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High Point University

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Polar plunge



They're
'freezin'
for a reason'

see
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The Campus Chronicle urges readers to submit letters to the editor.

The salutation should read: To the Editor. Letters should be typed and should not exceed 300 words. They must be signed and include the author's phone number and address for purposes of verification. No letter will be published without confirmation of the author's identity. Please do not send anonymous letters or form letters.

The staff reserves the right to edit letters for length, clarity and grammar, in addition to the right to reject a letter based on the judgment of the editors and advisers.

Mail your letter to: The Editor, Campus Chronicle, Box 3111, High Point University, High Point, NC 27262.

Cover photos by Jeremy Hopkins

Campus Voices: What was your favorite gift from the holidays?

"My favorite gift that I received this Christmas was my MacBook Pro. I was so happy."

David Fernandez, freshman



"My favorite gift was a pair of Nine West boots that I got, because they were cute and expensive."

Kendall Cearnly, freshman

Frat House or 'Flop House'?

Staff Editorial

On a typical Wednesday for college students, the local hangout spot off campus is typically a club for college night.

Historically, that spot for High Point students has been Triangle. Although Triangle has its issues, they have not stopped its success over the years. It is still favored by students, even though it is currently not open. But with the doors of Triangle closed and with the student body increasing each year, creating a new spot for students would seem to be a good business plan for an enterprising individual.

Instead, the new spot in town - The Frat House - is missing the mark.

The first issue with the Frat House is its first impression.

It did not start strong with the students and, in this case, the first impression has been the lasting one. The Frat House held its soft open the

week of Fall Break, which made it hard for most students to attend since they were home! The first rule when opening a club that appeals to college students is to make the open when they can come. A week when nobody is living on campus is not the best decision.

A second problem with the Frat House is space.

Even though it is not very busy, it is still hard to find a seat around the bar area, and the line for the one-person bathrooms is always a few people long. The layout of the game room and "VIP" area could be much more efficient. However, to the credit of the Frat House organizers, they don't have much room to work with since they share the building with Fuji's Japanese Restaurant. The size of the dance floor is respectable except for the support column in the middle about one square foot big.

A third issue with the Frat House is its imposed limitations.

A rule that only lets in 100 people? Crazy. The space is big enough to hold more and no successful club can survive with admitting fewer than 200 people a night. Some additional bar space would be great as well, along with bigger bathrooms - the one-person thing is just not cutting it.

If the Frat House could have a redo, now is the time.

Triangle is not open now, so students will be looking for somewhere else to go. A special theme night promoted with many advertisements would be likely to get the attention of the students at HPU and blow the roof off.

That being said, HPU students should also give the Frat House a shot. It is close to campus, it has embraced the school, and it is a good mix of relaxation and fun. If you are looking for a hang out off campus on a Wednesday night, try looking at the Frat House, at least until Triangle is back up and running.

Some new ideas for campus statues

By Jeremy Hopkins
Photography Editor



What do Sacajawea, George Washington, and William Shakespeare have in common? They're all part of an eclectic group of statues on campus.

The statues are a great and

inspirational way to show students what they can become. However, I can't help but wonder why these figures were chosen. I understand that each of these figures represented by the statues is an incredibly important figure in history, but are they really the right fit for campus?

I intend, in no way, to belittle the school's efforts to provide a culturally and academically diverse environment that includes the incredible craftsmanship displayed in Jon Hair's work. However, I'm here to offer some suggestions.

If we were to make statues of all those who deserve one, we would have

statues in Slane in front of Starbucks, in the Extraordinaire Cinema, in the Panther's Den in Millis, in the dugout at Williard Stadium, and in a chemistry classroom in Congdon. Obviously, this is impractical.

As we like to be called High Point's University and pride ourselves on our location, I think it would be wise to include figures from the area.

Levi Coffin, the "president" of the Underground Railroad and a notable abolitionist, was from Greensboro, N.C. One of the most defining and spectacular incidents of the Civil Rights

See **Statues**, page 9



Art: Connection to life we must seek to protect

By **Amanda Mayes**
Staff Writer

Slow down for a minute. Open your eyes; open your ears; open your heart.

It is amazing how much beauty is in the world when we simply take a moment to notice it. Most of the time, we are oblivious to the art that surrounds and inspires us on a daily basis.

But what is art? Music, theatre, fine art, photography, dance...all of these automatically come to mind. But art is an infinite number of things because art involves perception. Art is the mind's perception of what the heart is feeling. It is the beautiful and destructive struggle to create. It is the painful process of tearing down walls and breaking down the self in order to expose those pieces of the soul that fit into a larger humanity. Art involves ignoring the fear of failure.

Woody Allen once said, "If you're not failing every now and again, it's a sign you're not doing anything very innovative." Empathy and art are synonymous. Art is the expression of emotions and ideas in a manner that appeals directly to the heart and indirectly to the mind.

I cannot imagine life without the

forms of art that I chose as my main expressive outlets. Photography allows me to share with others how I perceive the world, if they are willing to look through my eyes. I am rather inept at voicing my thoughts and feelings; writing allows me to capture the volumes of philosophy in my mind and the emotions in my heart. Theatre is my passion; there are few things that allow humans to so thoroughly and beautifully explore human nature.

Daniel Day Lewis explains, "The thing about performance is, even if it's only an illusion, it's the celebration of the fact that we do contain within ourselves infinite possibilities."

As academics in the U.S. fall behind other parts of the world in the endless pursuit of progress, we begin to lose sight of the importance of art. How many times have you found comfort, strength, or inspiration in a song or a photograph? What do we lose when we shift our emphasis from the arts to the sciences and mathematics? I sincerely doubt that dissecting a frog brings the soul the same sense that life will go on, that all will turn out alright.

Picasso once theorized that "Art is a lie that makes us realize truth."

Life is often devoted to the search for truth; we cannot lose this outlet for the pursuit of truth. Losing art would mean closing a path to connection with other souls in a world that is increasingly disconnected. The endlessly complex act of offering strangers a piece of the inner soul is a gift that must be protected.



Shutting down WikiLeaks: a blow to transparency in the US government

By **Jake Grim**
Staff Writer

The recent debate surrounding WikiLeaks, the organization that publishes submissions of sensitive documents while attempting to



preserve the anonymity of contributors, calls into question government transparency in the United States.

Politicians feel threatened by the sensitive information being

revealed to the public and are pursuing the prosecution of WikiLeaks and its founder, Julian Assange. However, shutting down WikiLeaks for revealing sensitive information would be censorship in favor of secrecy.

The extreme reaction to WikiLeaks is showcased best by none other than former Alaska Gov. Sarah Palin and U.S. House Rep. Peter King, chairman of the House Committee on Homeland Security, each of whom have tried to compare WikiLeaks to a terrorist organization.

Palin has asked why Assange

has not been pursued with the same urgency as Al Qaeda and Taliban leaders, and King attempted to blacklist WikiLeaks economically.

Despite what Palin and King have said, WikiLeaks is not holding public executions or making use of suicide bombers. According to the U.S. Department of Treasury, it is not confirmed that WikiLeaks has conducted business or provided economic assistance to any blacklisted entity, even unknowingly.

Palin and King pull attention away from what WikiLeaks is actively pursuing—increased government transparency. Assange is working toward a goal many politicians claim to support, and yet, as late night comedy show "Saturday Night Live" drew attention to, he is being pursued as a villain.

If politicians have so much to hide from the public in their transactions, the public should be able to see these transactions and judge if these politicians are worthy of representing the interests of the public.

American politicians need to be held responsible for their actions, and not given the opportunity to hide behind clearance. If the U.S. government really wishes to be transparent and

See Wikileaks, page 9

Recent violence should prompt change in today's political environment

By **Jeremy Hopkins**
Photography Editor

Four U.S. presidents have been assassinated. Five others have been the targets of assassination attempts.

