

Old Gold & Black

WAKE FOREST'S STUDENT NEWSPAPER SINCE 1916

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The University Counseling Center advertises its social media in its office, but a recent Instagram post detailing changes to the UCC's treatment model was met with backlash.

UCC is reconfiguring its treatment model

The UCC announced it will move away from a long-term treatment model starting Nov. 1

BY EMILY TORO
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As national news headlines focus more on mental health and wellbeing — especially in light of recent events surrounding the death of a student at the University of North Carolina — there is increased scrutiny on the resources universities provide to help students through difficult times.

At Wake Forest, many turned their attention to an Oct. 11 Instagram post by the University Counseling Center (UCC) detailing changes that will be-

come effective Nov. 1. UCC Director Dr. Warrenetta Mann outlined the concept behind the restructured model and envisions it as a more effective approach to care.

"We are focusing on anticipating the most salient needs of our students and addressing those through groups, workshops and brief targeted individual therapy," Mann said. "This model will allow more students to get what they need in a timely manner. Students will continue to receive the support they need to grow and develop through whatever challenges they encounter."

Wake Forest's Health and Wellbeing team is restructuring the UCC's current methods to support students. Going forward, they will employ the Thrive model, which they consider to be a more comprehensive approach to overall wellbeing.

Several offices, such as Campus Recreation, the Office of the Chaplain, Student Health Services, The Center for Learning, Access and Student Success and the Office of Wellbeing are collaborating to implement the Thrive Model in the UCC. That model encompasses eight dimensions of wellbeing: emotional, environmental, financial, intellectual, occupational, physical, social and spiritual.

Although Mann seems optimistic about the new model, it seems some students are apprehensive, others are even alarmed by the sudden announcement by Instagram of a new treatment model. The post outlined the new single-session model, which is designed to help students "address concerns in 1 to 4 sessions" and the potential referral to off-campus resources.

See UCC, Page 4

Search forum draws student input

Students shared their input on the attributes they want in their next VP for Campus Life

BY CHRISTA DUTTON
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On Oct. 15, Student Government leaders and other students joined members of the Vice President for Campus Life search committee to discuss the search for a new individual to take the role.

The discussion was moderated by Jacob Thomas, senior and president of the Black Student Alliance, and Heidi Robinson, associate professor in the Department of Education and the assistant vice president of career education and coaching in the Office of Personal and Career Development. Thomas and Robinson catalyzed the conversation by asking three main questions.

First, the moderators asked those in attendance to consider what makes campus life at Wake Forest distinctive, particularly that the search committee could bring up these topics in interviews with potential candidates.

See VP, Page 5

Trilling departs Women's Center

The Women's Center's second-ever director took a position at UNC's cancer research center

BY CHASE BAGNALL-KOGER
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Women's Center Director Steph Trilling has stepped down, and Erin Adamson has been named the center's interim director while the search for a new one proceeds.

After four years working at the Women's Center, Trilling spent her last day in the office on Oct. 15. She bid farewell to students with special drop-in hours where they shared favorite memories, stories and cake before Trilling departed for her new position at the Lineberger Comprehensive Cancer Center at UNC.

Trilling describes her new position as a return to her public health roots. Just as her background in dealing with interpersonal violence was focused on behavior prevention, her new job will involve conducting research on cancer prevention.

See Director, Page 6

Old Gold & Black

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

University must update data systems

On Sept. 30, the Old Gold & Black ran an article detailing Assistant Vice President for Equitable Policy and LGBTQ+ Center Director A.J. Mazaris' efforts toward ensuring preferred names are visible across all data systems. We write in support of this effort.

The Data Standards Working Group, according to Vice President for Diversity and Inclusion José Villalba, has already come up with a way to change the university's naming systems. The university, per Villalba, has not yet purchased the — admittedly expensive — systems needed to enact this change, however.

If the price is discouraging the administration from taking this

“If the price is discouraging the administration from taking this crucial step, which it seems may be the case, then we disapprove.”

crucial step, which it seems may be the case, then we disapprove. Especially given the amount of money this university has, paying to update the data systems to ensure the dignity of those who have changed their name is critical to fostering a feeling of inclusivity and acceptance among those students. Anything short of that commitment would be failing those students.

The Data Standards Working Group was founded in 2017, af-

ter the North Carolina legislature passed H.B. 2, a bill designed to humiliate transgender people in all facets of public life, especially bathrooms. Now, four years later, transgender students are watching alarmed as legislation in many states deny their peers' basic rights.

A few days ago, North Carolina Lt. Governor Mark Robinson called transgender topics “filth.” The time is ripe for Wake Forest to recommit to honoring the humanity of transgender students, and that starts with honoring the names they have chosen for themselves.

Transgender students are also not the only students who are affected by this, however. Students who

change their name for cultural reasons or to shed past traumas also should not need to contend with deadnaming brought on by issues in the data collection system.

Even disregarding the issue of students having the wrong name populate onto class rosters and DeaconOne Cards, the university's data systems are long overdue for an update. There is no reason, for example, why DeaconOne Cards cannot move to a mobile format in addition to physical cards, or why Banner cannot be updated or replaced. And there is no reason why the data systems should not be streamlined. Certainly, with an \$80,000 cost of attendance, money should not be an object.

Old Gold & Black

THE STUDENT NEWSPAPER OF
WAKE FOREST UNIVERSITY SINCE 1916

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BY BREANNA LAWS

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Sean Hannah is a professor of management and holder of the Tylee Wilson Chair at the Wake Forest School of Business. He is the editor-in-chief of the Journal of Leadership and Organizational Studies, and has published over 70 papers on leadership, character and management.

In his time at Wake Forest, he has been identified as being in the top percent of researchers worldwide across all sciences based on citations to his research. He has also been honored as a fellow in the Society for Industrial and Organizational Psychology and the Association for Psychological Science.

Tell me a little bit about yourself and what led you here to Wake Forest.

I served for 26 years in the U.S. Army, and I retired as a colonel in 2012. Towards the end of my career, the army had selected me to be a West Point professor, so I went to get my Ph.D. and go to West Point, where I was the director of leadership and management programs.

I then ran an army-wide center called the Center for the Army Profession and Ethics that was responsible for looking at the entire army, the active National Guard and reserve army. The center was there to advance training, education, development and policy creation on the army as a profession.

Dr. Nathan O Hatch — who was president of Wake Forest at the time — and Steve Ryman, then-Dean of the Business School, heard what I was doing up there at West Point in our leadership and ethics center and came up to visit me. Soon thereafter, we were discussing my coming down, so I retired from the army in 2012 and came here. I then took the Tyler Wilson Chair in business ethics at the School of Business. I also advocated for the Center for Leadership and Character in the School of Business, which is now called the Legacy Center for Leadership and Character.

One of your noted accomplishments is being recognized as among the top percent of researchers in the world by The Public Library of Science, PLOS. Can you tell us a little bit about what research you have done that led to this honor?

PLOS did a major study and they pulled the data in 2019. The study was published a year or two later, but they looked at the citations of all scholars in the entire world across all sciences — whether it was busi-



Photo courtesy of Wake Forest University

ness, economics, medicine, chemistry or biology. They looked at the impact of scholars based on citations of their research. The study considers how other scholars are citing your research, so it's a measure of scientific impact. At Wake Forest, we are very fortunate to have a couple of other scholars that also came up on that list from the psychology department.

But, as far as the award itself, it wasn't based on any specific paper—it was the overall impact from my entire body of research. I'm a leadership scholar, and all of my research intersects with leadership and the impact of leadership on followers. So, the award was based on that entire body of research. Some of the stuff that I'm doing is neuroscience research. It involves brain mapping leaders, looking at their brain structure and how that influences the way that they lead.

What inspired you to pursue this field of work?

I spent almost three decades in the army, so I had opportunities across my career to lead thousands of soldiers. As such, I understand the impact and importance of leadership on followers, teams and organizations. So, it was very natural for me, having been a practicing leader for so long, to then take the opportunity to study it.

What does it mean to you to be recognized in such a high regard as a recipient of this award from PLOS?

It's very satisfying to have that kind of recognition for your work. The average scientific article often takes thousands of hours to create, and what's amazing is that the average article is cited less than five times over a ten-year period. It's very validating for me — and very motivational — to know that my research is having such a significant impact. I have some papers that are cited over 750 times. It makes me feel that the time I spent on developing and

publishing those articles was much more worthwhile, knowing that they have that impact. This recognition is coming on the heels of some other very high-level recognition that I've had over the last couple of years, too.

Can you tell me a bit about some of that other recognition?

I was selected as a fellow of the Association for Psychological Science, which is a big deal. They select a very small handful of scholars every year and give them fellow status. Then, in 2017, The Academy of Management selected me with the Practice Impact Award. This is an award they give to a scholar that doesn't just do academic scholarship but is also actually impacting the practice of management. That was a pretty big deal because I was singled out of the entire Academy of Management, which is about 30,000 people.

What will be the focus of your future research endeavors?

We're publishing a lot of articles now using neuroscience, which is a new, emerging field in management and organizational behavior. We're really on the cutting edge of that. We've published three articles so far in top-tier academic journals. We're also advancing a new line of research on what's called behavioral governance. Behavioral governance is the study of what makes somebody an effective fiduciary, someone trusted with financial responsibility, who has the appropriate character—skills, competence and other attributes that make them effective in that role.

How do you want to leave your impact on Wake Forest?

I still maintain a key role as the Senior Research Associate for the Legacy Center for Leadership and Character that I mentioned earlier. So, through my research, the research of Dr. Pat Sweeney and the research of others that we bring into the center, we are taking that knowledge and creating products, tools and experiences for students. We're really working hard to infuse leadership and character throughout the entire School of Business. So, regardless of what a student might be interested in, everyone is getting exposed to leadership and character concepts infused throughout their overall programs. That's pretty unique for schools to have that sort of integration.

Editor's Note: This interview has been edited for brevity and clarity.

POLICE BEAT

Underage Consumption/Alcohol/Drug Incidents

- An unknown subject took a victim's bicycle near North Campus apartments. The report was filed at 5:55 p.m. on Oct. 13.
- An intoxicated student was found unconscious by his roommate near Student Apartments. The student refused transport. The report was filed at 1:30 a.m. on Oct. 15.
- A student was found unconscious in Dogwood after drinking at a Sigma Pi party and was transported to the hospital. The report was filed at 2:34 a.m. on Oct. 16.
- An underage student had been drinking at Sigma Pi and was found near Deacon Place. The student refused further medical treatment and refused transport to the hospital. The report was filed at 3:56 a.m. on Oct. 16.
- An underage student, found in Babcock, was cleared by EMS and refused transport after drinking at a Sigma Pi party. The report was filed at 7:56 p.m. on Oct. 16.

Miscellaneous

- University Police assisted the WSPD in responding to an off-campus shooting. No students were involved. The report was filed at 12:45 p.m. on Oct. 13.
- University Police assisted the WSPD in responding to a call on North Chesnut to assist a depressed student. The student refused any assistance. The report was filed at 12:29 a.m. on Oct. 15.
- An unknown person damaged the side entrance door of Johnson. The report was filed at 7:15 a.m. on Oct. 15.
- A student walked out in front of a moving vehicle and was struck near Long Drive on University Parkway. They suffered minor injuries, no broken bones, and were transported to Wake Forest Baptist Medical Center. The report was filed at 12:14 a.m. on Oct. 15.

UCC: Students balk at new treatment model

Continued from Page 1

"I have had conversations with individuals about the restructuring of the UCC, and I have to say that none of the comments were positive," sophomore and psychology major Micaela Ciambrone said.

Ciambrone went on to say that the manner in which the center announced the changes was not, in her and her peers' opinions, ideal, either.

"[Students] believe that the way the UCC went about announcing these changes was insensitive, especially regarding the Instagram post that they put out," Ciambrone said. "People thought the Instagram post was trying to cast attention away from the fact that, yet again, the counseling center was severely understaffed and could not adequately care for students."

She continued: "Even when I showed people this post who had not been involved with the counseling department they laughed and said things like 'that's ridiculous' to the Instagram post."

Mann did not directly explain the cause for the sudden change, but she gave insight into the faults of previous methods and the need for modification.

