Getting Fit: VanClay loses 85 lbs with help of HPURec

By Chelsie Gaetjens Staff Writer

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 HPURec and the campus CrossFit class was underway. At the beginning of his junior year, the program was in full swing. In addition to teaching the CrossFit class, VanClay also brought the Insanity Program to HPU.

"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 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 Szone 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 Coflett, vice president of Communication and Culture at HPU. "From our feedback from students, they are becoming more and more comfortable ordering books online."

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

by Chelsie Merone
Opinion Editor

The technological age is here! Every day we find ourselves using at least several different forms of technology (iPods, cell phones, laptops, 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 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 it's too late. These medications can become addicting, not prescription worthy either.

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?

"Power browsing." Isn’t that what we do? What we think is the answer to our attention issues (or laziness) with a disorder, but just because you have a hard time focusing doesn’t mean you should run to the doctor and cry the ADD-wolf.

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From Changes, page 1

From VanClay, page 1

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

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.

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 eating, 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 workout if you just go there and get what you need to do out of the way.”

Keep your heart rate up

“1f you go to the gym, as said before, go with a purpose. When you keep your heart rate up, it is easier to lose weight and burn calories. When you are running around the track or lifting weights downstairs, keep your core engaged and only stop when you need a water break. Do not make 45 minutes into three hours because you stop for breaks.”

VanClay 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.

January 25, 2012

News

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 images 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 evening 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 nightclub time location underwent changes, specifically with the addition of fresh 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 their room to make their popcorn or heat up their hot pocket.

"The C-Store 2 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 Kuin.

"The Coke Freestyle on the HPU campus is one of the first in the southeast region of the US."

"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 Baezner.

"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 Cafe. One new feature in the Cafe is the Mediterranean bar, which offers a wide variety of healthy snack options, such as hummus, tabbouli, and tzatziki, as well as many made-in-house. The Cafe has begun to offer more variety at its existing 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 Cafe are not noticed so much with the eyes but more with the nose, such as the new ventilation system in Cafe. That's right students, the infamous "Cafe smell" is gone.

"As the Cafe 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 concerned about how it [the Cafe] makes them smell."

The display cooking allows students to see their food made fresh in front of them, which is something HPURec 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 Kuin.

In addition to this infrastructure change, the Cafe 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 Cafe] this semester, which is a very good thing," said Pat Stein, a junior who says he visits the Cafe at least once a day and sometimes twice a day.

With the "Cafe 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. Additionally, 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.

For more information on HPURec fitness programs, visit the HPU-Re 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.html.
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 bases 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 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, 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 integrity is a great role model, because he or she can be trusted 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.”

The Campus Chronicle has officially launched a new website at CampusChron.com, which will feature news, photos and videos of student life at HPU. To visit the news site, go to www.campuschron.com.

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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's dress, she is able to wear long sleeves without looking too conservative.

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. As classic.

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!

A+ classic.

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Ahh! Emotions Alpha Gamma pledges of the around! day, especially for all Smiles (right). the new pledges are high on bid trade (below). in the bid day pa- campus, as girls from Sigma Sig- ma Sigma drive in the bid day pa- rade (below).

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

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

Many students are aware of the Campus Activities Team, CAT, and how 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 WINW New 2 Piedmont Win- terfest 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 for 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. and lasts until 11 p.m. 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 Alexis Ortonowski, HPU freshman. Ortonowski enjoyed the trip so much that she actually went on to take the ice skating PE class now offered through HPU this spring.

Any new member or executive council member would like to express their gratitude for the time and effort that went into making the ice skating trip possible.

HPU greek family expands with new director, sorority and sisters

On Saturday, Jan. 21, one may have noticed an abundance of new pledges race across the floor in Shane gym on Sunday (eight). Vroom, vroom! Bid day includes a parade through campus, as girls from Sigma Sigma Sigma drive in the bid day parade (below).

