



In News: Two *Chronicle* editors recently went on ride-alongs with HPU Security. Read about their experiences on page 4.

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Remembering Charlie Warde: 'a scientist and a friend'

By Allison Hogshead
Assistant Editor

The memories that matter are the ones we leave behind. Dr. Charles J. Warde left 69 years of happy memories after he passed away Sept. 30.

Newer students may not have known the lighthearted Irishman—he retired in 2007 after 17 years as a chemistry and physics professor at High Point University. If they had gotten a chance to know him, though, they would feel for the loss of the man many describe as a wonderful person, a brilliant man who loved to teach and a well-liked figure on campus.

Dr. Harold Warlick, dean of the chapel, and Dr. Gray Bowman, chair of the Physical Sciences and Chemistry department, spoke at a ceremony held Sunday, Oct. 4 in HPU's Hayworth Memorial Chapel. The location was fitting, considering Warde was one of the first people on the board of directors for the chapel. Hundreds of people, including HPU faculty, administrators, and members of Warde's family, gathered to remember him.

"He was an intelligent and adorable person with an impish smile, an arsenal

of jokes, scores of witty stories and an infectious giggle," Warlick said at the ceremony. "He loved students and cared for them deeply and faithfully. He had a knack for befriending them and taking care of them. To say that he had a keen sense of humor would be an understatement. To the very end of his earthly days, he kept that humor."

Bowman hired Warde in 1990, and "little did I realize what I was getting this campus in for twenty years ago," he said during the memorial. The banter between the two men was infamous.

"Charlie used to call me 'Your Moroseness' for my legendary morning scowl when I was undercaffeinated," Bowman said.

Jokes aside, the men respected each other and became good friends over the years.

"I personally got an experienced scientist and manager for the department, and a confidant, advisor and trusted friend for myself," Bowman said.

Among his numerous qualities, Warde was compassionate and generous.

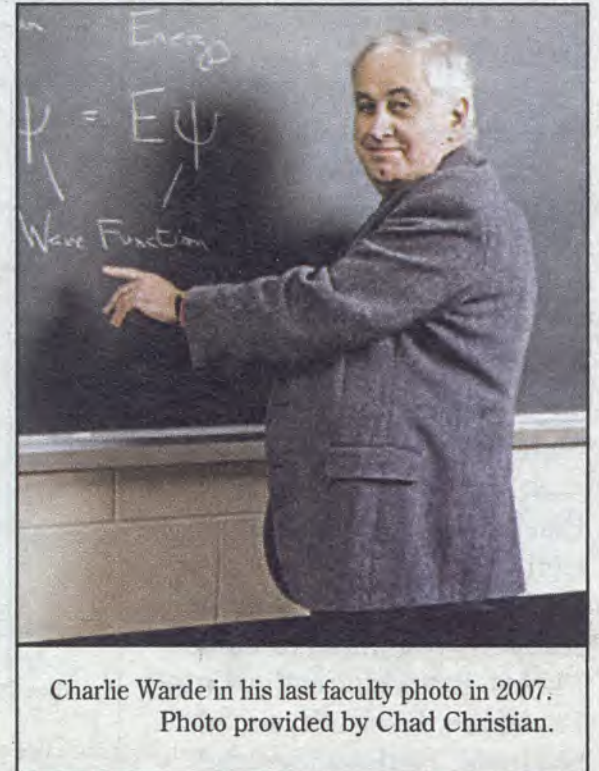
"None of us knows the number of times that Charlie, his eyes and ears always attuned to the emotional state of our students, offered comfort, solace

and advice to the young folks. And no one knows of the many times that Charlie reached deep into his own pockets to put his money where his mouth was to help our students in distress. For you see, Charlie believed that all true wealth is biological, and as that humble rabbi from Nazareth taught, he loved those students as he did himself. He lived that and it is a wonderful, powerful legacy indeed," Bowman said.

The obituary published in the *High Point Enterprise* describes Warde as being a very likeable person. "Charlie was a true Irishman; he loved to talk to people and to make them laugh. His humor and ability to tell a good story was legendary."

Warde was a renaissance man. He had a passion for languages and music as much as he loved the sciences. He loved poetry and his favorite poems were those of Yeats and of his daughter Caitlin.

Among his achievements, Warde helped develop the first battery-powered



Charlie Warde in his last faculty photo in 2007. Photo provided by Chad Christian.

car in the late 1970s. He earned his Ph.D. in Physical Chemistry from University College in Dublin, Ireland. See **Warde** on page 8

Long-awaited sports grill The Point offers good food, better atmosphere

By Mike Nuckles
Editor-in-Chief

A Review

Students waited over a month after arriving on campus to dine at The Point, a sports grill-themed restaurant on the east face of the University Center. Overall, the restaurant has not disappointed. The Point offers a wide variety of traditional sports foods, a ton of entertainment options, and one of HPU's most satisfying dining options.

Along with these perks, The Point has some drawbacks. Namely among these is, in my experience, an alarmingly high frequency of cold food delivered to the table. In six trips to The Point, four of my meals have come out at room temperature, when they should have been warm and well-cooked. While these meals were not bad enough to send back to the kitchen, it was still disconcerting.

Another downside is the extremely limited selection for vegetarians at The

Point. Several vegetarian students noted that they had hoped for a large selection at this restaurant after the Great Day Bakery failed to deliver many meatless entrees, but were disappointed that there was even less at The Point.

The restaurant has strong redeeming points, though. For non-vegetarian students, The Point offers a wide variety of items, including chicken wings, pulled pork sandwiches, burgers, and fish and chips, along with dozens of other meals.

It would be ab-

surd not to mention the many entertainment options at The Point. Over a dozen flat-screen and projection televisions are set up throughout the restaurant, typically showing a variety of sporting events and other sports-related programming. At the bar area, four gaming machines are set up, so students can play any of a large variety of games while waiting for their food. A miniature shuffleboard set is available for use near the entrance to the restaurant. Finally, the new University Center arcade is now open, just below The Point. This arcade is complete with XBOX 360, PLAYSTATION 3 and Wii consoles, Skee-Ball, ping-pong, air hockey, billiards and vintage games.

Overall, The Point is a welcome addition to HPU's dining options for students. There are many great reasons to eat at High Point's newest restaurant and only a couple of things the management needs to work on. All students should try out The Point as soon as possible.



Students enjoy meals at The Point during its opening week. Photo by Dan Moldovan.

On the Run: What's new

Granberg headlines film event

Dr. Ellen Granberg, a faculty member at Clemson University, recently headlined the second of five events in the "Turn Up the Volume, Turn Down the Lights" women's film and lecture series. The series was established this academic year to explore how various societal issues affect women. The first event was held in September, and the final three events will be held throughout the spring 2010 semester.

Fall family weekend held

HPU recently hosted the Fall 2009 Alumni and Family Weekend, from Oct. 2-4. According to HPU Media Relations, over 3500 people visited the campus, more than doubling the normal population of campus. Guests were treated to faculty lectures, art exhibits, and a golf tournament. On Oct. 3, hundreds of athletes ran a 5K race through campus, and women's soccer fans witnessed a 1-0 win over Coastal Carolina that evening.

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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 judgment of the editors and advisers.

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

Students need to understand H1N1

Staff Editorial

Every day it seems there is more and more media hype about the H1N1 virus, also known as swine flu. Everyone seems to be in an uproar over it. Newscasters seem to talk about it every night, some even going so far as to call it an epidemic. When students on campus get sick, they are treated like lepers by some of their friends and classmates. No one wants to be on the same dormitory floor as anyone with the sniffles, fearing it may be signs of "the swine." When students are missing from class, the moments before the professor shows

to be complaining about is that the school is calling for a quarantine of all sick students but not excusing them from class. One student said that he decided to keep going to class even though he didn't feel well because he wasn't allowed to miss many of them and the school wasn't going to excuse his absences. He said that he was told he wasn't allowed to go to class, but then when he got a copy of the standard student health e-mail from Dr. Allen Goedeke, it said that his absence wouldn't be excused. People became outraged that students weren't allowed in class but were going to get penalized for not going.

entire faculty is already well aware that when a student is suspected of having something as contagious as swine flu, then there is a need for isolation.

Swine flu is a very contagious virus, as is regular type A flu. That's why it's important for people to follow precautions when they aren't feeling well so they don't spread it, including staying away from other people. Even if you are afraid your professors won't understand, you need to talk to them about it and stay out of class. They should be understanding of it right now. Even if that game, party, or whatever else you're doing seems too unbearable to miss, you can't just go out pretending you are

fine and infecting everyone else around you.

People also can't buy into the hype of the swine flu pandemic and act like the sky is falling whenever someone has a cold. Only 1,500 people have died of swine flu worldwide. That number is sad, and we certainly empathize with those families, but that's not a very significant number. It's no

more deadly than the regular flu, and the same people are at risk. Mostly people in underdeveloped countries, pregnant women, and infants. People need to calm down their fears of the swine flu, and start being more responsible about exposing others to it. Just because it probably won't kill anyone else doesn't mean it's okay to be breathing all over people in class when you know you aren't feeling well.

The surgical masks are also really unnecessary. Germs are still coming through them when you breathe. If it's open enough for air to get in and out, it's open enough for microscopic bacteria to get in and out. All you're accomplishing is making yourselves look crazy.



"H1OhNo" by Alaina Farrish

up are spent gossiping about how he or she is probably quarantined so as not to infect everyone else with swine flu.

The fact of the matter is that swine flu isn't much different than the regular flu. While having influenza of any kind is certainly unpleasant, there never seemed to be as much concern during cold and flu season as there is now that it's swine flu season. But the symptoms are all the same. Headache, nausea, aches, sore throat. These are all things almost every student gets at least once a semester. Add the word "swine" to the equation, however, and everyone treats it like a resurgence of small pox and rumors start flying around.

