School of Business avoids promoting sustainability

Concerns arise over School of Business' lack of care for teaching its students about sustainability

BY ISABELLA KORNITSKY
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Wake Forest prides itself on its Pro Humanitate motto and its commitment to leaving the world better than we found it.

The Office of Sustainability leads campus environmental initiatives, which naturally support this commitment. Departments across the university—from biology to dance—embrace the integration of sustainable education in the classroom. But, one division on campus, the School of Business, has largely opted out.

"The business school has some funding streams and has made very explicit strategic decisions to align itself with a particular political thought," said Dedee Johnston, Wake Forest's chief sustainability officer.

Currently, more than 1,700 businesses have pledged their commitment to meet the Paris Agreement goals, joining the movement "We Are Still In," while the Trump administration remains on the sidelines. With companies increasingly embracing environmental, social, and governance (ESG) strategies, an expectation is developing that business students graduate with and understand the core tenets of sustainability in business practice.

Stanford, Michigan, Berkeley, Duke, NYU and other programs across the country are racing to meet this critical demand, incorporating sustainability and social responsibility as distinguishing factors in their respective business curriculum.

While other business programs prioritize environmental practices as essential to business success, the business school has largely opted out of embracing sustainability in its curriculum, instead partnering with the BB&T Center for Capitalism to guide students in ethical business decision making. James Otteson, the Thomas W. Smith Presidential Chair in Business Ethics for the business school, is also the Executive Director of the BB&T Center.

Without exposure to the tenets of sustainable business strategy, there is concern that students, as future business leaders, may not be in a position to meet the full objectives of Pro Humanitate.
High expectations for the incoming class of 2022

With campus days this month — one last week and one this week — and acceptance letters sent out last month, the class of 2022 is almost solidified. Prospective students have just under two weeks to officially decide if they want to attend Wake Forest. While they have a tough decision on their hands, Wake Forest also had a tough decision choosing who to admit. We hope that the new class will enrich the student body at Wake Forest in a variety of ways. We hope to see students from across the world bringing a variety of cultural influences from different backgrounds so to further enrich the Wake Forest community as a place to learn new things and challenge ideas.

"[We] hope that, with each graduating class, the following freshman continue to enhance the campus community."

This senior high school class in particular has made headlines across the country, particularly with the aftermath of the Parkland shooting and many students participating in walkouts in March. We hope that the class of 2022 speaks up and is vocal about their views, regardless of political affiliation, when they come to campus in the fall.

It is important that students, especially underclassmen, fight for what they believe in. We encourage this of all prospective students and hope that underclassmen feel comfortable doing so once they arrive on campus in the fall.

Moreover, national news and politics have been increasingly prevalent on high school and college campuses, so it is even more important that the "Wake Forest bubble" is popped and that we all engage in the outside world. This can be achieved by students paying more attention to local and national news sources and ensuring that they are educated voters when they arrive at the polls.

Additionally, we hope that the new freshman class embodies a variety of personalities and interests. Wake Forest is often criticized for having a "cookie cutter" type of student, so we encourage the new class to remain true to themselves and overcome this stereotype.

Adjusting to college is hard; it is a challenge to go to a new place, meet new people and be away from home. But we believe that those coming to Wake Forest have the ability to do well here and succeed without restriction. They would not have been admitted here if this were not true.

The incoming class has the potential to do great things at Wake Forest. The editorial board of the Old Gold & Black hopes that, with each graduating class, the following freshman continue to enhance the campus community through new thoughts, ideas and approaches.
Deacon Profile: Sebastian Irby

BY LILIAN JOHNSON
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Senior Sebastian Irby will be the first Wake Forest student to graduate with a degree in Sustainability Studies. Irby did so by constructing a unique curriculum for himself through the Interdisciplinary Major program.

Before he graduates, the Old Gold & Black sat down with Irby to discuss the specifics of his program, his experience with a sustainability curriculum and the future possibility of an official environmental major.

How did you get into sustainability?

I’ve always been into environmental stuff. Freshman year I approached the Office of Sustainability and started getting involved in their volunteer opportunities like the Sustainability Ambassadors program. Going into the second semester of freshman year, they offered me an internship position. Working with them, I really got to know the staff at the office. Because Wake Forest doesn’t have an environmental major program, I decided I was going to start making my own, which was convenient because the internship that I had was doing curriculum inventory. I went through basically every class that’s ever been offered at Wake Forest in the last 10 years to identify which classes have this information. From there, I worked with the people I had been working with in the office on transitioning into making it my own major.

Did you feel like there were a lot of classes that included sustainability in their curriculum?

Yes, because sustainability is really broad. Some of the music and dance classes include sustainability because they do a week or so on more environmental themes, and so you get a lot of things like that. However, there’s definitely not a ton of classes that focus on sustainability, but that’s definitely changing and improving.

Did you know coming into college that you were going to create your own major?

I did not. I was hopeful that — because there was a Master’s program on the campus of swelling interest for an environmental major — in the time I was here it would develop on its own. At the last minute, I decided I was going to stick it out because Dedee Johnston in the Office of Sustainability had told me about this Interdisciplinary program. Having just done all this curriculum work, I saw all the courses really well.

Can you explain what the process was like creating your own major?

With the Interdisciplinary program, you want to work as closely as you can because you have to submit your proposal at the same time that everyone else is declaring a major.

The way that the Interdisciplinary program works is you have to find a degree map out and work to match as many Wake Forest classes with each other as you can to make the curriculum out. Then you have to submit a proposal to the Interdisciplinary Committee. One professor from all of the divisions plus one of the deans. You submit a proposal that has a list of all the classes that you want to take, the degree that you’re basing your plan off of, a personal statement and recommendations from professors. It’s very, very time-consuming. It is very hard and very stressful.

What does Sustainability Studies mean to you?

I get this question all the time; I really should have a better answer for it by now. (Laughter). The primary reason that my major is called that is because I based my major off of a program at Arizona State and their program is called Sustainability Studies.

How my degree is a little bit different than someone who’s strictly Environmental Science or strictly Environmental Studies is, I think that something that’s built into sustainability, there’s lot’s of systems thinking. Not that there isn’t this in Environmental Science or in Environmental Studies, but I think it’s a lot more in-depth. I have a wider variety of things that I’m dipping my toes into and trying to figure out how they’re all connected. It’s very big picture.

It seems like most of the classes for an environmentally-focused major would be science classes. Are there any classes that people would be surprised to find out that you took for your major?

The science part is interesting because we don’t have any actual Earth science classes, but there’s obviously things you can take in biology, physics and chemistry. I personally chose to have a strong foundation because climate change is one of my priority issues, so to work in that I felt like I needed a strong foundation. I took the first few years of chemistry, biology and physics. I would say that people after you feel differently. I know one girl who just submitted [a proposal] who is trying to avoid science like the plague; she’s much more into the humanities.

I would say there’s at least one solid class in every department that deals with the environment. In anthropology, there’s Culture and Nature. In the humanities department, there’s Humanities and Nature. There’s a religion and ecology class. In every department, there’s one very obvious class like those. Then there’s also, depending on who you take certain classes with, classes that teach American literature and incorporate more environmental things into their curriculum.

I personally worked with three professors who I knew I was going to have and they let me change what my final project and midterm was going to be. They might assign a topic to the rest of the class and I would take that topic and find a way to tie it into the environment and sustainability. That way in the future, if someone’s like, “you made your own degree, so how is this class you took in global human rights and social justice relevant?” and I would be able to answer, “oh, well here is all the research that I did in that class.”

Looking back on four years, what was your favorite class you’ve taken?

That’s a hard one. I’d say Culture and Nature, which is in the Anthropology department with Dr. Thacker. That’s probably one of the best classes I’ve ever taken.

What was that class about?

It talks about how culture has changed over time and then specifically you look to the beginning of civilization and how people interacted with the environment at that time and you trace that theme up to today. [Thacker] is a really awe-inspiring, some professor. Before I took that class, someone told me that it would be the best class I ever took at Wake Forest. She took it and was like, “oh, they were so right.”

Do you feel that there’s a definite need or desire on campus for a concrete environmental or sustainability studies program?

Absolutely. Proposals for that major have been submitted to the administration several times.

Why do you think that is?

I don’t necessarily think that they don’t want it, I just think that they have other priorities. We can’t just hire 20 new professors and start three new majors. I understand that it’s been really slow to get the three rolling. Definitely in the time I’ve been here, they’ve started to offer more classes, which I think is really positive. But I think it is a biolo-
Business: Students, faculty frustrated by curriculum

Continued from Page 1

“The private sector is shifting from an entire focus on short-term earnings, to incorporating a necessary focus on short-term earnings with a long-term view,” Johnston said, stating that, for example, companies which rely on natural resources are beginning to realize that climate change is a long-term problem which requires action today.

“We don’t think long-term,” said Wake Forest Professor of Marketing Michelle Steward, explaining that aiming students with business professional skills is the more immediate focus. “We’re thinking breaking news. [The environment] is your grandchildren’s problem.”

After consideration following interviews for this reporting, Steward applied for the Magnolia Curriculum Project, and hopes to incorporate sustainability into her marketing curriculum next fall, implementing long-term objectives in her classroom.

Sustainability is a core lens through which to look at organizations, and thus, it is a relevant, fundamental discipline across business curriculum. Rather than embrace sustainability as a natural feature to emulate the larger university model, the core curriculum instead emphasizes data analytics. Dan Fogel, an expert in global sustainable business strategy and a former Wake Forest School of Business professor and former Associate Dean of the MA Program, left the business school after spending years unsuccessfully advocating to implement sustainability in curriculum.

“The current administration is worse than the previous one,” Fogel said. “They’re autocratic; they don’t listen to faculty. It’s so politically charged. If they really believed in the model of the university, at least a portion of the curriculum should be emphasizing social responsibility and environmental sustainability.”

