

Old Gold & Black

CELEBRATING 100 YEARS OF WAKE FOREST'S STUDENT NEWSPAPER

VOL. 100, NO. 12

THURSDAY, APRIL 7, 2016

wfuogb.com

"Covers the campus like the magnolias"

Story of Chris Paul's grandfather resurfaces

Man convicted of murder gets chance at parole after Forsyth Court resentencing

BY KYLE TATICH
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Thursday, Nov. 14, 2002 was one of the happiest days for the family of Wake Forest basketball legend Chris Paul, since it was on this day that Paul officially committed to play ACC basketball at his hometown dream school, Wake Forest University. Life could not have been better for Paul and his family - that is until the unthinkable happened the very next day.

In the evening of Nov. 15, five teenage boys jumped a 61-year-old man, bound his wrists, duct-taped his mouth and beat him with pipes until his heart stopped. This man was Nathaniel Jones, Paul's grandfather, who was the first to put on a Demon Deacon hat following Paul's signing just a day earlier.

Fast forward 22 months and one of these teenagers, Nathaniel Cauthen was convicted of first-degree murder and sentenced to life in jail without parole, seemingly ending any of his future dreams or aspirations. However, everything changed for Cauthen on Monday, April 4, 2016, as the Forsyth County Superior Court resentenced the now 29 year-old to life in prison with parole, sparking controversy across the county and the state.

Jones, known to Paul as "Papa Chili," was the future NBA star's biggest fan and best friend. He was known to regularly close his Winston-Salem service station early if

Paul had a game to play in at night.

Paul was a high school senior at the time and was in the midst of his final season at

See Paul, Page 4



Henry Bonilla/Old Gold & Black

The Magnolia Quad was covered in dyed powder after the South Asian Student Association's celebration of Holi, a festival of color, where students gathered to eat traditional cuisine and watch students perform.

SASA celebrates Indian festival

South Asian Student Association hosted Holi, a festival of color, on Magnolia Quad Sunday

LILY WALTER
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Crowds of students dressed in white gathered on Manchester Plaza Sunday April 3, in celebration of the Hindu holiday Holi. At around 2 p.m., clouds of color rose above the crowd as everyone tossed their powders into the air.

This marks the third year that the South Asian Student Association (SASA) has organized a celebration of Holi.

"The first official Holi celebration was in the spring of 2014 in a partnership with ASIA," said Aishwarya Nagar, the SASA president. "When I became president of SASA during 2014-15, one of my primary goals was to establish key annual events, and Holi was one of them. Holi 2015 was fantastic, and attended by close to 300 people. This year's Holi was bigger and better, and I feel like Holi has become a cherished Wake Forest tradition."

To begin the festivities, traditional Indian cuisine was provided free for students. Students sat on the quad to enjoy their samosas and chicken.

After about 45 minutes, Indian dance group Deacon Dhamaal performed a 10 minute routine to a mash up of different

songs. The choreography blended traditional Indian dancing with popular dance trends like the "Whip."

After the performance, bags of colored powder were handed out to students in preparation for the huge color fight that was to ensue.

The powder itself was made with dyed rice flour in an array of different colors.

The actual color celebration took place in three waves.

Nagar counted down from five, and everyone threw their powder into the air, creating a dust storm of bright pinks yellow, blue, orange, green and purple.

From there, it proceeded into colorful

See Holi, Page 4

Actress Viola Davis reflects on her career

Junior Jordan Bayer died after a severe car accident in Charlotte, N.C. on the evening of Nov. 5

BY CHRIS CASWELL
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Award winning actress Viola Davis, best

known for her roles in "The Help," "How to Get Away with Murder" and upcoming film, "Suicide Squad," spoke to about 1,500 people in Wait Chapel on Saturday.

Born in St. Matthews, S.C., Davis and her family moved to Central Falls, R.I. when she was only weeks old.

According to Davis, they were the only African-American family in the entire town.

Davis spoke primarily about her struggles to escape her "ordinary" childhood to enter the film industry as an African-American woman.

"I was born in my grandmother's house with no running water, no indoor toilet, Lord knows how many people living in a one-room, sharecropper's home on the plantation," Davis said. "My mom had an eighth grade education, my father a fifth

grade education. My father was illiterate until he was 15. He learned how to read by reading billboards on the side of the road."

Davis discussed her journey in the framework of a hero's story saying she had to face many tests and obstacles on her way to her goal, her elixir.

"I'm a hero that was born into an ordi-

See Davis, Page 5

This column represents the views of the *Old Gold & Black* Editorial Board.

SG executives need to be more transparent

In the recent weeks, the school has been filled with many students campaigning and advocating for their stances and what they want to implement if elected into a Student Government position.

The candidates have visited various organizations around campus to share their platforms and why they would be the best person for their respective position.

Now that the election is over, it is time for the elected officers to act on their promises and serve the needs of the student body.

All of the newly elected officers said they wanted to be a voice for students. We believe that transparency is one of the most important qualities of someone serving our student body.

It is time for the officers to get more student feedback and make themselves and the entire Student Government

“We believe there needs to be more communication between the Student Government and the student body.”

more visible within the Wake Forest community.

We believe there needs to be more communication between Student Government and the student body. Most students do not even know who our elected officials are — and that needs to change.

When we vote for these elections, we expect that our representatives will be engaged and committed to their position and having transparency between Student Government and the student body will hold those officials accountable. We want to see change and have faith that those

who we voted for are capable of following through on their promise to represent us.

One platform that many of the candidates spoke about was inclusivity. The university has made efforts to be more inclusive, but there are still challenges ahead.

Wake Forest prides itself on engaging well-rounded students, so it is time for the university, with the leadership of Student Government to promote the equality of all organizations and students on this campus.

During this past year efforts, have been made to promote the individuality and diversity of students.

We have confidence that the new Student Government executives can continue and expand upon this progress going in to the 2016-2017 school year.

Candidates make promises in the election season and we hope that many of them are followed up on. These executives were voted in because we believe in their platforms and ideas.

One of the most important factors of being on Student Government is having trust between the government and the general public. We believe the new executives can maintain our trust as they take over in the fall by following through on their actions and keeping open communication between all parties.

Being a part of Student Government is by no means an easy task to handle, so we commend each of the four executives for putting in their time and energy in to making Wake Forest a better school for us.

The Editorial Board looks forward to seeing what Student Government accomplishes in the new school year.

Old Gold & Black

THE STUDENT NEWSPAPER OF
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Deacon Profile: Glacier the Golden Retriever

BY LILY WALTER
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Campus celebrity Glacier, a golden retriever owned by communication professor and communication department chair Allan Loudon, is often seen on the lower quad with other canine cohorts, frolicking about with a tennis ball. Glacier agreed to grant the Old Gold & Black an exclusive, behind the scenes interview detailing his life at Wake Forest University.

Loudon brings Glacier to campus with him most days, and students are free to come by his office and take Glacier out on walks. Loudon translated Glacier's responses to interview questions.

Where are some of your favorite spots around campus to play?

Wherever people are. The lower quad is mine, that's my turf. I watch it from the patio of Carswell. Cooling off in the creek next to Reynolda Village is pretty special. If I get away, the food court is attractive.

What are your favorite things to do here?

Shame students into walking me, chasing the ball at super high speeds and playing with other dogs.



Photo courtesy of Allan Loudon

What does your day to day schedule usually look like?

Sleep, eat, entertainment, sleep, entertainment, sleep, entertainment, eat and sleep. The entertainment is the student walks. My life is filled with so much excitement, or hurry up and wait.

What, in your opinion, is your role here at Wake Forest?

My job is to civilize the community and to remind people there's a light beyond the ivy. It's to emphasize people's shared humanity and to anchor as a common denominator.

My presence gives students perspective on what really matters. My job is to be friendly. In the mornings it's to be the Walmart dog outside Carswell and greet people coming into class. My job in the evening is to say good-night and get people the heck out of there. My job during the day is to get people to take me for walks and throw the ball for me on the quad.

How does it feel to be a campus celebrity?

It's sort of like being the new head of a monarchy, because I'm following two other Golden Retrievers that occupied the campus for 20 years before my time. I take advantage of the fact that people stay the same and automatically think that dogs are their best friend.

Being a celebrity allows me to go everywhere on campus and it allows me to have meetings with the dean, provost, and others high in power. Being a celebrity, everyone knows my name and says "hi" to me when they see me. Campus is sort of like the show *Cheers* for me; everybody knows my name.

How do you stay humble?

Humble, what's humble? I'm always ready to go, rock and roll.

Why do you think it's important for students to play with you often?

I remind the students of their own humanity. I cut across socioeconomic divisions, ethnic divisions — essentially every division you can name. I cut across them all to everyone and connect to their humanness. I'm a dog, it's what I do.

Why should students participate in stress relief with animals?

Because I get attention. Stress, what's stress?

What's the biggest misconception people have about you?

People think I'm a Golden Retriever, but I'm secretly not. I'm a Nova Scotia Duck Toller. Which means, see any ducks recently I'd like to toll? Or it means I'm much more independent and stubborn and high-energy than you'd originally expect.

What is your pet peeve?

Sometimes I get bothered because the humans forget who's calling the shots. Sometimes they think they can actually decide for me. Sometimes you forget you're just a dog and people are able to go places that you can't go. I really hate that. Also, they don't let me in the food court.



Photo courtesy of Allan Loudon

POLICE BEAT

Larceny

- Starbucks employee took victim's bag containing a laptop and a text book from Starbucks. The property was located, retrieved and returned to owner. Prosecution declined. The report was filed on Mar. 3 at 10:34 p.m.
- Suspect(s) entered a room and removed victim's property in Efird. The report was filed on Mar. 31 at 12:14 p.m.
- Victim reported that parts of a banner were stolen on Manchester Plaza. The report was filed on Mar. 28 at 2:36 p.m.
- Offender took a scooter from Bostwick lounge. The report was filed on Mar. 31 at 3:47 a.m.

Miscellaneous

- Student used spray paint to paint an ice chest in the lounge of Bostwick damaging the carpet. The report was filed on Apr. 1 at 11:19 p.m.
- An intoxicated offender was located on the patio of Starbucks and transported to WFUBMC. The report was filed on Apr. 1 at 10:24 p.m.
- WSPD executed a search warrant on Macon Drive and located marijuana and paraphernalia. Four individuals were charged by state citations. The report was filed on Apr. 2 at 11:25 p.m.
- Offender was cited for urinating in public by the

WSPD along Polo Road. The report was filed on Apr. 2 at 2:33 p.m.

- Subject(s) painted brick walkway in front of hall. The report was filed on Mar. 31 at 11:23 a.m.

- Offender was intoxicated and sitting on a bench outside of Luter Hall. Transported to WFUBMC. The report was filed on Apr. 2 at 10:27 p.m.

- Unknown suspect(s) removed money from a wallet in Bostwick. The report was filed on Mar. 30 at 7:21 p.m.

- Unknown suspect(s) took a bicycle from a rack at the Miller Center. The report was filed on Apr. 3 at 5:45 p.m.

Holi: Students celebrate the festival of color

Continued from Page 1

colorful chaos, as students threw powder at friends and strangers while a cloud of smoke hung over the crowd.

Some students even took water balloons or huge buckets of water and dumped them on others.

"Organizations like SASA occupy a unique position on this campus," Nagar said. "We don't have a lot of funding, but we dream of providing strong cultural support systems for students and creating inclusive spaces of celebration and appreciation. Holi is one of the many festivals we hope to continue celebrating on campus. We would love to see students become more engaged with cultural organizations on campus and the amazing events they organize."

Nagar also said she loves the opportunity that Holi creates for students to feel a part of a community.

"Some students find it to be a great way to learn more about cultures and traditions that are not dominant in the United States,"



Henry Bonilla/Old Gold & Black

Colored flour packets were distributed to students in order to be thrown in the air in celebration of Holi. Magnolia Quad was covered in a rainbow.

Nagar said. "We make sure to explain the historical and religious significance of Holi so that our peers derive both entertainment and knowledge from the event."

"As for me, a South Asian student, I gain so much from this event; every year, I feel more at home on our campus knowing that I'm sharing my love for Holi with over 300 peers."

Freshman Ben John, a member of Deacon Dhamaal, said "as a student of color, it's great to see everybody together to celebrate and see the whole campus come together to enjoy the festival of color as one student body, not as different groups".

Sophomore Meghan Bayne agreed.

"Holi is one of my favorite events at Wake Forest because it's an easy way to learn about a different culture while having a fun time with your friends," she said. "All of the colors thrown into the air are so beautiful, and I'm also a huge fan of Deacon Dhamaal".

Senior Tim Woodin said, "It's encouraging to see so many Wake students come support a culture many do not call their own".

Author initiates discussion about rape culture

Kate Harding, author of recent book *Asking for It: The Alarming Rise of Rape Culture*, visited campus sparking conversation about rape culture

BY KRISTEN GUYLER

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On Tuesday evening, Wake Forest University hosted Kate Harding, author of "Asking for It: The Alarming Rise of Rape Culture — and What We Can Do About It".

Harding previously contributed to create "The Book of Jezebel", the Lessons from the Fat-o-Sphere as well as Shapely Prose." While each of her books are unique in their own way, Harding received an enormous amount of press for "Asking for It" as it was a finalist for the Minnesota Book Award. "Asking for It" is a nonfiction book focusing on all aspects of rape — the rising rape culture, rape myths and solutions to this common crime.

Harding began her presentation by reading excerpts from her book which documented the details of her rape. Throughout her reading, she interjected with anecdotes about her story. As she went play by play through the night, she included her feelings and desires from that night.

