



HIGH POINT UNIVERSITY

Campus Chronicle

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HIGH POINT, N.C.

Column One News

Graduation set for May 8

This year's Baccalaureate service will be held on May 7 at 6 p.m. at Wesley Memorial United Methodist Church...

Graduation will take place on May 8 at 9 a.m. on the lawn in front of the Wrenn Building. In the case of rain, the event will be moved to the Millis Athletic and Convocation Center...

This year's graduating class is comprised of over 600 students.

Twenty-five Junior Marshals selected

Twenty-five students have been selected as junior marshals of this year's commencement services. Students from the junior class are chosen based on academic rank.

The 2003-04 co-chief junior marshals are Brian N. Gallimore, Mary K. Law and Kathleen M. McLean.

The other junior marshals are: Chad R. Bowman, Wynona S. Brinegar, Richard S. Bundy, Jeremy R. Dicus, Kurtis B. Eckard, Terri L. Engle, Amanda R. Frisbee, Angela L. Garvin, Hunter B. Gray, Zachary T. Hartley, Meredith B. Hendrix, Kristen A. Kelps, Tamara D. Koontz, Emily A. Markis, Jennifer M. Messick, Margaret L. O'Neal, Valarie M. Patterson, Jared G. Prunty, Kelly C. Rushin, Joel F. Stubblefield, Kristen E. Via and Rosemary E. Wagner.

Men's team excels in Big South tennis

Three men's tennis players have been selected to the Big South all-conference team.

Johan Dorfh of Jarfalla, Sweden and Chris Archer of Hilton, England were honored for their accomplishments in singles and doubles competition, and Mike Tolman of Flockton, England gained all-conference recognition for his singles play.

Last year's Big South champions, the men's team accumulated a 16-4 overall record, including 15 consecutive victories, and finished second in the conference this season.

In addition, Dorfh, a senior, won the conference's Men's Scholar-Athlete award.

Mr. Jerry Tertazagian is head coach of both the men's and women's tennis teams.

compiled by Andrea Griffith

New student government officers make plans for next school year

By Kathleen McLean Staff Writer

Over 3,000 students attend High Point University, but only 39 attended the Student Government Association meeting on April 15.

On that day, the new executive committee was sworn into office with junior Chris Michener as president. Michener has been attending SGA meetings since he was a freshman and is a soccer player, resident assistant and university ambassador.

Michener said that winning this election was a rush because he has lost several elections in the past. He is looking forward to the challenge of being a representative of the students and sur-

passing his predecessors. His main project for next year is to have surveillance cameras installed in the parking lots. Michener said, "It is one of the big issues on campus and it's a good way to spend our money and make students feel safe."

He will be working with junior Nicole Armer, who was elected executive vice president for a second term and who is also involved in representation of the Alpha Gamma Delta sorority. "I believe Chris will be an excellent president and that we'll make a great team," said Armer. "He knows what he wants to do and I believe he has the drive to fulfill his dreams and goals."

Armer is in charge of what she referred to as the "fun stuff." She organizes dances, orientation and Honors Day. One of the big events for next year is the 80th annual homecoming, which

is supposed to be very extravagant, according to Armer, who is already in the planning stages with Rans Triplett, dean of residence life. She also wants to create a Habitat for Humanity Day as a community service project to unite the freshmen during orientation.

Another plan of Armer's is to bring High Point University its first real concert. "This is a major 'if,' but I want to bring Maroon 5 to campus," said Armer. "They are a band that is just starting to make a name for them, and it will bring publicity to the school and will be a huge event that will unite the campus." Armer hopes to have the concert next September on the soccer field.

Michener has also announced other plans, such as a beautification project that will improve the benches on cam-

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Campus gardens now abandoned

By Alexis Winning Staff Writer

While campus awaits the gardens being placed at Hayworth Chapel, many students haven't taken notice of the Doak Bain Carrick Memorial Gardens just off the Greenway behind the tennis courts.

The truth is there aren't really any gardens to see. There are no flowers, only a tablet attached to a brick base that stands as a reminder of a "distinguished horticulturist." Carrick is not a High Point College alumnus, but in fact graduated from Wake Forest College in 1910. Born in Lexington on Dec. 11, 1888 to Reverend Thomas and Mary Bain Carrick, this bachelor went on to become a professor of pomology (the scientific study and cultivation of fruits) at the College of Agriculture at Cornell University in Ithaca, N.Y. According to the Vice President of the Office for Institutional Advancement, Mr. John C. Lefler, Carrick left \$20,000 to High Point College in his trust after his death in 1962, and the expendable income was to be used to maintain the Memorial Gardens.

The original daffodil bulbs were planted at Carrickmoor, which was located at the west end of Parkway, and ac-

ording to local historian Mary Lib Joyce, it was quite a spectacle in High Point. After Carrick's death, the bulbs were transferred, and Joyce describes the presentation of the bulbs to High Point

College as "a big to-do." If thousands came to see the daffodils at Carrickmoor, why have these gardens been left to disintegrate into another part of the city of High Point's past and the University's as well?



PHOTO BY KRISTA ADKINS ONLY PLAQUE REMAINS IN MEMORIAL GARDENS

Along with the many students who are not aware of these Memorial gardens, there are many administrators who are also clueless about their existence. When you mention the gardens to a HPU student, a common answer is, "Oh, the September 11th Memorial (along the creek)." However, when you ask class

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The history of HPU football

By Ashley Hodge Staff Writer

Fall comes and the leaves turn red, orange and brown, decorating a town in a crisp, engaging beauty. But fall signifies more than just foliage to a sports fan; it means it's time for football. Fans fill the parking lots, cooking hot dogs and hamburgers with delicious aromas. Students come out in their team colors; alumni wear their alma mater's sweatshirts proudly; and other loyal fans come to support their team in hopes of rushing the field and tearing down the goal posts. But for High Point University, there is no stadium. There's no smell of hotdogs and hamburgers. There is no football team. Why?

"Well, there are two stories. One I have heard, and the other I have read on paper," Athletics Director Woody Gibson said. It seems High Point University embraces its own urban legend that circulates around campus every year, about why there isn't a team. According to the rumor, the team in 1950 was terminated due to a player who was either killed or paralyzed, depending on what version you hear. Either way, something happened to the student, and his parents were big con-

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Table with 4 columns: Page 3 (Does Iraq parallel Vietnam?), Page 5 (Is the Atkins Diet safe?), Page 7 (McCaslin relocating to North Texas), Page 12 (A final word from Graff)

*Staff Editorial***Spring brings with it hectic schedules as year draws to a close**

What is it about spring that ushers in an urgency for laziness, a need to be outdoors with little on the agenda? The longer days, with their sunny weather, beg to be basked in. Yet students find themselves more swamped than ever as the school days dwindle.

No matter how hard students try to pace themselves for the semester's end, it inevitably creeps up on us. Suddenly, we are faced with multiple papers, presentations and exams, all while we try to enjoy the spring weather with friends we won't see again until August. Those facing graduation feel rushed to make their last days at High Point University a worthwhile time with friends, but they also have dozens of loose ends to tie up, the most obvious being those final classes, graduation plans and senior seminar projects.

And so, while seniors try to figure out where they will call home next year, other students are doing the same when it comes to on-campus housing sign-ups. They are also deciding on next year's classes, and some are working the spring furniture market.

But what makes the spring all that different from the fall? For one, most stu-

dents spend fall break at home. It is a more laid-back time; students catch up on sleep and, to some degree, homework. Spring break is vastly different. Many students spend their time on cruises and beaches, on trips that have forced them to save their work study checks for months. There is a higher level of excitement surrounding this break, which generally leads to a higher level of partying and an attitude of disregard toward schoolwork, at least for the week.

So students return and are faced with figuring out their summer job situation while balancing the demands of school. What is the solution to this? Maybe the whole scenario is unavoidable. Major papers will never be due at the beginning of the semester, and this is probably to most students' satisfaction. Though we pay for it in the end, there is something utterly joyful about the slower pace of the semester's beginnings.

For now, all we can do is keep our schedules steady. Take some time for friends and hobbies between study sessions. If nothing else, our frantic end of the year pace will teach us to cherish the small fraction of free time we have in the lovely spring weather.

"No matter how hard students try to pace themselves for the semester's end, it inevitably creeps up."

"...on many campuses across this nation free speech does not prevail. Unfortunately, free speech has been replaced by selected speech."

Liberal bias impacts university campuses

By Jonathan Miller
Staff Writer

College, aside from all the parties and fun, is time to gain knowledge through scholarship and research and engage in reasoned discussion about intellectual and cultural traditions in pursuit of the truth. Performing such tasks will better prepare students to become productive citizens within society.

Colleges and universities should strive to guarantee all their students this opportunity; however, for such an opportunity to be available, free speech must rule the day. Yet on many campuses across the nation free speech does not prevail. Unfortunately, free speech has been replaced by selected speech.

Students at Citrus College, a public institution in California, were given an extra credit assignment by Professor Rosalyn Kahn as part of a required speech class in which they were ordered to write letters to President Bush protesting the war in Iraq. Those who wrote letters praising the Iraq campaign or who refused to mail their letters to the president's office were denied credit for the assignment. A criminology class at a Colorado university was told to write an essay on why President Bush was a war criminal. When a student instead wrote why Saddam Hussein was the war criminal, she was given a failing grade.

At UC-Berkeley, the course description for "The Politics and Poetics of Palestinian Resistance" in Fall 2002 stated that "conservative thinkers are encouraged to seek other sections." Students at Southern Methodist University, UC-Irvine and the University of Washington held "affirmative action bake sales" to protest the categorization of applicants based on skin color. All three bake sales were shut down by the administrations. In the case of the U. of Washington protest, the reason given for the closure was

that the event endangered public safety because a few unruly students who were angry at the protesters tore down their signs and physically threatened the students holding the sale. Rather than arrest or detain the violent offenders, the campus police simply shut down the event.

Does anyone notice a recurring theme here? The evidence for such biased violations goes on and on. These particular incidents were documented by www.studentsforacademicfreedom.org. Apparently, campuses can no longer have open, honest debate. No, that is misleading. There is open and honest debate, only if you happen to subscribe to the ideologically liberal majority. Conservative viewpoints must "seek other sections."

Whatever happened to the days when campuses were known for great political

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The salutation should read: To the Editor. Letters should be typed and should not exceed 300 words. They must be signed and include the author's phone and address for purposes of verification. No letter will be published without confirmation of the author's identity. Please do not send anonymous letters or form letters.