Johnston has two business degrees herself, and is frustrated with the ambiguity, and lack of traction she’s gained through her own attempts to encourage the adoption of sustainable practices in the business school.

“90 percent of the potential employers the university is working with have sustainability goals,” Johnston said, stating that there is no “market demand influence” behind the lack of sustainability in curriculum.

“We need to arm you with the skill sets to do your job: think critically and synthesize facts,” Steward said. “Sustainability efforts are a separate discipline.”

The challenges in implementing sustainability curriculum extend beyond the faculty and administration of the business school. The traditional model of business that the school embodies, the faculty this model attracts, and the subsequent like-minded community it creates, presents further obstacles for change.

“I think it’s a responsibility of the business school to be able to present that information,” Fogel said. “I don’t think students really have a full appreciation [of the importance of sustainability]. Students have to be introduced to it.”

The Magnolia Curriculum Project at Wake Forest is a workshop which explores integrating sustainability into curriculum across disciplines, providing faculty with knowledge and the opportunity to understand the urgency and power of incorporating this education in the classroom. Over 50 Wake Forest professors have participated in the initiative; only one of whom is a professor at the business school.

“The Magnolia Curriculum Project is really biased towards the humanities,” Fogel said. “If a business school faculty member were to [join the project], they wouldn’t feel at home.”

Fogel attempted to address this concern, working with students to write case studies and create curriculum material in specific disciplines in the business school, such as finance, accounting, and marketing. However, his efforts gained little traction, and were ultimately shut down.

“The [Business School] is the perfect place for integrating sustainability into curriculum,” Fogel said. “[The Magnolia Project] has this humanities focus that could be a barrier to many business school students.”

The need for a makerspace on campus was identified in the fall of 2015 by the Technology Innovation Program (TIP), a group of students whose goal is to identify the potential for technology-based innovation on campus, such as establishing better wifi on the quad.

After identifying the need for a makerspace, TIP students presented their ideas to various administration members on campus, which eventually led to the creation of a Steering Committee comprised of faculty and staff members dedicated to the idea.

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“I think students will benefit from the Makerspace in so many ways,” said junior Sarah Kate Thomas, who will act as president of the Makerspace. "You don’t have to be a STEM major to use the Makerspace. If there’s anything you’ve ever wanted to build or learn how to make, the Makerspace will be the perfect place for that.”

The steering committee is comprised of Dean of the College Michelle Gillespie, Assistant VP for Strategy and Operations Emily Neece and Associate Vice President for Chairs and Campus Services John Shernet, among others. It hosted an open forum earlier this semester, led by Provost Ragan Kenn, to hear ideas and concerns from the community regarding the WakeSpace idea. The forum was attended by faculty and staff members, as well as students, from departments ranging from humanities to STEM fields.

“During our session with the steering committee, several students said that they were interested in getting involved with a project that would allow them to work with their hands,”Thomas said. “This project would be something that would allow you to do that.”

The second trial workshop will allow students to build night lights and gain experience with Arduino, an open-source electronics platform.

Just last week, a two-year lease was officially signed to allow the trailers in Lot Q to be used for the WakeSpace, sharing with a few temporary offices. Depending on the availability of construction workers over the summer, the space may be ready for students to use as soon as the fall semester.

“We as a university are very set in traditions,” Wynveen said. “We’re resistant to change. We still roll our quad with toilet paper.”

University to implement a new makerspace

Students and faculty collaborated to bring a new makerspace to the Wake Forest campus in the Fall

BY JULIA HAINES
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A drill press, a 3D printer, a laser cutter and sewing machines: these are just a few of the tools that will be available to students as soon as next semester, following the creation of a “WakeSpace,” a makerspace that will be centrally located in the old Student Health trailers in the Q parking lot.

The last of the 15 ACC schools to establish a makerspace, Wake Forest’s “WakeSpace” will follow a hub-and-spoke model, allowing students to not only build physical projects, but also to learn life lessons such as cooking, doing taxes and reading contracts, through workshop partnerships with Aramark, Facilities and other departments across campus.

“As an engineering student, the addition of the makerspace will allow me to pursue personal projects related to engineering, but I also love the space being used for class projects and even research,” said freshman John Hobson, who advocated for the space at an open forum last month, citing that he wanted the chance to build a trebuchet with friends.

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“I decided to attend the makerspace forum because I knew that my perspective might be valuable as a student who’s interested in tackling more complex engineering problems that might require more technical/construction skills,” Hobson said. “I am personally pretty handy with tools, but specific training and access to these tools, as well as spaces to work in, would be extremely valuable.”

Earlier this month, a trial workshop was hosted in which students made wooden tic-tac-toe boards with a drill press and CNC tool. The third trial workshop could include projects which students would use to gain experience in the anthropology department or establishing a “Bakerspace” for students to gain experience in the kitchen. This week, a second trial workshop will allow students to build night lights and gain experience with Arduino, an open-source electronics platform.

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Holi arrives with flying colors

The South Asian Student Association and Hindu Student Association's annual celebration of Holi, the Festival of Colors, involved free Indian food, music, dance performances, water balloons and powdered color. The ancient Hindu festival traditionally marks the start of spring and new beginnings.

"People of all backgrounds [can] come together," freshman Savarm Sanka said. Students enjoyed traditional food from the Indian subcontinent, including mango lassi, chicken 65, samosas and paneer tikka, which is made from South Asian cheese.

"I won't remember sneezing purple for the rest of the day, but I will remember the experience of celebrating Holi with all of my friends," sophomore Krishna Chopra said. In the six years SASA and HSA have held Holi, attendance has grown from 25 to hundreds.

Water fights are also a traditional part of Holi. Water guns called pichkari are used on the Indian subcontinent. After a performance by Deacon Dhamaal, Wake Forest's Bollywood fusion dance team, students threw dyed rice flour and water balloons at their friends.
Palumbo added that the Collegiate Network has not directly influenced the Review in their editorial process, offered stories to influence, or otherwise. Wolfe aid. "If individuals would like to publicly disclose that they have supported us, we encourage them to do so." The Review is also guided by a Board of Directors, including Republican voices such as Brooke Burd, the wife of Senator Richard Burr (R-NC), and Todd Poole, the District Director for Republican Congressman Ted Budd (NC-13). The ninemember board also includes three Wake Forest professors: Professors Tom Brister, Allen Louden, and Robert Whaples from the politics, communications and economics departments respectively. Although a new member of the Collegiate Network, the Wake Forest Review has not directly influenced the Review in their editorial process, offered stories to influence, or otherwise. Wolfe added. "If individuals would like to publicly disclose that they have supported us, we encourage them to do so." The Review is also guided by a Board of Directors, including Republican voices such as Brooke Burd, the wife of Senator Richard Burr (R-NC), and Todd Poole, the District Director for Republican Congressman Ted Budd (NC-13). The nine-member board also includes three Wake Forest professors: Professors Tom Brister, Allen Louden, and Robert Whaples from the politics, communications and economics departments respectively. While the Review is donor-supported, they are still a member of the Collegiate Network. Today, run under the name of the right-wing Intercollegiate Studies Institute, the Collegiate Network has almost 100 member student publications. Though created to help students establish campuses, the Collegiate Network also helps their student journalists with access to grants, internship opportunities and conferences. The controversy of the Collegiate Network and its parent organization lies in its largest donors, which can be found in publicly disclosed IRS 990 tax forms. From 2010 to 2016, the Collegiate Network received $530,000 from the Bradley Foundations and $2,200,000 from the Sarah Scaife Foundation. The Intercollegiate Studies Institute, the parent organization, received $1,255,000 from the EM. Kirby Foundation, $2,280,000 from the Bradley Foundation, $2,300,000 from Devos Foundations and $2,200,000 from the Sarah Scaife Foundation. Palumbo also noted that their role model is the right-wing Foundation. "I think there's dark money on the left," Wolfe said. "I also think that, as an organization, when you accept money from a foundation you just have to be cognisant of what kind of restrictions they're putting on you, if any." Still, students on campus find the relationship between the Wake Forest Review's donors, the Board of Directors and the Collegiate Network clouds the Review's ability to produce journalism. "Regardless of one's opinion of WFR, having donors and a board with a singular unified political intention makes you question the journalistic integrity of the publication," said junior Laura Critz, a journalism minor. "There's no way for readers to know if it's truly the opinion of the Review or if it's motivated by financial gain for the publication."
Dining Services moves towards local ingredients

Students now offered various options by Aramark in efforts to support sustainable food sources

BY SLOANE PFARR
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After swiping into the Fresh Food Company, affectionately known to students as the Pit, one first encounters a colorful and varied display of grains and vegetables at the salad station. "My favorite meal to have in the Pit is a salad topped with lots of fresh ingredients," said sophomore Sophia Franchi. "I start with a base of kale or spinach and add plenty of raw vegetables like peppers, cucumbers, purple cabbage or red onions."

Franchi's salad is not only fresh, it is also comprised of predominantly local ingredients.

Wake Forest Dining Services works with the Office of Sustainability to provide students with locally sourced and sustainable food options as often as possible, and their green-eating initiative has gained momentum in the last few years. The changes to food on campus come at a time of increasing global environmental concern. As climate change takes a toll on weather patterns and the outlook of long-term environmental health, environmentalists and some politicians are taking steps toward creating better, more efficient policies to increase the longevity and health of the earth and its inhabitants. While these policy changes are slow in coming, people at home and in their communities are deciding to take the initiative to go green on their own.

Part of this initiative is a desire to know the source of the food people eat and to support local farms with sustainable farming methods.

According to a post from the Earth Institute at Columbia University, sourcing locally keeps family farms up and running, resulting in the circulation of local money and the strengthening of community relations. These small farms are also more receptive to sustainable farming methods than large industrial farms. "There's a real drive right now to purchase locally," said Tim Vandermeersh, resident district manager of Aramark, the food providing company on campus.

He said that in the past two years, Dining Services has been able to build an eating environment on campus constituted by nearly 30 percent of locally sourced food products. The initial goal was a minimum of 20 percent.

