



**In Arts & Entertainment:** HPU students have a wide variety of talents. Two of these students happen to have similar interests and accolades. Read about these students' stories on pages 6 and 7.

# Campus Chronicle

## High Point University

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Friday, September 4, 2009

### Women's film and lecture series to be held on campus

By Tierney Gallagher  
Staff Writer

This year the Nido R. Qubein School of Communication will be hosting a women's documentary film and lecture series on campus to shine light on and spark interest in women's issues among students.

Planning for the series, entitled "Turn Down the Lights, Turn Up the Volume," began last March when co-organizers Dr. Judy Isaksen, associate professor of Media and Popular Culture Studies, and Dr. Joanne Sandberg, assistant professor of Sociology, came up with the idea for such an event.

The professors' idea stemmed from their desire to give broader attention to women's issues on campus. The name of the series alludes to what they hope participants will be compelled to do: turn

out the lights and reflect, and turn up the volume and speak out.

Isaksen describes the series as "intellectually inspiring and compelling," and hopes that it "will give students new and different ways to think about their own positions in the world."

The film and lecture series is to consist

of five events throughout the school year that focus on contemporary issues concerning women. Each event will include a documentary film screening as well as guest lecture and discussion.

Documentaries shown will be ones either done by women or concerning women's issues. Featured as guest

lecturers are distinguished professors Dr. Kathleen Blee from the University of Pittsburgh and Dr. Ellen Granberg of Clemson University, filmmaker Denice Evans, as well as Isaksen and Sandberg.

Support in creating the series has been tremendous. Isaksen and Sandberg are thrilled about the momentum the event seems to be generating. The event was made possible through donations from individuals as well as a \$3,500 High Point University Cultural and Educational Enrichment Grant.

While this series will be spread throughout the academic year, each event is distinct and self-contained. Topics to be reviewed address a whole variety of experiences women intersect with, including racism, health and beauty issues, sexual behavior and promiscuity, creativity, and rape and sexual violence. See "Lecture series," page 5

#### "Turn Up the Lights, Turn Down the Volume" Fall Events

Thursday, Sept. 10, 7 p.m.  
Women Inside Organized Racism  
Phillips 120

Thursday, Oct. 8, 7 p.m.  
Gazing in the Mirror: When the Pursuit of Perfection Meets Reality  
Phillips 120

### Dyer moves from digs on the hardwood to bright lights of Broadway

By Tony Gutowski  
Sports Editor

Typically found digging her way through another tough match with her Panther teammates, one Panther instead found herself digging her way through the processes of one of the country's largest media corporations. Tara Dyer, a senior Communication major and defensive specialist on the volleyball team, spent the summer as an intern for CBS Radio in New York City.

Dyer, a Fountain Hills, Ariz. native, began her internship at CBS Radio in Manhattan on June 2 and finished up on Aug. 5. While at CBS, Dyer checked and reviewed commercial advertisements before they were distributed and played at all the local CBS-affiliated stations across the country. "I would listen to literally 100 commercials and advertisements and proofread their scripts before they could be played at most of the CBS-affiliated stations," Dyer said.

Dyer mainly worked with *The Altitude Group* while at CBS. The group manages and markets the advertisements for commercialized programming at most of the CBS-affiliated stations and sells the airtime to executives of prospective companies that are interested in advertising their brand on the airwaves. Dyer sat in on brainstorming sessions for which *Altitude* pitched ideas to these prospective companies for the types of commercials that could be possibly aired to better sell their products.

Dyer also participated in the "Lunch and Learn" program, in which CBS Radio interns would meet every Wednesday with the various departments of the corporate office and discuss, over lunch, all the different

segments and processes that go into the jobs of each department.

Beyond the meetings and programming, Dyer assisted the CBS Activation Manager (John Principale) with prize distributions for contestant winners at several CBS-affiliated radio stations across the country. Most of the prizes from contests that CBS-affiliated stations have locally are distributed from the corporate offices in New York City. "I would help package iPods and other prize items for distribution all over every few weeks," Dyer said.

Working in such a unique place as New York City left Dyer in awe and pinching herself, constantly. "It's a totally different world and environment from any other place I have ever lived and worked before," Dyer said. "There's nothing like it."

The experience taught Dyer the many processes and type of work that goes into the operations of the radio business that she had never really seen before.

"Learning all the different aspects and applying them to real world experiences like this, outside the classroom, has truly made me more humble and more prepared for the workplace ahead after graduation," Dyer said.

It was three months of experience that will last this Panther a lifetime and will have great benefits as to her future plans moving forward.

Her ultimate goal is to one day become the Event Director of a major corporation and with all the relationships and connections she has made from this rare experience at CBS Radio, she hopes she will be able to. "I hope this whole experience working at CBS will ultimately lead to a job with them in the future," Dyer said.



Senior Tara Dyer interned with CBS Radio in New York City this summer, working in a division that manages and markets advertisements.

Photo provided by Tara Dyer.

### On the Run: What's new

Special guests speak on campus Sept. 15

Major League Baseball Hall-of-Famer Cal Ripken, Jr. will speak at High Point on Sept. 15 at 7 p.m. Tickets are available at the Campus Concierge. Earlier that day, a panel of mass communication experts will speak at 3 p.m. These experts include Denise Franklin, Bert Decker, David Neal, and Marysol Castro.

University Area Plan revealed by City

On Aug. 21, the City of High Point released a draft of the University Area Plan - a document detailing future growth expectations of the University. The Plan was developed in conjunction with High Point University officials. Read more about this story on [www.campuschronicle.org](http://www.campuschronicle.org).

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Human trafficking affects thousands of Americans

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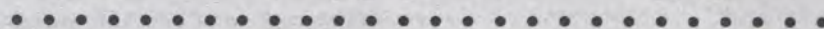
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Contact us: (336) 841-  
9042, news@highpoint.  
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# Students' voices are powerful tools

**Staff Editorial**

College students are caught in an interesting time warp as far as society is concerned. Students are considered adults in most ways but still have some child-like qualities.

Students deal with their personal issues along with social and academic ones. However, college is the also the place where most people discover the real scope of the world.

People realize that there is more to the world than the microcosm created by middle and high school. This causes people to branch out and explore the many different facets of life. This helps create an identity for oneself in the long run.

While this might seem like the most confusing and vulnerable time of life, it is actually a very influential one. College students are smart, they still have a strong sense of intellectual curiosity, they have more spare time than the average adult, and they have not been jaded by the so called real world.

The combination of these factors creates a tool that can command any audience when used properly. For generations, students have been making a difference in the world by letting their voices be heard.

"This world demands the qualities of youth: not a time of life but a state

of mind, a temper of the will, a quality of imagination, a predominance of courage over timidity, of the appetite for adventure over the love of ease." These words are from the Day of Affirmation speech given by Senator Robert Kennedy in Cape Town, South Africa.

Senator Kennedy was rallying the students to fight against apartheid, and stand up for civil rights. He understood the power the students had and wanted them to use it for good.

The most memorable instances of students with a cause are probably the thousands who protested the Vietnam War. College students all over America rose up to protest a war that they believed was wrong. An organization called the Student Nonviolent Coordinating Committee led anti-war marches with an attendance of over 25,000 participants. Not all of those people may have realized how powerful their actions were.

All these students knew was that there was a wrong and they wanted to right it. The world today has many problems that are similar in scope and nature to those faced in the middle of the twentieth century, yet the students of today have not demonstrated the power and influence that they were proven to have fifty years ago.

Yet students still have that power. This is your time to find a cause and pursue it

to the fullest extent.

Your actions don't have to be as volatile or dramatic as protesting. The cause you support might not get as much media attention as a war. What is important is that you feel drawn to the cause and want to do all you can to defend it.

No cause is too small. You may already be doing something that makes a bigger difference than you think.

Volunteering somewhere like World Relief or donating blood are actions that affect more people than you may think.

Many of the clubs on campus are geared toward certain causes. Amnesty International concerns itself with helping the underprivileged people throughout the world. Students for Environmental Awareness has pushed for environmental responsibility on campus. Alpha Phi Omega volunteers their time throughout the community. Several other organizations are also very committed to making a difference.

Not only does supporting a cause help the community as a whole, it gives you a great amount of satisfaction. Knowing that you went out and made a difference to someone will give you a better buzz than any drink or drug ever could.

