



Winners of
Valentine's Door
Decorating
Contest

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Admissions tours ranked No. 1 in 'Welcome to College' nation-wide poll

By Caroline Weller
Staff Writer

High Point University yet again proved it is a cut above the rest according to a Welcome To College top school poll. Welcome to College is an organization that allows prospective college students to rank universities according to their experience when they visit the campus. According to their website, the organization aims to "help students and parents connect with the colleges and universities that are right



A University Ambassador prepares to show one of the dorms on campus with prospective students and their families. Photo by Jeremy Hopkins

for them." The Top Schools poll, as voted upon by students' experiences and ratings, shows HPU in the No. 1 spot. HPU beat out several prestigious universities including Stanford, Harvard and Northeastern University.

At the root of our exceptional tours is the hard-working staff in the admissions office, along with a select group of students known as the university ambassadors. By providing tours every week and working events including open houses and early registrations, they show visitors what the university is all about.

"Our admissions staff understands our mission and vision to have the best campus visit experience in America and delivers on this every day," said Andy Bills, vice president of Admissions.

"When a family comes, we normally limit tours to a capacity of seven people total for each golf cart. They consist of two to three families whereas other schools have group tours and it will be 20-30 people on a tour. A big part of the tours that separate us from other schools is the fact that people can really get to know an ambassador because of the small size of the tour group. They can ask questions and talk to the ambassador," said junior and university ambassador Megan May.

May goes on to explain how tour guides follow up with prospective students by sending out individual letters to the visitors who took tours. According to May, this is a "big impact because writing letters has become a thing of the past, and it means a lot when somebody takes the time to hand-write you something."

"After the tour, we give the student a t-shirt and the parents a coffee mug. It shows great hospitality. They always seem surprised at the end of the tour, like things couldn't get any better," said May.

Even beyond the incredible hospitality offered by ambassadors and admissions representatives, the entire HPU family exudes the prestigious *See Award*, page 3

CAMPUS CHRONICLE

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Kappa Delta goes fishing

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Presidential Scholars program continues to grow

By Rachel Smedley
Staff Writer

On the weekend of Feb. 10-12, High Point University hosted the up-and-coming best and brightest students from across the nation to interview for the honor to be selected as a Presidential Scholar. To be an HPU Presidential Scholar, applicants must display intelligence, character, leadership, and academic potential, undergoing two separate interviews with members of faculty and current scholars. Current high school seniors seemed excited as they explored the campus, and a tad bit nervous as they awaited their interviews.

Consistently attracting students of a higher academic caliber with each passing year, the scholarship program has become quite competitive. One interviewee was considering HPU in her top three schools alongside Yale and Brown University. Another potential student and scholar was waiting to hear back from Princeton, but said that after her

weekend at HPU, there was no question where she would be headed.

In addition to having potential students and scholars on campus for two different weekends in February, with the next scheduled for Feb. 24-26, all of the current Presidential Scholars are required to volunteer their time during one of the weekends.

students consistently work hard in the both the academic and social settings, taking full course loads and joining multiple organizations on campus. As scholars, they are recognized as some of the top leaders on the campus.

Freshman Caroline Weller of Harrisburg, N.C., chose High Point University over Wake Forrest University and UNC Chapel Hill. Since arriving on campus in August, she has gotten involved in a variety of clubs and activities. She has taken advantage of opportunities such as becoming a student blogger for the freshman class and joining the Honors Program, CollegeLife. Along with these commitments, scholars also need to maintain a certain GPA depending on the amount of their award; Weller needs to keep at least a 3.25 every semester.

"The Presidential Scholarship was the deciding factor on whether or not I would be able to attend HPU. I'm so thankful to have been selected for it, so I'm trying to make the most of my college career by taking advantage of all of the educational opportunities that I have been provided," said Weller.

Senior Lucy Findley, a University Ambassador captain, SGA secretary, Victory Junction philanthropy chair, National Society of Leadership and Success member, and currently studying abroad at St. Andrews in Scotland, definitely knows what it means to represent the scholarship program. Findley talks about what qualities she believes make up *See Scholars*, page 3



Rolling out the red carpet. Prospective students and their parents arrive at the Millis Athletic Center on Friday night of the first Presidential Scholars weekend for dinner an evening of entertainment. Photo by Chad Christian

They are given the choice to assist with the Friday night dinner, write thank-you notes to those involved in the process, or sit in on the Saturday interviews. But aside from lending their time during these weekends,

Students to bid farewell to beloved Dean of Chapel

By Olivia French
Staff Writer

Dr. Hal Warlick, dean of chapel and longtime advocate for students, has announced that he will be retiring from the university effective June 1.

Warlick arrived at the university in 1987 and taught part-time as an adjunct professor for two years before becoming a full time professor in 1989. In his first year here, Warlick established the Wednesday night chapel services that are still in place today. He also started the student-run Board of Stewards, which allows students to be active in the campus services.

Warlick is currently a professor of religion and the dean of the chapel, but he has also served as the chair of the religion and philosophy department and as the minister to the university in the past. He has also been involved in Greek life, serving as the advisor for eighteen years for former Theta Chi fraternity and three years for Kappa Delta sorority.

Students have been highly impacted by Dr. Warlick's leadership over the years.

"Dr. Warlick is the glue for The Board of Stewards. He makes us feel more like a family than a team or organization," said junior Johnathan Jones, who is a member of the Board of Stewards. "I am happy for him. He wants to continue ministry and it is important to keep following your passion and dream. He will leave big shoes to fill."

Senior Julia Fannin said, "During my last four years at HPU, I not only had the honor of serving on the Board of Stewards, but I was also able to work in the chapel office for my work study assignment. Dr. Warlick is an extremely knowledgeable and gifted minister who was able to affect the lives of many students on our campus and will be greatly missed when he leaves HPU at the end of the school year."

Warlick announced his decision to retire in January. According to Warlick, the Chapel is at its highest point in the university's history thanks to student attendance and involvement. The average attendance at the weekly services this year has been 313, and \$10,428 was collected during the fall semester to shop for 150 children in the Salvation Army's Angel Tree program.

"I am confident that the Chapel will continue to do well under the guidance of Shannon Lefever (coordinator of chapel programs), Marc Foster, (chair of the music department) and whoever is hired as the next chaplain," said Warlick.

Warlick will keep his home in High Point, and will remain the resident minister of Blowing Rock Methodist Church in the summers as he has for many years. He will also continue to participate in speaking engagements and will perform weddings.

Warlick has decided to leave HPU not only because he believes that the David Hayworth Chapel is in a good place, but also because he feels it is just the right time in his own life.

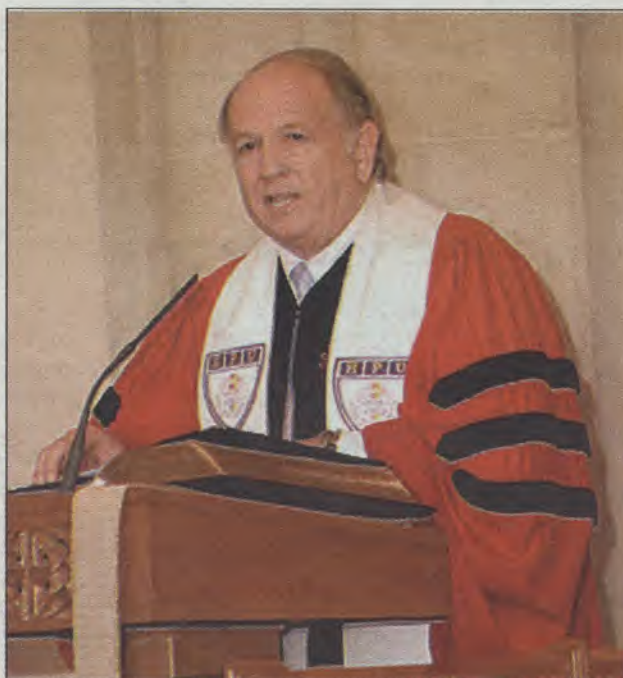
"I want to leave while I am still in good health and redirect my life."

He is looking forward to beginning new ventures and having more free time.

He said he would like to always be working with college students, either here at

HPU or elsewhere, but he feels that at 66 years old, he is at a good age to retire.

"No individual goes on forever, one can only hope that his or her influences do," he said. "The longest term *See Warlick*, page 3



Preach it! Dr. Hal Warlick is well known on campus for delivering sermons that encourage introspection and don't allow students to 'sit easy'. Warlick has announced he will be leaving HPU on June 1. Photo by Chad Christian

Opinion

Fallen heroes, selfless patriots, and Whitney Houston?