"If I buy a Village Juice pressed juice at least once a week," said sophomore Anissa Berger. "It's a great healthy option to grab and take on the go."

Village Juice Co. is a local health food restaurant here in Winston-Salem that gets its natural ingredients from local farms. Other locally sourced products offered on campus include Krankies Coffee, Camino Bakery and UpDog Kombucha. Included in our dining program is an initiative focused on plant-forward dining," says John Wise, associate vice president of Hospitality and Auxiliary Services on campus. "These types of programs help reduce the attention on animal proteins which are a major challenge from an environmental perspective."

Yet, beef, chicken and cold cuts are still dominant choices among students.

However, the good news is that all three options have been replaced with Humane Certified, antibiotic-free and hormone-free animal proteins. The beef served on campus is sourced locally from Brassocast Beef, a farm in western North Carolina. "The burgers at the grill look better than they used to and have a better flavor," said sophomore Adam Goldstein serving as ex-officio members.

"It was critical to get a variety of perspectives on the Committee and we wanted pushback because it leads to greater understanding of the policies," Clifford said.

The Committee's most recent round of proposed revisions—which include updates to policies on harassment, disruption, and disorderly conduct—follow a semester-long period of public feedback, student discussion and forums. "I've noticed that the grilled chicken being served at the grill on campus is now antibiotic-free and there have been plenty of new local additions to the salad bar which has been great," Franchi said. "Despite many positive responses to Dining Services' local food introductions, many students are still apathetic about the changes. "I haven't noticed any difference or improvement in the quality of the beef in the burgers I eat," said sophomore Grant Abrahamson. "I just eat what looks good."

"I'd be nice if they simply incorporated sustainable foods into the meals," he said. "I don't want the Pit to market their sustainability to me."

Even those students excited about the sustainable options offered in campus dining facilities think that the school's efforts are not enough.

"I think Wake Forest could do a better job spreading awareness about the importance of sustainable foods because I think a lot of students are out of touch with where their food comes from and how it is produced," Franchi said. "Greater awareness could correlate into more positive health choices."

Dining Services recognizes the varying attitudes surrounding sustainable eating and is constantly coming up with new sustainable products and services to provide them with local, environmentally friendly dining choices.

Their next big move is to install interactive screens throughout the Pit that will allow students to review proposed policies and provide them with local, environmentally friendly dining choices.

"Everyday, students will be able to see the farmer we are supporting and the product and where it's coming from," Vandermeersh said.

Code of Conduct changes seek final review

The university sought student feedback for policy changes, especially disorderly conduct.

BY MARY DANIEL CHEEK
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On Tuesday, April 17, Associate Dean of Students for Student Conduct Matthew Clifford provided a much-anticipated overview of the Student Code of Conduct revision process.

Clifford's talk addressed the ins and outs of the revision process for the Student Code of Conduct, including how the Code of Conduct Review Committee has considered student feedback when proposing revisions and what steps must be taken before the revised Code of Conduct is finally approved. For Clifford, ensuring that the Code of Conduct revision process is transparent and includes student input is key.

"Last year, it was really evident to me that students wanted to be involved in this process, so we made sure they were represented in the Code of Conduct Review Committee," Clifford said.

The Code of Conduct Review Committee is made up of students, faculty and staff, with Clifford and Dean of Students Adam Goldstein serving as ex-officio members.

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Adam Goldstein serving as ex-officio members.

"It was critical to get a variety of perspectives on the Committee and we wanted pushback because it leads to greater understanding of the policies," Clifford said.

The Committee's most recent round of proposed revisions—which include updates to policies on harassment, disruption, and disorderly conduct—follow a semester-long period of public feedback, student discussion and forums. "I've noticed that the grilled chicken being served at the grill on campus is now antibiotic-free and there have been plenty of new local additions to the salad bar which has been great," Franchi said. "Despite many positive responses to Dining Services' local food introductions, many students are still apathetic about the changes. "I haven't noticed any difference or improvement in the quality of the beef in the burgers I eat," said sophomore Grant Abrahamson. "I just eat what looks good."

"I'd be nice if they simply incorporated sustainable foods into the meals," he said. "I don't want the Pit to market their sustainability to me."

Even those students excited about the sustainable options offered in campus dining facilities think that the school's efforts are not enough.

"I think Wake Forest could do a better job spreading awareness about the importance of sustainable foods because I think a lot of students are out of touch with where their food comes from and how it is produced," Franchi said. "Greater awareness could correlate into more positive health choices."

Dining Services recognizes the varying attitudes surrounding sustainable eating and is constantly coming up with new sustainable products and services to provide them with local, environmentally friendly dining choices.

Their next big move is to install interactive screens throughout the Pit that will allow students to review proposed policies and provide them with local, environmentally friendly dining choices.

"Everyday, students will be able to see the farmer we are supporting and the product and where it's coming from," Vandermeersh said.
The views expressed in all opinion columns represent those of the article's author, not the opinions of the Old Gold & Black Editorial Board.

Dreams

Conceptualizing the power of Buddhism

The eastern religion empowers its followers through its multifaceted application to everyday life.

Ying Xu
Guest Columist
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I began clearing my mind by first addressing the conditioned nature of everything that is going on around me. I began taking initiative on focusing on my own well-being and counting blessings in my life, instead of intentionally waiting for others to do so for me. Soon enough, the ageless wisdom of gratitude I felt around the room is carried by every person I meet, manifesting in different ways. I see it in the lady who cleans the third floor Luter bathroom, with the intricately made hairband, as she recounts her stories to our suite about physical health and her family situations. I see it in one of my best friends who plays the newest Drake song on speaker and treating the song as if it was the pinnacle of human progress, and his love toward hip-hop. I see it in my mother as she splits her time between the places she travels to and the people she loves, and how she meets each opportunity as if it was her last. I see it in the eyes of the lady who can't see me anymore, carrying the full schedule and instead of feeling anxious about it, I feel anticipatory in the most hopeful way because today is another day where the world will challenge me, and I will challenge back with my strength and endurance.

The Buddhist conference stressed that Buddhism is a hybrid of religion and philosophy, and to categorize it as one or the other would not do it justice. I have been guilty of this on many an occasion, and find myself often reasoning within a framework where they simply want to argue with other politics on campus. If you need evidence, look no further than the at times polemic and misguided sparring over gun control in recent OGB columns. There is minimal effort to include a larger group of students into political debate, and of course this largely stems from Wake Forest students being widely apolitical. Yet, this goes hand-in-hand with curriculum reform. Wake Forest students need to do a better job of learning for the sake of learning; they need to be truly intellectually curious. What matters more than taking an 'easy A' divisional is learning perspectives that one is generally not exposed to. This campus is full of brilliant minds. The Sixth Circle is on to something — Wake Foresters need to stop limiting themselves.

Next, the criticism of maltreatment of Asian students is also extremely important. Working a support staff position at Wake Forest is not an easy proposition. Hours are long, wages are low and students often lack proper manners and therefore ignore basic dignity of many members of the support staff. While Student Government has applied pressure to increase wages for support staff starting next year, this is insufficient. As a campus, we need to become more involved in events such as the School of Divinity's effort to give out gifts to staff workers during the holiday season. When students come back in a stupor from parties over the weekend, they ought to clean up after themselves to make upkeep at least an iota more tolerable for support staff. When we have daily interactions with staff, we need to be courteous and polite, with no exception. These are not difficult fixes, and they go a long way.

On a positive note, I disagree with the proposal of ending social Greek life altogether; one does not have to be on campus for more than a few days to know that serious reform needs to occur for Greek life. While long-lasting friendships are made and many Greek organizations throw social events in a responsible fashion, there are serious outliers that impact the well-being of students on campus and often can deter individualism and pursing activities beyond one's chapter. Sometimes it is hard to tell if these negative aspects are an outlier, or simply a cost of being involved in Greek life. By no means does Greek life need to be abolished, but higher standards of character and achievement need to be set and enforced by the university for Greek men and women.

Of course, it is easy for a few nameless writers, ever-so-emboldened by their anonymity, to construct an indictment of Wake Forest, especially when they advocate for nothing in return. But to write off the points made by this group is to ignore some of the blantly problematic things that are inexcusable to Wake Forest as we stand today.
Alcohol fuels more provocative authorship

Authors often use alcohol as a lubricant for creativity in the writing process.

Kyle Ferrer  Staff Columnist
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I grew up in a pretty "sane" strata of society. I live in a cocoon of upper-middle class comfort, with upper-middle class concerns: internships, grade fretting and wondering if I, as an isolate and an American (perhaps two very similar notions), will be able to assimilate into my abroad environment without too much embarrassment.

Of course, the satirization of the "sane," upper classes is another subject entirely. But my point is that because of my upper-middle class life, I have been attracted to the street corner, to the "mad." The Kerouacs and Burroughs, the John Cheevers and Denis Johnsons. Basically, the alcoholic writers who read budget documents for fun.

These writers, in their complex, transitory relationships with the world, provide a precious vicariousness that I crave.

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These writers, in their complex, transitory relationships with the world, provide a precious vicariousness that I crave.
Student body president expounds on goals

My name is Danny Reeves, a junior political science and international affairs and communications double major from Hershey, PA. This Tuesday, I had the privilege of being sworn in as President of your Student Government. Both Wake Forest and Student Government have greatly impacted my life as a Wake Forest student. I believe when you love something you must invest in its growth. Our campus is an ever growing and changing community that is experiencing development unlike any other period in our history. This is why now, more than ever, we must push ourselves and our institution to be better.

