



Bid day photos!

CAMPUS CHRONICLE

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The Art of Tebow

Getting Fit: VanClay loses 85 lbs with help of HPURec

By Chelsie Gastright
Staff Writer

During his high school years, Adam VanClay stayed active by playing both football and baseball. While on the football team, Vanclay played both defensive and offensive tackle. In both positions, the bigger and stronger you are, the better you play. When Vanclay left high school in the spring of 2009, he weighed 220 pounds of muscle.

When VanClay arrived to High Point University as a freshman in August of 2009, his goal was to keep in shape just like high school. However, he did not have a strict workout plan as he did when he was playing two sports. After fall break, VanClay stopped going to the gym. In the spring of 2010 was when reality set in. Vanclay had managed to put on an additional 20 pounds since he started at HPU, weighing in at 240 pounds. Unfortunately, that 20 extra pounds was not of muscle.

About two weeks before school let out for the summer in 2010, VanClay went to the HPURec department in the bottom of Slane Student Center and met Jason Moore. Moore, at the time, was the CrossFit instructor and a sophomore at HPU.

"The first time I got back in the gym was the week that prospective freshmen came for orientation. I worked out so hard on the track upstairs I actually got sick. It

was tough but that's where it started," VanClay remembered.

At the end of that semester, Moore sent VanClay home over the summer with a workout plan. After getting a job as a shuttle driver for his local gym, Vanclay also received a membership, which made working

During his sophomore year (2010-2011), VanClay made his biggest strides towards his final goal. While no formal number was set, VanClay wanted to be at a healthy weight by the end of the academic year. After an entire summer of working out and coming back to working

with the CrossFit class, a new and improved VanClay began to emerge. Not only did he lose the weight he wanted, but he also managed a total weight loss of 85 pounds to weigh in at a healthy 150 pounds.

At the end of VanClay's sophomore year, Moore graduated from HPU and the status of the CrossFit class was unknown. At the beginning of his junior year this past fall, VanClay told Mat Allred, recreation director at HPU, he would be willing to take on the CrossFit class.

Now, every Saturday at 11 a.m. and Sunday at 1 p.m., VanClay teaches CrossFit in Slane. In addition to teaching the CrossFit class, VanClay also brought the Insanity Program to HPU.

Vanclay says it's common for people to give up on fitness easily, but they shouldn't.

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Adam VanClay helps a student work out in the Slane Student Center gym. Photo by Eleanor Christopher.

out much easier during his time at home.

Once VanClay got comfortable with his workout routine from HPU, he added what is known as the Insanity Program. This program is a 60-day DVD workout system that comes with 10 DVD's, an eating regimen, and a workout calendar to help keep individuals on task with their goals.

HPU modernizes various facilities over winter break

By Steven Haller
Editor in Chief

While the students were away for three weeks, High Point University's campus underwent a few changes, namely renovations to the bookstore and the C-Store 2, plus installation of a new ventilation system in the Café.

Barnes & Noble and HPU have been working together to improve the way the Slane Center bookstore operates and to improve the layout of the store itself. Textbooks are no longer available on-hand at the bookstore, but are instead stored at a Barnes & Noble warehouse close by.

"I think the most impressive thing is moving to the online ordering system for books," said Roger Clodfelter, vice president of Communication and Culture at HPU. "From our feedback from students, they are becoming more and more comfortable ordering books online."

"I normally like to buy new textbooks when ordering my materials for class and I found the new way to order books online was very convenient and easy to use," said junior Nathan Smith.

Students were able to order their books online during winter break and have them delivered to their dorm rooms before they returned to campus. HPU delivered over 1,600 sets of books to dorm rooms during winter break.

Students who missed the deadline for room delivery were able to order their textbooks and have them delivered to the Slane bookstore the See Changes, page 3

Grammy nominated band, The Fray, to perform in April

By Jodi Guglielmi
A&E Editor

Every semester the Student Activities and Campus Engagement team has the difficult task of finding the perfect band or artist to perform at the spring and fall concerts on campus.

The announcement is highly anticipated by the students, as this is one of the largest and most popular campus events.

"I always look forward to finding out who we will be seeing at the concerts. We all try to make our predictions before the announcement is made," said senior Katelynn Barr, who has attended every concert on campus during her time at HPU.

While to students the decision appears to be effortless, Hillary Kokajko, the director of Student Activities and Campus Engagement, explained the behind-the-scenes work that goes into booking a band.

To start with, they ask students for their thoughts on performers.

"Ultimately, the decision is made by the students, with the feedback and details from all the different outlets. We listen to your suggestions and are excited to make them a reality," said Kokajko.

Facebook is one way that the school polls students in order to find out who they would be interested in seeing at the concert. HPU also collects information from different student groups such as Campus Activities Team and the InterResidence Hall Council in order create a diverse list from as many different students as possible.

"Over 30 people commented on the post asking who we would be interested in seeing at the spring concert. There were so many different ideas being posted that we all had no idea how the school was going to choose," said freshman Luke Rogers about a post on Facebook, seeking suggestions for bands.

"There is a lot that goes into the search. It begins with the date that we would like the concert to be on, then availability of a band, last but not least the cost of the band," said Kokajko.

The search can take months because certain bands may be on tour or out of the country on the concert date. After finding out if the desired band is available, Kokajko submits a "payment offer" for the date of the concert. Usually, they give the bands two weeks to respond before they start looking for other available bands.