*This editorial was approved by the Editorial Board, 9-0.*

# Practicing Going Green in the dorms

By Dianna Bell  
Staff Writer

When coming to college, the dorm room becomes a sanctuary for many. This is the first place to start when making the transition to a greener, happier life.

My roommates and I had difficulty keeping our place smelling fresh. We took out the trash at least once a week and washed our dishes when it became a necessity, but it wasn't enough to keep our place from smelling rank. Instead

of buying a can of Febreze, why not buy a potted flower? Plants provide a natural smell without the "harsh scent of other leading air fresheners," so the commercials say. Flowers also offer a much more aesthetically pleasing view as opposed to the metallic canister of "forest rain."

Our generation is known as the millennial generation, classified because of our upbringing in the world of technology. When moving in, we bring along many must-haves - televisions, computers, iPod docks,

cell phone chargers, printers, gaming consoles... These inventions eat up tons of electricity. Another vital object is the power strip. With these babies, there are more outlets and it reduces the amount of electricity being used. It's a win-win.

When leaving the dorm, remember to turn off the lights. Turn off the computer and unplug anything that isn't being used—cell phone charger, hair straightener, etc. The littlest and most trivial details can have the biggest impact when enacted into daily routine.

# Straight Talk from Dr. Qubein

## Creating a mission statement for your life's journey

By Dr. Nido Qubein

You create your future by forming a vision and expressing it through a mission statement. Your dream now glitters on the horizon of the future. But you are standing in the reality of the here and now.

How do you close the gap between where you are now and where you want to be?

You can't dream your way into the future. You have to have a plan. You have to know where you want to go and decide how you're going to get there.

The important word here is "how." The word "if" won't take you there. To achieve your vision, you must approach it with a positive attitude - a sense of certainty that your dream is achievable. You must adopt the attitude of Hannibal, the great general from ancient Carthage, who asserted: "We will either find a way, or make one."

A plan will establish a route to your destination. It will also provide for the elimination of roadblocks and the blazing of new trails across uncharted territory. It will prevent you from drifting aimlessly

through life. A good plan will have these characteristics:

- It will specify actions.
- It will set a timetable.
- It will be flexible.

You formed your vision in the creative right side of your brain. To create a workable plan, you need to bring the left

side of the brain into the picture. You'll still need the right brain to conceive of creative ideas. But you'll use your left brain to pass ultimate judgment on these ideas, to set priorities, and to devise workable action plans.

You begin the planning process by revisiting your vision and reviewing your mission statement. Assess your present circumstances and measure the gap between where you are and where you want to be. Then follow these steps:

- 1) Set goals.
- 2) Set priorities.
- 3) Develop strategies.

As you develop your plan, keep this point in mind: Your present circumstances do not control your options. They establish a starting point, but they don't determine your destination. Where you are very quickly becomes where you've been. So keep your eyes focused on the future - where you want to go - instead of on the past - where you've been.

Have a good trip.





# Few people learn from their mistakes

By **Liz Welborn**  
Staff Writer

We learn from our mistakes. Or do we? Or do we keep making the same stupid mistakes that we have always made? The inventor of the saying, "We learn from our mistakes," should examine his own life. With further examination, he is likely to find instances in his life that could be called *mistake déjà vu*.

Case in point is when you keep going out with same type of person, knowing they are only out for sex. However, this is when you choose to conveniently forget your last failed crusade to convert a bad boy or girl into "the one." Then when they run off, you complain to your friends that you never saw it coming. But

you did about a month ago when you dated their act-a-like. If you learned from your experiences wouldn't you learn that certain people aren't good for you?

Mistake *déjà vu* can even be seen in class or on the job. It makes its appearance when you do something on the job that should be easy for you to accomplish but you keep making the same errors as if you were the new kid in the cubicle. Or on your math test when you keep getting the same exact question wrong every time.

Instead of diverting along the path that we have been down before and that we know ends badly, we are like the mouse on his wheel: forever going along the same path, in the same direction.

It makes us feel better to know that

when we do make a colossal mistake in our lives, it is all a learning experience for next time.

However, I've learned that this comforting method can come back to bite you. For when the next time occurs and you make the same mistake, your mind devilishly goes back to that experience that you were supposed to learn from, but didn't.

When this happens to me (often unfortunately) I feel guilty for having repeated my same mistake. Already feeling low over the current slip-up, I double it by feeling like a major loser for realizing I had already made that error.

The truth is we hate to change. If we committed ourselves to changing our behavior then maybe we could prevent

*mistake déjà vu*. Instead, we inflict *mistake déjà vu* upon ourselves by never thinking before we act. When you make a mistake, instead of just claiming to learn from it, actually do it. When a mistake is made, sit down and examine why you made the mistake. Before you start talking to bad boy or girl version two, take a second to remember what happened when you dated the original. With effort maybe we can learn from our mistakes. By knowing our weaknesses we can gain strength.

The inventor of the saying, "You learn from your mistakes," should learn from his own mistake. The saying ultimately should be, "You learn from your mistakes only if you want to learn from them."

## Over 200,000 Americans affected by human trafficking

By **Katie Nelson**  
Opinion Editor

My summer was filled with many different experiences. I traveled, worked my menial summer job, and hung out with my friends. However, one of the most moving incidents was a seminar on human trafficking, which I attended in July.

The Salvation Army hosted a series of seminars in which they defined the term and taught citizens how to identify and aid victims of human trafficking. They went to several cities in North Carolina including Greensboro, High Point, and Winston-Salem.

The eight-hour program covered five different sub-topics of trafficking. The first topic was defining the term and exploring the causes of human trafficking.

Human trafficking is often confused with smuggling but there are significant differences, both legal and ethical. According to the Trafficking Victims Protection Act of 2000, in order for an act to qualify as human trafficking, it must include a criminal act, means, and purpose for exploitation.

Criminal acts are defined as recruitment, harboring, transportation, and provision and obtaining. Means are fraud, force, and coercion. The purpose can range from commercial sex acts to slavery.

In most cases, a recruiter lures a person, usually with a job opportunity. The recruiter generally collects the person's identification papers and sends the job seeker off to another area. When the victim gets to the location, he or she is told not to leave and is forced to stay and work off the debt.

Even though this seems similar to smuggling people, there are some differences. In smuggling, the criminal makes his or her money off of the transportation, smuggling is always transnational, there is generally no exploitation, and consent is normally present. In the act of trafficking, the profit is made off of the victim or the selling of the victim, the transportation of the victim is not always transnational, and there is great exploitation and generally little or no consent.

There are two general forms of trafficking: labor and sexual. Labor trafficking comes in the form of mining, domestic service, sweat shops, and begging. Sexual trafficking consists of pornography, mail-order brides, and stripping.

The numbers behind these acts are phenomenal. Between 14,500-17,500 people are trafficked into the United States annually. Approximately 800,000 people are trafficked internationally every year, and 200,000-300,000 of these people are children from the United States.

Children are wonderful targets for traffickers because they are vulnerable. Many people who are considered targets are runaways, foster children, and people who have money problems.

I once believed this illegal activity only happens in distant areas. However, there have been several instances of trafficking in North Carolina. Over the past few years, North Carolina has had instances of labor and sexual trafficking.

In fact, if you located the area where most of the strip clubs and massage parlors are in Winston-Salem, there is a strong correlation between their locations and the number of reports of prostitution.

This does not mean that human trafficking takes place at these locations, but it indicates that this area is a haven for illegal activity and would be an excellent spot for trafficking.

Many people wonder how they can help victims in this situation. Many victims feel that they are criminals or are too afraid to leave because of some threat or violence.

It is true that citizens should not attempt to "rescue" anyone by themselves, which is the job of law enforcement. What you can do is look for signs that a crime has been committed or be involved in prevention acts.

Signs of human trafficking victims include people who cannot speak the local language, people who have untreated infections or are branded, and people who are anxious, stressed, or behave in a stupor-like manner.

The Salvation Army has many prevention tactics they use to deter people from partaking in behavior that promotes trafficking. For example, when the World Cup was held in Berlin, many people were afraid human trafficking would spike in the area of prostitution.

So as the spectators were entering the game, workers handed out brochures that read: "You chose her...she definitely didn't choose you. Sex with a trafficked woman is rape. Enjoy the game. Celebrate the win. Don't be a loser."

Actions like this have a bigger impact than one would think. Human trafficking is an issue that many people don't understand. Equipping yourself with knowledge might help save someone's life. So be prepared.