Political violence has historically taken bizarre turns and is, unfortunately, a part of life.

We see it all around us and we all acknowledge its presence, even if we choose to ignore it. Our nation emphasizes freedom, and a problem we have seen is this violence interacting with our political system.

The recent shooting in Tucson, Ariz.

at a community event is one of the most real examples of politics and violence clashing in our lifetimes.

In the aftermath of this tragedy, analysts, reporters and politicians themselves are asking the question of what we should do to prevent situations like this and how such a tremendous loss will change the political environment.

Will the Arizona shooting that claimed six lives and left 14 others injured change how we interact with one another and will it change how politicians do their jobs? How do we fix a toxic political climate? As pessimistic as it may seem, I foresee no changes coming.

This most recent shooting is just an example of how politics and violence can interact. A man like the shooter, Jared Lee Loughner, who has distinct political opinions, can turn violent quickly. This

shooting can help us to evaluate how politics and violence can come together.

Politicians will always be politicians. Nothing, not even a tragedy, will change the fact that they will always push their political agenda. They will mourn the loss of the dead, and then use the situation to show that they are better than their opponent and they should be reelected for another term.

America is built on political freedom and a democratic system ideally allowing everyone a chance to make a statement. With that being said, I believe a change in the political culture is necessary.

When our nation's government was founded, it was a government for the people. Citizens elect leaders who will serve the people, and if the leaders do not, it is the people's responsibility to overthrow the active government.

Today, politics has become more about getting elected and having power





than feeling an obligation to the people. Thus, politics is cold and toxic.

I would hope that after a scene unfolds like what we saw on the news from Arizona, that politicians will treat each other with more respect, and have more desire to serve the people.

The only thing that politicians can do is to change their own attitudes. America is a free nation, which, although events like the Arizona shooting can happen, means that we cannot prevent events like this without compromising our freedom and the integrity of our constitution. Our government does not—and should not—have this power.

So instead of focusing on what we can do to limit gun purchases and blaming others for the political violence, I think we should change the way we treat one another and encourage politicians to do the same. I believe we'll be better because of it.



<p>A moment with the editors</p> <p>What is your least favorite movie?</p> <p>Your favorite pair of shoes?</p> <p>How many siblings do you have?</p>	<p>Katie Nelson, Editor-in-Chief</p>  <p>"Divine Secrets of the Ya-Ya Sisterhood"</p> <p>no shoes</p> <p>none</p>	<p>Jeremy Hopkins, Photography Editor</p>  <p>"Point Break"</p> <p>Pumas</p> <p>one</p>	<p>Allison Hogshead, Copy and Design Editor</p>  <p>"I Spit on Your Grave"</p> <p>Bathing Apes</p> <p>two</p>	<p>Alex Ruano, Distribution Manager</p>  <p>"Angels and Demons"</p> <p>Aasics</p> <p>none</p>
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Assassin's Creed: Brotherhood is more fun and has features for all

By Trent Schneider
Staff Writer

Assassin's Creed: Brotherhood is a well-made game that continues the tradition created by its predecessors. Unlike its predecessors, Assassin's Creed: Brotherhood takes place in the same exact place and time period as the previous installment as it continues the story of Ezio.

If you haven't played the previous game, Assassin's Creed 2, then you might want to hold off on this next installment because it starts exactly where the last one ended. Thanks to this, it would be hard to describe the new plot without revealing spoilers that would ruin Assassin's Creed 2, but fortunately there is plenty to talk about without touching the storyline.

Many of the game mechanics, such as the combat and stealth system, remain the same as the previous title, which allows the game to feel like you are picking up exactly where you left off. Of course, this doesn't mean that there aren't new features in the game. Quite the contrary.

One of the biggest of these new additions is the assassin guild. With this comes many features, the first being assassin recruits. Recruits can be called in to help stealthily kill or full out battle any enemies that the player encounters. Recruits can even be sent in to attack a specific person while the player hides on top of a building with an easy escape route.

As each assassin recruit is used, experience points are gained for individual trainees. Once a recruit gains

enough experience, the recruit goes up a level. This allows the player to increase attributes such as attack and defense, which gives the trainee new equipment such as weapons and armor. The recruit creates an interesting new twist to the game, which had previously focused on the idea that you don't always get help during missions.

Another new concept added to the game allows players to have shops throughout a city instead of having one of each kind on base. Of course, each of these shops can be purchased and can provide constant income and discounts as more shops of each type are bought. As you get further into the game, different shop quests will be unlocked that allow players to unlock new items in trade for items that can be found throughout the game world.

This change is a bit of a double-edged sword. On one hand, this allows the player to have many different locations throughout the city where items can be bought at his or her convenience. The downside is that it's not always easy to tell on the map where there is a shop with quest once you own a few of each type.

All in all, the main fun from the game comes from many of the same places as in the previous game. The new additions found in Assassin's Creed: Brotherhood make the game feel more well rounded than previous games, which helps conceal the fact that everything in this game takes place in one city. With all of the content crammed into it plus the lack of loading times, many players won't mind.

Movie theatre review: find out which cinema suits you best

By Dean Judson
Staff Writer

As students are venturing out during the dreary month of February, here are a few things to keep in mind when selecting a theater. This issue, the Campus Chronicle will review the movie-going experience at the Regal Palladium Stadium 14 and Carmike 8 in High Point, and the Carmike Wynnsong 12 in Winston-Salem. All three theaters offer very different environments for the movie watcher.

The Palladium is located just a few miles from campus at 5830 Samet Drive. It is the typical modern theater with stadium seating and reclining chairs. The Palladium is the most expensive and luxurious of the three theaters and offers 3D capabilities as well.

The concessions are good but are very expensive. Employees serve everything from popcorn, to nachos, to slushies. Prices on food range from \$3 for candy up to \$10 for a popcorn and drink combo. With 14 theaters, the Regal Palladium features the most recent movies and has an extensive list to choose from well into the night. Movie prices range from \$9 going up to \$12.50 during primetime hours.

The Carmike 8, located at 2705 N. Main St., is interesting because it is an old school dollar theater. If a student is looking for a quick movie experience and running low on cash this is the place to go.

Since it is a dollar theater, it features older movies that have been out for a

few months already. This benefits those who hate previews and large crowds, because the Carmike has neither.

Concessions are cheap but offer marginal taste. The theater is a little outdated and gives patrons a sense of being in the 80's with big comfy red seats and red walls. Service here was not up to par, however, during a recent visit. The ticket line was much longer than it needed to be for an off night and the concessions worker was complaining about the receipt printer while many people were patiently waiting.