"They always seem to wait until the expiration date [of the offer] to let us know," said Kokajko.

On Jan. 9 at the winter activities fair, it was announced that pop/rock band The Fray will be performing at the 2012 spring concert. This big-name band came as a pleasant surprise to even the Campus Engagement team.

"We were looking into them for the fall concert as well, so they actually came to us wanting to know our spring concert date. This had never happened before!" said Kokajko.

Not only did The Fray reach out to the school but they responded to the offer the same day as well, which had never happened before either.

Students have been expressing their excitement for the upcoming concert since the announcement was made.

Conner Hall, a freshman was ecstatic when he first heard the news. "I read the announcement in an email

and I couldn't believe it! I saw The Fray perform in high school and it was so much fun. I am really looking forward to seeing them on campus; it'll be a different experience being with new friends and especially a smaller venue. We will all get an up close and personal look."

The Fray will be performing on campus April 21.

"We listen to your suggestions and are excited to make them a reality!"

~Hillary Kokajko
Director of Student Activities
and Campus Engagement



Opinion

The making of a legend? The college student cop-out

By Nick Sturdivant
Staff Writer

Either you hate him or undeniably love him. Many are eagerly waiting to see where the Tim Tebow train will arrive next.

Although Tom Brady and the gang may have temporarily put - as Skip Bayless calls it - "Tebow Mania" to bed, Tim Tebow came away from the Jan. 15 game with three things that he did not have at this time last year:

1. A definite starting job for next season,
2. AFC West division title, (and most importantly)
3. YOUR ATTENTION!

Give the guy some slack, despite his unorthodox style of play, he has helped break Denver's seven-year playoff drought.

For the first time since the '98-'99 season, the Broncos may have found some type of stability at the quarterback position.

The names Brian Griese, Jake Plummer, Jay Cutler and Kyle Orton still leave a bad aftertaste in the mouths of many Broncos fans, despite talks of them becoming the next Elway, or at least a decent fit.

As a starter in the 2011 regular season, Tebow went 7-4 and accumulated close to 1,700 passing yards and over 600 rushing yards.



In midst of his regular season run, his best move was juking the sports-talk banter and turning a deaf ear to the critics.

Don't get me wrong, I was just as skeptical as many of the Tebow-haters.

He was running a makeshift offense in which he failed to complete at least 50 percent of his passes, while at the same time struggling to read coverage.

Tebow does have one thing on his side: time. With a longer off-season than last year he can be able to get more familiar with the playbook, while having the praise of Elway, the Broncos' vice president who actually determines the role Tebow gets to play with the team.

Potentially, and I say this very loosely, if Tebow can hone in on his presence in the pocket and develop a better awareness of the field with his mobility, he might be a bigger threat than Elway ever was.

But it may depend on whether or not Mike McCoy, the mastermind and Offensive Coordinator behind the Tebow game-plan, believes he could suffer another possible setback.

It is definitely a work in progress, but it is one that could have us calling Broncos former head coach Josh McDaniels a genius.

photo provided
by everyjoe.
com

By Chelsie Merone
Opinion Editor

The technological age is here! Everyday we find ourselves using at least several different forms of technology (iPods, cell phones, lap tops, gaming systems, etc.), and sometimes it's all at once. But in a culture where getting information fast, first and efficiently prevails, we have started to ignore the medical repercussions that these habits have on us.

ADD, ADHD and ADT are all forms of attention disorders brought on by a genetic defect or chemical imbalance, but now there is a new trigger: technological overstimulation. Yes, the very entertainment entities you have come to know and love are slowly turning your mind to mush.

In recent years, researchers have started to see an increase in the misdiagnosis of these disorders in children and college students. Why? Because in a world where leaving your house without your phone, or going for a run without your iPod is unheard of, people have lost the ability to simply disconnect themselves from their various forms of social media.

Yes, there are certainly some cases where individuals that have severe attention disorder symptoms, such as forgetfulness in regards to everyday activities, hyperactivity, disorganization, and tendency to shift in conversation; but these symptoms customarily present themselves during childhood. So what about all of the college students who have prescribed or self-diagnosed ADD?

Statistics show that up to 25 percent of students [on college campuses] have admitted to taking neuroenhancers. So the question presents itself: are students using drugs like Adderall, Concerta and Ritalin as cop-outs?

Obviously it's easier to attribute your attention issues (or laziness) with a disorder, but just because you have a hard time concentrating doesn't mean you should run to the doctor and cry the ADD-wolf.

Studies have shown that because we constantly are using multiple technologies at once, we have trained ourselves to multitask on an intensified level. Take a second and think about when you study. Do you find that you have a hard time focusing? If yes, look at what you are doing. Do you have your cell phone next to you, are you listening to iTunes, are you browsing the web, are you watching TV? More importantly, are you doing them all at once? Well, there's your problem: unplug and focus on one thing - your work!

In an article written by Sam Anderson for New York Magazine, he comments: "our attention crisis is already chewing its hyperactive way through the very foundations of Western civilization. Google is making us stupid, multitasking is draining our souls, and the 'dumbest generation' is leading us into a 'dark age' of bookless 'power browsing.'"

Because of these observations, doctors and researchers are now starting to see how large of a role technology plays in our lives and the development of cognitive skills in young adults; but for some its too late. These medications can become addicting, causing severe dependency issues and being more of a problem than a solution.