## New meal plan quenches previous faults

By **Mike Nuckles**  
Editor-in-Chief

One of the many changes made throughout campus to begin the 2009-2010 academic year was the institution of a new meal plan for students. While the old plan was sufficient for many students, the new one is a great upgrade.

Under the old system, students had to guess how many meals they wanted to have at the cafeteria every week. The lower the amount of meals reserved, the higher the declining balance was that could be used at the various other dining options throughout campus.

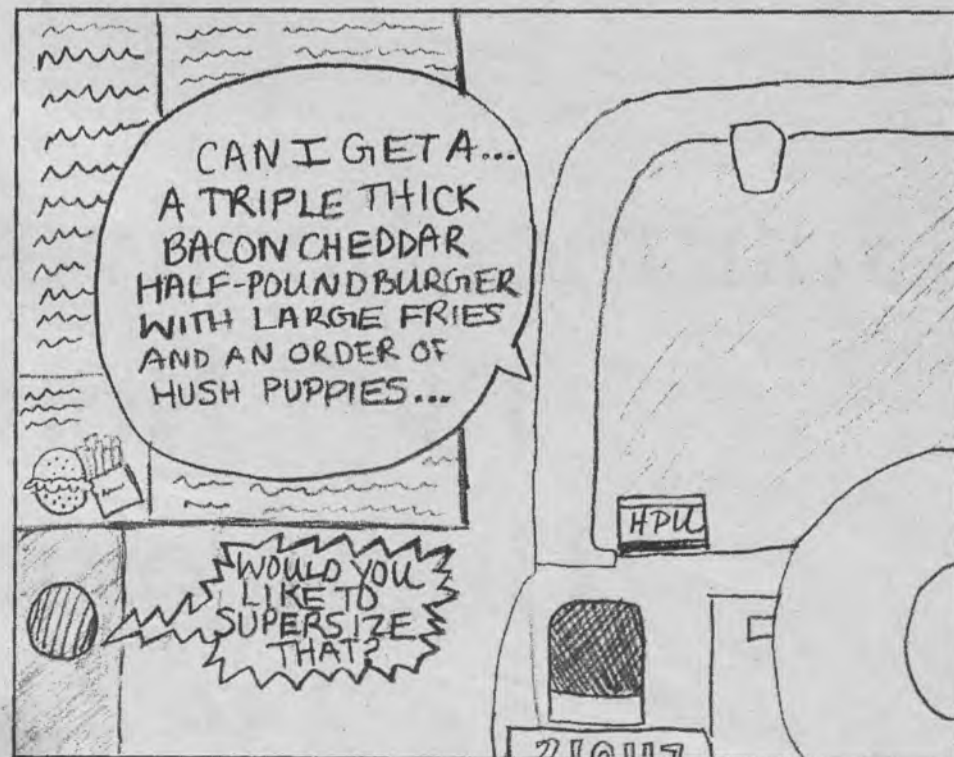
This was a good plan for students who liked to eat at the caf at least ten times per week, but for the many who only eat there sparingly, this system had obvious flaws.

With three new dining facilities opening this fall, the administration decided to work with Aramark, the school's contracted dining partner, to create a more dynamic plan for students. The new system is basically the same as the old, with the important addition of Magic Meals.

These new options allow students to use a normal board swipe at the various campus restaurants one time per day. This means that students can eat somewhere other than the caf seven times per week without having to spend a penny of their declining balance. That leaves room for students to buy convenience items from the C-Store or drink beverages from Starbucks.

This system is dramatically better for a large percentage of the student population. While superior to most college cafeterias, High Point's caf can still get monotonous, and having the ability to use one's meal plan at the various other on-campus establishments has made the campus dining situation much more bearable.

"The Freshman 15"  
By: ALAINA FARRISH





## State Treasurer visits High Point; brings message of debt avoidance

By **Mandy Cantrell**  
Staff Writer

North Carolina's treasurer, Janet Cowell, visited HPU on Aug. 28. Janet Cowell arrived on High Point's campus at 10:30 for a tour of the growing campus followed by a round table discussion with a handful of exceptional students and faculty members.

Cowell has an impressive background. As an economic expert and venture capitalist, she has created thousands of jobs for North Carolina residents and has also helped businesses and the government work more efficiently. She is currently working to ensure the state's financial future is secure by making sure the banks are stable.

Her office also manages turning lost property into scholarships for North Carolina students. She invests

lots of her time into finding ways for students to pay for school.

Cowell brought her 2009 Student Debt Tour to HPU with the catchphrase "In Debt We Trust."

About 80 percent of college students across America have credit cards and half of them have over four. The treasurer has had to deal with numerous college students who have declared legal bankruptcy because of credit cards. Students need to seriously consider the dangers of credit cards and interest before they get in the habit of swiping the plastic, according to Cowell.

Because of the youthful tendency to live for the moment, it is nearly impossible to understand how much debt student loans will leave students with. Cowell stressed these problems, how devastating private loans can be to one's financial future, and acknowledged which loans are safest.

## Mariana Qubein wins urban forest award

By **Allison Hogshead**  
Assistant Editor

Nowadays, green is gold. Many colleges and universities, including HPU, are stepping it up when it comes to being more environmentally friendly.

Mariana Qubein, wife of university president Dr. Nido Qubein, is being honored on Sept. 17 by the North Carolina Division of Forest Resources as the Outstanding Individual Merit Winner of the Urban Forest Awards Program for her work at HPU.

According to HPU Media Relations, the annual program rewards cities, towns, organizations, businesses and individuals for outstanding work to protect and enhance community forests and raise awareness about the importance of urban forestry projects.

Award winners were selected by a panel that included N.C. Division of Forest Resources' urban forestry staff and members of the North Carolina Urban Forest Council. Entries were judged for impact, quality, innovation and the degree to which the work serves as a worthy example for others to follow. The winners may also be nominated for the National Arbor Day Awards Program.

During the past year, Qubein has developed the arboretum and botanical gardens around campus. Her efforts can be seen from the rock garden by the ponds to the informational signs located at various trees and plants around campus.

Qubein is proud not only to be recognized for the award, but for all those at HPU who are making conscious efforts to reduce their carbon footprint.

"I am so honored to receive this prestigious award and I'm most grateful for the many faculty, staff and students who do so much to ensure that our university is caring about our environment," Qubein said.

Katie Nelson, president of Students for Environmental Awareness, is thankful for the work Qubein has done.

"I'm ecstatic that Mrs. Qubein's effort for such a worthy cause is being rewarded. Mrs. Qubein has a real passion for the arboretum and we really appreciate her," said Nelson.

Have an interest in

# JOURNALISM?

Write for the *Campus Chronicle*,  
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Come to our next staff meeting on  
Tuesday, Sept. 8 at 3:30 p.m.  
in Wilson Hall, room 229.



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## Norton's personality perks students up at Starbucks

By Katie Nelson  
Opinion Editor

There are always people who make your day better because they always seem to be having a good day. Their energy and cheerfulness just zaps into you and gives you a boost.

Kristy Norton is one of those people. Norton has worked at the Starbucks on campus for a year and she always looks like she's ready for anything.

Norton is able to have this perkiness because she has a very strong will and sense of determination.

She works two jobs. By day she serves at Wendy's, and by night she works at Starbucks. This usually means that she works ten hours a day.

Generally when someone gets off of a shift, he or she is ready to rest, no matter what type of job. But Norton keeps pushing into another shift.

Although Norton has been working at Wendy's three years more than at HPU, she says that she likes Starbucks more. The students at HPU make her job a lot better.

When she first started here, her motivation was really just to have a job and get paid. Now that she has been here awhile, the job is really about her interactions

with the students.

However, it is only natural that Norton works at High Point University because this school is practically in her blood.

Three generations of Norton's family have worked for HPU. Norton's aunt and mother currently work here, for the café and C-store respectively. Norton's sister works at Chick-fil-a and their grandmother, Geraldine, worked for Budd Services for many years.

Naturally, Norton does have a life outside of work. When she is at home Norton's main focus is taking care of her adorable son, Treyshawn.

Treyshawn is six months old and an incredibly happy baby. One of Norton's favorite activities is shopping for Trey.

Shopping is Norton's favorite hobby in general. Old Navy is her preferred venue for clothing.

Although High Point may not have too much to offer a shopper, Norton compensates by spending time at Hanes and Four Seasons malls.

No matter what she is doing, Norton is always happy and ready to go. This is what makes her an excellent employee and an awesome person to be around.

