

Six Mile Post

The Student Voice

Georgia Highlands College - Rome, Georgia

March 13, 2007

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Six Mile Post Online

www.highlands.edu/sixmilepost



See page 2
for the story
on the PTK
induction
ceremony.

Student volunteers inspire young writers

By Amanda Stegall
astegall@student.highlands.edu
Assistant Editor

Dr. Jon Hershey, professor of English, has found a way for GHC students to become involved in the Writers Academy Project at the Anna K. Davie Elementary School.

Every Monday afternoon between 3:15 p.m. and 4:15 p.m., students who have completed a mentor training session and are approved to work with children may accompany Hershey to the school.

Hershey began participating in the Writers Academy Project at the Rome elementary school three years ago. "I'm always surprised at the quality of the writing that I get from the elementary students," said Hershey.

"I love the program," stated Derrika Noland, a nursing major from Rockmart and one of Hershey's creative writing students. "I think the kids can really benefit from a good role model. It's nice for them to have someone younger working with

them. There are some really good writers there too!"

Students in the Writers Academy are given a different creative writing exercise each week. Sometimes the students write poems. Other times they express themselves through short fiction.

"The kids tend to be freer with their imaginations than the students I've worked with in high school and college," said Hershey.

Towards the end of the semester, selections of the students' work will be compiled into a commemorative book. When the book is distributed, students will read their work to parents, teachers and friends.

Hershey also offers student participation in the program as an extra credit option for his Creative Writing classes. Grades are based on participation in the project, punctuality and a two-page written response to the student's experience with the program.

"The grade for the service learning project will count twice towards the final average and will replace the student's lowest



Photo by Amanda Stegall

Dr. Jon Hershey helps a student from Anna K. Davie Elementary School learn how to creatively express herself in writing.

grade, excluding class participation and the portfolio assignment," said Hershey.

The Writers Academy Project

is funded through a grant by Communities in Schools. Partners in the project are the 100 Black Men of Rome and Georgia

Highlands College.

Mentors can also choose to volunteer at other Floyd County schools.

Summer session offers many options for all students



Photo by Josh Kelley

Dr. Renva Watterson, humanities division chair, advises a student on future classes he needs to complete his degree.

By Victoria Wheeler
vwheele2@student.highlands.edu
Staff Writer

Maymester and summer classes are just around the corner. There are a wide variety of classes available for all majors, and registration has begun.

All GHC campuses offer summer classes. Registration began March 12 at 8:30 a.m.

There are a lot of different options for students during the summer.

Maymester classes start May 9 and run for three weeks with exams scheduled for May 29.

June classes begin June 4 and exams are June 28. July classes start July 2 and exams are held July 26.

There is also the full session,

which runs through June and July. Classes start June 4, mid-term is July 2 and exams are the week of July 26.

Students may mix and match classes from any of the sessions to come up with their summer schedule.

"This past semester I've taken six classes, hoping to graduate as soon as possible, but stress around test time is a little much. This summer I'm looking forward to getting some credits out of the way to lighten my load next fall," said Nguyen Pham, chemistry major.

If students are thinking about taking summer classes and need financial aid, they must complete a FAFSA for 2005-2006 first and then fill out a summer financial aid application that is separate

from the FAFSA.

Students can combine Maymester, June and July classes for financial aid.

The deadline for fees is May 10 for Maymester and May 31 for other sessions.

Megan Swanson, a nursing major, stated, "After a full load this spring with science and math classes, taking a few classes this summer will hopefully increase my GPA."

So whether students need extra credits, or simply want to improve their GPA, summer classes are an option.

For more detailed information about summer session courses, contact Eileen Walker, advising coordinator, at ewalker@highlands.edu or (706) 802-5103.

Phi Theta Kappa adds 58 members

By Amanda Stegall
astegall@student.highlands.edu
Assistant Editor

Fifty-eight students were inducted into the Alpha Psi Omicron chapter of GHC's Phi Theta Kappa in a ceremony held on March 2 in the Lakeview Auditorium.

Phi Theta Kappa is a two-year college international honor society that recognizes leadership and academic achievement.

During the 6:30 p.m. ceremony the new members walked across the stage, lit a tealight candle from the "candle of knowledge," received a rose from Stephanie Smith, PTK member, and a placeholder certificate from David Hannah, Phi Theta Kappa co-president.

As the ceremony began, Hannah issued the welcome and introduced the Rev. James Hannah, who led the invocation.

Sharryse Henderson, co-adviser and instructor of biology, announced the winners of three PTK sponsored awards. Jennifer Elrod received the Member of the Year Award, and the Officer of the Year Award went to David Hannah.

Lucinda Megginson, instructor of nursing, won the faculty of the year award on the Floyd campus, and Dr. Bill Mugleston, pro-



Photo by Amanda Stegall

Dr. Nancy Hague (left) presents Jennifer Elrod with the Phi Theta Kappa Member of the Year Award.

fessor of history, won on the Cartersville campus.

Dr. Ron Shade, GHC vice president of student development, introduced the guest speaker, Dr. Dawn Kemp, director of Special Education of Rome City schools.

Kemp congratulated the new members on their achievements and said, "I know Georgia Highlands is a challenging school and I highly respect this institution." Kemp attended Georgia Highlands when the name of the school changed the first time from Floyd Junior College to Floyd College in 1984.

Hannah returned to inform inductees of their responsibilities

as PTK members. "It is our responsibility to be a guiding light, scholars and representatives of a shining City on a Hill," he said. Hannah closed the ceremony by presenting the group with an American flag that was flown in Washington, D.C., on PTK Founders Day, Nov. 19, 2006.

"For me, being a member of Phi Theta Kappa means that my level of commitment is shown and it provides me a way to better my college experience," stated Ashley Robbins, a nursing major from Kennesaw.

