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Senior Farewell Columns

# CAMPUS CHRONICLE

6

HIGH POINT UNIVERSITY

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Theatre Review: 'Twelfth Night'

## HPU Democracy USA Project answers national call for civic awareness

By Jessica Strickler  
 News and Layout/Design Editor

The American Dream is one of the defining characteristics of the United States, a symbol of equal opportunity and the chance to improve one's life from generation to generation. Its associated images are the 2.5 kids, mini van, white picket fence and dog in the yard, but many argue that while the idea of an American Dream is still present, the reality of achieving the dream is slipping away.

Each year at High Point University, the \$50,000 Think Big grant is awarded to faculty with innovative ideas. This year, it was awarded to Dr. Carol Davis, Dr. Martin Kifer and Dr. Joseph Blosser and more for their proposal of the HPU Democracy USA Project. As part of the HPU Democracy USA Project, the American Dream Project (ADP) and many other projects were born. Specifically, the ADP has plans to create a reality television show, while other components of the Democracy project include completing a national poll in conjunction with the HPU Survey Research Center, offering nine related courses for the fall 2012 semester, and sending students to both the Republican and Demo-

cratic national conventions over the summer.

One of the largest portions of the Democracy Project is the creation of the reality show, which was drummed up by Davis, professor of communication.

"Reality shows give people a chance to think about things and reflect about things,



Action! Students participating in the reality show, known as the American Dream Project, film one of their episodes at the High Point unemployment office where they interview people seeking jobs. Photo by Allie Dearie

and comment about things, and what better positions for students to be in—they can bounce their ideas off one another," said Davis.

According to information on their web-

site, the American Dream project reality show "follows 33 HPU students and exposes them to the American Dream while asking them, 'Is this dream attainable?'"

The purpose of the eight episodes within the reality show is to explore and understand how issues that people face everyday can effect everyone around us and even have the ability to alter a political election. Some episodes of the reality show are being filmed off campus; one recent filming took place at the a free health clinic in downtown High Point. During that episode, students interviewed a family who as had healthcare challenges.

"Unless you have someone close in your family who has financial trouble, you may have not have the opportunity to talk one-on-one with someone who is having this difficulty," said Davis. "Students were able to have an open, honest and frank discussion with them about the healthcare system."

HPU is the only college in America to be spearheading a project like this, and one

of its main goals is to help students get involved in the civic life of their communities. This goal is a direct response to the national call to action by the US Department

"...shift the focus from preparing students for a job to also making students civically minded and engaged in their learning."

~ Joe Blosser  
 Professor of History

of Education's publication titled, "A Crucible Moment: College Learning and Democracy's Future." The call to action is to get more involved and to shift the focus [of college's nationwide] from preparing students for a job to also making students civically minded and engaged in their learning," said Blosser, professor of religion. "We don't just want to focus on one of those two, because they are not mutually exclusive. We can prepare [students] for both."

Another part of the project, which seeks to combine classroom learning with real world experience, are the nine courses being offered in the fall of 2012. They will delve into the issues of the American Dream, focusing on everything from the history of political elections to religious affiliations in America to election reporting. Three of the nine are service-learning courses, which will require a 15-hour minimum of community See *American Dream*, page 4

## HPU places 3rd in NC for per person recycling

By Olivia French  
 Staff Writer

HPU competed once again in Recyclemania, an eight-week challenge that began on Feb 5 and concluded on April 6. Involving more than 600 colleges around the country, Recyclemania is described as a "friendly competition and benchmarking tool for college and university recycling programs to promote waste reduction activities to their campus communities."

Designed to help raise awareness of recycling on campus communities by measuring the weight of recycled items on campuses, Recyclemania hopes to motivate students and staff to reduce waste, generate attention for on campus recycling programs, encourage colleges to measure the amount of recycling that they put forth as a whole in order to improve programs over time, and host a fair and friendly competition in the national college community.

There are two divisions of Recyclemania: the Competition Division, in which the schools strive to recycle more materials per person and through various campus departments, such as auxillary services, and the Benchmark Division, where the schools measure how much each student recycles on their own. HPU competed in the Benchmark division, placing third in the state in per person recycling.

Recycling receptacles are prominent on the HPU campus, not only during Recyclemania but year round. Recycling bins are placed directly beside trashcans so that students can recycle their glass, paper and plastic easily.

Opportunities for recycling are available year round at HPU.

"We strive to provide the opportunity for recycling in as many locations as possible and push to set a standard for the community with our actions," said Troy Thorupson, Director of Campus Enhancement.

By the seventh See *Recyclemania*, page 4

## NASCAR Kinetics team promotes race day

By Steven Haller  
 Editor in Chief

Last year, Fox's ratings for NASCAR Sprint Cup races dropped 29 percent among viewers age 18-34. NASCAR has since deployed new initiatives to connect with views in that age range. With the average age of NASCAR viewers being 42.4 years old, the organization is reaching out to a new generation.

NASCAR Kinetics is a nationwide program run by NASCAR's marketing department, with the goal of involving students on college campuses, including High Point University, to expose other students to NASCAR. All over the country NASCAR Kinetics teams have formed and are taking a variety of steps to share the world of racing with their peers. The Kinetics program also serves as a way for college students to learn marketing techniques by applying them to NASCAR.

"Our main goal is to get people excited about NASCAR," said HPU's NASCAR Kinetics team captain and junior Cameron McGraw. "We go to a school where (a large portion) of the students are not from North Carolina and a lot of them have maybe never heard of NASCAR."

At HPU, the NASCAR Kinetics team is made up of students from the business and communication schools, but it is officially housed in the business school. The students involved get to communicate directly with NASCAR's marketing department to give updates on the team's promotional strategies and to report findings from conducting case studies.

"NASCAR has a long set of marketing-oriented problems, which they are more than happy to provide as live case studies for our team," said Phil Watson, a communications professor and the HPU NASCAR Kinetics team adviser. "NASCAR's agenda with NASCAR Kinetics is to fish around for ideas that will attract young adults to the sport as spectators and as television viewers."

One Kinetics team member, sophomore Chelsea Hyde, said, "Our team has been working on case studies, hoping to help NASCAR's problem of reaching younger audiences."

Professor Watson also likes that these case studies are actual marketing problems that NASCAR is facing and needs a solution for. He says that this is a plus because it provides change from the same case studies he rotates through each year.

As part of the Kinetics program, colleges were competing to host the best viewing parties during the Martinsville, V.a. race. The viewing party at HPU will be judged by NASCAR's marketing department and compared to the viewing parties hosted by other schools all over the country. The members of the winning Kinetics team will receive all-access tickets to the NASCAR Sprint Cup race in Charlotte this summer.

The HPU team hosted its viewing party on April 1 in



Green flag! Students prepare to race their cars around the track at the NASCAR viewing party. Photo by Allie Dearie

The Point, to which more than 500 students attended over the course of the afternoon. At the party there was free food, live music from Chris Lane, a remote-controlled race car track provided by Thunderdome Attractions, and of course, a large screen that displayed the race.

The decorations were donated by Race Party Decorations, a local business in High Point. Other decorations came from M&M's, which was the main sponsor for the viewing party. Because M&M's was the main sponsor, the team organized a game where visitors of the event placed guesses on how many M&M's they thought were in a giant bowl. Senior Justin Terrell's guess of 3,050 was closest to the actual 3,062, so he won tickets to the Oct. 28 NASCAR race at Martinsville Speedway.

"Our NASCAR viewing party was a huge success," said McGraw. "The NASCAR spirit was certainly present on campus and we are proud of how everything came together. Even students who were not familiar with See *NASCAR*, page 4



# Opinion

## The High-PURCS of High Point University

By Lindsay Sugarman  
Staff Writer

The Department of Undergraduate Research and Creative Works (URCW) has been a flourishing aspect of High Point University throughout the past year, after Dr. Joanne Altman became the director and initiated a campus wide convergence of students involved in research on campus. The URCW on campus promotes learning outside of the classroom, and encourages partnerships with faculty members to produce works suitable for publication, exhibition or presentation in the academic and professional setting.

