

Old Gold & Black

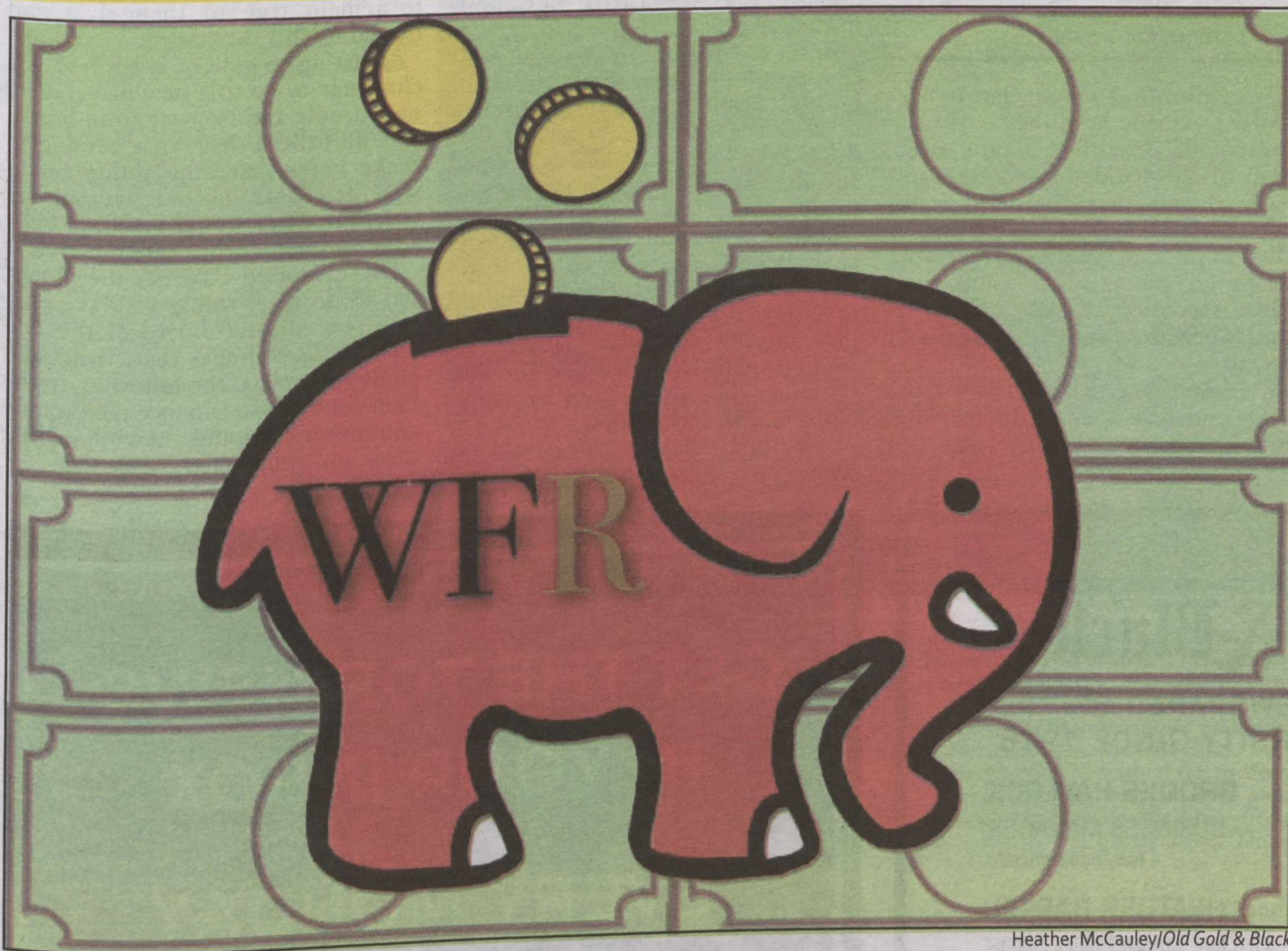
WAKE FOREST'S STUDENT NEWSPAPER SINCE 1916

THURSDAY, APRIL 19, 2018

VOL. 103, NO. 13

"Covers the campus like the magnolias"

wfuogb.com



Heather McCauley/Old Gold & Black

The Collegiate Network, run under the right-wing Intercollegiate Studies Institute, is among other conservative financial donors to the campus' new publication, the *Wake Forest Review*.

WFR independence examined

Network of donors and Board of Directors cause some to question the *Wake Forest Review*

BY HEATHER HARTEL
Online Managing Editor
harthf15@wfu.edu

"The Independent Newspaper at Wake Forest," is how the *Wake Forest Review* self-brands itself as a student publication. Yet, with a nine-member, conservative Board of Directors and their status as part of a network comprised of almost 100 other conservative student publications, the *Wake Forest Review's* journalistic integrity is called into question, as funding sources remain undisclosed.

"I think there are a number of reporters and journalists at the *Wake Forest Review* that are interested in practicing good, fair, accurate journalism, which they do," said Justin Catanoso, a journalism professor at Wake Forest. "[However], the fact that their newspaper is sponsored by a very partisan, politi-

cally astute and ideologically-driven group of donors and institutions really calls into question how independent that independent newspaper can be. When you lose that independence, you lose your credibility."

The *Wake Forest Review* was founded by a group of students looking to, according to their mission statement, "question progressive thought and preserve conservative principles by providing fair and enlightening journalism that educates the community from a libertarian and conservative perspective."

Choosing to remain an un-chartered student organization, the *Wake Forest Review* deems itself the independent newspaper at Wake Forest. Becoming chartered makes organizations eligible for funding from Student Government.

"When we first started the *Review* a number of administrators, including the Dean of Students and Provost, suggested that we become a chartered student organization," said Ryan Wolfe, the digital director of the *Review*. "Ultimately, we decided to become

a 501c3 non-profit corporation as we had concerns about the potential for biased oversight."

In the creation of the *Wake Forest Review*, former Editor in Chief Sabin Sidney and current Editor in Chief Anthony Palumbo initially turned to the Collegiate Network, an organization for helping student journalists establish conservative campus publications, for guidance on forming a conservative publication independent from Wake Forest.

"We started in the fall of 2016, and the initial funding we went to was the Collegiate Network, because they do a lot of different independent, conservative papers on college campuses," Palumbo said. "The Collegiate Network basically said, 'These are our papers and this is our network.' So I send them emails and say, 'Can you tell me a little more about your flow, how do you run things?' There were a few conversations that we used to shape how we are."

See Review, Page 6

School of Business avoids promoting sustainability

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

BY ISABELLA KORNITSKY
Contributing Writer
komik16@wfu.edu

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

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

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

Currently, more than 1,700 businesses have pledged their commitment to meet the Paris Agreement goals, joining the movement "We Are Still In," while the Trump administration remains on the sidelines. With companies increasingly embracing environmental, social, and governance (ESG) strategies, an expectation is developing that business students graduate with and understand the core tenets of sustainability in business practice. Stanford, Michigan, Berkeley, Duke, NYU and other programs across the country are racing to meet this critical demand, incorporating sustainability and social responsibility as distinguishing factors in their respective business curriculum.

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

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

See Business, Page 4

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

High expectations for the incoming class of 2022

With campus days this month — one last week and one this week — and acceptance letters sent out last month, the class of 2022 is almost solidified.

Prospective students have just under two weeks to officially decide if they want to attend Wake Forest. While they have a tough decision on their hands, Wake Forest also had a tough decision choosing who to admit.

We hope that the new class will enrich the student body at Wake Forest in a variety of ways. We hope to see students from across the world bringing a variety of cultural influences from different backgrounds so to further enrich the Wake Forest community as a place to learn new things and challenge ideas.

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

This senior high school class in particular has made headlines across the country, particularly with the aftermath of the Parkland shooting and many students participating in walk-outs in March.

We hope that the class of 2022 speaks up and is vocal about their views, regardless of political affiliation, when they come to campus in the fall.

It is important that students, especially underclassmen, fight for what they believe in. We encourage this

of all prospective students and hope that underclassmen feel comfortable doing so once they arrive on campus in the fall.

Moreover, national news and politics have been increasingly prevalent on high school and college campuses, so it is even more important that the “Wake Forest bubble” is popped and that we all engage in the outside world.

This can be achieved by students paying more attention to local and national news sources and ensuring that they are educated voters when they arrive at the polls.

Additionally, we hope that the new freshman class embodies a variety of personalities and interests.

Wake Forest is often criticized for

having a “cookie cutter” type of student, so we encourage the new class to remain true to themselves and overcome this stereotype.

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

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

Old Gold & Black

THE STUDENT NEWSPAPER OF
WAKE FOREST UNIVERSITY SINCE 1916

JULIA HAINES
EDITOR-IN-CHIEF
hainjm15@wfu.edu

BECKY SWIG
PRINT MANAGING EDITOR
swigrr15@wfu.edu

BROOKS HALLOCK
BUSINESS MANAGER
hallab15@wfu.edu

HEATHER HARTEL
ONLINE MANAGING EDITOR
harthf15@wfu.edu

>> NEWS

Lillian Johnson, johnlg16@wfu.edu
Daniel Pachino, pachdb15@wfu.edu
Assistant Editor:
Nicole Loffredo, loffn16@wfu.edu

>> SPORTS

Lizzie Snyder, snydem15@wfu.edu
Ren Schmitt, schmw16@wfu.edu

>> OPINION

Ethan Bahar, bahaea15@wfu.edu
Kyle Ferrer, ferrka16@wfu.edu
Assistant Editor:
Kiley Price, prckj15@wfu.edu

>> LIFE

Olivia Field, fielor17@wfu.edu
Emily Beauchamp, beauea17@wfu.edu
Assistant Editor:
Sarah Boyce, boycse15@wfu.edu

>> DIGITAL MEDIA EDITOR

Amanda Wilcox, wilcaf16@wfu.edu

>> ADVISER

Phoebe Zerwick, zerwicp@wfu.edu

>> POLICIES

The *Old Gold & Black* is published Thursdays during the school year, except during examinations, summer and holiday periods, by Triangle Printing of Durham. © 2014 WFU Media Board. All rights reserved. The views expressed in all editorials and advertisements contained within this publication do not necessarily reflect the opinions of the OGB. As part of our commitment to reporting news fairly and accurately, we will not remove any previously published content. If an error in either our online or print content is brought to our attention, we will revise the originally published article with an appended correction. In order to facilitate thoughtful and appropriate debate, profane, vulgar, or inflammatory comments on our website are not allowed and will be deleted. For more information on our commenting policy, please see our website. We reserve the right to reject advertisements deemed inappropriate. Our full policy, and how to advertise with the OGB, can be found on our website.

