Sophomore Nick Barbour had the NCAA's best three-point shooting game in two years, going 10-for-11 against UNC Pembroke. Read more about the men's basketball team on page 9.

Students raise money, save puppies from kill shelter

By Tierney Gallagher
Staff Writer

Sophomore Cate Lightburn and junior Cody Russell raised funds and saved two puppies from being euthanized at a North Carolina animal shelter earlier this semester. Because of the high number of stray and surrendered animals being turned in, many shelters across the state have developed policies of euthanizing animals after a certain amount of time to create room for others to be taken in.

After hearing of the problem in these so-called high-kill shelters, Lightburn and Russell decided to take a stand. "We wanted to find a way to be able to save the animals from this cruel and unfortunate way of controlling overpopulation," Lightburn said.

Prior to fall break, they dorm-stormed for the cause and in less than two hours raised over $150, enough to cover the $75 adoption fee of two animals.

Lightburn and Russell traveled to Franklin County Animal Shelter in Louiseburg and adopted two puppies, Lady and Tink, a golden retriever mix and a black lab mix. The two fostered the animals at home over break until they were able to find them suitable homes. The rescue left more than a feeling of satisfaction in the students, but also one of determination. "Seeing how happy the dogs were after they were out of the shelter really made my day. No animal should have to be put to death or have a time limit on how long they live, just because a shelter doesn't think they'll have room for them. Now I'm trying to find ways to help stop this form of senseless animal killing," Lightburn said.

Lightburn and Russell are continuing to look for others to join in support of the cause.

Tink is doing well in her new home, but unfortunately Lady died shortly after adoption due to inadequate medical care during her time in the shelter.

Adopting from shelters saves lives, stops puppy mill funding

By Samantha Tuthill
Online Editor

Commentary

Last month I heard a rumor that a shelter in the state was closing and that dozens of animals were being euthanized every day because there no longer was a place for them. Since I live in a pet-friendly, off campus apartment and I had pets growing up, I figured I could do something good and get a dog. When I tried to find out where the shelter was I learned that there are many "kill shelters" in North Carolina. I immediately began looking for a pet that suited me. After finding out a few of my choices had already been put down before I even called, I was relieved to find out that one was still ready to be taken home.

My boyfriend and I had a long talk about the decision, as it was one that would probably stick with us for the next 12 to 15 years. A talk that mostly went with him trying to be reasonable and me crying about how the dog I found was going to die and it would be my fault for not getting it. We went and picked her up, a two-month-old pit bull we decided to name Luna. Because of her age the staff at the shelter was not able to do much with her because she was untrained and that made her difficult. We knew we were making a good decision because we had the time to give her the training she needed to be a good pet. It was a little rough at first, but now a few weeks later she is an adorable ball of energy that listens to basic commands and likes to fall asleep in my chair with me when we watch TV at night.

See Adoption, page 5
Despite perks, UC still a work in progress

By Katie Nelson

The world is full of taboos and strange acts. Some people get tattoos and piercings. Others dress differently and listen to alternative music. Still others believe in conspiracy theories.

Conspiracy theories are ideas that try to explain disputed cases as plots by secret groups, rather than as isolated acts. Most of these theories are thought to be carried out by our government against the rest of the world.

While most conspiracy theories are nonsense, there are some that have been proven. The Tuskegee syphilis experiment was a conspiracy theory until 1972 when the press revealed that scientists were deceiving people into thinking that they were getting treatment for their syphilis.

Conspiracy theories make people think outside the box. No one would have ever thought that scientists would lie to people and deny them medical treatment. However, it happened.

Some conspiracy theories are really out there, like one that states that people are really reptilian creatures looking to take over the world. Nevertheless, they make you question authority, which is good and causes you to become educated about things around you.

So I am going to take some popular conspiracy theories and give you my take on them.

Roswell/Area 51: In 1947 several UFO crashes were spotted in New Mexico. The government was said to have found parts from a weather balloon and no one thought anything about it. In 1978, a UFO researcher re-opened the case and discovered that the weather balloon was a fake. No one really knows what happened at Roswell but the area is still restricted.

Assassination: I fully believe in the possibility of aliens. However, I don't think the government is competent enough to cover something like this up for so long. The Nixon administration couldn't even conduct a simple phone tap, so what makes anyone think the government could keep aliens a secret? Also, if the government thought that any alien invaders were coming to Earth, we would shoot them out of the sky so quickly no one would notice it happened.

I think this is just a theory.

Elvis: Elvis is alive: Many people feel that Elvis faked his own death to get away from their syphilis. There is no real evidence to think he's alive.