I began working with Dr. Altman and the Department of URCW last fall when my professor and mentor, Dr. Anna Piperato, urged me to submit an abstract of my art history paper to an upcoming conference. I was hesitant to do so at first; I had no idea what a conference involved, and even more concerning, I wasn't as familiar with my art history paper as I was when I wrote it the previous semester. After my submission was turned in, I was accepted to present at the State of North Carolina Undergraduate Research and Creativity Symposium (SNCURCS), and had only a little over a month to perfect a presentation. I began reading my art history paper over and over again, familiarizing myself with the words, and created a multi-slide presentation to accompany it. I met with Dr. Altman to show her my progress. "That's wonderful that you can memorize your paper," she said. "But I'm going to teach you a technique that will make you remember the contents of your paper like the back of your hand, without memorizing." And that she did.

By the time I presented at SNCURCS in November, I remembered my research with no hesitation, and no memorization.

Because of that wonderful experience at SNCURCS, I now am enthusiastic to show off my undergraduate research at other conferences. Not only did the support that the Department of URCW displayed and the guidance that Dr. Altman provided allow me to learn a completely innovative method of conducting research, but it taught me to successfully remember and present it with confidence.

Working so closely with the Department of Under-

graduate Research and Creative Works, I am excited and proud to say that High Point University is hosting their very own academic conference, the High Point University Research and Creativity Symposium, High-PURCS for short. Students from all schools, majors, and minors are invited to participate, and it is a great opportunity for students to showcase their research in a professional environment. On April 25, from 10 a.m. to 12 p.m., students from a wide range of fields will gather together for this interdisciplinary conference and present their work in poster form, oral presentation, brief performance, or

In preparation for this groundbreaking conference, students have been collaborating with their peers on projects, partnering with their faculty mentor to produce a stronger presentation and learning what a life in academe is like. Throughout the past year, while students began and completed their own research and creative works, the URCW has been preparing as well. Spreading the word about the URCW on campus has been simple enough in the context of faculty and students already involved with research. But there are many students on campus who are not avid participants in undergraduate research and creative works that the department wishes to reach out to. And in creating an HPU specific conference, the URCW has generated interest in the world of academics, and has made it known that undergraduate research is not limited to simply the sciences or the mathematics field, but research can be conducted in any field.

My own professor and mentor, Dr. Piperato, advised me to take another conference under my belt, as I was already conducting undergraduate research in the field of art history. The High-PURCS conference, she said, would be the perfect opportunity to share my academic research and opinions with contemporaries in my field, as well as faculty and students in other disciplines. As a student whose research happens to be highly interdisciplinary, I jumped at the idea. Now, with the guidance of my mentor and the assistance from the Director of URCW, I have been expanding my knowledge past my usual course schedule and have learned the art of collaboration.

Undergraduate research on the campus of High Point University allows me to work under the guidance of my mentor, but research like a professional in my field. I may still be a student, but I am progressing quickly to the status of an academic. The Department of Undergraduate Research and Creative Works made it possible for me to get my foot in the door in my scholarly disciplines. The High-PURCS conference on April 25 will be the foundation for more opportunities to arise for students all over campus, as well as prove to the faculty and academic world that at High Point University, the research that students conduct and present is truly extraordinary.

Lindsay Sugarman is a sophomore English literature major at High Point University and continues to work closely with the Department of Undergraduate Research and Creative Works on campus.



graduate Research and Creative Works has received many abstract submissions and is looking forward to the day of the conference, when more than simply the faculty can see just how driven and motivated the students of High Point University are.

Students were required to complete their research outside of the classroom, inspiring themselves with the sole purpose of intellectual curiosity. The Department of URCW hopes that through the process of researching and formulating a presentation for the High-PURCS conference, students will have learned the art of good communication, acquired knowledge from not only the books and scholarly articles they implemented in their final papers, but also their faculty mentors as well. And they will have begun a critical inquiry into the field they hope to contribute to after graduation.

## Do you have what it takes for a '30 Day Shred'?

By Meghan Pignataro  
Staff Writer

Three minutes of strength. Two minutes of cardio. One minute of abs.

Ready? Begin.

In Jillian Michaels' "30 Day Shred" workout video you are expected to get promising results in just 30 days.

Beginning with three minutes of strength is a series of intense pushups and squats. Then comes two minutes of cardio exercises in which you alternate between jumping jacks and jump rope. With your heart rate increasing, you lie on your yoga mat and complete one minute of abs workouts, including a basic crunch and a reverse crunch.

This is just circuit one.

Following this are two more circuits in which you work different muscles using the same three minutes of strength, two minutes of cardio and one minute of abs format. Including lunges, butt kicks and crunches, you constantly feel the burn in this intense 20 minute workout.

According to the Calorie Control Council, 54 percent of U.S. adults are trying to reduce their weight. Sixty-nine percent of those people say they fail at losing weight because they do not exercise enough.

Following a 20 minute routine, leading health and wellness expert Jillian Michaels guides viewers through tough training to get rid of body fat and build lean muscle.

Michaels' voice is present throughout the entire workout as she guides you step by step through each exercise in order to perfect the move.

Like any workout video, you are not guaranteed to see

results after one time. This is a continuous workout, hence the title - "30 Day Shred," in which you are encouraged to stick with it and challenge yourself.

"People have said I'm TV's toughest trainer and that's probably true, but if you see me in action you know I'm totally committed to getting big results," Michaels says in the introduction. "I want you to see me as your own personal trainer totally committed to you."

Although the "30 Day Shred" is designed to help you shred off pounds, there are other workout videos with the same mission, but different approaches.

"Crunch Belly Butt and Thighs" is boot camp workout video that also promises to provide good results, if you keep up with the video. Focusing specifically on your belly, butt and thighs, this workout aims to target spots that are difficult to reach through an intense boot camp workout.

As opposed to Michaels' "30 Day Shred", "Belly Butt and Thighs" instructor Teri Ann Krefting keeps you moving at a fast pace throughout the entire 40 minute workout.

Intensely marching between exercises, Krefting focuses

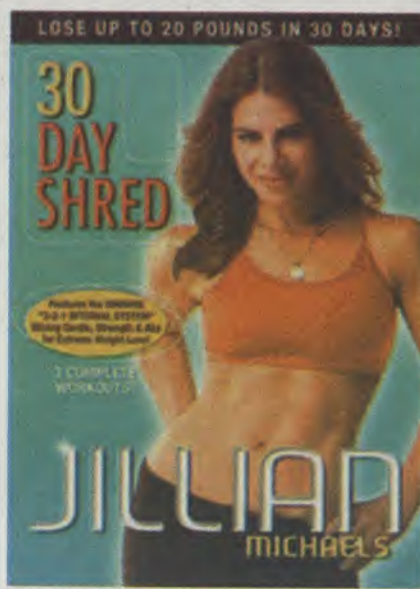


photo from jillianmichaels.com

her video mainly on cardio then ends with a few minutes of strength.

As opposed to the 3-2-1 format, Krefting challenges you with four variations of a workout with the fourth being the most challenging.

Level one: step out and in.

Level two: move up and back.

Level three: jump up and step back.

Level four: jump out and in.

March and repeat.

"This high energy workout is packed with kick butt moves that will help you tighten and tone your abs, butt and thighs," Krefting says in the introduction. "Plus I've added heart pumping cardio bursts that will help you attack the fat. The mission is to destroy fat and tighten and tone lower body."

While both of these workout videos differ in exercises and length, they both have a similar mission: to lose weight.

Both Jillian Michaels' "30 Day Shred" and "Crunch Belly Butt and Thighs" can help you do that.

"Both of these workout videos are really intense. You do strength cardio and abs, where as in the gym your only really doing cardio," Suzanne Molyneux said, after doing the workout videos simultaneously. "You can really start to see results if you continuously do them."

Rather than spending hours at the gym, 40 minutes is all you need.

With summer in sight both of these workout videos will get you "beach ready" as they push you to your limit and make you strive for the results you want.



# Opinion

## Senior staff says farewell

**Andrew Faust**  
Online Editor



I'm not ready to leave. Over the past four years, High Point University has become my home, just as my friends, professors, coworkers and acquaintances have become a part of my family.

It's hard to believe that only a few days stand between the life that I have grown accustomed to and the conclusion of my undergraduate career - it seems like just yesterday I was welcomed by the friendly, tie-dye clad HPU community as I moved into Finch Hall.

I am appreciative of my family's endless support in my studies, and thankful for the many sacrifices that they have made for me to attend such an amazing school.

The dedication and commitment of my professors, advisers and colleagues is truly inspirational, and the impact that they have made on my life is immeasurable.

Although I am sad that my studies here will soon end, I am excited about the many opportunities that HPU has helped (and will continue to help) me to obtain.

As I reflect on my four-year academic journey, I am overjoyed by the many memories that I have made and by the ways that I have grown.

