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Family Weekend impacts the city of High Point

By Alexis Ancel
News Editor

Family weekend is a time-honored tradition at High Point University and even still, it continues to grow each year along with HPU's growing population. With over 5,000 people traveling from all over the country, Family Weekend is a way for students to spend time with their loved ones in the midst of busy schedules by bringing parents, siblings, grandparents, cousins and friends to their home away from home.

This year's February Family Weekend hosted a variety of events and speakers that spanned three days to provide a selection of both fun and informative activities for families and students.

"The weekend has many offerings, including a university update with Dr. Nido Qubein, a service opportunity for family members to make an impact on those less fortunate in our community, faculty lectures, concerts and much more," Chris Dudley, senior

vice president for development, said.

Some of the other events included campus walking tours, movies in the Extraordinaire Cinema, an a cappella concert, worship services and lectures such as motivational speaker Marilyn Sherman and associate professor of management Dr. Tjai Nielsen.

HPU aims to add new events and activities each year, but still holds the most popular events annually. Some of these favorites include the university update with president Dr. Nido Qubein, the choral concert, family bingo and other various sporting events.

Though many aspects of Family Weekend in February are similar to those in September, it is typically a smaller affair in the spring than in the fall. Due to colder weather, outdoor activities can only be held in warmer weather during the fall, with the exception of the campus walking tours held during both weekends.

As the majority of HPU students live out of state, many local businesses, restaurants and hotels benefit from the influx of people who come to High Point for this weekend.

"Families travel from near and far," said Marideth Riggs, manager of university events, said. "We have some that may just come in for the day, but we also have a lot that stay for the weekend in local hotels."

It is estimated that a total of \$2,473,237 was brought to the city of High Point over the course of the weekend, according to the High Point Convention and Visitors Bureau.

Family Weekend is often popular for the freshman class and any student who is getting used to living away from home.

"I'm so happy my dad was able to come out for family weekend since I live so far away from home in Colorado," said Ann Shelley, freshman. "It's nice to be able to see my parents for a weekend."

This weekend is not only a way for students to spend time with their families, but it allows families to take part in their HPU student's college experience.

"Families enjoy coming to HPU's campus to spend time with their children and experience our ongoing transformation," Dudley said. "We appreciate the advocacy of HPU parents and families at this event and throughout the entire year."



Family bingo is one of the activities that families are able to participate in throughout the weekend. Photo by: highpoint.edu

Students represent HPU in the North Carolina Opera

By Erika Esterline
Staff Writer

On Jan. 24, the North Carolina Opera took the stage to perform "Eugene Onegin." In the chorus were three High Point University singers; Jay Card, James Porzensk and Laura Hutchins.

The students had previously worked with Dr. Scott MacLeod, an assistant professor of music and co-chair of the HPU vocal division, who is the chorus master for the North Carolina Opera.

"I had the pleasure of working with Dr. MacLeod last year in the musical, The Drowsy Chaperone, and in the Opera Scenes class the last two fall semesters," Card said. "I volunteered last semester to help out with the auditions for the North Carolina State Opera because I had no idea what the audition process was like, and I wanted to know how good the people auditioning were. After listening to the people auditioning, I knew that this was something I wanted to be a part of. One thing led to another and a couple days later I had an email from the General Director inviting me to join the chorus for Eugene Onegin."

After studying abroad with Dr. MacLeod, Hutchins also soon found herself involved in the North Carolina Opera. She was one of eight HPU students to study abroad in Prague, Czech Republic with Dr. MacLeod where he taught music classes, took the students to operas and gave them private voice lessons.

Still just students in college, performing in a full opera show with an experienced chorus was not something they planned on doing yet.

"I'd hoped that eventually I could do something like this, but it came much sooner than I expected," Hutchins said. "The chorus members are more experienced and mature singers. Working with them pushes me to work hard to keep up."

This was something that Card had not anticipated for himself either, as he tends to perform more in musicals.

"A couple of years ago, I would have never expected something like this," Card said. "I really started getting into opera in the last year and a half or so. I've done a lot of musicals, but an opera is on a much different level, it really set the bar high. This was a very special performance because it is my first full opera that I have ever been a part of."

Both Hutchins and Card agree, however, that the most difficult part of the process was learning to sing in Russian.

"Eugene Onegin was my first time singing in Russian," Hutchins said. "It's a beautiful language, but a beast to learn."

Since Russian is an unfamiliar language for these students, the rehearsals were intense and demanding. They had to work on pairing the music with the Russian language and the tempo.

"Unlike Madama Butterfly last fall, this production wasn't staged so we didn't have to worry about costumes or choreography, we solely were able to concentrate on the music and the language," Hutchins said.

Continuing to perform with the North Carolina Opera this semester is already in the works for these students as well.

"I am also a chorus member in the next production with the North Carolina Opera," Card said. "It is the Barber of Seville by Rossini."



From left: HPU students Jay Card, Laura Hutchins and James Porzensk. Photo by: highpoint.edu

International Student Profile: Bingjie Qi

By Ann Shelley
Staff Writer



Pictured is freshman Bingjie Qi of southeast China. Photo by: Ann Shelley

Freshman Bingjie Qi, who also goes by Clara, did not imagine spending her college years at High Point University away from her home in southeast China.

She is not new to traveling, though, having traveled all over China to more than 40 different cities with her dad when she was younger. She is familiar with the United States as well after spending most of her high school years studying in New York just outside of New York City.

Qi found out about HPU through one of her best friends in high school, who also attends HPU.

"It was nice knowing someone coming into freshman year," Qi said.

When she first visited HPU for freshman orientation in April, Qi realized she wanted to come to HPU. She remembers it being a simple and fun process compared to other schools she had visited.

"My favorite part about HPU is definitely the environment," Qi said.

However, there are certain aspects of home that she misses.

"I miss the food the most," Qi said. "American-Chinese food is just not the same."

Qi loves new places, so she was excited to start her freshman year at HPU.

"I went to a small high school, so I wanted my college experience to be the same," Qi said.

Qi explained that her transition from China to the states was easy. She also lived with an American family during high school, so she was able to learn the American culture more quickly.

She is also in HPU's International Club, which she has been enjoying. Her favorite class currently is philosophy, having described it as a whole new way of thinking.

"With smaller class sizes, the professors pay more attention to me, which makes me want to study more," Qi said.

Qi is currently an undeclared major, but she is leaning towards event management as her major, noting that she wants to travel more and see the world.

"I don't want to just sit in an office and face a computer," Qi said.

Opinion

2016 Presidential race signals American discontent with politics

By Anne Davey
Opinion Editor

Unless you have been able to steadfastly avoid any form of news and media over the past six months, by now it's likely that you've become well acquainted with the political candidates that are vying for the White House in 2016.

The term political candidate is a stretch in some cases, while others are seasoned political veterans. The field is crowded on the Republican side, in stark contrast to the sparse Democratic field. This election and the candidates themselves have made the race for the White House this election cycle an anomaly.

Donald Trump as the Republican front-runner, Bernie Sanders nearly tying Hillary Clinton in the Iowa Caucus and candidates funding their own campaigns might not seem

to have much in common at the outset; however, they all point to a huge change in the way Americans are thinking about elections and politics in general.

The fact that a self-proclaimed socialist and wild-card billionaire business mogul are strong contenders in this election speaks to the discontent Americans are feeling with the

political system. People are angry, people want change, people don't trust politicians and after the past decade. Who can blame them?

The Donald Trump effect early on in the race was not uncommon; non-politicians run all the time, in Presidential, Senatorial and Mayoral races.

It's certain that things aren't following the status quo of typical political elections and the widespread support for Donald Trump isn't a short lived fluke, but a hugely supported movement.

So what gives? How come all of a sudden, after decades of electable candidates with strong histories of successful political careers taking the forefront, our nation's top polling candidates are not fitting the bill?

Most people in the United States couldn't care less about politics and a lot of people are really angry with the state of things in America; these two things combined have made for a special primary atmosphere, one that's allowed Donald Trump to thrive and Bernie Sanders to pose a valid threat to Hillary Clinton.

Whether you are into politics or not, its hard not to be intrigued by this election - this year may well be a tremendous tipping point in American politics.

It is an exciting and different time, especially for people of our generation. The level of political engagement, social media and outreach are much greater than ever before. And while this alone might not be enough to get people involved, most Millennials are on the cusp of becoming working adults, so these elections and the policies of the candidates we choose

to vote for are going to have actual tangible impacts on our lives.

Millennials all over the country are expressing their anger and distrust of the government. Issues like refugee placement, college loans and women's rights are at the forefront like never before and are adding to the surge in popularity for outspoken, unconventional candidates.

Two political outsiders and a vast field of outspoken candidates

are changing the way Americans think about politics. It seems that American citizens have finally exhausted their faith in insider politics, scheming campaigns and the "old boys club" of Washington D.C.

Whether the grassroots popular movement is successful in putting an outsider candidate in the White House in 2016 or not, only time will tell. But the success of such unconventional candidates, and diverse political platforms that go against party lines and the status quo, are probably going to be here to stay.

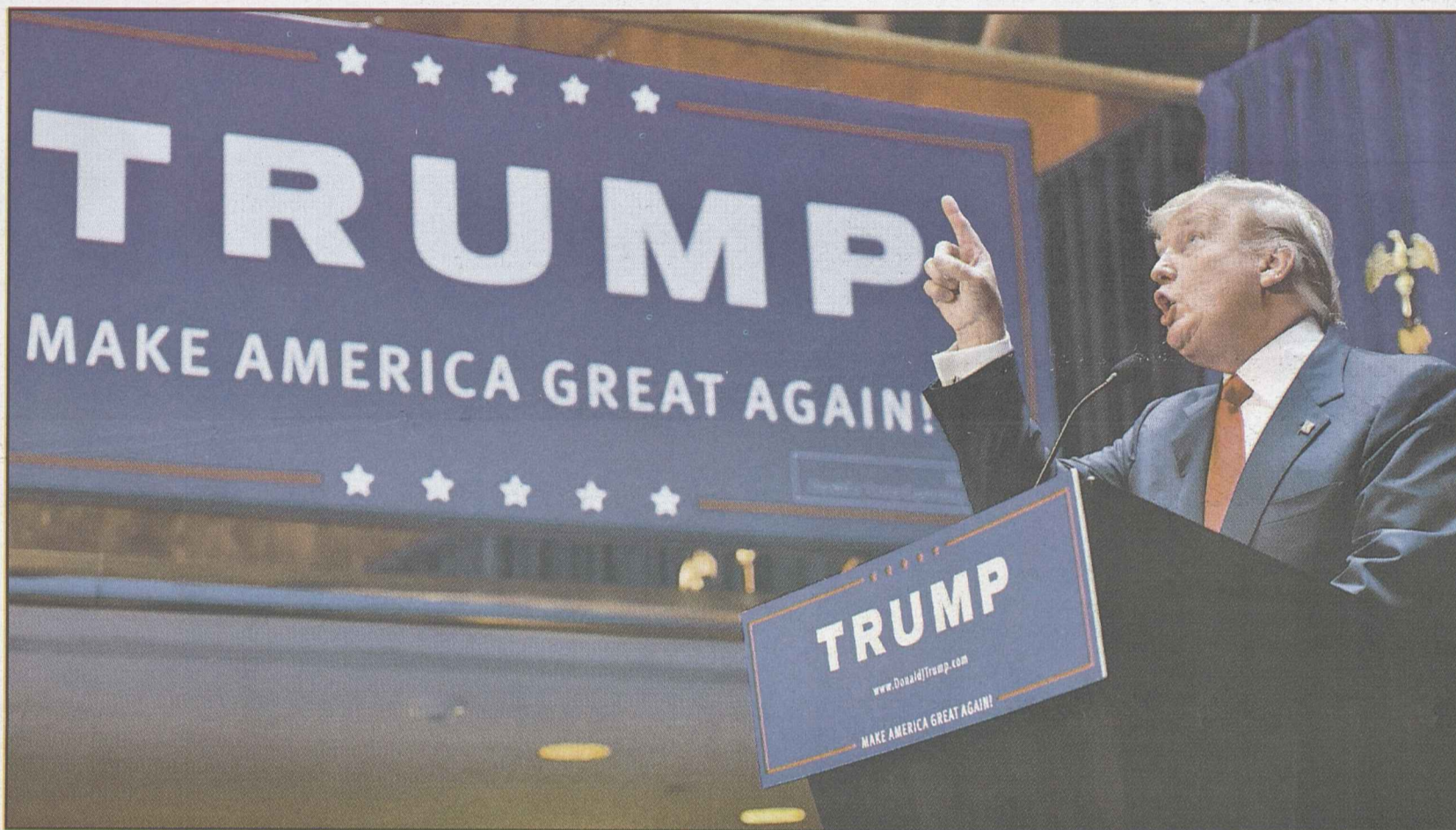


Photo by: washingtonpost.com

Social media, chivalry and the new Millennial era of dating

By Ann Shelley
Staff Writer

Over the past century, our generation has slowly transformed society's idea of what dating is. In high school, it's common for people to get to know one another within the first few months of dating; whereas in college, people get to know each other prior to committing to a relationship.

Now, our society seems to be consumed by social media, almost ensuring people know, or have heard of, one another prior to dating. If you are currently dating someone, you've already beaten the stereotype.

The term "dating" used to mean a girl and boy meet; if they like each other, they go on a date; and they may continue on more dates that ultimately become a relationship. The guy would show up at your doorstep with a huge bouquet of flowers, meet your parents, hold open doors and treat you to dinner; all parts of a huge romantic gesture. This grand gesture has turned into Instagram likes and Twitter direct messages.

People don't even flinch anymore after hearing "you got a kik?" When did this idea of dating transform into a social media takeover? What ever happened to a guy walking up to you at a bar and dropping you a cheesy pick-up line to get your number? What ever happened to going steady in high school?

It seems like our generation was too quick to grow up and create a whole new idea of dating. Tinder and other dating apps and websites aren't saving the old idea of what dating used to be. Instead, they make it easier for us to hide behind our glowing screens; talking behind your phone or computer isn't really getting to know a person.

In college, most people don't want to commit themselves to a relationship. Instead they spend their time and energy meeting new people and "talking." The term "talking" has transformed too. It used to mean that you are generally just having a conversation with someone. Now it means you are hanging out with the other person for a couple weeks or months, but you aren't exclusive.

It seems that more and more individuals don't want to commit because of the fear of "labels;" labels meaning "dating" or "boyfriend and girlfriend" and generally any phrase that would indicate that they are in a monogamous relationship with another individual. You are stuck in between just getting to know each other and actually dating.

So when someone asks you, "How are you and what's his face doing? Aw, are you guys dating?" You don't know how to reply because you fear telling them you are in a relationship because maybe he doesn't feel the same way.

Dates are also becoming part of the past. Whatever happened to cute picnic dates? Or a five-star dinner and a movie? Our society seems to be consumed by the idea of "Netflix and chill." Let's bring the old idea of dating and relationships back.

Valentine's Day is coming up, so why don't you surprise your boy or girl with some chocolates, flowers or a nice dinner out? This is only just a start to bringing the idea back into our society where dating isn't consumed by social media and other's perceptions. You shouldn't depend your whole relationship with an individual on whether they like your Instagram, Tweet or text you back instantly. It is all about what the relationship is in person, because it's always easier to hide behind a screen.

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News

Students learn tips for the professional world at Career Expo Prep Night

By Anne Davey
Opinion Editor

On Feb. 2, High Point University's Office of Career and Professional Development held its first ever Career Expo Prep Night. The event was hosted in Cottrell Hall, home to the Entrepreneurship and Sales Centers, and the Career and Professional Development Office, which all participated in the event. The well-attended event drew students from all academic years and disciplines in an effort to better prepare students to succeed at the Career and Internship Expo on Feb. 17 in Slane Student Center.

Clubs and organizations from across campus participated to make the event both meaningful and successful, specifically those with an emphasis on professional development and success skills. The Sales Club, Alpha Kappa Psi business fraternity and members of HPU's Greek Life all came out to man stations, encourage students and participate in the prep night. Working alongside the staff from the Career Office, students put on a first of its kind event.

HPU's Office of Career and Professional Development actively used student feedback from previous career fairs in order to plan the event. The office routinely solicits feedback and suggestions from both students and the employers to ensure the success of future career fairs and to make the experience as meaningful as possible.

After the Career Fair held in the fall, some feedback from employers, professors and students indicated that some students seemed unprepared in important areas; how to dress, what questions to ask, what to have on hand for employers and other small things that can make a difference as far as first impressions and level of professionalism go.

The Career Expo Prep Night was a result of this feedback and the work of the student employees in the Career Office, known as Peer Career

Advisors. These students work with the office to help them best serve HPU's student body; their services are both volunteer and paid, and include helping students develop professional resumes and LinkedIn profiles. Last week, the PCA's put on the office's first ever student-run event.

The event featured several stations designed to better prepare students for the upcoming Career Fair, slated for Wednesday, Feb. 17 from 10 a.m. to 2 p.m. in the Slane Student Center.

