

Six Mile Post

The Student Voice

Georgia Highlands College - Rome, Georgia

January 31, 2006

Six Mile Post Online

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www.highlands.edu/sixmilepost



**Nutritional
lunch from
the vending
machine?
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GHC Briefs

ASF trip sign-up
now underway

By Jeff Denmon
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Assistant Editor

Sign-up is now underway for the March 18 and 19 Georgia Highlands College trip to the Alabama Shakespeare Festival in Montgomery. Sign-up is on a first-come, first-served basis until Feb. 17 or until the trip fills up.

The costs, \$76 for four people in a room, \$82 for three people in a room, \$93 for two people in a room, will cover the play tickets, transportation, admissions to the Rosa Parks Museum and the MLK Parsonage, a background packet on the plays ("Twelfth Night" and "To Kill a Mockingbird") and hotel accommodations.

Many instructors offer extra credit to trip participants.

Those interested in going on the trip may sign-up in the Office of Student Life on the Floyd and Cartersville campuses or at the GHC offices on the other campuses. A \$40 deposit is required at sign-up.

Bookmarks list
learning outcomes

By Jeff Denmon
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Assistant Editor

This week students in all English classes will receive a special bookmark listing the college's student learning outcomes.

These learning outcomes are Georgia Highlands College's way of saying it cares for the students' education, according to Dr. Laura Musselwhite, professor of history and GHC reaffirmation director.

The program lists eight goals that GHC students will meet as they progress through college.

"We want students to know that the classes they take are part of a bigger picture that is their education," said Musselwhite.

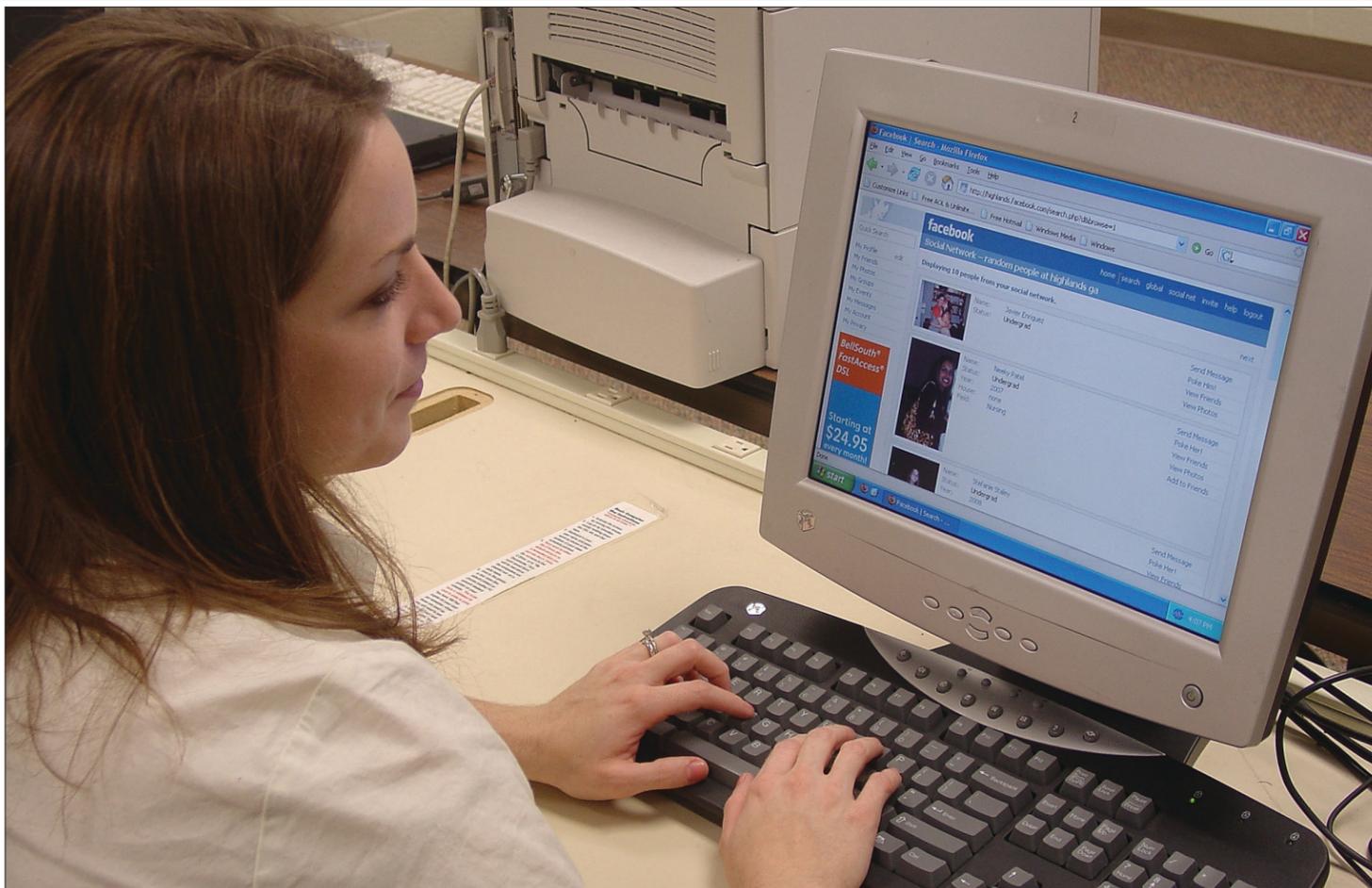


Photo by Sarah Abercrombie

Jennifer Smith, a dental hygiene major from Ellijay, Ga., scans through the profiles on Facebook.com in between classes.

GHC gets Facebook

By Whitney Anderson
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Staff Writer

Georgia Highlands has finally become a part of the online community known as Facebook.

This online directory is an easy way for college students to meet other college students across Georgia and even the world. Since the birth of Facebook in February 2004, more than 9.4 million students have signed up.

Unlike other websites such as Myspace and Livejournal, Facebook is solely for college students and faculty.

It has features that allow stu-

dents to post hilarious pictures of themselves and their friends, start and join different groups, and even rekindle old high school flames lost at graduation.

Alicia Dodd, a nursing major said, "I like Facebook.com. It's a great way to meet others within the school, and I can also keep in contact with people I graduated with. I like the fact that only college students can use it. I don't have to worry about weirdos talking to me."

Jared Hughes, an education major, likes using Facebook. He said, "It lets me keep in touch with the faces of the past and hopefully, I will meet some new ones for the future."

Facebook.com allows students to meet others through common interest or even sheer boredom.

By simply keyboarding in their classes, students can meet other classmates by using the search tool. By using the global tool, students can also find old friends they lost touch with years ago. Facebook.com also allows users to send messages among each other.

Patrick Maxedon, an education major, said, "Since I am on the computer a lot more than I am the phone, it's easier to keep in touch with friends, and I don't waste my phone minutes this way."

Facebook.com isn't just for the college student. College professors can also create accounts and use the site as a bulletin board for online classes and groups.

Although there are many positive features to Facebook, there are still many risks students take when signing up.

**FACEBOOK
continued on
page 4**

A turn for the worst: Cartersville campus entrance poses danger for students

By **Randie Mayo**
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Staff Writer

The turn that leads into the Cartersville Campus on Route 20 has brought about concerns among students and faculty at Georgia Highlands College.

Those turning left into the campus have no left turn lane or stop light to help them cross through oncoming traffic.