So when you sit down to study and find yourself struggling to focus, take a minute and look at what you are doing. Some students tend to use these drugs as an excuse to justify their indolence, but if you have conditioned yourself to constantly be connected, you need to stop and see that what you are doing is not healthy and probably not prescription worthy either.

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News

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the next day. The renovated layout of the bookstore is a more visible change.

"The renovations allowed us to be able to put up more merchandise," said Clodfelter. "Also, we tried to make sure the artwork, like the black and white image of Roberts Hall, reflected the history of the university."

There are still more changes to come to the bookstore. Clodfelter says that there are plans to install official book-ordering kiosks that look similar to those found near the Slane concierge. The store's glass windows will be covered with a graphic to make the book-ordering kiosks prominent. There are also plans for an awning to be placed above the bookstore's doors inside Slane next to Starbucks to better draw students' eyes to the bookstore.

C-Store 2 was also renovated over winter break. According to Clodfelter, the interior design was not up to the level of the other restaurants on campus. Students' requests for healthier options was another reason the popular nighttime location underwent changes, specifically with the addition of the fruit and other refrigerated packaged goods now available.

Other additions include a self-serve Coke Freestyle machine that can create 100-plus different beverage combinations, the self-serve milkshake/smoothie machine, and a microwave in case students simply cannot wait to get back to your room to make their popcorn or heat up their hot pocket.

"The C-Store2 renovation is the culmination of student feedback, national research and cutting-edge technological solutions to create a first class convenience store atmosphere," said senior food service director David ter Kuile. "The Coke Freestyle on the HPU campus is one of the first in the southeast region of the U.S."

"The Coke Freestyle machine is amazing with all the choices I get. My favorite drink combination is the original Coke mixed with orange," said junior Kayla Buechner.

"I live in Belk, so I am at the C-Store 2 all the time. I definitely like the new look and my favorite feature has got to be the wall candy," said senior Andrew Woods.

Another campus location that HPU enhanced over

winter break was the Café. One new feature in the Café is the Mediterranean bar, which offers a wide variety of healthy snack options, such as hummus, tabouli, and tzatziki, all of which are made in-house.

The Café has begun to offer more variety at its exist-



Yum! The C-Store 2 also received a makeover during winter break. It now has fresh fruit, a Coca Cola Freestyle machine and a bulk candy wall. Photo by Allie Dearie.

ing stations as well. The grill and the deli now offer daily specialties, and the new expo station offers a different meal item each day.

Other renovations to the Café are not noticed so much with the eyes but more with the nose, such as the new ventilation system in Café. That's right students; the infamous "Café smell" is gone.

"As the Café has evolved in how we provide food to students, we have done more display cooking out in front of everywhere. That [preparing the food in the eating area] has created challenges with the smell," said Clodfelter. "We put the ventilation in place because students have been con-

cerned about how it [the Café] makes them smell."

The display cooking allows students to see their food made fresh in front of them, which is something HPU did not want to give up. The new ventilation system works to pull the smell, generated from the display cooking in the eating area, out of the building.

"The new ventilation system pulls air from the flat top grill and pizza area and filters the air through a series of carbon fiber filters, cleansing the air, making for a more pleasant dining experience," said David ter Kuile.

In addition to this infrastructure change, the Café is now steaming vegetables rather than cooking them to reduce smell and improve taste, freshness and presentation.

"The smell in a room is something you don't notice unless something is wrong. I didn't even think about the smell when I first walked in [the Café] this semester, which is a very good thing," said Pat Stein, a junior who says he visits the Café at least once a day and sometimes twice a day.

With the "Café smell" gone now, HPU will be undergoing new changes elsewhere. The School of Education and Centennial Square remain on schedule to be fully operational this coming fall. Also, the renovation to the patio on the Blessing side of Slane is expected to be completed by the end of the current semester.

There are also tentative plans to change up the dining plan for the next academic year. According to Clodfelter, HPU "will be looking to make some enhancements in terms of how the meal plan works."

He was not ready to divulge any details, but it could be something for students to watch for.



No more books! The Barnes and Noble campus bookstore received a facelift over the winter break, and students now order their books online through a new system that also was launched over break. Photo by Allie Dearie.

From VanClay, page 1

brought the Insanity Program to HPU. "When I started the Insanity Program I had 10 students. By the end of the class I had only six. I know that the people who stuck with it, though, are happy with what they achieved, just like I am."

Allred has watched VanClay grow and change into a new person, and only has positive things to say about him.

"Adam has come so far that he now teaches the class that he learned so much from," said Allred. "Once you become active, you get out and you are able to do more things. Socially it is easier to interact with people because you feel better about yourself, you have more confidence and you have more energy."

Allred also stated that people like VanClay are the reason he enjoys coming to work at HPU. Seeing someone achieve something like VanClay has is proof to Allred that what HPURec and their instructors are doing is really worth the while.

VanClay also noticed how getting back into shape has helped him become a better person as well.

"My freshmen year I wasn't a part of any clubs or anything

like that. When I met Jason my sophomore year I lost most of my weight, and that's when I ended up rushing a fraternity and joining the sports major club. It just made me feel like a more social and confident person."

One thing that VanClay hopes to stress about fitness is that

when it comes to making goals for yourself, it is not always an issue of motivation. In fact, he feels that it's a lack of knowledge of how to begin a proper work out regimen. Keeping that regimen in place is often where the problem lies, he says.

Now starting his second semester as a junior, VanClay has maintained his weight and still teaches CrossFit in the Slane Student Center. He

still teaches as if it was his first day, striving to help those who are struggling as he did to meet and achieve their fitness goals.