She said she had wanted to kiss someone, she was drunk and she wanted to be liked. She did not, however, want to be raped. Having only been on campus for two weeks, Harding recounted her trip to the hospital in which she did not want to file a report in fear that her parents would find out. She reiterated this as being a large problem with rape culture — there is enormous fear of shame.

This shame prevented Harding from speaking out at school. As she told the audience, she had been in the cafeteria with her friend who was a sophomore when she saw her rapist. When Harding announced that was him, the friend told her it couldn't be because they were friends and he was not like that. Instantly, Harding told herself she was wrong and was too drunk to recognize her rapist. This doubt contributed to the rape culture in that it supported and protected perpetrators rather than victims.

Harding defined rape culture as simply the culture that supports the needs of the rapists rather than victims and survivors. She added there are rape myths with different origins which also support rape culture. To continue her discussion about myths, Harding reinforced that rape myths all follow a pattern. This pattern entails victim blaming, disbelief, exonerating per-

petrators and believing only certain types of people are raped.

Her discussion about victim shaming began with a comparison of rape as a collective problem versus an individual problem. As a society, we reject rape and promote incarcerating perpetrators. Yet, when faced with a rape case, society does not react with such passionate behavior. Instead, the victims are interrogated about where they were, what they were wearing, who they were with and how much they drank. By asking these questions, it insinuates the victim asked for, and behaved in a manner, whereby they wanted to be raped. These insinuations imply victims deserved to be raped.

Senior Kelley Ostrander found Harding's presentation relevant to campus.

"I think that the most powerful part of her lecture was when she discussed the myths around sexual assault and how those feed into a culture of shaming and silencing survivors," Ostrander said. "I see many of those myths at play at Wake Forest, not only through our campus culture, but also the policies trying to address sexual assault. So hearing her discuss the harm those myths can cause hit home."

Freshman Caroline Friezo agreed with Harding's victim shaming belief.

"I think victim shaming is definitely a big part of our culture and society," she said. "It's sad to say, but it's so normal to hear people be like 'oh what was she wearing or how much did she drink' but I really don't think those things should matter. No one goes out with the intention of being hurt or assaulted. One thing she said that stuck out to me is that the definition of rape states how it is something that is unwanted, so how can women be asking for something they don't want?"

Harding's three ideas coincide with each other in that as a society we are in disbelief women could claim to be raped and due to that, perpetrators are exonerated. People think women make up rapes because they are embarrassed they had sex and consequently, accusations are ignored. By promoting this disbelief, victims are discernible and perpetrators are protected — another addition to the rape culture. Many times, society rejects these accusations because they do not want to believe the man is a rapist. It is hard for people to alter their positive opinions about someone they know to negative ones. People are often in denial about who is a rapist because of the preconceived notion that rapists are strangers in allies and monsters but in reality, they are ordinary people. Harding promotes that just as rapists are ordinary people, so are victims. She repeated there is no one single type of person who is raped.

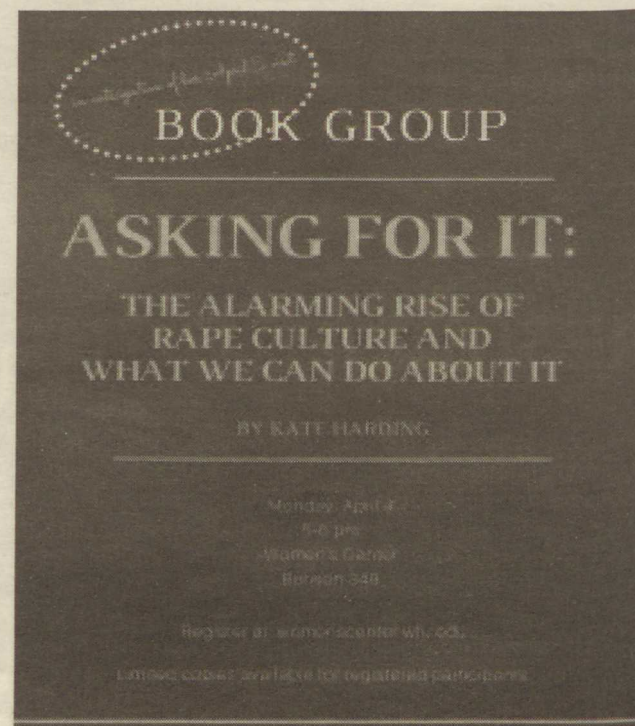


Photo courtesy of wfu.events

In response to author Kate Harding's visit, the campus Women's Center is hosting a book club discussion.

Senior Sara Brigagliano reflected on this exoneration and blaming.

"It is so sad society views women as trustworthy," she said. "It's hard enough for survivors to have to explain what happened, the least we can do is believe them."

Harding's presentation on rape culture concluded with solutions. She enforced that rape is not wanted and is not deserved. Women are people and not objects. Men do not deserve anything sexual. They do not deserve to treat women's bodies like objects. These aspects are important to remind all members of society.

Harding talked about the ways in which to have a positive change. She declared: victim blaming and slut-shaming needs to end as does objectification, a trivialization of rape, justification for toxic masculinity, and a rejection for heteronormativity. Instead, people need to educate themselves, intervene as bystanders and hold open conversation about drinking and rape on campus. She hopes there will be positive changes in the future through a use of these mechanisms.

Davis: Viola Davis speaks on experiences

Continued from Page 1

nary world, a world where I didn't quite fit," Davis said. "And then, I had a call to adventure. I had to cross that threshold, leaving the ordinary world. I had enemies, I had tests, people telling me I'm ugly, people telling me I'm not feminine."

Davis said she was initially inspired to become an actress, to start out on that path when she was just eight and watched Cicely Tyson in "The Autobiography of Miss Jane Pittman," the story of an African-American woman who was born into slavery and became involved in the civil rights movement in the 1960s.

"What I saw with Ms. Cicely Tyson was magic," Davis said. "It was art. In the midst of this poverty, it was like the wind stopped blowing and the air stopped moving. That's when I knew what I wanted to do."

Davis graduated from Rhode Island College in acting and attended The Julliard School.

It was at The Julliard School that Davis was presented with a major obstacle.

"That's when I hit a wall," Davis said. "Because as much as I didn't want to be like my mother, I realized I was very much like my mother. As much as I was running from those boys calling me every name in the book, I believed every word they were saying about me."

Because I went to Julliard, and I understood the world didn't understand my

imagination. The world had a definite idea of who I was. So, I had no weapons in my inner life to fight what this industry told me I was."

After she graduated from Julliard, Davis turned to therapy to help her find her way and to help her convince herself that the world's definition of her was not true.

Davis said she struggled to find roles in the film industry where she did not fit the molds of what others thought she should be.

Her career changed when she was awarded an Oscar in 2008 for *Doubt*, but soon, she was back to where she was before.

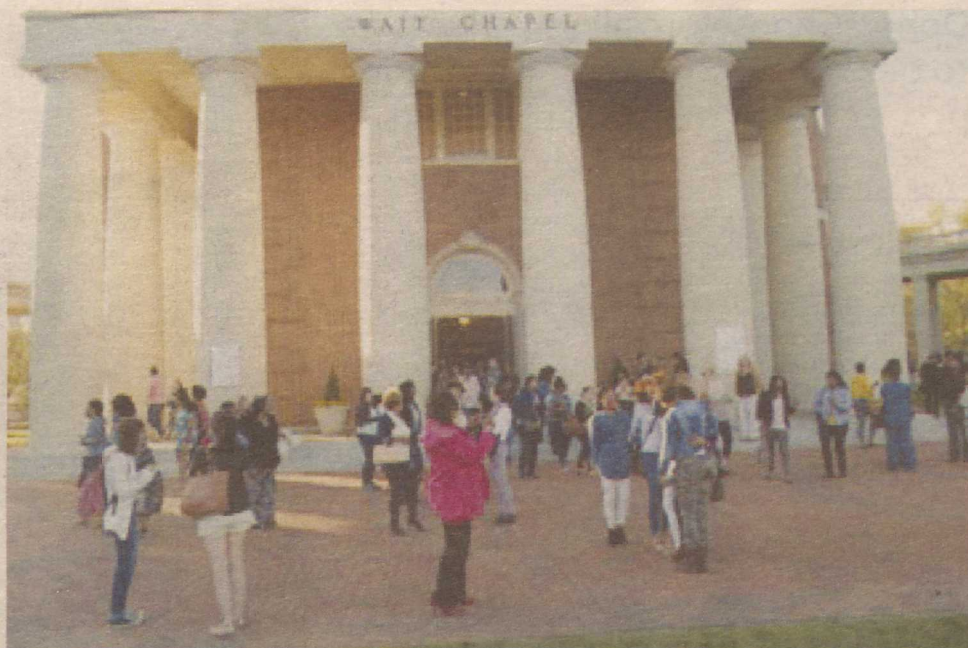
"I realized after the Oscar nomination that I was right back where I was before, only making a little bit more money," Davis said. "In our industry, you're fighting an industry that has very set goals. I was still that little girl of eight years old, running from those boys and running from denouncing everything people defined me as."

Davis said that her role in *The Help* was the major change in her career.

She enjoyed working with other actors on the film, but she did not like the film itself.

"It was supposed to be from the maid's point of view, and if it was it would be rife with way more anger and way more pain," Davis said. "It was watered down, and it's not an exploration of our pathology."

The film also gave her more opportunities. However, she was still offered roles that fit the industry's strict definitions of her identity.



Chris Caswell / Old Gold & Black

Actress Viola Davis spoke to a crowd in Wait Chapel Saturday, April 2, about her experiences as a woman of color in the film industry and facing adversity.

Davis, disappointed with those roles, decided to start their own production company, JuVee to create films that broke the industry's mold.

It was initially her husband's idea.

"He said, 'We can either wait for Hollywood to create those narratives or we can find them ourselves,'" Davis said.

Davis wanted to create narratives that transmitted her true feelings and identity.

"What the hell is wrong with my vul-

nerability?" Davis asked. "What the hell is wrong with my anger? What the hell is wrong with the fact that I grew up not feeling like I was attractive or sexualized?"

Davis closed with a piece of advice for the audience.

"The sweet elixir of what I can give any of you is that you've got to dare to fail greatly," Davis said. "You have to dare to strip your heart away and show the world who you really are."

Paul: CP3 teaches astounding lesson

Continued from Page 1

West Forsyth High School in Clemmons, North Carolina. Attempting to cope with his loss and without telling anyone, Paul decided to dedicate his next game to "Papa Chili" and score 61 points — one for each year of his grandfather's life.

Two days later, Paul took the court and managed to have 59 points with two minutes remaining in the game. Knowing he needed two more, Paul drove to the basket and scored, despite getting fouled in the process. With his drive, Paul not only reached his tributary 61 points but was now within six points of the state record for points in a single game. Given the fact that the state record was in reach, many were surprised to see Paul purposefully miss his

free throw, only to immediately exit the game crying into the arms of his father.

Paul received national attention for his tributary gesture and after the five teenagers were put in prison, two of which were sentenced to life without parole, it seemed as though the harrowing story of Paul and his late grandfather had come and gone.

However, the story resurfaced in 2009 when ESPN released a film on Paul's roots and again in April of 2011 when ESPN reporter Rick Reilly spoke with the point guard about the relationship he had with his grandfather.

It was in 2009 that Paul expressed his sentiments about the murderers of his Papa Chili, in saying, "These guys were 14 and 15 years old [at the time], with a lot of life ahead of them. I wish I could talk to them and tell them, 'I forgive you. Honestly.' I

hate to know that they're going to be in jail for such a long time. I hate it."

Forgiving the murderers of a close family member seem unfathomable to most, but for Paul seems like what his grandfather would have wanted.

"Even though I miss my granddad I understand that he's not coming back. At the time, it made me feel good when I heard they went away for life. But now that I'm older, when I think of all the things I've seen in my life? No, I don't want it. I don't want it."

Paul's incomprehensible declaration of forgiveness and love may come to fruition when the 13 year-old story resurfaced Monday as Judge John O. Craig of the Forsyth Superior Court resentenced Cauthen to life in prison with the possibility of parole.

Cauthen, who was just 15 when he com-

mitted the heinous crime, now has a chance to be eligible for parole in the year 2029, large in part to a ruling issued by the U.S. Supreme Court ruled in 2012 which stated judges could not give mandatory life sentences to juveniles.

And it was just this year that the U.S. Supreme Court decided to make this ruling apply retroactively, making a case such as Cauthen's be changed and resentenced to life in prison with parole since he would have been a juvenile at the time of Paul's grandfather's death.

While controversy undeniably surrounds the resentencing of an individual convicted of first-degree murder, it is equally inevitable that "Papa Chili's" character and values live on with the forgiveness and love reflected by Paul each and every day.

Wake Forest dedicates main stage in Scales

Former Wake Forest theatre director legacy lives on

BY JOHN HOLLEY-REID
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The main stage in Scales is now called the Harold C. Tedford Main Stage in honor of the now retired theatre professor and former

department chair. Tedford, originally from Arkansas, received his Ph.D. from Louisiana State University and joined the Wake Forest faculty in 1965 as the theatre director.

During his tenure, he persuaded Jo Mielziner and Donald Oneslager, "two of the most prominent theatre designers in the nation [at the time]," to be consultants on the new fine arts center.

On Saturday night, before the performance there was a dedication ceremony to christen

the main stage in Dr. Tedford's honor. The Master of Ceremony was the humorous and energetic Michael Baron ('92), who was also the director of the evening's production.

After a few words from Baron, Provost Rogan Kersh shared a brief history of theater at Wake Forest.

Other speakers of the evening included Dr. Edwin Wilson and the three daughters of Dr. Tedford - Beth Tedford ('85), Rosalind Tedford ('90, MA '94) and Vivian Tedford ('83).