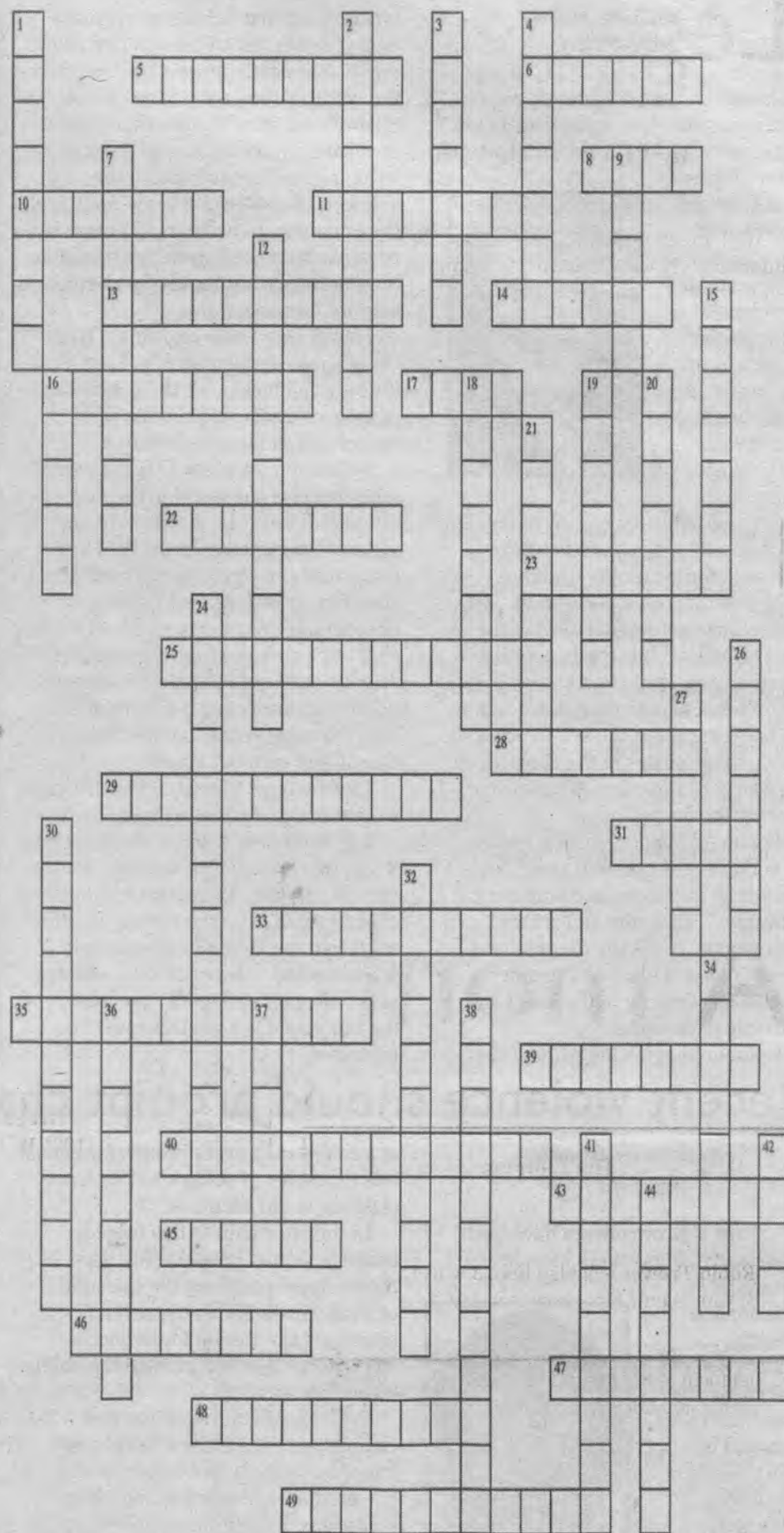
The best bang for the buck would be Carmike Wynnsong 12 in Winston. It's a 30-minute drive but very easy to get to from campus.

It is more of a local theater with local luxuries, like having the option of choosing from four different flavors of popcorn after getting to sample each flavor. The theater also gives customers the option of buying an annual bucket of popcorn for \$13 and costs \$2 to refill throughout the whole year.

Movie tickets are cheap as well. With a valid student ID, students save \$2 more than they would at the Palladium for a 3D movie. A 3D movie here only costs \$10 and a regular 2D movie only costs \$8.

The service here is terrific and the employees actually care about their jobs. The employees go out of their way to make sure movie goers have a good experience. The theater itself is nice, but a little uncomfortable with stiff chairs that do not recline.

State Nicknames



ACROSS

- 5 The Volunteer state.
- 6 The Beaver State.
- 8 The Beehive State.
- 10 The Hoosier State.
- 11 The Cornhusker State.
- 13 The Golden State.
- 14 The Sunflower State.
- 16 The North Star State.
- 17 The Buckeye State.
- 22 The Natural State.
- 23 Grand Canyon State.
- 25 The Palmetto State.
- 28 The Peach State.
- 29 The Granite State.
- 31 The Gem State.
- 33 The Ocean State.
- 35 The Keystone state.
- 39 The Show Me State.
- 40 The Bay State.
- 43 The Rocky Mountain State.
- 45 The Silver State.
- 46 The Bluegrass State.
- 47 The Great Lakes State.
- 48 The Evergreen State.
- 49 The Peace Garden state.

DOWN

- 1 The Old Dominion State.
- 2 The Land of Enchantment.
- 3 The Yellowhammer State.
- 4 The Treasure State.
- 7 The Badger State.
- 9 The Lonestar State.
- 12 Mount Rushmore State.
- 15 The Sunshine State.
- 16 The Pine Tree State.
- 18 The Prairie State.
- 19 The Cowboy State.
- 20 The Empire State.
- 21 The first State.
- 24 The Tar Heel State.
- 26 The Green Mountain State.
- 27 The Aloha State.
- 30 The Constitution State.
- 32 The Magnolia State.
- 34 The Old Line State.
- 36 The Garden state.
- 37 The Last Frontier.
- 38 The Mountain State.
- 41 The Pelican State.
- 42 The Hawkeye State.
- 44 The Sooner State.

Leggings, peacoats and boots! Oh, my!

By Emilee Cook
Staff Writer

Well, the bitter winter has arrived and unfortunately we still have a few months left to go before the return of that warm, sunny North Carolina weather. We all know how difficult it is to show off your stylish side while managing to stay warm; it poses quite the challenge. The question we are faced with is how does one stay warm and feel beautiful at the same time? By simply following a few tips, you'll learn to brave the cold and show off your fashionable side without breaking the bank.

First, start with the foundation of the winter outfit. The absolute key to dressing well in the cold is having the perfect winter coat. Although it's easy to just grab your North Face and run out the door, a simple sweater underneath a military jacket or pea coat is both more appealing to the passing eye and warmer than a thin fleece.

Pea coats are the ultimate classic winter coat. They never go out of style

and can last for years depending upon the quality of the one you purchase. I recommend a basic color such as black, cream, or navy blue that will easily match scarves, gloves, and all other winter accessories. However, if you want to stand out in the dull winter crowd, a bold color like red will definitely make a statement and get you some attention.

Leggings are the second staple item when dressing well in the cold. They will match anything and everything while allowing you to be comfortable in class. The great thing about leggings is they are inexpensive and can be layered to achieve warmth without giving the baggy sweat-pant look. Try dressing up your leggings by pairing them with a long striped tunic instead of a sweatshirt. Leggings can be found at Target for \$6.

Boots are all the rage this season. Over-the-knee boots have taken the market by storm and can simply dress up any outfit in minutes. When unfolded and pulled up, they not only provide warmth for your entire lower leg, but

they work to elongate the leg as well. Say you aren't feeling the over-the-knee trend one day; they easily fold down into calf high boots. With this versatility, you won't feel as guilty splurging on that pair of over-the-knee boots that you fell in love with upon first sight.

If the over-the-knee look isn't for you, don't fret! There are a million other options for winter boots. Instead of throwing on the usual go-to winter boot, the Uggs, dress up your outfit with fringe moccasin, suede, or a pair of tall basic black leather boots. Wear them with your cute winter coat and leggings and you're good to go.

A nice pair of leather boots, for example Frye, will last you for ages. But if you're not able to fund a pair of these \$400 boots (which let's be honest, most of us broke college students can't), stores like DSW have cheaper alternatives that look just as nice. If it's really icky out, opt for a colorful pair of rainboots. If yours aren't warm enough, buy a pair of tall, knit, cozy, knee high socks and fold them over the top of your

boot for a more put together look.

Scarves can be purchased in basically any color or pattern imaginable and are the ultimate winter accessory. They run pretty cheap at stores such as Forever 21 and Target, and are a definite way to spice up any bland shirt or coat. Neutral colors such as a cream and gray compliment dark colors well.