By Chelsie Merone
Opinion Editor

The death of pop diva Whitney Houston has saddened and shocked fans across the world. She was a legend, a music mogul, and paved the way for so many female artists; and even though her career was centered around the 80s and 90s, her music still has a special place in the heart of every man and woman. (It's ok to admit it guys - no one can resist a little Whitney Houston karaoke).

Passing away at 48 seems tragic, but with her years of substance abuse and personal hardships, most can assume what the cause of death was. Still, out of respect for Houston and her amazing body of work, we shouldn't spread false claims until official reports are released. But the mysterious circumstances aren't the only controversy surrounding the pop star's death; the other, in my opinion, is far worse.

Within the days after Houston's passing, New Jersey Governor Chris Christie, ordered the American flags throughout the state to be flown at half staff. What?!

I understand that being from New Jersey, Houston is to be honored appropriately; but to be perfectly honest, choosing to fly the American flag at half staff should not have been the way to do it.

As stated in Flag Code by the United States Senate: "flag[s] shall be flown at half-staff upon the death of principal figures of the United States Government and the Governor of a State, territory, or possession, as a mark of respect to their memory...In addition, the Governor of a state, territory, or possession, or the Mayor of the District of Columbia, may direct that the national flag be flown at half-staff in the event of the death of a present or former official of the respective government or in the event of the death of a member of the Armed Forces from that jurisdiction."

Sorry Governor Christie, but nowhere in that code does it say to lower the flag for a celebrity.

Now I'm not saying that Houston was a bad person, or shouldn't be remembered. Her work will never be forgotten and her talent was something that people admired

and celebrated; but she made poor decisions, throwing away that talent and putting herself in situations that most likely led to her demise.

By choosing to fly the flag at half staff,

other soldiers, and Burri says that's how it should be. Burri says, 'She was a great singer, that's true, I won't deny that, but lowering the flag is for somebody that has given their life in service to their country.'

Soon after this story was released, comments flooded the news site agreeing with Burri.

Other media outlets have started to investigate the issue, polling readers/viewers about the inappropriateness of the Governor's decision. Seventy-seven percent of USA Today readers agreed in an informal poll that it was not the right call. However, Christie is sticking by his decision stating to CNN.com that Houston was "a daughter of New Jersey who should be honored for her cultural contributions." Boy, do I have news for you Governor!

Cultural contributions in no way, shape or form justify the act of lowering the flag. How is singing a song or acting in a movie even close to sacrificing your life for your country? Yes, Houston was a great performer, but she chose to throw away her incredible abilities and talent on drugs. We shouldn't put her right up there on the historic pedestal with the rest of this country's heroes.

You can disagree with me, Burri, and the thousands of others saying this is a dishonor to all Americans whom the flag has been lowered for, but look at the facts. Look at whom we chose to idolize and immortalize in this country. If this is how we honor them, there is something wrong with us.

The website USHistory.org also released an article about the controversy, commenting on other celebrities who have wrongly been given this honor (Clarence Clemmons and Joe Paterno to name a few), but they make an interesting point. "...just as an American serviceman killed in...Afghanistan is not deserving of a Grammy Award, musicians and celebrities are not deserving of the lowering of the American flag... A flag at half staff gives publicity to courage and nobility otherwise only mildly publicized. For one day, it is an inescapable message announcing to an entire state that a tragedy occurred and reminding everyone that the fruits of each day come with a price."

On that note, if you don't agree then that's your opinion. But this is mine, and I'm sticking to it.



Top photo from popculturenerd.com. Bottom photo from youoffendmeyouoffendmyfamily.com

we are putting someone like Houston on the same level as those selfless and brave Americans, the leaders and soldiers, whose sacrifices have protected our freedoms.

You may think I am being callous, but I am not alone in this opinion. On Feb. 18, a news story was released about a father of a fallen soldier who was outraged by Gov. Christie's decision. Here is an excerpt from that story:

"John Burri's son Eric was killed in 2005. Although he lives in Michigan, Burri says Christie's decision to lower the flag for an entertainer diminishes the honor. As a protest, Burri burned New Jersey's state flag in his yard. Michigan flags were lowered to show respect for his son and

housing options for 2012-13, and not only was Gail Tuttle, vice president of Student Life, able to explain the reasoning, she also encouraged any student with questions about their personal situation or the sign-up process to meet with one of the housing coordinators.

If students post remarks on their respective class Facebook pages, the Campus Concierge is quick to reply to problems or suggestions that have been posted. Some of the changes made in the C-store located in the bottom of Yarkin were based off students request for the ability to purchase fresh fruit, along with the Coca-Cola Freestyle machine, which serves more than 100 types of soda.

Many of the prospective students who tour the campus frequently ask what the relationship between students and professors is like. The same diligence of response and communication that takes place between students and professors applies to the university staff and administration; they love to hear from students, and to get constructive feedback regarding things happening on campus.

True to one of our university slogans, HPU really is "student-driven." The administration cares about the students-- from their safety and well-being to dining options to the value of an academic degree-- and they 'show the love' often and with pleasure. By taking advantage of these chains of communication, you too can have your brilliant ideas come to life!

Notizie de seconda mano:

Expanding your horizons and appreciating what they bring

By Jordan Oliver
Studying Abroad in Italy

The world is too big to limit ourselves to the confines of our comfort zone. The art of exploration is a gift, and shall it present itself before you, never feel "content enough" to pass it up. I have always been a person who is open to spontaneity and my current whereabouts can attest to that.

As I write from my apartment, nestled in the heart of Rome, I can barely feel my fingers—and I'm pretty sure my toes are going numb. I was told before I left to study abroad in Italy for the spring semester not to worry about packing winter clothes; for apparently Rome tends to avoid the unbearable cold.

Try telling that to my scarf and three pairs of pants that I've been wearing, (at the same time), for the past week! We experienced a VERY rare snowfall this weekend—one that made for a magical visit to the Coliseum but not so magical residency.

Italy tends to be more conscious when it comes to conserving energy, and does not feel it necessary to keep our space heaters running throughout the day. So although I may be close to seeing my breath in my bedroom, my experience thus far has been a surreal one.

You really don't realize how differently others live until you are fully immersed in their culture. On Jan. 24, the day I arrived in Rome, I was dropped off at my apartment and left to fend for myself. Not knowing where in the world I was, let alone the language, made for a nerve-racking beginning, but each day brings new and comforting knowledge.

I am blessed to have the opportunity to dive into Italy's beauty. Being placed amidst the unfamiliar, roots in us a deep appreciation for wherever it is we call home. If you are given the chance to embark on a journey—to entangle yourself in the wonder of new—be grateful. You'll soon discover just how much you've had to be grateful for, all along.

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Administration works hard to make certain student ideas are heard

Staff Editorial

At High Point University, students are frequently given opportunities to share their ideas, comments and concerns. In every building on campus, there are suggestion boxes, along with cards and pens, for students to impart their thoughts about campus with members of the administration. The ideas are evaluated and seriously considered; students are sent thank-you notes for offering their suggestions.

Another opportunity is the Community Affairs Board, hosted by the Student Government Association each semester. Members of the administration sit on the panel and address questions and concerns from students. At the most recent meeting, students spent more than an hour posing questions and sharing concerns with members of the administration.

During the meeting, praise was shared from a student in regards to the Hospitality Team's outstanding service and meal changes that occurred while students were away for Winter Break. Chris Dudley, vice president and chief of staff, shared several new changes for the 2012-13 school year regarding the meal plan, including new plans for the Grille to become an "all you care to eat" location. To alleviate the long lines at Starbucks in the mornings, Dudley said with "90 percent certainty" that a second Starbucks will be on campus in the fall.

Students asked questions regarding the cost of housing and

Extraordinary Leaders: January and February

The Office of Student Life presents the Extraordinary Leader award to outstanding students each month. According to Gail Tuttle, vice president of Student Life, the entire HPU community – students, faculty and staff, make nominations, and the nominees are asked to complete an online survey about their academic, social and charitable involvement on campus and in the community. A committee of HPU administrators selects the students that best embody true leadership. Results are printed in the Campus Chronicle each month.

January

Leslie Touassi is not only receiving an extraordinary education at HPU. She's learning how to provide one to others through a career in education.

Touassi is on the fast track to that career. She's currently an elementary education major with a minor in special education, and she's been accepted into the university's Fifth Year Master's Program for Elementary Education. She's also a member of Kappa Delta Pi, the education honor society. In addition to her student teaching duties, she strives to serve the university and community as a whole through volunteer work, taking on extra projects and helping all students the best she can.

On the HPU campus, she is a resident assistant. Through that role, she works towards building a safe, cohesive environment on her residence hall and ensures that her freshman residents always feel welcomed and valued at HPU.

