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CHRONICLE

Taking sides:
Tobacco Frod

Tobacco Frod



recap! VOLUME 19, ISSUE 6 - WEDNESDAY, DECEMBER 7, 2011 - HIGH POINT UNIVERSITY

#### of holiday cheer, even far from home

By Eleanor Christopher Staff Writer

he holiday season is a marvelous time at High Point University. Even though students are away from their homes, one does not miss out on the holiday experience. The campus is decorated with wreaths, toy soldiers, lights, garland, bows and other holiday accessories. When walking down the promenade, one listens to the soft hymn of Christmas music. Nevertheless, students anxiously await going home to their families for this festive time of year.



Happy holidays! Door decorations spread cheer throughout the residence halls. Photo by Eleanor Christopher

Megan Switick, a freshmen at HPU said, "Over Christmas break, I will be working a lot, seeing "A Christmas Carol" with my family in DC, making cookies, making a ginger bread house, and opening presents." However, Switick didn't wait until break to be with her family.

"I went home the weekend of November 12th and we decorated my house for Christmas," she said "We decorated the outside with lights and those light-up deer, and on the inside we put up our tree.

Luckily Switick lives close enough to do that. Many other students waited until Thanksgiving break to begin decorating with their families, and some even wait until winter break itself.

Like several other students at HPU, Switick decorated her dorm with festive attributes including a small tree and Christmas stockings. She said, "I decorated my room because Christmas is my favorite holiday, and I love to be in the Christmas spirit."

Cori Bane, a junior at HPU, said "I like to consider the day after Thanksgiving, Black Friday, an annual tradition I like to participate in. I either go with friends or often, just spend the day shopping with my mom." The day after Thanksgiving is the starting point of the winter holidays for most HPU students.

Several students are eager to go home for the break so they can work. Brynn Tobin, a sophomore, said, "I will be trying to make as much money as I can for when I go abroad to Australia next semester." She will be working at a seafood restaurant in her hometown, offering to babysit, and any other opportunities that she may find.

Freshman Christa Heztler-Goin will also be working over break. She said, "With work and the age difference between me and my sisters, we are thankful for the time we get for all of our family to be

See Holidays, 7

#### Students learn the art Sweet success: Two students cook up up weekend profits

By Jordan Oliver Opinion Editor

he's been baking for about two hours-and it's already 5 p.m. For someone who usually begins her

Fridays in the kitchen at 7 a.m., this is an unusually late start.

Now, to any professional baker preparing her shop for the day, 7 a.m. isn't early at all. However, on a college campus it's a torturous time, and one that is avoided at all costs. So while the lights are out in most dorm rooms, the cramped, tiny kitchen is wafting the first scents of sweetness out to greet the morning. But the 21-year-old inside isn't a fulltime baker at all. She's a college student who is busy juggling a Human Relations major, a division one sport and oh - a cupcake business.

A Sweet Idea

Manika [Man-i-ka] Gamble, a senior at High Point University, began "Baby Cakes" at the beginning of the second semester of her junior year. With family ties in New York, she gained inspiration from trends in the city. "Actually, I wanted to start my own yogurt business—frozen yogurt—because I know that's really big in New York," Gamble stated; but her sister helped to steer her in a more practical direction. "She was emailing me one day, and said 'Cupcakes are really big in New York too-do cupcakes!"

Thus began her life as a budding entre-

Gamble's friend and teammate on the Women's Track and Field team, sophomore Shannon Corbett, jumped at the opportunity to partner with her in the business venture.

"We went to the library for two hours and we made up a menu," Corbett recalled. We just kind of teamed up."

Strolling through the grocery store on one of her first shopping trips, Gamble had 10 boxes of cake mix in her cart. "[The cashiers] always have something to say. They're always like, 'You bakin' cakes today?" she said.

Two-hundred dollars later, they were ready to hit the kitchen. However, for the two young and inexperienced bakers, the reality of starting a business was much harder than they expected.

Recipe, what recipe?

The girls had taken money in advance for orders that customers had placed, and considering that they had yet to perfect a recipe, Gamble and Corbett wondered how they would pull this off.

Seeking help from the recipes of Betty Crocker and Martha Stewart, Gamble and Corbett relied on their taste buds, and those professionals, to guide them to a great tasting cupcake.

Still after filling small orders, they were wanted a challenge, and boy did they get

"Shannon got the first big order," Gamble said. "It was a dozen red velvet cupcakes and that was before we even had a red velvet recipe!'

She was in HPU's student center when given their first bulk order. "I was just gotrack shorts, T-shirt and Adidas sandals. She runs to tend to the six red velvets and six chocolate cupcakes that have just come to life at the sound of the oven's buzzer. With her black oven mitt in hand, she plunges a knife into the center of the fluffy

delicacy-looks like these

are finished!

She pours the last of the chocolate batter into her cupcake molds, lined with coffee filters. "I'll probably get three more out of this, and then I have red velvet left to make," she says.

Considering those are her favorite, it's no surprise that Gamble is saving the best for last. "I'll probably try one in a little bit when they're cooled off, to see how they taste," she says. Such a daunting task that comes with running a bakery!

Manika heads to the sink and begins to wash a chocolate-covered mixing bowl, which has finally surrendered after a long day of baking. From the look of the countertops, now covered with measuring cups, batter-filled bowls and naked cupcakes waiting for icing,

there's no question she's done this a few times before.

"We [started during] the peak point in the [track] season last year, so there was a lot going on, but I feel like this year we've been able to manage it better. I feel like we're more organized with it," Shannon

Not only have they nailed a cake mix consisting of a secret recipe, paired with one special ingredient, but they have perfected homemade frostings too. They have also developed new flavors.

The bakers offer everything from red velvet, to vanilla and chocolate; Funfetti and chocolate chip, to mint chocolate chip and marble. The frostings are also available in a wide variety. Customers can choose from vanilla, chocolate, cream cheese, Oreo,



Oh baby! Manika Gamble and Shannon Corbett sell cupcakes from the business, Baby Cakes, around campus on the weekends. Photo courtesy of Manika Gamble

ing around asking people if they wanted to buy cupcakes. One girl just randomly came up [and said] 'I'll have a dozen of your red velvets'," Corbett recalled. Bursting with the excitement about the

order, Corbett immediately informed her partner. "I was so pumped!" she exclaimed. After that, "Baby

Cakes" started to get a good amount of business.

Although the majority of sales result from single cupcake purchases around campus, Baby Cakes did provide 100 cupcakes for HPU's Benefit Ball last

Another teammate, Sebastien Bonnot, helped spread the by starting a Facebook and Twitter page for the girls to post information about their business.