One of the things people seem

Gail Tuttle explained this by saying that it's the school's policy that students must communicate with their professors when they are absent from class, but that student health will send out notices when students who are ill visit the office. Just because the school doesn't automatically excuse an absence doesn't mean a professor is going to hold it against the student. It is his or her responsibility to follow up with the professors, which is exactly what the notice says. It doesn't say that teachers are advised to penalize the student for not being there, only that the student must follow up. Tuttle also said that even though these are the only notices that the students receive copies of, the

Straight Talk from Dr. Qubein

Positive stress motivates you to take on new challenges

Have you ever eaten until you were so full you felt that you couldn't eat another bite? But then when the server came around with a tantalizing dessert, you were able to make room for it, weren't you?

You ate all you could hold "and then some."

Have you ever been in a race and come to the point that you thought you couldn't run another step? Then you saw a rival overtaking you, and you forced yourself to pick up the pace and run to the finish.

You gave it all you had "and then some."

Has your schedule ever been so full that you knew you couldn't find time to do anything else? And then your professor came in and said, "I'd like for you to take on just one more project this semester. There's an extra grade in it for you if you can handle it."

You did all the work you could handle "and then some."

The "and then some" provides you with positive stress that enables you to meet the challenge – and then some.

Positive stress enables you to overcome the inertia that tends to keep you in a rut.

People stay in ruts because it takes

less effort to follow the rut than to get out of it.

But two things can cause you to get out of the rut: Those two things are pain and pleasure.

When the pain of staying in the rut becomes appreciably greater than the pain of getting out of it, you'll get out of it.

When getting out of the rut offers you appreciably more pleasure than staying in the rut, you'll get out of it.

Both the pain and the pleasure represent positive stress.

Notice my insertion of the word "appreciably." There's an inertia in our lives that tends to keep us going in the same direction until we encounter a strong, substantial reason to change directions.

This inertia can be a healthy thing because it keeps us from changing directions with every wayward wind of fancy.

Dedicate yourself to doing a great job in all you do – and then some!



Ladies, let's 'put sexy back' in the closet

By Sarah Sheffield
Staff Writer

Ladies, we need to have a heart to heart. Every girl has poured over the glossy pages of high fashion magazines. We've decorated our bedroom walls with collages of lines by designers whose names we struggle to pronounce. Then finally one day, sitting next to you in class, is an imitation of one of those gorgeous ensembles. You save up to buy one like it and after descending the stairs in a slow-motion "She's All That" montage, your dad says, "What makes you think you're leaving the house in that, young lady?"

Then you come to college. It's a thrilling transition into adulthood and freedom. Suddenly, you realize that you can wear whatever you want without parents casting a disapproving eye upon

you. You pull that glorified item from the back of the closet and put it on, admiring yourself in the mirror. You're a little skeptical but determined. You leave your dorm and walk with confidence; the promenade is your catwalk. Boys and girls alike are staring (you chock it up to jealousy). Your best friends walk up wearing similar outfits, and any worries are immediately quelled in complimenting each other.

No one will deny that girls on campus are beautiful. However there is something distinctly unappealing when a gorgeous girl is wearing a Triangle-worthy outfit to a 10am class. There's just no need for it and frankly, you'll have time to change later. Many have noticed that the global warming crisis seems to have worked in favor of this year's fashions. However, we don't want to see it. We're in college...our purpose is higher education, not higher

hemlines. Granted, I love a great pair of heels as much as anyone else but stilettos are just silly when hiking around campus all day. Those plunging necklines and strapless tops are not appropriate for academia. I support flannel wearing more than most, but flannel "dresses" definitely require pants underneath.

It's not an issue of being casual; looking nice and dressing up are a good thing. The real issue is respect. We want guys to respect us, but in order for that to happen, we have to respect ourselves enough to wear what is appropriate for the occasion. We seem to have overlooked the physics behind a short skirt and heels on grand staircases. Peers aren't the only ones who have noticed either; professors are uncomfortable with the latest trends as well. As much as we should be expected to not wear PJs to class, though it is fun

freshman year, we should be expected to look appropriate. Just because your roommate and best friends think it's cute doesn't necessarily mean that other people are comfortable with it.

I've asked around... a lot. Many girls and guys agree that things are a little out of hand. Don't throw out that cute skirt or flannel dress, just wear some leggings. Pair a cute sweater with that strapless top or add a cami to a low-cut ensemble. I fully support a woman's choice to accentuate her beauty; please just do so while keeping in mind that the school photographer isn't Nigel Barker. I mean, even Gisele Bündchen wears Invisalign braces and comfy jeans most days. So, before leaving your room, ask yourself if your parents would be okay with it, or grandparents for that matter... they're usually right anyway.

Cartoons geared toward adults are awesome tools of expression

By Katie Nelson
Opinion Editor

My best friend and I have been friends for over a decade. We agree on a lot of things but there are a few points where we cannot reach a consensus.

One of the biggest disagreements is over the subject of adult cartoons. By adult, I mean a cartoon that has a target audience consisting of young adults. Some examples would be *South Park*, *Family Guy* and *Futurama*.

Some of these cartoons are on the air for pure entertainment purposes. Others are on as a tool for political and social satire and address the problems of our generation.

My friend says that cartoons are for children, not for adults. While many will agree with her and view adult cartoons as immature, I believe they fail to understand that that is the point.

Cartoons can be extremely immature, but that is part of their appeal. After a long, stressful day of work, sometimes you need a few laughs in a stress-free environment.

What could be less stressful than watching something that simulates your childhood? We like adult cartoons because they take us back to the days of Saturday morning cartoons, but the jokes are at an adult level.

The best example, and my personal

favorite cartoon, is *South Park*. For those of you who are unfamiliar, *South Park* is about four little boys and the happenings in their tiny Colorado town.

The show's creators are two men who met in college and launched the show when they were in their late twenties. They grew up in a small town and hated it; they felt everyone in town was so stupid and boring that they couldn't wait to escape.

I think pretty much every person has experienced these feelings, especially when they were teens.

While the crude humor of *South Park* seems to be mainly aimed at teenage boys, there are many episodes that convey strong messages about life. For

example, my favorite episode is entitled, "Night of the Living Homeless." This episode is done like a zombie movie with homeless people roaming the streets moaning "change."

Naturally, all of the adults barricade themselves indoors, shut down the city, and slowly

proceed to turn on each other.

All throughout the episode they make reference to how the homeless have "adapted, copied our DNA." This

hyperbole is hysterically true.

What do we do when we pull up to a stoplight and see a homeless person next to us? We roll up the window, turn up the music, and suddenly become very interested in our steering wheels.

South Park does a good job using humor to convey a message. They always seem to go over the edge as well, which accounts for the immaturity.

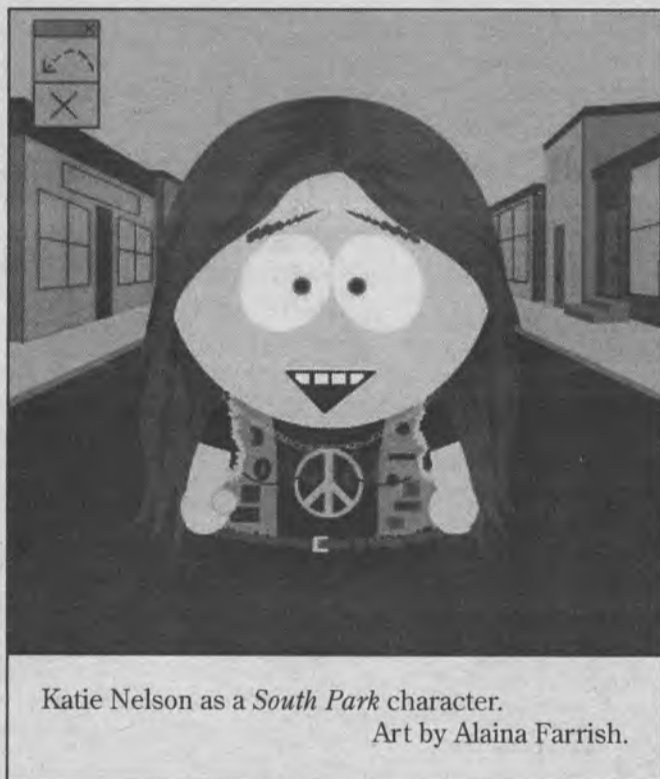
In the aforementioned episode viewers see a scientist fail about half a dozen times to kill himself by gunshot. This type of unnecessary violence is shared by all of these types of cartoons.

Most cartoons have plenty of nonsensical violence and sexual innuendoes which make the cartoon funny. *Family Guy* is a cartoon I see as having mainly this type of entertainment value.

It does not send the same amount of purpose, it is purely jokes. *Family Guy* includes situational and cultural humor, filled with cut-away jokes. It covers a vast wave of stereotypes, which allows for a vast amount of humor.

When you just want to relax and have some good laughs, you'll enjoy *Family Guy*.

As Kyle would say, "I've learned something today." cartoons for adults are great because they can deliver political and social messages in a poignant way while making you laugh. They can also be an escape from reality.



Katie Nelson as a *South Park* character.

Art by Alaina Farrish.

Take the advice of Thomas Friedman: get off Facebook and get into someone's face

By Amanda Mayes
Staff Writer

Over the turbulent summer months following the 2009 Presidential elections in Iran when the press was completely strangled, the only news the world received from inside the troubled country came from Facebook messages, YouTube videos and Twitter. Even though technology can facilitate progress, aid in the spread of ideas, overcome censorship and strengthen globalization, it is seriously damaging our abilities to speak, think, and connect with others.