This year's musical was chosen specifically for Tedford as it was his favorite musical of all time. The entire production was directed, trained, choreographed, musically directed and sound designed by Wake Forest alumni.

After the show, the audience went to a reception to further celebrate Dr. Tedford's great honor and reflect on the success Wake Forest's Theatre Department has had over the decades.

Founder inspires entrepreneurial spirit

DonorsChoose.org allows educators to get funding for their classroom projects through the Internet

BY JULIA HAINES
News Editor
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Charles Best, the CEO and founder of the classroom crowdfunding website DonorsChoose.org, spoke in Broyhill Auditorium on Tuesday, April 5 to a crowd of students and local teachers about his success as a small business entrepreneur and the foundations of building a non-profit organization.

Best was invited to speak as a part of Wake Forest's "Leadership Project," which invites national and local leaders to speak on campus about the qualities of effective leadership.

His work creating DonorsChoose.org pioneered sourcing crowdfunding as a partial solution for classrooms on tight government budgets.

The website creates a way for teachers with a vision for a project or fieldtrip for students but lack funding to ask for help. Then DonorsChoose.org directly purchases the requested materials for the classroom and delivers them, so that donors directly see the impact that their donation has made.

On Tuesday, March 29, Wake Forest students participated in #BestSchoolDay, a philanthropic flash-mob through which students could redeem \$25 DonorsChoose.org gift cards and fund projects posted by teachers in the Forsyth County system. DonorsChoose.org has funded 1,770 classroom projects in Forsyth County.

Best, a graduate of Yale University, started by describing the beginning of DonorsChoose.org, an idea he had while in his first year of teaching in the Bronx.

He said that starting the project was similar to wood-working — another of his hobbies — in several ways, as one spends a lot of time creating the parts, just to end up modifying them to fit all of the pieces together.

The idea for creating a crowdfunding site came to him after he realized that he was using a lot of his own money to purchase school supplies, specifically copies of *Little House on the Prairie*, for his classroom. He figured that there had to be people out there willing to fund classroom projects and materials if the need was apparent.

"I thought there must be people out there who would want to help if they could see where their money is going," Best said. "Normally donors take the role of a passive check-writer than a micro-philanthropist, so I thought that the internet would help bring transparency and vivid feedback of where that donation is going."

When asked about his methods of leadership and discipline, both in his company and while he was in the classroom, Best said that passion plays a big role in the effectiveness of any project or group.

"My method for achieving discipline in the classroom was to be more enthusiastic about the subject than stu-



Julia Haines / Old Gold & Black

Charles Best is the founder and CEO of DonorsChoose.org, a website that sources crowdfunding to aid teachers in bringing unique projects to schools in low-income communities.

dents were about whatever else they wanted to be doing," Best said. "I'd like to think that my enthusiasm infected them with an interest in the subject matter. At DonorsChoose.org, I hope my passion for the mission rubs off on my colleagues. That's my method of leadership."

Best credits the success of his organization to two qualities: hustle and humility.

Best and his colleagues worked hard to start the company and build the base for what was going to grow out of New York and find a spot on Oprah Winfrey's list of "Ultimate Favorite Things."

Best's hustle and passion for his project motivated his students to participate in the startup of the company as well. His students ran a hand-written letter writing campaign directly out of the classroom, which ended up raising \$30,000 for the organization.

"My students were my staff members, and my classroom was my office through the first year," Best said. "Most great startups start with an itch someone has from first-hand experience. [Once you find] a way to scratch that itch, other people will want to join to scratch that same itch."

Best stressed to his audience that being in sales, "the asking side of it," is not merely vocational, but a necessary aspect. "A lot of people think of sales as undignified, but I see it as the thrill of the chase. If you don't want to do sales, I think that entrepreneurship and nonprofit work might not be right for you."

In order to "sell" his idea to colleagues, Best brought in

a pear dish that his mom made to encourage the teachers at his school in the Bronx to post project requests. These were the first 11 teacher project requests to be posted on the initial rudimentary website. Best, himself, anonymously funded 10 of those projects, which started a rumor among area teachers that the site was itself effective and that actual donors were out there waiting to fund more projects.

This anecdote plays into the second important quality Best credited, which was humility. He said, at DonorsChoose.org. They believe that the true good ideas come from the teachers, on the frontlines of the classroom, rather than from overhead employees. His company is simply a layer that connects crowdfunding with those good ideas.

"We are a platform rather than a prescription," he said. "We are the thin layer that taps into teacher's front line passion and inspiration. Teachers know their students better than anyone else, and by listening to them, we will come up with better micro-solutions."

In North Carolina, 60 to 65 percent of projects posted on DonorsChoose.org end up getting funded, a successful rate but not a rate that Best is satisfied with. He said that there is no shortage of projects to be funded, but instead a shortage of willing donors.

"Most of the projects that we fund are for schools in low-income communities," Best said. "Teacher participation isn't our growth constraint, it's finding donors. We are still struggling to bring donors to the site."

OUTSIDE THE BUBBLE

Company behind "Panama papers" leak speaks out

Ramon Fonseca, one of the Panamanian lawyers at the center of the data leak scandal that has humiliated a handful of international leaders, has spoken out about the scandal, saying that his firm was hacked by someone outside the company.

Fonseca has also stated that his company, Mossack Fonseca has done nothing illegal nor aided anyone in evading taxes or laundering money. He claims that the only illegal thing that has occurred is his company being hacked. Even so, France has announced that it will put the nation of Panama on its blacklist of uncooperative tax jurisdictions. Fonseca says he will file a complaint with Panamanian state prosecutors.

Officials scrutinize PTC system after Amtrak crash

Officials are saying that Sunday's deadly Amtrak crash in Pennsylvania may have brought to light breaches in a national collision prevention system. Amtrak made news last year when it became the first U.S. railroad to completely install "positive train control" (PTC) on its routes, a technology that monitors a train's precise location through an antenna on locomotives and sensors on tracks.

Meanwhile, investigators are looking into how a service vehicle collided with a train bound for Georgia since it is still unclear as to whether or not the train had a PTC installed. Even though PTC is congressionally mandated, many companies are dealing with the cost effectiveness of expanding their systems.

PayPal announces plan to leave North Carolina

Previously committed to opening a global operations center in Charlotte, PayPal recently announced its decision to cancel the plan due to the recent controversial anti-LGBTQ law passed in the state.

The company planned to invest \$3.6 million into the area which would have employed 400 skilled workers. CEO Dan Schulman explained the law perpetuates violence and discrimination.

Even after PayPal announced the plan to cancel the project, Governor Pat McCrory stood by his decision to support the law to protect women and children.

In objection, PayPal announced they are looking for a new location to open the operations center.

Student Government hosts debate

Candidates for executive positions debated with their opponents on Sunday night

BY DAVID BLUE

Contributing Writer
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The debates between candidates running for Student Government executive positions was held this past Sunday night, April 5, at 8:30 in Pugh Auditorium inside the Benson University Center.

Running nearly two hours, the debates consisted of candidates running for the offices of secretary, treasurer, speaker of the house and president. Current president Adam Hammer and Board of Trustees representative Millicent Hennessy moderated the debates.

Each debate consisted of a two minute opening statement, followed by the candidates answering questions from the moderators and then the audience. Incumbent student body secretary and sophomore Dante Lizza and freshman senator Danny Reeves kicked off the first debate for the office of secretary.

Lizza largely discussed the need for the administration to provide free transport for students to off campus counseling centers, citing that over 900 students a year seek off-campus counseling.

Reeves proposed a pre-orientation program for the executive branch of government, where everyone can come together and learn more about the political climate on campus. He explained that this would help representatives in student government feel more comfortable with each other before the start of the semester.

Next was junior Kathryn Webster, who is running unopposed for her second consecutive term as treasurer.

Webster was asked about how she would work to allocate funds to groups across campus, even as they increase in number every year.

"There is a \$600,000 budget for 139 groups on campus," Webster said. "We need to work to get more funding from campus life or financial service. It is a matter of the administration understanding that we don't have enough funding for the organizations."

Junior Hakeem Oufkir, who is also running unopposed as speaker of the house, explained that one of his main duties will be educating new senators on parliamentary procedure. He too supports the summer pre-orientation program so that he can educate senators before the semester starts.

Oufkir was the only executive candidate that endorsed a presidential candidate. He explained his endorsement for junior Ann Nguyen, explaining that he also was planning on running for president until he found out Nguyen was running.

"When she told me her initiatives and what she wanted to do, I found that they were so much more detail-oriented than my own, and she really has a plan for this school," Oufkir said.

The presidential debate, at an hour long, was by far the most extensive. In addition to more questions asked by the moderators and the audience, each candidate present was able to ask each other a question. Juniors Jordan Monaghan, Nguyen and Su-vra Mostafa were the debaters.

Mostafa began the debate with a five-minute opening statement, as she was unable to participate in the debate due to an Anthropology conference she was attending in Vancouver.

In her statement, Mostafa proposed a number of student reforms, including more diversity in food options, a ladies only section of the gym and more efficient shuttle routes. She also explained that she wanted to improve working conditions for Aramark employees on campus by creating a break room.

The rest of the debate, following their opening statements, consisted of Nguyen and Monaghan answering questions.

The two candidates had two very different approaches in their platforms. Nguyen proposed having a monthly town hall where the student government would explain what they have accomplished or not accomplished in the previous month. In addition, she would attempt to have administrators present who were responsible for preventing student government from reaching their goals.

"What this is trying to do is bring accountability, but also transparency, and finding a different way to put a face to our emails," Nguyen said.

Nguyen also plans to challenge Aramark,



David Blue / Old Gold & Black

Current president Adam Hammer and Board of Trustee representative Millicent Hennessy moderated a debate between executive candidates.

the corporation in charge of providing facilities and food on campus. According to Nguyen, the company has too much power and influence on campus.

Monaghan proposed the idea of student groups electing ambassadors that have a seat in the senate, so that every group is represented.

He also proposed continuing Mental Health Week to raise awareness of mental illness, with the added element of peer led educational sessions, where students can ask questions about mental illnesses and talk about them.

When asked what specific actions he would take to implement these policies, Monaghan said he did not know.

"There are many students on this campus that are doing so many phenomenal things

right now that address campus culture, and I don't know what the best step is for student government.

What I want to do is work with those students, so they have an advocate on their behalf." Audience reaction to the debates marveled at the intensity of the debates.

"First of all, these debates were really intense — more than I expected — especially the questions from the audience" said sophomore senator Suyash Keshari.

Sophomore senator and academic chair Kiya Khalil agreed with Keshari, saying that she "was surprised by a few [of the questions] that were mentioned."

She was also impressed with the performance of the candidates, saying that "the candidates facilitated themselves very well and presented their platforms very clearly."

Wake In A Week

Spring Concert

Time: April 8, 7:00 p.m. - 11:00 p.m.

Location: LJVM Coliseum

Student Union presents this year's Spring Concert featuring The Chainsmokers and Sage the Gemini. Student tickets are \$20.

Pro Humanitate Day

Time: April 9, 12:00 p.m. - 6:00 p.m.

Location: Benson 401

Students and alumni from across the country will gather together for the 4th annual Pro Humanitate Day, an event that celebrates volunteer work.

Japanese Spring Festival

Time: April 9, 2:00 p.m. - 4:00 p.m.

Location: Manchester Plaza

Hosted by the Japanese Studies Club, the Japanese Spring Festival celebrates Japanese culture through interactive booths, activities, food and traditional performances.

"Burn It Up" Spring Dance Showcase

Time: April 10, 5:00 p.m. - 6:00 p.m.

Location: Brendle Recital Hall

This collaborative dance show features Momentum Crew, Lost In Translation, Setting the Groove Tap Club, Ritmo Latino and Deacon Dhamaal and is free to all.

DESK

Time: April 12, 8:00 a.m. - 6:00 p.m.

Location: Poteat Field

Discovering Education through Student Knowledge is a project that provides desks and school supplies for children in the Winston-Salem area in need of a place to study at home.

Judaism 101: Israeli Folk Dancing

Time: April 12, 12:00 p.m. - 1:00 p.m.

Location: Little Mag Room

As part of the ongoing Lunch and Learn series "Judaism 101 at WFU" members of the WFU community are invited to learn four of the major Israeli folk dances.

Zumba and Salsa Lesson

Time: April 13, 5:30 p.m. - 6:30 p.m.

Location: Sutton Center 407

As part of Latino Awareness Week, the Organization of Latin-American Studies is hosting a free salsa and zumba lesson. The event is open to all.

AfriCaSa Night: One Love

Time: April 13, 6:30 p.m.

Location: Manchester Plaza

A celebration of African and Caribbean cultures aimed at unifying all members of the community with free food, fun and artistic performances.

Words Awake!

Time: April 8-9

Location: Benson University Center

An event that will celebrate both past and current Wake Forest writers. It is a two day event that will feature poetry, spoken word slam and a keynote speech by Steve Duin.

Tried and Drew | Freedom of Speech

Freedom of speech protects controversial ideals

Even if we do not agree with what is being said, we cannot punish someone else for stating their views



Drew Finley
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In the spring of 2014, Lawrence Torcello, a professor at the Rochester Institute of Technology, published a brief online article on the subject of climate change, arguing for the criminalization of those who discredit global warming.

He specifically called attention to the "misguided free speech" of individuals who promote the notion that climate change is not an issue and declared that their reckless behavior "remains a serious deterrent against meaningful political action."

While Professor Torcello is right to assert that climate change is a serious issue that needs to be dealt with, there is a part of his approach that is miserably inconsistent with the underlying principles of

"[Freedom of speech is] the right to voice opinions that are controversial, disaffecting, and at times even ludicrous."

the freedom of speech in this country. The conventional definition of free speech, as many Americans understand it — including, apparently, Professor Torcello — is that we have the right to say whatever we want within reason.