"We have had people tell us that the turn is dangerous," stated Dr. Randy Pierce, president of Georgia Highlands.

"They have more wrecks on Route 20 than any other road," said Katherine Faith, an English major from Cartersville. "They at least need a turning lane there."

Meredith Ginn, communications professor, said, "I do believe it's a dangerous spot for students and faculty, and a traf-

fic light should be put up."

Doug Webb, director of GHC plant operations, said, "This is a Department of Transportation (DOT) situation and will only improve if there are enough complaints or it is somehow determined by the DOT that a light or other turn lanes are needed."

"We have had conversations with [Bartow] County and were then directed to talk to the state," Pierce said.

According to Dr. Wilber Shuler, vice president of finance, "We have communicated with the highway department and they didn't think a traffic light would be warranted enough."

Pierce said, "In order to have anything done, an impact study would need to be applied. The cost to do that would be substantial, and we would have to assume that cost."

The completion of the 411 connector to I-75 might lessen

traffic in the area.

"When they put in the connector the traffic will be diverted," said Shuler.

Another proposition would be another entrance. According to Pierce, being able to exit off Smith Cline Road would "have a positive impact."

This plan will likely be presented to the Board of Regents of the University System of Georgia.



Photo by Chelsea Perren

Above: Traffic backs up as students wait to turn left into the Cartersville campus.



Photo by Chelsea Perren

Left: Drivers must wade through oncoming traffic in order to make the dangerous turn.

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Floyd campus receives needed repairs

By Joshua Owens
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Staff Writer

Over the winter break, a renovation crew worked long hours at Georgia Highlands' Floyd campus to complete restorations to the McCorkle Building's F-Wing.

F-Wing has received few substantial repairs since it was built in the 1970s. Faculty members have complained about leaks in F-Wing.

Physical plant director Doug Webb says, "It was high time the F-wing was repaired."

In fact, commencing work on the building has been on his mind for years; however, working on a tight budget prevents such projects from taking place until they are absolutely necessary, as they had become in the McCorkle Building.

Funding for renovations is provided by the State Board of Regents.

The Board currently allots \$350,000 per annum for Georgia Highlands based on a formula considering square footage and the number of students. The grant is called a "Major/Minor



Photo by Josh Kelly

Classrooms were supplied with new ceiling tiles as well as new carpet.

Repair and Renovation" (MR & R) bond issue. According to Webb, this fund must be budgeted "very wisely."

Webb, who oversaw operations, supervised the more than 20 laborers who aided in the task.

With hardly a month to work with, the crew was rushed to carefully unwire and remove computers and furniture, remove ceiling tiles and carpet and disable the 100+ sprinkler heads before finally beginning the ac-

tual renovating.

Several workers were subcontracted to complete such tasks as demolition, painting, re-carpeting and replacing lights. The cost of the restoration project totaled approximately \$110,000 or \$4000 less than the budgeted amount.

"A good, clean learning environment for students is our top priority; students will do better," states Webb, who hopes that this will positively affect how stu-



Photo by Carolyn Grindrod

Before the renovations could begin, professors had to clean out their offices during finals week.

dents work and think.

The F-Wing roof has not yet been repaired, but this is Webb's next planned renovation.

Raising funds for the roof repair will take all of the 2006-2007 fiscal year allotment and delve into the following year's fund as

well.

Sophomore Michelle Odle, a general studies major, appreciated the work.

Odle said, "I'm glad they did the renovation. With the change of name, it's also nice to update the school's look."

School weather closing information-- what students need to know

By Josh Daniels
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Staff Writer

When bad weather strikes, the first thing that college students want to know is if the school is open. According to Dana Davis, college relations officer, there are a few ways to find out.

The Georgia Highlands College website at <http://www.highlands.edu/> will post information on campus closings. If there is not a computer nearby, radio stations K-98, South 107 and Q102 will have the information.

TV stations WXIA 11 and Fox 5 WAGA will also have information GHC closings.

Students may also call to find out if their campus is open:

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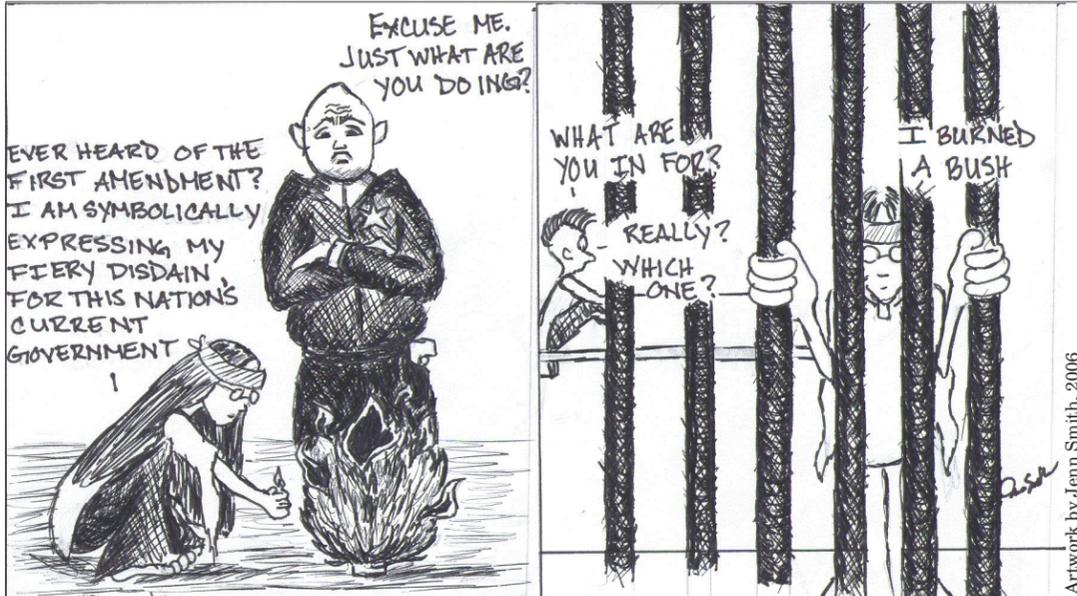


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SMP sponsors First Amendment Week

FACEBOOK

continued from page 1



Editorial cartoons like the one above are protected under the First Amendment.

By Carolyn Grindrod
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Editor-In-Chief

The "Six Mile Post" along with the Baptist Student Union, the "Old Red Kimono,"

the American Association of University Professors (GHC Chapter) and the College Democrats are sponsoring First Amendment Week at Georgia Highlands College Jan. 30 through Feb. 4.

The First Amendment is the

first of a group of 10 amendments to the U.S. Constitution called the Bill of Rights. The Bill of Rights was proposed on Sept. 25, 1789, and all ratified at the same time.

During this week, students

and faculty are encouraged to read the First Amendment and become more familiar with the freedoms it protects.

"Knowledge is power. People need to be aware of their own rights in order to insure their protection," says computer science major and College Democrats' President Brad Barnes. "As a student, it's important to know what your rights are, so you can be assertive and speak up for yourself," Barnes said.

As stated by the First Amendment,

"Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances."

By posting personal information such as phone numbers and home addresses, students can become victims of online stalking, sexual harassment and sometimes even assault.

Another disadvantage is the posting of embarrassing pictures that might be viewed by potential employers.

John Spranza, director of student life, said, "Many future employers have quickly become hip to Facebook and have used the site to prescreen applicants."