As a society, we have erected walls that completely close us off from others under the pathetic excuse of "faster" communication. It is becoming more

and more socially unacceptable to express one's feelings, to show emotion. At times it is easier to simply remain silent and amiable rather than voicing a dissenting opinion when confronted with a view that clashes with our inner constitution. We can hide behind an ambiguous text message or a vague email, but when we are sitting face-to-face with someone, it is much more difficult to put up these walls and remain a private person. Our body language, tone and inflection will give us away in conversation. Why is this such a terrible thing? It should be considered essential to be able to connect with someone on even a basic level. Humans are social creatures. Why are we denying ourselves this basic need?

When communication and

expression are so vital to our society and an increasingly interdependent world, our generation will be unable to confront and talk with others or to reveal their feelings and discuss their beliefs without hiding behind an iron curtain of technology.

I urge you to disconnect and reconnect. Instead of sending that text message to Susan about when to meet for dinner, walk the two feet down the hall to her

room and ask. Instead of sending that email to your professor about the length of a paper, get up, walk out your door,

and meet with him during office hours. Rather than writing on the Facebook wall of your best friend from high school, pick up the phone and call. It is not too difficult, time consuming or excruciating to speak. Removing these barriers and misnomers created by society

can be uncomfortable, but incredibly rewarding.



Two reporters go undercover with HPU security

Experience alters preconceived notions

By **Katie Nelson**
Opinion Editor

Commentary

When you're a child, you meet "Officer Friendly" and learn about the world of law enforcement. After that, you gain great respect for law enforcement officers.

You appreciate all the sacrifice and dedication that officers put into protecting and serving people. Then after some years, you stop thinking about the police and it just seems second nature that the force is there.

Eventually, you get your license and your attitude changes. Police officers go from being neighborly protectors to being intimidating authority figures.

Whenever you see a police car, your heart starts racing and you automatically slam on your brakes, regardless of what speed you are actually going. The police suddenly become people to evade, make excuses to, and engage in confrontation.

The few times I have encountered an officer in a professional setting, I have never known how to properly act. It's hard to connect with someone who you feel intimidated by but you know is doing a job.

So when some people come into contact with officers they become silent and submissive; others become loud and hostile. I was given the opportunity to study the interactions of the HPU security officers and students firsthand.

On Wednesday, Sept. 30, I conducted a ride-along with Lt. Josef Alalusi and Officer James Johnson. This ride-along went from 10 p.m. to about 1:30 a.m.

During the course of my ride-along, I got to know many of the security officers and saw some moving events. My job that night was to observe and report. I was not directly involved in any incidents that occurred.

First, we toured campus and I got to see things the way security sees them. I got to ride in the security car

and hear all of the security jargon. I felt akin to a secret service agent using codes and secret shortcuts.

We spent part of the night monitoring campus, ensuring that students were not speeding or running the new stop signs. We also made sure the people who were on campus were supposed to be there.

Since it was a Wednesday night, there was not too much activity. As a result, I got to know the security guards really well. They are all great people who work hard to keep campus safe.

Apart from traffic violations and field contacts, officers also have to deal with the issue of substance abuse. Substance abuse is an issue that occurs on every campus. College kids are going to experiment. It's understood that it's going to happen.

While patrolling campus, security encountered a former student who was driving recklessly. After pulling him over, the officers realized that the High Point Police Department needed to be called.

The person in question was charged with felony possession of marijuana, possession with the intent to manufacture, sell, and/or deliver marijuana, drug paraphernalia and possession of a malt beverage by a person under the age of 21." The former student was 20.

This guy had his whole life ahead of him and now he's likely going to have a felony on his record. As I sat there and watched this entire event, I thought about how something that might seem frivolous at the moment can change your life.

When you make decisions in life, you have to do some cost-benefit analysis.

Life is full of consequences and benefits. It's generally best to maximize the benefits and minimize the consequences.

Unfortunately when you make bad decisions, you generally get to meet security officers, awesome people who are here to help you, not to intimidate.

Ride-along emphasizes focus on safety

By **Allison Hogshead**
Assistant Editor

Commentary

It was a cold, rainy night. Raindrops misted onto my iPod as I flipped to "Get Back" by Ludacris and headed to the security station. I reported at 21:00 (9 pm) and rode along with Lt. Joe Alalusi.

One of the first comments Lt. Alalusi made during the round was, "Their safety is our number one concern." My first reaction to this statement was "duh - they're security, so of course their priority is student safety." However, as the night wore on, I realized how vital this statement is to the safety of HPU students.

At 22:15, we had already patrolled around the main campus once and were headed to the Village. When we were passing Belk and the baseball stadium, Lt. Alalusi pointed out the students who were sitting on a guardrail across the street smoking. With the recent ban on smoking, it is difficult to say where is the safest spot for smoking off-campus, but that guardrail was certainly not the solution. It was just too dangerous; any number of distracted drivers could take out that guardrail, plus townspeople could more easily approach them and start an incident.

This was my first of many eye-openers of the night about how students do not think about their own safety, especially when going out at night.

While pulling away from the scene, we encountered three freshmen, and one had an open container. Lt. Alalusi had a chat with the 18-year old and let him off with a warning. The student did not act out until confronted by security, but even then, the most annoying behavior I saw amongst students that night was the disrespect they showed.

Between 23:00 and 24:00, shocking incident number one occurred. An underage, intoxicated female almost caused an accident while driving through campus. She was cited for underage drinking. I felt pity for her, but at the same time, I commented to

Lt. Alalusi that next time she could hurt or kill someone. Unfortunately for some, it can take a tragic incident for an individual to turn his or her life around.

Right before the end of my tour (2:00 a.m.), the second shocking incident happened. A man had passed out in the driver's seat of a car that was without HPU parking decals. It took twenty minutes, two

High Point police officers, and three HPU security units to get the man out of the car. The potential for a fatal incident was there, whether it was the man deciding to take a drive or just that he was so intoxicated he got alcohol poisoning. He wasn't to that point yet, but he was barely able to function.

The message I would like to convey is this: simply take care of yourself. Do not put yourself in dangerous situations.



Allison Hogshead driving on a T3.
Photo courtesy of Allison Hogshead.

HPU student goes to Cuba on volunteering mission

By **Samantha Tuthill**
Online Editor

From Sept. 11 until Sept. 25, junior Katie Mulig traveled to Havana, Cuba to work with the Western North Carolina Conference Volunteers In Mission program. In the weeks leading up to her departure she held a medicine drive to collect over-the-counter pharmaceuticals from other HPU students. Even the most basic medical supplies are hard for people to obtain in Havana. With the help of the HPU community she gathered over \$2000 worth of pain relievers, vitamins, and basic first aid supplies. Her first day in Cuba she met with a doctor and gave her a suitcase of the materials so that they could then be dispersed amongst patients.

Mulig left with ten other members of Volunteers in Mission, ranging in ages from 20 to 80. The big project while they were in Cuba was fixing up an apartment complex for retired pastors. Because of Cuba's communist government, no one owns any land. When pastors retire from their positions, they have to leave

the parsonages they stayed at and then have nowhere to go. Camps have been set up for them, but the camps need upkeep. Mulig and her team spent two weeks fixing sidewalks and painting the buildings. It ended up being much harder than anyone expected. The cement and barrels of paint had to be mixed by hand because their equipment didn't work. Entire rooms were painted by hand with small brushes because the heat made the paint too thick to use with the rollers.

Mulig has dedicated enormous amounts of her college career working to serve others. She has served as the Philanthropy Chair for Phi Mu sorority, organizing projects for Children's Miracle Network. She's also heavily involved in the organization of the

school's Alternative Break Program, which takes students to other areas during school vacations to do mission work. Mulig has been to Texas, Mississippi, and most recently, to

Iowa to do work with flood relief. Gate City Rotary's Max Kern helps organize trips with students, and had told Mulig about the Cuba project while they were working in Iowa. This year she'll spend her fall break

in Guatemala, installing stoves and water purification systems in people's homes. There is another Alternative Break program group this year that will be traveling to Mississippi to work on



Mulig stands in front of the Havana skyline.
Photo courtesy of Katie Mulig

hurricane relief projects.

All of these experiences are sure to serve her well once she leaves High Point. She's currently in EMT Basic classes and intends to go to paramedic school after graduation. She wants her career to involve traveling to provide medical assistance to the needy, which is why the Cuba project was so appealing to her.

"I've always wanted to go there," she said, "but I was really happy to be able to turn it into a medical assistance project. I like doing the building trips I've been on, but I prefer to have more interaction with people."

For Mulig, the most significant moment of the trip came when she was exchanging her American dollars for Cuban CUC's.

"I had 160 CUC's, which was an eight month salary for their citizens. The level of poverty there is completely different then how we think of poverty here. I was so surprised by how different Cuba really is compared to the American perspective of it," she said.

Branson sends out an S.O.S. to no one

By Katie Nelson
Opinions Editor

As children, many of us were involved in a great amount of after-school activities. It could have been soccer, horseback riding or dancing. No matter what this event was we always wanted to have our parents there to cheer us on and support us.

Generally all of our parents tried to be there as much as possible. Amy Branson is one of those parents. She has three children ranging from ages 13-17 who have several extra-curricular activities.

On any given day Branson may be running to a cross-country meet, basketball game, or softball game. In fact, her son's track team has dubbed her the track mom because she attends so many meets.

Branson likes attending the games. "You want to be there and support them," she said. When she is not out supporting her children, Branson is at HPU helping students.

Branson is the package services coordinator at HPU. This means that, amongst other things, she supervises all of the packages that come into the university from various delivery services.

This is considerable work but she is assisted by many student workers. "We have some really great student workers. They're so sweet and helpful. They keep me young," says Branson.

Supervising and coordinating all of the package traffic that comes through campus and student workers requires one to be organized. Her schedule is demanding and many would become flustered easily, Branson says that with

three kids and a full time job you have to stay organized.

Branson's background sets her up to be a very organized person. Branson's father was an Air Force pilot, which meant she lived in a military family.

Although she was born in Texas, her family moved a great deal because of her father's job. He flew C130s, which is a cargo plane.