>> SUBMISSIONS

The OGB welcomes submissions in the form of story tips, columns and letters to the editor. Letters to the editor should be fewer than 500 words, and columns should be around 500 words. Send yours via e-mail to hainjm15@wfu.edu the Monday before publication. We reserve the right to edit all letters for length and clarity. No anonymous letters will be printed.

>> ONLINE MEDIA

Web: wfuogb.com
Facebook: facebook.com/ogb1916
Twitter: @wfu_ogb
Instagram: @wfu_ogb
Snapchat: @wfu_ogb

GET THE TOP NEWS
IN YOUR INBOX
EVERY MONDAY
AT 4 PM



SCAN TO
SUBSCRIBE!

Deacon Profile: Sebastian Irby

BY LILLIAN JOHNSON

News Editor
johnlg16@wfu.edu

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

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

How did you get into sustainability?

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

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

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

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

I did not. I was hopeful that — because there was a Master's program and a lot of swelling support for an environmental major — in the time I was here it would develop on its own. But that was not the case. I think it's on the time horizon for Wake Forest eventually, but I was hoping that it was going to be on my time horizon. It became pretty obvious that it wasn't going to be, so I actually applied to transfer to a bunch of schools. At the last minute, I decided I was going to stick it out because Dedee Johnston in the Office of Sustainability had told me about this Interdisciplinary program. Having this done all this curriculum work, I just knew all the courses really well.

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

With the Interdisciplinary program, you want to attack it as early as you can because you have to submit your proposal at the same time that everyone else is declaring as a sophomore.

The way that the Interdisciplinary program works is you have to find a degree at another institution that you basically map out and work to match as many Wake Forest classes with those classes so that you can map the curriculum out. Then you have to submit a proposal to the Interdisciplinary Curriculum Committee — one professor from all of the divisionals plus one of the deans. You submit a proposal that has a list of all the



Photo courtesy of Zack Chan

classes that you want to take, the degree that you're basing your plan off of, a personal statement and recommendations from professors. It's very, very time-consuming. It is very hard and very stressful.

What does Sustainability Studies mean to you?

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

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

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

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

I would say there's at least one solid class in every department that deals with the environment. In anthropology, there's Culture and Natures. In the humanities department, there's Humanity and Nature. There's a religion and ecology

class. In every department, there's one very obvious class like those. Then there's also, depending on who you take certain classes with, classes that teach American literature and incorporate more environmental things into their curriculum.

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

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

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

What was that class about?

It talks about how culture has changed over time and then specifically you look at environmental themes. You go back to the beginning of civilization and how people interacted with the environment at that time and you trace that theme up through today. [Thacker is] a really awesome professor. Before I took that class, someone told me that it would be the best class I ever took at Wake Forest. I took it and was like, "Oh, they were so right."

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

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

Why do you think that is?

I don't necessarily think that they don't want it, I just think that they have other priorities. We can't just hire 20 new professors and start three new majors. I understand that it's been really slow to get the ball rolling. Definitely in the time I've been here, they've started to offer more classes, which I think is really positive. I definitely think that there will be a major in the next five years, at least I would hope. I see [that need] in how many people I have worked with and in trying to develop these Interdisciplinary degrees.

I also think that a lot of people don't realize that that's something that they might want because they don't have access to it. I have a friend who is a biology major and got exposed to a lot of the coursework I was working on. She was like, "holy shit, why was I ever a biology major, why didn't I know about this?" It's because there's not a lot to know about this — there's not a developed major program.

Do you see yourself as a trailblazer almost for the future of this?

Yeah, I do, and it sounds really pretentious to say that. (Laughs).

Someone had to start it.

Exactly! Every spring there's a Champion of Change award that the Office of Sustainability helps put on and last year I got the student leadership award for helping students with this program. A lot of the people I work with really thank me for how much grunt work I put in being the first person. It makes it a lot easier for people now because, even though it's still really an extensive list [of classes] they have to look through, they don't have to sort through that list within something else. There are hundreds of classes you have to look through, but now you can CTRL+F or they're organized by department. I also think that having someone to help you and talk through it is really useful. No one helped me at all. Dedee, like I mentioned, was my mentor and she did a lot of work with me, but I didn't have any student contact that had gone through the process before. It's not a handholding thing. It's very self-starting, self-motivated.

What are you doing after graduation?

That's a good question — I don't know yet. My hope is to be in D.C. doing environmental policy. I would like to be working in either climate change or renewable energy, because those are two things that I really care about. Fingers crossed. I have a lot of applications floating around in the void that I'm waiting to hear back on.

Not just in terms of curriculum, but what are your hopes for a sustainable future for Wake Forest?

(Whispers). Gosh, there's so many things.

It's interesting because in working for the sustainability office, you really learn how institutionalized things are. The school has always said, "we're a slow moving democratic process," and that is really the most true thing in the whole world. It is so hard to get things changed. It's not necessarily for a lack of will, although I do think that the environment is just not a priority on people's minds here, but it is just a lot of work. My vision moving forward is for the people who are passionate about this to be louder with their voices. When you don't necessarily hear a push for these things, you don't see them happen. At the same time, I would like the school to take initiative on these things on their own without that having to happen, because it's a two-way street.

Business: Students, faculty frustrated by curriculum

Continued from Page 1

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

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

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

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

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

Johnston has two business degrees herself, and is frustrated with the ambiguity, and lack of traction she's gained

through her own attempts to encourage the adoption of sustainable practices in the business school.

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

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

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

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

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

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

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

"[The Business School] is the perfect place for [inte-

grating sustainability into curriculum]," Fogel said. "[The Magnolia Project] has this humanities focus that could be included within the business school so easily. They just missed the boat."

Ann Bliss, a Wake Forest Professor of Legal Environment of Business, came to the university hoping to bring her experience in environmental and social justice advocacy into the classroom. Two years later, Bliss is frustrated by the disconnect between preparing students for the business environment and incorporating sustainable strategies.

"If we don't try to practice some humility around others, we'll practice arrogance," Bliss said. "The country needs this right now. We shouldn't present ourselves as having all the answers."

"When resources are becoming scarce you have to put on a radical creativity hat and look at how your business has to adapt," Johnston said. "If you're not thinking about employee engagement and creating opportunities for employees to lead the way when it comes to innovation, you might as well close your door today, because you're going to be out of business tomorrow."

Blake Wynveen, a junior Business and Enterprise Management major and Environmental Studies minor, is frustrated the business school does not offer sustainable business practice education, requiring him to pursue his interests elsewhere.

Wynveen is the second Business and Enterprise Management Major to create his own concentration in Sustainability and Strategic Development, and one of the few Environmental Studies minors in the business school.

Wynveen fears he and his peers won't be on the cutting edge of environmental and sustainability issues. However, Wynveen also encourages the Wake community to question the university's overall commitment to the Pro Humanitate motto.

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

University to implement a new makerspace

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

BY JULIA HAINES

Editor-in-Chief
hainjm15@wfu.edu

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

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

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

The need for a makerspace on campus was identified in the fall of 2015 by the Technology Innovation Program (TIP), a group of students whose goal is to identify the potential

for technology-based innovation on campus, such as establishing better wifi on the quad. After identifying the need for a makerspace, TIP students presented their ideas to various administration members on campus, which eventually led to the creation of a Steering Committee comprised of faculty and staff members dedicated to the idea.

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

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

"I decided to attend the makerspace forum because I knew that my perspective might be valuable as a student who's interested in tackling more complex engineering problems that might require more technical/construction skills," Hobson said. "I am personally pretty handy with tools, but specific training and ac-

cess to these tools, as well as spaces to work in, would be extremely valuable."

Earlier this month, a trial workshop was hosted in which students made wooden tic-tac-toe boards with a drill press and CNC tool. Future projects could include printing 3D bones through the anthropology department or establishing a "Bakerspace" for students to gain experience in the kitchen. This week, a second trial workshop will allow students to build night lights and gain experience with Arduino, an open-source electronics platform.

Just last week, a two-year lease was officially signed to allow the trailers in Lot Q to be used

for the WakerSpace, sharing with a few temporary offices. Depending on the availability of construction workers over the summer, the space may be ready for students to use as soon as the fall semester.

"I think the student body would really benefit from a space that is so incredibly hands on. Taking something out a textbook, and replicating what that thing is can be so beneficial to the learning process," junior Elizabeth Hall said. "Eventually, I hope that this is a space that people feel comfortable trying new things and seeing their own ideas become a reality."



WAKE FOREST UNIVERSITY

The new "WakerSpace" makerspace will open as soon as this fall semester and offer students the opportunity to build and create.

Photo courtesy of Wakerspace

Holi arrives with flying colors

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



Krishna Chopra/Old Gold & Black

"People of all backgrounds [can] come together," freshman Savarni Sanka said.



Krishna Chopra/Old Gold & Black

Students enjoyed traditional food from the Indian subcontinent, including mango lassi, chicken 65, samosas and paneer tikka, which is made from South Asian cheese.



Krishna Chopra/Old Gold & Black

"I won't remember sneezing purple for the rest of the day, but I will remember the experience of celebrating Holi with all of my friends," sophomore Krishna Chopra said.



Krishna Chopra/Old Gold & Black

In the six years SASA and HSA have held Holi, attendance has grown from 25 to hundreds.



Mitchell Loll/WFU

Water fights are also a traditional part of Holi. Water guns called *pichkaris* are used on the Indian subcontinent.



Mitchell Loll/WFU

After a performance by Deacon Dhamaal, Wake Forest's Bollywood fusion dance team, students threw dyed rice flour and water balloons at their friends.

Review: Network of donors may hold influence

Continued from Page 1

Palumbo added that the Collegiate Network has not directly influenced the *Review* in their editorial process, offered stories to report on or provided specific language to follow. In addition to grants from the Collegiate Network, the *Wake Forest Review* is also funded by various anonymous donors, alumni and community members.

"We keep our donors private because they have a reasonable expectation of not having donations to a 501c3 publicly disclosed," Wolfe said. "If individuals would like to publicly disclose that they have supported us, we encourage them to do so."

The *Review* is also guided by a Board of Directors, including Republican voices such as Brooke Burr, the wife of Senator Richard Burr (R-NC), and Todd Poole, the District Director for Republican Congressman Ted Budd (NC-13). The nine-member board also hails three Wake Forest professors: Professors Tom Brister, Allen Loudon and Robert Whaples from the politics, communications and economics departments respectively.