To avoid such conflict, the users are allowed to set privacy settings so that only friends can see their profile and their contact info. The user can also block any information viewed when being searched by other users.

Georgia Highlands was officially added to Facebook.com back in December 2005.

Since that time, over 500 students have signed up, logged on and become more a part of the student life at Georgia Highlands.



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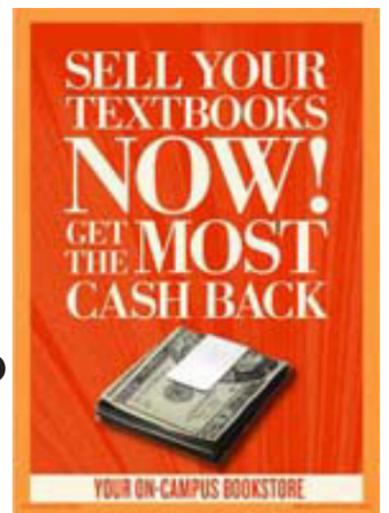
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Peters illuminates past injustices in new book

By Sandy Watkins
 cwatk00@highlands.edu
 Staff Writer

Add "author" to the list of accomplishments of Georgia Highlands College sociology professor Dr. T. Ralph Peters.

"Racial Competition and Class Solidarity," a companion text for upper level sociology, history, or economics courses, will be available in February from the State University of New York Press subsidiary of the Rockefeller Institute.

Dr. Terry Boswell, sociology professor emeritus from Emory, collaborated with some of his doctoral candidates using their individual dissertation specialties to form the basis of this book. Dr. Cliff Brown, associate professor of so-

ciology at the University of New Hampshire and Dr. John Brueggemann, associate professor of sociology at Skidmore College, as well as Peters were all collaborators on the book.

Peters' dissertation "Operation Dixie" focuses primarily on the effect of race and class on labor unions from the post-Civil War era to the turbulent 1960s in the deep South.

"The book is about the intersection of class and race in the labor movement and under what conditions union organized strikes were strengthened or defeated by racial cooperation or competition," Peters stated. "It's not light reading."

By illuminating the injustices of the past, Peters hopes to educate and possibly effect change for future generations.



Courtesy of Sunypress.edu

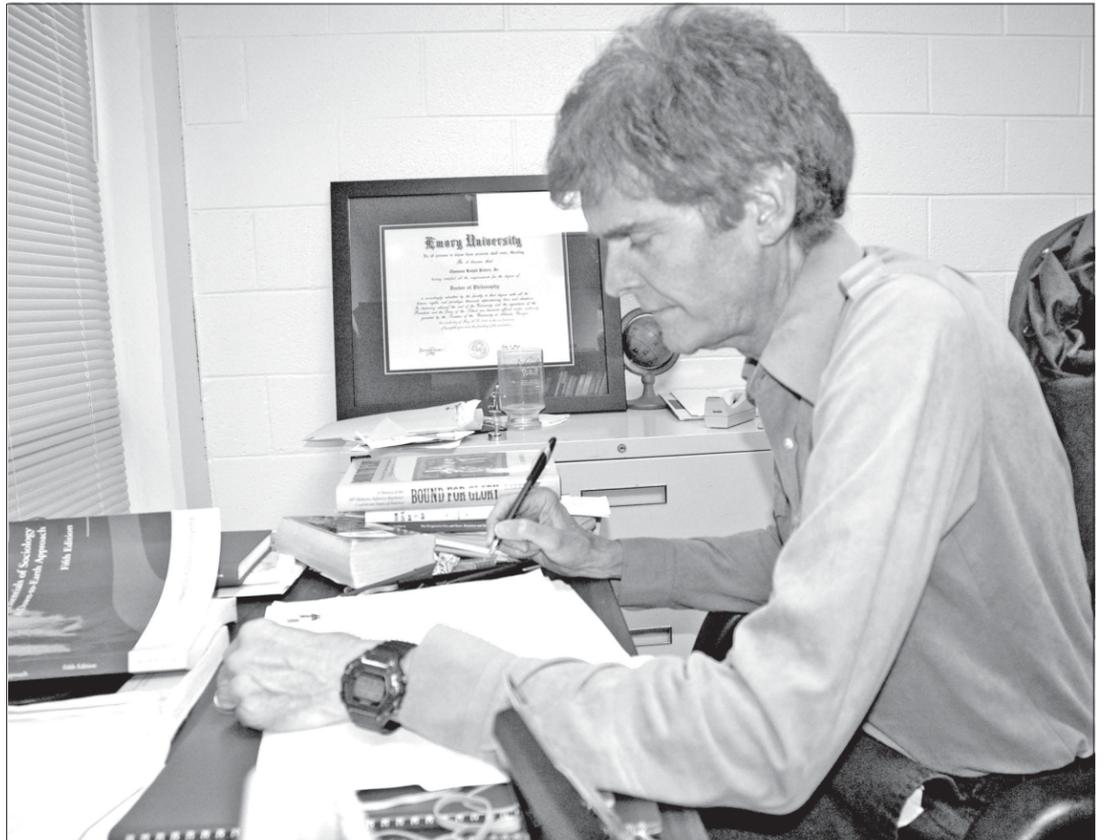


Photo by Josh Kelley

Dr. Ralph Peters, sociology professor at GHC and one of the authors of "Racial Competition and Class Solidarity" works in his office.

Construct-A-Bear workshop to come to GHC

By Jamie Swertfager
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 Staff Writer

The Cartersville and Floyd campuses will be holding a Construct-a-bear workshop for all students on Feb. 7 in Cartersville and on Feb. 8 in Rome.

On both days it will be held from 10 a.m. to 2 p.m. On the Floyd campus, it will be held in the student center, and on the Cartersville campus, the event will be located in the middle commons area near the security office.

This event, sponsored by Student Life, is a novel activity held for the enjoyment of the students. They are invited to come by on these dates and construct a teddy bear at no cost. Clothes will be available for dressing the bear as well.

"Racial Competition & Class Solidarity" In bookstores Feb. 2

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College newspapers may lose free speech

Is college going to be more like high school?

Some young college journalists' lives may have been changed because of a recent court ruling on administration censorship.

However, this change is not only going to affect aspiring journalists, but college students as a whole.

This situation has evolved from a censorship incident at Governors State College in Illinois.

According to the Student Press Law Center, "Governors State University was sued by student journalists Margaret Hosty, Jeni Porche and Steven Barba in January 2001 after Dean Patricia Carter told the newspaper's printer in October 2000 to

case *Hosty vs. Carter*, the 7th U.S. Circuit Court of Appeals in Chicago ruled in favor of Carter, saying that college newspapers could be subjected to the same censorship as high school newspapers under the 1988 *Hazelwood* court case.

Although the decision only applies to colleges in Wisconsin, Illinois and Indiana, this could soon affect most college newspapers around the nation because the case may go to the U.S. Supreme Court. The justices are supposed to announce by mid-February if they will hear the case.

The situation of this censorship case is tragic. With the ruling in *Hazelwood*, the students in high schools fell under prior review by principals

legitimate activities involving student speech, such as groups that bring speakers to campus, are subject to censorship unless they can prove they are a public forum, a place or publication for free expression."

When a student enters college, he or she is suddenly faced with many challenges that are very different from previous experiences in high school. Most high school students are not faced with the responsibilities that college students have to face.