Finally when she was in the third grade, her family settled down in Thomasville. At that time her father worked for the National Guard.

Growing up in a military family had its pitfalls and advantages. As a child, everyone lent a hand to her family and the community was very tight-knit.

However, she was an only child until she turned 15 so sometimes it was hard to find new friends at each new place. Having such a young sister has proven to be a great thing.

Now that she has three teenage kids, Branson's sister Lauren, gets to be the cool aunt. The family gets to participate in fun events together.

Last Mother's Day, they all went to an Elton John and Billy Joel concert. They had a great time, enjoying the old school music and each other's company.

Branson is a talkative, engaging, mini-van driving track mom who has a great repartee with her coworkers. She likes her job and wants students to know that she is "here to help in any way."

So next time you get your care package from home or your monthly subscription, just know that many people work hard to get it to you.

Staff Profile



Photo by Dan Moldovan.

Amy Branson

Speaker gives students something to chew on

By Christina Ferraiolo
Staff Writer

Women of HPU stood up against the issue of eating disorders Oct. 2 when they filled the seats of the University Center Theatre to hear Barbara Andresen speak about the issue.

Andresen, a medical nutrition specialist, was accompanied by Lynda Noffsinger, Director of Counseling Services at HPU. These women used their professional expertise to explain eating disorders from both a mental health and a nutritional perspective.

"Eating disorders illustrate that sometimes for a woman, keeping up with society's image of what's in fashion is worth dying for," declared Noffsinger in the midst of her observation that eating disorders peak among women during periods in history when they are most empowered. "Today eating disorders are the fifth leading cause of death in women," Andresen proclaimed, alluding to the fact that current times are no exception.

Noffsinger and Andresen discussed everything from the scientific aspects of the disease to the many forms in which it can emotionally surface among college women. The presentation also offered different means in which students can approach others who may be suffering from eating issues.

Noffsinger encourages students to come to her about issues of this nature whether it pertains to themselves or to their peers. She can be found on the third floor of the Slane Center from the hours of 9 a.m. to 5 p.m., Monday through Friday.

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Paramore sees through brand new eyes

By **Jen Paolino**
A&E Editor

It has been said that *brand new eyes* could have been the record that tore the band apart. After touring non-stop for months on their sophomore release *Riot!* the band came to a screeching halt, bombarded with rumors of pregnancy and the members of the band calling it quits.

After canceling the latter part of their European tour, pop-rock outfit Paramore took some time off, regrouped, and got back in the studio. Here is a track by track review of what could be their most promising and gut-wrenching record to date.

Track Title: Careful

Hayley Williams' pleading vocals rip across ear-splitting guitar riffs and pounding drums. This opening track sets the tone for the rest of the record, leaving the band open and vulnerable and allowing listeners to question just what it was that made Williams so angry.

Lyrics to Listen For: "You look like I did/You resist me just like this/You can't tell me to heal/And if hurts remembering how it felt to shut down..."

Track Title: Ignorance

Following in the vein of No Doubt's video for their hit "Don't Speak," Williams' takes another stab at letting the band know exactly how she feels. The first single, and probably the only reason this record happened at all, "Ignorance" is the loudest and most powerful track you'll hear from them. Written during a tumultuous time for Williams and the band, these lyrics were the first step in allowing their wounds to heal.

Lyrics to Listen For: "Where's your gavel, your jury?/What's my offense this time?/You're not a judge but if you're gonna judge me/Sentence me to another life..."

Track Title: Playing God

A departure from the fast-paced intros we hear on the first two tracks, "Playing God" starts off slow and continues to carry the theme of Williams feeling judged and criticized. Lead guitarist Josh Farro battles back and forth, lyrically, with Williams, shouting "I'll point you to the

mirror" throughout.

Lyrics to Listen For: "You don't have to believe me/But the way I (way I) see it/Next time you point a finger/I might have to bend it back or break it (break it) off/Next time you point a finger/I'll point you to the mirror..."

Track Title: Brick By Boring Brick

With almost fairy-tale like lyrics, this might be the most confusing track on the record for most listeners to pick apart, exploring a world of magic used to keep outsiders at a distance. This time it's the bass line and the gang-vocals that will reel you in, while the drums and melodic guitar riffs will keep you hooked.

Lyrics to Listen For: "If it's not real/You can't hold it in your hand/You can't feel it with your heart/And I won't believe it/But if it's true you can see it with your eyes/Oh, even in the dark/And that's where I want to be, yeah..."

Track Title: Turn It Off

While the band has never denied their Christian roots, they don't really come across in their music until now. Not a religious song by any stretch, it seems to be the first track where Williams makes mention of a possible struggle to keep her faith while struggling internally with her band mates and ex-boyfriend and song-writing partner Josh Farro.

Lyrics to Listen For: "And the worst part is/Before it gets any better/We're headed for a cliff/And in the free-fall I/Will realize/I'm better off when I hit the bottom..."

Track Title: The Only Exception

One of the softest, and slightly indie, songs on the entire record, possibly the softest song *ever* for Paramore, Williams calls into question her belief in love. Rehashing her parents' painful divorce, and possibly pulling from the emotional breakup with Farro, she finds a way to turn a somber song into one of promise and hope.

Lyrics to Listen For: "Well maybe I know, somewhere/Deep in my soul/That love never lasts/And we've got to find other ways/To make it alone/Or keep a straight face/And I've always lived like this/Keeping a comfortable...distance/And up until now I had sworn to myself/That I'm content with loneliness/Because none of

bleeding through into Williams' lyrics, but finally an uplifting song about the band reemerging bigger, better, and healthier than ever. You won't get rid of them that easily.

Lyrics to Listen For: "Honestly, can you believe/We crossed the world while it's asleep/I'll never trade it in/'Cause I've always wanted this/And it's not a dream anymore, no/It's not a dream anymore/It's worth fighting for..."

Track Title: Where The Lines Overlap

Not to brag or anything, but Paramore's life is definitely one I wouldn't mind living. And while they are the most modest band in the world, sometimes it's alright to know when you've got it good.

Lyrics to Listen For: "Now I've got a feeling if I sang this loud enough/You would sing it back to me/I've got a feeling if I sang this loud enough/You would sing it back to me/You would sing it back to me/No one is as lucky as us..."

Track Title: Misguided Ghosts

Such a mellow track, the song is completely acoustic; it makes you wonder whether this was

supposed to be on the album at all, or if someone snuck a mic into one of their writing sessions. Stripped down and raw, this track pulls at your heart.

Lyrics to Listen For: "We are just misguided ghosts/Traveling endlessly/The ones we trusted the most/Pushed us far away/And there's no one road/And we should not be the same..."

Track Title: All I Wanted

Paramore broke into the scene with their catchy, upbeat pop, but they've toned it down significantly for this record. Another slow song that blows up into a heavy, memorable chorus, it seems again that we are lamenting over a lost love, or a lost... something else.

Lyrics to Listen For: "I think I'll pace my apartment a few times/And fall asleep on the couch/And wake up early to black and white reruns/That escape from my mouth/All I wanted was you..."

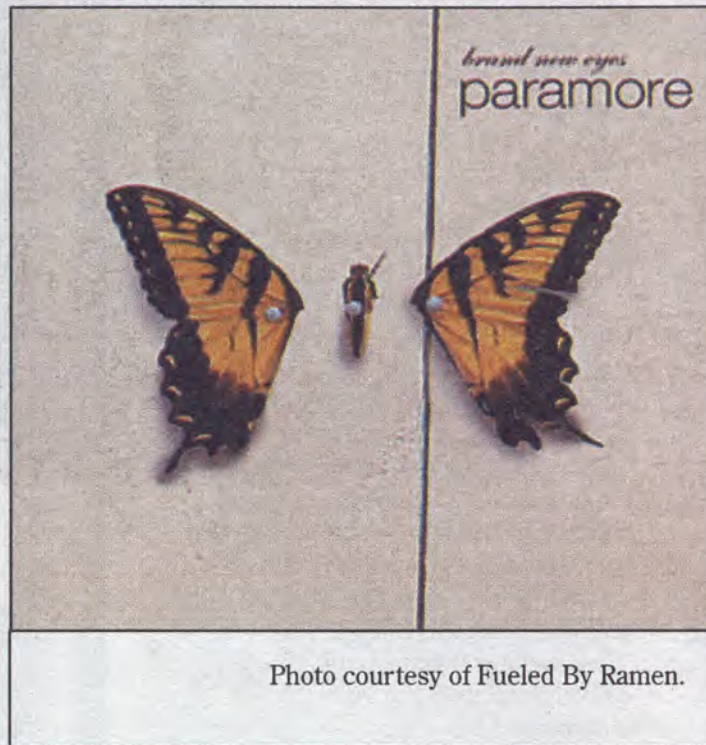


Photo courtesy of Fueled By Ramen.

it was ever worth the risk..."

Track Title: Feeling Sorry

It seems that this angry version of Williams is an amazing song writer as she pens yet another song about another breakup. Leaving a string of guitar and bass players in their wake, it leaves listeners to wonder exactly which kind of breakup this is. This fast paced track cuts through the two previous slower songs with splitting octaves and catchy vibratos.

Lyrics to Listen For: "Well I try not to think of what might happen/When your reality, it finally cuts through/Well as for me, I got out, and I'm on the road/The worst part is that this, this could be you/You know it too/You can't run from your shame/You're not getting any younger..."

Track Title: Looking Up

It may have seemed like the tension and drama in the band would never stop

Great Day Bakery offers scrumptious food

By **Lizzie Cothran**
Staff Writer

The Great Day Bakery is more than I expected when hearing about the construction of the University Center. In comparison to rumors about a movie theatre, sports bar, and arcade, the bakery seemed to fade into the background of the big plans.

Once school began, a friend and I explored the new building and wandered upon the bakery and thought we might as well try it.