While the *Review* is donor-supported, they are still a member of the Collegiate Network. Today, run under the arm of the right-wing Intercollegiate Studies Institute, the Collegiate Network has almost 100 member student publications. Though created to help students establish campus-independent, conservative newspapers on their college campuses, the Collegiate Net-

work also helps their student journalists with access to grants, internship opportunities and conferences. The controversy of the Collegiate Network and its parent organization lies in its largest donors, which can be found in publicly disclosed IRS 990 tax forms.

From 2010 to 2016, the Collegiate Network received \$530,000 from the Bradley Foundation and \$1,590,000 from the Sarah Scaife Foundation. The Intercollegiate Studies Institute, the parent organization, received \$1,255,000 from the F.M. Kirby Foundation, \$2,280,000 from the Bradley Foundation, \$2,300,000 from Devos Foundations and \$2,200,000 from the Sarah Scaife Foundation.

Harry Bradley, of the Bradley Foundation, was an original founder of the far-right John Birch Society along with Fred Koch. The Foundation has helped fund voter suppression billboards in Wisconsin, anti-Islamic organizations (the Center for Security Policy, the Middle East Forum, and the David Horowitz Freedom Center) and challenges to civil rights — to name a few.

The Sarah Scaife Foundation also actively donates tens of millions of dollars annually to right-wing organizations such as the Heritage Foundation and the American Enterprise Institute. They also donate to anti-immigrant and anti-Islamic organizations such as the Center for Immigration Studies and the David Horowitz Freedom Center.

Although a new member of the Colle-

giate Network, the *Wake Forest Review* won the "Best New Media Award" at the 2017 Collegiate Network conference.

Similarly to other Collegiate Network publications, the *Wake Forest Review* openly embraces its position as a conservative publication on campus. By writing stories such like "Wake Forest Declines to Enforce Harassment Policies for Conservative Student," "How Wake Forest Turned to the Left" or "How to Survive College as a Conservative," the intended audience and readership is clear for other conservative students and faculty on campus. In addition to writing stories about their political beliefs, the *Review* has also hosted conservative visitors such as North Carolina Lt. Gov. Dan Forest and U.S. Rep. Mark Meadows (R-NC) for visits and as official speakers.

More recently, this February Wolfe was featured on *Fox News*'s "Tucker Carlson Tonight" after the release of their story "Wake Forest Declines to Enforce Harassment Policies for Conservative Student." The *Review* was also featured on *Breitbart News* with an article titled "Wake Forest Publications Committee Chair Calls Conservative Student Newspaper 'Propaganda'" and has been featured on other conservative publications such as *Daily Caller*, *Campus Reform* and *Townhall*.

Palumbo also noted that their role models throughout the process were the *Dartmouth Review* and the *Carolina Review* — both members of the Collegiate Network. Similarly to the *Wake Forest Review* brand-

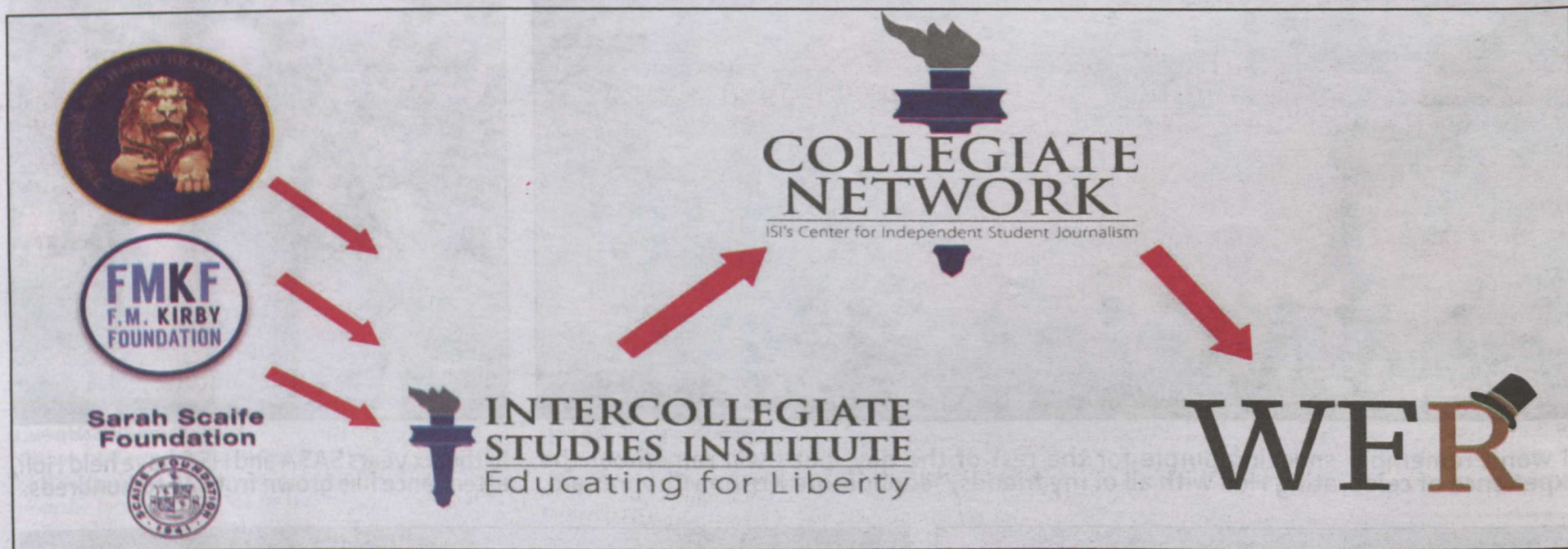
ing itself as "The Independent Newspaper at Wake Forest," the *Dartmouth Review* lists itself as "Dartmouth College's Only Independent Newspaper." The *Carolina Review* is self-branded as "UNC's Journal of Conservative and Libertarian Thought."

Recognizing the potential for donors to influence a publication, Palumbo added that organizations must be wary of where their funding comes from. When pushed on the issue of dark money donations to the Conservative Network and its parent organization, the Intercollegiate Studies Institute, Palumbo noted that they aren't the only ones to accept this kind of money.

"I think there's dark money on the left and dark money on the right, and it's important that people understand where money is coming from," Palumbo said. "I also think that, as an organization, when you accept money from a foundation you just have to be cognizant of what kind of restrictions they're putting on you, if any."

Still, students on campus find the relationship between the *Wake Forest Review*'s donors, the Board of Directors and the Collegiate Network clouds the *Review*'s ability to produce journalism.

"Regardless of one's opinion of *WFR*, having donors and a board with a singular unified political intention makes you question the journalistic integrity of the publication," said junior Laura Critz, a journalism minor. "There's no way for readers to know if it's truly the opinion of the *Review* or if it's motivated by financial gain for the publication."



Graphic Courtesy of Becky Swig/Old Gold & Black

WAKE IN A WEEK

Wake Speaks

Time: Thursday, April 19 from 5:30 p.m. to 7:00 p.m.

Location: Annenberg Auditorium in Carswell

Come listen to three-minute speeches on topics ranging from artificial intelligence, mental health, fearsome people, and vulnerability. For any questions, please contact Dr. Rowie Kirby-Straker

The Promise of Night

Time: Thursday, April 19 at 5:30 p.m. to 7:00 p.m.

Location: Auditorium in Reynolda House Museum

Senior Eli Bradley will present his play about a Spanish pilgrimage, el Camino de Santiago, that he developed after being commissioned through the Richter Research Grant Program. Bradley will describe his process and actors will read sections of his new play.

Wake Forest Baseball vs. Clemson

Time: Friday, April 20 at 6:00 p.m.

Location: David F. Couch Ballpark

Come cheer on the Demon Deacons as they start their series against the Clemson Tigers. Admission is free with a Wake Forest ID. Winning this series would help Wake Forest gain ground on Clemson in the ACC standings.

Gender Equity at Work

Time: Friday, April 20 from 9:00 a.m. to 12:00 p.m.

Location: Reynolda Hall, 301

This series from the Women's Center is a professional development suite to help build a critical eye about gender norms in the workplace and help women develop skills to advocate for themselves and promote gender equity at work.

Lecture by Tim Barringer of Yale University

Time: Friday, April 20 from 4:00 p.m. to 6:00 p.m.

Location: Scales Fine Arts Center, 102

Tim Barringer, Chair and Paul Mellon Professor of Art History at Yale University will place the work of Nigerian-born British artist Yinka Shonibare within the context of post-colonial notions of identity and artistic networks.

William Royall Scholarship Fund Applications

Time: Friday, April 20

The William Royall Scholarship Fund, given by the family and friends of William Royall, provides an annual award for excellence in classical studies. Applications for the scholarship are due this Friday, April 20, by email to pechanjn@wfu.edu.

Dining Services moves towards local ingredients

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

BY SLOANE PFAFF

Contributing Writer
pfafs16@wfu.edu

After swiping into the Fresh Food Company, affectionately known to students as the Pit, one first encounters a colorful and varied display of grains and vegetables at the salad station.

"My favorite meal to have in the Pit is a salad topped with lots of fresh ingredients," said sophomore Sophia Franchi. "I start with a base of kale or spinach and add plenty of raw vegetables like peppers, cucumbers, purple cabbage or red onions."

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

Wake Forest Dining Services works with the Office of Sustainability to provide students with locally sourced and sustainable food options as often as possible, and their green-eating initiative has gained momentum in the last few years.

The changes to food on campus come at a time of increasing global environmental concern. As climate change takes a toll on weather patterns and the outlook of long-term environmental health, environmentalists and some politicians are taking steps toward creating better, more efficient policies to increase the longevity and health of the earth and its inhabitants. While these policy changes are slow in coming, people at home and in their communities are deciding to take the initiative to go green on their own.

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

According to a post from the Earth Institute at Columbia University, sourcing locally keeps family farms up and running, resulting in the circulation of local money and the strengthening of community relations. These small farms are also more receptive to sustainable farming practices than large industrial farms.

"There's a real drive right now to purchase locally," said Tim Vandermeersh, resident district manager of Aramark, the food providing company on campus.

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

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

Village Juice Co. is a local health food restaurant here in Winston-Salem that gets its natural ingredients from local farms. Other locally sourced products offered on campus include Krankies Coffee, Camino Bakery and UpDog Kombucha.

"Included in our dining program is an initiative focused on plant-forward dining," says John Wise, associate vice president of Hospitality and Auxiliary Services on campus. "These types of programs help reduce the attention on animal proteins which are a major challenge from an environmental perspective."

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



Photo courtesy of Shelby Devine

Campus Grounds sells locally produced bottles of UpDog Kombucha.

However, the good news is that all three options have been replaced with Humane Certified, antibiotic-free and hormone-free animal proteins. The beef served on campus is sourced locally from Brasstown Beef, a farm in western North Carolina.