If plain scarves aren't your style, check out Urban Outfitters. They have a wide variety of scarves that include threads of silver sparkles weaved into the dark fabric just to give a little pizzazz. Pair that dark scarf with a hint of sparkle to a plain white v-neck t-shirt and—voila! You've taken your simple look up a few notches within seconds.

I hope these tips help you succeed in achieving a cute yet simple way to look and feel beautiful despite the inclement weather. Just always remember the most important thing that you absolutely must have when battling the cold weather is.... CHAPSTICK! Because no one, and I repeat no one, likes chapped lips.

A month for love and music

The Fillmore

1000 Seaboard St., Charlotte
www.livenation.com

-Robin Trower will play Feb. 3 with D.B. Bryant Band. The show starts at 8 p.m.

-NOFX and The Bouncing Souls will perform at 8 p.m. on Feb. 4 with the Cobra Skulls and Old Man Markley.

-Flogging Molly will perform Feb. 15 at 6:30 p.m.

-Slash will take the stage on Feb. 17 along with Brand New Sin and The Fabulous Miss Wendy. The show starts at 8 p.m.

-Umphey's McGee plays Feb. 19 at 8:30 p.m.

-Buckcherry with special guests Hellyeah and The Damned Things will play Feb. 22. The show starts at 7 p.m.

*For more information about these shows and ticket prices, visit the website.

Greensboro Coliseum

1921 W. Lee St., Greensboro
www.greensborocoliseum.com

-Jason Aldean will play Feb. 4 with special guests Eric Church and the JaneDear Girls on the "My Kinda Party Tour 2011." The show starts at 7:30 p.m. and tickets are \$30.75 and \$44.75.

-Winter Jam 2011 takes place on Feb. 5 at 6 p.m. This Christian music tour will feature Newsboys, Kutless, Red, the David Crowder Band and many others. The event is \$10 at the door.

-Comedian Kevin Hart will take the stage Feb. 11 at 8 p.m. and 11 p.m. The actor and comedian can most recently be seen in *Death at a Funeral*. Tickets are \$49.50.

-The big top will be coming to town Feb. 11. Tickets for the Ringling Bros. Barnum & Bailey Circus start at \$14.

-On Feb. 22, Kid Rock will play with Jamey Johnson as part of his "Born Free" tour. The concert starts at 7:30 p.m. and tickets range from \$25 to \$89.50.

RBC Center

1400 Edwards Mill Road, Raleigh
www.rbccenter.com

-If you missed it the first time around, The Ringling Bros. Barnum & Bailey Circus will set up its tent from Feb. 9 through the 13. Tickets and showtimes vary. Visit the website for more information.

-If you have a love for soulful music, the Raleigh Blues Festival will be under way on Feb. 20. Doors open at 5 p.m. and the show starts at 6 p.m. Tickets range from \$39.50 to \$49.50.

-Bon Jovi hits the stage on Feb. 21. Doors open at 6:30 p.m. and the show starts at 7:30 p.m. Tickets range from \$19.50 to \$129 for the more die-hard fans.

-The Royal Comedy Tour takes place on Feb. 27. The event will feature D.L. Hughley, Sommore, Bruce Bruce and others. Doors open at 6 p.m. and the show starts at 7 p.m. Tickets are \$37.50 or \$49.50.

Greene Street Club

113 N Greene St., Greensboro
www.greenestreetclub.com

-Blues/rock artist Sam Robinson will play on Feb. 4. Doors open at 9 p.m. and the show starts at 9:30 p.m. Tickets are \$8 in advance and \$10 the day of the show.

-The indie/powerpop group Hellogoodbye will play Feb. 5. Doors open at 5 p.m. and admission is \$15.

-RJD2 plays Feb. 9. Doors open at 9 p.m. Tickets are \$15 in advance and \$20 the day of the show.

-For those metal fans out there, Hephystus will play Feb. 11. Doors open at 6 p.m. Tickets are \$8 in advance and \$10 the day of the show.

-Electronic artist Ana Sia will perform Feb. 18. Doors open at 9 p.m. Tickets are \$10 in advance and \$12 the day of the show.

-On Feb. 25, reggae/rock group The Movement will play. Doors open at 9 p.m. and tickets are \$12.

-Another one for the metal lovers—Born of Osiris will play on Feb. 27. Doors open at 4 p.m. Tickets are \$15 in advance and \$18 the day of.

*Note: A \$2 surcharge is applied to those under 21. Sorry, kids.

LJVM Coliseum

2825 University Parkway, Winston Salem
www.ljvm.com

-The "Music as a Weapon" tour takes place Feb. 1 with featured groups Disturbed and Korn. Doors open at 6 p.m. and the show starts at 7 p.m. Tickets range from \$38 to \$49.50.

-Bring out your inner Celtic spirit with Celtic Woman on Feb. 26. Doors open at 6:30 p.m. and the show starts at 7:30 p.m. Tickets are \$48.50.

Yang teaches to chairs then to students

By Steven Haller
Sports Editor

Imagine that after living in one country your whole life that you decide to go to graduate school in another. That is what Professor Yan Yang of the communications department decided to do, and while some might consider it challenging, Yang said that she found the differences to be more interesting than challenging.

Born and raised in Hefei, the capital of Anhui province, China, Yang is the only child of her mother and father, a nurse and an international trader respectively. Despite having no brothers or sisters growing up, Yang said she is very close with her large, extended family who all live in Hefei as well. She is also the oldest of all the grandchildren on her father's side, and she said that she was an obedient and good child because her parents wanted her to be a good role model for her cousins.

As a child, Yan Yang (pronounced "yen young") said she did not have much time for other things besides study, but one of her hobbies was learning English. She recalled a time when she was three years old and her father, who was a university instructor at the time, came up with fun ways to teach her English.

Yang said, "My dad would ride the bicycle and I would sit in the back and he would quiz me on how to pronounce and spell all twelve months, seven days, and the names of certain countries in English. That was a game we played to and back from the grandparents house and that is how I began to learn."

In addition to learning English at a young age, Yang also seemed to be interested in teaching even as a child

through games that she played.

"One thing I liked to do is I had this little blackboard that I hung on the wall and I would pretend to be a teacher teaching all those chairs there how to say, 'ABCDE,'" said Yang.

It almost appears that Yang was always destined to teach, but her path to High Point University was not so simple.

Yang always knew she wanted to study in America because, according to her, higher education in America is much better than in China. Her first experience in the United States was in North Dakota, where she stayed with a host family and attended a local high school for one month when she was 18 years old.

"I really enjoyed that experience," Yang said. "It was the first time for me to be away from my parents in a different country. I really was not that homesick. I just embraced everything and enjoyed the experience rather than calling them every day."

After her undergraduate work in China, Yang was accepted to a graduate program at University of Nevada, Reno. While attending school, she worked at the local ABC affiliate as an associate producer for two years. After completing that program, Yang moved to New York City where she worked as an intern for a documentary program on PBS called Wide Angle. After that, Yang got a job at Katz Media Group, where she conducted television programming research, and later she got a job in the sales department at WOR News Talk Radio.

After dealing with cold weather

and crazy amounts of pressure, Yang realized New York is not a place she wanted to spend most of her life and decided to pursue a more advanced degree. For a while she was torn between going for an MBA or a PhD, but after weighing the pros and cons, she decided that a Ph.D. was the best fit for her.



Professor Yan Yang came to HPU from Hefei in East-Central China. Photo provided by HPU Office of Administration

Yang gave two main reasons for her decision. The first was that she truly loved to teach, even since she was a child with the chairs. She said she likes to help students any way that she can and she thinks her personality really fits the role of a teacher. The second was that she likes the lifestyle of the professor.

