Hillel observes the Jewish High Holy Days

Organization for Jewish faith and culture celebrates Rosh Hashanah, Yom Kippur and Sukkot

BY LILY WALTER
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Last week marked the beginning of Rosh Hashanah, the Jewish New Year, and an uptick in Hillel's activities on campus. Hillel is a student-run organization with the goal of cultivating a rich Jewish life on campus for those practicing the faith and those who are interested in learning about other religions.

The Hillel organization began in 1923 with the goal of helping educate college students about their Jewish faith and culture. It has spread to 550 different campuses and 56 different countries, according to the website. Hillel came to Wake Forest 20 years ago and the chapter was named by the Rosenblatt family in 2015.

"A lot of times people think it's just religious, but it's actually a very social group," Gail Bretan, director of Jewish life on campus, said.

She went on to explain that Hillel hosts a Shabbat supper twice a month in the basement lounge of Collins. They celebrate the Sabbath together, a holy day of rest, by eating a meal as a large group after some blessings are shared by the board members. Typically 40 to 60 students show up each week.

"We try to bring in different students and bring our non-Jewish friends along to these gatherings because of the good food and welcoming environment," Senior Jamie Lichtenstein is the president of Hillel this year. She and the other members of the Board are responsible for planning events, which include social gatherings and services on the High Holy Days of the Jewish calendar. Most of the students involved with Hillel have a Jewish background, but some like Daniel Daniel said. "Each year the event has included, but were not limited to, a salsa dance, Afro-Peruvian dance and music, a group that celebrates Latin culture, an inclusive dance group on campus, also represented a series of performances from different student groups. These included, but were not limited to, a salsa routine from Ritmo Latino, a dance group that celebrates Latin culture, an "Afro-rhythmic" performance from AFRICASA and a series of spoken word poems from Can-I-Poet addressing cultural identity. One of the two speakers, freshman Cassie Ball, shared a piece titled "Grandfather Says.

"This piece is about how a lot of times we look for culture in faraway places, but sometimes culture is right in our own home," Ball said.

The Momentum dance crew, an all-inclusive dance group on campus, also performed two numbers for the crowd.

I enjoyed performing in front of my peers and feeling supported at Wake Forest," freshman Hannah Schmidt said. "It was an honor to be given the opportunity to perform alongside the other talented dance groups on campus. Everyone is extremely supportive of one another and it creates a special bond between the dancers."

In between student performances, professional performer Marcos Napa took the stage to perform and discuss Afro-Peruvian dance and music, a popular genre in Peru. He introduced an array of musical instruments specific to Peruvian culture, and interacted with the crowd to teach dance techniques.

In tandem with the performances throughout the event, the IC provided multiple other activities for entertainment. To promote visitation of the different student organizations, the IC provided students with a "passport." Once it was signed by all six stations, they would be placed in the running to win a raffle. Guests could also play games such as "Name that Country," take photos in the photobooth, and get a professional henna tattoo.

"The Intercultural Center hopes that this event celebrates global cultures and traditions and cultures that are cherished by our students. Each performance and table showcased a small piece of passion which we hope is appreciated by the crowd," McDaniel said.

In addition to enjoying music and dance performances, students tasted food from all over the world. Above, students hold signs showing their names written in Arabic.

World Culture Fair featured food, music and dancing representing international cultures

BY OLIVIA FIELD
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During the ninth annual World Cultural Fair, students gathered at Manchester Plaza to celebrate culture, cuisine and choreographed routines representing countries from around the world. Taking place on Sept. 22 from 5:30 p.m. to 8 p.m., this event was planned by the Intercultural Center (IC).

"The goal of the World Cultural Festival is to showcase the variety of culture that Wake Forest has to offer," IC program coordinator Ja'Mahl McDaniel said. "Each year the event has given space to many culturally-based student organizations, departments and local partners to share their talents with our Wake community."

In order to promote a cross-cultural experience at the fair, students were able to freely sample food representative of multiple different countries and regions. Ranging from Caribbean to Mediterranean food, tables were filled with savory dishes and sweet desserts such as vegetable korma from India and baklava from the Middle East.

To pair with the culturally-distinct meals, international student groups also gathered on the plaza to promote awareness of their culture and membership. The clubs present included the South Asian Student Coalition and the African and Caribbean Student Association (AFRICASA), to name a few. Along with student groups, the French, Spanish and Italian departments were present.

While attendees learned about different student groups and enjoyed the various food stations, the IC presented a series of performances from different groups on campus. These included, but were not limited to, a salsa routine from Ritmo Latino, a dance group that celebrates Latin culture, an "Afro-rhythmic" performance from AFRICASA and a series of spoken word poems from Can-I-Poet addressing cultural identity. One of the two speakers, freshman Cassie Ball, shared a piece titled "Grandfather Says."

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Service is a crucial part of the Wake Forest Experience

In light of the annual Hit the Bricks on Thursday, Sept. 28, the Editorial Board of the Old Gold & Black would like to stress the importance of and impact that philanthropic events, such as this one, Wake N’ Shake and Project Pumpkin, not only have on the foundations for which they are raising money, but also on the sense of community they build on campus. Wake Forest students have an obvious passion for service and community engagement, a vital part of the student experience.

Wake Forest’s motto, Pro Humanitate, places a special responsibility on the Wake Forest community to serve and engage our with community. We want to reiterate the importance of service on this campus and the impact that Wake Forest has in Winston-Salem and the U.S.

It is the duty of Wake Forest students to use their time here as a commitment to follow out the motto of Pro Humanitate. It is the duty of Wake Forest students to use their time here as a commitment to follow out the motto of Pro Humanitate. Wake Forest has a plethora of service and philanthropy events each year ranging from the Pro Humanitate Institute to events that are unique to Wake Forest like Project Pumpkin and Wake N’ Shake — all of which have helped to form us as engaged Wake Forest students. Within the last month, communities both domestic and abroad have felt incredible devastation as a result of natural disasters. Hurricanes Irma, Harvey and Maria as well as two major earthquakes in Mexico have caused unparalleled destruction for citizens in the areas worst hit. As a community, Wake Forest has actively participated in campaigns to aid and help those in need. These are just some of the ventures the Wake Forest community takes.

Many programs involving justice come from the Pro Humanitate Institute (PHI) which is led by executive director Marianne Magiaka, who serves as the Assistant Dean of Students. The PHI mission statement strives to transform the university motto to “an explicit mission connected to clear practices with meaningful social justice outcomes.”

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DESK, Hit the Bricks, Project Pumpkin, Wake ‘N’ Shake, Campus Kitchen, BRANCHES Social Justice Retreat and Wake Alternative Break are some of the programs or organizations that PHI oversees. These social justice or philanthropic projects are all staples of the Wake Forest experience.

Avenues for engagement are all around, so there’s a variety of opportunities for students to get involved with causes about which they’re passionate. Because there are so many different opportunities for service, its necessary that many students get involved to make an impact. The collective effort in changing our community has and will continue to shape both our campus and Winston-Salem.

So we urge all students to remember their role on campus and the influence students have by getting involved by forming stronger community ties with their fellow Deacs and their fellow Winston-Salemites.
Deacon Profile: Connor Buck

BY ERIN STEPHENS
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After quitting the track and cross country teams his freshman year, junior Connor Buck wanted to find another passion to occupy his time. As a result, he and a group of friends started a clothing company called The Forest Co., whose mission statement is to "take in the beauty of the environment around us, while also trying to play our part in conserving it."

The Forest Co.'s website features Buck's photos of people wearing the company's products in beautiful natural settings. In addition, 10 percent of the company's proceeds are donated to The Puerta Project, which will buy supplies to build stoves and hire people in Puerta Aboja, Guatemala to install them in their homes.

So, when did your idea for The Forest Co. come about?

Towards the end of freshman year.

I read on your "story" page of your website that the idea was created in a dorm room. What was that moment like?

So we were in Bostwick.

All good stories start in Bostwick.

Exactly and one of my friends was like, "Guys, I've had this idea to start a clothing company for so long. And we were like, "What would you call it?" And at first he said "Forestry" and we got behind that really quickly. And then we did some homework and saw that someone had already created a "Forestry" company.

So I was like, what about "The Forest Co.?" It's pretty similar but also different. And it was literally just an overnight kind of thing. It went from an idea to something we thought we should actually do.

How does photography fit in the mix of all of it?

So after I quit the [track and cross country] team, I was trying to figure out what else I enjoyed. Because probably from middle school up until that moment that was all I did. So, after I quit I was forced to wonder — what do I enjoy? What are my passions? I always enjoyed being out in nature, like going on hikes and things like that.

So one day I was like maybe I should take up photography? You know, I thought that would be a cool thing to do — to be able to capture nature and things when I go out. And I think that was a big part of us continuing with this. Because both me and my friend are huge on nature and we go out and do new things as much as we can. And I think the photography aspect was helpful just to be able to document what we were doing. And not have our iPhones be the only thing we had to do that with.

What's been one of your favorite moments on one of the trips you've had?

Ironically enough, usually my favorite trips are when we don't bring our cameras and stuff like that. We kind of just go out and hope we find the place we're looking for. And that's usually the best days that we have because we can always just sit down, hang out, set aside everything else and talk about whatever comes to mind.

I feel like there's also something to be said for not taking pictures of a place that you come across, because for that moment it's yours. You're truly there in that space by yourself.

Yeah, over the summer our big thing was trying to find waterfalls — because up in New York there's a ton of waterfalls everywhere. We'd been to a bunch before but we wanted to try and find all the ones we hadn't been to. And so, in those moments when we didn't bring our cameras and we got there we were like, "Okay, this is our waterfall for the day. We're going to name it. This is ours, no one can take this away from us."