We can protest and voice controversial opinions, but there are certainly limits on what constitutes the freedom of speech.

We cannot, for example, produce speech that directly incites action to harm others, and we cannot advocate illegal drug use at a school sponsored event.

These are two prominent illustrations of Supreme Court cases over the years that some Americans point to when they are asked to identify the limits of free speech.

But, while these cases are important to remember, they are not in any way analogous to the climate change case described above.

In calling for the arrest of those who dispute the existence of climate change, Professor Torcello basically invents his own version

of free speech that is far removed from reality. When the Founding Fathers included the provision of free speech in the First Amendment, they did not do so half-heartedly. In fact, while contemporary society frequently seems to take this right for granted, it was anything but that when our nation was in its infancy.

When the Founders wrote that "Congress shall make no law abridging the freedom of speech," they meant it. They understood that in consecrating a right like that one, they were allowing for opinions that would cause people to debate, disagree and — at times — to even feel profoundly uncomfortable.

But they did not establish it for that express purpose. Rather, they were aware of what John Stuart Mill called "the peculiar evil of silencing the expression of an opinion."

If such an opinion is right, Mill asserted, one is deprived of the opportunity of exchanging error for truth.

Conversely, if the opinion is wrong, one loses what is almost as great of a benefit: "the clearer perception and livelier impression of truth, produced by its collision with error."

Mill's eloquent remarks are really an elaborate way of saying that no opinion

— no matter how dreadful it might be — should be silenced.

As the journalist Kevin D. Williamson crucially reminds us, "the Founders knew that liberty is never really popular." In principle, it is not difficult at all for us to back the notion that liberty and freedom of expression are of paramount importance.

However, when we do so, we are often-times not completely aware of what we are actually supporting.

When we advocate for the freedom of speech, we do not advocate for a blithe, unwitting and ill-defined concept that professes that I can say what I like whenever I wish to do so. Yet, we likewise do not advocate for Professor Torcello's vision for the freedom of speech, which in effect amounts to "of course, unless we don't like it."

Rather, when we speak of the freedom of speech we speak of the inalienable right which our forefathers envisioned: the right to voice opinions that are controversial, disaffecting and at times even ludicrous.

Professor Torcello should take note, because while he may not realize it, the outrageous speech that he so flippantly disregards is precisely the kind of speech that the Founding Fathers sought to protect.

At Bat-alie | Sexual Assault

Men have role in discussions of sexual violence

Broadening sexual assault education without jeopardizing safe spaces presents difficulties



Natalie Wilson
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This time last year, Virginia Tech's annual "Take Back the Night" event sparked a national conversation on the importance of "safe spaces" for survivors and the role of men in feminist movements.

To facilitate increased awareness of gender-based violence on campus, the university's football program made the rally and march mandatory for student athletes. The result, however, was that sports culture steered the conversation — several players arrived late, were disruptive and disrespectful throughout, and then left early.

Some argued that this inappropriate behavior precisely demonstrated the need to educate and be inclusive of those who are not as aware of rape culture, while others argued

"Shouldn't taking precautions when meeting a stranger be important for both men and women?"

that requiring these voices to be present was not only ineffective, but dangerously hypocritical — invasive to the safe space and the movement.

Movements like "Take Back the Night," which emerged in the 70s to protest blaming female victims of sexual violence who had walked without a man through a public space at night, had historically been exclusive of males — even if they had been victims themselves.

Certainly, requiring those who do not respect an event and its cause to attend can cause problems, as evidenced by what occurred at Virginia Tech, but negative consequences also arise when men are excluded from conversations surrounding sexual assault.

On Wake Forest's own campus, for example, a Rape Aggression Defense (RAD) course is offered only to women. This is necessary because of the gendered nature of the crime, even if it may seem more productive to in-

clude men. According to the Rape, Abuse & Incest National Network (RAINN), nine of every 10 rape victims are female, so those who are most at risk need to be provided with safe spaces, awareness and means of self-defense.

In fact, according to the RAD webpage, "one in three women can expect to be sexually assaulted" during their lifetime.

The use of "expect" is terrifying in that context. But what's the alternative?

Readings for the RAD class use the term "awareness" to describe learning about defense and safety, in lieu of the term "prevention," in order to deter victim-blaming and reject a dangerous misconception that those who actively make all the right choices will not be assaulted.

However, if women can't prevent one-third of them from being assaulted, it feels as though there is nothing left to do but access the indispensable resources available and "PREPARE."

An excerpt from a dating guidebook, *May I Kiss You*, is one of the readings used for RAD, but its recommendations seem oddly reminiscent of those that sparked "Take Back the Night."

It explains that the perpetrator of sexual violence will often be someone the victim

knows, but then emphasizes rules for first dates — including that women should not accept a ride to them, and that they should not go to movie theaters at night or alone. By what date can these rules be broken?

And shouldn't taking precautions when meeting a stranger be important for both men and women?

"Awareness" also seems to mean abstinence. The book calls a woman who chooses to abstain from sexual activity someone "who has the discipline to say 'No' to an attractive opportunity [and who] acts with strength when most people act with weakness." This is not only sexist; it reinforces a dangerous and extremely fallacious association between consensual sex and crimes of sexual violence.

Additionally, the view that men are aggressors and women are victims is a dynamic that reinforces itself and makes reporting sexual violence more difficult for LGBTQ identities and men.

Overall, the immediate importance of resources like RAD far outweigh the need to be cautious in implementing them, but something more needs to be done to actually reduce the number of assaults that occur, and the implications of a women's-only class should be considered.

A Breath of Fresh Er-in | Sustainability

WFDD deserves more attention on campus

WFDD is one of the oldest organizations on campus, yet no one knows about it



Erin Patterson
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There are a lot of really underrated programs and organizations at Wake Forest, but 88.5 WFDD is probably the least well known among students. The WFDD Student Ambassadors are trying to change that.

Journalism and communication professors should be telling their students about it. Tour guides should be telling prospective students about it

To clear up any confusion: WFDD is not WAKE Radio. WAKE Radio is really cool, but it's a student-run radio station. WFDD is the real deal, with an awesome staff of people who report on topics like the HB2 Bill and what happened to a certain famed chili sauce.

WFDD is the public radio station for the Piedmont Triad. When most people hear public radio, they think "NPR." That's partially true, but it isn't the whole story. WFDD is an independent, locally

owned broadcast station, and it is a member station of NPR. That means that they broadcast programs distributed by NPR (think: All Things Considered), programs distributed by other national distributors (think: Marketplace), programs distributed by other public radio stations (think: Radiolab) and broadcast our own programs (like SciWorks Radio and Across the Blue Ridge).

Not only that, but WFDD is older than NPR itself. It was founded in 1946 as a pirate radio station, which makes it one of the oldest student-run publications on campus, second only to the *Old Gold & Black*. There are a few other NPR member stations in North Carolina, but WFDD is the oldest by far. This is an incredible resource right on our campus (specifically,

in the little white house between the track and field stadium and Palmer and Piccolo) that hardly any students know about.

Journalism and communication professors should be telling their students about it. Tour guides should be telling prospective students about it — the 18-year-old kid from New Jersey probably doesn't care, but his parents would most likely be really impressed.

If you have any interest in journalism, you should be listening to or reading the first-class reporting that the WFDD staff produces on a regular basis. If you have any interest in broadcast, you should try to get an internship with WFDD. Or, if you just enjoy really cool podcasts, you should come to the monthly listening parties.

Doing it the Ridge-Way | Discrimination

Discrimination still exists within affirmative action

Any form of discrimination, even favoring minorities, is still unjust and should not be acceptable



Ben Ridgeway
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It goes by many names: affirmative action, reservation policy and positive discrimination. In theory, affirmative action is a good thing. It is meant to allow minorities the same opportunities that majorities receive. I will by no means go as far as saying that positive discrimination is racist.

However, I will firmly state that it is discrimination nonetheless, and I believe any form of discrimination is unjust. I believe that an equal opportunity attitude should be adopted.

According to CNN, "in a 2009 Pew poll, the majority of Americans supported affir-

There are [students] working behind the scenes every day towards feeding others and preventing food waste."

mativ action but strongly disagreed about minority preference."

While most African Americans (58 percent) and Hispanics (53 percent) agreed minorities should get preferential treatment, only 22 percent of whites agreed." I am a white, American male. I would have fallen into the 78 percent who disagreed with preferential treatment of minorities simply because we are discriminating against people. I do not care if the people in question happen to be minority or majority. However, if the question would have been posed, "Do you believe that minorities should be given equal treatment?" I would most certainly answer "YES!" because no party would be subject to discrimination in that context.

This being said, minorities are discriminated against. They are not given the same

opportunities as the majority. Affirmative action is just one means by which we can aspire toward equality, but is it the best way? I would argue no.

However, I do recognize that it is currently a practical way to make up for the inequity of the past. My hope is that it will be replaceable with equally applied standards for all.

Our democratic society benefits from both minorities and majorities being provided equal access to education and job opportunities.

To facilitate equal opportunity progress, we must provide all children with prime educational instruction. Increase to funding and high quality instruction for both college prep and vocational training tracts in high school is vital to our economic and social futures.

Sadly, our current school system sets minorities up to fail by not offering the same degree of education. Some schools receive very little funding and do not have the same opportunities available to students as other schools.

Unfortunately, many politicians do not advocate for change because results will

not be seen immediately, or by the next election cycle.

Another issue that needs to be addressed in our society is the discrimination of the LGBT community. Legislation in place to protect racial minorities does not extend to LGBT rights in 32 states. That means that 18 states do not have any form of protection for their LGBT citizens. In these states an employer may not refuse to hire someone based on skin color, but they could theoretically refuse to hire individuals based upon sexual orientation or identity. This fact baffles me. The only reason that a human being should not be hired is if he or she is not qualified or is less qualified than a peer who is vying for the same position.

In short, we all must work together as a society to stop discrimination and be aware that we are all different in many ways and some people have better opportunities than others.

Discrimination still exists, and because of this we must all be willing to help one another and try to understand that even though we are different in many ways, we are all human.

Word on the Quad | Major League Baseball

Now that baseball season is back, who are you rooting for?



"Atlanta Braves."
Heather Key ('17)



"Texas Rangers."
Nathanael Rennhack ('19)



"Cincinnati Reds."
Alex Green ('19)



"Chicago Cubs."
Maddie Jones ('19)

With all Due Res-Beck-t | College Environment

Competition is healthy, but too much is detrimental

It is important to be pushed by those around us, but too much competition is not beneficial



Becky Swig
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One thing that has struck me since high school is that students, myself included, tend to care about “who has the most to do” or “who has the worst week ahead.”

My high school was competitive, a lot like Wake Forest, and the students often tried to one-up others by complaining about how much harder their week was going to be, or how many tests they had coming up.

It seemed as if we were striving to have it “the worst.” It was always a competition for who had the toughest week ahead, but I always thought that we should be competing for the opposite. Instead of competing for the title of

“the most to do” we should have been competing for who had “the least to do.”

But, that is not what a rigorous academic environment encourages.

We wanted to beat our friends in who had the most to do because it seemed like it was a badge of honor to have it bad.

If we had more to do, then we were just a little better than our friends because we accomplished more that week. There was a sense of pride when it came to the challenge of the week and doing better than our friends.

An aspect of a competitive school is students fighting to be the best at overcoming challenges and handling copious amount of responsibilities.

We often say how hard the upcoming week is going to be and complain about what we have to do.

Acknowledging the hardships of what lies ahead is not bad, but I do not think

we should fight for who has it the worst.

As Wake Forest students, we are in a competitive environment. Competition is one of the things that fuels our drive to succeed — and while it is not bad to have competition, there is a difference between healthy and unhealthy competition.

One result of unhealthy competition is the need to “show off” how hard we have it and that we can handle it better than everyone else.

Competition motivates us to work hard so that when we do graduate college, we come out of it with a good GPA and with the skills to succeed in the real world.

Having some competition surrounding us helps push us in the right direction. It helps push us to work a little harder. Knowing that I have to apply to the Business School makes me work a little harder in the pre-requisite courses because I know that the stakes are high.

However, too much competition can also cause us to crack and deters our success.

When the competition is too high, we over-work ourselves by adding in extra-curricular activities to fill our resumes, we take challenging classes so that our

transcripts look good. We over-extend ourselves to set us aside from everyone else.

Competition can push us to the breaking point because we are constantly in fear that we are not good enough and do not have what it takes to stand out.

We should be working in an environment where we are pushed by our peers, but not to the point that we are fighting them for a status of the worst work-load.

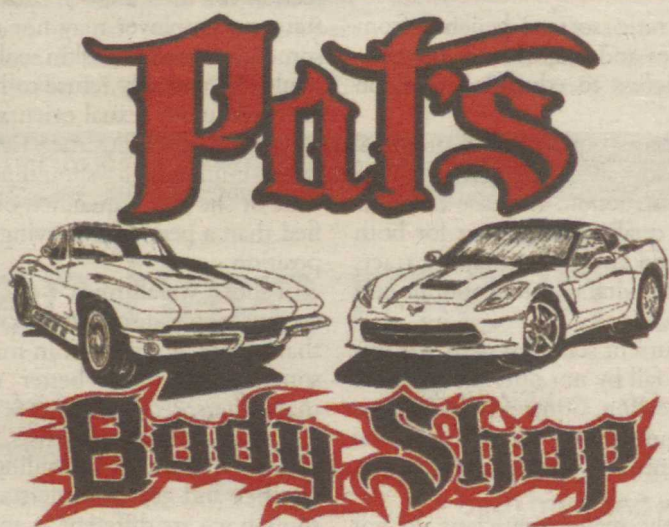
While it is important to face our challenges head on, we should not be bragging about how difficult it is.