"I can work really hard for nine months and I can use the other three months to explore the world and do other things I am interested in," said Yang. "Based on my first year experience of teaching here at High Point, I think I have made a great decision."

Yang did her doctorate work at the University of Florida and will be defending her dissertation later this spring.

As for why she chose to teach at High Point University, Yang cited that she liked the small classes at HPU,

which enables the professors to build relationships with the students, and she really enjoys the support that HPU gives its faculty, which is something she said is hard to find at large public institutions. Another reason she gave is one that is not quite as prevalent to many other people.

"The location of High Point on a map of the United States is exactly the same location of my hometown in China," Yang said. "We are both about three to four hours from the beach, in the middle, very similar climate. Every week we have almost the same temperature. So, sometimes I think it is fate that I teach here."

Yang also said that she wanted to work at HPU because she wants to be part of the representation of a diverse faculty at a university that works for the students. Yang thinks that it is important for students to be exposed to different ideas, languages and cultures while in college, and she said that is something that she brings to HPU.

Now that she has settled in the town of High Point, Yang has some time to focus on her hobbies. She likes to watch a lot of cooking shows on her TiVo, such as "Iron Chef" and "Anthony Bourdain: No Reservations." Yang also loves to cook, and says it is even a therapeutic activity for her at times.

All along this journey, Yang credits her family as being her strongest supporters.

"My parents are my biggest support, motivation, inspiration, and critics," said Yang. "I really admire them for letting me pursue the lifestyle and the kind of life that I want and for letting me be who I am without molding me into the typical Asian student. I thank them for that eternally."

Age is no obstacle to higher education

By Julia Coiro
Staff Writer

It isn't every day that one meets a senior citizen who attends college as a regular student- especially one with a political science major. Well, Rae Beck Logan isn't your everyday 84 year old either.

Logan left high school in 1942 in the midst of World War II and attended business school to become a secretary. Logan worked as a secretary at a law firm for over ten years until she retired. Logan also owned a label manufacturing business with her first husband and son, who have both since passed away.

Previous to taking any classes at High Point University, Logan took some classes at UNC- Chapel Hill.

In 2005, Logan started taking classes at HPU. She started out taking one class per semester, the first being a political science class. Now Logan takes two classes per semester and is currently in her junior year.

Logan said that she first considered being an English major, but after taking a few classes she decided it wasn't what she wanted. She then decided to switch to a political science major.

Logan's interest in politics began with the influence of her former colleagues at the law firm.

"I like to know everything that's going on in the world," Logan said.

Being a college student is sometimes difficult for Logan but she works very hard to keep up with her classes.

At the end of this current semester, Logan will have finished all of her general education requirements. She said that next year she will work to finish all required classes for her political science major, and hopes to receive a well-deserved diploma.

Professor Maria Laquale taught Logan in her Italian class last semester.

"I was excited to find out that Beck was going to be in my class," said Laquale. "We had met in the hallway between classes and she seemed like such a bright and caring individual, eager to learn."

Laquale noticed that her other students treated Logan with respect.



Rae Beck Logan is a political science major and rising senior. Photo provided by Rea Beck Logan

She said that she believes other students were amazed by her desire to learn and her love for knowledge.

"I believe it is a great opportunity to

see somebody older who goes to school and is really passionate about it," said Laquale.

Laquale said that Logan is also a great example to other students because she is very committed to her school work. Laquale said that Logan is always on time, never misses class, and always asks questions.

"Her maturity must have a positive impact on students," Laquale said.

Beth McCarthy, director of admissions, said that all senior citizens or any adults who wish to be admitted to HPU must have a high school diploma. McCarthy said that all test scores of students who have been out of an academic environment for more than 20 years are waived by admissions.

"We would look at any previous academic work, but would certainly take life and work experience into consideration when making an admission decision, just as we take a traditional student's leadership and community involvement experience into account," said McCarthy.

When this semester comes to an end, Logan will be a rising senior at HPU. Logan called being a college student at this stage in her life a "lifetime learning experience."

Eating disorders affect student athletes

By Dianna Bell
A&E editor

Running suicides up and down the hardwood floors. Pushing yourself until your legs and lungs burn. Then, the basketball is rolled out. An hour is spent doing lay-ups, free-throws, cross-fire and form-shooting drills. Next, it's time to run the defensive and offensive plays. After this 2 to 3 hour practice, a weight training session might follow.

That adds up to a five-hour session, involving intense physical and mental effort. Throw in classes and homework and you have one exhausting day.

This is the life of a college basketball player.

But at the end of the day, average players don't down 125 laxatives before going to bed in an effort to fend off any pounds that might have come their way. They don't avoid food as if it were a horribly fatal illness. They don't weigh themselves 100 times a day just to check and then recheck that the number they find is still the same.

Most players don't. But Jessica Morgan does.

Morgan was on track to being pulled from the club team up to the varsity team at N.C. State University. She had been playing hard and showing her coaches that she deserved a spot on the team.

But what Morgan failed to mention to coaches and teammates was that she had been struggling with anorexia nervosa for 11 years. She is now 20. Throughout middle and high school, she was able to maintain control over her eating disorder. No one knew there was a problem. She looked like she was at a normal weight, so no one suspected anything.

In the summer of 2009, Morgan went through a bad break-up with a boyfriend that put her in a tail spin.

"I would go several weeks without eating," Morgan recalls. "But then the day before a tournament, I would eat."

Then in January, another blow came Morgan's way. Her grandmother unexpectedly fell into a coma for seven weeks and then died.

Morgan and her grandmother were extremely close and the loss of control she felt in this situation spurred on her anorexia.

Her parents began seeing a real problem. This wasn't just dieting. Morgan was at a weight of 82 pounds with a height of 5 feet and 7 1/2 inches. They discussed going to a treatment program in Chapel Hill, N.C.

Morgan was set to go. She had agreed to a stay at the facility to appease her parents. All she was waiting on was a call that they had an opening and were ready to take her in.

"In the second week in April, my mom got really sick and had to be hospitalized," Morgan said. "A couple of weeks later, I got a call from Chapel Hill saying that they had a place for me. Three hours later, my mom died."

Morgan is not a rarity

Mindi Swaney, 29, an alumna of High Point University, has dealt with anorexia for 16 years. Over this time, she has been to one or two treatment facilities a year with hospitalizations and psychiatric ward stays in between.

"I started dieting in fifth grade because I thought that's what you were supposed to do," Swaney said.

From there, her need to be a lightweight flyer on the cheerleading squad drove her to drop 25 pounds during the spring semester of her eighth grade year.

"I wanted to be a flyer and I thought that I had to be a bean pole to be the best at it," Swaney said. "When I lost the first bit of weight and saw how good I was getting [at being a flyer], I thought that I'd be even better if I lost that much more."

Swaney went on to cheerlead during her freshman year of high school and into her sophomore year. But again,



Since athletes typically burn more calories than a regular person eating well is an essential part of their daily routine.
Photo by Katie Nelson

her anorexia took over, and doctors and nutritionists advised her parents and coaches against her continuing participation in the sport.

Her goal in high school was to letter in a varsity sport. When she was forbidden to cheerlead, she looked for another sport that would help her achieve that letterman's jacket.

"During my junior year of high school, tennis was my saving grace," Swaney said. "I knew I needed more stamina to play and there was also a focus on muscle as opposed to thinness. So I wanted to stay healthy to complete the season and get a letter jacket."

Swaney got her letter jacket, but two and a half years ago, Swaney was lying at Death's door. Her body was so severely malnourished that she was having seizures regularly. During one of them, she began to black out. She fell and hit her head on the counter. The blow knocked her out and her mother, who had been living with her at the time, came home to find her unconscious.