For example, students who enter college have to develop skills for study and research; they are faced with making decisions and examining their priorities. Most students in college are over 18 and are considered adults; they have the ability to vote, so why can't they have the ability to speak their voice?

Here at the "Six Mile Post," this threat of censorship has never been a problem. Our administration recognizes the "Six Mile Post" as a public forum in which students have the right to speak freely and has always been very supportive toward the journalism staff.

It's just upsetting to see that although this situation is not happening here, it is happening to aspiring journalists and affecting students in other universities and colleges.

if their publication was not a public forum.

This is the same concept that is now threatening college papers through prior review by administrators.

An article in the "Milwaukee Journal Sentinel" points out the impact this court case has on college students in the three affected states and might eventually have on all students: "All subsidized col-

"Most students in college are over 18 and are considered adults; they have the ability to vote, so why can't they have the ability to speak their voice?"

had published news stories and editorials critical of the administration."

Governors State's previous policy had been that the newspaper staff alone was responsible for the content of the newspaper.

In the June 2005 court

Resolutions: we all make them; we all forget them

With the arrival of the new year, people decide to start out fresh and make new goals for themselves.

New Year's resolutions are a way for a person to set a goal and work toward it, whether it is to stop smoking, study harder, actually go to class every once in a while or even take that big plunge and change something big such as jobs or colleges.

However, my experiences have taught me even the smallest changes are the hardest to make and even worse, keep in mind.

These little things include anything from speaking your opinion more often to cutting back on sweets and candies to

getting out more.

Whatever the resolution, unless it is as heartfelt as any other goal you make for yourself, it will be forgotten by mid-June unless acted upon.

Some people decide not to make resolutions. The idea of not having a goal for the year so they can limitlessly expand their ideas is attractive at first, but then they realize by late October they've sat and simply let the

year pass them by.

I believe the best way to deal with the lack of resolution is to counterbalance no actively pursuing a long-term goal by setting many short-term goals.

Who knows?

That one short-term goal achieved could lead to a much larger goal.

When dealing with the lack of resolution, one must keep an open mind.



Editor's Box

By Jeff Denmon
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Artwork by Jenn Smith, 2006

A familiar scene at the first of the semester

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Six Mile Post

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The "Six Mile Post," a designated public forum named after the old railroad station and trading post that was once located near where the college was founded in Floyd County, publishes seven print and online issues a year and is funded through student activity fees and ad revenue.

Letters to the Editor may be brought to the SMP office, emailed to 6MPost@highlands.edu, or mailed to Editor, "Six Mile Post," 3175 Cedartown Highway Rome, GA 30161. Letters must be signed by the author. Publication and editing of letters will be at the discretion of the editors.

Something to think about



Jason Trask is an award-winning staff writer for the SMP. He spent last year traveling throughout Russia. He currently is full-time geology major at GHC, who enjoys romantic dinners and long walks on the beach.

The other day I was at one of the establishments on Broad Street. As I sat there enjoying the local culture and depth of all things Rome, I realized that though there is a unique and flavorful cultural aspect to Rome there is also a certain ignorant shallowness— a certain set of beliefs that have seemingly been perpetuated through the generations.

This is perhaps the remnant of the Southern colonial paradigm, or perhaps such ignorance is not bred from time, but from just plain ignorant prejudice.

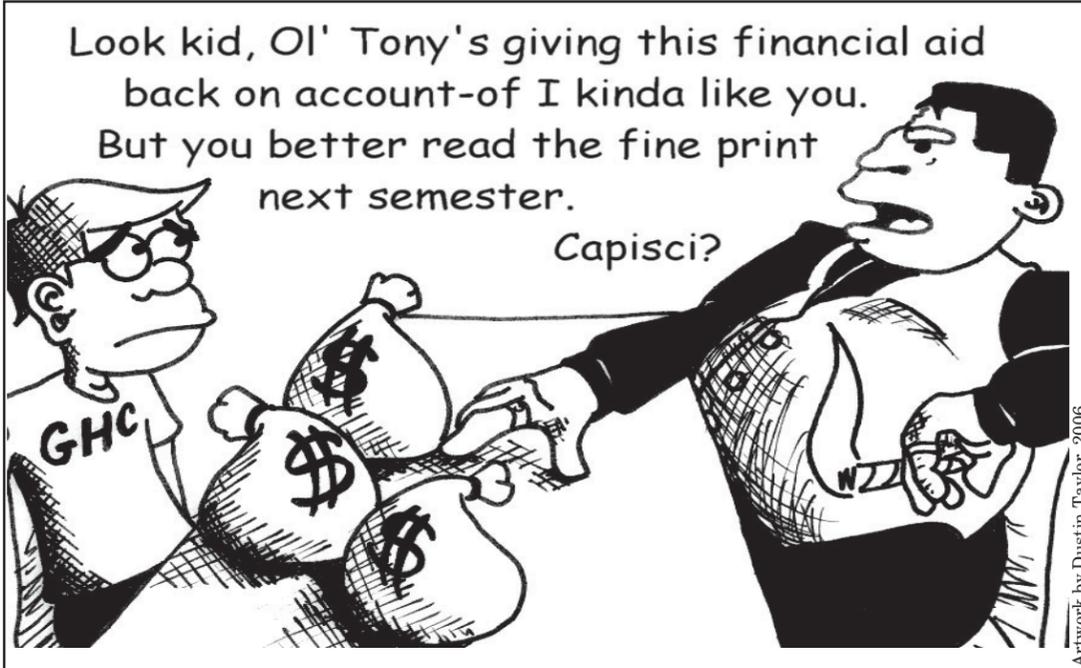
Let me clarify. As I sat there I became aware of a conversation being held within earshot. The basic premise of this conversation was that if people are going to come to this country they should speak English upon arrival. There should be a second sentence here with further details of this person's point of view, but sadly this person apparently has never thought out this retarded line of thought beyond this point.

I have traveled overseas extensively, and everywhere I have gone the one nationality of people the most incapable of making themselves welcome in any given country is American. How asinine that, back home, this same group of people is at times prejudiced towards foreigners.

We share our community with people of many different and unique nationalities who come from some of the most beautiful and vibrant cultures in the world. Their reasons for coming here vary widely, but most come to seek a better quality of life than the one they were born to.

Whatever happened to Southern hospitality? Have some of us forgotten that this country was founded on the belief that all men are created equal?

Perhaps the next time you begin to spout off some ignorant racist prejudiced crap, you will instead step back and remember that your ancestors too were once very likely new arrivals.



More than 1200 Georgia Highlands' students authorized for the college to keep their financial aid refunds to apply to next semester costs (like roll over minutes) when they completed the required online authorization survey. Many did so without a clear understanding of what they were authorizing. As a result of the misunderstanding, the Financial Aid Office is voiding all authorizations and refunding leftover financial aid as usual. According to Kelly Gribble, director of financial aid, "Students who still want to take advantage of the option should contact the business office directly to re-authorize."

Half-semester classes cause stress

By **Jake Carter**
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 Staff Writer

Several people, including myself, signed up for one or more half-semester classes at the fall 2005 orientation for freshmen without even knowing it.

The only clue was the longer class period written in the printed course schedule.

Many of the students were caught off guard with the longer

class periods and larger work load. The classes themselves covered the entire material usually done in a normal 16-week semester in only a 10-week period. Students in these classes received the same credit hours as someone who signed up for the regular class.