When you see Norton at Starbucks, your pick-me-up might not be just from the caffeine. It is probably from her personality.



Kristy Norton, a staff member at HPU's Starbucks coffee shop, is always ready to help students get a late night caffeine boost.  
Photo by Dan Moldovan.

### "Lecture series" continued from page 1

The women's film and lecture series will be the first of its kind at HPU. It will be the only sustained event so far focusing on women's issues and could potentially have a lasting impact. Sandberg believes the "series provide a terrific opportunity for [the] students to learn about a broad range of topics that affect their daily life," and encourages everyone – both female and male – to attend.

The series is open to the public and free.

The film series covers a variety of topics and guests. IDS credit will be given out for the events and some professors are already encouraging students to attend in conjunction with their classes.

Isaksen hopes that students and other members of the community are inspired to attend the series as she feels that individuals will be able to walk away from events with new insights to apply to day to day life.

## Prominent Roberts Hall trees removed for safety reasons

By Clay Stradley  
Staff Writer

Two trees that were hallmarks of the Roberts Hall landscape were recently removed due to concerns over their condition.

In early February the HPU Arboretum Committee approved the removal of two trees. The trees in question were a willow oak (*Quercus phellos*) adjacent to Roberts Hall on the Promenade side, and the green ash (*Fraxinus pennsylvanica*) directly across from it.

This decision came with much regret, but at the same time those involved knew it was a long time coming.

The driving catalyst for this decision was the willow oak. About 20 years ago the tree began to split into three sections. It was at this point that the tree was initially banded with cable to prevent further damage.

As damage progressed a second band of cable was placed below the initial band. This presented a major safety hazard. If the cables were to ever snap the oak would rapidly finish splitting and likely come down, with one portion of the tree falling into Roberts Hall. Last semester a single branch from one of the Promenade willow oaks, weighing over one ton, fell without any provocation. As a result, the willow oak posed potential risk and thus it had to be removed, according to the Arboretum Committee.

Initially planted roughly 75 years ago, the Roberts Hall willow oak was planted as part of a CWA (Civil Works Administration) project headed by C.R. Mackintosh. Funding for this project provided pay for the workers and little else. As a result most of the trees planted as part of this project were natives from nearby forests.

This project was undertaken in order to bring some flora to the barren campus grounds. The only tree on the campus at the time was the sweetgum (*Liquidambar styraciflua*) tree that resides near the kiosk on the Promenade, as well as a crop of black-eyed peas that were harvested yearly by the incoming freshmen and later served as that day's evening meal.

It has been planned that wood from the willow oak will be used to make a memorial bench.

The green ash being removed had been slowly succumbing to an unknown ailment for approximately the past three years. The University tried, unsuccessfully, to save this ash since its initial diagnosis.

Since removal of these trees caused such a landscape vacuum, new trees will be planted in their place eventually, according to the Arboretum Committee.

## Fruit Fetish?

Can't resist the natural delicious  
goodness of the best bare-naked fruits!?  
Join the club!

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# New bands remind listeners of previous tunes

By **Jen Paolino**  
A&E Editor

Every band may claim that their music is totally and completely original, but they'd be lying if they said that they didn't pull from other artists. Here's five bands that manage to create different and distinct music while having listeners think, "That band kind of sounds like..."

Band Name: LOVEHATEHERO

Album Title: *America Underwater*

Who/What They Sound Like: Mayday Parade, if those guys used to be a post-hardcore band that just recently realized they'd be better off singing than screaming.



Why You Should Listen: Even though the record doesn't drop until Sept. 29, you can check out their newest stuff, including the title track "American Underwater," on their MySpace page now. While they made a huge dent in the post-hardcore music scene, they hope to leave an even

bigger mark with their catchy hooks and intricate guitar work. These guys manage to stay true to their hardcore roots while making music that anyone can sing along to.

Band Name: Paper Route

Album Title: *Absence*

Who/What They Sound Like: Death Cab For Cutie fans will definitely want to check these guys out.

Why You Should Listen: Straight out of Nashville, Tenn., these guys take melodic electro-pop and cut out the annoying "thump-thumping" that you usually find tucked away in many electronic-based songs. If you're a fan of ambient music, or you're just looking to set a mood, pop their debut record into your CD player and allow yourself to get sucked into their mellow vibe.

Band Name: Hotspur

Album Title: *You Should Know Better By Now*

Who/What They Sound Like: If you were to rip the keys off of Jack's

Mannequin's debut record and mix the dark tones you get from The Spill Canvas' *No Really, I'm Fine*, you'd have these Washington, D.C. natives.



Why You Should Listen: They wouldn't classify themselves as

dance-pop, but there is no denying that the songs these guys pump out have that "clap-your-hands-and-smack-your-knees" feel to them.

Band Name: BOYS LIKE GIRLS

Album Title: *Love Drunk*

Who/What They Sound Like: While BLG will probably never stray too far from the sound that made them famous, this four piece has taken their music to another level, giving their songs a more upbeat, dare I say, happier feel.

Why You Should Listen: While some

die hard fans may not appreciate the cross-over, their songs are memorable enough to stick in your head for days after you've heard them. Their infectious hooks mixed with lead vocalist Martin Johnson's melodic voice are what reeled in fans in the first place, and I can promise that even the initial skeptics will wind up coming around eventually.

Band Name: Amely

Album Title: *On My Own - EP*

Who/What They Sound Like: All Time Low circa their *So Wrong, It's Right* days. If Alex Gaskarth's voice were just a little bit deeper, he and lead vocalist Petie Pizarro might be the same person. Maybe.



Why You Should Listen: Even though their cover of Miley Cyrus' "The Climb" may not stand up to the original, it was definitely a valiant effort. But, it's not their covers that make them worth your time: it's their unique spin on the pop-punk genre that makes them not a total waste of space on your iPod.

## From sophomore to Teen Miss North Carolina East Coast USA

By **Christine Reinicker**  
Staff Writer

As if you did not know Kenzalia Bryant-Scott already from Alpha Phi Omega, C.A.T., Black Cultural Awareness, Residence Life, peer mentors, or as an HPU Ambassador, you now know her as Teen Miss North Carolina East Coast USA.

Bryant-Scott, originally from Virginia, is a sophomore at High Point University, majoring in exercise science. Not only is

Bryant-Scott an active student, but she is also a pageant competitor. Through all six of her pageants nothing compares to last year. In November 2008 she won Teen Miss North Carolina East Coast USA, which then took her to Baltimore for Nationals in August. At Nationals she finished third runner-up.

With over 150 competitors from across the country, competing for these titles was not a walk in the park. In fact, Bryant-Scott explained that pageant days are grueling, and if one is not mentally, physically, and emotionally prepared one will not reach the goal.

To obtain her goal, Bryant-Scott went through workout training, maintained a healthy diet and

exposed her name to the public. Back home in Virginia and here in High Point, she would walk around the community to let everyone know she was representing them with pride. Being involved in APO helped Bryant-Scott raise even more awareness of her name when they would visit nursing homes and the Boys and Girls Club.

According to Bryant-Scott, the key to pageants is having the right state of mind. Through events like the photogenic competition, a runway show, and even a physical fitness

act, one has to be fully confident or one will not make it through the competition.

"You have to go into it with a mindset that you are going to win," Bryant-Scott stated.

Pageants are competitions, and the competitors can break the stereotypes often associated with beauty queens. As Bryant-Scott said, "The judges look at beauty, but it is so much more than that. You need intelligence, determination, time and effort to

succeed."

Through all of Bryant-Scott's pageants there has been an infinite amount of support from her family, friends, and classmates, but the real inspiration comes from within herself. She has learned self-confidence through competing in pageants, along with winning her crown. This self-confidence shines not only on stage, but also in her many roles on campus.



Kenzalia Bryant-Scott represented High Point en route to her Miss North Carolina East Coast USA title last year. Photo provided by Kenzalia Bryant-Scott.

## Fabulous back to school basics

By **Casey Pantalone**  
Staff Writer

Once upon a time, as in last season's back to school trends, there was fashion-forward sneakers, sheer tops, brightly colored skinny jeans, scarves, and of course ankle boots. However, with the new school year upon us, being a year older, meaning a year wiser, we should know better than to dress in what is now "old hat."

Although trendy can be pricey it does not have to be, if you know where to look and what to wear. In fact, basics in your wardrobe are the key to keeping stylish for less. When I say basics I'm talking about white, black, camel and grey, the neutral colors that can go with absolutely everything. Wearing basics and layering

your season's latest gear will keep you looking like a style guru. Trendy can sometimes be funky so remember less is more; wearing one trendy thing and mixing it with a neutral palette will really accentuate an up-to-date look.