For more information on HPURec fitness programs, visit the HPURec website or go to the gym desk in the Slane Student Center. More information regarding the Insanity Program can be found at: www.beachbody.com/product/fitness_programs/insanity.do



VanClay lost 85 pounds working out the Slane Center gym. He now teaches classes for HPU-Rec. Photo by Eleanor Christopher.

Adam VanClay's Tips for Staying Fit

Weight loss is a 70/30 split of nutrition and working out

"It's so much easier to get into shape when you are aware of good eating habits. HPU offers a lot of good, healthy food choices if you know what to eat."

When you go to the gym, go with a purpose

"The gym is not a social outing, so don't spend three hours at the gym talking with friends. You would never believe how much you can do in a 45 minute work out if you just go there and get what you need to do out of the way."

Keep your heart rate up

"If you go to the gym, as said before, go with purpose. When you keep your heart rate up, it is easier to lose weight and burn calories. Whether you are running around the track or lifting weights downstairs, just keep working out and only stop when you need a water break. Do not make 45 minutes into three hours because you stop for breaks."

News

Extraordinary Leaders: November

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.

The student leaders for the month of November are Madison Wallace and Taylor Zickfoose.

Wallace, who has made the Dean's list every semester during her time at HPU, has found the perfect outlet for giving back to the community – her sorority, Kappa Delta.

She has always felt a calling towards helping people through the health care profession, which is why she's studying biology and chemistry at HPU with plans to head to dental school after she graduates. Her academic achievements are endless as she's been inducted into the National Biological Honors Society (Beta Beta Beta), the National Society of Leadership and Success (Sigma Alpha Pi), and the Order of Omega (Greek Honors Society), all of which have high GPA requirements.

She's given back to others through the four national philanthropies of her sorority. She worked alongside a local Girl Scout troop in Greensboro and helped build several houses in High Point through Habitat for Humanity. Her favorite volunteer experience, however, was at an organization called Church World Service, where she taught and promoted health literacy to incoming refugees in Greensboro, N.C. This was arranged through an AmeriCorps program, and she assisted the refugees in filling out medical-related paperwork, helping them schedule doctor's appointments and riding with them on public transportation buses to those appointments, as well as showing them how to behave in an American social setting. She volunteered more than 300 hours in this program, and in turn, she received the Project Shine Scholarship to help fund her education.

The most important thing at a university for Zickfoose is academics. She says that's exactly why she chose HPU – for "a curriculum that allows me to explore my interests, but still provides a rigorous classroom setting."

Her academic endeavors have skyrocketed since her first day on campus. Honors she has received include being inducted into the Order of Omega Greek Honor Society, Phi Alpha Delta Pre Law Fraternity, HPU Honors Scholars Program, and the National Society of Leadership and Success, all while earning an HPU Presidential Scholarship and earning dean's list recognition for all four semesters she's been at HPU. She juggles these honors with serving as the Executive Vice President for the Student Government Association, an assistant resident director a member of Phi Mu, a student ambassador and the Odyssey Club's public relations coordinator.

The things she learns on campus, however, have extended beyond equations and theories. She says she has learned to have values, and one she truly holds dear is that of integrity. "It's important to learn to do what is right even when no one is watching," she says. "This encompasses doing honest work, carrying out responsibilities, being truthful and following rules and laws. A person who values integrity is a great role model, because he or she can be trusted to do what is right at all times, not just when it matters."



Taylor Zickfoose (above) and Madison Wallace (below) were selected as the Extraordinary Leaders for the month of November.



HPU named one of the "greenest" colleges in America

By Olivia French
Staff Writer

Walking along the Kester International Promenade, one immediately notices the majestic bronze statues sitting on the benches, the inspirational quotes lining the sidewalks, and the classical music permeating the air as students walk to and from class. What many fail to notice, however, are the trashcans and their accompanying recycling bins dotting the pathways. Four years ago, those now-standard bins did not exist.

As part of the recent plan to become "green," High Point University has made several changes to the campus over the past few years in many areas of student life, ranging from transportation to academics to food services to I.T. All of the changes have not been for naught, as High Point was recently named one of the "greenest" campuses in America by the Sierra Club.

The Sierra Club, one of the oldest grassroots environmental organizations in the United States, annually rates colleges across the country on their environmental impact.

"They analyze everything we do," said Troy Thompson, director of Campus Enhancement. "It's a huge honor [to be named one of the greenest schools in America.]"

One of the many changes that has been implemented on campus are the numerous recycling bins that encourage students to recycle paper, plastic, metal, and glass products instead of just throwing them away.

Another change has been the current construction of the new townhomes named Centennial Square and the School of Education, both of which will be LEED Certified when they are completed. Everything in the buildings ranging from furniture made out of recycled items to light sensors that turn the lights off when there is no one in the room, will be environmentally friendly.

New programs to campus such as We-Car, and installation of high efficiency washers and dryers also aid in helping to reduce the environmental impact that HPU and its students make.

However, there is always more that can be done to improve a school's "green factor." As Thompson stated: "We need more student groups. Everything is a green initiative."

"It's our duty as citizens of the Earth to take care of it. The recycling bins are there, why not use them?" said freshman Emily Harris.

Students can become more environmentally conscious by making sure to throw only recyclable materials into the recycling bins and participating in "Recyclemania" -- a national recycling competition involving 376 colleges and universities in the US and Canada-- which will begin Feb. 5. They can also use the bottle filling stations located in Slane, Smith Library, and Millis Hall instead of using disposable plastic water bottles.