The staff reserves the right to edit letters for length, clarity and grammar, in addition to the right to reject a letter based on the judgement of the editors and adviser.

Mail your letter to: The Editor, Campus Chronicle, Box 3111, High Point University, High Point, NC 27262. Email your letter to news@highpoint.edu.

What would Jesus do at the voting booth?

By Bill Piser
Staff Writer

Is Jesus a Republican? Some on this campus would certainly try to convince you that the Savior is a full-fledged member of the GOP. In fact, some students I have spoken to this year would go so far to say (jokingly, I hope) that a Christian is in some way required to support the Republican Party and George W. Bush if he claims to be sincere in his faith.

At one time I might have made the same argument, but several things have changed my mind during my time at High Point. Hopefully, I'll be able to shed some light on the side of the story that the so-called Christian Republicans simply aren't telling by sharing my personal journey regarding this issue.

I have never claimed allegiance to the Republican Party, choosing instead to be a "fence-sitting" Independent, but when I became a Christian during my freshman year at HPU it was as if I was baptized into the world of conservative values and the GOP. Some of the Christian friends I made were staunch Republicans, and a few churches I attended would even sing the praises of our "born-again" president. Entrenched in this environment, I accepted that the Republican Party was the political party for those who held faith to be an important and enduring value. It made sense at

the time. The GOP opposed abortion, supported family values and sought to battle the secularism that the liberals represented.

I didn't really question the conclusions that I had drawn about my political views until earlier this year, when I attended a dinner for visiting lecturers Eleanor Clift and Tom Brazaitis sponsored by the political science department. The Newsweek columnist and her Washington correspondent husband asked if there were any students who held political views that were in opposition to those held by their parents. My parents being Democrats, I raised my hand and explained how my religious beliefs caused me to stray from my family's political allegiances. Clift and Brazaitis proceeded to raise the question, "Would Jesus be a Democrat or a Republican?" Brazaitis remarked that Jesus was a radical and might be a better fit in the Democrat camp. That night's conversation got me thinking seriously about how my faith impacted my political beliefs.

Jesus seemed to have two huge pet peeves during His earthly ministry; self-righteousness and hypocrisy. These two characteristics seemed to be most prevalent in a sect of the Jewish people called the Pharisees. The Pharisees were the super-religious people of Jesus' day.

See *Jesus' Politics*, page 4

Happiness as choice: why you are responsible for your state of mind

There are a lot of miserable people walking around campus right now. On top of the usual college drama of



Drew

McIntyre

Opinion Editor

classes, relationships and other activities, we have to add the drama of finals and, for some, graduation. With that in mind, it seems an appropriate time to discuss the choice of happiness.

Burton Hills said, "Happiness is not a destination. It is a method of life." First off, we aren't guaranteed happiness. The Constitution gives us the right to pursue it, but that does not make it the government's responsibility to ensure our happiness. Religion can't do it. No faith can promise happiness. I can only speak to Christianity, but I think it is true that any faith cannot guarantee happiness. How many religious people do you know that are miserable? Too many go to [insert higher power

here] looking for happiness. Then there are the narcotics. Not just illegal drugs, mind you. A narcotic is anything a person uses to numb themselves to whatever it is they need to escape. For college students, and maybe most adults, the two most common are alcohol and sex. Not that these two things are bad within themselves; like most things, it is what you do with them. It just so happens these are common escapes for college students.

My point is that each individual controls whether or not he or she is happy. If you are looking to something outside of yourself for happiness, you're not going to find

satisfaction. It is both that simple and that complicated. Aristotle said, "Happiness depends on ourselves." That is the bottom line. The odds are that whatever we encounter on a day-to-day basis as college students in America is absolutely miniscule in comparison with the prob-

lems of the average 18-21 year old across the world.

I do believe a major factor in the unhappiness of the average sad Joe is a lack of perspective. Always keep in mind that, no matter how bad your situation may be, there is not one dead person that wouldn't trade places with you right now - no matter your situation. It

is a true cliché that any day above ground is a good day. Get over yourself and make the most of what you have. As Morgan Freeman said in the classic "Shawshank Redemption," "Get busy livin' or get busy

dyin'." Consider this your end-of-year wake up call. Life is too short and too special to waste wrapped up in trivialities. At the end of the day, you are ultimately responsible for your emotional state. If you want to be happy, just decide to be so.

"...each individual controls whether or not he or she is happy. If you are looking to something outside of yourself for happiness, you're not going to find satisfaction. It is ...simple and...complicated."

Iraq: comparisons to Vietnam appropriate?

By Josh Farrington
Staff Writer

There is a trend within certain ideological circles to compare the war in Iraq to Vietnam. Perennial Senator Ted Kennedy recently claimed that Iraq is "George Bush's Vietnam." Others are a bit more moderate, seeing definite parallels between the two wars, but also seeing distinct differences. Senator Tom Harkin of Iowa stated that the war in Iraq "may not be Vietnam, but boy it sure smells like it."

To compare any war to Vietnam has serious implications. About 58,000 Americans died during the Vietnam "quagmire," and there existed no clear exit strategy for either winning the war or withdrawing. Military escalation in Vietnam was prompted under somewhat dubious circumstances surrounding the Tonkin Gulf Resolution of 1964.

Likewise, even though I did not oppose war in Iraq, I find a hard time denying certain parallels between the two wars, however flimsy those parallels may be. Although nowhere near the scale of Vietnam's 58,000 deaths, there does appear to be a continuous stream of tragedies that have no end in sight. There also appears to be no real exit strategy, apart from Bush's incredibly vague statement: "We'll stay there as long as necessary, and not a day longer." There also exists, in the minds of many, a certain dubiousness in entering Iraq, as is seen by the lack of WMDs. There is no denying these parallels, but it is premature to put the barely

one year war in Iraq in the same category as the 10 year war in Vietnam.

There are also many key differences between the wars in Iraq and Vietnam. Dale Andrade, senior historian at the Army Center of Military History, states that the guerillas in Iraq are not nearly as organized and advanced as the Viet Cong. Another major difference is that there have been no large anti-war protests as during this war as existed during Vietnam. Even many

of those who protested the war in Iraq support our troops and do not feel that America should simply withdraw. Perhaps the largest difference is that the war in Iraq uses only a volunteer army, while Vietnam used large numbers of draftees. The Vietnam draft had prominent, although unintentional, racial and economic discriminations, causing strife both abroad and at home. With regards to Iraq, there exists no central element, such as the draft, that produces significant social unrest.

Perhaps one of the most important lessons of Vietnam is that morale, both at home and abroad, is just as important as the number of bombs in our arsenal. Comments describing Iraq as a "quagmire" and "Bush's Vietnam" do nothing to improve that morale. I do not mean to say that we should not question our government's actions in Iraq, but that we should be cautious in our rhetoric. Instead of trying to find ways that Iraq is similar to Vietnam, both Democrats and Republicans should focus on preventing Iraq from becoming just that: "another Vietnam."

"To compare any war to Vietnam has serious implications. About 58,000 Americans died during the Vietnam 'quagmire'..."

Free speech, balance at the core of a fair education

Academic Freedom, continued
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protests? Those still go on, so long as they defend a liberal position. If that protest happens to criticize affirmative action, it suddenly becomes "disruptive" or "offensive" and must be shut down. Free speech has been replaced by selective speech, and the selected speech falls under the liberal ideology.

I thought that the University respected all viewpoints much better than most schools do. An incident a few weeks ago has started to change my mind. The College Republicans held a Support President Bush and Our Troops Day. This was just a simple political activity, yet roughly a dozen complaints, mostly from professors, were issued to the dean of students. Rayma Caulfield, the secretary in the Office of Student Life, even received four complaints. Dean Gart Evans and Caulfield said most of the callers had the mistaken impression that their office was sponsoring the event. Also, Dr. Anthony Gabrielli, assistant professor of political science, received roughly 10 calls from faculty urging him to stop the event. Luckily, the Office of Student Life champions free speech. I still think HPU will continue to support free speech, not selected speech. The incident has brought some doubts to my mind, but I am willing to give the benefit of the doubt right now. I do not want to see the university turn in the direction of these other institutions. That would be disastrous for everyone.

Transition to senior year brings anxiety

One writer reflects on what it means to have just one year left

By Erin Sullivan
Staff Writer

The school year's almost over. There are some of you who are graduating; some of you are moving up a year; some of you are failing out (It's OK. The English language is a hard concept to grasp). I myself am about to become a senior. OK, that needs to be emphasized: A SENIOR. I'm sure there are many people in the same position as me, and they're probably very excited. Perhaps they haven't thought of the repercussions of becoming a senior that I, unfortunately, have thought of.

First of all, the obvious point: You have one school year standing between a sheltered and pampered you, and a harsh, cruel world. You may be complaining about the cafeteria food and the lack of parking now, but just wait until you're living in a box and complaining about the fact that the soup kitchen doesn't carry enough of a variety of soups. At least you won't have to worry about parking then. You think I'm overreacting? Yeah, you can think that while you wave to me as I'm sweeping out my box. After all, if I'm going to live in a box, I'm going to do it right!

Speaking of living in a box leads me to my second point: money. I have none. If you have some, or more importantly, a lot, then please feel free to contact the news department and ask for my phone number, because we should be best friends.

I don't know if everyone knows this yet, but credit cards are not your friend. After graduating, I hope I learn that I can't just charge four pairs of shoes to my credit card on a whim or run tabs at bars for an under-the-influence me and people I claim as my new best friends (for the night). I once charged three hats to my credit card, and I don't even wear hats. I realize that a private school may contain a few, or more than I assume, lucky people (like that kid with the Hummer...so not fair!) whose mommy and daddy will still take care of them after graduation. Some of us aren't as fortunate as these people. See, this is where the whole me-in-a-box idea comes in.

I have one point left to make, and it's a much bigger one than most people think. It's a little something we all call "structure." Or as I like to call it, "my safety net." Sure, we all have a certain amount of freedom now. But we have that comfort of a set schedule of classes, as annoying as it is. I know that I have class at 9 a.m. That doesn't mean I'm going to go to it, but I know that it's there. After I graduate, what am I going to do for structure? There's no structure in a box. If there was, it would consist of: 1) Get up and make sure the box is still there; and that's it.

