

# OLD GOLD & BLACK

WAKE FOREST UNIVERSITY

THURSDAY, NOVEMBER 29, 2012

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## CHEATING THE COMPETITION

Rising incidents of campus cheating draw attention to alarming national trend

### EXAMINATION BLUE BOOK

BY BESS HOSKINS  
Contributing Writer  
hoskea0@wfu.edu

Academic dishonesty exists on campuses across the nation, and Wake Forest is no exception. With the daunting academic workload faced by students, cheating has become increasingly prevalent. The Office of Student Services of Wake Forest reported an increase in honor code violation cases from the years 2007 to 2011, with the highest occurrence of 41 cases occurring during the 2010-11 school year.

Some Wake Forest students directly blame professors and an unreasonable workload for academic dishonesty on campus rather than the students themselves who participate in this dishonest behavior.

College cheating received national attention when news broke of Harvard's large-scale cheating scandal. The controversy involved 125 Harvard students collaborating on a take-home exam that received scrutiny in late August. Many of those students under investigation continue to regard the professor's confusing test questions and ambiguous

See Cheating, Page 6

Graphic by Julie Huggins/Old Gold & Black

## The story behind food waste

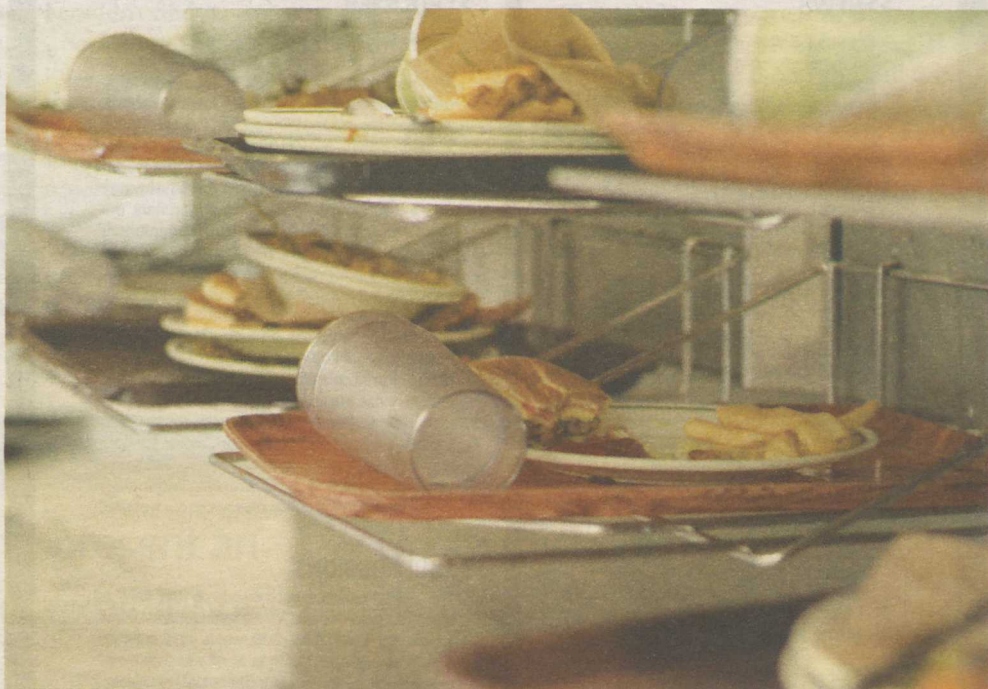
What happens to the leftovers in the Pit after they leave your plate?

BY EMMA SKEELS  
Contributing Writer  
skeeer12@wfu.edu

Wasting food in the Pit is easy to do. "I would get a lot of food, taste it and get something else," sophomore Krista Hoffman said, describing a process that so many university students go through when eating meals at the Pit. You keep going up to get something new, and before you know it, there are three plates you filled with food that you've barely touched. So what is the Pit doing to reduce food waste and increase sustainability?

ARAMARK, the company in charge of food and facilities management for the Pit, has been working closely with the Office of Sustainability to answer that question.

One important initiative the Pit has begun to implement is the reduction of its pre-consumer waste. Pre-consumer waste consists of scraps, like potato peels, that result from making the food the students actually consume. "Almost two years ago now, we did a waste audit in the Fresh Food Com-



Clare Stanton/Old Gold & Black

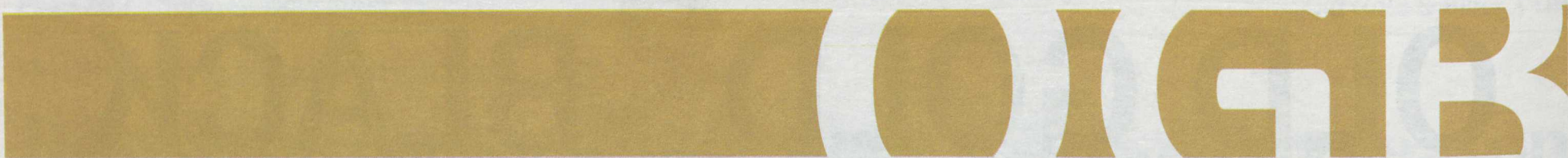
Managers and workers at the Pit strive to minimize pre-consumer waste in order to help the university move to a "greener" future.

pany," Dedee Johnston, director of sustainability, said. "I think that one of the things it really helped ARAMARK management see was how they could work with their prep

chefs to generate less waste, because that's lost profit... They looked at how they could

See Waste, Page 5





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

# Insufficient reading days cause undue stress

Take a walk through the halls of Tribble, Carswell or Greene this time of year, and the stress is palpable. Students face looming term papers, examinations, projects and presentations, due within days of each other.

Thanksgiving break, the first substantive holiday that students receive since the beginning of school, hardly represents a vacation — professors often assign major papers due immediately after the break. The stress of this time of year is only augmented by the lack of adequate reading days for final examinations. This year, the university termed Saturday, Dec. 8, a “reading day,” with classes concluding the day before and exams beginning the follow Monday.

In short, students receive a *Saturday*, a weekend day they would have already received, in order to prepare for four to five classes’ worth of exams (or even more, in

“ We welcome the opportunity to engage with the classroom material ... but the current exam schedule imposes an undue burden on students.”

some students’ cases). This frenzied schedule places undue stress on students, who receive little to no time to transition from the end of classes to finals studying.

A quick examination of Wake Forest’s neighboring universities reveals their preferable exam policies. Duke, for example, grants three reading days, while UNC Chapel Hill offers two sets of reading days, with exam periods sandwiched in between, offering students more flexibility in determining their exam schedules.

Though insufficient reading days hinder students’ exam preparations in both semesters, it is particularly severe in the fall

semester, as students have to go nearly three months without any time off. This leads to burnout, heightens anxiety and worsens students’ performance on exams.

With this in mind, we propose that students be provided at least one weekday as part of the reading period. Only reserving the weekend for exam studying implies that final exams should be treated like any other week in college. However, these exams, which frequently cover material from the entire semester and tend to be more rigorous than other college tests, merit a longer reading period.

In order to create this longer reading period, we have two suggestions. First, Wake Forest, like many other universities, could conclude classes on Wednesday or Thursday, giving students, at the very least, Friday, Saturday and Sunday to prepare. If professors are not willing to give up that

final day of instruction, the registrar could schedule exams to start the Tuesday after classes conclude, as opposed to the Monday after.

Admittedly, adding an extra day to the reading period does not seem like a huge advantage, but when students face two exams on the first day, having that extra 24 hours can drastically boost their preparedness. Our complaint is not with the exams’ rigor — as students at a demanding university, we welcome the opportunity to engage with the classroom material taught over the semester — but the current exam schedule imposes an undue burden on students.

The *OGB* has voiced this concern before (“More reading days would make for more efficient studying,” April 30, 2011), but we hope that the administration will seriously consider this request when determining future academic calendars.

## OLD GOLD & BLACK

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**MEENU KRISHNAN**  
EDITOR-IN-CHIEF  
krism9@wfu.edu

**RENEE SLAWSKY**  
MANAGING EDITOR  
PRINT  
slawrb9@wfu.edu

**BRIAN MURPHY**  
BUSINESS MANAGER  
murpb9@wfu.edu

**MATT POPPE**  
MANAGING EDITOR  
ONLINE  
poppmw9@wfu.edu

### >>NEWS

Executive Editor:  
Ian Rutledge, rutlig11@wfu.edu  
Editors:  
Julie Huggins, huggjn0@wfu.edu  
Daniel Schwindt, schwd11@wfu.edu

### >>SPORTS

Editors:  
Ty Kraniak, krantr11@wfu.edu  
Max Wohlmut, wohlmj11@wfu.edu

### >>OPINION

Editors:  
Ade Ilesanmi, ilesao11@wfu.edu  
Kristopher Kolb, kolbk11@wfu.edu

### >>LIFE

Editors:  
Amber Burton, burtab11@wfu.edu  
Molly Dutmers, dutmmk11@wfu.edu

### >>PHOTO

Editor:  
Clare Stanton, stance0@wfu.edu

### >>WEB

Editor:  
Aaron Colston, colsaj0@wfu.edu

### >>BUSINESS STAFF

Peter Siderovski, sidedp0@wfu.edu,  
Peter Shaheen, shahpe11@wfu.edu,  
James Travis, travjm0@wfu.edu

### >>GRAPHICS

Elizabeth Ropp and Lauren Lukacs

### >>POLICIES

The *Old Gold & Black* is published Thursdays during the school year, except during examinations, summer and holiday periods, by Triangle Printing of Durham. The *OGB* is advised by Justin Catanoso. To subscribe, please send \$75 to P.O. Box 7569, Winston-Salem, NC 27109. © 2012 WFU Media Board. All rights reserved. The views expressed in all editorials and advertisements contained within this publication do not necessarily reflect the opinions of the *OGB*. As part of our commitment to reporting news fairly and accurately, we will not remove any previously published content — including but not limited to, feature stories, story comments, opinion columns, editorials, letters to the editor, photographs, or illustrations — in either our written or online issues. If an error in either our online or print content is brought to our attention, we will revise the originally published article with an appended correction. In order to facilitate thoughtful and appropriate debate, profane, vulgar or inflammatory comments on our website are not allowed and will be deleted. For more information on our commenting policy, please see our website.

### >>SUBMISSIONS

The *OGB* welcomes submissions in the form of story tips, columns and letters to the editor. Letters should be fewer than 300 words and columns should be around 500 words. Send yours via e-mail to krism9@wfu.edu the Monday before publication. We reserve the right to edit all letters for length and clarity. No anonymous letters will be printed.

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# Deacon Profile: Mary Martin Niepold

BY BROOKE METZ  
Staff Writer  
metzba12@wfu.edu

*Mary Martin Niepold's love of storytelling sparked her interest in journalism, leading her to hold multiple positions within the field, most recently as a professor. A graduate of the university, she recently entered her 10th year of teaching. When she is not in the classroom, Niepold enjoys spreading the message of pro humanitate across the globe by helping those in need in Africa.*

**How do you think the university has changed and stayed the same since your four years here?**

I was here in the early '60s in the class of 1965. We could not wear pants or shorts, and we almost couldn't wear lipstick. We had very strict hours in the dorms. So socially, it's very different. It's modern. And today, it's much more open and inclusive.

What has remained the same, I believe, is the *pro humanitate*. It was there when I was a student. We had compulsory chapel twice a week as a tradition, one secular and one religious. I think that those hours really helped inform us and remind us that there were some serious things worth considering. And I see that same emphasis towards *pro humanitate* here on campus today.

**What made you want to become a college professor?**

I had been a journalist in Philadelphia for a little over 17 years and New York City for almost 20 years. An opening came at Wake Forest for someone who did magazine and newspaper writing, which I had done, and who had taught, which I had done as an adjunct professor for five to six years in Manhattan, so the job opening was very unique. They were looking for someone who had done all three. It was an opportunity for me to give back and I really believe that experience is pretty valuable.

**What is your favorite book?**

If it's fiction, it's probably *To Kill A Mockingbird*. Atticus is very much like my father. My father was a lawyer and a judge, very tall and very ethical, so I responded to that very personally. If it's not fiction, then I tend to read a lot of books on Buddhism.

**What sparked your love of journalism?**

I love telling stories. I love hearing stories. I grew up in the South, and telling stories and engaging people in stories is part of

our culture. It always has been. So I wasn't a hard core news reporter — my niche was more features.

That gives you the opportunity to go deep into a subject or a person and sort of peel that away. And I love people. Maybe this goes back to the story-telling thing but I love people. Both of my parents were charming, intelligent people, and so was my brother.

And I loved stories, so it became a way to tell stories and I was just very blessed. I almost stumbled onto it. I was in Philadelphia and got my first job at the *Philadelphia Inquirer*, which at the time was the fourth biggest paper in the country.

I've been very blessed every step of the way.

I love being curious. I love finding ways to satisfy that curiosity, and that certainly happens in interviewing. And in the last 10 years, through the first years I was here at Wake I was doing a lot of travel writing for newspapers in particular. So that gave me the opportunity to travel around the world and you can't beat that.

