractions in order to maximize your time you spend studying, it’s also important to space out your studying and start preparing for tests and papers early. “As you’re reading textbook chapters, make short study guides for each one so before a test or final you already have all your studying material prepared,” said senior Jenny Hill.

Another great resource to help you beat the “Work Forest” stigma is utilize your professors. Go to their office hours whenever you can, so you can get your questions answered or that you’re preparing for a test or final you already have all

”Work Forest” is hard but manageable

With these tips, any student can overcome the “Work Forest” stereotype

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In addition to minimizing distractions in order to maximize your time you spend studying, it’s also important to space out your studying and start preparing for tests and papers early.

“Go to every single class. Unless you are sick or have an emergency, you need to go to class,” Baxter said.

Also, there are other great resources to utilize around campus, including The Writing Center, the Math Center and other on-campus tutors. You can make appointments at these centers and find students who have taken your class to help tutor you. Yet, another important aspect of beating the “Work Forest” blues is to not let the workload control your life. It’s important to take breaks, pack snacks for the library and use naps to your advantage. While you may think...
Explore all Winston-Salem has to offer

Staying on campus for weeks on end can be stifling, so luckily Winston-Salem has lots of options for fun excursions

BY DAVID AJAMY
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As a Winston-Salem native, coming to Wake Forest meant I already knew the city and the best places in Winston-Salem to hang out and eat. Plus, whenever someone needed something, I became the go-to guy because I already had all the recommendations and knew where they should go. So now as a junior, I hope to keep passing on my insider knowledge and help the class of 2023 se the wonderful city of Winston-Salem from one of the many Winston-Salemites at Wake Forest.

In the past few years, downtown Winston-Salem has been referred to as up-and-coming. With Wake Downtown opening earlier 2017, the Innovation Quarter opened doors for Wake Forest students with various opportunities to escape the Wake Forest Bubble. Downtown has everything you will need: food, music, study spots and art. There are countless places that have all kinds of food that will make even the pickiest freshman happy. From small quirky coffee shops to well-established restaurants, downtown has it all. While Mellow Mushrooms pizza is renowned, my favorite restaurant is Mooneys. It’s a must visit for sure. Mooneys had Mediterranean and Middle Eastern cuisine with large proportions and even larger taste that won’t kill your already broke wallet.

If you need to escape the library for some fresh air, Hanging Rock has many Instagram-worthy views. After a delicious dinner, the Arts Park is right around the corner to not only see some new art, but to get some amazing photos for your Instagram. Beyond this, you can usually find a cool film at the Aperature Cinema, and gallery hopping is a big thing on Trade Street. Both of these activities can be a lot of fun to do with a group of friends or alone. It’s just really fun to see the more artistic side of Winston-Salem. In the downtown area everything is concentrated around Trade and Fourth Street, so be sure to check out those two streets when exploring. After some exploring downtown there is the infamous Target that is a must visit. Not only is it close to campus but it’s almost impossible to not see another Wake Forest student while shopping there. Four or five blocks up is the Grand Movie Theater, and then past that is one of the two must visit Cookouts near Wake Forest campus. Don’t know what Cookout is? Well, get ready for a visit in the middle of the night and have some mad good milkshakes and greasy food for absurdly cheap prices. Then in the morning get some more greasy food at Waffle House, a southern classic. Another option is the weekend staple Bagel Station, which is where half of Wake Forest goes for breakfast on Sunday morning.