If you're one of these people who can't wait to graduate so you can get out into the "real world," either grow up and realize that it's very, very scary or stop drinking in the morning. Your pick.

Harmful American obsession with beauty distorts our perspectives

By Ali Akhyari
Staff Writer

He is a magnificent specimen of a man. He is adored by women everywhere. His charm and dashing good looks are irresistible to those he impresses them upon. I am talking about Austin Powers. This is comedy, but it addresses an important contemporary issue: beauty. We are obsessed with it and go to amazing lengths to obtain it. But how is beauty defined? What is the model?

My best guess is that there is a little man known as the "Wizard" who controls this behind a curtain. I believe a girl from Kansas and her dog found him one time. He decides what is attractive and floods the television, the movies, music, posters and fashion runways with examples from his control booth. I will call it Hollywood for short. In turn, we as a society, are taken in by this and believe that beauty has to look a certain way. In fact, it has worked so well that MTV has a show called "I Want A Famous Face," which documents people that go through grotesque cosmetic surgeries to look more like a celebrity. They show, with the mangling of faces and bodies, how superficial we have become. We have become convinced that to be attractive and a better person, we have to look like Hollywood.

A perfect example of this is "Average Joe." I have to admit that I did watch this one, although I generally stay away from reality television. On this show a "beautiful" young woman is forced to date and choose among many average and unattractive males. She makes it clear

through facial expressions and testimony that she is unimpressed, to put it mildly. She slowly eliminates those that she likes the least. Then, just as she's starting to see past the physical appearance to the real individual, she is reminded of her hypnosis to which we are all subject. An equal number of hunks are suddenly brought onto the scene for her to choose from. Immediately, you see her fall back into the Hollywood hypnosis and remember that beauty is strictly physical. She picks one of the hunks in the end, which just proves the tragedy that we are increasingly identifying ourselves solely on how we look.

We are the clothes we wear and the length of our hair. We are defined by the size of our breasts and our muscles. Unfortunately, time will have its way with these things. But don't despair, true beauty is not so fickle. So who are we really and for that matter, what is beauty?

Sunsets are beautiful as well as beaches. Waterfalls are beautiful, too. However, I'm not physically attracted to them. I mean, I wouldn't want to date Wrightsville Beach although I think it is beautiful. Something is beautiful because it simply does what it was created to do. Even a lion catching its prey is beautiful.

Can this apply to the human race? Is our purpose on this earth simply to be beautiful at all costs? I cannot waste words on this option; after all, this article has size limits. Now, some may say that our purpose is to find a mate and perpetuate the human race through procreation, which means that physical beauty is an important factor in attracting another. However, one would have to ignore the

bitter taste of love to swallow that idea. Anyway, how could you explain Anna Nicole Smith marrying 89-year-old billionaire J. Howard Marshall except by love (that's a joke).

The issue here is that I'm afraid people get confused as to who they truly are. I'm in that boat as well. Imagine you wake up one morning and look in the mirror but what you see you cannot recognize. Would you know that it was you? If you answered "yes," then you probably already identify yourself by other means in addition to physical appearance. Perhaps you recognize your love for poetry, or football, or the beach or pepperoni pizza. You may also see that I find these plastic surgery shows disgusting, not because they're graphic, but for the depressing thought process and motive drivers behind them.

I'm reminded of a scene in the movie "What Dreams May Come." Robin Williams' character is having trouble walking on water in the after life. Cuba Gooding Jr.'s character is standing on top of the water while Williams is standing underwater on the bottom. Williams is having trouble seeing himself as more than just a physical body. Gooding asks him something like, "If you cut off your arm, would you still be you?" Williams thinks for a moment, and after realizing that his body was just a shell for his true self, he floats to the top and joins Gooding. Why don't you ponder that for a moment and take a deep breath. See if you don't swallow some enlightening water. Anyway, you have to realize that you're underwater to be saved from drowning in the first place.

Jesus' Politics, continued from page 2

They were zealous followers of God's Law, and they wrongly took pride in their outward obedience and righteousness, while their hearts were actually very far from loving God. To make matters worse, the Pharisees brought others down with their hypocrisy — they said that everyone else had to be like them. Today, the Pharisees would say that by opposing abortion, fighting homosexuality, are supporting other so-called Biblical values, that they were fulfilling God's commands and doing what was pleasing to Him.

Christ denounced the Pharisees repeatedly saying though they obeyed the outward requirements of the Law, they completely missed the mark when it came to the full weight of what God's commands required. Jesus was angered by the pride they took in abusing the Law and claiming that they had righteously obeyed it. In the same way, I think that it would be quite arrogant to claim that a political party rallying around a few moral instructions is pleasing to God. This is the same party who, as a whole, desires smaller government and fewer social welfare programs that benefit the poor, despite the part of Christ's chief command that says to "love your neighbor as yourself." I fear at times that the Republican Party may observe the commands of Christ to some extent, but they miss the heart of the good news that He brought.

Don't get me wrong. In no way am I saying that the Democrats have it all together when it comes to their political values or agenda. I simply want to encourage people to dig beneath the surface of what society tells us. Christians can be Democrats, Republicans, Independents, and, hell, they can even be Socialist or Fascists if that's what floats their boat. Just don't tell me that the Bible commands my Republican allegiance, or that some political party is actually representative of the teachings of Christ.

Learning to value one's mistakes

A senior reflects on what she has learned as graduation draws near

By Janet Francis
Staff Writer

As my college career careens to an end, I look back on these past four years and question what it is exactly that makes me different now than when I graduated from high school. Obviously, I am now equipped with four more years of education, but I'd like to think I've gained more than simply a notable GPA for all I've been through.

Students freshly arriving at college look forward to adventure, opportunity and excitement. No one ever looks forward to the inevitable mistakes and, yes, regrets that accompany all great journeys. I used to look at regret as a thing to be shunned. I told myself that I would never have regrets.

Mistakes, yes, but regrets, no. I used to feel that a mistake that is learned from should never be considered a regret. Through these last four years, I've acquired quite a different notion of regret.

One of my professors once touched on the topic of regret. He said something along the lines of regret being a part of humanity. Every person has regrets and should not be ashamed of them but embrace them. They are part of what make each of us unique. I like this idea.

Those who are in denial about having any regrets simply have not learned that having regret does not make you an

insecure person.

Mistakes happen all the time, but mistakes are not what we learn from. People make the same mistakes over and over again. No two regrets are alike and that is due to the nature of regret itself. Regrets are feelings of disappointment about something that one wishes could be different. It does not have to mean that you wished it never would have happened.

Anyone can shrug off a mistake with "Oops, I did it again," but if you truly learn from your mistake and own up to it as regret, you are far less likely to have a repeat performance.

We all have our own regrets. There are things about our past decisions, actions and even relationships that could have turned out differently. Embracing these mistakes as regrets will allow us

to keep them in mind instead of shrugging them off and allowing them to happen again.

Mistake after mistake will not make us better people. They will only make us unreliable and predictable by creating a self-destructive pattern in our lives. Re-

grets stay with you and they make you stronger by giving you a deeper sense of who you do not, or do, want to become. Learning from our mistakes is embracing our mistakes as something important enough to call regret. These things will change us in ways a simple slip-up never could.

Muhammad Ali once said, "The man who views the world at 50 the same as he did at 20 has wasted 30 years of his life."

I agree with Ali. We should keep on making mistakes. The ones that we truly regret will bring a greater understanding of what we strive for, as well as what we have learned.

Graduation means a lot of changes. Looking back, I could have taken many different roads to this same destination.

Though I may not have the same regrets as I do now, I also wouldn't have learned as much, nor would I be the person I am now.

My advice: keep on living and making mistakes. They are exactly what make you a better person in the end, but only if you truly regret them.

"We should keep on making mistakes. The ones that we truly regret will bring a greater understanding of what we strive for, as well as what we have learned."

Congratulations to
the 2004 University
Awards recipients:

Achievement

Chara Freeman

Citizenship

Adam Canevazzi

Leadership

Samantha Routh

Service

Tiffany Cherry

Atkins diet has its cost

By Dana R. Yates
Staff Writer

Everyone is looking for that quick fix diet, a way to lose the pounds without the wait.

Diets in the past dealt with counting calories or fat, but today they are all about carbohydrates. Over 25 million American people are on the "revolutionary" Atkins diet, each giving their success stories on how they have lost so much weight. Even restaurants are cashing in on this new craze, making their menus Atkins-friendly. Through this low-carb diet, people are shedding tens of pounds easily, but at what cost?

Studies maintain that this diet could be hazardous to your health due to its low-carb, high-protein, high-fat intake. According to an article published by Vanderbilt University, foods high in protein such as meat, eggs and cheese, all foods eaten under Atkins, are high in saturated fat. Blood cholesterol levels will increase if these foods are eaten in excess.

The article states, "The American Heart Association sets a limit that only 30 percent of one's daily calories should come from fat, yet in the Atkins diet one can eat as much fat as desired." This could result in heart disease or problems.

Atkins.com presents a different picture. It says, "Adhering to the Atkins Nutritional Approach, most people will find that their recognized risk factors for present and future heart problems

steadily improve, and will remain so, for as long [as] they continue the program."

The health of Dr. Robert Atkins, at the time of his death, has some questioning the safety of the diet. Atkins, 72, died last April after slipping on an icy street in New York. Citing a report by New York City's medical examiner, CBSNews.com reported that "before [Atkins's] death, he had suffered a heart attack, congestive heart failure and hypertension."

At the time of death, the 6-foot-tall Atkins weighed 258 pounds, which according to the Centers of Disease Control and Prevention, would qualify him as obese. CBSNews.com also reported that Stuart Trager, chairman of the Atkins Physician Council in New York, claims that Atkins's weight was due to bloating associated with his condition. His widow Veronica said, "I have been assured by my husband's physicians that my husband's health problems late in life were completely unrelated to his diet or any diet. My husband's death resulted from a serious head injury."

More deaths are surfacing, involving people coincidentally on diets similar to the Atkins. On a segment of the CBS Early Show, Dr. Neal Barnard, a representative of the Physicians Committee for Responsible Medicine, related these new findings. He said, "We're reporting two deaths. One is the 16-year-old girl who wanted to lose some weight and went on a popular low-carb, high-

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Choir travels to Florida on tour

By Andrea Griffith
Editor in Chief

After classes commenced following spring break, about 25 singers in the university's choral program went on their annual spring tour from March 17-23. This year, the groups traveled to Florida and were greeted by sunny beaches and amusement parks.

