

Six Mile Post

The Student Voice

Georgia Highlands College - Rome, Georgia

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Leaks on Floyd campus create hazard areas for students on F-wing.
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GHC Briefs

Floyd Campus to host Red Cross blood drive

By Joshua Owens
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Staff Writer

On Nov. 29, from 9 a.m. to 3 p.m. The American Red Cross will hold a blood drive on the Floyd campus.

John Spranza, director of student life, said that the drive is “a good opportunity for students to give something of themselves that may save someone else’s life, and it only takes a few minutes of their day.”

In the wake of recent natural disasters, however, the need for blood donations is more urgent than usual, according to Spranza.

All students are welcome to donate as long as they are 17 years of age, weigh at least 110 pounds and pass the quick medical questionnaire. Donors must also have waited a minimum of 56 days since their last donation.

RACSL meets at GHC

By Jeff Denmon
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Assistant Editor

Georgia Highlands College hosted the bi-annual meeting of the Regents’ Advisory Council for Student Life (RACSL) at the Cartersville Campus on Monday, Nov. 14.

RACSL is a Board of Regents’ Committee of all student life/student activities directors at all University System of Georgia colleges.

The RASCL meets twice a year to discuss issues and communicate what is going on at the various institutions.

“This is the first time that I am aware of that GHC has hosted this meeting,” said John Spranza, director of student life. Approximately 30-40 staff members from around the state attended this meeting.

Fall Frenzy



Nursing major Al Roldán (left) buys a funnel cake at the Cartersville Campus’s Fall Frenzy.

Photo by Kei-Won-Tia Perez

Annual fall festival draws students, families and friends

By Amber Tuesday Green
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Staff Writer

Games, food and fun greeted those attending Fall Frenzy.

In a departure from the usual lunchtime Fall Frenzy, this year’s event started at 5:30 p.m. on Oct. 26 on the Floyd campus and Oct. 27 on the Cartersville campus.

Activities included the Velcro Wall, the Joust, the Bungee Run and an obstacle course called Adrenaline. All the activities were provided by Cajun Bounce out of Louisiana.

There were also various booths and tables set up on the campuses. One of the booths, Cajun Candy, was also provided

by Cajun Bounce.

Other booths included SPAGE’s duck pond and tattoos, TRASH’s mocktails and beer goggle toss and “The Old Red Kimono” haiku contest booth.

The Black Awareness Society served up a delicious helping of “soul food” and also had a basketball game called “shootout.” Those who scored a basket won a prize.

Food was also provided by North Georgia Promotions from Cartersville. As the night got cooler, Frank Murphy from the Baptist Student Union handed out free hot chocolate and cider.

The audience was entertained by “Poor Boy Music,” a band out of the Detroit area that has been touring the country for

about four years.

Sgt. Brosser from Illinois, who had set up a booth to promote the Army, was having a pleasant time. “I think it’s great. You guys should have it more often, but bigger,” he commented.

There were also comments about how much better the Fall Frenzy was this year than in the past. “The weather’s much nicer, there’s a decent, steady, nice, mixed crowd,” said Dr. Nancy Applegate, associate professor of English.

Lea Smith, nursing student from Rome, also liked the change “It’s different because it’s in the evening,” she stated. “It’s more available to everyone.”

Heath Roger, assistant director of student life, said he was

“very happy” with the turnout of about 125-150 people for the Cartersville Fall Frenzy. “Student participation in Cartersville campus events has grown since the beginning of the semester,” Roger said.

“Fall Frenzy was a lot of fun for the students and members of the community. I think it was a great start for the Cartersville campus, and next year will be bigger and better,” said student Lori Momon.

Approximately 200 people took part in the Floyd campus Fall Frenzy. John Spranza, director of student life, was pleased that more non-traditional students attended this year.

More photos on pg. 16

Leaks still a problem despite patch work; new \$350,000 roof not expected until summer, ‘If everything goes well’

By Randie Mayo
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Staff Writer

Lately, there have been many unanticipated roof leaks in the F-Wing of the McCorkle Building of the Floyd Campus.

According to Doug Webb, director of plant operations, there have been problems with the ceiling for the past couple of years. The problem areas have been patched up five or six times because of recurring leaks.

“We had thought that the roof had been repaired enough to last another year,” Webb said. “We didn’t expect the problems we’ve been having.”

Currently, there is no money to make the repairs that are needed. “If everything goes well, we should have a new roof by next summer,” Webb said.

This problem has been a persistent one over the years. “We had the same problem in the Walraven Building for a while,” Webb said.

According to Sheila McCoy, professor of languages, major leaks occurred in F-153 earlier this summer. “Water leaked all

over the computers in the language lab,” she said. “It was a big mess for a while, so we are holding our breath hoping it won’t happen again.”

Carla Patterson, assistant professor of English, had a leak in her old office in the summer of 2003. The leak was repaired, but it leaked again in the summer of 2005. “It’s frustrating and a massive inconvenience,” she said. “I also know that the college is trying to fix it.”

Brandon Pilcher, a general studies major from Silver Creek, said, “Raised tuition plus this issue of low maintenance equals regime change.”