My diagnosis: I have never understood the undying love that people have for Elvis but this is clearly just a bunch of fans in denial. Elvis did major amounts of drugs, drank quite a bit, and ate even more. He was in a downward spiral and it wasn't too surprising that he died. There is no real evidence to think he's alive.

The assassination of JFK: JFK's assassination is by far the most famous conspiracy theory. There is very little clear evidence surrounding the case. We don't even know with confidence how many bullets were fired.

My diagnosis: Anything is possible. The assassination of JFK is a conspiracy theory and is definitely worth considering.

What do assassinations, aliens, and Elvis have in common?

By Katie Nelson

Opinion Editor

The world is full of taboos and strange acts. Some people get tattoos and piercings. Others dress differently and listen to alternative music. Still others believe in conspiracy theories. Conspiracy theories are ideas that try to explain disputed cases as plots by secret groups, rather than as isolated acts. Most of these theories are thought to be carried out by our government against the rest of the world.

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What do assassinations, aliens, and Elvis have in common?
Friends are like Ziploc bags: disposable

By Liz Welborn
Staff Writer

"Friends last forever," "nothing can come between you and your friends," and "friends are the most important ingredient in the recipe of life." Nonsense! There are all the same sayings that we have heard all of our lives. But how many of these continue to be actually true?

When you were a little kid how many people did you label as your "BFFs"? I count five at one time for me. Many people did you label as your school friends. I now barely even talk to my college friends. I unzipped the Ziploc bag eventually gets old, moldy and disgusting. We need a better version of friends for our needs, and toss them to the side when we don't need them. We replace our friends as well. The content of what is in the Ziploc bag eventually gets old, moldy and disgusting. We need a better version of the same thing. This can be seen when we make major transitions in our lives, such as going to college.

The high school friends eventually are not the same people. You start to lose contact with the necessary friends because you don't need them anymore. I used to be closer to one of my high school friends. I now barely even talk to the girl. I make an excuse by saying that I don't have time, but how is it that I conveniently make time for my college friends? It is simple. I unzipped my baggie, dumped my old friend and replaced her with a more accessible friend who can give me the same advice.

How many times have you ended a friendship and nothing happens? The world didn't stop turning and pigs didn't fly. You might feel bad at first but life goes on as if you were never even friends. Having a certain person in your life is not the permanent thing that we once were told that it was. According to a recent statistic, people go through at least 306 friends in a lifetime, but will only have 33 at one time.

"BFFs" with 33 people. What we have instead are different categories of best friends at one time. There is the best friend who makes one laugh with your homework or the best friend to give relationship advice. Friendships are not set in stone, but are indicative of where we are in life. When the time comes, we eventually find new friends to replace the outdated contents in our Ziploc bags.

When thinking about your future, think outside the box.

By Amanda Mayes
Staff Writer

Tick-tock, tick-tock. How I hate the clock counting down the hours of our life. I am breaking free of these restraints, limited time, and an unrelenting societal mandate to know exactly what I want to do with my life. I have yet to see anyone make my life choices for me. I am breaking free of these restraints. I refuse to make the "practical" decision and choose a career that will ensure security, stability and significant financial reward.

Look for a path in life that will allow you to find meaning and allow others to find it as well. Avoid cut-and-dried jobs that do not offer any unique facets or lasting significance. I often feel as if I have the choices given to me in my educational school. I can be a firefighter, police officer, or teacher. Pick one and do not question why or search for other problems.

The lack of original choices boxes in my personality; the majority of choices presented to those our age are all the same, which makes me feel stuck. I have been told that I cannot do nothing and changed little. I have done nothing well. I have been told that I have nothing that I can be proud of. I have been told that I have nothing that I can be thank for. I have been told that I have nothing to be thankful for.

Meanwhile, another path is being thought about. I have been told that I have nothing to be thankful for. I have been told that I have nothing to be thankful for. I have been told that I have nothing to be thankful for. I have been told that I have nothing to be thankful for. I have been told that I have nothing to be thankful for. I have been told that I have nothing to be thankful for. I have been told that I have nothing to be thankful for. I have been told that I have nothing to be thankful for.

Tick-tock, tick-tock. So this is where I'm heading: I will ignore the stones thrown by those on secure and familiar routes, and face the unknown to accomplish my dreams. Accept this unwavering fate and use it to fly. It is your life, and it is too hard to be stuck doing something until the end of time for which you have no passion.

My compass is a bit rusty, and yours probably is too. In what direction is it pointing you? Learn to see the lessons in failure after failure and that you enjoy doing. This will help you define the success you want.