The trip served as a nice contrast from last year's trip north to various destinations including Boston and New York, which sent the students shivering into a wintry cold. The group enjoyed three days at Disney World, a day at Daytona Beach and accommodations at the Island Resort and Spa in Orlando in sunny 80-degree weather.

In addition to lying by the pool and riding roller coasters at Magic Kingdom, the students performed at five different venues. The first, and perhaps most memorable performance, was at Downtown Disney. The Chapel Choir and University Singers sang the national anthem, the patriotic songs of George M. Cohan and a "Salute to the Armed Forces," which was most appreciated by veterans. The crowd was enthusiastic and numbered over 400. The men's a cappella group, the Toccatones, also sang as well as the female a cappella

group, the Petal Points, who marked their debut performance.

Though they didn't realize it initially, the group later agreed that the Downtown Disney stage was probably a better venue than those inside the parks.

"The performance was better than I expected," said Dr. Billy Summers, choral director. "I've taken groups to sing in the [Disney] parks before and the crowd has only been 20 or 30 people."

On Saturday evening, following a day at the beach, the groups performed at Central Manor Towers, a retirement community that they visited while on tour in 2002. Marcia Dills accompanied them. Later that night, while dining at Boondock's, a restaurant outside of

Daytona Beach, the two a cappella groups gave impromptu performances after discovering that another dinner patron was a former a cappella singer.

On Sunday morning, the group worshipped and sang at two different churches. First, they performed such sacred pieces as "Sing Me to Heaven" and "Ain't Got Time to Die" at the Community Presbyterian Church in Celebration, then they visited First United Methodist

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PHOTO SUBMITTED BY A. GRIFFITH
CHOIR AT DAYTONA BEACH

Gardens, continued from front page

Students critique meal plan options

By Brianne Coone
Staff Writer

A contract with Aramark takes away students' choices about what to eat and when to eat it. OK, maybe that's a bold statement. Students can choose from what the cafeteria offers or they can opt not to eat in the cafeteria, but if they live on campus and choose to eat elsewhere, they do not get a refund for the meals they paid for at the beginning of the year when they purchased the required boarding plan.

Everyone living on campus knows about the university's requirements to purchase a meal plan for \$3,790 per year, regardless of

whether you eat in the cafeteria, go out for your meals or eat in your room. This includes students living in apartments equipped with a full kitchen.

Some students have complained because they cook their

own meals, yet they still have to pay for food they rarely eat. Junior Brandon English said, "I pay \$3,200 a year and I only eat there three times a week... the food's not even good." Senior Ryan Torguson said, "I didn't even like the food... maybe if the food was better... it hasn't gotten better in four years." The results of a recent classroom survey dispute the complaints about the food quality by English and Torguson. By a wide margin, upper-classmen maintained that cafeteria cuisine

had improved since their freshman year.

HPU has a contract with Aramark, one of the leading food service providers worldwide. As part of the contract, all students residing on campus must purchase a meal plan. Aramark keeps records of how many people eat and what was served on any given day. Through these records, the company determines the cost of food and how many people should be on staff in the cafeteria.

Dean of Students Gart Evans said, "If every person ate there every single meal, we would have to increase the staff, we would have to increase food and actually that would drive the cost up."

Aramark factors in the students who do not eat in the cafeteria, but have purchased a meal plan. Evans said, "Part of their budgeting process is keeping the costs low. Even though we say, 'Yeah, that's a lot of money, paying \$3000 a year,' when we break it out per meal for every day that we're here, it'd be a whole lot higher if everybody ate every meal in the cafeteria... if you or I don't eat there, then that helps keep the costs down."

Until about six years ago, only one meal plan existed. Now students have several options. Those options include 19 meals/week, 14/week and 10/week plans. There is no choice to opt out of the meal plan, even though about 200 stu-

dents are capable of providing their own meals.

The only way to be excused from purchasing a meal plan is if there are extenuating circumstances, such as a student on a special diet, recommended by a doctor. Terri Kane, director of student accounts, said, "These cases are rare."

Stephanie Arnette, a junior living in the 6th Street apartments, is one of the few exempt from purchasing the meal plan. She had to fight to be excused from the plan, but in the end, with notes from her family doctor and a nutritionist, she won her protest.

The sentiment about the meal plan seems unanimous among students. They think it is "outrageous," "a rip-off," "ridiculous." Students want more options than the current meal plan offers. Senior Kevin Keefe said if he had the choice he would "use more money in the Point area."

Evans said, "There are certainly changes that can still be made, and I think that Aramark will continue to work with us to give us some different plans." He would like to see the convenience store expanded to cover the whole bottom floor of the building where the C-store and safety are located in Harrison Hall. Evans said Aramark has this in their future plans: "If we can find a place to move campus safety, they will expand the convenience store."

The idea behind expanding the C-store would allow students to purchase prepackaged foods they could eat anytime. This would give students freedom to make their own meals in their apart-

See *Meal Plan*, page 7



PHOTO BY KRISTA ADKINS
STUDENT DINES IN PANTHERS COMMONS

Meet media services' Elizabeth Vidrine

By **Allyson Bond**
Staff Writer

The phone rings in the media services center. "I got it!" she says to her student workers, then greets the person on the other end. Her chipper attitude is conveyed through the phone. Who could be calling on this particular Friday afternoon? Possibly a faculty member who needs to have pictures scanned and copied onto overheads or to confirm that the videos they reserved for their students are available for check-out. Whatever the situation, Mrs. Elizabeth Vidrine will do what she can to make sure all requests are handled properly.

Tucked away in her office, busy completing one of the many tasks on her list is where you will find Vidrine, in her own little world downstairs in Smith Library. Her office is comfortable—two bouncy leather chairs in front of a desk which is normally covered with the day's work. Next to her desk lining the left wall is her bookcase full of everything but books. Videos, batteries, tools and computer software are what you will find. Two big bulletin boards on her right wall are filled with pictures drawn by children, a birthday message from her father, cards

and pictures of her husband William and her 12-year-old dog Zach. Vidrine's door is almost always open. People are welcome to come on in to shoot the breeze or ask for advice.

Vidrine's father was a social worker and her mother was a nurse, so she just knew she had to work with the public one way or another. It seems that being a librarian was her calling.

"When I was little, my dad drove a book mobile as his second job," she recalls with a smile. Vidrine grew up in Salisbury, N.C. Once she was old enough to work, she was a student worker in her high school's library and she continued her work in libraries as she completed her college education at University of North Carolina at Greensboro. She was a student worker at UNC-G for almost six years.

Why would anyone want to be a librarian? As Vidrine explains, most of the people in her library science classes were retired teachers who wanted to work at a capacity similar to that in a classroom. But

for Vidrine, the youngest in her class, becoming a librarian was her first career choice. It is good to stick with what you know. Her main reason was the enjoyment she found working with people.

Media Services, located in the basement of Smith Library, is a place where students can check out movies for pleasure or education, work on projects, check out CDs and listen to audio tracks

for language classes.

Faculty members can place videos on reserve for their students, reserve lecture

rooms and check out equipment such as overhead projectors, televisions and screens. With the help of student workers, Vidrine can handle the easier tasks such as checking in and out materials, reserving lecture rooms, lamination, scanning and shelving materials. She takes care of more complex issues, such as fixing broken computers, installing software, overriding delinquent borrowers so they can check out materials and assisting teachers with their own projects. Vidrine helped to make it possible for students to be able to check out videos, something that had not been allowed prior to her arrival.

"I had to buy things that students would want to check out," she explained.



PHOTO BY KRISTA ADKINS

She started the two day and non-circulating video system so students could leave the library with movies and professors would be able to have their videos for class. Videos and DVD's with two day loan stickers are available for faculty and students. Non-circulating materials are intended for the use of the professors and only through approval can students take these items out of the library. Vidrine feels that Media Services is always changing, and she and her staff are trying to find ways to make the library a pleasant place for students and faculty.

She is constantly improving the efficiency of Media Services for herself and her student workers. Four out of the five computer terminals in the media center have scanners, and there are two printers available for students. Over the summer, renovations were made to the student study area downstairs. Vidrine, her student-worker Thuy-Viet Nguyen and Thuy-Viet's husband installed Ethernet connection terminals for students who wished to do their work on their lap-tops in the library.

In the six and a half years Vidrine has been working in Smith Library, it has gotten easier for her to pace herself and get projects done, some of which she'll do at home. Her job is constant, she says. She'll think about the day's problems the night before and sometimes solve them in her sleep.

A librarian is not the stereotypical spinster or the old retired school teacher working in a library because it's quiet. Vidrine jokes, "Inside every librarian there is a party animal."

Gray is ready to sail

By **Amanda Roberts**
Staff Writer

"I've always loved the sea; I grew up on Hatteras Island," Mr. Worth Gray says. He has been teaching English at High Point for the past 10 years and is retiring. In May, a new adventure begins: he jets off to Australia to sail around the South Pacific.

Twenty years ago, Gray taught his first class as a graduate assistant. Before entering the halls of academia, he spent 10 years in the Coast Guard, touring the Pacific, Atlantic and the Mediterranean.

"I love going to sea; if I could have gone to sea all the time, I would never have left the Coast Guard," he states. Doing search and rescue work, law enforcement and chasing drug runners comprised much of his job. "I love handling ships and being at sea—it's not all fun and pleasure. Being at sea satisfies my love of being close to nature," according to Gray.

In the fall of 2002, an epiphany came to Gray—he wanted to buy a boat and sail. "I thought it would take four to six years to come about, but it's almost as if I've been an observer watching it happen in less than two years," he says. He has not yet bought a boat; three contracts have fallen through. When he does, he plans to move aboard and live while sailing around the world, wherever the wind takes him.

This May, he will fly to Australia and sail around the South Pacific and Southeast Asia. "I haven't given a lot of thought to where I want to go. I want to be. I want to go to out-of-the-way places, the less visited islands of the Pacific," Gray says. Upon getting his own boat, he wishes to sail down the coasts of South America and tour the Mediterranean.

"A sailboat allows for flexibility. In the Mediterranean, I can get off, take a train to Vienna and listen to music. I'm excited about experiencing the cultures

and local foods on my adventure.

"There are quite a few people out there doing this; those in the cruising community I've met are really interesting and tend to be forthcoming and helpful, and they enjoy sharing their experience," Gray states.