Stations at the event included a LinkedIn photo opportunity, a resume review station and a dress for success tip center. The Career Expo Prep Night also provided guided opportunities to download the Career Fair App: HPU CFPlus, elevator pitch practice, how to hold a professional conversation and what questions you should ask employers.

Students that attended the Career Expo Prep Night and visited all of the required stations were entered into a drawing to win gift certificates from local restaurants like Feeney's and Southern Roots and also had the chance to win HPU gear like a rolling suitcase and note cards.

Employers attending next week's Career Fair are likely to be impressed with the finely honed skills of HPU students after the successful Career Expo Prep Night. Representatives from a range of companies, schools, health care providers and recruiting firms are going to be in attendance. Representatives from Bassett Furniture, Durham Police Department, Insight Global, AXA Advisors Inc., and many more are scheduled to attend.

HPU's strong emphasis on professional development was on display at the Career Expo Prep Night, ensuring that at the upcoming Career Fair, students will be well prepared to land internships and full-time positions with the companies in attendance.



Students were shown what to wear to job interviews at one of the many stations. Photo by: Deja Ross



Career Peer Advisors helped students edit their resumes and provided insightful tips on what employers are looking for. Photo by: Deja Ross

HPU student becomes successful selling menswear in the fashion industry

By Maddie Travell
Organizations Editor

Effective networking is essential to young professionals' success breaking into an industry and finding people who are willing to become a mentor throughout the journey of entering into a particular field.

Brady Walter, a freshman from Bethesda, Maryland, has already made headway towards achieving his career aspirations through mentorship and learning by example. Walter is currently balancing college classes with his position as a personal stylist at J. Hilburn, a Bespoke menswear clothier.

Walter's journey began when his mother befriended a fellow stylist, who soon after became Walter's "up-line," or essentially his boss at J. Hilburn. Walter is currently the youngest employee within the company with over 60 clients and even caught Dr. Nido Qubein's eye by pitching and eventually selling to him.

Walter also designed an HPU shirt with the school's colors in pinstripe with a contrasting white collar that Qubein and others wear. He will likely soon be promoted to associate partner after successfully managing several other stylists that are a part of his team.

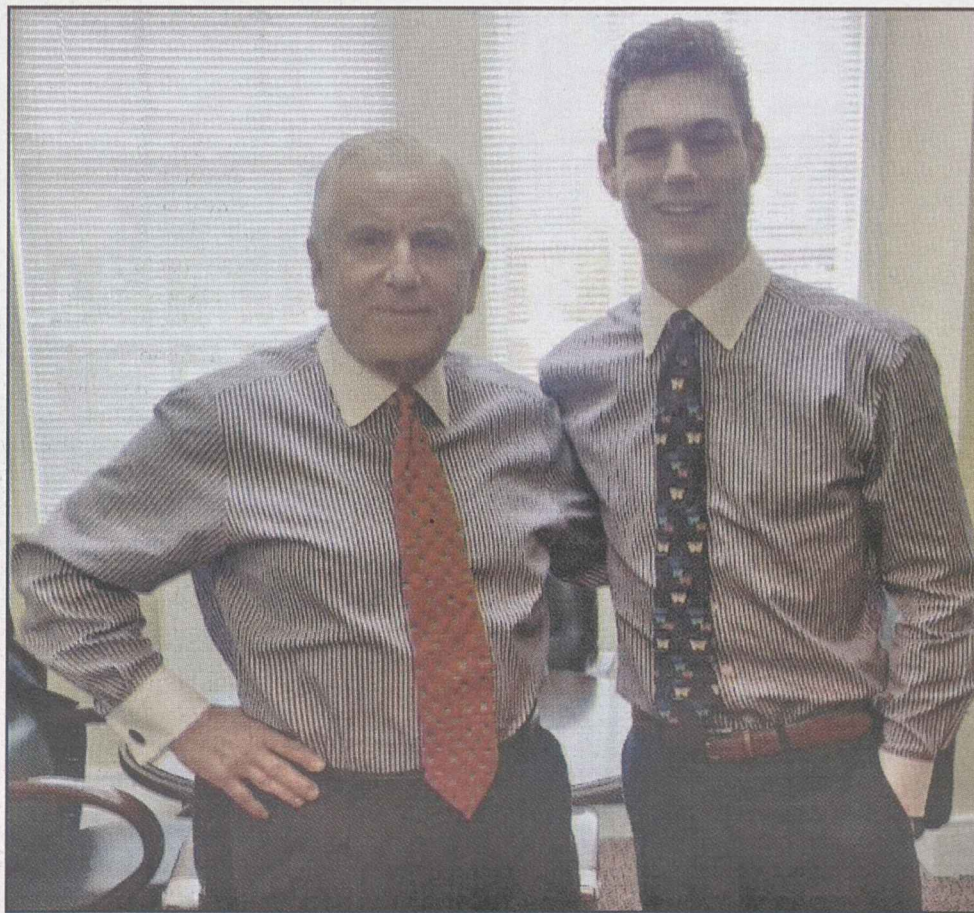
"I am most interested in merchandising and the production of menswear," Walter said. "I hope to strengthen my business on campus and market to the community the dynamic within J. Hilburn, which makes it such an awesome company to work for."

The company prides itself on creating custom menswear with collections that range from made-to-measure suits, custom shirts and all formalwear accessories. There is a multitude of options for making the garments personalized including monogramming and even customizing the thread for the buttonholes.

Since HPU emphasizes the importance of their students' professionalism, J. Hilburn is the ideal company to clothe students getting ready for a job interview.

Walter is also on the executive board of POSH, HPU's fashion club and one day hopes to be a CEO of a major corporation. Walter is an example of how college students can prepare themselves for a career, even as early as freshman year, by gaining experience and getting involved in their area of interest.

"I have developed a platform to offer a discount to students who are in the market to buy a well-fitted suit," Walter said. "We are going to introduce it first at HPU with the Panther Pack and hopefully spread it to other campuses across the nation."



Dr. Nido Qubein, HPU president (left) and HPU student Brady Walter (right) wear custom HPU shirts designed by Walter. Photo submitted

A&E

Fans awaken for a new 'Star Wars' film

By Carly Delengowski
Staff Writer

We waited years for the Star Wars franchise to release a new movie and we were not disappointed. As an avid fan of the galactic world, I've seen "Star Wars: The Force Awakens" three times now and have a mixed relationship with it. George Lucas handed over the reigns

to J.J. Abrams, who made cinematic history. "The Force Awakens" broke the record for the biggest box office on opening weekend in both the U.S. and globally—racking in \$529 million.

Disney did a great job appealing to loyal fans by bringing back the original trio. We get to see our favorites: Leia, Han Solo, Chewy, R2D2, C-3PO and even Luke in a weird spinning stare-off ending. In "The Force Awakens," the new trio is predicted to be Rey, Finn, and Poe... and yet another cute droid to steal our hearts, BB-8! I greatly appreciated a strong female protagonist and can't wait to continue watching Rey's journey as she learns to use the force.

Anyone who knows me knows I will forever love Anakin/Darth Vader. Unpopular opinion time: the prequels were my favorite. However, for all the love I have for the best Sith Lord of all time, I absolutely despise Kylo Ren. He is the most despicable Sith Lord in the Star Wars galaxy and I truly cannot wait to see

Rey destroy him. Kylo throws multiple hissy fits, misuses the force, wears a mask for absolutely no reason (Vader needed it to hid his burns) and (spoiler alert) kills his father. Kylo will never live up to his grandfather's legacy. On the other hand, I personally believed they revealed Kylo's identity too quickly and very likely could of waited until the next movie. Luke finding out Vader was his father was one of the biggest cinematic reveals in history and J.J. Abrams could have used Kylo's relationship to Han and Leia to his advantage. Nor was I expecting

Kylo to take off his mask so quickly because we don't see Vader's true face until "Return of The Jedi." Abrams did a great job with "The Force Awakens," however, if George Lucas directed it, it would have been very different.

Disney ignored Lucas's vision for Episode VII and went in a completely different direction. The film definitely turned out to be what we've all been waiting for, but you couldn't help but leave the theater feeling confused and wanting more. "The Force Awakens" reminds dedicated fans a lot of Episode IV. The First Order is another version of The Empire and this time, they are just blowing up a larger version of the Death Star. "The Force Awakens" was very predictable and I hope in the next one, we see a little more action.

Overall, "The Force Awakens" was a great movie and I'll probably go see it for a fourth time. I'm excited to see what comes next for our new friends and if balance will every really be brought to the force.



"Star Wars: The Force Awakens" has proven to be a box office smash. Photo by: StarWars.com

HPU's Black Box shows 'Mary Stuart'

By Veronica Fulton
Staff Writer

Maybe you have heard the story of Mary Stuart; maybe you have not.

"Mary Stuart," adapted by Peter Oswald is a play that portrays the lives of two Queens. The plot centers on the Catholic Queen, Mary Stuart of Scots, who is imprisoned in England, and the Protestant Queen Elizabeth, her cousin, who is the Queen of England.

After Friedrich Schiller's original play first premiered in Germany in 1800, Oswald's adaptation of the play has made its way to the stage of High Point University's Black Box Theater.

"It is a story of love, lust and betrayal, which are all emotions that are still very prevalent in our lives and the media today," said Victoria Dixon, stage manager.

The production stars senior Mackie Quirk as Queen Elizabeth and sophomore Ceili Lang as Queen Mary.

I'm not going to spoil the ending, even though you've probably already heard what happens, considering this show is based on history from the 1500's and we've all taken basic history classes. However, the story is based on the relationship between Queen Elizabeth of England and Queen Mary of Scotland.

Queen Mary of Scots is imprisoned for the supposed murder of her husband, Darnley, but in reality is imprisoned because she has pushed her claim to the throne of England too far. Full of drama and intrigue, the play centers on the tension between the two cousins that are bound by blood and their love of power. A supporting cast of characters influences this relationship, including Elizabeth's traitorous nephew, Mortimer; Lord Burleigh, high treasurer to Queen Elizabeth I; and the Earl of Leicester.

To begin tackling this show, the theatre department began rehearsing in January and has made great strides towards a final product that will open on Feb. 29. Rehearsals take place every night in the Black Box Theater, where the show will be performed.

The entire company works tirelessly not only during scheduled rehearsals, but also on their own time. They each research their own characters and spend time trying to understand the language of that time period.

"Preparation is a huge part of our process, because we need to essentially figure out how our characters think," said Jared Lindsay, cast member. "To do that, we have to continually refer back to the text and ask ourselves questions. We have to take into consideration all of these things so we can get a grasp on the inner workings of the characters."

In addition to deeper level research, cast members spend time outside of rehearsal practicing lines and how to correctly say them in a standard English accent.

"A lot of work and time goes into a show this complex and multi-faceted," Lindsay said. "The first step is getting all the lines in our heads so we can focus on the other characters on stage and the relationships we're trying to create with them."

The company has to dig deep to convincingly portray the Tudor drama, but ultimately will rise to the challenge when the curtains open.

Join the cast of "Mary Stuart" from Feb. 29 to March 2 at 7:30 P.M.

Not much joy to be found in 'Joy'

By Liz Reichart
A&E Editor

Oftentimes I find myself wondering when the right side of David O'Russell's brain has time to rest. As a director, screenwriter and producer, his renowned films "The Fighter," "Silver Linings Playbook" and "American Hustle" all won Golden Globes and Academy Awards in the past six years. That's one very enchanting, very human film every two years.

O'Russell is likewise known for keeping a very talented, very tiny posse of actors from which he casts his roles. You may recognize names like Robert De Niro, Bradley Cooper, Amy Adams, Mark Wahlberg and Jennifer Lawrence as part of his star power force. Rarely does he cast from outside this inner circle, giving his films a thread of continuity without making them repetitive. The whole setup has simply enchanted critics and viewers alike in recent years as evidenced in glowing reviews, substantial box office numbers and multiple individual nominations for the adored actors and actresses he pulls.

The visionary's latest film, "Joy" stars America's outspoken sweetheart, Jennifer Lawrence as Joy Mangano, who struggles to balance the many challenges of being a divorced mother. The film is based on the true story of entrepreneur Joy Mangano, who in an authentic David O'Russell fashion, served as a producer on the film.

With young children and ailing parents, Joy is a matriarch tripping over herself. Her ex-husband still lives in her house, which structurally threatens to fall apart at the seams. Symbolically, so too is Joy plugging the leaks in her own life throughout the film, trying desperately to keep her head above water. But Joy has always been the innovator and decides one day to pursue the manufacture and sale of one of her creations, the Miracle Mop—a self-wringing

mop Mangano drew up herself from her daughters' crayons and drafting paper. From there, the plot is a continuous cycle of relentless pursuit, emotional turmoil and Mangano just trying to realize her potential in the process of trying to realize an audience for this product.

"Joy" is David O'Russell allowing the right side of his brain to rest. For a film that promised great ambition, viewers are only treated

to a skeleton of ideas that O'Russell had failed to flesh out. Disjointed in too many areas, "Joy" was unsatisfying and awkward, trying to push out too many big ideas with not enough substance.

For a film entitled "Joy," there was very little happiness in it. Rather, the film was a struggle in the pursuit of joy, the audience being dragged along with Joy's drive. Chalk full of dizzying camera action, the film is meant to make you feel like you're living this whirlwind with Mangano. The sensory of it all is overwhelming rather than stimulating. However, the film comes right back down to earth with a dazzling performance by Lawrence. As fierce and simultaneously endearing as ever, Lawrence was the performance this film needed to prevent itself from falling into being overlookable. O'Russell obviously wrote this script as an ode to the actress, giving her two hours of eloquent opportunities to be both pithy and precocious. You better be a Jennifer Lawrence fan to see this movie, because it's essentially a "JLaw" marathon, begging itself to be nominated for some prestigious award at every enraged line she spits out. Barely a moment passes without her lighting up the screen. She is, no doubt, the perfect choice to play this entrepreneur's

rise to eventual success. O'Russell deserves the credit for that casting choice, as if there were any other actresses in his tight-knit ring he could have chosen from.

"Don't ever think that the world owes you anything, because it doesn't owe you a thing," Mangano said in the film.

True as this may be, at the very least David O'Russell owes us a film where his big ideas are executed to their fullest.



"Joy" is David O'Russell's latest collaboration with Jennifer Lawrence, Bradley Cooper and Robert DeNiro. Photo by: imdb.com

A&E

'Art + Dialogue' at Sechrest turns racial issues tangible

By Liz Reichart
A&E Editor

Racially charged movements have been breathed new life in recent years, not willing for their ideas to be denied voice and volume. Movements like "Black Lives Matter" have left many to wonder whether or not we are participating in a new civil rights movement on many fronts. "Art + Dialogue: Responding to Racial Tension in America," is a new visual art exhibition on display in the Sechrest Gallery through March 3. The aim of the collaborative project is to start discussion on the charged topic of race issues in America and make this conversation a more tangible one.

Maxine Campbell, curator of the Sechrest Gallery, explained that the seed for this project was planted at a meeting with Laura Way, CEO and Executive Director of the Greenhill Center for North Carolina Art.

"The Greenhill initiated this collaborative project intended to bring community together using visual art as the catalyst for dialogues around racial tension in America," Campbell said.

From there, the effort was entirely a combined one. The Greenhill partnered with the African American Atelier, Center for Visual Artists and the Guilford Native American Art Gallery. These organizations all worked together to execute a call for North Carolina artists to exhibit work dealing with predefined themes that set the framework for dialogue responses to the topic of racial tension.

The result was an original exhibition at Greensboro College in September 2015. "Art + Dialogue" is a selection of work from this exhibit by the Sechrest Gallery Exhibition Committee.

"We also augmented with meaningful work by other local artists," Campbell said. "We chose to additionally create gallery specific interactive installation pieces conceived and made by Trevor Berreth, our recently hired Gallery Assistant."

Berreth, a North Carolina multimedia and graphical artist, tells viewers that the importance of this exhibit in modern era cannot be overstated.

"When you look at the streets, really look at what our neighborhoods look like," Ber-

reth said, "how different does it look from the Jim Crow era? There is class segregation, there is homogeneity based on location and there is a blind eye turned toward the rights of minorities especially, when the cry for social reform is screaming the loudest. The fact that racial tension is an issue points to a societal and cultural problem that has never been mended. The scars of the past remind us here in the present of what injustice looks like, yet new wounds are opened on top of those scars and there doesn't seem to be an end to racism in America."