When you make a deep commitment to a goal, powerful forces come into play, propelling you toward that goal. You don't want to go, but you have to. The winner's question is "How can I do it?" Winners are guided by what's possible. They see barriers and turn them into launching pads. The loser's question is "How do I do it?" Losers are guided by what's impossible. They see barriers and turn them into stumbling blocks.

(To be continued)
Men's basketball back in action

From top left, going counter-clockwise: Sophomore Nick Barbour takes heavy contact from a Wake Forest defender in an 83-60 loss to the Demon Deacons on Nov. 18 in Winston-Salem; senior Eugene Harris looks to dribble around Preseason All-American Al-Farouq Aminu; junior Earnest Bridges pulls down a rebound against Wake; Harris lays in a bucket for High Point; sophomore guard David Singleton looks to drive to the basket; senior center Cruz Daniels puts a hesitation move on a Demon Deacon defender.

Photos by Jeremy Hopkins.

For more information on the men's basketball team and its recent accomplishments, see page 11.
Hargett leaves brightest lights of New York for HPU

By Katie Nelson
Opinion Editor

Flashing lights, pulsating music, glamorous people, exquisite clothing. This is the workplace of a model. Ever since she was young, Anastasia Hargett, employee of the cafe, has yearned to be a model in the fashion world. For most of her life Hargett has participated in many extracurricular activities to prepare herself for this career. She has been a cheerleader, a dancer and a model. She originally lived in Brooklyn where she says there were many more modeling opportunities available.

Her modeling career included appearing in magazines like Black Hair. When she was sixteen, she was also asked to perform in a music video for the R&B sensation B2K. Unfortunately, her young age stopped her from being in the video.

Now that she is 21, Hargett has moved to High Point and experienced a change of scenery, working as a cashier in the cafe. North Carolina is different from fast-paced New York, where one can walk around the corner and find new things to do with a diverse group of people. North Carolina is more of a homey kind of state for Hargett. However, Hargett is still keeping up with the big city in this small town. She has been developing a calendar filled with fashion tips for all. The calendar will feature tips designed for every month and tips for specific, major cities. Teeming with a great fashion-sense and some sassiness, Hargett is a wonderful person to talk with and be around.

Adoption, continued from cover

The biggest problems facing shelters today are overcrowding and unfunding. Overcrowding is a result of people not taking proper care of their pets. They go to pet stores (which could mean they are directly contributing to puppy mills) and get cheap dogs thinking that it’s a one time expense. They don’t take them in to get their numerous required vaccines, spay or neuter them, or train them properly. Then when the dogs aren’t behaving well because they weren’t trained, or if the person can no longer keep the animal because he or she did not think about how long the pet would be a part of his or her life, they just get dropped off at a shelter. Or if the animal wasn’t spayed or neutered, an unwanted litter of puppies is born and then left at a shelter.

If shelters had enough money to take care of all of these neglected animals it wouldn’t be so bad, but many shelters don’t have the money to get basic supplies for the animals in their care. That’s why I strongly urge people to research carefully all the work that goes into owning a dog or cat before getting one.

If you can’t handle the responsibility then you will only be making life worse for the pet you choose. If you live in an on-campus residence hall, there’s no way you can adequately care for your pet. However, if you are ready to own a pet, then seriously consider adopting from a shelter. Many of the animals there are already well-trained and well-adjusted and just didn’t fit into their families’ lifestyles anymore. If you aren’t at a point where you can get a pet but still want to help out, join a group like the ASPCA or the Humane Society and volunteer your time to work with animals at shelters, or make a donation to rescues that save pets from kill shelters.

Students relate with first Thanksgiving

By Christina Ferriola
Staff Writer

Crowded airports, looming final exams, the onset of cold weather, and the presence of Christmas decorations that appear bigger and earlier each November can often distract from the Thanksgiving holiday. Perhaps Squanto and the Pilgrims wouldn’t appreciate the loss of their valuable message because of a few tests and oversized ornaments.

The most popular answer by a student to our Annual Thanksgiving Feast on Monday Nov. 23, 7 p.m. in the Slane Great Room. There is no cost to you so come and join us for this feast!

Learn more by visiting us on Facebook or e-mail us at intclub@hpu.edu

Meetings on Mondays at 7 p.m. in the Great Room.

International Club

International Club would like to invite all students to our Annual Thanksgiving Feast on Monday Nov. 23, 7 p.m. in the Slane Great Room. There is no cost to you so come and join us for this feast!