She's making a big impact right here in High Point, but her dreams stretch beyond that after she finishes her master's degree.

"Before settling down and teaching at an inner city public school, I hope to teach in military bases overseas and to somehow positively impact the world," she says.



Bryan Ijames is one of the January Extraordinary Leaders. Photo by Chad Christian

As a senior, Brian Ijames is making plans to enroll in a physician assistant program after he graduates in May with his degree in biology. Though he's graduating and advancing in his academic career, he certainly isn't leaving without having made a mark on campus.

Ijames has been a musical inspiration on campus by singing in the Genesis Gospel Choir since he was a freshman. His voice has been heard numerous

times at musical events, but he's been heard off campus as well. He says his musical involvement allowed him to impact and build relationships with local churches in the area, such as Temple Memorial Baptist Church in High Point.

He was drawn to HPU by its Honor Code, which is a pledge signed by every student to maintain moral and academic integrity. He says he is a moral and religious person who strives to embody everything outlined in the Honor Code in his daily life.

Beyond music, he has kept a stellar academic record. He has made the Dean's List every semester at HPU and has been a Millis Scholar since January 2009. And, to further his experience in the medical field, he has worked as a CNA while attending HPU so he will be better prepared for a physician assistant program.

"I believe that Bryan has the motivation, work ethic, and intellectual ability to be successful in a physician assistant program and to become a caring and compassionate physician assistant," says Dr. Kelli Sapp, assistant professor of biology, who has had Ijames in several of her classes.

February

Junior John Purcell found the freedom he was looking for at HPU to double major in both psychology and music. As a presidential scholar and member of the psychology honors program, Psi Chi, The Order of the Omega – a Greek national honor society, and the National Society of Leadership and Success, it's amazing that he also finds

time to tutor English, psychology and music at HPU. But he doesn't keep his talents inside the walls of the university. He also offers free voice lessons each week to children in the community at the Macedonia Family Resource Center.

His love of music also has led him to be involved in three choirs on campus so far, and currently he is a member of the Chamber Singers. He's also a resident assistant in Finch and former vice president of the Peer



John Purcell is the February leader. Photo by Chad Christian

Mentor program.

It's easy to see that Purcell is a busy student – but pushing yourself to succeed is what it's all about, he says.

"My three years at this university have taught me eloquent communication skills, leadership qualities, the importance of a strong work ethic and how to conduct myself in a professional business environment. The emphasis on self-driven learning at HPU has encouraged me to work more proactively towards my future goals."

Those future goals include many more ambitious dreams, including going to graduate school to earn a Ph.D. in psychology.

News Continuations

From Award, page 1

reputation our school has earned.

"We have so many caring people at HPU and everyone at High Point University is committed and focused on serving our students and guests—from our security guards to our Campus Enhancement team, to the nice folks working in our food service locations, to our faculty, to our president," said Bills. "Our visitors feel special when they are on our campus and it may be their first time visiting a school... [They] feel that HPU is the right place for them."

From Scholars, page 1

a scholar.

"One of the reasons we bring students down for interviews is that we value more than textbook intelligence and want to know how students communicate their individual message. They must be good communicators, and intelligent responsible leaders," said Findley.

HPU will be hosting the second weekend of Presidential Scholar interviews Feb. 24-25.

From Warlick, page 1

of a chaplain before me was seven years. I've been here for 23. It's time I graduated."

There is no doubt among students that chapel worship will not be the same without Warlick at the pulpit each Wednesday night. But a search for a new Dean of Chapel is in place, and many applications for the position have already been received.

"We have the deepest respect for the tenure of Dr. Warlick and will miss him," said Gail Tuttle, vice president of Student Life. "We have designated a search committee that includes a senior student from the religion department. We are in the process of reviewing applicants right now, and we have had a lot of interest from in state and out of state applicants. Campus ministry is a pivotal role for our community and we want to continue our interfaith focus and development of the spirituality needs of our community."

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A&E

Life of an RD: The Sydney Malley Story

By Chelsie Gastright
Staff Writer

High Point University has many student resident assistants as part of the on-campus housing system. As with every job, someone oversees the workers. In the residential community of HPU, the ones who oversee the RA's are called resident directors, or RD's.

Since November 2011, Sydney Malley has served as the RD at both the University Center-2 and the women's complex.

Malley is no stranger because she too was a student at HPU. She graduated in May 2010 and received her bachelor's degree in criminal justice. She has now taken on a job that she feels is perfect for her personality.

"It is fast-paced, interesting, rewarding and fun," said Malley. "I could never have a job that would be the exact same thing every day, so this is perfect for me."

Malley oversees 17 RA's throughout the UC-2 and Complex. However, Monday through Friday she is at work in the Office of Student Life in the Slane Student Center. During her time in the office, Malley and the other RD's work on different projects, such as maintenance issues or simply checking in with students.

During the school week, Malley also works a single 24-hour shift where she and another RD, called a duty partner, must be on call to answer the "duty phone." For Malley, this single shift falls on Wednesdays.

"The duty phone needs to be answered 24 hours a day, so no matter what time the call comes in, we need to be prepared to answer and respond to whatever may be needed from us," said Malley.

However, on weekends there is a rotating schedule. This means that every weekend there are RD's working, but not every RD is responsible to be in every weekend.

Malley is fully aware that while her job is extremely rewarding, there are definitely things that make it difficult to handle at times.

"Sometimes responding to several difficult situations in one night can wear on a person. All of the members of the Student Life team realize this and are very good about giving us what we need," said Malley. "That may be a day off to get

sleep and regroup, or just someone to talk with. Whatever it is we need, they are willing to help provide that for us."

To be a RD, an individual must go through an interview process. In order to be considered for the position, a bachelor's degree is required. One other useful thing that helps boost an RD's resume, but is not required, is past experience as an RA.

Learning about these positions is best obtained through talking with people who have also held a RD position.

"It has been a really great experience for me. If someone thinks that they will make a good RD, they should definitely look more into it," said Malley.

Malley is enthusiastic about what she does and cannot say enough about the positive atmosphere that her team of RD's supplies.

"I really love the team of RD's that I work with. In this type of job, it is important to have a group of people that respect and support each other. I am really lucky to have so many people that I know I can count on in any type of situation."

Malley and her fellow RD's are all aware of the responsibilities that being an RD comes with. The reward of knowing that the position is making a difference in a student's life is what makes this job unique and rewarding.



RD on campus, Sydney Malley, works hard to ensure the safety of the students in the UC-2 and Complex. Photo by Eleanor Christopher.

CAT hosts "Speed Dating" for a pre-Valentine's match-making event

By Eleanor Christopher
Staff Writer

CA.T. hosted its Speed Dating event for the first time in several years on Feb. 7, and according to several students, it was a hit. A few people were concerned that there would be more females than males at the event, but it turned out to be fairly even. More than 50 students registered and about 40 showed up for the two hour event.

The dating process consisted of the females each sitting down at a table, while every three minutes the males would rotate to their next date until every everyone had gone on a "mini date."



Rate Me! After the dates, each person would rate their "potential partner" on a scale from one to five: one meaning "no thanks" and five meaning "let's go out soon."

The dress attire of the event was casual steakhouse attire.

During the night, C.A.T. gave out prizes such as gift certificates to Olive Garden, Red Lobster, P.F. Chang's, and Longhorn Steakhouse, as well as Free Movie Passes and WOW Courtside Basketball seats. It was said that these prizes would make perfect "date nights" for the participants.

"It was a truly adorable, really cool event," said a participant who wished to remain anonymous. "There were question cards that prompted you in case you had an awkward silence, and the date night prizes just really made it even better."

According to another dater, "People who made eye contact seemed more confident and held better conversations overall. And of course, it's all about the non-verbals."

In the end, forty of the participants were matched and 25 percent of those were perfect matches, meaning both the male and female gave each other a perfect score.

"I was only matched with one person, but I wasn't really interested in them," said one anonymous dater. "But it was a really interesting and fun experience, and I am really glad I participated."

Another anonymous dater said, "I met the love of my life!" She said she was completely overjoyed.

"Overall I was very pleased with the turnout and the interactions between students," said Maghon Walker, coordinator of student programming. "Next time, I would like to get a bit more information about each participant when they pre-register, such as class year, so that we can have a better representation of the student body. I would also like to be able to accommodate for people who cancel last minute or arrive without registering because it was hard to deal with changes due to the pre-printed out nametags and score-cards."

Matches were definitely made with the help of speed dating. There are records of a few couples actually going on dates with each other after meeting at the speed dating event. The people who attended can confidently say that this event helped them get to know more people and made them more confident with putting themselves out there in the future.