Fixing the roof was not a top priority when projects were presented for review to the Board of Regents last year. “Next year, we plan to put fixing the ceilings as the number one priority,” Webb said.

The estimated cost of fixing the roof is 350,000 dollars. The cost of the renovation will take up to two years to complete. In addition, the college may have to borrow the money to pay for all the repairs.

“When projects are pre-



Photo by Chelsea Perren

Missing and discolored ceiling tiles are a reminder of the severe leaking has occurred in the F-Wing language lab, room F-153.

sented, a certain amount of money is given, but our needs tend to be higher,” Webb stated. “We generally request one mil-

lion dollars, but usually end up getting one-third of that.” He also noted that the allotment is provided for all the campuses.

It has been 15 years since the roof was last replaced. Once repaired, it should last for another 20 years.

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Fred Green to retire in Dec.



Photo by Carolyn Grindrod

Fred Green often drops by the SMP office to offer advice.

By Mary Prickett
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Staff Writer

Not many people are aware that this is the final semester for a Georgia Highlands College faculty member. Fred Green, associate professor of English, is re-

tiring.

Green started at GHC when it was still known as Floyd College. Green worked from 1975 to 1977 as a "full-time" part-time teacher. After a short period, he returned in 1978 to teach full-time and has been with the college ever since.

Green worked in the developmental studies division, now known as the academic support division, but then moved to the social and cultural studies division in 1996. He has also been an assistant adviser for the "Six Mile Post" for 10 years.

When asked what he enjoyed most about working at GHC, he said, "A lot of different things. Working with the students and with colleagues, but I got the most joy from the 'Six Mile Post.'"

The enrollment and the number of campus sites for the college have increased, noted Green about the changes he has seen over the years.

He said, "There's not as much contact between the administration and the faculty since the college has grown. In the early years, it was easier to see the president and the vice president because the college was smaller. There were more faculty meetings to talk with colleagues."

Green said he is certainly looking forward to retiring. He said with a smile, "I really haven't made any firm plans," though he hopes to do more reading and traveling. He stated that his wife will still be teaching, so any travel plans will have to work around her schedule.

Green also expects that he will still teach part time, but smiled and stated, "I can do anything that I want."

100 Years of Special Relativity 1905-2005



Photo by Randie Mayo

Mark Pergrem, physics instructor (above) presides over a celebration of Albert Einstein's year of miracles in the geology lab on Nov. 3 at the Floyd campus. He conducted a similar event on Nov. 1 at Cartersville.

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**PREGNANCY
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Game room now open after misconduct causes shutdown

By Joshua Daniels
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Staff Writer

The game room on the Floyd campus was closed down on the Oct. 11 because of the trash left all over the pool tables.

John Spranza, director of student life, said, "The garbage was left all over the game room

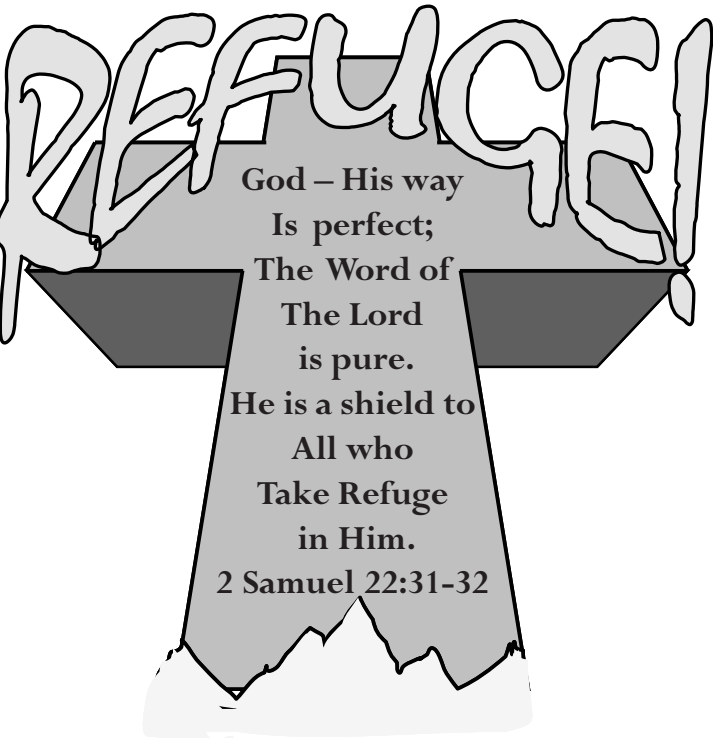
in less than three hours." Spranza also stated, "Students should realize that the game room is not their bedroom, living room, or car and should be kept clean for all student users." He also stressed that the use of the game room is a privilege not a right.

The game room remained closed for a week and a half.

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Annual weekend play trip offers quality drama and extra credit

By Jeff Denmon
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Assistant Editor

The time is drawing near for the college's annual trip to the Alabama Shakespeare Festival (ASF) in Montgomery, Ala.

The weekend of March 18-19 students will get the chance to visit the multi-million dollar ASF complex and watch two plays. This year, students will see "Twelfth Night," a romantic comedy by William Shakespeare, and "To Kill a Mockingbird," a stage adaptation of the book by Harper Lee.