"The burgers at the grill look better than they used to and have a better flavor," said sophomore Sarah Jane Miles.

"I've noticed that the grilled chicken served at the grill on campus is now antibiotic-free and there have been plenty of new local additions to the salad bar which has been great," Franchi said.

Despite many positive responses to

Dining Services' local food introductions, many students are still apathetic about the changes. "I haven't noticed any difference or improvement in the quality of the beef in the burgers I eat occasionally," said sophomore Bennet Coe.

"Honestly, I have no idea which meals are locally grown," said sophomore Grant Abrahamson. "I just eat what looks good."

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

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

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

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

Their next big move is to install interactive screens throughout the Pit that will show the local farmer responsible for growing or raising the food product when a student orders that product.

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

Code of Conduct changes seek final review

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

BY MARY DANIEL CHEEK

Staff Writer
cheemd15@wfu.edu

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

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

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

The Code of Conduct Review Committee is made up of students, faculty and staff, with Clifford and Dean of Students

Adam Goldstein serving as ex-officio members.

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

The Committee's most recent round of proposed revisions — which include updates to policies on harassment, disruption, and disorderly conduct — follow a semester-long period of public feedback. Clifford held forums and received much student feedback in the fall semester.

During this public comment period, the Code of Conduct Review Committee received 42 comments on policies addressing topics from off-campus parties to harassment. However, 35 of these comments concerned disruption, harassment or disorderly conduct. Because students had the most to say about these policies, Clifford focused on the proposed revisions for these policies in his talk.

The revisions made to the disorderly conduct policy last summer were met with concern from some students. During the public comment period last fall, some students expressed their concern with the language of the revised policy, specifically use of the terms "lewdness" and "breach of peace." Some also claimed the revised policy was vague and overbroad.

The revisions made to the disorderly

conduct policy this semester define disorderly conduct as "behavior that unreasonably interferes with the ability of others to sleep, study, or participate in the activities of the university."

Some students also took issue with last summer's proposed revisions to the disruption policy. They feared that this revised policy would suppress protests on campus, unfairly target protest methods used by marginalized communities and be inconsistently enforced.

The revisions made to the disruption policy this semester define disruption as those who fail to "maintain on the campus an atmosphere conducive to scholarly pursuits" and fail to "respect the rights of all individuals."

Feedback for the harassment policy included the worry that "hate speech" would be considered a policy violation and that the proposed revisions to the harassment policy gives too much power to alleged victims of harassment. In the most recent revision of the harassment policy, the Code of Conduct Review Committee added immigration status, political affiliation and socioeconomic status as identifiers that can serve as the basis for harassment.

In addition to revising the language of various existing policies, the Code of Conduct Review Committee has also made ad-

ditions to strengthen current policies. Such additions include making hearing panels a requirement for hearings on harassment or disruption and creating a process document that serves as a guideline for student organizations who are planning protests.

All of these proposed revisions and additions to policies in the Student Code of Conduct are made to ensure the revised Code has clarity, consistency and supports the safety of students and the mission of the university.

"Ultimately, we are working to clearly define the minimum expectations of student behavior in the revised Student Code of Conduct because the current Code has inconsistent language," Clifford said.

For Clifford, conducting a comprehensive review of the Student Code of Conduct was overdue. The revision process began in the fall of 2016 and marks the first comprehensive review since the 1990s. Small changes are made to the Code in annual reviews that are conducted each summer.

Before the revised Student Code of Conduct gets final approval, it must pass through a legal review and receive approval from the Judicial Counsel and Vice President for Campus Life Penny Rue. The Office of the Dean of Students hopes the new Code of Conduct will receive final approval and be implemented before the end of the spring 2018 semester.

The views expressed in all opinion columns represent those of the article's author, not the opinions of the Old Gold & Black Editorial Board

Dreams

Conceptualizing the power of Buddhism

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



Ying Xu
Guest Columnist
xuy217@wfu.edu

The summer before college, I attended a Buddhist conference per the recommendation of some friends. Before sitting down for our daily meals, we sang a short song that consisted of words like "mercy to all sentient beings" and "aspire to do all good," addressing the origins and the processing of the food in front of us and the energy that it will bring. After chanting, I sat down, looked around and felt the energy of the youths around the room evolving itself into an ageless wisdom — gratitude, and the importance of being intentional.

"Buddhism is a hybrid of religion and philosophy, and to categorize it as one or the other would not do it justice."

The power behind gratitude from those meals and the people that ate them carried with me to college, where it experienced the ebbs and flows of life. Therefore, there were moments that I could not help but elevate my sense of self and abandon gratitude for conditioned thoughts such as my ego, my social status, my academic performance or even things such as how the color of my skin will manifest into people's acceptance of me. I think of those meals from time to time at my lowest moments and I can not help but question: why is the power behind gratitude becoming so feeble when I am surrounded by conditioned things, conditioned people and conditioned events?

I began clearing my mind by first addressing the conditioned nature of everything that is going on around me. I began taking initiative on focusing on my own well-being and counting blessings in my life, instead of intentionally waiting for others to do so for me. Soon enough, the ageless wisdom of gratitude I felt around the room is carried by every person I meet, manifesting itself in different ways. I see it in the lady who cleans the third floor Luter bathroom, with the intricately made hairband, as she recounts her stories to our suite about physical health and her family situations. I see it in one of my best friends who plays the newest Drake song on speaker and treating the song as if it was the pinnacle of human progress, and his love toward hip-hop. I see it in my mother as she splits her time between the places she travels to and the people she meets, and how she treats each opportunity as if it was her last. I see it as I open my eyes in the morning to a full schedule and instead of feeling anxious about it, I feel

anticipatory in the most hopeful way because today is another day where the world will challenge me, and I will challenge back with my strength and endurance.

The Buddhist conference stressed that Buddhism is a hybrid of religion and philosophy, and to categorize it as one or the other would not do it justice. Even the label Buddhism sometimes does not do the belief system justice, because small and large forms of enlightenment happen in every moment of our lives, not just in the teaching of the Buddha. When religious beliefs come up in conversation, I usually respond: "I don't know, I have sort of tried everything and liked everything, but I don't feel like attaching myself to an organized religion." But, from now on, I want to say that I believe in the power of gratitude, of accepting everything as it is, and doing good things as much as I can for, well, no reason at all, other than to do them. Having mercy to all beings really goes a long way, because to me, it is my favorite form of seeking joy.

6th Circle

The sixth circle hits on campus insecurities

The author's bravery to challenge campus norms was overwrought but commendable



Jack Beyrer
Staff Columnist
beyrjw17@wfu.edu

The viral blog post and email chain from the Sixth Circle blog on Sunday, April 8, shocked campus, and will likely remain relevant for a week or two. Yet, one cannot help but think just like any Greek organization getting sanctioned or even this year the murder of a young man on campus, (and of course, these things are not analogous in gravity in any way), the dialectic for the average Wake Forester will likely regress to the status quo in only a few weeks — prosaic talk about Greek life, academic obligations and summer plans.

While this radical group still has our attention, it is important that the substance of their argument is not lost on the reader in the face of their provocative tactics. Without a doubt, using the header "you are not safe here...", calling for the abolishment of social Greek life on campus, and criticizing both *OGB* and *WFR*, our campus' chief publications, will not win one many sympathetic ears on campus. Nor

"While this radical group still has our attention, it is important that the substance of their argument is not lost."

will their use of antiquated and idiosyncratic terms such as "beseech" or referencing *Dante's Inferno*. In fact, their use of vaguely threatening language, while legally protected, in some sense undermines the call to discourse that this fringe campus group is trying to make. Yet, what worked for this group is that for the first time in my Wake Forest experience, people are talking about issues with campus life that we often like to forget about.

As an editor at the *Wake Forest Review*, and a member of a social fraternity on campus, I can say without a doubt that the level of vitriol and outrage in discussing this manifesto was nearly unparalleled to any other event on campus I can recollect — and that goes for both of these two groups. The reality is that people do not want to have their ideas or identities challenged. However, the five criticisms that these writers lay out are at times exaggeratory, but mostly reasonable and even urgent in terms of their potency and potential for making meaningful reform on campus.

Both the *Wake Forest Review* and the *Old Gold and Black* struggle at times to have constructive dialogue or meaningful journalism outside of their own political leanings (I

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

Next, the criticism of maltreatment of Aramark staff is also extremely important. Working a support staff position at Wake Forest is not an easy proposition. Hours are long, wages are low and students often lack proper manners and therefore ignore basic dignity of many members of the support staff. While Student Government has applied pressure to increase wages for support staff starting next year, this is insufficient. As a campus, we need to become more involved in events such as the School of Divinity's effort to give out gifts to staff workers during the holiday season. When students come back in a stupor from

parties over the weekend, they ought to clean up after themselves to make upkeep at least an iota more tolerable for support staff. When we have daily interactions with staff, we need to be courteous and polite, with no exception. These are not difficult fixes, and they go a long way.

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

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

Books

Alcohol fuels more provocative authorship

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



Kyle Ferrer
Staff Columnist
ferrka16@wfu.edu

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

Of course, the satirization of the “sane,” upper classes is another subject entirely. But my point is that because of my upper-class life, I have become attracted to the literature of the “mad.” The Kerouacs and Burroughs, the John Cheevers and Denis Johnsons. Basically, the alcoholic writers. I just read a book entitled *The Recovery*, by Leslie Jamison. It is about her recovery from alcoholism, but she doesn’t beat the already tread path. She knows, when it comes to writing a book about addiction, everyone seems to say “I’ve already read that

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

book.” And it’s true. The patterns and progressions of alcoholism seem to be tired tropes. But *The Recovery* is praised, and rightly so, for its blend of “memoir, cultural history, literary criticism, and reportage.” It is a new, intelligent bricolage of illuminations. Jamison’s book becomes especially prickly for me when it dives into the mythology of the drunk writer. Someone once told me “if you can ever learn to let go of your love of the Beats, [i.e. by extension, your cloister of drunk writers], you may actually become an independent reader one day.”

While I know the statement was a bit hyperbolic, it captures my literary penchant for drinkers. These writers have an “air of complicatedness, a sweet boozy whiff of tangle and rupture.” They have, in short, genius, but genius only revealed through the mental de-fogging that drink provides. They are “volatile and authentic ... more complex psychologically.” The world’s patina, its social morays and creative governors, are burnt off as the drunk writer consumes, revealing an in-the-air truth he or she can take down like clothes off a line. The drunk writer is “broken by the fallen

world,” as Jamison says. Such a world, to such a sensitive soul, imbues the person with a complex emotional matrix, comprised of cosmic tragedy and pain. As Jean Rhys, a French novelist, says, “I wish I could get it clearer this pain that has gone through all my life. Whenever I’ve tried to escape it has reached out brought me back. Now I don’t try any longer.”