Meetings on Mondays at 7 p.m. in the Great Room.
Ten songs to help cope with the stress of the holiday season

By Jen Paolino
A&E Editor

If the stress of the impending doom of the end of the semester isn't enough, maybe the fact that the holidays are just around the corner has you biting your nails and fidgeting in your seats. It's that time of year when you feel like you can never get a moment for yourself, when one thing ends just so another can begin. In my world, when this happens, I escape to a place where nothing can touch me, I pop in my earbuds and let the music wash away all the clutter in my mind.

Now, it's not the typical head-banging, fist pounding music that you'll usually find flowing from my iPod. No, this is a different kind of music. It's the kind of music that doesn't require a lot of attention, the kind that blends in to the background, but makes its presence known just enough so it can calm your body and clear your mind.

Here are ten songs that can easily slip in while dealing with the stress of the holiday season:

**Artist:** Jimmy Eat World
**Song:** "My Sundown"
It's a simple song, kind of mellow, and doesn't require much focus. You can throw it on for some background noise or use it to chill out in those brief moments that you get for yourself.

**Artist:** Ryan Adams
**Song:** "Wonderwall"
In my opinion, this cover is better than the original. It's slower, and much more calming. It definitely fades into the background, but in a good way.

**Artist:** Mayday Parade
**Song:** "Miserable At Best"
In my opinion, this cover is better than the original. It's slower, and much more calming. It definitely fades into the background, but in a good way.

**Artist:** Tegan and Sara
**Song:** "Call It Off"
A short song, at only about two and a half minutes, but it's the perfect length to get as close as possible to the stage. I'm going to use that space for you. This one's a must.

What isn't okay with me is if I'm at a relatively mellow concert, like Bob Dylan at last summer's New American Music Union concert in Pittsburgh, and everyone gets there four hours early to pack in like sardines to see an American icon. Then someone random drunk girl tries to shove her way through the crowd and take space that is already being occupied by someone else. When this happens I turn into a linebacker. So help you God if you try and shove your way between me and Bob Dylan. Because one, I've been here all day and you just showed up. Two, there is no room for you here without being violent with me. Three, who gets violent when they go to see Dylan? It's just one of those things that is not acceptable in terms of concert etiquette. It will result in a confrontation, and it will not go in your favor because everyone else will take the side of the person who understands what you do at that kind of show.

I also understand that some people like to sing along to their favorite songs. Whatever, I can handle that. But some people don't seem to understand that a concert is not their audition to break into the music business. Nothing is more annoying at a show than when the people around you loud on that show. You can't hear the person who can actually sing the song with the right words and in the right key. The only thing you are going to hand you a contract from the stage because he or she is so impressed with your attempt to sing along, so keep your voice down.

Also, if you are say, at a U2 concert last month, and the only song you know is "Beautiful Day," and you are so excited about the fact that they are playing it you just repeatedly scream "OH MY GOD I LOVE THIS EFFING SONG!" Then musical etiquette says that if you are say, at a U2 concert last month, and you don't know a single song, you here without being violent with me.

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What’s on your iPod?

By Jen Paolino
A&E Editor

No matter what people try to tell you, no matter how many times they want to deny it, there is always that one song on their iPods that makes them cry. Regardless if they’re tears of joy, tears of sadness, or tears for reasons you can’t explain, there is always one song that manages to touch the emotions they try to keep bottled up inside.

The songs may seem odd, the reasoning behind them may seem even more strange, but something about these tracks has the power to make even the strongest people cry.

Everyone has a story; some people choose to tell their story through music.

Name: Matt Mizell
Song: “Mandy”
Artist: Barry Manilow
“I’m a guy, so I don’t cry over things like songs, but if I had to choose one that would make me cry, it would definitely be this one. There is a piano solo in that gets me every time.”

Name: Jenna Geler
Song: “Everybody’s Free”
Artist: Quindon Tarver
“It’s off the Romeo and Juliet soundtrack, and something about his voice just hits a nerve. I mean, he was only 12 years old at the time. It’s just an amazing song.”

Name: Lenni Fragakis
Song: Anything off the Greys Anatomy soundtrack.
“Nothing matters which song I listen to, I always equate whatever was going on in the show to whichever song is playing. If a song plays when something incredibly sad happens, that’s the only thing I can think about when I’m listening to it.”

Name: Liz Welborn
Song: “How Can I Help You Say Goodbye”
Artist: Patty Loveless
“It sounds like kind of a stupid song, since it’s so country, but there is this one part where she talks about saying goodbye to her mom, who’s dying, and for some reason every time I hear that part I think about my mom dying and I just break out into tears.”