"The traditional counseling center model has become less and less effective as a campus strategy over the last several years," Mann said. "More and more students are coming to campus already engaged in mental health services. So we needed to look at what was working, and we did that. This model will allow us to serve more students in a more timely manner by focusing on the help they need right now to be successful."

With the increased demand for mental health services, Ciambrone believes it will be difficult to achieve a client-patient relationship in just a few interventions, and if necessary, find off-campus support.

"A lot of people cannot afford outside therapy as their insurance does not cover it, or because it simply is not accessible due to the fact that mental health services are in such high demand right now," Ciambrone said. "This change is leaving countless individuals on this campus bereft of care. I believe a comprehensive therapy approach involves establishing a rapport with the client or patient, which is just not achievable in one or a few interventions."

Ciambrone continued: "I believe that a multi-session model is the best way to obtain a person's trust and therefore make the therapy productive. Without that rapport, I believe that therapy is surface-level and lacks effectiveness."

Students have even expressed concerns to Mann about the restructure, but she maintains her faith in the university's efforts in implementing effective and fair changes for students.

"As with any change, students and parents will be anxious at first," Mann said. "However, I think in the end, students and parents will be pleased with the increases in availability and options they have. It is healthy to question something you don't yet have experience with or understand."

Mann continued: "We have talked this over with a lot of close campus partners to make sure it is a good fit for Wake Forest before making a decision to implement these changes. Before long, it will become a part of how we do things here and that is how culture changes."

It remains to be seen whether or not the change will have a positive impact on the campus community, but there is hope.

"I think the immediate impact will definitely be a drop in the overall mental health of students as they won't be able to quickly access new care, again due to the waitlists and costs," Ciambrone said. "Taking away such a valu-

able resource is bound to have this effect, but this begs the question of the effectiveness of the counseling center prior to this change: Were they really reaching peak effectiveness? I know people in crisis who were sent to interns due to the understaffing and were then told the interns didn't know how to address the situation."

"I think that if this change allows the counseling center to regroup and accumulate substantially more individuals, this change could be a positive thing," Ciambrone said. "If this change is what it takes for the counseling center to turn around, then I am in full support."

Ciambrone added: "They need to ensure that all clients have access to outside care, though, and I simply don't believe that to be possible given the situations I mentioned."

Although the UCC is working to restructure their model, they still have the same goals regarding the wellbeing of students.

"The role of college counseling is to support students to be able to meet their educational goals, and to learn skills for managing their mental health for a lifetime of success," Mann said. "Our future is to continue to do that for generations to come."



An Oct. 11 Instagram post styled as a breakup announcement reveals the changes coming to the UCC.

Housing lecture features WFU alumnae

Three speakers addressed the inequality that immigrants face in the housing system

BY TENLEY PARR
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On Thursday, Oct. 14, the Race, Inequality, and Policy Initiative (RIPI) hosted the second event of their three-part housing speaker series, a talk on immigration and housing policies.

This most recent panel featured two Wake Forest alumnae and Sociology Professor Dr. Ana-Maria Wahl. The discussion focused on the obstacles that immigrant communities face regarding housing access and the discrimination they are subjected to by landlords and property managers.

The crux of the talk was summed up by RIPI Committee Leader Dr. Alessandra Von Burg, who said that one "cannot be an immigration advocate without being a housing advocate."

The first panelist, alumna Maria Cortez-Perez, graduated from Wake Forest in 2020 with a degree in sociology. She

now works as a community organizer for Church World Service (CWS), an international refugee resettlement agency. Cortez, therefore, is in a unique position that gives her insight into the housing challenges faced by immigrant communities.

The next panelist, alumna Frances Sullivan, centered her discussion around the practice of summary ejection, North Carolina's eviction process. As a Wake Forest Law School graduate now working as a housing attorney at Legal Aid in Winston-Salem, Sullivan is well acquainted with the housing system and its regulations.

Cortez shared a story about one immigrant family that used CWS who went almost two months without electricity due to a miscommunication with their internet provider.

"This becomes a very stressful situation for our families, because they face a lack of English proficiency and a lack of technological literacy," Cortez said.

For summary ejection to occur, a landlord must file a complaint, and the tenant then receives a summons to court requiring that they show up within seven days of the notification.

"Summary ejections are not really easy to read about or understand," Sullivan said. "So when we're talking about communities that have all these barriers, you can imagine how it feels when you get served a summons."

Another disadvantage for immigrants is present in the enforcement of the eviction moratorium implemented due to the pandemic. While the practice supposedly banned evictions, landlords could still file cases against tenants, and the defendants needed to actively invoke the moratorium in order to be protected by it. If a refugee individual or family were unaware of the moratorium, they could still be ejected.

Cortez explained many instances of discrimination reported by case managers, including landlords' claims that the tenants "leave a strong smell behind in units," or "do not pay rent in time."

One more specific instance of such discrimination occurred when a family hosted a baby shower on their rental property in which they killed a turkey, a common custom within Hispanic communities.

"The neighbors complained and reported it to the property managers, and they were asked to vacate the apartment

in 30 days, even though this family had never missed a payment or had any late fees," Cortez said.

When the case manager became involved in the situation, they discovered that the immigrant family had already filed complaints against these very neighbors surrounding marijuana usage. The landlord was unresponsive to those calls, though. Cortez calls this "lack of cultural sensitivity" a common occurrence amongst landlords in their dealings with refugee tenants.

Wahl went into detail about the history of discrimination against immigrants and refugees in the struggle for housing. She explained the racialized anti-immigrant sentiment that spread in the 19th Century, the establishment of "ethnic enclaves," and gateway cities. She also described restrictive covenants written into property deeds, redlining, and numerous other laws or policies that prevented immigrants, especially immigrants of color, from obtaining fair housing.

The third and final event of the series will take place virtually on Nov. 4 at 4 p.m. It is an opportunity for any student to get involved and learn from highly qualified speakers about these issues.

VP: Students get input on Rue replacement

Continued from Page 1

Students expressed viewpoints about campus life that centered Wake Forest's culture of community service and commitment to Pro Humanitate. Students also expressed a desire for the new VP of Campus Life to be readily available and willing to hear and work with students from all walks of campus life.

In light of the student protest that occurred in August, students also expressed that they and many of their peers desire to be heard and communicated with even if an action step is not ready to be taken. Students at the forum also emphasized that they had a high premium on transparency.

"I would look for someone that is incredibly transparent," one student at the forum said, who due to the fast-paced nature of the discussion was unable to be identified. "It would be nice to receive a 'We hear you. We understand you. And we're working on it' from the new vice president."

Secondly, students were asked to brainstorm some possible challenges and opportunities the next VP for Campus Life will face in their first two-to-three years. One of the biggest concerns voiced by students is concerning the ongoing mental health struggles faced by the Wake Forest community. Students reiterated that the new VP will have to navigate the University Counseling Center being understaffed, students being frustrated about a lack of communication between different departments on campus and students being confused about what resources are available.

"The next Vice President for Campus Life needs to really put student mental health at the forefront," another student said. "And we really want to work with different partners on campus to figure out the best way to provide mental health care."

Students also expressed concern about a lack of equity and cultural appreciation on campus. However, students

also recognized the enormous opportunity for positive change that comes with being in a position of leadership while confronting these challenges. They said the new VP for Campus Life will have the opportunity to support student mental health as well as take the time to intentionally support marginalized groups on campus and foster campus unity.

Lastly, students were asked to name essential professional skills and personal attributes the new VP for Campus Life should possess. Students said they wanted someone who was professional yet personal, collaborative, youthful in spirit and innovative.

"I would look for someone who is optimistic and goal-oriented," one student said. "Someone who thinks outside the box."

Students also expressed a desire to see a person of color in the position of VP for Campus Life to add diversity to the cabinet, which is currently almost entirely white.

Those in attendance were able to not only share their perspectives but also hear the perspective of their fellow classmates. Both Robinson and Thomas were pleased with the student turnout and thought the event accomplished its goal of giving space for student voices.

"The student voice is critical," Robinson said after the event. "Wake Forest is about the students. I was pleased to see that students took this time. I love that our students honor this process, but that they also want to honor one another by making sure that what happens on this campus is reflective of who we are as a community."

Any student who has any suggestions or questions for the VP for Campus Life search committee can email the search committee at vpclsearch@wfu.edu. All questions or comments submitted by students will remain anonymous. Students can also learn more about the search by visiting search.campuslife.wfu.edu.

SG co-sponsors Campus Climate Survey

With the passage of S.R. 4, Student Government now has a seat at the table in planning the survey

BY COOPER SULLIVAN

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The Oct. 12 Student Government Senate meeting saw the passage of legislation to co-sponsor the Wake Forest Sexual Misconduct Campus Climate Survey, which was passed with 36 yeas, six abstentions and 0 nays.

The purpose of the campus climate survey is to use Wake Forest-specific data in deciding the proper response to addressing the survey's main issue. The idea of a campus-wide survey gauging sexual violence on campus was first suggested back in Feb. 2019 by the 2018-19 Student Government Senate. Most of those senators have since graduated, but one remains: senior and now Student Body President Ally Swartzberg, who was one of the co-sponsors of the bill as a freshman.

"We voted on it, we passed it, we sent it to University President Hatch's office and we were basically told that the institutional research for the year was finalized," Swartzberg said. "Administration said they couldn't add another survey to the list, and it was too close to the summer, anyway, once we had passed it. So, after all this work with different university offices to try to get this to happen, we basically got shot down. And that was almost four years ago."

After the Aug. 28 protest outside Poteat Residence Hall and Reynolda Hall, sexual violence was again a major talking point among the student body and administration. During the Aug. 31 Senate meeting, Swartzberg re-

minded senators that the 2019 resolution fell short of its goal and suggested that the conversation be revisited.

On Sept. 8, President Wenthe spoke to the Board of Trustees calling for a campus climate survey about sexual violence to be administered. Shortly thereafter, the Women's Center released a 17-page report detailing the importance of the survey and possible next steps.

Jackson Buttler, sophomore senator and Campus Life Committee co-chair, introduced the resolution on Sept. 30. Buttler wants Student Government and students themselves to have a meaningful role in the creation, distribution, and implementation process of the survey.

"We want a student voice in this process," Buttler said. "Not only do I want the student voice involved in getting it started, but I also want the student voice involved in everything else, too. I want the student voice involved in helping to make the questions and helping to pick the outside group to conduct the survey."

Buttler continued: "I want to be involved in looking at the data and trying to come up with solutions, and I think this is the best way to get that done."

Swartzberg sees Student Government as "the facilitator" in this process. She emphasized the importance of reaching out to the student body and making sure the student voice is accurately represented and heard in administrative settings.

Both Buttler and Swartzberg mentioned that a low response rate could be a major obstacle to the survey's success. The goal is to receive a 30% response rate. While neither has a definitive solution to remedy the problem, both expressed ideas.

Buttler suggested the possibility of using incentives or campus-wide advertising, and Swartzberg floated the idea of creating connections with various social group leaders around campus to then tell organization members about the importance of taking the survey. Both of them, however, expressed support for using Student Government's influence over the course of the next few months of preparation for the survey.

"I'm very passionate about using our platform for good," Buttler said. "And, I think that this is the best way we can do that. I think that we're going to be very successful at it."

Swartzberg is confident that this survey will push Wake Forest in the right direction, not only in terms of elimi-

nating sexual violence but in other aspects of campus life.

"We could have sexual misconduct and sexual violence campus climate surveys deployed in the spring every four years, so we would be able to actually track from year-to-year if the prevention efforts that are being implemented are actually working and be able to see if the incidence of sexual violence are going down," she said.

"Because the survey would be sent out every couple of years, I know the hope is that on the off years where sexual violence isn't the topic of the campus climate survey, there would be other things that are being done so that there is one campus climate survey every year that students are taking. It's kind of a cycle."



Aine Pierre/Old Gold & Black

The Student Government Senate voted Tuesday, Oct. 12 to co-sponsor the Campus Climate Survey.

Adamson: New director shares her vision

Continued from Page 1

"My role will involve less working with students, which I'm pretty sad about," Trilling said. "But it will involve more learning about prevention and how we can change behavior to prevent cancer and other harmful outcomes."