"Being a part of PTK shows all of my accomplishments," stated Elizabeth Stone, a nursing major from Marietta.

'Six Mile Post' earns first and second places at SRPI

By Jake Carter
wcarter4@students.highlands.edu
Staff Writer

The "Six Mile Post" won first and second place in every category for the two-year division at the Southern Regional Press Institute.

For the two-year college category the "Six Mile Post" took first place overall.

In editorial writing, Amanda Stegall received first place, and Sarah Baggett received second place. Mary Prickett won first place in features, and Zack Bolien received second. For sports writing, Stephanie McCombs won first place and Zach Green second. In photography Josh Kelley won first place while Jehna Holder and Randie Mayo tied for second place.

The Institute was held Feb. 22-23 at Savannah State University. Workshops were taught

by professors as well as media professionals from "The New York Times," "The Washington Post," "The Atlanta Journal-Constitution," "The Savannah Morning News," WTOG-TV, and Gulfstream Aerospace Corporation, among others.

The Institute was opened by Jaquitta Williams from WSB-TV of Atlanta. Anthea Knight of "The Washington Post" spoke on ethics at an awards luncheon held on the last day of the Institute.

During the luncheon, Dr. Kristie Kemper, professor of English and adviser of the SMP, was presented a Service to the Institute award.

"I thought the workshops were very helpful and informative," said Leanna Gable, assistant editor of the SMP.

Jake Carter, staff writer, and Cindy Wheeler, assistant adviser, attended the press institute with Kemper and Gable.

Division head recovering

Math, science and physical education division head, Dr. Soumitra Chattopadhyay, has been moved out of Intensive Care at Emory University Hospital, according to Dr. Virginia Carson, vice president for academic affairs.

Chattopadhyay collapsed on the Cartersville campus in Janu-

ary with a brain aneurysm.

He has started some therapy, according to Carson, and visitors are encouraged.

When Sheila McCoy, professor of French, Spanish and English, visited Chattopadhyay recently, he was doing better and responding to jokes with a big smile.

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Sara Farmer: equestrian and outdoor therapist

By Joshua Owens
jowens12@student.highlands.edu
Staff Writer

She may not be imposing in stature, but Johnniesara Farmer's petite frame conceals a disposition of determination and grit.

Sara, as most folks call her, has a history with horses that goes way back into her childhood. She started riding at age four and has been an enthusiast ever since.

As she grew older and began competing, she proved her mettle time and again in the arena, winning the Villa Rica State Saddle Championship three years running and earning first place in Georgia for barrel racing in 2005.

"I hated to lose," said Farmer, a freshman pre-med major. "Whenever I did, it just pushed me to train harder and get better."

Lately, though, Farmer's focus has been on rehab, not racing.

For nearly two years she has headed up the horse therapy team under Tanner Medical Center's behavioral health department.

Patients visit the verdant pastures of Possum Snout Arena, located on Farmer's family's pic-

turesque property on Hwy. 78 in Haralson County. This serene setting allows for an unconventional approach to healing, designed to promote both relaxation and recuperation in special-needs patients whose medical concerns range from multiple sclerosis to obesity to encephalitis.

Her patients come to outdoor therapy for a variety of reasons. Riding a horse bareback actually serves as an excellent exercise for learning or relearning to walk, since the animal's complex gait "closely mimics the human stride," Farmer explained.

Nineteen-year-old Farmer has seen some amazing comebacks in her tenure as therapy director. "One man was able to take four steps at a time who couldn't even sit up when he first came."

Other patients experience psychological renewal. "Another man was so scary that I didn't want to be alone around him. He was about 6'3," said Farmer, "and when he looked at you his facial expression said, 'I hate you and I will hurt you.' He never smiled or said anything."

The first word he said around Farmer was "Moon," the name of her horse. Soon she was able to coax him into riding, and he

started smiling and laughing. "He transformed from a hateful person into a loving, caring person," Farmer said.

Being an eyewitness to triumphs like these is not the only benefit Farmer has received from her altruistic vocation.

She has also gained a profound thankfulness for her own good health and loving family, both of which some of her patients lack.

"Although I'm supposed to help them, I think they've really helped me out a lot. I realize how lucky I am and how I shouldn't

take a day for granted," she said. "I feel that through helping others I am doing God's work."

Most of her patients come to her through Rachel's Wish Foundation, a charity founded by Farmer's parents in honor of an inspiringly strong-willed and steadfast spina bifida sufferer named Rachel Smith.

The Farmers hope to soon build a covered arena "because with our summer program we got canceled out 12 times last year."

As far as returning to barrel racing competition, Farmer is somewhat reluctant. She has had

enough traumatic incidents to become a wary, sometimes almost stricken, performance rider. "I always have this place in the back of my mind that says, 'Don't push it. Don't go over the limit.'"

It's been about a year and a half since Farmer has actually competed at any rodeos.

"I just want to take it easy until I can get this spot out of my mind that says I'm going to fall and get hurt," she said.

More information about the programs offered by Rachel's Wish Foundation is available at www.rachelswishfoundation.org.



Photo by Josh Kelley
Sara Farmer studies on the Floyd campus.



Contributed photo
Sara Farmer introduces a horse to one of her patients at Possum Snout Arena, located on her family's land.

Scholarships are available to GHC students for up to \$500 per semester. Deadline is March 19. Fill out applications at www.highlands.edu/scholarship.

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What about the rest of us?

Financial aid is unfairly denied to students who live on their own, pay their own bills and have a low-income part-time job.

However, someone who has a child or is over the age of 24 can get just about any type of assistance even when he or she is still living at home with support from parents.

Some major keys to acquiring financial assistance are 1) to have a child, 2) to be married, 3) be an orphan, 4) be over the age of 24...and the list can go on and on.