The solution, the numbing, is booze. It ripped these writers apart. For some, like John Berryman, his need made him so ragged he looked like he spent his “whole ... life out in the weather without any protection.” But Berryman, able, supposedly, to salvage from the wreckage more than a pittance of genius, says, in writing about his lifelong protagonist, Henry, “Hunger was constitutional with him/ wine, cigarettes, liquor, need need need/ Until he went to pieces/ The pieces sat up and wrote.”

The notion of great writing concomitant with a broken self, especially a broken male self, has characterized the writings of many. All were enveloped by the darkness of drinking, and the mythology produced is one out a void. To me, and to many, “addiction seemed generative ... very much like interior décor, an accessory that spoke to inner depths.”

Why is this attractive, not just to me, but to many? I have often felt, when trying to write fiction, that my life is not worth writing about. I am

not interesting, my life does not contain extractable material meant for compelling fiction.

My life is boring because it is comfortable. These writers I look up to seemed to have keyed into a certain aspect of living, of life, that I can’t come close to. As Jamison says, of her similarly comfortable life, “I have always lived in the world as I was supposed to live in it.” There is nothing radical about me, nothing compellingly original or generative. At least that’s how I feel. These writers, in their complex, transitory relationships with the world, provide a precious vicariousness that I crave. I want to feel my opposite, because I think it is properly genius. Although, as Jamison says, sometimes “I [sense] there is an animal in me — beneath all that obedient living,” but I find it hard to ever step off the treadmill of my regularity. It angers me, it frustrates my will and wish to live like an authentic human being.

Why do I find drunken writers attractive? For the reasons I just expounded, their seemingly-earthen connection, their ur-humanness, the ability to dredge up the pulp of the soul. Maybe these reasons are wrong, incoherent, un-relatable. But to me, burning with anguish at the prospect of cushioned existence, they are the only thing that get me closer to actually living.

Politics

Paul Ryan faces the chance to change his legacy

Outgoing Speaker of the House should take up critical legislation in the last months



Amanda Wilcox
Staff Columnist
wilcaf16@wfu.edu

Ahead of midterm elections that are already looking treacherous for Republicans, Speaker of the House Paul Ryan (R-WI) is abandoning ship. His announcement that he will not seek re-election in November will likely further sap the morale of Republicans, who are already bearing the Sisyphean weight of President Donald Trump’s unpopularity and risking losing their majority in the House of Representatives.

Although I never agreed with him on much, if anything at all, I formerly bought into the image of him as an earnest policy wonk who read budget documents for fun. I respected him for what I thought was love of country when he left the House Ways and Means Committee to take up the Speaker’s gavel following the resignation of Rep. John Boehner (R-OH) in 2015. It was a job he had not sought nor even wanted.

It’s unfortunate, then, that Ryan played almost every card wrong. Over years he cultivated a reputation as someone deeply concerned with fiscal discipline, but to him

“Ryan has repeatedly said he wanted a resolution for Dreamers. Now is his chance.”

that meant destroying the safety net, dis-emboweling Medicaid, privatizing Social Security and Medicare and generally making life more difficult and unpleasant for the most vulnerable among us. Ironically, he will leave after setting the deficit on a path to exceeding \$1 trillion annually by 2020. Even as he announced his departure, he made no mention of Trump’s scapegoating of immigrants, abhorrent attacks on the press, escalation of rhetoric against the special counsel, strange affinity for Russian President Vladimir Putin or countless other sins against the Constitution, rule of law, stewardship of the presidential office and basic decency.

Senate Minority Leader Chuck Schumer (D-NY) went to the Senate floor to suggest that “with his newfound political freedom, I hope the speaker uses his remaining time in Congress to break free from the hard-right factions of his caucus that have kept Congress from getting real things done. If he’s willing to reach across the aisle, he’ll find Democrats willing and eager to work with him.”

Maybe Ryan should take Schumer’s suggestion seriously. Taking up certain legislation for votes could both defend his reputation as more than just a Trump lackey or

sycophant and be smart, pragmatic politics for Republicans. If they are smart, Democrats will not move the goalposts further left, but will instead seize the rare opportunity for true bipartisan legislation toward common goals.

For example, Ryan could prevent a constitutional crisis and bring to the House floor a bipartisan compromise bill designed to protect special counsel Robert Mueller. On April 11, 2018, a bipartisan group of four senators — Chris Coons (D-DE), Thom Tillis (R-NC), Cory Booker (D-NJ) and Lindsey Graham (R-SC) — introduced the Special Counsel Independence and Integrity Act. Among other provisions, it codifies existing Department of Justice regulations specifying that a special counsel may only be fired for “good cause” by a senior Department of Justice official. Although Senate Judiciary Committee Chairman Chuck Grassley (R-IA) agreed to take it up with his committee, one can expect his Republican colleagues to delay it in committee and in its path to the floor. Ryan could take up the bill in the House and make good on his reputation as a constitutional conservative. Protecting Mueller from being fired could help the Republican caucus in the midterm elections, who would be able to tell voters that they took their fidelity to the Constitution seriously.

As a career-long free-trader, he could protect the economy from a trade war by rolling back part of the Trade Expansion Act of 1962, which delegated to the president the power to unilaterally enact tariffs

in the name of “national security.” Trump relied on this exception to levy recent tariffs on steel and aluminum, which could have severe adverse effects on industries such as agriculture, aerospace and manufacturing.

Finally, he could put a clean fix to Deferred Action for Childhood Arrivals (DACA) on the floor for a vote. A bill to fully reinstate DACA in exchange for some strengthened border security would likely have support from enough Democrats to pass and could help the Republican caucus in California, Texas and Florida. Ryan has repeatedly said he wanted a resolution for Dreamers. Now is his chance.

There is no reason why the pro-immigration and pro-free trade “constitutional conservative” that Ryan claims he is should not take up these issues in his last nine months. If he does so, he could be remembered for something other than exploding the federal deficit and excusing a president who has set new lows for fidelity to the Constitution.

Ryan spent the past two years furrowing his brow at Trump’s disgraceful words and actions before going right back to supporting the president. He made a Faustian bargain on the false assumption that Trump would be compliant, take direction from House Republicans and show enough discipline to allow Ryan to cut taxes for billionaires and eviscerate the Affordable Care Act. Here’s hoping, though, that in his presumed-to-be last moments as an elected official, Ryan will be able to separate partisan loyalty from patriotic obligation. But with any luck, his successor will be a Democrat.

Letter to the Editor

Student body president expounds on goals

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

It is my utmost pleasure to serve in this role and I look forward to pushing myself to better our community. So first, on behalf of the entire Executive board, Secretary Maia Kennedy, Treasurer Sydney Packard, Speaker of the House Will Hargrove, and Chief of Staff Daniel Oberti — I would like to thank you very much for electing us. Secondly, I would like to take this opportunity to high-

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

light and outline some of our goals for the upcoming year. Unfortunately, most students on our campus likely don't know who is in Student Government, or what we do. The question of “what does Student Government even do?” flows from student mouths more than complaints about parking. The fact that most students don't know what our organization does exposes our faults. Currently, we are benchmarking other schools to make sure our individual committees are best supporting the university community. The opportunities to engage with our community in the realms of sustainability, diversity and safety are discussed on campus but require more direct attention within

our governing body. Similarly, outreach and transparency will continue to be a primary focus of Student Government moving forward.

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

For the past three years, I have been fortunate to learn from amazing leaders and administrators on this campus. I can only hope that over the next year we can come together as a community and continue to push the boundaries and show what it means to be a true Demon Deacon. As previously stated, we plan to con-

nect, grow and foster positive relationships throughout campus. We hope to start this initiative with a general meeting next Thursday in Benson 410 from 5:00 p.m.-6:00p.m. where we will engage in conversation with diverse campus leaders on coordinating future SG events and will continue these conversations throughout the academic year.

Effective change takes time and input from many voices on campus and I hope to be a small piece of this continually evolving process. Next year, I look forward to working with students throughout campus. If you would be interested in speaking, feel free to contact us at reevdp15@wfu.edu, or through our Facebook and Instagram @wake_sg and Twitter @wakesg. Thank you very much and Go Deacs.

Sincerely,
Danny Reeves
Student Government President
2018-2019

Campus Comment

Graduating from college is a financially burdensome experience

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



Heather Hartel
Online Managing Editor
harthf15@wfu.edu

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

Although I was lucky to be supported by my parents throughout the process, who paid for some of my college and cosigned on my loans, becoming financially independent earlier than most of my peers

“Graduation weekend is celebrated differently by all families, and some have much harder times dealing with non-celebratory moments.”

at a wealthy institution has been a difficult journey. Regardless, now less than a month away from graduation I should be feeling the normal mixture of pride and anxiety of ending a comfortable chapter of my life and starting a new one. However, at this point in the semester I am instead finding even more financial burdens that are overtaking the feelings of excitement I should be feeling about my accomplishments. Financial barriers to graduation are unfair and directly burden economically disadvantaged students over their more financially dependant counterparts.

Though I work three on-campus jobs — including as a managing editor for the *OGB*, a student-athlete tutor and a fitness attendant at the gym — I have struggled to keep up with all of the graduation requirements in the past few weeks. First, I was notified that I had a hold on my graduation until I paid off a \$100 parking ticket and a \$35 fee for replacing

a student ID after studying abroad. For someone working minimum wage, on-campus jobs, \$135 exceeds more than my weekly salary. This was an extremely stressful, burdensome email to receive. The second financial burden related to graduation caught me more by surprise: ordering a cap and gown. Just the basic, black cap and black gown, is \$50 plus \$15 for standard shipping to my home in Illinois. \$75, again, for a minimum-wage paid student in debt is not a small fee. Again, to fit in with my peers at graduation I am required to wear a cap and gown during the commencement ceremony. This requirement was difficult for me to fulfill.

While these are direct financial burdens upon me, my family is also facing similar strains. Flying three people from Chicago to North Carolina and staying in a price-inflated hotel for three nights is not cheap. Including meals and activities during the day, this will be an expensive weekend. Though I am beyond thankful for my family coming to support me, I simultaneously understand the trouble this puts on them. Graduation weekend is celebrated differently by all families, and some have much harder times dealing with the non-celebratory moments.