On the topic of food, a must-visit restaurant is Nawab. Nawab is an Indian restaurant that changed my life. And they have a just astounding buffet lunch that everyone should definitely check out. I can proudly say that weekend Indian brunch has been a staple of my college career. The Porch Kitchen and Cantina is also a classic favorite for many Wake Forest students. Their interesting spin on Tex-Mex will leave your taste buds watering for days. When your parents come to town and your dining budget instantly increases for that one weekend, Milet’s American Southern, Fourth Street Filling Station, Frazel’s Italian Steakhouse, Sweet Potatoes, Spring House and Ryan’s Restaurant are all great options for some high-quality dining. If you’re wanting to take your mom out to a nice brunch before she leaves, check out Midtown Cafe & Dessertery, Mama Zoe’s or Mozelle’s Fresh Southern Bistro for delicious food in an environment that radiates southern hospitality. But I have been centering most of this article around food, so to fight off all these delicious calories as well as the Freshman 15, some exercise will definitely be needed. The best way to do that is by exploring North Carolina hiking paths. North Carolina mountains and their trails are something people travel from all over to come enjoy and your prime location in Winston-Salem gives you easy access to them all. A short, 30 minute drive north will take you to Pilot Mountain State Park. You must check this out before you walk across the graduation stage, even if you don’t particularly like hiking. It’s an easy trail with situating views and some great photo options. Another popular hiking trail for Wake Forest students is Hanging Rock State Park. The park is only a 45 minutes from campus and you can get the iconic photo of you “hanging” from the rock, which I think is on every Wake Forest student’s Instagram.

If your parents are coming to visit, the restaurants in Reynolda Village are perfect for a dinner off-campus. The little village also features trails, shops, a greenhouse and the Reynolda House Museum of Art. If your parents are coming to visit, the restaurants in Reynolda Village are perfect for a dinner off-campus. The little village also features trails, shops, a greenhouse and the Reynolda House Museum of Art. The village has everything you need, including great restaurants like the Village Tavern and Silo, cool boutique shops like Boho Blue and Monkees, and workout places like Pure Barre and Yoga Dogs. So no matter your interests and passions, Winston-Salem has a lot to offer. For my final recommendation, I advise you to save your Monday nights in order to visit Dewey’s Bakery and get some of Winston-Salem’s famous sheet cakes for free and then walk down to Juice Shop and get a Razamatazz to cool off from the fall heat of Winston-Salem.

The study spaces at Wake Downtown offer a great change of scenery, even if you don’t have class there.
Fall Event Calendar

**August**

**Wednesday, August 23**
- Hypnotist, Tom DeLuca
  - 10 p.m. - 12 a.m.
  - Brendle

**Thursday, August 24**
- Playfair and Silent Disco Party
  - 10 p.m. - 1 a.m.
  - Kentner Stadium

**Friday, August 25**
- Taste of Winston-Salem
  - Local food festival
  - 6:30 - 7:45 p.m.
  - Parking Lot W2
  - "Pit Stop" Party
  - Novelties, food and music
  - 10 - 12 p.m.
  - The Pit

**Saturday, August 26**
- Saturday Night Live
  - Food trucks and events
  - 10 p.m. - 12 a.m.
  - Sutton Center
  - Spirit of Wake Forest
  - Campus Traditions
  - 5 - 6 p.m.
  - Wait Chapel

**Sunday, August 27**
- Sunday Night Thrive
  - Free food
  - 6 p.m. - 7:15 p.m.
  - Manchester Plaza (Lower Quad)

**September**

**Monday, September 11**
- The Kickoff Breakfast
  - Free breakfast
  - 7:30 - 10 a.m.
  - Manchester Plaza

**Thursday, September 14**
- Homecoming Bonfire
  - 7 - 9 p.m.
  - Davis Field

**Friday, September 15**
- President’s Ball
  - 9 p.m.
  - LJVM Coliseum

**Friday, September 22**
- 9th Annual World Cultural Festival
  - 5:30 p.m. - 8 p.m.
  - Manchester Plaza, (Rain Location: Benson 401)

**Tuesday, September 26**
- Fall Study Abroad Fair
  - 11 a.m. - 4 p.m.
  - Benson 401

**Thursday, September 28**
- Hit the Bricks
  - 11 a.m. - 7 p.m.
  - Hearn Plaza

**October**

**Saturday, October 7**
- aWakeAllNight
  - Food and entertainment
  - 9 p.m. - 1 a.m.
  - Benson and Manchester Plaza

**Wednesday, October 25**
- Project Pumpkin
  - Community trick-or-treating philanthropy
  - 3 p.m. - 6 p.m.
  - Hearn Plaza (Upper Quad)
The 7 deadly sins of skipping class

As the semester gets in full swing the snooze button may become tempting, but beware the consequences of skipping class

BY LIZZIE SNYDER
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Getting ready for college feels like a whirlwind. From awkwardly emailing your random roommate, to picking out all of the dorm room essentials, this period of time feels like a hectic blur. The last thing on your mind is the fact that you actually have to go to class.