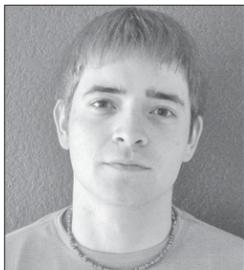
The teachers covered the material and classes generally went smoothly. Most students liked the idea of a course ending early. However, not everything went

well. Even though the classes ended in October, my grades were not posted until December. I went two months with out knowing how I did in my classes. I had to e-mail my instructor for my grade.

As a whole, this program should continue to improve with each passing semester. But, students planning on enrolling in a half-semester course should be prepared to work harder than normal.

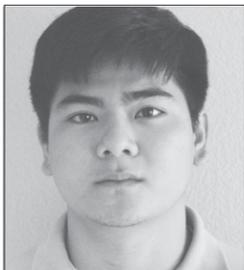
SIX MILE POLL

How do you exercise your First Amendment rights in your everyday life?



Jacob Peppers
 Summerville, Ga.
 Education

"It allows me the ability to disagree with someone who has more authority than me."



Tri Ly
 Rome, Ga.
 Medical Technology

"I exercise my First Amendment right everyday by calling people 'douchebag'."



Jennifer Forsyth
 Rome, Ga.
 Psychology

"By listening to everyone and then giving them my two cents."



Cory Pitts
 Rome, Ga.
 Computer Science

I can talk trash on the court without getting in trouble; the Tru Ballaz are gonna win the Intramural Championship."



Cristain Franklin
 Kennesaw, Ga.
 Nursing

"I use the First Amendment to speak my mind without persecution from others."

Poll by Michael McGill

New Orleans residents feel at home in Rome

By Mary Prickett
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Staff Writer

After Hurricane Katrina, many people were forced to start their lives over. Some of these people came to Rome looking for help, and it was given with open arms.

Georgia Highlands College is one college that has some of these people in its midst. Moving to Rome and restarting their lives, two of these amazing people share their stories.

Normicka Forest, mother of

two and a computer information systems major, left Louisiana before the storm hit. With her parents back in New Orleans and other family members residing in Riverdale, Ga., she has started over in Rome.

Forest is in the work study program and started in the late semester of fall. "It's pretty cool," stated Forest about GHC; "People have been pretty helpful."

"I had to start from scratch. It was a major event nobody ever dreamed would happen. My children are in school, and I'm work-

ing. Everything is really working out fine for me, like nothing ever happened," said Forest.

Forest likes living in Rome. She is currently planning to graduate in the spring of 2008. "I feel like I'm better off now than I was then. Things only got better for

me. Only the strong survive, and I am a survivor," she said. As for now, Forest has no plans to go back to New Orleans.

Theresa Kellett, who started work in the Enrollment Management Office in September, left New Orleans only eight hours before the storm hit.

Kellett lived by Lake Pontchartrain. The levy holding back the lake broke during the storm, emptying the entire contents of the Lake Pontchartrain into the city.

Kellett is originally from Lindale, Ga., and has family here. "We thought we would only

be here for four days. I remember where I was sitting when we heard the news that the levy broke. My husband and I looked at each other and knew we would not be coming home. I try to look at the positive side of everything. It affected everything in my life. It's not always a negative; it's not negative," said Kellett.

Kellett has been back to her home and was able to save a few heirlooms from her family. "I feel blessed that I came out with some heirlooms. I'm blessed, because some of our friends, when they walked into their house, turned around and walked back out. The

force of the water stripped the first floor of their home away," Kellett said.

She appreciates the outpouring of love and generosity the people of Rome, her family and GHC have shown her.

"People have gone out of their way to make me feel welcome. Not just coming home to Lindale, but coming home," stated Kellett.

"It was bad what happened," she said, "but the results have all been positive. I believe it will all work out, that everything is okay. Yeah, it was bad, but has all turned out good."



Photo by Sam Chapman

Theresa Kellett, formerly of New Orleans, began working in GHC's Enrollment Management Office in the fall.



Photo by Sarah Abercrombie

Normicka Forest, mother of two, is currently a computer information systems major at GHC.

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Photo by Josh Kelley

Terra Brown, instructor of physical education, has taught at GHC since spring of 2001.

Not only a teacher but a student

Terra Brown has dedicated her life to faith, her children and her love of fitness

By Sarah Abercrombie
saber01@highlands.edu
Assistant Editor

Terra Brown, part-time instructor of physical education, has dedicated her life to her faith, her children and her love for health and fitness.

She said, "I can remember my father having bypass surgery

when I was 15, and the thought of losing one of the most important people in my life devastated me. My grandmother, his mother, died when I was four from heart disease, and my grandfather, his father, died of a heart attack when I was eight."

Brown says this family history inspired her to help people with fitness and health.

"I got my first weight bench when I was 14. I have always eaten healthy and worked out. I am very disciplined when it comes to health and fitness. Life is a choice," she said.

Brown earned a bachelor's degree in Exercise Science and Wellness/Cardiac Rehab with a concentration in Athletic Training from Jacksonville State Uni-

versity (JSU). She also has a master's degree from Life University in Sports Injury Management.

While she was completing her master's degree, she started at what was then Floyd College (now Georgia Highlands College) and completed her associate of applied science degree in Physical Therapy Assisting.

While in college Brown worked as a personal trainer at Gold's Gym and also worked privately as a trainer. She earned her certification in personal training through the National Academy of Sports Medicine.

After graduating from JSU in 1996, Brown worked as a Physical Therapy Tech at Cartersville Medical Center until 1999.

In January 2001 Brown started at Floyd College (now Georgia Highlands College). "I used to love to speak on health and nutrition at church, so I knew that I would love to teach," she said.

Along with teaching at GHC

Brown is also a student. "I am currently completing my doctorate in Educational Leadership, but I am preparing to apply to PA (Physician Assistant) school this year," Brown stated.

Brown also works for Polk Medical Center in Outpatient Physical Therapy and at Redmond Regional Hospital some weekends.

She is a single mother of two young boys Holland, who is six, and Tylar, who is four. "They are my life," Brown said.

Brown's foremost goal is to be obedient to God's will. "I hope that His light will shine through me," she said.

She also hopes to complete PA school and to be a foster parent to many children one day "on a beautiful farm."

Brown has an ongoing desire to help others. "I want to start mission work when my life settles and offer my experience in the medical field to third world countries," she said.

"I have always eaten healthy and worked out. I am very disciplined when it comes to health and fitness. Life is a choice."

-Terra Brown

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Great China outshines local competition



Contributed photo

Great China opened on Shorter Avenue in West Rome's Kroger shopping center in July 2005.

By Sarah Abercrombie
saber01@highlands.edu
Assistant Editor

Restaurant Review

Great China
2448 Shorter Avenue
706-378-8005

Great China has a large menu that appeals to all who enjoy traditional Chinese dishes.

This small Chinese restaurant is located on Shorter Avenue in West Rome's Kroger shopping center.

The restaurant focuses on carry-out foods and provides delivery within a three-mile range. Although the restaurant first opened its doors in 2004, Tony Chen took over as manager in July 2005.

Considering that all food is prepared fresh at the time of or-

der, the wait time is brief. The menu includes dishes built around a variety of light, dark, sweet and sour and hot and spicy sauces accompanied by chicken, beef, pork, seafood and vegetable ingredients. A variety of rice and noodle components are also used. Vegetarian and vegan entrees are available.

