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 equality and the chance to improve one's life from generation to generation. Its associated symbols are the American flag, the minivan, 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 Tank grant is awarded to facilitate with innovative ideas. This year, it was awarded to Dr. Carol Davis, Dr. Marta Kiffer and Dr. Joseph Blosser and many other projects. Specifically, the ADP has plans to create a reality television show, which was drummed up by Davis, professor of communication.

"Reality shows give people a chance to think about things and reflect about things, and comment about things, and what better positions for students to be in—" said Davis. "Stud-" 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 of Educa-

nity to talk one-on-one with a student who has financial trouble, you may ask them, 'Is this dream attainable?'

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, and comment about things, and what better positions for students to be in—" said Davis. "Stud-

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 designed to engage students and build a marketing 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, the program measures the weight of all recycling items collected on each campus. Recyclemania hopes to motivate students and staff to reduce waste generation by providing campus recycling programs, encourage colleges to measure the amount of recycling that they put forth as a whole in order to engage the community, 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 events, such as auxiliary 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 all year round. Recycling bins are placed directly beside trashcans so students can recycle their glass, paper and plastic easily. Nelson said that recycling is available year round at HPU.

"We strive to provide the opportunity for recycling; we are trying to make it as easy as possible and guide the students toward recycling," said Nelson. See Recyclemania, page 4

NASCAR Kinects 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 aged 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 never heard of NASCAR."  

At HPU, the NASCAR Kinetics team is made up of students from the business and communica-

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 Thunderborne Attractions, and of course, a large screen television for the racing event.

The decorations were donated by Race Party Decorations, a local company based in High Point. Other decorations came from M&Mo's, which was the main sponsor for the viewing party. Because M&Mo's was the main sponsor, the team organized a " hasta los vacaciones" event where visitors of the event placed guesses on how many M&Mo's they thought were in a giant bowl. Senior Justin Terrell's guess of 3,050 was closest to the actual 3,662, 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 NASCAR, page 4

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 the research that students conduct and present. The Department of Undergraduate Research and Creative Works has received many abstract submissions and is looking forward to the day of the conference, when students will have the opportunity to present their research in the field of art history. The High-PURCS conference, she said, would be the perfect opportunity for students to exhibit the Department of Undergraduate Research and Creative Works has received many abstract submissions and is looking forward to the day of the conference, when students will have the opportunity to present their research in the field of art history. The High-PURCS conference, she said, would be the perfect opportunity for students to exhibit the contents of their paper like the back of their hand, without memorization.

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 an enthusiastic to show off my undergraduate research at any conference. Not only did the support of the Department of URCW displayed and 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 discipline. 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 academy that it is a great opportunity for students to conduct and present research.

Three months of strength. Two months of cardio. One minute of abs. Ready? Begin.

In Jillian Michaels’ “30 Day Shred” workout video you are expected to get growing results in just 30 days.

Beginning with three months 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 ropes. 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 individuals say they are looking at losing weight because they do not exercise enough. Following a 20 minute routine, leading health and wellness expert Jillian Michaels 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 her video mainly on cardio then ends with 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 Bott 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 Bott and Thighs” instructor Teri Ann Krefting keeps you moving at a fast pace throughout the entire 40 minute workout.

In preparation for this groundbreaking conference, students have been collaborating with their peers on projects, partnering with their faculty advisor to produce a stronger presentation and learning what a life in academia 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 has been important enough in the context of faculty and students already involved with research. But there are many students on campus who are not apt 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 given a great deal of 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. Pippinato, 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 for students to exhibit the contents of their paper like the back of their hand, without memorization.

Undergraduate research on the campus of High Point University allows students to present at the State of North Carolina 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 for students to exhibit the contents of their paper like the back of their hand, without memorization.

As opposed to Michaels’ “30 Day Shred”, “Belly Bott 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 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 up 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 lengths, they both offer a similar mission: to lose weight.

Both Jillian Michaels’ “30 Day Shred” and “Crunch Belly Bott 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 you only really doing cardio,” Suzanne Molyneaux said, after doing the workout videos simultaneously. “You can really start to see results if you consistently do them.”