Speed Dating was surely a success and it definitely put students in the mood for Valentine's Day. Maybe at least one person was able to find a "valentine" because of it, but really what matters are that students were able to meet new, interesting people in a casual, fun environment.

8 signs you're dating the wrong guy

By Jodi Guglielmi
A&E Editor

1. When he continues to call you Jill, and that's not your name. But it IS the name of his ex-girlfriend.
2. When he seems to take longer than you to get ready for a date. Unless you recently cut off all of your hair and have banned makeup.
3. When he is too cheap to buy you a decent piece of jewelry and instead gets you an iron. Just because you can "use it all the time" doesn't make it thoughtful.
4. If he wears a speedo or owns a fanny pack. Seriously, for everyone's sake, take it away from him and get out of there as fast as possible.
5. Leaving a mess everywhere you go. You are not dating them to be their mother. They need to learn to clean up or get out.
6. When a guy tells you he is having a "bro night" and then invites a bunch of girls. Excuse me, but since when did those floozies in heels qualify as "bros"?
7. If the check comes and he just gives that smile with puppy dog eyes asking you to pay. See #3. Dating a cheap guy is never the right guy. He needs to show you that he cares, and sometimes that means doing it with his wallet.
8. He always seems distracted when he is with you. Whether he is constantly on his phone or just plain not listening, he should WANT to be with you over anything else.



Is your man always on the phone? Then he violates one of our eight signs you are dating the wrong guy! Photo from love-lectures.com

A&E

The Everyday Fashionista: How to find the perfect spring break bathing suit

By Jordan Breetz
Staff Writer

So I know everyone has been in the gym every day trying to achieve the perfect spring break body, right? Well, in case you missed a couple of days or don't feel like your body is quite up to par, don't fret; they do make other swimsuits besides the string bikini.

The Pin Up Girl - These are completely full coverage and so chic! So in case you have never even heard of a gym, try one of these.

The Deep-V Plunge - Try the deep-v plunge with a big hat and glasses.

Tankini- DON'T wear these unless you are going on a Disney cruise with your grandmother. Actually, go ahead and leave it at home, I am sure she will let you borrow hers.

Side Thought- I really shouldn't have to say this but in case you are EVER thinking of wearing a "skirted" bottom swimsuit... think again!

Boy-short Bottom- For the ladies with larger bottoms, try a sporty boy-short bottom. These are cute and keep from "letting it all hang out." Which, by the way, is not something we strive for. That my friends, is called trashy and trashy is a bad thing. Just making sure we are all clear.

Bandeau- Try a bandeau top, so cute and girls with the opposite problem will envy you.

None of these work for you? Well, a t-shirt is not the answer. No matter what your size, there is the perfect suit for you. So let's gain some self-confidence and hit the beaches. Chances are you look better than you think you do. If not, everyone is preoccupied anyways, so they will never remember. Have a great spring break and enjoy laying on the beach and not thinking about classes even once!



Bandeau
Photo from southbeachswimsuits.com

Love is on the doors: winners from the Valentine's door decorating contest



Dana McLaughlin and Katherine Watson won first place on their UC-2 door due to the unique idea of using cupid as their main focus. The judges were impressed with the creative decorations they used to cover nearly the entire door including the areas around it as well.

Ashton Kirby, Catelyn Griffin and Shelby Hamilton took second place on their door in Wesley with their sweetheart box! The neatness of the door and the detail within both the sweetheart box and hearts showed just how hard the two worked on their door.

Photos by Jeremy Hopkins



Kirstyn Busswell and Christiana Walker won third place for using hearts inspired by Valentine's Day as their main theme. The judges loved this door because it clearly represented Valentine's Day.

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A&E

'Temple Run': The new craze sweeping smart phones of students

By Meghan Pignataro
Staff Writer

Swipe, jump and slide: these are the motions you need to learn to master the popular mobile application Temple Run.

Released in August 2011, Temple Run is designed for touch screen Apple products such as iPhones, iPods and iPads. Within six months the game has reached 20 million downloads, making it the No. 1 download in the iTunes App store.

The purpose of this 3-D game is for an Indiana Jones-like character to run through a series of obstacles in an ancient temple and avoid being captured by a group of apes.

While jumping over broken pathways, sliding under deadly fire and making sharp turns, the player is aimed to collect as much coins as possible throughout an endless run. The more coins collected will increase the player's score and unleash new characters and tools designed to boost the performance.

With just the slide of a thumb or tilt of the device, the player can escape the tough obstacles and continue on their journey to stay alive.

"It's very easy for the player to fail," said junior Sue Molyneaux. "A simple trip can cause the annoying apes to appear just a few inches behind your feet, which makes you get really nervous."



Photo from www.slidetoplay.com

"Taking your eyes off of the screen for just a second can cause you to jump over

the temple walls and bring you right back to the beginning," said Molyneaux.

At this point, players have two options: quit playing or start over. Because the game has millions hooked, many choose to start over.

As the No.1 download, iPhone users have become addicted to this new game as they test their reflexes and strive for a higher score.

"Once I start playing, I can't stop. I keep wanting to get a higher score," Molyneaux said. "I think that's what makes the game so addicting - you want to go further and further, and do better than you did last time."

Yet this is not just another common mobile app. This particular game has produced high statistics and ratings, making it so successful.

According to Droid Gamers, Temple Run has sold more copies than any game on PlayStation 3 or Xbox 360.

One of the major high-

lights that contribute to the success of this game is that it is a free download. Unlike many mobile apps, the game does not require the player to purchase anything to proceed to a higher level.

Junior Mike LoCastro began playing Temple Run just last month and has earned an impressively high score. "Right now my score is 22,990,466" he said. "But the most challenging part is the quick turns and the turns where you drop and die automatically."

While some players consider themselves pros at the game, beginners are struggling as they learn how challenging the mobile app can be.

"Getting the coins is the hardest part," said junior Sarah Voigt. "It's so hard to get them and stay on the pathways at the same time," she said. "I get so frustrated, and it makes me pretty unhappy at that moment!"

With the widespread popularity among Apple users, Temple Run is destined to expand.

"I don't have the iPhone," said junior John Stokes, who heard about the game from his roommate, "but it seems really addicting to me. Almost like angry birds."

In the upcoming months, Temple Run will be released to Android phones, giving more people the opportunity to play.