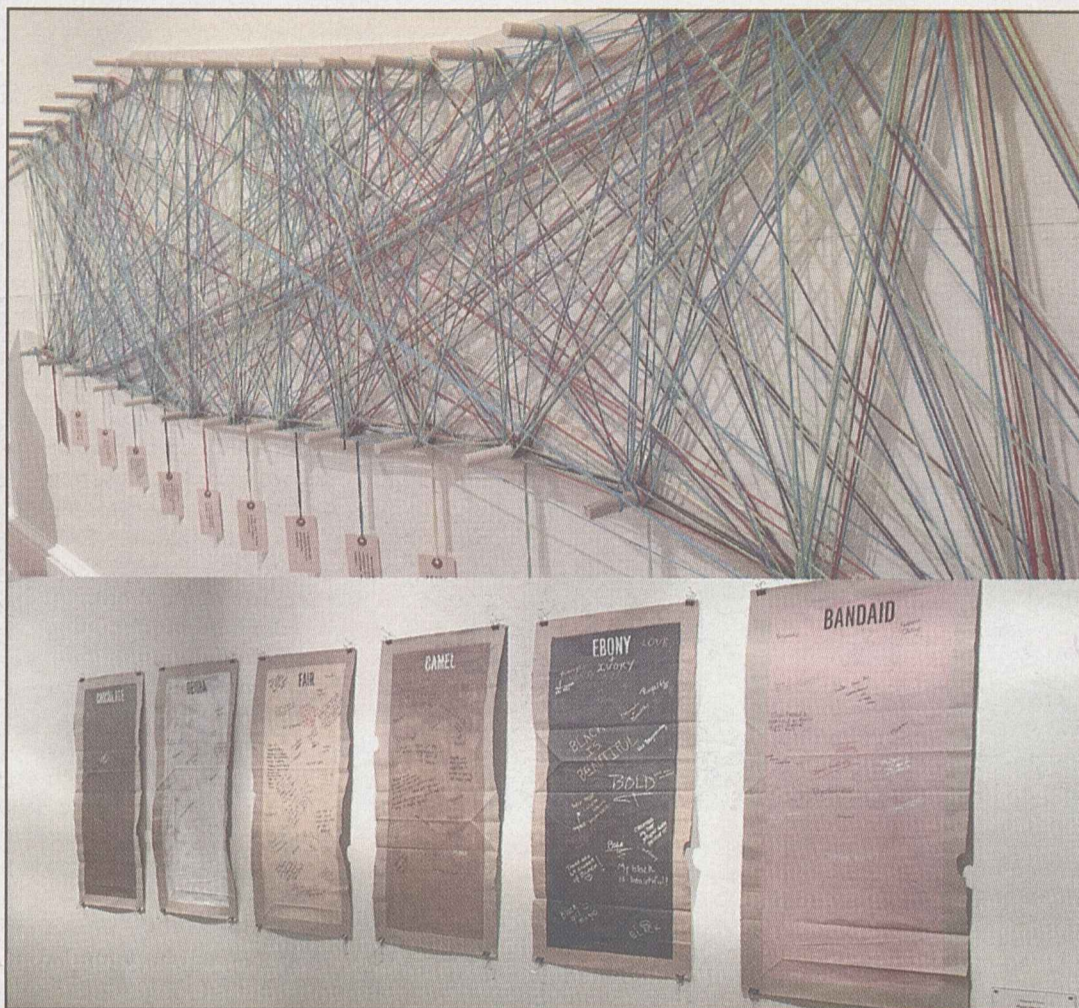
Unlike the stoic unmoving environment of a typical gallery, "Art + Dialogue" is full of life. Viewers are engaged in a conversation through interactive displays and dialogue sessions. Berreth's hands-on pieces include "Web of Tension" where gallery goers tie colored strings around plywood pegs at different heights to rate how true statements like "I feel that social equality is an unachievable ideal" are to them. The result? A visual masterpiece of taut color that sparks immediate debate.

IlaSahai Prouty's "The Paper Bag Test" gives visitors a permanent marker and invites them to write the first thought that comes to mind on the bags to describe each respective bags' color label. Colors of bags include ebony, fair, geisha, chocolate and more. Sechrest viewers have written everything on these alternative canvasses from "black is beautiful" to "created by the people who resent it" to "togetherness." A massive plywood chalkboard with jutting panels takes up the center of the exhibit. This is Berreth's "Compelled to Speak Freely." It invites viewers to write down their thoughts or favorite quotations. In short, speak freely.

"This exhibit does two things," Berreth said. "It juxtaposes old scars to new wounds to show us the similarities and it opens the gallery up as a public forum for discussion. This is now a place for people to go and express their feelings and scratch their

itch to be heard. We are exhibiting ideas as art and opinions as reflections of the soul and conscience of our community."

The gallery is located in Hayworth Fine Arts and is open Monday through Thursday from 1-5 P.M. If you are interested in learning more or have further questions, please contact Berreth at tberreth@highpoint.edu.



Top: "Web of Tension" by Trevor Berreth. Bottom: "Paper Bag Test" by IlaSahai Prouty. Photos by: Liz Reichart

Have we lost touch with the real value of music?

By Alexis Ancel
News Editor

The music industry has been evolving since the invention of the radio, but in the midst of ever changing names, sounds and genres, the new ways in which we listen to music is altering our perception of the music itself. In recent years, free music streaming services have had a more direct impact on both the artists creating the music we listen to every day and our willingness to pay for it. With iTunes prices at \$1.29 per song, streaming services like Spotify and Pandora that offer more in terms of selection and accessibility for free seem like the obvious choice. However, these services have slowly been contributing to the devaluing of music as a whole and musicians are getting gypped in the process.

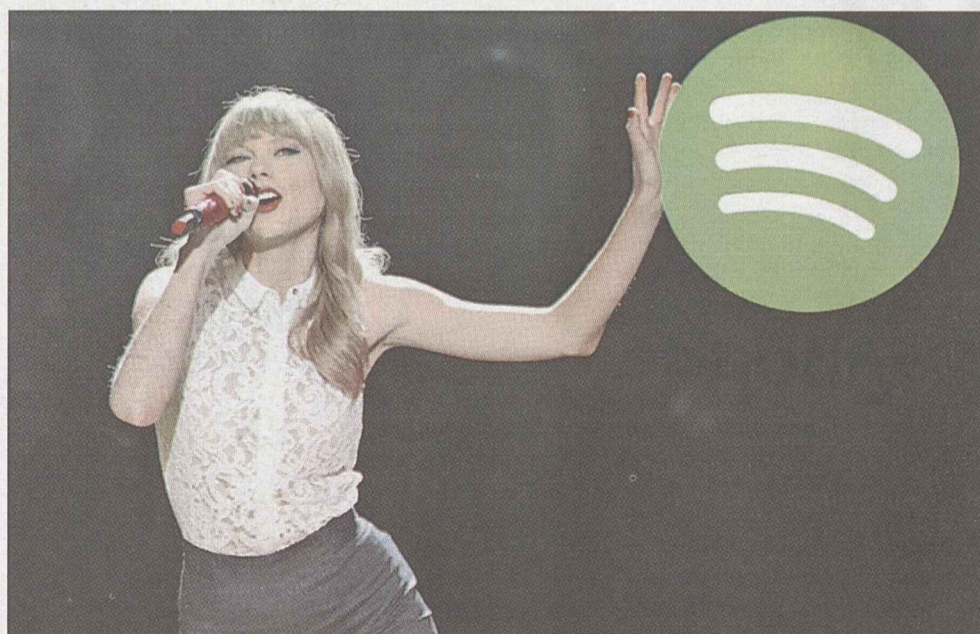
Spotify, for instance, reportedly pays artists between \$0.006 and \$0.0084 per stream, but the numbers don't quite add up. For example, the company claims to have paid Taylor Swift over \$2 million for a year's worth of streaming, yet her label reported receiving a fourth of that compensation at \$496,000. Kevin Kadish, co-writer of Meghan Trainor's "All About That Bass," earned a total of \$5,679 from Spotify for a number one hit in 78 countries and one of the most popular songs of 2014.

It can be hard to look at anyone with a celebrity income and demand that they receive the money they were robbed of, but the problem isn't that simple. This drastic pay cut is just one side effect of the overall decreasing respect for music perpetuated by the idea that it should be free. Even more progressive services like Apple Music originally did not pay artists for any music streamed during the three-month free trial of Apple Music. That is until Taylor Swift stepped in, of course. In an open letter to Apple discussing her opinions on the matter, Swift wrote, "This is not about me... This is about the new artist or band that has just released their first single and will not be paid for its success. This is about the young songwriter who just got his or her first cut and thought that the royalties from that would get them out of debt. This is about the producer who works tirelessly to innovate and create... but will not get paid for a quarter of a year's worth of plays on his or her songs."

Even still, there is something to be said for the exposure that streaming provides. In fact, it may actually be a faster way to advance a musician's career by increasing concert ticket sales and contributing toward RIAA certification.

Streaming itself does not have to be inherently detrimental to the industry if it's done right, which Apple demonstrated by changing their policy to fairly compensate artists just 24 hours after Swift's letter was written.

Other artists are beginning to combat this issue as well. Jay Z is doing so through his



Trailblazer Taylor Swift was one of the first major artists to stop her music from streaming on Spotify. Photo by: technobuffalo.com

own music streaming service called Tidal, which operates so that listeners can support the value of music for a flat monthly fee and still stream and download as much music as they want.

In a time when almost anything is available with the click of a button, the challenge is getting people to respect music enough to choose to pay for it. There is still a lot to be done in this area, but progress is being made.

"When you read these stories of artists getting millions and millions of plays and getting a few hundred dollars, that's real," said Scott Borchetta, president of Big Machine Records. "It's not just the artist, it's not just the label. It's the producer and it's the musicians and everybody involved in the creative community, and so that's why we have got to continue this conversation as loudly as possible."

Organizations

Benefits of reading outside of the classroom

By Alexis Ancel
News Editor

Reading can often be thought of as a solitary activity, but it can also be a way to bring people together, as is the case for the High Point University Book Club. This librarian-run group formed by Jennifer Scully and currently run by Leanne Jernigan continues to help HPU students connect through a mutual love of books and reading.

The group aims to meet at least once a month and reads around two to three books per semester. Participation varies at each meeting but has generally been increasing since the club first formed, as shown by the 92 interested students at the activities fair.

While interest has increased in the past three years since it began, the club is still relatively small. However, the small groups of roughly five to eight people help create interesting conversations and often friendships amongst the members.

"We want to give them something to look forward to and foster relationships between students who are book lovers," Jernigan said.

The club members and librarians try to stick with young adult novels and have figured out through trial and error which books will be both enjoyable and stimulate meaningful conversations. It is also important that these books are easy enough for college students to fit into their schedule that reading them is not a chore.

Some of these books include "Red Queen" by Victoria Aveyard and "The Invasion of the Tearling" by Erika Johansen. Others include "Miss Peregrine's

Home for Peculiar Children" by Ransom Riggs and "All the Bright Places" by Jennifer Niven. All of these novels have sparked in-depth conversations about current issues.

"Leanne tries hard to make sure that our book selections are fun and interesting and our meetings are fun because we just sit and talk about books and the various elements in them," said Kayla Jones, sophomore. "I've always been an avid reader so it's nice to be able to discuss them with like-minded people."

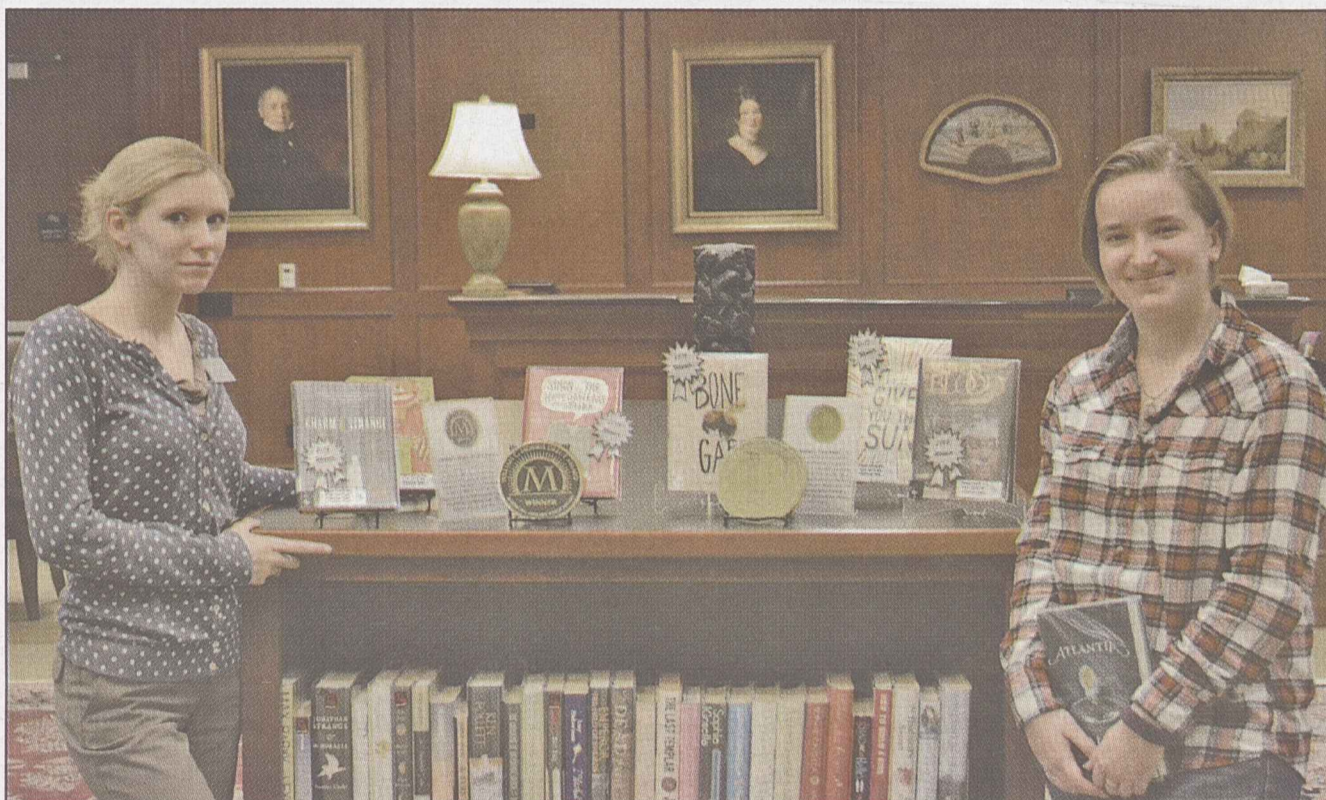
The students in the club also get to contribute ideas of what books they read. Typically the group votes from a selection of book titles put together by both the librarians and the students. This not only gets everyone involved, but also ensures that the chosen books will be relevant and interesting to the club members.

"A lot of the time we choose books that we wouldn't necessarily read on our own, so it's a good way to branch out into new literary genres," said Amanda Moreton, junior. "The books are wonderful themselves, but it's also nice to be able to talk to someone who understands."

I met a few really good friends through the book club and I'll be forever grateful to the librarians that make me feel so welcome at our school."

The book club has also switched from an email group to a GoodReads account, an online page that the club uses to discuss the books they are currently reading and vote on which books to read next. This allows students with busy schedules to still be involved if they cannot attend monthly meetings and has also helped boost interest in the club with 28 current active members.

"You can come to the meetings even if you didn't get a chance to read the book," Jernigan said. "If you just want to come one day and see what's it's all about, come check it out."



Leanne Jernigan (left) and Sarah Poiani (right) with book selections in the Wanek Center Learning Commons Library. Photo by: Deja Ross

Promoting a lifestyle of health and wellness across campus

By Makenna Rooker
Staff Writer

Whether you are an exercise science major, or just interested in health and wellness, the Exercise Science club might just be the club for you. The only requirement as a member of this club is to attend at least one meeting or event each semester.

The Exercise Science club meets in Congdon Hall on Monday evenings with the purpose of bringing students together while promoting good health through means of exercise and nutrition. The club also informs students about the exercise science major by bringing in outside speakers and teaching students about exercise science graduate schools.

The weekly meetings primarily focus on planning events and fundraisers that the club is hosting. Currently, the club is preparing for the Wellness 5K, which will be held on April 8. The event is open to all students, faculty and their families. While this event has taken place in the past, the club members are working to make this year's race bigger and better.

This fundraiser will benefit D-UP/PNAC, a local non-profit organization that allows kids from kindergarten through fourth grade to learn about the importance of physical activity, nutrition, academics and character building. Along with raising funds for D-UP/PNAC, the club also volunteers with the kids who take part in the after school program. By supporting this program, the High Point University Exercise Science club is combating childhood obesity as well as giving students an opportunity to get involved on campus.

Not only does the Exercise Science club allow students to spread health and wellness, it also provides other benefits.

"Students in this club have previously been offered the chance to be enrolled in a CPR/AED course on campus," said Marisa Littmann, sophomore.

The CPR/AED course is offered on Feb. 28. Even if you are not pursuing a career in the medical field, having a CPR certification still holds value.

Just like any organization, this club is an excellent way to meet people.

"I like that you get to find friends who have the same interests as you," said Madison MacDougall, freshman.

In order for an organization to be successful, it is important that the members are passionate about what they are doing.

"For me, I enjoy being there to offer support to the club members as they turn the spark of an idea into reality with each project they undertake," said Kimberly Reich, adviser to the Exercise Science club.

Whether you are majoring in exercise science, or just looking for a fun club to get involved with, the exercise science club would be glad to have you. The events they hold are fun ways to get involved, while raising money for causes they strongly believe in. This

club also works toward making our campus a healthier place for students to live and study.

For more information on how to get involved, please contact Reich at kreich@high-point.edu.