Not only is Gray a sailor, he also practices yoga. "I'm interested in seeing how it will work out on the boat. Yoga is a great meditation for me, and when I'm on a boat, it's like a spiritual experience for me. I used to work out, but you can't do that on a boat. With yoga, all you need is a place to lay your mat," he explains.

"I'm leaving High Point with a great feeling about the place and the work I've done. It's been a wonderful experience. I'll miss the paycheck, but seriously, the contact with students, their youth and energy, idealism and optimism, they have been a source of energy for me. I'm going to miss the influx of new students each year. I plan to maintain my connection with my colleagues," he says. "There are internet cafes, and I plan to restore contact with everyone—my friends and family."

Gray is the father of three daughters, including Sarah, a freshman here who reviews movies for this paper. "I'll miss them, but I hope they'll join me. They've been supportive; in fact, everyone has been supportive; there's not been a single naysayer.

"I've never looked at this as a dream; a dream is too remote. From the moment it came to me, I just accepted it as something that is. It's always been immediate, in the moment. It just hasn't happened yet. As the time draws closer, I'm curious to see what it will feel like," Gray says.

"Adventure is out there for anyone. Keep your vision in front of you; all you have to do is want it. Anything you want out of love will come to you as long as you don't insist on how it happens. I haven't made this happen, it has fallen into place."

Football, continued from front page

tributors to the university and refused to give any more money until the football team was non-existent.

As much as students would love to believe that story, it can't be proved, just like any other urban legend. There are no articles in the old campus newspaper, the Hi-Po, or any dedications to someone who died that year in the Zenith yearbook to show that the story is true.

Another rumor is that it's a Division I requirement to have a football team within a certain time frame after reaching a Division I status. However, nowhere in NCAA Division I rules does it state that a school is required to have a football team.

Football started the year the school opened in 1924 and was a disappointment when the team suffered an embarrassing, 75-0 loss to Guilford College. The college rallied three years later and won conference title. Shortly after, the team was back in a rut and was on a losing record for years. Eventually in 1933, the team was first cut from the program because a lack of interest due to its poor showing year after year.

Interest in football was re-ignited with the completion of Millis Stadium in 1937, but World War II came and stopped the program from 1943 to 1945. When football was brought back in 1945, the team won the conference championship but experienced more losing seasons shortly after. In 1949, the team only won one game. The next year, the team was terminated because it was too costly for the university.

The students still ask, why can't the program be brought back again? "You have to ask, 'Is it worth it?'" according to

Gibson. "We would have to start from scratch, and just the program alone would cost at least \$9 to 10 million, and that is not including the cost of a brand new stadium, and practice field." Schools such as rival Elon University and conference foe Coastal Carolina, who match up to the size of High Point University, have football teams for one reason—huge amounts of donations. High Point University still awaits that donation to bring football as an intercollegiate sport to the school.

Two million dollars would be needed to pay for scholarships to bring athletes to play for the university. "Football is a losing game, when it comes to money," Gibson said. So much money is put into funding the program, but not nearly enough is made from the ticket sales.

Gibson added, "But you have to ask again, 'Is it worth it?' Because how much is it worth to have a 20-second highlight on ESPN? You can't put a price on that because there is no telling what that does for the university and its name recognition."

"It would be great to have football at our school," junior Jennifer Gray stated. "In high school, Friday nights were dedicated to going to the football games, and I miss that." When asked at a table in the cafeteria if students would like a football team, there was a unanimous resounding yes.

There are no plans for a football team, but it can't be said that this will be eternal. Maybe one day, when you're driving down College Drive, with the windows cracked, the smell of hamburgers and hotdogs might catch your attention, and you'll see a football game about to begin.

History professor departs HPU, heads for Texas

By Kathleen McLean
Staff Writer

He chaired the Faculty Council for two years and has been the mentor for Alpha Phi Omega fraternity. He has hosted the College Bowl, and the only time he was in the Raft Debate, he won. Students frequently stop in his office to discuss grades, plan field trips or share jokes. Dr. Richard McCaslin, professor of history, has a large presence on campus, but on March 16, to his frontier history class he announced, "If you planned on taking any courses with me or working on your senior seminar with me next year, I won't be here. But if you want to make the 1,100 mile commute to Denton (Texas) to take my class, you are more than welcome."

Next year, McCaslin will be the Texas historian at the University of North Texas. He will be teaching only two classes a semester, which include a survey class on Texas, graduate research and reading seminars on Texas and an occasional U.S. survey class. McCaslin will have more time for research and will be working with graduate students on their theses and dissertations. "This is a wonderful career opportunity," said McCaslin. "I'll be more involved in research, graduate education, and it's a good chance to get back to Texas."

McCaslin has taught here for 14 years and during that time he has written eight books and dozens of professional papers and journal articles. One of his works is the history of this institution. His book "Lee in the Shadow of

Washington" was nominated for the Pulitzer Prize in biography and received awards from the Virginia Historical Society and Austin Civil War Round Table. McCaslin said that his experience at High Point has been very valuable and contributed in his productivity as a writer, development as a teacher and development of his personal relationships with students and colleagues.

His colleagues have supported his decision to go to Texas but will miss him. Dr. Frederick Schneid, professor of history, said, "I'm glad he's getting his dream job, but I will miss him terribly because he has been a good friend from day one."

Professors on campus agree that he is an excellent scholar, fine teacher and "one heck of a nice guy." "He represents a cornerstone at the University," said Dr. Clinton Corcoran, professor of religion and philosophy. "He's more than just a faculty member. To me, he's the soul and spirit of the school, and I'm going to miss him."

"I'll miss the many friends I've had at HPU, especially my colleagues in the history department," said McCaslin. "That's the thing I think about not being here anymore, not seeing these people everyday."

Upon hearing about his departure, many students were shocked and expressed their affection for McCaslin. Sophomore Jonathan Miller said, "He's able to joke around but still give a lot of good information and be personable with his students." Miller said that there are not many professors that he can have a relationship with on campus, and he will

miss the opportunity to take another one of McCaslin's classes.

"I've had some great students here and I'll miss them very much as well," said McCaslin. "I have a feeling that I will stay in contact with many students for years to come."

Senior Jana-Marie Winer had only met McCaslin once, at the Consortium on Revolutionary Europe held in February but was anxious to work with him on her proposed senior seminar project on El Paso. Junior Marshall Jones agreed with Winer when she said McCaslin has a colorful personality, which he was able to bring out in his classes.

McCaslin's fall courses will be taught by Dr. Christopher Oakley and Dr. Geoffrey Spur, and his advisees will be reassigned by Dr. D. Allen Goedeke, assistant dean for academic development.

Dr. James Stitt, history department chair, said that it's impossible to find a permanent replacement for next year because the history department faculty wants to find the best person for the job. "We have a strong department with a good faculty," said Stitt. "Dr. McCaslin will be difficult to replace. He opened his research to students, took students on field trips and helped students grow."

To replace McCaslin, the history department will place announcements in academic journals, and during the first week of January, it will hold informal interviews with candidates at the meeting of the American History Association.

In February and March, finalists for the position will be invited to the university for formal interviews with faculty, Dr.

Vance Davis, vice president of academic affairs and Chancellor Jacob C. Martinson. Candidates will also have the opportunity to teach classes and meet students.

Davis said that the school wants someone who is a good teacher, has good credentials and has a character that fits the institution. Martinson agreed and added that he looks for a commitment to students, responsibility and a life outside the classroom. "My best memories from school are of those when my teachers took a personal interest in my well being," said Martinson. "Teaching is a calling and it comes from an interest in people."

McCaslin was visible in many aspects of student life. He has been raffled off by the Panther Club to take alumni on field trips and has also been part of the Odyssey Club field trips to Washington, D.C.

When asked what he would like to be remembered for, McCaslin said, "I was dependable in all aspects; professionally active, involved in the campus community and met with my classes. I did what I thought I was supposed to do. I'd also like to be remembered for helping some students reach their potential."

McCaslin will miss High Point University and encourages anyone who wants to keep in contact with him to please do so, although he admitted to being a terrible correspondent.

McCaslin would also like students to remember a message: "Never let anyone tell you you can't be what you want to be."

Diet, continued from page 5

fat, high-protein diet, collapsed in school and died suddenly. Autopsy showed a massive abnormality in the heart." In addition, a 41-year-old man with no prior heart disease also collapsed. His autopsy showed a massive heart malfunction.

There have yet to be any long-term studies done on this diet. Robin Hale-Lindsay, director of HPU Student Health Services, said, "I don't think that we will know the long term effects of Atkins for another 20 years."

Though Hale-Lindsay thinks that Atkins works, she believes that it is omitting "good" carbs that are beneficial to the body. These carbs are known as

phytochemicals. Hale-Lindsay maintains that, "these phytochemicals have shown to reduce things such as cancer and other illnesses... You will not get these beneficial phytochemicals from eating meat."

Lycopene in tomatoes and beta-carotene in carrots are perfect examples of phytochemicals. Hale-Lindsay also contends that certain people should be discouraged from the Atkins diet. People with diabetes or problems with their kidneys should stay away from the diet due to the damage that high protein diets have on the kidneys.

Hale-Lindsay believes that all people should be aware of food portions and the

need to exercise. She stresses the importance of exercise saying, "Studies show those individuals who exercise and have more muscle mass burn more calories just sleeping and sitting in class, but you can't increase muscle mass unless you do some form of exercise." Hale-Lindsay suggests walking, running, taking the stairs instead

of the elevator or even parking away from your destination and walking.

In the end, Hale-Lindsay gives the following advice to anyone wanting to lose weight the healthy way: "I would prescribe portion control, stop drinking soda with meals, watch the alcohol intake and EXERCISE!"

Meal Plan, continued for page 5

ments, but they would still be required to purchase a plan and eat only what Aramark offers in the C-store.

Many agreed a change should be made. Junior Michael Tarara said, "There should be no meal plan or... don't make it mandatory." English agreed and said, "Get rid of it."

The students living in the apartments are mostly juniors and seniors. "Most

people are tired of eating the food in the cafeteria after two years," Arnette said.

"They build apartments that come fully equipped with refrigerators and stoves... so there's no reason to purchase a meal plan... Next year, I'm moving off campus solely because of that fact." She said she believes more students should say something about changing the policy because, "it doesn't hurt to try."

Choir, continued from page 5

Church in Winter Park, the former church of Chancellor Jacob C. Martinson.