It is my utmost pleasure to serve in this role and I look forward to pushing myself to better our community. So first, on behalf of the entire Executive board, Secretary Maia Kennedy, Treasurer Sydney Packard, Speaker of the House Will Hargrove, and Chief of Staff Daniel Oberoi—I would like to thank you very much for electing us. Secondly, I would like to take this opportunity to highlight and outline some of our goals for the upcoming year. Unfortunately, most students on our campus likely don’t know who is in Student Government, or what we do. The question of “what does Student Government even do?” flows from student mouths more than complaints about parking. The fact that most students don’t know what our organization does exposes our faults. Currently, we are benchmarking other schools to make sure our individual committees are best supporting the university community. The opportunities to engage with our community in the realms of sustainability, diversity and safety are discussed on campus but require more direct attention within our governing body. Similarly, outreach and transparency will continue to be a primary focus of Student Government moving forward.

In addition to these general goals, I personally hope to focus on the areas of mental health and wellness with attention to alcohol abuse. We look forward to structurally reforming this organization to become a more involved and transparent part of our community. This week, the Student Government implemented a demographic survey to evaluate the types of voices represented within our organization. In addition to re-evaluating the structure and conversation of the organization, we hope to evaluate and recognize the identities in the room.

For the past three years, I have been fortunate to learn from amazing leaders and administrators on this campus. I can only hope that over the next year we can come together as a community and continue to push the boundaries and show what it means to be a true Demon Deacon. As previously stated, we plan to continue this initiative with a general meeting next Thursday in Benson 410 from 5:00 p.m. to 6:00 p.m., where we will engage in conversation with diverse campus leaders on coordinating future SG events and will continue these conversations throughout the academic year.

Effective change takes time and input from many voices on campus and I hope to be a small piece of this continually evolving process. Next year, I look forward to working with students throughout campus. If you would be interested in speaking, feel free to contact us at evdpl3@wfu.edu, or through our Facebook and Instagram @wake_sp and Twitter @wake_sp. Thank you very much and Go Deacs.

Sincerely,
Danny Reeves
Student Government President
2018-2019

Student body president expounds on goals

Currently, we are benchmarking others schools to make sure our individual committees are best supporting the university community.

Graduating from college is a financially burdensome experience

Education’s financial prerequisites are too much to bear for the average person

Upon telling all of my friends and peers that I’m graduating a year early, I always get the same reactions. Usually I’m asked “why?”, followed up with a reminder that I’ll be missing out on an amazing year of my life. My response is always the same: overwhelming student debt paired with the credit to graduate early left no doubt in my mind that saving myself another $70,000 was more important than making memories in the fourth year of college.

Although I was lucky to be supported by my parents throughout the process, who paid for some of my college and cosigned on my loans, becoming financially independent earlier than most of my peers was an uphill battle. The thought of growing up and having a career with a student loan burden staring me in the face made me more nervous than anything else during college. This was true for my peers as well, many of whom struggled to balance the burden of a degree with the financial responsibility.

In addition, I was grateful for opportunities to celebrate my accomplishments. Financial barriers to graduation are unfair and directly burden economically disadvantaged students over their more financially dependent counterparts.

Though I work three on-campus jobs — including as a managing editor for the OGB, a student-athlete tutor and a fitness attendant at the gym — I have struggled to keep up with all of the graduation requirements in the past few weeks. First, I was notified that I had to hold on my graduation until I paid off a $100 parking ticket and a $35 fee for replacing my lost university ID. When I called the registrar’s office, I was told that both fees were necessary for my graduation. Applying for graduation takes months of preparation and ensures that you don’t miss any deadlines.

Graduation weekend is celebrated differently by all families, and some have much longer traditions and non-celebratory moments.

Word on the Quad

What made you want to come to Wake Forest?

"Good weather" Patrick Ryan (21)

"Test optional" Katy Marget (19)

" Pit food" Kelly Rose (20)

"Family tradition" Elwin Murray (20)
First eight NBA playoff games thrill fans

The first-round games of NBA Playoff season show promise for an exciting rest of the tournament.

BY DANIEL PACHINO
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After 82 regular season games, the NBA Playoffs are officially here. For the first time in a few years, it does not seem there is a prohibitive favorite in each conference. The Warriors are flawed and missing Steph Curry and also have a legitimate challenger out West in the Rockets. The Cavaliers are by no means the best team in the East and it appears to be anybody’s conference this year. With that, here is a recap of what has occurred in each series thus far, with the series in the Western Conference coming first.

Houston Rockets vs. Minnesota Timberwolves

The Rockets were very lucky to win Game 1 at home by a score of 104-101. Chris Paul did all he could to ruin James Harden’s 44-point night by throwing an errant pass out of bounds in the game’s closing moments to give the Wolves a shot to tie. Luckily for Paul, the Wolves missed and the Rockets skated by to win Game 1.

Golden State Warriors vs. San Antonio Spurs

In the first two games of this series, Kevin Durant and the Warriors have walked all over the Spurs. The Spurs have had no answer for Durant and Paul George, who have averaged 28 and 29 points per game, respectively.

Portland Trail Blazers vs. New Orleans Pelicans

This has been the most shocking series thus far. Anthony Davis has led the Demarcus Cousins-less Pelicans to a 2-0 lead on the road over Portland. Game 1 was dominated by Davis, who had 35 points and 14 rebounds. Game 2 was all True Holiday, who poured in 33 points and nine assists.

Oklahoma City Thunder vs. Utah Jazz

Game 1 in OKC was one of the more exciting games of the playoffs so far. This game continuously went back and forth, but Paul George closed the game out for the Thunder to win 116-108. George had 36 points (8-11 on three-pointers) in his playoff debut for OKC, and Russell Westbrook added 29 points, eight assists and 13 rebounds. Meanwhile, Utah’s rookie star Donovan Mitchell had 27 and 10 in his playoff debut but was injured late, and his Game 2 status is up in the air.

Toronto Raptors vs. Washington Wizards

Up to this point, this series has been dominated by the top-seeded Raptors. In the first game, Toronto’s bench came up big and three different bench players scored in double figures. Game 2 was an offensive onslaught and DeMar DeRozan scored 37 to help hold off a push by the Wizards’ bench in a 130-119 win.

Boston Celtics vs. Milwaukee Bucks

Game 1 of this series was undeniably the most electric game to-date in the playoffs. It was a continual back-and-forth between these two teams and with the game tied at the end of the fourth quarter, Terry Rozier hit a step-back three-pointer with 0.5 seconds left to go up three. Miraculously, however, Khris Middleton hit a desperation heave at the buzzer to tie the game and send it to overtime. In overtime, though, the Bucks came out on top thanks to their balanced attack which saw four players score 20 or more points.

Game 2 was not quite as close, as the Celtics were in control all game and won 120-106. Jaylen Brown scored 30, points, and with Giannis Antetokounmpo’s 30, nine and eight were not enough.

Philadelphia 76ers vs. Miami Heat

Game 1 was dominated by Philadelphia. The 76ers blew out the Heat 130-103 even without their star Joel Embiid. Ben Simmons and JJ Redick were exceptional and Marco Belinelli added 25 off the bench. Game 2 was different, however, as the Heat turned back the clock and had a vintage game, scoring 28 off the bench, including a game-icing jumper in the final minutes over Simmons.

Wake Forest track competes in Charlotte

Both the men’s and women’s track and field teams have come home with

BY LIZZIE SNYDER
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Last Friday and Saturday, the Wake Forest men’s and women’s track and field team traveled to the University of North Carolina-Charlotte to compete against a host of top competitors, and left the competition with five titles.

On the first day of competition, the Demon Deacons had two first-place finishes. Junior Robert Heppenstall, last season’s ACC men’s outdoor track and field champion of the year winner, took the men’s 1500m title with a time of 3:47.58. Beating the second place finisher, Philip Hall from North Carolina, by a little under three seconds, Heppenstall flew past every other competitor in the field. Freshman Rachel Kern won the women’s javelin event throwing 44.19m.

After the first four events in the women’s heptathlon, junior Jordan Banks had a first-day overall score of 2939 and two personal bests in the 200m dash and 100m hurdles. In addition to these two events, the first round of the heptathlon includes the high jump and shot put where Banks tied for third and placed seventh, respectively.

Junior Robert Heppenstall’s strong performance into Saturday, persevering through the long jump, javelin throw, and 800m run events. In the long jump, Banks claimed first place with a final distance of 6.6m. For the javelin throw, she was able to win second place with a distance of 29.94m. Finishing the seventh and final event, the 800m run, in first place, Banks had one of the best competitions of her junior season. Banks finished the seven-part event with the top score of 792 and a time of 2:22.36.

Coming off a promising first day of competition, Wake Forest continued to perform on a high level during the second day in Charlotte with several first and second place performances.

Highlights included junior Alexandra Florent taking first place in the women’s high jump event, jumping 1.75m tall, and junior phenom Tesla Kempf taking first place in the women’s pole vault event.

Other strong finishes include the women’s 4x400m relay consisting of freshman Cydney Delley, senior Maya Hinton, freshman Grace Holterbe and junior Emma Gallagher with a time of 3:56.78.

Junior Max Adams finished second in the men’s shot put event, throwing for 17.22m, and senior John Archie came in third place in the fast section of the men’s 800m event with a time of 1:52.45.

The Demon Deacons will face their next group of competition on April 20-21 at the Virginia Challenge in Charlotte.

Phil Masturzo/Akron Beacon Journal/TNS

Pacers guard Lance Stephenson makes a dunk against the Cleveland Cavaliers in the opening round playoff game.

Cleveland Cavaliers vs. Indiana Pacers

This game was probably the most shocking opening round game yet. The Pacers got a statement road win over the Cavs in Cleveland.

This was LeBron’s first ever loss in an opening game of the playoffs. Victor Oladipo scored 32 points on 6-9 shooting from three, which was simply too much for the Cavs even with LeBron’s triple-double. This series should be one of the most exciting to watch as it could be the first time LeBron James ever is bounced in the opening round of the playoffs.