**What is your opinion on the recent shift from print to online publishing?**

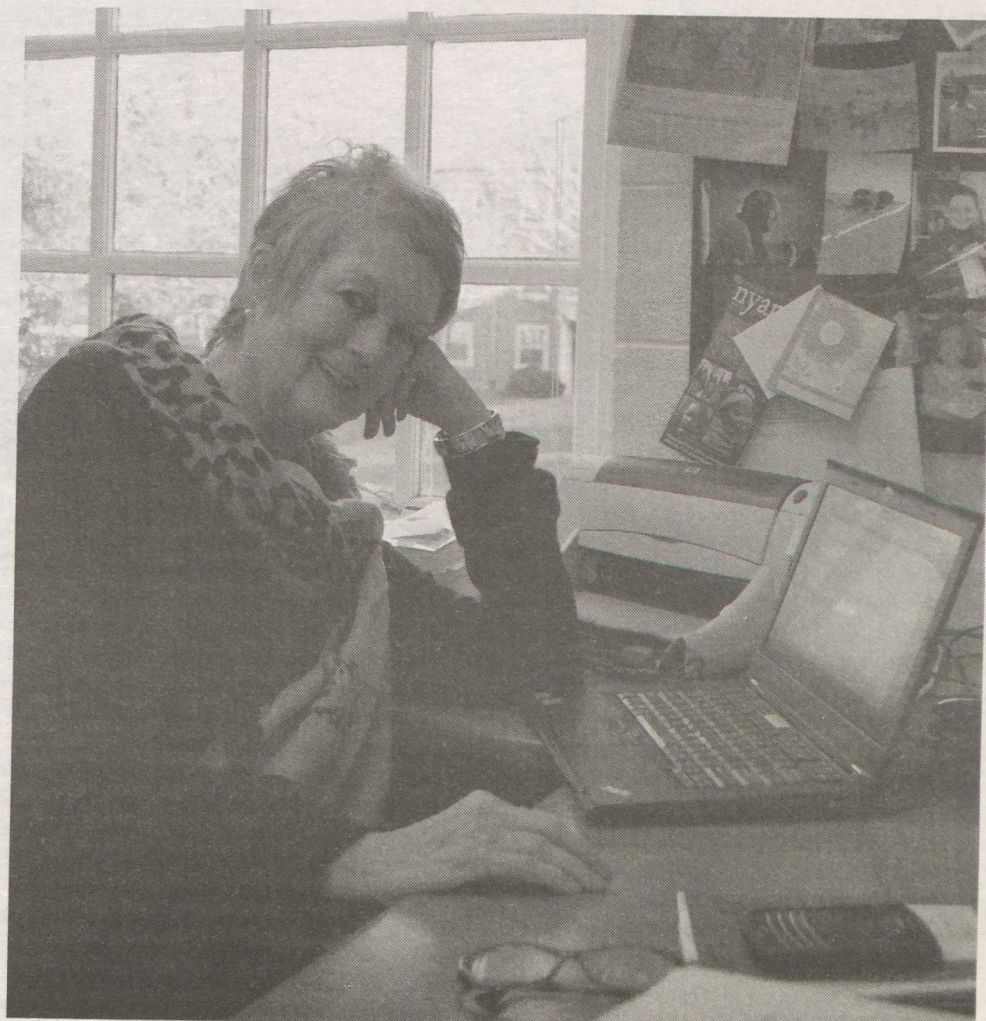
It's challenging. I'm incorporating digital publishing in one of the new classes that I'm teaching, which is called Niche Feature Writing. Students have created blogs, and then we also look at magazine and newspaper writing. It is part of our world. It's never going away.

It's a major adjustment for me to really stay in the mindset that all of the blinking lights is as real as holding it in my hand, whether it's a magazine or a newspaper.

I will probably die kicking and screaming that there will always be newspapers. There will always be magazines. It's a different experience, I think, when you can hold the thing that you're reading. I know there are Nooks and all that, but to me that's not really holding it.

The bottom line is that good storytelling and good reporting is the same whatever medium it's going to be in. It doesn't matter if it's digital, magazine, print or newspaper. You need boots on the ground, you need fundamental, good reporting. You need curiosity. You need to be skilled at putting the story out fairly.

Just the basic journalist tenets. It worries me that anybody can blog, anybody can say anything, and if anybody else is not using critical thinking then they might believe that's the truth. So I think it becomes even more imperative to look at who is providing the information, particularly in the digital format.



Clare Stanton/Old Gold & Black

**Tell me a little bit about your Nyanya project.**

That's the joy of my life. "Nyanya" in Swahili means grandmother. I went to Africa for the first time not as a travel writer, but as a volunteer with a local nonprofit to work with orphanages in Kenya. That spoke to me.

And so when I was in Africa that first summer, I found myself asking everyone I met, "Who's taking care of the grandmothers?" and they kept saying, "Nobody." I didn't believe it.

I came home and began researching, and I couldn't find it.

So I thought why couldn't we go over there and teach grandmothers skills so that they could earn a little more money to take care of their families? The women were absolutely amazed that some woman from America showed up and said, "How can we help?"

And so the Nyanya Project was born. Our two most active places are Kenya and Rwanda, and we now have trained about 110 grandmothers in Rwanda in agricultural projects. And we've trained about

120-140 in Tanzania and about 50 in Kenya. Our primary outreach in Kenya is a preschool, Kibera. It's probably the largest slum in Africa.

After we train the grandmothers in agriculture, they come up with the ideas for the preschool.

The grandmothers are paid to help the teacher and prepare hot lunches. Right now that preschool is almost completely 100 percent sustained by their efforts. The grandmothers are now sewing uniforms and selling them to help the preschool and they are now almost completely on their feet. It is phenomenal.

The children, ages two to five, are teaching the grandmothers how to read. It is unbelievable. It is the most beautiful thing I've ever seen. The goal is to make the women independent, so now the goal is to make the preschoolers independent.

It's 90 to 95 percent there. The thing is that I did not know what they needed. I was not an American who came in and said, "I know what you need to do."

All I knew was just to listen—they will tell you what they need, and that's how we've done it.

## BRIEF LIES

### University choirs bring holiday joy and cheer in annual concert

The ensembles of the Choral Department at Wake Forest University will present music for the holiday season at 7:30 p.m. Dec. 6 in Brendle Recital Hall. Selections will include Gustav Holst's "Lullay My Liking" and carol arrangements from "Carols for Choirs 1."

The combined ensembles will sing Rachmaninoff's "The Six Psalms" and a new arrangement of "Hark! The Herald Angels Sing" by Michael Culloton to close the program. Brian Gorelick will serve as conductor.

### START Gallery to present an end-of-semester exhibition

From 5:00 to 7:00 p.m. Dec. 6 in the START Gallery Suite 122A in Reynolda Village, there will be an end-of-the-semester celebration and opening reception for the STARTist Selections exhibition.

The reception will feature holiday treats. Art on display will include paintings, prints, drawings, mixed-media and photography.

For more information contact Adelaide Knott, START gallery manager, at [info@wfustartgallery.com](mailto:info@wfustartgallery.com).

### University hosts Israel's first Bedouin diplomat Ishmael Khaldi

Ishmael Khaldi will be speaking at 7:30 p.m. Dec. 3 in Annenberg Forum. He is speaking on the Jewish state from the eyes of a Bedouin minority as well as offering reflections on Gaza, Hamas and stability in the region.

Khaldi is Israel's first high-ranking Muslim in foreign service. He has facilitated dialogue between the Arab and Jews, Israelis and other communities in many different capacities. For more information, contact Rabbi Michael Gisser, associate chaplain for Jewish Life, at [gissermi@wfu](mailto:gissermi@wfu).



# Non-profit pairs students with cancer patients

Program equips students with the tools needed to enhance medical infrastructure

**BY MEENU KRISHNAN**  
Editor-in-Chief  
krismg@wfu.edu

The average private medical oncologist sees more than 100 patients per week and roughly 2,900 patients per year, according to the *Journal of Oncology Practice*. This patient overload detracts from oncologists' ability to offer individualized, informed healthcare to each patient. Now imagine an influx of manpower that will ease the time constraints imposed upon oncologists. That is exactly what TakeTheFight to Cancer, a new national non-profit started in partnership with Wake Forest Baptist Medical Center, hopes to achieve by pairing university undergraduates with cancer patients to provide holistic patient care.

David Warren, a 2007 Vanderbilt graduate, established the organization after his father was diagnosed with glioblastoma, one of the world's most aggressive brain cancers. Warren and his family came to Wake Forest Baptist earlier this year to participate in a clinical trial overseen by Glenn Lesser, director of medical neuro-oncology and the Brain Tumor Center at Wake Forest Baptist Comprehensive Cancer Center.



Image courtesy of David Warren

**David Warren (left) and his father (right), a patient with glioblastoma, learned to navigate the cancer landscape during treatment.**

"David has a nice relationship with Wake Forest because of the experience we've had here with his dad and I," Lesser said.

Though Warren's father ultimately did not qualify for the clinical trial, the lessons he learned along the way proved critical in the formation of TakeTheFight to Cancer.

"What we realized is that it doesn't take a medical mind to help cancer patients fight more efficiently," Warren said. "But we realized that that's what missing — it was very stressful to navigate the cancer landscape and all these existing resources."

"We've been encouraged to look into how

David could clone himself, through undergraduate students, to be able to reproduce that interaction for a number of patients, making the medical infrastructure more effective and efficient," Lesser added.

Thus TakeTheFight to Cancer was born — an organization designed to fill this void in cancer care. The organization will pair Wake Forest undergraduates with complex cancer patients, providing them with the tools and knowledge necessary to equip them for the fight. "I don't care if they're pre-med or not," Warren said. "This type of hands-on experience that they'll be equipped with

will be unparalleled." The program, which begins in January 2013, will consist of two phases. In Phase I, Warren and Lesser plan on recruiting, selecting, and training students, equipping them with the tools to offer personalized cancer care. The program will initially focus on brain and breast cancer, two very aggressive cancers, and plans on later expanding to other cancers.

"Dr. Lesser is helping us provide the medical view, and Wake is providing us the bright and brilliant students for the program," Warren said. A central tool of the program is "The Briefcase," a consolidated package of the patient's medical information that includes medications, patient history, labs and EKGs, a record that will prove invaluable in patient care. "Our goal in all of this is aggregating the patient nuances of struggle," Warren said. "There's never been a hands-on way of aggregating that data."

In Phase II of TakeTheFight, patient and student teams will meet weekly, engaging in division meetings that allow students to continue training and tracking the patients' needs.

Warren is currently hoping to provide course credit for students participating in TakeTheFight, though that aspect of the program has not been finalized.

Undergraduates can now apply for an interview by emailing [apply@takethefight.org](mailto:apply@takethefight.org). "I think it's neat that Wake Forest may give birth to this mentoring organization," Lesser said.

# Spanish class reaches out to community

Students build relationships with Hispanic community in Winston-Salem through classroom projects

**BY JULIE HUGGINS**  
News Editor  
huggjn0@wfu.edu

For many students, learning takes place inside a classroom, and the knowledge gained from a class is purely theoretical. Very few have the opportunity to take that knowledge and, under the guidance of a professor, apply it to the community around them.

But for one SPN 379 class, "Entrepreneurship in Latin America," applying classroom ideas to the Winston-Salem Latino community and building a relationship with those in it is part of the grade. The class's 16 students, taught by Spanish professor Linda Howe, have worked on initiatives designed to bring the university closer to members of the Hispanic community.

"Unfortunately, one of Winston's strongest and most prominent demographics, the Hispanic community, is near the bottom of totem pole with respect to university relations," senior Kevin Tarsa said. "Sure, many students volunteer at El Buen Pastor, but the fact that there wasn't even a single person working at our university's tent at



Howe

this year's Hispanic festival in downtown Winston-Salem was an alarming indication of Wake's lack of engagement with the local Latino community."

Tarsa, along with two other seniors, established Latinos Empowered by Academic Development (LEAD), a three-year mentorship program that connects university sophomores with Hispanic high school students in the hopes of instilling in the local students a passion for learning.

While the program is still small, outside student interest in becoming a mentor is strong and the creators hope to have the program fully functional in the spring of 2013.

"LEAD is going to be an incredibly useful program in helping getting students involved and creating stronger bonds with the Latino community here in Winston," senior Jacob Martinez said.

Another group developed Team LINK, a project devoted to learning more about Hispanic-serving organizations in the city and facilitating links between the university and these organizations.

"Team LINK is focusing on building relationships between organizations in the Hispanic community in Winston-Salem and Wake," senior Caroline DeCelles said. "We'd really like to see a stronger volunteer presence of Wake students. We're hoping to attract people who have been looking to get involved in the community, and people who are interested in learning more about the Hispanic community."

Wake Forest seems really isolated from the city, and these students are trying to break that barrier."

Erin Christensen  
Junior

Over the semester, these students have worked on identifying organizations in Winston-Salem that help Latinos, and have worked with them to build their programs, whether it be with schools or various groups in the city. These individuals created projects which teach music or computer literacy to Latino children at El Buen Pastor, which help children with body image issues and to increase literacy in the community.

"I think it is great that students are working to create a relationship with the Hispanic community," junior Erin Christensen said. "Wake Forest seems really isolated from the city, and these students are trying to break that barrier. This class is what *pro humanitate* is all about."

## OUTSIDE THE BUBBLE

Explosions outside main square in Damascus kill at least 34

Twin car bombs ripped through a suburb of Syria's capital Nov. 28, killing at least 34 people. One unidentified witness said the explosions came in succession, and a car filled with explosives blew up before a second explosion occurred near a school. State media accused "terrorists," the government's term for opposition forces, but several top opposition figures claim the government was behind the attacks.

United Nations set to approve Palestinian status upgrade

Palestinians are expected to achieve an important diplomatic victory at the United Nations Nov. 29, amid clear indications that the majority of UN member states will back a recent resolution. Officials expect overwhelming support for the proposal, which would upgrade Palestine from a non-member observing entity to a non-member observing "state," sharing the same status as the Vatican.

Egyptian assembly seeks to wrap up final draft of constitution

The assembly writing Egypt's constitution said it could wrap up a final draft Nov. 27, a move the Muslim Brotherhood sees as a way out of a crisis over a decree by President Mohamed Mursi that protesters say gives him dictatorial powers.

Critics said the largely Islamic assembly's bid to finish the constitution quickly could make matters worse.