Spring rolls along with the traditional varieties of Chinese soups make for a complete meal. The chef is more than willing to create special dishes using the patron's choice of available ingredients. Portions are generous and prices are reasonable. Do not expect the typical Chinese restaurant decor. The atmosphere is simple, tidy and clean. Food is prepared in full view of patrons.

While most patrons choose carry-out or delivery, those who prefer to enjoy their food at its peak of freshness and perfection by dining in-house will find four cozy tables, each seating four patrons. Any lack in atmosphere is more than made up by the excellent service and friendliness of the restaurant staff. Dress is casual.

Great China's most recent food service inspection was conducted in May 2005. The restaurant achieved a score of 97, the highest score currently posted on the Floyd County Health Department's Internet website

for Rome area Chinese restaurants.

A specially priced lunch menu, in addition to the regular entree and dinner menus, is available daily from 11 a.m. until 3 p.m. The restaurant opens at 11 a.m. Tuesday through Sunday. Closing times are 10 p.m. Tuesday through Thursday and Sunday; and 11 p.m. Friday and Saturday.

Overall Rating: Excellent
Quality and Quantity: 5/5
Service: 5/5
Value: 5/5
Atmosphere: 4/5



Contributed photo

Great China's decor may be simple, but the food and service are excellent.



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- Mon., Feb. 6, 12:30 p.m. Dieting & New Year's Resolutions
- Tues., Feb. 14, 12:30 p.m. Relationship Signals
- Thurs., Feb. 16, 2:30 p.m. When Parents are Students Too!
- Wed., Feb. 22, 12:30 p.m. Squashing Test Anxiety

Cartersville Campus

All events will be held in the Room 124.

- Thurs., Feb. 9, 12:30 p.m. College Knowledge...What You Gotta Know!
- Mon., Feb. 13, 12:30 p.m. Relationship Signals
- Tues., Feb. 21, 12:30 p.m. Squashing Test Anxiety

The prodigal grandson returns

By Jacki Padgett
jpadg01@highlands.edu
Staff Writer

Book Review

Jennifer Archer's book "The Me I Used To Be" is a story about young love, losing that love, growing up, forgiveness, self-discovery and the unexpected.

Allyson Cole was like any other 16-year-old living in the '60s. With young love brewing, her parents knew she was riding into trouble, but is that not part of growing up? And growing up was something she had to do.

Allyson, along with her young love, Sonny McGraw, and three other friends set out the summer of '69 on a cross-country trip to a little town called Bethel, NY. They were on their way to Woodstock.

Allyson's life would be forever changed after Woodstock. Nine months later, 16-year-old Allyson became a single mother.

Her parents told her that if

she had the baby that she would receive no help from them and that she must give the child up for adoption.

So, Allyson did what she thought was best. She had the child, but her daughter was taken away as soon as she was born, never to be seen by Allyson.

Thirty-five years later, Allyson is a successful health food restaurant owner in Portland, Ore., and is in a serious relationship with a successful surgeon named Warren. But the baby girl she gave up so many years ago is always in her mind. Allyson knows her name was Sarah.

Though she has kept her information updated with the adoption agency, Allyson has never heard from Sarah.

On the day that Sarah would turn 35, Allyson gets a knock on her door. A young man stands at her front door.

"Hello, Grandma," he says. "I'm Nick. Nicholas Pearson."

Allyson never met her daugh-

ter; she died from breast cancer two weeks before Nick showed up on Allyson's doorsteps, leaving him this message: "Dear Nick, If you're reading this, my cancer won and my worst fear of leaving you too soon has come true...I want you to look up a woman named Allyson Cole in Portland. She owes me, and I'm trusting what my heart tells me; that she'll want to know and help you. Read my journals and you'll understand..."

With Nick in her life, Allyson must learn how to be a grandmother while Nick is facing his anger and resentment towards her.

Allyson decides to look up Sonny McGraw, who now lives in Texas. She finds herself again on a cross-country trip this time with her grandson, so he can meet his grandfather and so she herself can get answers to the questions that have haunted her since that early morning at Woodstock when she woke up alone.

"The Me I Used To Be" is a touching novel that explores the issues and emotions associated with family, love and growing up.

Anyone who wants to cry a little, laugh a little and remember a little of his or her own trials in life will surely enjoy this novel.

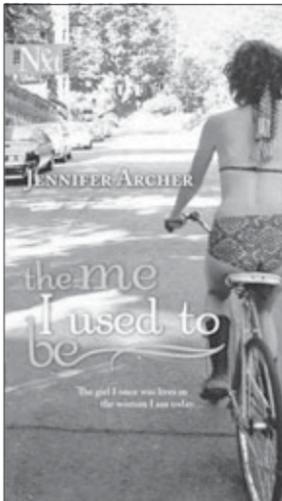


Photo courtesy of Amazon.com

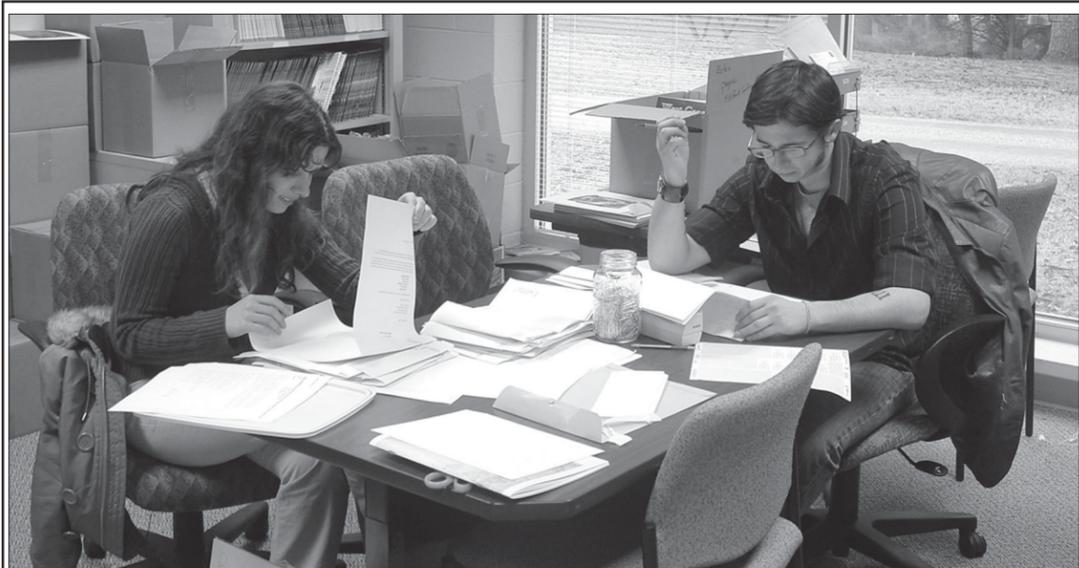


Photo by Chelsea Perren

Randie Mayo (left) and Sam Chapman, literary editors, judging submission for the 2006 "Old Red Kimono."

'Old Red Kimono' deadline nears

The "Old Red Kimono" (ORK), GHC's literary magazine, is accepting submissions of poetry, short stories and art work until Feb. 24. Submissions may be dropped off at the ORK Office in the Student Life Office on the Floyd campus or mailed to the Floyd campus marked attention "Old Red Kimono." Submissions may also be emailed to rmayo00@highlands.edu.