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

With sumer 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.
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.

I'm thankful to have had the opportunity to work with so many wonderful people during my time at HPU. I am also grateful for the many experiences and opportunities that HPU has provided me with to continue to grow as a person.

I am also excited about the many opportunities that HPU has helped me to obtain. I am looking forward to what the future holds for me and I know that HPU will always be a part of who I am.

As I reflect on my time here, I am grateful for the many memories that I have made and for the ways that I have grown. I am happy to be able to share these experiences with others.

I am ready to move on to the next chapter of my life and I am excited about what the future holds. Thank you to all of the staff and faculty members who have helped me along the way. I will always be grateful for the opportunity to have been a part of the HPU family.

Chelsie Merone
Opinion Editor

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

By Tatiana Kresefsky
Staff Writer

Shannon Thompson
(Freshman): Ireland

Halley 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
Tarara teaches healthy living, encourages application beyond classroom

By Meghan Pignataro

Staff Writer

When it comes to college students, many struggle to achieve balance in 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 for students to live a healthy lifestyle.

First, High Point University offers several classes focusing on health. Tarara teaches a nutrition and healthy living course focusing on nutrients, dietary guidelines, food labels, exercise testing and making personal choices.

Her course gives an in-depth foundation of the aspects of living a healthy lifestyle and the elements involved.

While she teaches students how to live a healthy lifestyle, 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.

"Eating healthy and eating regularly 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 into your body each day.

"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 it's sparingly, but you should avoid large amounts of it."

Students should be aware of the food they consume to make sure they are eating the right carbohydrates.

"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, since it is beneficial to your body.

While college could be widely known for their nightlife and partying, limiting alcohol can easily strengthen one's ability to handle stress.

"According to the National Institute on Alcohol Abuse and Alcoholism, there is a link between alcohol and eating disorders. Great amounts of alcohol have poor eating habits while those who drink every 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.

"In order to really be going to a whole new level, it is important to get a lot of exercise. 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 gyms open for your exercise needs where students can exercise.

"Right now I am taking a yoga class and a kickboxing class for fun," said junior Sarah Voigt. "These classes give me a structured routine to work out daily. It helps me stick to a schedule and I do not want to give up or not wanting to go, so it's for an actual class."

In addition to physical activity, another essential aspect of a healthy lifestyle is sleep. Students need to get more than seven hours of sleep to gain the body it needs.

Some believe skipping meals may be beneficial by keeping up with steps and stay highly motivated, you will be on the right path to living a healthier life. With these 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 balanced.

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

From Recyclemania, page 1 week of Recyclemania, HPU had recycled 78,613 pounds, with a ratio of 20.72 pounds per student. The campus saw a decrease in its energy consumption of 87 metric tons of CO2 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 127,333 metric tons of CO2 Equivalent.

HPU was named one of the greenest campuses in America by the Sierra Club this past year, and the results of Recyclemania and the new composting program will be on the right path to living a healthier life. With these 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 balanced.

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- Elementary Education

High Point University | 336.841.9198 | graduate@highpoint.edu Norcross 127
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 world of design."

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, is so 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. It was my own architecture 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 Theatre production 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 advantageous 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 something he enjoys, and he has an avid interest in the sport of racing. Timberlake said that he is a great admirer of the University of North Carolina's sports teams and has attended many games over the years. He said that he enjoys watching the Tar Heels play football and basketball, and he has a great appreciation for the university's athletic programs.

In addition to his work in furniture design, Timberlake is also known for his clothing line. He founded Bob Timberlake Inc., which produces clothing and accessories inspired by his artwork and designs. The company is based in Greensboro, North Carolina, and has stores in various locations throughout the United States.

Timberlake also has a line of furniture called "The World of Bob Timberlake," which includes tables, chairs, beds, and other pieces. The collection is sold at high-end furniture stores across the country.