# Waste: The green revolution in the Pit

Continued from Page 1

cut a pepper, or a potato or anything in a less wasteful way." After the audit, the Pit then began to give the pre-consumer food waste to the nearby Gallins Family Farm, where it becomes compost.

"It was just complete serendipity, that this local company started accepting the compost," Johnston said.

"The other schools in our area like Chapel Hill and Elon truck their compost a pretty good distance. You'd really have to weigh the carbon footprint to determine whether or not it was actually the most beneficial decision in the end." Now, the Pit sends 5 to 10 tons of food to Gallins Family Farm monthly.

After the food is made (but not served), Campus Kitchen takes over.

Campus Kitchen takes prepared food that would otherwise go to waste and makes it into meals for the underprivileged. The food comes from both the Pit and catered events on campus.

Campus Kitchen provides 300 regular meals a week made out of repurposed food from the Pit. The more food waste is prevented in the Pit, the more meals Campus Kitchen can make and deliver to people in need of it.

"In the Fresh Food Company... once the food comes out and gets placed on the buffet line, we can't take it anymore," Shelley Sizemore, assistant director of Campus Life for Service, said. "Once it's on your plate, we definitely can't take it. The more you take, the less is leftover [for Campus Kitchen to use]."

By only taking what they care to eat, students could not only reduce food waste but also increase the amount of meals Campus Kitchen can create. The green containers that students can get for to-go meals have also

helped in terms of sustainability. Before the 2010 establishment of the Reusable To-Go program, the Pit was using up to 7,000 Styrofoam containers per week.

According to Andrew Lee, ARAMARK Marketing Coordinator, approximately 2,000 students were given the Reusable To-Go tags at the beginning of the year. In addition to eliminating Styrofoam waste, students also think that they take (and thus, waste) less food when they use the containers.

"I found that I was wasting a lot less ... it's hard to fit a lot into those containers," senior Sanders McNair, Office of Sustainability intern, said. "Also, I wouldn't go and get plates of something, have a few bites of one and push it away. I would eat it all because I wouldn't want to go back to the Pit."

That's not to say that the Pit has eliminated food waste. In fact, according to the Office of Sustainability, the Pit disposes of 888 pounds of post-consumer food (food that is served to students) weekly. However, they are working slowly on reducing that number.

"I feel like food waste at the Pit is actually pretty low, probably because it is all self-serve, and most of the students here don't get much more food than they can eat," sophomore Brendan McMahon said.

The movement to reduce food waste is expanding. ARAMARK and the Office of Sustainability are beginning to work with the Starbucks in ZSR Library in order to reduce food waste there.

Some initiatives include removing espresso pods and eventually putting a compost-only trash can behind the counter.

Although there is still much work to be done in terms of reducing food waste, Wake Forest is on its way to being more sustainable and less wasteful.

"We're moving in the right direction," Johnston said.



## 5-10 tons

Amount of foodwaste sent to Gallins Family Farm per month

## 300

Meals a week provided by Campus Kitchen

Graphic by Daniel Schwindt/Old Gold & Black

## SG GENERAL ASSEMBLY

## NOVEMBER 27

BY MADISON CAIRO  
SG Beat Reporter  
cairma11@wfu.edu

### I. Committee Reports

The General Assembly opened with the Academic committee report, which stated that they are still attempting to bring printers into dorms for student convenience.

The Appropriations and Charter committee announced their official email account and have proposed Bill 14.

The Campus Life committee invited suggestions for possible events to replace the carnival next year.

The judiciary committee had no new business to relay. Physical Planning committee will be holding another lighting walk in order to determine the need for additional lighting around campus.

Also, the Physical Planning committee will be proposing that the Polo Road gate be made into an official entrance. The Public Relations committee announced that a gift card will be given to the 650th "Like" on the Student Government Facebook page.

### II. New Business

Bill 14 — Delta Phi Alpha Appropriations  
The German National Honor Society, Delta Phi Alpha, which produces events

like Oktoberfest and an Easter mass spoken in German, was awarded \$500 for the fiscal year.

### Bill 15 — Resolution Affirming Inclusion

Regarding a survey released by the *Princeton Review*, which ranked Wake Forest as the eighth least LGBTQ friendly school, SG decided to pass this bill, which states: "This body remains committed to an inclusive Wake Forest at which individuals of all backgrounds are truly welcome." The goal of the bill is to disprove the *Princeton Review's* survey and reject the accuracy of its findings.

### III. Announcements

• The Student Union and Student Government have teamed up to host "Wake Frost" which will occur on Dec. 1 from 9:00 p.m. to 12:00 a.m. in Benson Center.

• Zimride is an option for students looking for rides when traveling during breaks. There is a WFU only option or it can be expanded to neighboring universities.

SG Executive Board  
2012-13

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ODDS OF A CHILD BECOMING THE NEXT TOMMY HILFINGER: 1 IN 23 MILLION

ODDS OF A CHILD BEING DIAGNOSED WITH AUTISM: 1 IN 88



# Cheating: Honor violations remain an issue

Continued from Page 1

cheating policy as cause for their academic dishonesty. Students stated they didn't believe their actions to be violations of Harvard's Honor Code or violations of the academic policy of their professor.

"I blame the teacher for giving a take home test," Wake Forest freshman Matt Ott said about the Harvard cheating scandal.

Wake students were not surprised by the Harvard incident, and many viewed the scandal as simply further evidence of the pervasive flaws in many prestigious universities like Harvard and Wake Forest. Many feel the difficult curriculum and schedule often pushes students to cheat as it becomes one of their only options to stay afloat, students say.

"Cheating happens all the time here, and I can honestly say there are times where it is hard not to give into the pressure," one senior said, on condition of anonymity. "There is so much work to manage, and there are so many weeks that you physically cannot finish all your work due to a lack of time."

Academic dishonesty in higher education institutions has been prominent within the student body.

In 2005, the Center for Academic Integrity at Duke University published a study that showed 87 percent of students said they had cheated on written work and 70 percent had cheated on exams.

Wake Forest students disagreed with the idea that professors should believe in the integrity of the students to provide a more respectful environment.

Some students view professors as partially to blame for cheating due to their absence during exams.

"Professors have the responsibility to make sure their exams are administered properly," one junior said, on condition of anonymity. "When professors give take-home exams or leave the room during an exam, it's a cop out. They are too lazy or bored to take class time to properly administer an exam, and the cheating that happens from this is their fault."

Some students feel that if they dedicate their time to attending class, then professors should reciprocate by scheduling class time to encompass all the material and testing involved in the class, rather than sending the students home with the exam. "The notion [of take-home exams] is slightly absurd because if it was that important to test us on that information, there would be class time to do so," sophomore Margaret Mulkerrin said.

However, not all students agree with this concept. Some students remain faithful in the honor code system that depends on students' integrity and professors' trust.

"I do not think the professors are at fault," junior Avalon French said. "We are old enough that professors do not have to police us to adhere to the rules. A student's integrity is the most important thing to stop one from cheating."

James Powell, chair of the Judicial Council, supported this argument, saying that the honor code must be embraced by the students to really exist and prosper. The honor code is best respected when fellow students expect each other to be honest. The system is intended to be liberating, not serve as a straightjacket, Powell said.

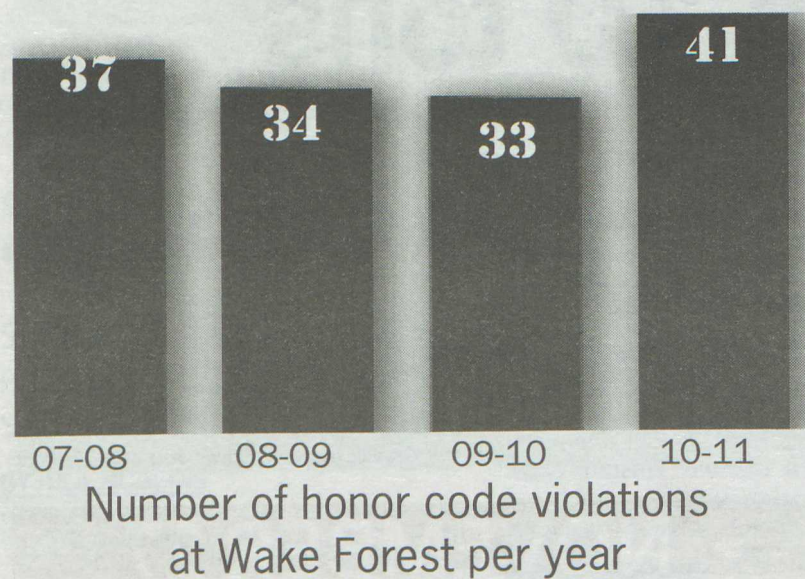
This past April, *ABC News* reported a study which revealed that out of 4,000 American and Canadian schools, half of all

faculty members admitted ignoring cheating at least once. One professor noted, on condition of anonymity, that he believed a lot of professors overlooked cheating because the process of the trial is so intense. Professors can often face scrutiny by the council for a vague academic policy.

"I would say it's probably true [that teachers ignore cheating cases]. Going through a hearing can be an unpleasant experience," Powell said. "These are not easy matters, and it is unpleasant for everyone involved."

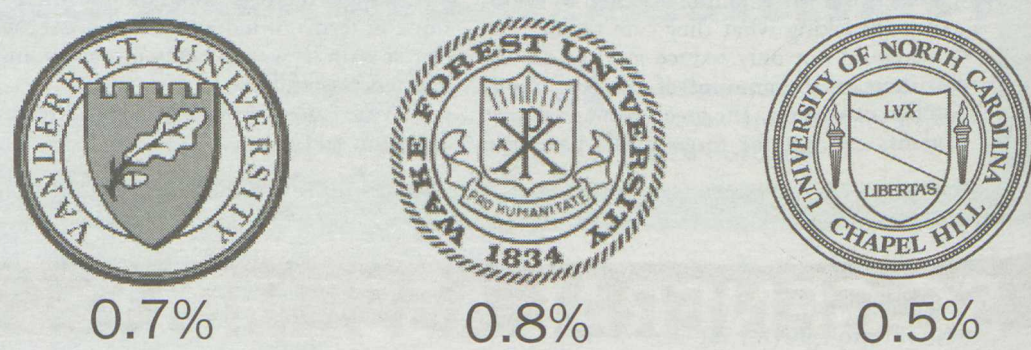
Regardless of professors' universal commitment to ethical policies, the university still continues to try to instill the Honor Code and all of its guidelines into students upon entry to Wake Forest. Students are administered an ethics quiz at the beginning of their freshmen year to test their knowledge about the Honor Code and ensure that they have reviewed the handbook, but many students doubt the effectiveness of the ethics quiz.

"The quiz is more of a hassle than anything. It becomes just another assignment that Wake gives us," freshman Ashley Foster said. "Everyone works together and cheats on it anyways."



## How does Wake stack up?

Percentage of students who were convicted of academic violations in 2010



16.5

Percent of students who admit to cheating also admit to not regretting their actions

95

Percent of students who cheat do not get caught

8,000

The number of hits top-tier paper mill websites average per day

### POLICE BEAT

#### Possession of Marijuana

- A WSPD officer observed the offender running from a residence on Macon Drive. The offender was stopped and found to have consumed alcohol underage and was in possession of marijuana and paraphernalia. The report was filed at 11:35 a.m. Nov. 19.
- University Police responded to a call in reference to the smell of marijuana coming from a room in Polo. Upon further investigation, it was determined that the offender had smoked marijuana and was in possession of marijuana and paraphernalia. The report was filed at 5:52 p.m. Nov. 19.
- University Police responded to a call in reference to the smell of marijuana coming from a room in Poteat Residence Hall. Upon further investigation it was determined that the offender had smoked marijuana and was in possession of marijuana. The report was filed at 12:36 a.m. Nov. 20.

#### Larceny

- An air condition unit was dismantled, and parts were stolen from a unit on Reynolda Road. The report was filed at 11:06 a.m. Nov. 20.
- An air conditioner unit on Henning Drive was dismantled and parts were stolen from the unit. The report was filed at 1:11 p.m. Nov. 20.
- A second air conditioner unit on Henning Drive was dismantled and parts were stolen from the unit. The report was filed at 1:12 p.m. Nov. 20.

#### Damage to Property

- An offender was observed breaking a partition in the men's bathroom on Ballpark Way. WSPD was called about the incident. Offender was escorted off the property and told not to return. Owner has not yet decided on pressing charges. The report was filed at 4:51 p.m. Nov. 20.

- A victim reported that unidentified offender(s) walked on the hood of his vehicle near Martin Hall, causing minor damage. The report was filed at 9:29 p.m. Nov. 20.
- An unknown person damaged an instrument locker door in Scales. Nothing was reported missing from the area. The report was filed at 11:53 p.m. Nov. 23.
- Unknown person(s) damaged the screen on a window on Rosedale Circle. The age of the damage is unknown. No one was staying at the house to confirm if it was old damage or new. The report was filed at 5:14 p.m. Nov. 24.

Scan this code to visit [police.wfu.edu](http://police.wfu.edu)



Odds of having 3 multi-platinum albums

**1 / 1,650,000**

Odds of having a child diagnosed with autism

**1 / 110**





## The Family Jules | Duchess of News

# Diversity award not reflective of campus culture

University administration should not be honored for inclusion initiatives



**Julie Huggins**  
News Editor  
[huggin0@wfu.edu](mailto:huggin0@wfu.edu)

In December of this year, Wake Forest will be named one of 48 recipients of the Higher Education Excellence in Diversity (HEED) award.

Those who receive the HEED award, given to universities by *INSIGHT into Diversity* magazine, are chosen based on their institution's commitment to diversity initiatives. As the website says, the HEED award is "a national award honoring U.S. colleges and universities that demonstrate an

outstanding commitment to diversity and inclusion." The recipients "were selected based on their institution's exemplary diversity and inclusion initiatives, and include all aspects of diversity including gender, race, ethnicity, veterans, people with disabilities, and members of the LGBT community."