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Wake Forest men’s and women’s track & field teams have come home with

PHOTO COURTESY OF WAKE FOREST ATHLETIC COMMUNICATIONS
Junior Rob Heppenstall wins the 1500m title at the Charlotte Invitational.
Elite competition plays on clay in Monte Carlo

Rafael Nadal and other elite competitors compete for Monte-Carlo Masters trophy

BY KYLE FERRER
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Monte Carlo is a place of glittering wealth and passion, a tiny quarter within the tiny principality of Monaco that attracts bursting bank accounts from all over Europe. It's a vacation spot for the mega-wealthy, and is home to the Monte Carlo Casino — an establishment littered with various Bond-like critters in tuxes, scoured by strict floor men whose necks are so stiff they may well be made of china.

But Monte Carlo is also host and home to one of tennis' premier events, the Monte-Carlo Masters 1000 tournament, where the best players from around the world compete in the coveted locale. It is fitting that such athletic largesse takes place in a spot of concentrated wealth. Every year I hope for the noblesse oblige shift from brutality to brush. This year, at least a quarter of the players were staying far away due to character.

The Monte Carlo Masters marks the first big clay-court event of the year, a transition from the hardcourt warfare of Australia and Indian Wells. High bounces and net-splitting strokes soften into gentle, slower tactics as the Martian clay absorbs pace and plays it back with spin.

John Isner and other pace-predominant players prepare to struggle with the unforgiving surface and its indifferent absorption, while the Rafael Nadal's and Feliciano Lopez's of the world relish the shift from brutality to brush.

Nadal's speed, paired with a slower pace of play, makes his great-ness tendencies all the more infuriating, yet all the more pleasurable to watch. Lopez's slice-only backhand cuts through the court with the low-altitude clench of a puck on ice, perturbing the spectator as much as it wrong-foots his opponents.

Clay has perhaps the most personality of all the surfaces. It has the unique ability to take a shot you hit and pervert it into either something devastatingly unintended or woefully ineffectual. Players who are able to adjust to, or even relish, the opportunity for error are able to perform best. David Foster Wallace seems like he would have liked clay, since he was "a pretty untalented tennis player," and "his very best in bad conditions." Foster Wallace claims this is because of a "weird proclivity for intuitive math," not any consummate athletic ability.

Clay is not an inherently "bad condition," but it isn't straightforward, either. Foster Wallace was talking about his brain-powered game in the context of the wind-whipped Midwest, not the skirtish clay of Monte Carlo, but the same brainy mode of play applies.

The smartest players usually prevail, although it must be noted that the most exceptional case is Rafael Nadal, who does not so much outsmart his opponents on clay as much as he outsmashes them. In the case of Nadal, unconscionable speed, endurance and ungodly topspin propelled him to become the king of clay. He is the perfect player for the surface that slows, and he is in full bloom as the number-one seed in Monte Carlo.

The tournament should be exciting, since Marin Cilic, the 6'6 Croatian, is seeded second. His game is opposite Nadal's, and runs on pure power. Cilic's recent success rocketed him to a number-three world ranking (Federer, at number-two, is not competing in Monte Carlo), but his game rolling into the clay-court season is naturally at a disadvantage, since his monstrous serve will lose some of its power on clay.

It will be interesting to see who comes out on top as Nadal and Cilic battle for the red-hot surface firing.

If it seems to be Nadal again, he will surely run away with Monte Carlo and possibly the French Open, which he has won ten times. But age is now a factor for the speedy Spaniard, and at 31, he has nearly run his body into disrepair.

That said, as one of the greatest players ever, I expect Nadal to perform with the passion and fearlessness of a player in his youth. Clay has been his best friend his entire career. It may be hard to pry the two apart.

Young quarterbacks in NFL draft will be new stars

Several NFL franchises will rely on rookie talent in the 2018-2019 season

BY SAM WEXLER
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There is always some position that is absolutely loaded and debated in a draft, and there is no question that this year it's the quarterback position.

Two highly-debated Heisman winners, two PAC 12 stars and a Wyoming cowboy make up the lot of this debate.

A main reason why this debate is on the forefront this year is that there are not only high quality QBs, but also teams in need of a franchise-worthy leader. From the Cleveland Browns to the New York Giants, the Jets to the Broncos, teams will go head to head to grab their favorite quarterback before their time ticks away. This year, at least a quarter of teams are in need of a quarterback for the future, some even for the present. From their Wonderlic scores to their 40 times, each quarterback brings a unique set of traits to the table that has to mesh with their potential franchise.

So, what makes each quarterback unique? Why should they become the new stars of these teams?

Baker Mayfield

I watched an episode of Sportscenter the other day in which Baker Mayfield was debated for upwards of 10 minutes — that's what we are dealing with here.

The summary of this debate was that two NFL general managers, both in need of a franchise QB, had two directly opposing views of him. One GM said he was the best quarterback in the whole draft, the other said they were staying far away due to character.

In short, that is the heart of the debate. He is evidently good, winning the Heisman as one of the most efficient and accurate passers ever to play at the college level. At six feet tall with a bit of an attitude problem, Mayfield will most likely slide down the ranks a little before finding his new home.

Lamar Jackson

Jackson is another Heisman winner and another debate at that. Given his style of play, there has been ample talk in this draft about Jackson playing at the next level in a position other than QB. He has always been known as one of the best dual-threat quarterbacks to play in college, so it wasn't that much of a step to look towards his skills on the ground.

The main quality that separates him from the pack in terms of draftabil-ity is his boom-or-bust propensity. Jackson does magical things on the ground and outside of the pocket, but we saw how that ended for RGIII, so does a team want to take that chance on the future of their team?

Someone will take him, and take him early, as the raw talent and athleticism is there and his passing accuracy will continue to improve, it sure will be interesting to see how it all pans out in the end.
Spotlight: Hannah Betfort

By Heather Hartel
Online Managing Editor
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Hannah Betfort is a freshman soccer player at Wake Forest, who recently finished her first season of collegiate soccer. Betfort was recorded playing many strong games, especially for a freshman. She was an immediate impact, playing as a forward last season, and started in 17 of 20 regular season games. Betfort was one of 10 Deacon soccer players to record over 1,000 minutes of playing time, with 1,160 total. Last season she scored five goals, three of them game-winning.

This spring, Betfort was recruited by U.S. Soccer to represent the country on the U-18 women’s national team. She first played at a U-18 training camp in Florida in February and was later invited to play in an international tournament. Betfort competed in the La Manga 12 Nations tournament in Spain this March and had to turn down later tournaments for academic reasons. Still a young player, she hopes to see her soccer career continue to flourish on the Wake Forest and national soccer teams.

Heather Hartel: What has been a highlight of your freshman year, soccer-wise?

Hannah Betfort: The main things have just been getting to play, but also getting to know the team. My teammates are the most important thing to me now and I honestly didn't expect that going into the year. I also wasn’t expecting to play that much, which has been amazing because who isn’t going to want to play their freshman year?

A specific moment that was special would probably be our South Carolina game where we beat a really good (#3 in the nation) team. It was a really good game for us and it put us back on the map and showed people what we were all about. Another great game was against Georgia, which led us to the second round of the NCAA tournament for the first time in a couple of years. That was also special.

Heather Hartel: What have been some of the challenges?

Hannah Betfort: Mentally it’s really hard to prepare yourself for ACC soccer. It’s the hardest conference in the country and I’ll fight anybody who says anything different.

The hardest thing for me has been a mental shift in the game and my team has helped me a lot with that because they’re always there to bring me back up and tell me what I need to do to change or improve my game.

Coming from high school, soccer is rarely the same sport; it’s actually completely different. You come in and are playing against the best athletes in the country and a lot of them will go professional later in their lives, so you’re playing a much higher caliber of player.

Heather Hartel: Did you expect to be recruited and eventually playing for the National team?

Hannah Betfort: I didn’t even know I was being recruited for the National team — I had no idea. It’s always been a dream of mine, but growing up in South Carolina we don’t have the best soccer in the country, so it was something I knew I’d have to work really hard to get. When I found out I was even getting an invite to a domestic camp, just to have a chance at a tryout, was an unreal experience. My jaw dropped and I couldn’t believe it was happening. It has been one of the craziest, most unexpected things that has ever happened, but it’s something that pretty much everyone who plays in college wants to do.

Heather Hartel: Where do you see yourself growing in your soccer career?

Hannah Betfort: I see myself developing more of the mental side I’ve talked about. Just being mentally better in my game and more of a leader on and off the field, maybe even moving into a leadership role at Wake Forest would be awesome. Also I just hope to go as far as I can with the national team, but if that were to stop next week it was still a great experience. I just hope I can get invited to more events later in my career, but really just being a key player and figure on the team is where I hope to end up.

Personal Profile

Hometown: Charleston, SC
High School: Wando HS
Position: Forward
Class: Freshman
Height: 5’11”
Club Team: USA/MPI 98 Girls Elite

Photo courtesy of Wake Forest Athletic Communications

Deac Notes

Wake Forest men’s tennis player Petros Chrysochos is the ACC Player of the Week

This Tuesday, Petros Chrysochos, a junior from Larnca, Cyprus, was awarded Player of the Week by the ACC. Chrysochos has already received three weekly awards this year, and five weekly awards in his total career. He is currently ranked fifth nationwide in singles alongside fellow deacon Borna Gojo, who is ranked sixth. In 2016, he was named the ACC freshman of the year. In 2017 he was ranked as high as first in singles in the country.

Wake Forest women’s soccer player Ally Haran signs with UMF Selfoss

Ally Haran has just signed with the professional Icelandic team UMF Selfoss. Haran, a four-year starter, is making a good start on her professional career, as she will be playing in Iceland’s top division, the Pepsi Deildin women’s league. Haran, who was captain for two years, scored four goals her senior season. Wake is excited to have one of their top players continue down such a promising path.
Predicting the first 10 NFL draft picks

The 2018 NFL Draft, taking place in Arlington, TX, contains a more elite player pool than in previous years.

BY CLAYTON WUNDERLICH
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This year's NFL Draft is possibly the most dynamic in recent years with a plethora of trades in the first round already.