What else were you up to this summer?

I actually had a night shift job at a wine and liquor factory. It was the hardest job I've ever had.

Wow, that sounds so difficult. I would ask what a typical day is like, but what is a typical night like there?

So you start at 7:30 p.m. And probably for an hour you're making boxes because they have the cases of wine and liquor but they also have separate bottles. But that isn't that bad, it's actually pretty easy.

And then after that you go to your loading dock and then literally from about 8:30 p.m. until you're done with the work for that day you're just loading trucks. From the ground usually higher than my head. So probably six to seven and a half feet up that you're stacking. It's supposed to only be 7:30 p.m. to 6 a.m. but it could be anywhere from 6 a.m. that you get out to 10 a.m.

What is something you think you learned through that job?

Just that hard work pays off really. I hated the job because it was so hard. But it was one of those things where I wasn't going to earn that type of money anywhere else. None of my friends were.

It was one of those things where I just had to swallow my pride and focus on the fact that I just had to make money to have something for when I went back to school. There were only a few other college kids working there, and only one other one that stayed the whole summer with me.

But there were people from the age of 19 to 50 or 60 and most of the people there didn't have a college education. But since you're working with someone new pretty much every shift, pretty much every person I talked to was like, "Stay in college, get a degree." It's definitely eye opening.

Sorry to rewind, but I have another question about the Forest Co. When you started with the first idea of forestry, was it intended to be about Wake Forest or the forest in general?

It was a mixture of both, yeah. When we started with the idea of it we were really hoping to do some things that pertained to the school. But then we realized how hard that actually is.

My dad is a businessman and so I talked to him quite a lot about it. And he pointed out that if we wanted to do a lot of stuff, like have Wake Forest on our shirts or if you wanted to sell it on campus, there are a lot of hoops you'll have to go through to get to that point.

So we kind of dropped that idea of Wake Forest for a while and then made it solely about the forest and being out in nature. But we're definitely hoping that one day we can bring it full circle because this is where it started. So it'd be really nice to be able to do something like that.

How do you see The Forest Co. differentiating itself from other companies and filling in the "white space" in the clothing industry?

I think the big thing is something that we started over the summer. One of my good friends here, John Nagell, has a sister who goes to Davidson. And she started her own nonprofit organization called Puerta Project. So me, John and Matt went to Davidson one day just to go hang out with Blair.

And she and I just got to talking and we were like, "What if we teamed up? What if every sale that we made, we had a certain percentage go to your organization?" Because I saw what she was doing, I really liked what she was doing — I thought it was brilliant. I really wanted to get her organization's name out there a little bit more, and at the same time get our stuff out there too.

What exactly does the Puerta Project do?

Well once they raise enough money, they will go to Puerta Aboja, Guatemala. What they do is they buy supplies to build stoves in all of the homes. But instead of building the stoves in the homes for everyone, they actually pay the people of the town to build them themselves. A lot of organizations go in there and just do things for the people of a community without empowering them.

So she's helping them teach how to make the stoves. It's all about a healthy lifestyle and being able to progress there. So not only is she doing that, but she's trying her best to give jobs to the people there. So I saw that and I was like, "I want to be able to help with her project."

Where do you see The Forest Co. heading in the future? Would you want to pursue it after graduation?

I think I do. I know that the road to success is quite a long one. I remember freshman year when we came up with the idea we were like, "We want to be the next Patagonia or North Face."

But we realized very quickly that it's quite hard to actually do that. You just have to be patient. We're really trying to find that balance where we're really giving our all to it, but not putting all our eggs in that basket.

I think if we just try and keep that going, continue slowly growing and keep trying to continue coming out with more and more and more, that's all I can ask for.
Circulated emails cause campus concern

Publications Committee meeting raises questions over student journalistic independence

BY KYLE TATICH AND ERIN STEPHENS
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On Friday, Sept. 22, the Publications Committee of Wake Forest held its first meeting in two academic years, in what was intended by Committee member and Associate Dean of the College, Tom Phillips, to be both a social event and general discussion of what challenges and opportunities student editors face.

As stated in the invitational email sent to elected faculty and student representatives, "The Publications Committee exists to support campus publications and the students who produce them." Per the description of faculty committees listed on the university website, the Publications Committee meets "once per year or infrequently," labeling it as a light time commitment for the elected faculty involved. The Committee, chaired by professor Remi Lanzoni, is composed of one faculty member from each academic Division and one representative from the School of Business.

During the hour-long meeting, Robert Bliss, the Committee representative from the School of Business, shared his opinions regarding the various chartered student publications on campus. Both Rachel Howland, Editor-in-chief of The Howler, and Becky Swig, Print Managing Editor of the Old Gold & Black, represented their respective publications.

"I was optimistic and hoped that the people at the meeting would be able to offer interesting and applicable advice on how publications can improve on campus," Howland said. "As an Editor-in-chief for a yearbook that I am proud of, I felt attacked in certain aspects of the meeting and especially in the response I got in the follow-up email."

The email Howland refers to is one sent by Bliss on Sunday, Sept. 24, which shares, in-depth, his thoughts that were prompted as a result of the meeting.

"Right now, with a failing yearbook, and a troubled student newspaper, WFU is not an exemplar of a vibrant environment for student publications. Maybe the students just do not care," Bliss said in his closing statement.

However, since the email was sent, students have reached out to the Old Gold & Black expressing concerns asking about the context and implications of this email. These students were not original recipients of this email, but given the easily transferable nature of this medium of communication, it was circulated to other students and faculty. When asked for further comments on his email, Bliss declined.

"One concern that has surfaced in the wake of the meeting and circulated emails is the concept of journalistic independence and what it means to student publications."

In his email, Bliss wrote, "The Howler appears to have an existential problem. This is a long-term issue and beyond the competence of the students involved in the publication to solve on their own." In regard to the campus newspaper, he said, "I have always thought the OGB to be an amateurish student publication" and one that "lacks adult supervision."

In response to the email, Phillips said that one faculty member "did not speak for the Committee as a body and a whole" and "the Committee members have no interest in and no authority to intrude on the editorial independence of the Old Gold & Black or other chartered publications."

Other members of the campus community outside of the Committee share similar sentiments.

"To me, having an independent student newspaper means having a student newspaper free from editorial oversight by non-students," said Adam Goldstein, Dean of Students. "Editorial oversight by faculty or staff would inhibit the intellectual expression of ideas by students, a value we promote as part of our educational mission."

Phoebe Zerwick, Director of Journalism and advisor to the Old Gold & Black echoed Goldstein's comments.

"Students need to be able to hold universities accountable," Zerwick said. "I don't think that the Publications Committee should be overseeing or in any way interfering with student publications. Whether that's the OGB, whether that's the Wake Forest Review, whether that's The Howler, whether that's the Odyssey, I think we need a free student press on our campus."

As a diverse community with varying ideologies, opinions and interests, each student publication intends to serve a unique purpose on this campus.

In addition to criticizing chartered publications, Bliss brought up an unchartered publication, the Wake Forest Review, into the conversation via email, saying, "it should be accepted and provided the same visibility on the university's web site as the OGB." Lanzoni disagreed.

"While [the Wake Forest Review] is indeed in its format quite proficient and serious in appearance, the content and delivery is problematic for an endorsement on a college campus," Lanzoni wrote in an email. "Therefore, at this point, once again, I fully understand the reason why this type of publication cannot be endorsed by Student Government and funded by the Student Budget Advisory Committee.""
Hillel: Goal is to create a welcoming Jewish community

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by celebrating Sukkot, the holiday of harvest. They will build a Sukkah, or a hut, together and share a meal in it as a group. Students like Lichtenstein enjoy celebrating these days together because "it's nice to bring the traditions to school."

Wake Forest's Hillel works closely with other faith-based organizations on campus through the Interfaith United Team. This group includes the Muslim Student Organization, the Episcopal student group, the Baptist Student Union, the Lutheran student group, Presbyterian Student Fellowship and the Catholic community. These student groups come together and have large community events.

Amit Nir, sophomore and board member said, "I am involved in Hillel because I want to grow and improve the Jewish life here at Wake Forest. I am not religious, but after a few months here I realized the importance of having a strong Jewish life presence on campus especially with all the anti-Semitism going on around the world. So I decided to become part of the board so I can help make Hillel better and have a bigger presence on campus."

Both Bretan and Lichtenstein agree that the end goal of Hillel is to create an inclusive and fun community on campus that welcomes students and helps them learn more about Jewish culture. "We support Jewish students as they live their personal and communal Jewish journeys," Bretan said.

Museum of Anthropology exhibit celebrates Day of the Dead

Artifacts from traditional Mexican holiday confront life after death

BY JACK PORTMAN

The Wake Forest Museum of Anthropology is currently displaying its annual exhibit celebrating Dia de Los Muertos, the Day of the Dead. Observed from Oct. 31 to Nov. 2, this traditional Mexican holiday emphasizes life after death and the spiritual journeys of those deceased.

The exhibit's design is purposefully emblematic of the vibrant public marketplaces that appear in the days prior to the celebration. Most observers purchase the necessary paraphernalia in these temporary public markets, investing large sums in materials for decoration, offering and gift-giving.

The exhibit curates a vast collection of sugar skulls. The history of these symbolic delicacies coincides with the increasing prevalence of skeletal imagery. The practice of selling statues composed of sugar, often referred to as alfeñiques, has prevailed since at least the 1700s. Initially resembling human and animal figures, the increasingly common skeletal imagery now associated with the holiday quickly influenced the craft to such an extent that sugar skulls are now almost synonymous with alfeñiques. Intricately designed sugar skulls are often displayed on alters, but may also be given as edible gifts to children.