Trilling first joined the Wake Forest staff in 2017 as director of the SAFE Office, a confidential service for students who have experienced any form of interpersonal violence.

Trilling also taught WGS 397, an internship course with PREPARE, a sexual assault advocacy group on campus.

"Teaching was one of the first ways I got to interact with students on campus, and it was really wonderful," Trilling said.

After working closely with the Women's Center and the SAFE Office, the Center appointed Trilling as their director in summer 2019 when the inaugural director, Dr. Paige Melter, left the position. Trilling, immediately after taking over, identified the need to institute discussions centered around gender identity and foster inclusivity in the Women's Center.

"Students would tell me, 'this is such a great space and we love it, but other people don't really know about it,'" Trilling said. "People don't use it and they have a negative association with the word 'feminism.'"

To create connections with new groups of students, Trilling launched G-Chat, a monthly drop-in in which students share snacks and talk about issues related to gender on campus. The Center also launched the Wake for Women program to encourage more students to attend women's athletic events.

During the COVID-19 pandemic, the Center began to offer online skill-building workshops to help students who were navigating new financial or family situations. One such program, the Financial Empowerment Series, was a six-week series that taught students about budgeting, saving, investing and how gender norms affect finance. That particular program is being offered again this semester.

Last year, the Center also launched programming that centers around detoxifying masculinity.

Social work intern Peter Reeds worked alongside Trilling to develop a space for men to "discuss the messages they have received growing up about masculinity and how these affect their personal relationships."

"We have a graduate assistant this year who is going to start offering weekly men and masculinity drop-in hours," Trilling said. "He's already getting a lot of requests from fraternities to come do workshops with them about healthy masculinity."

In Trilling's absence, Erin Adamson will be standing in as interim director to keep the Center's ongoing initiatives running while the search for a new director gets underway.

Adamson has served as assistant director since Nov. 2019, organizing the "student-facing arm" of the program, which includes the on-campus feminist leadership group, organizing Wake for Women tailgates and teaching WGS 121, Feminist Leadership.

As interim director, Adamson will take on the Women's Center's "advocacy work." Some of the additional responsibilities she will assume include

supporting faculty and staff through a self-care program called "Wake Up with the Women's Center" and running a monthly caregiver support group.

"There is a lot of caregiver advocacy, and the Women's Center is part of that," Adamson said. "The support group brings together people who are parents and those who might be caring for another type of caregiver."

Changes in leadership of the Women's Center are expected within the next few months. Until then, Adamson will be working to ensure that students and staff will still receive all the support they have come to expect from the Center.



Aine Pierre/Old Gold & Black

Interim Director Erin Adamson welcomes students to the Women's Center. After taking over for Steph Trilling, Adamson is working hard to ensure the Women's Center provides the support the campus community has come to expect.

Woof Forest plans for Barktober event

The event will raise money for animal shelters across the community, like Forsyth Humane

BY JACKIE THACHER

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With midterm season coming to an end and Halloween right around the corner, some students are wondering what to do that is both stress-relieving and festive. Look no further than "Barktoberfest", an event featuring dog Halloween costumes that Woof Forest is hosting this Friday, Oct. 22 on Davis Field at 4:30 p.m. Woof Forest is a student-run organization that holds fundraising events and works with local

shelters to raise awareness about animal welfare.

"We were just brainstorming ideas and the idea of Barktoberfest just came up," Basia Scott, Woof Forest's PR Chair said. "The executive board decided to do the event, then had meetings about what would be the best activities to include."

Because not everyone on campus has a dog, Woof Forest has planned other canine-themed activities including quizzes and games with rewards such as prizes and candy.

The event is fundraising for local animal shelters and humane societies. One of these is the Forsyth Humane Society, which is celebrating its 80th anniversary of servicing the community this year.

Along with helping shelter dogs and cats find their forever homes, the Forsyth

Humane Society also offers resources for those at all stages of pet ownership.

The Forsyth Humane Society prides itself on "constantly and continually working to help not only the county's animals but also the people who love them," Scott said.

While Woof Forest has "always collected donations and that sort of thing," Scott said that they know Barktoberfest will be the "perfect opportunity to fundraise for Winston Salem's animals."

Not only will they be "accepting dog supplies and treats" but they have gone "through a training course in order to take virtual monetary donations at the event through Wake Forest."

According to Scott, the response from the community has been overwhelmingly positive.

"We have already heard a lot of praise for the flyers, and people are excited to see some cute dogs or raise money for the Humane Society," Scott said. "But we won't really know about the actual turnout of costumed dogs until the event happens."

Sophomore Ella Sadkiman expressed similar enthusiasm for the upcoming event.

"I'm so excited for Barktoberfest and to see all the pets on campus," Sadkiman said. "It reminds me just how much I miss my own dog at home," Sadkiman said. "My dog is a rescue, too, so it means so much to be raising money for other shelter dogs."

Anyone interested in entering their pooch must be at Davis Field at 4:30 p.m. so the event coordinators can create the voting platform.

Mental Health

UCC turns its back on struggling students

The UCC's new single session model is a cop out for necessary long-term care



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The University Counseling Center (UCC) is moving to a single-session model beginning Nov. 1, 2021. This means that they will place less focus on long-term issues and concerns of students, and instead focus completely on immediate problems and methods to cope with them in the moment.

It's extremely easy to market this shift as something that will better students. But in reality, this decision will harm students all over campus and further highlight the severe lack of resources that already exist for those who are struggling.

“Students...need and deserve appropriate help — not some sad excuse which claims to be something they're not.”

The UCC will discontinue most scheduled sessions with students after Oct. 31. On the UCC website, it is indicated that students in need of long-term care — of which there are many — can expect a referral to off-campus providers.

Mental health care is scarce these days. Many providers notify their clients to expect weeks-long waitlists. The UCC is supposed to act as a solution for the barriers that often prevent students from accessing adequate mental healthcare. What this change in procedure feels like to me is a lot of giving up, and a lot of excuses.

Maybe the reason I feel so strongly is because the timing is so poor. The recent student suicide at the University of North Carolina at Chapel Hill is tragic and have affected

many people I know. The UCC still has three vacancies in its office and the need to find appropriately qualified hires who will take the pay the university is offering is critical. Students, meanwhile, have been left on their own. They are struggling to find someone who will stick by their side longer than a single session.

The reality on this campus is that students are not doing well.

Referrals to the Office of Wellbeing or Koru Mindfulness are helpful, but they do not address clinical depression, anxiety, eating disorders, trauma, or other issues that are prevalent among Wake Forest students. The single-session model does not serve as an appropriate or effective solution to the ongoing mental health problems across campus.

I want to offer some sort of empathy and understanding for the UCC — it is clear to me that they are doing their best to support students with what appears to be a severe lack of funding from the school. I under-

stand that they would not be entering this single-session crisis mode if they did not have to. As such, this, if anything, is a call to the school to take action. The students of Wake Forest need and deserve appropriate help — not some sad excuses which claim to be something they're not.

Many students come to college and experience mental illness for the first time. These students should have the resources — covered in their tuition payment — to go to therapy for more than a single session. These students should have places on campus they can go that are safe, confidential and comfortable. The UCC is no longer providing the services they claim to provide; instead they are providing liminal, shoddy, making-it-work care.

I truly hope that Wake Forest does not see a completed suicide or other tragedy, because the reality is that resources for students to seek help through are simply not in place.

American Politics

Republican Party desperately needs new identity

The only antidote for ailing Republicans is the removal of their greatest weapon



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Republicans, if you want to win the White House in 2024, ditch former President Donald Trump.

He is clearly the most notable Republican of the day and certainly garners the most national attention, both from his adorners and opponents.

But he's not the candidate that will deliver a win in November of 2024.

In spite of the fact that Trump continues to have the most solid base among any politician — Republican or Democrat — he would still lose in 2024. He would certainly crush any other Republican candidate in the primary (sorry Ted Cruz and Ron DeSantis), but both times he's competed in the general election, he's lost the popular vote by millions of ballots. As long as Trump is running, his opponents

“That's because the largest requirement to be a modern day Republican is that you have to hate Democrats.”

will be as vocal as possible. Trump inspired fierce passion and loyalty in some but at the same time emboldened his critics — most of whom do not quietly wait to see how the chips land.

The Republican party is at a crossroads. They can choose to stick with Trump, a man synonymous with controversy, scandal and outrage, or they can choose to redefine their identity as a party. As long as they stay with the former, they will continue to be handed losses in presidential elections, because as much as a majority of Republicans love Trump — and boy, do they love Trump — most Democrats despise him with equal fervor (It is because of this fierce loathing of the former president that in 2024 Democrats would turn out in massive numbers as they did in 2020). Although Republicans also increased their voter turnout in 2020, I find it difficult to imagine a scenario in which they could keep up with Democrats in that category. In a time in this country when key states such as Georgia and Pennsylvania have already gone to Democrats once — and with Texas shifting further left with every

election — the outlook from the current Republican party is dim to say the least.

These are the options of the Republican party: stick with Trump and continue spouting their unfounded belief that the election was stolen, that the vaccines are dangerous and that the government has been infiltrated by Socialists, or try to move past that identity and reform as a coalition.

The Republicans could try to reinvent themselves, not as the party that mounted an insurrection at the Capitol on Jan. 6, but as the party of common sense government. Many Americans aligned with Republicans because they wanted small government, free market capitalism and a belief that, while there are some government programs that work well, there are others that don't. Millions of Americans fell in line with Republicans because that party represented how they felt, not because of the fanatic rhetoric of a single leader. That's how cults are built, not political parties.

That former identity is what the Republican party once claimed. Reagan would refer to Democrats as his “well meaning liberal friends” and George H.W. Bush gracefully admitted defeat to Bill Clinton. John McCain even defended Obama on the campaign trail when some Republicans feared his values.

Those Republicans would be unrecognizable in today's Republican party; and that's because the largest requirement to be a modern day Republican is that you have to hate Democrats.

The Republican Party doesn't need to continue to cling to this platform of hatred. Instead, they can show themselves to be beyond what has defined them these last few years. They can abandon their conspiracies over elections and vaccines, they can abandon their unmitigated hatred of anyone that's not a Republican and they can abandon their indoctrination of others into their circle of fury. In doing so, they could return to the party that accepts defeat when it happens. They could return to a party that's willing to reach across the aisle to help Americans.

The only way to do this is to leave behind Trump and his rhetoric. Yes, it fires up the Republican base, but it also fans the flames of violence and resentment.

As long as Trump is the leader of the Republican party, the party's issues will persist. Sure, many Republicans would be furious over the removal of Trump, but that is the only path if they want to remain a party that is taken seriously on the global stage. Even though most Republicans aren't willing to admit it, Trump is a plague on their party. The only cure is his removal.

Social Identity

Ethnicity should not define individuals

Identifying someone solely by their race can be an extremely degrading act



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I held the door open for a young man coming out of Manchester Hall the other day. He was taller than me, with olive-toned skin and curly hair. I'm five feet one inch tall and 100 pounds flat. From the back, I look like any other brunette on campus. The day I held the door open for this student, I was wearing blue jeans and a plain white t-shirt. I was leaving Manchester after a politics exam, I noticed him behind me and I held the door open. Planning on buying a snack, I kept walking towards Benson — he remained behind me, even after exiting.

"Where are you from?" I heard from behind me. My first thought was that my action of holding the door had implied that I was from a state with a reputation

"While your assumption about my ethnicity was correct, it left me feeling like nothing else about me mattered."

for friendliness — perhaps somewhere in the Midwest. Laughing as I thought about how I am actually from a stereotypically opposite type of state, I responded to this total stranger,

"New Jersey."

"No," he said, clearly dissatisfied with my response. "Are you of Latin descent?"

I knew where this was going.

"Yeah."

"Okay yeah, I thought so," he replied, then left. I did a full 180 and cancelled my plans for Benson. Instead, I headed towards my dorm.

Something about this interaction had bothered me. What gave this absolute stranger the right to see me from behind, assume my ethnicity, then ask me about it to see if he was correct? No part of me is ashamed of my Hispanic heritage — I love the way I look, and I'm proud of where I come from. So, why did this brief interaction bother me?