It is just hard to under-

stand how it is fair to an independent young adult who is striving to make it on his or her own and doing everything he or she can to get through college to have to take out loan after loan. It's as if the student is being penalized for taking the initiative of becoming a self-sufficient adult on his or her own.

Students who receive financial aid have more money to spend on things other than school, while students who pay their own way through school have to save up money to go out to eat with friends

or pay for car insurance.

Although two students may have the same piece of paper that states each is a college graduate, the one who received financial aid gets the opportunity to start his or her career path without having the heavy burden of student loan debt.

There should be a new set of rules established for the requirements of financial aid to support students who are out there trying to make it on their own. Why should married, pregnant orphans get all the breaks?

Students pay for it anyway...

We all pay it, that \$30 student activities fee that shows up every semester on our bill/schedules. The student activities fee is a charge to all full-time students.

Just so that everyone knows what it is, the student activities fee helps fund intramural sports, various student organizations and publications, the annual Honors Assembly, discounted tickets to movies, plays and area attractions, etc., as well as the activities in the student center.

That being said, why don't students take advantage of these activities?

Some of them are kind of neat. Every year, there is the Spring Fling and Fall Frenzy that allow students to participate in activities such as laser tag and casino games and sometimes win pretty cool prizes.

No matter what your interest is, at least some of these activities should appeal to you.

I know that during the semester I lived on-campus at another un-named college, the activities fee was exorbitant, but there were never really any activities for students that weren't

part of some organization or another. It always struck me as very unfair and bothered me that there was never anything that I could do.

I understand that not every student will be able to attend every event because of class schedules and life in general, but it also isn't unreasonable to expect students to attend five or six of these almost weekly events each semester.

I begin to wonder if maybe my other college saw the lack of participation and quit having events except for specific organizations. Could that happen at GHC?

It seems to me that most students seem to think that instead of enjoying fun and unique activities, it's more beneficial to whine about a meager fee that most student financial aid will cover.

Pretty much, students are getting to do things for free that many of them usually pay for, and they complain about it. Do students just need something to complain about?

I have a brilliant idea, like a Nobel-prize worthy idea. Why don't students participate in the activities set up to help them become more active in the campus community?

Most of these activities can be credited towards the Stampede Card and be used for prizes awarded just for being at an event.

If walking into the student center and watching an interesting performer will get my Stampede Card stamped and win me an I-Pod, is it really in my best interest to make a big deal over \$30?

Editor's Box

By **Leanna Jean Gable**
lgable1@student.highlands.edu
Assistant Editor



Artwork by Jehna Holder, 2007

6MPost@highlands.edu

Six Mile Post

Editor

Jehna Leigh Holder

Asst. Print Editors

Leanna Jean Gable and Amanda Stegall

Advertising Manager
Sarah Abercrombie

Asst. Online Editor
Matt Shinall

Chief Photographer
Joshua Kelley

Photographers
**Zack Bolien, Eric Celler
and Jamie Goss**

Staff Writers

**Ryan Silver
Andrew Bearden
Zack Bolien
Jake Carter
Victoria Wheeler
Timothy Jones**

**Jamie Goss
Eric Gregory
Josh Owens
Maria Ceasar
Mary Lynn Ritch
Elizabeth Newton**

Artists/ Graphic Designers

Dylan Beyer and Andrew Bearden

Adviser

Kristie Kemper

Cartersville Coordinator
Leslie Johnson

Asst. Adviser

Cindy Wheeler

Online Consultant
Jeannie Blakely

If you don't have any special plans for Spring Break, why not volunteer your time that week in your community?

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...



Ryan Silver is a staff writer for the "Six Mile Post." He has served three-and-a-half years in the Army. His major is currently undecided. Ryan Silver is engaged to be married and has an eight-month-old daughter. He is a Christian.

The number of abortions in the United States since 1973 has outnumbered the people killed in all of America's wars by millions. In 1973, after the Supreme Court's decision in *Roe vs. Wade*, abortion became legal.

Since then, 47 million recorded abortions have taken place in the United States, according to the Bureau of Vital Statistics in Atlanta. The Department of Veterans Affairs reports that from the American Revolutionary War to the global war on terror, 656,041 soldiers have died in battle.

Of course, the number of persons who have died in war

increases when taking into account non-combat related deaths like disease and accidents, but abortions still blow away war casualties by millions.

I am not trying to downplay soldiers or the sacrifices they make. I am a war veteran, and I know for whom the bell tolls. American soldiers sacrifice more than most people can fathom.

However, many of the same politicians who say they are against the war in Iraq because we are losing soldiers openly support the slaughter of our own children.

The truth is that if our leaders cared anything for life

and humanity they would outlaw abortion. The decay of the family and of morality in America runs all the way to Capitol Hill.

However, we cannot blame politicians for our ignorance, arrogance and neglect.

Responsibility lies in the hands of every individual person. Those open to abortion use the slogan "pro-choice," like they are deciding whether or not to buy a new car.

The choice is made when two people decide to have intercourse, not when a doctor announces a pregnancy. Now is the time for men and women to once again become fathers and mothers.

Online Poll Results

Do you believe in the theory of Global Warming?

Yes 64% No 27% Haven't decided 9%

Six Mile Poll

What are your plans for Spring Break?



Kurt Strack
Hollywood, Fla.
Criminal Justice

"I plan on hanging out with friends and going to Florida."



Traci Kitchens
Acworth, Ga.
Art

"I am going to hang out in Roswell or Savannah."



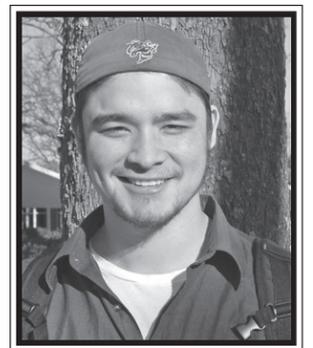
Ashley Holland
Woodstock, Ga.
Business Administration

"I plan on going to Savannah for St. Patrick's Day."