Swaney was immediately rushed to the hospital where her dehydrated body was pumped full of fluids. She was unconscious for two days. During this time, the doctors weighed her in the hospital bed. Swaney was at her lowest weight ever—47 pounds.

Perfectionists

Being a perfectionist also played a large part in both Swaney and Morgan's anorexia.

"I have very high standards and I'm extremely competitive, so if I couldn't

have the best grades or be the best in sports, I could be the best at losing weight," Swaney recalled.

"I feel like a failure when things aren't done perfectly," Morgan said. "So this is one more thing to do perfectly."

Morgan and Swaney also attribute control as a leading factor with their eating disorders.

"It has always been about having control," Morgan said. "I was adopted and feel like I never had any control over my life. My mom was extremely controlling and eating was the only thing I could control."

urge, but couldn't.

"I hadn't purged for a week before that meet, but then the night before I couldn't stop myself," Lana said. "That's when I knew I had a problem."

Lana knew all about eating disorders before her's even developed. In high school, her older sister began dealing with anorexia.

"We began competing on the same team in high school and my sister wanted to be better than me," Lana said. "She thought that if she was lighter that would make her better."

Lana remembered how hard of a time her parents had when they went through it with her parents. For her, telling her parents was one of the hardest parts of coming to terms with bulimia.

"I feel so guilty for what I've put them through," Lana said. "I saw what they went through with my sister, and I fell into it anyway. I know that my mom probably still blames herself."

The facts

Eating disorders in athletes have become more and more prominent, especially in females.

The correlation between athletics and these disorders is constantly being debated.

A 2009 study in the International Journal of Eating Disorders found that with higher levels of competition, eating disorders are more prevalent. The study examined 274 college-aged women. Their physical activity and sports anxiety were measured through an inventory-style survey.

The study examined four groups: varsity athletes, club athletes, independent exercisers and non-exercisers in contrast with their drive to be thin, bulimia and body dissatisfaction scales. The scales were determined through the Eating Disorder Inventory, the Rosenberg Self Esteem Scale and The Physical Activity and Sport Anxiety Scale. These three studies are essentially questionnaires that the participants filled out that provided statistics.

The study's conclusion? "We found that women who participated in sports or engaged in regular exercise tended to have higher rates of eating disorder symptomatology that those who did not exercise. . . . The pattern of results suggests that women who competed at high levels of athletic competition and had high levels of sports anxiety experienced the most eating disorder symptoms."

The NCAA also conducted a study on athletes and eating disorders in 1999. They drew 1,445 student athletes, male and female, from 11 different Division I schools from 11 sports: football, basketball, swimming, track, gymnastics, wrestling, cross-country, crew, tennis, volleyball and nordic skiing.

Athletes had to take a 133-question survey that measured demographics, their athletic involvement, their eating behaviors, drug and alcohol usage, and their attitudes concerning their body and weight. This survey also used scales of Body Dissatisfaction, Drive for Thinness, and Bulimia from the Eating Disorder Inventory-2 as well as the Rosenberg Self-Esteem Scale and the

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For Swaney, having a dysfunctional family played a large part.

"I couldn't control what was going on in my family, but I could control my weight, what I ate and what I looked like," Swaney said.

Battle for control

Control also played a part in Lana's battle with bulimia nervosa.

Lana (name has been changed to protect privacy), an athlete at High Point University, began developing her eating disorder the summer before her junior year.

Her sister had recently gotten engaged and the family was in a whirlwind planning the wedding. The nuptials caused fights between Lana's sister and her parents. The fact that she was transferring to a new school in a couple of months added more stress.

"I kind of went into a depression," Lana recalled. "I wouldn't want to go out and when I did have to, I would put on a false sense of happiness."

This is when the bingeing and purging began.

"When I got stressed, I would binge, but then I would feel guilty so I would purge," Lana said. "I thought I could stop whenever I wanted. This was the one thing I had control over."

It gradually began to get out of hand. The pressure of impressing new coaches, fitting in with new teammates, and figuring out what role she played on this team began to take its toll. Lana began purging after everything she ate. Before a meet, she tried to resist the

New sisters receive bids amid boas and balloons



HPU's five sororities celebrated the end of recruitment week and the beginning of new sisterhoods with a campus-wide parade. Pictured clockwise from top left: Zeta Tau Alpha wore bright pink, Phi Mu switched from pink to kelly green for Bid Day, Sigma Sigma Sigma threw up signs for their second bid day (since starting last year), Alpha Gamma Delta wore shirts with the message "Standing out but never standing alone," and Kappa Delta welcomed new sisters with green feather boas.

Photos by Adam Spear.

Photo Feature

2011 Polar Plunge

Continued from cover



IFC hosted the second annual Polar Plunge fundraiser on Jan. 22, which had students run in a 3K race around campus before jumping into the Slane Student Center pool.

Photo by Jeremy Hopkins.

2011 Sigma Tau Delta inductees



Eleven new members of Sigma Tau Delta, the English honors society on campus, were inducted during a Jan 27 ceremony.

On the first row (left to right): Jennifer Lyons, Kevin Ruppel, Monica Nissen, Kelsey Jones

Back row (left to right): Chelsea Cox, Nicholas Clark, Chelsie Merone, Dulce Winders, and Laura Stafford

Not pictured: Julia Lanier and Breanna Bernard.

Photo by Adam Spear

Go to www.campuschronicle.org and read Chelsie Merone's review of "The Fighter"

"Statues" continued from page 2

movement, the sit-in's by the "Greensboro Four," Joseph McNeil, Franklin McCain, Ezell Blair, Jr., and David Richmond, was held up the road from High Point.

If the university wants to expand beyond local figures, there are other traits to consider in the selection process.

No one will argue that those represented in the four most recent statues are not important, but they do not show the success one can have with a formal education.

Out of the four new statues, none of them had much of a formal education. Sacajawea had none, Mother Teresa spent only enough time in school to learn English, Abraham Lincoln was for the most part, self-educated and Leonardo da Vinci studied under a painter.



The statue of Sacajawea is on display on University Road.

Photo by Jeremy Hopkins

These four people became successful and achieved great things through thinking outside the box, learning through living, without having an education to back up their thoughts, opinions and goals.

I am not arguing, however, that forgoing an education will lead to more success than sitting through classes at HPU for four or more years because here I am, sitting beside you.

As an encouragement to study hard and achieve greatness through a terrific education like the one offered here, I believe that HPU should consider bringing in statues of people who have achieved after such an education, or the educators themselves. These people can then sit beside those who paved the way for the ideas we are taught, such as a Galileo, Aristotle, Marie Curie and Shakespeare.

Before we are sitting next to a statue of Tiger Woods while eating a sandwich from the Bakery, let's think hard about what statues best represent the

ideals of HPU and which figures we know will encourage hard work, sacrifice and dedication by students and faculty.

Sorry Tiger, maybe next year.

Fireworks eliminate foul fowl from campus

By Allison Hogshead
Copy and Design Editor

Their hangout is grass, their food is grass, and now their future is grass too: HPU administrators have recently begun clamping down on the Canada geese that live on campus.

The question on many students' minds is why the decision has been made to get rid of them: they're a part of nature just like we humans are and the little fuzzy baby geese are cute, right? Well, this was the case until the number of them spiraled out of control.

At first, the flock started with just a couple of geese, but it only took two years for it to reach football team proportions.

The need for their relocation is clear to anyone who tried to walk around the Slane ponds last semester. The geese droppings turned sidewalks into minefields where you had to practically play a game of "Twister" in order to walk through. Plus, geese are mean and confrontational due to their territorial nature.

"I personally hate the geese because they poop all over the place and get in

the way," sophomore Victoria Russo said.

Roger Clodfelter, Director of WOW, cites the damage to campus lawns as well as feces and safety as reasons for getting rid of the geese.