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Campus Chronicle

High Point University

JANUARY

1 New Year’s Day

Order your textbooks online today!
As we continue to enhance your HPU Barnes & Noble bookstore website, all book orders are now made exclusively on your bookstore website. All online orders will be delivered to the Campus Store; no exceptions. Order by noon to receive the same day pickup.

highpoint.bncollege.com

8
9
10
11
12
13
14

Monday Movie
Extraordinary Cinema
6PM C 7PM
Late Registration
Day
Classico Italiano

Welcome Back Party
University Center

Black Out
Westtopp 7-PM

Women vs Campbell
12NO

15

Follow us @HPUCinema on Twitter
Get interesting about movies playing and discussions

16

IDS Event
Fox News
John King Jr.
Saturday
Bash at SamaG
11AM – HPU Chapel

Monday Movie
Extraordinary Cinema
6PM C 7PM
Martin Luther King Day
No Classes

17

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

18

Wednesday Night Live
Open Mic Night
6PM

Blood Drive
11:45AM – 5PM

Women vs Coastal Carolina
3PM

19

Prize

Culture & Golden Series
Sign up at the Campus Conglomerate

20

IDS Event – Gonzora Symphony
7:30PM

HPU Faculty Recital
7:30PM

Golden Series
Sign up at the Campus Conglomerate

21

Women vs Liberty
7PM

22

Wilson Commerce Ballroom - 6PM

23

Wilson Commerce Ballroom - 6PM

24

Wilson Commerce Ballroom - 6PM

25

Café

26

Café

Friday

Saturday

27

Café

28

Café


Wilson Commerce Ballroom - 6PM

Wilson Commerce Ballroom - 6PM

Café

Café

Wilson Commerce Ballroom - 6PM

Wilson Commerce Ballroom - 6PM


High Point University Presents
MALCOLM GLADWELL & NIDO QUEBEN
January 12 at 10PM on UNC-TV

Malcolm Gladwell is an author of HPU’s Cultural Enrichment Series, President Mido Quebben is a global leader in the world of education. "The Tipping Point" is a best seller. In "Influence: The Psychology of Persuaision" and "What the Oprah Effect"...
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 (7-2, 3-6), they have lost three, four and five of the last five and the Panthers just not performing as well as Coach Scott Cherry thinks they should be. "The game is where we want to be but we’re not making progress," Cherry said.

Among the difficulties of the season, Barbour’s individual statistics are shining as a pitcher. During his time at the Masters Academy, he compiled an overall ERA of 1.25 with 6.3 points per game and 2.97 points with a 33-point effort versus Liberty, but still behind Arizona’s Reid’s 1.64 points and all-time scoring leader Gense Little’s 3.298 points.

Barbour, along with his teammates, have been by the conference this year. The HPU traditionally does not work much like those that other students at HPU traditionally do.

Barbour’s last year at HPU a memorable one. He really thinks these games will help us down the line at the conference tournament," Barbour said. "When those close game situations arrive during the season, we will know what to do."

The humble Barbour is not fazed by the compliments he has made over the past 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 for them 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.

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

By Shervante 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 in minor distractions for the Panthers.

However, even after a little fun in the sun on the beach, the team’s fun came to a scrutching halt as they did not beat the Bahamas team.

The Panthers started the tournament with no 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 center 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 serious mode. 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 knows and sees the motivation and passion in these young women; from their locker room conversations about drills and plays to their ticker bickering every time in a while.

"This is just the beginning," Hoover said.

"Since my birthday is the day after the Super Bowl, I tried to get access to the Extraordinary 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 traditionally do not work much like those that other students at HPU traditionally do.

"We usually went over to a neighbor’s house 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 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!

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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.

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 viewing ship 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 inflatable 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 happened 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.

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 of 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 TMAS’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 596. He threw a complete game as a freshman, and earned four all-conference awards.

Cozart says that this induction was a tribute to his parents. "His dad was the head coach of his high school baseball 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.

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