Exercise Science club members interact with D-UP/PNAC students. Photo by: Veronica Fulton

Organizations

Relaying a cure against cancer one step at a time

By Sam Rakestraw
Staff Writer

According to the National Cancer Institution, over 1 million (nearly stretching into 2 million) cases of cancer are reported in the United States. Half a million of those same people will ultimately die from the disease. With cancer holding the position as one of the world's leading causes of death, funds are being poured into researching a cure; that's where Colleges Against Cancer comes in.

Professionally run organizations like The American Cancer Society and St. Jude share the same goal as Colleges Against Cancer - to raise money for cancer research, be it by fundraising or service working.

Colleges Against Cancer achieves their goal by hosting the annual Relay For Life.

Relay For Life is a fundraising event orchestrated by the American Cancer Society. The organization hosts 24-hour walk marathons through communities that volunteer to hold them. These events are one of the most successful cancer research fundraisers.

The College Against Cancer club's main effort is to raise awareness and volunteer teams for the upcoming Relay for Life being held in High Point on April 18. The Relay will be held by High Point University and will run for 12 hours.

"While we're not active in the first semester," Richard DeVita,

club president, said, "we focus on organizing the [Relay for Life] so that the university can participate. Often times, our sports teams, fraternities, sororities and other clubs will volunteer. We also welcome students to organize their own teams for participation."

At last year's Relay, Colleges Against Cancer raised nearly \$15,000. Now, they intend to set the bar higher.

"This year, we're hoping to raise around \$20,000," DeVita said.

As president of the Colleges Against Cancer club, it goes far beyond an ambition to make a difference for DeVita.

"I've been a part of cancer awareness since I was in high school," DeVita said. "It's a little different running the club here on campus, but it's really been a good experience. Every Relay we hold each year, we get a little bit closer to finally beating this terrible disease. I just hope for more participation."

Colleges Against Cancer values participation and is keen on making a difference. The Relay for Life is the perfect way of achieving both.

"I'm really proud to be a part of it," said Madison O'Malley, club member. "I've been involved in Relay For Life many times before and look forward to it. I encourage people to take part. Everyone could contribute a little."

As of right now, Colleges Against Cancer continues to organize the upcoming Relay for Life, openly accepting any application for a team they get.



Upcoming Greek Events

Zeta Tau Alpha:
Pink donut sale on
Feb. 20 on Greek
Promenade

Kappa Delta:
Shamrock 5K on
March 20 at Vert Sta-
dium

Alpha Chi Omega:
Spiking Domestic
Violence Away on
April 9



Spanish conversations strengthen speaking skills

By Caroline Wheatley
Staff Writer

The High Point University Spanish Club works to promote Hispanic culture throughout campus and the local community. Using activities such as film showings, cultural dinners and weekly conversations to accomplish this goal, the club hopes to educate HPU students as well as the community about the thriving Hispanic culture. The club meets various times throughout the week with its members to plan these events and ensure a successful semester.

One of the most popular activities they plan, Tertulia, is held every Friday from noon to 1 p.m. in Cottrell Hall, in the International Student Concourse above Starbucks. Led by a student advisor or faculty member, Tertulia is an opportunity for students to hold conversations in Spanish, accompanied by a variety of different activities. These activities are designed to strengthen their verbal communication skills, as well as to practice their vocabulary, grammar and syntax.

These activities range from basic question and answers to story narration in Spanish. A designated student leader helps to run these activities and also works as a translator for students who are still trying to grasp the language.

In one of the first activities, students are given laminated pictures and are asked to tell a short story in Spanish based on what they see in the photo. Other students are encouraged to elaborate on these stories. After each student has gone, the pictures are switched and the exercise starts again. When this is complete, students are given index cards with questions in Spanish for them to read and answer aloud. Again the cards are switched, giving every student the opportunity to answer all the questions. Exercises like this encourage students to work on their verbal speaking ability, something that they may not get the opportunity to do in class.

"Tertulia is a great opportunity to talk to people that are not in your class and to challenge yourself to become a better Spanish speaker," said Hannah Gordner, freshman.

While some Spanish classes require their students to attend, other professors offer extra credit to their students for attending these weekly meetings.

"There are not many opportunities to speak Spanish," said Jordan Krisfa-

lusi, freshman. "Tertulia is the perfect place for students to get the opportunity to practice and strengthen their Spanish speaking skills."

Tertulia is held for an hour each week and students are encouraged to come as their schedule allows.

The Spanish Club is also open to any student that wishes to learn more about Spanish culture and all are invited to attend. If you have any questions about how to get involved in the Spanish club, contact faculty adviser Dr. Adam Winkel at awinkel@highpoint.edu.

Sports

Beyoncé and Bruno Mars steal Super Bowl halftime show

By Deirdre Logan
Sports Editor

The Denver Broncos were the official winners of Super Bowl 50. Peyton Manning led the team to a 24-10 win over the Carolina Panthers. Over 100 million viewers all over the globe tuned in to the game and the halftime show starring Coldplay.

Panther's fans of High Point, such as freshman Drew Ingle and freshman Nate Greenstine, were disappointed by the turnout of the game.

"Panther's offense was not able to match up the Bronco's defense and I think that was our issue," Greenstine said. "I'm extremely disappointed."

The game started off slowly with the Bronco's leading the Panthers 13-7 at the end of the first half. In the past, the halftime show has polled more viewers than the actual game and fans like freshman Graelyn Glover only tune in to watch the performance. The show came in perfect timing to rescue viewers from the relatively uneventful first half.

The show opened with a mash up of Coldplay's most famous song "Viva la Vida" and "Yellow." Lead singer Chris Martin kept his performance upbeat and engaging by getting up close and personal with the crowd. He even dove into the fans within the first couple minutes. The stage was decorated in a wide array of vibrant color and lit up underneath.

When the song transitioned to another Coldplay hit "Paradise," the stadium exploded in more color with fireworks, streamers, flags and dancers holding up colorful umbrellas. At the end of the song, hundreds of fans held up cards spelling out "Believe in Love."

The show took a modern turn when Bruno Mars came out to sing "Uptown Funk." While Martin spent much of his time jumping around on stage, Mars dominated on the dance floor. He was

soon met, however, by Beyoncé who came out strong singing her new hit "Formation." Beyoncé began to steal the show with a whole crew of backup dancers and 30-foot flames that went off during every line of the song.

Beyoncé appeared to honor the late Michael Jackson by wearing an outfit inspired by the one he wore when he performed during the halftime of Super Bowl 27 in 1993.

Coldplay contrasted the entire set by wearing dark blues, grey and black. Visually, they stood out as a hole in the vibrancy of the surrounding scene. This was also the case musically as they stood out as a calm sound in the midst of the captivating guest star performances.

"I've been a fan of Beyoncé since I was born," Glover said, "so to see her in the halftime show again three years later was absolutely amazing. She killed it as always."

Beyoncé and Mars stole the show when they had a sing-off to "Uptown Funk" and "Single Ladies." Martin joined them on the stage for this performance but was drowned out by the incredible dance and vocals of the two guest stars.

"I feel like they brought back Bruno Mars and Beyoncé because Coldplay couldn't put on a thrilling performance," Ingle said. "Coldplay ended up doing a nice job honoring the 50 years of Super Bowl history."

Martin slowed things down with a performance of "Clocks." He honored the 50 years of Super Bowls by showing a footage mash-up of previous halftime performances including U2, Michael Jackson, Katy Perry and Bruce Springsteen.

The Super Bowl was not as exciting as fans had hoped, but the brilliant performance of Coldplay, Beyoncé and Bruno Mars captivated viewers and kept them entertained. More viewers tuned into the halftime show than the actual game.

"In the end, you can't win them all," said Erin Creedon, sophomore. "Both teams fought really hard but Beyoncé slayed the Super Bowl."



Beyoncé (left), Chris Martin of Coldplay (center) and Bruno Mars (right) join together for the Super Bowl 50 halftime show. Photo by: NewYorkTimes.com

Pro Bowl takes hit in popularity; time for change?

By Collin Giuliani
Staff Writer

On Jan. 31, the Pro Bowl was held at Aloha Stadium in Honolulu, Hawaii. Out of all of the all star games in professional sports, the Pro Bowl is the one most criticized. The high-contact sport of football is transformed into a game featuring poor tackling and athletes playing out of position. Additionally, a record number of players dropped out of the Pro Bowl, resulting in more than 130 players being named Pro Bowlers this year. According to Austin Karp, who works at Sports Business Daily, this year's Pro Bowl drew a 5.0 overnight rating, which was less than last year's game of 5.6 and the 2014 Pro Bowl of 6.7.

Following this year's game, Eric Edholm of Yahoo Sports stated, "The Pro Bowl is one giant cringe fest... There is nothing more insulting than watching a cheap, inferior product."

On Feb. 5, Roger Goodell, the commissioner of the National Football League, gave a similar opinion of the event.

"I was disappointed in what I saw... [The Pro Bowl] is not real competition that we can be proud of, we have to do something different," Goodell said.

In fairness to the National Football League, this year's Pro Bowl had competition for viewers against "Grease Live!" on FOX.

Today, due to 24-hour sports networks covering teams and making it possible to follow teams no matter how far away, all-star games have lost their luster. Many sporting leagues have had to adapt their all-star game formats to draw a larger audience because of this. In the National Hockey League, the all star game changed to a 3-on-3 tournament involving the top all-stars from every division. In Major League Soccer, the all star game changed to involve the top all stars in the league going up against a European soccer team, such as Manchester United or Tottenham Hotspur. On a more drastic level, the Major League Baseball all star game was changed in 2003 to determine home field advantage in the World Series.

However, the NFL has always been in

a unique situation with all star games, because football is a contact sport. Players in the Pro Bowl do not want to tackle hard like they would in a regular game due to the risk of injury to either themselves or that player; in this year's Pro Bowl, cornerback Dominique Rodgers-Cromartie made a hard tackle, and immediately apologized after making the hit. Due to the decline in hard tackles in the Pro Bowl, there have been numerous criticisms of players not giving enough effort in the game, which, in turn, makes the Pro Bowl more boring to watch.

In a 1980 article by the Associated Press, Pete Rozelle, the commissioner of the league at the time, stated that the Pro Bowl would not move to the week before the Super Bowl.

"The fans would see the game as being very contrived when you advertise it as an all-star game and not have as many as fifteen or even more players absent because they're on the Super Bowl teams," Rozelle said.

However, in 2010, the league moved the Pro Bowl from the week after the Super Bowl to the week before it, so that the Super Bowl became the last game played in the season. This caused players participating in the Super Bowl to be ineligible to play in the Pro Bowl.

In 2013, in another move designed to increase viewership, the Pro Bowl went from a game between the top players in each conference to an un-conferenced game where the players would be selected through a draft.

According to Alex Rozis, who works for NBC Sports, the NHL all star game got a 1.17 rating and was praised by fans and critics for its format change. The Pro Bowl pulls in significantly more viewers compared to any other all star game in the United States. The International Business Times stated that when the NBA all star game is played next week, that it would be lucky to draw a 5.0 rating.

Over the years, many fans have offered solutions to fix the Pro Bowl, ranging from making it a flag football game to making it a 7-on-7 tournament. Others have stated to keep the Pro Bowl exactly the way it is, but to increase the prize money involved providing players with more of an incentive to play harder. With the sharp decline in ratings in recent years, the NFL will likely be looking for ways to improve the quality of the exhibition game for next season.

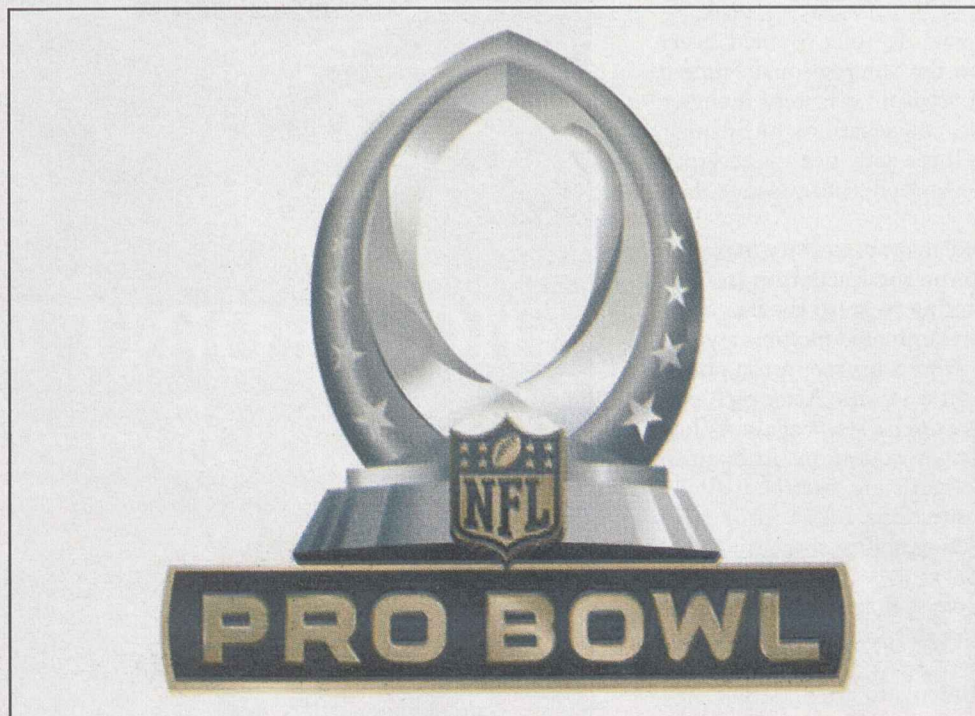
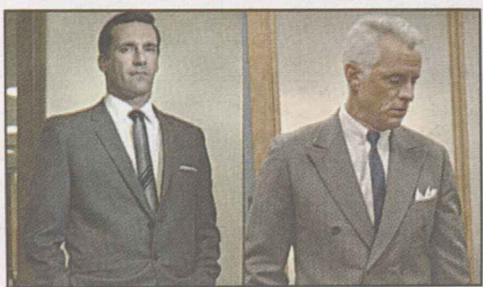


Photo by NBA.com



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5

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School of Pharmacy provides free medical care to local communities

By Alexis Ancel
News Editor

Adequate medical care can be easily taken for granted. For many, access to proper medication and routine checkups is not a luxury they can afford. As the only pharmacy school in the Triad, High Point University's Fred Wilson School of Pharmacy decided to take action and provide medical services and supplies to those in need.

This project required a great deal of teamwork from many departments at HPU. All faculty within the basic and clinical sciences have been involved in at least one event and collaborators from various departments have played different roles in identifying which problems to address and how to go about solving them.

Dr. Courtney Bradley, assistant professor of Clinical Sciences, said, "As we begin enrolling students in the School of Pharmacy, students will be working hand in hand with faculty members, and it will be a wonderful opportunity for these students to develop a passion for service that they can continue in their future careers."

Dr. Mary Jayne Kennedy, department chair and professor of clinical sciences, was one of the main orchestrators who made these events possible.

"One of our immediate goals was to find ways we could use our unique expertise and training as pharmacists to give back to the High Point community," Kennedy said.

In order to host various events, the School of Pharmacy partnered with local organizations such as NC Med Assist, the Washington Street Business Association and the Triad Food Pantry of the Seventh Day Adventist Church. Events so far have included free blood pressure screenings, monthly health screenings and an

over-the-counter medication giveaway. So far, their resources and expertise in the field allowed them to help over 2,000 people in the community and this number is expected to rise.

"The response and support we have received from the community has been overwhelmingly positive," Kennedy said. "We have been able to develop relationships with our community members that will allow us to expand our programs even further and have an even greater impact."

Despite the enormous difference they have made thus far, there is still work to be done on this problem. With over 80,000 people in the area under the age of 65 without health insurance, this has been made into an ongoing project that the pharmacy department plans to expand in the future.

Every location has to do with whether or not health care is available. As Kennedy explained, "High Point has been designated by the Health Research Services Administration as medically indigent and as a health professional shortage area, meaning that there are not enough health care providers to take care of the individuals



Community members receive medicine at the over-the-counter medication giveaway event at the High Point Community Center. Photo by: highpoint.edu

within our community."

For some, access to health care even boils down to something as simple as transportation. The team aims to solve this dilemma as well by beginning to collaborate with the Community Clinic of High Point, where they are working to start a pharmacist managed clinic that allows the health care provider to come to the patient instead of vice versa.

"I feel very fortunate that the School of Pharmacy is invested in continuing these efforts," Bradley said. "Each time I volunteer at one of these events, a part of me becomes invested in at least one community member, and I look forward to continuing to help one patient at a time in our local community."

Service learning class offers complimentary assistance filing taxes

By Maddie Travell
Organizations Editor

For many low-income families, preparing taxes through an agency may not be a financially viable option. High Point University students have devoted their time to the Volunteer Income Tax Assistance program (VITA), a free program that helps individuals and families of low to moderate incomes file their tax returns for the year without any expense for the client.

The majority of the clientele comes from very low-income households making roughly \$50,000 or less per year that do not have the means to pay an agency to prepare their taxes.