At that point, Baby Cakes was operating almost every day, making a hectic schedule for Gamble

and Corbett. However, in that time they learned a lot about what it would take to run a business. So when the two returned to school this fall, they resumed their business with a greater understanding of what does and doesn't work.

Behind the Scenes

The alarm sounds at 5:30 p.m., "I gotta get this," Gamble says, jumping in her grey



Shannon Corbett (Left) and Manika Gamble (Right) run a weekend cupcake business on campus. Photo by Jeremy

butter and mint.

As opposed to an every day schedule, Baby Cakes operates primarily on the weekends, giving the bakers time to breathe between classes and track.

"Don't ruin your social life for cupcakes," Corbett said laughing.

Even with the schedule change, See Cupcakes, 7

ON THE BACK: Help cheer on the Panthers at the HPU vs. WFU basketball game by bringing a copy of the Chronicle with you!

## Opinion

#### Should High Point University remain a tobacco-free campus?

#### Policy threatens lives

By Dave Kovolisky Staff Writer

recent attack occurred off-campus when a student walked outside the university gates to smoke. In light of this event, I think it's time to reassess the fact that High Point University's campus is tobacco-free.

This student, a freshman, wouldn't have gone offcampus and experienced this attack had there been a place for him to smoke somewhere on campus.

A designated smoking area would eliminate this problem and keep students from walking off-campus to smoke where they aren't necessarily protected in the ways that they are protected inside the walls of the university.

"I am not a fan of cigarettes myself, but I would have no problem with there being a smoking area on campus," said freshman Ryan Schobel. "This would allow students to do what they want, in a safer and more convenient way."

While a tobacco-free campus is intended to help colleges maintain a cleaner and healthier atmosphere, at HPU this statement doesn't hold true.

Despite the fact that fines are assessed to students caught smoking cigarettes, this punishment doesn't always stop them.

That's another reason why I believe that having no designated smoking areas around campus hurts the university more than it realizes. Since smoking is not permitted, there are no ashtrays to dispose already smoked cigarettes into. This results in students carelessly throwing the "butt end" of the cigarette on the ground.

"While walking behind the apartments on campus, I noticed a pile of cigarette filters in the corner. As I was passing the pile all I could smell were cigarettes," said freshman Steven McGuire.

Everyone knows smoking cigarettes is dangerous. The chemicals found in them have many harmful effects on the human body. If this doesn't con-

vince people not to smoke, then nothing will. It would be better for everyone if there were a safe area where students could smoke cigarettes. The issue of second-hand smoke could be avoided by placing the designated smoking area away from the dorms and academic buildings.

College students already have enough problems to worry about. The added paranoia that comes with worrying about being fined for doing something completely legal in our country just adds onto the pile. More stress is added to the student's life, opposed to the relaxation they would receive from safely smoking a cigarette on campus.



**Need for nicotine.** A student smokes behind the green house on Fifth Street Saturday night.

#### Policy saves lives

By Jodi Guglielmi Staff Writer

ecently, there have been complaints about the tobacco-free-campus policy having harmful impacts for the personal safety of students who smoke cigarettes. Those arguing against the ban claim that preventing students from smoking on campus forces them to venture off campus where they are vulnerable to danger.

When High Point University first announced that they were going to become tobacco-free in 2009, they offered smoking cessation classes to help those using tobacco. As for students who enrolled at HPU after the policy was put in place, they knew, or should have known, that this policy existed before committing.

"One of the reasons I decided to attend High Point University over other schools was because this campus is smoke free. That was really important in my decision making process," said freshman Alicia Dodrill.

Because of the policy, HPU is a cleaner campus. Jay Olson, a sophomore at Florida State University, which is not a tobacco-free campus, visited a friend at HPU recently and said, "I didn't realize how dirty [Florida State] was until I visited High Point. When I went back [to Florida State], all I could see were cigarette butts everywhere on the ground and smoke in the air—it's really gross. High Point was literally, and figuratively speaking, a breath of fresh air."

The idea of a designated smoking spot on campus has been mentioned as a solution to potential dangers of leaving campus grounds to smoke. However, this idea is not only unnecessary, but would veto the entire purpose of the tobacco-free policy.

A smoking area, for ventilation purposes, would have to be located outside. One could assume that there would be more than one person smoking at a time, thus exposing people in passing to extreme levels of second-hand smoke. It could also waft throughout the rest of campus.

It is a proven and well-known fact that second-hand smoke is just as dangerous as first-hand smoke. Exposing passerbys to this would be just as unhealthy than if they had a cigarette in their mouths themselves.

The purpose of campus security is to help keep us safe while we are on campus. They guard every entrance to the school to make sure they know who is entering. One guard house sits at the Lexington Avenue entrance of campus, down the hill from the University Center. Outside the fence and less than 100 yards away is a bench, which is a popular spot for smokers to go and enjoy their cigarettes.

"I don't think I've ever driven through that entrance without seeing at least one person there smoking," said freshman Laura Sukys.

Because the bench is within eyesight of the on-duty guard, it is a perfectly safe place to smoke. If danger were to arise, a guard would be immediately present to take action.

High Point University works daily to ensure that their students are both safe and happy. If having a tobacco-free campus was a serious threat to students, the policy would have never been put into place.

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#### Final farwell: Advice from a girl who's already been there

By Amanda Mayes Staff Writer

ecember. Where did this semester go? Whatever you do, never blink. It was not until I looked at a calendar that I realized I graduate in a handful of days. And not long after that it dawned on me that it has been two and a half years since I joined the Campus Chronicle staff as an opinion writer. Though originally serving my selfish interests of creating an outlet for my obnoxiously persistent voice, I have since changed my tune to one of gratitude for serving as an outlet for dialogue on some pressing social issues of our time. If I have made it through to one individual—if I have challenged one individual to think and to question—then I have done my job. And so, without further ado, here is my final and hopefully far-from-cliché article for the Chronicle.

The following are a few observations made during my years here, and advice..

Some occasionally joke that High Point University has a certain Disneyland wonder about it. But I challenge you to remember this - Your total experience here is only determined by the choices you make and the distance you decide to go.

College should be an environment where beliefs are questioned, where students are not self-absorbed, where ignorance of the "real world" prevails over preparation for both the light and dark of the future. Only you can make that possible for yourself.

When you cross the stage to receive your diploma, you should leave with more than just your degree. Leave prepared and ready to fight for your dreams. Open your eyes. Listen. Observe what is going on around you. Crack open an old-fashioned newspaper, for

heaven's sake. Become familiar with the status of the real world and current events and the challenges and successes to come. Learn the imperfection and perfections of who you are and become an adult now long before graduation.