"There is no reason to not be environmentally friendly on this campus, because we have so many options [to be green]," said freshman Tori Duback.

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A&E

The Everyday Fashionista: best ways to stay warm in winter weather

By Jordan Breetz
Staff Writer

The weather outside is frightful! Time to stay warm and still look delightful. Unfortunately this makes dressing for evening a tad bit difficult. Lucky for you, I am here to tell you that it is perfectly fine to dress weather-appropriate while still possessing the desired amount of fashion intelligence. So pull out the sweaters, coats and boots and let's talk winter wear!



Determined to show a little skin? Try a one-sleeved dress or shirt. Like this one from Free People, it provides a great pop of color and can easily be layered for frigid nights.

A backless dress- Backless is the way to go this winter when dressing for evening. Check out Julianne Hough at the People's Choice Awards, so gorgeous yet still winter appropriate. The nice thing about backless dresses is that because you are missing the fabric in the back you can make up for it in other places. Like in Julianne Hough's dress, she is able to wear long sleeves without looking too conservative.



Photo from peoplemagazine.com



Winter White- No white after Labor Day? That is now a thing of the past. This year is all about white - winter white - but be careful to keep it in season. It can easily look summery and that is still a big no, no.

Emma Stone is striking in her winter white jacket and red lips. I love the pop of red on her pumps and toes. A+ classic.

Photo from freepeople.com



Photo from glamour.com

Leather- Leather skirts are back; I am not quite sure how I feel about this.

Angelina Jolie appears to be doing the impossible, making leather sleek and professional.



Photo from instyle.com

Mini Dress- If you still want to wear your strapless mini dress, try adding a printed cardigan to your outfit. Not only will it keep you warm but it can add that pop that you've been looking for!

Faux Fur- It's all about fur this season, faux fur that is. Jackets and vests are everywhere and a great way to dress up a simple outfit.

The always-fabulous Victoria Beckham is looking ever so chic in her red and black faux fur; just another day in the life of a fashion icon.



Photo from fashionbistro.com

No matter how you decide to battle the cold, remember you can remain chic and sexy without reverting back to your summer wardrobe. Try out these tips and you won't only be fashionable but you'll be warm as well! Don't let yourself be the shivering girl at the party! Keep it classy ladies and cover up!

High Point Street Chic: Madison Templin

Senior Madison Templin is known for her stunning style, which she attributes to her mother. "She just has a wonderful style" Templin explains, "She can throw something on and look glamorous and effortless all at once. I borrow a lot of vintage pieces from her closet and mix them with modern items." Templin also finds inspiration through the Kardashian sisters. "They aren't afraid to experiment with color and bold pieces. If only they could make as good of life choices as they do outfit choices," she says with a laugh. It is because of Madison that I decided to start this shout out. I just want to give credit where credit is needed. Madison's always looks amazing and is such an inspiration. Keep it up girl!



Best-selling books don't make for Hollywood blockbusters

By Kaitlyn Aiello
Staff Writer

According to Amazon.com, customers rated Stephanie Meyers' popular book "Twilight" with 4 stars, while the movie received 3.5. The same goes for Nicholas Sparks' "Dear John" and also "My Sister's Keeper" by Jody Picoult.

While it is impossible to take every detail from a 500-page book and create a two hour-long film, producers are missing the bigger picture. Endings are altered, characters and details are changed and the storylines we all have grown to love suddenly no longer seem to fit.

In-depth descriptions of characters are typically what make us fall in love with them, but we are oftentimes disappointed when the movie cannot meet our expectations. There is a big difference between the precision of a book and that of a movie.

Take the first "Twilight" movie for example, the au-

thor repeatedly recounts Bella cooking dinner for her father, but in the movie it is changed to them eating at the local diner. While this may seem like a small change, it is during these home cooked meals that readers are able to learn more about the characters.

A more extreme storyline change would be in the last "Harry Potter" film when the death of one character Peter Pettigrew ultimately never happens.

In 2011, the films "Water For Elephants," "The Help," "Breaking Dawn," "The Girl With the Dragon Tattoo," and "Harry Potter and the Deathly Hallows" were released. All having only thing in common - they were written and respected, first, as popular novels. Which comes as no surprise since in children's books alone, there have been close to 25

turned into movies in the past year.

As for what we can expect for the upcoming New Year, we already have an idea. New Years Eve is in theaters now and although it was not a book first, the trailers before the opening credits seem all too familiar. As a majority have been released already, in two different formats, hardcover and paperback. Perhaps the film industry is lacking in original ideas and turning to novels as a quick fix to their creative block.

Keep your eyes out for the latest books turned into movies as 2012 opens, starting with "The Hunger Games" written by Suzanne Collins and "The Lucky One," a love-story by Nicholas Sparks.



Photo from nicholassparks.com/movies

Organizations



Hanging out! Phi Mu Rebecca Christel rides along with her sisters during the sorority parade on Sunday (Top of page 1).

Big hug! Sarah Martin welcomes a new pledge into the Kappa Delta sorority on bid day with open arms (left).

Holding hands! New pledges race across the floor in Slane gym on Sunday (right).

Vroom, vroom! Bid day includes a parade through campus, as girls from Sigma Sigma Sigma drive in the bid day parade (below).



Ahh! Emotions are high on bid day, especially for the new pledges (right).