Overall, Bob Timberlake is a beloved and respected figure in the world of art and design, with a long and successful career that has inspired many others. His dedication to his craft and his talent have made him a true icon in the world of design.
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 it’s 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."
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 act 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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The High Point University Men's Basketball 2008-09 season, the first for this promising sign with us. "It says a lot about our program and the University to have such a talented group of athletes," Lundy said back in 2008. "We are thrilled and excited to be signing a kid who was not able to correct it in time. Unfortunately Barbour had a rough first year during his junior season after ending a 39-year Stanley Cup drought last season and faced a less-than-average Washington Capitals team. Niklas Backstrom also sat out two games, which 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 will be the edge to the Predators in this exciting matchup.

Barbour showed up in the ESPN’s three-point contest

By Kevin Russell

The High Point University Men’s Basketball recruiting class of 2008 was one of the most anticipated in school history. Jacob Lundy, Chad Joly, Dave Singleton and Strachan Short had never seen 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 one of the right reasons. On paper, it was one of the best in the conference and in the history of the university.

"We were not short of talent and decided to be sign- ing such a talented group of athletes," Lundy said back in 2008. "It says a lot about our program and the University to have such a talented group of athletes." Lundy resigned from his position as head coach.

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

As a late signee, not much was expected of Sidney Crosby due to concussion. Pittsburgh finished with 108 points, one less than the first place team. Crosby has only played 22 games this season scoring 35 points. Evgeni Malkin has picked up the slack with 39 goals and 53 assists on the season. The Flyers have had a good season, but this Bryzgalov has not performed very well in April. A change of scenery can do little for Bryzgalov and the Flyers have had a phe- nomenal 31-7-3 record at home. They have the twenty-first ranked penalty kill and Nashville’s top ranked power play will be the edge to the Predators in this exciting matchup.

It’s a big season in the desert. The Coyotes won their first division championship, despite having fewer points than the opposing Blackhaws. The Coy- otes have Mike Smith in goal and Ray Whitney on the front line. Smith has 38 wins and a 2.21 GAA and Whitney has 35 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 Blackhaws this season.

STANLEY CUP CHAMPIONSHIP

Barbour showcased in ESPN’s three-point contest

By Nolan Stout - Staff Writer

No. 1 Rangers vs. No. 8 Senators

The Senators return to the playoffs after missing last season, but this may well be short lived. The Sens are 3-1-0 against the Rangers this season, but went 6-7-2 over their last 15 games. Upping their way 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 Lun- dy said back in 2008. "It says a lot about our program and the University to have such a talented group of athletes," Lundy said back in 2008. "We are thrilled and excited to be sign-
Sports

Cozart nears 100 wins as baseball team battles for first

By Henry Molski

The High Point Panthers have posted an inconsistent season of yet another on the Carolina Conference, but they are still in the running for the regular season championship. This was a feat that propels this team to its first NCAA tournament appearance.

The Panthers are more than capable of achieving these goals, but they must work hard to secure their place in the tournament. The Panthers have a long road ahead of them, but they are determined to make the NCAA tournament.

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

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

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

By Joe Wetzel

The women's lacrosse team is no stranger to winning and if they can keep playing the consistent type of lacrosse that Coach Lyndsey Bowser has instilled on this team, they could be contending for another conference championship.

The Panthers have a long road ahead of them, but they are determined to make the NCAA tournament. The Panthers have a long road ahead of them, but they are determined to make the NCAA tournament.

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 Ziccarelli has been a major key to the team's success this season. Ziccarelli, a senior midfielder, has done the little things during games that have led to possession changes, draws controls and winning goals. This season Ziccarelli has 15 goals, 5 assists, 21 ground balls, and 15 draw controls to go along with one game-winning goal.

While Ziccarelli 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 11 draw controls. Mackenzie Carroll, Christie Dougherty and Sara Kallan have also played key roles in both the eight to 10 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 finish in the top four in the conference to try to draw for the conference tournament." This has been a realistic goal for the team.

The Panthers are headed in the right direction in their quest to make the NCAA tournament. The Panthers have a long road ahead of them, but they are determined to make the NCAA tournament.

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