Poets and writers brave the cold

By John Bailey
jbail08@highlands.edu
Staff Writer

For the past 15 years, Poetry Night at Schroeder's New Deli has only been held during warm weather. This year, writers and poets can brave the winter weather to display their prowess indoors.

David Welch, owner and manager of the Redmond Circle location and a former Georgia Highlands student, has opened the doors for the monthly Thursday night readings.

Students are encouraged to

bring their original work and read for the audience.

There are usually around 8 to 10 readers, and there are generally more than 40 people who come to listen.

Anyone interested in reading should contact Dr. Jon Hershey, professor of English, at jhershey@highlands.edu.

"Many teachers may offer extra credit to students who attend or participate," said Hershey.

The next Poetry Night is scheduled for Feb. 16, 7 p.m. at the Schroeder's on Redmond Circle.

Barr's art on display at Rome Area Council for the Arts

An art show featuring the work of Brian Barr, assistant professor of art, along with Jess Hinshaw is underway at the Rome Area Council for the Arts (RACA) gallery. Works on display consist of prints and drawings, some of which Barr refers to as "fun pieces."

The RACA gallery is located on the corner of Broad Street and 3rd Avenue. The show will be held through Feb. 10.

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Dave Matthews Band gives another jaw dropping performance in "The Complete Night on the Rocks"

By Mary Lynn Ritch
mritc00@highlands.edu
Staff Writer

Music Review

The Dave Matthews Band has done it again, producing another jam band masterpiece. "The Complete Weekend on the Rocks" is eight CD's of sheer entertainment.

Dave Matthews Band plays a collection of oldies, but goodies during "The Complete Weekend at the Rocks." The band's rendition of the Beatle's "Black Bird" sounds like a ballroom ballad. The audience can feel the wind from the wings escaping to freedom. Butch Taylor adds to the melancholy sound of the song.

Another oldie by the Zombies worth skipping is: "The Time of the Season." The song is flat. The audience shows more emotion than Dave and the rest of the band.

The most popular song during "The Complete Weekend at the Rocks" was "Louisiana

Bayou." Unlike the studio version, the live version has an electric charge. Featuring special guest, Robert Randolph with his pedal steel guitar adds Cajun spice to this crawdad song; without him, the song is just like dipping your crawdads in butter. Like any good spice, Randolph heats up the audience and leaves them searching for water.



Courtesy of <http://stores.musictoday.com>

The song "Halloween," which is on every live CD, has the same usual psychotic babbling of Dave Matthews. However, Carter Beauford saves the song with his incredible drum solo. His drumming carries the song. It sounds

like he is running in terror from Matthew's psychotic screaming.

"#41" would have to be the best song they played during "The Complete Weekend on the Rocks." This song really showcases the band's talent. This song is filled with great passion and emotion.

However, the DVD included in the package is a disappointment. It only shows ten of the songs they performed throughout "The Complete Weekend on the Rocks." Although it is a great mix of songs, they could have added more to the compilation.

"The Complete Weekend on the Rocks" was a sensational production of the band's talent.

Other great Dave Matthews Albums to check out are

**"Stand up"
"Crash"
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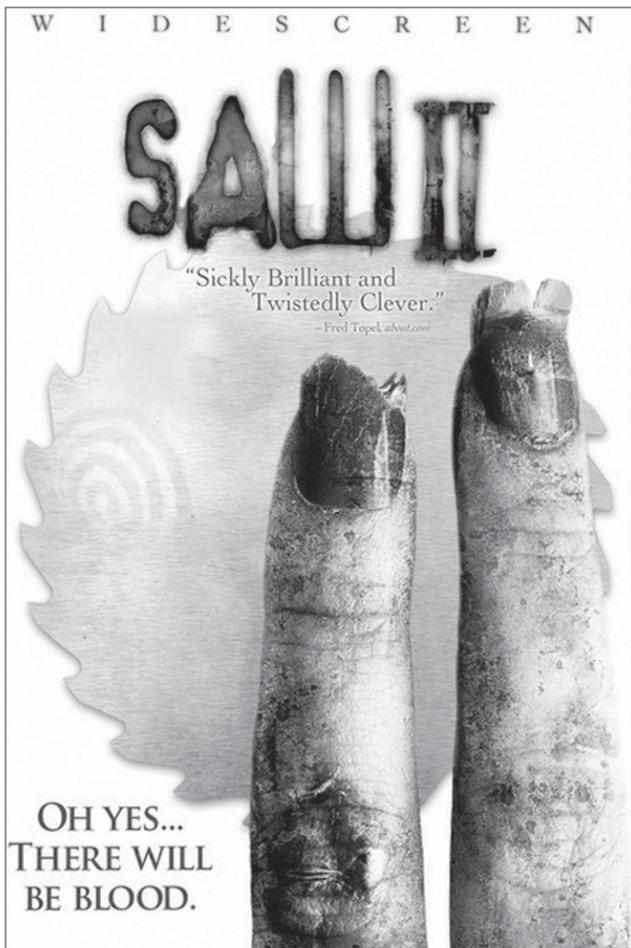
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Courtesy of dvdtown.com

'Saw II' encourages the horror genre with all the normal horror plus some

By **Dustin Taylor**
 dtayl06@highlands.edu
 Staff Writer

Movie Review

Bloody deaths, violent traps and a tedious overarching mystery, all the variables are in place and the formula has received a much-needed overhaul.

Written and directed by Darren Lynn Bousman, "Saw II" takes all the elements that made 2004's "Saw" compelling and essentially raises the stakes.

Replacing the borderline comical performance delivered by Cary Elwes is a more inspired lead from Donnie Wahlberg as Detective Eric Mason.

Some old favorites are back including Tobin Bell as Jigsaw, a deranged, yet philosophically inclined mastermind, who has collected an ensemble of victims to slaughter themselves for our viewing pleasure.

Perhaps it hearkens back to the gladiatorial days, but there is just something inescapably magnetic about eight doomed strangers pitted against one another in a confined space.

"Saw II" still manages to elicit the occasional wince of sympathetic pain, though some of the thunder is stolen as an invisible

Carefully timed clipshows insure that those who missed the original "Saw" will not be left in the dark, though the occasional throwback may be lost on those same viewers.

"Saw II" does not revolutionize the genre, but it certainly encourages growth.

In the end, the sequel delivers everything

"Those who do not appreciate life do not deserve life."

-Jigsaw

the tagline promises and more: "Oh yes, there will be blood."

toxic gas is employed to off the occasional hostage.

Still, the root of the "Saw" series does not lie in its masochistic game of cat and mouse, but in the morality play that develops as the "killer" works to enlighten his victims. As Jigsaw explains, "Those who do not appreciate life do not deserve life." In this sense, "Saw II" falls into the same category as the classic "Se7en."

Well worth a rental and a must for any fan of the original, "Saw II" hits shelves Feb. 14.

The DVD will feature both the wide and full screen versions with an audio commentary with Bousman and actors Donnie Wahlberg and Beverley Mitchell. Filling out the bonus features are storyboards, a gallery of concept artwork and "Jigsaw's Game," a making-of featurette.