The line was long, so we had to look at the personal menus Great Day provides. The menu provides an abundant number of choices from bagels, pastries, and sandwiches. On the day of the review I was debating on a Chicken Caesar Wrap, but I was worried that my picky eating habits might make me choose the wrong thing.

I decided to order the wrap, and was welcomed with a "bonjour" from a woman wearing a toque - a white chef's hat. This immediately set me into the mind-set of a French café. After ordering I was given a buzzer that would let me know when my food was ready.

While waiting, I had time to take in the

restaurant. I found a frame hanging on the wall that had the "story" of the Great Day Bakery. It states that the bakery got its name from an Eddie From Ohio song that inspired Dr. Nido Qubein and became an unofficial anthem for the university. I also realized that a banner that runs along the ceiling above the counter features lyrics from the song, making the story that much more personal after taking the President's Seminar.

My buzzer went off and I couldn't wait to dig into my food. After making sure I would have everything I would need for my lunch, an employee wished me to "have a great day," which tied the whole idea of the bakery together.

The caesar wrap was scrumptious. The chicken was juicy and the lettuce had just the right amount of dressing. The chips for a side were the perfect addition. Surprisingly, the chips had a barbeque tang about them.

Overall my food was mouth-watering, and I can't wait to try something else.

The staff of the Great Day Bakery bring the place to life, making my experience there even better. It has quickly become my favorite spot on campus to eat, whether it be for lunch or to just grab a quick snack.

HPU's own star in the making

By **Scarlett Hester**
Staff Writer

You may have heard her jamming on her guitar and belting some chords before the Dashboard Confessional concert. Or you may see her playing local gigs like the school cafeteria or Harrison's. Wherever it was, this Pittsburgh, Pa. native knows how to leave an impression.

Bridget Simon, a High Point University sophomore, has only been playing the guitar for three and a half years, but has already managed to make a name for herself. She spent the summer playing local gigs and working on releasing a promo package through T. Larking Productions.

Simon started playing the guitar because of advice from her voice teacher who encouraged her to be able to accompany herself. This advice has come in handy because Simon writes a lot of her own music, with the help of her friend Erika

Farr, another HPU student. The two co-write the lyrics and Simon provides the musical backing.

Whether she's singing with a country twang or a more rock edge, all of Simon's songs reflect her personal life. "My songs are about me and my own experiences. A lot of them are about boys," says Simon.

Although she hasn't hit the big time yet, Simon says that she would love to play in L.A., Nashville, Charlotte, Chicago, and of course Pittsburgh. Simon has always had the dream of playing in her hometown where her major supporters are.

Simon knows that she wouldn't be where she is today without the love and support of her parents. "They're my biggest supporters," Simon says with a smile.

To hear more of Simon's music, you can check out her webpage at <http://www.myspace.com/bridgetsimonmusic>.

'Whip It' skates by with a less than perfect review

By **Dianna Bell**
Staff Writer

Ellen Page ("Juno") stars in another coming of age story, "Whip It." This time, the story unfolds on the rink of a roller derby.

Set in Bodeen, Texas, Bliss Cavendar (Page) struggles through the halls of high school as a teenage misfit interested in alternative-combat boots, vintage t-shirts, and indie-rock.

One day, while buying a pair of said combat boots, Bliss encounters three roller skating divas who happen to drop off flyers for an upcoming roller derby in Austin that inevitably changes her life forever. She immediately falls in love with the sport after watching a bout featuring the Hurl Scouts vs. the Holy Rollers.

After declaring that these ladies are her heroes, Maggie Mayhem (Kristen Wiig of Saturday Night Live), one of the roller divas, tells Bliss to "be your own hero," which prompts her to try out for the team. And so her adventure begins.

After lacing up her old Barbie roller skates, Bliss spends hours a day practicing in preparation for tryouts and, of course, makes the team. Her parents don't seem to notice the sudden interest in the childhood activity and upon making the team she tells them she has an SAT prep class during the times of roller derby practice.

She is now a member of the Hurl

Scouts with the likes of Bloody Holly (Zoe Bell), Rosa Sparks (Eve) and Smashley Simpson (Drew Barrymore). On the rink, Bliss transforms into Babe Ruthless and joins her teammates in bumping, punching, and shoving their way to the top.

While the backdrop to this story is new, the plot is still filled with the same cliché moments that plague many a teen movie. There's a boy and a best friend, and eventually Bliss has to make a decision on who is more important. Is it bros before hoes or should she ditch her BFF, Pash (Alia Shawkat of Arrested Development), for the chance at true love?

The love story is a little lackluster, which makes the viewer wonder why there is even a difficult choice involved. Bliss and her boy Oliver (Landon Pigg singer/songwriter) go from chatting at a party, to searching for car keys in a field, to having an underwater make-out session—one in

which they never come up for air.

The relationship is shown in such a scattered manner that the audience isn't able to get a feel of how much the couple supposedly cared about one another.

When it comes to the plot, audience members expect that when a character is leading a double life, eventually the two

exact same day. In "Whip It," it's the roller derby finals and the day of a pageant. Another choice to be made: should Bliss please herself by skating in the derby or please her mother by participating in the pageant?

Another issue that arises comes from a few discrepancies in time. The style of dress for some characters is mid-60's while others seem to be styled in today's garb. The computers are those of the 90's, but search engines like Google and Wikipedia are available. This leaves the viewer questioning when this movie is supposed to be set.

Despite "Whip It's" many flaws, I liked the movie. The relationship between the women of the derby saved the day. Overall, Drew Barrymore did an excellent job directing. I couldn't help walking

away feeling a little more empowered than when I first entered the theatre. I left wanting to throw some 'bows, wear a cool costume, and adopt a name like Trauma Mama.



Photo courtesy of Fox Searchlight.

lives will collide in a dramatic, revealing moment.

Usually this occurs during some sort of extremely important event that happens to coincide in both worlds on the

How to find the perfect little black dress

By **Casey Pantalone**
Staff Writer

One thing about women is that they want to be able to wear whatever they want. The problem here is that not every style or trend looks good on everyone's body. All women who are short wish they were tall; all women who are tall wish they were short; women with lush curves wish they didn't have them, and those who are without curves wish they did. It's the age-old tale: we always want what we don't have.

For example, I stand a petite 5 feet 1 inch and I wish I were taller. Every time I see a gorgeous pair of jeans I think to myself, "I'm going to have to cut at least 4 1/2 inches off!" I'm so short that some shirts pass as dresses and long dresses always have to be worn with extremely high heels. Some may say, "That doesn't sound so bad." When you're in 4-inch stilettos after a long night of dancing, fun and frivolity, you may see my point a bit differently.

That being said, I wish there was one thing that all women could wear that could make them look fabulous. Thanks to the pioneering efforts of Mademoiselle Coco Chanel, there is. This one fabulous item is a must have and will always be a go-to

when in doubt of what to wear. This piece of clothing is legendary and can be worn to practically any evening event. Ladies, hear me when I say that this is the Holy Grail of clothing. It is not to be taken lightly. It is, and will always remain, the little black dress.

This piece is the most versatile that you will ever own in your wardrobe. It can be worn casual with a little jacket and flats, or dressed up with great jewelry and high heels. Black is a slimming color, so find a dress that suits your curves and hides your problem areas.

If you don't have a large bust, find a dress that pushes you up and out. If you're a little round in the middle, find one that flows. Or, if you want to show off those luscious God-given curves, find a classy cut dress that does just that.

Remember though, it doesn't matter if you're a size 2 or a size 10 as long as you dress your body appropriately and show off the wonderful traits you do have.

Find a great cut, neckline, or length to show off your fabulous legs, beautiful arms, or whatever else you want to show the world.

This little black dress is your go-to for every problem. It's all in the way you wear the dress; when you look confident, you feel confident. Wear it well and you won't be sorry.



Photo courtesy of Paramount Pictures.

New titles drop with the temperature

By **Domenique Black**
Staff Writer

As fall starts to set in and the temperature drops as the days pass, there is nothing like checking out the new video game releases of October 2009.

New handheld release: The PSP Go would have to be the best name for this on the go device. The new smaller and sleeker PSP has definitely made some changes. With this update Sony has removed the UMD drive, and the games are now digitally downloaded.

The PSP Go also comes with a built-in 16 GB hard drive. The screen also slides up to reveal the D-pad, analogue stick and other buttons. This device is also Bluetooth. This is a great handheld if you do not already own a PSP. Sony is working on a way for the gamers who already have UMD games to transfer their games to the new digital platform. Released Oct. 1. The retail price of this device is \$249.99.

Name of game: Uncharted 2: Among Thieves

This game is a must have for anyone who owns a PS3. If you don't already have a PS3 this game will definitely be

the reason to get one. This is the sequel to *Uncharted: Drake's Fortune*. If you thought the first one would be hard to top, you haven't seen anything. In *Uncharted 2: Among Thieves*, Nathan Drake is back to solve the mystery of Marco Polo. The game play is phenomenal, and the graphics are the best thus far. This game is released Oct. 13, only for the PS3.

Name of game: Teenage Mutant Ninja Turtles: Smash Up

Finally another game with the Teenage Mutant Ninja Turtles! Sadly enough this is not a great one. *Smash Up* is pretty much a rip off of the *Super Smash Brothers* games. The only difference is the TMNT team taking the place of the Nintendo themed squad of *Super Smash*. There is nothing really great about the game. Unless you really like the Ninja turtles, this game is a lost cause. Available for the PS2 and Wii.

Name of game: Need for Speed Shift

The racing game to rule them all! The *Need for Speed* Franchise is known for having great racing games. The latest installment, *Shift*, is the top of the top in racing games. Previous *Need for Speed* games were pretty repetitive until now. The graphics on this game are remarkable. The camera angles and gameplay of this game leave nothing to be desired. Available for PS3, PSP, and XBOX360.