My experience with debt has been a frightening, stressful one, but is in no way unique. Students at

Wake Forest and around the country increasingly struggle with student loans as the price of a college education increases relative to minimum wage jobs. My working three jobs on campus allows me to get a few meals off campus and fill my car with gas; 50 years ago three jobs made a substantial dent in one's college tuition. While I recognize that this is in no way unique to my experience, I also recognize that my relationship with debt is better than many of my peers, as my parents helped cover some of my tuition over the past three years and lent me money when I really needed it. I am graduating from college with an overwhelming amount of debt, but am not alone in this position.

Though this piece is in part a way for me to express my overwhelming stress about my financial situation of graduating in three years and being financially independent, it also acts as a call for awareness for the university and other students. While graduation is a time of celebrating achievements, some students have more difficult experiences at this point in the semester due to financial imbalances in the student body. The university must work to make graduation a more fair, accessible process for economically disadvantaged students to be able to celebrate as easily as their peers.

Word on the Quad

What made you want to come to Wake Forest?



“Good weather”
Patrick Ryan ('21)



“Test optional”
Katy Marget ('19)



“Pit food”
Kelly Rose ('20)



“Family tradition”
Elwin Murray ('20)

First eight NBA playoff games thrill fans

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

BY DANIEL PACHINO

News Editor
pachdb15@wfu.edu

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

Houston Rockets vs. Minnesota Timberwolves

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

Golden State Warriors vs. San Antonio Spurs

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

Portland Trail Blazers vs. New Orleans Pelicans

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

Oklahoma City Thunder vs. Utah Jazz

Game 1 in OKC was one of the more exciting games

of the playoffs so far. This game continuously went back and forth, but Paul George closed the game out for the Thunder to win 116-108.

George had 36 points (8-11 on three-pointers) in his playoff debut for OKC, and Russell Westbrook added 29 points, eight assists and 13 rebounds. Meanwhile, Utah's rookie star Donovan Mitchell had 27 and 10 in his playoff debut but was injured late, and his Game 2 status is up in the air.

Toronto Raptors vs. Washington Wizards

Up to this point, this series has been dominated by the top-seeded Raptors.

In the first game, Toronto's bench came up big and three different bench players scored in double figures. Game 2 was an offensive onslaught and DeMar DeRozan scored 37 to help hold off a push by the Wizards' bench in a 130-119 win.

Boston Celtics vs. Milwaukee Bucks

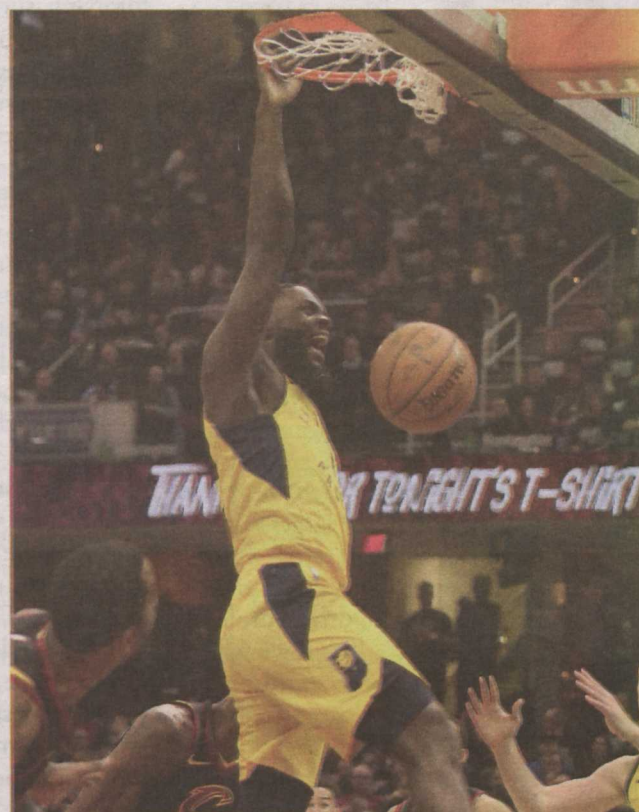
Game 1 of this series was undeniably the most electrifying game to-date in the playoffs. It was a continual back-and-forth between these two teams and with the game tied at the end of the fourth quarter, Terry Rozier hit a step-back three-pointer with 0.5 seconds left to go up three. Miraculously, however,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

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

Philadelphia 76ers vs. Miami Heat

Game 1 was dominated by Philadelphia. The 76ers blew out the Heat 130-103 even without their star Joel Embiid. Ben Simmons and JJ Reddick were exceptional and Marco Belinelli added 25 off the bench.

Game 2 was different, however, as the Heat were able to steal one in Philadelphia. Dwyane Wade turned back the clock and had a vintage game, scoring 28 off the bench, including a game-icing jumper in the final minutes over Simmons.



Phil Masturzo/Akron Beacon Journal/TNS

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

Cleveland Cavaliers vs. Indiana Pacers

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

This was LeBron's first ever loss in an opening game of the playoffs. Victor Oladipo scored 32 points on 6-9 shooting from three, which was simply too much for the Cavs even with LeBron's triple-double.

This series should be one of the most exciting to watch as it could be the first time LeBron James ever is bounced in the opening round of the playoffs.

Wake Forest track competes in Charlotte

Both the men's and women's track and field teams took home accolades

BY LIZZIE SNYDER

Sports Editor
snydem15@wfu.edu

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

On the first day of competition, the Demon Deacons had two first-place finishes. Junior Robert Heppenstall, last season's ACC men's outdoor track and field freshman of the year winner, took the men's 1500m title with a time of 3:47.58. Beating the second place finisher, Philip Hall from North Carolina, by a little under three seconds, Heppen-

stall flew past every other competitor in the field. Freshman Rachel Kern won the women's javelin event throwing 44.19m.

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

Banks continued her strong performance into Saturday, persevering through the long jump, javelin throw, and 800m run events. In the long jump, Banks claimed first place with a final distance of 5.6m. For the javelin throw, she was able to win second place with a distance of 29.94m. Finishing the seventh and final event, the 800m run, in first place, Banks had one of the best competitions of her junior season. Banks finished the seven-part event with the top score of 792 and a time of 2:22.36.

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

Highlights included junior Alexandria Florent taking first place in the women's high jump event, jumping 1.75m total, and junior phenom Tesia Kempinski taking first place in the women's pole vault event.

Other strong finishes include the women's 4x400m relay consisting of freshman Cydney Delley, senior Maya Hinton, freshman Grace Hofferber and junior Emma Gallagher with a time of 3:56.78. Junior Max Adams finished second in the men's shot put event, throwing for 17.22m, and senior John Archie came in third place in the fast section of the men's 800m event with a time of 1:52.45.

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



Photo Courtesy of Wake Forest Athletic Communications
 Junior Rob Heppenstall wins the 1500m title at the Charlotte Invitational.

Elite competition plays on clay in Monte Carlo

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

BY KYLE FERRER
Opinion Editor
ferrka16@wfu.edu

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

But Monte Carlo is also host and home to one of tennis' premier events, the Monte-Carlo Masters 1000 tournament, where the best players from around the world compete in the coveted locale. It is fitting that such athletic largesse takes place in a spot of concentrated wealth. Every year I hope for the noblesse oblige to extend beyond the tennis court into the laymen of Monte Carlo, a town where most workers ferry in due to stratospheric real estate, but all that is guaranteed right now is a superb level of sport.

The Monte Carlo Masters marks the first big clay-court event of the year, a

transition from the hardcourt warfare of Australia and Indian Wells.

High bounces and atom-splitting strokes soften into gentle, slower tactics as the Martian clay absorbs pace and plays it back with spin.

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

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

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

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

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

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

It will be interesting to see who comes out onto the red-hot surface firing.

If it seems to be Nadal again, he will surely run away with Monte Carlo and possibly the French Open, which he has



Al Diaz/Miami Herald/TNS

Spain's Rafael Nadal serves in the 2017 Miami Open in Key Biscayne, FL.

won ten times. But age is now a factor for the speedy Spaniard, and at 31, he has nearly run his body into disrepair.

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

Young quarterbacks in NFL draft will be new stars

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

BY SAM WEXLER
Staff Writer
wexlsn17@wfu.edu

There is always some position that is absolutely loaded and debated in a draft, and there is no question that this year it's the quarterback position. Two highly-debated Heisman winners, two PAC 12 stars and a Wyoming cowboy make up the lot of this debate.

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

Baker Mayfield

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

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

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

Lamar Jackson

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

The main quality that separates him from the pack in terms of draftabil-

ity is his boom-or-bust propensity. Jackson does magical things on the ground and outside of the pocket, but we saw how that ended for RGIII, so does a team want to take that chance on the future of their team?

Someone will take him, and take

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

See Quarterbacks, Page 15



Oklahoma quarterback, Baker Mayfield (6) completes a pass despite pressure from the TCU defense during the 2017 Big 12 Championship in Arlington, TX. Max Faulkner/Fort Worth Star-Telegram/TNS

Spotlight: Hannah Betfort

BY HEATHER HARTEL

Online Managing Editor
harthf15@wfu.edu

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

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

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

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

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

HH: What have been some of the challenges?

HB: Mentally it's really hard to prepare yourself for ACC soccer. It's the hardest conference in the country and I'll fight anybody who says any different.

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

need to do to change or improve my game.

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



Photo Courtesy of Hannah Betfort

Every team is awesome in the ACC — even the bad ones are better than other conferences.

HH: What was it like being recruited and eventually playing for the National team?

HB: I didn't even know I was being recruited for the National team — I had no idea. It's always been a dream of mine, but growing up in South Carolina we don't have the best soccer in the country, so it was something I knew I'd have to work really hard to get.

When I found out I was even getting an invite to a domestic camp, just to have a chance at a tryout, was an unreal experience. My jaw dropped and I couldn't believe it was happening. It has been one of the craziest, most unexpected things that has ever happened, but it's something that pretty much everyone who plays in college wants to do.

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

HB: I see myself developing more of the mental side I've talked about. Just being mentally better in my game and more of a leader on and off the field, maybe even moving into a leadership role at Wake Forest would be awesome.

Also I just hope to go as far as I can with the national team, but if that were to stop next week it was still a great experience. I just hope I can get invited to more events later in my career, but really just being a key player and figure on the team is where I hope to end up.