In buying for this season you definitely want to be on the watch for long sleeved and sleek mini-dresses, large square hobo bags, wraparound belts, cocoon sweaters, and shrunken blazers or jackets. Thigh high boots were also a hit on the runway as were funky

hats, layers, knits and lots of shoulder. Wearing oversized sweaters that fall off the shoulder are perfect for autumn but we must always remember to dress weather appropriate.

Another up and coming trend is wearing a turtleneck under a simple dress accentuated with a bow or cinched waist. When picking a dress for fall the material needs to be durable with plenty of texture. Oblige yourself to a machine washable garment though; when you're in college dry cleaning is the last thing you should be thinking about. Keep in mind that convenience in your wardrobe is non-negotiable. Fashion should be easy and an expression of who you are and what you like.

One place to find inexpensive fall fashions is Forever 21 in the Four Seasons Mall in Greensboro. I recently scouted out the scene and have found great deals for low prices.

Also, Anna Sui is making an exclusive line for Target inspired by the hit show, *Gossip Girl*. It will be available for a limited time on Sept. 13 through Oct. 17.

Always remember to be confident in what you wear. Clothes are just another way to express your fabulous self. The only way you'll pull it off is holding your head high and flashing those pearly whites.

Now go out there and find a happily ever after.



One place to look for inexpensive fashion is Forever 21. This national chain has a location at Four Seasons Mall in Greensboro.

Photo provided by Forever 21.



# Blast from the past: music that gets better with age

By MJ Saylor  
Staff Writer

The night of Aug. 25 in Atlanta, Ga. at Piedmont Park, I found myself amongst a mob of over 40,000 enthusiastic music fans ranging from infants to 80-year-olds. Possibly the only entertainer in history with the ability to assemble such a massive, diverse group is none other than the former Beatle, Sir Paul McCartney. Having the opportunity to see this master of his art perform was for me a life-fulfilling experience not only because of how much I have always admired his music, but also because I was able to attend the show with my parents, who had

listened to the same music when they were young and had made sure to instill in me a great appreciation for the music of the sixties.

Music today is a far stretch from those days; more bands are now using technology to create effects and sounds that bands of that era could not attain. However, when I pay money to see a live band, I do not want to sit and look at someone pressing buttons on a machine. My parents have always encouraged me to appreciate the talent and energy of a talented live musician which much of the contemporary electronic music today severely lacks.

In this three hour concert played to an audience of over 40,000, 67-year-old

McCartney never once sat down or even took a drink of water. His enthusiasm reflected an infectious passion for performance and giving his fans what they want. In addition to playing a good number of recent hits, the bulk of the show consisted of classics like "Let it Be," "Blackbird," and "Hey Jude," tunes recognizable to every generation. The show took place on the 40th anniversary of Woodstock, which Paul marked with a stunning guitar solo in tribute to Jimi Hendrix. He changed instruments every few songs, and throughout the night demonstrated exceptional skill on acoustic and electric guitars, mandolin, piano, bass guitar, and ukulele. Even his talented band members, each decades

younger than him, had trouble matching his stamina.

My parents were quick to remind me after the show that entertainers of today just do not have the same quality and prowess. In recent years we have traveled to see Willie Nelson, The Grateful Dead, Bruce Springsteen, Richie Havens, and Crosby, Stills, Nash & Young. Each experience has been unforgettable. Nothing brings my family together as much as being able to share live music that is created by unbelievably talented musicians who come from a time when concerts relied more heavily on talent and energy rather than technology and effects.

## New games for a new year: video games worth checking out

By Dominique Black  
Staff Writer

With the academic year underway, there is nothing like going back to the dorm after a long day of classes to sit back and play a few video games. The month of August brought along more than just a fresh pack of pens and paper; a few games for the Wii, Xbox 360, and the Playstation 3, came along with it.

Name of Game: *G.I. JOE: The Rise of Cobra*

The game was released just days before its movie counterpart on Aug. 4, but if history is to repeat itself, the game is doomed from the beginning. Games modeled after a movie or vice versa always turn out to be lost causes. This game has been released on all gaming platforms.

Name of Game: *Madden NFL 10*

The Madden franchise seems to always be in demand, and this installment is no different. The Aug. 14 debut had gamers running to the nearest Wal-Mart at midnight to get their hands on it. The only differences I have noticed

in this edition of the game are that the graphics look extremely realistic and new players are on the field (I have also heard that Brett Favre and Michael Vick have been added in a update of the game). *Madden NFL 10* is available on all gaming consoles.

Name of Game: *Wolfenstein*

Now I know you're all thinking, "Why am I bringing up the old "Nazis killing" Windows game?" Well the answer is that I'm not. This *Wolfenstein* is the sequel to the Playstation 2's *Return to Castle*

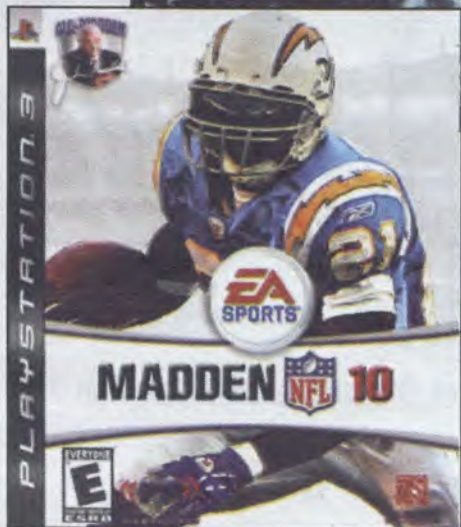
*Wolfenstein*, but in this game the graphics are better and there is excellent online game play, which makes for a great first-person shooter. The downfall is that there isn't much of a story line. The release date was Aug. 18.

Name of Game: *Batman: Arkham Asylum*

I have yet to play the game with its recent release of Aug. 25, but seeing commercials with game play make this game extremely hard to ignore. For the Batman movie and comic book fans out there you

will definitely want to check out this game. The game play is one of a kind along with the probability that this has to be the best game from a comic book ever made. This game is your basic Batman vs. Joker, with great graphics and storyline and a dark

twist. This game is available on the PS3, Xbox 360, and PC platforms.



## Ventrone is more than just pretty face and perfect posture

By Sam Tuthill  
Online Editor

When most people think about pageants, they tend to have the same basic image in their minds. Miss Teen South Carolina from the 2007 Miss Teen USA competition seems to be the standard for the majority of the population. In reality these pageants, and the young women in them, have a lot more to offer than we tend to give them credit for. Case in point, High Point University junior Marie Ventrone.

Ventrone is the current Miss North Carolina National US and went to the national competition in New Orleans on Aug. 21. More than just the stereotype of a beauty pageant, the young women in this program have great responsibilities and a lot is expected of them. The top eleven semi-finalists spent the days in New Orleans before the final pageant rebuilding homes of Katrina victims through Habitat for Humanity. The girls worked together and formed friendships, getting to know each other as peers working together towards a common goal instead of as their enemies for the crown.

The finals included the well-known areas of evening gown, swimwear, and an interview, but each applicant also had to fulfill charity projects of her own prior to the competition. Ventrone chose The Pajama Project. She spent the month of July collecting pajamas, books, and monetary donations for children in underprivileged families, orphanages, and abuse shelters.

Her success was outstanding, collecting 199 pairs of pajamas, 504 books, and \$1,389. She took her work a step further by extending her efforts beyond fundraising, and participated in one of the organization's distribution events known as Christmas in July. She was able to lend a further helping hand and spent time with the children for whom she had worked so hard.

Another qualification of the pageant is academic. All applicants must submit a copy of their transcripts and proof of their campus involvement before even being considered for a title. With Ventrone's record, it's easy to see why she excelled. She's the musical director of the university's female a cappella group, Petal Points. She's also a sister of Phi Mu, the president of Alpha Psi Omega, the theatre honor society, an officer for Tower Players, and a singer in Chapel Choir and Cabaret. She has also been in

the university theater productions of "All My Sons," "The Water Engine," "Electric City Suite," "The Robber Bridegroom," and starred in "How To Succeed In Business Without Really Trying" as Rosemary and in "Steel Magnolias" as Shelby.