Jessica Terrell
Smyrna, Ga.

Business Administration
"I am going to Panama City, Fla."



Mitchell Knowles
Marietta, Ga.
Undeclared

"I am going to drive to Daytona with a few friends and hang out on the beach."

Letters to the Editor

Campus housing is favored

Dear Editor,

First things first, congratulations are in order for being awarded "best 2-year college paper in GA." So congratulations on that accomplishment, and for all of the 13 awards that the 'Six Mile Post' received.

I am writing you regarding the article concerning on-campus housing. I think that it is a great thing for a student to be able to get the experience of the dorm room. I know that if on-campus housing were available to the students of the Cartersville campus, I would definitely be looking into it. I believe that just because we attend a two-year community college does not mean that we are not college students all the same. To be able to get the full experience of being a college student away from home would be a great thing for everyone. I agree with everything in the article. The fact that some students live 30-45 minutes away, and sometimes further, causes them to get less sleep and spend a majority of their time commuting to class instead of spending their spare time concentrating on studying. I also feel that if a student lives in student housing, they will be more involved with the school and also meet new people through the apartments. So I

think that it is wonderful that GHC students of the Southern Polytechnic site are offered on-campus housing, and hopefully one day student housing will be offered at every GHC site.

Katie Cotton
Early Childhood Education
Acworth, Ga

Tutorial Center gets an A+

Dear Editor,

I wanted to praise the GHC tutorial center in the library. I don't think enough students take advantage of it and the fact that the help is completely free. No other university or college in Georgia offers a free tutorial center to all their students. The men and women in the tutorial center are great. Their hours in the library are convenient, and not only that, but they are honestly a huge help! I take all my essay and literature work there to get them to revise it for me. It doesn't take long and I'm always glad I did it. So, thanks GHC tutorial center!

Claudia Nikole Dunn
Early Education Major
Rockmart, GA

Dragon Garden in Cartersville offers real 'value meal'

By Andrew Bearden
abearde2@student.highlands.edu
 Staff Writer

Restaurant Review

In Cartersville, on Highway 41, there is a McDonald's. But even though McDonald's gets a meal out in 30 seconds after ordering, there is no reason not to go across MLK Drive to the Dragon Garden, the nicest Chinese restaurant to be found.

Dragon Garden is owned and operated by a local family.

It's a good size building with a lot of room to stretch out or to drag over-filled bellies across when finished eating.

There is a bar and regular table seating along with a small party room in the back. All ar-

ea are adorned with pleasant Chinese-looking art.

The food is certainly good since they have the best version of pork fried rice and sesame chicken dishes, period.

An added bonus, the dishes are served at lunch for \$5 or \$6. Now, that's a value meal, and they taste better than McDonald's version of a value meal.

Alcoholic beverages and desserts such as "fried ice-cream" are also on the menu. For an appetizer, they serve a "Bobo tray," which is a rotating tray with different foods that consists mostly of meats, around a miniature grill.

Dragon Garden is one of the top restaurants in the city of Cartersville, and it is definitely among the best Chinese eateries that I've ever been to.

Sony PS3 vs. Nintendo Wii: ultimate battle of the console game

By Matt Shinall
sshinall@student.highlands.edu
 Online Editor

Console Review

With Playstation 3 and Nintendo Wii having enough time to establish themselves, "The Six Mile Post" puts them to the test to see which one reigns supreme. This comparison will put the console game systems side by side to see which system wins each category, with an overall champion.

Cost

As we all know and have heard, the Playstation 3 is far from cheap. The 60GB Playstation 3 will set you back \$599.99 and \$499.99 for the 20GB system. The Nintendo Wii, on the other hand, only costs \$249.99—and that's including the sports package.

Advantage: Wii

Graphics

Sony has always been on the front line for revolutionary graphics, beginning with the first Playstation. The graphics and the processing potential that the Playstation 3 contains by far surpass the capability of the Wii. Nintendo has never been about outstanding graphics, but has always focused more on games and game play.

Advantage: Playstation 3

Games and Game play

The Playstation 3, which has been out since Nov. 17, has less than 20 games out for the system. The Wii, on the other hand, has many more with more variety. The game play on the Playstation 3 is the same one we have grown up playing, but with the Wii, the Nintendo Corporation has gone with a new approach that allows the gamer to get much more involved with the game itself by actually going through the physical motions.

Advantage: Wii

Fun Value

The Wii offers an entirely new way to play video games, something that the Playstation 3 does not offer. The interaction that is required with the Wii can be fun for some but may seem stupid to others. Overall though, the Wii allows gamers to play the traditional way or the new interactive way. The Playstation 3 may soon catch up.

Advantage: Wii

Capabilities, Extras, and Misc.

The Playstation 3, unlike the Wii, has the capability to play Blu-Ray Discs. The Wii and the Playstation 3 both have wireless

internet capabilities and downloadable games/updates via the websites. Both systems allow gamers to play past games from Playstation 2 or Gamecube. They both allow gamers to upload pictures and movies. The only advantage is the Blu-Ray disc technology, the future in movie viewing, available on the Playstation 3.

Advantage: Playstation 3

Overall:

The cost and fun value that the Nintendo Wii offers is a big plus, especially for those who are on a budget. The new game play and interaction with the game offers something the gaming world has never seen for an in-home console. However, the Playstation 3 with its hefty price tag does offer the advantage of the Blu-Ray technology and tremendous graphics. Overall, the price tag and new capabilities of the Wii give it the edge, that is, if you can find it.

Overall: Wii



Photo courtesy of techshout.com

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Spring Fling turns over a new leaf with Money Tree game show

By Mary Lynn Ritch
mritch@student.highlands.edu
 Staff Writer

GHC's annual Spring Fling will be slightly different than it has been in the past.