With all of the fantastic new freedoms that college provides, skipping class seems like a fairly legitimate option. However, this choice may come back to bite you come midterms and finals.

SLOTH

The most tempting deadly sin of all. Sleep is a beautiful thing, but sleeping through your 8 a.m. every morning is not a good way to start off your college career. Have a hard time getting out of bed? Maybe turning electronics off after midnight or rewarding yourself with a Chick-fil-a breakfast after class will do the trick. If your professor takes attendance, use your skips wisely. If they don’t, pretend like they do. You never know when you (and your entire hall) will get a cold.

LUST

While you’re probably excited to meet new people at college, don’t let yourself get distracted by a potential cutie in class. Is he looking over here? How does my hair look? Did I put on perfume today? If you’re not careful, the thoughts can race through your mind at light speed during the entire class period. Make an effort to turn off your stream of consciousness and zero in on the lecture. Even though this person’s presence might encourage you to go to class, the professor will not ask you questions about the color of your crush’s eyes on the exam.

GLUTTONY

The last minute of the second season of The Office ends and Netflix sends you to the “Next Episode in 15 seconds” page. You have eight minutes until class starts. We’ve all been there, but what do you do? No one is there to tell you to get up and go to class. There is no bell that signals that class is about to start. The choice is up to you. While it might be tempting to lay in your bed all day and watch TV, it might tank your GPA in the long run.

GREED

Sometimes, there are days when you can’t pay attention if your laptop is open. Who cares about the history of American industrialization when there are new arrivals at ZARA to browse? Online shopping during class can be oh so tempting, but resist the urge and pay attention anyways. Your GPA and bank account will thank you. If you’re just going to sit in class and scroll away, you might as well just have skipped it.

ENVY

On a similar note, scrolling through your friend’s weekend Facebook posts during class can easily make you lose focus. Where did she get that shirt? Are they dating? Maybe I should message 14 people and ask. No. You should not because you are in class trying to learn. Focus.

WRATH

It’s easy to go into the first round of midterms thinking you’ve done everything you can to perform well on a test. However, this is not always the case. Professors will sometimes throw curve balls or grade the free response section with extreme scrutiny. However, as much as you think a professor is out to get you; don’t let your anger keep you from giving up or not going to the class. Respectfully talk to your professors. If you make an effort, they will notice.

Pride

If you go to Wake Forest, you probably got pretty good grades in high school while managing several activities on your plate. From sports, school, relationships and other extracurriculars, you probably had it all under control. College is probably the same situation, right? Wrong. Wake Forest is a different animal. It is easy to say, “I took Calculus in high school, I don’t need to go to class.” Wrong. You never know what nugget of information your particular professor sees as the most important and might put on the test. When the midterm rolls around, you will wish your pride didn’t get the best of you. Go to class.

To spend a semester overseas or stay stateside?

Be sure to weigh the pros and cons of studying abroad in order to choose what’s best for you

BY ERIN STEPHENS
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"At first you’re scared," a friend explained to me. "Then you’re brave.

In just a few words, this adage captured my own semesters worth of feelings and experiences I felt while studying abroad. But the beauty of studying abroad or staying stateside lies in the fact that each person’s college experience is uniquely their own.

For some students, the chance to study overseas and the many resources that Wake Forest offers to make it possible may have sealed the deal on the college decision-making process. For others, spending a semester abroad has never once been a blip on the radar when planning their four years.

With programs offered in over 200 cities and 70 countries worldwide, the choices available for a summer or semester abroad can be both overwhelming and exciting all at once — much like being there for yourself.