So, according to this magazine, our school is an exemplary and award-worthy example of initiatives tailored to increasing diversity on campus.

We are what every institution of higher learning should strive to be: an interesting and heterogeneous student body made up of people from different cultures and different walks of life, gathered together to learn and broaden our horizons.

Yet, to any student who has ever sat in the Pit, who has ever been in a classroom or who has ever *been* to our campus, this doesn't ring true. Our campus is not a shining beacon of diversity.

When I enrolled in 2010, the undergraduate student body was 79.9 percent white. The next highest group was African-American, with 7.6 percent of the student body. By 2012, the percentage of undergraduates



One of the ... complaints of students on campus and high school seniors applying to the school is the serious lack of diversity."

identifying themselves as white had gone down to 79.7 percent.

At Vanderbilt, a school similar to ours in ranking, location and prestige, the student body identifies as 71.5 percent white. At the University of North Carolina at Chapel Hill, the student body is 66 percent white.

One of the most common complaints of those students on campus and seniors applying to the school is the serious lack of diversity.

And I'm not just talking about ethnicity, here. Our student body is largely made up of people with the same general body types who all dress very similarly. When two students start up a Tumblr account just to showcase the students who choose to dress outside of the box, it becomes very obvious that we don't have people who show off their individuality through their clothing choices.

This is not to say that the university isn't trying. The administration is working to build a more diverse campus. The yearlong Faces of Courage is a step in the right direction. The establishment of the LGBTQ Center in August 2011 was a step in the right direction.

But those steps aren't indicative of a diverse and heterogeneous campus. Wake Forest should not have been given an award that honors the university's "exemplary diversity and inclusion initiatives" because even though the administration is trying, they are not there yet.

We should not be lauded for our diversity when our campus isn't built for a student in a wheelchair. The university shouldn't be praised for inclusion initiatives when CollegeProwler.com, a popular website for seniors applying to colleges, rates our university a C- when it comes to diversity.

Wake Forest University is definitely working on becoming a more diverse institution. But the initiatives that have been taken so far are not enough to warrant the receipt of an award, by any magazine or news source, for diversity and inclusion.

## Word on the Quad

Do you believe that cheating is a problem at Wake Forest, and, if so, how would you fix it?



"It's not a visible problem on campus."  
Lena Nelson ('15)



"I don't think it's too much of a concern."  
John-Mark Brown (Div. School)



"We need to better ensure that we uphold the honor pledge."  
Logan Healy-Tuke ('14)



"I'm not really aware of students cheating in my classes."  
Christine Briere ('15)

## Political Cartoon | Foreign Policy



King Morsi: "Pay no heed to my crown. Egypt is still a democracy."

Cartoon by Daniel Schwandt, Old Gold & Black



## Pop a Molly | The Facts of Life

## TLC falls short of fulfilling its educational purpose

The TV channel's viewers are presented inaccurate portrayals of society



**Molly Dutmers**  
Life Editor  
dutmmk11@wfu.edu

This past Thanksgiving break I sat down and turned on the TV, and while flipping through the channels, I stumbled upon TLC's *Here Comes Honey Boo Boo*. I quickly

became enthralled with the havoc that was unfolding right before my eyes.

I know that I am a little behind the eight ball with the cultural phenomenon that is Honey Boo Boo and the Thompson family, but while I was watching, I quickly realized that this seemingly lighthearted and innocent show exemplifies everything that is wrong with America.

I have been a fan of *Toddlers & Tiaras* for a long time, and I always frowned upon the alternate reality that is child beauty pageants, but this spinoff frustrates me way more than the original series. The quality of TLC's programming has rapidly declined since the era of *Trading Spaces*, but *Here Comes Honey Boo Boo* is an all new low.

For those of you who are not familiar with the program, the series follows the Thompson family of McIntyre, Ga.



The quality of TLC's programming has rapidly declined since the era of *Trading Spaces*, but *Here Comes Honey Boo Boo* is an all new low."

The Thompsons are a rather redneck family whose youngest daughter, Alana (a.k.a., six-year-old Honey Boo Boo) participates in child beauty pageants while the mother enjoys extreme couponing. She is kind of a hoarder. The family also drinks Mountain Dew and Red Bull like it is going out of style, and passes gas uncontrollably.

The thing that bothers me most about *Here Comes Honey Boo Boo* is not the Thompson family's ridiculous antics or the fact that child beauty pageants are a disgusting phenomenon that teaches children that their physical appearance is paramount.

What bothers me is that people actually watch this show. To quote Honey Boo Boo herself, we should all "redneckognize" that this show should not be supported. Similar to the ever-so-popular MTV show, *Jersey Shore*, this show just exemplifies everything that is frowned upon in American society.

This family is rude, outrageous, and they are most definitely not the sharpest tools in the shed. Television series like this just contribute to the stereotype of the "dumb American." In the hour that I spent watching this show, I felt my IQ decrease by a few points.

With shows like *My Big Fat Gypsy Wedding*, *19 Kids and Counting* and *My Crazy Obsession*, the only thing that TLC, formally known as "The Learning Channel," is teaching its unfulfilled viewers is how not to not act.

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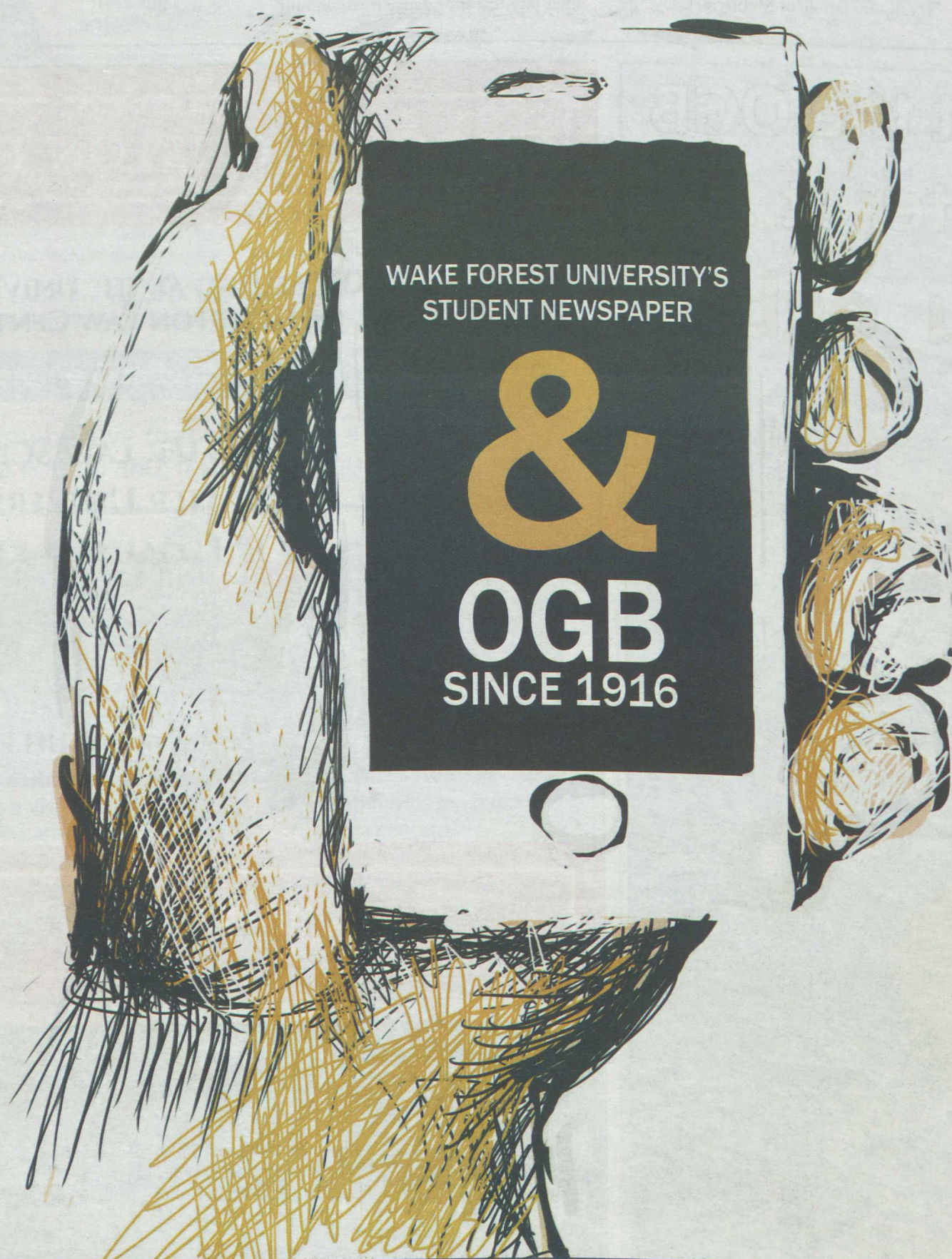
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State of Wake Football | From the Editor's Desk

## Season's lessons outshine wins

Although Wake Forest had a losing season in 2012, they maintained a strong sense of dignity and respect

BY TY KRANIAK  
Sports Editor  
[krantr11@wfu.edu](mailto:krantr11@wfu.edu)

After closing out the regular season with a crushing 55-21 defeat at the hands of a scrappy Vanderbilt team to put Wake Forest at a 5-7 record, a number of questions, opinions and rumors are floating around Winston-Salem. Did this year's team underachieve? Did they overachieve? Who was to blame for the blow-out losses handed to the Deacs? Is the future bright for Wake Forest? Most importantly, will changes be made? While it may seem that Wake Forest simply "gave up" and "no longer cared" in some of these games, it is also important to look at the demographics of the school. Wake Forest is a very small (in fact the smallest college in a BCS conference) and academically rigid school.

This means there is a lower amount of alumni to donate money to the school and football program. To add to this, only roster spots on Wake Forest's squad are available to high achieving athletes in high school classrooms.

See Program, Page 13



Photo courtesy of Athletic Communications

Junior Texan quarterback Tanner Price will prepare to lead a fresh Demon Deacon squad in the 2013-14 campaign.

Press Box | NFL

## Eagles must change soon

The Philadelphia Eagles are feeling ramifications of poor coaching and management

BY NICK WELDON  
Staff Writer  
[weldnr11@wfu.edu](mailto:weldnr11@wfu.edu)

Almost eight years have passed since the conclusion of the 2004 NFL season.

That year, the Philadelphia Eagles compiled a 13-3 record and finally broke their streak of conference championship game losses, advancing to Super Bowl XXXIX to face the New England Patriots. Ever since that game, the franchise has been on a steady decline. There were a few scattered playoff wins and a brief reprieve in the 2009 NFC Championship game when the Birds fell to the second coming of former grocery-bagger Kurt Warner. After that crushing defeat, the team lost arguably its two most important leaders: safety Brian Dawkins and defensive coordinator Jim Johnson.

See Press Box, Page 14

### { BY THE NUMBERS }

### { DEAC OF THE WEEK }

### { DEACON QUOTE }

MEN'S BASKETBALL

- 2** Total number of seniors currently on the roster
- 21** Points scored by freshman Codi Miller-McIntyre in just his third collegiate game
- 4** Freshman have appeared in the Deacons' starting lineup so far this season
- 47** Three point shooting percentage of Chase Fischer, who leads the team



Harris

Senior point guard C.J. Harris currently leads the Demon Deacons with a 15.8 points-per-game scoring average.

He reached double figures in 29 out of the 30 games he played in last year.

In the team's most recent win, against William & Mary, Harris scored a total of 17 points, 10 of which came in the final seven minutes of the game.

His effort helped Wake Forest retake and hold the lead throughout the second half.

"I was looking around tonight and you know the game's on at one end, and I see a bunch of guys huddled up around the heater on the other end. That's just a losing attitude."

- Redshirt junior wide receiver  
Michael Campanaro

## Wake continues rough start, drops to 2-4



Adrian Martino/Old Gold & Black

Junior Chelsea Douglas, from Rock Hill, S.C., averages 11.1 points per game, which is second best on the team.

| MARIST (3-3)                                                                        |    |           |
|-------------------------------------------------------------------------------------|----|-----------|
| WAKE FOREST (2-4)                                                                   |    |           |
|                                                                                     | 1  | 2         |
|  | 34 | 47        |
|  | 28 | 38        |
|                                                                                     |    | <b>81</b> |
|                                                                                     |    | <b>66</b> |
| St. Thomas - U.S. Virgin Islands                                                    |    |           |

BY MIKE McLAUGHLIN  
Staff Writer  
[mclamj12@wfu.edu](mailto:mclamj12@wfu.edu)

Wake Forest women's basketball is in the middle of tough four game losing streak, the last three of which occurred at the Paradise Jam. The Demon Deacons lost at Kansas 64-58 Nov. 18, Connecticut 95-34 Nov. 22, Purdue 67-53 Nov. 23 and Marist 81-66 Nov. 24.

In their first loss of the season, the Deacons put a strong effort against the Jayhawks, with four deacons scoring in double figures. The team was led by seniors Lakevia Boykin with 15 points and Mykala Walker who added 10 points and 10 rebounds, recording her third-career double-double.

The Deacons overcame early shooting struggles (missed their first six shots) that led to a 12-3 deficit with an eventual 10-0 run that shrunk the Jayhawk lead to 20-19.

Wake Forest took their first lead when Walker drove to the basket and scored on a layup.

The teams continued to trade leads and the Deacs led 54-52 with 2:24 to play. Kansas, though,

would secure and maintain their lead when point guard Angel Godrich scored on a jumper from the foul line.

The Deacons then traveled to St. Thomas, U.S. Virgin Islands, for the Paradise Jam, a tournament filled with top teams

"We as a staff, we want to be the best, and to be the best, you've got to beat the best," women's basketball coach Jen Hoover said.