Personal Profile

Hometown: Charleston, SC

High School: Wando HS

Position: Forward

Class: Freshman

Height: 5'11"

Club Team: USA/MP 98

Girls Elite



Photo courtesy of Wake Forest Athletic Communications

Deac Notes

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

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



Photo courtesy of Wake Forest Athletic Communications

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

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



Photo courtesy of Wake Forest Athletic Communications

Predicting the first 10 NFL draft picks

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

BY CLAYTON WUNDERLICH

Staff Writer
wundcm14@wfu.edu

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

1. Cleveland Browns – Sam Darnold, QB USC

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

2. New York Giants – Josh Rosen, QB UCLA

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

3. New York Jets – Baker Mayfield, QB Oklahoma

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

4. Cleveland Browns – Saquon Barkley, RB Penn State

Barkley can do everything expected of a three-down

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

5. Denver Broncos – Josh Allen, QB Wyoming

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

6. Indianapolis Colts – Bradley Chubb, EDGE NC State

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

7. Tampa Bay Buccaneers – Minkah Fitzpatrick, FS Alabama

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

8. Chicago Bears – Quenton Nelson, G Notre Dame

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

9. San Francisco 49ers – Denzel Ward, CB Ohio State

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

10. Oakland Raiders – Roquan Smith, LB Georgia

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



Wally Skali/Los Angeles Times/TNS

Former USC quarterback Sam Darnold is projected to go very early in the first round of the NFL draft.

Advertisement

Accepted a job in NYC?

Apartment hunting?

Free consultation

Gillian Linden

WFU graduate 2017

Keller Williams NYC

P: 646-737-9663

C: 703-402-6507

glinden@kwnyc.com

Quarterbacks: Next season's best draft picks

Continued from Page 12

Sam Darnold

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

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

Josh Allen

Natural ability. That's what is shouted at you when you look at the name Josh Allen. Physically, he

is your dream NFL quarterback — 6'5", 240 lbs with a strong arm. However, no one ever thought about Wyoming as a star football program, so how was this perfect specimen of QB been so quiet throughout his college career?

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

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

Josh Rosen

The main concern here is injury risk. A history of concussions and a shoulder surgery in 2016 has inhibited solid stretches of playing in the past, and one can only fear this



Robert Gauthier/Los Angeles Times/TNS

UCLA quarterback Josh Rosen throws for a touchdown in a home game against Hawaii in the Rose Bowl on September 9, 2017.

would continue into the league. Regardless, Rosen is the epitome of a pocket-passer, he simply stands tall in the pocket and places the ball well.

His spin on the ball is one of the best in the recent past, making his overall lack of elite arm strength a distant memory due to his skill in

placing the ball into really any window. He is used to having the pocket collapse on him, making quick decisions and throwing well under pressure, all things that will serve him well in the League.

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

Junior Doral Moore will enter the NBA Draft

Moore will end his Wake Forest career early to play professionally

BY KYLE TATICH

Senior Writer
tatika14@wfu.edu

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

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

Moore, a native of Atlanta, GA.,

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

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

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

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

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

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

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

"We wish Doral the best of luck as he begins the next stage of his career," Manning said. "We have seen his development over his

three years in our program and to average a double-double in ACC games last season shows his potential.

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

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



Betsy Mann/Old Gold & Black

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

Folk album vocalizes human experience

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

BY OLIVIA FIELD
 Life Editor
fielor17@wfu.edu

With a melodic blend of bluegrass and folk, Nathan Evans Fox's new album *Texas Dust* explores everything from religion and love to family and wandering. An alumnus of Wake Forest ('11), Fox provides 49 minutes of raw, rhythmic reflection with his second original album.

To begin with a disclaimer, I am not a fan of most of the music that falls anywhere along the spectrum of country. I never found the twangs of the guitar and small town troubles of the genre engaging, causing me to plainly decide that it just wasn't "my thing." *Texas Dust*, however, was able to key into those kinds of indescribably relatable feelings that come along with good music. Although I in no way have experienced the life that Fox has, his almost autobiographical songs can be identified through their universal description of being away from home. During our interview, Fox discussed the inspiration behind this collection of songs.

"This past year I worked in Houston as a hospital chaplain, and on top of being very far from what feels like home, chaplaincy can be really sad work. Meanwhile, back in [North Carolina], my Mom had petitioned the government for my grandfather's military records and ... I discovered this whole family story



Photo courtesy of Nathan Evans Fox

about loss and grief," Fox said. "From that newly uncovered information, I began to piece together the ways this whole event that happened decades ago has impacted my family and my own sense of self. So the album is this huge mix of personal experiences and family stories and frustrations with my own religion and how all these different threads got knotted up together in this one year in Houston."

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

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

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

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

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

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

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

"I hope people enjoy what they hear, and find in it whatever meaning they might find helpful. These are mostly sad songs, so I also hope folks counter it with something fun every once and awhile," Fox said.

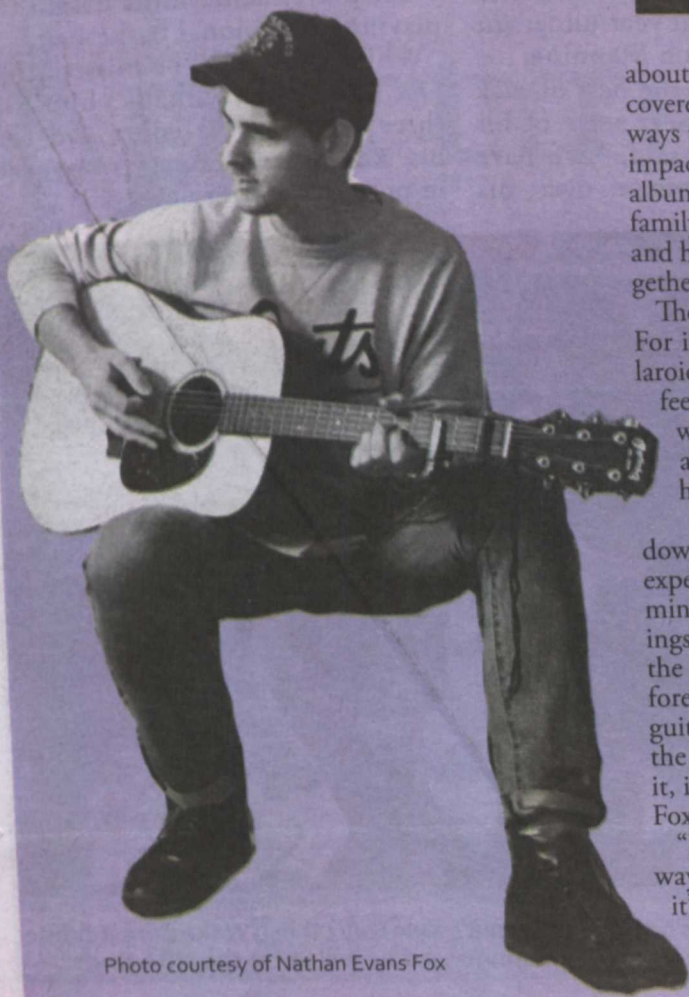


Photo courtesy of Nathan Evans Fox

Travel Column | North Carolina

Lake Lure offers up adventure

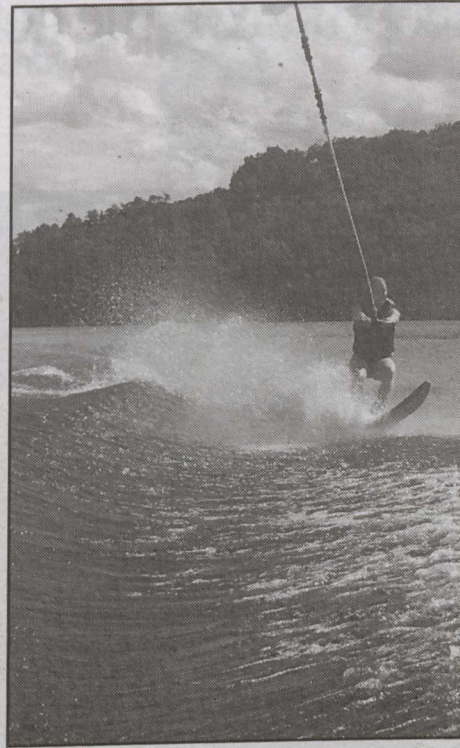
Only a few hours away from campus, this is the perfect destination for students

BY AMANDA WILCOX
Digital Media Manager
wilcaf16@wfu.edu

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

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

Because Lake Lure is clean, calm and warm, it is the ideal spot for kayaking, sail-



Amanda Wilcox/Old Gold & Black

Lake Lure is a great location for students to escape for the weekend.

ing, canoeing and swimming. However, for me, its most appealing draw is water skiing. If you have never tried it before, it is immensely thrilling to skim across the wake of a boat at top-speed on a slalom ski, es-

pecially after the effort and core strength it requires to be yanked up to a standing position. If your parent is a government drone like mine and is immensely unqualified to drive a boat, there are multiple adventuring companies on the lake, such as the Lake Lure Adventure Company, that can take you out for a day of skiing.

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

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

Food Column | Coffee

Words of wisdom from a seasoned barista

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

BY NICHOLAS DEMAYO
Senior Writer
demanj14@wfu.edu

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

Lattes vs. Cappuccinos

Although some may use these terms interchangeably, they stand for two very different things. Lattes and cappuccinos are made of the same stuff, espresso and steamed milk, but a latte will have a greater volume of milk than a cappuccino. This is due to the cappuccino’s longer aeration time during milk steaming, a process that incorporates air bubbles into the milk. Because milk bubbles take up more volume than liquid milk, the volume of milk in the cap-

puccino is less than that of a latte. Also, the kind of bubbles in a cappuccino are quite different than the ones found in lattes. In a latte, the barista creates tiny bubbles called “microfoam” which are hardly visible to the eye but lend a smooth, velvety texture to the taste. Those same bubbles, however, adhere to one another quite well, allowing the barista to make different shapes on the top of the latte called “latte art.” Shapes and figures are not usually present on the top of cappuccinos because the bubbles are too big, and the volume of bubbles too great, to make any distinguishable shapes. So, if you see a flower on the top of your cappuccino, it is probably just your imagination.

Pro tip: Order your lattes with whole milk and your cappuccinos with skim milk. The lower protein-to-fat ratio in whole milk makes for smaller bubbles and better texture, while the higher protein-to-fat ratio in skim milk makes for fluffier milk foam. Non-dairy? Always get almond milk, if your diet allows, because it creates the foam nearest in consistency to microfoam. Soy milk and coconut milk will not make foam.

Macchiato vs. Caramel Macchiato

European coffee drinkers who order coffee in the U.S. have to be very careful when ordering a “macchiato,” as that term means two very different things. We know from several finals week Starbucks runs that Americans serve up their macchiatos with a dose of caramel sauce at the bottom. But to the European, a macchiato is merely a shot of espresso with a dollop of milk foam on top, usually served in a small cup. Think of it as a mini-cappuccino. I once served a customer from Italy what I thought was a



Dreamstime/TNS

Due to the large variety, types of coffee beverages often get confused.