The estimated cost for the trip will be \$80-\$90 and will cover tickets to the two plays, tour bus transportation, motel accommodations and even a few added bonuses.

Sign-up for the trip will take place early in the spring semester. Students can sign up at their local Office of Student Life. Only 55 openings are available for this trip. The trip is open to faculty, staff, students and their guests.

"We're going earlier so we can see the plays we want," said Dr. Kristie Kemper, professor of English, who is also one of the trip's coordinators. "We'd also like to do some sightseeing in the afternoon before the Saturday night play."

The Humanities 2011-20140, IDIS 1100-20143 and IDIS1 101-20144 classes will center lessons on the plays GHC students will see at the festival.

All English teachers offer some type of extra credit for students who go on the trip. There are other teachers that could possibly offer extra credit opportunities for students as well.



Contributed Photo

Shakespeare looks on as a crowd assembles in the theater lobby.



Contributed Photo

The theater is located in a 250-acre landscaped park.

Kemper recommends that people sign up early because the trip not only has limited seating but usually fills very quickly.

The trip is sponsored by the social and cultural studies division and the Office of Student Life.



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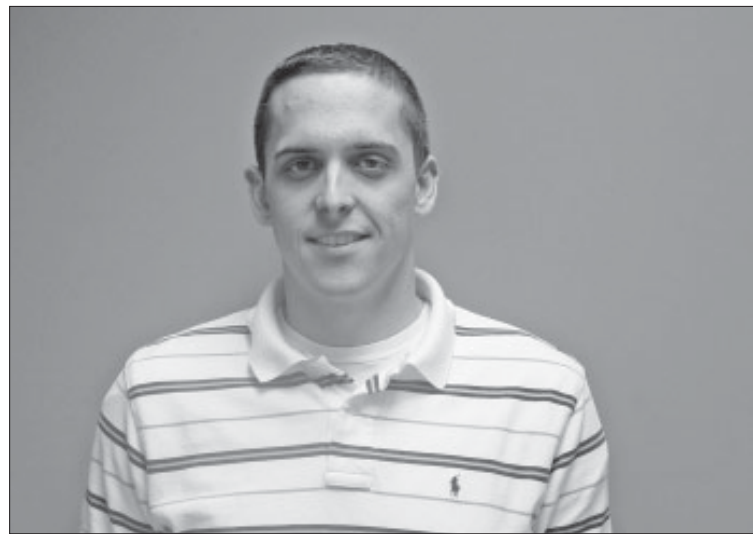
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FCCS 1100 Computer Studies is no longer required in area B of the Academic Core.

Heath Rogers chosen as assistant director of student life for the Cartersville campus



Heath Rogers

Photo by Chelsea Perren

By Mary Prickett
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Staff Writer

Heath Rogers is the first full-time assistant director of student life at Georgia Highlands College.

Rogers is 23 years old and a graduate of Shorter College in Rome.

Before joining the staff at Georgia Highlands he worked for the Rome Braves, a minor league baseball team and an affiliate of the Atlanta Braves. Rogers' hobbies are any kind of sports, and he refers to himself an "outdoorsman."

"I thought it would be good to work at another college, for the experience. So, I just applied for

it and found out a little bit more about the job, and I was interested. I decided to take it once they offered it to me," Rogers stated.

Rogers also said that he likes working for the college and that the best part is the environment. "When I first started everyone was so friendly, so welcoming," he said.

Rogers is doing all he can to help promote the student life activities at the Cartersville campus.

The Flush Flashes are posted in the bathrooms and signs for Skill Shops are up also.

Rogers is hopeful that once the student center is furnished that more students will be willing to stay on campus and participate in the activities that are going on. He also stated that he would like to have a workout center on cam-

pus like the one on the Floyd campus.

Some of the recent events on the Cartersville campus were a caricature artist, airbrushing trucker hats and an international festival.

Slam poet Komplex will perform on Nov. 16.

The Student Life Office is also going to be selling tickets to the Nov. 20 Falcons game, but students who have the most stamps on their Stampede card will have first priority because of the limited tickets.

Rogers is focused on helping the students and promoting the activities that are coming up on campus. "I like trying to help the students any way I can," Rogers stated. "If that's bringing more joy to them in between classes, then I am glad to do that."

"When I first started everyone was so friendly, so welcoming."

-Heath Rogers

Road project to disrupt campus golf course

By Sam Chapman
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Staff writer

Golf classes at Georgia Highlands may have to be relocated because a road project that is currently in the works extending from the Rome bypass will cut off a two- to three-acre section of the campus.

The road project "will enroach on the golf course, but will not intrude on the ball field" on the north side of the campus, according to Dr. Randy Pierce, GHC president.

Dr. Ken Weatherman, professor of physical education and golf instructor, said, "We have investigated the possibility of moving golf from the south to the north side of campus."

Weatherman said, "This will pretty much be a decision of the administrators of the campus."

The road project involves rerouting Booze Mountain across GHC property.



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Budget stretched too far!