Junior Kayla Griffith helps a High Point resident with yearly tax returns free of charge. Photo by: highpoint.edu

It is imperative that the clients bring all the proper paperwork, identification and information needed to the session or else their taxes cannot be completed.

"Not only does volunteering make a difference, but seeing what we take for granted everyday really sets in when you meet and see the lives of each client that comes to the VITA program," said junior Kayla Griffith.

HPU students participate by enrolling in a service learning class in which students can sign up to be a part of the VITA program. This course gives students a hands-on experience in which they are able to reach out to and engage with the community.

The class meets only a few times throughout the semester as a progress report and students in the class create their own schedules that are flexible around their other commitments. Students who participate in this program are completely self-sufficient and reliant on their own skill set to prepare taxes.

"VITA is a great program that really helps High Point students give back to the local community and gain real-world experiences in return," said junior Dan Hurley.

The university has partnered with this program for a few years and looks forward to continuing their relationship in the future. Along with HPU, other volunteer providers for VITA include United Way, High Point Housing Authority, West End Ministries, Macedonia Family Resource Center and Guilford Technical Community College.

Since this program is completely volunteer based, students in the class are not always accounting majors. Any students who are interested in participating are taught the necessary requirements and are able to attain any certifications needed.

"The purpose of volunteering is really crucial to not only yourself, but the lives of those it affects," said junior Kayla Griffith. "It is very easy to get caught up in the routines of our own busy lives, but taking a moment to help someone else really passes on that lesson."

International Student Profile: Emile Ménard

By Ann Shelley
Staff Writer



Pictured above is international student Emile Ménard playing for the HPU golf team. Photo submitted

High Point University is a host for many international students, including Emile Ménard.

Ménard is from a town located 45 minutes outside of Montreal, Canada. He misses his hometown, but also is enjoying his time at HPU and his involvement on campus.

"I got recruited for golf, visited twice and thought it was the best fit for me," said Ménard. "I felt like I would play more here."

So far, Ménard has had fun on the golf team and enjoys playing with his teammates.

He thought it was a great choice for him because of the golf team and because the school offers the exact major he was looking for.

Ménard is currently majoring in political science, and his favorite class he has taken at HPU so far is international relations.

Though Ménard has many things he loves about the university, he enjoys the size of it the most.

"It is pretty small, so everyone knows each other," Ménard said.

He said that there is a lot of diversity in the HPU community, which makes it a great experience for him overall.

So far, Ménard has enjoyed his time here and is looking forward to the years to come.

Opinion

Personal responsibility vs fines: one students' perspective

By Alex Laskaris
Staff Writer

While fines are given out to all of those who do not abide by the rules of High Point University, these fines act as a warning sign that if you break the rules you will have to pay, literally. These rules exist to maintain order and safety throughout the campus and although we are all well aware of this, we continue to break the rules leaving us to pay High Point even more than just the tuition we pay every year. When determining whether to steal a sign, smoke a cigarette, or

play loud music, does it cross our minds that if we follow through with these choices we may have to give \$50 or even \$500 to a fine? Before Spring Break began, I am sure every student was aware that their rooms were checked by Residents Assistants to make sure everything was up to code. These are known as "health and safeties," and while the RA's are the ones to wake up early and go through every room in every house in their vicinity, I feel as if students are the ones that must prepare for these. Students receive e-mails to alert us as to what our rooms should look like, as well as contain, before we leave for long breaks. Besides the obvious "take the trash out" and "don't leave food lying around," we also have to be aware of certain objects that could get us in trouble if found in our rooms. For instance any table that looks like it is involved with drinking is a hard no-go; so that table that is covered in signatures and alcohol stains

that you cleverly folded up and threw into the corner will be carried out of your house no matter how heavy it is. That candle that cost you \$3 at Walmart, if seen, will then cost you upwards of \$5. Lighters, which seem like a commodity to any and every one, are not allowed in dorm rooms either. What do you need a lighter for? To light a cigarette? To light a candle? Neither of which you are allowed to have so what does that lighter signify besides that you are in possession of things you should not have? Thus is the logic.

I consider it unfair when students are fined or have something confiscated, but this also comes full circle back to using common knowledge before acting upon something we know will be consequential. As a student here at High Point, I have had my fair share of altercations with the Office of Student Life. With the stress of finals week along with the depressing idea that my year was just about over, late one night I had the bright idea to take a break and venture onto the roof of my dorm building. With securities mysterious

ways of knowing everything that occurs inside the gates, they soon showed up and asked for passports. With just two days left of classes, I ignored e-mails and phone calls from Student Life. After finally opening one of the many electronic letters, I received the option to pay a \$500 fine or to participate in community service in the city of High Point. While it is obvious which one I chose, I was sent to a soup kitchen down the road from campus. This place did not appear to be up to health codes and the kitchen had bugs crawling up the walls, not an ideal situation for anyone. Besides these conditions, the people I met were rude and made some comments that made me feel extremely uncomfortable. Once my time was up, on the walk through the parking lot to my car, a male approached my

driver and asked for her phone number. I could not have gotten into the car fast enough. While the intentions of HPU was to give me a sense of thankfulness, along with the satisfaction of community service, it could not have left me feeling anymore uncomfortable and even angry at HPU for putting me in that situation. Considering it was so close to the end of the year, I think a verbal warning would have been enough to make me not climb on any roofs for awhile. Putting a student in an uncomfortable situation or having her pay a \$500 fine seems a little extreme.

It is no question that rules and fines are placed upon students to keep everyone safe. Through our years at High Point, I am sure everyone has

at least one story where security has been used to their advantage. Whether it was for a ride, lockout, or a matter of safety, security has benefited us in many ways. The staff has been extremely helpful and definitely comforting towards many parents of new students that have to leave their children in this strange new place. While the security staff are not the ones to argue with about absurd charges on small altercations that I, as self-proclaimed adult do not agree with, who should I try to reason with? Is there any possible way to reason with High Point in dropping absurd fines? Or, a better question: Is there any possible way to get through four years at this university without being fined? While it seems like security is especially on high alert during weekend nights, it also seems that High Point has forgotten that I am a college student and just want to have fun.

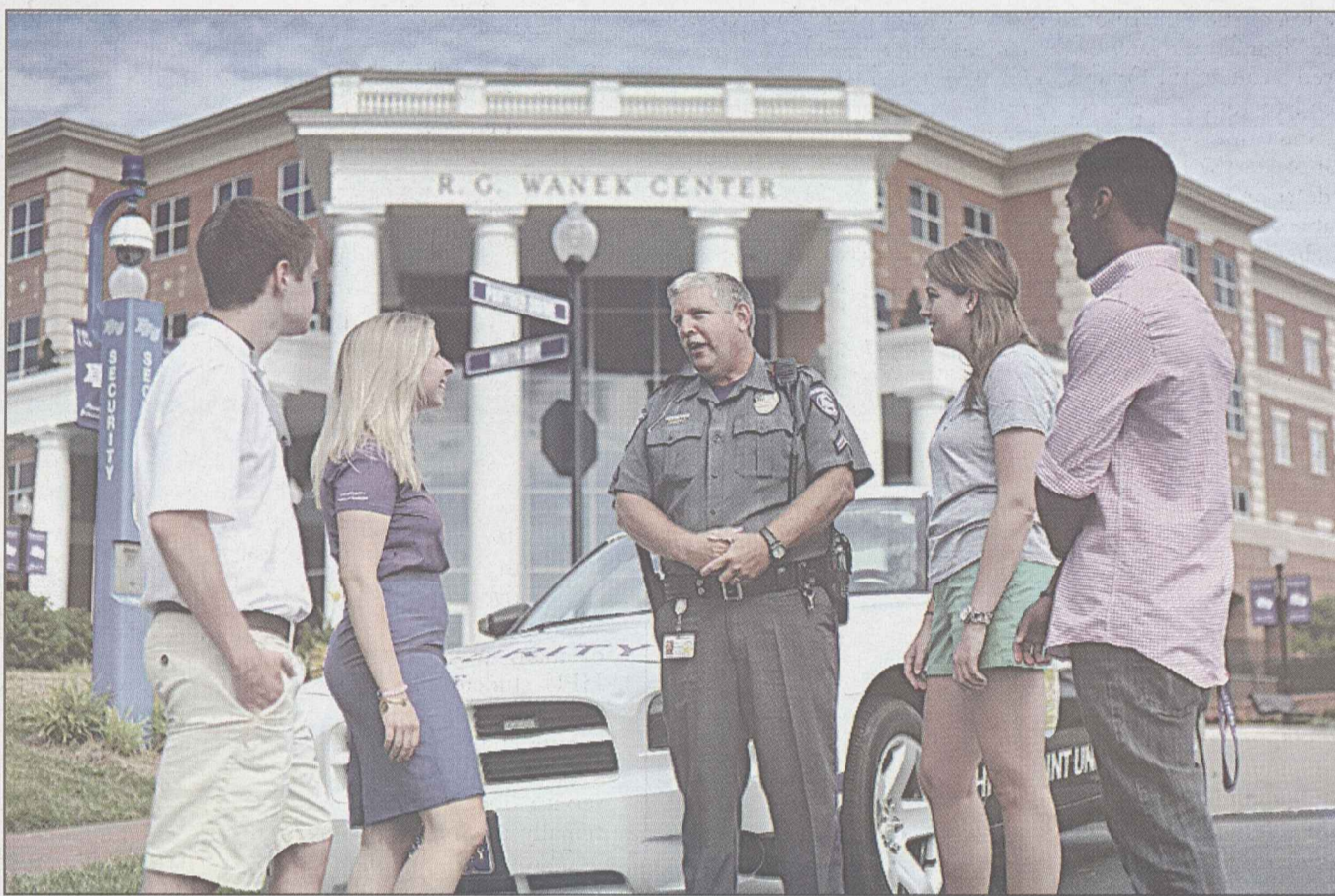


Photo of HPU students and security staff. Photo by: highpoint.edu/blog

Dark clouds and sunny days; overcoming dating abuse

By Caroline Burkhardt
Staff Writer

One in three adolescents in the U.S. is a victim of physical, sexual, emotional or verbal abuse from a dating partner, a figure that far exceeds rates of any other types of youth violence. I am that statistic. I am one of those three.

It starts out like any other relationship. It's like a dream you never want to wake up from. You catch yourself over and over again saying, "He is the nicest guy I have ever met." Then, everything changes.

I was a senior in high school who had never had a boyfriend and had never been in love. I had no idea what to expect. I was just over the moon to have someone interested in me.

It was like a feeling of bliss at first. Anybody would want somebody who wants to hang out with them all the time. Anybody would want somebody who gets invested in them so quickly. Yet, it goes from someone wanting to hang out with you, to someone forcing you to hang out with them all the time. You become isolated.

It is being accused of cheating more times than you can count because he is the one cheating and doesn't want to get caught. It is watching him punch a wall because he is so mad at you for hanging out with your family instead of him. It is that and so much more.

Sleepless nights wondering what you did in order to be treated like this. Monitoring every picture you post on social media because you can't deal with one more text that says you're a slut.

This is the thing. You can't change a person. They are who they are. Even love can't snap them out of it.

When you finally get out of an abusive relationship, you do

a lot of thinking and wondering. Did he ever really love me? Where did I go wrong? Why did I stay in the relationship so long? There is a lot of questions. There always will be. Being in an abusive relationship changes you as a person.

You aren't ever the same and you don't look at things the same. Part of yourself becomes lost. In a way you become lost. You lose a lot of confidence and to put it bluntly, you lose a lot of love for yourself and it takes a heck of a long time to gain it back.

It has taken me years and the self love I lost is something that I am still working on. It makes relationships harder, any type of relationship. I have spent years rebuilding the relationships with the important people I ignored in those two years.

There are no words to describe how thankful I am for the people who stuck with me during that time. I won't forget those special people who saw what I could not see myself.

When somebody tells you that you don't have any sparkle in your eyes anymore, you know something needs to change. When somebody tells you that you seem like a shell of yourself, you know something needs to change.

Those special people know who they are, and I will forever have the highest admiration for them. They helped me immensely and now my goal is to make sure nobody else has to feel the way I did.

I have also spent my most recent years appreciating what I have learned and knowing to never put myself in a situation like that ever again. Love shouldn't and doesn't hurt.

I will never forget some of the words that came out of the mouth of my ex. Worthless, ugly, broken, easy and skanky. Sometimes they haunt me, and I have to remind myself that they aren't true.

The tough times in life teach you how strong you are. I know I'm not perfect, but now I know I'm strong.

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News

Students use spring break to do community service around the world

By Rock Collier
Staff Writer

During spring break, High Point University students volunteered to travel around the globe to transform the lives of the less fortunate. Students were given the opportunity to travel to Haiti, Hemingway, South Carolina or Pensacola, Florida to participate in an Alternative Spring Break service project.

Members from the HPU chapter of Alpha Phi Omega, a co-ed service fraternity, traveled to Pensacola, Florida and worked with the National Parks Service to help protect the historical preservation of the San Antonio Water Battery at Fort Barrancas.

"The fort was used by the Spanish and later by the United States," said Jody Bowman, Spanish professor. "It played a role in the American Civil War and was used as part of a defense systems until the late 1800's to protect against foreign attacks. During their week, students painted the interior and exterior walls, caulked cracks, mixed and applied stucco to damaged parts of the fort walls and lubricated door hinges to prevent original doors and windows from deteriorating."

"I was fortunate to be able to volunteer on this alternative spring break," said student Jess Dow. "Being able to help preserve parts of our country's history was an honor. During this trip, I grew as a leader and I gained perspective and appreciation for those who work year round to preserve historical landmarks."

In October of 2015, South Carolina had major flooding that brought much damage to much of the state. A group of 14 students helped repair two houses in Hemingway, South Carolina, by installing new floors, replacing ceiling tiles and repairing damaged walls.

"This experience, like all other mission trips I have been on, was a great experience for

me," said student Julia Zipp. "I was able to see how much these people needed our help because they were living with mold, broken roofs and ceilings and bubbled floors."

"Not only will you help a family in need, you will also learn valuable home improvement skills that you might need to use in the future," said student Matthew Hendrix. "Besides working, you will have the opportunity to bond with other HPU students."

By partnering with other communities such as Oakridge United Methodist Church in South Carolina, Alternative Spring Break trips are one of many ways that HPU students, faculty and staff contribute more than 100,000 hours of service locally, nationally and internationally each year.

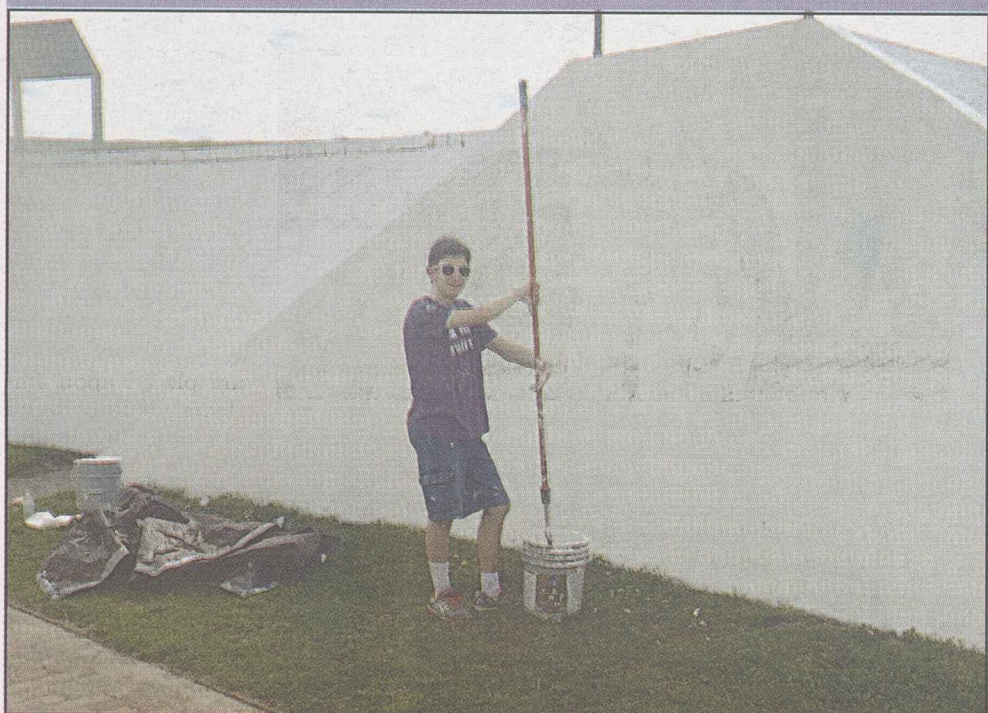
Through the Be Like Brit Orphanage in Haiti, 10 students built a home for a mother with three young children who were living under a tarp in the dirt. The students shoveled the foundation for the home, mixed and poured concrete by hand, built the framing of the roof, and put up all four walls for the home. At the end of each day, the students would play sports and spend time with the children at the orphanage.