Photos courtesy of Mirage Studios and Electronic Arts, Inc.

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Q & A with Tower Players

By Allison Hoghead
Assistant Editor

In a dramatic move, Tower Players—HPU's theater interest group—is teaming up with the theater program at UNCG this semester, so the *Chronicle* interviewed Dan Moldovan, president of Tower Players, to uncover the specifics surrounding the move.

Campus Chronicle: First off, describe the Tower Players.

Dan Moldovan: Tower Players is a student organization with about 20 members whose purpose is to provide a social outlet for those with theater interests, not only theater majors and minors.

CC: What types of theater are represented by Tower Players?

DM: All aspects: performance, tech, lighting, makeup, costumes, etc.

CC: Who are the officers?

DM: Doug Brown from the theater department is our advisor, Kimberly McNealy is our SGA representative, Marie Ventrone and Ali Earley are vice presidents, Maggie Jo Saylor is secretary, and Camara McLaughlin is treasurer.

CC: Why is Tower Players forming an exchange with UNCG?

DM: To meet other people in the area who have the same interests as us. Theater is a lot about the connections you make.

CC: What will you be doing?

DM: At first we are trying to meet and greet, and then if it goes well, we will try to put together an acting seminar with

CC: Do you foresee a joint production?
DM: As of right now, no. If it goes well, anything is possible but at this point it



The view from the third level of the theatre.

Photo by Dan Moldovan.

one of our instructors.

CC: So you aspire for HPU's theater program to resemble UNCG's?

DM: Not necessarily. Our theater program here is growing, and the talent we have is exemplary and taught by professionals—our theater staff. UNCG has a great program but we are in no way trying to resemble anything but our own.

doesn't seem so, providing the distance and hectic schedules of both sets of students.

CC: How long will this exchange be for?

DM: Depends on how well the vibe is between the schools. Hopefully we will meet a few times throughout the year.

First communication honor society begun

By Kimberly Mannino
Staff Writer

With the opening of the brand new Nido R. Qubein School of Communication, High Point University, as well as the communication department, is thrilled to finally be able to start a communications honor society, making it the 15th honor society on campus.

Lambda Pi Eta, Psi Psi Chapter will include 14 students in the inaugural class. The requirements to be eligible include a 3.0 GPA in communications and 30 hours of completed communication course credits.

The 14 inaugural members are president Katie Stanley, Jen Paolino, Alyssa Romeo, Scarlett Hester, Justina Reinhold, Karole Johnston, Andrew Tzavaras, Lisa Chandler, Tara Dyer, Lyndsey Rowley, Charisse Duncan, Liz Welborn and Paul Southerland.

As an accredited member of the Association of College Honor Societies (ACHS), Lambda Pi Eta (LPH) has active chapters at four-year colleges and universities worldwide. Lambda Pi Eta recognizes and rewards outstanding scholastic achievement while stimulating interest in the communication discipline.

"What a joy to honor our students' accomplishments by starting a chapter of Lambda Pi Eta. These inaugural 14 students will set the trend for a tradition that will last as long as HPU does. I'm very proud of each of them and look forward to inducting new students each year," said the society's advisor, Judy Isaksen.

Greek Week takes a trip down Route 66

By Jessica Ryan
Staff Writer

This year, 12 of High Point University's fraternities and sororities took a trip down Route 66 Sept. 14 through Sept. 18 for

ing of Lambda Chi Alpha, Phi Mu, and Alpha Kappa Alpha.

This year's events included a banner competition, toga bowling, a pizza eating contest during the men's soccer game, a field day event, which included volleyball,

of type 1 diabetes research in the world.

United Way, a community based organization that works to create better opportunities involving education, income, and health, will also be receiving a donation as a result of the penny wars event that helps determine the week's Greek God and Goddess. This year, Dave Rad and Nicole Van Hessen were named the Greek God and Goddess.

The week ended with the lip sync event, which required teams to perform a 10-12 minute dance to a montage of songs. This year, Team Los Angeles took home the first place trophy followed by Team Chicago, Team St. Louis and Team Santa Fe.

Team St. Louis won first for the overall week followed by Team Los Angeles in second, Team Santa Fe in third and Team Chicago in fourth.

"I think Greek Week went well," stated Meredith McCrea, Greek Life Coordinator. "Hopefully everyone had fun. There are a few changes we will make for next year's week to make it even bigger and better."



Fraternities and sororities show off their moves during Greek Week.
Photo courtesy of Meg Procaccini.

Greek Week.

In respect to the theme, all of the fraternities and sororities participating were separated into four teams named after cities that run along Route 66. These cities were Chicago, which consisted of Delta Sigma Phi, Kappa Delta, and Kappa Alpha Psi; Los Angeles, which consisted of Zeta Tau Alpha, Pi Kappa Phi, and Delta Sigma Theta; Santa Fe, consisting of Alpha Gamma Delta, Pi Kappa Alpha, and Zeta Phi Beta; and St. Louis, consist-

flag football, and tug of war.

Two of the events that took place helped raise money towards the philanthropy components of the week, Juvenile Diabetes Research Foundation and United Way. These two components were chosen to help support the work Nido Qubein has already done with JDRF and to support the university's United Way campaign.

A date auction raised \$2500 for JDRF, the largest charitable funder and advocate



Students participate in the Tug-of-War event during Greek Week.

Photo courtesy of Meg Procaccini.

Warde, continued from page 1
One of his proudest may have been the "Professor of the Year" award he won during his years of teaching at HPU. Warde and his wife had three children and a granddaughter.

Among his favorite hymns, "On Eagle's Wings" was played at the ceremony.

And God will raise you up on eagles' wings,
bear you on the breath of dawn,
make you to shine like the sun,
and hold you in the palm of God's hand.

Volleyball runs in the Kaminskis' bloodline

By **Tony Gutowski**
Sports Editor

Sports sometimes have a way of connecting siblings of the same family in many different ways. It could be as rivals or even as teammates. The rarity is when siblings have the ability to play together as teammates on a Division I level or even the possibility of playing together professionally. Now, High Point has its own dynamic sibling volleyball duo in the Kaminskis sisters, Megan and Stephanie.

Though they have been playing volleyball for most of their lives, this year is the first time Megan, a senior outside-hitter, and Stephanie, a freshman setter, have actually played together as teammates.

The Kaminskis sisters, from Flagstaff, Ariz., are three years apart and were

never able to compete together until now, but the role Megan has played thus far for her younger sister has been key in a number of ways.

"Just having her here has made me all

Stephanie Kaminskis said. "I have been here (HPU) a number of times over the past few years and just having her around played a big part in my decision to come to High Point."

Stephanie, at one time, did not want to come to HPU because of her familiarity with the school. She was torn between playing volleyball at the University of Denver or at Boise State University, but she believes the decision ultimately came down to the comfort of knowing that her older sister, Megan, would always be around for advice and help if she came to HPU. It is that exact role that Megan has already played thus far this year and accepts with gratitude.

"I think knowing what I went through as a freshman and my experience from it, I have been able to share some of my insight to Stephanie and I think it has really helped her adjust more comfortably already as a result. As a senior, getting to see your younger sister adapt and adjust as a freshman in the biggest transition of her life so far, just like I went through four years ago, I think is pretty special," Megan Kaminskis said.

"If there is anything she ever needs,

she knows I am always here for her and I understand what she is going through."

It is more than just the personal and emotional expertise to which Megan has passed down to Stephanie; it is also dealing with the difficulty of balancing the array of obligations that a full-time student-athlete encounters on a daily basis.

"Megan really gave me the advice on how to balance your schedule out between your priorities with academics and obligations within volleyball between all the practices, games and training," Stephanie said.

Megan lent Stephanie some advice of her own before the season began. "Unlike high school, sports in college is much more time-consuming, almost like a job; you have to be able to find a balance of comfort and management between both. Find your own niche and do what works for you," Megan said.

Megan and Stephanie are not the only ones in their family to have ties to collegiate volleyball; their older sister, Nikki, played at Georgia Tech and graduated last May. The Kaminskis sisters initially started playing volleyball because, as Megan said, "We were all very tall and were not very good at some of the other sports we initially attempted to play when we were younger."

The whole experience has been exciting for the Kaminskis family because of the frequent traveling to see both Megan and Stephanie at the same time. The sisters have shared the conclusion of Megan's collegiate career, while watching the beginning of Stephanie's. It is these moments and experiences that the Kaminskis sisters will always remember and take with them for a lifetime to come.



Volleyball teammates and sisters Stephanie and Megan Kaminskis support each other on the court and off.

Photo courtesy of Megan Kaminskis.

the more comfortable and familiar in my surroundings, especially with her being a senior and myself being a freshman,"

Panther Profile

Lisa Chandler Women's Golf

Class: Senior
Hometown: Pinehurst, NC
High School: Home schooled
Major and career plans: Communications-Media (May 2010). I want to work with professional golf.

Honors: 2007-2009 Big South Presidential Honor Roll selection, Millis Scholar-Athlete, and member of the HPU Student-Athlete Advisory Committee.

What other activities (besides golf) are you involved in on campus (if any): SAAC (Student Athlete Advisory Committee), Lambda Pi Eta Honor Society, Alpha Chi Honor society, FCA, Campus Crusade

Favorite Professional Golfer (male or female): Phil Mickelson.

Song playing the most on your iPod (MP3) right now: Anything with Taylor Swift.

Favorite Golf Course you have played: Pebble Beach (in California).

Most Memorable Golfing Moment:

In 2005, I was selected to play Wal-Mart First Tee Open at Pebble Beach, which is a Champion's Tour (Senior Tour event) and played 2 rounds with Arnold Palmer as my partner [in the picture above]. We were interviewed by on-course announcer Dottie Pepper and were on NBC and The Golf Channel. I met so many incredible people out there and still keep in touch with many of the players.