FRESH FOOD

SHEETZ

MADE TO ORDER

FEEL THE LOVE



Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday

<p>CULTURAL ENRICHMENT SERIES</p> <p>Sechrest Art Gallery Monday - Thursday from 1PM to 5PM - Hayworth Fine Arts Center, Sechrest Art Gallery</p> <p>15-17 HPU Dance Concert 7:30PM - Hayworth Fine Arts Center, Pauline Theatre</p> <p>19 Finch Lecture Features: Dr. Stanley Hauerwas 4:30PM - Phillips Hall, Francis Auditorium</p>	<p>22 HPU Instrumental Ensemble Spring Concert 7:30PM - Hayworth Fine Arts Center, Pauline Theatre</p> <p>29 High Point Community Concerts - Wendy Brown 7:30PM - Hayworth Fine Arts Center, Pauline Theatre</p> <p>30 HPU Musical Theatre Workshop Performance 7:30PM - Hayworth Fine Arts Center, Pauline Theatre</p>	<p>FACULTY LITERARY FILM SERIES</p> <p>Located in The Extraordinaire Cinema</p>	<p>1</p> <p>Men's Big South Semifinals</p> <p>FACULTY</p>	<p>2</p> <p>vs Mercer 4PM</p> <p>TO GUARANTEE YOUR RESERVATION FOR THE SPRING BREAK AIRPORT SHUTTLE, PLEASE SUBMIT YOUR COMPLETE ROUND TRIP ITINERARY BY MARCH 1ST. shuttle.highpoint.edu (select the transportation link). All shuttles depart from the security service center.</p> <p>Spring Break</p>	<p>3</p> <p>Men's Big South Championship</p> <p>vs Mercer 2PM</p> <p>Spring Break</p>	
<p>4</p> <p>vs Mercer 1PM</p> <p>Spring Break</p>	<p>5</p> <p>Women's Lacrosse vs Holy Cross 6PM</p> <p>Spring Break</p>	<p>6</p> <p>vs Richmond 4PM</p> <p>Spring Break</p>	<p>7</p> <p>vs Richmond 4PM</p> <p>Women's Lacrosse vs Vermont 12PM</p> <p>Spring Break</p>	<p>8</p> <p>58 days until Commencement</p> <p>Spring Break</p>	<p>9</p> <p>vs Manhattan 4PM</p> <p>Women's Big South Quarterfinals</p> <p>Spring Break</p>	<p>10</p> <p>vs Manhattan 2PM</p> <p>Women's Big South Semifinals</p> <p>Spring Break</p>
<p>STEP FOR YOUR CAUSE March 16th MILLIS GYM 7:00pm</p>						
<p>11</p> <p>Spring Forward Daylight Savings Time</p> <p>Women's Big South Championship Hosted by HPU</p> <p>vs Manhattan 1PM</p> <p>Spring Break</p>	<p>12</p> <p>MONDAY MOVIE EXTRAORDINAIRE CINEMA 8PM & 11PM</p>	<p>13</p> <p>HPUREC BOOT CAMP Sign Up 9AM at the HPUREC Services Desk</p> <p>FACULTY</p>	<p>14</p> <p>WEDNESDAY NIGHT LIVE Laser Tag 5PM</p>	<p>15 <i>IDS Event Today</i></p> <p>IDS Event HPU Dance Concert 7:30PM - Hayworth Fine Arts</p> <p>IRC Panther Pop Quiz 10:10PM Slane Café</p>	<p>16 <i>IDS Event Today</i></p> <p>IDS Event HPU Dance Concert 7:30PM - Hayworth Fine Arts</p> <p>CAT GOES TO CHARLOTTE CHECKERS GAME! Last day to drop with a "W" grade</p>	<p>17 <i>IDS Event Today</i></p> <p>IDS Event HPU Dance Concert 7:30PM - Hayworth Fine Arts</p> <p>St. Patrick's Day! CAT GET LUCKY BINGO!</p> <p>Women's Lacrosse vs George Mason 1PM</p>
<p>18</p> <p>35 DAYS UNTIL The Fray</p>	<p>19 <i>IDS Event Today</i></p> <p>IDS Event Finch Lecture Features: Dr. Stanley Hauerwas 4:30PM - Phillips Hall, Francis Auditorium</p> <p>MONDAY MOVIE EXTRAORDINAIRE CINEMA 8PM & 11PM</p>	<p>20</p> <p>Wilson Commerce Ballroom - 6PM</p> <p>vs Appalachian State 6PM</p> <p>BLOOD DRIVE 11AM-4PM Slane Gym</p>	<p>21</p> <p>vs East Carolina 6PM</p> <p>WEDNESDAY NIGHT LIVE Karaoke Night 8PM</p>	<p>22 <i>IDS Event Today</i></p> <p>IDS Event HPU Instrumental Ensemble Spring Concert - 7:30PM Hayworth Fine Arts Center</p> <p>SGA Meeting Phillips Lecture Hall 7PM</p>	<p>23 <i>IDS Event Today</i></p> <p>CAT GOES TO THE PREMIERE OF THE HUNGER GAMES</p>	<p>24</p> <p>CAT GOLF OUTING</p> <p>VERTKLASSE TRACK & FIELD MEET All Day</p> <p>Admissions Early Registration</p>
<p>25</p> <p>Women's Lacrosse vs Oregon 1PM</p> <p>facebook</p> <p>BECOME A FAN OF C.A.T. CAMPUS ACTIVITIES TEAM ON FACEBOOK submit your ideas for future CAT events & activities</p>	<p>26 <i>IDS Event Today</i></p> <p>MONDAY MOVIE EXTRAORDINAIRE CINEMA 8PM & 11PM</p>	<p>27</p> <p>vs Wake Forest 6PM</p> <p>DINNER CLUB</p> <p>Wilson Commerce Ballroom - 6PM</p>	<p>28</p> <p>WEDNESDAY NIGHT LIVE Jazz Band The Great Day Bakery 8PM</p>	<p>29 <i>IDS Event Today</i></p> <p>IDS Event HP Community Concerts Wendy Brown - 7:30PM Hayworth Fine Arts Center</p> <p>SGA Meeting Phillips Lecture Hall 7PM</p>	<p>30 <i>IDS Event Today</i></p> <p>IDS Event - HPU Musical Theatre Workshop Performance - 7:30PM Hayworth Fine Arts Center</p> <p>CAT BASEBALL TAILGATE AND TIE-DYE PARTY</p> <p>vs VMI 6PM</p> <p>Women's Lacrosse vs Jacksonville 7PM</p>	<p>31 <i>IDS Event Today</i></p> <p>CATFLIX EXTRAORDINAIRE CINEMA 10PM</p> <p>admissions spring open house</p> <p>vs VMI 6PM</p>

Organizations

Kappa Delta Sorority to host fishing tournament in March

By Katie Harmon
Staff Writer

Most sorority fundraisers are rather predictable: bake sales, car washes, toy drives, canned goods collections and Valentine's Day candy grams. Kappa Delta is breaking the mold with a new idea.

On March 24, Kappa Delta sorority will be trading in their heels and pearls for bait and tackle. The sorority is hosting the "All Things Southern Fishing Tournament."

High Point University students will have the chance to come out to Oak Hollow Marina and participate in the tournament while supporting a good cause. The tournament is called a "Shamrock Event" because a fundraiser is held at this time in March every year that benefits the sorority's main philanthropy, Prevent Child Abuse America.

"Eighty percent of the proceeds will be sent to our local beneficiary, Family Service of the Piedmont," said Alyssa McFarland, the event coordinator. "The other 20 percent goes to Prevent Child Abuse America. Because of Kappa Delta's national involvement with this philanthropy, 3,500 families are helped each year."

According to the Kappa Delta Sorority website, a Kappa Delta sister founded Prevent Child Abuse America in 1972, and the sorority has been a proud supporter since 1981.

Prevent Child Abuse America is an organization com-

mitted to preventing "the abuse and neglect of our nation's children." The foundation spreads awareness, funds research, and supports and fosters programs that promote a healthy, safe, and nurturing environment for children everywhere.

Kappa Delta chapters across the country also host "Shamrock Events" every year. These events, which range from chili cook-offs to fashion shows, help raise money for child abuse prevention efforts nation-wide. The chapters are encouraged to be unique and creative when planning these events.

"I've been working on this event since November," said McFarland. "After talking about it with some of my sisters and [seeing] what other Kappa Delta chapters have done, I thought it was something students at our school would enjoy."

McFarland has found people quite supportive of the fishing competition.

"I knew about Oak Hollow



Kappa Delta sorority models an iconic photograph to help raise awareness for child abuse and their Shamrock events.

Marina," she said. "They were so excited to partner up with High Point University, especially since it's for such a great cause."

In addition to fishing, the event will also include a corn hole tournament, a biscuit eating and sweet tea chugging competition, and a cooler decorating contest.

"The cooler must incorporate both fishing and Prevent Child Abuse America in some way," said McFarland. "The person fishing will get to keep the cooler, and the people who painted it will receive a prize."

Kappa Delta sisters are very excited about this event, and encourage everyone to get involved and help raise support and awareness for preventing child abuse.

Those interested in competing may sign up at the University Center philanthropy tables from 11 a.m. to 3 p.m. Feb. 27-March 2 for a \$20 entry fee. The cost of general admission is \$5, including food.

HPU College Republicans attend stump speech for Pat McCrory

By Wilson Powell
Staff Writer

Thunderous applause shook the Jamestown Oriental Shrine Club on Jan. 31 while The Who's hit song "Won't Get Fooled Again" played. Supporters filled the seats and WRAL News reporters lined the walls. Those in attendance included state representatives, senators, and the High Point University College Republicans. Pat McCrory, a Republican candidate running for governor in the state of North Carolina, chose Jamestown as a stop on his campaign trail because he holds the town close to his heart.

McCrory served as the mayor of Charlotte for seven terms. Now, he sets his sights

on an ambitious goal—to be the governor of the state of North Carolina. When McCrory first ran for governor in 2008, he was narrowly defeated by Gov. Beverly Perdue, current governor of North Carolina.

According to a poll tracker conducted by Talking Points Memo, since Gov. Perdue took office in 2008, her approval ratings have been dropping. The most recent polling showed that 51 percent of the voters disapprove of her job performance, and only 32 percent approve of her work this term. Gov. Perdue announced in January that she would not be running for re-election.

If McCrory is elected as governor of North Carolina, he hopes to focus on several goals. One of these goals is lowering the unemployment rate, which has been

above the national average. According to the Bureau of Labor Statistics, North Carolina's current unemployment rate is 9.9 percent, whereas the national average is 8.3 percent.

He also plans to alleviate pressure on small businesses so that expansion can increase and more people can be hired. This can be done for both existing businesses as well as ones that

may expand into the

state from another area.

Additionally, McCrory wants to focus on energy exploration to provide more jobs and advance the state's energy independence.