Are you another Adam Hunter? Head to the Idiot Box

By Sterling Lund
Staff Writer

Recently, one of the hottest young comedians, Adam Hunter, visited the High Point campus. Adam Hunter was a contestant on the Last Comic Standing on NBC, a reality show in which contestants battle it out on stage to win bragging rights as the funniest man on television. After a narrow loss on the reality show, Hunter has appeared on several well-known networks such as The Late Show on CBS, E! Channel, and VH1.

Currently residing in Los Angeles, Hunter travels all over the country doing performances every night of the week, often times performing as many as two or three shows a night.

Students reacted very positively to the presence of a comedian on campus. With both shows sold out, there was an obvious display of excitement and enthusiasm for the show.

HPU has also hosted a local group of comedians from Greensboro’s comedy club The Idiot Box, a collection of comedians who use their quick wit and imagination to draw in the audience. The Idiot Box comedy show is Greensboro’s longest running performance group; they have put on more than 1,000 shows. The act consists of several quick-thinking improvisational games that build upon each other to create a memorable and clever show. Regular performances are on Friday at 10 p.m. and Saturday at 8 and 10 p.m. The Idiot Box also offers a student discount; prices are $10 for non-students and $7 for students.

If you feel that you are interested in comedy, don’t be afraid to get out there and get involved. One opportunity to put your humor to the test is at the Comedy Zone’s Amateur Open Mic night, which is held on the first two Thursdays of each month. It is open to the public, with only one condition: five friends must accompany each performer. A performer is not eligible until all six people have been accounted for. No audition is required. Shows begin at nine and there are approximately 15-20 times slots available. There is a $3 entry fee per person totaling $30.

Performers will have a maximum of four minutes on stage. There is no age limit and content is strictly comedic; no singing or poetry. Restrictions on vulgarity are based on the performer’s personal judgment.

HPU’s most elaborate show ever: Little Shop of Horrors

By Tierney Gallagher
Staff Writer

The Theater Department will present the musical "Little Shop of Horrors" Nov. 19 through 22 in the Pauline Theater at High Point University.

The show tells the story of a nerdy florist shop worker, "Seymour Krelborn," played by junior Ben Brown, who manages to create a memorable and clever show. Regular performances are on Friday at 10 p.m. and Saturday at 8 and 10 p.m. The Idiot Box also offers a student discount; prices are $10 for non-students and $7 for students.

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Performers will have a maximum of four minutes on stage. There is no age limit and content is strictly comedic; no singing or poetry. Restrictions on vulgarity are based on the performer’s personal judgment.

The show features eight original songs, including "I’d Rather Be Your Man," "Someone Else’s Hero," and "What’s on Your Mind." The musical includes a variety of dance numbers that build upon each other to create a memorable and clever show. Regular performances are on Friday at 10 p.m. and Saturday at 8 and 10 p.m. The Idiot Box also offers a student discount; prices are $10 for non-students and $7 for students.

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SGA auction items spark interest

By Samantha Tuthill
Opinion Editor

Most everyone has seen the commercials on TV stating that for less the price of a cup of coffee a day, a child's life in Africa could be saved. While the majority of the viewers of these advertisements will feel some sympathy and then just change the channel, others are doing something about it.

The kidnappings are part of a fundraiser called Cansome Ransom. Organizations provide Phi Mu with a list of people to kidnap and the sisters pick up random people on the list. The kidnapped people will be held in the Slane Center gym until their organization pays the ransom with either canned goods or monetary donations.

According to Sydney Malley, Phi Mu's public relations chair, "All of the food will be donated to Open Door Ministries in High Point for the Thanksgiving holiday. All of the money will be donated to Children's Miracle Network, Phi Mu's national philanthropy, with the exception of a portion of the money that will be given to the organization that raises the most amount of money."

The fundraiser has prompted reaction from students. "I am really excited to be 'kidnapped.' It sounds like a good way to have fun for a valuable cause!" says sophomore Maggie Jo Saylor.

"My dad participated in a charity event like this once and my mom and I got so into it that we bailed him a cookie with a bottle opener in it to help him 'escape.' I'm hoping my fellow SGA members will have the same drive to rescue me!" Saylor says.

"Cansome Ransom is just one of several philanthropic activities that Phi Mu hosts, according to Malley. "We sell candy grams at Halloween, snowmen at Christmas time, hoop-a-palooza in the spring; all of these benefit Children's Miracle Network. We get to go to Duke Children's hospital, which is a part of children's miracle network, and see where our money goes."

The sisters of Phi Mu hope that everyone will join them in supporting the Children's Miracle Network and Open Door Ministries.