Smiles all around! New pledges of the Alpha Gamma Delta sorority pause for a group picture (below).



HPU greek family expands with new director, sorority and sisters

By Erica Allaby
Staff Writer

On Saturday, Jan. 21, one may have noticed an abundance of new girls representing their new memberships into Greek organizations at High Point University. Five of the sororities here at HPU welcomed new female members to the Greek community. The rushing class boasted 404 freshman and sophomore girls who registered for the 2012 Spring PanHellenic Recruitment which took place during the week of Jan. 16.

"Last year we had around 330 girls going through recruitment, but this the biggest recruitment at HPU yet," said Mary Slattery, the current PanHellenic President of Recruitment.

The five established and one colonizing sororities have been preparing for rush week over the past four months. "It's stressful, but we're all in it together," said Slattery. "The Executive Council is amazing."

The council is made up of one member from each sorority, all working for the common goal of HPU Greek Life success.

Alpha Chi Omega is going through its colonization process this semester. Their bid day ceremony will take place on Friday, Jan. 27. All of the new and current members of each sorority plan

to attend and congratulate the new addition to the Greek family.

"I give all the credit to the students," said Gail Tuttle, vice president of the Office of Student Life. "The PanHellenic Executive Council has done a phenomenal job as leaders."

According to Tuttle, the Greek community at HPU has had large growth along with the tremendous student expansion throughout the past few years.

"Each year, recruitment gets stronger," said Tuttle.

The Office of Student Life has recently had the opportunity to take on a new faculty position just for this reason. Teri Cugliari has taken on the role of the new Director of Greek Life.

"I feel confident in my role at the University," said Cugliari.

Cugliari had just finished a week of recruitment at Washington and Lee University in Virginia and came straight into two hectic weeks in the month of January. She directed PanHellenic Recruitment at HPU, and will do the same during the week of Jan. 23 as Inter-Fraternity Council Recruitment takes place.

Throughout PanHellenic Recruitment week, each sorority hosted over 25 parties. Each group of ladies had the chance to shine and show off all of their hard work.

"That's the power of being a strong Greek woman," said Tuttle. "You have the opportunity to learn more about yourself as a leader."

New CAT calendar, more activities

By Chelsie Gastright
Staff Writer

Many students are aware of the Campus Activities Team, CAT, and how each semester it sends out a calendar laying out every activity offered by High Point University. However, not many students understand the hard work that is done behind the scenes to make these events possible. This month, two big events are being sponsored by CAT, one of which is a campus-wide favorite and the other is a new experience for all involved.

On Jan. 25, CAT is taking the first 100 students to sign up at the Campus Concierge desk ice skating. One thing that makes the ice skating experience authentic is being able to skate on an outdoor rink. Thanks to the WFMY News 2 Piedmont Winterfest in downtown Greensboro, students from HPU and all around the Piedmont Triad can have that experience.

"A lot of the student population is from up North, and it's something that is really prevalent amongst students here. We take 100 students each time we go ice skating and every time it fills up," said Maghon Walker, coordinator of student programming at HPU.

The ice skating event starts at 8 p.m. tonight. HPU Students will get the rink to themselves for an hour and a half.

"I'm from Maryland and I used to go skating a lot at home. I kind of grew up with it, and it was nice to have an experience from home available at HPU," said Alex Ortowski, HPU freshman.

Ortowski enjoyed the trip so much that she actually went on to take the ice skating PE class now offered through HPU this spring.

Along with ice-skating, CAT has also planned its first video game tournament for Jan. 27.

After speaking with a company that specializes in video game tournaments, Walker has put together a gamer's dream. On the bottom floor of the University Center behind the escalators will

be three very large inflatable screens that allow two players simultaneously per screen.

While the game choice for the tournament has not been revealed, several options have been discussed. Games like World of Warcraft, Call of Duty, and Halo are just three of the possibilities. In the end, it will more than likely be based off arcade game popularity.

As the video game tournament is taking place, the Point arcade will remain open for regular business hours and there will

be a ping-pong competition.

"We are hoping to attract a different crowd that usually comes to these events. The people that are going ice skating may not be the same people that come to this tournament," said Walker.

A time has not been designated for the tournament yet, but more details are going to be released as the date gets closer, including the game selection, Walker says.

CAT tries to plan activities that students are most likely to attend. In addition to ice skating, the most popular events include trips to midnight showings of movies, such as Harry Potter and Twilight.

For more information about CAT, the HPU Cinema, and the Point Arcade, you can find Facebook and Twitter accounts. The Point arcade does not have a twitter, but they are on Facebook.



Leni Fregakis and Sam Vogel participated in the 2011 ice skating trip to Greensboro. Photo courtesy of CAT.



HIGH POINT UNIVERSITY JANUARY

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

1 New Year's Day

Order your textbooks online today!
As we continue to enhance your HPU Barnes & Noble bookstore, all book orders are now made exclusively on your bookstore website.

All online orders will be delivered to the Campus Store for customer pickup. Order by noon to receive same day pickup.

highpoint.bncollege.com

HIGH POINT UNIVERSITY DINNER CLUB

The HPU Dinner Club is a multi-disciplinary presentation series sponsored by the Office of Academic Affairs and Student Life. Students will have the opportunity to have dinner with fellow classmates while listening to dynamic speakers on topics such as healthy living, computer literacy, leadership development, music and more.

All presentations will be led by a faculty member or administrator in a casual setting. Freshmen will choose two required dinner sessions according to their topic of interest through an easy online reservation system.