"This trip was so much more than helping the people of Haiti for a week or building a house for a family in need," said student Lily Kate Tollison. "Haiti is a beautiful, culturally rich country with some of the most caring and faithful people I have ever met. This is a place where we built a home for a woman who will stay in our hearts forever and where 67 children taught us the meaning of unconditional love."

The impact of these service trips even goes beyond the people and families in need. "Alpha Phi Omega concentrates on giving within the High Point community for the majority of the academic year," Carrie Wilson said. "Alternative breaks allow students to think globally. I wanted to see a bigger picture. I wanted to impact another community in a distinct way."



Carrie Wilson repairs damaged parts of the wall at Fort Barrancas on an alternative spring break trip to Pensacola, Florida. Photo submitted



Brian Morgan paints the interior walls of the San Antonio Water Battery along with 10 other students on the trip. Photo submitted

HPU professor earns two prestigious awards for work in ACL injury research

By Sam Rakestraw
Staff Writer

With sports injuries on the rise, a great deal of research is being done to combat the problem. High Point University director and professor of physical therapy, Dr. Kevin Ford, has recently received two prestigious research awards for manuscripts he co-authored on Sports medicine research.

On March 6, Ford accepted the 2016 Clinical Research Award given for accomplishments in research for diseases and injuries within the musculoskeletal systems. It was presented to him by the Orthopedic Research and Education Foundation at their headquarters in Orlando. The manuscript for which Ford was given this award is entitled "Mechanisms and Prevention of ACL Injuries: Cutting ACL Injury Risk with Finely Sharpened Tools."

"My undergrad was exercise science, my masters and PhD is in biomechanics," Ford said. "I've been studying it for nearly 25 years."

Ford teaches classes at HPU in the area of exercise science, studying the world of sports injuries. He is currently in his fourth year teaching biomechanics after previously working in the college of medicine at the University of Cincinnati for 12 years.

The exercise science professor has published and worked on at least 100 peer-reviewed articles, some of which have been placed into medical journals where they can be referenced and utilized. Ford also wrote a chapter for one of the in-class textbooks.

"Dr. Jeff Taylor and I recently wrote a chapter in a

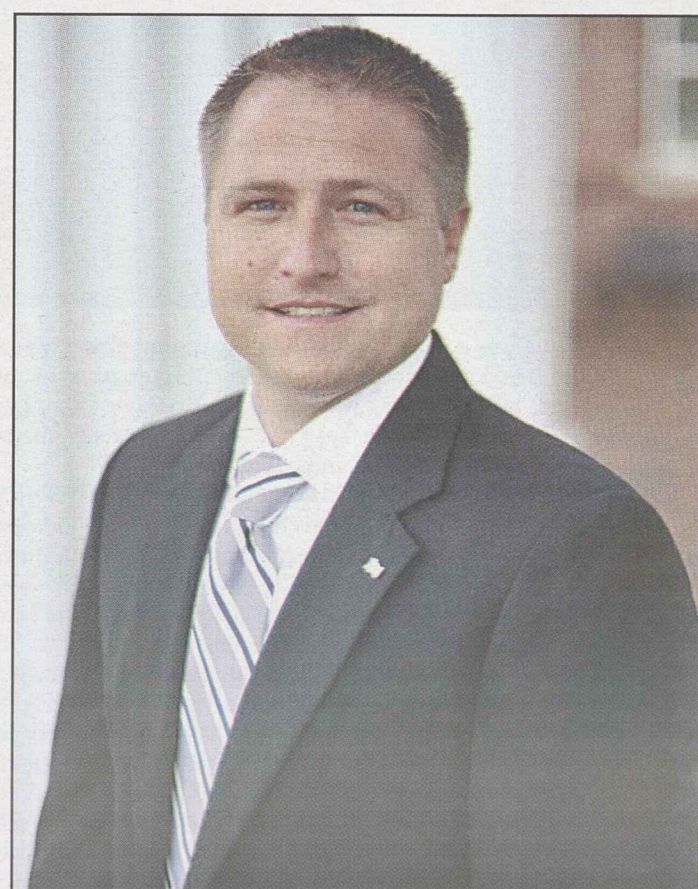
textbook that the physical therapy students use," Ford said. "It teaches proper landing movements to reduce the risk of knee injuries in athletes. A lot of what we do is write research manuscripts, and so we publish multiple papers a year for different medical journals."

The two awards Ford accepted were both based on his research on ACL injuries, a topic he heavily emphasizes.

"The way the research works is that you have a certain topic area that you focus on," Ford said. "While in biomechanics, you can focus on lots of different things and that's what my research is kind of geared towards. We could teach all kinds of concepts and not just theories on the ACL. So I separate my teaching from my research. ACL injuries is a serious issue in sports, so we take that knowledge of biomechanics and try to apply it to ACL injuries."

Ford was also given the 2015 O'Donogue Sports Injury Research Award for his work on "Utilization of ACL Injury Biomechanical and Neuromuscular Risk Profile Analysis to Determine the Effectiveness of Neuromuscular Training: A Prospective Cohort Double Blind Randomized Controlled Trial." He accepted this award from the American Orthopedic Society for Sports and Medicine during the summer of 2015.

"These are two exceptional honors for our research team at High Point University to receive," Ford said. "I am especially grateful to have the opportunity to continue to work alongside innovative and well respected experts from research institutions in North America and Europe."



Pictured is Dr. Kevin Ford, recipient of the 2016 Clinical Research Award and the 2015 O'Donogue Sports Injury Research Award. Photo by: highpoint.edu

A&E

'Spotlight' illuminates the value of journalism

By Liz Reichart
A&E Editor

"Based on true events" serves as the harrowing four-word prologue to an increasing number of films, with recent examples including "The Big Short," "Joy," "The Danish Girl," "Straight Outta Compton" and "The Revenant." A source of credibility that does not limit itself to any one genre, real events have inspired films to be made in everything from horror to slapstick. Despite the transcendence of genre, these films have held the commonality that audiences come to view them because they, in

imagine, because it was purposefully kept silent in a million different ways. It's a piece that keeps viewers in the very grips of the reality it paints, but all the while they are asking themselves along with the reporters, "How?"

"Spotlight" may be based on true events, but its cut of any fluff for entertainment's sake makes it a rarity. With all the feel of a bone-chilling high-stakes thriller and all the accuracy of a documentary, "Spotlight" is the most engaging film to be released this year. The chase feels more action-packed than any Marvel movie, and achieves this without any car explosion or built-up fight to the death. Equally, "Spotlight" puts the "horrorifying" back into the

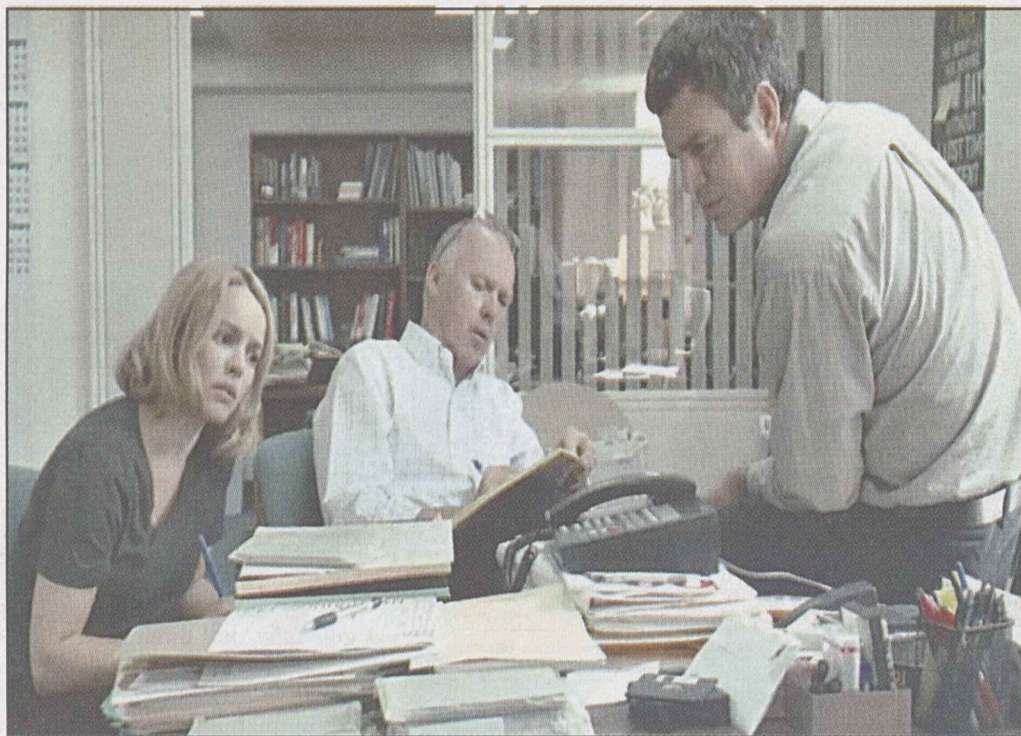
horror genre, with each investigative step taken unveiling another shocking reality of a reprehensible cover up. Without a drop of blood, "Spotlight" still promises gruesome monsters. A connect-the-dots game on a real and very serious scale, McCarthy has viewers drawing lines between points and moments later, erasing those lines infuriatingly. The film has the feel of what pure journalism is meant to be: stripped down to its facts with very little editorializing. The most refreshing aspect of "Spotlight" is its deft avoidance of melodrama. It's an un-romanticized account of old-school journalism - the dissent of the journalists against their superiors, the chasing of sources and the grind of the story at hand. The film resists the lure to lionize its heroes. Each character the audience meets has faults.

Equally as refreshing is the only female reporter on the Spotlight team not being written in a way that is overly sexualized. Reporter Sacha Pfeiffer (played by Rachel McAdams) is an integral part to the Spotlight investigation of child abuse, but doesn't have to wear tight-fitting clothing or serve as a sidekick to prove her worth.

Just how accurate is the film? The real life leader of the Boston Globe's Spotlight team, Walter Robinson, says, very.

"Most films about journalism don't get it right. I'm just delighted, as are my colleagues, that this film just nailed it. What we actually did is so accurately and genuinely portrayed in this film, the reporting steps we took, how making the sausage isn't always a pleasant task to watch, how reporters disagree with one another, how we stumble around in the dark, how sometimes we find the most important things quite by accident. It's all there, how we make mistakes in our reporting and how we double back, but always and certainly in this case, with the mind, 'We have to get this story, and we have to get it out.' Actors spent days shadowing their real-life counterparts. Michael Keaton took Robinson out to dinner to study his hand gestures. 'These actors were intent, because they were playing real people, on taking full advantage of the opportunity to get to know us and to play us as we were,' said Robinson.

An understated triumph of the truth in more ways than one, this was a film that needed to be made and furthermore is so deserving of its accolades. So what genre is "Spotlight"? Unlike the Boston Globe itself, the issue isn't black and white. But when the credits of "Spotlight" begin to roll, the genre falls nothing short of reality.



From left: Rachel McAdams as Sacha Pfeiffer, Michael Keaton as Walter Robinson, and Mark Ruffalo as Michael Rezendes track down a lead in Tom McCarthy's "Spotlight". Photo by Newsweek.

one way or another, want to learn about these events as they happened. Unescapably, the integrity of these situations as they occurred is compromised for good reason: reality is bland. In real life, people use small words instead of soaring Sorkin-esque monologues. Films today are made to entertain and stimulate as much as they are made to educate.

A recent addition to that "based on true events" club is "Spotlight" from director Tom McCarthy ("Up," "The Station Agent," "The Visitor"). The film follows the Boston Globe's investigative crew, the Spotlight team, as the prestigious newspaper gets a new editor in chief, Marty Baron (played by Liev Schreiber). Baron suggests to the Spotlight team, headed by Walter "Robby" Robinson (played by Michael Keaton) that they re-investigate a story about a Boston priest. This first priest was abusing children and the Catholic Church knew, but did nothing. At first, the team is resistant, considering the church was such a powerful force in the Massachusetts capital. But once the Spotlight team, including reporters played by Rachel McAdams and Mark Ruffalo, overturn one stone, a pattern of sexual abuse of children is uncovered. The film details how this pattern reached an extent no one could even

Duke basketball's Williams triumphs in memoir

By Anne Davey
Opinions Editor

Jay Williams was a Duke Basketball player that shattered records and awed fans across the country. Graduating in just three years, Williams was named ACC Rookie of the Year, National Freshman of the Year and a first team all American—he shone on the court and off of it.

Coming from a lower middle class neighborhood in New Jersey, Williams' story was one of perseverance, beating the odds and pure skill. His story is also one of struggle, triumph and as the title of the book aptly dubs it, "reinvention."

After completing his sophomore year at Duke when the team won the National Championship, Williams was ranked as the number one draft pick. Having made a promise to his family to get his degree and playing at a time when leaving college early for the draft wasn't so common place, Williams decided to stay for one final year with the Blue Devils. In the 2002 Draft, Williams was selected as the second pick and headed to Chicago to play for the broken but dynastic Bulls' organization. After just one season in the NBA, Williams' career was reaching new levels and he was destined for stardom. Then, one perfect sunny day in Chicago, he rode his motorcycle that he shouldn't have, without a helmet or a license, to a meeting and nearly paid the ultimate price. The details surrounding the 2003 motorcycle crash that nearly ended

his life are well known to the public, however, Williams' private struggles following the accident are not. Hence the huge press that has surrounded his book since its release earlier this year. Williams is incredibly honest his role in the crash, his naivety and the grueling recovery process. Facing obstacles both internal and external, Williams not only walked again, but had potential offers to play in the NBA. Through resilience, hard work and a vast support system, Williams overcame unbelievable struggles, including an addiction to prescription painkillers and the many dark days that befell him following the accident.

Williams, now an ESPN college basketball analyst, worked on the project for three years before he felt it was ready for publication. Williams said Mike Krzyzewski, his coach at Duke when Williams earned three All-American honors before the Bulls selected him second overall in the NBA draft, flatly told him his first draft needed to be rewritten. Williams' literary agent told him to be honest and real in his subsequent drafts. The resulting memoir is honest, engaging, candid and extremely well written. Whether you've heard of Jay Williams or not, this book is an outstanding read. Basketball fans will love it, but its deep meaning and candor will resonate with people of all ages and interests. The story is not just a sports memoir, but rather a real, honest, gripping tale of human struggle and redemption. The messages of not taking anything for granted, working hard, forgiving yourself and living with purpose transcend any sports reference or Duke hatred potential readers may be wary of.

Adele's return to the charts

By Veronica Fulton
Staff Writer

Adele has been a household name for years now. She released her first album, "19," in 2008, which introduced her powerhouse voice to the world. She won her first Grammy following the release of this album. Three years later in 2011, Adele released a second album, "21," which featured hit songs like, "Rolling in the Deep," and "Someone Like You." The break-up-based album was at number one for 11 weeks and she sold more than 30 million copies. The following year, she won six Grammy's for that album.

In June of 2012, Adele announced that she was pregnant with her first child. She had this child with her boyfriend and gave birth in October of 2012. Even though she was the mother of a newborn, in 2013, Adele released a hit single, "Set Fire to the Rain," and won another Grammy. She also recorded the song "Skyfall" for the 2013 James Bond film of the same name. For that performance, she won an Academy Award and a Golden Globe. After these events, it almost seemed like Adele disappeared. She didn't make any new music and she was not in the

"I'm sorry it took so long but, you know, *life happened.*"

-Adele on the release of her album "25"

in the public eye for years. She had decided to focus on raising her son for a few years, until he was older.

Almost three years later, in October of 2015, Adele made a comeback. She released a single, "Hello," from her new album and then announced that she was releasing the whole album, entitled "25," in November. She claims that the album is nostalgic and made up for lost time. Adele said on Instagram, "I'm sorry it took so long, but, you know, life happened." The song, "Hello," immediately topped the charts and made history as the first single to receive over one million downloads in one week. People all over America and the UK could be found screaming the lyrics at the top of their lungs for at least two months following the release of the single.

When the full album, "25," was released in November 2015, it beat the previous records and sold 3.38 million copies within seven days. In December, Adele announced that she was going on tour for the first time in five years. The tickets went on sale and within minutes, the tour was completely sold out.

In my opinion, Adele has made an amazing comeback. Within the past few months, she regained her fandom, released a new album full of amazing songs like, "Remedy," "When We Were Young," and "All I Ask" and she sold out a North American tour. This is very impressive and almost uncommon for an artist who disappeared for a few years.

As an Adele fan, I am ecstatic that she has continued to produce music. She has come full circle and achieved some amazing feats in the past few years, and I am so excited to see what she has planned next.

A&E

2016 Oscars offer little entertainment value

By Alexis Ancel
News Editor

Every year months of preparation, countless hours and millions of dollars go into creating the Academy Awards. Between the prestige and red carpet glam, the Oscars are not a night to miss. Well, usually.

The eighty-eighth Academy Awards began with host Chris Rock addressing racism and inequality in the film industry. While continually drawing attention back to it throughout the show was perhaps unnecessary, his opening monologue made a lasting impression following the recent controversy surrounding this year's lack of racial diversity amongst nominees. Rock certainly wasn't the worst host the show has ever seen (Anne Hathaway and James Franco, we're looking at you), but he was still a far cry from the legendary hosts of years past such as Ellen DeGeneres, Whoopi Goldberg, Steve Martin and Alec Baldwin. Quite frankly, after the painful job he did hosting in 2005, it's surprising he even landed the gig a second time around.