Phi Mu's 'Cansome Ransom' returns

By Katie Nelson
Opinion Editor

On Nov. 21 the sisters of Phi Mu will be kidnapping students and holding them hostage in the Slane Center gymnasium. The kidnappings are part of a fundraiser called Cansome Ransom. Organizations provide Phi Mu with a list of people to kidnap and the sisters pick up random people on the list. The kidnapped people will be held in the Slane Center gym until their organization pays the ransom with either canned goods or monetary donations.

According to Sydney Malley, Phi Mu's public relations chair, "All of the food will be donated to Open Door Ministries in High Point for the Thanksgiving holiday. All of the money will be donated to Children's Miracle Network, Phi Mu's national philanthropy, with the exception of a portion of the money that will be given to the organization that raises the most amount of money."

The fundraiser has prompted reaction from students. "I am really excited to be 'kidnapped.' It sounds like a good way to have fun for a valuable cause!" says sophomore Maggie Jo Saylor.

"My dad participated in a charity event like this once and my mom and I got so into it that we bailed him a cookie with a bottle opener in it to help him 'escape.' I'm hoping my fellow SGA members will have the same drive to rescue me!" Saylor says.

"Cansome Ransom is just one of several philanthropic activities that Phi Mu hosts, according to Malley. "We sell candy grams at Halloween, snowmen at Christmas time, hoop-a-palooza in the spring; all of these benefit Children's Miracle Network. We get to go to Duke Children's hospital, which is a part of children's miracle network, and see where our money goes."

The sisters of Phi Mu hope that everyone will join them in supporting the Children's Miracle Network and Open Door Ministries.

Campus Mocha Club cuts coffee, changes lives

By Samantha Tuthill
Opinion Editor

Most everyone has seen the commercials on TV stating that for less the price of a cup of coffee a day, a child's life in Africa could be saved. While the majority of the viewers of these advertisements will feel some sympathy and then just change the channel, others are doing something about it.

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Join the HPU Mocha Club:
www.mochaclub.org/joinme/hpu/14

The project "Vulnerable Children & Orphan Care," but any program can be supported when one joins.

Last month, the HPU Mocha Club held an awareness event by showing the movie "War Dance." The film chronicles the journey of three children: Rose, a 13-year-old choir singer; Nancy, a 14-year-old dancer; and Dominic, a 14-year-old xylophone player, as they go on to compete in Uganda's National Music Competition. After war had taken away everything from these children, all they had left was their love of music. This moving film helped to open the eyes of many of the students who attended its viewing.

Lindsey Queener is a High Point freshman and a member of the Mocha Club. "I got so into it that we bailed him a cookie with a bottle opener in it to help him 'escape.' I'm hoping my fellow SGA members will have the same drive to rescue me!" Saylor says.

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What's Next?:
- Will continue having guest speakers next semester
- E-mail SGA at sga@highpoint.edu
- Meet bi-weekly Thursday at 7 p.m.
Women soccer's remarkable turnaround is one to remember

By Steven Haller
Staff Writer

Women's soccer at HPU in 2009 was a huge success, a season that ultimately led to winning the Big South Championship and holding top-seeded UNC to only one goal in the first round of the NCAA Women's College Cup tournament.

In their last game of the season, the Panthers battled relentlessly against the fourth-ranked Tar Heels. The Panthers switched up their strategy, moving more players to the defensive side to help thwart the relentless Tar Heel attack.

PU played a great defensive game, allowing only one goal out of 31 shots taken by UNC. Senior goalie keeper Marisa Abbott had a career-high 14 saves and had accumulated 597 minutes of scoreless play right before the Tar Heel goal, but the Panthers could not find a way to get the ball out of their own defensive third of the field and were not able to put any shots on goal, leading to their 1-0 loss that concluded a tremendous and unforeseen season of highs and lows.

Senior midfielder and team captain Lauren Strockell said after game, "[UNC] Chapel Hill is the ideal team and we only lost one to nothing. That is something to be really proud of." When asked about how she thought his team played against UNC, head coach Marty Beall explained, "Our girls did an outstanding job in our system and played together as a unit. They were absolutely fantastic tonight."

The play of senior goalkeeper Abbott was the talk of the night, to which Beall said, "She is always outstanding. She shows us every day to get the job done."

"Our team played so well tonight against one of the best teams in the country and it was great to play against some of the players that I used to play with in club soccer back home," explained Abbott. "This game was no different to me than any other, I just came out and did what I always do; the only difference was that the shots were a bit harder. As a team, we did an excellent job defending and not giving in tonight. The way we played frustrated them a lot."