The Spring Fling is an Office of Student Life sponsored event that allows students to come together and enjoy free food and activities.

Last year the theme was Las Vegas. There were card games and a mind reader.

This year, there will be a cookout and a Money Tree game show on April 4 on the Cartersville campus and April 5 on the Floyd campus.

John Spranza, director of student life, originally planned a circus themed Spring Fling, but the idea fell through due to budget cutbacks and scheduling issues.

The Money Tree game show is "kind of like a Let's Make a Deal game," said Spranza.

The host of the game is Sean Carlin, the nephew of comedian

George Carlin.

The object of the game is to collect money from a "money tree." Players will have the opportunity to complete various activities in order to win time to pull money off the tree.

There will be different games to play to win time. Everyone who plays will be given a free t-shirt.

Even if players do not win time to pull money off the tree they will still walk away with a prize.

'Reno 911' makes viewers cry...with joy

By Mary Lynn Ritch
mritch@student.highlands.edu
 Staff Writer

Movie Review

A few months ago I was watching a movie, can't really recall which one, but I do remember a certain preview that was shown. That preview was for none other than the infamous "Reno 911: Miami" movie.

The people at Comedy Central, I maintain are geniuses and know how to make people laugh with their shows. But "Reno 911" is one of the funniest shows put on the air. It pokes fun at shows like "COPS," "CSI," "Law and Order," etc.

I knew that this movie would be the premiere to see with some of my most sarcastic friends.

For those of you who are familiar with "Reno 911," you will be highly impressed with the movie. I walked into the theater expecting nothing less than laughing until the point that I actually developed abs.

The Reno Police department receives a letter inviting them to a Police Convention in Miami. When the Reno Police arrive in

Miami they receive nothing but ridicule from the other police officers.

Little do these officers know that they will be depending on Jim Dangle (Thomas Lennon) and the rest of his crazy crew to save them from horrific acts of terrorism.

The Reno Police department is willing and able to accept the challenge because they wish to experience the luxurious life that people in Miami lead.

While trying to save Miami from terrible terrorist actions, the Reno police department is in over its head in constant hilarity.

Dep. Raineesha Williams (Niecy Nash) teaches Trudy (Kerry Kenney-Silver) how to talk black. The Rock blows himself up. Dangle and Trudy finally hook up. Dep. Clementine Johnson (Wendi McLendon-Covey) gets a tattoo on her chest of a homeless guy who she thinks she is in love with, and there are more surprises for viewers.

This movie will make you laugh, and it will make you cry (from laughing of course). Do not expect to get something deep and meaningful out of this film.

Fall Out Boy goes deep for new album 'Infinity on High'

By Timothy Jones
tjones3@student.highlands.edu
 Staff Writer

CD Review

Six years ago they were playing basement shows in suburban Chicago. Now they are one of the most well-known bands in America. Fall Out Boy is back for round three with their recent release, "Infinity On High," and this time it is not going down swinging.

This new album completely revises the band's so-called Pop-Punk/Emo influenced past with a Punk Rock/R&B hybrid that no one could have seen coming. In hopes of reshaping the music industry, Fall Out Boy takes drastic measures to make its sound even more unique than it already was.

"This scene has become too formulaic and stagnant. Our

next record will be the answer to that," stated bassist Pete Wentz.

In early 2006 the band stepped into the studio with producer Neal Avron and began developing its new sound. This new sound is comprised of harder guitar rhythms and a mix of bass lines and drum beats a listener would expect to hear coming from Young Jc.

Fall Out Boy has also taken on a new voice lyrically. "Infinity on High" features lyrics that reach a deeper meaning not only to the band, but to the listeners as well. Not to mention the name

for the album was taken from a letter written by Vincent Van Gogh.

With more cleverly written metaphors and storylines, this album proves that these four musicians have grown up.

Special guest performers in the album include Ryan Ross of Panic! At The Disco, Chad Gilbert of New Found Glory, and Jay Z, who gives an unforgettable intro for the seasoned rockers.



Note System

- ♪ -Left at the warm-up
- ♪♪ -Don't really like them
- ♪♪♪ -Not too bad
- ♪♪♪♪ -Bought the t-shirt
- ♪♪♪♪♪ -Dying for the album



Photo courtesy of www.popmatters.com

If you have lost something on the Floyd campus, check with security. Several items have been left there.



Watch for the April 24 issue of "The Six Mile Post."

Are you enrolled in a Career program?

Do you receive public assistance or have you been laid off from a job recently? You may qualify for financial help (tuition, books, transportation, and childcare) through the Workforce Investment Act. WIA is a federally funded program that assists eligible students who have been laid off from work or with low income.

Contact GHC Counseling and Career Services to speak with the WIA Career Advisor for more information.

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So you think you have an STD?

By Jehna Holder
 jholder7@student.highlands.edu
 Editor

SEX. Yes, sex. You have heard about it, thought about it or maybe even experienced it. Yes, SEX, that blissful, sensual interlude with you and your one and only love.

But, have you ever considered how many other partners your perfect love has had before you?

If you have had sex, you are at risk for sexually transmitted diseases (STDs). In order to be politically correct, the new term for STD is STI (Sexually Transmitted Infection). Each one of those previous encounters is now in bed with you, and you are possibly sharing their STIs.

If you just said, "Gross," "Yuck," "Eww," "Help," then here is your question: If you are too freaked out or embarrassed to examine that body part, talk about it, or ask your partner about it, does it make sense to put your face or other body parts there?

First of all, that condom you

used, supposing you used one, does not prevent the spread of STIs; only abstinence does.

Outward looks are very deceiving. Just because your partner looks drop dead gorgeous, healthy and drives an awesome car, that does not mean that you will not be left with a lifetime of heartaches, embarrassment, doctor visits and medications. Ask yourself, *when was the last time that private body part you are going to have sex with was cleaned or checked by a doctor?*

Make sure you are mentally and physically prepared. As some put it, "It takes two to tango," so be prepared for "how the cookie crumbles" before you make the big leap of sharing those scrumptious body fluids.