Most people learn at an early age that they must take care of the things they have and live within their means. Georgia Highlands College is showing signs of outspending its resources. With two campuses in Rome and campuses in Cartersville, Marietta and Acworth, the strain on the college’s resources is beginning to show. The Floyd campus is showing signs of neglect. For example, one of the ladies’ restrooms on F-Wing is in bad need of a facelift. The carpet is old

and dirty. It actually has a path that guides students to the stalls. On the edges, something that looks like mold is growing. There are many ways to fix this problem. Steam clean the carpet or just take it up. Also, the F-Wing and student center area on the Floyd campus is in desperate need of a roof. It is very strange that although workers are patching spots and replacing ceiling tiles, the leaks still happen. Often the new leaks are seen in same spots where the just

repaired old leaks were. In contrast, the new campus in Cartersville features wireless internet throughout, a library with a very large fireplace and let’s not forget bathrooms that flush by themselves and automatic off and on switches for the sink faucets. The administration of Georgia Highlands needs to get serious about building maintenance at the Floyd campus. Growth is wonderful, but not when you can not maintain what you already have.



Artwork by Dustin Taylor, 2005

Be YOURSELF, not Paris Hilton!

The media spotlights the rich and famous and uses the power of television and magazines to convince the average person that he or she should look, dress and live like the stars. A perfect example of this is the MTV show “Laguna Beach.” The show spotlights teens in high school that have nothing better to do than spend their daddy’s money. But this is SO not the case. The truth is that very few people have the resources to achieve perfect bodies, have perfect clothes or live perfect lives. Why do girls have to be a size zero to think they are not fat? Who would want to eat salad all the time? It’s sad that the media bombards the public daily with these images of perfection. Most normal people that actually eat are not a size zero! We do not have personal trainers and/or a personal chef to keep us in line. Did you know that Marilyn

Monroe wore a size 16? She was considered the ideal woman in her day. What has the world come to for a size 16 to be so horrible? Most normal people, believe it or not, actually have bills for things like car insurance, cell phones, etc. They do not have the money for designer digs.

Yes, I did it too; I bought a fake “Louie.” On the web site, it looked just like a real one, but when I got in the mail it was nothing of the sort. The funny thing is that most people cannot even tell the difference in a real LV or a fake one. Just to let you know, most of the Louis Vuitton’s here at GHC are fake. People today are falling for the false images the media displays to them everyday through cleverly disguised advertisements. People feel they cannot be happy or satisfied with who they are




Editor’s Box

By Sarah Abercrombie
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Assistant Editor

“Just to let you know, most of the Louis Vuitton’s here at GHC are fake.”

Who in the real world can walk into a Louis Vuitton (LV) store and buy whatever they want or go to Dior and buy sunglasses that cost an arm and a leg? People feel the need to buy fake designer accessories that cost almost as much as the real thing. Not to mention they look NOTHING like the real thing.

and what they have. The sad thing is that through the media we are sold a chance at an image we have been convinced we must have. Just be yourself! Don’t buy things just because the stars have them; buy the things because you like them. If you really like the good stuff, buy it--don’t fake it!



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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.

How about some inter-campus rivalry? Floyd wants a piece of Cartersville...in sports, that is

By **Dustin Taylor**
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Staff writer

Years ago, there was an ambitious effort to integrate intercollegiate sports into our quaint little school.

To go from an establishment with only intramural sports teams to a college with teams competing in conference, regional and national levels--the notion was invigorating, but would eventually prove to be far too impractical.

Years have passed since that time, and the school's rapidly growing enrollment via the new Cartersville campus could very well afford us a perfect middle ground called inter-campus sports. Under an inter-campus sports program, students would get a unique opportunity to interact with peers they may not even have known they had.

This idea is not entirely new. The concept has been kicked

around ever since Heath Rogers, assistant director of student life at the Cartersville campus, began trying to establish a new intramurals program.

"Cartersville students want what the Rome campus has," said Rogers. "Intramurals haven't really taken off, but we've reached an agreement with a church behind campus that would allow students to use their facilities."

In the past, GHC flag football teams have always faced off with the champions from Berry and Shorter Colleges. With the addition of our new Cartersville campus, we have a perfect opportunity for some intercampus competitions that would surely generate growth in our intramurals program.

"Kids are working every day after school," explained Intramurals Director David Mathis, "so it's hard for them to find a definite time to be involved."

"The more successful they are

at Cartersville, the more successful we are here. If we had some friendly rivalry between the two, it would really be a positive thing," Mathis said.

Students enrolled at campuses outside of Floyd County already make up more than 20 percent of the GHC intramural basketball players.

Nearly a fourth of the participants in the FIT program attend the new campus, and while students on any GHC campus are welcome to participate in intramural sports, they haven't really had an organized way to compete against each other.

With Cartersville barely 30 miles from the main campus, it's likely that we'll begin seeing more interaction between the Cartersville and Floyd campuses. What a better way to facilitate this interaction than by organizing sports teams and leagues to face each other in friendly competition?



Photo by Randie Mayo

The SMP staff would like congratulate Fred Green on his retirement.

Thank you for 10 wonderful years as our assistant adviser.

We'll miss you.

Something to think about



Seth Acuff is a staff writer for the "Six Mile Post" and the student newspaper's SEC representative. A student at both the Floyd and Cartersville campuses, he enjoys contemplating things such as the meaning of life and the existence of God.