1. Cleveland Browns – Sam Darnold, QB USC
   Expect the Browns to take their favorite quarterback first overall. All indications point to that being Darnold, who has shown an understanding of the position incredibly advanced for his age, such as his ability to throw receivers open in coverage and work through his receiver progressions. Fun Fact: since 1999, the Browns have had 26 different starting quarterbacks, which is the most in the league.

2. New York Giants – Josh Rosen, QB UCLA
   Rosen has been touted as the most pro-ready and polished quarterback in the class. Scouts issue with his uninspiring demeanor and question his commitment to the game. That should not stop the Giant's new regime from looking for their next franchise quarterback.

3. New York Jets – Baker Mayfield, QB Oklahoma
   After trading up it is clear the Jets want a Quarterback. Mayfield lacks elite height and hand size which are two big no-no's for a quarterback prospect. Still, his college production is off the charts and he apparently aced the interviews and the white board room at the combine.

4. Cleveland Browns – Saquon Barkley, RB Penn State
   Barkley can do everything expected of a three-down running back very well, and his combine numbers are elite: 6'0" 233lbs with a 4.40 40-yard dash, 41 in vertical leap, and 29 reps on the bench. He is being heralded as the greatest running back prospect of his generation, the best since LT. This being said, expect Cleveland to trade down as someone (Bills) will likely move up to draft a QB before Denver is on the clock.

5. Denver Broncos – Josh Allen, QB Wyoming
   Allen is like Frankenstein's monster in that he is an elite physical specimen that does not know how to play quarterback. There are several obvious red flags on his resume — notably terrible college production, poor accuracy and raw footwork. However, his is also tall, has a rocket arm and looks good in shorts. Don't be shocked if a team falls in love with his potential and takes him in the top five. Stats are for losers.

6. Indianapolis Colts – Bradley Chubb, EDGE NC State
   Brother of former Wake Forest linebacker Brandon Chubb, Bradley is by far the best defensive line prospect in his class. He has a prototypical build — 6'5" 270lbs — and ran a 4.65 40 yard dash, which for his size makes him a freak of nature. Recently Von Miller described Chubb as "Khalil Mack and myself combined."

7. Tampa Bay Buccaneers – Minkah Fitzpatrick, FS Alabama
   The next in a long line of elite Crimson Tide safeties, Fitzpatrick is versatile enough to play any defensive back position and has been heralded by Nick Saban for his high motor in practice and described as the "perfect locker room player."

8. Chicago Bears – Quenton Nelson, G Notre Dame
   Guards do not usually get drafted in the top ten, but Nelson is probably the best prospect at the position in the last five years. He is a physical mauler at left guard that punishes defensive linemen until he "takes their will." Google his block against Georgia last season if you want to see a blitzing safety get nearly bisected.

   Ward is far and away the best man cover corner in the draft and ran a 4.32 40-yard dash. This alone is enough to solidify him as a top draft pick. The 49ers did just sign Richard Sherman, but his contract is mainly incentive based and you can never have too many corners.

10. Oakland Raiders – Roquan Smith, LB Georgia
    Smith is more refined and accomplished than Edmunds. He's not as elite of an athlete, but he takes far better tackling angles and excels in pass coverage. He played out of his mind in the Rose Bowl, showcasing his strength at the point of contact. Coach Gruden will love to plug this grinder into his front seven.

Former USC quarterback Sam Darnold is projected to go very early in the first round of the NFL draft.
Quarterbacks: Next season’s best draft picks

Continued from Page 12

Sam Darnold
At 6’4” and 225 lbs, Darnold stands tall and with authority in a way that Jackson and Mayfield don’t. His best trait is his ability to make throws under pressure. He is able to read the receivers downfield even with a collapsing pocket which is a good trait to have going into the League.

A main concern with Darnold, however, is his decision making. He had a horrendous turnover ranking as a junior, something that would continue to progress against elite competition. In comparison to some of the other quarterbacks in this draft, Darnold would need a little more time to focus on the basics, so he will need a team who has a bit of time to get the best out of him. In a few years he could be an elaborate playmaker on Sundays.

Josh Allen
Natural ability. That’s what is shouted at you when you look at the name Josh Allen. Physically, he is your dream NFL quarterback — 6’5”, 240 lbs with a strong arm. However, no one ever thought about Wyoming as a star football program, so how was this perfect specimen of QB been so quiet throughout his college career?

He had flashes of brilliance in his senior year bowl game and in the senior bowl as well, but overall his college career was flanked by missed opportunities. His perfect build is diluted by poor pocket management, questionable decision making, and an overall lack of polished play.

With the right training and a lot of skill work, he could come together as a great quarterback in the future, but it will take a team who is willing to take a gamble and who believes he can fit in with their scheme a few years down the line.

Josh Rosen
The main concern here is injury risk. A history of concussions and a shoulder surgery in 2016 has inhibited solid stretches of playing in the past, and one can only fear this would continue into the league. Regardless, Rosen is the epitome of a pocket-passer, he simply stands tall in the pocket and places the ball well.

His spin on the ball is one of the best in the recent past, making his overall lack of elite arm strength a distant memory due to his skill in placing the ball into really any window. He is used to having the pocket collapse on him, making quick decisions and throwing well under pressure, all things that will serve him well in the League.

If he can manage to stay healthy, he is an elite quarterback for years to come.

Junior Doral Moore will enter the NBA Draft

Moore will end his Wake Forest career early to play professionally

BY KYLE TATICH
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On Tuesday, April 17, Wake Forest junior center Doral Moore announced on Twitter that he will forgo his senior season and enter the NBA Draft, with plans of hiring an agent in the near future.

“I want to thank Coach Manning, the assistant coaches and Coach Horn for their guidance and preparing me to take this step,” Moore said. “I appreciate how they believed in me, stuck with me and pushed me to reach my potential. I developed so much, both as a player and a person, during my years at Wake Forest. I want to thank all my professors and tutors, especially Miss Jane [Caldwell], for pushing me academically and making me a better person. I will miss my teammates [and] my brothers, who shared the good times with me and helped me through the bad times. I also want to thank the Demon Deacon fans that supported us every night and made playing at Wake Forest an incredible experience.”

Moore, a native of Atlanta, GA., had a breakout junior season, averaging 11.1 points and 9.4 rebounds in 2017-18, while leading the team with 61 blocks. The 7-1 center was just one of two players in the ACC to average a double-double in conference play, joining Duke’s Marvin Bagley, who is projected by many to be a top pick in this year’s NBA Draft.

Finding himself on the receiving end of many alley-oops, Moore feels himself plenty of high percentage attempts from the field. His 68.9 field goal percentage set a Wake Forest single season record.

Moore also posted the two longest consecutive field goal streaks in program history, a streak of 16 makes in November and 14 straight makes in ACC play in January.

At one point this season, Moore accomplished something that had not been done in a Wake Forest uniform since Tim Duncan put on the old gold and black in his senior season back in 1997.

He became the first Deacon to have six straight ACC games with double digit rebounds since Duncan, prompting coach Manning to say the following at the time: “Doral is — from where he started to where he’s at — he’s playing really, really well,” Manning said.

“He showed a lot of improvement and we’re obviously really happy and proud of that. Still has some steps to go.”

Many have argued since the news broke yesterday that Moore still has some steps to go, and that the big man could have benefited from an additional year under the leadership of Coach Manning.

“We wish Doral the best of luck as he begins the next stage of his career,” Manning said. “We have seen his development over his three years in our program and to average a double-double in ACC games last season shows his potential.

While we are disappointed to see him leave, we are proud that our program has been able to help another player achieve his dream of playing professional basketball.”

While Moore will be missed, the Old Gold & Black thanks him for three years on the court and for his sincere and honest responses in post-game interviews.

Doral Moore (4) blocks a shot by Virginia’s Kyle Guy (5) in a Wake Forest home game this past season. Moore just announced he will enter the NBA draft.
Folk album vocalizes human experience

*Texas Dust*, created by a Wake Forest alumnus, will engage even those who don’t typically enjoy country music

**By Olivia Field**  
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With a melodic blend of bluegrass and folk, Nathan Evans Fox’s new album *Texas Dust* explores everything from religion and love to family and wandering. An alumnus of Wake Forest (’11), Fox provides 49 minutes of raw, rhythmic reflection with his second original album. To begin with a disclaimer, I am not a fan of most of the music that falls anywhere along the spectrum of country. I never found the twangs of the guitar and small town troubles of the genre engaging, causing me to plainly decide that it just wasn’t my thing. *Texas Dust*, however, was able to key into those kinds of indescribably relatable feelings that come along with good music. Although I in no way have experienced the life that Fox has, his almost autobiographical songs can be identified through their universal description of being away from home. During our interview, Fox discussed the inspiration behind this collection of songs.

“This past year I worked in Houston as a hospital chaplain, and on top of being very far from what feels like home, chaplaincy can be really sad work. Meanwhile, back in [North Carolina], my Mom had petitioned the government for my grandfather’s military records and … I discovered this whole family story about loss and grief,” Fox said. “From that newly uncovered information, I began to piece together the ways this whole event that happened decades ago has impacted my family and my own sense of self. So the album is this huge mix of personal experiences and family stories and frustrations with my own religion and how all these different threads got knotted together in this one year in Houston.

The album is truly an homage to his family and life. For instance, the album artwork includes an old polaroid photo of his grandfather, giving off a poignant feeling of nostalgia. Continuously, lines like “when we dug that grave in Shreveport, we lost it all,” alude to both his own personal experiences and his grandfather’s life.

*Texas Dust* is also much more in-touch with the down-to-earth roots of folk music than I would have expected. Reminiscent of a slower version of The Lumineers, songs like “Quicksand” dive into the feelings of falling in love and “Texas Dust” delves into the experience of American soldiers returning from foreign wars. With the pleasant presence of violins, guitars and even mandolins, the songs pointedly elicit the feelings of being at home, however one defines it, in contrast to being a wanderer — something that Fox himself was feeling in Houston.