This has happened before. One time at a Greek Life event, a girl

came up to me and told me how happy she was that there was a brown girl in our sorority, that we had that representation. She, too, is considered a "brown girl" and meant no harm by this comment. I assume that both of these interactions were meant to create a sense of comradery, considering that they were between me and other people of color. Despite that, both occasions made me feel like a number rather than a complex person.

When these strangers brought up my Hispanic heritage, it didn't feel like a positive thing — they made me feel like my ethnicity was the only significant trait about me. In a world of racial quotas and gerrymandering and voter suppression, race has been brought to the forefront of a lot of topics.

I understand that and am glad that there are ongoing conversations about equality. However, it is my belief that race and ethnicity should be understood as an aspect of a person's intersectionality that adds richness to their character, not what defines it.

When a person comes up to you and the first thing they want to talk about is where you're from, it makes you feel like nothing

else about who you are matters. In these interactions, I went from feeling like a confident young woman in pursuit of a political career and infinite intellectual improvement to feeling like brown girl number x at Wake Forest.

Am I proud to be a brown girl at Wake Forest? Of course, but I am much more than that. These people, in a matter of seconds, took away everything else that I am and reduced me to one singular label. While they meant no harm and were attempting to establish a bond based on our ethnicities, something about this approach, with the intent to attach my face, body and name to one singular label felt degrading.

To the student I met outside of Manchester: while your assumption about my ethnicity was correct, it left me feeling like nothing else about me mattered. If you're going to ask a girl where she's from, maybe first look at her full backpack or notice that she's walking out of Kirby — the politics building — and start the conversation from a place that focuses on who she is as an individual rather than something that stems from the color of her skin.

American Politics

Republicans hope to pin debt crisis on Democrats

Legislators prioritize partisanship over the wellbeing of Americans



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Over the past week, the U.S. House of Representatives approved temporarily raising the national debt limit to about \$29 trillion, averting the threat of default for only another two months. This development came after Senate Republican Leader Mitch McConnell agreed to allow Democrats to pass an emergency extension of the debt limit without having to face a Republican filibuster. However, McConnell has not always been so adamant in maintaining the debt ceiling, and this recent crisis is indicative of the blatant political partisanship that currently plagues the government.

Just 12 days before the U.S. was set to default on its debt, McConnell offered Democrats this short-term solution, staving off a crisis at the 11th hour. Nonetheless, he has made it abundantly clear that he

"This crusade, led by Senator Mitch McConnell, is the latest in a long line of demonstrations of apathy ..."

will not assist them in raising the debt ceiling again.

"If Democrats want to tax, borrow and spend historic sums of money without our input, they'll have to raise the debt limit without our help," McConnell said.

The Senate Republicans' attempts at painting their Democratic counterparts as inefficient and unable to manage the country's finances due to this increase are not only laughable but hypocritical.

Over the course of former President Trump's time in office, U.S. national debt rose by almost \$8 trillion, amounting to the third-largest relative increase overseen by any U.S. president. Furthermore, the debt ceiling was increased by congressional vote three times. In addition, national debt would have increased irrespective of which party won the 2020 general election due to the steep drop in GDP the U.S. suffered as a result of the coronavirus pandemic.

Now that Democrats control the legislative and executive branches

of government, Republican politicians have dedicated themselves to making it as difficult as possible for Democrats to issue debt to pay off the country's bills. They've done this hoping to be able to pin an economic crisis on the Biden administration.

The U.S. defaulting on its debt is likely to have disastrous effects. If the U.S. treasury is unable to issue sufficient funds to pay off the nation's bills, they would be forced to conduct a warped form of economic triage in which they decide who to compensate and who to neglect. That could be soldiers anticipating their paychecks, the elderly relying on social security benefits or other groups of citizens depending on the government for their livelihood. Such would increase poverty nationwide.

Defaulting would also cause a sudden drop in the country's credit rating, subsequently driving up interest rates for the average American and undercutting both borrowing and spending. This, coupled with the inevitable devaluation of the dollar under these circumstances, would result in immense inflation, increasing the cost of living for the

average American. Moreover, according to economic research company Moody's analytics, this could even cause the unemployment of 6,000,000 people, decimate \$15 million worth of household wealth and result in "a downturn that would be comparable to that suffered during the financial crisis" of 2008.

These are economic impacts that seem to be realized by most of the public, considering the fact that 58% of Americans support increasing the debt ceiling (survey conducted by Navigator). Hence, the unwillingness of Republican policymakers to cooperate with Democrats is indicative of a much more insidious perspective that seems to motivate many Republicans political stances and decisions.

This crusade, led by Senator Mitch McConnell, is the latest in a long line of demonstrations of apathy toward the middle and working classes. Their willingness to jeopardize the livelihoods of the American people, to launch a smear campaign against the Democratic party, exhibits how partisanship and control have taken precedence over the wellbeing of the public.

American Politics

Mark Robinson does not belong in a position of power

The Lieutenant Governor's comments illustrate his hateful character



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As a nation, we have certainly made significant strides toward equality for the LGBTQ+ community. In 2015, the U.S. government legalized same-sex marriage in all 50 states. The advent of Title IV adjudication has largely prohibited discrimination based on sexual orientation. Professors and teachers within the education system are asking for students' pronouns at the beginning of the school semester. Many elementary schools - as well as higher-level institutions - have begun to incorporate LGBTQ+ education into their curricula. These are just a few of the developments that allow LGBTQ+ members to feel protected and comfortable within their communities.

Books such as "Heather Has Two Mom-mies" and "Julián Is a Mermaid" inform children of same-sex marriage and transgender people. Of course, most children will not yet understand sexuality and gender to their full extent, but these curricula expose children to LGBTQ+ identities at an early age so that they are not raised with any negative biases or perceptions of

"[Robinson] is attempting to erase the progress and steps we have taken to allow equality for everyone."

those who may be different from them.

Although the progression that we have made as a society toward equality for the LGBTQ+ community is certainly important, a large population of homophobic people still exists. They believe that this community does not deserve equality, that their practices are sinful and that LGBTQ+ education has no place in the classroom. Perhaps the most alarming display of this belief comes from those in positions of power, who are capable of wrongfully educating a population.

Last week, a video from June 2021 of North Carolina's lieutenant governor Mark Robinson resurfaced on Twitter after the group "Right Wing Watch" shared a clip of one of his speeches. In the clip, Robinson is making these comments at the Asbury Church in Seagrove:

"There's no reason anybody anywhere in America should be telling any child about transgenderism, homosexuality, any of that filth. And yes, I called it filth. And if you don't like it that I called it filth, come see me and I'll explain it to you."

He continued by stating that Christians must take control of public schools because the teaching of this 'filth' abuses children.

There are no words to describe how disturbing, hateful and straight-up wrong

these claims are. Even after facing widespread backlash, Robinson refused to apologize or back down from these degrading comments. His spokesperson claimed that his comments "refer to education" and that Robinson "will fight for and protect the rights of all citizens." These statements are sheer lies, as Robinson shared on his Facebook page that "Homosexuality is STILL an abominable sin and I WILL NOT join in 'celebrating gay pride.'"

Let us not forget that Robinson holds the second-highest office in the state, that he would succeed Gov. Roy Cooper. There is absolutely no reason why someone as disrespectful and ignorant as Robinson should hold a position of power. The malicious nature of his comments reaches far beyond just education. If he is given more direct influence and power, he most certainly would not protect the rights of all citizens.

It's important to note that the separation of church and state has been a concept since the 19th century, ensuring that all citizens have the freedom to practice their religion without the nation imposing a set of beliefs upon them. To claim that Christians must take control of public education is a violation of our First Amendment rights to freedom of religion. While this is just one major flaw in Robinson's claims, it is certainly not the most detrimental.

Robinson represents a form of backward progression in society. He is attempting to erase the progress and steps we have

taken to allow equality for everyone. It's one thing to believe kids shouldn't receive LGBTQ+ education in the classroom, but it's an entirely different form of hatred to refer to such education as 'filth.'

I believe that the progression we have made in educating kids on real-world issues and exposing them to different identities will allow us to grow into a society full of more well-rounded, accepting individuals. Even though Robinson may disagree, there is absolutely no excuse for his disparaging comments towards the LGBTQ+ community.

It's terrifying to think what would happen if Robinson had become governor of the state, and it's equally disheartening to wonder what backward steps the government might take next regarding the LGBTQ+ community after Robinson's statements.

There is no room for hate in any nation, state or local community — anyone who outwardly expresses such hate with no remorse should not have a position of power. As a society, it is our job to protect our LGBTQ+ community members and to be active allies when we witness hate speech and direct prejudice. With that being said, we cannot stand by and allow Robinson to continue to spew fiery hate across this state.

Sign petitions, call the North Carolina government office and inform your friends of the divisive and hateful agenda that Robinson is pursuing. This man is no leader — he is an abominable divider.

Mental Health

Self-love is key to campus unification

Even if it's a struggle, accepting and appreciating your body is worthwhile



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I went to Student Health Services the other day for a mild case of frat flu. If you've never been to SHS at Wake Forest, it's exactly like any other doctor's office except for the fact that the guy sitting across from you in the waiting room may be a 300-pound linebacker for the undefeated Wake Forest football team. When I was called back to see the doctor, they took my temperature, blood pressure and weight. Let me restate that in case you read over it: my weight.

I have thick thighs and have always been bigger than all of the other girls I went to school with. I've been self-conscious about my weight since I was young, but since I started lifting weights, I've gained a new sense of confidence.

"All we can do as humans who are flawed by nature is love one another and oneself with the love that we'd like to receive."

Before my appointment, I hadn't seen a difference in my body besides a slight decrease in definition, but I was okay with this development. I knew I could get my body into shape with two solid lifts.

I know — and knew during that moment — that every body is different and deserving of love. I've never been overweight ... I've never even been close. But, when I saw the number on the scale at SHS, 10 pounds heavier than when I came to Wake Forest, all my progress disappeared. In a single moment, I forgot about all the lifting and cardio I'd done and how much stronger I had gotten during my time here. I became frustrated and angry at myself for eating too much and not working out enough. I was already heavier than everyone else, the last thing I needed was to be gaining more weight.

It's been a struggle. I'm most angry at myself for thinking boys wouldn't want me because I'm heavier, or that I'm less

worthy of love than the girls around me because I gained weight. I started to feel guilty about having negative feelings. My body does so much for me daily. It supports me and deals with all the crazy stuff I put it through. It holds my brain and all my thoughts. It holds my heart and all the love that I have to give. And it's the only thing that will be with me until I die.

The guilt of not being okay with the way that I look despite all my body does for me made me feel worse. My life has felt like a constant struggle between loving my body, feeling guilty for not loving my body and feeling angry for even thinking about wanting the people who wouldn't like me with a bigger body. I know my worth. I know that I'm funny, smart, outgoing and hardworking — but for some reason, all of that gets lost because another part of me doesn't meet my standards.

Whether it's loving myself, my body, coping with some big emotions or getting over the frat flu — I'm working towards getting better. I like to think we can be united by these struggles — my dad likes to say that oftentimes we separate ourselves from others through our

individual problems. But what would our world look like if we united ourselves through these differences? Would we be more peaceful? Would the vulnerability needed for unification change the nature of humanity? How can we all come together to accept ourselves?

The process of accepting ourselves is internal — so how can we, together, help someone else through such an internal struggle? Giving support is good, but does it truly help? The most we can do is put all our effort in, and if that's not enough, we have to accept that there is nothing else for us to give.

I think that's a lesson we aren't taught and reminded of enough. How can we program ourselves into believing that our best is our best, that no one should be able to convince us that we're less? I think the answer starts with introspection and support.

All we can do as humans who are flawed by nature is love one another and oneself with the love that we'd like to receive. If we do that and can unite through both our similarities and differences, I think we can create much more light and hope in a world that can seem quite dark and sad when we're on our own.