Despite all of her success, she still manages to stay down to Earth as she explains, "They announced the top five in a

random order, and my name was the last to be called. I was so surprised, I think I actually muttered, 'Come again?'"

Ventrone finished as third runner-up and is thrilled with how far she made it. She is happy to be continuing her role at the state level, fulfilling her position as a role model for young girls in the areas of leadership, community service, and academic achievement.



Marie Ventrone poses during a recent pageant. Photo provided by Marie Ventrone.



# Club offers "SEA green" ideas

By Matt Wells  
Organizations Editor

Students for Environmental Awareness (SEA) met last week in record numbers. The group discussed future campus projects as well as expressing their awareness for places on the other side of the globe.

One of the goals SEA is working toward this year is to help with the Roadless Area Conservation Act in Alaska, showing how the "green" mindset reaches farther than our back yard. The group is supporting the Act that will prevent construction in the future where beautiful National Forests are currently

located, preserving the wildlife for generations to come.



Katie Nelson, president of SEA, speaks to group members at the Amphitheatre. Photo by Matt Wells.

The record 24 students in attendance last week also discussed their upcoming hiking trip to the Piedmont Environmental Center.

The organization is planning more ways they will be able to help the environment as well as the University.

Recently they helped create stickers telling people to turn off light switches and save electricity.

The group would love to build a community garden on campus as well. The garden would supply the school with vegetables, similar to the way the herb garden gives the café fresh herbs and spices, and they would be able to rent out plots in the garden.

# Phi Mu recognized at national conference

By Matt Wells  
Organizations Editor

High Point's chapter of Phi Mu was recently ranked in the top five among all of the organization's 120 chapters in this year's Commitment to Excellence report.

The 20-page report filed by the chapter took a year to complete.

The sorority was judged on their merit and the amount of work they did with finances, community involvement and public relations.

For their community work, the ladies organized and worked special events for the benefit of local



The sisters of Phi Mu, including Laura Forrester, pictured above, worked diligently to earn their recent accolades.

Photo by Matt Wells.

children and contributed to the Phi Mu Foundation which helps out sisters who are having trouble with money for college and members who come from broken and damaged homes. They also made a trip to a local nursing home to play bingo with the residents.

Phi Mu president Leah Wilson was proud to be a part of such a historic honor.

"It is such a rewarding experience being able to help out others locally and work with such a great group of girls all the time. I never thought I would be this involved with a sorority coming to HPU but I have really found my niche here with Phi Mu and I have loved every bit of it!"

Phi Mu put in as much time inside the classroom

as they did outside of class. In fact, they collectively had the highest average GPA of the sororities on campus last year. This helped the sisters score high points in the academic category in the CTE.

The ranking is still news to most of the members of Phi Mu since only the president and a few other members were able to attend the conference.

"This honor truly means a lot to me. It lets not only the other sororities on campus but all Phi Mu Chapters realize that we are dedicated to our sorority that is founded on our beliefs on love, honor, truth. It is also nice to be recognized that the work that we do here at High Point is for a greater cause of Phi Mu," said senior member Elizabeth Walmsley after hearing the news.

While Phi Mu is excited about this recent honor, they are staying focused on the bigger picture, using this as a building block for a bigger goal. Every two years the chapter that has the highest average for that time period will win the Carnation Cup. The cup is given out based on the score from the previous year and the current year.

## Upcoming SGA meetings

Sept. 10, 7 p.m.  
University Center  
Extraordinaire Cinema

Sept. 17, 7 p.m.  
Phillips 120

Oct. 1, 7 p.m.  
Phillips 120

Oct. 29, 7 p.m.  
Phillips 120

Nov. 5, 7 p.m.  
Phillips 120

Nov. 19, 7 p.m.  
Phillips 120

Dec. 3, 7 p.m.  
Phillips 120

## Traffic Court Hearing Dates

Oct. 2, 4 p.m.  
Slane Conference Room A

Nov. 6, 4 p.m.  
Slane Conference Room A

Nov. 20, 4 p.m.  
Slane Conference Room A

Dec. 7, 4 p.m.  
Slane Conference Room A

# DASHBOARD CONFESSIONAL

Fall 2009 Concert

**Saturday,  
September 12th  
Roberts Hall Lawn  
7:00pm**

**Gates open at 5:30pm  
(no re-entry, no bags,  
no food, no drink)**



Opening Act: HPU Student

Bridget Simon

## TICKET INFORMATION

**HPU Students & Your Invited Guests**

**will need a wristband & a ticket to attend the concert. (you may bring up to 3 guests behind the water feature)**

**Here's how it works:**

**1. Wristband & Tickets will be available in the University Center Lobby on Saturday, September 12th from 9am-7pm.**

**2. Students will need to escort their guests to the concert ticket station at the UC and show your HPU Passport. Wristbands and Tickets will be provided for your entire group. The wristbands will be placed on your arm at this time...they are not transferable.**

**3. There are wristbands for every student, but you may want to get your wristband early to avoid lines later.**

**4. You will need to present your ticket & show your wristband to enter the concert.**



# New volleyball coach brings high hopes

By **Jordan Cover**  
Staff Writer

The Jason Oliver era begins for the 2009 HPU volleyball program with the team being picked to finish fourth in the 2009 Big South Conference preseason poll.

The BSC preseason poll is voted on by the league's head coaches and attempts to predict the result for the upcoming season based on various factors, including each team's past performance.

Oliver joins HPU after serving as an assistant coach at the University of Maryland this past season. Before that, Oliver was at the University of Dayton for three seasons and also had assistant coaching stints at West Virginia University, Towson University and California Lutheran University.

HPU is hoping Oliver has what it takes to finally get the Panthers over the hump and into the NCAAs. Standing in their

way, though, are the Flames of Liberty.

The defending Big South champion, Liberty, was a unanimous pick to finish first, with Coastal Carolina and UNC Asheville also coming in ahead of the Panthers. Winthrop rounded out the top five with Presbyterian and Charleston Southern projected to finish sixth and seventh. Radford and Gardner-Webb

finished out the voting at eighth and ninth.

Last season, the Panthers advanced to the Big South semifinals, beating Radford 3-0 in the quarterfinals before losing to Coastal Carolina, 3-2, in the semis. HPU tied with Liberty for the 2008 Big South regular-season title with a 13-3 conference record. The Panthers

finished the season with a 26-7 overall mark.

Juniors Anna Lott, Stephanie Wallin and Julie Hershkowitz are the returning starters from last year. Lott was the only HPU player to play in all 123 games in 2008. The middle hitter led the Panthers with 99 total blocks and 88 block assists. Her 88 block assists is the second-best season in school history.

The Panthers will also have the help and addition of six other letter winners and seven newcomers to the 2009 team.

Oliver and the Panthers made their debut at the North Carolina Central Tournament on Aug. 28-29, winning three of their first four games of the season. The only loss was in the season opener to host North Carolina Central.

The Panthers begin their Big South schedule on Sept. 25 with a home match against conference rival Coastal Carolina at the Millis Center at 7 p.m. during the High Point University Classic.

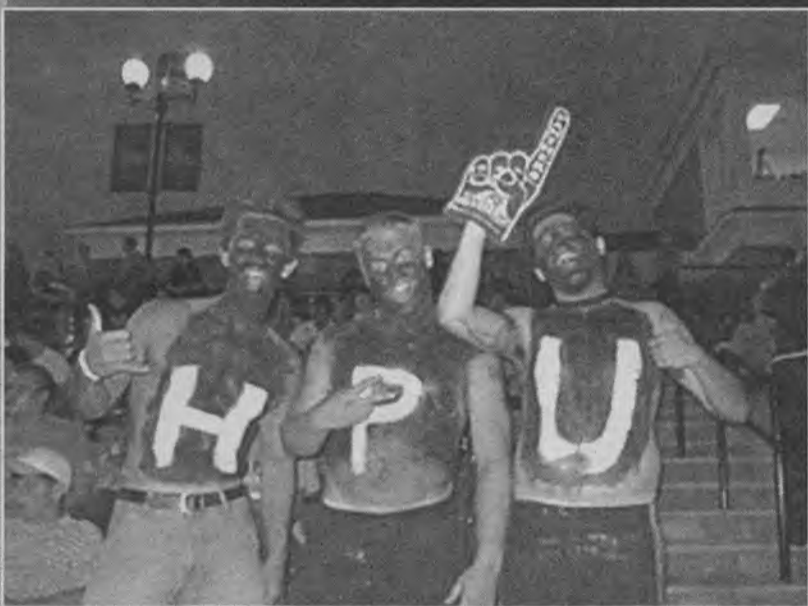
## 2009 Season Preview

Head coach: Jason Oliver (1st season at HPU)

2008 season record: 26-7 (13-3, Big South Reg. Season Co-Champion)

Key games in 2009: v. Coastal Carolina (9/25), UNC-Asheville (10/9), Liberty (10/13, 11/10), Big South Championships (11/19-11/21)

## Women's Soccer



Above: The HPU women's soccer team huddles at half time.