With all the hype surrounding cinema's biggest night, it's easy to forget that the award show itself is actually somewhat of a snooze fest and 2016 was no different. Famous actors read from a teleprompter in a monotone voice and present awards to other famous actors for movies that never would have won if it were up to the general public. Where was the nomination for *Mockingjay Part II*? And what about *Jurassic World*? Best Picture ended up going to "Spotlight," despite the fact that "Star Wars: The Force Awakens" totaled over \$2 billion at the box office, more than the combined total of every movie nominated for the category. Something doesn't quite add up.

Even still, at least the red carpet was as dazzling as ever. Emily Blunt showed off her baby bump wearing Prada and Sofia Vergara appeared utterly ageless as always in a navy

blue Marchesa gown. The adorable Alicia Vikander also turned heads in bright yellow Louis Vuitton looking like an elegant Disney princess.

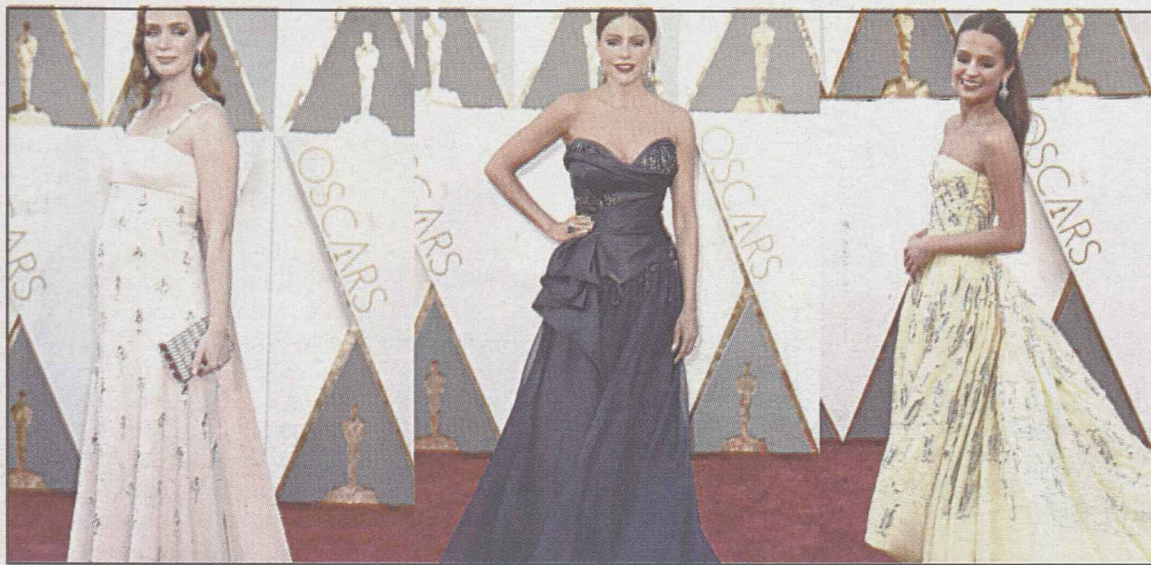
Unlike music award shows like the Grammys and the VMA's, the Oscars lack the advantage of having dozens of performers slotted to fill screen time. Acceptance speeches can only hold viewers' attention for so long, so every year the host tries new things attempting to make the show memorable. This year, Rock brought in members of his daughter's Girl Scouts to sell cookies to the audience; a sweet idea, but still not one that quite topped Ellen DeGeneres' pizza delivery two years ago.

There was, however, one bright light in the show that will certainly go down in award show history: Leonardo DiCaprio's long awaited Oscar win for Best Actor for his role in "The Revenant." And as if it was even possible to love the man more, he used the acceptance speech he's probably been perfecting for over 20 years to address climate change and environmental issues.

DiCaprio said, "Let us not take this planet for granted. I do not take tonight for granted." Other first time Oscar winners include Brie Larson, star of the movie "Room" for Best Actress and Sam Smith for Best Original Song with "Writing's On the Wall," who followed this victory with a performance of the song. Lady Gaga also delivered a powerful performance of "Til It Happens to You," an anthem of support for sexual assault survivors. Between Gaga, Rock and DiCaprio, the 2016 Oscars may very well have been the most expensive philanthropic and social justice movement in history.

Overall, the whole night was a generally dull affair. Twitter remained fully functional, Adele Dazeem was a no show and no one face planted on stage in front of millions of people. The eighty-

eighth Academy Awards will be remembered as one thing only: the night the magnificent Leo DiCaprio was finally recognized as the reigning king of Hollywood that he is. It's about time.



From left: Emily Blunt shows off her baby bump in Prada; Sofia Vergara stuns in Marchesa; Alicia Vikander turns heads in Louis Vuitton. Photos by: Us Magazine

Suiting 101: What you need to know when buying a suit

By Brady Walter
Staff Writer

A suit – you do not want to be labeled one, but you certainly want to wear the hell out of one. Choosing the details of a suit is often left to the professionals. Let me give you a glimpse into the mind of a professional suit salesman and go through the perfect suit for you, piece by piece.

The first thing you need to think about when purchasing a suit is "What do I need it for?" For most men, it is for work. (Going forward, every reference to a suit is a standard 2-piece suit, which includes a pair of Trousers, and a Suit Jacket). They work in an office in a city where people typically wear a suit and tie four days (now-a-days Friday is basically a day off when it comes to looking good), out of the workweek.

As with every great invention, let's start from the engine if you will. You will notice that on every single suit jacket made, there are three types of "vents" that are displayed on the back of the jacket. There is a "single-vent" which is a single slit down the middle of the jacket over the rear, which is the more traditional styling of a suit. In addition, there is a "double-vent" or commonly referred to as "side-vents" option. This is when there are two slits, one being on the left and one being on the right, to create a wider opening which allows for more ease of motion due to its origins in horse-riding. This is a more practical as well as more functional look. It also helps to eliminate some of the girth some men might have in the rear, so if you are a wider man, the side-vent jacket option will suit you better. Lastly, and most unfortunately, there is a "no-vent" option as well which means there is no slit at all in the jacket. This is a last resort when it comes to selecting a suit, as it provides the least amount of motion due to the structure of the jacket and just shows an utter lack of style for any occasion. It is an existing design, but please, if you are buying your first suit for a job or are starting to grow your wardrobe, a no-vent suit is not the way to go.

Next, we move to the front of the jacket with the lapels. Lapels are the pieces of fabric that drape over a man's chest and collarbone when wearing a suit. For you first time suit buyers out there, don't worry – you will be speaking my language by the end of the semester. For this article, we will stick to two types of lapels: notch and peak. A notch lapel is the more conservative and traditional of the two, and you will find this type of lapel is suited for any occasion whatsoever. From boardroom, to a wedding, to a night out, this is a perfectly acceptable and viable option to wear with confidence. Now, for you brash young hot shots out there who want to take the world by the horns, the peak Lapel will be the lapel for you. This lapel peaks out at the top near the shoulders making it the flashier of the choices. The peak is also acceptable for most work situations; however, it was traditionally made for more of a "formal" look, which you will see more often on tuxedos. Peak lapels are also a viable option when wearing a suit and give anyone a little extra something when it comes to style.

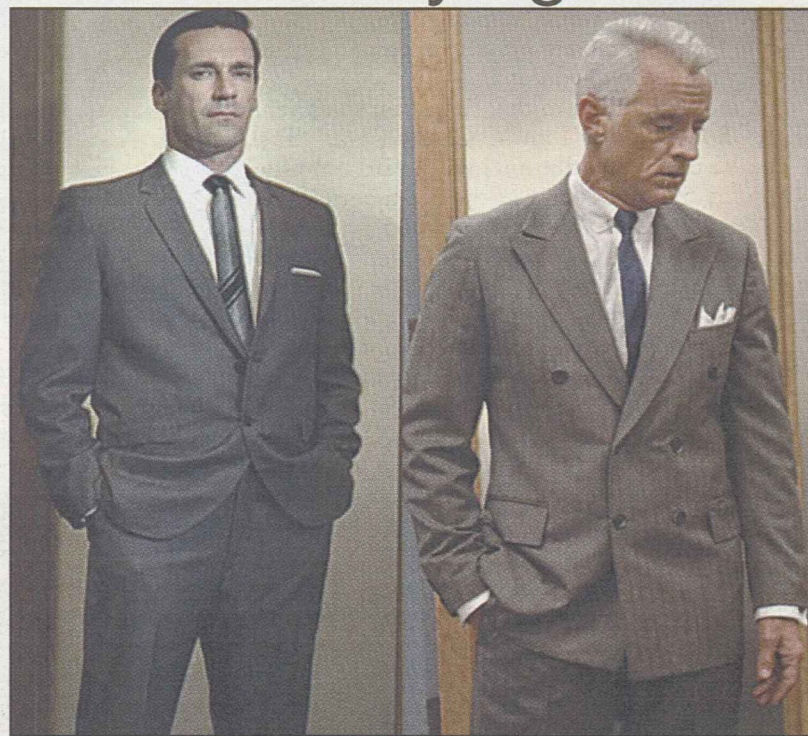
What is a jacket without pockets? There are once again several types of pocket options ranging in number and style, from slanted, to straight and even no pockets. Gentlemen, you will not own a suit with "besom" or "pike" pocket. If you learn nothing at all from me while reading, you will have learned to not get besom pockets on your suit or sport coat jackets. A flap pocket is what you will see if you were to walk into Nordstrom's or any other department store that sells suits. A flap is when there is a fabric draping over the pockets on the jacket. This is meant to do so as it covers the bulge of the pocket due to you putting your chap-stick (which every guy should always carry), or even your keys. This is the traditional

look that once again can be worn on any occasion and is a viable option for any activity you might partake in. The flap pocket is most commonly paired with the notch lapel. See the theme here? Traditional pairs with traditional, and so on. Next up – "hacking."

No, not the thing you do with your mother's garden and certainly not the thing your friend says he can do to make a quick buck via the computer. Hacking pockets are the exact same as flap pockets, but they are slanted on an angle. Why, you ask? Hacking and side vents originated from horse riding. When people rode a horse with their single-vent, flap pocketed jacket, they could not control the horse due to having one slit in the back with zero range of motion while having the pocket rip almost every time they rode due to the pulling of the fabric. Low-and-behold, hacking pockets were invented and have stuck around ever since. Hacking pockets are now more of a fashion look, but certainly acceptable for work or casual wear of your suit as well.

Flap with ticket. "Flap with ticket?" He thought to himself. What could "flap with ticket" possibly mean? A flap with ticket pocket is when you have a standard flap pocket with a smaller additional pocket on the right side of the jacket. This pocket comes from the 1800's in France, as ticket riders needed an extra pocket to hold their train ticket with easy access. This style has regained popularity due to its fashion forward, or "cool" appeal, with the appeal being that it is different. In addition to flap with ticket, there is also hacking with ticket, which needs no further explanation. With so many types of pockets out there, it's impossible to list them all. Be on the look out for part two to "Suiting 101" to further explore what I find to be one of the coolest things on earth.

Remember – Fashion isn't clothing. Fashion isn't style. Fashion is character.



Left: Jon Hamm as Don Draper on "Mad Men" wearing a notch lapel jacket. Right: Jon Slattery as Roger Sterling on "Mad Men" wearing a peak lapel jacket. Photos by: themonsieur.com

Organizations

Fraternity hosts Make-A-Wish fundraiser, breaks World Record

By Alexis Ancel
News Editor

Though cornhole is typically thought of as a casual game played at barbecues in the summer, High Point University's Beta Theta Pi turned this backyard game into a massive competition in order to benefit children with terminal illnesses in North Carolina.

The tournament was held in Slane Student center on March 19. The event began at 3 p.m. with 62 teams participating. Each team paid \$30 to enter with all proceeds going to the Make-A-Wish Foundation of Central and Western North Carolina.

The primary goal of the tournament was to raise as much money as possible to help the Make-A-Wish Foundation grant a wish for a child. The tournament combined with additional donations from various faculty members and parents raised upwards of \$1,500.

"All of the proceeds of this tournament will go towards the Make-A-Wish Foundation, which has always been close to heart for brothers and myself," Beta Theta Pi brother Alex Rugato said. "Having had people close to me who suffered from cancer or had family members go through cancer, I know how hard it can be and it's just awesome to know that we can help make a child's day who is dealing with a horrible disease."

In addition to raising money, this event was also an opportunity to break a world record. The main tournament lasted roughly

four hours, but one separate game of cornhole lasted far longer. Located on the first floor of Wanek Center, four brothers attempted to break the Guinness World Record for the longest marathon playing cornhole. The record attempt began at 4:30 p.m. on March 18 and finished the following day at around 7:30 p.m. The marathon totaled 26 hours, 16 minutes and 28 seconds. The record was previously set at 26 hours, 12 minutes and 44 seconds.

After receiving approval from Guinness World Records to attempt the record, the team filmed the entire game and submitted it for inclusion in the next Guinness Book of World Records.

"We are very proud to represent Beta Theta Pi," said Carter Herring, one of the four brothers who broke the world record. "We're proud to be breaking the record and making money for the Make-A-Wish Foundation."

The idea behind this world record attempt came about as a way to help draw more attention to the fraternity's philanthropy and the work they are doing for children in need.

"It's a great opportunity for us to get the word out about the Make-A-Wish Foundation and about the things that Beta is trying to do here at High Point," said Nick Bellamy, Beta Theta Pi brother.

The event had great support from HPU. Various organizations and teams participated in the tournament.

"I think it's cool that they chose this because no one else on campus does a cornhole tournament," said Sam Entwistle, tournament participant. "On top of that, they picked a good cause- there is nothing like making the wish of a child."



The cornhole tournament attracted over 60 teams to participate in the fundraising event. Teams consisted of both students and staff members. Photo by: Lona Williams

Swabbing for a cause to save lives

By Madeline Travell
Organizations Editor

Gift of Life is a bone marrow registry with the aim of curing blood cancer through donation. High Point University senior Lindsay Katz created a chapter on campus because of a personal experience.

"When I was 10, my cousin Amy was diagnosed with Leukemia," Katz said. "My family has been running drives since she was diagnosed. When I learned about the campus ambassador program from Gift of Life, it was a no brainer that I wanted to bring a chapter to HPU."

Becoming a donor is easy. All you have to do is attend a bone marrow drive where the inside of your cheek is swabbed with a cotton swab in four different places. This process usually takes less than 60 seconds to complete the initial registration. Later, the donor will receive an email containing the preliminary paper work disclosing medical history and contact information. Becoming a bone marrow donor does not require blood to be taken to join the registry. These drives are vital to recruiting donors who could be a lifesaving match with a patient in need.

"At least on this campus, I feel that we have raised awareness about bone marrow transplants tremendously," said junior Jackie Poolos. "I for one am extremely afraid of needles, but I have told myself that if I end up matching with someone I will gladly donate because I cannot imagine that happening to one of my family members."

HPU's chapter has been extremely successful in their efforts on campus by adding over 200 people to the donor registry through their first two drives. They currently have seven more drives that are scheduled throughout the rest of the semester.

"A family member passed away two years ago from cancer," said senior Trish Leach. "By helping find people to join the bone marrow registry, I could help someone find a match and help another family avoid the loss that my family endured."

The chapter on campus is also hosting fundraisers to help cover the cost of the bone marrow transplants and kit testing. Their goal is to raise \$600 and the chapter is already halfway there. The chapter is in the process of becoming a chartered SGA organization.