Above the cozy padded chairs in the Georgia Highlands College student center on the Floyd Campus there are television monitors that threaten the intelligence of all the GHC students that sit beneath them. These electronic, satellite fed banes of intellectual existence display MTV's college friendly network MTV-U.

In previous years, televisions in the student center displayed the "College Television Network." Then in May of 2001, MTV-U took over offering the best of anti-scholastic programming continuously, every day.

Students lounging or studying for a test in the student center could enrich their lives by watching something informative such as the news, but instead they are subjected to a mentally stagnant assortment of "college rated" videos.

MTV does put forth some effort, however far from valiant, to keep the public informed with insignificant news bites aired on very rare occasions that last no longer than a flash of lightning.

MTV justifies its presence on college campuses by what some would call bribery, using scholarships and grants to buy admission into academia. MTV's meager contributions to various philanthropic missions pale in significance to the network's multi-million dollar profits and are divided among over 700 different schools.

Having MTV-U displayed in the student center not only causes a nuisance to those wishing to do their school work in peace, but also revokes an opportunity to learn for those who have nothing better to do but look at a TV screen.

If boredom sets in and there is a television available, why sit idle when knowledge could be gained by watching something informative? There are hundreds of networks other than MTV U that broadcast 24 hours a day and that could educate students, instead of wasting their time.

Entertainment is an important part of student life at any college or university, but academics and learning should be ranked higher. Why should students who want to learn be road-blocked by the sights and sounds of a network whose main interest is filling its own pockets?

SIX MILE POLL

What is your biggest fear?



Brian Barr
Alexandra, La.
Assistant Professor of Art

"Religious fanaticism."



Brittany Butler
Rome, Ga.
Art Major

"I am afraid of the government turning into a dictatorship."



Derrick Rader
Rockmart, Ga.
Business Admin. Major

"I'm scared of mean dogs chasing me."



Rochelle Henderson
Tallapoosa, Ga.
Art Major

"Dying with unfounded faith."



Zach Pease
Rome, Ga.
Art History Major

"To be forgotten."

Poll by Moses Whitaker



Artwork by Jenn Smith, 2005 / Page Design by Carolyn Grindrod

All I want for Xmas is the truth

Even as a young child, I was always a very skeptical person. I always have been a follower of the saying “seeing is believing,” and my parents had a hard time understanding why I never believed in Santa Claus. The truth be told, my parents did try to convince me that there was a Santa, but there was just too much proof against the existence of Kris Kringle. Every Christmas, there was always something that messed up my parents’ stories of Santa, and I was always the first one to point them out.

Our family’s Christmas in 1992 was spent in our home in Weston, Fla. I was five at the time, and my sister was only three. My parents went through the elaborate plan of having my grandfather from California, or Pepaw as our family called him, call the house and do his best impersonation of St. Nick. I automatically knew who it was, even told my mom who it was, but went along with it for my little sister’s sake.

My mom then convinced the family that it would be a wonderful idea to go for a drive to get some ice cream from McDonalds, to look at Christmas lights and wait for Santa to drop off the presents that night. “Santa is only going to come early this year if we aren’t at home,” my mother said.

So, as the family piled in the car, my dad quickly put out the presents. Ten minutes later, we all went to Mickey D’s for ice cream, to only find a skinny version of a Santa standing outside of the doors. Needless to say, my mom made my dad leave before my sister saw the Santa, and we went driving around the block.

Sure enough, standing out front of the local grocery store was another Santa (this one was more on the heavier side but was without a beard). This time, my sister noticed and said “What is Santa doing outside of Publix?”

“He’s buying food for the reindeer,” my mom quickly said as we left the scene.

From there on out, we saw Santas all over town: at the movie theater, at a few restaurants and even in the mall. Each Santa looked completely different from the next.

I knew these facts just simply didn’t add up. My last and final deciding point came from the presents. On top of my science lab microscope was a note with the words “With love from Santa.” It was in my mother’s handwriting.

Carolyn Grindrod



Contributed photo

Beaird’s family gathers at her aunt’s house every Christmas.

It’s a wonderful family

Years ago, we all gathered at “Granny and Papaw’s” on Christmas Eve. We would have a 12-foot, real Christmas tree. As a child, there was too much excitement. We all spent the night in one house and woke early on Christmas morning to see what Santa had brought.

After my grandparents retired and moved to a smaller home, the family started gathering at my aunt’s house for the holiday. We have lots of fun playing games, staying up late on Christmas Eve, and getting up early for Santa on Christmas morning. The tree is a lot smaller and is artificial. With 35-40 people spending the night in one house, you can imagine how the presents hide the tree. At bedtime, it is wall to wall bedrolls upstairs and down. The only way you get a real bed is to be older or be pregnant. There is not a lot of sleep due to the many loud snorers.

We are a close knit family and will dearly miss my Papaw for the second Christmas. He passed away in April of 2004. This is hard on our family but we still have each other. My “Granny” is eighty; she and Papaw started this family tradition so many years ago. I am thankful for such a wonderful family.