Left: Students show their school spirit in the stands.

Below: Players look on during the Loyola v. HPU game.

Photos by Dan Moldovan

HPU  
v. Loyola  
(Md.)





## Men's soccer has high hopes (and goals) for upcoming season

By **Paul Southerland**  
Staff Writer

Will the HPU men's soccer team build on 2008's most successful season in ten years? The team was picked to finish third with 63 points and had two first-place votes in the 2009 Big South Conference preseason poll. The number three spot is the highest rank that HPU has ever been given since its induction to the Big South.

Following a disappointing 4-0 loss to South Carolina in an exhibition match, the men's team is determined to prove critics wrong.

Entering his third season as the Panthers' head coach, Dustin Fonder hopes that current seniors will display strong leadership towards the eighteen freshmen recruits. Fonder goes on to say that the freshmen on the team will provide depth and create an extra competitive environment in establishing

the starting lineup.

"I expect a philosophy of working hard each day, rather than focusing our concern on winning," Fonder said.

The team certainly has a vast amount of talent to display this season with four seniors (Matt Tuttle, Sam Roca, Hilaire Babou, and Ryan Puppolo) and six Big South All-Conference Team honorees. These honorees include Babou, Adam Hatem, Scott Rojo, Karo Okiomah, Michael Chesler, and Will Stewart.

The team's ability to adjust and

combine these experienced players with the young talent of the freshmen will be key. Also, winning home games is crucial to maintaining the momentum of the team on the road.

Although they will face many challenges this season, the coaches are confident that the team will rise to the occasion and perform at a highly technical and cohesive level.

The team's next game is tonight at 5 p.m. against Richmond at the JMU Comfort Inn Invitational.

### 2009 Season Preview

Head coach: Dustin Fonder (2nd season at HPU)  
2008 season record: 9-8-3 (4-4-2 Big South)  
Key games in 2009: v. Winthrop (10/7), Coastal Carolina (10/17), Liberty (10/27), Big South Championships (11/12-11/13)

## Brothers Okiomah connect at Elon

By **Allison Hogshead**  
Assistant Editor

Sibling chemistry played a major role in the season opener at Elon University for the men's soccer team.

In the 49th minute of play, just into the second half, freshman Fejiro Okiomah assisted his brother sophomore Karo Okiomah for the game-winning goal.

"He is a fantastic athlete. If we play him off the point, any ball to the outside is dangerous because he can pick it up and

run at the back four. That's what he did; he ran at the last guy and beat him with pace," head coach Dustin Fonder said in an interview with HPU Sports Information.

Goalkeeper Michael Chesler kept the score 1-0, recording his first shutout for the season.

"It was a collective effort defensively," Fonder said.

The game also marked the first road trip game offered to students who wanted to see the action in person.

## Women's soccer kicks off season on a different foot

By **Steven Haller**  
Staff Writer

Desire, determination, discipline—these are the words that have become the focal point for the women's soccer program at HPU this season. After impressive showings last season against ACC powers Virginia Tech and Wake Forest, the 2009 season looks like it could be a promising one for the Lady Panthers.

HPU women's soccer has had a recent run of success that includes winning the Big South Conference Championship Tournament in 2007 and reaching the conference semifinals in 2008, where the team had only five losses.

New head coach Marty Beall plans to continue that same kind of success this season with the program. Beall is by no means new to the sport of soccer.

He has been coaching college soccer for 13 years and brings the quality and experience that could earn the team another championship this season.

"To win the conference championship, that is our goal one hundred percent," Beall said.

Although the rest of the Panthers' regular season schedule is what Beall

describes as "ridiculously hard," he has a plan. Beall made a point to schedule games against some of the best teams in the nation during the non-conference games. That way, the Panthers will be better prepared for the BSC tournament. If the team wins the Big South, then they will get an automatic bid to play in the national tournament.

One of the Panthers' biggest Big South rivals is Coastal Carolina, which they will face at home during the Family Alumni Weekend on Saturday, Oct. 3 at 7 p.m. While this game is particularly significant, every game is important and will present a challenge for the Panthers. The players will have to work hard if they hope to achieve their goals this season, but Beall is confident that every member of the team will make the effort to do so.

"This is a high quality group of players that can rise to the occasion on any given night," Beall said.

### 2009 Season Preview

Head coach: Marty Beall (1st season at HPU)  
2008 season record: 8-5-8 (3-2-4 Big South, 5th)  
Key games in 2009: v. Coastal Carolina (10/3), Charleston Southern (10/5), Radford (10/26), Big South Championships (11/5-11/8)

## Team shows 'a lot of heart and fight' in Loyola loss

By **Steven Haller**  
Staff Writer

In the first home game of the season, the women's soccer team faced tough opposition: a completely new playing strategy and the Loyola Greyhounds.

In the first half of the game, the Greyhounds, who hail from Baltimore, MD., continually beat the Panthers to the ball and kept the ball in High Point's third of the field most of the time. Despite this, the Panthers did not let them score. The score was tied 0-0 at the half, thanks to the efforts of senior goalkeeper Marissa Abbot and the Panther defense. Abbot recorded seven saves for the game.

In the second half, Loyola found a rhythm. The Greyhounds scored three goals within six minutes, but this does not necessarily reflect the level of play of the Panther defense. The first goal was a lucky bomb from more than 25 yards out, while the second and third goals

were scored on very well-placed corner kicks. After Loyola's scoring run, HPU was down 3-0. That would eventually be the final score.

Abbott cites the transition to a new coach with a new philosophy as being a factor in the loss.

"It is hard to change to a new strategy, but we are still learning," Abbott said.

Abbott can take a lot of the credit for the Panthers record-breaking defense last season, and has hit the ground running this year. In the first three games of the 2009 season she recorded 22 saves. One save in particular during the game came in first half when Abbott put herself in harm's way and fell on the ball in front of a charging Loyola forward for what might have been an easy goal for the Greyhounds.

"We had some communication problems in the opening of the game," senior defender Courtney Spotts said. "We are still learning and it will be a building process."

Minus the lack of offensive output,

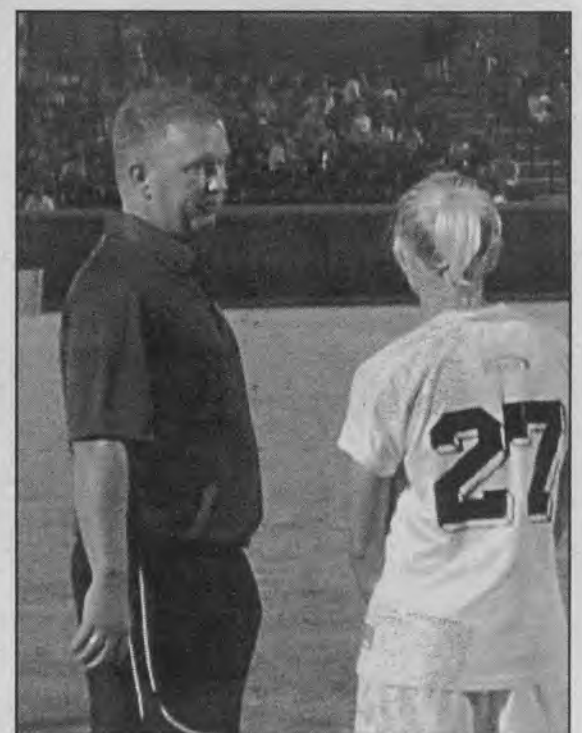
the Panthers played well for the last 28 minutes of the game versus Loyola. They got the ball into the Greyhounds' territory often, and they executed some great precision passing, which is exactly what they are supposed to do. Part of head coach Marty Beall's philosophy is to keep possession of the ball, have lots of passing, and execute what he calls a "probing attack." A probing attack shifts certain players around through lots of passing, which is designed to create holes in the opponent's defense. If the team carrying out a probing attack is patient, the strategy is very effective.