In their first match, the Deacons took on the No. 2 ranked Connecticut Huskies.

While senior Asia Williams came out aggressive and scored 10 points in the game, Wake Forest got down early and was never able to make a comeback.

See W. Basketball, Page 14





# Olafia Kristinsdottir

IN THE  
SPOTLIGHT

Junior

BY MATT POPPE  
Online Managing Editor  
poppmwg@wfu.edu

*Junior Olafia Kristinsdottir has emerged as a standout golfer and leader on a young Wake Forest golf team. Kristinsdottir hails from Iceland and has enjoyed success both in her native country and at Wake Forest playing for the Demon Deacons.*

*She put herself on the scene in the summer of 2011 when she won the Icelandic National Championship by a whopping nine strokes. Her 2011-12 season culminated with an impressive runner-up finish at the ACC Championships, where she also shot the fourth lowest round in school history with a 68 in the third round.*

*In the 2012 season, she has continued her success and boasts the lowest average per round on the team. Kristinsdottir will look to lead the Deacs in the spring, hopefully to an ACC Championship.*

## What made you want to come to Wake Forest?

I first I wanted to come to North Carolina because the climate here is better, and I didn't want to go somewhere cold.

I also didn't want to handle too much heat either because I'm not used to that. And then it just came down to Wake because I like it the most.

## Being a native of Iceland, what was your biggest adjustment in coming here to North Carolina?

The biggest difference is the weather probably. People in the South are really nice. People in Iceland are also nice, but not to this extent.

Golf-wise I would say the different kind of courses, and they have different kinds of grass.

**Your brother Alfred Kristinsdottir played collegiate golf at Presbyterian College a few years back. Did that have an influence on you coming here, or was there any rivalry between the two of you?**

Yes. I saw the conditions that he played in, and I knew that I maybe wanted something better than that.

**You won the Icelandic National Championship in 2011. What did that mean to you in terms of your career?**

It was my icebreaker because I had never won a tournament in Iceland, and then I started by winning a big one so that gave me a lot of confidence going into the next season and it helped me play better at Wake too.

**Last year you finished runner-up in the ACC Championships. How has that motivated you coming into this season?**

My main goal for this year is to do well again in the ACC and lower my scoring average. Now I can see that it is possible.

**Do you have any other hobbies other than golf that you enjoy?**

I like playing guitar and listening to music. I also have a niece and a nephew that I love playing with.

**Going forward, what are your goals even beyond Wake Forest?**

After Wake, I might go back to Europe and try to go on tour there and just see how far I can go.



Be sure to check out video of the interview on [oldgoldandblack.com](http://oldgoldandblack.com) and [youtube.com/OGB1916](http://youtube.com/OGB1916)

## Personal Profile

Hometown: Reykjavik, Iceland  
Class: Junior  
Height: 5-10  
Birthdate: 10/15/1992

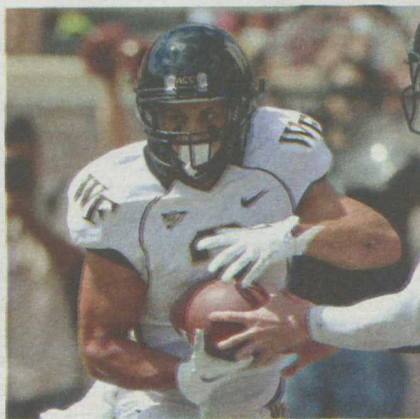
Photo courtesy of Brian Westerholt  
Graphic by Matt Poppe and Max Wohlmuth/Old Gold & Black

# Deac Notes

## Three Deacon football players receive All-ACC honors this season

Although the Demon Deacons went through their share of ups and downs this season, redshirt juniors Michael Campanaro and Nikita Whitlock were named to the All-ACC second team. Freshman Alexander Kinal was able to punt his way to an honorable mention.

Despite missing a few games this season, Campanaro led the ACC in receptions this season at 79. Whitlock recorded three sacks on the season, causing a total of 32 yards lost. He was named to the All-ACC second team last year as well.



## Field hockey's Kozniuk earns All-American, All-Region honors

Sophomore Anna Kozniuk is a Third Team All-American for the second straight year at Wake Forest.

The Canadian national team member started in every match this past season for the Demon Deacons, in which she posted five goals and nine assists.

In addition, Kozniuk was named a member of the First Team All-South Region team. Like her All-American honors, she was placed on the team last year.





# Wake Forest shuts down Duke on Senior Night

Women's volleyball topped the Blue Devils in five sets to close out the regular season

BY SCOTT SIEGLER

Staff Writer  
siegs11@wfu.edu

Wake Forest volleyball wrapped up its season on a high note with a five set victory over the Duke Blue Devils, but not before dropping matches to the Clemson Tigers and Georgia Tech Yellow Jackets.

To start their final stretch of games, the Deacons hit the road and headed to South Carolina to take on a 19-10 Clemson team that had beaten them 3-0 earlier in the season.

Unfortunately for Wake, the result of this meeting proved to be no different. Despite jumping out to an early 5-1 lead in the first set behind the steady serving of senior Heather Kraft, the Deacs wound up dropping a tight first set, 24-26.

After falling behind 11-7 in the second set, Wake couldn't find a way to erase the deficit and surrendered the second set, 25-21. In a third set that was plagued with errors, the young squad couldn't get enough momentum on the offensive end and the final result was a 24-26, 21-25, 13-25 loss.

Senior Andrea Beck led the team with nine kills to go along with two digs and a block. Kraft and freshman Megan Miller

provided a solid effort on defense combining for 27 digs.

Wake then headed to Atlanta to take on Georgia Tech in what would be their final road match of the season. Having struggled away from home all season with a lackluster away record of 2-10, the Deacons were looking to put an end to their road woes. However, the downward trend continued.

After immediately falling behind 8-2 in the first set, Wake struggled to find consistency. Despite pulling within two points at one point after back-to-back-to-back kills by sophomore Jazmen Russell, the Deacons dropped the first set 25-18. Consistency remained an issue in the second set, a set in which the Yellow Jackets dominated and claimed with a score of 25-16.

Down 0-2, it was apparent the Deacons came out determined in the third. Beck, Russell and junior Kylie Hargreaves led the Deacons through a point for point battle of a third set. After 14 tied scores and four lead changes, the Yellow Jack-

ets edged the Deacons and finalized the 18-25, 16-25, 26-28 victory. Russell led the team with 14 kills while also tallying four digs. Hargreaves added 13 kills while Kraft had 12 digs.

Wake returned home to close out the season with a match against ACC rival Duke. On a night that was dedicated to the se-

niors on the team, both Beck and Kraft shined. Beck, who was named a preseason All-ACC team member, finished 16 kills and Kraft racked up 10 digs in a gratifying five set victory.

In a marathon of a first set, the Blue Devils ended up coming out on top with 34-32 win.

However, Wake quickly bounced back, claiming the second set with a score of 25-18.

After falling behind early, Wake climbed their way back into a third set but to no avail as the Blue Devils took the 25-20 win. However, Wake would not be denied on their final match of the season as Beck, Hargreaves and Russell lead an offensive charge that won the final two sets and the match. The final result was a 32-34, 25-18, 20-25, 27-25, 15-11 win.

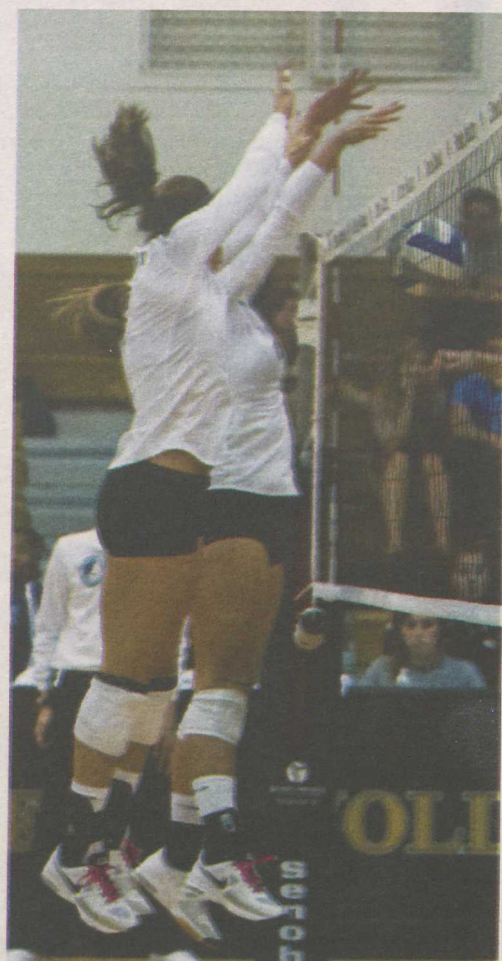
Afterwards, Beck was grateful for the opportunity to end her career as a Deacon in winning fashion.

"It was really exciting. The best gift Heather and I could have gotten as seniors on Senior Night was beating Duke at home," Beck said. "Especially coming off of those two losses, we were really frustrated. Knowing it was going to be our last match ever as a part of Wake Forest volleyball was a really big deal."

The Deacons are now looking to improve upon their final record of 11-21 (5-15) in 2013 season and with the loss of only two seniors, there is plenty of young talent on the rise.



Beck



Alison Coggins/Old Gold & Black

Despite the struggles this season, the Deacs still defeated rival Duke.

## Program: There is more to football than winning



Photo courtesy of starnewsonline.com

Jim Grobe finished his 12th season at the helm of the Demon Deacons. He is one win shy of having a .500 win percentage.

Continued from Page 11

However, at the same time, Vanderbilt and Stanford are very comparable in stature to Wake Forest.

Apart from a select few, many other schools do not have this problem. Would it have been nice to see Wake Forest at least score against either Florida State or No. 1 Notre Dame?

Of course. Would the outcomes have been any different with a different style of coaching? No one can truthfully hold the answer to this question.

Yet, with all of this said, Wake Forest may still find itself in a bowl game this season, making it two consecutive years in which the Deacons are invited to post-season football, which would be a big accomplishment for such a small school.

Even though normally six wins qualify a college football team for a bowl game, due to the high number of programs on probation and Wake Forest's impeccable Academic Progress Rate (APR), the Demon Deacons just might find themselves in another bowl game despite a five-win season.

Maybe the relentless academic nature of Wake may actually play into the favor of yielding another win for the Deacs. This possibility is looking very bleak by now, though.

It seems that the Demon Deacons will be watching the numerous bowl games from their couches.

Hopefully, the Deacs are motivated by this, and fight hard for a bowl next season.

By now, most will realize that Wake Forest is about much more than winning games (without simply looking at their record).

Head coach Jim Grobe has put together a clean football program that shows no tolerance for misbehavior and a priority in doing things the

right way even if it may cost the Wake Forest team a win.

In the suspension of six Demon Deacon football players prior to the game against the Maryland Terrapins, a game that Wake certainly could have won, Grobe made a statement to his team as well as the Wake Forest community at large about following rules.

Despite the struggles this season, Grobe remains calm, cool and collected during postgame press conferences.

While yielding teams that win eight games a season would be a nice commodity to put the "Wake Forest stamp" on, it is a feat that is difficult at this school.

Even though the Wake Forest players are athletes, they are also students at "Work Forest" and are held to the highest morals and standards of conduct.

They are not 5-star recruits out of high school. They are something better. They are 2- and 3-star recruits who buy into a belief and work tirelessly on developing themselves. Sometimes, this does not add up to beating 5-star recruit teams, and sometimes it does.

Wake Forest has a young team with many red-shirt freshmen starting this season. If these kids buy into the style of play at Wake Forest and work hard to better themselves as football players and as people, this program will reach new heights.

They must bring excitement, fortitude, and spirit whenever they wear black and gold, and they must lead those with clouded visions.

If this occurs, Wake Forest will field a team in which hopefully everyone can take pride. If it does not, 5-7 will begin to look like a blessing.

For those who are already proud to be Deacons, I think they can attest to one thing: while winning is important, there are worthier things in life than having a number on a scoreboard.



# Soccer teams suffer defeat in NCAA tourney

BY CARR CODY  
Staff Writer  
codycc12@wfu.edu

The men's soccer team ended their season Nov. 18, with a heartbreaking loss to the No. 13 Coastal Carolina Chanticleers. The final score was 2-1, with the last goal of Coastal Carolina coming in overtime.

This game was a second round matchup of the NCAA Soccer Championships, making this loss the last game of the season for our Demon Deacons. In the next week's round, Coastal Carolina (20-2-2) will face No. 2 Maryland (18-1-2). The game was a tightly contested match with both sides playing physical soccer. Through regulation, both teams combined for 28 fouls, and had 16 shots on goal apiece.

"This was a tremendous game, with so much at stake," Demon Deacon head coach Jay Vidovich said. "Any spectator for the game would have been pleased with the excitement of the match."

The Deacs stuck first in the game, with an unassisted goal from freshman forward Michael Gamble, to give Wake Forest an early 1-0 lead in the fourth minute of regulation. Throughout the first half, each shot was contested heavily with the Deacs outshooting the Chanticleers 7-6. The Deacs received great support from Freshman goalkeeper Andrew Harris who performed excellently in the first half. He posted three saves including a key one in the 45th minute.

For the full article, visit [oldgoldandblack.com](http://oldgoldandblack.com)



Adrian Martino/Old Gold & Black

Sophomore Sean Okoli led the Deacs with 11 goals during the 2012 season.

BY MIKE ZAVAGNO  
Staff Writer  
zavamd11@wfu.edu

It wasn't supposed to end this way. Not for this team. Not for these seniors.

The No. 3 women's soccer team surrendered two second half goals to unseeded Notre Dame en route to a 2-1 upset loss in the second round of the NCAA Tournament Nov. 23. In a weekend marred by defeat and disappointment for the old gold and black, this was perhaps the most surprising.