But you can also return home with your expenses run dry and a scholarly wake-up call while getting back in the swing of "Work Forest." For most students, these cavelles are well worth it. For some, however, and especially falling deeper in love with a city every day. Spending a season of your life in a foreign country can be both an adventure and an experience that is never stagnant.

Some days are really good and some days are really bad, just as they are on this side of the pond. But challenging yourself and leaning into those moments that are hard can teach you more about yourself than you ever knew. You can return to the states having mastered the art of public transportation, the responsibility of managing a budget on your own or even becoming fluent in a foreign language.

When studying abroad you’ve committed to living in a foreign city, surrounded by new languages, aromas, cultural norms and ways of life. The cross-cultural experience of a lifetime is at your fingertips and it’s what you make of it. You can spend your weekends checking cities off of your bucket list or getting to know the daily lives of the people in your new home away from home.

For some students it can be hard to adjust — even if Instagram and Facebook posts seem to suggest that they are having the time of their lives all of the time. Studying abroad can have its ups and downs and don’t let social media fool you. But it’s also a time to explore your interests while falling deeper in love with a city every day. Spending a season of your life in a foreign country can mean the ebb and flow of mixed emotions and an experience that is never stagnant. Some days are really good and some days are really bad, just as they are on this side of the pond. But challenging yourself and leaning into those moments that are hard can teach you more about yourself than you ever knew. You can return to the states having mastered the art of public transportation, the responsibility of managing a budget on your own or even becoming fluent in a foreign language.

It is important to remember that first and foremost, you have time to make your choice. There are endless options if you do choose to take advantage of the programs that the Center for Global Studies and Programs offers. But it is equally important to remember that if you chose to stay stateside during your time at Wake Forest, you will still grow. No matter your geographical location, you will continue to learn new things about yourself and you will be changed for the better because of it.
Discover Wake Forest’s hidden gems

From lunch locations to running trails, these spots are longing to be sought out by WFU ‘21.

BY ERIN STEPHENS
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On a campus that may seem daunting now, it’s important to keep exploring and finding places that make you feel at home. For me, my freshman year, it was Campus Grounds. The warm, soft lighting; surrounding cozy couches; the smell of fresh drip coffee. The promise of new music playing from student-curated playlists. Campus Grounds was everything I had hoped to discover as a freshman in search of a study spot other than the library. The student-run coffee shop was a treasure chest full of flavor and quirky charm — my own hidden gem. Yet, there are infinite nooks to discover and countless corners to frequent. Here are a few of the hidden gems on the list. The rest are for you to find.

Zick`s Basement

Whether it be a sunny school night or late-night on a Saturday, there’s bound to be a crowd at Zick`s, the on-campus pizza parlor. But while you wait for that tasty flatbread or salad, play a round of pool or a board game with friends. Or you can retreat to the basement, which is complete with TVs and video-game consoles to curl your hanger for the time being.

The Magnolia Room

Just two flights above the Pit lies Campus Dining’s best-kept secret: The Magnolia Room. It’s more commonly known as “The Mag Room.” For just one meal swipe, you’re guaranteed a lunch with white linen tablecloths, a plentiful array of salads, soups and sandwiches and a mint on your way out the door. Aside from weekday lunches, the elegant space is also used for receptions, a cappella concerts and formal.

Davis Field

On a sunny autumn day, hammocks can be found strapped from tree to tree, slacklines wobbling between them like tightropes and students lounging on blankets side by side. Though it lies in plain sight, the sprawling green of Davis Field can feel like a lush new world of its own after a long day spent studying between classes. Be sure to step outside for a minute, take off your shoes and spend some time basking in the sunshine.

May Way Dupliclings

Reynolds Trails are conveniently located just behind the freshmen dorms — a beautiful stroll to the shops and restaurants of Reynolds Village.

But when the Village Tavern has a wait that’s too long or you need a quiet spot other than the library is overcrowded and you need a quiet spot to study or to work, you can order a salmon plate with steamed vegetables and buttery mashed potatoes topped off with a sweet dessert. Various old gold specials rotate throughout the week, but food dollars can also be used to treat yourself to a dinner that transports you to a restaurant off campus without the added expense.