There should not be this need to constantly one-up people by how much work you have; you should want to be able to brag (humbly) about how little work you have.

I want to be challenged, but I also do not mind having an easy time every once in a while. We do not need to be stressing 100 percent of the time — it is okay to relax, even in a competitive environment.

It is important to be in a place that challenges us and motivates us to succeed, but we should also understand the repercussions of too much, of over-working ourselves and the pressure that comes with competition.

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Attention!

Old Gold & Black

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If interested contact Kyle Tatich
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Villanova shocks UNC in title game



Yong Kim/Philadelphia Inquirer/TNS

In what will likely be remembered as one of, if not the greatest National Championship games in the history of college basketball, Villanova's Kris Jenkins sunk a deep three at the buzzer to defeat the North Carolina Tar Heels and bring home Villanova's first National Championship since the 1985.

Kris Jenkins crushed the soul of Tar Heel fans everywhere when his three pointer fell through at the buzzer

BY BRANDON PALMER

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In what many pundits are already calling the greatest National Championship in the history of college basketball, the Villanova Wildcats defeated the North Carolina Tar Heels by a score of 67 to 64.

The game was entertaining all night, with each team appearing to have opportunities to pull away at separate points in the game.

The Wildcats held a 10 point lead with a little over two minutes remaining in the game, but North Carolina was able to battle back and eventually tie the game with four sec-

onds remaining — thanks to an absolutely ridiculous three point shot by senior guard Marcus Paige.

In a shot that will ultimately be forgotten, Paige made one of the most acrobatic shots of the year as he double-clutched underneath a defender, kicked out his legs and somehow muscled the ball to the basket.

When Paige's shot fell through it seemed almost certain that the game was destined for overtime, and likely a North Carolina win.

This however was not to be the case, as four seconds proved to be plenty of time for Villanova to win the game. Villanova ran down the court quickly and flipped the ball to junior forward Kris Jenkins who launched a deep three-point-shot from the top of the key. As the ball flew through the air, time seemingly standing still, Jenkins crouched and leaned to the left, waiting and watching for a result he knew was coming.

As the ball fell through the hoop, and as his teammates and coaches barralled towards him, Jenkins stood straight up, raised his arms in the air and allowed his teammates to tackle him.

The shot going in followed immediately by the explosion of confetti was an unbelievable sight and a perfect ending to one of the best college basketball seasons in years.

North Carolina is one of the so-called "blue bloods" of college basketball. They expect to win National Championships every year and the fan base is disappointed in anything but victory.

Villanova, on the other hand, is not a college basketball "blue blood." They are continually competitive, but do not have the history or fan base following that North Carolina has. They also, simply put, do not have the same level of talent that North Carolina has.

While UNC constantly brings in the top players in every recruiting class, Villanova finds itself landing less highly touted players. They have developed a system that players buy into, and head coach Jay Wright has cultivated an environment in which the small fan base and athletes completely believe in.

The model that Villanova has developed is one that Wake

See NCAA Page 13

Men's Tennis team defeats top ranked North Carolina

After weeks of dominance, the men's tennis team shows the country they are legitimate national title contenders

BY BRANDON PALMER

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The Wake Forest men's tennis team has been quietly destroying their competition this spring season. They have mowed down every ACC team they played this year, including seven shut-outs.

For whatever reason, the Deacs were seemingly not getting the respect they deserved from national outlets, as they were never able to climb above the number five spot in national rankings.

This past week, the team headed out for a two

match road trip against some stiff competition, and had an opportunity to show the entire country just how much of a threat this Demon Deacon squad really is.

The Deacs first headed to Blacksburg, Va., to take on the No. 46 ranked Virginia Tech Hokies. The Hokies have all the talent in the world, but have lost some excruciatingly close matches this season.

The Deacs won the doubles point, but the Hokies went up quickly in most of the doubles matches. Things seemed bleak for the Demon Deacons, but they were ultimately able to battle back and win the match 4-2. This was a huge road win as the Deacs could have been caught looking ahead to a big match later in the week at the no. 1 team in the country — North Carolina.

The Deacs traveled to Chapel Hill after the big win against the Hokies looking for an even bigger victory

against the top-ranked Tar Heels. Entering the match, North Carolina had only lost one match all season, and this was a road match where the Tar Heels were heavy favorites.

The Deacs got off to a rough start as they lost the doubles point. Finding themselves in an early hole, and with the doubles point often being the decisive point in college tennis matches, things seemed bleak for the Deacs. To top this off, the Deacs quickly found themselves down in all but one of the singles matches. The Deacs, however, never gave up and were able to battle back in these matches.

With the overall match tied at three, Romain Bogaerts was able to win a tiebreaker in the very last set of the match to give the Deacs a massive 4-3 victory over the Tar Heels. This was not just a big victory for the Demon Deacons, it also proved that the Deacs are going to be in contention for a national title.

North Carolina showed raw emotion in loss

Despite scandal and heartbreak, North Carolina showed class in defeat

BY MICHAEL MCLAUGHLIN

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Many college basketball pundits have said that North Carolina versus Villanova was the NCAA Final that college basketball needed.

After a lopsided Final Four games and middle rounds that generated little excitement, the title game provided the action to remind fans why its called March Madness.

With 22.3 million people watching at its peak, the game also partially erased the cloud of sanctions that surrounded the Final Four, where Syracuse and UNC faced off.

The former is coming off an NCAA investigation while the latter is in the midst of one.

According to the report by the NCAA's Committee on Infractions, Syracuse's violations included "academic misconduct, extra benefits, the failure to follow its drug testing policy and impermissible booster activity."

And anyone remotely following college sports knows of the academic misconduct of UNC, particularly the fake classes that occurred for almost two decades.

Those violations were a headline going into their Final Four matchup, which UNC won 83-66. The back-and-forth drama of

the national championship, culminated by Kris Jenkins' national-title-winning, buzzer-beating three-pointer, helped make sure it was not a story after the game.

Even more important, however, was how the Tar Heels acted after the game.

As Colin Cowherd pointed out on his radio show "The Herd," we don't know if former Tar Heels attended class, but the current ones acted with class following the game.

"Well, the whole four years means the world to me," UNC point guard Marcus Paige said at the postgame press conference. "I wouldn't trade any of the losses, any of the games. It's hard to say, but even

including this one, I wouldn't trade it for anything."

With 4.7 seconds left, Paige, with his legs flailing, sank a three-point shot that nearly made him NCAA Tournament royalty.

It would have ensured the legacy that Paige has talked about this season. While his shot will be overshadowed by Jenkins', his play and the love for UNC he exuded after the game helped the image of the university.

"It's hard because at some point tonight I have to take this jersey off and I never get to put it back on," Paige said. "I just have to rely on all the memories I have with my teammates. I'm telling you, this is the most fun year in my entire life."

So in the 15 minute press conference following its loss, no Tar Heel coach or player had to answer or think about the possible sanctions the NCAA will levy against the university.

"This is a difficult time period as a coach, and the players, 'cause you fought so hard and you did so much throughout the course of the season to have a chance to win a national championship," UNC head coach Roy Williams said.

The difficult times are not over for North Carolina, but for 60 minutes on Monday, the college basketball world was reminded of all that is good with the Tar Heel athletics.



Chuck Liddy/Raleigh News & Observer/TNS

Lost in the joy and excitement of Kris Jenkins' buzzer beating shot was the crushing defeat that the North Carolina players and coaches had to face. In the face of absolute devastation the North Carolina players handled questions with grace.

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NCAA: Deacs can follow mold created by Nova

Continued from Page 11

Forest should model itself after, in my opinion. Villanova are extremely similar schools, in athletics, academics and overall feel.

Villanova and Wake Forest are both relatively small private schools, whose fan bases are small, but extremely passionate about their basketball teams.

While Villanova has now won two national championships, their overall basketball history is not any better than that of Wake Forest's.

Villanova faces the same types of rigorous academic standards that Wake Forest has and plays in a lesser conference than the ACC. And yet, despite the simi-

larities, the culture that has been created around Villanova's basketball team seems much better than that of Wake Forest's.

Now, it is quite possible that Villanova simply got lucky, that Jay Wright became a better coach than anyone could've imagined and that they constantly hit on less highly touted recruits. It could potentially be argued that this model that Villanova has created would not be sustainable at other schools and that this model will eventually fail at Villanova.

After all, other small private schools around the country haven't experienced the success that Villanova has experienced.

The reason Villanova has excelled in college basketball as a small private school is because of the environment that has been

created around Wildcat sports. Everyone at Villanova loves the school, and they love the basketball team. The reason that Wake Forest could emulate this blueprint layed out by Villanova is because of the great basketball history of the school. The Demon Deacons have had some incredibly successful basketball seasons and were once considered to be a "basketball school."

In order for this to once again become a possibility, the culture of the school has to change. There needs to be a belief among students and administrators that Wake Forest can and will be great at basketball once again. Under Danny Manning, Wake Forest can recruit talented players who will buy into his system and stay and win at Wake Forest for four years.



Photo courtesy of Wake Forest Athletics

Wake Forest should look to Villanova for basketball success.

Men's Golf: Deacs regaining their stroke

After a shaky start to the spring season the Deacs are back on track during an ideal point in their season

BY JACK DUESTERDICK

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After three days in Awendaw, South Carolina, the Wake Forest men's golf team continued to search for the consistency that made them the second best team in the country last fall.

Led this time by sophomore Will Zalatoris, the team finished fourth out of 15 at the Hootie at Bulls Bay Intercollegiate, which is their second-to-last invitational before post season play.

Zalatoris, powered by a strong second day performance, finished two under par and tied for sixth among individual golfers.

Unfortunately, the sophomore regressed from his second round of 67 (-5) and shot a 75 (+3) on the third and final day — dropping him from a tie for third to a tie for sixth. Despite the poor third round, this was a good sign for Zalatoris who was forced to pull out of the Querencia Cabo Collegiate in February due to injury and finished 25th at the Schenkel Invitational only two weeks ago.

With momentum on his side, Zalatoris will hopefully return to the level of play that led him to five top 10 finishes throughout the first semester.

Behind Zalatoris, the rest of the men's golf team played just well enough to edge out Charleston Southern by two strokes for sole possession of fourth place.

Finishing two strokes behind Zalatoris and tying for 19th place, senior Davis Womble and freshman Cameron Young were neck-in-neck throughout the invitational until finally tying on the final day at one over par.

Two strokes behind them was sophomore Paul McBride who played relatively consistent golf all three rounds and finished three over par, which was good enough for tying

33rd individually. Rounding out the quintet was freshman Lee Detmer who shot a team-best 72 (par) on the final day of the invitational to finish six over par and tied for 44th place.

Over the three days, the standings changed dramatically with only South Carolina, the eventual champions, playing consistent, good golf.

After two days, six teams were within 15 strokes of the lead (South Carolina) which is not much when divided among five golfers per team.

On the final day, the Demon Deacons did not have a single golfer finish under par and altogether shot seven over par. Shooting 10 strokes worse than the day before, the

Deacs dropped from second place but were still able to hold off a similarly struggling Charleston Southern for sole possession of fourth place.

Despite the drop-off in production on the final day, the invitational was an overall good sign for the Demon Deacons.

After a season worst 14th place finish at the Querencia Cabo Collegiate in February, the team has bounced back with a second place finish at the Schenkel Invitational and now a fourth place finish in Awendaw.

With only the Irish Creek Collegiate this weekend remaining in the regular season, the Deacs hope to carry their momentum straight into the ACC Championships



Photo Courtesy of Wake Forest Athletic Communications

The men's golf team, considered by many to be one of the best in the country, has struggled this season, but the team is appearing to now peak at just the right time.

{BY THE NUMBERS}

{DEAC OF THE WEEK}

{DEACON TWEET}

Men's Baseball

- 2** runs scored by the Deacs in the ninth inning against Davidson
- 5** RBIs were batted in by Junior Will Craig in the victory over Davidson
- 19** victories on the season for the Demon Deacons
- 5** ACC wins to begin conference play.



Craig

Will Craig

This past Tuesday night, Will Craig led the Demon Deacons to a ninth inning victory over the Davidson Wildcats. Finishing 3-for-4 with a double, sacrifice fly, and 5 RBIs, Craig matched his career high in RBIs. Receiving multiple All-American awards in his sophomore season, Craig has gotten off to a great start for his Junior year. Coach Walter says Craig "will be a very high draft pick this spring as a third baseman."



Wake Men's Tennis

@WakeMTennis

"DEACS WIN! Bogaerts pulls out the third-set tiebreaker and Wake Forest takes down No. 1 UNC, 4-3!"

Deacs failing to take advantage of opportunities

The Deacs have played well this season, but are failing to win big games

BY BILL LEFTWICH
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After winning a big Duke series, the Wake Forest baseball team looked to continue their success with a huge eight-game road trip. Wake Forest opened up with a game against in-state rival, Elon, and won 4-3 as Nate Mondou, Will Craig and Kevin Conway had two hits a piece. The Deacs mustered together a couple unearned runs due to poor defense by Elon. Craig hit a go-ahead blast in the top of the eighth which proved to be the difference in the game.

Wake Forest then headed to South Bend to play ACC rivals Notre Dame. This series was one of the season's most frustrating for the players.

The Deacs dropped two of three in a

display of some bad luck and shaky play. Notre Dame opened up their games with a rainy 6-5 win in a game that the Deacs definitely should have won.

It was 5-4 with two outs in the bottom of the ninth, when the umpire called a half hour rain delay.

After the rain delay, Notre Dame had men on second and third and a throw on a routine groundball to shortstop got away plating two and chalking up a disappointing loss.

