It's a Beautiful Day to Be a Deacon
Within this book, you’ll find everything you could possibly need to survive in the Forest.

Food, shelter, maps, general wisdom and the laws of the land. All conveniently located in the following pages. So make yourself comfortable, and take a look around.

You can graduate, but you never have to leave.
Old Gold & Black

**YOUR COLORS**

**YOUR FIGHT SONG**

O here’s to Wake Forest
A glass of the finest
Red ruddy, Rhenish
Filled up to the brim.
Her sons, they are many
Unrivaled by any
With hearts o’erflowing,
We will sing a hymn.

**RAH, RAH, WAKE FOREST, RAH!**

Old Alma Mater’s sons are we!
We’ll herald the story and die for
her glory: Old Gold and Black is
ever waving high.

As frosh we adore her,
As sophs we explore her,
and carve our names upon her
ancient walls. As juniors patrol her,
as seniors extol her, and weep to
leave fore’er her sacred halls.

(WIPE TEARS AND REPEAT CHORUS)

**YOUR MOTTO**

Pro Humanitate

The Wake Forest motto, Pro Humanitate, is regularly translated as “For Humanity” and is probably most often understood to mean that we do what we do for the sake of humanity, for the people of the world. It is often heard as a very specific call to community service.
BY GEORGE W. PASCHAL, CLASS OF 1892 (THURINGIAN FOLK SONG)

DEAR OLD WAKE FOREST,
THINE IS A NOBLE NAME;
THINE IS A GLORIOUS FAME,
CONSTANT AND TRUE.
WE GIVE THEE OF OUR PRAISE,
ADORE THINE ANCIENT DAYS,
SING THEE OUR HUMBLE LAYS,

MOTHER, SO DEAR

DEAR OLD WAKE FOREST,
MYSTIC THY NAME TO CHEER;
BE THOU OUR GUARDIAN NEAR FORE’ER AND AYE.
WE BOW BEFORE THY SHRINE,
THY BROW WITH BAYS ENTWINE,
ALL HONOR NOW BE THINE,
MOTHER, TODAY.

BY GEORGE W. PASCHAL, CLASS OF 1892 (THURINGIAN FOLK SONG)
Like the fight song says, your new home is unrivaled by any.

The history, events, quirks and rituals that make Wake Forest unique help form a lasting bond among those who call themselves Demon Deacons. In a time before Google, these were things passed from one generation of Wake Foresters to the next. Embrace them. Make them your own.
In 1834, the Wake Forest Manual Labor Institute was founded. The first student was 12 years old, and the first graduating class included 4 students.

In 1946, the school accepted an invitation from the Z. Smith Reynolds Foundation to move from Wake Forest, N.C. to Winston-Salem, N.C.

The Reynolds Campus opened its doors in 1956.

Wake Forest was the first private institution in the South to integrate (1962).

Wake Forest College became Wake Forest University in 1967. The letters WFC can still be found in ironwork around campus.
The origins of the Reynolda Campus can be found a few steps away in the Reynolda Historic District, with Reynolda House Museum of American Art at its center. Opened in 1967, Reynolda House displays and interprets a premier collection of American art within the 1917 country house created by Katharine Smith Reynolds, wife of tobacco magnate Richard Joshua (R.J.) Reynolds. A visit to Reynolda in your first year is essential to understand why the ground you walk on is called the “Reynolda” Campus.

Reynolda gets its name from the feminine of Reynolds, a nod to the estate’s visionary Katharine Reynolds. As a 1,067-acre working estate, Reynolda originally incorporated the main house, also known as The Bungalow, set within a carefully designed landscape and a working model farm; recreational facilities, including an artificial lake and a nine-hole golf course; formal gardens (now Reynolda Gardens); and a picturesque estate-support village (now Reynolda Village) echoing the style of the main house. Wake Forest’s Reynolda Campus now occupies the land that was the farm. As both a historic house and an art museum, Reynolda interprets the past and present through historic furnishings, decorative arts and works of art from the likes of Georgia O’Keeffe, Frederic Edwin Church, Mary Cassatt and Nam June Paik.