Rocking Chairs on the Balconies of 4th Floor

The five floors of Benson University Center are constantly hopping with activity. As the home to many campus offices, the copy center, mailroom and a bustling food court, Benson can be overwhelming at times. But on either side of the fourth floor are two balconies that provide an escape and a bird’s-eye view of the Pit. Though people may be lounging in the sunlight, the room is usually quiet, and having friends to hang out or sit and read with can help you stay focused.

Campus traditions for your calendar

Before the semester gets busy, make sure to pencil in these fun campus events to round out your Demon Deacon experience.

BY JULIA HAINES
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Many of our campus traditions revolve around our university’s Pro Humanitate spirit, giving students the opportunity to volunteer their time and energy to improve the campus and the surrounding community.

For your inner artist: D.E.S.K.

Every spring, the campus Discovering Education through Student Knowledge (DESC) organization works to give local, impoverished elementary school kids personalized wooden desks. Laying a giant tarp over Poteat field, student groups gather to paint desks according to the kids’ preferences, who often request cartoon characters, flowers or sports.

For your inner athlete: Fit the Bricks

While running in circles may be the definition of insanity, running in circles is a different story. Both students and faculty members create relay teams to compete in this day-long, run all around upper quad, raising funds that raise during classes to run laps with bedpans full of sand. The event raises money for the Brian Piccolo Cancer Research Fund, a cause close to the heart of many Demon Deacons.

For your extra pair of fancy pants: President’s Ball, Wake Frost and Slug on the Mag

President’s Ball gives you a chance to wear that one nice dress/your mom swore you might need. Held in LATV Coliseum every other year, the event offers students and faculty free finger food and danceable music.

If you stick around long enough, you may get to witness President Nathan O. Hatch himself bustling some moves. In the years between, the university hosts Wake Frost in the spring, a dance which is less formal, but just as much fun. Slug on the Mag happens every spring and set up on Heart Plaza with live shag music and, you guessed it, more food!

For your inner pneumonics: Lighting of the Quad

To celebrate the beginning of the holiday season, students gather on upper quad in late fall for warm cider, cookies and a capella performances by a variety of student groups. At the end, everyone lines up around upper quad with candles and passes the light around while welcoming the season through finger pointing.

For your inner kids: Project Pumpkin

Tons of families and kids from the local community come for a fun day of trick-or-treating and carnival games on upper quad every fall. All around campus are events hosted by the event of us students and faculty for: Old Gold & Black Wednesday, August 23, 2017.

For your inner philanthropist: Pro Humanitate Day

Pro Humanitate Day is hosted by the Pro Humanitate Institute every April. Students can sign up in groups or individually to spend the day volunteering somewhere in the local community, whether it be at a food kitchen, in a diaper bank or elsewhere. It is a great chance to get a cool t-shirt and celebrate the university’s spirit.

For your inner landscaper: Rake Forest

Rake Forest, which takes place one Saturday every fall, gives students the opportunity to go to homes in the surrounding community and spend a few hours raking leaves and doing yard work for the residents.

For your inner vandalists: Roll the Quad

After one of our sports teams earns a big win, whether it be in basketball, football or track & field, students rush to upper quad, rifle paper rolls in hand and throw them over the limbs of the trees. For days after, the trees on upper quad look much the same and everyone revives in our recent victory. While some people may have every opportunity to topple some trees, you know it’s the right occasion if the win was against a big, rival team and b) if you actually attended the game/watched the whole thing.

Bistro ‘34

For the best bang for your buck in the realm of on-campus fine dining, look no further than Bistro ‘34. On the same floor as the New Pit, you can order a salmon plate with steamed vegetables and buttery mashed potatoes topped off with a sweet dessert. Various old gold specials rotate throughout the week, but food dollars can also be used to treat yourself to a dinner that transports you to a restaurant off campus without the added expense.
Wake Forest Bucket List

As a Wake Forest student, you most likely innately possess an overachieving spirit that will probably compulsively make you want to complete this list as soon as possible. Just remember you have lots of time between freshman orientation and graduation to mark each item off.