Several of the most common STIs have no signs or symptoms in the majority of people infected, or they have mild signs and symptoms that can be easily overlooked. This is true of chlamydia, gonorrhea, herpes and human papilloma virus (HPV), to name a few.

Bacterial STIs can be treated

and cured, but STIs caused by viruses cannot be cured. You can get a viral STI over and over again, even if it is one that you were treated for in the past.

It is estimated that as many as one in four Americans have genital herpes, a lifelong (but manageable) infection, yet up to 90 percent of those with herpes are unaware they have it. Therefore, it is not being managed—but spread. Are you prepared to take that chance?

If you think you have been exposed to or have symptoms of an STI, please contact your physician, your local health department or an STI clinic for an appointment. A physician is the only one who can diagnose and treat STIs.

For more info on STIs try these informative web sites (some pictures of the STIs are very graphic):

Go to www.cdc.gov/std, www.ashastd.org, www.familydoctor.org, www.healthline.com or www.thebody.com/sowadsky/symptoms/symptoms.

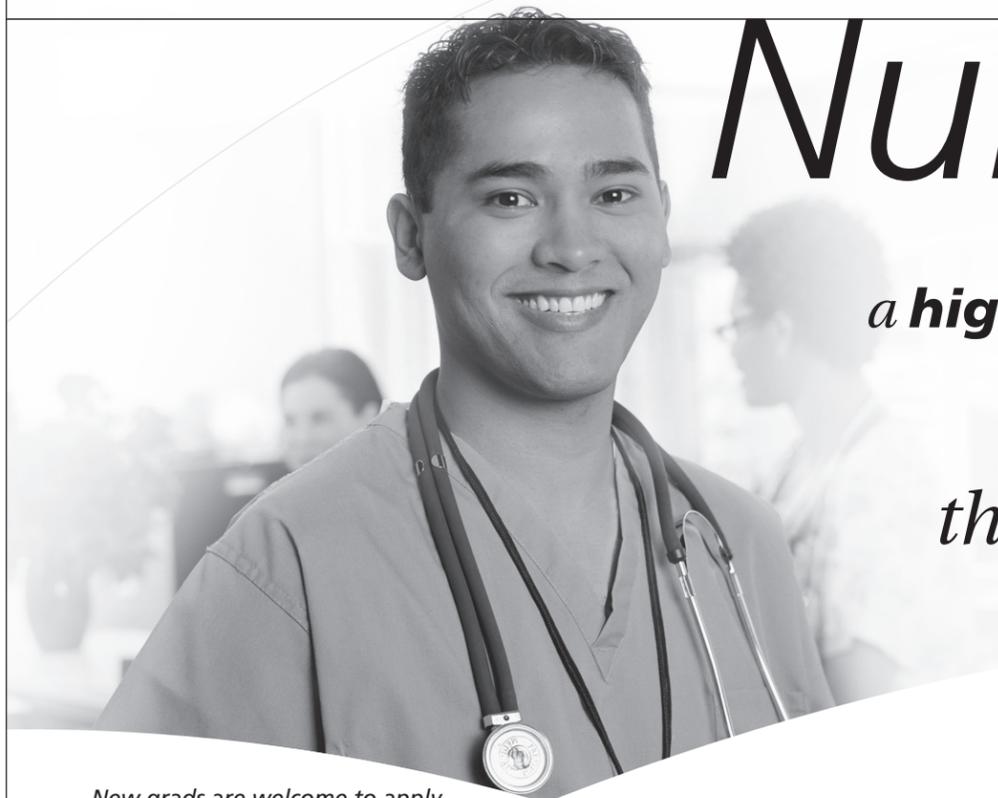
Common sexually transmitted diseases

- Chlamydia
- Genital herpes
- Genital warts or human papillomavirus (HPV), which may be related to cervical cancer.
- Gonorrhea
- Hepatitis B
- Syphilis
- Trichomoniasis
- Human immunodeficiency virus (HIV), which causes AIDS.

Common signs & symptoms of STDs

- Itching and/or discharge around the vagina
- Discharge from the penis
- Pain during sex or when urinating
- Pain in the pelvic area
- Sore throats in people who have oral sex
- Pain in or around the anus for people who have anal sex
- Chancre sores (painless red sores) on the genital area, anus, tongue and/or throat
- A scaly rash on palms of hands and soles of feet
- Dark urine, loose, light-colored stools, and yellow eyes and skin
- Small blisters that turn into scabs on the genital area
- Swollen glands, fever and body aches
- Unusual infections, unexplained fatigue, night sweats and weight loss
- Soft, flesh-colored warts around the genital area

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A handful of things to consider: spring break can be dangerous



By Jamie Goss
 jgoss5@student.highlands.edu
 Staff Writer

This year, GHC's spring break is set to begin the week of March 19. For college and high school students, spring break can mean unprotected sun exposure, sexual activity, underage drinking and other dangerous conduct. Recent studies have shown just how serious spring break fever can be.

Tanning beds are hot spots for teens and young adults to get a "base tan" before leaving on vacation. Rarely is the exposure to the damaging ultraviolet (UV) radiation that tanning beds produce considered.

"I go to the tanning bed so that I don't get scorched," said Whitney Barber, "and aloe is a must, because tanning bed or no tanning bed, I'll probably get burnt." Aloe is a valuable resource for burns, but it is in no way protective.

In tanning beds, however, not even sunscreen can protect against UV rays. The World Health Organization (WHO) raises concern for teenage girls using tanning beds: "People younger than 18 should stay away from tanning beds because they can raise the risk of skin cancer."

WHO suggests that people apply sunscreen and spend only a responsible amount of time under the sun, especially between 10 a.m. and 4 p.m., when the sun's UV rays are strongest.