Had the fields not been incredibly wet when play was resumed, the play most likely would have been made.

After some bad luck, Wake Forest bounced back with an offensive explosion beating Notre Dame 15-13 last Sunday. Craig went 5-for-6 with two doubles and four RBIs. Gavin Sheets and Jake Mueller each had two hits apiece with the former earning three RBIs. A seven run top of the ninth seemingly sealed the game for the Deacs, until an impressive six run bottom of the ninth almost won Notre Dame the game.

In the third game, Wake Forest lost 10-2



Photo Courtesy of WFU Athletics

The Deacs have played well, but failed to record a signature series win.

in only six innings as play was shortened due to curfew, an ACC rule to ensure teams make their commercial flights home.

The Demon Deacons then played Davidson, one of the most impressive wins of the

season for Wake Forest, and is exactly what the team needed before their three games against NC State this weekend. Davidson had a big eighth inning, but Wake Forest answered with the game tying and winning runs in the ninth.

Will Craig continued his hot streak, going 3-for-4 with five RBIs. Wake Forest had five two-out RBIs in the game, a sign of a very good baseball team.

Now if the team can build enough confidence to find a way to finish some games, they will be a dangerous team come late-May.

Wake Forest plays N.C. State starting this Friday in Raleigh.

Taking at least two would be a tremendous way to end the road trip with a positive record.

After this game, Wake Forest comes back home for one of its toughest stints of the season, facing off against bitter rivals Florida State and North Carolina.

In order to reach the goals they set at the beginning of the season, and make the ACC tournament, the Deacs will really need to focus over the coming weeks.

The MLB will be led by young stars this season

With no clear World Series favorite, fans of the MLB are in for a thrilling and star-filled 2016 season

BY KIRBY MCMULLEN
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As the 2016 season of "America's greatest pastime" rolls around, several big storylines emerge as to what is expected to be another compelling campaign of Major League Baseball. First off, every baseball fan out there knows that the Kansas City Royals have the talent to defend their World Series title in October, the only question is if they'll demonstrate the consistency to do so. Second, are the Cubs finally going to get over their long postseason drought? Could this finally be the season that Chicago's Northside ball club takes home their first World Series title in over 100 years?

Here are some of my predictions for all the divisions in baseball, which highlights the potential favorite teams and players that are expected to emerge once October comes around.

AL East

In a division full of baseball's blue bloods, the Boston Red Sox look to bounce back from a somewhat disappointing 2015 season behind the arm of newly acquired ace pitcher and opening day starter David Price. While Price has been somewhat of a journey man over the past couple of seasons, look for his arm and David 'Big Papi' Ortiz's last season in the major leagues to electrify Fenway and carry the Red Sox deep into the postseason.

A potential threat to the Red Sox division run could be baseball's best offense, the Toronto Blue Jays. If the bats get hot, Josh Donaldson, Jose Batista and Troy Tulowitzki could hit their ways to an American league crown come October.

AL Central:

The Kansas City Royals are the clear favorite in this division, which is no surprise to anyone. Behind the bats of Lorenzo Cain and Kendrys Morales, and the arm of Edinson Volquez, the Royals are poised to be in a position to defend their title.

AL West:

In a showing of sustained growth and success last season, the Houston Astros have finally made their way out of the doldrums of baseball and into the promise land. Behind a plethora of young talent, pitcher Dallas Keuchel and second baseman Jose Altuve look to propel their way into the forefront of American league elites.

NL East:

The New York Mets have without a doubt the best rotation in baseball — in fact it could be historically good. Noah Syndergaard, Jacob deGrom, Matt Harvey and Bartolo Colon all have the talent to be the first or second starting pitchers in any rotation. While it's no doubt the Mets are blessed with starting pitchers, the real key to their success this season is their offense. In order to make another World Series run, they will need production from players other than Curtis Granderson and Yoenis Cespedes.

NL Central:

What is perhaps the most stacked division in baseball, the NL Central provides us with three very likely World Series representatives in the Cubs, Pirates and Cardinals. The Cubs are my favorite behind ace Jake Arrieta, third baseman Kris Bryant and newly acquired outfielder Jason Heyward, however, the real question will be if the

Cubs can act like they have been there before, as last season was one of the only Cubs' postseason runs in the past 10 seasons. The Pirates have as good a shot as the Cubs of winning the division and making a deep playoff run behind the consistency of perennial All Star Andrew McCutcheon.

NL West:

In a weird off season that included NL Cy Young winner Zack Greinke moving from the Dodgers to the Diamondbacks in a free agency move, the NL West is predicted to be one of the most open divisional races this season. While the Dodgers have the most offensive depth and one of the best arms in baseball in Clayton Kershaw, the Giants behind Madison Baumgarner and the Dbacks behind Greinke are very formidable opponents. I do think the Dodgers come away with the pennant, don't be surprised if the Diamondbacks finally get over the hump and reach the playoffs.



Hyosub Shin/Atlanta Journal-Constitution/TNS

Bryce Harper is just one of many young stars who are looking to take over Major League baseball this season. Young stars across the league will look to power their teams to championships.

The Masters is once again without Tiger Woods

Tiger Woods appears as if he'll never recapture the magic he once created on golf courses across the world

BY BRANDON PALMER

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As the Masters kicks off today, and golf fans around the world get ready for the year's first major, one name is once again noticeably missing from this year's competition. That name, of course, is Tiger Woods.

While the Masters by itself will always be an extraordinary and exciting event, and while this year's field appears to be as competitive as it's been in years, there will always be a little less hype without Woods.

Woods will miss the tournament as he attempts to recover from his third back surgery in 18 months. Woods has not won a Major Championship since 2008, and has not won a PGA Tour event since 2013, and yet he is still the most talked about individual in the game of golf.

While Woods' career and life have seemingly shattered over the past eight years, golf fans across the world hold on to the dream that he will once again be the dominant force that he was.

Woods serves as an interesting case study on humanity — he was cold, and jaded, often snarky and

unfriendly, yet his unbelievable talent and accomplishments made him one of the most polarizing sports figures in America.

Woods was the reason I became a golf fan. Woods successfully became bigger than the game he played, a nearly impossible task for an athlete.

People flocked to their television sets to see Tiger Woods, not to watch the game of golf. In his prime it seemed as if Tiger could do anything. He'd hole in miraculous puts or chip in a shot for birdie that most golfers would put fifteen feet past the hole. Woods was the game of golf — and now we must accept that we will never see that level of greatness again.

The question now is how does the game of golf adapt to its post Tiger Woods existence.

Our culture is so quick to look for the next great athlete, or compare a new athlete to a past athlete that we often ignore the greatness of what is occurring in front of us.

Although Woods may no longer be at the forefront of the golfing world, the game of golf is reaching an even more exciting time.

Young stars such as Jordan Speith, Rory McIlroy and Jason Day are taking golf into a new sphere of competitiveness. Gone are the days of a single man dominating the sport for years, and now full-on rivalries are taking over the sport.

As the Masters signifies the beginning of the 2016 golf season, fans should look forward to a year in which great players battle each other every week for championships.



Danny Lawson/PA Wire/Zuma Press/TNS

Tiger Wood's historic reign over the game of golf is seemingly over, and there will never be another like him in the world of sports.

NBA teams seem ready for grueling season to end

The NBA's grueling and grinding 82 game season has taken its toll on teams

BY ZACH SEARLE

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With just 10 days until the start of the playoffs and about four games left for most teams in the NBA, the play-off picture is nearly complete with 10 out of the 16 spots confirmed.

In the East, the Celtics, Heat and Hornets all secured a trip to the 2016 NBA playoffs this past week and will join the Cavaliers, Hawks and Raptors who clinched a while back.

Chicago, who lost to the Grizzlies, remains on the fringe just two games behind the No. 8 seed Pistons.

They had an opportunity to gain some ground on Tuesday with a Pistons loss, but couldn't manage to beat Memphis.

The Wizards, who are three and a half games behind the pistons, have a mathematical chance at clinching a playoff spot, but it is nearly impossible.

The middle seeds of the Eastern Conference, seeds 3-6, are still less than one game apart from each other.

With relatively easy schedules coming up, tiebreakers will most likely be used to determine playoff seeding if needed.

It may be advantageous to try for the six seed, as that team would not have to face the cavaliers, who are the Eastern Conference favorite, until the conference finals.

Nevertheless, the Eastern Conference seeding will be interesting to

watch over the last four games of the season, as a lot is still up for grabs.

In the Western Conference, the Golden State Warriors look to get themselves back on track after two lackluster performances that resulted in losses at home.

The loss to the Celtics on Friday night ruined the Warriors home game win streak and opened up the door for the Timberwolves, who did the same four nights later.

With the two losses, the Warriors have to win their remaining four games in order to hit the record books as the best single season record in NBA history.

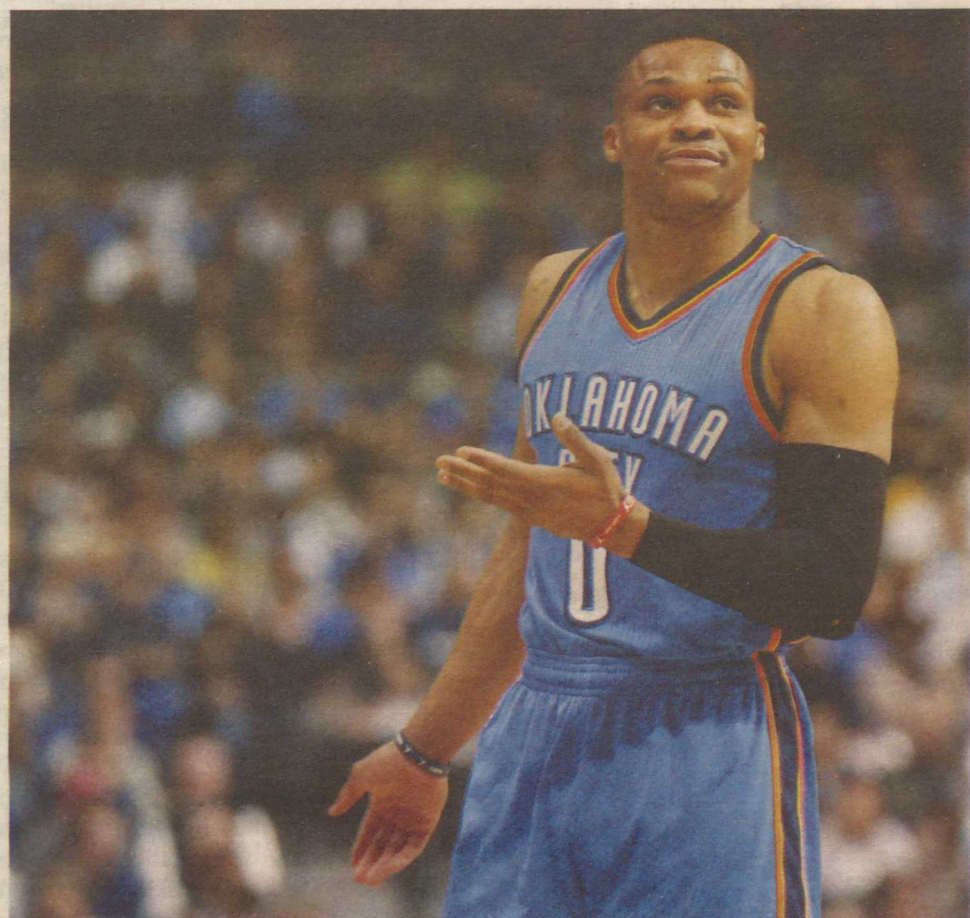
It will not be an easy road however, as they will have to face the dominant No. 2 seed, the San Antonio Spurs, two out of the last four games.

The Warriors seem to be a prime example of just how grueling the long NBA season is. The Warriors once seemed absolutely unbeatable, but now it appears as if they are much weaker than they had been earlier in the season. For a team that has dominated the NBA for 68 games, they are not certainly not peaking at the right time.

As for the Spurs, they are only two games behind the Warriors and have a chance at clinching the number one seed in the Western Conference pending the two matchups against Golden State in the coming week.

The Thunder and Clippers sit behind the Spurs in the 3 and 4 spots and will remain in those spots for the start of the playoffs, securing home court for the first round.

The rest of the spots in the Western Conference remain open. Seeds five through are all within three games of



Jim Cowser/Fort Worth Star-Telegram/TNS

NBA players are showing clear signs of fatigue as the playoffs approach, and the best teams have been struggling down the stretch.

each other. The Grizzlies, who had a strong lead in the fifth seed position, have lost six straight with many injuries impacting the team's performance and may not even make the playoffs with two out of their last four games against Golden State.

Meanwhile, Dallas and Utah sit at the bottom of the playoff seeding with tough schedules in the upcoming

week. Dallas will look to hold onto its one game lead over the Rockets who are trying not to lose hope on a playoff run this year.

So, the final four NBA games will be filled with excitement and strong implications to say the least.

As the season comes to a finish we could see disaster, upsets, new seeding and even NBA history.

The Riverrun International Film Festival Returns

Here are the top 10 most-anticipated movies coming to this year's highly-acclaimed film festival

BY HALEY HALTOM
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Unbeknownst to some, Winston-Salem hosts the premier film festival of the Southeast United States, the RiverRun International Film Festival.

This festival happens every year right in the middle of spring, this year falling on April 7-17. Ranging from documentary shorts to narrative features with 165 films from around the world, with visiting directors, actors and producers, RiverRun brings a little bit of Hollywood to the Triad. It's hard to pick from 165 films, so we have compiled the top 10 films to see this year — picking a variety of movies that appeal to all.