Kitty Beaird

Happy



Artwork by Dustin Taylor, 2005

Five myths you should know

Myth One:
The modern image of Santa Claus was created by Coca-Cola.
Back in 1931, Haddon Sundblom drew his first Santa Claus portrait for Coca-Cola, which popularized an already known image of Santa Claus.

Myth Two:
Jesus was born on Dec. 25.
Early in the fourth century, certain church fathers had the idea of celebrating the birth of Christ on Dec. 25. These church fathers wanted to obscure the Dec. 25 festivities of a rival pagan religion. And with the Roman Emperor Constantine the celebration of Christmas became a Western tradition in 337 A.D.

Holidays

Thanksgiving heat wave

My funny holiday moment happened on Thanksgiving night while I was at work with my plate. When I got ready to eat, I noticed that the hot sauce was not on the neck-bones. So I went to refrigerator in the shop to see if anyone had left some hot sauce in there. I moved every bottle in the refrigerator until I found this little bottle of hot sauce but it had some peculiar writing on it. I didn't care what the hot sauce said. I was ready to eat my neck-bones.

I poured some on my neck-bones and then put a small dab on my finger and tasted the hot sauce. As soon as I touched my tongue, it was like instant fire. I ran to the water fountain and put my tongue under the water to try to put out the burning feeling! After ten minutes of soaking my tongue I read the bottle it said, "20 times hotter than your average hot sauce, catch your friends off guard and surprise them." The hot sauce was from Gatlinburg, Tenn. so, guess someone left it as a surprise. I should have thrown the neck-bones away, but I didn't. I tried to wash them off, but all I did was marinated them in the hot sauce. After I tried to eat them again, I ended up with a burning tongue and a huge block of ice to cool it off.

Tarius Anderson

Hit the sales!

I had gotten my license and my car on my birthday just one month before Thanksgiving in 2001, and I was the first of all my friends. Each of us spent Thanksgiving Day at home with our parents, but gathered to spend the night at one of our friends'. The next morning, we woke up before dawn and slipped out to my car and left for town. We'd all heard that the day after Thanksgiving was the busiest shopping day of the year, but we wanted to see for ourselves. We got to Wal-Mart about 6 a.m. and needless to say, the stories are correct. There were more fights over computers and TVs we witnessed that day than in our entire school career.

Matt Lowery

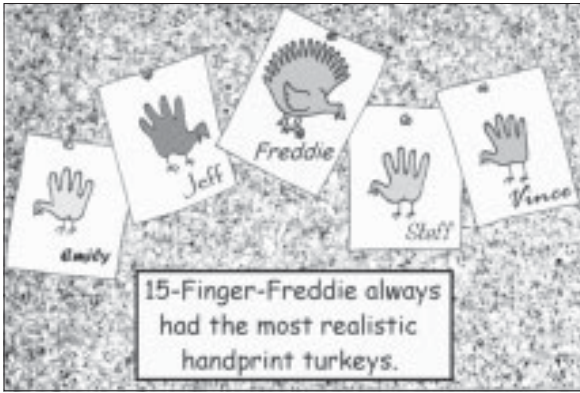
about Christmas

By Jason Trask
jtras00@highlands.edu
Staff Writer

Myth Three:
"Xmas" is a modern, disrespectful abbreviation of the word "Christmas."
X is a substitute for the Greek, Chi, which was an early church representation of Christ. This substitution has been around for a long time and has no meaning of disrespect.

Myth Four:
The suicide rate increases significantly during the winter holiday season.
According to a Mayo Clinic report, "fewer suicides than expected may occur on weekends and major holidays, because it may be easier to repress troublesome thoughts during these times of greater social interaction."

Myth Five:
Rudolph the Red-Nosed Reindeer was created for Montgomery Ward department stores.
In 1939 the Chicago-based Montgomery Ward company asked Robert L. May, one of the company's writers, to write a Christmas story that could be given away to customers as a promotional ploy. This was done to save the expense of buying books from outside sources. "Rudolph the Red-Nosed Reindeer" was loosely based on the "Ugly Duckling."



Artwork by Dustin Taylor, 2005

Cranberry surprise

It was November 28, 1991, Thanksgiving day. I was 11 at the time. My mother, who had been working all morning on the meal, was trying to make sure everything was arranged just perfect. From the looks of it, I would say she did an outstanding job. She called everyone to the table so we could ask God to bless the food. I was the first one in dining room, quickly followed by my brother. My dad eventually meandered in, and when he did, he began to pray over the meal. Even though it was just the four of us, there was so much food on the table that we had to get our food and go to the living room to eat. My parents let me go first since I was the youngest and the first one to come when we were called. Unfortunately, this was not a good year to do that. As I walked down around the table getting my food, my mother said that I needed to try some of the cranberry sauce. I argued at first, but she said that I at least needed to try one bite. I decided that I would just take the bite right then and shoved it down my throat. However, I was going through a stage where certain textured foods would make me gag. As I shoved the cranberry sauce in, I barely got my hand away from my mouth when not only the cranberry sauce, but the Crunchberries that I ate that morning came back out and all over the turkey. Because of this, I was not only the first to go that Thanksgiving, I was also the last. We all decided to go out to eat since my mother was obviously not going to cook everything again. That was the last time that she ever made me eat cranberry sauce.