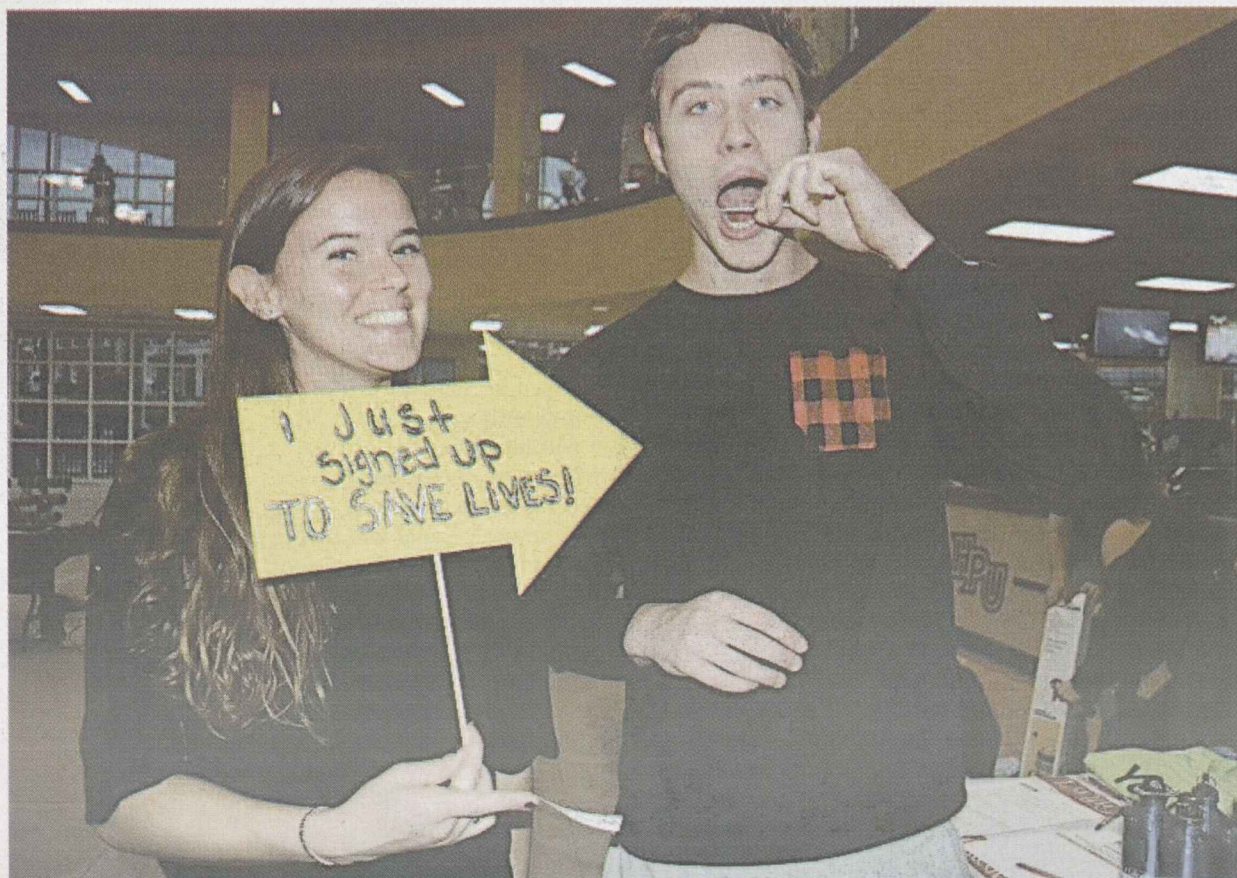
"Another goal I have is to register 400 people and to find at least one match," said Katz. "Finding a match is very rare, about 1 in 2,000, so this would be an incredible accomplishment."

The Gift of Life website stresses the importance of college students becoming donors, "College students are extremely impor-

tant to patients in need of lifesaving bone marrow transplants because nearly 65 percent of all donors called as a match are between the ages of 18 to 29. This is because transplant physicians have determined that patients who receive bone marrow or blood stem cells from younger donors tend to have better outcomes than those who do not."

If you are interested in helping reach the goal of \$600, you can donate on the HPU donor page: giftoflife.org/dc/HighPointU

If you want to know when the upcoming drives are happening or would like to follow their progress and receive updates, visit their Facebook page: [facebook.com/GOL.HighPoint](https://www.facebook.com/GOL.HighPoint)



Trish Leach and David Wintode swabbing to become a donor at a Gift of Life drive. Photo submitted

Sports

HPU takes hit in Big South Tournament

By Tyler Kubanka
Staff Writer

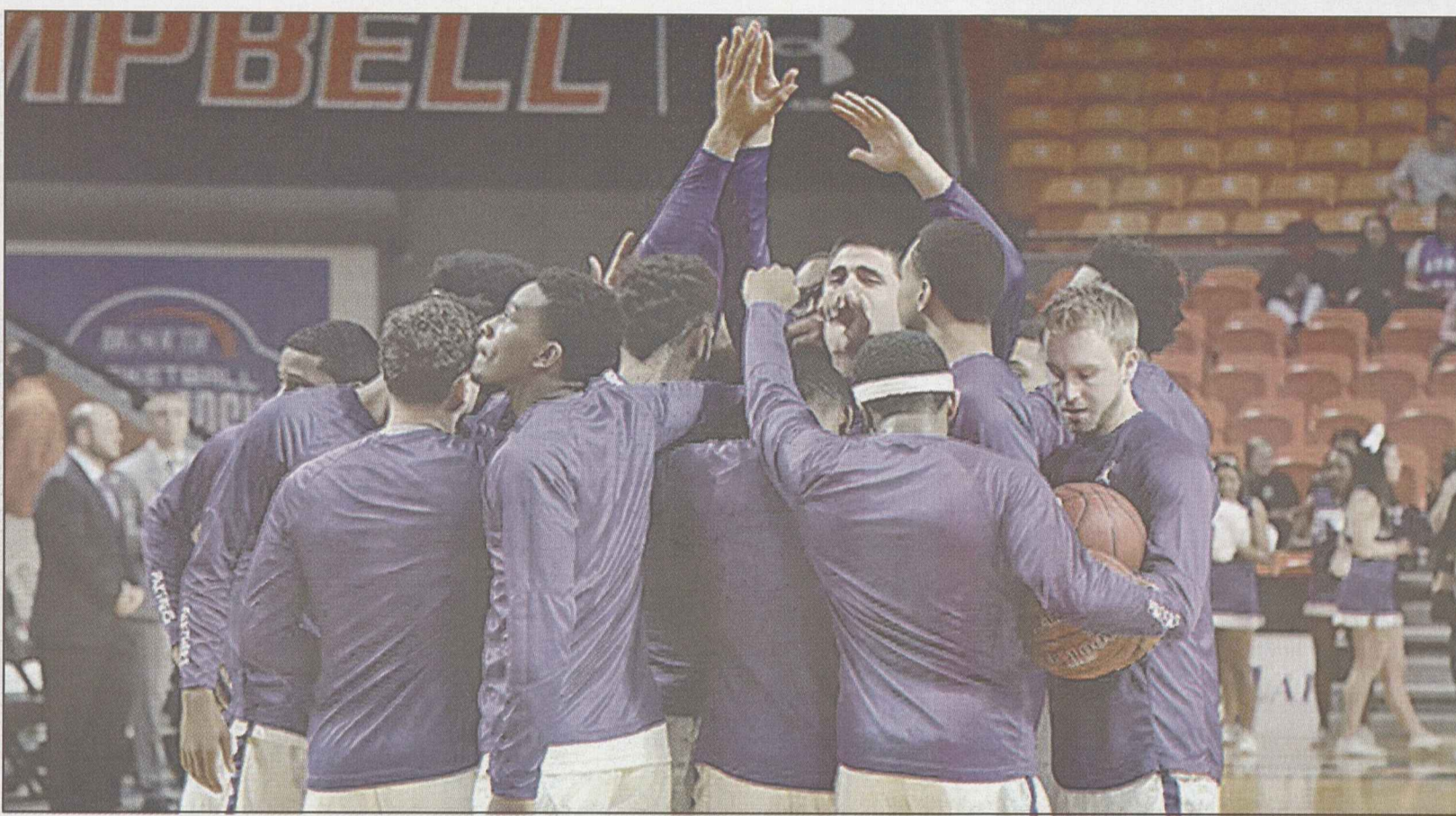
The men's Big South basketball tournament took place March 3-6 at Campbell University in Buies Creek, N.C. Featured in the tournament was High Point University Panthers as the number one overall seed, who had a first round bye.

In High Point's first game they faced the eighth seed, Longwood, defeating them by a score of 89-78. Leading High Point in scoring was Miles Bowman Jr. and Haiishen McIntyre, scoring 19 points each. The bench performance was key for High Point, outscoring Longwood's bench by a significant margin of 27 to 0.

However, High Point encountered bad luck in this tournament. Already without star senior forward John Brown due to a foot injury, High Point also lost senior guard Adam Weary early in the first half of their Friday afternoon game against Longwood. Weary exited the game with an ACL injury and did not return.

In High Point's second game they fell to the UNC Asheville Bulldogs 80-69, without Adam Weary or John Brown, as they were held to 37 percent shooting from the field and committed 20 turn-

overs. Bowman, who has emerged as a key player for the Panthers toward the end of the season, was a bright spot in the game. Bowman lead High Point with 23 points and 16 rebounds. However, another strong performance by Bowman, was not enough to push the Panthers into the Big South Tournament Finals, although this was the first time High Point advanced past the quarterfinals since 2012.



The High Point men's basketball team brings it into a huddle during a Big South Conference playoff game. Photo by HighPointPanthers.com

Equestrian team reigns in control of season

By Makenna Rooker
Staff Writer

The High Point University Equestrian Team is proving it's riders skills and abilities. The team competes in the Interscholastic Horse Show Association (IHSA). IHSA is known for being as competitive as NCAA Division 1 riding. The local region requires the team to compete against 12 of the top universities within the area. Many of the teams are from larger schools and have been around for much longer than the HPU team.

Despite being a relatively new team, the High Point Equestrian Team can hold its own against the tough competition. Not only is the team consistently at the top of the region, but the team has also sent several competitors to nationals. This is a huge accomplishment because

in order to advance to

nationals, the riders have to first be successful at regionals and zones. In fact, one of the team members, sophomore Morgan Moog, is in the running to compete for one of the most prestigious awards in collegiate riding, the Cachione Cup.

Aside from riding and showing, the team has also created friendships and memories that will last a lifetime.

"The team is a bunch of girls and a boy who are crazy about a crazy sport," Lilliana Chalfant, senior, said. "It's cool to be able to share that with other people."

"Fortunately, being the only boy on the team hasn't really been that big of a deal," Jason Scoggins, junior, said.

Similar to Big Brothers Big Sisters, the team members have younger riders that they mentor. In addition to coaching HPU students, Cathy Schlaeppi coaches middle and high school students. HPU team members are paired with a younger rider as their little.

"We do stuff like going to dinner with them and always cheering each other on at competitions," Scoggins said.





Senior Lilliana Chalfant proudly displays her first place ribbon after winning a competition. Photo by hpuequestrian.wix.com

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Sports

Q&A with men's basketball head coach

By Brooke Lazarus
Staff Writer

Campus Chronicle writer Brooke Lazarus had the opportunity to interview High Point University's men's basketball head coach, Scott Cherry. Cherry has been at HPU since 2009. HPU has captured three-consecutive regular season Big South titles under his direction.

Q: How has this senior class changed the program over their four years at High Point?

A: They have changed it tremendously. We went from a program that people kind of know about to now national recognition on TV. We've had guys who have been on Sports Center Top Plays. This class has the most wins in program history.

Q: What have you been covering in practices that you want the guys to execute going into the conference tournament?

A: Defend, we've got to play defense. We have guys who can score offensively, but just like in any sport to win the tournament and go on to the NCAA we have to defend. We are making little adjustments here and there and we have to rebound since we are not huge defensively. Offensively, we feel pretty good about being able to score points.

Q: Other than John Brown's talent on the court, how has he affected the team off the court?

A: His personality. If you've been around him he gets along with everybody no matter who you are or where you are from. He's one of those guys that are the face of your program. He engages with little kids, older people, anyone who he interacts with usually leaves with a positive impact from him. He's smiling all the time and that's what helps our program.

Q: How do you prepare the guys when a big game is ahead?

A: We mainly focus on basketball, but now we're going to focus more mentally. Sometimes you want to do something differently on a day like this when it comes to the last game at home, but we just want these guys to have a positive mindset when they leave this court.

Q: How has the team progressed from preseason until now?

A: It has been up and down. We had a great non-conference portion of our season. We lost three really close games to high major programs. We started off conference great, 5-0 in conference and then we hit a rough patch where we lost five out of seven and a couple of games at home. It's taken little adjustments and deciding who our top nine guys are going to be. Fortunately, it's back in a good direction. It took a few losses unfortunately to get us back and centered on the right things. I think we're headed in a really good direction right now.

Q: What would winning the Big South Conference and going to the NCAA tournament mean for the program?

A: It's never been done- it would mean a lot to everyone including this community and everyone who has supported us, starting with President Qubein and everything he has done for this program and school. I've been to NCAA tournaments, finals fours, national's championships, I've experienced that. I wouldn't mind experiencing it again for the first time as a head coach, but I know what that is and what it's about. I just want those guys to be able to talk about it for the rest of their life. There's not too many "first ever" in this

world and we would be the first ever team to go to the NCAA tournament in school history. I want them to have a legacy here and especially for the four seniors. All the great things they've done.

Q: Who has surprised you the most this season? Which player has shown the most improvement?

A: I think our freshmen have come along really well. You never know with bringing in a new group of guys. The guy that's shown the most improvement would be Miles Bowman to just get back on the floor after not playing for almost two years because of three knee surgeries. He's has a great attitude and mindset with his recovery on his knee. He's not only back on the court, but he's playing great. It's really rewarding to see a kid like that come along way. You hate to see athletes end their career because of an injury. It's fun to watch him and I hope it keeps going the way it's going.



Head coach Scott Cherry calls out to his team during a playoff game. Photo by Big-SouthSports.com

High Point track team season update

By Ameer Tyree
Staff Writer

High Point track and field kicked off their outdoor season this past weekend after an eventful conclusion to the indoor season.

Field events started the morning of March 18 in Winston-Salem on Wake Forest University's campus.

Both teams acquired some major hardware at the Big South Indoor Championships that they will use as momentum as the outdoor season begins.

The men's team posted an all time high in points to finish second in the Big South Conference for the first time in school history. Individual accolades included James House winning first place in the 60 meter dash, Vinny Todaro's victory in the mile run, Will Narramore's record breaking first place triple jump and Austin Miller's second consecutive pole vault title.

A host of other panthers pitched in with high placing finishes in their respective events to really round the team out. They specifically dominated the mile run as they claimed the top three spots.

Nick Hula and Patrick Van Der Cruyssen ran personal record times in the 400 meter dash and the 800 meter dash, respectively.

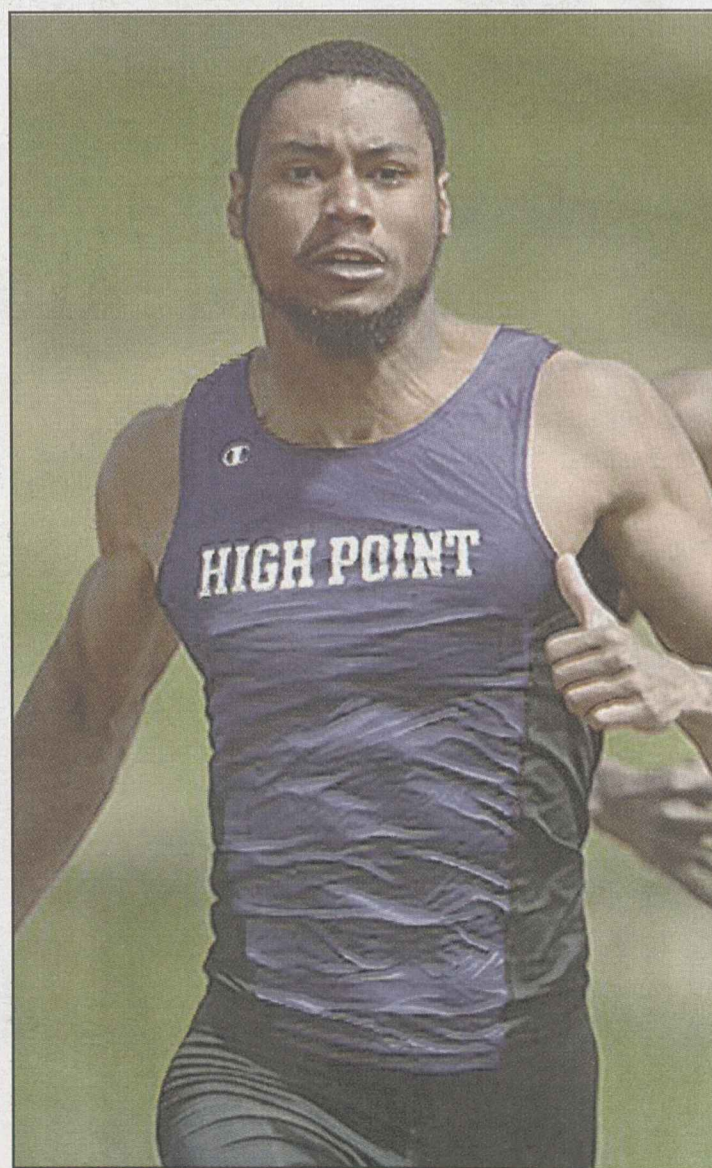
Will Narramore won Big South Field Athlete of the year while Paul O'Donoghue won Men's Scholar-Athlete of the year.

The Women's team finished sixth overall with key performances by Jill Marois and Alyssa Palenchar in pole vault, Jamie Schnuck in the weight throw, Mackenzie Holmes-DiGiovine's school record shot put and Julia Zautcke's third place 5,000 meter run finish.

Schnuck won Women's Scholar-Athlete of the Year to join O'Donoghue and become the second duo in league history to win the award while attending the same school.

Nevertheless, both men's and women's track and field have been gearing up for an eventful and successful outdoor season that will prepare their athletes to win on the track and in the classroom.

Stay tuned for an exciting season that's bound to come with more broken records and hardware to be won.



Sophomore James House sprints down the track. Photo by High-PointPanthers.com

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