According to Summers, this year's tour was the best one of the three he has organized.

"We sang better; the weather was better," said Summers. "And there was a nice balance between leisure time and performing time."

"This year's tour provided more choir unity than any other tour," said junior Mike Maykish. "The group really

bonded."

Summers plans to continue the touring tradition next year. He will also continue the pattern of traveling south one year and north the next. For the singers, next spring it's back to New York. The group has already been invited to sing at Carnegie Hall with other college groups.

"Touring is very important to our choral program," said Summers. "It's an incentive to be in the group and it allows us to get to know each other as a group."

SGA, continued from front page

pus. He also stated that as soon as the soil thaws, the Chapel Park will be constructed. However, the most important project for Michener, Armer and the EC is to increase student involvement.

"I really want to hear from students," said Armer. "What we think is a priority to the campus may not be what the students think, so we need to be told." Armer has attempted to hold focus groups in order to get student response, but these failed because there was no turn out.

Michener said that student feedback is lacking. "I know a lot of people don't know what's going on. I want people to come to me and tell me their ideas," said Michener. "Walking around complaining doesn't help." He hopes to get more people involved by publicizing SGA meetings more and sending out surveys with incentives to increase the response rate. "You gotta keep trying," said Michener.

"Anyone can come to an SGA meeting," said Armer. "There are parts in the meeting for anyone to make comments and ask questions."

Students are also encouraged to contact members of next year's EC. Along with Michener and Armer, Kate Litwin will serve as SGA secretary and Jen Morgan as treasurer. Michener also ap-

pointed Will Tarrant as legislative vice president, Drew McIntyre as judicial vice president, Nicole Barnes as social vice president and Jason Walters as attorney general.

At the last meeting, members of the student senate brought up several issues. One addressed to Gart Evans, dean of students, was the replacement of keys and locks for electronic access into buildings. Another student asked if there was a possibility of repairing the bridges on campus due to the danger they present to the students. There was also news presented concerning next fall's orientation, the Norton International Home Furnishings Center and Honors Day.

Evans announced to the senate that the Panther emblem is changing. "After years of being in that running position, he has been worn and tired," said Evans. The school colors and mascot will remain the same, but the running Panther will be changed and trademarked. "We want to show people who and what we are," said Evans.

Students have much to look forward to next fall and can help SGA by attending meetings and voicing their opinions. "I'm open and willing to listen," said Michener. "Even if you are a stranger, if you have an idea, tell me."

'Tall' legitimizes the Rock as great action star

Fight scenes, wit make movie enjoyable but not Oscar worthy

By **Drew McIntyre**
Opinion Editor

Some of my favorite movies will never see an Oscar or any kind of critical acclaim. Most people don't go to the movies looking for art; we go to be entertained. "Walking Tall" is one such movie that, though it is not a cinematic masterpiece, is good, solid entertainment for the audience it targets. With it, The Rock further establishes himself as one of the premier action stars of our generation.

"Walking Tall" is a remake of a series of movies by the same name from the '70s. The plot in the old incarnations was identical to the present: a veteran returns home to find his town run by a bad element and, when he finds that the police are corrupt, runs for sheriff and cleans up the town himself. This is based on the real story of Sheriff Buford Pusser, whose name is changed to Chris Vaughn for The Rock's version (the "People's Champ," I'm sure you wrestling fans will agree, cannot be called Buford).

The context is also changed for the updated version: the true story and original film take place in the South; the 2004 film occurs in the Pacific Northwest. Helping out The Rock as a friend and deputy is Ray Templeton, played by

Johnny Knoxville of MTV's "Jackass," who showed some promise in "Men in Black II" and shows even more here. Though I'm not sure Knoxville could do serious acting, if he sticks to what he is

good at (outlandish comedians), there is a good chance he has

a successful movie career ahead. The other male lead is the obligatory bad guy, shady casino owner Jay Hamilton Jr., played by a Neal McDonough. I was pleased to see this effective actor in this picture after watching him play a young U.S. Army Officer in the must-see "Band of Brothers" miniseries.

I doubt I need to break down this movie's strengths and weaknesses for you, but I will anyway. Plot, character development and general content are

fairly lacking. Do you go to an action movie for these? No. You go for what makes them fun – the action. "Walking Tall" offers plenty. Several big fight scenes are complemented by

a minor romance between Vaughn and an old high school friend and part-time stripper and some very humorous scenes with Knoxville's Templeton. Kevin Bray's ("All About the Benjamins") direction is adequate; he uses some interesting camera techniques to make the viewer almost feel the action taking place on-screen. This is not really an excep-

tional action film, but if you (guys, especially) enjoy seeing some intense action mixed in with a little wit,

"Walking Tall" is made for you.

Few can argue that The Rock has made a serious leap from the squared circle (he is a former professional wrestler) to the screen. Many like to point out that his acting skills require some fine-tuning. This is very true; he is far from a perfect actor. Especially in fight scenes, his wrestling training tends to show when he overexaggerates certain movements. Despite all this, I ask you to compare The Rock's body of work thus far with the early films made by men like Arnold Schwarzenegger and Sylvester Stallone. Obviously, if this is where The Rock is starting, he is sure to become one of the premier action stars for the next 20 years. Do yourself a favor and go see for yourself. If a solid action movie is what you love, go see this film immediately. If you rank films like "Citizen Kane" at the top of your movie list, save the money you'd spend on that ticket and give it to someone that can appreciate a Hollywood film for what it usually is: entertainment.



THE ROCK AND KNOXVILLE IN "WALKING TALL"

'Sunshine' exemplifies Carrey's serious side

By **Sarah Gray**
Staff Writer

I am always pleased with the films that Focus Features puts out, including "21 Grams" and "Lost in Translation." The company strikes gold again with the quirky "Eternal Sunshine of the Spotless Mind." Jim Carrey plays Joel, a man who falls in love with a unique young woman named Clementine (Kate Winslet).

When the story begins, the couple is broken up. Joel comes to find out that Clementine

had a procedure done to erase every memory of him from her mind. He becomes distraught and decides to do the same and have his memories of her erased from his own mind. The treatment occurs while the patient is asleep.

While Joel is undergoing the procedure, you see their relationship develop in his mind. You see how they meet, live together and interact. You see their good and bad times together. As each memory is shown, it begins to become erased, the surroundings of where they were collapse, the background becomes colorless and eventually everything fades away and it becomes black. As his recollections are destroyed, Joel decides he wants the

procedure to stop and to keep his memories, no matter how painful. Throughout his memories, he tries to keep Clementine with him and bury her deep in his mind so he can remember. Sadly, in the end, the procedure beats him, and as they are together in a beach house when they first met, his final memory is erased. This moment is breathtaking on film. The house collapses; sand runs through his fingers and the roaring tide rushes over his feet as Clementine fades away.

As he awakens, he has forgotten her. On his way to work that morning, he has a feeling overtake him and he takes a different train, where he meets Clementine again; this time, they think they have never met before.

This film has a sad, dreary mood from the pain of the couple's relationship and the extremes of what people will do to forget their past. This film has some witty moments which lighten the mood, but overall it is serious and thoughtful. Jim Carrey and Kate Winslet are brilliant in "Eternal Sunshine" and outdo themselves in their roles. I was extremely impressed with Kate Winslet's performance; she shows her versatility as an actor with her wild character. Jim Carrey proves himself as a serious actor again in this picture as he did in "The Truman Show."

This film is an intellectual gem and is absolutely wonderful. The acting and cinematography are excellent. The raw emotion of love and pain drives this movie and makes it worthwhile.



CARREY AND WINSLET IN "SUNSHINE"

Kweller's musicality shines on second album

By **Andrea Griffith**
Editor in Chief

It's that unmistakable voice. His catchy tunes make you want to sing along, but you will never sound like Ben Kweller, who has a voice that combines the raw nature of Bob Dylan blended with Dave Grohl's sometimes screaming antics on the Foo Fighters' albums and the total oddity of Cake's John McCrea.

Never heard of Ben Kweller, who is better known to his fans as BK? He probably prefers it that way. At the age of 22, he just released his second solo album, *On My Way*, on Dave Matthews' record label,



KWELLER CROONS ON "ON MY WAY"

ATO. Before going solo in 1999, BK was the front man of the Dallas-based band Radish, which recorded as early as 1994 and received some moderate publicity. More recently, he was one third of The Bens, joining Ben Folds and Ben Lee for a tour and an EP. It's been said that Kweller is a bit of a musical genius: he has written songs since he was 7.

On My Way differs from *Sha Sha*, his first solo album, in several ways. Stephen Harris, who has previously produced for U2 and Dave Matthews Band, produced *Sha Sha*. Though it didn't seem evident at the time of its

release, *On My Way* illustrates that *Sha Sha* features a very polished studio sound. *On My Way*, produced by Ethan Johns (Ryan Adams), is likeably rough around the edges. Kweller and friends recorded the album with all instruments in one room and used little separation between the amps and drums. The musicians didn't isolate themselves with headphones, either, giving *On My Way* a live feel.

Kweller maintains his musical diversity, though. From the piano-driven "Living Life" that resembles the music of Ben Folds to the folk-like solo acoustic "On My Way" and the power rock ballad "Ann Disaster" that sounds like it could have been written by Aerosmith, Kweller is utterly unpredictable, proving his legitimacy as a songwriter.

For those who have never experienced Ben Kweller, consider starting with *Sha Sha* and ease into *On My Way*. It's always nice to encounter musicians chronologically, anyway. But if you'd rather get a grasp on the live experience of BK, which is pretty unforgettable, dive into *On My Way*.

Just refrain from singing along, at least while others are around.

Special thanks to outgoing editors Trish Mitchell and Kenny Graff. We appreciate all you have done! We'll miss you next year!

Emotionally powerful 'J.B.' sets a precedent for future university dramatic productions

By **Andrea Griffith**
Editor in Chief

This past weekend, the theater department performed "J.B.," the most emotionally raw production on campus in recent memory. This Pulitzer Prize-winning play by Archibald MacLeish takes its extremely dramatic story line from the Book of Job, which is about a righteous man who is stripped of everything in a test of his faith.

Christopher Holmes, in his senior seminar role, utterly grasped the flood of emotion within Job. The role required him to scream, cry, stomp and endure physical and emotional beatings on stage, and Holmes was up to the challenge. His pow-



PHOTO BY KRISTA ADKINS
HOLMES AND GRIER AS JB AND SARAH

erful performance helped the audience to understand the impact of J.B.'s misfortune, as he suffered the loss of his family, financial assets and health.