“macchiato.” I bet she watched in disgust as I poured pump after pump of caramel sauce into a paper cup, which I then covered in espresso and steamed milk. When I handed the beverage over the counter, she kindly said “this is a little heavy,” and I learned my lesson about the true preparation of the macchiato, a staple of the Italian coffee shop.

Pro tip: For future reference, what you really are ordering when you order a “caramel macchiato” is a caramel latte. Though, most baristas will know what you mean either way.

THE HOT LIST

Outdoor Seating on campus

With beautiful weather in the forecast, here are the best spots to enjoy the sunshine.

By Olivia Field

1. Hearn Plaza
2. Reynolda rocking chairs
3. Tribble courtyard
4. Davis field
5. Shorty’s patio
6. Manchester Plaza
7. Farrell Hall fire pit
8. North Dining Hall balcony
9. South campus benches
10. Zick’s outdoor seating

DRINK OF THE WEEK

Green Smoothie

- 1/4 cup coconut water
- 1 medium ripe banana
- 1/4 cup chopped mango
- 1/4 cup chopped pineapple
- 1 cup fresh spinach

Add the spinach and coconut water in the blender until smooth. Add the remaining ingredients and blend together until it is completely combined.

Courtesy of Savory Simple

Film artistically utilizes the power of silence

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

BY KYLE FERRER
Opinion Editor
ferrka16@wfu.edu

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

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

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

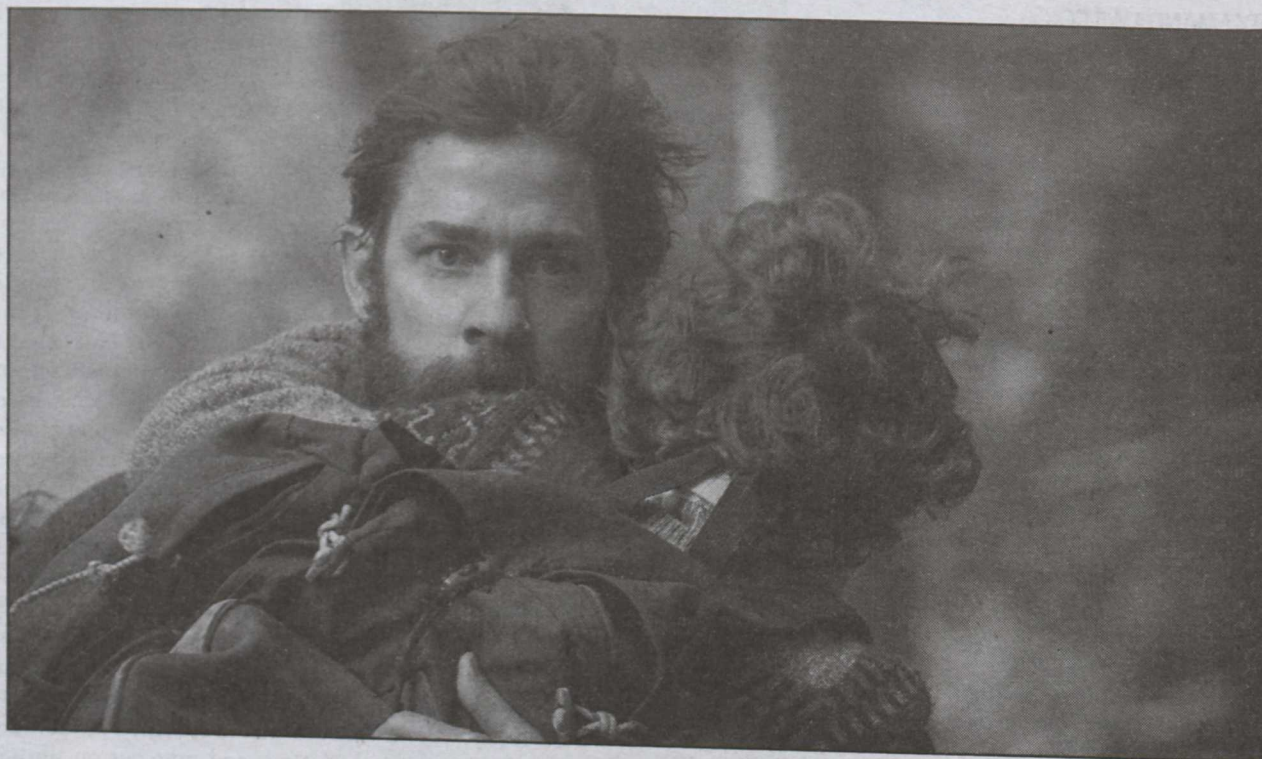


Photo courtesy of imdb.com

vantage of this one to be verbal insignificances, can be communicated soundlessly.

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

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

Blunt is also excellent, although she brings more of a natural look of star-power to the screen, perfect and inequivalent to Krasinski, which makes the two all the more at-risk and worth preserving. Blunt is committed to survival, and she allows the audience a window into her tidal of suppressed utterances (she steps on a nail and doesn't utter a sound, and eventually gives birth in near-

silence). The pain she endures becomes supra-human, and it is Blunt herself that we end up admiring for her acute fragility and minutely kinetic portrayal of emotion.

Although Krasinski the actor is enough to draw me to the theater, Krasinski the director executed a wonderfully frightening tightrope walk with *A Quiet Place*. The camera moves slowly and with purpose, just as the family themselves does, and it is through the dread of a grim pan, or the deliberate monkishness of barefoot trundlings that we feel immersed in this world of silence. Krasinski's camera is as unique a beast as the aliens themselves, and its eyes move with the consummate knowing of a director using every artistic register. The color red also plays a crucial role, almost in a role of its own, and is staged as a sort of neo-noir-ish threat. It imbues and illuminates moments with shades of lurid blood and incites feelings of danger and ticking time. The mise-en-scenes created by Krasinski look like he has been directing art-house horror films for years; some of the Giallo directors would be proud. The scenes are subtle and portentous, glistening yet blunted by their efficient message.

The score, by Marco Beltrami, is adequately suspenseful. Tasked with the impossibility of trying to make up for a lack of sound, the music in *A Quiet Place* tastefully undershoots and relaxes back into a sort of expected sound that actually serves the film's maverick concept better than trying to overcompensate for it.

A Quiet Place, although mostly "soundless," is a full-bodied experience. Watching Krasinski and Blunt navigate their family through a ravaged time reverberates into the real. It seems like something Krasinski himself would do, all hirsute and forlorn in the face of death. And though *A Quiet Place* is ultimately a portrait of family (Krasinski said in an interview on the Graham Norton show, "it's a love letter to my kids. [It is about] what extremes you would go to to protect your kids."), don't let Krasinski's sentimentality trick you. *A Quiet Place* is a fully-sensate, visceral experience. It has moments of vivid terror, with breath-holding and face-scrunching anticipation, and it has moments of vast emotional energy. The genre needs more directors like Krasinski to bring their out-of-the-genre acumen to bear on a somewhat predictable niche of cinema. In *A Quiet Place*, not only are we shown the horror of horrific things, we are shown the flickers of internalities in the face of what it means to be human. And that is a new and noble thing.



Photo courtesy of imdb.com

Event Review | A cappella concert

Spring concert showcases talent

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

BY OLIVIA FIELD

Life Editor
fielori17@wfu.edu

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

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

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

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

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



Bingqing Li/ Old Gold & Black

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

an Ed Sheeran mashup that included solos from all four of the senior members. They finished off with their trademark song "And So it Goes" by Billy Joel.

Freshman Marie Anderson joined Demon Divas after she decided that she wanted to keep singing in a wider variety of styles after studying vocal performance in high school.

"Performing with the Divas last night was such a rewarding experience because we have worked so hard throughout this entire year and through our hard work we have established wonderful friendships," Anderson said.

Before Plead the Fifth took the stage for the last time,

the two groups performed "You Will Be Found" from *Dear Evan Hansen* together. Sullivan and Demon Divas' President Virginia Hamilton shared the solos, passionately vocalizing the positive message of the musical's song.

The night ended with Plead the Fifth taking the stage one last time. Freshman Anthony DeVincentis took on the solo for Khalid's "Location," beautifully executing the chorus with the help of the background vocal rhythms. Finishing off with "Say Something" by A Great Big World, Plead the Fifth left the audience satisfied after an evening of pleasing vocals.

Health Column | Fad diets

Ketogenic diet delivers unhealthy side effects

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

BY ETHAN BAHAR

Opinion Editor
bahaea15@wfu.edu

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

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

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

What is the ketogenic diet? Essentially, it is an extreme version of popular low carb diets like the Atkins Diet or the South Beach Diet. The ultimate goal of a person attempting the ketogenic diet is to shift their body into a state of ketosis. Ketosis is the state a person's body enters when it has depleted its glucose (sugar) stores and must start burning fat for energy. The most effective way to induce ketosis is to fast for about 24 to 48 hours. However, fasting is extremely



Photos courtesy of amazon.com

The ketogenic diet is extremely strict when it comes to what food groups can be consumed.

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

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

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

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

Best Brunch Spots in Winston-Salem

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

BY EMILY BEAUCHAMP

Life Editor
beauea17@wfu.edu

River Birch Lodge

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

For those over 21, the full bar serves mimosas and other cocktails along with Lodge Breakfast Favorites like the Blackened Salmon Benedict (\$13.50) or the more classic Smoked Gouda and Bacon Omelette (\$12.25). The Blackened Salmon Benedict consists of a hickory cajun seasoned grilled salmon filet served on an English muffin with poached eggs and hollandaise. The omelette contains smoked gouda cheese and applewood smoked bacon, creating a blend of savory flavors. For those who are in

the mood for lunch, River Birch also serves an array of salads, sandwiches and burgers including their famous Grilled Shrimp Arugula Salad (\$13.75) and their Bison Burger (\$16.95). The burger is hickory grilled and topped with traditional toppings; however, customers are able to add Wild Mushroom Gravy.

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



Emily Beauchamp/Old Gold & Black

Mama Zoe Michael's



Emily Beauchamp/Old Gold & Black

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

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

Village Tavern

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



Emily Beauchamp/Old Gold & Black

Midtown Cafe & Dessertery



Emily Beauchamp/Old Gold & Black

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

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

Midtown serves 12 Pancake Specials and six specialty dishes. A customer favorite is the Swiss Chocolate Chip Pancakes (\$6.90) which

is dusted with powdered sugar. However, for those with a more adventurous taste, the Reese's Peanut Butter Chip Pancakes (\$7.85) or the Peach Delight Pancakes (\$10.15) are great options.

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

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