“I think I’m most grateful that music has provided a way for me to make sense of so much chaos, whether it’s sorting out traumatic family stories or confused feelings and negative religious experiences, or how to better love my partner,” Fox said.

Since this is only Fox’s sophomore album, his career as a musician is just beginning to take off. With a modest follower base on social media and Spotify, he can also be found performing his music in multiple different cities, mostly spanning the Southern region of the United States.

“I’m still a bit of a rookie, so the first album was my fledgling attempt at a first, wobbly step,” Fox said. “The learning curve since then has been steep, so this new record, I hope, reflects some of the things I’ve learned since then. Even more than the technical competency I’ve gained, I think I’ve started to find my lane and identity as a songwriter and musician. It feels like a kind of ‘coming into my own.’”

Much of *Texas Dust*, and his previous album *Home*, revolve around Fox’s identity as a North Carolinian, which was strengthened during his time at Wake Forest. He said that coming into that persona allowed him to embrace his love for folk, as well as his ability to communicate through it. Furthered by friendships surrounding music, Fox’s college years served as a stepping stone into the professional community of music making.

Ultimately, *Texas Dust* is a beautiful, simple compilation of stories that vocalize a single, yet common, human experience.

“I hope people enjoy what they hear, and find in it whatever meaning they might find helpful. These are mostly sad songs, so I also hope folks counter it with something fun every once and awhile,” Fox said.
**Travel Column | North Carolina**

**Lake Lure offers up adventure**

Only a few hours away from campus, this is the perfect destination for students

**BY AMANDA WILCOX**
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Nestled in the foothills of the Blue Ridge Mountains, Lake Lure is by far my favorite place in North Carolina. It has been part of my life far longer than I have been a Wake Forest student. Although it has been beloved by my extended family for the last 25 years, my family finally returned last year after a ten-year hiatus.

The 720-acre lake is somewhat unusual in that it is man-made; indeed, it was created when its waters were impounded in the 1920s.North Carolina Mountain Power Company dam in 1925. However, although the beloved lake was not created by nature per se, it is the perfect destination for nature and adventure lovers. The "nature aspect" I can emphasize from personal experience — on one trip to Lake Lure when I was a child, I walked into the bathroom to find a five-foot black snake stretched out for a snooze on the rim of the bathtub.

Because Lake Lure is clean, calm and warm, it is the ideal spot for kayaking, sailing, canoeing and swimming. However, for me, its most appealing draw is water skiing. If you have never tried it before, it is immensely thrilling to skim across the wake of a boat at top-speed on a slalom ski, especially after the effort and core strength it requires to be yanked up to a standing position. If your parent is a government drone like mine and is immensely unqualified to drive a boat, there are multiple adventuring companies on the lake, such as the Lake Lure Adventure Company, that can take you out for a day of skiing.

If you are not as oriented towards water activities, the lush hills and sheer granite cliffs surrounding the lake are ideal for gentle and scenic hiking, rock climbing and mountain biking, especially in Chimney Rock State Park. The top of Chimney Rock, a 315-foot granite monolith, offers majestic views of Hickory Nut Gorge, the lake and the surrounding countryside. In addition, Hickory Nut Gap Farm, which is run by a Democratic representative in the North Carolina General Assembly, also offers horseback rides and is arguably the best destination for a grilled cheese sandwich south of the Mason-Dixon line.

Although the town of Lake Lure feels small and tucked away from the rest of the universe, it is also less than 30 miles from the city of Asheville, which is a must-visit destination for its vibrant arts scene, historic architecture and top-notch breweries and restaurants. It would be a terrible mistake to attend college in North Carolina for four years and miss out on this delightful gem of a lake.

**Food Column | Coffee**

**Words of wisdom from a seasoned barista**

When ordering coffee, it is easy to mistake one type of beverage for another

**BY NICHOLAS DEMAYO**
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Throughout my years of working as a barista, I have seen too many people look down into their cup and then back up at me with a look of utter confusion and disappointment. These situations usually arise from an old-fashioned case of miscommunication. When folks order lattes when they mean cappuccinos, or macchiatos when they mean caramel macchiatos (yes, there is a difference), they put the barista in a tough spot. When you order one of those drinks, an experienced barista will wonder, "Do they mean the drink they think they mean or the drink that they said?" This guide aims to ease some of that vocabulary confusion so that both baristas and coffee drinkers walk away happy.

**Lattes vs. Cappuccinos**

Although some may use these terms interchangeably, they stand for two very different things. Lattes and cappuccinos are made of the same stuff, espresso and steamed milk, but a latte will have a greater volume of milk than a cappuccino. This is due to the cappuccino's longer steaming and microfoaming process that incorporates air bubbles into the milk. Because milk bubbles take up more volume than liquid milk, the volume of milk in the cappuccino is less than that of a latte. Also, the kind of bubbles in a cappuccino are quite different than the ones found in lattes. In a latte, the barista creates tiny bubbles called "microfoam" which are hardly visible to the eye but lend a smooth, velvety texture to the taste. Those same bubbles, however, do not form when you order a cappuccino. The barista will use the addition of milk foam. Non-dairy? Always get almond milk foam. Non-dairy? Always get almond milk foam. Non-dairy? Always get almond milk foam. Non-dairy? Always get almond milk foam. Non-dairy? Always get almond milk foam.

**Macchiato vs. Caramel Macchiato**

European coffee drinkers who order coffee in the U.S. have to be very careful when ordering a "macchiato," as that term means two very different things. We know from several final week Starbucks runs that Americans serve up their macchiatos with a dose of caramel sauce at the bottom. But to the European, a macchiato is merely a shot of espresso with a dollop of milk foam on top, usually served in a small cup. Think of it as a mini-cappuccino. I once served a customer from Italy what I thought was a "macchiato." I bet she watched in disgust as I poured pump after pump of caramel sauce onto a paper cup, which I then covered in espresso and steamed milk. When I handed her the beverage over the counter, she kindly said "this is a little heavy," and I learned my lesson about the true preparation of the macchiato, a staple of the Italian coffee shop.

Pro tip: For future reference, what you really are ordering when you order a "caramel macchiato" is a caramel latte. Though, most baristas will know what you mean either way.
Film artistically utilizes the power of silence

John Krasinski’s *A Quiet Place* reconceptualizes the genre of horror to depict human fear

BY KYLE FERRER
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The endless deluge of slasher-garbage and prurient genre fodder makes the climate difficult for someone pitching an audacious, concept-based horror film. Audiences have come to expect next to nothing from horror. Minus a small group of genre-junkies, who look for and root out meritorious films, even the nuanced horror film resonates with mass audiences only on a superficial plane. In some ways, horror movies of the popular kind have begun to mimic culture at large — narrow-minded, routinized slogans that rely on the cheap thrill and willfully ignore the preciousness of the medium (film, life).

But *A Quiet Place*, the new horror film starring John Krasinski and Emily Blunt, is no churned-out, pea-brained slasher meant to attract flippant Friday-night spenders. It is a unique and serious concept-film, powered not by nudity and nastiness, but by originality and execution. The film is nearly a silent one, an idea that might as well be a box-office death-wish when pitched to modern audiences, but it shows its virtuosity from the start.

Krasinski and Blunt head the Abbott family, a unit under siege, in a post-apocalyptic world where even the slightest sound initiates a horde of blind, alien creatures, whose acute sense of hearing allows them to pinpoint their prey in a matter of seconds. Through sign language and gestures, the Abbotts navigate the world of howling winds, running waters and soundless humans. The film opens with shots of an eerie, tumbledwee city, reminiscent of the first few minutes of *28 Days Later*. But *A Quiet Place* doubles-down on the emptiness of the post-apocalyptic world, showing that in a fallen world, survival directives, what in other films seem from the outside to be verbal insignificances, can be communicated soundlessly.

There are a few close calls in the beginning of the film, and eventually we are shown just how devastatingly quick the alien creatures jump at any dribble of sound, when the youngest Abbott child turns on a toy airplane and gets his guts ripped out in seconds. After this jarring episode, the aliens’ mostly invisible presence for the first half of the film soaks the audience in terror. (I felt, watching the film, that if I were to make a sound, I too would be besieged and dragged out the emergency exit in tatters.) Blunt’s character is (somewhat implausibly) pregnant, and the Abbott family “settles” in a house amidst an expanse of cornfields. Sound, though, seems a moribund inevitability. Blunt’s pregnancy cleverly looms like a death-sentence over the entire film, as if the characters and the audience know it is impossible to go through childbirth without a peep, and to rear an infant without them walling at the air every two seconds.

Because the plot is so easily summarized and understood, the artistic merits of the film leave themselves open to be critiqued and witnessed. Luckily, there is much to be lauded. Krasinski co-wrote and directed this feature, as well as acted beside his real-life wife, Blunt, and I must say I would watch Krasinski dice cheese. In this film especially, about a family reduced to simple, earthen existence, Krasinski exudes the ur-humanness we have grown to love about him. He has a boi-paloishness that is so endearing you feel bad critiquing his acting, because it is less like artistic difference than personal shaming. Any critique levied against Krasinski the actor seems a critique against Krasinski the man; his profession and the way he professes are ineradicably human, like a Greta Gerwig or a Kristen Stewart or a Casey Affleck, so much so that he feels emotionally one of us. Of course, this is Krasinski’s tremendous acting ability, not his actual average-ness, and I hasten to make the point that his quotidian displays are far from attainable for any average man. I do not wish him to be literally related to the layman, I just wish to lionize his ability to make it seem so.