Steele receives WFU honor

By **Patrick Budd**
Staff Writer

On Sept. 18, former HPU men's basketball coach and athletic director Jerry Steele was inducted into the Wake Forest University Hall of Fame.

Steele was recognized after coaching at HPU for 31 seasons, becoming the all-time winningest coach in the school's men's basketball history. He was also honored for his contribution to the Deacons basketball team in the 1960s. He served as the athletic director at HPU for 26 years.

During his time at High Point, Steele accumulated 458 wins and eight conference championships from 1972-2003. He guided the Panthers to an NAAIA tournament berth, as well as an NCAA Division II appearance.

Among his many former players, Steele coached former NBA player and legendary NCAA basketball coach Tubby

Smith, whose number is retired at High Point.

Following the retirement of Steele in 2003, HPU constructed a new athletic building in his and his wife's name. The Jerry and Kitty Steele Sports Center opened in 2007.

While playing basketball at Wake Forest from 1958-1961, Steele was co-captain of the basketball team in 1961. He guided the Deacons to a number one seed in the ACC tournament and won the ACC Championship by beating Duke University that year.

Steele is also a member of the NAAIA Hall of Fame, the N.C. Sports Hall of Fame and the Guilford County Sports Hall of Fame.

Wake Forest Athletic Director Ron Wellman spoke very

highly of Steele.

"The numbers are an awful lot for Jerry, but the longevity of his coaching career at High Point is even more significant. He had the right approach and values to be a coach for such a long time," Wellman said.

The induction ceremonies were held in the Benton Convention Center in Winston-Salem.



The Steele Center is located between the soccer and baseball stadiums.

Photo courtesy of HPU media relations

Panthers get beefy with Coach Teefy

By **Tony Gutowski**
Sports Editor

Continuing to further redefine an already rebuilding athletic department, High Point added some much needed motivational wisdom and experience on Sept. 2, when the university hired Tim Teefy as its new head coach of strength and conditioning. It is a move that the school hopes will better its athletes, both on and off the field.

Teefy comes to High Point after stints as an assistant at both Georgetown and George Mason where he was responsible for managing and conducting the workout regimens and programs for several of the Hoyas and Patriots men's and women's athletic teams. Teefy believes that his experience at these larger programs in both the Big East and Colonial Athletic Conference, respectively, will ultimately help him guide the Panthers programs into the same type of success.

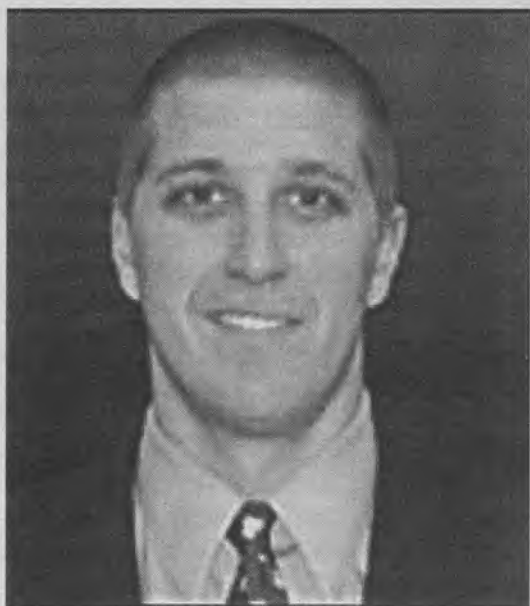
"Seeing all the changes going on here (at High Point) really made want to come here and be a part of it as well," Teefy said. "I believe that the experience I have gained from my opportunities at (George) Mason and Georgetown will help me establish and give input into the athletes here at High Point on what it will take for them to reach the same kind of success. I believe and know we can achieve the same kind of success here."

Teefy also believes a strong program at High Point will ultimately allow athletes to be recognized nationally.

"I came to High Point for one thing - to win championships. Whether that's conference or national, I believe that

with all the resources we are acquiring here, there should be no reason why we should not be able to accomplish that feat," Teefy said. "We are in the process of developing a system of training programs to which we believe the athletes will and have already begun to adapt that will bring High Point athletics to this whole new level of success that it has never seen before," Teefy added.

Teefy's staff will stress the importance of the following elements of physical fitness: power, strength, and muscle



Tim Teefy was recently hired as Head Strength and Conditioning Coach. Photo courtesy HPU Sports Information.

endurance when it comes to general weight training. They will also induce a more sport-specific focus on flexibility and the necessary exercises and

movements through Olympic training that the athlete must improve upon and use within his or her sport. "We are trying to develop the overall athlete here at High Point," Teefy stated, "We want more than just a specific sport individual; we want the overall athlete who has the ability and durability to do many things."

The strength and conditioning staff is also introducing the importance of dieting and nutrition within the daily busy schedule of athletes to help their performance overall in game situations.

"We have gone over with our athletes how necessary it is for them to acquire the proper daily balance of nutrition. I have taken groups of athletes over to the Café and pointed out and highlighted particular groups of foods to which they should and shouldn't consume on a regular basis," Teefy said.

Since his arrival, Teefy said that many of the athletes have already adjusted and accepted many of these new programs and ideas. "Everyone has been very acceptable to the coaching change and philosophy. These kids have come in and put the extra effort in every day," Teefy said.

With all the commitments the athletes have made to the many changes, it easy to see why Teefy is so enthusiastic about the future. "We will have the best conditioned athletes in the Big South, both physically and mentally; I expect the highest level of success," Teefy concluded. "There is no reason why we will not be able to bring in some of the higher-caliber level athletes around and compete at a championship level. The future at High Point is very bright, indeed."

Women's soccer team slow to start

By **Tony Gutowski**
Sports Editor

Success in sports is determined, generally, by how teams and individuals are able to rise up and succeed through struggles and frustrations during long stretches of a season.

This case should hold especially true for the women's soccer team this season.

The Panthers, off to a disappointing start (2-11 overall, 1-1 Big South), have had more than their fair share of bumps and bruises. Following a 1-0 loss to Campbell on Sept. 19, the team suffered a defeat to Belmont on Sept. 24, when the Bruins tacked on two late goals to cruise to the 3-0 win.

The Panthers came back from those difficult losses when they garnered an impressive 1-0 home victory over Big South rival Coastal Carolina on Oct. 3 in front a packed audience of 1,259 during Family and Alumni Weekend at Vert Stadium.

In 2007, the team was able to win the Big South Conference Tournament, earning a game against North Carolina in the NCAA Women's College Cup. This season has seen a struggle to return to the form that brought them to that level.

The Panthers dropped a 2-1 decision to Big South conference foe Charleston Southern on Oct. 5. Senior Laura Eldridge scored her first goal of the season, and goalkeeper Marisa Abbott broke HPU's all-time saves record.

The team now hits the road for key games against conference opponent Gardner-Webb on Oct. 9 and rival Winthrop on Oct. 11.

XC teams are off and running

By **Ryan McCarthy**
Staff Writer

The women's cross country team had a strong September showing behind last week's Big South Conference Choice Hotels Runner of the Week, freshman Dani Paul. The team finished third in both the Wake Forest Relays and at the Big South preview, both taking place in Winston-Salem.

On Sept. 26, HPU competed in The Greensboro Open, the first individual event for runners where Paul finished with a personal best 19:22.2, good enough for 25th place in the race.

The team's last race was the Roy Griak invitational in St. Paul, Minn. Junior Emily Webb led the team to a 13th place finish with a time of 23:45.9 on the 6,000-meter course.

October is a big month for the

team, with the Blue Ridge Open taking place on Oct. 16 in Boone. The Open will be followed by the Big South Championships on Oct. 31 in Winston-Salem. High Point is hosting this year's championship race.

The men's team excelled in September as well, finishing first in the Wake Forest Relays in Winston-Salem, led by Anthony Berkis and Josh Morgan. The Panther men also had the top four relay teams competing in the race.

Then the Panthers finished well at the Big South Preview, placing third, led again by Morgan and Neal Darmody, who finished fourth and fifth in the race, respectively.

The men's team then ran in the Roy Griak Invitational, where they finished in 12th place in the team competition.

After the race, head coach Mike Esposito said, "There was individual improvement across the board."

Volleyball team digs into season

By **Tony Gutowski**
Sports Editor

Competition tends to get better and improve every year, no matter where you play. This fact is especially true for the volleyball team this season so far. A co-Big South regular season champion a year ago, the Panthers are learning that building upon this success is no guarantee.

This season has included a learning curve for the team, filled with adjustments to new coach Jason Oliver's strategies and philosophies.

On Sept. 18, the Panthers pulled off maybe one of their biggest wins of the season when they upended ACC opponent NC State 3-0 during the UNC-Greensboro Tournament.

Following that victory, the Panthers came up with their second consecutive sweep of an opponent when they defeated La Salle on Sept. 19, the third consecutive win

overall. Then, though, the Panthers began to hit a rough patch with five consecutive and frustrating losses to Georgetown on Sept. 19, Big South rival Coastal Carolina on Sept. 25 and Winthrop on Sept. 26, followed by losses to Radford on Sept. 29, and most recently, Presbyterian on Oct. 3.



Sophomore Holly Fong sets a ball to teammate Stephanie Wallin.

Photo courtesy of HPU Sports Information.



**ALCOHOL
AWARENESS
WEEK
2009**



Monday October 26
INFO TABLE & REFRESHMENTS
5-7 in University Center 1st floor

Tuesday October 27
OPEN DISCUSSION: ALCOHOL @ HPU
8 pm in the Café

Wednesday October 28
"HAZE"
ARE YOU READY TO WAKE UP?
8 pm in the Café

Thursday October 29
DRUNK DRIVING 101
5 pm on the outdoor basketball court

Men's soccer outstanding in field

By Paul Southerland
Staff Writer

Coming into this season, the men's soccer team set its expectations high on what it hoped would be a very successful season. Now, about five weeks into the season the Panthers' efforts have turned out rather successful so far.