Nicholas DeMayo/Old Gold & Black

"Morris from America"

Directed by UNCSA alum Chad Hartigan, his third feature film is about the struggles of growing up as an American teenager with a single dad in Heidelberg, Germany. A light-hearted, romantic coming-of-age story, "Morris from America" is a fun journey through the misadventures of an out-of-place 13-year-old boy. An award-winner at this year's Sundance Film Festival, this film is perfect for all ages and not to be missed.

"Containment"

Everyone has nightmares about the apocalypse — it's a fear that comes with human nature. The documentary "Containment" treats these fears as reality, uncovering the massive amount of nuclear waste leftover from the Cold War and how it could deeply affect the world around us.

"Coming Through the Rye"

Reading "Catcher in the Rye" in high school is a rite of passage for many teenagers — a moment of existentialism that is uniquely pubescent. In "Coming Through the Rye," the setting is 1969 and teen Jamie Schwarz is so affected by the novel that he goes on a search for the reclusive author, setting off on a journey with unexpected twists and turns. Applicable to readers old and young, this film will relate to anyone who's ever been deeply affected by a novel.

"Maya Angelou: And Still I Rise"

Former Wake Forest professor, American poet and civil rights activist, Maya Angelou had an illustrious, multi-faceted career that took her around the world and down many different paths. The first documentary about this incredible woman, "Maya Angelou: And I Still Rise," is a detailed dive into the life, legacy and soul of one of the most influential women of our time.

"Chevalier"

In today's society everyone is expected to be multi-tasking perpetually — and to be doing it expertly. "Chevalier," tells the story of six men stranded on a lavish yacht in the Aegean Sea, all competing to see who is the "best of everything," participating in outlandish tasks and not disembarking until a winner is determined. Quirky, off-kilter and absurdist, this film questions the cultural preoccupation with success.

"A Journey of a Thousand Miles: Peacekeepers"

A documentary about the United Nations peacekeeping organization, "A Journey of a Thousand Miles: Peacekeepers," tells the story of three Bangladeshi women as they set off to work in an all-female, primarily Muslim unit in post-earthquake Haiti. A story of challenges, hardship and resilience, this film shatters prominent stereotypes.

"When Two Worlds Collide"

Climate change is slowly changing the way many people see the world, especially those who are most affected by it. The deforestation of the Amazon rainforest is causing the loss of animal habitats, resources and homes to indigenous peoples. "When Two Worlds Collide," is a documentary about the people who are taking on the big businesses that are destroying this forest in Peru.

"The Missing Ingredient"

People don't just go to a restaurant for the food anymore — they want the full experience. Décor and ambiance are essential to an eatery's success. A Manhattan restaurateur tries to save his failing restaurant with the now-iconic red-zebra wallpaper in the film "The Missing Ingredient." A documentary about the creation of an institution, this film explores the intense competition between two New York restaurants.

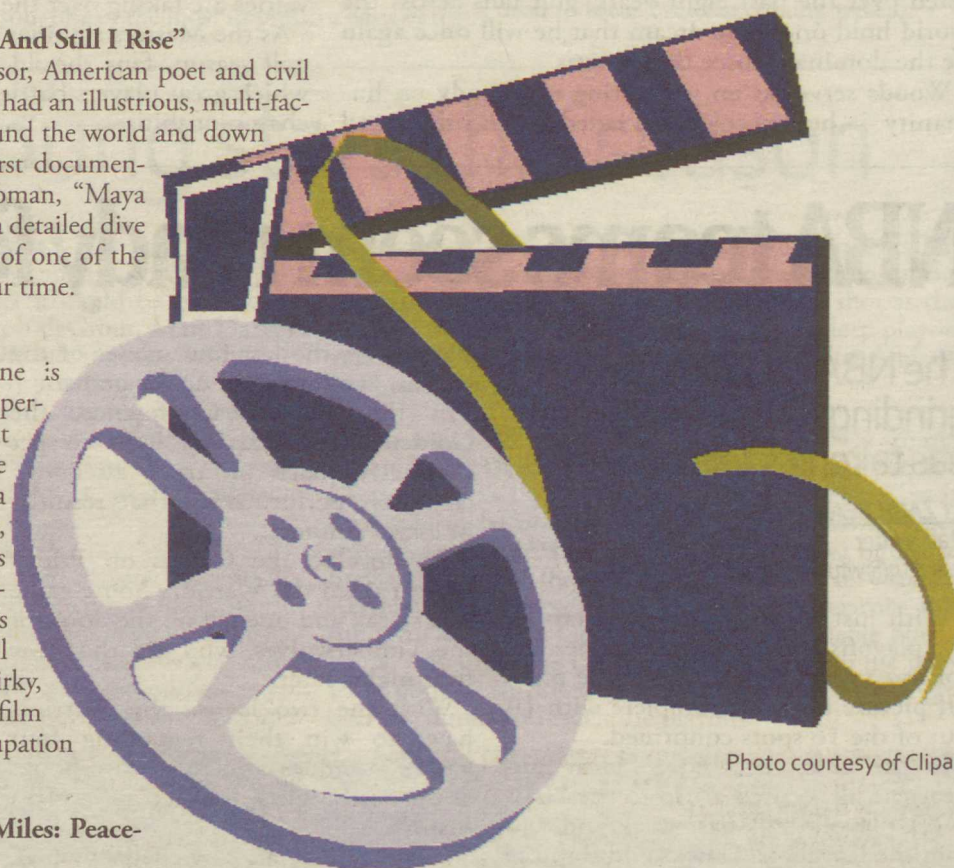


Photo courtesy of Clipart

"El Chivo"

After winning the Tarahumara people of Mexico's Copper Canyon 50-mile marathon, Will Harlan from Asheville, N.C. was christened "el chivo," meaning "the good." Striving to remain true to his roots and continue as an elite athlete, Harlan's story will resonate with anyone who has struggled to stay authentic.

"Travel Light"

Camino Bakery is a Winston-Salem institution, and many people are not aware of the inspiration behind the name, the Camino de Santiago in Spain. UNCSA alum Lindsay Thompson backpacks the trail's 500 miles and documents the stories of the travelers making this sacred pilgrimage to the grave of St. James.



Photo courtesy of riverrunfilm.com

Trend Alert | Hot Yoga

Hot yoga is a great exercise alternative

The popular workout trend can help people sweat out toxins and burn up to 1,000 calories in a 90-minute class

BY LAURA FEIDELSON

Staff Writer
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Many people instantly dismiss hot yoga without even trying it because of the common understanding that during the practice you will sweat — a lot.

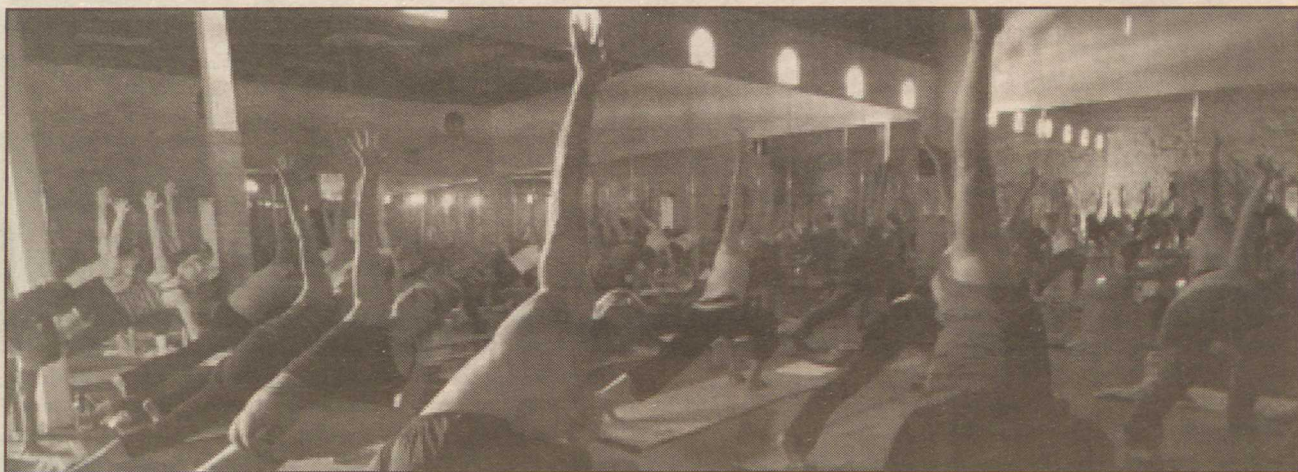
Hot yoga is done in hot conditions in order to replicate the way yoga was performed in India when it first originated. The high temperature of 105 degrees Fahrenheit can be brutal and for some, unbearable. However, the key is to breathe and sweat through the intense heat as a way to stretch and relax your muscles. In addition, the excessive sweating that comes from performing various poses is physically and mentally beneficial.

According to Health Magazine, “heavy sweating is said to flush toxins from the skin,” and hot yoga “helps the body relax, improves breathing [which helps conditions like asthma] and focuses the mind, which develops better mental concentration.”

Hot yoga is physically beneficial as it improves one’s balance and strength. Yoganonymous, a popular yogi blog, says, “Your heart can work the same way doing yoga postures in a heated room as it does when running a mile, and you never even leave your mat. A 90-minute class can burn up to 1,000 calories.”

According to Yoganomous, the poses performed in hot yoga stretch one’s internal organs, which speeds up metabolism.

In addition to the physical benefits, hot yoga is said to



Jim Rassol/Sun Sentinel/TNS

Hot yoga classes take place in studios kept at a whopping 105 degrees Fahrenheit, which causes participants to sweat out toxins, relax tight muscles and develop better mental concentration.

help with healing old injuries and improve one’s overall focus. Similar to regular cardiovascular training where one’s heartbeat is constantly at a high rate, after one class of hot yoga, the individual feels as though they have done a similar, if not more strenuous workout.

My mom is a yoga enthusiast. She started doing yoga about 15 years ago and is now addicted. I, on the other hand, love to run. It is my way of releasing built up energy and stress after a long day.

However, after many runs and not enough stretching, my muscles, undoubtedly, become very sore. My mom shared that hot yoga is a perfect compliment because it uses various muscles in your body that are not exercised while running. The idea was appealing as the pain in my leg muscles did not seem to alleviate but rather got worse the more I ran. So, I gave hot yoga a try and I loved it.

Once you get over the idea that sweat beads will drop from every pore of your body onto the mat, you begin to appreciate the benefits.

After my first class I was a bit discouraged, not only was the heat overwhelming, but I also had to sit down in a resting position called *balasana*, or child’s pose, for the bulk of the class.

My body simply did not fold or bend in the way the instructor’s could. However, after a few classes, my confidence increased and I felt my body becoming more flexible; I could do more and more positions every time I went to the studio.

It becomes obvious for why hot yoga has become a popular trend; it is a great alternative from your typical three-mile run or thirty-minute elliptical workout and has numerous unique health benefits.

WAKE Radio | Concert Review

Reanimator Records hosts alternative bands

Concert at local venue features Wahyas and the Shivas, two alternative bands with upbeat tracks

BY MEREDITH CHEATWOOD

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On last Thursday, March 24, Reanimator Records hosted a show opened by a local Greensboro band called Wahyas spotlighting The Shivas, a group hailing from Portland, Oregon.

The Wahyas are an alternative-rock duo composed of Josh Johnson on vocals and guitar and Lindsey Sprague on the drums and vocals. As the opening band, they maintained an overall energetic performance and sustained the audience’s excitement throughout their act.

Reanimator Records, located behind Krankies Coffeehouse in downtown Winston-Salem, is a smaller venue, so the room was comfortably filled — creating a good atmosphere and intimate listening experience.

The set-list consisted mainly of short, upbeat pop-rock tracks — in general, the drumwork was pretty basic, partly due to the fact that they weren’t using a full drumset, but also resultant of the nature of the band’s style itself.

I found that this didn’t detract significantly from my overall enjoyment of the work as a whole. However the guitarist’s use of the sound effect pedal was more perturbing.

The inclusion of this element was something I found interesting at first, yet excessive after a period of time — this is an easy fix, however, simply through more tasteful or sporadic incorporation. Overall, in my opinion, the Wahyas did well with what they had onstage with them and

carried a strong performance — in terms of improvement, however, I think they could do more with experimentation in order to develop a more individualized sound and really establish themselves as a band.

Following this act was The Shivas, a rock ‘n’ roll trio founded 10 years ago in Portland, Oregon, with the release of their debut album *Freezing to Death*. This band has a modern, post-punk style with undertones of a retro 60s-style feel in vocal work and guitar riffs ranging from bluesy and psychedelic to an almost surf-rock sound.

Especially in contrast to the preceding band, The Shivas’ use of a full drumset immediately gave their songs more depth and structure, allowing for more mature development of the overall instrumentation of the tracks they played.

The setlist was an ideal length; the band played for large amount of time but managed to maintain a consistently high energy and didn’t wear out their sound.

The performances were strong, especially when they played what is probably their best-known song, “You Make Me Wanna Die,” off their 2014 album “You Know What to Do.”

In general, I enjoyed them better than Wahyas, not only in terms of the drumwork, but also because they seemed to have a looser style that was more tolerant of experimentation and adaptation as they feel out their overall sound as a band. In particular, I thought there were undertones and possibilities for development of an even grittier, lo-fi sound.

I thought Reanimator Records was a great venue. The band posters, album art, records and t-shirts lining the space made for a really stimulating environment and heightened the authentic feel of the show.

The bands played in front of the storefront windows, which was a really great backdrop as people walked by on the street outside.

There was a very relaxed, welcoming feel to the crowd — people were coming and going casually but the room stayed consistently filled. It really felt like I was participating in a community of listeners.

The entire performance was charged with that alluring, local-band charm.