The women's soccer team advanced to the College Cup last season, expecting to come back stronger and have the opportunity to bring the revered trophy back to Winston-Salem for the first time in school history. The squad was led by the most successful class in school history, a six-player senior class that posted a 61-24-12 record in their careers and won an ACC Championship in 2010.

However, as this season has shown, soccer is not a game that is predictable. It is not a game played on paper where "should haves and could haves" transform into "dids." Instead, it is a game that is unpredictable, one that can change when a defender is a little bit out of position or a ball bends just out of the reach of a diving goalkeeper.

That fact was on display Nov. 23 in Gainesville, Fla., far away from the friendly confines of Spry Stadium where the Deacs posted an impressive 7-3-1 record this season.

For the full article, visit [oldgoldandblack.com](http://oldgoldandblack.com)

## Press Box: Reid's job security with Eagles in jeopardy

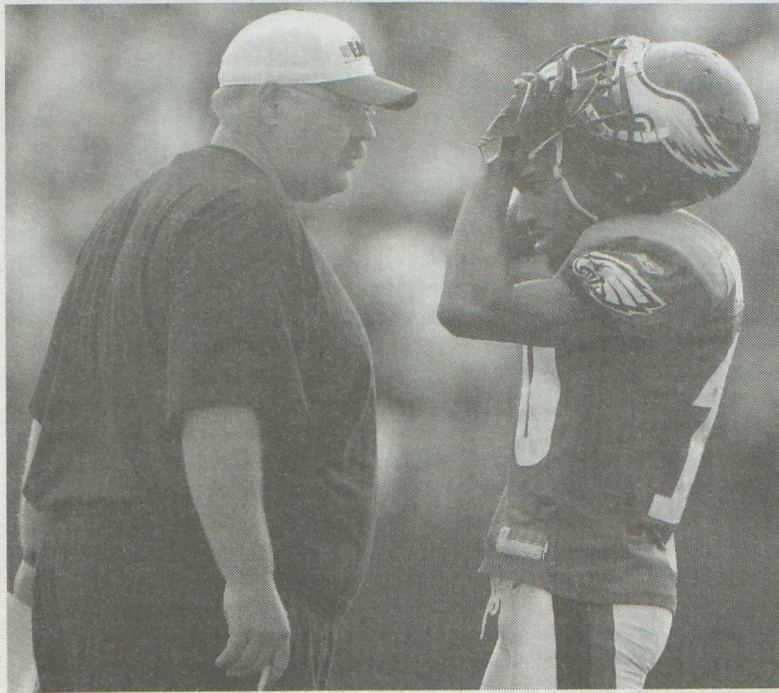


Photo courtesy of slumz.boxden.com

After 14 years as the head coach at Philadelphia, Reid's lengthy tenure could very well come to an end.

Continued from Page 11

The Eagles refused to reward one of the best players in franchise history with a long-term deal and he went on to have an All-Pro season with the Denver Broncos. Johnson left the team due to health issues and passed away that summer.

Since the departure of these powerful figures, head coach Andy Reid has failed to invigorate a roster full of talented players lacking in heart.

Desperate to spark his team, Reid defied typical Eagles' protocol and brought in a slew of mercenary free agents to try and rebuild a crumbling defense. To date the majority of these players, exemplified by cornerback Nnamdi Asomugha, have been both highly compensated and highly ineffective.

Reid made similar moves with his coaching staff by signing supposed masterminds Howard Mudd

and Jim Washburn. Coaches of the offensive and defensive line, respectively, the duo chose to defect to the Eagles because of the incredible opportunity to work with Coach Reid and a roster filled to the brim with talent.

Or at least that is what the fan base was led to believe.

More than likely, these coaches were paid quite handsomely to join the Eagles. Mudd, who no longer has Peyton Manning like he once did in Indianapolis, has failed to impress. The same goes for Washburn, whose wide-nine scheme has proved to be nothing more than a cheap gimmick that provides gaping holes for the opposing running back.

Outside of all these moves, which were highly celebrated at the time, comes Reid's most puzzling decision as head coach and executive vice president of the Philadelphia Eagles. Not long after the conclusion of the 2011 playoffs, Reid hired Juan Castillo to be his defensive coordinator.

Fans were outraged, media members were baffled, and rightfully so, because Castillo hadn't coached defense of any kind since the 1989 season. That year, Castillo concluded his run at Kingsville High School, and no, that's not a typo.

Incredibly, Andy Reid promoted this long time offensive line coach, who had not coordinated a defense in 20 years, to take over for the recently fired Sean McDermott.

Was this move just crazy enough that it could work? No, in fact, it blew up in incredible fashion. With Castillo's firing Oct. 16, Andy Reid had no more scape goats to throw into the flames.

Just prior to the beginning of this season, team owner Jeffrey Lurie was adamant that another 8-8 finish would not be enough to save the job of Reid, who has a single year remaining on his contract. To even reach that record, the Eagles would need to secure victories in each of the five games left on their schedule.

## W. Basketball: Losing streak extends to four games

Continued from Page 11

Pressure by Connecticut forced the Deacons to turn the ball over 24 times. This coupled with a poor shooting night (12-of-55), doomed the Deacons.

In their next game, Wake Forest once again got down early, this time versus No. 12-ranked Purdue.

"We have to get better starts," Hoover said.

This time though, the Deacons were able to storm back from a 16 point first half defi-

cit to cut the lead to one. The comeback was led by junior Chelsea Douglas, who had 16 points and five assists, and sophomore Dearica Hamby added 12 points and five rebounds.

Purdue however, pulled away in the end when Purdue's K.K. Houser converted a three-point play, making the free throw after being fouled on a made jump shot.

The next possession, Houser knocked down a three to stretch the lead to 53-46. Purdue would never relinquish this lead. Proud of their effort, "We understood we were right there, it was a possession game,"



Hoover

game of the year, posting a season-high 20 points coupled as well as seven rebounds. Marist though, was led by 3-point shooting, netting 12 3-pointers.

Hoover said. "We have to start learning now how to turn those possessions in our favor in the end."

On their last night at the Paradise Jam, Wake Forest met a strong-shooting Marist team.

Senior Sandra Garcia enjoyed her strongest

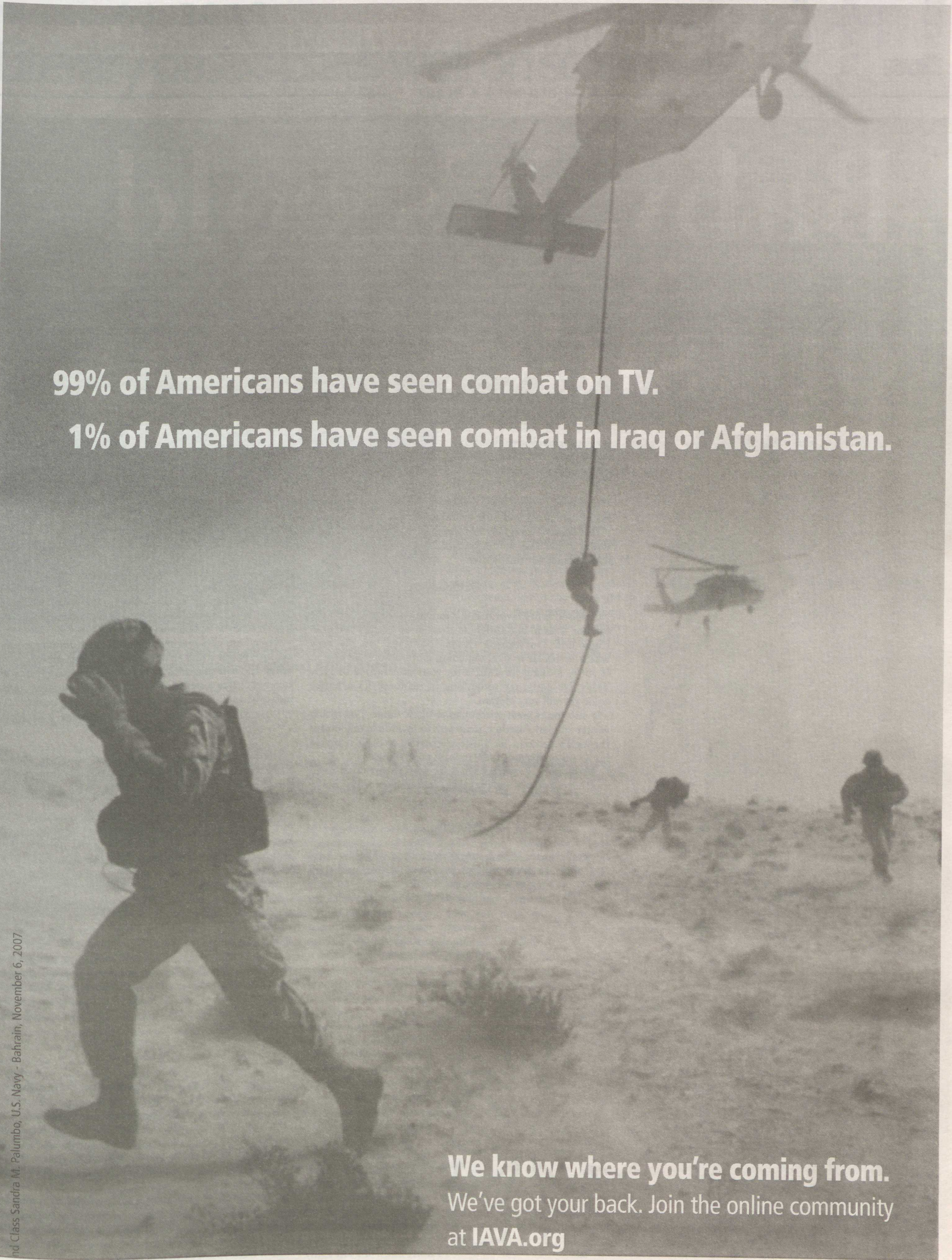
"They really started to hit their shots offensively, and we dug ourselves a hole that we had too hard a time to dig ourselves out of," Hoover said.

The theme of Wake Forest falling behind early was continued as Marist leaped out to a 9-2 lead. But Wake Forest fought back once more, closing Marist's lead to 29-27 before the end of the first half.

However, Marist extended their lead early in the second half and a Wake team plagued by turnovers, was never able to recover.

The Deacon's next game is at Illinois Nov. 29 as a part of the ACC-Big Ten Challenge.





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# Baby, it's cold outside.

How to ensure that your winter wardrobe is trendy, stylish and warm for the upcoming season

BY MAMIE PESANT  
Staff Writer  
[pesaem11@wfu.edu](mailto:pesaem11@wfu.edu)

Winter is a season often associated with dark neutral colors, thick fabrics and bulky silhouettes.

This season, designers are stepping out of the box and trying to liven up winter outfits. Here are some of my favorite trends for this winter.

## Oxblood

Oxblood is my favorite color for winter. It's dark enough for the season but different than your average neutral. Right now I'm wearing Essie's "Bordeaux" on my nails which is similar to oxblood color, and I absolutely love it. If you're looking for a dress for your next formal or New Year's Eve party, try something in oxblood. It's a festive color yet still very elegant.

It also looks great with opaque black tights, one of my winter staples. Another great way to introduce oxblood is through a peacoat. It's a nice alternative to most neutrals, but it still manages to match with everything.

This winter, I went a little crazy with the oxblood trend and have invested in a scarf, a skirt and a leather cross-body bag.

## Metallics

Metallics have been a strong trend for a while, but now they are more popular than ever. People are beginning to include metallic pieces as integral parts of their wardrobe as opposed to just accessories.

One of my favorite purchases this winter is a Madewell jacket, all in silver sequins. I think it's fun and different, but because it is silver it matches with a lot in my closet.

I do think that this is a bold jacket though, and for many people it might not be the best piece to invest in.

But if you still want to try the metallic trend, buy something with metallic stitching, or hints of metallic like sequins on the hem.

While metallics serve as a neutral, it is sometimes best to tone it down with dark, non-descript colors like black or navy blue.

While I like hot pink as much as the next girl, I don't know if I am ready

to wear my sequined jacket with a hot pink top. It may just be a little too loud for me.

## Toggle Coats

Numerous designers have been putting toggle-coats out on the runway for this fall/winter season. There are also puffer vests with toggles, which just add a little fun touch to the outfit. While it is a little reminiscent of Paddington Bear, I think toggle coats are fun and different than the average peacoat. Also, designers have been adding unique touches, such as leather patches to the elbows or fun collars so that the toggle coats don't have to look like the ones our stuffed bears wore when we were kids.

While I am all about menswear-inspired fashion, the romantic style is still a strong trend. Flowing dresses, ruffle skirts, and soft silks are a great look for this winter. Buying lace basics like a pencil skirt or a blouse are great investments because they add sophistication to any outfit.

## Romantic Style

The romantic style is very feminine, so if you want to make your outfit more casual, try pairing your ethereal pieces with chunky sweaters, cargo jackets, or if you really want to look edgy, try combat boots.

Sometimes, the romantic style can look outdated, or too old. Try changing it up with loud prints, or different fabrics like velvet. The key to achieving the romantic look is through feminine silhouettes and billowing fabrics, but little touches like leather or maybe a pop of color make the outfit more unique and a little more up to date.

Maybe it's because *The Great Gatsby* is coming out soon, but jewelry inspired by the 1920s is also a favorite trend of mine for this winter. I've always been a big fan of fun jewelry and this season many designers are doing whimsical jewelry that looks like it could have come straight from the movie. Delicate earrings and large cocktail rings are an easy way to change up your average little black dress. Pearl accents and beaded headbands are delicate and easy to add to your everyday outfits to make them a little more sophisticated.