I'm not ready to leave, but I know that my education and experiences at HPU have provided me with the foundation for a successful and balanced life.

I don't know how many times my brother and sister told me to appreciate every day of college because it's the time to go nuts, to make mistakes, and to find out who you want to be. They warned me constantly that it flies by - that before I knew it I would be putting on my cap and gown and walking across that stage.

Well, here I am, four years later and it's time to graduate.

Most people will be sad, or horrified, at the idea of leaving a place that we all have come to think of as a second home; you get used to seeing the same people every day, going to the same classes, and frequenting your favorite off campus bars or hangouts. Most people will try and hold onto the last few weeks, or even days, and hope that it's all a bad dream, but then there are those of us who will go out with a bang - because we know after this, it's time to grow up and be who we are meant to be.

So really, this farewell address isn't for me, this isn't for my fellow graduates and it isn't for the administration...this is for all of you HPU students who I'm leaving behind as I head out into the world.

I had my time here, and I loved every minute of it, but now it's your turn.

As a writer I have found that you can only be great at what you do if you have something to say; and you can't have something to say if you don't have experiences to back you up. So my parting words of wisdom to you are to get out there and live!

- Make mistakes.
- Find your voice, and then use it.
- Don't be afraid of failure - it's a chance to reinvent yourself.
- Take risks and be bold.
- Stand up for what you believe.
- Be kind and be patient - you never know who you will need help from some day.
- Challenge yourself.

**Chelsie Merone**  
Opinion Editor



And above all else, do as much as you can, as often as you can.

With experience comes strength, wisdom and my favorite...bragging rights. So go off and enjoy the rest of your time at HPU. Use it as your opportunity to try new things and make a fool of yourself. You'll figure out where you're going eventually, but until then appreciate the time you have left, and don't waste a minute of it.

## If you could live anywhere in the world for one year, where would it be?

By Tatiana Kresefsky  
Staff Writer



**Shannon Thompson**  
(Freshman): Ireland



**Hailey Stoffel**  
(Freshman): France



**Ciarra Pfeifer**  
(Freshman): Italy



**Jonathan Hawxhurst**  
(Freshman): Germany



**Craig Schneid**  
(Freshman): Israel



**Ross Brown**  
(Sophomore): New Zealand



**Sam Stewart**  
(Freshman): Australia



**Emily Murkowski**  
(Freshman): San Diego



**Linnea Thomas**  
(Freshman): New York City



**CJ Shea**  
(Freshman): Spain



# News

## Tarara teaches healthy living, encourages application beyond classroom

By Meghan Pignataro  
Staff Writer

When it comes to college students, many struggle getting caught up with their social life and schoolwork, and have difficulty maintaining a healthy lifestyle on a college campus.

Rosemarie Tarara, assistant professor of Health and Physical Education, believes there are several important ways to stay healthy in college.

First, High Point University offers several classes focusing on health. Tarara teaches a nutrition and healthy living course focusing on nutrients, digestion, dietary guidelines, food labels, exercise testing and making personal choices. Her course gives an in-depth guide on the aspects of living a healthy life and the elements involved.

While she teaches students how to live a healthy life, you too can apply these elements to your daily life as well.

One of the most important ways to stay healthy is to monitor your eating habits.

"College students have different plans everyday, but it is important to be aware of the foods you are eating and not skipping any meals," Tarara said.

Some believe skipping meals may be beneficial by avoiding more calories; however, it is actually much worse. It is important to eat three to five meals a day to obtain the right nutrients your body needs.

"It's good to stay away from foods that are high in fat

and fried food," Tarara said. Although it is healthier to avoid fried food, students do not have to eliminate it from their diet entirely.

"It's not bad if you eat it sparingly, but you should avoid large quantities of it."

Students should be aware of the food they consume to make sure they get the right carbohydrates and proteins.

"I try to avoid fatty foods, and usually go for things like salads," said junior John Stokes. "I also try and drink a lot of water."

While college kids can be widely known for their nightlife and partying, limiting alcohol can easily strengthen your health as well.

According to the National Institute on Alcohol Abuse and Alcoholism, there is a link between alcohol and eating. Various studies have shown people who drink large amounts of alcohol have poor eating habits, while those who drink very little have better quality diets.

Although students can become accustomed to their nightlife, it is important they are staying active daily. Physical activity is one of the most important parts of a healthy lifestyle. Whether it's exercising in the gym or riding a bike around campus, having some sort of physical activity is vital for a healthy life.

"Keeping up activity is an important part. You can rent bikes here on campus or even go for a walk in the promenade. There are many different things you can do," Tarara said.

On campus, HPU Recreation offers various intramural sports throughout the year, as well as fitness classes and

physical education courses. Monday through Sunday there are nearly 15 different group exercises classes available where students can exercise.

"Right now I am taking a yoga class and a kickboxing class for credits," said junior Sarah Voigt. "These classes give me a structured routine to work out daily. It helps me stick to a schedule and not let me be lazy, by backing out or not wanting to go, since it's for an actual class."

In addition to physical activity, another essential aspect of a healthy lifestyle is sleep. Sleep is vital for your body in more ways than one; getting at least eight hours of sleep will give your body the rest it needs.

"Sleeping is very important because if you do not get enough sleep your immune system will go down and your ability to handle stress will go down," Tarara said.

The final, most important way to stay healthy is a simple step quite often overlooked: washing your hands.

By simply washing your hands with soap and water before and after every meal, you can avoid germs and bacteria, especially during flu season.

While these steps will help you live a healthy lifestyle, it's important to have a positive attitude. If you are able to keep up with these steps and stay highly motivated, you will be on the right path to living a healthier life. With these basic tips, High Point University students will be able to live a healthy lifestyle and develop nutritional patterns that will keep them feeling rejuvenated, happy and healthy.

The patterns students develop in college will help their health in the future.

## April Extraordinary Leader: Megan Procaccini

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.

Senior Megan Procaccini, or more affectionately known on campus as "Meg Proc," has been making an impact on the HPU campus since she first arrived as a member of the women's soccer team. Since then, she has found many other ways to make a noticeable difference.

Procaccini is a Presidential Scholar and president of the Honors Program, from which she also received the Honors Program Scholarship. In addition to Dean's List recognition and making the Big South Conference Honor Roll, she has a long list of awards behind her name. They include being inducted into the Order of the Lighted Lamp and the Order of Omega, and being recognized by the university as Junior of the Year and Greek Person of the Year in 2011.

So what did she do to earn all of those titles? Her list of accomplishments is just as long, if not longer. Procaccini has served in many roles in student and university organizations. This includes membership director of Phi Mu Sorority, vice president

of operations and finance for the Panhellenic council, secretary of the Student Government Association, and a captain ambassador.

But the roles that have meant the most to her have been those related to Greek life.

"I was privileged to work alongside another Greek council to create a program that would bring cultures and diverse communities together," she says. "Not only was I able to bridge a gap of diversity, but our philanthropic event raised over \$2,800. I am looking forward to continuing enhancing the overall community at High Point University in any way I can."

The exercise science major plans to continue her education after she graduates in May at the University of Western States in Portland, Oregon, where she will pursue a doctorate degree in chiropractic medicine. But she says she'll never forget her alma mater and the

home of her undergraduate years.

"Every single person I have come into contact with at this university has taught me something about myself," she said. "I have learned that patience is a virtue and that perseverance is one of the most admired qualities a person can possess. I've grown everyday at HPU, and I couldn't be more proud."



Senior Meg Proc has most enjoyed her experiences in Greek Life during her four years at HPU. Photo by Chad Christian

From *American Dream*, page 1 service. The service hours will connect directly into the idea of engaging in democracy and helping spread political awareness. Students will be working with advocacy groups, non-partisan election related groups and the World Relief Program, which helps refugees get settled in the United States by teaching citizenship classes.

"An integral part of the larger vision [of the ADP] is developing the interdisciplinary opportunities for students to learn outside of the classroom," said Blosser.

The students enrolled in the nine courses will be participating and presenting at three different colloquiums on campus to share the knowledge they have gained thus far in the courses, expose fellow students to different points of view and to develop a broader understanding of the elections. Each colloquium will be about two and a half hours long, with student and faculty presentations, along with small group discussions at the end.

As part of the courses, students will be using the polling information and data gathered by the HPU Survey Research Center (SRC), directed by Kifer, political science professor,

and Sadie Leder, psychology professor. Polling will be again in the fall and students who work at the center will focus on North Carolina residents, but they will also have their sights on completing their first national poll.