Field Hockey's one goal: a final Sunday

Wake Forest Head Coach Jen Averill has one goal for her team: play on Sundays

BY ESSEX THAYER

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North Carolina sends an errant shot wide of the net. The second the ball crosses the out-of-bounds line, the ball-boy races to give a new ball to the Demon Deacons, who have just enough time to mount one final attack. There are 20 seconds left on the clock, and Wake Forest is trailing the No. 9 Tar Heels 1-0.

20 seconds, the ball moves past the defensive third towards a Deacon in the middle of the field. 19, 18, 17, Wake Forest turns to run up the field. 16, 15, 14, a pass is played down the right sideline, a Hail Mary. 13, 12, 11, the ball continues to roll towards a waiting Demon Deacon near the final third. 10, 9, 8, the ball turns. 7. It rolls out-of-bounds.

The ball is North Carolina's, and there is little time left. The clock dwindles, and the horn sounds. Black and gold clad players drop their heads and fall to the ground. Wake Forest had, once again, lost a Friday night heartbreaker.

When the buzzer sounded, one Demon Deacon did not drop. She didn't even seem to react. When all was lost, Wake Forest Head Coach Jen Averill paused her pacing on the sideline, shook her head and resolutely turned to meet North Carolina Head Coach Karen Shelton at midfield in an embrace.

A loss like this to North Carolina would likely shake most coaches, but not Averill. This is not her first time experiencing a tough loss, nor is it her second or third. Averill has been at Wake Forest for 30 years and has lost 208 times.

But, Averill has also won 389 times. She started coaching at Wake Forest in 1992, and it didn't take long for her to make an impact on the program, which had never reached the NCAA tournament prior to her arrival.

Within two years of her arrival, Wake Forest was ranked. In 1999, the Demon Deacons made their first NCAA tournament.

From there, Averill has never looked back. Wake Forest has now won four ACC Championships and reached 17 NCAA Tournaments and 10 semifinals. From 2002 to 2004, Wake Forest pulled off the unthinkable, winning three straight national championships.

Triumphs like that don't come easily. There must be a special culture, and Averill promotes that. In a meeting before their matchup against North Carolina, she spoke on "CPR", a set of maxims that her teams rely on. "C" for character, "P" for process and "R" for results.

Averill's teams must embody those three qualities to win, and she expects nothing less.

"We put a premium on our character," Averill said. "We're going to be invested in the process, which is a grind. Nobody's pulling out a violin [for us]. You have a choice. You can still chase it, we still [have] games left. The results will happen in your favor, but you [have] to work for it. That's why we're at Wake Forest."

The process played out on the field on Friday against North Carolina. From the outset, Wake Forest played fast and hard. Instead of sitting back and letting the Tar Heels dictate the game, the Deacons took hold of the steering wheel, controlling most of the possession in the offensive third.

But, just as much as Wake Forest pushed, North Carolina pushed back. When the Deacons were in the offensive zone, the Tar Heels closed down on the ball, consistently neutralizing any scoring threats.

Something had to change, and unfortunately for Wake Forest, it was North Carolina that made the adjustment. After making another defensive stop, the Tar Heels forged ahead into the Wake Forest zone. Following a big save from Deacons goalkeeper Tori Glaister, the Tar Heels kept their foot on the gas pedal by retaining possession.

Within a minute, the dam broke. In the twelfth minute of the game, sophomore back Ciana Riccardo found just enough space within the penalty circle to turn and rifle the ball into the back of the net.

Over the next 48 minutes, the Wake Forest defense stood tall to keep the deficit at one. Glaister made eight saves in the game, her most of the season. But, North Carolina stood tall as well. Every time the Demon Deacons entered the offensive third, the Tar Heels suffocated the attack. At the end of the day, North Carolina was just too good.

Despite the loss, the season goes on. 40 hours after the North Carolina game, Wake Forest defeated Davidson in convincing fashion, 5-0.

There is much still unwritten in the Demon Deacons season. Each team makes the ACC tournament — in field hockey, every team has a shot at the NCAA Tournament. Averill understands this. She's been here before.

"In 2018, we had a similar path as we're having right now," Averill said. "My plan as a [coach] is to play on Sundays. That's etched in our locker room. If you play on Sundays, you're playing for an ACC championship, and you're playing for a national championship. Are we good enough to win a national championship? I don't know that yet."

A loss to North Carolina hurts, but this season isn't over yet. The goal: play on Sunday. Until that Sunday, Averill and her team will keep on marching.



Photo courtesy of Wake Forest Athletics
Wake Forest goalkeeper Tori Glaister sprawls to make a foot-save.

Wake Forest men's soccer upsets Virginia Tech

Roald Mitchell, Jahlane Forbes and Kyle Holcomb netted goals in the win

BY CHARLES HORN

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For the second time this season, Wake Forest men's soccer defeated the No. 5 team in the country 3-1. In September, it was goals from senior Kyle Holcomb, and sophomores Garrison Tubbs and Chase Oliver that sank the Pittsburgh Tigers. On Saturday night, it was freshman Roald Mitchell, sophomore Jahlane Forbes and Holcomb, again, whose goals were enough to overcome the red-hot Hokies.

Saturday also marked the annual Gen-na Wiley Memorial Match, honoring the wife of former Wake Forest athletic trainer Steve Wiley who passed away from breast cancer just days after Wake Forest men's soccer captured the 2007 NCAA championship. At both the women's game Friday night and the men's on Saturday, the teams wore pink jerseys emblazoned with "Wiley" that were auctioned off to

raise funds for breast cancer research and prevention.

In a hotly contested and physical first half, it was a Virginia Tech mistake that opened the scoring. Forbes stole the ball away from Hokie Sivert Haugli and ran one-on-one to the goal. He then chipped the ball over the keeper for his first goal of the season. After the goal, Forbes slid in celebration.

A usual starter that alternates between left-back and left-wing, Forbes had been out due to injury since the loss against Liberty on Sept. 28. Forbes provided a welcome spark off the bench in both halves, routinely winning back possession and utilizing his rapid acceleration to create space on the wings.

Wake Forest entered the halftime break up 1-0, with possession about even and another upset in sight. Yet, a Virginia Tech equalizer complicated the path to victory — Hokie forward Danny Pugh lifted a shot past freshman keeper Trace Alphin.

However, the level score lasted just minutes. Soon thereafter, sophomore Hosei Kijima blew past his defender, reaching the end line before cutting the ball back onto his left foot. The Japanese winger

then played a low cross that evaded the Hokie defense and found Holcomb, who stroked the ball into the far corner for his eighth goal of the season and the 27th of his Wake Forest career. Holcomb's goal brings him into the top-10 all time scorers list for the program. It's a stellar mark for the senior.

The Deacs extended their lead in the 77th minute when Roald Mitchell continued his scorching scoring form with his third goal in four matches. Junior Takuma Suzuki placed a defense-splitting through ball which Mitchell latched onto before executing a finish that continued an excellent debut season for the New Jersey native.

As time ran down, Tech's frustration became palpable, culminating with a series of fouls. Those sparked an pushing match in the 85th minute that resulted in three Virginia Tech bookings and one for the Demon Deacons.

The victory against Virginia Tech continues a four-match winning streak for the Deacs, and further demonstrated the team's growth and ability to upset big names. Throughout the season, the Demon Deacons have struggled more in games in which they dominate possession

than in those that are more open. Wake Forest's pace — coupled with excellent long passing — has the potential to catch opposing defenses sleeping. Losses against Liberty and VCU were particularly frustrating to Wake Forest Head Coach Bobby Muuss' team, as the Deacs dominated possession, but were ultimately unable to break down the deep defending opposition.

Yet, as victories against then No. 5 ranked Pitt and now against No. 5 ranked Virginia Tech demonstrate, the Deacs are dangerous. These successes suggest the potential for an NCAA tournament run.

Muuss himself alluded to this in his post match notes.

"That's the best Virginia Tech team that we've played since I've been here," Muuss said. "That's a team that makes deep NCAA tournament runs. We approached this game like we had an NCAA Tournament game at Spry."

Wins over teams like Virginia Tech will be the victories needed to progress, both in the upcoming ACC tournament and in the NCAA tournament. The Deacs continue the trek towards the tournaments with an away match against Boston College on Oct. 23.

Four-star Zach Keller commits to Wake Forest

Keller chose Wake Forest over Power Five schools such as TCU, Texas Tech and Utah

BY CHRISTIAN ODIAKIAN

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Wake Forest has secured their first 2022 basketball recruit — and he's a good one. Zach Keller, a four-star prospect ranked as the No. 10 power forward in his class, announced his verbal commitment to play for Steve Forbes and co. on Oct. 11.

"The ACC is one of the best conferences for basketball, the elite academics at Wake Forest really stood out, and in the end, after taking all of my visits, Wake Forest was the school that felt right for me," Keller said.

Keller is a 6'9", 220 lbs forward who goes to Thunder Ridge High School in Highlands Ranch, Colo. Wake Forest was able to secure the coveted recruit over his other final choices which included TCU, Texas Tech and Utah. Keller is

a great get for Forbes and his staff, but the fact that he chose Wake Forest over numerous West Coast schools makes the commitment truly impressive.

"My overall gut feeling is what led me to commit," Keller said. "A lot of the members of the program constantly reached out to me and said they would love to have me go there, so it really felt like home."

Keller helped lead his high school team to a Colorado State 5A championship back in March.

"He was the best player on the court each time we played," Thunder Ridge Coach Joe Ortiz said. "He was spectacular."

So, what are Demon Deacon fans getting in Keller?

"They are getting a stretch four who gives it his all every game," Keller said. "I am a versatile big who does not like to take plays off and will do anything to get Wake Forest back into the spotlight."

Keller truly is a versatile, aggressive player who runs hard and crashes the glass. He can step out and shoot the three, block shots and also has great footwork in the post. He also had some durability

concerns in high school, but that's been about the only criticism of his game.

The front court is the only position group that is "old" on the current roster, so there is definitely a chance that Keller will have an immediate impact.

Of course, with the activity in the transfer portal at the end of last season, we have learned that roster turnover in college basketball is becoming a lot more common than it used to be. As a result, it's difficult to look ahead and have a true idea of what the roster makeup will look like next season.

"[The coaching staff] told me there might not be a ton of minutes for me there as a freshman, but said there would be some," Keller said. "It's also a really good school and I'm pretty close with (coach) Steve Forbes and (assistant coach) Brooks Savage."

Now that the ball is rolling on recruiting for next season, the focus shifts toward three-star guard Jamarques Lawrence from Roselle Catholic High School in New Jersey. Last week, Lawrence announced that his decision will come down to Wake Forest and Nebraska. He will be making his decision on Nov. 1.



Photo courtesy of Wake Forest Athletics

Keller led his high school to a Colorado state championship in March.

College football highlighted by Purdue's upset

Iowa, the No. 2 team in the nation and CFP hopeful, was blown out by Purdue

BY CONOR ROBBINS

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Week 7 in college football saw traditional playoff contenders assert their dominance, while some powerhouses fell victim to unranked teams. With under a month until the selection committee reveals their ranking, and six undefeated Power 5 teams occupying the AP poll, no team can afford to slip up if they want to lift that shiny trophy in 2022.



Photo courtesy of Matthew Holst/Getty Images

Purdue receiver David Bell breaks free from the Iowa defense.

No. 1 Georgia def. No. 11 Kentucky 30-13

In the most anticipated game of the weekend that featured two undefeated SEC teams, the Bulldogs kept on rolling.

Georgia controlled both sides of the ball and time of possession, much to the delight of a packed house in Athens. Backup quarterback Stetson Bennett continued to be serviceable in relief for starter JT Daniels, tossing for 250 yards and three touchdowns on an efficient 14/20 passing. In addition, coach Kirby Smart spread out rushing attempts between five different players en route to 166 yards and a 6.1 yard average per carry, keeping an overmatched Wildcat defense on their toes all game.

Ultimately, Georgia doubled down on the formula that enabled them to ascend to the top of the polls, and they have all the makings of a national championship contender come December. Their most significant remaining regular season test looms next week when they host a familiar SEC East foe in the unranked Florida Gators.

Meanwhile, Kentucky will look to get their historical season back on track. They have no ranked matchups remaining on their schedule. Expect to see both of these talented squads duking it out in one of the New Year's Six bowls in the postseason.