Adam Lomard



Caution: this article may be too scary for verbophobics

From the fear of closed spaces to the fear of needles, there’s a phobia for all occasions

By Carolyn Grindrod
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Editor-in-Chief

Phobias-everyone has them; no one really likes to talk about them, but what really causes phobias?

According to the Anxiety Disorders Association of America (ADAA), phobias affect over 14.8 million Americans; that is about 10.3 percent of the population today. The survey also showed that women are twice as likely to develop a phobia than men.

There are several factors, both physically and emotionally, which play a role in why humans create phobias for themselves. “Most of the time, a severe fear of a specific thing has to do with the environmental surroundings of a person,” said Donna

Mantooth, associate professor of psychology. “Traumatic events, for example, maybe can affect a person. A person who gets bit by a dog when he or she was younger may develop a fear of dogs.”

There are all kinds of phobias, including those more common and those that are more bizarre.

Some of the most common phobias include claustrophobia- fear of being confined in small spaces, acrophobia- fear of heights, enetophoba- fear of needles and arachnophobia- fear of spiders.

Doug Anderson, psychics major from Calhoun, said, “If I can impact something that I’m scared of, it won’t scare me anymore, but if I have no control over the situation then that’s when I get scared.”

The more out of the ordinary

fears can be anything from chrematophobia- the fear of money to heliophobia- the fear of the sun or pteronophobia- the fear of being tickled by feathers.

“I have a huge fear of ropes,” said William Torres, a human services major from Calhoun, Ga. “One time, while I was in the military, I was training on an obstacle course, and I started to fall. I grabbed a rope, and ended up with a severe case of rope burn. Later, when I was forced to another obstacle course, fear paralyzed me and I started crying.”

Although phobias are life altering, there is treatment for them. According to Mantooth, “First of all, you have to address the fear itself. A lot of therapists use desensitization training, where a person is gradually introduced to the event or stimuli.”



Photo by Chelsea Perren

Students can buff up between classes in GHC’s fitness lab.

Things to fill the day for GHC students

By Jake Carter
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Staff writer

There are many things to do on the Georgia Highlands campuses that students can do every day; unfortunately many do not take advantage of what they have already paid for.

On the Floyd campus there are the lake and fitness trails, as well as the marshland boardwalk for those who enjoy the scenery.

According to John Spranza, director of student life, tennis and volleyball courts and even a three-hole driving range are on the far end of the campus facing Highway 27.

For those who like to work out

there is the fitness center with equipment in the gym. This is open to students whenever there is not a class going on.

Students at the Marietta campus are allowed to use the facilities at Southern Polytechnic, but they must pay a small additional fee.

The Cartersville campus does not yet have anything beyond the game room, and Acworth has nothing but events and workshops due to a lack of space, according to Spranza.

Students pay a student life fee to use the facilities and events when they enroll. “Eventually the ball is in the student’s court and they have to actually go to the events we plan,” said Spranza.

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Gas prices dropping, inflation still a concern



Photo by Chelsea Perren

Gas prices are now lower than before Hurricane Katrina hit.

By Seth Acuff
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Staff Writer

Associate professor of business and economics Dr. John Reiners has been following closely the rising and falling costs of post hurricane energy in the United States.

Gas prices immediately following Hurricanes Katrina and Rita skyrocketed to over three dollars per gallon spurring on inflation. As the Gulf Coast returns to full production capacity fuel prices are dropping, and as Reiners observes, so is inflation.

Though gas prices may seem to be lowering relative to their spike after the hurricanes, they are certain to continue to rise over the long run.

According to Reiners, the world's supply of gasoline is relatively fixed, but demand continues to increase. The United States, China and India are all

markets that demand increasing amounts of fossil fuel products.

Reiners explains that most European countries and Japan heavily tax gasoline both as a source of revenue and to discourage excess use.

He said, "I strongly believe the US must follow suit or face a very difficult energy crisis in the next five to 25 years."

The recent high fuel costs have been detrimental to consumers and U.S. auto makers.

According to Reiners, consumer preferences have changed and Americans no longer desire

large fuel inefficient SUVs. As a result, GM and Ford both posted big losses in the most recent quarter. "They are huge companies, and their pain would be felt throughout the U.S. economy," he said.

Solutions for the problem of energy costs are numerous, but few are practical.

President Bush suggests that Americans conserve fuel by driving

less, but as Reiners said, "Most Americans depend on their cars for everything: shopping errands, doctors' appointments and recreation" and therefore it is unlikely that American demand for transportation will decrease.



Photo by Randie Mayo

Dr. John Reiners

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Tattoos becoming and changing lifestyles

By Jacki Padgett
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Staff Writer

Getting a tattoo, whether a person is in the military, a street gang, a rock band or is just an everyday person, often means the one getting the tattoo is transformed by the tattoo.

Tattooing has grown so much that it is now a part of everyday life. John Bailey, a general studies major at the Floyd campus, is an example of this.



John Bailey

Bailey received his first tattoo at the age of 15 and now has over 20 tattoos that range in size and placement on the body. He says he has a “fantasy theme going on.”