"The national poll will probably be after the November elections," said Kifer. "But students will be able to draw on the findings that we already have and how people think about the American Dream and goals."

In addition to their phone polling, the students working in the SRC now have the capacity to do face-to-face interviews, which can be used in conjunction with the service learning elements of some of the courses offered.

"It's such an ambitious project, and this is really going to a whole new level," said Kifer.

Dr. Davis notes the heavy involvement of professors saying, "This kind of project cannot happen without the help of many; the list of people who have given their time, ideas and support is endless." Of the students involved she says, "In true High Point University fashion, these students have jumped in with both hands, working so hard, and it's all volunteer; they are the ones making this come to life."

From *NASCAR*, page 1 the sport prior to our event were able to get a feel for what race day is actually like."

The team will be submitting a report about the event to NASCAR on April 25 along with the other 18 competing schools. After comparing the detailed reports, NASCAR's marketing department will declare a winner at the end of May.

The students involved with HPU's NASCAR Kinetics team are not only interested in learning about marketing, but they are also passionate about NASCAR.

"My grandparents are die-hard NASCAR fans. They have an entire basement devoted to Dale Earnhardt," said Chelsea Hyde, a sophomore on the team. "I live really close to the Loudon track in Massachusetts, and when I heard NASCAR Kinetics was coming to HPU, I thought that would be a nice taste of home."

From *Recyclemania*, page 1 week of competition, HPU had recycled 78,013 pounds, with a ratio of 20.72 pounds per student. The campus saw a greenhouse gas reduction of 87 metric tons of CO<sub>2</sub> Equivalent, the same amount as 46 cars off the road, or the energy consumption of 23 households.

In 2011, the 630 schools that participated in the competition recycled a total of 91 million pounds of materials, and 127,553 metric tons of CO<sub>2</sub> Equivalent.

HPU was named one of the greenest campuses in America by the Sierra Club this past year, and the results of Recyclemania definitely reflect that.

"When we set our mind to something as a campus, we can make an enormous impact on our surroundings," said Thompson.

Students wishing to learn more about High Point's green initiative can visit <http://greenteam.highpoint.edu>.

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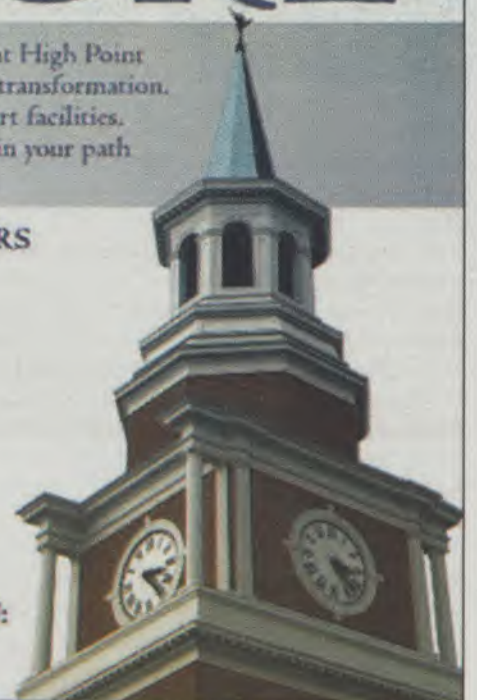
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# A&E

## Timberlake shares his 75-year anniversary collection with HPU's Sechrest Art Gallery

By Kim Whiting  
Staff Writer

Bob Timberlake, a famous North Carolina artist, recently visited High Point University to showcase more than seven decades of his magnificent art work.

"Art was a natural thing. I just did it," said Timberlake. His natural talent for art and design has led him to the successful and happy life he lives today.

**Q:** How did you get to where you are today?

**A:** "I started drawing when I was able to walk. I taught myself everything I did. I never had any training and I learned how other artists worked. Art was a 'play thing,' and I was simply trying to teach myself. I had so many drawings and paintings that there was no room for them all. My mom saved everything I made. She was positive and encouraging. She told me there was nothing I couldn't do. I was homeschooled by Andrew Wyeth, who was my mentor. I was always immersed in nature; it was what I did. The opportunity to experience nature was good for me."

What most people may not guess about Timberlake is that he was a businessman who transformed into an artist.

"I went to school for business at the University of North Carolina at Chapel Hill and became amazed with the art world".

After being exposed to something completely opposite of his major, Timberlake became more involved with the art world.

**Q:** Where do you get your inspiration from?

**A:** "My designs come from the heart and things I like to do. I find inspiration through my family, heritage, where I'm from, and the state of North Carolina. Where the heart is, so is your treasure."

**Q:** It was obvious at a young age that you had a natural calling and talent for art. When

did your career in design come into play?

**A:** "I never planned on a career in furniture. What I created was out of pure pleasure. I was my own architect at the age of twelve, creating my own architect designs. The chest I built in high school was my first national award, which I received around the age of fifteen."

After launching his collection of furniture titled The World of Bob Timberlake®, in 1990 it was named the most successful in the history of furniture and the most significant introduction of a line of furniture in the last forty years.

**Q:** How did you get the opportunity to present your exhibit at High Point University?

**A:** "Dr. Hal Warlick suggested I do the show. I turned down four other to do this one at High Point. I also forgave a show that was to take place on my birthday, in my hometown of Lexington, North Carolina, to have it here at High Point. This exhibit is one of the most comprehensive. It was a great show because I got to see how I progressed."

Timberlake's grandfather was a founding member of High Point University and helped formed High Point's introductory address, so he has had a relationship with the University since that time.

"I'm impressed with High Point. It's exciting to see how aggressive the University has become. I'm proud to be a part of the story from the beginning to today."

**Q:** Do you have any advice for any aspiring artists or designers?

**A:** "Try to find something you love and do it. Whatever it is, do it right. Go to exhibits. Try to pursue and learn as much as you can, from anybody you can. It's all about how you progress."

Timberlake said that aside from art, sports are also a love of his. He mentioned though, that cultural arts is the most important thing a university can have.

His exhibit is on display in the gallery through May 5.



Bob Timberlake speaks to the audience at the opening of his artwork in the Sechrest Art Gallery. Photo by Allie Dearie

## Theatre hosts spring production: 'Twelfth Night'

By Katie Harmon  
Staff Writer

High Point University's Department of Theatre delivered a delightful presentation of William Shakespeare's original play "The Twelfth Night." The work itself possesses a sophisticated plot and masterful dialogue, as do all of Shakespeare's works. However when you add to that great acting and an inventive set then you have a recipe for success. Centering on a case of mistaken identity and several cases of unrequited love, the multidimensional plot captivates its audience. Also involving shipwrecks, cross-dressing twins, drunken duels, and frisky chambermaids, this creative comedy more than just entertains. As you sit in the audience you can't help but be completely engaged in the story line.

Student Courtney Fieman commanded the stage as Olivia and Nick Ogle outdid himself as the clown, Feste. Ogle did indeed prove himself a jester when, at intermission, he engaged the audience in his short monologue by inviting certain members to play a drum for him. This certainly showed his dedication to the part he was playing.

Maggie Jo Saylor's character of Viola was underwhelming. Fortunately, Justin Beard's enormous stage presence as Sir Toby Belch could have carried the show.

In the end, the actors shined. There was also Dan Moldovan. In scenes Shakespeare himself surely never intended to be so funny, Moldovan's Mavolio was side-splitting. His labored, if not somewhat creepy, smile brought the house to teary laughter. This added a little bit of originality to the play, which made the experience different from any other Shakespeare play.

The work was performed somewhat untraditionally. The audience sat on the stage on risers facing the auditorium. A large shell-shaped wall was constructed on the edge of the stage so that audience could not peer out into the theatre. Also unconventional was the director's

choice of setting. Set in the 1920's, flappers and phonographs graced the stage constantly. Everything from the costumes to the music reflected the styles of "the jazz age." At no point was this

choice of time period more dazzling than the final scene in which the characters performed an enchantingly choreographed swing dance.