For Reservations visit DinnerClub.highpoint.edu

Look for this icon throughout the calendar

8

ADMIT ONE

Need tickets to an IDS EVENT?
Stop by any of the Campus Concierge locations.

9

MONDAY MOVIE
EXTRAORDINAIRE CINEMA
8PM & 11PM

Late Registration Day
Classes Begin

10

get involved

Activities Fair
Slane Student Center
4PM-7PM

11

Welcome Back Party
University Center
8PM

12 BLACK OUT
Men vs Winthrop 7PM

SGA Meeting
Phillips Lecture Hall
7PM

HPU presents
Malcolm Gladwell and Nido Qubein
10pm
UNC-TV

13

CAT GOES TO MONSTER JAM!

14

Women vs Campbell 4PM
Men vs UNC Asheville 7PM

CATFLIX
EXTRAORDINAIRE CINEMA
10PM

15

follow us @HPUCINEMA on **twitter**

Get information about what's playing and showtimes

16

IDS Event
Rev. Martin Luther King Jr. Service
Rev. Tyrone Gordon
11AM - Hayworth Chapel

MONDAY MOVIE
EXTRAORDINAIRE CINEMA
8PM & 11PM

Martin Luther King Day
No Classes

17

last day to add a course
last day to drop without record

11AM-4PM BLOOD DRIVE
Slane Gym

18

WEDNESDAY NIGHT LIVE
Open Mic Night
8PM

19

PRIME

Culture & Cuisine Series
Sign up at the Campus Concierge

20

IDS Event - Greensboro Symphony - 7:30 PM
Hayworth Fine Arts Center, Pauline Theatre

CAT TRIVIA NIGHT!
9PM

21

Women vs Coastal Carolina 4PM
Men vs Liberty 7PM

CATFLIX
EXTRAORDINAIRE CINEMA
10PM

22

Wilson Commerce Ballroom - 6PM

Women vs Charleston Southern 7PM

MONDAY MOVIE
EXTRAORDINAIRE CINEMA
8PM & 11PM

23

Wilson Commerce Ballroom - 6PM

Wilson Commerce Ballroom - 6PM

24

Wilson Commerce Ballroom - 6PM

25

CAT GOES ICE SKATING
8PM

26

SGA Meeting
Phillips Lecture Hall
7PM

27

IDS Event
HPU Faculty Recital - 7:30PM
Hayworth Fine Arts Center, Pauline Theatre

CAT ARCADE TOURNAMENT

Wilson Commerce Ballroom - 6PM

28

CATFLIX
EXTRAORDINAIRE CINEMA
10PM

Sign up at the Campus Concierge!

29

Wilson Commerce Ballroom - 6PM

30

MONDAY MOVIE
EXTRAORDINAIRE CINEMA
8PM & 11PM

31

Wilson Commerce Ballroom - 6PM

FACULTY LITERARY SERIES

Located in The Extraordinaire Cinema

HIGH POINT UNIVERSITY PRESENTS MALCOLM GLADWELL & NIDO QUBEIN
January 12 at 10PM on UNC-TV

Recorded live as part of HPU's Cultural Enrichment Series, President Nido Qubein and Malcolm Gladwell trade insights on the trends shaping our world. Qubein and Gladwell, the best-selling author of *The Tipping Point*, *Blink* and *Outliers: The Story of Success*, cover everything from Steve Jobs to the global marketplace.

January 17

HPUREC

Captain's Meeting
Congdon 127

Basketball - 5PM

Racquetball - 6PM

CULTURAL ENRICHMENT SERIES

16 Rev. Martin Luther King Jr. Service
11AM - Hayworth Chapel

20 Greensboro Symphony
7:30PM - Hayworth Fine Arts Center, Pauline Theatre

27 Faculty Recital
7:30PM - Hayworth Fine Arts Center, Pauline Theatre

Sports

Barbour closes in on history, Panthers struggle in Big South

By Nolan Stout
Staff Writer

Sometimes things just don't work out as planned.

Although the High Point Panthers Men's basketball team has

more wins than they did at this point last season (7-12, 3-6), they have lost three straight and four of the last five and the Panthers are just not performing as well as Coach Scott Cherry thinks they should be.

"We're not where we want to be but we're making progress," Cherry said, "We could easily be 6-3 or 5-4 in the conference."

Of their 12 losses, seven have been by fewer than ten points and of those seven, two have been in conference play.

While Cherry prefers to look at what the team could be, senior Nick Barbour prefers to look on the bright side of things.

"I really think these games will help us down the line at the conference tournament," Barbour said. "When those close game situations arrive during the tournament, we will know what to do."

Among the difficulties of the season, Barbour's individual statistics are shining brightly. He leads the Big South with an average of 20.2 points per game.

Barbour currently has 1,891 career

points. He recently moved to number four on the all time scoring list at High Point and that is also second on the scoring list since the University became a Division I school. Barbour is also in the top 10 on the Big South's all time scoring list.

Barbour is now No. 3 on HPU's list,

passing Brett Speight's 1,877 points with a 33-point effort versus Liberty, but still behind Arizona Reid's 2,069 points, and all-time scoring leader Gene Littles' 2,398 points.

Scoring 20.2 points per game, Barbour going to finish at least third, but perhaps second all-time in HPU's history books.

The humble Barbour is not fazed by the accomplishments he has made over his four years at HPU. When asked, his answer focused on winning.