Just as colorful sugar skulls celebrate the abstractly spiritual nature of death, Mexican folk art celebrating Day of the Dead confronts death as naturally beautiful, peaceful and colorful, and has attracted international attention. The eclectic saturation of color portrayed in ceramics, papel-maché, sugar and paper picado, presents a non-morbid celebration of death contrary to the mournful perspective taken by other cultures.

A meticulously constructed ofrenda celebrating notable Mexican Folk artists Diego Rivera and Frida Kahlo is the exhibit's primary feature, and illustrates the celebratory nature of Day of the Dead. Ofrendas are "offerings to the spirits of loved ones who have passed away," and typically incorporate photographs of the deceased, personal affects, candles, religious symbols, flowers, sugar skulls, food and drink. It is believed that the souls of the deceased, upon returning home, absorb the "smell and essence" of the food and drink offerings. It is after this that the offered meal is consumed by living family members in a joyous celebration of life and death.

Bouquets of flowers often varnish familial ofrendas, representing the brevity of life and helping to guide spirits home, with candles representing hope and faith to light the way. The exhibit's ofrenda to Rivera and Kahlo includes three sugar skulls which represent the Holy Trinity, as well as a figure of Jesus. As Rivera and Kahlo were married, the display also includes a small statue of a skeletal bride and groom, which appear almost comical yet entirely reverent and joyful.

While this appealing diffusion of solemnity and celebration has garnered widespread popularity, commercial industry in the U.S. has in recent years compromised the tradition by capitalizing on its aesthetic appeal. The skeletal imagery once unique to Dia de Los Muertos can now be found year-round on a variety of unrelated items, and objects manipulating the style of Mexican folk art are sold amongst Halloween decor in large retailers. To many Mexicans and Mexican-Americans, this represents cultural appropriation as, according to the museum curators, "removing the imagery from the context of the celebration and seeking to profit from the rich cultural tradition jeopardizes its authenticity."

While this perversion of traditional symbolism does represent cultural appropriation, the museum curators do add that this may indicate a broader inclusion of Latino influence in the U.S. social and economic mainstream.

The Museum will continue to display "Life After Death, The Day of the Dead in Mexico," until Dec. 8 and presents text in English and Spanish.

The exhibit features a large collection of sugar skulls, which are a common Day of the Dead treat for Mexican children.

Photo courtesy of Jamie Lichtenstein

Hillel, which has been a part of Jewish life on campus for 20 years, is currently celebrating a series of three fall Jewish holidays.
New MindfulWake program offers Reynolds Gym relaxation

Students, faculty and staff learn to incorporate mindful practices and meditation into their daily routines

BY REESE MARKLAND
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The ring of three bells signaled the start of a 20 minute meditation.

Students who attended the MindfulWake meditation session led by Chaplain Tim Auman on Monday, Sept. 25 sat throughout the quiet room, on mats on the floor or in chairs. Before beginning, Chaplain Auman briefly discussed with the group the goals of this meeting and the importance of mindfulness in daily practices as a combatant to everyday stresses which can cause irritability, anxiety, sleeping issues and eating problems.

It's a common misconception that to meditate is to think about nothing at all. Instead, MindfulWake’s sessions encourage students to focus on their breathing and purposeful thinking when distractions vie for their attention.

"It was really relaxing and nice to take an hour out of the day and not think about classes or emails or your phone," said senior Chris Caswell.

The Chaplain’s Office and THRIVE have launched the MindfulWake program, a new initiative which will allow students, staff and faculty to take a more active role in their health and mental wellbeing.

Mindfulness is the ancient practice of cultivating nonjudgmental awareness in day-to-day life," Auman said. "We believe that being fully awake in each moment leads to peace and well-being.

The program is developed in response to a perceived increasing prevalence of stress in the daily lives of students, staff and faculty, and offers several meditation and mindfulness classes throughout the week, ranging in focus and duration.

Each week meditation is offered on Mondays from 4:30-5:30 p.m. and Wednesdays from 12-12:30 p.m. at the Wellbeing Center in Reynolds Gym.

MindfulWake also offers mindfulness-based stress reduction trial classes with a different theme each week. "Awareness of Eating" will be offered on Oct. 5 from 3:00-4:00 pm in the Wellbeing Center of Reynolds Gym.

"I thought it was going to be something different than it actually was," said Eva Little, a Wake Forest graduate student. "This class is a very introductory, beginner class. [Auman] is very good about putting you through the very basic concepts of meditation and not restricting too much what you are allowed to do or think about during the session. If there is a weak spot in the program, it is that they could explain about what the restrictions are within your practice, there's a certain way to do things, and a lot of time I found myself doing things just because I thought that's what I was supposed to be doing in a meditation class."

Spring course to explore public education within community

EDU 103 will give students the chance to better connect with the communities they work with

BY ELIZABETH MALINE
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Beginning directly after fall break, students will have the opportunity to enroll in a newly created class that aims to prepare them for education-based community service.

According to education professor Alan Brown, many students majoring or minorig within the department felt unprepared and failed to make connections with adolescents in communities around Wake Forest because of their different needs and diverse backgrounds.

Additionally, according to Shelley Sizemore, director of Academic Programs and Community Engaged Research as part of the Pro Humanitate Institute, she will be teaching EDU 103 because education-based service opportunities are among the most popular at Wake Forest.

This course is designed to provide students with an understanding of the inner-workings of public schools, best practices in community engagement, self-awareness and cultural competence.

The class will include coursework that focuses on "understanding the landscape of public education, applying best practices for community engagement and developing increased cultural competence." The class is meant to be a starting point for students who have limited experience working in the community in this way, as well as a planning and personal development opportunity for students who have prior experience.

However, Sizemore also said that just because students are motivated to participate in this type of community engagement or have prior experience in this area does not mean they are intrinsically prepared to do so.

"For many Wake Forest students, their educational experiences looked pretty different from the experiences of the students they are working with," Sizemore said. "I believe that additional context about an environment always improves our ability to be effective in the community because it helps us to see things from perspectives that are not our own.

If a student decided to enroll in EDU 103, he or she could expect to receive an "overview of public education and how it functions locally as well as a review of some of the most salient challenges for students today."

They could also expect to learn more about effective community engagement as well as how to develop skills for communicating and managing conflict in various situations.

At the culmination of the course, students will be asked to complete a final project centered on creating a community engagement plan that each student will write in response to a contemporary issue in education of their choosing, such as literacy. This way, students will leave the course with a specific plan for their continuing work in education-based service.

Whether students want to become part of tutoring programs, mentoring programs, or programs such as Teach for America, EDU 103 can be a valuable prerequisite for participating in these projects. EDU 103 will meet Wednesdays and Fridays from 12:30-1:45 and is 1.5 credits.

To enroll in the class, interested students should contact Shelley Sizemore.

WAKE IN A WEEK

Hit the Bricks
Time: Sept. 28 from 11 a.m. to 7 p.m.
Location: Manchester Plaza
Come run laps around the Quad in support of the Brian Pie-regex student.

Las Krudas Workshop
Time: Sept. 28 at 2 p.m.
Location: Pugh Auditorium
Attend an informal workshop with an activist hip-hop duo from "Cuba. They raise awareness via "conscious music."

Emily Griffin: Presentation and Signing
Time: Sept. 28 at 7:30 p.m.
Location: Brendle Recital Hall
Emily Griffin is a Wake Forest alumni and author of eight New York Times bestselling novels.

Journeys to Success with Diane Guerrero
Time: Sept. 28 at 7:00 p.m.
Location: Pugh Auditorium
American actress and author Diane Guerrero is also an advocate for immigration reform.

Pizza with a Police
Time: Sept. 29 from 11:30 a.m. to 12:30 p.m.
Location: Zick's Patio
Come chat with the University Police in an informal setting and enjoy some pizza.

 Oktoberfest
Time: Sept. 29 from 5 p.m. to 7 p.m.
Location: Manchester Plaza
Oktoberfest is an authentic German festival known for hearty food, music and games.

Save a Life
Time: Oct. 3 from 8 a.m. to 12:30 p.m.
Location: Farrell Hall, Ben Beatty Colloquium
We are partnering with the Red Cross to offer support to the blood shortage following the hurricanes in Texas and Florida.

"The Price is Right": Deac Edition
Time: Oct. 3 at 4 p.m.
Location: Reynolds Gymnasium, Living Room
Play your favorite games from "The Price is Right" and learn about financial literacy. There will be prizes and Thrive swag.

Code of Conduct Listening Session #4
Time: Oct. 8 pm to 9 p.m.
Location: Pugh Auditorium, Benson
This listening session will discuss changes to the Code of Conduct regarding violations and sanction framework.
Students explore opportunities to study abroad

Wake Forest's many programs allow students to pursue academic credit abroad

BY EMMY LAFI
Staff Writer
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Carrying brochures advertising adventure and pamphlets promising world-class experiences, Wake Forest students wandered between displays and representatives that shared information concerning study abroad programs available to undergraduates.

On Tuesday, Sept. 26, the Center for Global Programs and Studies held its fall Study Abroad Fair. Advocates from Wake Forest and affiliate programs shared information and answered questions concerning study abroad programs. While students can conduct research independently, the fair offered more personal advice tailored to each individual student's needs.

"I met with an ambassador and looked online a bit, but I'm trying to figure out what preference is best for me here," said sophomore Kate Cowie. "My priority is to find classes that fulfill my major requirements, and then I'll decide on the location."