Turner Morehead, who played the oblivious and goofy Sir Andrew Aguecheek, commented that this play has presented a pleasant challenge to HPU's theatre department. "Shakespeare is timeless," Morehead muses, "It's great to see our department's hard work pay off in a great show



Cheers! Actors in HPU's production of *Twelfth Night*, make a toast during one of the scenes. Photo by Allie Dearie



Deep conversation. Actors have a discussion during the play. Photo by Allie Dearie

## The Style Guy: A Sartorial Guide for Men's Fashion

By Tyler Yarema  
Staff Writer

### Comments on Spring/Summer Attire

- Don't be afraid to show some skin (Girls do it, why cant we?) – but do it at the ankle. Lose the socks, roll the slacks, show it off.
- Thus, No Socks. No exceptions.
- Leave the Sandals in the sand. Instead, grab a Loafer or a Sneaker.
- Only surfers should wear board shorts. Wear a swimsuit more flattering – one that cuts an inch or two above the knee. You'll look taller and trimmer.
- For a top, spring/summer staples are Gingham and Irish Linen shirts, and the simple V-neck.
- Spring means rain, especially in North Carolina. In order to combat the elements, do it in a functional and versatile Anorak.
- For a more formal or business choice for the rain, wear a classic Trench.
- When it comes to suiting, your go-to fabric should be Khaki. It will keep you cool, and is appropriate for both the boardroom and the beachside wedding.
- Again, No socks. I don't care what Mom says. They don't go with Sperrys/sliders/sandals/etc.
- White jeans are a great summer choice; just don't go too tight in the cut. Pair with brown bucks for a perfect match.
- Mix some color into your summer wardrobe – red jeans are very popular this year.
- My favorite shade this year is the Ray-Ban Clubmaster, black and gold.
- Lose the bro, add some class, enjoy the summer.



Cool and collected in summer suit. Photo by Gentleman's Quarterly

that people will enjoy. This show has been a great experience for everyone involved..."

Though a small budget play performed in limited space with amateur actors, High Point University Department of Theatre's "The Twelfth Night" exceeds expectations. The entire event was charming and endearing. There wasn't a person in the audience that wasn't completely captivated by both

the actors and the new rendition of the classic storyline.

If you missed the play on April 14 you still have a chance to experience all the hype. "The Twelfth Night" will also be playing April 19-20, and the afternoon of April 22 in the Hayworth Performing Arts Center.



# A&E

## Christina Buttafuoco takes hercampus.com by storm

By Jodi Guglielmi  
A&E Editor

Christina Buttafuoco, a sophomore at High Point University, has always had a passion for writing. As a current journalism major, she is constantly trying to find ways to further advance her future career in writing. When internships became out of the question due to location and lack of transportation, Buttafuoco started looking for other ways to get involved and get started on her path in journalism. That's why she knew it was meant to be when Buttafuoco found an online posting asking for a campus correspondent for a popular college website known as hercampus.com.

"Hercampus is amazing. It's addictive. It's your new favorite procrastination site. When I first discovered it, I probably spent a good two hours just reading through everything. There's so much! Advice, lists, pictures, guys, giveaways... it's your favorite magazine online."

Buttafuoco has been writing and running the High Point branch of hercampus for just under a year now. While other students occasionally contribute to the site, Buttafuoco often writes the bulk of the articles. Although this often times means pulling all-nighters just to finish the posts for the day, Buttafuoco still loves every minute of it.

"I don't get paid for hercampus, and I'm not receiving any kind of credit or compensation. I'm doing this because I want to. I'm doing this because this is what I want to do with the rest of my life. I enjoy it! (The site) is the no. 1 online college women's magazine. That's unbelievable. Last month, they reached their goal and hit 1 million readers. To be a part of something like this... it blows my mind. To say that I'm a part of something so amazing, and to have people read and agree, makes everything so worth it."

The website features articles that are geared toward college students. Titles such as "The 15 Dos and Don'ts of Spring Break" and "Eat this! Not that!" are popular among the young readers. Humor drives the tone of the articles, making the website a fun and interesting destination while surfing the web. With a variety of topics from nutrition to style, almost anyone can find something to relate to on the website and will want to pass them from friend to friend.

High Point students gravitate toward the website because it is made especially for them.

Laura Sukys, a freshman at High Point said, "I love going on the website and reading about people I know on campus. It's a cool feeling to have something especially for your school and to see your friends being written about and featured online. Then you can also go to other colleges and see what they are like in comparison to yours. It really is just a fun website to go on!"

The High Point branch of hercampus is quickly climbing the ladder of success. After just three months of being launched, it was declared the no. 10 most viewed branch out of over 200 branches. Up against big name schools such as Boston College and UNC, High Point is certainly holding its own.

As for what's to come with the up and rising new website, Buttafuoco is extremely confident and excited.

"I look forward to seeing how big the website grows. If we can continue on the path we are on now, I think there will be big things for the future. More people are starting to read the website and more people are starting to want to write for it as well. It's only becoming better known and hopefully that translates into success. I'll be in charge of the High Point branch until I graduate in two years. After that, some one else will have to take over. I plan

on making the website strong and able to stand on its own. That way when some one else comes in, they won't have to work from the ground up. They can focus on bettering an already successful website."



Christina Buttafuoco serves as the campus correspondent for hercampus.com  
Photo by Christina Buttafuoco



Photo by hercampus.com

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# Organizations

## Charcoal Pony brings improvisation to HPU

By Chelsie Gastright  
Organizations Editor

When people think of improvisation, a show called "Whose Line Is It Anyway?" may come to mind. This show was never dull and kept the crowd laughing for the entire 30 minutes it was on the air. While the show is no longer in production, a group of High Point University students has been bringing that same unique improvisation experience to the campus of HPU since 2010.

At the beginning of the 2010 fall semester, Maggie Jo Saylor, a senior, held auditions for The Charcoal Pony, the only improvisation group on campus. From then on out, Saylor and her fellow Ponies have been bringing improvisation to the student body three times a semester.

While only two years old, The Charcoal Pony has had many memorable shows. With 12 shows throughout the four semesters, one show stood out to both Saylor and a fellow Pony, Brandon Browning.

"We had one show in the black box theater this year and it was probably our most successful," said Browning, a junior. "We ran out of space. We had to pull chairs in from outside of the Slane Student Center."

Browning also mentioned that what he loves the most is that people come up to the members after their shows and ask when the next one is. Not only does this mean the word will get out, but he feels that is what makes this such a great experience.

As the Charcoal Pony has grown and evolved through popularity, so have the members within it. On May 5, several members, including Saylor, will be graduating. This means that new spots will be open for hopeful Ponies to audition.

One thing that both Saylor and Browning stressed is that regardless of major or experience in improvisation,

you can be still be a part of the Charcoal Pony. Currently, the group has members whose majors range from game design to interior design, with a little bit of everything in between.

"It's not about being funny, but starting something then continuing with it," said Browning.

Doug Payne, a freshman at HPU, is a great example of being new to improvisation. While he had been a part of many theater productions, he had never experienced improvisation, but has loved being a part of The Charcoal Pony.

"Charcoal Pony is the first improv group I have been a part of ... I love the fast-paced games and everyone in the troupe is absolutely fantastic," said Payne.

Payne also mentioned that being a part of improvisation did not require formal training and that The Charcoal Pony was "a lot of fun with a great group of people."

For many who are not sure about what improvisation has to offer other than comedy for those in the audience, it can come as a surprise that there is more to improvisation than purely comedy.

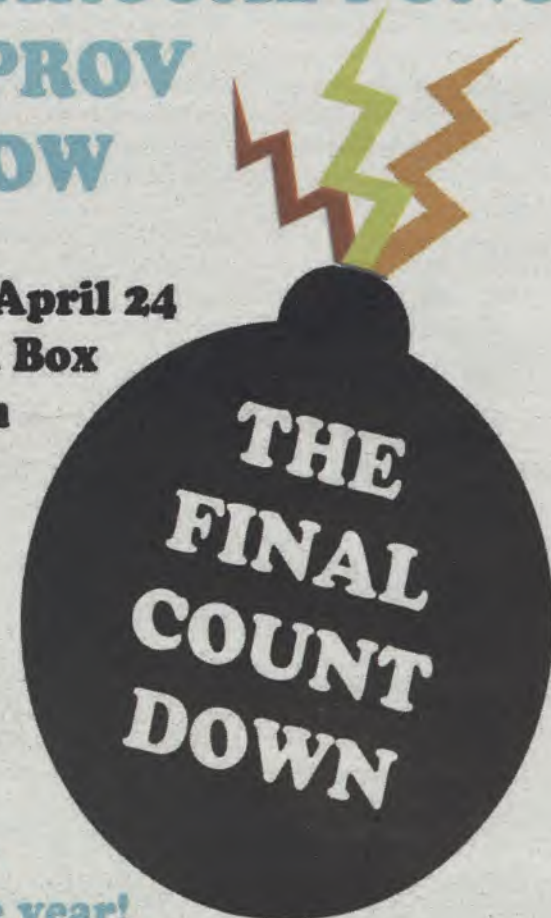
"I think improv is such a useful skill to experience," said Saylor. "The art of improv is based in agreement and collaboration. Those are things that can be applied in any part of your life."