McCrory also hopes to improve the level of efficiency in the state government. During his speech at the Oriental Shrine Club, he recalled an anecdote describing a recent trip to the North Carolina Department of Motor Vehicles. McCrory spoke about how he felt it took much too long and he hopes to fix the inefficiencies by improving the waiting process for visitors.

"We have to do more with less money," said McCrory at one of his political events. He feels that the state is spending much too frivolously and that we should not "accept long-term unfunded mandates."

Justin Burr, a representative from the 67th district that includes Stanly, Union and Montgomery counties, agrees wholeheartedly.

"The highway trust fund, that is supposed to pay for the state's infrastructure, has been robbed of \$190 million," said Rep. Burr to the Campus Chronicle.

However, Susan Fisher, a Democrat representative from the 114th district, has a different take on the government.

"Gridlock may be part of the strategy in order to make sure that none of the President's initiatives are dealt with," said

"You should elect someone who can help students get jobs..."

~Susan Fisher
Representative of the 114th District

Rep. Fisher in an email. "It is all about getting re-elected and they [the Republicans] are not going to cooperate in the least with Obama if it puts their re-election campaign at risk."

Rep. Burr feels that this election is highly important for both North Carolina

and McCrory. He argues that this is the deciding point on the short-term future of the state in terms of employment and overall happiness and prosperity.

College students are one group that is especially affected by the short-term labor market because the first job they find often plays a key role in the rest of their career. Rep. Burr urges every college student to consider McCrory for governor.

"He is the best opportunity to move forward. You should elect someone who can help students get jobs upon graduation and can improve the way businesses are treated," said Rep. Burr.

One thing that both Rep. Burr and Fisher can agree on is that this election will affect college students applying for work in North Carolina.

"Jobs are important to the state now that college students find themselves at the beginning of their careers," said Rep. Fisher. "Almost 25 percent of recent graduates have moved back home with their parents because they can't find work."

"College students should vote for the candidate that has proven him or herself to be focused on maintaining and further improving North Carolina's status as the education state."

Voters will be able to influence the decision at this year's election. It is a fresh start for candidates who have not yet served as the state's governor, which means the future is up to the voters. Before making a decision, research each of the candidates and, most importantly, remember to go out and vote.



Rock the vote. Pat McCrory will run for governor of N.C. in the 2012 elections. Photo from www.katysconservativecorner.com

Sports

The regimented lives of NCAA student athletes

By Steven Haller
Editor in Chief

When students make a choice to participate in an NCAA Division 1 program, they make quite a heavy commitment. From the outside looking in, others are relatively unaware to the actual number of responsibilities college athletes must complete.

Student athletes have weeks that are way more crammed than those of non-athletes. All college students have to attend class and complete all of their school work. During an average day, they may also get to socialize with

friends, watch television, or take a nap if they did not get enough sleep the night before. Division 1 athletes do not have those luxuries.

"The number one thing for student athletes no matter where they are going to school is time management," said Erika Carrubba, Assistant Sports Information Director at High Point University (HPU). "If you are not a good manager of your time, you are going to struggle because there are so many responsibilities put on you."

Student athletes have to attend class and do all of their school work just like all students. But they also have to go to practice, work out in the weight room, meet with the athletic trainers, attend interviews for the media, go

to film shoots for half time and pregame sports videos, attend required study hall hours, meet with professors to discuss a class they know they will miss for a game, participate in the actual games, and travel to and from games.

Janay Whittaker, junior defender on the HPU women's soccer team, said, "Some days during the season we have a 6 a.m. practice that is about an hour and a half long, and go to class after that. That same day we would have a weight room session. Other days we have night practice from 8 p.m. to 10 p.m. Then we have to find time for homework and study hall between all of that, all the while trying to eat properly and get eight hours of sleep every night."

Traveling is also time-consuming for NCAA programs. Whittaker said that most of her team's games are at 7 p.m. For a three-hour trip, the team would leave at 2 p.m. to get there and still have time to relax and be ready by the time warm-ups start. Then, the game is about two hours and the team has to drive three hours back to arrive

at HPU by midnight; that is 10 hours.

Nick Schumacher, senior pitcher for HPU baseball, said, "With the regular

schedule that comes with being a student athlete, it is almost like a job."

The HPU baseball program requires players to arrive to games three hours before the first pitch. Schumacher arrives at games another hour before that for individual preparation. The team played 56 games last season, so that is 56 extra hours out of his time during the regular season.

But it is not just during their season when student athletes are busy. They often have to sacrifice some or all of usual breaks that non-athlete students get, such as spring break and Thanksgiving break. Some athletes do not get the luxury of seeing their family on Thanksgiving.

The schedule is the most difficult part of student athletes' lives, but they also have to ensure they are following NCAA rules.

The NCAA currently restricts student athletes to 20 hours of work with coaches. This serves as a way to protect the student athletes from exhaustion.

"When I played baseball, we would have to block out noon until 6 p.m. every day, so we would have six-hour days and then we would do our rehab and so forth afterward," said Craig Keilitz, Athletic Director at HPU and former college athlete as a baseball player at Central Michigan University. "I think we have made some good decisions in college athletics to make the 20-hour limit and not totally dominate the lives of our student athletes."

NCAA rules also make student athletes worry about what they eat and drink. According to the NCAA banned drug list, student athletes may not take any form of stimulants, which includes drinking energy drinks or anything with caffeine. Think of how many times students look to caffeine in order to complete a project or stay up to study.

Student athletes are regularly tested for using caffeine. They can be penalized if caffeine concentrations in urine exceed 15 micrograms per milliliter. This could occur from ingesting any products that use caffeine as a primary ingredient, such as coffee, sodas, energy drinks, or pills that treat headaches.

There is so much for student athletes to do, and Keilitz says, "Until you live it, you really cannot comprehend the difficulty."

It is difficult to successfully live that kind of life, but student athletes at HPU are doing it very well. The current average GPA of student athletes at HPU is 3.1, well above the NCAA's rule that every athlete must have above a 2.0 GPA.

The degree of difficulty also goes up due to the age of the student athletes that are accomplishing all of this. When fans watch Duke basketball games or Alabama football games, athletes are often viewed as adult professionals. It is important to remember they are not.

"With so much media coverage, it is often forgotten that the athletes you see on television competing are kids, 18- to 22-year-old boys and girls," said Carrubba. "Playing sports is not their job; they are not professionals. They are here to get an education first and then play sports."

The NCAA bans the following classes of drugs:

Stimulants (can help increase performance): amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); exceptions: phenylephrine and pseudoephedrine (both used in common over-the-counter decongestants)

Anabolic Agents – (found in steroids): boldenone; clenbuterol; DHEA; nandrolone; stanozolol; testosterone; methasterone; androstenedione; norandrostenedione; methandienone; etiocholanolone; trenbolone

Alcohol and Beta Blockers (beta blockers are known to steady the hands and keep you calm; legitimately used to combat heart problems): alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol

Diuretics (water pills) and Other Masking Agents (can be used to excrete water for rapid weight loss and to mask the presence of other banned substances in urine): bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid;

spironolactone (canrenone); triameterene; trichlormethiazide

Street Drugs:

heroin; marijuana; tetrahydrocannabinol (THC) – no other substances are classified as NCAA street drugs.

Peptide Hormones and Analogues (used to increase muscle growth and strength): growth hormone (hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO)

Anti-Estrogens (reduces estrogen and counters side effects of steroids; legitimately used to treat breast cancer): anastrozole; tamoxifen; formestane

Beta-2 Agonists (increases ability to exercise at an optimal level; legitimately used to treat asthma by relaxing airway muscles): bambuterol; formoterol; salbutamol; salmeterol

Any substance that is chemically related to the class of banned drugs is also banned (unless otherwise noted).

Information from the official rules of the NCAA.



Junior Janay Whittaker says the women's soccer team can sometimes have practice start as early as 6 a.m. and other times practice may not finish until 10 p.m. Photo courtesy of HPU Sports Information



Senior Nick Schumacher relates being a student athlete to having a job due to all the hours he has to put in. Photo courtesy of HPU Sports Information

Sports

Barbour and Shine to play final home game tonight

By Nolan Stout
Staff Writer

It's one of those indescribable feelings. Trying to explain the feeling one gets when something you've worked at since you were just a kid is coming to a conclusion is almost impossible. For Nick Barbour and Shay Shine, their long and illustrious basketball careers at High Point University are coming to a close.

"I don't know how to put it in words how happy I've been here the last four years," said Barbour. "It seems like just yesterday I was walking in here as freshman."

Shine is looking a little further, hoping to continue playing basketball, unwilling to just hang up his sneakers.