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- 30 mg cholesterol
- 665 mg sodium

Tips for Healthy Eating While Eating Out

Courtesy of helpguide.org

Caffeine content of popular drinks (milligrams per 12 ounces)

Red Bull (8.2 oz)	80 mg of caffeine
Jolt	71.2 mg
Mountain Dew	55 mg
Mountain Dew code red	55 mg
Mellow Yellow	52.8 mg
Surge	51 mg
Diet Coke	45.6 mg
Dr. Pepper	41 mg
Diet Dr. Pepper	41 mg
Sunkist Orange	41 mg
Pepsi-Cola	37.5 mg
Diet Pepsi-Cola	36 mg
Wild Cherry Pepsi	38 mg
Coca-Cola Classic	34 mg
Cherry Coke	34 mg
Vanilla Coke	34 mg
A&W Cream Soda	29 mg
Sprite	0 mg

Courtesy of netrition.com



Photo by Sam Chapman

William Torres, a human services major from Calhoun, makes his selection at a campus vending machine.

Healthy snack choices a rarity at GHC

By Seth Acuff
sacuf00@highlands.edu
 Staff Writer

There are numerous ways for a hungry Georgia Highlands student to get food or drink around campus. There are vending machines, a cafeteria and various Student Life fundraisers that can feed a famished collegian, but these options do not provide for someone who wishes to maintain a healthy diet.

The most common beverage choice among GHC students is soda from one of the many vending machines located on campus. These sodas are packed with carbohydrates and sodium. The average 20-ounce bottle of soda contains more than 75 grams of

carbs, more than 25 percent of the amount of carbohydrates that should be ingested if someone is following a 2000 calorie diet. That's almost a meal in a single bottle of Mountain Dew, Dr. Pepper or Coke Classic.

The food vending machines usually located adjacent to the drink machines are convenient and cheap, but not the most healthful providers of nourishment.

A bag of chips, dunkin sticks, Pop-Tarts or a bag of Skittles may abate one's appetite for a short while, but do not provided the necessary nutrients for a low fat/sugar lifestyle.

Vending machine companies place products in their machines according to what they think the

students will buy. So, if students wish to change the food or beverage choices in the vending machines, they must contact the vending company and make a request.

If students decide to dine in the cafeteria located on the GHC Floyd campus, they can expect 451 calories per burger, 120 per bun and 71 more calories for a slice of cheese. That is almost 600 calories just for a cheeseburger, and a serving of fries adds about 400 calories more.

In light of these high caloric snacks, the GHC food service staff will soon post a flyer with nutritional information in the kitchen area so students can be better advised in their eating choices.



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Look for the next issue of the "Six Mile Post" hitting shelves Feb. 21, 2006.

Another year, another season, another chance for the Renegades to win it all

By **Stephanie McCombs**
smcco01@highlands.edu
Staff Writer

When you think of the Rome Renegades, you think of the 2005 NIFL Atlantic Conference Champions. For their first season in action, the Renegades went all the way to the championship game, only to come up short-handed.

With the first game of the new season approaching on Feb. 27 at Richmond, Va., the Renegades are taking their game up a notch and are entering into a new league, the American Indoor Football League.

There will be many changes made to the offense/defense. Scott Chandler, defensive coordinator for the Renegades, says, "It's really by necessity rather than by choice. The new league has very specific rules. It is more like what you see on TV with the Georgia Force."

Only six players are returning from last year. With a new group of players coming in, the Renegades hope to bring a higher level of talent to the table and bring home the championship



The Rome Renegades prepare for another season.

File Photo

trophy.

"Our upcoming goals for this season are to win the championship game," Chandler stated.

Their first game against the Richmond Bandits may be a tough one. The Bandits were the

champions of their league last year.

"We've got to open up against a team that won their championship. So, you know, we will definitely find out where we stand when we play them," Chandler

said.

Unlike standard American football, the indoor league has many different rules and regulations. There are four, 15-minute running clock quarters, with the clock only stopping with a minute

left before halftime and a minute left before the end of the game.

There are no out-of-bounds, and games are played with eight players from each team on a 50-yard field. Plays only stop when contact is made on the dasher boards, and two guys are allowed to be in motion running towards the line.

The Renegades will play a total of 14 games this season: seven at home and seven away. All home games are played on Fridays at 7 p.m. at the Forum, except for the last game, which will be played on a Saturday.

Their first home game is March 24 at 7 p.m. against Florence.

Tickets are being sold Monday through Friday from 8:30 a.m.-4:30 p.m. For more ticket information call 706-291-5281. Student tickets start at \$5.

The Renegades are looking for volunteers for chain crew and ball boys. Applications are currently available for cheerleaders, too. For more information about the Renegades, call 706-378-7363 or visit their website at www.romerenegades.com or www.AIFL.com.

Intramurals begin with 5-on-5 basketball, golf, Ultimate Frisbee, volleyball and more

By **Stephanie McCombs**
smcco01@highlands.edu
Staff Writer

Sign-ups continue for some intramural activities while others are already underway.

The FIT (Fitness Incentive Team) program is a walk-or-run and/or weightlifting program that enables students, faculty and staff to set goals for walking, running and/or weightlifting. The program will start on Jan. 23 and will last until April 2, which is a total of 10 weeks.

5-on-5 basketball will start on Feb. 1 and be played every Wednesday at 1:30 p.m. in the gym.

Ultimate Frisbee sign-ups are Feb. 6 through Feb. 28. Games will begin March 14 and

will be played Tuesdays at 1:30 p.m. on the soccer field.

Volleyball sign-ups are Feb. 6-24, with the first game on March 13 at 1:30 p.m. in the gym.

Interested in playing golf? Contact Dr. Ken Weatherman or David Mathis in the P.E. department to sign up for the golf tournament.

The golf tournament dates and times are to be announced.

If you feel you have an incredible "crossover," need to get in shape or just have some extra energy to burn, feel free to sign up for any intramural activity that may apply to you.

If you need more information about sign-ups, contact Mathis at 706-295-6353 or visit, www.highlands.edu/intramurals.

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Students slip and slide on the slopes

By Randie Mayo
rmayo00@highlands.edu
Staff Writer

Students hit the slopes of Appalachian Ski Mountain in Boone, N.C., Dec. 18-22, on the college's 25 annual ski trip.

"Skiing is a lifetime sport that gives people the opportunity to do an outdoor activity. It is a lot of fun and something families can do together," said Dr. Ken Weatherman, professor of physical education and trip leader.

Jason Parker, a general studies major from Cedartown, said, "I disliked falling for the first three days, but I enjoyed snowboarding."

"The trip was fun, but as far as instruction, we had to learn on our own. They didn't really prepare us for anything. Overall, the whole experience was pretty awesome," stated Martin Goicochea,

a political science major from Cedartown.

On the trip, students were given five sessions of skiing or snowboarding lessons from the French-Swiss Ski College at Appalachian Ski Mountain. "It takes a while for beginners to get the hang of it," Weatherman stated. "Things don't usually click until the third day."

According to Weatherman, the savings of taking this trip are "astronomical" compared to what an average person would have to pay. "Students are taking a significant advantage of the group offering," Weatherman said.

About 29 students took part in this year's December ski trip. The largest group to go on the trip has been 83.

Over the years, many students have taken part in the trip to earn credit for PHED 1420 and 1421.



Charity Brown (left) and Mary Beth May enjoy the Big Appal slope at Appalachian Ski Mountain.



From left, Bobby Howerton, Kurt Bishop and Meghan Howell relax after snowboarding lessons from French-Swiss ski instructors.



Eric Leonard, a student skier, spent some time face down in the snow.



Students (from left) Kurt Bishop, Scott Blair, Chase Topham, Adam Krukowski, Eric Leonard, Randie Mayo and Jesse Day gather for one last trip down the mountain.