Purdue def. No. 2 Iowa 24-7

In by far the biggest upset of the weekend, Purdue suffocated the second-ranked team in the nation on the road in a game in which the hosts appeared truly outmatched throughout all four quarters. Purdue quarterback Aidan O'Connell had a field day through the air, completing 75% of his 40 passes en route to a

375-yard, two-touchdown performance. O'Connell had plenty of help out wide, as 240 of these yards were accounted for by standout receiver David Bell, whose touchdown early in the fourth quarter served as the final score for either team and essentially put the contest out of reach.

Iowa's defense, which entered the contest leading the nation in turnovers and turnover margin, nabbed a single interception in the third quarter and fell victim to some serious fatigue. Iowa quarterback Spencer Petras threw four interceptions and no touchdowns, forcing his defense to operate under short rest time and time again.

Despite falling victim to one of the biggest upsets of the season, the path to the postseason remains the same for the Hawkeyes: win and you're in. Meanwhile, Purdue is sure to provide sleepless nights for Big Ten contenders in the coming weeks, as they enter the most recent AP poll ranked No. 25.

No. 13 Ole Miss def. Tennessee 31-26

A game that was billed as a "homecoming" for former Tennessee and current Mississippi coach Lane Kiffin turned sour in the moments leading up to the final whistle. Following a controversial call late in the fourth quarter that stymied a game-winning drive for Tennessee, a sold out Neyland stadium revolted in a scene that will be discussed for years to come. Trash, beer bottles, and golf balls were hurled onto the turf in protest. Some fans targeted their former coach in particular.

The incident led to a 20-minute delay in game action and overshadowed what was likely the week's most thrilling contest. Heisman contender Matt Corral struggled to put together an efficient performance for the visitors, going

21/38 through the air and throwing for two touchdowns. It was the Ole Miss defense that instead anchored their victory. During the game, their traditionally high-powered offense managed to score only a single touchdown in the second half.

Despite the chaotic ending, this contest demonstrated the depth of the SEC this year. The game also reminded fans just how much better college football is when these two teams are an essential part of the landscape.

LSU def. No. 20 Florida 49-42

Following a colossal 37-34 road upset for LSU in 2020 over their arch-rivals, the Tigers put on a repeat performance in Death Valley this past Saturday. Yet again, the game had no shortage of highlights and exciting moments.

The story of the game was undoubtedly LSU's rushing offense, which totaled 321 yards on the ground, including a program-record 287 from lead back Tyrion Davis-Price, in addition to three touchdowns. LSU quarterback Max Johnson held up his end of the bargain as well, going 14/24 and tossing three touchdowns through the air.

In the dying moments of the half, with LSU leading 21-6, Florida quarterback Emory Jones completed a miracle 42-yard Hail Mary to receiver Justin Shorter, giving the Gators hope once more. The visitors went on to score 29 points in the second half behind a dual-QB system. Emory Jones and Anthony Richardson threw the ball 10 and 12 times, respectively.

The Tigers matched their foes every step of the way, sealing the deal with a go-ahead Max Johnson touchdown pass to receiver Jaray Jenkins with roughly three minutes remaining in the third quarter. Richardson went on to get intercepted on the following possession, effectively icing the game.

Deacon Spotlight: Brylin and Killingsworth

BY CHRISTINA DENOVIO

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On Oct. 10, doubles team Brooke Killingsworth and Anya Brylin made history as the first Demon Deacon doubles tennis team to win an ITA All-Americans Championship. Killingsworth — a sophomore from Rogers, Ark. — and her partner Brylin — a senior from Short Hills, N.J. — entered the tournament ranked No. 8 nationally. The team took down Auburn's No. 19 ranked doubles team in the round of 32 before defeating Florida State's No. 20 pair in the Round of 16.

In the quarterfinals, Wake Forest defeated a Northwestern team ranked No. 30, and in the semifinals, Brylin and Killingsworth came out on top in a difficult matchup against NC State. In the final, Wake Forest defeated an underdog Old Dominion team ranked No. 57 to take home the title.

Christina DeNovio: What made you want to pursue playing tennis at the collegiate level?

Brooke Killingsworth: I started playing tennis super young because I liked the clothes. But then, about my freshman year of high school, I knew that I wanted to pursue it at a higher level. College tennis is a lot different than junior tennis, but it's still a lot of fun.

Anya Brylin: My parents just kind of put me into different things when I was younger, and as I got older, I started dropping more and more activities. Tennis, though, was always the one that I never dropped. I kind of liked being the only one controlling what happens in a match. Like Brooke said, junior tennis is a lot different than college tennis and I've always wanted to be on a team, but obviously, tennis is not a team sport. So the fact that college tennis makes you work with people and lets you have teammates was something that attracted me. I'm thankful I was able to get here.

CD: How did you choose Wake Forest?

BK: I visited a lot of schools, a lot of big state schools. Wake was really special because it felt very community-driven. All of the girls on the team felt like a family. Walking around campus was really different than anywhere else I visited because so many people were waving to each other, so many people were saying 'hi,' it just felt like something I wanted to be a part of. There are small classes, but we also have big-time athletics and I knew that I'd get the opportunity to compete at a really high level.

AB: I knew that I wanted to go somewhere that had great academics and great athletics. I decided that I wanted to go to a smaller school, not a big state school. I wanted to be able to have close relationships with people and with my professors as well. Then, when I met the team and I met the coaches, I just loved the way that they interacted. Girls playing an individual sport could get very competitive sometimes, so I liked that the team was so close, but that everyone was able to push each other at the same time.

CD: How long have you been playing doubles with each other?

BK: We started at the beginning of the second semester last year. But, we weren't supposed to play together originally. It was kind of an accident that this happened.

AB: Because of COVID last year, with people coming back at different times, they just put us together for the beginning of the season while trying to wait for everyone else to come back. That wasn't their plan for when everyone else came back, but we just kind of clicked. We had great chemistry, started doing pretty well together,

and they decided to keep us together. And, obviously, it's worked out.

CD: Why do you think you make such a successful doubles pair?

BK: I've played a lot of doubles, but I think there's something special between us. We really click. Anya and I don't ever really disagree. We're also really supportive of each other. Mistakes are going to happen because doubles is such a fast game, but I think that we're very good at creating a really positive environment on the court. As such, we don't often get upset or feel like we let each other down if we make a mistake.

AB: Yeah, I definitely agree. We are almost always thinking the same thing, which is nuts. And I think that also kind of comes from our relationship off the court. I love Brooke to death. She's probably one of my closest friends here now.

CD: How did it feel to make history with your championship win?

BK: Our immediate reaction was pure joy. I don't think we ever doubted that we could do it. It was just so exciting. It was such a team effort. Towards the end of that match, Andy, our assistant coach, came out and was like, "Okay, here's what we're gonna do." He laid down the game plan, and it felt like something that we wouldn't have been able to accomplish on our own. It was genuinely one of the coolest experiences of my tennis career.

AB: Immediately, when we won that last point, I was in disbelief. We did it. I couldn't stop smiling for the rest of the day, my cheeks were hurting so badly. Like Brooke said, we had confidence that we could do it because we believed in ourselves. Coach Jeffrey and Coach Andy were so supportive of us throughout the entire thing. They helped guide us through these tough moments and believed in our playmaking abilities. And the trust that went both ways.

CD: How did you prepare for the tournament?

BK: The tournament was on clay, which is really unique because college tennis is never on clay. Playing on clay is something that you don't do a lot in America, so it's something that Anya and I were a bit unfamiliar with. Moving on clay is really different. You have to learn to slide, how to be comfortable on your feet. The team out at Forsyth Country Club actually let us use their courts for two weeks leading up to All-Americans. We were out there learning how to slide, learning how to move. Doing that gave us so much confidence because we prepared as hard or harder than any of the other teams out there.

CD: Which match during the tournament did you feel the most pressure?

BK: I think that there was probably the most pressure on the semifinal match because we had gotten so far but we hadn't gotten the ultimate end goal that we wanted. It was an NC State team, which is a big school. We know these girls really well and we know that they're really good. This one felt like the most pressure because we were so close, yet so far, and there was such a good team standing in our way. But, I think the hardest match was the finals because those girls were very good and we had to go outside of our game and find a new level that we hadn't previously played at.

AB: I also think the most pressure was in the semis matchup because we were playing NC State. It was at the point where we had been the first team in Wake Forest history to make the semis, so we wanted really badly to prove that we deserved to be there. I would say

I felt tense and wound up and ready to go, which isn't a bad thing. And then, in the finals, it was just tough because our opponents were on fire in the beginning of the match, and we had to find a way to turn it around. But, we knew that no matter what happened, this would be the last match. So, we just kind of left it all out there. We couldn't sleep the night before the final.

CD: You ended up winning some sets after coming back from behind. What did it take to put together those comebacks?

BK: As Coach [Jeff Wyshner] always says, it's not about how you play when you're up 6-0 or up 4-2. It's about how you play when you're down, 0-4 or 1-4. Our team always places a big emphasis on never quitting until the match is over, always believing you can come back. I also think it's a testament to our preparation and the team's preparation. We always felt that we were capable of coming back. We always felt that we were capable of winning, no matter the score.

AB: We were down in the semis and we were down in the finals, but we never gave up hope — we still believed that we could win. We kept telling each other to just focus on one point at a time, one game at a time. We had confidence in our abilities because we knew that we deserved to be there. We knew that if we kept working we'd find a way to come back and win the match. And as soon as we started gaining momentum, we never let go.

CD: What goals have you set for yourself for the rest of your time at Wake Forest?

BK: Next up is fall nationals — we're hoping to go in as the No. 1 seed there. Really, we just want to keep winning. But then, as we move forward into the season, just kind of shifting out of that individual mindset and focusing on getting that doubles point for our team.

I know that we're also looking forward to individual NCAA matches at the end of the year. Anya has always wanted to go skydiving — if we win in NCAA, it's in August, we're going skydiving. That feels a lot more terrifying now that I think that it's a reasonable goal for us.

AB: We're trying to replicate what we did down in Charleston, in San Diego. But then, as soon as the fall is over, we're going to be gearing up for the team season. We're going to be trying to give our team the best opportunity to win that doubles point and get ahead in every single match.

I think that we have a great chance to have a really good year this season as a team. I think we're going to be really strong in so many positions. We'll keep up this good work, and hopefully, go skydiving in May.

Editor's Note: This interview has been edited and condensed for clarity and brevity.

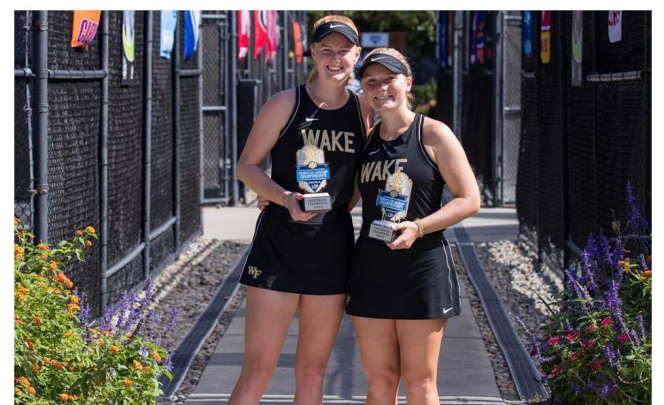


Photo courtesy of Wake Forest Athletics

Brylin and Killingsworth defeated Old Dominion in the final match in three sets.

Week 6 of the NFL season provides clarity

The Baltimore Ravens made a statement against the L.A. Chargers with a blowout win

BY IAN STEFFENSEN

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Week 6 of the 2021 NFL season was tumultuous to say the least. This season continues to provide compelling storylines and entertainment, as players keep showing out each and every week. However, despite all of these positives, many big plays were overshadowed by controversies.

Following the conclusion of Week 5, problematic emails written by Raiders Head Coach Jon Gruden came to light. In these emails, Gruden casually used misogynistic, racist and homophobic slurs. On Oct. 11, Gruden resigned from his post. The NFL will continue to investigate further. The league has made public denouncements of racism and sexism.

Tampa Bay def. Philadelphia 28-22

The Thursday night game this week featured the defending Super Bowl champion Tampa Bay Buccaneers taking on the Philadelphia Eagles.