"It's a little emotional, but I'm really excited to continue my career and see

where I go after this," says Shine.

These two have accomplished much in their careers at High Point University. Shine has been a crucial player for the team the last four years. He is in the top 10 all time at HPU in 3-point percentage, was featured on Sports Center twice, and will be participating in the "Dark Horse Dunker" competition.

Barbour has climbed to number three on the all-time scoring list, scored over 2,000 points, is the all-time three point leader with 296 made three-point shots, and is in the top ten all-time at HPU in 3-point percentage and free throws made.

As for the team, the Panthers have picked

up their play as of late. After losing five straight games between Jan. 14 and 26, the team has won four of their last six to climb back up in the standings and have a fighting chance at sixth place.

Coach Cherry is putting emphasis on the necessity of his team to win their games, not rely solely on help from others.

"We've got to win our games," says Cherry, "If we take care of things on our end and get some help from other teams we could end up getting that sixth seed."

Barbour and Shine think the team is heading in the right direction with only one game left in the regular season: tonight.

"We're playing really good basketball right now," says Shine.

"We're taking care of the little things that make us dangerous," says Barbour, "I feel good going into the tournament. We've got a good chance to win."

The Panthers are currently sitting in eighth place in the Big South with a 7-10 conference record. They are currently chasing VMI and Liberty, which are tied for sixth, each with a 7-9 conference record.

The last two games of the season for the Panthers are the EPSN Bracket Busters against Stephen F. Austin, which they lost 69-62, and the regular season will end tonight at home against Campbell, a must win for the Panthers.

Shine and Barbour will be playing their last game at the Millis Center tonight at 7 p.m. A beginning to the end of the dreams these two have been chasing since their young days.



Senior Nick Barbour is a men's basketball guard. Photo by HPU Sports Information



Senior Shay Shine is a men's basketball guard. Photo by HPU Sports Information

Panthers baseball opening day: fun for the entire HPU Community



The Panthers baseball players defeated Army 2-0 in a game that began the third season in the Coach Cozart era. Photo by Jeremy Hopkins



Students are allowed to watch the game from any vantage point they desire. A popular location is on the hill behind the first base dugout (above). Photo by Jeremy Hopkins



HPU Sports Marketing has the job of keeping the crowd entertained between innings with promotions and games, such as the tin foil body wrap (above). Photo by Jeremy Hopkins



It was sunny and 60 degrees for the opening day game on Feb. 22. The stands filled with fans taking advantage of the great weather in which to experience America's pastime. Photo by Jeremy Hopkins

Sports

Dissecting the arm and mind of Jaime Schultz

By Henry Molski
Sports Editor

The radiant sun heated up the playing field at Winthrop Ballpark to a balmy 88 degrees. The white-knuckle thriller in May 2010 between High Point University and Liberty University in the Big South Conference Tournament made it seem even hotter.

The oddity about Winthrop Ballpark is that it was designed without the sunset in mind. This left the sun reflecting fiercely off the press boxes and right into the eyes of High Point Panther freshman starter Jaime Schultz for the better part of the evening.

This didn't slow Schultz down.

Schultz kept a cool ERA just above four during the 2010 season and that was not about to change on this day. Through four innings Schultz had only given up two hits and not a single run.

What happened in the top of the fifth was something that no one saw coming.

Designated hitter Jeff Jefferson was at the plate for Liberty when Schultz's catcher, Kyle Mahoney, called for a curveball. That's when he felt "it."

"Whoa. That was weird," thought Schultz as he noticed a peculiar kind of discomfort in his elbow.

Mahoney signaled for another curveball.

"I'm throwing a fastball this time," thought Schultz.

Schultz threw his fastball, but then Mahoney wanted another curveball. Schultz obliged him.

"That's it," thought Schultz after throwing the curve.

Usually a quick worker, Schultz started to pace about the mound. This was enough of a sign to get a reliever ready. Drew Dades was in the bullpen to warm up in an instant.

After a brief meeting on the mound with Schultz, his night was over.

The game went on without Schultz though. In a back-and-forth bout High Point held on to a one-run lead for most of the night.

In a night with many heroes for the Panthers, it took a strikeout with the bases loaded in the bottom of the ninth to decide the outcome.

High Point won.

But High Point also lost something that day.

The highly talented and charismatic leader of the team in Jaime Schultz would not pitch again in 2010 for the Panthers. The Panthers did not win another game in the Big South Tournament.

In addition, Schultz was about to undergo one of the biggest changes in his life.

* * *

The fall is a time for baseball players to get back into the swing of things. It is a time to practice the fundamentals and a time to strengthen up for the long grind of a baseball season.

Instead of getting ready to pitch for his 2011 sophomore season, Schultz now donned an imaginary red-shirt, meaning he would not play for the Panthers in 2011.

Schultz instead spent his time preparing for his surgery. The long road to recovery had begun.

At first, Schultz's injury wasn't definite enough to put him under the knife. He sat out for all of summer ball to see if his arm would heal. Unfortunately, when he tried

to throw again in the fall he knew instantly there was "no way."

Diagnosed with an elongated ulnar collateral ligament or UCL, Schultz was to have the famous Tommy John surgery in which the damaged ligament in the arm is replaced.

"In Schultz's case, he couldn't throw with the pain in his arm with just rehab," said Tyler DePew, the team's head athletic trainer. "With the velocity that he throws, the surgery became the only option."

Described by DePew as a fairly standard procedure nowadays, the primary purpose of Tommy John surgery is to replace the UCL. The procedure calls for a graft from the patient's hamstring or wrist or from another cadaver. In Schultz's case it would come from a ligament in his hamstring.

The surgery took place without any major speed bumps. The only thing the doctors were unsure about was if Schultz had, in fact, torn the ligament or just severely elongated it.

When Schultz awoke from his surgery he immediately felt the fear rush through him. He could not feel or move his right

Schultz was the same comedian that he had always been all along, but some days were different.

"There were days that he wouldn't be the same," said Jared Avidon, teammate and roommate of Schultz. "You could tell the rehab was long."

* * *

Losing a stellar starting pitcher is tough. Losing a charismatic leader is even tougher.

"Jaime is one of the most charismatic I've ever coached," said Craig Cozart, the head coach of the High Point Panthers. "He is at his best when he is the most care-free. He has a tremendous presence on this team."

Clearly, the loss of a player of this stature would not be easy to overcome.

The Panthers did struggle in 2011, stepping back from their 31-29 season in 2010 to 24-32. While Schultz was still always working out with the team and at all of the home games, he did not travel and he, obviously, did not make it onto the field.

Even with the ups and downs of rehab for Schultz, teammates appreciated his



Jaime Schultz earned the save in HPU's win over Army on Feb. 17. Schultz earned a four-out save on Friday and Saturday, putting any doubts about his arm to rest. Photo by Jeremy Hopkins

arm at all.

"It was the worst pain I had ever felt," said Schultz. "Both my arm and my knee were in a lot of pain."

DePew described Schultz's pain as very normal. No warning flags were raised by any of the discomfort he felt.

"Players usually think they're going to come out feeling great because they think they're invincible," said DePew. "However, it is usual to have that kind of pain."

From this point on, Schultz's journey would turn to rehabilitation.

The first thing that rehab attacks is the swelling around the surgery. Next is returning the arm's full range of motion. Lastly is returning its strength.

"It was long to say the least," said Schultz.

Schultz had to make it through the grind of rebuilding every bit of strength his arm once had. This meant starting with 1-pound weights. One pound.

"It was hard to be around everyone in the gym lifting when I was just curling 1 pound or 3.5 pound weights," said Schultz.

However, Schultz knew that his teammates had been there before and knew what it was like for him to go through the rehab.

Most of the time, teammates said that

presence.

"Most of the time you could never tell he was injured," said Avidon. "He's always that goofy kid."

Baseball games can drag along from time to time. Seasons can drag even longer. This is why players of the game find ways to stay involved and have fun.

Schultz is an unspoken leader of the baseball hi-jinks for the Panthers. Whether he is organizing human dominos during a batting practice or covering a coach's back with tape, Schultz is always in the thick of the action.

To combat his absence and injury, Schultz had to work at staying involved and in rhythm with the team. This meant doing anything from doing the day-to-day field work for the team to dressing up and dancing as the team mascot, Prowler, for promotional videos.

Schultz has the ability to define the character of the entire Panther team. Avidon said that he used to get mad when he played or even angry when he was on the field. Schultz helped him change that.

"Now I play by having fun and laughing," said Avidon. "[Schultz] is someone that you can always go to talk to."