2017 marks the centennial of the Reynolda Estate and the 50th anniversary of the Museum. Reynolda will celebrate this momentous year with memorable festivities, inspiring programs and landmark exhibitions. Reynolda’s history is both Wake Forest’s history and Winston-Salem’s history, and the celebration of its first 100 years is a historic moment for the entire community.

General admission to Reynolda House is free for students, and the Museum offers several events at no cost to students throughout the year. Students can also get involved at Reynolda House through internships, volunteer opportunities and academic research. An affiliate museum of the University, Reynolda House is an easy quarter-mile walk from campus along the wooded trails of Reynolda Gardens that connect South Campus to Reynolda Village. Reynolda House is open Tuesday through Saturday from 9:30 a.m. to 4:30 p.m. and Sunday from 1:30 to 4:30 p.m. reynoldahouse.org
START Gallery, the Wake Forest University Student Art Gallery, was founded in 2009 and is located in Reynolda Village adjacent to the University campus. The gallery offers students the opportunity to display and sell their artwork, and through its eight to 10 exhibitions a year strives to create a unique experience for students interested in art or art management. START boasts various opportunities for students to get involved, including STARTyourself, which allows interested students to present solo shows of their work or to curate exhibitions of the work of others.
PREPARATION

Keep a secret stash ready at all times for victories. Use double rolls for maximum impact and tree coverage.

IT'S GO TIME

After the big win, promptly go to the Quad (Hearn Plaza) with your stash. We don't roll the Quad for just anything; it's gotta be a big deal.

USE PROPER FORM

Place your hand on the curvature of the roll so it will unravel upon release. Throw like a baseball over the tree, using plenty of arc. Follow it to the other side; repeat until tube is empty.

SATISFACTION

Bask in the glory of a newly decorated Quad with your peers. Make memories. Never forget the moment.

ROLLING THE QUAD
HOW TO TOSS LIKE A BOSS
**Wake 'n shake**

What do over 1,200 students do together in Reynolds Gym for 12 continuous hours in March? They dance, sing, play games, hear inspirational stories and have an outrageous time, all to help find a cure for cancer. So get on your feet, and get ready to dance! wakenshake.com

**Magnolias**

You’ll find them gracing Manchester Plaza, and they hold a special place in the hearts of Wake Foresters across the globe. The magnolias of today come from seeds that were collected from the Old Campus in 1947, grown for five years in a swimming pool in South Carolina, then transplanted to the Reynolda Campus.

**Project Pumpkin**

Project Pumpkin is an annual event sponsored by the Volunteer Service Corps around Halloween. It brings approximately 1,500 children from the Winston-Salem community onto campus, and pairs them with Wake Forest undergraduates for trick-or-treating and carnival games. projectpumpkin.wfu.edu

**The stone arch**

It’s not our first arch. What graces the Quad today is a replica of the original, which can still be found on our Old Campus in Wake Forest, N.C.

Each year during Commencement, the graduating class carries on the tradition of entering the Quad through the arch.

**Hit the bricks**

“This is college!” These were the words of a first-year student while racing around the Quad as a member of his residence hall’s relay team. More than 1,000 students, faculty and staff join together in Wake Forest’s annual eight-hour team relay event to benefit the Brian Piccolo Cancer Drive. wfuhitthebricks.com

**Wait chapel**

Named for Samuel Wait, our University’s first president. The 12-ton carillon consists of 48 bronze bells. There are only 100 of its kind nationwide.

The chapel has hosted a wide range of events, including two presidential debates, the memorial service for Maya Angelou, NPR’s “Wait Wait ...Don’t Tell Me” and many speakers, including Dr. Martin Luther King, Jr., President Jimmy Carter, James Earl Jones, Robert F. Kennedy, Jr., Tony Dungy, Senator John McCain, Ta-Nehisi Coates and Laverne Cox.
Life in the Forest