Sophomore Perry Myers and Abigail Anderson expressed that they were happy to finally drive in Saudi Arabia. This is the latest change in a series of progressive changes that have been happening since the rise of Crown Prince Mohammed bin Salman.

The Saudi Arabian government will have until June 24, 2018 to issue the final decree. A committee was formed to implement the new decree.

On Tuesday, a royal decree was issued that will allow women to drive in Saudi Arabia. This is the latest change in a series of progressive changes that have been happening since the rise of Crown Prince Mohammed bin Salman. A committee was formed to implement the ruling and a woman's ability to drive in Saudi Arabia wiil never be the same again.

Southwest Airlines apologizes for forcibly removing a passenger

A video, taken on Tuesday evening, surfaced and showed a woman being pulled off a Southwest Airlines flight. Amid the flight were two dogs — one which was a service animal and one which was a pet. The woman said she had a life-threatening allergy to dogs and asked for them to be removed. However, the woman did not have the medical certificate to prove her allergy. Southwest Airlines policy states that they reserve the right to deny boarding to a passenger if they report a life-threatening allergy without a medical certificate and cannot travel safely with an animal.

The woman refused to deboard the plane and law enforcement had to remove her. Southwest Airlines has issued a public apology for this woman and stated that they will be contacting her directly to address her concerns.
It is acceptable to not miss people from home

While at college you can not miss someone and still love them and be yourself

Lillian Johnson
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Since the beginning of this new semester, I’ve seen countless social media posts, comments and responses from friends about how much they miss [insert name here]. Normally these words are accompanied by a combination of various emojis: hearts, kissing face and/or crying face.

Just the other day, I was on Facebook and received a notification that it was a friend from high school’s birthday. Several posts from other people wishing her a happy birthday appeared on my feed. Most of her loving birthday wishes included additional sentiments such as “I miss you” or “missing you lots and lots!” I couldn’t help but sit at my computer and wonder how much of these were real, heartfelt feelings or how much of these were just common courtesies to save face.

It’s important to remember a common problem of the 21st century and the socio-digital age: what people post and say on social media isn’t often what they really mean.

I do my best to keep this in mind so that when perusing social media, I take everything with a grain of salt. But, I know that I don’t always do a good job of saying what I mean.

One of my best friends from high school began college this fall. Last year she expressed how much she missed me with not having me around and I reciprocated those same feelings then when they were actually occurring.

When she and I were recently texting each other, she told me how much she misses me now. It didn’t feel accurate for me to say back, “aww I miss you too” — although that is exactly what I said in response.

Because the truth is, which I hope my friends and family don’t hate me for admitting, I don’t actively miss anyone right now.

More importantly, the absence of someone in our daily lives does not necessarily mean we have holes. Regardless of where I am or who I’m with, I am a whole person on my own. It is so vital to be confident in one’s own being. The people whoever’s presence I am currently in only elevate myself and expand my overall whole-ness. As for the people whose presence I am not in, I am able to reminisce on the memories we share to bring myself joy.

Humans are a species that are meant to be simultaneously independent and codependent. This is a weird paradox. We are supposed to be independent and be able to function on our own. We are also supposed to want to other people’s presence even though we can’t always have it (and express this want often, and in the 21st century, on social media).

This intertwining of two polar opposite needs makes missing someone (or not missing someone) so complicated.

Taking a break is vital for the stabilizing oneself at college

Taking care of yourself is an important component of achieving success at Wake Forest

Henry Bonilla
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Last year was a difficult year for me as a student. School work seemed to pile up into mountains, extracurricular commitments felt uncountable and I felt like I just couldn’t catch up. It felt like my day consisted of waking up, going to class, going to my activities, doing homework, realizing it’s 3 a.m. and laying in bed thinking of everything I need to get done before my eyes closed from exhaustion.

Stress and the compulsion to get as much work done as possible had been a routine aspect of my life that Thanksgiving, winter and spring breaks felt unnatural. I felt guilty for not doing work for one day. And this sentiment is not something unusual among college students.

A USA Today article noted: “According to the 2015 National College Health Assessment, 30 percent of students reported that stress had negatively affected their academic performance within the past year, and over 85 percent had felt overwhelmed by everything they had to do at some point within the past year.” These numbers may actually seem to be skewed slightly low when one considers the strenuous academic environment at Wake Forest.

But one day, I realized something important. My wise old roommate imparted upon me a piece of wisdom while sitting in his underwear playing League of Legends.

“Heyo, man. You should take a break.” I heard this every single day from him, but one day it just struck me.

Everyone knows you can only go full productive version of yourself. As stated by Alex Lickerman M.D. in Psychology Today, “The difficulty in [taking a break] may be compounded by the extra anxiousness we feel at turning our minds away from our problems temporarily but, like sleep, such breaks not only make us more capable of managing stress in the short term, but also help us develop the inner strength that makes us feel less stressed in the long term.”

As students whose lives are immersed in responsibility, we need to find the courage and self-respect to set aside time for ourselves, to just take a break. Not only is this necessary for our general mental health, it is necessary for helping us appreciate being students at Wake Forest. We need to take care of ourselves now, no matter how inconvenient or unproductive, in order to take care of our future selves and our general happiness as students.
Opinion | Old Gold & Black

Wif(cox) Be Right | 2020 campaign

Al Gore should consider another presidential run

Al Gore could potentially be the solution to a struggling Democratic Party

Amanda Wilcox
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The heartrate and distress of the 2016 presidential race still remain as intense as if the election happened yesterday. If you don’t consider yourself an election junkie, you might find it unnecessary we are now only a little more than a year from the start of the 2020 campaign. Considering the deeply felt antipathy on the left for President Donald Trump, it’s hard to imagine that there won’t be a veritable stampede of Democrats throwing their hats in the primary ring once the November 2018 midterm elections conclude. In some ways, it feels as if the election has already begun: President Trump, whose behavior is predictably similar to Candidate Trump, has been holding campaign-style rallies and attacking his political adversaries. One Democrat, Congressman John Delaney of Maryland, already declared his candidacy.

Over the next few years, the Democratic Party will have some tough work to do. It will face enormous pressure from its voter base to prevent Trump’s damaging agenda from becoming law. But in order to have a viable message in 2020, it will need to come up with some concrete policy solutions that have more substance than just “tax.”

All is Ferr(er) | Interviews

Interviewing should be approached as a conversation

When going to an interview, you should think of it as a conversation instead of a formal Q & A

Kyle Ferrer
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I’ve just started to dip a toe in the job world — the one with interviews, resumes and implications. The conversation is in the nascent stages of shifting. It is, and will be, a shift from getting into academic institutions to positioning an exodus out of them. Leveraging academic styles calls for different sets of questions. My point is that it erases perspectives that feel like the start of a sort of tightening.

As interviews boom, there is a preoccupation with decorum and myopia that is limiting. Of course, it is essential to learn how to conduct oneself in a professional setting, whether it be interview, actual workplace or what have you, but I’m talking about something that is being forged at a more elemental level. It is like the extreme of business conduct, wiring that is put into place as a bulwark against digression.

It seems, when people talk to me about interviewing for jobs, they are bogged down in what I call conversational myopia. It is as if there is a script for interviewing, a laundry list of buzzwords that are supposed to make seemingly organic appearances in an interview for it to be successful. I have heard it accurately described by Guy Debord as “an integrated and diffuse apparatus of imaging, and ideas that produces and regulates public opinion and discourse.” This is a bit verbose, but it does make a point. What is being described are words that show the prepared, calculated amount of naive and acumen, knowledge but also willingness. This is nice, to be armed with words you think people will want to hear, but it also puts a ceiling on potential. It prevents the possibility of a protean dialectic.

It is a symptom of our time to want to go all in on the new thing. But newness by the nanosecond means the last “new” thing hardly has time to leave any residue or have much resonance. Repeated expectation, and sometimes deliverance, of innovation fosters a complete abandonment of anything remotely or relatively “old.”

This enfilade of newness marries itself to the idea of going all in, all the time, on these new things. Since there isn’t much time to process what was just here in relation to what has just come, we decide to go full-bore into the advent of the immediate.

My point is that it erases prescriptive, detracts from comprehending the “gesamtkunstwerk,” or total work of art, as it is called in Art History. So in relation to interview technique and business conduct, once someone claimed to have constructed an orthodoxy, we all bought in, because of both our technology-induced habits, and the fact that humans love a template. It is easier. Memorize and employ, whereas real life value lies in a mixture of both conventional conduct and adaptable discussion. It’s sort of an amorphous architecture that has certain implacable facets (corporate), but it is an architecture that can evolve, generate, and communicate ideas in exemplary, as well as eloquent ways.

This method provides for an interview that is not so much driven by anticipating questions with scripted answers, but instead the ability to absorb and adapt within a greater conversation. In the long run, this mode of thinking is actually easier to use.

Trying to consistently draw up a catalogue of memorized equations is hard; it tightens the intellect and restricts innovation, which may be doubly fruitful as a canned phrase. Adaptability relaxes the mind and allows it to think through reactionary lucidity, to make knee-jerk creative leaps.
Vital (M)organ | Leadership

Learning how to serve others is crucial for leadership

By serving our own humanity, we are better able to serve all humans.

William Morgan
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In the spring of last year, Drew Gilpin Faust, President of Harvard University, delivered a moving speech to the United States Military Academy at West Point. Faust, a prize-winning Civil War historian, reaffirmed the liberal arts and humanities and their priceless nurturing of leadership and the power of words.