Throughout its time as a group, The Charcoal Pony has been growing and evolving into a diverse organization that lets the students of HPU know it is okay to be a little different. Both Saylor and Browning have been more than impressed with the support the troupe has received this year and hope that it will only continue to grow in years to come.

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## Greeks raise money in second annual talent show

By Rachel Smedley  
Staff Writer

This year, on April 19, Greeks Got Talent will be returning for its second year. The Greek community will be coming together to raise money for an established scholarship fund, The Order of Omega.

The Order of Omega is a national society honoring juniors and seniors of social Greek organizations for exceptional achievement in scholarship, service and leadership. This program was first founded in April of 2010 and benefits Greek students who choose to attend leadership conferences and development programs throughout the year to help benefit the Greek community.

To be eligible for the Order of Omega, students must be academically in the top 3 percent of the Greek community and if that number is too large, applications must be filled out and submitted for review. This year, the Order of Omega initiated 40 new members.

Greeks Got Talent will feature members of our sororities and fraternities performing various talents. The groups have a 15-person limit but the talents range from singing, dance numbers, and other original musical acts. Admission to the event will be \$10, and all proceeds will go to the Order of Omega.

Mackenzie Allred, a member of Alpha Chi Omega, is participating in one of the sorority's two choreographed dances.

"Alpha Chi Omega is so excited about our first experience participating in Greeks Got Talent. We've only been practicing for about a two weeks now, but I know by the time the competition comes around we'll be tough competition for the rest of the teams."

Although the event is a competition between the Greek organizations, the core purpose is to continue building relationships between the different sororities and fraternities. Lauren Reese, of Sigma Sigma Sigma, is one of the chairs in charge of organizing Greeks Got Talent this year.

"We've definitely been looking for more events which include everyone and brings the Greek community together in a way that we can have fun and celebrate the different talents of our members. The more money that we can raise here, the more scholarships we can make possible for our deserving students."

Greeks Got Talent is just another example of how our students are constantly giving back to the HPU community. Throughout the past weeks, the members of the Greek community have been spending many hours to perfect their talents for this exciting and impressive display coming up on the April 19.



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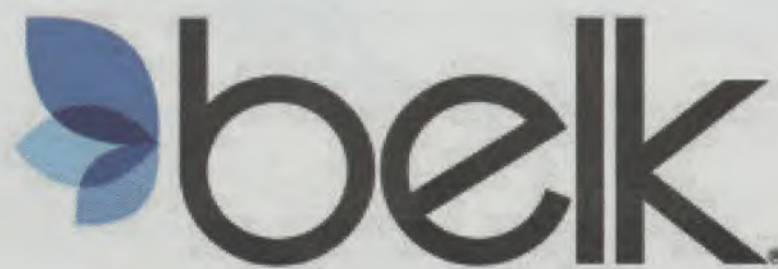
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<p><b>Happy Easter</b> Easter Break</p>		<p><b>Easter Monday (No Classes)</b> Easter Break</p>		<p><b>SGA Meeting Phillips Lecture Hall 7PM</b> <b>PRIME Culture &amp; Cuisine Series Sign up at the Campus Concierge</b> <b>IRC Panther Pop Quiz 10:10PM Slane Café</b></p>		<p><b>CAT PAINTBALL AT HPU ESTATE 12-4PM</b> vs Presbyterian College 6PM <b>CATFLIX EXTRAORDINAIRE CINEMA 10PM</b> Admissions Early Registration</p>	
<p>8 <b>Happy Easter</b> Easter Break</p>	<p>9 <b>Happy Easter</b> Easter Break</p>	<p>10 <b>HPU RADIO SPRING SHOWCASE</b> at The Extraordinaire Cinema <b>10 DAYS UNTIL Greeks go!</b></p>	<p>11 <b>WEDNESDAY NIGHT LIVE</b> Charcoal Pony Student Improv 8PM</p>	<p>12 <b>SGA Meeting Phillips Lecture Hall 7PM</b> <b>PRIME Culture &amp; Cuisine Series Sign up at the Campus Concierge</b> <b>IRC Panther Pop Quiz 10:10PM Slane Café</b></p>	<p>13 vs Presbyterian College 6PM <b>CATFLIX EXTRAORDINAIRE CINEMA 10PM</b></p>	<p>14 <b>CAT PAINTBALL AT HPU ESTATE 12-4PM</b> vs Presbyterian College 6PM HPU Theatre Presents Shakespeare's Twelfth Night 7:30PM • Hayworth Fine Arts Center</p>	
<p><b>NATIONAL VOLUNTEER WEEK</b></p>		<p><b>NATIONAL VOLUNTEER WEEK</b></p>		<p><b>NATIONAL VOLUNTEER WEEK</b></p>		<p><b>HPU Theatre Presents Shakespeare's Twelfth Night 7:30PM • Hayworth Fine Arts Center</b></p>	
<p>15 vs Presbyterian College 1PM HPU Theatre Presents Shakespeare's Twelfth Night 2PM • Hayworth Fine Arts Center</p>	<p>16 <b>MONDAY MOVIE EXTRAORDINAIRE CINEMA 8PM &amp; 11PM</b> <b>SGA Spring 2012 Budgets Due by 5PM to Student Life</b></p>	<p>17 <b>FACULTY Live Series</b> <b>WEDNESDAY NIGHT LIVE</b></p>	<p>18 <b>Going Global Day</b> Slane Center 11AM - 2PM <b>HPU Honors Day</b> Millis Center 7PM</p>	<p>19 <b>High Point University</b> Celebrate Earth Day 11AM <b>Arbor Day Celebration</b> Hayworth Park Amphitheatre 4PM <b>SGA Meeting Phillips Lecture Hall 7PM</b></p>	<p>20 <b>Women's Lacrosse vs Liberty 6PM</b></p>	<p>21 <b>Spring Concert</b> <b>The Fray</b></p>	
<p>22 <b>Earth Day</b> <b>Women's Lacrosse vs Longwood 1PM</b> HPU Theatre Presents Shakespeare's Twelfth Night 2PM • Hayworth Fine Arts Center <b>SGA Meeting Budget Defenses, Organizations A - L 7PM</b></p>	<p>23 <b>HPU Spring Choral Concert 7:30PM</b> Hayworth Fine Arts Center <b>MONDAY MOVIE EXTRAORDINAIRE CINEMA 8PM &amp; 11PM</b> <b>SGA Meeting Budget Defenses, Organizations M - Z 7PM</b></p>	<p>24 <b>HPU Spring Choral Concert 7:30PM</b> Hayworth Fine Arts Center</p>	<p>25 <b>Reading Day (no classes)</b> <b>Exam Break 9pm - The Caffe</b> <b>KrudyPhone</b></p>	<p>26 <b>East Coast Wings &amp; Grill</b> America's Best Wings <b>Exam Break 9pm - The Caffe</b></p>	<p>27 <b>Panera Bread</b> <b>Exam Break 9pm - The Caffe</b></p>	<p>28 <b>CAT MASSAGE NIGHT</b> <b>Women's Lacrosse vs Davidson 1PM</b> <b>EXAMS</b></p>	
<p>29 <b>6 Days until Commencement!</b> <b>Celebrating People in Action</b> National Volunteer Week April 18 - 26, 2012</p>	<p>30 <b>BEN &amp; JERRY'S</b> <b>Exam Break 9pm - The Caffe</b> <b>EXAMS</b></p>	<p><b>THE EXTRAORDINAIRE CINEMA</b> <b>facebook twitter</b> LIKE THE 'EXTRAORDINAIRE CINEMA' ON FACEBOOK - FOLLOW @HPUCINEMA ON TWITTER</p>		<p><b>MONDAY MOVIE</b> PRESENTED BY CAT EVERY MONDAY NIGHT AT 8PM &amp; 11PM IN THE EXTRAORDINAIRE CINEMA</p>	<p><b>FACULTY LITERARY</b> <b>Exam Break 9pm - The Caffe</b> Located in The Extraordinaire Cinema</p>	<p><b>Greeks go!</b> <b>April 19th</b> <b>Millis Gym</b></p>	



# Sports

## 2012 NHL PLAYOFF PREVIEW

By Nolan Stout - Staff Writer

### EAST

#### No. 1 Rangers vs. No. 8 Senators

The Senators return to the playoffs after missing last season, but this trip will be short lived. The Sens are 3-1-0 against the Rangers this season, but went 6-7-2 over their last 15 games, dropping out of seventh place. Ottawa is not as good as New York. This Rangers team has something special going and are poised to make a deep run this season. The Rangers finished 9-6-0 over their final 15 and Henrik Lundqvist's 1.97 GAA will send the Senators home early.