Pamela Grier served as a nemesis for J.B.'s faith, as she played his wife Sarah who urged him to curse God as they witnessed the family's fall from grace.

Adam Troy and Savada Gilmore (who filled in for Matt Haynes for the first two performances), in roles that demanded a flair for timing, played Zuss and Nickles but represented God and Satan

in this play within a play. The innovative set, designed by Brad Archer, allowed them to stand on platforms overlooking the stage and narrate J.B.'s unraveling. A wall of palettes formed a nearly skeletal backdrop that meshed with the suffering of J.B. The set successfully depicted the circus scenes that framed J.B.'s story, but remained inconspicuous enough so as not to distract from the complexity of J.B.'s struggle. Archer's sets have brought distinction to HPU productions for several years. Eerie music and smoke-like effects helped convey the fearful and somber nature of



PHOTO BY KRISTA ADKINS
TROY AS ZUSS

death, as J.B. and Sarah constantly receive news of their children's fatalities in Act I.

Ultimately, good triumphs over evil as J.B. remains faithful to God despite his reasons to curse him, but not before the audience became uncomfortable with the amount of suffering he had endured. This is a true test of any live production: the audience's sense of connection to the characters. Admirably directed by Wade Hughes, the cast of "J.B." convinced the audience in its suffering and its faith, marking the play as the last major production of the year, but more importantly, the most emotionally convincing production on this campus in recent years.

Check out these tours coming to a venue near you this summer:

- John Mayer**
- Madonna**
- Ben Folds with Guster**
- Kenny Chesney**
- Aerosmith**
- Prince**
- Van Halen**
- Sting**
- Dave Chappelle**
- Dave Matthews Band**

Staff Recs...

- "Carolina Diner: It's the place to be at 3 a.m. and deserves this free advertising."
-Committee to Promote the Diner
- "Sleep through exams; they're too early anyway."
-Upperclassman
- "Chris Rock's new special. It's the best yet."
-Mac Daddy
- "Go backstage and meet Guster after they perform. They will hang out and talk to you!"
-Gusteroid
- "Apply to summer jobs and internships early next year. Don't learn the lesson the hard way."
-Rwanda
- "Jersey Girl": It's not your usual Kevin Smith movie, but it's worth seeing even without Jay and Silent Bob."
-Patches

Exam schedule

	Course Time	Exam Time
<i>Saturday, May 1</i>	9:00 MWF 12:30 TTh	8:30 a.m. 1:30 p.m.
<i>Monday, May 3</i>	10:00 MWF 9:30 TTh	8:30 a.m. 1:30 p.m.
<i>Tuesday, May 4</i>	8:00 TTh 11:00 MWF	8:30 a.m. 1:30 p.m.
<i>Wednesday, May 5</i>	8:00 MWF 1:00 MWF	8:30 a.m. 1:30 p.m.
<i>Thursday, May 6</i>	12:00 MWF 2:00 MWF	8:30 a.m. 1:30 p.m.
<i>Friday, May 7</i>	2:00 TTh All other times	8:30 a.m. 1:30 p.m.

A year at High Point...

...A glance at the year through the lens of Campus Chronicle photographer Krista Adkins.



Counselor Kim Soban with Sydney, the puppy we all fell in love with



College Republicans, the Organization of the Year, get liberal in their actions



Mike Maykish plays Father in the fall's heartwarming musical 'Children of Eden'



Genesis performs and Dr. Frankie T. Jones speaks at the MLK Day ceremony



The winning shot seen round the world, or at least on ESPN



Norton Hall in its skeleton form



Awareness increases on campus with the "Putting a Face on AIDS in Africa" event



The Lunatics cheer the Panthers into the championship



The cafeteria staff carries on after bidding adieu to Kenny



Alpha Phi Omega ME

The brothers of Alpha Phi Omega would like to thank everyone for a great semester and we wish you all a relaxing summer. We also thank the Student Government Association for its continued support of the fraternity and its ongoing service program. Congratulations to our graduating brothers: Amber Boyea, Tiffany Dowdy, Glenn Fell, Heather Hehl and Donna Venable. We wish you all the best of luck!

Ten brothers attended the Section 79 conference at Appalachian State University on the weekend of April 16-18.

This semester, we have cumulatively completed hundreds of volunteer hours and look forward to many more next year. We also look forward to inducting the Phi Beta pledge class at the end of the semester, which will be followed by the chapter awards ceremony.

Circle K

The Officers and members of the High Point University Circle K (Kiwanis) Club would like to thank the students, faculty, and staff of HPU for your support this semester. While starting this organization has not been easy, we have had a GREAT! time with the community service activities that we have been involved in. On Saturday, April 3rd HPU Circle K was involved in the Big Brothers Big Sisters "Bowling For Kids Sake" Bowl-A-Thon. Six members participated and raised approximately \$200. An awesome time was had by all. HPU Circle K is also proud to present its Executive Officers for the 2004-2005 school year. They are: President: James Jackson, Vice President: Ken Diaz, Secretary: Tasha Haston, Treasurer: Tisina Samaroo, Faculty Advisor: Alan Williams

We look forward to next semester and involving more of the High Point University family in our community service activities. GO CIRCLE K!

Phi Mu ΓΖ

The Sisters of Phi Mu would like to thank everyone that came and supported our car wash last weekend and Phi Mu Musical chairs in front of Slane last Tuesday. We succeeded in raising over 300 dollars at the car wash and over 50 dollars at the musical chairs that will be do-

Kappa Delta ΓΓ

As the year comes a close, the Sisters of Kappa Delta is enjoying the warm sunny days of spring with lots of sisterhood activities and one last philanthropy event with the brothers of Lambda Chi Alpha. We will be collecting items for the homeless shelter in the parking lots of Harris Teeter and Winn Dixie on Saturday, April 24th. If you're around that area, make sure you come out and support a good cause! We would also like to congratulate our seniors on their impending graduation!! We will all miss you very much and we wish you luck in everything you do!! Finally, to all the faculty and staff that have helped us out throughout the year we extend one final thank you and we look forward to next year!! Have a fun and safe summer and we will see everyone in August!

College Republicans

This spring has been quite exciting for the College Republicans! For the weekend of April 2-4, several of our members ventured to the Spring Convention of the NC College Republicans, where we met many Republican candidates for governor and various other races throughout the state and attended a seminar hosted by the Leadership Institute.

On April 29, we're hosting a Party for the President at Jonathan Miller's apartment, at U-Ville Apt. 1371E from 6-8 P.M. - all are invited to join in on the festivities.

We're looking forward to next semester, as we should be busy with helping out with various local campaigns. If you want to help with the re-elect Bush campaign, talk to one of us. It's never too late to fight liberalism!

From all of the College Republicans, have a wonderful summer, and come back refreshed for a new year - we've many plans for the new year and we look forward to seeing you join us!

nated to Children's Miracle Network.

We are also proud to congratulate Mike Tarara on being named our Sweetheart. Sorry Mike since we can't make you a Phi Mu; guess you'll have to be happy with being our Sweetheart.

Our year wraps up with Carnation Ball in mere days. Looking like fantastic times for all you lucky dates.

Pi Kappa Alpha ΔΩ

With the school year winding down, we are all looking forward to that awesome week where we get to do nothing but study and take really, ridiculously long and mind-numbing exams. First of all, we want to congratulate all the Greek Organizations on your new initiates. We also want to thank everyone for coming out to our sponsored night at Triangle. Congratulations to Brother Sam Clocic on the completion of his term as the SGA President and on his election as the Senior class President for next year. Good luck Sam.

Our last major even planned for the year is our 1st Annual Alumni Pig Roast

at High Rock Lake. Our last fundraiser will be working for INFURNITURE during market delivering magazines and ad boards all around downtown. Our annual beach weekend was once again a blast. We made the 6 hour drive to Tybee Island, GA and enjoyed the luxurious amenities of "The Happy Holiday Motel." Pictures from the trip on the website along with several other updated photo galleries.

This year has definitely been a crazy one for us and we are already looking forward to next year. Congratulations and good luck to all the graduating seniors and we'll see you underclassmen back here in August.

IFC

The Interfraternity Council has been busy this year turning the organization into a group of men that shows a lot of promise in the future. Under the leadership of Taylor Humphreys, we began philanthropy at the Wesleyan Arms Retirement Center, playing Bingo, where the hottest prize is a colorful box of Kleenex, once a month with 15 to 30 retired men and women. Every month, we tried to do something special; between having Santa come to give out gifts, having a Valentine's dance or celebrating Ms. Turner's 100th birthday party, the men of IFC have enjoyed spending time with the elderly in our community.

Although the fraternal world here at High Point has had some major setbacks, we are anxious for next year, which we plan on calling the "Year of the Greeks." We hope to arrange and sponsor a bunch of activities that show the community that we are more than dumb frat boys.

Next year's executive council will be Matt Gillard LCA as president, Jeff Wolfe QC as vice-president, Phil Shumaker QC as treasurer, Daniel Wolff QC as secretary and Damien Morrison LCA as attorney general. We would like to say congrats to the new officers and wish them well for the upcoming year.

Alpha Gamma Delta ΓΗ

Congratulations to our new sisters. We love all of you. We would like to congratulate all of the other sororities and fraternities on their new sisters and brothers. This last month of school is going to be a very busy, month especially for our seniors. We have an Olympic mixer coming up on April 23 with the men's soccer team. This will be a great night with many creative outfits! On April 24, we will be having our annual Rose Bowl in celebration of initiation. We can't wait to spend this awesome night with all of our sisters as this year ends. On April 29, we will have our Senior Sendoffs. This is to recognize all of the dedication and amazing memories our seniors have put into Alpha Gamma Delta. We are going to miss all of them so much. Thank you to the brothers of Pi Kappa Alpha for a great mixer. We always have a blast with you. With only a few weeks of school left, the sisters of Alpha Gamma Delta will be spending lots of treasured time together building our bonds of sisterhood even stronger. Good luck to everyone on their final exams and we wish everyone a safe and fun-filled summer.

Theta Chi EA

The brothers of Theta Chi would like to congratulate Adam Canevazzi on earning the Outstanding Citizenship Award on Honors Day. We would also like to congratulate the brothers that are graduating this year and say they will be deeply missed.