"A probing attack requires more skill and tactical knowledge than directly attacking the goals," Beall said.

Unfortunately, the Panthers could not seem to generate enough offense to score a goal and only recorded three shots for the game. Nevertheless, it is

the beginning of the season with plenty of games left.

"We showed a lot of heart toward the end of the game tonight, and a lot of fight," Spotts said. "Everyone on this team has the heart and drive to play hard no matter what."



Coach Marty Beall talks with senior Danielle Eldridge during the Loyola game.

Photo by Dan Moldovan.



# Panthers look to continue success with top XC runners

By Abby Wood  
Staff Writer

The HPU men's and women's cross country teams head into the 2009 season with a lot of optimism and also, a lot of questions. Both teams have lost, respectively, their top runners from a season ago.

The women have lost defending Big South champ Zsanett Kis to graduation, leaving Emily Webb, who took 16th in a time of 19:32.36 in the '08 Big South title meet, as their top returning performer.

The men lost senior Jesse Cherry, whose third-place finish at the Big South Championships highlighted the Panthers' runner-up team finish to Liberty. Cherry used up his cross country eligibility and will only run indoor and outdoor track & field in 2009-10, but the rest of the Panther

cross country roster returns and it will receive help from a solid recruiting class and returning top performer, Anthony Berkis, who placed ninth at the 2008 Big South Championships.

The women's team was picked third and received one first-place vote in the 2009 BSC preseason women's cross country poll and has finished third at the last six Big South Championships. Last year's Big South champ, Coastal Carolina, was picked to win again on the women's side followed by Liberty.

The HPU men were selected to finish second in the BSC preseason men's cross country poll. The Panthers received two first-place votes and were second only to Liberty.

It will be a challenge for both the men and women this year but head coach Mike Esposito thinks his teams this year are more prepared than ever to make up such important losses (due

to graduation) and handle any of the questions that remain for the upcoming season.

"We have improved our depth with our incoming freshmen. We will miss Jesse Cherry and Cole Atkins from a

leadership standpoint, and we will lean on Josh Morgan and Josh Cashman in that respect. We're expecting several of our freshmen to contribute right away, which will give us a very strong group," Esposito said.

## 2009 Season Preview

Head coach: Mike Esposito (5th season at HPU)

2008 season record:

Men's - 2nd Big South Championships

Women's - 3rd Big South Championships

Key meets in 2009: Big South Preview (9/19 at HPU), Big South Championship (10/31 at HPU), NCAA Southeast Regional (11/15), NCAA Championship (11/23)

## Panther Profile

### Lyndsay Rowley Volleyball, DS

**Hometown:** New Albany, OH

**Year in school:** Senior

**Major:** Marketing and Communications

**Career Plans:** I would like to go into advertising. I have been also looking into going to grad school or possibly getting an internship overseas.

**Other activities you are involved in on campus:** University Ambassador, National Honors Society, Big Brothers Big Sisters, and SAM (Student Athlete Mentoring).

**Interests/Hobbies:** I love writing and eating anything with chocolate in it!



Photo courtesy of HPU Athletics

**Favorite Song:** "Your Love" by The Outfield

**Favorite Movie:** Boondock Saints

**Favorite Book:** Wanted by Caroline B. Cooney

**What motivates you most when playing a match:** My teammates. There's nothing better than knowing your teammates are behind you 100%. We feed off of each other's energy. I think our team's energy is a very large part of our success.

**Music you listen to before a match:** "All of the above" by Maino featuring T. Pain.

**Other fun facts:** Before every game, I write the serenity prayer on a small piece of paper and put it in my right sock.

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# September

## HIGH POINT UNIVERSITY

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

**HPUREC**  
**BOOTCAMP**  
**COMING SOON**

**1**  
road trip  
Roadtrip to Elon for Men's Soccer

**2**  
Worship Service  
Hayworth Chapel  
5:30pm

**3**  
**SGA**  
SGA Community Affairs  
Board Meeting  
Phillips 120  
7pm

**4** NPHC Cookout  
5pm  
vs. College of Charleston  
7pm  
**C.A.T. BOWLING NIGHT**

**5** HPU CLASSIC  
**C.A.T. ROCK BAND COMPETITION**  
The Arcade  
7PM

✓VOTE Freshman Class Elections Petition Week ✓VOTE

**6**  
**SGA Refresher**  
Phillips Hall  
2pm  
Women's vs. Elon  
3:30pm

**7** CHECK OUT THE CAMPUS CONCIERGE FOR INFORMATION ON CONCERT TICKETS  
**50's Dinner**  
Slane Cafe

**8**  
**Flag Football**  
Captain's Meeting  
Phillips Hall Rm. 218  
5pm

**9** Worship Service  
Hayworth Chapel  
5:30pm  
vs. ELON  
7PM  
**C.A.T. OPEN MIC NIGHT**

**10** *IDS Event Today*  
IDS Event-Women's Lecture Series  
Phillips Hall  
7pm  
**SGA**  
SGA Meeting  
UC Cinema  
7pm

**11**  
**CATFLIX**

**12**  
*Dashboard Confessional*  
Concert  
**DANCE TEAM TRYOUTS**

★ Freshman Class Campaign Week ★ Freshman Class Campaign Week

**13**  
Women's vs. Davidson  
2pm  
**DANCE TEAM TRYOUTS**

**14**  
**YEARBOOK PHOTOS**  
1-7

**15** *IDS Event Today*  
IDS Event-Panel Discussion  
Location: TBA  
3pm  
IDS Event-Cal Ripken  
Millis Athletic/Convocation Center  
7:30pm  
vs. UNC GREENSBORO  
7PM

**16**  
Worship Service  
Hayworth Chapel  
5:30pm

**17**  
**SGA**  
SGA Meeting  
Phillips 120  
7pm

**18** *IDS Event Today*  
IDS Event-High Point Community Concert-Presidio Brass  
Hayworth Fine Arts Center  
7:30pm  
**C.A.T. DRIVE IN MOVIE**  
Canaan Club Village Campout

**19** *IDS Event Today*  
IDS Event-A Midsummer Night's Dream  
High Point Theatre, Downtown  
8pm  
★ **Fraternity Recruitment Bid Day** ★  
**CHEER TEAM TRYOUTS**  
Men's vs. USC-Upstate  
7pm  
**Admissions Open House**  
C.A.T. Driving Range/ Golf Day

Fraternity Recruitment Fraternity Recruitment Fraternity Recruitment Fraternity Recruitment

**20** *IDS Event Today*  
IDS Event-A Midsummer Night's Dream  
High Point Theatre, Downtown  
2pm

**21**  
Sign up for **CAT Roller Skating Night**

**22** **Red Cross Blood Drive**  
**MEXICAN DINNER**  
Men's vs. Davidson  
7pm

**23**  
Greek Week Services  
Hayworth Chapel  
5:30pm and 6:45pm

**24** *IDS Event Today*  
IDS Event-A Midsummer Night's Dream  
High Point Theatre, Downtown  
7:30pm  
Women's vs. Belmont  
7pm

**25** *IDS Event Today*  
IDS Event-A Midsummer Night's Dream  
High Point Theatre, Downtown  
8pm  
**LIP SYNC**  
vs. COASTAL CAROLINA  
7PM

**26** *IDS Event Today*  
IDS Event-A Midsummer Night's Dream  
High Point Theatre, Downtown  
8pm  
Men's vs. ETSU  
7pm  
vs. WINTHROP  
7PM  
**C.A.T BONGO BALL MANIA**

GREEK WEEK ... GREEK WEEK ... GREEK WEEK ... GREEK WEEK

**27** *IDS Event Today*  
IDS Event-A Midsummer Night's Dream  
High Point Theatre, Downtown  
2pm  
**C.A.T. Roller Skating**

**28**  
*Family Weekend is coming up!*

**29**  
**Tennis Player's Meeting**  
@ 5pm  
HPU Rec office

**30**  
Worship Service  
Hayworth Chapel  
5:30pm

**CULTURAL ENRICHMENT SERIES**

- 10 Women's Lecture Series**  
7pm - Phillips Hall
- 15 Panel Discussion**  
3pm - TBA
- 15 Cal Ripken**  
7:30pm - Millis Athletic/Convocation Center
- 18 High Point Community Concert-Presidio Brass**  
7:30pm - Hayworth Fine Arts Center
- 19 A Midsummer Night's Dream**  
8pm - High Point Theatre, Downtown  
(Sept. 19, 20 and 24-27)