The pursuit of knowledge – for pleasure and for career – is a quaint concept struggling to survive in a weakening education system. Students – Do not let the system fall apart, or plead helplessness, or act as the victim if your skill set is too weak for your preferred career. College is what you make of it, and requires a good deal of discipline and perseverance.

If you are bored in your classes because they are general education requirements or because you covered the material in high school, go the extra mile and challenge yourself rather than tuning out.

Explore multiple interests. Never let someone convince you that – in order to be socially acceptable and successful – you must pursue one passion, forcing the other interests to be lowered to the often unsatisfying position of "hobby."

Professors – Encourage the love of learning. Do not lose faith in the virtue of teaching if one class seems utterly disinterested. There will always be at least one student in every class who is more than happy to be there taking notes and learning. Do not give up on students who have lost their sense of direction. It is precisely in these times that students need your guidance the most.

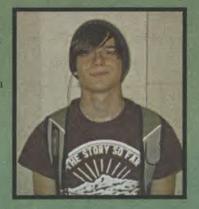
These are a few observations from a graduating student. Please accept them in the spirit in which I have given them – to encourage awareness of your environment and yourself in hopes that your time at High Point University will be fulfilling and memorable. Make your own observations while you are here and maybe we can compare notes sometime. Remember, it is never "goodbye," it is always "see you later."

#### In the spirit of Christmas, what's the greatest gift you've ever given?

By Chelsie Gastright Staff Writer

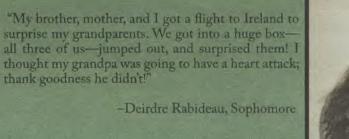
"I organized a house show with three local bands for one of my buddy's birthday."

-Peter DaBaldo, Freshman



"I donated a cow to a family in India in honor of my dad from the (International) Heifer Foundation."

-Sara Foster, Freshman







"The best gift I have ever given was a money donation to the water crisis in India. During Going Global Day at High Point on Nov. 18, I raised awareness with the rest of the woman's gender studies class. The money my class partner and I raised will give a child in India clean drinking water for two years."

-Madelyn Varner, Junior

"I gave each of my family members money to donate to charity. I learned about the idea through my church. I was only about six years old but it was so cute. My mom took a picture of me and my envelopes!"

-Emilie Held, Freshman



"I worked with multiple clothing companies to put on a fashion show to raise money to provide dresses for girls and women who can't afford them. Over 100 girls got dresses for their proms that year."

-Danielle Bassett, Junior



#### Denny Strigl asks "Can you hear me now?"

By Jessica Strickler News and Design Editor

n Nov. 14, Denny Strigl, former President and CEO of Verizon Wireless, visited the HPU campus to talk with a group of students about his experiences in the industry of telecommunications, as well as his business management philosophies. In addition, he also enlightened students to his thoughts on college and getting a job.

Following his recent retirement, Strigl has written a book based on his 42 years of experience in the industry of telecommunications. With the title playing off the infamous Verizon catch phrase "Can you hear me now?" Strigl's book is entitled, "Managers, can you hear me now?"

"As you can imagine, you see a lot of what works in business, but you also see a lot of what doesn't work," said Strigl. "I thought I would write a book that talks about both."

According to Strigl, there are three main reasons why managers struggle with leading a group of employees, though he does talk about additional reasons in his book. First,

managers want to be liked by the people who work for them, when in reality, they would make better friends of their employees if the company can produce successful results. As Strigl said, "somebody has got to be in charge."

Second, managers focus on the wrong things. They should be focusing on four things: growing revenue, getting new customers, keeping the existing customers and cutting costs in some way.

Toward the beginning of his career, Strigl worked for Ameritech Mobile, which was the company in the United States that introduced the first commercial cell phone.

Strigl shared the following story from his time at Ameritech Mobile in relation to the responsibilities of a manager:

"It was in Chicago and it was 1984. When we introduced that cell phone, the chairman of the company came to me and said, 'Denny, I would like you to run Ameritech Mobile.' He said 'this is a very important job, I am going to put some stripes on your coat and I want you to always remember that those stripes can come off as easily as they went on."

It's not what you are taught in college that is important, it is what you learn. And the brightest managers I've ever worked with, they are not graduates of Harvard or Princeton, they are graduates of college."

> ~Denny Strigl former President and CEO VerizonWireless

This anecdote ties into the third error that managers are liable to make; they get caught up in their own self-importance. Managers often have additional perks to the jobs, such as staying in a hotel, or riding in a chauffeured car, or traveling across the country by airplane, and they lose sight of the goal. The focus should never be about the manager, but about the well being of the company, and those who work for it. The end goal is to produce results for the company.

Students can even apply these pieces of advice to their college careers. As

students participate in various events and organizations on campus, they should keep the advice of Strigl in mind. Just because they may lack the title "manager" does not mean the concepts cannot be applied.

With extensive experience working for a large company like Verizon, and communicating with some of the brightest people in the technology industry, Strigl has plenty of advice for how to find the best of the best, when it comes to hiring.

"I look at a potential employee for just a

couple of things. Number one is that they need to be inquisitive. So, when people would interview for a job, if they didn't ask a question, they were done. And the people who learn most in life, and it's obvious-- they ask questions, they pay attention, they want to know, there is a thirst for knowledge—that is the best employee that you can hire. The second important point for me is that you must be honest. In an interview, the interviewer can determine honesty. And unless you are totally honest, I wouldn't hire you."

Strigl shared a story about his adopted daughter, an HPU graduate, saying that the hardest part for her was to get hired. It is not hard to stay hired, but it is hard to get your foot in the door. "I'd be inquisitive and be

honest. And those are the two most important things. Have a college degree. While you are here, learn something."

He then went on to share his thoughts about the university, since his first visit in 2005 and his last, which was almost two years ago.

"What I remember from 5 years ago is just a shell of what this university has become. And the advantage that you have here is the culture of this institution, and I hope you know that, it is so vibrant here, you have the best of everything and you should take advantage of it."

#### Secondhand News: Stress: So cliché

By Jordan Oliver

Opinon Editor

he word "stress" on campus at this time of the year is heard as commonly as "extraordinary"-and we all know nothing's more common than that. Now, you can either choose one of two paths when dealing with the situation which is soon to be further explained: 1) Be-come trapped in the "stress snare" along with half of the student body, and may say, the world; or 2) Think calmly, and with the realization that since everything is so-called "meant to be," you will be fine. (In 10 years, this type of stress will be a thing of the past anyway.) I think it's important that you know that stress doesn't need to be a part of your vocabulary. You'll be more productive when put into a calm mindset and find that you're happier, too.