By no means did the end result of this last game, though, reflect the Panthers entire season. Let it be remembered that the Panthers won the Big South Conference Championship to earn the right to play UNC in the NCAA Tournament, after starting the season 2-14-1 in their first 17 games of the regular season. HPU was the clear underdog and put up a good fight, ending up with a bang and that is all that matters in the end. Overall, I had a great senior season and I want to thank my team members for making it that way."

 Winning the Big South Championship was the team's goal all season, and the players are thrilled to have accomplished that goal. "It is absolutely unbelievable," said Beall. "The girls worked their tails off, we got better each day, and the rigorous non-conference play clearly paid off."

Junior midfielder Jillee Johnston had a similar reaction, recounting, "It is unreal. We worked so hard since the spring season and we refused to give up or give in. Not one game did we ever lose faith."

Abbott added, "We really battled through the whole season. We started in a rut, but we really came together after that and we kept pushing each other. That is what brought us to where we are."

The women's soccer team watches on Nov. 9 as they are announced to play against the UNC Tar Heels in the opening round of the NCAA Women's College Cup Tournament.

The women's soccer team watches on Nov. 9 as they are announced to play against the UNC Tar Heels in the opening round of the NCAA Women's College Cup Tournament.

Photo provided by HPU Sports Information.

Panther Profile

Caroline Miller - (Outside Hitter)

Hometown: Summerville, South Carolina.

Year in school: Senior

Major and career plans: Human Relations Major. I plan to work in a Retirement Home in the area of Occupational Therapy/Wellness.

What other activities (besides volleyball) are you involved in on campus: Club swim team.

What is your favorite thing to do when you're not playing volleyball? Going out with my friends and shopping.

What is your most memorable volleyball moment at HPU? Playing volleyball on a foreign tour to Greece during my sophomore year.

Interests/Hobbies: I'm very much an outdoors person. I like to hike water and snow ski, snowboard, and horseback riding. I'm up for anything, I love adventure.

Favorite Quote: "Our greatest glory is not in never falling but in rising every time we fall." -Confucius

Favorite Actress: Diane Lane

One thing you could never live without: I could never live without my family or friends. They get me through each and every day!

What motivates you most when playing a match: Probably hearing my teammates and fans cheering; it inspires me to work harder knowing that they are behind me.

Best advice someone has ever given you: "No matter how tough things get, never give up, never quit."

What do you listen to before a match: Rap always gets me pumped up for a match.
Stephanie Wallin - (Middle Blocker)

Thousand: Plymouth, Minnesota

Major: Accounting

What are some of your off court activities in the fall?

Hanging out with friends, scrap booking, playing card games, and bowling.

What are the best and worst things you love and hate about playing volleyball for High Point?

The team is the best part about playing here at High Point. We are all really good friends and hang out a lot off the court as well. They are like my second family.

Top 5 songs playing on your iPod (Fall)

"Smile" by Uncle Kracker

"Man in the Mirror" by Michael Jackson

"The Best Day" by Taylor Swift

"The Pursuit of Happyness" by Will Smith

One thing you can't live without: Sweatpants.

Hanging out with friends, scrap booking, playing card games, and bowling.

What are your goals that you hope to accomplish?

The harder you work the more you will achieve.

What are some of your favorite songs?

Whatever is playing during warm-ups.

Married and living in Minnesota.

My pinky finger will never be able to straighten out again because I dislocated it.

Plymouth; Minnesota: Junior

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Barbour’s baskets dominate men’s early season

By Steven Haller
Staff Writer

High Point men’s basketball tipped off its regular season on Nov. 14 with an exciting 104-72 victory over UNC Pembroke. HPU was led by the scoring prowess of sophomore guard Nick Barbour and the steadfast defense of big man Cruz Daniels.

Last month the Big South coaches named Barbour to the Big South Preseason All-Conference team. In 2008-09, Barbour led the Panthers with 14.2 points per game and was named to the Big South All-Freshman team. The sophomore hit the ground running in the season opener, notching a career-high 38 points, including 10-for-11 against UNC Pembroke. Photo by Jeremy Hopkins.

Co-Team Player of the Day Corey Law, known as “The Air Up There,” executed a windmill dunk that exhibited the power of the red-shirt freshman.

On Nov. 18, High Point played its first serious competition, traveling to Winston-Salem to take on Wake Forest. High Point stayed close to the Demon Deacons, keeping the lead for the majority of the first half. Wake Forest led by three at the halfway point.