1. See the sun rise from the ZSR atrium.
   If you’re discreet with your laptop screen, only you will know whether that all-nighter was because you were finishing a research paper or completing a Netflix marathon.

2. Attend a performance by the campus comedy troupe, The Lifting Benshees.
   Their creative placement of posters around campus will certainly grab your attention and make you wonder how exactly they managed to get that thing literally 20 feet into a tree or on the ceiling of your building’s lounge.

   They work hard to ensure you have Starbucks caffeine at 1:00 a.m. and Subway at 3:00 a.m. So be sure to thank them, and appreciate all of those snazzy decorations when the Pit does a theme night!

4. Earn a coveted intramural championship t-shirt.
   No one has to know that all you contributed to your 3 vs. 3 volleyball league was moral support from the bench every Tuesday at 11:00 p.m.

5. Pit-sit from open to close. There’s unlimited food, coffee, shelter, wifi and power outlets — the five things any college student needs for basic survival.

6. Cameo in a Dean Shore photo.
   He runs the campus barber shop and in his free time takes photographs at campus events for his Facebook page.

7. Take a trip to Hanging Rock.
   Less than three miles there-and-back, the hiking trail is great escape from the busy, bustling city life of Winston-Salem. If you angle the camera carefully, you might just be able to convince your followers that you hung off the side of a mountain by your fingertips.

8. Complete a punch card for a free drink at Campus Grounds.
   They may open later than Starbucks, and the Hardt’s Hazelnut might just be liquid gold in its purest form, especially when paired with a banana bread from Camino.

   Whether you tag along to rescue some aging bananas from the back of a grocery store, or repurpose some green beans from the Pit, you’re contributing your time, energy to a great cause.

10. Live in a dorm on the Quad.
   It builds character to forgo fancy elevators and spacious rooms for such close quarters. Not only will it take you less than five minutes to sprint to wherever you need to be, but you’ll also have frequent heart-to-hearts while elbow to elbow with your suitemates. Plus, there’s nothing like waking up from your afternoon nap to the sound of the Wait Chapel bells.

11. Use the ZSR Media Room.
    They have a surprisingly impressive collection of movies and tv shows on DVD. Since How I Met Your Mother is rumored to be leaving Netflix by the end of the year, you might just have to check out the box set.

12. Win a trivia night at Shorty’s.
   The burgers and beer (once you turn 21) are great, as is winning a gift certificate for you and your friends!

13. Participate in Humans vs. Zombies in the ZSR.
    There will never be a better reason to go down to the stacks, stake out your spot and let fire with your nerf gun on unsuspecting peers.

14. Win a prize basket in the raffle at Awake All Night.
    Hosted by Student Union in Benson every semester, this event is a great chance to practice your poker skills, get a stuffed animal with a cute t-shirt or try a new carnival game you’ve never had the chance to before.

15. Visit the bells in Wait Chapel.
    You’ll get a great view of campus and Winston-Salem’s skyline, plus you might get to sign your name on the instrument that makes music for you every day at 5:00 p.m.

Have your name published in the Old Gold & Black. Get quoted for our weekly Word on the Quad, write a Letter to the Editor or join our staff!
Cheer on the Deacons for the 2017 season

Check out this year's projected depth chart and schedule in order to prepare yourself for an electric football season and fun tailgates.

**SPECIAL TEAMS**

- Punter: Dom Maggio
- Kicker: Mike Weaver
- LS: Dayton Diemel
- Specialist: Jessie Bates Greg Dortch

**B R E D W I L D**

- FS: Jessie Bates Lukas Masterson
- MLB: Grant Dawson Justin Strnad
- OLB: Demetrious Kemp Nate Mays
- OLB: Jaboree Williams Grant Dawson
- CB: Cedric Jiles Essang Bassey
- SS: Cameron Glenn Traveon Redd
- FS: Jessie Bates Lukas Masterson
- MLB: Grant Dawson Justin Strnad
- OLB: Demetrious Kemp Nate Mays
- OLB: Jaboree Williams Grant Dawson
- CB: Cedric Jiles Essang Bassey