I truly think that there could be no more perfect a word than "cliché" to describe what our take, as college students, on stress should be. Stress is dramatized by the average student and is spoken of far too often than needed. You are the one who creates the "stressful" atmosphere for yourself, so it's plain to see just how unnecessary it really is.

The key is to take things in moderation and to go about them slowly. Think about it; can you seriously come up with one reason as to why you have to rush anything in your life? Time passes quickly enough to speed it up anymore.

Place upon yourself a load that you can handle and learn to say "no." It's funny how this tiny word has instilled in us the biggest fear—the fear of missing out. If you can learn to get over the discomfort this answer seems to initially bring, you will be one step closer to eliminating stress.

You're going to have enough problems of your own to deal with, but stress is one that can be avoided. Don't waste a second of the time you are given in a hasted, fretful state. Live at your own pace. CAMPUS CHRONICLE

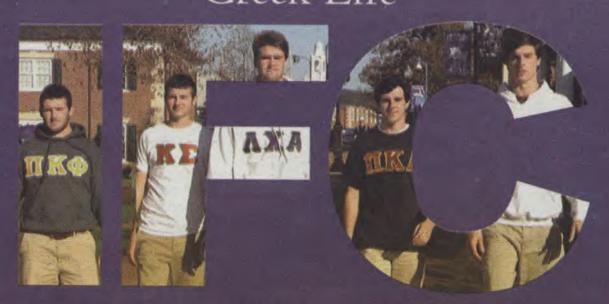


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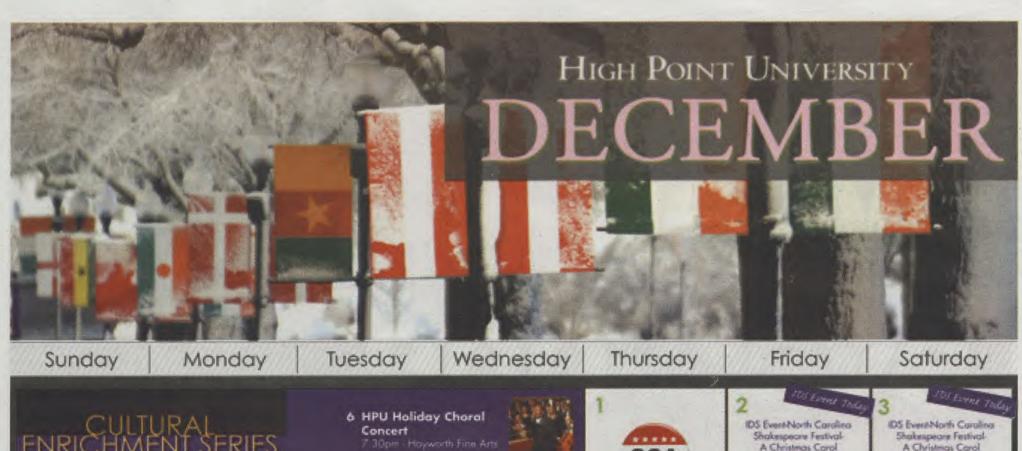
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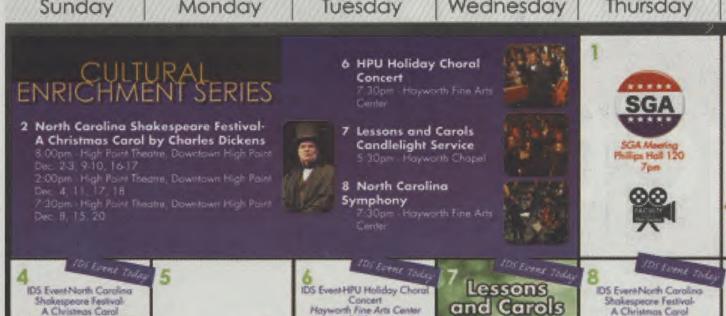
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**IDS Event North Carolina** Shakespeare Festival-A Christmas Carol High Point Theatre 2:00pm, 8:00pm

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## A & E

#### Breaking Dawn: Big with box office, bac with critics

By Chelsie Merone A&E Editor

n Nov. 18, Part one of the fourth installment for the Twilight Saga was released, and fans of all ages flocked to theaters in record numbers. Grossing upwards of \$500 million worldwide and \$30.3 million for the first midnight showing, "Breaking Dawn" has snagged the spot of fifth biggest opening

of all time. Still, many critics are asking: is the financial success surrounding the franchise overpowering the fact that it was a mediocre film?

As a fan of the books, I was one of those crazy girls who waited in Slane at 8 a.m. the Tuesday before the film was released to get free tickets to the midnight showing. Thankfully, to my surprise, other "Twi-hards" had already arrived hours before - making me feel far less crazy for getting up early on a day when I didn't have class. But was the movie worth sacrificing precious sleep? In my opinion, no it wasn't.

people leaving the theater,

had high praise for the much anticipated film. Some may even have said it was the best one yet; but I walked away from the film a little indifferent.

Despite the efforts of the cast and the director to convey this chapter of the epic love story, I was expecting a lot lor Lautner. Yes, he is meant to be brooding and angry in the first half of the two part film, but how melodramatic can you be? I found him to be very amateur, and his hesitation to explore the complexities of this character hurt nothing to do with the actual story - it was the production.

his overall performance. This surprised me, especially with the amount of work Lautner did, mentally and physically, to hold on to the role during the making of

"New Moon."

performance Another that surprised me was Kristen Stewart. With each film, her acting has gotten worse and worse. In "Twilight," she played the awkward and quizzical Bella Swan very well; but in "New Moon," her character slips into a deep depression that Stew-

into "Eclipse." Her best scenes in that film, in my opinion, were the ones where she had no

lines. But in "Breaking Dawn," she finally breaks her streak of subpar acting; giving a pretty powerful and convincing performance.

Still, while watching the film I knew something was missing. What was it though? There were plenty of funny and adorable

Cullen family moments. It was raining vampire and werewolf abs, and there was even a beautiful wedding - oh yeah, I know - the plot line was boring!

Yes they followed the storyline, but because Summit made the decision to split the movie into two parts, it cut-

more; particularly from Jacob's character, played by Tay- off at the key plot-point in the story; pretty much making audiences watch 1 hour and 45 minutes worth of background information. I may end up getting stoned by "Twihards" for saying this, but the best part of the film had

> Looking at the film from a cinematic standpoint, I think Summit hit the nail right on the head. The CGI and special effects used really helped bring the story to life, especially considering the task at hand. Showing someone slowly deteriorating before your eyes isn't easy; plus, adding a baby and a mythical species "battle-royale" into the equation doesn't help. But hats off to the editing and production team! Stew-

art unfortunately takes too far, carrying it over art looked feeble, tortured and absolutely horrible - just as I had imagined.