In elevating ourselves by serving others and learning, we are attaining a greater and finer capacity to elevate others.

The liberal arts education, which we at Wake Forest enjoy is, according to Faust, under attack. While calls are issued for more "useful" fields of study and liberal arts requirements are being dropped, military academies like West Point are adding those requirements. Graduates from West Point are entering the "real world" with broad-based learning — and the humanities are leading the way. Literally.

Faust says a leader has perspective, the capacity to improvise, and "the persuasive power of language." Leaders inspire others to believe in possibility which is distinctly human and informed by a liberal arts/humanities education. Leaders share a gift for words that move the hearts and minds of followers and compel action in the name of a purpose beyond self-interest.

The leader of Faust's rhetoric is the kind of leader I want us to be when we graduate from Wake Forest. I want us to meet head-on the challenges of today, to strive for the higher ideals of self and society, to derive our virtue and character from our friendship, to enshrine the love of learning in the halls of Tribble as well as Babcock.

Wake Forest is proudly and avowedly a liberal arts institution. It must be understood, however, that with our education comes not only credentials — a bachelor's degree — but also the elevation of ourselves and a capacity to elevate. I have already explained previously that Pro Humanitate, as an end or good, means more so the refinement of humanity than a service for other humans.

In elevating ourselves by serving others and learning, we are attaining a greater and finer capacity to elevate others. By serving our own humanity, we are better able to serve all humans. This process, needless to say, is predicated on the study of humanity and its hard-fought, age-old wisdom. That wisdom is the object of our studies and the purpose of our university through which we become leaders of tomorrow.

We need not be Washingtons or Lincolns or Roosevelts. There are few heroes, but many heroic actions, and I urge you to be speakers of words and doers of deeds, to infinity and beyond.

Bringing the Heat(h) | President Trump

Trump's NFL comments are unacceptable and offensive

Trump's comments regarding NFL players' decision to kneel is degradatory of minorities

Kasy Heath
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Just when I thought the president of the United States couldn't possibly say anything more offensive in public, he once again outdid himself.

This past Friday, Trump voiced his intense views of the growing number of NFL players who have knelted during the National Anthem in order to bring national attention to racial injustices in America. Standing in front of a crowd in Alabama, he referred to the players as, "sons of b*tches" and advocated for NFL coaches to fire them if they chose to kneel during the National Anthem.

This is problematic in more ways than I can write within my word limit.

First, this man, for the umpteenth time, undermined the Constitution. The players exercised their first amendment right in the most non-disruptive and peaceful way. They didn't use hateful language. They didn't shout. They didn't even go on strike. They merely knelted quietly during the National Anthem.

To encourage them to be fired for peacefully attempting to bring awareness to issues deeply personal to them and other members of their race is insensitive, overly aggressive and blatantly absurd. Most importantly, it has very strong racial undertones that lead me to my second point.

I don't care what any of Trump's supporters or apologists say, Trump is racist. He never fully condemned white supremacists or Klansmen who vocally supported him during his campaign. He took two days after receiving much criticism to read a non-genuine statement to condemn the racially charged violence in Charlottesville, and at one point regarded some of the white supremacists as, "very fine people." Yet the African-American professional football players who exercised their basic first amendment right for a call to justice are referred to as "sons of b*tches."

He has yet to speak up about the devastation in Mexico, where the death toll steadily climbs by the day from its second earthquake in a month, or Puerto Rico, which is entirely without power in the aftermath of back-to-back hurricanes. Yet he went out of his way to condemn black football players and refer to them as "sons of b*tches." Best yet, he has offered no apology, instead, tweeting a less aggressive statement in Mexico, where the death toll steadily climbs by the day from its second earthquake in a month, or Puerto Rico, which is entirely without power in the aftermath of back-to-back hurricanes. Yet he went out of his way to condemn black football players and refer to them as "sons of b*tches." Best yet, he has offered no apology, instead, tweeting a less aggressive version of his opinion the following day. This is not a coincidence. This is racism.

The interest of remaining within the word limit, I'll just include a final point: this behavior is as un presidential as it gets. How can a leader of a country be racist. He never fully condemned white supremacists or Klansmen who vocally supported him during his campaign. He took two days after receiving much criticism to read a non-genuine statement to condemn the racially charged violence in Charlottesville, and at one point regarded some of the white supremacists as, "very fine people." Yet the African-American professional football players who exercised their basic first amendment right for a call to justice are referred to as "sons of b*tches."

Word on the Quad | Football

What are your thoughts on the proposed student code of conduct changes?

"It is a very stigmatized issue that can be portrayed the wrong way and is too flexible." Cameron Allen (‘21)

"Lots of things have changed since the last changes, so its important documents are looked at for revision." Hill Atwell (‘21)

"I feel like it is subjective in ways that ways that can be detrimental to underrepresented students."

Cameron Steitz (‘18)

"Student's feedback is crucial when altering any policy on campus regarding student behavior." Daniella Feijoo (‘19)
Wake Forest football remains undefeated, will face Florida State on Saturday, Sept. 30

BY KYLE TATICH
Production Manager
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In front of a crowd of 35,126 — the largest to ever attend a game at Kidd Brewer Stadium — Dave Clawson’s Demon Deacons escaped with a 20-19 victory over Appalachian State.

In what was described by senior quarterback John Wolford as a “wild” game, the Deacons, who played their worst offensive game of the year, won with a little help from the Mountaineer special teams unit.

In the game’s first 59 minutes Appalachian State had an extra point blocked, missed a short field goal at the end of the first half and jumped outside on a fourth down punt that gave Wake Forest another set of downs and led to a touchdown.

The game’s last minute featured one final special teams miscue as App State’s Michael Rubino’s 39-yard field goal attempt was blocked by sophomore Scotty Washington, who got a hand on a low-kicked ball that had the potential to change the outcome of the game.

Wake Forest was fortunate to leave Boone with a win, especially given its offensive struggles. In five of its seven first half offensive possessions, the Deacs were forced to punt after just three plays. And outside of three scoring drives in the second half, each of its other three possessions featured a similar outcome.

Appalachian State outplayed Wake Forest and executed effectively through the air — 372 yards by quarterback Taylor Lamb — and by pulling off impressive plays, such as a first half flea flier and a second half 84-yard touchdown, the Mountaineers’ first pass of at least 80 yards since 2005.

Wolford considers this to be the team’s first true four-quarter game and recognizes that not every game will be perfect with 600-yard offensive performances.

For Wolford, “If you can find a way to win in the end, that’s all that matters.”

Looking ahead to Saturday, when the 0-2 Florida State Seminoles travel to BB&T Field, the Demon Deacons will attempt to improve to 5-0 for the first time since 2006. But in order for Wake Forest to defeat the nation’s preseason No. 3 team, it will need to play better than it did in Boone and most likely execute a near perfect game plan.

“Nobody on our roster has ever beaten Florida State,” Clawson reminded the media in this week’s press conference. However, it must be noted that since Clawson’s tenure at Wake Forest began in 2014, the Deacs have played competitive games with the Seminoles in at least two of three meetings.

Seemingly since 2015, Clawson has found an answer to Jimbo Fisher’s offensive and defensive schemes, putting the Deacs in a position to win in the fourth quarter. Wake Forest has spent the last two years knocking on the door. This may be the year that it finally breaks through.

See Football, Page 14

MLB Predictions: Wild Card teams set to face off

The one-game Wild Card matchups will see two of the five new playoff teams go home empty-handed

BY REN SCHMITT
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The sun is setting on the 2017 MLB regular season, and the playoff picture becomes clearer each day. For a league that prides itself on parity, the MLB has seen surprisingly little this year, as five of the six division leaders are well on track to repeat division titles.

The Wild Card slots in each league have been more competitive this season in Minnesota, but his peripherals tell a different story. His FIP (fielding-independent pitching) is over one point higher than his ERA, and this suggests that luck has played a major role in his 2017 success. With this knowledge, it is safe to predict that the powerful Yankees lineup will hang plenty of runs on the board and cruise to an easy victory behind the fire-balling Severino.

Yankees 6 Twins 1

NL Wild Card Game

Colorado Rockies (Gray 9-4, 3.62 ERA) at Arizona Diamondbacks (Greinke 17-6, 3.18 ERA)

If the Rockies hold their small lead in the Wild Card race, they would travel to face their division rivals in Arizona. After a hot first half, the Rockies have cooled off considerably, going just 33-34 after the All-Star break. Couple this with the Arizona’s addition of outfielder J.D. Martinez to an already loaded lineup, and the game looks even more challenging for the Rockies.

Colorado’s top starter, Jon Gray, would likely get the ball for the win-or-go-home game, and though he has been successful this season, it seems unlikely that he will outdue Arizona’s veteran ace Zack Greinke. If the Colorado lineup, led by NL MVP candidate Nolan Arenado, can knock Greinke out of the game early, they stand a chance, but this matchup favors the home team.

Diamondbacks 8 Rockies 3

See MLB Predictions, Page 14
Week 3 in the NFL brings exciting action to fans

Although the first few weeks of the NFL season were disappointing to fans, Week 3 in the NFL brought much excitement.

BY DANIEL PACHINO

This week was the most politically charged week in recent sports history. As the start of the weekend, the President tweeted: "Thank you for your support!" and "We are one." The NFL owners and players agreed to kneel during the national anthem. This decision was made in solidarity with the President. However, some fans felt this was a step too far. The NFL responded by issuing a statement: "We support the President's right to speak out on issues that matter to him." This decision was met with mixed reactions from fans and players alike.