"The banks are eroding on the lakes because when the geese eat the grass they take the roots and then the grass is not able to grow... We would like to be proactive with the feces on the walkways and grass on campus to provide a safe environment for our students, staff, and faculty," Clodfelter said.

Clodfelter states that the NC Wildlife Resource Commission and McNeely Pest Control have been working with the administration on the final solution.

According to the NC Wildlife Resource Commission website, it is illegal to hunt the geese, but "exploding devices are the most recommended and most successful of the scare devices."

This is why students have been receiving emails about fireworks and "loud noises."

If the fireworks don't work, the team is also considering several other options including swans and border collies. So far, though, it seems as though the population has been dwindling.

"Wikileaks," continued from page 3

represent the will of the people, an organization shouldn't need to illegally obtain the information to distribute it - the information should be made public already.

The Obama administration should be careful in the message it sends through its treatment of WikiLeaks. If it truly wishes to send a message of trust and transparency, prosecuting Wikileaks and Assange would not be the course of action to take.

Shutting down WikiLeaks for distributing sensitive information would be sacrificing first amendment rights of free speech and free

press in favor of censorship. When government transparency is already a hot issue, prosecuting an organization actively pursuing transparency is downright frightening. To what extent are American politicians willing to restrict freedom of speech to keep their failings from going public?

Should the U.S. government choose to prosecute WikiLeaks and Assange, the American people need to ask the question: do they want leaders in office who are doing their best to keep secrets from the people they represent?

"Eating disorders" continued from page 7

Body Cathexis Scale.

Their findings showed that more females than males binge eat and vomit to lose weight and "were more likely to have vomited monthly, weekly, or daily in the preceding three months." Females were also found to be more likely to have taken diet pills at some point in their lives.

When examining the clinically at risk individuals for anorexia, researchers looked at the individual's BMI, an elevation in both Drive for Thinness and Body Dissatisfaction subscales, and for amenorrhea to be present in females. Amenorrhea is an abnormal absence of menstruation. No athletes were identified as being anorexic when using these standards, but when using less strict standards, 34.75 percent of the females were at risk of developing anorexia.

For bulimia, individuals had to binge and purge two times a week for at least three months and also have elevated scores in the Drive for Thinness and Body Dissatisfaction subscales to be classified as bulimic. Here, 38 percent were at risk of developing bulimia.

The researchers also noted that by doing the study through the NCAA, athletes might have refrained from answering honestly "in an effort to protect their athletic department." Also, "self-report surveys resulted in a significant underestimate of the extent of pathogenic weight control behaviors." For this reason, the

researchers noted that follow-up interviews needed to be conducted "because of the tendency for more elite athletes to underreport disturbed eating behaviors and attitudes."

Overall, the researchers attributed a drive for thinness as the main cause for female athletes: an appearance thinness and a performance thinness. The latter refers to an athlete's belief that if they lose weight, they will be lighter, and therefore, perform better.

The study concluded that "female student athletes in Division I programs are at a significant risk for developing eating-disordered thoughts and behaviors."

A professional's opinion

Molly Casebere is a Nationally Board Certified Counselor with master's degrees in sports and exercise sciences and counseling. She is currently a counselor at High Point University and provided some insight on why these athletes were so reluctant to say their sports played a part.

"We have been told our whole lives that sports are good and that being active is good," Casebere said. "For athletes who have an eating disorder, a lot of self worth comes from their sport. If they say that the sport contributes to the eating disorder, then they are threatening that self-worth. Also, some of their identity comes from their sport."

Eating disorders are still extremely misunderstood. Many confuse bulimia and anorexia as one in the same.

"Anorexia deals more with having control, perfectionism and image," Casebere said. "With bulimia, there's a mix of depression, anxiety and control but not necessarily a concern about body image."

Where they are today

Swaney, Morgan, and Lana are in very different parts of their treatment.

Swaney is a veteran in the world of eating disorders. She's been to so many treatment facilities, hospitals, and seen so many psychiatrists and nutritionists that she sounds like a doctor when she speaks about the nuances related to anorexia. Swaney also graduated from High Point University with a degree in psychology, so she has a full understanding of what she is putting herself through.

"It's still a day to day thing and I learn through trial and error," Swaney said. "It's gone on for so long and you just begin to get mad and bitter when you see people your age moving on with their lives. You just say enough is enough."

Lana is a little further removed from the worst of her bulimia, but by talking about her problems with friends, family and coaches she is able to deal with her anxiety in a healthy way. She is still seeing a therapist once a week to keep

her on track.

"It will always be a part of my life and I can't run from it, but other parts of my life—my family, friends and [sport]—keep me accountable," Lana said.

For Morgan, she is in the midst of her struggle. She went to treatment in July, but did so for her father. She has yet to come to terms with anorexia. Since returning from treatment, she weighs 102 pounds.

Morgan knows that when she decides she wants to get better, it is going to have to be for herself and no one else.

Until that day comes, Morgan is trying to help those who might face eating disorders in the future. She is currently participating in a research study that is examining whether genetics makes an individual more susceptible to having an eating disorder.

"The study is researching whether an addictive gene might play a part," Morgan said. "My birth parents were alcoholic and drug addicts. My addiction became about food."

When she is ready for treatment, Morgan would like to go to a residential program, but her insurance will not cover it currently, and even with scholarships, her top choice costs \$30,000.

"In my mind, I know I'm too little," Morgan said. "But if I eat anything, I gain and then I'm overweight."

Women's basketball persevering through injuries

By **Kelsey Hinchliffe**
Staff Writer

The women's basketball team posted its second Big South Conference victory of the season by defeating Coastal Carolina 80-66 on Jan 22 at the Millis Center.

Going into the game against Coastal,

head coach Tooley Loy recognized the potential impact of this win. "The Coastal game was very important for us. We needed to play with great intensity and execute on both ends of the floor," said Coach Loy.

In addition, freshman Cheyenne Parker was recently named Big South Conference Freshman of the Week.

Parker won this award after the team's game against Gardner-Webb where she had 16 rebounds.

"Cheyenne is getting better and better every week," said Coach Loy. "I am very proud of her accomplishments and look forward to her progression throughout the season. Cheyenne has a desire to be a great player and is doing

what it takes to make it happen."

Despite the 62-54 loss to Gardner-Webb University, the Panthers will play Gardner-Webb again in February and Coach Loy has high hopes for the rematch.

"We did a really good job of guarding Gardner-Webb and got good looks on the offensive end," said Coach Loy. "We were leading the league in 3-point percentages and free throw percentages

going into that game. We had a cold shooting night and look forward to playing them again in February."

Despite their overall record of 9-10 as of Jan. 28, the team is making progress according to Coach Loy. "This team is getting better every day. It does not always show in wins and losses because of the number of injuries and sickness that we have gone through recently," said Coach Loy in reference to the recent illness of Mackenzie Maier, who led the Big South with 40 blocks this season as of Jan. 22. "I do however believe we are going to have a great end to this season when we are back at full strength."

The team is still keeping its goal of becoming conference champions in mind. "I feel like we have a great chance to win the conference championship and make the NCAA tournament if we continue to practice and play at the intensity we are right now," said Coach Loy. "When we get our complete team back healthy we are as good as anyone in the league."

When asked about her experience as a freshman on the team so far, Tayler Tremblay could not be more appreciative. "I am excited about getting to play against big schools like West Virginia University," said Tremblay. "It's also exciting just playing against a higher level of talent and getting that chance to go to the NCAA tournament."

The Panthers next home game will be on Feb. 12 against Charleston Southern at 4 p.m.



Junior forward Shamia Brown drives to the basket versus Coastal Carolina on Jan. 22.