## Menswear

For men, the trends this winter a little more difficult to pull off on a college campus, but there are still ways to incorporate more interesting pieces into your wardrobe. The best color for men this winter is olive green. It is a calming color and looks appealing with all skin tones. An "oversized" trend is also taking over, which means that the days of tight sweaters and skinny jeans are over (thank goodness).

Big sweaters and blazers are right on trend right now, and while there were many baggy pants on the runways this season, I'm not sure if Wake Forest is ready for that trend. Try pants that are still fitted, but don't look like they were taken from your girlfriend's closet.



Graphic by Trevor Waddell/Old Gold & Black



Movie Review | *Anna Karenina*

## Literary classic plays well on screen

BY DORSEY HILL

Staff Writer  
hillmd12@wfu.edu

They say that the most powerful art shows us a little bit of ourselves. And the newest film adaptation of Leo Tolstoy's *Anna Karenina* does just that. In the most visually and audibly stunning way possible, a truly universal struggle is brought to life in one of the world's most beloved classics. Keira Knightley plays the conflicted heroine, torn between passionate love and familial bliss. Anna Karenina, a sheltered society wife, is content with her son and bureaucrat husband (played by Jude Law).

In her first foray into society beyond her home of St. Petersburg, Anna visits her brother Oblonsky (played by Matthew

Macfadyen), who is facing divorce due to adultery. It is not until the train ride back to St. Petersburg that she encounters the striking Count Vronsky (played by Aaron Taylor-Johnson) after which her tidy life is forever upended.

However this is not the only love story in this film. Screenplay writer Tom Stoppard is able to do what no other film adaptation of *Anna Karenina* has attempted to do: he gives almost equal attention to the two supporting love stories. The pure, unfailing love of Levin (played by Domhnall Gleeson) and society gem Kitty (played by Alicia Vikander) acts as foil to the erotic, passionate love of Anna and Vronsky. On the opposite end of the spectrum, Oblonsky's affair perhaps foreshadows Anna's actions. Yet his devastated wife

Dolly (played by Kelly Macdonald) is the picture of a domestic angel. The belle of period pieces, Keira Knightley shines in similar literary adaptations, such as *Atonement* and *Pride and Prejudice*. In *Anna Karenina*, however, she truly brings literature to life. Anna's struggle between duty and desire is tragically human. Even her devastation is something of beauty. The expert comedic relief of Matthew Macfadyen, probably better known as Mr. Darcy from *Pride and Prejudice*, is much needed in the midst of such heavy misery. He is hilarious as the irreverent Oblonsky. Jude Law gives a heartbreaking performance as Anna's pious husband and foil, and Aaron Taylor-Johnson presents an expectedly debonair Vronsky with shockingly blonde curls.

Very rarely in the film is the audience allowed to wander beyond a gilded theater reminiscent of Anastasia's music box. There is a dreamlike quality to the entire production, as if the cast is in a collective fantasy. Each actor moves more like a ballerina than a Hollywood starlet. Dark Russian folk music ebbs and swells with their movements creating a well-rounded production. This film should appeal to not only lovers of classics but lovers of all film. There is true beauty here, not only in the sumptuous silks and glittering gold, but also in Anna's lust for life and Vronsky's dancing eyes. Rather than adultery the true theme here is the curse of humanity and a heart that wants everything at once. Almost every audience member should find something to identify with, even if brocade ball gowns and silk top hats are no longer the norm.



Photo courtesy of filmophilia.com

Keira Knightley delivers yet another strong lead performance as the titular character, the emotionally embattled Anna Karenina.

## Health Column | Under Pressure

## Reducing finals week stress

A student shares some necessary tips for staying healthy throughout the taxing exam season

BY ANUJAN JEEVAPRAKASH

Staff Writer  
jeeva12@wfu.edu

Final exams are just around the corner, and it is important for you to take care of yourself and stay healthy and stress-free. As you start hitting the books for finals and spending late nights at the library, here are some ways you can stay healthy during finals season to ensure success.

The single most important thing to remember during finals season is to get sleep and plenty of rest. Sleep is essential for you to be alert and focused during your exams, and research has shown that getting those extra hours of sleep will help you retain the things you've studied for. If you want to put all that to good use, make sure you get plenty of rest.

Secondly, try to not cram for exams, as that certainly is not the healthiest way to study for finals. The brain retains more when it is fed information over a span of days or weeks. By spreading out the

period of time that you study for, it will ensure a greater chance to achieve better results on your exams, as well as give you that time to rest up and be alert for your exams.

Another important health tip is to avoid drinking an excessive amount of energy drinks as you attempt to get through a lot of information during your study sessions. Although it is true that energy drinks can potentially keep you more alert and up longer, they also contain high amounts of caffeine that, when taken in high dosages, can cause anxiety, headaches and dangerously accelerated heart rates. Try to keep that in mind when you're trying to stay in tip-top shape during your final exams!

Another aspect of health during finals season is your stress level. Stress-free studying can help tremendously when getting ready for those big exams, so here are some ways to avoid stressing out. As mentioned before, getting plenty of rest, avoiding high amounts of caffeine, and not cramming can benefit your health greatly and also reduce stress and anxiety. Other ways to keep your stress levels down are to eat healthy, study with friends, get rid of distractions, exercise, make a plan

or schedule and to just have fun, breathe and relax. Although finals studying may constitute eating whatever is easily accessible, like junk food, it is important to eat healthier and to replace soda with water and chips with fruit because it will give you more energy, keep you feeling better and help strengthen your immune system.

Studying with friends can help reduce stress because stress is easier to deal with when you know other people are going through it too. Group study sessions with friends can help everyone cope with the stressful situation of exams together.

It is highly recommended that you exercise during study breaks because exercising releases endorphins, thus acting as a great stress reliever. Going for a short jog, playing a pickup basketball game, or just throwing a Frisbee on the Quad can help reduce stress. And lastly, it is important to not burn yourself out while studying by solely focusing on academics. Try to mix in enjoyable activities in the your studying schedule to avoid this "burn out" and when you do feel stressed, close your eyes, breathe and relax. Good luck as finals season approaches, and make sure you stay healthy!

## the hot list

## The best of Winston

Here are our picks for the top five delis in the Dash

## 1. The Carving Board

318 S. Stratford Road

This deli/cafe serves delicious prepared dishes in addition to their sandwiches.

## 2. Rose's Deli

5000 University Parkway

This family-owned operation serves tasty deli sandwiches and grilled subs.

## 3. Dioli's Italian Market

2898 Reynolda Road

This Italian deli serves delicious sandwiches and sweets.

## 4. TJ's Deli and Grill

5017 Country Club Road

This local favorite serves premium meats and cheeses as well as homemade sauces, soups and desserts.

## 5. Hero House

914 S. Stratford Road

1372 Peters Creek Parkway

This deli-style sub shop serves a wide variety of sandwiches.

## Top tracks from Wake Radio

1. Mumford and Sons- "Babel"
2. Matt and Kim- "Lightning Fader"
3. Titus Andronicus- "Local Business"
4. Andrew Bird- "Hands Of Glory"
5. Why?- "Mumps, Etc."
6. Tame Impala- "Lonerism"

## Wake Meme

Oh you're in the business school?

You must be smarter than me.



## He Said, She Said | The sex appeal of tight clothes

## How to “get it ripe, get it right, get it tight”

The sexes discuss why tight clothes are worn, the ideas behind wearing them and if they are attractive

BY AARON COLSTON

Web Editor  
colsaj0@wfu.edu

## He Said

The imagination can do wonders, ladies. Sometimes it's not what you show-off but what you don't that makes the opposite sex go crazy.

I am not going to be arrogant and assume that all women wear tight or revealing clothes to impress men, but for those who do, you may be sending the wrong signal.

You may intend for the clothes you wear to simply ignite interest, but what lasting impressions are you making by your scandalous clothing options?

A guy that sees you in a scanty outfit may not approach you in the same manner if you were dressed in something more conservative.

As superficial as it may be, clothing makes an impression and many times a lasting one. It would be hypocritical of me to not take into account that guys do like to look at more revealing outfits of females.

Of course, females wearing tight clothes might receive more attention, but at what expense?

Yes, they may have more guys grovelling over them but I can assure you that the guy probably doesn't even remember her last name.

Attention is good, but attention for the right reasons is even better.

Guys may be more attracted to girls who are more flashy in their style of dress, but I can assure you that guys will respect a woman more who has a good sense of style



Photo courtesy of geoffpinkus.com

**Even the President of the United States cannot resist sneaking a peek at a woman in a curve-accentuating dress.**

with some class. There are so many better options instead of tight clothing that can both make a statement while being tastefully sexy.

Fashion is not about how much clothing you can take off, but how clothing can accent your assets.

Sometimes less is more, but in terms of clothing more is more.

Next time you are standing in your closet contemplating what to wear out, keep a couple of things in mind:

What type of guys am I trying to attract? Am I leaving anything to the imagination? Am I out looking for a husband or a one-night stand?

Remember ladies, you can't just bring any type of girl home to momma.

BY MEGHAN HARRINGTON

Contributing Writer  
harmme11@wfu.edu

## She Said

Most girls can recall their first fights over tight clothes with their parents in high school. What nostalgic, warm memories!

In reality, these fights were probably the basis for you thinking for four years your parents were “ruining your life.” However, your parents were merely trying to protect your innocence.

There are two main reasons women wear tight clothes — attention from potential love interests and fashion trends. Whether we like it or not, wearing tight clothes draws

attention to our bodies. If you want people to notice your legs, wear skinny jeans. If you want people to notice your waist or bosom, wear a tight shirt. The point of tight clothes is to highlight your best physical features. It's a simple, but very effective, concept. Women wear tight clothes to be noticed by those that they are interested in.

Why must we draw attention to our bodies? It is similar to why we put on makeup — we are trying to look our best! Women are trying to make themselves look as good as possible in order to be as attractive as possible. And why do we want to be so attractive? Whether we admit it or not, we are all essentially looking for a mate.

Aside from love interest, women also wear tight clothes to stay on trend. When asked why she wears tight clothes, sophomore Sarah Hotvedt said “because everyone else does.” While this may seem like a ludicrous response, it is common among women. Most women like to be in style and dress accordingly. If tight clothes are popular, then the majority of women will blindly conform and wear them too.

Boys like tight clothes on girls because well... they are boys! Sophomore Bridget Keeler said that clothes leave less to the imagination. “They show off girls’ curves or lack thereof,” she said. Boys seem to be on the same page as girls. Sophomore Mike LoCasale said, “At first glance, it seems like they are trying to attract attention. It depends, but in general, tight clothes look good.” Another sophomore male replied, “Well, depends on the girl.”

Though it seems strange, tight clothes are a matter of procreation. They facilitate matchmaking and sex. It is no different than peacocks showing their beautiful feathers. We are all trying to look our best in order to attract the best possible mate.

So are tight clothes attractive? Well, they are if worn tastefully.

## Sound Judgement | Retro Honey Pop

## Chapel Hill based band thrills with new album

A Mad Affair is a North-Carolina folk band that is garnering attention from a national audience

BY YASMIN BENDAAS

Staff Columnist  
bendy9@wfu.edu

When A Mad Affair's *Retro Honey Pop* arrived at the Wake Radio station, it was my first listen to the Chapel Hill-based trio. This debut album, a soulful mix with an inherently backwoods feel, doesn't sound like something I'd normally have on my playlist, that will have to change.

Even if it doesn't fall into the genres I've usually tuned in to, A Mad Affair's sound is something I can appreciate simply for its originality.

The vocals of Valerie Wood are gloriously beautiful and move from slow and smoky on tracks like “Worthy of Love” to strong and passionate in “Out of my Hands.”

Though I've never seen the group live, I'd say with a voice like that, Wood steals the show. And not only does she have a great

voice, but she can also play the ukulele very well.

Still, I can't dismiss backup vocalist Garth Robertson who truly adds dimension to songs like “Lighthouses” and whose guitar crooning shines clearly in “Love is Unbound.” With Eric Smith on double bass, sporting a hat that covers his long dreads, the band's local folk sound is complete.

Beyond the group's sound itself, the lyrics prove the music is both playful and meaningful.

From the back and forth jabs in I “Got a Girl” with lines like “I got a guy, he smells like a sock,” to the love song sweetness of “Old Country Road” (“When you're walking beside me on an old country road and the wind is like music, and the air is gold”), the group that joined just in the spring of 2011 shows that their newness does not inhibit how dynamic they really are.

Although *Retro Honey Pop* was just released this summer, A Mad Affair already has a strong following of adoring fans.

On amadaffair.com, listeners are able to leave comments of resounding support.

On such comment from Fred Starling of Fayetteville, N.C., writes, “Between you guys and the Family Band, we old farts can rest easy that the next generation of music is in outstanding hands!”

And demonstrating that support of the band reaches well outside the state, Elizabeth from Colorado said, “I think A Mad Affair would be an excellent addition to the Crestone (Colorado) Music Festival... I

love this stuff, and am so impressed.”

Outside of a wonderfully original sound that really does take you to this far off spirited place — perhaps an old country road — I think people are drawn to the trio because of one other reason:

These three band members look and sound like they're having a genuinely good time making their music. And we all want in on that.





## Abroad Column | Cheers from Europe

Living by the *Eat, Pray, Love* mentality

A weekend in Florence guided by Elizabeth Gilbert's memoir led to delicious eats and memorable sites

BY HILARY BURNS  
Staff Columnist  
burnhs0@wfu.edu

I read Elizabeth Gilbert's book *Eat, Pray, Love* a few months ago, right before I left to study abroad in Europe. Unbeknownst to me, the book is all about one woman's self-discoveries as she journeys around the world. Her sentimental story has stuck with me while I have been traveling, especially when I jetted off to Italy.

Although I was excited to see all of the sights in Europe, I have fantasized about experiencing the beautiful culture and tasting the fantastic food in Italy since I was little.