Another major concern for students during spring break is alcohol poisoning. Recent studies at the University of Wisconsin show that 75 percent of college males and just over 43 percent of females reported that they are intoxicated on a day-to-day basis over spring break.

Many students also admitted to drinking until throwing up or even passing out at least once on vacation. Binge drinking like this

is a common cause of alcohol poisoning and raises the risk for traffic accidents and arrests.

The U.S. State Department in Washington, D.C., reports, "Students have been arrested for being intoxicated in public areas, underage drinking and for drunk driving. Some people are victimized because they are unaware of the laws, customs or standards of the country they are visiting." The State Department says that it is important to know the laws and safety risks of spring break destinations.

Along with drinking, often comes promiscuity. "Eighty-three percent of women drink more alcohol than usual over spring break and 74 percent increase their sexual activity," said Kristen Coppock, "Burlington County Times": (<http://www.phillyburbs.com/pbdyn/290-03162006-627452.html>). It is advised that if students indulge in such behavior that some form of birth control be used.

Speaker series enlightens students, faculty and staff



Photo by Amanda Stegall

Deanna Latson, a nutritionist who has worked with professional athletes and celebrities, hugged Dr. K. Kemper, professor of English, as a part of audience involvement during her presentation in the Lakeview Auditorium on March 1 at 7 p.m.

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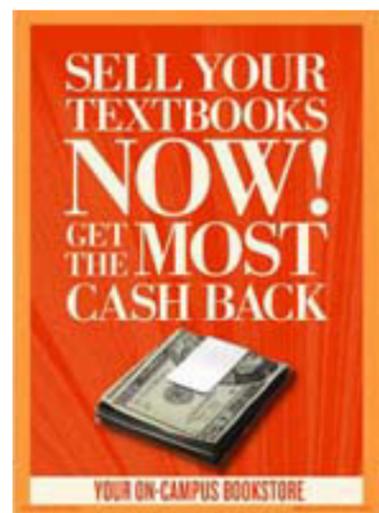
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5-on-5 basketball shifts into high gear with first game



Photo by Josh Kelley

Tyrone Bannister of The Cats (right) tries to block a shot from REB's Jonathan Little.

By Eric Gregory
egregor1@student.highlands.edu
Staff Writer

In the first intramural basketball game on Feb. 28, The Rock Eagle Bulljackets played against The Cats. REB got off to a quick start, pulling away from The Cats early in the first half. In between threes, great passing and a couple of dunks, REB had no problems dominating The Cats.

At the end of the first half, it was 53-28, and there was no sign of REB slowing down. The second half was no different as the domination continued. REB ended up breaking the century mark and won 102-58. Terry Albert led all scorers with 32 points.

"Last week, we didn't play as a team. This is what we can do when we play as a team," said Dayne Styles of REB, who contributed 20 points to the victory.

The game was not without controversy, however. Venson

Wilson of The Cats was annoyed at a lack of foul calls.

"I kept getting harassed. If they wanted my autograph, they could've asked," said Wilson, who was only able to scrounge out six points for his team. "Next game, it'll be different," he added.

In the second game, The Suns, champions of 3-on-3 basketball, went against The Heat. Because of both teams coming up a little short on players, the entire game was played 4-on-4.

The Suns got off to a fast start as well, leading 30-4 after the first 10 minutes of the first half. They were doing a good job living up to their team name.

The Heat were unable to generate any offensive rhythm due to stifling defense. The Heat began to show some signs of life with Ammar Abdellatif's late arrival, but it was too little too late.

At halftime, The Suns led 55-22, and it was then that The Suns stopped taking the game seri-

ously and became more concerned with points. In the second half, the domination continued, even though The Suns seemed to be toying with The Heat.

In the end, The Suns destroyed The Heat 112-68.

"Even though we lost last week's game, we guaranteed to blow people out by at least 20," said Chris Hill, who during the game had made it his mission to reach 30 points. He surpassed his goal and ended up with 39.

Hill and his brother Charles, who scored 31 points, contributed 70 points for The Suns.

"We've got an all-star team. We're not going to lose," said Corey Pitts of The Suns, who added 25 points. He also was a nuisance to the opponents on the defensive side, raking up steals wherever possible.

The Heat lost with dignity and held their heads up high. "We gave a worthy effort," said Abdellatif.

View from the Sidelines

By Eric Gregory
egregor1@student.highlands.edu
Staff Writer



Intramurals should not be forgotten

5-on-5 basketball games had to be delayed because there weren't enough teams. There are only four now, with an average of seven students per team. That's only 28 students. That's barely a blip on GHC's radar.

Some people complain about the lackluster prizes participants receive for winning the intramural championship, which are usually only t-shirts and gym bags. They say that a semester-long commitment deserves more. But if there were more people participating in the programs, perhaps there would be more impressive prizes. Unfortunately, most people have a little trouble motivating themselves to make a commitment like that required for intramural sports.

That's not saying that our GHC programs are a failure, far from it. I've seen how well the programs are handled. Intramural sports have been a part of GHC for over 30 years, and hopefully it will be around for another 30.

It goes without saying that there are rivalries in college. In basketball, there's Duke-UNC. Those fans hate each other. If you put two of them in the same room you're bound to have a fight. In football, there's Ohio State-Michigan. They're just as spirited as their basketball friends.

However, there's another type of sports in college. It doesn't have the luster of the big games or the big names, but it's there, available to whoever wants to join. It's called intramural sports—intramural meaning it involves only students from the same college.

At GHC, we have our own brand of intramural sports. We have basketball, tennis, golf, softball and a fitness plan. Because we have no other athletic teams, intramural sports are our only source of athletics. That doesn't mean you have to treat it as a last resort, though. All of the programs are managed very well and taken very good care of.