The one takeaway from this game is, despite losing key players, the Bucs are still a force to be reckoned with. The 44-year-old Bucs QB Tom Brady remained calm in the pocket despite nursing an injured thumb.

Tampa Bay came out firing, and the Eagles seemingly played catch-up the whole time. Jalen Hurts continues to struggle

in his sophomore stint with the Eagles, and with the departure of TE Zach Ertz to Arizona, Philly fans are likely in for a rough year.

As the Bucs continue to rack up wins and injuries, it will be interesting to see if their depth will hold up. Will the backups be able to hold their own until Brady's favorite target, Rob Gronkowski, returns?

Jacksonville def. Miami 23-20

The Jaguars were able to claw back from an early deficit and beat the Dolphins all the way across the pond in London. Tua Tagovailoa made his first start since Week 2, but the real star was Jaguars kicker Matthew Wright.

Playing in just his third game for the Jags, the former software engineer displayed nerves of steel, drilling two decisive kicks to ensure the win, including a clutch 54-yard field goal to tie the game late in the fourth quarter. Following the Dolphins failed conversion on 4th-and-1, the Jags regained possession and Wright hit a 53-yard walk-off.

It was the Jaguars first victory in 399 days, ending the second-longest losing streak in NFL history. It wasn't pretty, but both Urban Meyer and Trevor Lawrence got their first NFL win. Hopefully they can carry this momentum and salvage some part of their season.

Green Bay def. Chicago 24-14

"I still own you! I still own you!" Green Bay Packers QB Aaron Rodgers directed these fighting words towards the Chicago stands during his efficient performance this past Sunday.

Rodgers threw for two touchdowns and ran one in to secure the victory for

the Packers. For Bears rookie quarterback Justin Fields, the learning curve is still apparent. He struggled to hit open receivers and constantly searched down field for the big play instead of making the easy one.

It was by no means a statement win for Rodgers and the Packers, but it has them sitting pretty atop the NFC North with a two game lead over Chicago.

Kansas City def. Washington 31-13

The pride of the AFC — the Kansas City Chiefs — has shown some weakness recently, and Sunday's contest against the Washington Football Team was no exception.

Patrick Mahomes seems to still be battling his demons, as he threw two interceptions. Yet, Washington was not able to capitalize on these mistakes. The Kansas City offense woke up in the second half, and fans were treated to some glimpses of the Mahomes they know and love.

While the season is young, the time is now to turn the tide for the Chiefs. Mahomes and Kansas City need to iron out many of their mistakes if they want to salvage the season and return to the post-season.

Baltimore def. LA Chargers 34-6

The Chargers have been the golden child of the league for weeks now, but this Sunday, they were brought back down to earth. Touted as what would be a thrilling, high scoring matchup, the passing game ended up lacking on both sides.

The Ravens are a running team, and this allowed for gaps in possession and led them to dominate the game from start to finish.

The MVP hopeful, Chargers QB Justin Herbert, struggled under pressure and was shut down by the Ravens defense. While Lamar Jackson threw two interceptions, the Ravens, as a whole, played complementary football and dominated nearly every aspect of the game.

This was clearly a statement win, and the Ravens will be looking to carry this momentum and continue their ascent to the top of the AFC.

Arizona def. Cleveland 37-14

The Cardinals remained undefeated with a commanding 37-14 victory over the Cleveland Browns, improving to 6-0 on the season. Kyler Murray threw for four touchdowns as the Browns battled injuries. Quarterback Baker Mayfield dislocated his left shoulder and will not play in their Thursday night game. Despite the absence of Head Coach Kliff Kingsbury and linebacker Chandler Jones due to COVID-19 protocol, the Cardinals were resilient and continued their unbeaten run.

Dallas def. New England 35-29

Are the Cowboys a threat? It appears so, as they overcame the New England Patriots in an overtime thriller. Dak Prescott, on his comeback tour, threw for three touchdowns, including the walk-off winner to CeeDee Lamb in OT.

Trevon Diggs made his seventh interception in six games, a pick-six. Mac Jones threw a 75-yard touchdown the next play to regain the lead. The Cowboys marched down and kicked the field goal to force OT, and then walked it off. America's team finally could be a contender.

Several Wake Forest alumni shine in NFL

Wake Forest students can turn on the T.V. any given Sunday and find several starring alumni

BY NICK BRIGGS

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Kendall Hinton - WR Denver Broncos

Kendall Hinton has had quite a noteworthy start to his career. After being signed as an undrafted free agent in 2020 by the Denver Broncos, Hinton probably did not plan on having a display in the Pro Football Hall of Fame already established. Then again, there are a lot of things we could not have anticipated due to the onset of COVID-19.

Hinton, a former college quarterback who transitioned to wide receiver during his senior year here at Wake Forest, famously started a game last season against the New Orleans Saints at quarterback for the Broncos when their quarterback was sidelined due to COVID-19.

Since his start last season at quarterback, Hinton has struggled to find his way onto the field for the 2021 Denver Broncos as a wide receiver. However, he may have finally caught his big break.

Since highly-touted Broncos receiver Jerry Jeudy hit the injured reserve list after their Sept. 12 opening game, the Broncos have been seeking a replacement

for Jeudy's production, and Hinton may be their solution. Hinton was promoted to the Broncos' active roster from their practice squad on Sept. 14, and has since played in all five games for the team.

Just recently, however, he has seen an uptick in his on-field snap percentage. In the Broncos' Oct. 10 outing against the Pittsburgh Steelers, Hinton not only played on a career-high 65% of their offensive snaps as a receiver, but also snagged his first career touchdown reception on a two-yard route in the end zone.

Moreover, while the Broncos have dropped their last three games after starting 3-0, Hinton's role in the offense has continued to expand. He caught all five of his targets against the division rival Las Vegas Raiders this past Sunday. It seems like Hinton's role will only grow in the coming weeks with the struggling Broncos offense.

Justin Strnad - ILB Denver Broncos

Strnad is a former Wake Forest standout linebacker who received Honorable Mention All-ACC Honors and an invite to the 2020 Senior Bowl. Strnad rebounded from a season-ending injury, earning himself a starting inside linebacker role for the 2021 Denver Broncos. Through six games, Strnad has tallied 23 tackles for a Broncos defensive unit that currently ranks fourth in both

total yards allowed per game and total points allowed per game. Strnad and the Broncos will look to bounce back after three consecutive losses, as he and fellow former Deac Kendall Hinton seek to keep the Broncos' playoff hopes alive in a highly competitive AFC West Division.

Jessie Bates III - FS Cincinnati Bengals

Death, taxes and Jessie Bates being an elite defender in the Bengals much-improved secondary. These are the only certainties in life.

Bates has been, as per usual, a standout on the Bengals' defense. The former All-ACC Second Team Selection and No. 54 overall pick in the 2018 draft is living up to his hype after earning second-team All-Pro honors in the 2020 season. Although his numbers are not on track to match his outstanding 2020 season, Bates is still ranked as PFF's 15th best safety, receiving a defensive grade of 71.2.

Bates has totaled 35 tackles this season, and has yet to miss a game as a starter for the Bengals during his career. Bates is also due for a large contract extension after this season when his rookie deal expires. If Bates continues to improve his stats this year — and is able to force a few turnovers — he should expect an offer that matches that of All-Pro safety Budda Baker or Steelers free safety Minkah Fitzpatrick.

Currently, the Bengals defense ranks fifth with 111 points allowed this season, and the team sits second place in the AFC North with a 4-2 record. While this Bengals team may be surprising pundits who previously condemned them up to another year of tough losses, Bates' continued success should not surprise anybody.

Carlos Basham Jr. - DE Buffalo Bills

A member of the highest-ranked defense in the NFL in terms of points and yards allowed, 2021 second-round pick and former Demon Deacon standout Carlos "Boogie" Basham has started to emerge.

Being thrown more and more into a stacked front seven rotation, Basham has racked up five tackles and 1.5 sacks in two games this season. Basham's rookie year with the Bills is bound to result in an expanded pass-rushing role as the season progresses, so long as he can stay healthy.

Basham may play himself into a starting position by the beginning of next season. For now, he, alongside the rest of the Bills roster, seeks to get back to the AFC Championship Game and advance to the Super Bowl for the first time since losing four-straight Super Bowls with Jim Kelley and the K-Gun offense in the early 90's. Basham and the Bills fell to the Titans on Monday night.

Humor | Feature

POV: You're the lead singer of an indie band

Exclusive interview provides a glimpse into the life of a rockstar

BY SELINNA TRAN

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What would you say is your inspiration?

Honestly, my inspiration would have to be myself. I have made it this far in the world by relying on my own creative genius. You know, I'm not like the other people in the music industry. I do it for passion, for that feeling that only creative minds could ever possibly understand.

When will the next album be released?

What is an "album" exactly? You know, I feel like we confine ourselves into these industry terms that put out performative garbage that doesn't contain soul. I don't put out albums. I put out art. And you sim-

ply cannot put a timeline on art. Art is art, man. There is no timeline to create.

Anyways, our next album will be released in early winter. Don't forget to stream on all platforms.

Some recent scandals regarding you and your former partner have come to light. They have come out with stories accusing you of manipulation. How do you respond to that, and how has that affected your profession?

Firstly, I find this incredibly unprofessional. What happened between me and them is between us. But, if we are going to be talking about it, they are smearing my name here. Look. I can't help my fame, and that brings about people who will want to take advantage of my talent and my kindness.

They did just that, and let me put that into perspective. Ever watch "500 Days of Summer" or "Scott Pilgrim VS. The World"? I'm just like Scott Pilgrim or Tom Hansen, I'm the good guy. I just get put into situations that make me the bad guy.

It can't be helped. They had the audacity to call me a gaslighter. Of all things that I am — a creative genius, a music legend, a rockstar — I am not a gaslighter.

I'm not really sure where they got that term — it seems to be one of those buzzwords designed to make me look crazy. They're the crazy one.

Is there anything that you would like to say to your fans?

Oh my God, dude. My fans are my lifeblood. I believe I have a personal, soulful connection to each and every one of them. At the same time, these fans are crazy. They are just too obsessed with me. I do not know what it is about my voice and alluring lyrics, but I have garnered the favor of all of these fans. They are the world though, and should definitely keep an eye out for the next merch drop.

Thank you so much for participating in this interview. Do you have any last words that you'd like to share?

Nah, dude. Thank *you* for having the genius to invite me here. I know my fans will love this interview. Don't forget to follow me on Instagram @rockstarleadsingerof-myownbandXO.

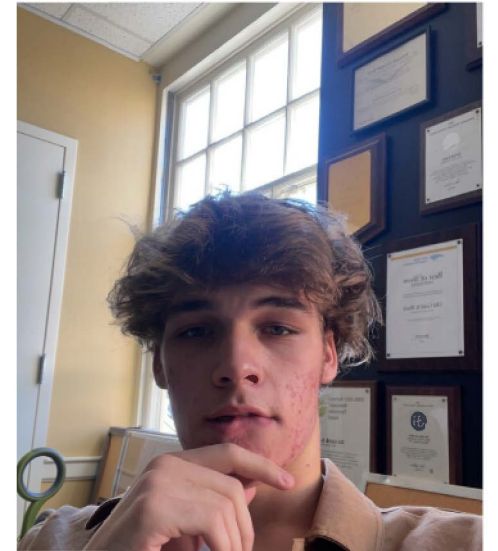


Photo courtesy of Adam Coil

POV: You're taking a selfie after listening to The Smiths and Weezer.

Winston-Salem | Eclectible Shop

LIFE ON THE STREET: Visiting the Eclectible Shop

The Eclectible Shop, a book shop near campus, is the perfect place to discover a new read

BY ADAM COIL

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Eclectible Shop, which is just a few minutes beyond our campus on North-west Boulevard, is truly one of a kind. The eccentric blue walls that encase the windows displaying vintage cameras and glassware are a warm welcome to first-time guests and seasoned customers alike. The quaint exterior has the countenance of a modest roadside shop, but, upon taking a few steps inside, I realized there was much more than what initially met my eye.