Rangers in 4

#### No. 3 Panthers vs. No. 6 Devils

It is definitely a down year for the Southeast division as the Panthers won their first division title and return to the playoffs for the first time since 2000. In goal, Jose Theodore is struggling for Florida and Scott Clemmensen has virtually no playoff experience. The Devils have Martin Brodeur, one of the greatest goaltenders of all time. The Devils have much more experience than the Panthers and their 16-6 overtime record is best in the league. This shows they are ready to step it up in clutch situations and advance to round two.

Devils in 6

#### No. 4 Penguins vs. No. 5 Flyers

The Pittsburgh Penguins have had a phenomenal season despite the coming and going of Sidney Crosby due to concussions. Pittsburgh finished with 108 points, one less than the first place Rangers. Crosby has only played 22 games this season, scoring 37 points. Evgeni Malkin has picked up the slack with 50 goals and 59 assists on the season. The Flyers have had a good season, but Ilya Bryzgalov has not performed very well in April. A change of scenery can do little for Bryzgalov and the Flyers, but the battle of Pennsylvania will be the series to watch in the East.

Penguins in 7

#### No. 2 Bruins vs. No. 7 Capitals

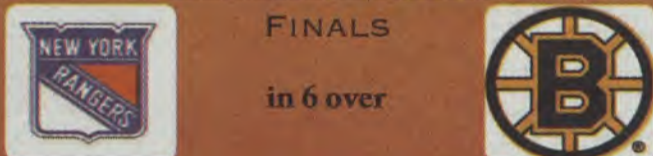
The Bruins are back in the playoffs after ending a 39-year Stanley Cup drought last season and face a less-than-average Washington Capitals team. Nicklas Backstrom also sat out three months for the Caps. Washington has also found a way to falter in the last four years when expectations were high. As a road team, the Caps are at a disadvantage with their weak 16-21-4 record away from home.

Bruins in 5



over

over



FINALS

in 6 over

### WEST

#### No. 1 Canucks vs. No. 8 Kings

The Kings dropped their final two games in overtime to squander a chance at a division title or a number seven seed. They now have to face the Canucks, who won the President's Trophy for the second straight year. Jonathan Quick has 35 wins and a 1.97 GAA for the Kings which will extend this series, but the experience of the Canucks and the hunger for victory in Vancouver will take this team further and keep the Kings out of the semifinals for the eleventh straight year.

Canucks in 7

#### No. 3 Coyotes vs. No. 6 Hawks

It's a big season in the desert. The Coyotes won their first division championship, despite having fewer points than the opposing Blackhawks. The Coyotes have Mike Smith in goal and Ray Whitney on the front line. Smith has 38 wins and a 2.21 GAA and Whitney is thirteenth in the league with 24 goals and 53 assists. Also, Jonathan Toews has not played for Chicago since February 19. Even though he is expected to return for the playoffs, it is still uncertain what level he will be playing. The Coyotes are 3-1-0 against the Blackhawks this season.

Coyotes in 7

#### No. 4 Predators vs. No. 5 Red Wings

The Red Wings are in a very unfamiliar underdog position in their twenty-second straight postseason appearance against a hungry Nashville team. Detroit has struggled over their last 15, getting by with a 5-7-3 record. They have themselves a phenomenal 31-7-3 record at home. This should be a goaltending matchup between Jimmy Howard of Detroit and Pekka Rinne of Nashville. They have the twenty-first ranked penalty kill and Nashville's top ranked power play gives the edge to the Predators in this exciting matchup.

Predators in 7

#### No. 2 Blues vs. No. 7 Sharks

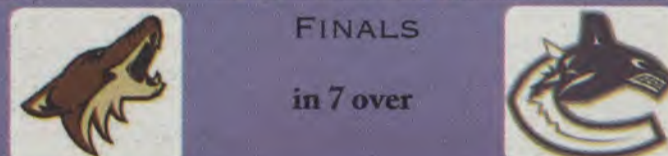
The Sharks come into this matchup on a four-game winning streak and have won 10 of their last 15 games. The Blues have gone 30-6-5 at home. The Sharks sport a 17-17-7 road record. A dismal penalty kill by the Sharks this season will also open up the door for the Blues offense. St. Louis swept San Jose in the regular season and the Sharks will be singing the Blues this postseason. St. Louis will sing happy.

Blues in 6



over

over



FINALS

in 7 over

## STANLEY CUP CHAMPIONSHIP



in 5 over



## Barbour showcased in ESPN's three-point contest

By Kevin Russell  
Staff Writer

The High Point University Men's Basketball recruiting class of 2008 was one of the most anticipated in school history. Jacob Lati, Chad July, Dave Singleton and Steadman Short headlined a class that was to help lead the program to their first ever NCAA tournament bid.

Head Coach at the time Bart Lundy raved about the class he put together. It was for all the right reasons. On paper, it was one of the best in the conference and in the history of the university.

"We are thrilled and excited to be signing such a talented group of athletes," Lundy said back in 2008. "It says a lot about our program and the University to have this caliber of player make the decision to sign with us."

Unfortunately after a disappointing 2008-09 season, the first for this promising

class, Lundy resigned from his position as head coach.

With Lundy's resignation and the signing of new head coach Scott Cherry, Lati, July and Short all decided to move on from HPU. This left Singleton and late signees Corey Law and Nick Barbour as the only remaining members of the once promising recruiting class.

As a late signee, not much was expected out of the skinny 6'2 guard, Barbour. There were questions regarding his durability, as well if he had the athletic ability to play at the collegiate level.

One thing no one ever questioned about Barbour was his ability to score, more importantly, shoot the three ball.

Cherry and his staff realized right away that Barbour could be a vital asset in their attempt to implement a high tempo offense and didn't want to let him get away.

"I always knew things would work out here. These last three years have been the best of my life," said Barbour.

Barbour had an incredible final three

years of his career under Cherry. He led the team in scoring all three years as well as three pointers made. His three years under Cherry all culminated with him being invited to participate in the NCAA Men's 3 Point Shootout in New Orleans, on Thursday, March 29.

Barbour led the nation in three-point field goal percentage in 2012, at 48.4 percent, and was one of the favorites heading down to New Orleans.

Brad Nessler, an announcer covering the event for ESPN, even picked Barbour to win. Nessler believed that Barbour would do well because of his smooth, short stroke as well as the fact that he shoots left handed.

Unfortunately Barbour had a rough first few racks in the competition and was eliminated after the first round.

The smooth, short stroke that Nessler believed would carry Barbour to the title became long and deliberate and Barbour was not able to correct it in time.

He finished the competition with 11

points out of a possible 30, although he was able to make all five shots on the final rack.

"I'm obviously a little disappointed right now," said Barbour immediately following the event. "I obviously came here to win, but this whole experience has just been incredible and I'm so blessed for this opportunity."

Although he didn't have his best performance in the shootout, it was still an incredible experience for the senior, who will graduate in May. Barbour was featured on ESPN, got an all-expenses paid trip to New Orleans, as well as got to meet and interact with some of the best players in the country.

For a kid who was barely recruited out of high school, it marks a remarkable rise to stardom.

"I just hope that I represented HPU and all of the smaller schools well. This was an incredible experience; one that I'll never forget."



# Sports

## Cozart nears 100 wins as baseball team battles for first

By Henry Molski  
Sports Editor

As Erika Carrubba prepares for the High Point University baseball team to take the field at Charleston Southern on March 23 she spots something down on the field that makes a smile spread across her face.

The Assistant Sports Information Director at HPU spots two men wrestling with each other down by the dugout. Carrubba goes to every baseball game and sees this almost every day. What about this particular tussle makes her smile?

It's the Panther's closer, Jaime Schultz wrestling with none other than the head coach himself, Craig Cozart.

"Wrestling," said Carrubba. "The two were literally just wrestling on the field."

She finds it peculiar that this still makes her smile. It's not the first time that she's seen it happen.