And before every game Schultz is dancing. If they are at home he could be jump-

ing off lockers. If they are on the road, he is dancing on top of bus seats.

There is nothing that puts a smile on a teammate's face quicker than Schultz's dancing. Cozart chooses to embrace this talent as well.

"The man is full of explosive fast-twitch fibers," said Cozart. "This is why he can dunk at 5 feet 9 inches."

Cozart doesn't disapprove of the energy in the clubhouse. In fact, he cultivates it.

"You have to harness the energy," said Cozart.

* * *

Harnessing the energy will be a key to not only the Panther's season, but in Schultz's return in 2012.

Heading into the spring season with High Point's first game on Friday, Feb. 17 against Army, Schultz was almost entirely prepared. Minor in-game adjustments remained, but Schultz believed that his arm was as healthy as every with coaches and training staff approval.

While winning remains a top priority for the program, coaches must additionally keep the health of their players in mind. Cozart now has Schultz set up as a closer for the Panthers in 2012, a role new to Schultz at High Point.

Schultz will not be expected to take on as many innings this year with his newly reconstructed arm. This way the team can get the most out of his talent by putting him in the challenging role of closer.

While the arm is fully healthy now, coaches do not want to overwork the new ligament. With short stints in the bullpen instead of long starts, Schultz's arm should stay in full health.

"It's a long season," said Cozart. "A closer can be either a hero or a goat. That's why you have to be mentally tough."

This is why the coaches think that Schultz fits the bill perfectly. Schultz is a man who is easy-going and carefree enough to shake off a blown save and then go back out the next day and handle the rigors of earning a save.

"Schultz's outlook on life and his enthusiasm day-to-day makes him the right fit as a closer on the team," said Cozart.

As far as personal goals go for Schultz, he already hopes to have at least six or seven saves in 2012. This would be a great bounce-back year for any college-level pitcher returning from injury.

High Point will also put a very talented group of men on the diamond with Schultz. Starting pitcher Malcolm Clapsaddle already has major league scouts coming in to watch him practice and infielder Mike Miedzianowski already was drafted by the Baltimore Orioles. He chose to play college level ball first.

It has been over a year and a half since Schultz last threw a pitch in a game, but he knows he won't get the butterflies when he steps onto the mound.

"I don't get nervous anymore," said Schultz. "Not since my first college game. I'm ready to go now."

It showed during his opening weekend.

Schultz recorded two four-out saves: one on Feb. 17 and another on Feb. 18 in Panther victories over the Black Knights of Army. There was not a single worry about the arm.

As HPU hosts the Big South Conference Championship in 2012, who wouldn't want to see Schultz dancing around his home field with a trophy?

Sports

2012 Women's Lacrosse

Going for a repeat conference title



Key Returners in 2012

1. Grace Gaeng, Attack Jr., *Bel Air, Md.*
2. Chelsea Thompson, Attack So., *Arnold, Md.*
3. Mackenzie Carroll, Attack So., *Arnold, Md.*
4. Heather Zicarelli, Midfield Sr., *Rochester, N.Y.*
5. Sara Kuhlman, Midfield So., *Cincinnati, Oh.*
6. Christie Dougherty, Midfield So., *Rocky Point, N.Y.*
7. Alex Perry, Midfield So., *Lewes, Del.*
8. Jasmine Jordan, Defense So., *Baltimore, Md.*
9. Courtney McLaughlin, Defense Jr., *Apex, N.C.*
10. Lauren Hayes, Goalie Jr., *Yorktown Heights, N.Y.*

Preseason Honorees

- Sara Kuhlman
All-NLC team
- Grace Gaeng
All-NLC team
- Courtney McLaughlin
All-NLC team

**Head Coach Lyndsey Boswell was also featured in January's issue of Lacrosse Magazine.*

Meet the Coaching Staff



Head Coach
Lyndsey Boswell,
second season
Phfeiffer, '05



Assistant Coach
Whitney Michele,
second season
Connecticut, '09



Assistant Coach
Staci Passafiume,
first season
CW Post, '10



Athletic Trainer
Hillary Malmberg,
second season
Townson, '10



Strength & Conditioning Coach
Mike Rhoades
East Stroudsburg



Chelsea Thompson and Mackenzie Carroll celebrate on the field after scoring a goal against the women of Army. Thompson had two goals and three assists on the day and Carroll had an assist of her own. Photo Courtesy of HPU Athletics

Remaining Schedule:

Feb. 22	at Virginia Tech
Feb. 29	UC Davis
Mar. 5	Holy Cross
Mar. 7	Vermont
Mar. 10	at Robert Morris
Mar. 17	George Mason
Mar. 25	Oregon
Mar. 30	Jacksonville
Apr. 7	Presbyterian
Apr. 11	at Duke
Apr. 13	at UNC
Apr. 15	at Howard
Apr. 20	Liberty
Apr. 22	Longwood
Apr. 28	Davidson
May 4-6	NLC Tour. <i>Davidson, N.C.</i>

Women win thrilling home opener over Navy

By Joseph Wetzler
Staff Writer

Coming off of a Conference Championship a season ago, the High Point University women's lacrosse team had high expectations. They met those expectations with a huge come-from-behind victory. The team defeated Navy 11-10 in the first game of the season at Vert Stadium.

Christie Dougherty led the Panthers with three goals and an assist, scoring the winning goal with 4:20 left in the game. Heather Zicarelli, Chelsea Thompson, and Courtney McLaughlin each scored a pair of goals to lead the Panthers over Navy.

Navy had a 7-4 lead at halftime but Dougherty came out and scored two quick goals to cut the deficit to one goal.

"We were timid in the first half," said Coach Lyndsey Boswell. "We made some adjustments at halftime and came out more aggressive. The draw control in the second half helped change the momentum to our side."

Navy took a 10-8 lead with 15 minutes of play left and that is when High Point tightened up. They scored the last three goals of the game, including Dougherty's winning goal with just over four minutes to play. The Panthers felt the pressure in the final minutes when Navy was given a free-position shot, but freshman goalie, Julia Burns, stepped up and made the save.

"I was a little nervous, but I was very confident in our goalie," said senior Zicarelli.

Coach Boswell shared the nervousness. "We didn't want overtime. Julia stepped up and made a huge save for us," said Boswell.

That is the type of strong competition that High Point will be faced with all season long. They have a very competitive schedule that includes Virginia Tech, Oregon, and Duke. Despite the strength of the opponents, the mindset of the High Point team remains the same.

They want to defend their Conference Championship and make a statement that

High Point has an elite women's lacrosse team.

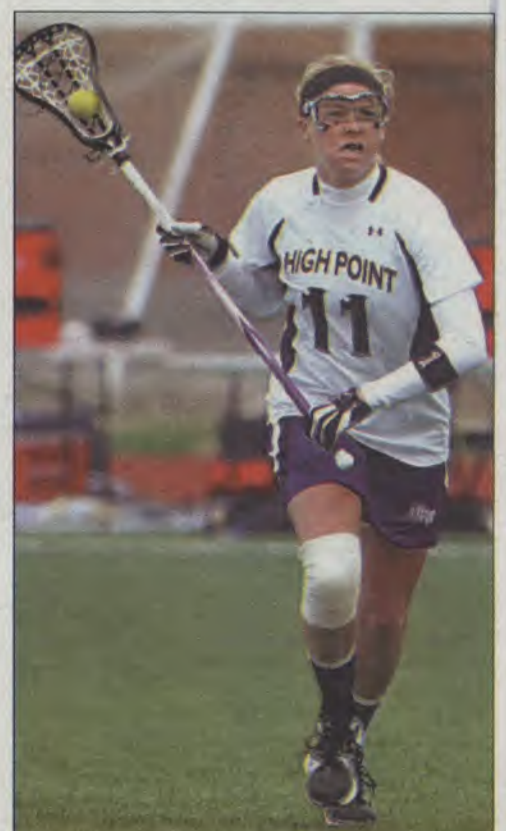
When asked what her goals were for the season, senior attacker Alexis Goldman talked about success, good memories and friendships that will last forever.

"We want to defend our conference title, but I also want to have good memories and have lasting friendships with my teammates," said Goodman.

This High Point University women's lacrosse team is full of dedicated, hard workers. These qualities were highlighted last year when they won the conference title, even though it was only their first year as a program. This year they set the bar higher, with desires to win the tough games on their schedule.

High Point is looking to improve its performance from the Navy game on Wednesday Feb. 22, at Virginia Tech.

Look for High Point to be a force to be reckoned with this season and, as they hope, finish the year with another Conference Championship ring.



Left to right: Junior Grace Gaeng, junior Courtney McLaughlin, and sophomore Sara Kuhlman. Photos by HPU Sports