Blunt is also excellent, although she brings more of a natural look of star-power to the screen, perfect and glistening yet blunted by their efficient message. The pain she endures becomes supra-human, and it is Blunt herself that we end up admiring for her acute fragility and minutely kinetic portrayal of emotion. Though Krasinski the actor is enough to draw me to the theater, Krasinski the director executed a wonderfully frightening tightrope walk with *A Quiet Place*. The camera moves slowly and with purpose, just as the family themselves does, and it is through the dread of a grim pan, or the deliberate monkishness of barefoot walking, that we feel immersed in this world of silence. Krasinski’s camera is as unique a beast as the aliens themselves, and its eyes move with the consummate knowing that is so endearing you feel bad critiquing his acting, because it is less like artistic difference than personal shaming. Any critique levied against Krasinski the actor seems a critique against Krasinski the man; his profession and the way he professes are ineradicably human, like a Greta Gerwig or a Kristen Stewart or a Casey Affleck, so much so that he feels emotionally one of us. Of course, this is Krasinski’s tremendous acting ability, not his actual average-ness, and I hasten to make the point that his quotidian displays are far from attainable for any average man. I do not wish him to be literally related to the layman, I just wish to lionize his ability to make it seem so.

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Event Review | A cappella concert

Spring concert showcases talent

Plead the Fifth and Demon Divas' final concert of the semester featured an array of songs and talented student vocalists

BY OLIVIA FIELD
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With a crowd packed full of friends, family and avid a cappella fans, Plead the Fifth and Demon Divas hosted their Spring Concert in Brendle Recital Hall on Tuesday night. For the senior members of both groups, the night emotionally marked the end of their college a cappella careers with passionate, powerful performances.

The event started off with Demon Divas performing three songs, each with a talented soloist in the lead. Specifically, they performed Amy Winehouse's "Valerie" and Panic! at the Disco's "This is Gospel." Although both of these songs are technically challenging, the Divas effortlessly performed them with robust vocals.

Next, Plead the Fifth took the stage by performing the classic "Good Old Acappella," "Perfect" by Ed Sheeran and "River" by Leon Bridges. Presidents Kieran Derfus and Jack Sullivan, along with the rest of the seniors, were congratulated at the end of the set for their dedication to the group.

"Plead the Fifth has been a huge part of my college career and I'm definitely sad to see that chapter of my life come to a close," Sullivan said. "That said, I'm very excited for what's to come ahead."

Continuing the rotation, Demon Divas took the stage again to perform "Toxic" by Britney Spears, with a solo from senior Calle Koslowske. Hozier's "Take me to Church" and

Senior Calle Koslowske performs "Toxic" by Britney Spears with the help of the rest of the Demon Divas. The concert creatively featured both classic and more modern, popular a cappella songs.

BY ETHAN BAHAR
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There is recent scientific consensus that diets generally do not work as effective weight loss strategies. Yes, you will likely lose weight at the beginning of a diet, but statistics show that over 95 percent of dieters will regain at least all of the weight that they lose in one to five years.

Fortunately, I am not a scientist, and I think it's funny to buy into junk science. Therefore, I decided to challenge myself to a diet that is gaining a lot of attention right now — the ketogenic diet.

The ketogenic diet has actually existed for many years. Initially popularized in 1916 by Dr. Hough Conklin, it has been used for over a century to combat epilepsy and diabetes, with some very positive results. Further, the Inuit people have survived off of a naturally ketogenic diet for as long as they have existed, just based on the resources that are locally available to them. Recently, the resources that are locally available to them. Recently, the ketogenic diet has been adopted and popularized by pop culture icons like Kim Kardashian and Halle Berry as an effective weight loss tactic.

What is the ketogenic diet? Essentially, it is an extreme version of popular low carb diets like the Atkins Diet or the South Beach Diet. The ultimate goal of the ketogenic diet is to shift a person attempting this ketogenic diet to a state of ketosis. Ketosis is the state a person's body enters when it has depleted its glucose (sugar) stores and must start burning fat for energy. The most effective way to induce ketosis is to fast for about 24 to 48 hours. However, fasting is extremely uncomfortable. Another more reasonable way a person can shift his body into ketosis is to eat a high fat, low carb diet (low carb meaning 20 carbs or less per day). If a person chooses this strategy, it will take two days to a week in order to induce ketosis, depending on the depth of his glucose stores.

The concept of a high fat, low carb diet sounds ludicrous. How is it possible that a dieter could consume bacon-wrapped steaks and pork rinds, but be forced to avoid black beans and corn? The thinking behind this is that when your body shifts into ketosis, it begins burning your fat. In fact, some proponents of ketosis argue that if you are doing it right, you can naturally burn 600 calories a day. I guess I was doing it wrong.

After trying the ketogenic diet, it caused headaches, stomach pain and overall seemed poor for one's health.

THE KETOCNIC DIET

Photos courtesy of amazon.com

uncomfortable. Another more reasonable way a person can shift his body into ketosis is to eat a high fat, low carb diet (low carb meaning 20 carbs or less per day). If a person chooses this strategy, it will take two days to a week in order to induce ketosis, depending on the depth of his glucose stores.

The concept of a high fat, low carb diet sounds ludicrous. How is it possible that a dieter could consume bacon-wrapped steaks and pork rinds, but be forced to avoid black beans and corn? The thinking behind this is that when your body shifts into ketosis, it begins burning your fat. In fact, some proponents of ketosis argue that if you are doing it right, you can naturally burn 600 calories a day. I guess I was doing it wrong.

After two days of eating nothing but eggs, grilled chicken and spinach salads, my head started to throb but I did, in fact, successfully deplete my glucose stores. Immediately after my body entered ketosis, I started losing a lot of water weight. By the end of the week, I had lost roughly 10 pounds of water weight, but I didn't feel any healthier, and I was eating a disgusting amount of beef jerky. There is no way ketosis possibly could have been doing good things for my heart. I ended up quitting the ketogenic diet after a week. A major factor for my decision to quit was the keto flu, which was hitting me very hard. This is a common symptom for recent adopters of the diet. Victims' stomachs start to churn and they get horrible, seemingly incurable headaches. The keto flu made my diet unlivable.

I am glad that I quit my ketogenic diet, because in retrospect, it was an absurd endeavor. I could produce healthier results by simply going to the gym more and eating smaller quantities. That being said, I still think junk science is hilarious, and I am all for testing more questionable diets in the name of the Old Gold & Black. If you have any suggestions, please feel free to email me. If your message piques my interest, expect to see a write-up a few weeks later.
Best Brunch Spots in Winston-Salem

Many students like to sleep in on the weekends, so often times they sleep through breakfast. Here are four places in Winston-Salem to get a weekend brunch with friends.

**River Birch Lodge**

River Birch Lodge is known for its natural decor and its rustic atmosphere. However, on Saturdays from 11 a.m. to 3 p.m. and Sundays from 9 a.m. to 3 p.m. the woody restraint transforms into a popular brunch spot.

For those over 21, the full bar serves mimosas and other cocktails along with Lodge Breakfast Favorites like the Blackened Salmon Benedict ($13.50) or the more classic Smoked Gouda and Bacon Omelette ($12.25). The Blackened Salmon Benedict consists of a hickory cajun seasoned grilled salmon filet served on an English muffin with poached eggs and hollandaise. The omelette contains smoked gouda cheese and applewood smoked bacon, creating a blend of savory flavors. For those who are in the mood for lunch, River Birch also serves an array of salads, sandwiches, and burgers including their famous Grilled Shrimp Arugula Salad ($13.75) and their Bison Burger ($16.95). The burger is hickory grilled and topped with traditional toppings; however, customers are able to add Wild Mushroom Gravy.

The restaurant is located off of Robinhood Road. While the food can be pricy, the quality of the meal makes the trip worth it. They have two patios located on either side of the restaurant. Inside there are canoes hanging from the walls and a fireplace on one end of the building which provides a roaring fire during the cooler months of the year. The mountainous decor provides a semi-casual dining experience.

**Mama Zoe Michael’s**

Mama Zoe Michael’s is located on Reynolda Road just down the street from campus. The homey atmosphere brings customers of all ages to try the large assortment of food. On a normal afternoon the restaurant serves a range of food, from a traditional Greek cuisine to a simple club sandwich. However, in the mornings they serve an ample amount of homestyle meals.

The All American ($6.25) and the Racers Choice ($6.95) are two menu favorites. The All American is comprised of two pancakes, two eggs and a choice of bacon, ham or sausage, while the Racers Choice is French toast served with two eggs, two slices of bacon and two sausage links.

**Village Tavern**

Village Tavern is a popular dinner spot for Wake Forest students; however, every Sunday from 10 a.m. to 3 p.m. they serve brunch. They serve an array of benedicts, waffles, and omelettes. Various menu favorites include the tavern brunch special Cruz Bay Breakfast ($8.50) and the more classic Belgian Waffle ($5.95). The Cruz Bay Breakfast is spicy black beans served over a toasted English muffin with poached eggs, grated Monterey Jack and Cheddar cheese, tomatoes, green onions and sour cream.

**Midtown Cafe & Dessertery**

For those of us who dislike waking up before noon on the weekends, Midtown Cafe and Dessertery serves breakfast all day every day. The restaurant made its name in Winston-Salem 30 years ago with its assortment of desserts; however, it has developed into one of the city’s best brunch locations.

They offer a comfortable and casual atmosphere while still serving high-quality, made-from-scratch food. When customers walk in they are covered by the scents of homestyle meals. Desserts are displayed near the entrance of the building and are available for take-out.

Midtown serves 12 Pancake Specials and six specialty dishes. A customer favorite is the Swiss Chocolate Chip Pancakes ($6.90) which is dusted with powdered sugar. However, for those with a more adventurous taste, the Reese’s Peanut Butter Chip Pancakes ($7.85) or the Peach Delight Pancakes ($10.15) are great options.

Breakfast is not the only thing this restaurant sells. Their wraps and chicken pies are also available to order. They offer an array of southern-style meals that leave customers satisfied and it is always a good idea to leave room for their made-from-scratch cakes, pies, cheesecakes and brownies.

Now that spring is here and the weather is warming up, students should make use of the restaurant’s patio. The tables circle a stone fountain which displays dolphins jumping into the air.