To prepare for the weekend, I decided to refresh myself on some basic Italian. Here is where the Italian classes I took back at Wake come in handy: four semesters of studying all for one big weekend. Once Friday arrived, I packed my carry-on and left from work to head to the airport where I met three of my friends.

We arrived in Florence really late on Friday night and headed straight to our hostel. The next morning, we woke up with no idea where we were in regards to the

rest of the city since we arrived in darkness. We took a left out of the hostel door and meandered through the cobblestone streets until the Duomo popped up into our line of vision, out of nowhere.

Entranced, I walked down the alleyway towards the most intricate piece of architecture I have ever seen. Every inch of the enormous cathedral was covered in ornate carvings and pink and green accents.

After recovering from my wonderstruck state, we continued exploring and walked across the idyllic Ponte Vecchio. We stopped at a restaurant for lunch and I instantly understood what Gilbert meant when she said she had a religious experience eating her pizza in Italy.

The pizza put in front of me was bubbling with chunks of mozzarella cheese over deep red marinara sauce. It was paper-thin but was still somehow soft and chewy; my mouth is watering just thinking about it. There is no doubt that I would leave Italy with "more of me" if I was there for more than one weekend. And like Gilbert, I would feel no guilt.

Although we saw the statue of *David*, explored leather markets and ate a few amazing meals, two days was definitely not enough time in this enchanting place. Our weekend quickly came to an end, and I fell asleep on our bus ride to the Pisa airport.

When I woke up I saw a bright pink sky radiating over rolling green hills and vineyards. The scene epitomized natural



Photo courtesy of Hilary Burns

One weekend in Florence proved not to be enough time to explore all the wonders that this magnificent city has to offer.

beauty, and when I looked out my window and saw a line of sheep being herded next to the bus on the road, I thought I was seeing things. Although I focused on the "eat"

portion of Gilbert's story on my own trip to Italy, I suddenly realized what she was trying to tell the world. Traveling is the very best thing for your soul.

## Finance Column | Budgeting your funds

## How to properly create a monthly budget

Knowing how much you have and how much you spend is an advisable and fiscally responsible practice

BY CAROLINE MURRAY  
Staff Columnist  
murrckg@wfu.edu

## Monthly Budget

Nov. 8 Paycheck | \$654.57

Nov. Cell Phone Bill | \$81.34

Car Fund Deposit/Credit Card Bill | \$100

"Oh Shit!" Fund Deposit | \$150

Netflix Subscription | \$7.99

Monthly Chipotle/Cold Stone | \$13.59

Half Cost of Plane Ticket to Seattle/

Vancouver for New Year's | \$160.30

Actually Bar Tabs and Groceries | \$141.35

Being on Top of My Game | Priceless

It's called a budget, and you'll be living off one for the rest of your life, most likely. Granted, my monthly budget is a little more in depth than this, but you get the idea. It's not rocket science, people.

You evaluate how much money you have coming in (parents' allowance or your hard-earned paycheck), you outline your expenses for the month and you categorize/prioritize/spend. Plus, the mathematics

rivals the capabilities of a third-grader. By creating a budget, you are essentially keeping a game plan for your money to help you avoid spending casually.

This kind of ledger keeps you on track and works to your advantage. That being said, a budget is not concrete. You are simply outlining how you intend to spend your money. If you block out a certain amount for a certain expense, that is the amount of money you plan on spending when, in reality, you could end up spending less than what you set aside, giving you a minor surplus during that month.

It's like a surprise stocking stuffer, or like when you find that \$20 bill hidden in a random jacket pocket in your closet. Best days ever.

Despite its simplicity, following a budget is no walk in the park. Maintaining restraint in a moment of pressure and impulse proves to be a difficult challenge for college students. That little black dress you've had your eye on has been marked down, or your friends plan a random dinner outing downtown, or you found an irresistible deal on a Michael Kors watch. Regardless of the temptation, they are the budget's worst enemy.

Practice makes perfect. Yes, the first few months can be a pain if you really dedicate yourself to your financial plan. But the more you outline and track, the better you can analyze your spending habits and categorize priorities from nonessentials.

It'll help you realize just how much you're spending on clothes or fast food or booze,

and you can redirect that money little by little elsewhere, where it will provide a greater return for you (like a down payment on a car or the first six months of apartment rent).

Further down the road, there are certainly wealth managers and finance planners who can help you allocate your funds appropriately when the number of expenses multiplies (think insurance payments,

investments, mortgages, 401K plans and so on). But only you know best how you choose to live and spend your money.

There aren't exactly a plethora of students at Wake who can say they've been standing on their own two feet since high school ended. So now is the best time to learn, take responsibility for your own finances and understand how to track your money's footsteps.

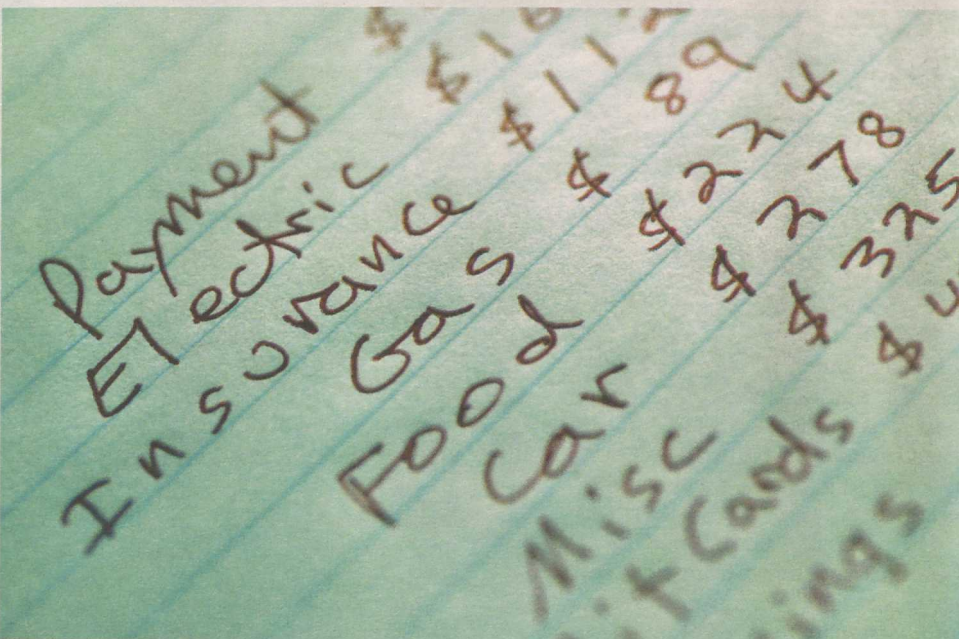


Photo courtesy of moneymanagement.org

Writing out your budget every month can help you stop making frivolous purchases and stick to a financial plan.



## Campus Event | Fall Dance Recital

# Dancers delight in their anticipated concert

Professor Nina Lucas directs a dynamic fall performance with 48 student dancers

BY ERIN PATTERSON

Staff Writer  
pattee12@wfu.edu

Beginning Nov. 29, the Mainstage Theatre in the Scales Fine Arts Center will be graced by the performances of the annual Wake Forest Dance Company Faculty and Guest Artist Concert.

This concert, produced by dance professor Nina Lucas, is composed of pieces of almost every type of dance from jazz to contemporary to classical that are choreographed by faculty and guest artists and performed by students in the Wake Forest Dance Company. The Dance Company is a group of 48 student dancers who produce two annual events under Lucas' direction: the fall concert and the Spring Student Choreographed Concert.

The fall concert gives the company the unique opportunity to work with new choreographers who have a variety of styles and backgrounds.

Senior Lauren Hiznay, a member of the Dance Company, said, "I like getting to be introduced to new people...We get contact with really cool and interesting people in the field that we wouldn't have the chance to work with otherwise."

The guest artists also appreciate the opportunity to work with the Dance Company for a semester.

Most choreographers began creating their pieces around the middle of September and have been laboriously working with the dancers ever since. Mair Culbreth, an independent choreographer and educator who has taught classes on campus for the

fall semester, said that she most enjoys "the intellect and the curiosity that the Wake Forest dancers bring to the process of choreographing."

However, being surrounded by such a strong emphasis on academics does have setbacks. Tina Yarborough Liggins, who has been a guest artist at the fall concert for many years, admitted that scheduling often presents a formidable challenge.

"We have to remember that the students are students first," Liggins said.

"We kind of based our dancers on who could make our rehearsals but there's always sometimes when it doesn't work out."

## Fall Dance Concert

**Dates** | Nov. 29, 30 and Dec. 1 at 7:30 p.m. and Dec. 2 at 2:00 p.m.

**Location** | Mainstage Theater in Scales

**Director** | Nina Lucas

**Ticket Prices** | Students \$5 and non-students \$10

Lucas, the quiet force of energy behind the entire event, also admitted that the academic setting presents some constraints.

"However, the beauty is that you have the space, you have the staff, you've got kind of marketing already in place, you've got a community of people that can come and support the program," Lucas said.

She thoroughly appreciates the students involved in the Dance Company and admires "their energy and their focus and their passion for dance."

Perhaps the most striking quality of the combined group of Lucas, the guest and faculty choreographers and the



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The recital features dances choreographed by guest artists such as Tina Yarborough Liggins as well as university faculty.

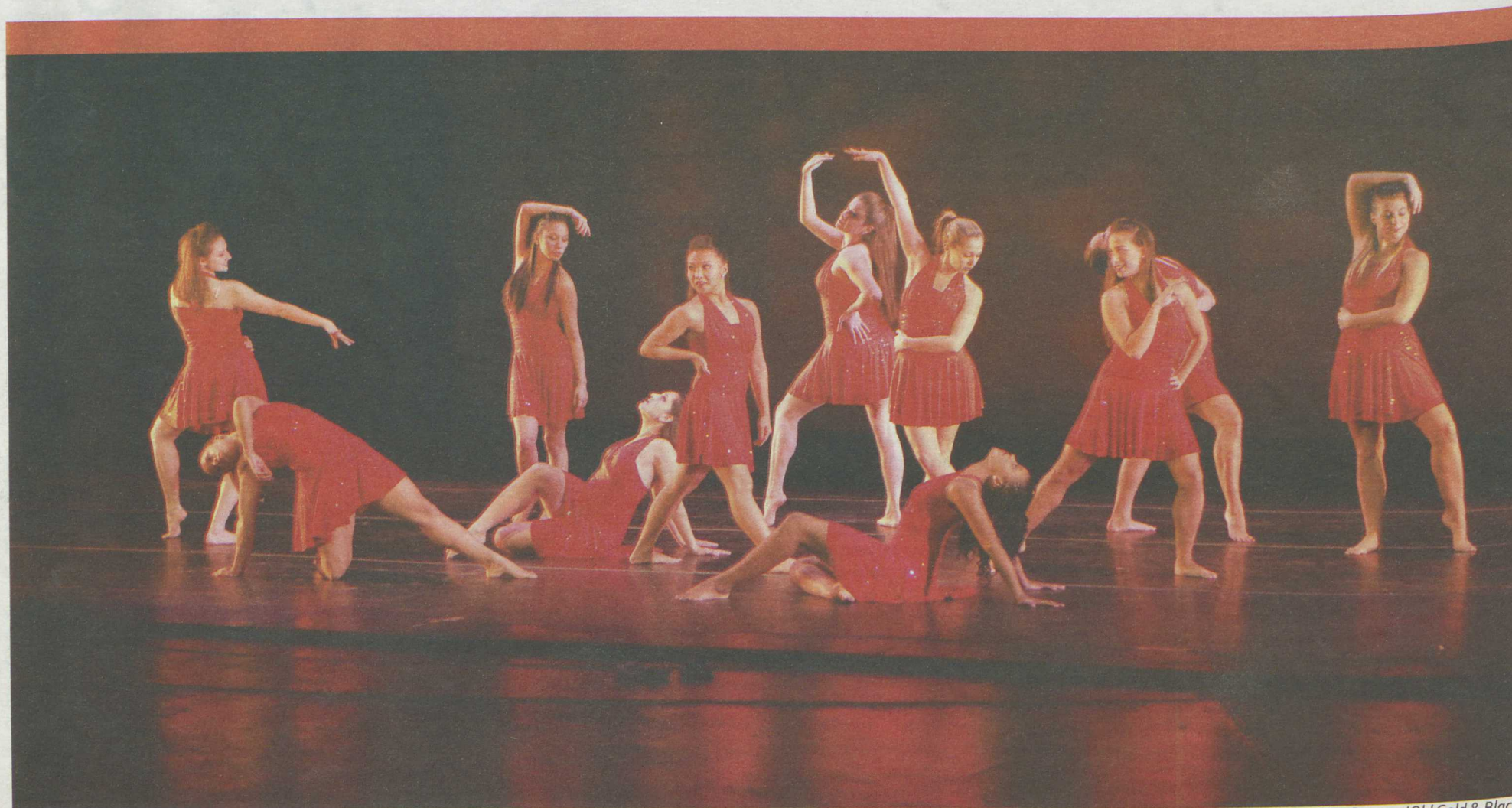
dancers is the pervasive air of admiration and collaboration. Too often, the beauty of these events is overshadowed by the disorder and overwhelming stress during rehearsals.

This group of artists, however, works seamlessly together with smiles and applause, proud of the compositions they have created. Lucas, the choreographers and the dancers all enjoy working together to create an event in which they can take pride. The fall concert that they have put together is nothing less than a powerful

composition of beautiful pieces that entrance the audience. Each piece is a celebration of pure, unbridled talent that redefines movement as something more than the utilitarian purpose with which we so often attribute it.

Movement and the human body combine to become a work of art, bending and contorting into the most unnatural positions yet maintaining the exquisite beauty of dance.

This incredible event should not be missed.



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