After the NFL released its statement, the league received backlash from fans and players alike. The President tweeted: "This is a sad day for America." However, the NFL responded by issuing a statement: "We support the President's right to speak out on issues that matter to him." This decision was met with mixed reactions from fans and players alike.

Week 3 was marked by a number of exciting games. The Dallas Cowboys had their best game of the season, defeating the Giants 31-6. The Redskins had their best game of the season, defeating the Jaguars 34-27. The Patriots had their best game of the season, defeating the Bills 31-21. The Eagles had their best game of the season, defeating the Falcons 24-17. The Packers had their best game of the season, defeating the Titans 24-17.

The two of these men together make for a spectacle unlike anything I've ever seen. Their fierce competition and dual-domination is to be lauded for eternity, for it is Nadal and Federer who have made the game of tennis what it is today. They have both brought a passion that is unrivaled, and have exemplified what it means to be successful without being haughty.

It is my hope that these 21st century paragons won't capitulate to the luxuries of retirement just yet. If I know them at all (I don't), they will continue their indefatigable thirst for competition and continue to be active in the sport of tennis. I believe they have a few more battles in store. And we will nevertheless be better for it, that is for sure.
What were the most difficult aspects of playing volleyball on high school teams versus college? What are the team's goals for this season? What are the team's biggest strengths? What are the team's biggest weaknesses? What personal athletic achievement are you most proud of? Either winning my conference my senior year of high school and being conference MVP after two straight last place finishes, or qualifying for beach nationals. At Wake, it would be when we beat Pitt last year 3-1 at home when they were ranked No. 2 in the ACC.

What sort of preparation does the team do throughout the week? On Mondays we come into the office for individual film (watch what we did or did not do well in the previous game), Tuesdays we do film as a team (watch what we did or did not do well as a team) then practice, Wednesdays and Thursdays we watch film of the other team (see where their hitters hit, understand their rotations and plays) then practice and we lift every day during the week except our off day and game days. Practices are roughly two and a half hours and are fast paced and usually game based.

What do you and your teammates like to do in your free time? We go and watch our friends on other teams (football, soccer, tennis, etc. Some of us go to the movies together after practices (especially scary movies). We really love Noodles and Company and a few of us will drive to Greensboro to get some. I really like to hike and camp. I sometimes drive out to Boone on off weekends and just pitch a tent and relax with teammates or friends on other sports teams.

Do you have a message for Wake Forest volleyball fans? We really appreciate your support at the games. The fans sit so close we definitely notice when they are there, and it makes a huge impact! Thank you guys for coming and we can't wait to see you at our next game. Go Deacs!

Deac Notes

Wake Forest Men's Golf wins 2017 Shoal Creek Intercollegiate Tournament

The Men’s golf team has already captured two tournament victories this season, and they dominated at the Shoal Creek Intercollegiate, shooting 13 strokes better than the runner-up. Irish senior Paul McBride continued his dominance and nabbed the individual runner-up title after shooting a 69 in the final round of the tournament. Cameron Young and Eric Bae also finished in the top-10 at the tournament.

Wake Forest Field Hockey dominates Miami University 4-1, improve to 5-4 this season

Wake Forest Field Hockey traveled to Louisville, Kentucky to take on the Miami University Redhawks on Sunday, Sept. 24. Senior Jule Grashoff totaled four points including a goal, and Rachel Hirsch and Megan Anderson both scored their first goals of the season. Nicola Pluta also found the back of the net for her third goal of the season. Wake Forest did not concede a second half goal.
Wake Forest Football: Deacons top App State

Continued from Page 11

Last week’s hero, Washington seems to believe his team has a chance to upset the Seminoles on Saturday, as long as he and his teammates possess the confidence to do so.

“Going into Florida State, we have to believe we can win,” says Washington. “In the past, sometimes we question if we can win, if we can really beat this team. And this year we feel as if we can.

“NC State won their game and they played knowing they could win — so going in this week, and through this week in practice, we just have to believe that we can win,” Washington said.

If Wolford can continue his streak of protecting the football and if his offense can avoid quick three-and-out possessions, keeping the defense off the field, Wake Forest could have a chance to make a statement against a national powerhouse.

Clawson has a 5-19 record in the ACC as Wake Forest’s head coach, and one of the main causes for this weak record is Wake Forest’s inability to defeat opponents in the ACC Atlantic.

Wake Forest is looking to improve to 5-0 for the first time since 2006, a season where it defeated Florida State 30-0 in Tallahassee.

A win on Saturday would not only mean a lot to this program, but it would officially put the Deacs in contention for the 2017 ACC Championship.

Beating Florida State would be an important step toward Wake Forest establishing itself as a contender in the ACC Atlantic.


MLB Predictions: Cubs are vulnerable in 2017

Continued from Page 11

ALDS Cleveland Indians v. New York Yankees

The red-hot Indians, who recently finished the longest winning streak in MLB history, will prove too much for this young Yankees club. The Yankees will hang some crooked numbers via home run in at least one game, but the depth of the Cleveland lineup and the dominance of starting pitcher Corey Kluber should be enough to prevent an unlikely New York series win.

Indians, 3-1 series

ALDS Houston Astros v. Boston Red Sox

This is perhaps the most intriguing of all division series matchups, as each team boasts a young, dangerous lineup and starting rotation depth. In the end, Houston’s addition of veteran ace Justin Verlander will be the difference maker as he gives the Astros a rotation stalwart that should guide them to a tight series victory.

Boston will not roll over quietly, however, and the fact that Chris Sale will likely pitch two games for the Red Sox in this series could turn the tide in Boston’s favor.

Astros, 3-2 series

NLDS Los Angeles Dodgers v. Arizona Diamondbacks

The clash of these two NL West powerhouses will be the one of the more heated matchups, but the rotation depth of the Los Angeles should stymie the offense of Arizona. Clayton Kershaw’s much-maligned playoff performances of years past are no indication of how he should pitch in this series, and he will lead the Dodgers to another NLCS.

Dodgers, 3-1 series

NLDS Washington Nationals v. Chicago Cubs

Each of these clubs has flown under the radar as the end of the 2017 season, as the shadow cast by the dominance of the Dodgers and Indians has hidden these two clubs that normally attract national attention. The Cubs are not as strong as they were last season, and their would-be ace Jon Lester has been far from ace-like of late. All of Washington’s key injured roster pieces, including right fielder Bryce Harper, have slowly returned from injury, and the NL’s most frightening lineup is intact again. The defending World Series champions will fall to a Nationals club that is tired of being a “one and done” in the playoffs.

Nationals, 3-1 Series

Clayton Kershaw’s playoff mentality is often called into question, as his playoff ERA is a mediocre 4.55...
Women's volleyball snaps three match-losing streak in win over Clemson Tigers

BY RYAN JOHNSTON
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With a 3-1 victory over Clemson last Sunday, Sept. 24, the Wake Forest women's volleyball team moved to 9-5 for the season and matched their win total from all of last year just 14 matches into the season.

Wake Forest took on Clemson at home in their second Atlantic Coast Conference match of the year, entering the match having dropped their last three contests. As a result, coming into the match against the Tigers, Wake Forest head coach Bill Ferguson changed up the practice routine.

“We were giving away too many points in transition opportunities, so we actually practiced playing old school volleyball — you used to not be able to score in volleyball unless you were serving the ball, we call it old sideline scoring — we actually practiced that on Saturday,” Ferguson said.

The change prepared the Deacs well for a grueling match against the Tigers, in which all three sets that the Deacs won went over 25 points.

Wake Forest won the first set, 27-25, and took a large lead early in the second set. The Deacs let them climb back, however, and narrowly won, 26-24, taking a 2-0 lead.

Wake Forest dropped the third set, 25-22, but with the Tigers in the lead in the fourth set at 24-21, the Deacs scored three straight points to equal the score at 24-24. Wake Forest was able to finish off Clemson two match points later.

Wake Forest will take on Boston College Friday, Sept. 29 at home as they prepare for the bulk of their ACC schedule.

“You get into a little bit of a better rhythm because you’re always playing Friday and Sunday, so your game-planning is a little bit more organized,” Ferguson said of the conference schedule.

The first four weeks of non-conference play, you’re playing four matches in three days, so that’s a big grind, and sometimes you wonder if you’re prepared enough because those matches where you play back-to-back are real tough.”

The team reached the number two rank in the nation with a big top 10 win as well as the accolade of cataloging another top 10 win in the nation.

Wake Forest men's soccer team reached number two in the nation with a big top 10 win

BY RAFAEL LIMA
Contributing Writer
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The Demon Deacon men's soccer team traveled to Raleigh, NC to take on the NC State Wolfpack in what shaped up to be an ACC heavyweight match.

Before the match, the Wolfpack were undefeated at home, including a 1-0 win over No. 6 Clemson. The first half certainly looked like Wake Forest was up for a long night against NC State, as both teams struggled to find the back of the net in a defensive-minded display by two highly defensive teams.

However, during the second half, the Demon Deacons sparked a couple of offensive plays that defined the match in their favor. After an assist by senior Jon Bakero, senior Luis Argudo dribbled to the right side of the post and finished to open up the score for the Deacs. A couple of minutes later, Steven Echevarria found the back of the net after a cross from Bakero.

After the second score Wake Forest seized on the momentum of the game, scoring only 20 seconds after the goal from Echevarria to increase the lead. An accurate over-the-top ball from freshman Brandon Servania sent Argudo to score from near the post, adding final numbers to the Wake Forest 3-0 win.

As stated before, the Wolfpack were undefeated at home and were surrendering a total of three goals in the last four games at home.