Photo by Jeremy Hopkins

"Lacrosse" continued from page 12

The girls are putting countless hours in on and off the field and voluntarily doing so much aside from what the coach lays out, showing their dedication and hopes for their team and their season.

"It's going to take a few games to build tradition," said Boswell. "But for right now they have their pre-game rituals, their dance parties in the locker room and they do other things before practices. They're trying; they're really working on it."

Lacrosse is a spring sport, but HPU had the opportunity to join several other teams during fall ball, play dates. This allowed HPU to get out on the field for the first time all together against an opponent.

The team opened its first fall exhibition season with a game at Limestone College in late September.

The Panthers played four games, including one

against conference rival Liberty, which they only lost by two.

"Some of the coaches have come up to our coaches and said 'Wow, you don't look like you're a first year program,'" said Carroll.

Being a freshman and a part of a brand new team, Carroll expressed how excited she is for the start of their season and to continue to see her team improve.

"Our true test will be our first game and to see how it all comes together-the on and off the field stuff- and the chemistry of the girls," said Boswell.

Even though all of her teammates come from so far away and do not know each other, Carroll said that she has never felt so close to a team and a group of girls. This she attributes to having the bond of establishing this team all together.

The anticipation, anxiety and build up of the first game is really starting to eat at the team.

The girls are so excited but they need to try

and push all the anxiety aside, and when they show up on game day in February, they plan to compete and want to win, according to Boswell.

"Fall ball gave us a benchmark of where we are and where we need to go and what we need to do before the first game," said Boswell.

HPU opens its first spring season by hosting Virginia Tech on Feb. 12 at 1 p.m. at Vert Stadium.

They played Virginia Tech twice in fall ball, and won one of the games.

The Panthers are scheduled to play No. 4 UNC for the last game of the season

on May 6.

Carroll said, "We're just looking forward to coming out and surprising everyone because a lot of people when they come to play us are like, 'Oh High Point... they're a first year team, they're probably not going



Cissy Woodyard sets up a pass during practice.

Photo by Jeremy Hopkins



The Panthers will host Virginia Tech in their first ever home lacrosse game on Feb. 12.

Photo by Jeremy Hopkins

to be that good.' We're just excited to show everyone we're not here to start out slow; we're here to make an impact right away."

Men's basketball struggling on the road

By Pat Budd
Staff Writer

After starting off the season with a 4-3 record, the men's basketball team has struggled lately mainly because of its seven-game road stretch over winter break.

From Dec. 8 to Jan. 8, the Panthers compiled a record of 1-6 with their only win coming against Tennessee Tech on Dec. 8. From there, the team went on an eight game losing streak that spilled into its return home to the Millis Center on Jan. 13-15.

"The road is very difficult for us at this level," said head coach Scott Cherry. "We've battled through the adversity but now we just have to respond to it."

However, the team is staying positive and has proved to be a contender within the conference despite a 6-12 overall record. The Panthers snapped their eight game losing streak on Jan. 20 against Presbyterian College in an overtime thriller in Clinton, S.C. The win improved their conference record to 3-6.

"We know we can play with anybody in the league as a team; we just need to eliminate those three and four minute lows where we don't make a basket," said junior guard Nick Barbour. Barbour leads the team in scoring, averaging 15.9 points per game and has proven to be the go-to-guy this season.

Coach Cherry also sees the team as a competitor within the Big South Conference but attributes some of their

recent struggles to a lack of experience.

"We're not getting the crucial stops when we need them and we're not getting the crucial baskets when we need them, but a lot of it has to do with being a young basketball team," said

season. Travis Elliott has been one of the key freshmen on the team especially in the absence of senior Earnest Bridges. Bridges missed three games due to a knee injury, where Elliott was forced to fill his position in the starting

the starting lineup five times this season and has been a major contributor on the offensive side averaging 7.1 points per game. He also is second on the team in rebounding behind Corey Law with 5.4 rebounds per game.

The mid-season struggles for the Panthers have not slowed down the support for the team. The Panthers returned home to the Millis Center against Liberty on Jan. 13 for an ESPN3.com televised game and a conference game against VMI which was also televised on WCWG. Both games had large crowds of 1,602 and 1,519 people.

"We love to play here in the Millis Center; the people here in the community and the university have tremendous support for us and we are working hard every day," said Cherry. The Panthers have historically played well at home. They finished last season with a 12-1 home record and currently are 4-3 at home this season.

The Panthers have passed the mid-way mark of the season and look ahead to the latter part of the schedule, which includes the majority of Big South Conference games. Despite struggles within the conference, Cherry stays optimistic about their future.

"It's not going to be done over night, we've got the right pieces, we've got the right players, we've just got to keep working and keep getting better and better," said Cherry.

The Panthers will take on Presbyterian College on Feb. 1, Radford on Feb. 5, and N.C. Central on Feb. 7. Each of those games will be in the Millis Center starting at 7 p.m.



Junior guard Nick Barbour evades his Liberty opponent on Jan. 13.

Photo by Jeremy Hopkins

Cherry. "We've got a young team, but they are learning."

The Panthers have six freshmen on the team, all of whom have seen a significant amount of playing time this

lineup. Elliott has started eight games this season for the Panthers.

Du'Vaughn Maxwell, another freshman, has played a key role on the team recently. He has made his way into

Track and Field training not affected by weather

By Henry Molski
Staff Writer

As snow, freezing rain, and chilling winds move across North Carolina this winter, track and field is not necessarily the first "winter" sport that would pop into someone's mind. However, both the men's and women's track and field teams are hard at work in the cold... well, for the most part.

This winter is a little different for the athletes, as the team has a new indoor practice facility (albeit an old boat warehouse) to practice in. Particularly for those competing in field events, the athletes are already starting to see the benefits of an indoor practice facility.

Senior pole vaulter TJ Brancaccio says the new warehouse will not only be important for improving his vaults this year but will serve as "a big plus for recruiting and for up and coming athletes."

Brancaccio also said that with the help of practicing in this warehouse in the winter that he would like to put his vaults in the 15-foot to 16-foot range. Numbers like those would surely help Brancaccio achieve his ultimate goal of making the NCAA track and field championships this spring.

Also getting acquainted with the new warehouse is junior jumper Christina Fenske. Fenske, who holds High Point's indoor high jump record, just rejoined the team this semester after studying abroad in Australia in the fall. Fenske was able to stay in shape for the season through workouts that head coach

Mike Esposito emailed her. But Fenske said the most important thing was simply staying motivated.

However, Brancaccio and Fenske were both quick to point out that the new indoor facility is not yet heated, something they soon expect to be remedied. Nevertheless, the warehouse allows jumpers and vaulters to practice whenever they want without having to brave the howling winds or slippery winter mush.

Nearly every day, vans full of jumpers and vaulters head over to the new practice facility with the athletes all bundled up. This amount of practice for the jumpers is something that simply could not have been done in the past with the amount



The Alter-G machine is the latest in treadmill technology.

Photo Courtesy of HPU Sports Information

up over the winter break due to "slippery conditions in the snow."

As for this matter, the warehouse was not the only addition that was made to the track and field team this season. More and more of the athletes are becoming acquainted with the new Alter-G machine. The Alter-G Anti-gravity treadmill allows the runners to run on a treadmill in an environment that is nearly weightless. Different settings can be changed to allow the athletes to feel less stress on their legs and feet as they use this piece of equipment to train or rehabilitate an injury.

High Point is currently one of only three schools on the East Coast that have this fancy, yet very useful device.

Whether the athletes are perfecting their jumps in the new warehouse or rehabbing

of snow, sleet, and slush the High Point campus has experienced recently.

The snow and slush outside is not something to be messed around with either. Coach Esposito said that a number of "irritating" injuries popped

an ankle sprain on the Alter-G, they are all looking forward to not only a productive 2011 season, but a very bright future beyond that.