Jim Rassol/Sun Sentinel/TNS

The Shivas performed their best-known songs from the 2014 album *You Know What to Do*.

Health Column | Alcohol Awareness

April is Alcohol Awareness Month

Moderating consumption of alcoholic beverages shows significant health benefits and is not as hard as you think

BY LAUREN DARNIS

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April is Alcohol Awareness Month. Regardless of your health goals, being aware of your alcohol intake can help you understand your goals better.

Reducing alcohol intake and drinking in moderation can reduce the risk of several short and long-term health risks. Excessive alcohol use can increase the risk of health problems such as injuries, violence, liver disease, and cancer.

The purpose of Alcohol Awareness Month is to increase the awareness and understanding of alcoholism, its causes, effective treatment and recovery. There are many tools that can help with dependence to alcohol and abusive drinking.

According to the CDC, excess alcohol use includes underage drinking, heavy drinking, pregnant drinking and binge drinking. Heavy drinking consists of eight drinks or more per week for women and 15 drinks or more per week for men. Binge drinking consists of four or more drinks consumed on one occasion for women and five or more drinks consumed on one occasion for men.

The National Council on Alcoholism and Drug Dependence (NCADD) is doing a lot to increase alcohol awareness this April, one of which is observing an alcohol-free weekend. It is easy to forget that drinking can be dangerous, but it is important to be reminded of the statistics and to take precautions when it comes to drinking for yourself and for others.

The National Institute on Alcohol Abuse and Alcoholism

lists the negative consequences that result from excessive drinking in college.

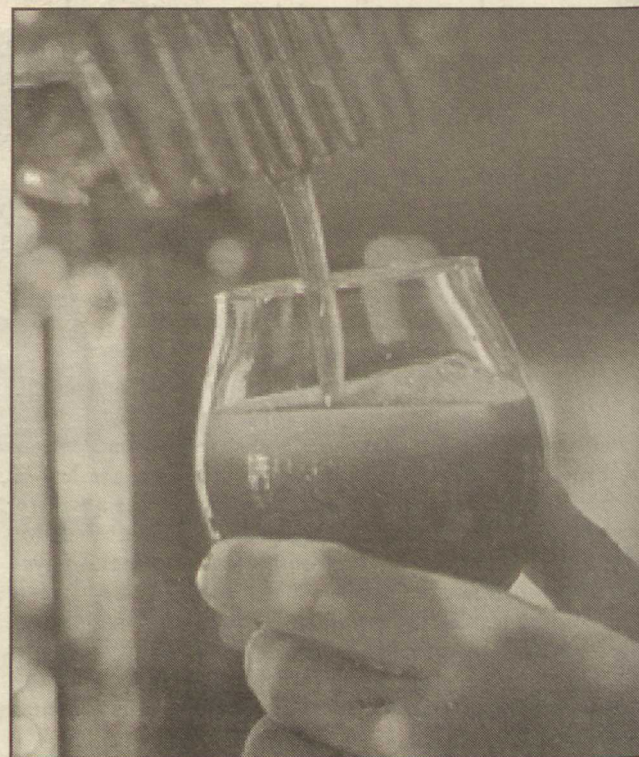
They note that about four of five college students drink alcohol and that half of those who do drink consume alcohol through binge drinking.

The statistics show that each year 1,825 college students between 18 and 24 die from alcohol-related unintentional injuries, more than 690,000 students between 18 and 24 are assaulted by another student who has been drinking, more than 97,000 students between 18 and 24 are victims of alcohol-related sexual assault or date rape, 599,000 students between 18 and 24 receive unintentional injuries while under influence of alcohol, about 25 percent of college students report academic consequences of their drinking and more than 150,000 students develop an alcohol-related health problem. Additionally, 1.2-1.5 percent of students indicate attempted suicide within the past year due to drinking or drug use.

Drinking is a social activity and your social life doesn't have to suffer because you're worried about your diet or over-consumption. There are ways to drink responsibly and have a good time. It isn't necessary to be featured on a post from Barstool University to know you're making the most of your college days.

If you are looking for "healthier" alcoholic drinks, next time you are out with friends, look for cocktails that have fewer ingredients like an Old Fashion or Vodka and club soda. You can also go for drinks that have more lime in them like a mojito or margarita since lime adds very little in calories. Allowing yourself a few drinks a week will not completely derail your diet or health goals. But it's important that you are safe and smart about your consumption.

Change the way you drink by downloading the free app Drinkaware for your iPhone or Android to keep track of the drinks you have in a day and see how much you drink over the course of a week, month and year.



Karen Schiely/Akron Beacon Journal/TNS

Studies have shown that alcohol, when taken in moderation, may benefit one's overall health.

Drinking responsibly is actually pretty easy. Know what you're drinking and the amount of alcohol that is in your drink. Don't mix alcohol with energy drinks because the energy you gain from caffeine can mask the effects of alcohol, and thus lead to overconsumption. Drink water before, in between and after drinks, and NEVER drink and drive.

Travel Column | European Cars

Think twice before you hit the road in Europe

Americans in Europe should be aware of the difficulties in driving and buying cars without automatic transmissions

BY TOMMASO MONETA

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The biggest challenge a European faces throughout high school is not related in any way to academics. Rather, it is becoming a part of the adult world by learning to drive a car of manual transmission. I, as a European, had always feared that day, and even now, I chuckle when I look back upon it.

The process of driving a stick shift takes 10 to 14 months via mandatory driver's education; then, you have a four month period in which you wait before being able to take the test. Interestingly, it is becoming an increasingly more popular trend to wait until you're in college, or even after obtaining a diploma, before getting your license.

While Europeans struggle to place their hands on that venerated piece of plastic that signifies their arrival to the adult world, Americans bask in the simplicity of a 20 question test that grants them legal access to roads and a used car market that Europeans only dream existed. Should Europeans be envying them or should they be looking at us in awe?

According to the Italian paper, *Corriere della Sera*, 92 percent of young adults aged 18 to 22 decide to wait until a relatively late age before getting their license so that

when they do indeed buy a car, it could be an automatic. The cost of adding the automatic itself is approximately €2,000, and some of you might think that's high, right?

Well, when one adds on the mandatory driver education ordeal, the actual price of a manual transmission seems to go way up. For those who go through it, it is considered an unwanted burden because they would much rather drive the American way. An automatic.

However, in Europe, a car with a manual gearbox is roughly 3,000 to 4,000 euros cheaper, because you do not have the installation costs to deal with. That's no morsel. And that may be the kind of car you'd have to learn how to drive if you decide to live in Europe.

Another issue is that car dealers in Europe don't offer

"used vehicles," therefore, the best possible scenario is to purchase a new car. In Europe, you tend to not change your car as often as you would in the United States; actually, most of my middle-aged cousins have owned their first vehicle for an average of 10 years. They changed their car only when they were in their secure, paycheck to put food on the table, job.

But that's not even the end of the madness. The only way to purchase a car at a reasonable price is to rely upon the shady world wide web, and it isn't as trustworthy as Craigslist or Auto Trader. There is no system of checks and balances protecting the buyer or the seller. So in Europe, we have a trustworthy system of whoever rips off the other more wins.



Ellen Creager/Detroit Free Press/TNS

Although European roads look quaint and charming, they are actually death traps for drivers. For that reason, drivers have to take a mandatory, 10 to 14 month driver's education course.

the **HOT LIST**

Top 5 Food Trucks to try at Burke Street Festival

Be sure to check out these food trucks in Greensboro this weekend.

1. La Vie en Rose
2. Taqueria Luciano's
3. Camel City Grill
4. Bandito Burrito
5. Hickory Tree Turkey BBQ

Courtesy of
journalnow.com

Drink of the Week Lemon Drop

- 4 oz. Fresh lemon juice
- 2 oz. Vodka
- 1 tsp. white sugar
- crushed ice
- 1 lemon, sliced
- 4 sprigs fresh mint

Courtesy of AllRecipes.com

Drink Responsibly!



Photo courtesy of relajjoe.com

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Former Wake Forest Field Hockey Player Maria Whitehead Leaves Legacy

Maria Whitehead continues to inspire college athletes a decade after her passing

BY HEATHER WILEY
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Standing at a mere five feet tall and weighing 105 pounds, Maria Whitehead walked into the Wake Forest field hockey office her senior year of high school. She sat across from head coach Jen Averill in the same office that every player has sat in since that year, 1999.

"She walked in and I went, 'This is not going to work. This meeting will be about 20 minutes max,'" Averill said 16 years later. "But the minute words started to come out of her mouth, I knew that I had a pistol on my hands. Her stature didn't impress me. Her actions and her words did. I told her, I don't think you can make it in this league. To which she redirected me, 'Any time, any day, any opponent.' I shook her hand and said, 'Welcome to Wake.'"

Whitehead, a Pennsylvania native, was recruited by many other big name schools, including University of Maryland; Old Dominion University and Ohio State University. She chose Wake Forest because she respected Averill, she loved the team and "it felt like home to her." When she committed to Wake Forest she said to Averill with confidence, "I believe in you. I believe in what you say. I believe in what the two of us can accomplish. I think we're going to get it done here, and that's why I choose you."

Few could deny that Maria had an incredible career at Wake Forest. She had a total of 40 assists — which is the fifth most in Wake Forest history — was a two-time all-ACC selection, helped the Demon Deacons to three Final Four appearances and contributed to bringing home Wake Forest's first ever national championship for field hockey in 2002. After winning the championship her senior year, she hugged Averill and said, "Told you we'd do it."

She was feisty and always wanted to win. Sometimes, she had a little too much fire. Her mom recalled one game in particular that Averill, was being extremely vocal to the referees. So, Maria thought she could be vocal to the them as well. Averill pulled her out of the game immediately. Later, her mom asked her what she and the coach were arguing about, to which she replied, "I just told her if she can yell at the refs than so can I!"

After graduating from Wake Forest in 2002, she got a job coaching field hockey at St. Louis University. She became the youngest college coach in the country, beating her own college coach Averill by 10 months. Two years later, Averill got this phone call from Whitehead:

Whitehead: I had that mole removed off my back, Jen.

Averill: Yeah?

Whitehead: They said it was skin cancer, Jen.

Averill (a pause and then): What?

Maria: It's stage four melanoma skin cancer, Jen.

"I had known all the stages," Averill said, tears beginning to well up in her eyes. "Skin cancer. People don't die of skin cancer. All of a sudden she was really quiet, and she brought me back and said, 'Remember when I sat in your office and told you I believed in you? We probably have to do that all over again.' So this time I said, 'Okay, Maria,

I believe in you.' Then I quickly hung up and called my sister-in-law who is an oncologist. 'Stage four melanoma?' She goes, 'It's a killer.' I think I went upstairs and vomited."

"Everyone in her life believed she would beat the cancer," said her former teammate Katie Ridd, after first hearing she was diagnosed. "I was shocked. But then again, she was a fighter and I assumed she'd win this fight like every other fight I'd known her to win."

The cancer spread to her brain and over the next few years she underwent numerous chemotherapy treatments, radiation therapies and brain surgeries. She left her coaching job at St. Louis in 2005 and got a position coaching at Duke, which also allowed her to have three men in her life who thought of her as a daughter: Henry Friedman, director of Duke's Brain Center, Jim Vrdenbough, her oncologist and Alan Friedman, one of the best brain surgeons in the world, who performed surgery on her brain. This surgery got rid of the cancer in her brain.

Later, she accepted the opportunity to be used in a pilot program for an experimental drug because she had been cancer free for three months. Right when she was to start her trial, she began having pain in her belly. The cancer had come back, this time attacking 90 percent of her liver. She was the worst she had been yet.

During the time of her sickness, she barely missed any games and made it to as many practices as she could. People who knew her while she was sick described her as optimistic, brave and determined. They said she "never missed a beat."

On November 1, 2006, Averill received a phone call from Whitehead's partner during the time. She put the phone down and screamed. Whitehead, the contagious spirit who everyone knew and loved, who everyone thought would never lose, had lost her life to cancer.

Immediately, something shook the field hockey world, and specifically, Wake Forest Hockey. Wake Forest was competing in the ACC championship on the Sunday following Whitehead's death, the same day as the eulogy and celebration for Whitehead. Averill did not come up with a game plan for the game. She did not come up with a pre-championship speech. She couldn't speak. She couldn't think.

Her players looked at her and said, "We got it coach. You don't have to do a thing." The team went out and played an incredibly hard fought game, beating Maryland and gaining their third ACC championship title. The team came together on this day for their coach, for each other and in honor of the life of one of their own, Whitehead. This was the first of many times that Wake Hockey would play for something more, for someone more.

Whitehead's story has been told countless times and even current players who never knew her know what it means to "play for number five," which was her jersey number.

Karlee Spirit, a sophomore on the current Wake Forest field hockey team, said when someone says the name "Maria Whitehead," she thinks of fight, courage and adversity.

"She was someone who has not only left an example of passion and love of the game, but has left the biggest and most notable mark and legacy on Wake Forest Hockey and the institution of Wake Forest," Karlee said. "It was her story and the way in which it shaped and molded Wake Forest hockey and its culture that made me want to be a Demon Deacon. Her story moved me, motivated me and persuaded me to want to spend the next four years of my hockey career working to make her proud and to make her legacy continue."

At the end of the year, Jen honors one player with the "Maria Whitehead award," which represents persistent fight and a courage throughout that entire season of play. She brought awareness of melanoma to the Wake Forest community and to the hockey community around the nation.

Each year, Wake Forest Hockey puts on a dodge ball or spike ball tournament to raise money and awareness for melanoma. This event was started by Liza Casella, a former player, in 2010, and has become an annual fundraiser in honor of Whitehead. It will take place this Sunday, April 10.



Photo courtesy of Heather Wiley