Coming back home from a huge road win, the Demon Deacons faced a South Carolina squad that has been struggling to find its first road win.

However, what looked to be an easy game at home turned into an electric, down to the wire match against the Gamecocks. On the lone shot attempt of South Carolina in the first half, the Gamecocks capitalized on some defensive miscues to open up the score at Spry Stadium. Around the 30 minute mark, the Gamecocks committed a foul inside the box that led Bakero to score, his sixth goal of the season. After

Ema Twumasi scored the game-winning goal against the South Carolina Gamecocks in the 89th minute after the game-tying goal by senior teammate Jon Bakero.

Bakero's score, the Deacs kept the Gamecocks under pressure the rest of the match.

However, it was not until the 88 minute mark, in a game that looked destined to overtime, that the Wake Forest soccer team found the back of the net again. After a well-placed pass by Bakero, Ema Twumasi scored the game-winner off the left side of the post. This was Bakero's 10th assist of the season, a team-leading number.

After the win over South Carolina, the Demon Deacons climbed back to No. 2 in the nation, only behind the Indiana Hoosiers.

Although the game against South Carolina proved to be tougher than expected, the Wake Forest squad has been consistently playing good defense lately, producing a four-game streak of shutouts over the last four games.

Coach Muuss has been focusing all season long on the importance of playing strong defense and so far, the black and gold squad boasts the best defense in the nation.

To go along with a high defensive ranking, Wake Forest has the second-best offense in the country with an average of 2.8 goals per game. It is also worth noting that the two players with the most assists this season are from Wake Forest with Jon Bakero (16) and Servania (8). This shows the quality of their playmakers this season, and how well they create scoring opportunities for one another.

Wake Forest will face No. 6 in the nation Clemson this Friday at 6 pm at Spry Stadium. Expect the stadium to be packed, as two top 10 teams square off with the Atlantic Division lead at stake as well as the accolade of cataloguing another top ten win.

Freshman Caroline Kuhn is a new starter for the Demon Deacons.

Photo courtesy of Wake Forest Athletic Communications

Demon Deacons drop Tigers as ACC play ramps up
Wake Forest has grown its global community over the past few years, breaking down boundaries that previously separated students
Health Column | Stress Management

Students can manage their workload

Some simple steps to manage stress include taking breaks, eating well and sleeping often

BY KATHERINE GRABOWSKY
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As Wake Forest students hit the one month mark in their classes, the term "Work Forest" proves its accuracy. With two papers due and three tests scheduled all in the span of 72 hours, stressed and sleep-deprived students fill the many floors of ZSR library. How Wake Forest students manage their rigorous academics, participate in clubs and manage their social life (Wake Wednesday) can often seem like a mystery to the outside world.

Follow these tips for a more relaxed mind during another stressful semester.

Take breaks. Though time seems to be ticking faster than usual, and you have yet to start memorizing the 175 words of Spanish vocabulary, breaks are not just important, but they are necessary. No one can possibly be productive for ten hours on end without any mental breaks.

Take a walk around the quad, chat over tea with a friend, or even just check social media for 20 minutes. Not only will this relax your mind, it would also increase the quality of your studying — because no, blankly staring at a page in a textbook while daydreaming about that boy or girl you met in a fraternity basement does not count as productive studying.

Along with taking breaks, try hitting the gym when you have some spare time. If you are like any sane person, the thought of exercise probably makes you want to stay in bed and forget about calories. Though the gym can be intimidating (and let's be honest, unpleasant), exercise can take your mind off your many troubles. Even 30 minutes of cardio can do the trick, while also making you feel better about your decision to get late-night Zick's, not once, but twice last weekend.

Along with personal well-being, one area that most Wake Forest students skim on is sleep. Pulling an all-nighter can only lead to decreased mental and physical health. Contrary to popular belief, caffeine does not substitute for sleep.

While coffee can be helpful on those days when getting out of bed feels impossible, it should not be used as an excuse to stay up all night. Drink your pumpkin spice latte because it tastes good and can cure your morning grogginess, not because you spent your night in the atrium desperately trying to cram a month's worth of information into a few hours.

Finally, indulge yourself because life is too short to spend your week stressed and miserable from studying. While grades are important, they are not your reason for existence. If the Banshee show is always the highlight of your semester, take a break and go. If chocolate can make you happy in a time of difficulty, go to the Pod and buy yourself some candy. If all your friends are having a wine and movie night, stop by for a few minutes to take your mind off the real world. Don't let your stress take over your happiness.

While managing stress can be easier said than done, follow these tips for a better mind and body. Work Forest lives up to its name this time of year so knowing how to handle stress can be essential. Take breaks, exercise, sleep and indulge yourself for a better semester and less grey hairs in your future. College is a short four years, so don't let stress define them.

Humor Column | Honest Poem Review

Poe's The Raven is misunderstood

The raven from the famed American Gothic poem may actually be a super villain

BY JACK TREADWELL
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"Quoth the raven, nevermore," quoth Poe, quoth I. And yet, quoth as we are to straggledon by fowl (I consider Hitchcock's The Birds prophetic), I have yet to hear a raven say "nevermore." Merriam-Webster defines "nevermore" as "at no future time; never again." And Urban Dictionary defines said word as, and I paraphrase, a quotation from a raven in Edgar Allan Poe's great work, The Raven, which I find rather circular.

Having never read the aforementioned poem, or any poem for that matter, I gave it a brief glance over before penning this article.

Now, some may claim that the raven represents grief, or depression or the realization that the mean we are for lunch may not have been pork; however, I hold that the most valid interpretation — taken in the original English — is that the fabled "raven" is a literal raven, the same to Poe in the night simply to pisse him off.

And yet, this cannot be, as the line, "... the fowl whose fiery eyes burned into my bosom's core" would have to. I admit I am no fowl biologist, yet I am fairly sure, having made a null hypothesis, gathered data, performed a taxing round of statistical analysis (I'm allergic) and then reevaluated my null hypothesis, that ravens do not possess laser eyes.

However, if we look back into the storied literature of this country (specifically Bryan Singer's magnum opus X-Men: Apocalyps), it may be hypothesized, or, as it were, guessed, that such a raven could be the result of a merger of the DNA of Raven (colloquially known as Mystique or Jennifer Lawrence) and Cyclops.

You may, surely, be asking yourself, "By what method would such a hybrid be created? Is there a precedent for the additive property of mutations? Who in their right mind would make such a thing canon?"

For the answer to these thoroughly justified, yet thoroughly unoriginal, questions, we need to turn no further than otherwise esteemed director Gavin Hood's magnum "opus" X-Men Origins: Wolverine, wherein we see such an amalgam of "super powers" brought to life in the form of Deadpool.

Again, you may ask yourself "but didn't Tim Miller's did you really think I would make the same joke thrice Deadpool rewrite the titular character?" No. So therefore such a creature could exist in this universe (I should explain why we live in the same reality that those movies take place in, but I won't), and, further, by Murphy's Law, almost certainly does.

So, kids, if a raven comes tapping on your window late at night, don't look it in the eye. As it could well kill you, which I'm sure is what Poe himself would have wanted, a murder most fowl. I'm sorry, I am contractually obligated to make that pun.

Therefore, it must be said that, although Mr. Poe's The Raven is the defining piece of American Gothic Literature, it really is a cautionary science fiction PSA warning us of the coming tide of nocturnal laser-eyed raven hitmen. You've been warned.

Drink of the Week

Pumpkin Spice Mocha

- 2 oz. of Krankies' Railhead Espresso
- 1 tbsp. Ghiradelli white chocolate
- 1.5 oz. of Monin pumpkin spice syrup
- 0.5 oz. Irish cream syrup
- 12 oz. Milk

Served hot or over ice for those 90 days fall days!

Courtesy of Campus Grounds

Poe's The Raven may very well be a prophetic text about a mutant from X-Men.
Events Column | Fall Festivities

Dixie Classic Fair marks beginning of fall

Winston-Salem hosts one of the biggest fairs in the Southeast, Dixie Classic, open from Sept. 29 to Oct. 8

BY KARLY BALL
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The pumpkin spice latte has returned, and Wake Forest has officially entered fall. Fall is probably the most eventful season at Wake Forest, with activities ranging from football games to Petsgiving. One staple of the season debuts this weekend — the Dixie Classic Fair. This year’s fair will range from Sept. 29 to Oct. 8. Adult tickets cost $10, but there are early bird rates for $5 on weekdays.

Hours of operation will typically range from 11:00 a.m. to 11:00 p.m., but Saturdays the fair will be open from 9:00 a.m. to 11:00 p.m. Parking is available at LJVM Coliseum and BB&T Field for $8-10 depending on the day and time. Everyone has different reasons for going to the Dixie Classic Fair, but here are my top five.

1. The Food
Fair food might make health enthusiasts cringe, but with midterms approaching, we all deserve to indulge a little. The Dixie Classic offers “Classic” favorites like cotton candy, corndogs, candy apples, funnel cakes and deep fried candy bars. Consider throwing out your bathroom scale and heading to the fair for some tasty treats this weekend.

2. The Wine Tastings
This year’s fair will feature daily tastings from local wineries. Fair goers who are 21 or older should definitely stop by the wine tastings. Tastings will run from 5-9 p.m. and best of all, they’re free.

3. Barnyard Zoo
The petting zoo is technically geared for children, but who doesn’t want to pet a zebra? The Livestock Barn offers animal viewing options, but the Red Barn is the place to be for interactive options. Whatever option suits your style, looking at cute animals will brighten your day.