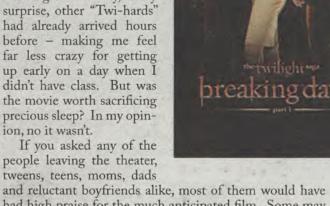
To sum up, if you loved and read the books, you will

probably love the movie; but if you don't eat, sleep and breathe Twilight, think again, because this is not a movie to go to for the hell of it. But regardless of the critics' reviews of the film, movie-goers are continuing to see "Breaking Dawn," some even more than

once. This movie critic would say: save your \$11 and read the book instead.

Photos provided by twilightnewssite.com, fashioncelebrity.org, zap2it.com





#### From Holidays, page 1

The holiday spirit does seem to bring people together. Many students are simply excited to finally have time to spend with their family and friends. Senior Annie DeKraker said, "I'm most excited to be reunited with my friends from home. Since we are all away at different schools, it's nice to have a long break to spend with them.'

Freshman Jenna Robinson, who lives in Maine, said, "Being away from home for so long has helped me realize how much I love my family, and it has also made me miss and appreciate the little things that each of my family members would do on a daily

Food is also a big part of students' holiday traditions. Freshman Patti Suchan stated, "On Christmas day, usually around 1 p.m., we will have a big lunch with ham, mashed potatoes and gravy, rolls and sparkling cider."

Sophomore Kayla Guthrie is undoubtedly excited for the holiday food. She exclaimed that she loves, "being able to cook



Deck the halls. Doors in the Complex are decked to the max for the holiday season. Photo by Eleanor Christopher

in our oven with ingredients my mom bought instead of me." Finally, her passion for food can be let loose without worrying about a college student budget.

And of course, the holidays do come with gifts. Carly Lucas is hoping to get lots of cool, big, antique photo frames as well as a red bandage skirt with a zipper.

Junior Virginia Dannelly stated, "I can't say that I am super excited to receive one gift in particular. I enjoy finding gifts to give others and seeing how much they enjoy them throughout the

To her, there is nothing like seeing someone's face light up after having received a gift that thought has been put into. In conclusion, she said, "I guess in a way, the gift I look forward to most



Light a-glow. Freshman Megan Switick shows off the holiday decorations in her room. Photo by Eleanor Chris-

each year is the gift of joy that my family and friends give in excess during this time of year."

So through the decorations, jobs, visiting family and friends, the food, and the gift receiving and giving, High Point University students will greet the holidays with open arms. But of course, before any of this, there are exams. And the best present of all will be the feeling of a job well done after the hard work one has put in throughout all of the semester.

#### From Cupcakes, page 1

the girls remain hard at work. They have designated Saturday, their only day off from track, as their day to sell.

How do they manage? Manika bakes the cupcakes and Shannon helps deliver.

"She usually has them in these big containers, so we lug them from place to place going around to whoever we know will buy them. There are always certain people that we know are going to get them-like security," Shannon said.

They usually sell about 100 cupcakes a

weekend at \$2.50 a piece, profiting roughly \$250. Sponsored by the Entrepreneurship Club on campus, Baby Cakes can even accept payment through passport cards.

The Future of "Baby Cakes"

With Manika in her final year, the fate of Baby Cakes lies in Corbett's hands. "It's gonna be really hard without her-I don't like to think about that yet," Corbett said. Gamble seems to think otherwise.

"Shannon's gonna be able to take over

pretty well...It's probably gonna boom as soon as I leave!" she said jokingly. As far as Gamble's future goes, surprisingly baking has no place in it. But it was

valuble entrepreneurship experience. "I just knew [cupcakes] were popular; I'm not planning to do this after I gradu-

Corbett agrees that this was a way to develop business experience rather than to develop a deep passion for baking. "People keep asking me when we go around, 'Oh, do you guys wanna be bakers?" A simultaneous "no" from both girls, followed by

laughter, is their typical response. As Gamble puts it, "It is and will be a college thing.'



## Organizations

#### Habitat for Humanity building homes for the holidays

It is very rewarding to know that

by simply applying paint to a wall

or nailing two boards together

the 'American Dream..."

that I am helping someone have

President of Habitat for Humanity

By Chelsie Gastright Staff Writer

hanksgiving has come and gone, and while dining over turkey many people reminisce about what they are thankful for. Things such as family, great food, and the company of others are common things. After Thanksgiving, families begin to prepare for Christmas. Kids, teenagers, and parents alike start making wish lists for a highly anticipated morning. However, there are some families where the only thing they are asking for this Christmas is a roof over their heads.

Habitat for Humanity is a community, service-based organization that helps build affordable housing for those who cannot otherwise afford a home. One home at a time, this group of individuals is helping make the Christmas wishes of those who long for a home a possibility.

Beyond the help of the community, there is a group of three hundred hard working students also giving their time and skills to help build homes once a month. The High Point Uni-

versity chapter of Habitat for Humanity was first founded in 1999, but was disbanded. In 2010, the chapter was brought back to help find ways to actively involve more HPU students. Since the HPU chapter has been brought back, the students and

in the surrounding areas and the number to do away with some furniture can drop is still growing.

The HPU chapter meets twice a month; once for a meeting to help talk about opportunities and other projects that are available, and once for their monthly build. However, just because this organization

off items of need to help furnish the homes that are being built. The items are also sold the public in order to build H4H funds.

In spirit of Christmas, students of the HPU chapter have created Christmas cards for each family they have helped provide a

home for this past semester.

Melissa Irgens, HPU senior and president of the Habitat for Humanity chapter, has been involved with Habitat for Humanity for four years and still finds the same happiness for helping others today as she did four years ago when she started.

"I have a passion for helping people. It is very rewarding to know that by simply applying paint to a wall or nailing two

boards together that I am helping someone have the 'American Dream' of owning a home. This home cannot only provide shelter for a family but also but a safe, comforting place for the family to come home, too."

~Melissa Irgens

HPU Chapter

Knowing that you are giving back to those in need is always rewarding, but it is sometimes easy to take for granted things that most have always had. For example: a roof over one's head, a warm bed to sleep in, and food on the table every night. However, one student understands exactly how lucky he is to be helping these people and what it must mean for them.

'Without Habitat for Humanity, many of these families might not have a nice, warm Christmas with their families," says Kenneth Irgens, freshman. "The opportunity they receive through this organization means they can provide the home and shelter they've always wanted."

Irgens also mentioned that beyond helping others, there are other benefits to being a part of Habitat for Humanity. Knowing that you are learning basic skills for projects around a home that could be yours is essential, especially in these times.