The brothers also are deeply heart broken due to the recent loss in intramural softball. Years will be needed to heal the wounds.

The brothers would also like to wish everyone a fun and eventful summer. All of those approaching life after college, good luck finding a job that makes you plenty of cash.

Baseball team struggling to find rhythm as season winds down

By **Bethany Davoll**
Staff Writer

With 36 games played in the season, High Point University's baseball team has continued to have a disappointing year. Unable to hold opponents down in the late innings, the Panthers have gone 6-30, 1-11 in Big South play.

In the Panthers' most recent game as of press time, they played Gardner-Webb on April 15, losing 7-1. Gardner-Webb scored all seven of runs off home runs coming in the first, fourth, seventh and ninth innings. Phil Leake pitched eight innings for High Point, giving up eight hits, four earned runs and six all together, while walking one and striking out eight. John Wanger relieved in the ninth, giving up a solo home run. Abraham Gonzalez pitched a complete game for Gardner-Webb, allowing only one run on six hits

while striking out 12 and walking one.

For the High Point offense, first baseman Seby Renta went 3-4, Mark Shorey went 2-3 with an RBI after coming off the bench to replace Corey Stang in left field, and right fielder Chris Draska was 1-3 with one run scored. The Panthers picked up their lone RBI when Draska received a one-out walk in the seventh and advanced to second on a single up the middle from Renta. Shorey then doubled to left center, scoring Draska and advancing Renta to third; they would be unable to capitalize further, however, as the next two HPU batters popped out and grounded out respectively.

High Point played a three-game series against UNC-Asheville April 9-10 and picked up their first, and so far only, conference win 4-1 in the second game of the series. Matt Kniginzky went the distance from the mound for HPU, pitch-

ing nine innings giving up one run on four hits while striking out 12 and walking six. The Panthers got their first run in the third off a sacrifice fly to centerfield from Matt Keever which scored Justin Pinyan, who reached base on a single to left. Pinyan stole second and advanced to third on an error by the catcher before scoring the unearned run.

In the sixth inning the High Point bats finally came alive to produce three runs on four hits. Chris Ramirez singled to left field with one out, followed by another single to left by Chris Draska. Seby Renta then doubled to right, scoring both and giving High Point a 3-1 lead. Renta then advanced to third on a passed ball from the catcher; Nick Thompson singled, followed by a walk to Matt Richardson, and Renta scored when Corey Stang drew a bases-loaded walk. After a pitching change for UNCA, all three runners were

left stranded in the inning when the new pitcher got the next two HPU batters out on fly balls. Draska, Renta and Richardson each picked up two hits in the game.

High Point lost the other two games against UNCA, the first one 9-3 and the last game of the series 10-9 in an eight inning contest that was scheduled to go seven but would need an extra inning. In the last game of the series, High Point absorbed the tough 10-9 loss when UNCA scored two runs in the eighth to go ahead 10-8.

The Panthers have 18 more games in the season, including match-ups against Wake Forest and Duke at home. Hopefully, they will be able to combine good hitting and good defense to string together a few more wins before the year is over. The remaining games will be played for pride and experience toward next year.

Individual performances highlight championship

By Melissa Caudill
Staff Writer

The men and women's track and field team finished up their regular seasons, each with 7th place finishes in the Big South Conference meet held April 15-17 at Charleston Southern University.

There were many outstanding individual performances. Jemissa Hess, a freshman, won both the 1500 and 800 meter run--the only High Point athlete to win multiple events, and one of four in the entire meet to win two events. Her times of 2:13.23 in the 800 and 4:34.84 in the 1500 were both school records.

Also scoring for the women were Angel Diamond in the high jump with 5th place, Nicole Garner 5th in the hammer throw, Melissa Caudill 7th in the 10,000 meter run, the 4X100 meter relay team with 6th place and the 4X400 meter relay team also with 6th.

For the men, Keiron Guishard was 7th in the 100 meter dash; Alex Baikovs was 3rd in the 800 meter run. Derek Nakluski and Jesse Slowikowski each scored in the 1500 meter run with 6th and 8th place finishes. Matt Goodale finished 3rd in the 3000 meter steeplechase. Tommy Evans and Bubba Hill were 3rd and 4th in the 5000 meter run, and Hill was 4th in the 10,000 meter run. Eugene Galloway was 8th in the triple jump, the 4X100 relay team finished 4th and the 4X400 relay team finished 5th.

Next up for the Panthers is Penn Relays, held this weekend in Philadelphia.

Editor reflects on four years at High Point

After four years of writing for the Campus Chronicle, I have decided that it is time for me to leave this University in search of many of life's answers...mainly a regular paycheck. I've had my highs and lows here, just like everyone else in my graduating class and would not trade any of the lessons learned here for anything I might have learned going to another school.

Some might ask what I will do after leaving this campus. My reply is that you know about as much as I do. The best I can do now is save the memories that I have earned since enrolling at school.

I'll always remember the first time I visited my brother when I was a junior in high school and he was a sophomore at HPU. At 16, I met some of the friends that I will still have long after I take that walk across the stage to receive my diploma. I met my brother's suitemate, Jon Hentz, who became the sports editor before I even wrote an article and, more importantly, my roommate and big brother in my fraternity.

I remember visiting the following year for Presidential Scholarship Weekend and seeing more people that I will never stop talking to, including Boss Hog (Kevin Harrison). Anyone outside of this year's freshman class had at least heard the loudest man on campus be-

fore he graduated last year. I knew, by the time I stepped back into my parents' car for the ride back home, that there was no other school in the country that I would rather go to.

I remember walking to my first class in Hayworth, or Haworth, I didn't know. They were, and still are, side by side. All the same to a dumb, 18-year-old kid trying to find his first class at college. The first party I went to still makes me laugh. I was living on the couch in my brother's house that I now live in while the school was finding me a room to stay in. Contentedly enough, the first party of the year, of every year, was right outside that room with the couch.

After three years of living off campus, I still find it hard thinking back to the old days in Finch--dealing with the rules and trying not to get caught breaking the rules that I didn't think applied to me. Of course, those rules were real, and many of my friends dealt with the consequences I was lucky enough to avoid. I'll never forget the thousands of reasons why I should never take an 8 o'clock theater class. Entirely too early for chipper teachers asking me why I look so tired.

Sophomore year was a trip that I really can't take again. It was the first year I moved off campus into that house I have already brought up. It was the last year where I really had very little direction about what I wanted my future to be. I

still attended class, by that point, where all of my classes are now, in Cooke Hall. My personal education center. I knew I wanted to become a business major but at this point, I had no clue in what field. This year, just like any other, I met more friends that will be my friends for years to come.

My junior and senior year nothing much changed. I settled down and took two majors. I became close with a few teachers and advisers that helped direct me and shape me into the strapping young graduate I am. Maybe strapping isn't quite the word you would agree with, but it's my last article.

In these years the Orioles lost a lot, the Terrapins won a national championship in basketball and gained respect in football, the 49ers crumbled, the *Bullets* (not Wizards) followed the Orioles' lead, and I never watched hockey. All told, it could have been worse; I could have been a Tigers fan. Sorry, Mr. G.

What did I enjoy the most about High Point University? It wasn't winning the ultimate Frisbee championships or any other intramurals. It wasn't the parties that I spent most of my time at. It wasn't the classes, the fun at the Caf, the school work, the bars, the meetings or anything else that you can think of that's an event or place. After all these years, I realize it was the people here, whether they are advisers, students, workers, professors or my brother. The individuals that I became friends with here are why this school is in a league of its own.



Kenny Graff
Sports Editor

Swedish twins balance school and athletics

By Taylor Humphreys
Staff Writer

You go to English class and meet a 5-9, blonde-haired girl from Sweden. Class ends and you start walking back to your dorm from Cooke Hall, and you pass another girl that you swore you just met in your English class.

Up until fall semester, the Svensson twins, Anni and Lena, were hard to tell apart for those who didn't know them well.

Lena dyed her hair, and now many people know the twins. What many don't know is their grueling year-round schedule with CIS classes and both soccer and golf practices.

Anni and Lena are extremely busy with a schoolwork load that includes a math minor and a CIS major, soccer practice and games in the fall and golf matches throughout the spring semester. Both girls started playing soccer when they were 7 years old.

"In Sweden, you start young and play with the same club team your whole life. Right now our club team is in the 'Elite soccer' division, and there is only one division higher than what we play in back home," Anni said. Lena

added, "When we started so young, it was fun, but now it is extremely competitive." Five years later, the twins took up golf. "Our parents played it, so it was natural to start playing, and all our siblings played as well," Anni commented. Lena, who noted that they also swam competitively for a short while said, "Golf in the beginning was more of a hobby; it was laid-back, so I think that is why we enjoy it so much."

Both the twins noted that soccer is

their preferred sport to play. "I'm better at soccer, so it isn't as frustrating,



LENA ANSWERS QUESTION DURING NCAA SELECTION DAY

and there is nothing like being together and building a team that will win games," Lena said. Anni likes the different aspect of both a team sport and a more individual sport: "I like how the sports complement each other. You depend on your teammates to help the team win, but golf, although a team sport as well, depends on individual success for the team to succeed." Lena agreed with her but enjoys

the big team. "I love the group of girls we have because it makes practice, the season and road trips fun as well," she said.

But managing two sports, homework in a demanding major and even a social life can be hectic. With all the practices in soccer and golf, it is hard to fit everything in. "You have to prioritize to fit everyone in your daily schedule," Anni commented. She also added how "the social aspect comes with the teams; I think it's worth it because you meet new people from other schools." With golf, the tournaments are scheduled awkwardly, which means lots of missed classes. Anni said, "This past week, we were gone on a golf tournament and we missed three days of classes. It was hard to do work when you're away because it is harder to focus."

Being twins also means trying to outdo your sibling. The competition is there, but it is more friendly than aggressive. Lena said, "It's not aggressive, but I always want to do better than Anni." Along those same lines, Anni added, "We push ourselves against each other, but we push each other in all aspects of life whether it be in sports or academics, so it provides a good competition."

Anni and Lena are competitive in both soccer and golf, and it shows in their outstanding ability to win. The twins push each other to another level that shows in their match play in golf and in team competition on the soccer field. Be on the look out for the blonde and brunette on both the academic and playing fields.

Interested in writing, editing, working on layout, or taking pictures for next year's Chronicle? Email news@highpoint.edu or call x9115