After starting off the season 4-2, the Panthers have continued to show the same kind of resiliency that their coach had praised at the beginning of the season. Following a hard-fought 1-0 win over USC-Upstate on Sept. 19, the Panthers battled to a disappointing 3-2 defeat to in-state rival Davidson on Sept. 22, in which Davidson came back from a 2-0 deficit at halftime with three goals in the second half. The Panthers came back with vengeance though in their next game, an easy 5-0 victory over Big South foe Gardner-Webb.

The Panthers followed up that impressive win with another one against a Big South opponent, a come-from-behind 2-1 victory over UNC Asheville on Oct. 3. Senior Matt Tuttle scored the first goal for the Panthers on a free kick from just outside of the box. Freshman Fejiro Okimiah scored the game-winning goal in the 73rd minute—his fourth goal of the season.

This victory adds to the team's 6-3-0 overall season record. Furthermore, this



Fejiro Okimiah takes a pass against Elon.
Photo courtesy of HPU Sports Information.

continues the Panthers undefeated mark in the Big South Conference so far and adds to their flawless record on the road this season as well.

Coach Dustin Fonder stressed in a preseason interview that winning games on the road would be critical for the team's success.

"We are excited to get a win over a very hard-working and industrious UNC Asheville team," says Fonder.

Defeating UNC Asheville leaves the Panthers with a 3-0 record on the road.

Expectations are running high for the team's upcoming games, a homestand against Presbyterian (Oct. 10), Wofford (Oct. 14) and Coastal Carolina on Oct. 17 at Vert Stadium.

HPU golf playing up to par in fall

By Steven Haller
Staff Writer

The men's and women's golf teams are currently in the midst of the fall season. The women's and men's teams finished their first tournament of the new school year on Sept. 9 and Sept. 15, respectively, at the Draper Intercollegiate hosted by Appalachian State. In team-play, the women finished seventh and the men finished fifth in the tournament.

At the Draper Intercollegiate, the players who shined the most for the High Point women were senior Lisa Chandler and freshman Audra McShane. Chandler shot a 161 in the two-day tournament, earning her a tie for 24th. McShane posted a 165, which earned her a 34th place finish.

Other Panthers who placed inside the top 40 were sophomore Leahanna Newton (T-35th), freshman Maggie Sahms (37th), and junior Danielle Soderberg (T-39th). Soderberg performed very well overall last season, finishing 19th at the Big South Championship, which was the best finish for any Panthers women's golfer. However, she has not gotten off to as stellar of a start this fall according to women's head coach Paige Stalcup.

According to NCAA golf regulations, the coach of a team may enter five participants to count toward the team each tournament, but only the four best scores are counted and

accumulated overall. The five best on the roster for each tournament are determined by a qualifier. In the women's team's case, they have a 12-person roster that Stalcup has to choose from.

Another solid women's performer from last year who has struggled so far this season is sophomore Laura Reynolds. She did not qualify for the Draper Intercollegiate back in September. Last season, Reynolds led the team with the best scores for 18 holes (71), 36 holes (152), 54 holes (236), and place finish (T-8th at the Mercer Eat a Peach Collegiate in Macon, Georgia).

The women's next tournament is the Richmond Spider Invitational on Oct. 12-13 in Richmond, Va.

The men's golf team finished in fifth place out of 13 teams at the Draper Intercollegiate. The best performer for the Panthers at the tournament was freshman Chase Wilson, who shot a three-round score of 228. In each of his three rounds, Wilson scored in the 70s, which earned him a 21st place finish overall.

The men's golf team has a long season ahead of them still, as golf is played year-round in the NCAA. The Big South Championship and the NCAA Tournament will take place at the conclusion of the spring season. They return to the course on Oct. 19-20 for the CSU Fall Invitational in North Charleston, S.C.

A LIFE-CHANGING OPPORTUNITY ...

BE A PART OF THE 39TH ANNUAL HIGH POINT UNIVERSITY PHOENIX LITERARY FESTIVAL

Submit your short fiction and poetry, join workshops with professional writers to hone your skills, and compete for serious money!

Friday, November 20

The deadline to turn in materials is Monday, November 2
Email it to phoenix@highpoint.edu.

Submit poems no longer than 35 lines with a title, word-processed or typed, single spaced. For each poem, include your name in the upper-right hand corner. Be sure to type your name, the word poem, and HPU in the subject line of the email.

Submit fiction no longer than two pages, word-processed or typed, double-spaced, with a title and your name on the first page. Be sure to type your name, the word fiction, and HPU on the subject line of the email.

For more information, contact Ms. Georgeanna Sellers in the Department of English, Norcross 201, ext. 9657, gsellers@highpoint.edu



October

HIGH POINT UNIVERSITY

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

CULTURAL ENRICHMENT SERIES

- 1 HPU Theatre-Fuddy Meers**
7:30pm (Oct. 1-3 and 8-10) - Old Student Center
2:00pm (Oct. 4 and 11) - Old Student Center
- 2 Dan Thurmon**
6:30pm and 8:00pm
Hayworth Fine Arts
- 3 Lecture Series**
1pm, Dr. Matthew DeSantis; 2:30pm, Dr. Stephanie Crofton;
4pm, Dr. Matthew Schneider - Norton Hall, Room 101
- 8 Women's Lecture Series**
7pm - Phillips Hall
- 13 Fall Concert**
7:30pm - Hayworth Fine Arts Center
- 22 High Point Community Concerts-The American Chamber Players**
7:30pm - Hayworth Fine Arts Center
- 30 Dr. Stephen P. Reynolds**
7:30pm - Phillips Hall

1 *IDS Event Today*
IDS Event-HPU Theatre-Fuddy Meers
Old Student Center
7:30pm
CATFLIX
SGA
SGA Meeting
Phillips 120
7pm

2 *IDS Event Today*
IDS Event-HPU Theatre-Fuddy Meers
Old Student Center
7:30pm
IDS Event-Dan Thurmon
Hayworth Fine Arts
6:30pm and 8:00pm

3 *IDS Event Today*
IDS Event-HPU Theatre-Fuddy Meers
Old Student Center
7:30pm
IDS Event-Lecture Series
Norton Hall, Room 101
1pm, Dr. Matthew DeSantis
2:30pm, Dr. Stephanie Crofton
4pm, Dr. Matthew Schneider

Alumni & Family Weekend

Women's vs. Coastal Carolina
7pm

4 *IDS Event Today*
IDS Event-HPU Theatre-Fuddy Meers
Old Student Center
2pm
Alumni & Family Service
Hayworth Chapel
10am
Alumni & Family Weekend

5
Women's vs. Charleston Southern
3pm

6
YEARBOOK PHOTOS
11PM-5PM

7
Worship Service
Hayworth Chapel
5:30pm
Men's vs. Winthrop
7pm

8 *IDS Event Today*
IDS Event-Women's Lecture Series
Phillips Hall
7pm
IDS Event-HPU Theatre-Fuddy Meers
Old Student Center
7:30pm
CAT Karaoke

9 *IDS Event Today*
IDS Event-HPU Theatre-Fuddy Meers
Old Student Center
7:30pm
C.A.T DIXIE CLASSIC FAIR

10 *IDS Event Today*
IDS Event-HPU Theatre-Fuddy Meers
Old Student Center
7:30pm
Admissions Open House
Fall Formal
Men's vs. Presbyterian
7pm

11 *IDS Event Today*
IDS Event-HPU Theatre-Fuddy Meers
Old Student Center
2pm
Sorority Interest Session
5-7pm

12
Campus Concierge now offers Library Services... schedule academic tutoring

13 *IDS Event Today*
IDS Event-Fall Concert
Hayworth Fine Arts Center
7:30pm
Soccer Captain's Meeting
HPU Rec office
5pm
VS. LIBERTY
7PM

14
Worship Service
Hayworth Chapel
5:30pm
Men's vs. Wofford
7pm

15
SAFE TRAVELS!
BON VOYAGE!
ARRIVEDERE!

16
Look for RA job postings after Fall Break

17 **VS. CHARLESTON SOUTHERN**
2PM
Women's vs. Liberty
5:30pm
Men's vs. Coastal Carolina
7pm

DEPARTURES FROM THE CROSSING
Greensboro - Every hour on the hour
Charlotte /Raleigh - Email itinerary to: transportation@highpoint.edu
*Shuttles will depart from The Crossing

18

19

20

21

22 *IDS Event Today*
IDS Event-High Point Community Concerts-The American Chamber Players
Hayworth Fine Arts Center
7:30pm

23
Sign up for Spooky Woods at the Campus Concierge

24
Women's vs. VMI
7pm

DON'T FORGET THE HALLOWEEN COSTUME CONTEST ON THE 31ST!

Fall Break Fall Break Fall Break Fall Break Fall Break Fall Break Fall Break

25
SHUTTLE RETURNS
Greensboro - Outside U.S.
Airways baggage area every hour
Charlotte - ZONE B baggage claim at 9 pm
Raleigh - Shuttle will arrive at 8 pm and wait until 9 pm and return to campus from the TERMINAL A baggage claim 1, 2, 3
Fall Break

26
Fall Fest Slane café
4:30pm-7:00pm
Women's vs. Radford
7pm

27
1PM-7PM YEARBOOK PHOTOS
Indoor Volleyball Captains Meeting
HPU Rec office
5pm
VS. RADFORD
7PM
Men's vs. Liberty
7pm

28
Worship Service
Hayworth Chapel
5:30pm

29
SGA
SGA Meeting
Phillips 120
All are welcome!
7pm

30 *IDS Event Today*
IDS Event-Dr. Stephen P. Reynolds
Phillips Hall
7:30pm
CAT Spooky Woods
VS. PRESBYTERIAN
7PM

31
C.A.T Halloween Fest/Costume Contest