This chapter is also helping students gain valuable work in community service, and with the Christmas season, it is easy to know that what this organization does really is important.

"This organization has done and is doing an amazing job providing college students the chance to really give back to the community with our own two hands," says senior Carli Antor.

Whether you are building a home during the summer or making a Christmas wish come true, Habitat for Humanity is always looking for students who are willing to put in some hard work to help the "American Dream" possible for those less fortunate.

to help. During the week, the organization also reaches out to the local H4H ReStore to help with any needs they may have. A ReStore location is a donation center where community have helped build 75 homes local businesses or even someone looking

#### Writing love on arms, and hope in hearts at HPU

By Jodi Guglielmi Staff Writer

o Write Love On Her Arms is a non-profit organization dedicated to presenting hope

and finding help for people struggling with depression, addiction, selfinjury, and thoughts of suicide. Commonly referred to as "TWLOHA," To Write Love On Her Arms exists as the middleman between finding help and pointing people in the right direction towards getting treatment.

To Write Love On Her Arms originated in 2006 in Orlando, Fla. when the founders of the organization decided to help their friend, know only as "Renee," find treatment. Renee was 19 at the time, suffering from drug addictions and constant suicidal thoughts. When she was taken to treatment the center uncovered wounds on her arms - self-degrading words carved into her arms from the night before. They named her too great of a risk and did not accept her into the treatment facility.

When turned down, the two men took her under their wing. After five days of being with her and entertaining

while she sobered up, they took her back to treatment where she was finally accepted. The money for Renee's treatment was raised through donations on MySpace and awareness due to bands wearing t-shirts with the "To Write Love On Her Arms"

logo during concerts.

After seeing the effect that they were able to have on Renee's life, the men didn't want to stop there. Almost five years later they have raised more than \$700,000 for the organization. They have a large staff

only meets twice a month does not mean

that there are not plenty of opportunities

the organization was trying to spread," said Elmore. "I suffered from depression after moving away from home. It really helped knowing that there was an outlet that wanted to help people with these kind of

"I was able to relate to the message that group, and when that began to become popular and basically explode, I knew I could do more," said Elmore.

> With the help of four friends, Elmore was able to establish a chapter of the organization on campus. This is now To Write

> > Love On Her Arms' first active semester on campus.

organization has already had one event this past October and has more planned for the future.

"We are trying to build a following on campus," said Elmore. "We hope that next semester we will be able to escalade it to a higher level, and be more interactive with the student body."

Elmore's main goal is in letting the student body know that if they are suffering, that they are not alone.

"I want people to know that there is a place on campus that can help them get through their struggles; they don't have to do this alone," said Elmore. "Sometimes it can be hard to admit their problem and approach someone about

it, but hopefully they will find ease in that we are their same age and we too have been where they are."

If you would like to get involved, meetings are held on Monday nights in Congdon Hall, room 147.



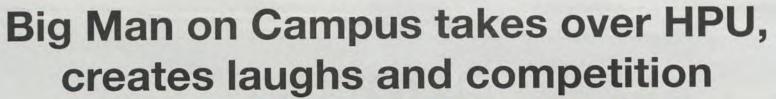
Supporters of TWLOHA gather for a group photograph in the Sechrest Art gallery while sporting the club t-shirts and smiles on their faces. Photo by Allie Dearie.

based out of Melbourne Beach, and with issues." this staff they travel all over the world spreading their message of hope and love.

Jordan Elmore, a junior at High Point, heard about To Write Love On Her Arms and immediately got involved.

Elmore was so inspired by what the organization was trying to do that he thought it would be something that people on the HPU campus would be interested in.

"It all started with a Facebook interest





Photos by Jeremy Hopkins

## Sports

#### ACC hoops come to HPU, Panthers ready to take on Deacons

By Nolan Stout Staff Writer

onight. 7 p.m. Millis Athletic Center. The ACC comes to High

When the Wake Forest University basketball team comes to town, it will be the first time in school history that an Atlantic Coast Conference school will be playing a game in High Point.

This is not, however, the first meeting between HPU and Wake Forest University. It will be the first time they have played at the Millis Center; the last two matchups being played a mere 30-minute drive down the road in Winston-Salem. Both of those games were won by the Demon Deacons.

Not only does the team have playing experience against Wake Forest, 13 of the 14 players hail from a state that is home to one or more ACC schools, familiarizing them with this opponent. Five of those are from North Carolina; including freshmen guard Quincy Drye of Durham, home of Duke University, and forward Landon Harris of Winston-Salem, Wake Forest territory.

The coaches also know Wake all too well through their own ACC ties. Assistant coach Mike Balado was on the coaching staff at the University of Miami during the 2008-09 season and head coach Scott Cherry was part of the Tobacco Road rivalry when he played at the University of North Carolina at Chapel Hill from 1989-

The Panthers have not beaten the Demon Deacons since the 1934-35 season, a 19-13 win before the formation of the Atlantic Coast Conference. That is the only win High Point has in the 10 meetings between the schools.

In their last two meetings, High Point only played with Wake Forest for half the game. In 2009, the Panthers trailed 42-39 at halftime, but were outscored 41-21 in the second half. During their most recent meeting in January of this year, HPU was down 38-26 at the half, but played closer in the second half, only being outscored 41-37.

Senior Nick Barbour is looking at this game just like any other.

"It's just another game on the schedule, another game that you want to win," said Barbour.

Coach Cherry is also hoping not to blow this game out of proportion.

"We're going to practice the same way," said Cherry, "We have to focus on the things that are going to help us win the game."

Both Barbour and Cherry are using the Panthers stellar performance against a big time school in Purdue, a heartbreaking 67-65 loss, as a positive for the remainder of the season.

Barbour felt that the Panthers should have won and they outworked Purdue in every category. Cherry believes that the game served as a confidence booster for the team and a testament that they could play with anybody.

Cherry also is using this game as a mental preparation for the future.

"Hopefully this will prepare us if we make it to the championship game of our conference tournament.'

Fans need to support the Panthers tonight as well. The atmosphere will be a sharp contrast to that of Joel Coliseum which holds 14,665 people, most of which were on Wake Forest's side.

Junior Nick DeVore of the Panthers Den is very excited for this game and hopes that the fans will be electric.



HPU then-sophomore guard Jairus Simms dribbles around Wake Forest then-sophomore guard C.J. Harris in HPU's 79-63 loss to Wake Forest last year in Winston-Salem. The two will square off as juniors in tonight's re-match. Photo courtesy of HPU Sports Information

"Excited is an understatement for this game," says DeVore. "I KNOW the atmosphere will be extremely hyped!"