4. The Rides
Ranging from carousels to hang gliders, the fair offers several ride options. Fair ride enthusiasts can purchase unlimited day passes for $35-40 depending on the day or $25 in advance. Personally, the only ride I find intriguing is the ferris wheel. There are ticket options available too. You can get 30 tickets in advance for $10. The advanced tickets are worthwhile since they provide hefty discounts. To purchase advanced tickets, simply head over to Ticket Master.

5. Butterfly Encounter
There’s a magical feeling associated with butterfly tents. Visitors to these interactive exhibits will not only be able to observe butterflies while in the tent, but interactive demonstrations will teach participants about the butterfly’s life cycle. Visitors can even learn how to mend a broken wing. Feeding sticks will be provided so visitors can get close to the butterflies. If you’re feeling extra ambitious you can purchase a butterfly kit and take your own home.

Advice Column | Ask Gideon

Students look for fun date ideas on campus

As the long semester bears on, students are looking for a little advice on how to keep things interesting romantically

BY CAROLINE VATH
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Dear Gideon,

Got a nice, comprehensive list of how to attain a significant other for the winter months? I’m a freshman without a car, so I’m limited to on-campus-only. Seeking companionship. That’s all.

Sincerely,
Winter is Coming

Dear Winter is Coming,

1. I caught your allusion there. Game of Thrones is always a crowd-pleaser. Get involved in some mainstream fandoms and bond over dragons!
2. Loiter in the mailroom. Not as sketchy as it sounds. Benson is a hotbed to meet people! They’ve got it all: Moe’s and an ATM! All one needs in life. Who knows, it could be true love at first package slip or an intense bond over a junior homewrecker burrito bowl.
3. Grab a slightly more hipster and expensive coffee at Campus Grounds, and check out the place for some eligible partners. You’re basically paying for the potential to meet other super cool, grunge people.
4. The Mag Room: swipe on in, ladies and gentlemen. If you’re looking for a serious relationship, like a table cloth and baked potato with chives kind of love, you’ve come to the right floor of Reynalda.
5. Love Feast! Share a hot bun with the person next to you and feast on all that love. Love is, quite literally, in the air.
6. Campus Garden. Harvest season may be over, but love blossoms year round! Till up some soil, compost some apple cores, cultivate those new relationships and make horribly painful vegetable jokes. It’s foolproof.
7. Salem Hall? Sadly, lurking around this construction site probably has some slim chances of meeting people, but walk on over to Winston right across the street. Word is the new Bio Center is a great place to meet people while discussing DNA replication and Okazaki fragments modern romance.
8. Sit on a bench. Old fashioned, but welcoming. Worth a try? Maybe save this one for dire circumstances.

Sincerely,
Gideon
Students take outdoor adventures nearby

Pilot Mountain State Park offers students an outdoor escape that is easily accessible from campus

BY ERIN STEPHENS
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In North Carolina, the shift from summer to fall brings with it all the familiar signs. The air feels crisper, the leaves slowly fade from green to varying hues of red, orange and yellow and autumn-inspired specialty lattes appear on coffee shop menus. All are indicators that “fall in the forest” is on the way. But though the highly-anticipated season often leaves our campus on covered lids ranking the nation’s most beautiful college grounds, the real forest extends beyond our campus gates.

When standing at the top of the Wait Chapel bell tower on a sunny day, surrounded by the carillon that chimed each day at 5 p.m., you can see it. One hundred eighty degrees from the forward-facing side is the outline of a protrusion in the earth that rises over 2,000 feet — Pilot Mountain.

In just 25 minutes, one can go from the bird’s eye view at the heart of campus to a secluded state park just northwest of Winston-Salem. Once driving on highway 52 North, it’s a straight shot for just 16 miles.

On weekends, Pilot Mountain State Park is likely to be bustling with activity — children strapped onto their hiking parents’ backs, climbers making their way up the mountainside or bikers pushing pedals to make it to the top. But on a weekday, it has the potential to be a personal sanctuary — filled only with open air and open paths to travel.

One of the key features of Pilot Mountain is its easy accessibility. At the top of the mountain is a large parking lot for visitors to stop and hop out to begin their day outdoors. If you’re pressed for time, just driving to the top of the mountain and walking to viewing deck can clear the mind. At this overlook the trees begin to blend together, seeming to go on to the edge of what can be seen. As the leaves begin to change a sea of warm colors populates the view below.

For avid bikers, Pilot Mountain offers an opportunity to be among the sea of trees. With nine different hiking trails ranging from 0.1 to 6.6 miles and corresponding levels of difficulty from easy to strenuous, there is something for everyone.

For adventurers, rock climbing and repelling is also permitted in designated areas around the park. Be sure to register with the park office before beginning a climb.

If getting in the car and taking a spontaneous trip isn’t for you, there’s good news. Outdoor Pursuits offers various types of trips to Pilot Mountain each semester. On these trips you have the chance to meet fellow students that you likely would not have spent quality time off-campus with before. On Friday, Nov. 3 “Climb and Dine” will take students to explore the mountain and try a hand at rock climbing, with an included dinner, all for free.

There is also the “Wall to Rock Climbing School” event scheduled for Friday, Nov. 3-Saturday, Nov. 4 that will take place both at Reynolds Gym climbing wall and Pilot Mountain for a $30.00 fee.

Whether you choose to embark on a solo journey or take advantage of the opportunities to travel as a group, exploring the forest beyond “fall in the forest” is made easy with Pilot Mountain so close to our campus.

Album Review | The Killers

The Killers release first studio album in five years

Wonderful Wonderful mixes atmospheric rock with overtly religious lyrics, imperfectly

BY NICHOLAS DEMAYO
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Perhaps the most highly-anticipated rock album of the year, the Killers Wonderful Wonderful has made many people excited for its release — the band’s first since 2012.

I get the hype. Many people even think that this album will be the first Billboard number one. Personally, I am a big fan of their first album Hot Fuss and eventually lost interest with their more recent albums. But just scrolling through music news articles seeing the Killers releasing an album catches the eye. This album is a big deal.

With that being said, I will be straightforward and tell you that I could not really get into its sound. If I could sum up this project, I would call it slow, atmospheric rock with a somewhat labored interest in using deep and biblical lyrics. Project is a word that I think most people would use to describe this album.

I do believe five years to put together and it represents perhaps the band’s greatest effort at creating a collaborative piece. How many Killers band members can you name? Brandon Flowers. That’s right, just one.

That’s what I think one track on the album, “The Man,” acknowledges. Flowers seems to reminisce on his Hot Fuss days, where everything he wrote turned into musical gold.

To extend the metaphor, Flowers and the Killers were heroes, the faces of the alternative rock world a little more than 10 years ago. But then, the hero got lost in the desert, having to prove their metal against criticisms and adversity. With their last album, Battle Born, I think many would say that the band got off-track. Maybe not off-track critically, as many who reviewed the album praised its “bigness” and flow. To the casual fan, however, the Killers were falling behind in radio play when compared to competitors such as Arctic Monkeys.

The title track Wonderful Wonderful may address this moment for the band. I use the analogy of the hero in the desert because that is the exact image the band invokes in this track. The religious subject matter of the lyrics cannot be ignored. “Keep your ear to the shell,” the lyrics read, “stay on the path that leads to the well.” This “path” might be read in many ways, but to me the sense is that The Killers are referring to a kind of faith that had in their own work, and that Wonderful Wonderful may be the “well” that will reward them for their perseverance.

Despite how I feel about the album’s success, that is a mentality that I can get behind. Like I said, though, the instrumentation and other stylings of the album are slow and labored. It’s like I could see the mental wheels turning in Flowers mind as I listened to the record. Overall, with close listening, one may respect the intricacies of the album. But a work of rock and roll genius it is not in light of its immense hype.
While the University makes "greener" buildings and resources, students are just beginning to realize their responsibility in sustainability.

"Back in that time there was something called the green school report card — it was sort of a sham," Johnston said. "It was just a survey and answers went somewhere, a report card grade was spit out without transparency, which was not helpful in actually knowing how environmentally conscious the community was. When I got here, Wake Forest scored a D on the first report card.

An influx of students in recent years with heightened awareness about climate change has elevated the issue in the community's conversation. However, having knowledge about the problem isn't enough. The campus community taking action is what causes positive change, according to Johnston."

"The measures taken have not nearly been sufficient to address our changing climate and the underlying facets of it," said Charlie Engel, who is a junior studying abroad this semester in Copenhagen. "Unless students care, we aren't going to make substantial strides and it ultimately relies upon them to care and become invested on the topic."

Although there is still a gap between the Office of Sustainability and the student body with regard to taking action, there have been some very successful projects executed. The office conducts critical research on energy efficiency, reduces food waste from dining services and overall waste on campus, promotes recycling and influence the creation of environmentally-conscious buildings.

"A lot of people do care about the environment. It is just difficult to get them to adopt better lifestyle habits and encourage them to get involved," said senior Sustainability Ambassador Cristin Berardo. "Students can take positive little steps like taking shorter showers, turning off their lights, and ridesharing."

The Office of Sustainability empowers departments on campus and the community to take charge, supports them with resources, and aids in setting and reaching goals.

"We are intentionally a very small office because we want other offices to spend their money differently and integrate sustainability in what they are doing," Johnston said.

In the renovated Reynolds Gymnasium, for example, the Office of Sustainability is excited about some improvements that not only lessen the university's carbon footprint, but are steps in the direction they want to go in.

"The big-ticket win on the Recreation Center that was a dream but stayed in motion is the solar heating for the pool," Johnston said. "Water is super cheap here and so is energy but the long-term investment in solar heating is the smart decision."