"If you start about stuff like that, you can't play the game," Barbour said.

With five games in the last ten days, the Panthers have not been able to get a break to better themselves with practice time.

But the schedule ahead should open up with more time for practice, and for the Panthers to pick up their pace.

And hopefully go on a run to make Barbour's last year at HPU a memorable one.



Senior Nick Barbour is closing in on the Division I scoring record at HPU. Photo by Jeremy Hopkins.

Panther coach inducted into high school's Hall of Fame

By Patrick Budd
Sports Editor

High Point University baseball head coach Craig Cozart enjoys talking about his prep-school playing days in Orlando, Fla. at The Master's Academy, and striking out guys like Mike Lowell while pitching in college.

So when his alma mater was looking for candidates to induct into its inaugural Hall of Fame class, his unprecedented resume as a player seemed to be a no-brainer.

"My time at the Master's Academy was a big part to who I am today," Cozart said. "My parents made unbelievable sacrifices for me to attend school there."

On January 9, 2012 Cozart was inducted to TMA's Hall of Fame for his outstanding performance as a pitcher. During his time

there, he compiled an overall ERA of 1.25 and struck out 396. He threw a complete game as a freshman, and earned four all-conference awards.

Cozart says that his induction was a tribute to his parents. His dad was the head coach of his team.

"It's very humbling, the amount of respect that TMA has given me has been unbelievable," Cozart said, "I thank everyone that gave me this opportunity."

Cozart, who decided to forgo a career in the majors after being drafted twice, dedicated his career to coaching.

He spent 12 years as an assistant coach at University of Central Florida before coming to HPU in 2008.

Cozart has coached 40 players that have earned MLB contracts.



Head Coach Craig Cozart was recently inducted into his high school's Hall of Fame. Photo courtesy of HPU Sports Information.

Women's basketball travels to Bahamas, sits a top Big South

By Shawntay Henry
Staff Writer

The High Point University women's basketball team left North Carolina's 40-degree weather on Saturday, December 17 and headed south to the beautiful, sunny island of Nassau, Bahamas.

Although the team had built up a lot of excitement prior to its departure, first year head coach Jennifer Hoover expressed to them that this was a business trip and not a pleasure trip.

The warm island breeze, the sandy

beaches, and the flourishing palm trees, all happened to be minor distractions for the Panthers.

However, after a little fun in the sun on the beach, the team's fun came to a screeching halt after its first day in Nassau.

The Panthers started the tournament with positive energy, but it wasn't good enough to match the intensity of Georgia State and Central Arkansas, losing 79-68 and 69-58.

"Bahamas was a great learning experience for the team," said junior captain Erin Reynolds. "We were able to learn about ourselves as a team and as individuals." According to Reynolds, the team failed to make the transition from fun mode to seri-

ous mode.

"The intensity level on defense was not there, and these were two games that had to be played very well in order to get the win," said Hoover.

In addition, Shamia Brown said the team's performance in the Bahamas was a big motivation for performing better when they came back home to the Millis Center.

The team now sits atop the conference winning the first five games of Big South play.

Hoover is excited about the team's record, but knows the team is targeted and its competition will only get tougher from this



Freshman Hallie Gunnoe from Hinton, W. Va. has been a key reserve for the Panthers this season providing a spark off the bench. Photo by Jeremy Hopkins.

point on. She notices that her players are valuing hard work, and they appreciate the push they receive from their coaches - even if that means long conditioning hours.

Hoover hears and sees the motivation and passion in these young women from their locker room conversations about drills and plays to their sisterly bickering every once in a while.

"This is just the beginning," Hoover said.

HPU students gear up for Super Bowl XLVI

By Brian Brennan
Staff Writer

The Super Bowl has become one of the most exciting days in America.

Last year over 162 million people worldwide watched the game. This year's viewership should be similar when the New England Patriots play the New York Giants on Feb. 5.

Whether you like football or not, usually Super Bowl plans are for everyone. In recent years High Point University has hosted a Super Bowl Party for students. The Millis Center had been the venue of choice for the event, but that has changed for this year.

Campus Activities Team has reserved the University Center for this year's big game. The game will be featured on a huge infatible screen. There will be a nacho bar and students will receive free stadium cups.

Some HPU Students have different plans for watching the game.

Junior Pat Stein is a passionate sports fan whose birthday (February 6th) just so happens to be the day following the Super Bowl. Stein tried to host a private party for his friends to watch the game, but was unsuccessful in his attempts.

"Since my birthday is the day after the Super Bowl, I tried to get access to the Extraordinaire Cinema and have a private party with my friends in there to watch the game but I think CAT beat me to reserving the theater," said Stein.

HPU sophomore Jeff Gilley, a passionate Baltimore Ravens fan, said that when he's home his parents usually "throw a party for family and friends."

Gilley says his favorite part of the Super Bowl is watching the commercials.

Sophomore Ethan Winter said his plans for the Super Bowl consist of "decking himself out in Patriots gear, and going to one of the campus sponsored parties."

Winter says his plans at home were much like those that other students at HPU traditionally do.

"We usually went over to a neighbor's or friend's house," said Winter. "Occasionally we would invite some friends over to our house and make nachos, quesadillas, and other snacks."

Whether your team is involved in the playoffs still, eliminated a long time ago, or you're just watching for the commercials, the Super Bowl seems to be a big hit on campus. Arguably the biggest and most exciting day in America is fast approaching. Get ready!