Barbour says that the crowd will play a big difference in the energy of the game. Coach Cherry admitted that this could

very well be "the game of the century" for HPU basketball.

Doors will open to Panther's Den members one hour before tip-off, 30 minutes for everyone else.

#### Women's basketball goes 3-1 on recent home stand

By Shawntay Henry Staff Writer

he High Point University women's basketball team has jumped off to a good start with wins over Davidson, Longwood and Pittsburg during its four game home stand.

The only loss on the home stand came to Mercer, who was 0-5 before capturing a 75-67 win against the Panthers.

"Although it was a tough loss," said senior captain Shamia Brown, "It brought us back where we need to be. It was a way to combat and come back with wins.'

"The Mercer loss was tough because as a team we were better than them. Offensively things didn't work out, and at times we did get outplayed and outworked," said

Also during the home stand, the Panthers took on Davidson College. Davidson was no match for the balanced scoring attack of three Panthers, Shamia Brown, Erin Reynolds, and Cheyenne Parker, all scoring 18 points.

To capture the win against Davidson College, first year head coach Jennifer Hoover said she had to refocus her team's energy on the little things defensively and offensively.

"It was about being more efficient with what we already have. We worked a little bit more on how to attack a zone more efficiently," said Hoover.

The aggressive defense of the Panthers forced 24 turnovers against Davidson, including 17 steals.

Due to a collective team effort and shared determination to prevent any extensions to their losing streak, the Panthers

69 victory.

The Panthers carried over the momen-

prevailed over the Wildcats with an 82 - Hoover, "Longwood is more of a man-toman team. We were expecting them to play man-to-man and they played zone."

freshman guard Hallie Gunnoe, made a lay-up that put the Panthers up by one going into the break.

However, by the second half of the game, the double digit scorers Erin Reynolds, 19, Cheyenne Parker, 15, Shamia Brown 12, and Lauren Witt, 10, put the game out of reach for their opponents.

The Panther's have a difficult schedule ahead of them after going 3-1 during this stretch.

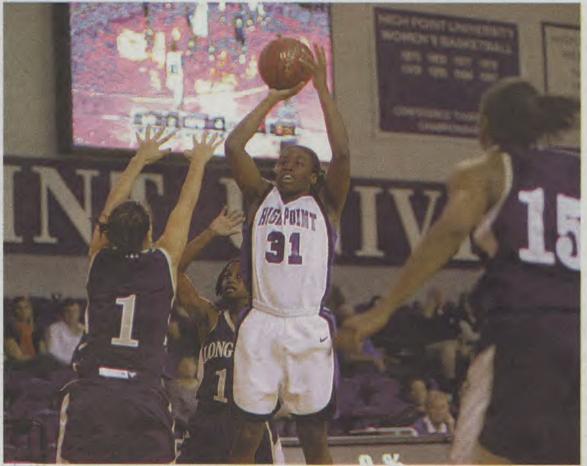
The Panthers are putting in hard work on and off the court.

This week, the Panthers are working hard on the court. Coach Hoover said she is encouraging her team to play every possession like it is their last, pushing her team very hard in practice.

Off the court, Shamia Brown said the team is close and that a lot of their energy off the court is carried on the court. She hopes to continue her leadership by example.

Although she says she is not very vocal, Shamia tries to keep the team uplifted by talking through everything defensively and offensively. The Panthers are scheduled

to be in the Bahamas on December 19-20 to play Georgia State and Central Arkansas in the Bahamas Classic.



Shamia Brown has had a good start to senior season, averaging 18 points and 7 rebound per game. Photo by Jeremy Hopkins

tum to a 73-51 blow out win over the Longwood Lancers the following Sunday. 'We were surprised," said Coach

A shaky start by the Panthers allowed the Lancers to stay neck-and-neck during the first half of the game. By half time

## Sports

#### A Cinderella Story: Panther walk-on never gave up on his dreams

By Sarah Martin Staff Writer

ooking at Landon Harris, it's easy to say he's a pretty big guy. At 6-feet, 5-inches, he towers over most students at High Point University.

Most people can guess pretty correctly that he's on the basketball team, especially with all the walking advertisements plastered on his clothes.

But who can blame him? To say he's had an easy journey getting to where he is today would be the understatement of the world.

Walking around the halls at Davie County High School in Mocksville, N.C., you would never suspect Landon would one day become a Division I athlete. He had shaggy brown hair down to his eyebrows and bright green eyes. His ears stuck out a little on each side. He was enormously tall, and shy, yet one of the most kindhearted people. Some even called him the BFG, big friendly giant. Although he didn't say much, man, was he good at basketball.

"I started playing when I was about four years old. My dad never lowered our rim outside from ten feet, so I learned how to shoot on a ten foot goal pretty early on," said Harris.

The passion for the game started at a very young age, and never quit. Harris's stats in High School averaged 10 points, 8 rebounds per game, and shot 56 percent from the floor. During his senior year, smaller schools like Guilford and Greensboro College recruited him, but he knew that wasn't the place for him.

Harris and his father were in the High Point area when they drove through HPU for the first time.

"We were basically stunned when we saw the place, and we knew immediately that this was where I wanted to go," Harris

recalls.

After receiving his admission letter from High Point, Harris knew there was still one thing missing. That itch that comes from being a dedicated basketball player wasn't being fulfilled. Harris was in

constant contact with the coaches and finally landed a tryout for one walk on position. Three others auditioned. Right before the tryout, Harris became sick and although he did his best, he did not get the position. Harris was disappointed, but not discouraged.

He made the club basketball team, and his team won the championship that winter. But that wasn't good enough.

Come sophomore year, Harris was more eager to join the Division I team he'd been dreaming of.

It didn't take long before those dreams were dashed, yet again. Head coach Scott Cherry explained to Harris that the team already had too many players on the team, and there wasn't enough room for him.

Harris knew there had to be something,

Harris knew there had to be something, anything he could do to make this team. In his mind, it wasn't too late.

The summer before Harris's junior year, he started working with a personal trainer, Travis Mash.

They completed a series of Olympic lifts that helped Harris gain explosiveness and speed. Mash's workouts helped pack on about 30 pounds of muscle, and also taught Harris never to give up. Harris also has a very close spiritual relationship with God,



Junior walk-on Landon Harris has seen action in three games this season. He is averaging 2.3 points per game. Photo By Jeremy Hopkins

whom he credits much of his success to.

"Having a relationship with him throughout this process is the only way I didn't give up. Everyone else could keep telling me no, but I was going to continue to push for this if God was telling me yes," said Harris.