**DE**

- Duke Ejiofor Willie Yarbary Sulaiman Kamara Wendell Dunn
- Paris Black Elontae Bateman Elontae Bateman Chris Calhoun

**NT**

- Justin Herron Phil Haynes Ryan Anderson Pat Osterhage Jake Benzinger Ryan Anderson Nathan Gilliam A'Lilique Terry Jel 'Vionte Nash Ryan Anderson

**RT**

- Cam Serigne Devin Pike

**WR**

- Cortez Lewis Scotty Washington
- Slot WR: Tabari Hines Chuck Wade
- WR: Tabari Hines Alex Bachman
- TE: Cam Serigne Devin Pike
- QB: Kendall Hinton John Wolford
- RB: Cade Carney Matt Colburn

**SCHEDULE**

- Aug. 31: vs. Presbyterian
- Sept. 9: at Boston Coll.
- Sept. 16: vs. Utah State
- Sept. 23: vs. App State
- Sept. 30: vs. Florida State
- Oct. 7: at Clemson
- Oct. 14: at Georgia Tech
- Oct. 21: at Louisville
- Nov. 4: at Notre Dame
- Nov. 11: at Syracuse
- Nov. 18: vs. NC State
- Nov. 25: vs. Duke
- Dec. 2: ACC Championship
## Demon Deacon Dictionary

**B-school** (bee.skool), n. Shorthand version of "Business School" a.k.a. Farrell. Possibly the nicest academic building on campus, and it's only mildly exclusive.

**Bump** (buhmp), n/v. Can be used as both a noun and verb. Refers to either a song that causes especially heightened excitement or a desire to behave in an erratic, enthusiastic manner. E.g. "Just passed organic chemistry, let's bump."

**Chucks** (chuhks), n. Shorthand for the converse tennis shoes worn by all WFU sorority girls to social events. Freshman women should be careful to avoid wearing anything other than neutral colors, as each sorority has its own color of chucks that the members wear.

**Clubway** (kluhb.wey), n. One of several other replacements for the word "Subway." It is the only restaurant open for 24 hours on campus. It's traffic tends to peak post-midnight Wednesday through Saturday.

**Dry** (dahr.tee), n. Day Party

**DKE** (deek), n. Not to be confused with the beloved Demon Deacon or Deac. This is a fraternity, not a man dressed in gaudy coattails.

**GDI/Geed** (jee.deh.ahye/jeed), n. Term used to refer to individuals not affiliated with Greek life.

**LR** (el.ahr), n. 1. Last Resort, a commonly frequented bar for students over 21, especially on Thursday nights

**Mountain/Beach Weekend** (moun.tn/beeh.week.end), n. A weekend trip to the mountains in the fall or the beach in the spring that are usually hosted by Greek organizations. These usually involve painted coolers and lots of dino nuggets.

**Narp** (narp), n. "Non-athletic regular person," a term used by athletes to refer to the less athetically inclined students.

**North Pit** (nawrth.pit), n. Located on north campus, seemingly miles from the freshman dorms, the north pit is essentially the regular Pit on steroids. While the cuisine is generally comparable, the ambiance is far more sophisticated.

**Pit** (pit), n. The Pit will be the one constant in your life during freshman year. Friends will come and go, but the pit will always provide predictable food options and a space for socialization and studying.

**Pitsgiving** (pits.givin), n. the best day of the year where the Pit serves Thanksgiving and the entire school crams into the Pit.

**Pit Sit** (pit sit), v. When a group of individuals, often acting as a group working in shifts, occupy a section of the pit for the duration of a day to maximize the amount of food they get for their pit swipe. Students will swipe in for breakfast, socialize and complete some easy homework until it's lunch time again.

**Sexiled** (seg.zayl.d), adj. To be kicked out of one's room for one's roommate to engage in certain acts of experimentation.

**Wake Wednesdays** (weyk wenz.deys), n. when students choose to go out and party on Wednesday nights

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