But the program could also use more people. This spring the

Sports are an integral part of our society. Billions upon billions of dollars are made selling sports to the public. They want us to buy their new equipment, watch the games and of course, compete in the games themselves.

In high school, sports and athletics rank right up there, viewed by some as more important than the school work itself. The sport players, affectionately known as "jocks," rule the school with an iron fist. There's also no shortage of rivalries.

In college, athletics mean much, much more. Along with all the status and rivalries present in high school, there's also the chance, if a college athlete is good enough, to make the big show.

Talented young athletes want to get into the majors, to make millions of dollars doing what they do best. TV networks compete over which one will get the big college games, with TV deals rarely dipping under \$100 million dollars.

"Failure is success if we learn from it."

—Malcom S. Forbes



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Spring training begins for the Braves

Will new changes help this year?

Sports Column

By **Matt Shinall**
sshinall@student.highlands.edu
Assistant Online Editor



same without Leo Mazzone. The highly praised pitching coach departed last year for the Baltimore Orioles, which had a noticeable effect on the pitching staff.

Another question for the Braves is what they are going to do with the contracts of star center fielder Andruw Jones and pitcher John Smoltz.

Both star players are headed into the last year of their contracts. Jones and Smoltz have been Braves since the start of their careers, and with new ownership, some question if either star player will return.

The 2007 season for the Braves will be a year of questions. This season will decide the future of a few players and the direction of the franchise under new ownership.

halt, along with the perception that the Braves would always be in the post-season.

This year, the Braves are headed into spring training with a revamped bullpen. The Braves acquired RHP Tanyon Sturtze, RHP Rafael Soriano and LHP Mike Gonzalez to help with the problems that cost the Braves so many games last season.

The bullpen heading into this year is getting a lot more attention and has some questions to answer early. The main question that everybody has is if the Braves' pitching will ever be the

For the first time since 1991, the Braves are back in spring training with no division title, no playoff berth and a lot of questions to answer.

The Atlanta Braves are heading into this season with a feeling that many Braves and Braves fans have never felt before. That feeling, of course, is losing—and all of the intangibles that go along with it.

For the first time since October of 1991, the Braves did not reach the post-season. The streak of 14 straight National League East Divisional Titles came to a

Golf tourney approaching

According to Dr. Ken Weatherman, professor of physical education, the annual GHC golf tournament is scheduled for April 13 at BEAA golf course located off Eden Valley Road near the Floyd campus.

The cost for the tournament is \$11 if the golfer walks and \$23 if the golfer rides a cart.

The tournament is open to GHC students, faculty and staff. "GHC alumni and special friends to the college are also welcome to participate," said Weatherman.

Prizes will be given out to first and second place winners, and there will be a "closest to the hole" contest and a "long drive" contest during the tournament.

The tournament format is a scramble—a format that has players on a team each hitting a shot from the same location and choosing the best shot as their next ball position.

The teams will be chosen by Weatherman based upon the skill levels of the participants.

Refreshments for the golfers will also be available.

Sign-up is in the Office of Physical Education until 5:30 p.m. on April 12. See Martha Kirkpatrick, the physical education secretary, or Weatherman to sign up.

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North Florida offers Spring Break adventures

By Leanna Gable
lgable1@student.highlands.edu
Assistant Editor

The traditional Spring Break destination is the beach, but why not step away from the drinking and the partying for once and find a vacation place that has less sand to get into your bathing suit? Northern Florida has innumerable wonderful vacation spots for the distinguishing traveler.

How about Manatee Springs, Fla.? Just outside Chiefland, this state park offers more to do for less money. The water here is impossibly blue and clear, more like

something from the Caribbean Islands than a little-known spot in northern Florida. There are many activities such as hiking, biking, scuba diving, snorkeling and boating to be enjoyed.

Surrounded by hardwood wetlands, Manatee Springs is named for a beautiful natural underwater spring that allows guests to swim and sightsee for free. The water stays a wonderful 72 degrees year-round, so brave swimmers can enjoy the water any time.

During the cooler months, peaceful manatees wander into the area to warm themselves in the 100 million plus gallons of

pure, clean water that gushes from the spring every day. Visit floridastateparks.org/manateesprings for more information.

What about a small town with all the amenities of the beach without the crowds and the rush? Steinhatchee offers access to myriad activities, including fishing, scalloping, swimming, picnicking, hunting and possibly the most widely accepted pastime of natives, pleasure boating.

Another irresistible activity in Steinhatchee is dining. Some of the best salt-water seafood can be found in this tiny, peaceful river town. Do not miss the op-

portunity to enjoy a sampling of its famous scallops and fish.

Close and convenient to Steinhatchee are Keaton Beach, Steinhatchee Falls, Hagan's Cove and Dallas Creek Landing. With opportunities to swim, hike, spelunk and relax without fighting crowds or ridiculous temperatures, why not visit this area? For more information see steinhatcheeinfo.com.

Also among the treasures of northern Florida are romantic Amelia Island, beautiful but unpublicized Jacksonville, family-friendly Flagler Beach and many, many others.

Northern Florida offers many

unexpected and pleasant surprises for travelers who do not want to just go to the beach and get turned into a sunburned lobster.

Throw the beach into this blend of beautiful state parks, excellent dining and unusual but interesting new activities and travelers are bound to experience a whole new level of fun and excitement.

With northern Florida's unique mix of wildlife, cypress trees, Spanish moss, beautiful natural beaches and friendly natives, why not spend less time driving and more time enjoying the weather and the fun?



Photo by Leanna Gable



Photo by Leanna Gable



Photo by Leanna Gable

Above: Shell Island offers snorkeling and beach combing.

Far Left: Keaton Beach provides a nice setting to enjoy the sunset.

Left: Manatee Springs is a gathering place for both people and wildlife.

Be safe and have a fun spring break from the "Six Mile Post" staff.

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