Cozart is always finding a different way to make his coworkers, players, and fans smile. Whether it's the pregame wrestling or a dugout full of hi-jinks, Cozart finds a way to liven up the clubhouse.

In 2012, High Point is 22-15 and boasts an impressive conference play record of 7-4 early. The team is in the midst conference play with one of their strongest starts in the Cozart era. Why is the focus turned towards Cozart?

With the team's twenty-second victory of the season on April 13 against Presbyterian College the Panthers sat just a game out of first place in the conference. However, this was also win number 98 for Cozart in his fourth year at High Point. Only two more wins put him at 100.

As Cozart reaches this milestone in his career it may be time to ask what 100 wins really means to the program.

How far has this program come under the watchful eye of Cozart and what lies in store for the rest of 2012 and beyond for the Panthers?

Coming into 2012, Cozart had achieved more than the High Point program ever had. Only a Division I program since 2000, High Point's best record in the Big South prior to the Cozart era was 27-31 in the 2008 season.

So when the Panthers posted an inspiring 31-29 winning season in Cozart's second season, many thought that the Panthers were on a permanent rise in the Big South Conference.

Unfortunately for players and fans alike that was not the case in 2011. The Panthers took a major step backwards and slid far below the .500 mark on the season with a 24-32 record. Injuries were insurmount-

able as the season came to a disappointing close.

The only way to respond to a season like this was to go out and start 2012 the exact way the Panthers have.

Taking a program that has been in Division I for less than two decades is not an easy feat. Fans that dream of deep NCAA runs must take a breath as the baseball team works out its present destiny.

"This is not a three or four year process," said Cozart. "This is something that takes eight to 10 years."

To prove that the eight to 10 year program was, indeed, headed in the right direction to fans 2012 would have to go much better than 2011. The Panthers

would need much bigger results to prove something for the head coach.

Amazingly enough, the men's baseball team is off to a blistering start in 2012. With the twentieth win of the season this spring, the Panthers had reached the mark in just 31 games. This was a Panther Division I record.

Thanks to the help of Cozart, the team is upbeat, positive and only a game out of first in the Big South Conference.

Cozart now has the Panthers on pace for their second winning season in three years. Winning seasons didn't exist prior to Cozart, let alone come within two years of each other.

Clearly, the coach has some sort of effect on the players.

When the daily lineup is posted in the clubhouse, most teams will take a quick look at it and trot onto the field without thinking anything more.

On game day at High Point, it's like reading the daily comics from Cozart.

"Someone has a different nickname just about every week," said senior left-handed relief pitcher Nick Schumacher. "Right now I'm Uncle Schu, but next week it could be back to Grandpa Schu."

Cozart fills out his lineup card using nicknames. This is just one of the many ways to keep the tone light and untroubled.

There is good reason behind this, too.

"This is a team that plays the best when they are the most carefree," said Cozart on more than one occasion this season. "These guys simply don't play as well when they are tense."

On March 30 through April 1 the Pan-

turned down major league offers to join the Panthers.

"We feel like Dr. Qubein has put in the resources that we need to claim our first ever Big South Championship," said Cozart. "My short time at High Point has been inspirational and one of the most gratifying experiences I've ever had."

Luckily for the fans, however, Cozart remains unfulfilled. He didn't come here for feel good stories and a winning season here and there.

"I came to win championships," said Cozart.

Even when asked what his crowning achievement will be following win number 100 at High Point, Cozart claimed he didn't have one.

"The best is yet to come," said Cozart. "Even after a conference championship we will continue to push for more."

The Big South Conference is no slouch in 2012 either. The Coastal Carolina Chanticleers are ranked number 30 in the country and they don't even hold the conference lead.

For now, High Point sits right behind Liberty and even with Campbell in a conference that is crowded at the top.

Coach Cozart is locked in a heated battle for first place, which diminishes the value of 100 wins at High Point University in his mind.

"A lot of people put so much emphasis on the century mark," said Cozart. "I don't really get caught up in those numbers. I'm just here to win games."

Even though 100 wins at this program is a big milestone, High Point is more importantly focused on their heated battle for first.

The importance of games continues to rise and Cozart will need to remain focused on the team to get them a championship.

When Cozart eventually wins game number 100 it will be a happy moment in his career without certainty. However, it is evident that the sooner it comes for him, the sweeter it will be.

Will the win be in the middle of a season in which the Panthers make an early exit in the Big South Tournament? Or better yet, will the win come in the midst of a streak that propels this team to its first NCAA tournament?

Only time will tell if Cozart's Panthers will provide him with his real dream - a trip to Omaha.



Coach Cozart meets with umpires and Dayton Flyers Head Coach Tony Vitorio before High Point and Dayton battled at Willard Stadium in the February matchup. Photo by Jeremy Hopkins

thers played a string of their best three games some fans have ever seen. Not coincidentally, the team was having a blast in the dugout and on the field.

The result was a three game sweep of VMI. With this, the Panthers earned their second series sweep in a young 2012. Before 2012, High Point did not even own a series win against the Keydets since 2006.

The team was having so much fun come Sunday's tilt that Schultz and assistant coach Jamie Serber were belting out country tunes throughout the whole pregame. It was a real sing-off.

"Coach Cozart is a man that believes in his players," said Serber. "He has thrown a pitcher on two-days rest in the conference tournament and won simply because he believed in him."

After this sweep of the formidable Keydets Cozart was able to speak with high hopes about the future of High Point.

"This is a program that I see as a perennial in the NCAA tournament," said Cozart. "What it all comes down to is the ability of my players though."

Cozart has accumulated the talent well in 2012 to make a run for a conference title and a shot at the NCAA tournament.

Collegiate Baseball ranked High Point's 2012 recruiting class among the best in the country and two players on the team

## Women's lacrosse vies to close with 2nd consecutive NLC title

By Joe Wetzler  
Staff Writer

The women's lacrosse team is no stranger to winning and if they can keep playing the consistent type of lacrosse that Coach Lyndsey Boswell has instilled, another National Lacrosse Conference (NLC) Championship looks within reach.

The goal from the beginning of the year was to identify High Point women's lacrosse and repeat as NLC Champions. This was a feat they accomplished in their first year as a program. They now have more experience, talent and confidence that has helped propel them into contention for another conference championship.

The Panthers (8-3) have played very consistent lacrosse all year and have raised expectations after each win. The out-of-conference schedule has been much tougher for the team. However, they have responded with victories and very competitive play. With quality wins over teams like Navy, Oregon and Jacksonville, the Panthers have put themselves in contention on a national scale. This is not only for a conference championship but a possible berth in the coveted NCAA tournament. A win over Duke could have put them into serious consideration for the NCAA's.

However, the Panthers fell to the Blue Devils 17-6 in a very hard fought game.

Coach Boswell has been very pleased with the collective team effort each game, but noted that Heather Zicarelli has been a major key to the team's success this season. Zicarelli, a senior midfielder, has done the little things during games that have led to possession changes, draw controls and winning goals. This season Zicarelli has 15 goals, 5 assists, 21 ground balls, and 15 draw controls to go along with one game-winning goal.

While Zicarelli has been an important factor for the Panthers this season, Chelsea Thompson leads the team with 22 goals and 21 assists. Grace Gaeng is second on the team with 20 goals and 14 assists. She leads the team with 31 draw controls. Mackenzie Carroll, Christie Dougherty and Sara Kuhlman have also played important roles in the success of the team this year. Junior goalkeeper Anna Wallingford has paced the team in cage by saving 41 percent of the shots she has faced.

The Panthers have five regular season games left this season. They hope to win all five and gain tremendous momentum going into the postseason. Their next two games are on the road, which might be tough for a lot of teams. However, the girls love road trips because it builds team

chemistry and allows them to spend time together away from school.

The final five games are all against conference opponents, which are crucial if the Panthers want to win the regular season championship.

"Before the season started," Boswell said, "our goal was to win the regular season championship and the NLC tournament championship."

The Panthers are more than capable of achieving these goals and also have a chance, though small, of making the NCAA tournament. This is the most important time of the year for the team with a brutal conference schedule to finish the season. Coach Boswell believes that the team has a lot of confidence heading into this stretch of games because of how well they have performed in their tough, non-conference schedule.

While another NLC championship is in reach, the Panthers are only looking ahead one game at a time. Their main goals are winning their final five games of the regular season, winning the regular season championship and winning the conference tournament championship.

Completing these goals will put High Point women's lacrosse young program on the map and give the team and school a great reputation as winners.