The explanation of the word persistence is defined as; continued occurrence. This might be Landon Harris's best trait. Harris contacted Coach Cherry over the summer and took the 45 minute trip down Inter-

state 40 for the meeting that would forever be etched in his mind.

Harris explained to Cherry exactly how badly he wanted to be a part of the team. He would do anything. Coach Cherry was receptive and respectful, but didn't make any promises.

"He called me on the Monday following the Friday that I met with him. He asked me if I would like to be a part of the team, and I pretty much just stuttered until I managed to say, sure. I was in shock. It didn't seem real for the first few days. I just kept saying in my head that I was officially a Division I basketball player," said Harris, "It never really hit me until I moved into the room with my teammates in August."

In true, straight-laced, Harris style, the first thing he did after learning the big news was go to the gym. Even though he was on the team, if he wanted playing time, he knew he would have to earn it.

Just a few short weeks of being in school and practicing with the team, Harris is already settled into his role of power forward and excelling not only in the classroom, but also on the court as well.

"It's a dream come true. It's definitely everything I expected it to be, which is a good thing. Its been fun making so many new friends and being part of a team again. I'm excited for our games and to play in different arenas across the country," said Harris.

In the team's first game against Bridgewater College, HPU won 95-52. Harris got quite a bit of playing time as well, even draining a three-pointer in his first collegiate game.

Harris's future is looking brighter by the day and he will always have quite the underdog, Cinderella story to tell.

"Never give up on your dreams because you never know where they will lead."

#### Fall sports end season with no rings this year

By Patrick Budd Sports Editor

Men's Soccer

Senior Goalkeeper Michael Chesler finished his career at High Point University with a bitter taste in his mouth, and came up short of his goal of winning a Big South Championship.

In the second round of the conference tournament, HPU faced off against No.2 seed Gardner-Webb. Having lost to them earlier in the season, the Panthers went into the game with a chip on their shoulders in hopes to knock off another team, and play in the conference championship game for the second straight year.

Instead, at the end of regulation the game was tied 0-0, and the Panthers went to penalty kicks where Garnder-Webb knocked off HPU 4-3.

The Panthers finished the season at a solid 9-9-3, including 4-4-1 in the conference. But the Panthers came up short from their ultimate goal of a championship, and a NCAA tournament berth.

The team will now graduate key players including Chesler, Will Stewart, and all-American Karo Okiomah, but will bring back sophomore sensation Alex Martinez, and junior Shawn Sloan.

#### Women's Soccer

The High Point University Women's soccer team was bounced from the first round of the Big South Conference Tournament which ended its hopes at a third consecutive championship.

No. 5 Liberty defeated HPU 2-1 in a thrilling overtime game in Charleston,

S.C. to send the Panthers home. The team finished the season with an 8-10-3 overall record, 6-2-2 in the conference.

The Panthers will say good-bye to seniors Katie Tabor, Andrea Ritchie, Margaret Fanning, Danniel Rosado, and Brielle Spencer. The seniors will leave HPU with two Big South Conference Championship rings.

Head coach Marty Beall will lead the team into the offseason with optimism returning key starters in Janay Whittaker, Becca Hemby, and sophomore sensation, Kelli Joline.

#### Volleyball

The HPU volleyball team's season came to a close with a loss to Radford in the first round of the Big South Conference tournament. The loss ended the team's chances at a second consecutive conference championship.

The season was filled with many ups and downs after losing many key starters last season to graduation. The Panthers dug a hole early in the season starting off the year going 1-9, and struggled to recover.

The team finished with an overall record of 9-21; 6-8 in the conference.

Despite the disappointing season for coach Jason Oliver and company, the Panthers will only have one senior, Breanna Holliday, graduate. The bulk of the team, including freshman standouts Kristin Heldt, and Chelsea Davis, will return next season. Starters Lauren Bell, Courtney Johnk, Michelle Chakirelis, and Molly Barlow are also expected to return next season, in addition to Maddie Simpson after taking a medical redshirt this season.

## Club swim team heads to Atlanta to compete in Olympic setting

By Brian Brennan Staff Writer

ach April the HPU club swim team takes a five-hour bus ride to Atlanta to compete in the East Coat Swim Club Championships, held annually on the campus of Georgia Tech.

The pool was the site of the 1996 Olympic Swimming events and it's considered to be an honor to swim on its site.

In 2011, out of 47 teams competing, both HPU men's and women's swim teams ranked in the top 20 finishing schools. In 2012 HPU will be led by captains Chris Jones, Wade Rothrock, Catherine Beckemeyer, and Aliya Wilk and fellow key team members Pat Stein, Molly Branson, and Kristen Dukes. The team looks to improve on their finish from last year.

Club swimming coach Brian Crowder says the Atlanta meet is the big one for the team.

"It is the biggest meet in the country for club swimming," said Crowder, "All the best club swim teams get together at the end of the year and treat this as our championship meet."

HPU has beat teams including Rutgers, Villanova, East Carolina, Florida State, Miami, Virginia, Kansas, and UCLA.

"Atlanta is basically what we work for all year. Because we are a club team, there is no set national meet for us to attend. So the East Coast Swim Club Championship serves as our national meet," added Crowder, "It is were we can go to test our abilities to their maximum potential because we are in an environment with other swimmers who are just as competitive and have a love the sport."

According to coaches and swimmers, sometimes it goes beyond competition. To Wade Rotherock the East Coast Swim Club Championships is more than a meet to compete in.

"More importantly I see Atlanta as an opportunity for our team to grow as a family," he said, "We are with each other for three whole days, and last year I really saw everyone come together for support for one another during that time. I feel like I got to know everyone on a more personal level last year. It is definitely a huge bonding experience."

"Atlanta is the most fun weekend of the year for the swim team. It's a huge competition, and sort of our 'end goal to work towards' as a team. It's a great bonding experience and a great weekend overall," said Aliya Wilk.

Overall the HPU Club Swim Team improves almost every year on its success. The team will return to Atlanta March 30 to April 1.

Last year the winner of the East Coast Club Swimming Championships was the University of Colorado and HPU's goal is to compete and do its best.

"We have a pretty strong team based on how we've done in our meets this season," said Pat Stein, "Everyone has been excited about the meet since the first practice and it's just a lot of fun to go out and swim in a pool like Georgia Tech's."

## HIGH POINT UNIVERSITY THE PANTHER'S DEN

# BEAT MAKE

DECEMBER 7<sup>TH</sup>, 2011

Make sure to join the 2011-12 Panther's Den! This is the largest student organization on campus. As a member, you will receive a members only t-shirt, Panther's Den only items and early entry into games. You can purchase your admission at tonight's game - Like us on facebook at Facebook.com/HPUPanthersDen