High Point came out of the locker room sloppy. The Deacons benefited from a turnover-ridden second half by High Point, outscoring the Panthers 13-2 in points off of turnovers. Ultimately, HPU squandered what was as much as a nine-point first half lead as it was outscored 45-21 in the second half. The final tally was 83-60, Wake Forest.

The victory against UNC Pembroke gave Scott Cherry his first as High Point’s head coach. In his entire basketball career, as a player at North Carolina and as an assistant coach at South Carolina, Western Kentucky, George Mason and Tennessee, Cherry has never had a losing season.

Starting at 6’11” with a seven-foot wingspan, this fifth-year senior has the sheer size and strength to put down any attack that opponents throw his way. He already owns High Point’s career blocks record at 222 and added two more blocks against UNC Pembroke in the season-opener.

On a team where eight of the twelve players are guards, he will have to carry much of the defensive workload around the basket. Another key player for the Panthers, senior Eugene Harris, reached a huge milestone against UNC Pembroke, scoring the 1,000th point of his college career. Harris became the 28th member of High Point’s 1,000-point club. Harris played in 92 games in his first three years and has scored in 83 consecutive games.

For students like Matt Perry, a sophomore who also participates in sports talk radio on HPUR, the broadcasting crew is a dream come true. "You can watch games and try to learn from that and I can take every single production class on campus, but this experience just gives it a whole new feel." Perry also described his opportunity to do play-by-play for the broadcasts as a dream come true.

Unlike yours in the past, this year the sports broadcasting crew is run by both the athletic and communication programs. Many of the students are, but aren’t limited to, studying majors in these departments.

After the home volleyball season recently concluded, the broadcasting crew received feedback from parents about the quality of their broadcasts. With these new standards to live up to and the start of basketball season, the sports broadcasting crew has much work on its hands, but the program is creating opportunities never before seen at HPU.

Barbour shot 10-for-11 against UNC Pembroke. Photo by Jeremy Hopkins.

Students taking sports broadcasting to the EDGE

By Jessica Ryan
Staff Writer

Many people dream of being able to make a living out of broadcasting for television and radio, yet never are able to fully learn firsthand how much truly goes into the process.

A new program of sports media and communication at High Point University has been developed and created to provide students with the opportunity to gain valuable knowledge in the field of sports media production. The EDGE broadcast network is a relatively new program, established in 2007, that has allowed students to become more involved in the area of media and sports broadcasting production at HPU.

The Big South Conference asks member schools to send live video streams to the website’s network, EDGE, to allow people to watch the games from their computer. While a school can get away with simply placing a wide shot camera along the sidelines, High Point’s student broadcasts go above and beyond.

At a game, the sports broadcasting crew will usually have three students as camera operators along with several other students participating in a number of areas in the production process, like play-by-play, commenting, directing, and audio and technical control.

Students also work on the graphics, interview coaches, and highlight their future career goals. When asked about his future and how this program will help, one student in the program, Pat Stein, said, "Being a part of High Point’s productions for the Big South Network will give me the hands-on experience I’m going to need that will give me a competitive edge over other people looking to go into the same field I am." Dr. Jim Trammell, a media productions professor who works with the crew, feels that this is a "legitimate real world experience" that will help give the students the experience they need for whatever they wish to do in the future.

EDGE facts:
- Student commentators
- Professional audio/video equipment
- Cooperative effort between Guibein School of Communication and Department of Athletics
- http://www.highpointsports.com

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<td>SIGN UP FOR OPEN MIC NIGHT!</td>
<td>Sign up for the Comedy Night at Extraordinary</td>
<td>IDS Event-Greensboro Symphony Hayworth Fine Arts</td>
<td>Worship Service Hayworth Chapel 9:30am</td>
<td>SGA Meeting Phillips 120 7pm</td>
<td>C.A.T. DINGO NIGHT 8pm</td>
<td>Admissions Open House</td>
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<td>Sign up your team for the Scavenger Hunt</td>
<td>INTERESTED IN TWILIGHT SERIES? DON'T FORGET TO SIGN UP FOR THE NEW MOON PREMIER!</td>
<td>Weekly Service Hayworth Chapel 9:30am</td>
<td>Comedian Adam Hunter 9pm</td>
<td>C.A.T. KARAOKE</td>
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<td>SORORITY INTEREST MEETING</td>
<td>Don't forget to give blood tomorrow!</td>
<td>Red Cross Blood Drive</td>
<td>Weekly Service Hayworth Chapel 9:30am</td>
<td>IDS Event-HPU Theatre-Little Shop of Horrors Hayworth Fine Arts 7:30pm</td>
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<td>C.A.T Goes to see New Moon</td>
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