I felt as if I was thrown into a labyrinth of literature and art, surrounded by bookshelves and decorative art that spiraled in every direction. The store is a wonderful and harmonious orchestra of disorder. There are stray books in every nook and cranny, furniture on the ceiling, paintings on the floor and miscellaneous boxes of magazines and periodicals throughout.

The shop really has everything. I found books on philosophy, history, math and science. There were biographies, religious texts, classics from across the globe and encyclopedias on just about everything. There was a rich catalog of photobooks,

where you could see everything from modern fashion in Japan, to the architecture of Frank Lloyd Wright, to some of the most celebrated photographs of the 19th century. There aren't too many book stores where you can find Nietzsche just a couple of feet away from "Twilight".

As I stepped downstairs, the ensemble continued to grow. There was a large section dedicated to vintage pieces of vinyl, ranging from Elton John and The Beach Boys, to spiritual records and classical music, too. There were some old-timey record players for sale, as well. I found some throwback publications of Time

and Life Magazine, and I learned about all of the wonderful health benefits of Marlboro cigarettes!

Another nice little touch, found near the back of the store, is a room filled with children's books and youth literature. Some of your favorite bedtime stories and elementary school chapter books are in there, alongside some retro Marvel and DC comics and board games. The decorations and artwork displayed play up the nursery theme, and the room is an impressive pocket of cohesion.

If you spend enough time at Eclectible Shop, you may start to feel like you are

walking around in the mind of the most cultured and well-traveled crazy-genius of all time.

I really enjoyed my time at the store. I found the atmosphere comforting and exciting. It was an adventure sifting through the relentless waves of tomes, and I kept finding myself surprised by some of the titles I unearthed. I started to get the impression that one could discover just about anything at Eclectible Shop, so long as they weren't searching for anything made in the past couple of decades. The space looked great and carried with it the elusive, unparalleled smell of aged, leather-bound parchment.

I think, perhaps, the unsung heroes of the entire store are the cool rugs dispersed throughout.

After wandering around for quite a while, I had the pleasure of being able to talk with Frank Frye, the owner of Eclectible Shop and a Winston-Salem local. I asked him if he had anything that he wanted to say in this article, and he wished to only remind everyone to enjoy themselves and make the most of their time here. I checked out and was getting ready to leave when I stopped and asked him what his favorite thing about the place was. He quickly and simply told me, "The people."

I could tell he meant it.

If you are looking for a cozy shopping trip that is perfect for a cloudy, lazy Saturday, I would certainly recommend heading down to Eclectible Shop and picking up some books on, well, anything. I know I'll be back soon.



Photo courtesy of Adam Coil

Eclectible Shop is, as the name suggests, an eclectic store owned by Frank Frye filled with unique and interesting finds from literature to art.

Arts | COVID-19 & Performing Arts

Rejuvenating the performing arts

Getting back into the swing of things with music professor Elizabeth Pacheco Rose

BY TAYLOR SCHUTT
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As I anxiously walked towards room M206 in Upper Scales, I was instantly relaxed by the warm, charming and beautiful Elizabeth Pacheco Rose. Similar to her last name, Rose greeted me with beauty and spunk that was only slightly intimidating. Rose's personality lit up the room, and her ambition struck me with awe.

While standing in front of a full-body mirror, Rose tells me to get into my singing stance. Immediately, I obey her instructions by spreading my feet hips-length apart, straightening my posture, opening my chest and leveling my head.

A year and a half ago, this would not have been possible. Amidst the COVID-19 pandemic, being closer than six feet away from a stranger was unheard of — and don't even think about touching their torso!

For Rose and many others in the performing arts, COVID-19 destroyed any hopes of performing in front of a live audience for months. Then, years.

As a performer, instructor, mother and wife, Rose has dealt with the ups and downs of the global pandemic from a variety of different angles. In March 2020, Rose was a week from the opening night of Rodgers and Hammerstein's "The King and I" when everything shut down.

"It was a cast of [about] 50 people using the Winston-Salem Symphony," Rose said. "It was going to be such a beautiful thing for our community, so that was a real heart-break."

After the first cancellation, all of the other shows followed. It was a dreadful domino effect that caused the arts to lose thousands and thousands of dollars. One after another, Rose saw her hopes and goals fade away.

Likewise, Rose's husband, Saxton, is also a performer and instructor at the North Carolina School of the Arts. As the Dean of Music and a "rockstar" bassoonist, COVID-19 hit Saxton with the same vigor as it had his wife.

"It's never been about the money for me, I would have never entered this career," Rose said. "But between me and my husband, all of our freelance work was just gone and it's really hard to talk about."

Rose and her husband attempted to come to terms with the situation through online lessons over Zoom. Similar to online school, it just wasn't the same for Rose or her students.

Now, back for her ninth year as a visiting assistant professor at Wake Forest, Rose truly loves that her lessons and performances are somewhat normal again with the return of live audiences. Rose's first performance since the start of the pandemic was Adam Guettel's "The Light in the Piazza" in June 2021 on Lake Michigan.

With an extensive background in the performing arts, Rose knows what she's talking about. Her mother, who is a spectacular pianist, raised Rose and her six siblings in theatre and music. Rose pursued opera in college and perfected her skills and accent during her stay in Italy.

Rose not only focuses on the sound her students produce but also works on their performance techniques, posture and breathing. In her performance classes, Rose helps students to loosen up, allowing them to settle their nerves and let their smiles shine.

Rose teaches her students in a kind, motherly manner that always makes them feel appreciated. She praises her students every chance she gets because she truly believes in each and every one of them.

Many of her students and colleagues would say that Rose follows the saying *carpe diem*. Despite a global pandemic, Rose persevered. Rose makes every student, every lesson, every song and every day feel special.

Movies | Halloween Classics

Embrace Halloween with these films

Get into the Halloween spirit by watching these classic, spooky movies

BY ALYSSA SOLTREN
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What could possibly be more wonderful this time of year than the dynamic autumn colors displayed by our beautifully forested campus? The spooky season, of course.

Everyone looks forward to it, perhaps even more so than the Christmas season. There are lots of different ways to celebrate and satisfy your hunger for the scares and eerie aspects of the holiday — some of the best traditions are sitting down with friends or family, gathering up the junk food and selecting the perfect spooky movie.

Halloween is the prime time to watch so many of these movies, some just plain creepy, others all-out terrifying fun or thrilling. The selection is so large that I'm going to showcase the three best spooky movies that I would highly recommend to everyone. Are you brave enough to continue reading? (You can just peek between your fingers if you'd like).

My first recommendation isn't necessarily a horror movie, making it a great option for those who don't enjoy the genre but still want to celebrate Halloween. "**The Nightmare Before Christmas**" is unique and fantastic in a number of ways.

First, the film was created almost entirely through the method of clay animation, which is an incredibly painstaking process, especially for feature-length films. Not only that, but the animation looks amazing in every frame! It flawlessly captures the weird yet endearing nature of the characters and settings.

Second, the soundtrack is phenomenal — the songs have such enjoyable melodies that you might find yourself humming along to them. As far as I know, not many other Halloween movies can offer this.

Lastly, the most obvious characteristic is that it involves Christmas in its story as well. The movie knits together the two holidays so expertly that it's definitely worth a watch during both holiday seasons!

If you're looking for something more like a high-quality, your-blood-will-run-cold type of movie, I have the perfect option for you. "**The Shining**" is a somewhat older film but is so well-crafted that it remains a shining (pun definitely intended) classic today.

It doesn't rely on jump scares or gore to make you feel queasy. Rather, the way it masterfully portrays the psychological devolution of its characters — which are combined with more sinister, underlying forces throughout — pushes you to the edge of your seat and makes your heart pound. At least, that's how I reacted. Keep in mind that this movie is not for the faint of heart or the horror movie novice, but, if you're up to it, you will not be disappointed.

Want a refreshingly different take on a Halloween movie? You are also in luck! "**Scream**"

is a solid horror movie that bears elements of mystery and comedy and its clever and swift plot will surely keep you guessing. What's especially entertaining is the meta-humor that manages to both mock and pay homage to horror movies in general.

Although I should warn you that this movie is pretty gory, there isn't much more I can say about it without potentially spoiling something, so you should watch it for yourself. Better yet, watch it with a few friends! I can confirm that friends make the movie even more fun. Watch "Scream 2" after.

Out of the tons of spooky or scary movies out there, these are among my favorites. I love having movie nights on weekends when I'm not drowning in midterm work. My friends and I even made it a tradition last year between my friends and me to do these together.

October, though, is the best time for us to watch the horror movies that I wasn't allowed to see at home. Maybe that's why watching them feels therapeutic sometimes. So, if you share my interest in spooky movies, hurry up and take this opportunity. Indulge in these gems that I've presented you, then go find more. Like a killer in the night, Halloween is approaching fast.



Photo courtesy of IMDb

The 1993 classic, "Nightmare Before Christmas", remains a staple when it comes to Halloween-themed movie nights with friends across all demographics.

&

THE HOT LIST

TOP TEN POWER RANGERS

By Adam Coil

1.

Pink

2.

Black

3.

Red

4.

Yellow

5.

Blue

6.

Green

7.

There aren't any more Power Rangers.

8.

9.

10.

&

Look "A Grand Heist"

Photo courtesy of Adam Coil

LIFE: WRITER FEATURE

Highlighting some of our fantastic writers

BY SELINNA TRAN
Life Editor
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What exactly is the Life section?

The Life section of the Old Gold & Black is filled to the brim with endless possibilities, stories that cover all sectors of life, both here at Wake Forest and beyond. Music, arts, culture, campus life — there is no limit as to what stories can be written in this section. Whether it be a satirical article about the flat earth that we reside on or a platform that provides space for minority voices on campus to share life through their lens, there is a space for anyone and everyone in this section. Our writers do it all, so we want to highlight some amazing articles other contributions to this section.

NEW WRITERS

OLIVIA WANG



Photo courtesy of Olivia Wang

These writers might be new but they have made their mark on the newspaper. Firstly, we would like to highlight Olivia Wang and her contribution to the “Life Through the Lens” section of Life. There, she talks about her journey so far at Wake Forest, grappling with her identity and her experience being an international student in an American journalism class. We get to see life through Olivia’s lens.

STAFF WRITERS

ISABELLA MASON



Photo courtesy of Jerry Messing

Isabella Mason is a weathered staff writer who has contributed some amazing articles to this section. Most notably, she wrote a satirical humor article from the perspective of a Reddit “nice guy.” Life is always happy to receive an Isabella Mason article because we know that it will be amazing. Isabella has also been featured sharing her love for Midwest emo music and her connection to the game “Super Smash Bros. Brawl.”

MEET THE STAFF



Photo courtesy of Selinna Tran

Selinna Tran (6’4”) is the Life Editor and loves minions, flat soda and warm cheesecake (a lot). She also loves this section and enjoys editing and writing.



Photo courtesy of Adam Coil

Adam Coil (5’2”) is the Assistant Life Editor. When he’s not reading old books that no one else cares about, he’s listening to Phoebe Bridgers.

BRODY LEO



Photo courtesy of Spotify

Brody’s first article featured an illustrious review of the renowned music group, Injury Reserve. Brody’s writing captured the essence of the group and the vibrancy that exudes from their music. Music is an integral part of the Life section and we are always trying to discover, review and analyze different corners of the music industry.

ALYSSA SOLTREN



Photo courtesy of Alyssa Soltren

Alyssa’s fourth article is featured in this week’s edition, in which she tells us about must-watch Halloween movies. That is not all that Alyssa has written about, though. Her most infamous article is her love letter dedicated to milk. Alyssa has written about many topics so far, exemplifying the versatility of this section. Any topic is welcome to be addressed here, even if the article exclusively discusses milk.

JOE CHO



Photo courtesy of Selinna Tran

Retired Life assistant editor turned staff writer, there is not much that Joe cannot do. He helped jumpstart the “Life Through the Lens” section along with contributing his personal perspective. A fantastic writer and editor, Joe shared his most controversial opinion regarding his [sinful] decision to pour milk before putting cereal into his bowl. Joe’s writing has the perfect blend of humor and satire.



THIS SECTION IS A WILL ZIMMERMAN FREE ZONE