Bailey does recommend that everyone make sure that he or she checks out the shop before getting a tattoo. “With all the Hepatitis C going around, you want to be careful and also think a lot about getting a tattoo before going ahead with it,” he said.

Bailey also believes that tattoos can be addictive. He said, “It is artwork, and you want to ex-

pand it.”

He also mentions that “tattoos can cause you to not get a job” and that this has happened to him before. Bailey wishes he could take the tattoos away because at one time they may have meant something but they do not have any meaning now.

Though they may have no meaning now, Bailey is still getting tattooed up and is currently working on a chest piece. John would like to thank Kevin Jones at Crypt Kicker in Rome for all his great tattoos through the years.

Tattooing has grown so big that there are even tattooing conventions and schools where tattoos artists can show off their artwork and skills.



Photo by Chelsea Perren

Bailey shows off one of his many tattoos.

Students have more benefits outside class than they think

By Joshua Owens
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Staff Writer

Did you know that Georgia Highlands College students are able to get numerous discounts on activities available to them in the Rome and Cartersville areas?

Georgia Highlands College “Orange & Blue Value Card,” which can be found at the Office of Student Life (OSL) at either the Floyd or Cartersville campus, is an easy-to-read compilation of these privileges. It represents many local restaurants, like

Schroeder’s Deli, Ana’s Deli in Rome, Johnny’s New York Pizza and Gorin’s Café and Grill in Cartersville, to name just a few.

Cheap cuisine is not the only benefit to being a student. Many other establishments which college students frequent offer discounts as well. This includes Rack Room Shoes, Floyd Bowling and Amusement in Rome, Pottery Lane and Spinners Skating Center in Cartersville.

Many of these local attractions will ask to see a student ID for verification, and occasionally request the Value Card as well,

so it is recommended students who wish to take advantage of these discounts pick one up at the OSL.

The Rome campus organizes a monthly Movie Night, held on Fridays at Mount Berry Square Theater, when students may purchase \$3 tickets for selected shows.

The Cartersville campus combines efforts with Regal Cinema to provide discounted tickets which may be used any day and time, for any show, except opening night for major films.

Other opportunities are also

available, such as discounted entrance to theater, symphony and other artistic performances.

Through the OSL, tickets may be obtained to Rome Little Theater, Cedartown Civic Auditorium, Rome Symphony Orchestra, the Legion and Grand theaters (both in Cartersville).

Also, students may purchase entrance to the Tennessee Aquarium and I-Max Theater year round.

Tickets to the four theaters – Rome Little, Legion, Grand and Cedartown Civic Auditorium – are limited and normally are

available two weeks prior to the performance. The others are typically unlimited and require less advance notice.

A cultural events list for fall semester can be found at the OSL.

This list contains all the theater performances for which GHC will offer discounted tickets.

News on upcoming events is posted bi-weekly on the “Flush Flash.” A virtual calendar of events is available online at www.highlands.edu/cgibin/campuscalendar/calendar.cgi

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‘Frances the Mute’: music that should not fall on deaf ears

By Moses Whitaker
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Staff Writer

CD Review

“Frances the Mute” by The Mars Volta might be the single most important rock album of 2005.

Most of the current rock bands that are getting any attention this year are retro new wave bands. While it is said that imitation is flattery, there is a certain point where it becomes ridiculous. Anyone can imitate another band and make a hell of a lot of money doing so.

This is where legitimacy comes into play. The Mars Volta is a mix of progressive rock and science fiction storytelling. Though those are the listed genres to fit the band into, it is really difficult to categorize this music.

The album is listed as 12 tracks, although it is actually only five tracks long and clocks in at around 76 minutes. The opening track for “Frances the Mute” is a trip. It starts with an



Courtesy of pitchforkmedia.com

“Frances the Mute” album cover art is as abstract as the music that comes with it.

acoustic melody playing while Cedric Bixler Zavala sings the enchanting opening lines to the album.

After the opening, the song breaks into a hard rock melody

with a funk induced bass. The mixture is very satisfying.

One aspect of this album is that it has very high replay value.

However, there is little to no

instant appeal whatsoever. Normally this would be a problem, but the lack of instant appeal is the reason it does not become repetitive.

The only album that compares to this one is “Kid A” by Radiohead. The relevance is in that both albums are very bizarre and unwelcoming.

The prize piece of “Frances the Mute” is the closing track, which is called “Cassandra Gemini.” It is 35 minutes long and is broken into seven movements. It starts off very fast paced and discombobulating at first.

However, in the structure that is actually going on behind the chaos, there is much enjoyment to be found. The song proceeds to break into different movements, each one becoming more frantic than the last. This causes it to become more climatic towards the end before it explodes back into the opening chorus.

This album is off the deep end, and really does not sound like any other band.

When listening to an album

that takes patience and effort to enjoy, the results are many times more satisfying.

The importance of this album is that it is not openly structured or predictable.

When people listen to a band they expect to hear a certain sound, just as when buying clothes from a certain brand, they expect familiarity.

“Frances the Mute” shows familiarity has no place in progress when it comes to music.

New Releases

Books:

Ordinary Heroes.....Scott Turow
700 Sundays.....Billy Crystal
Predator.....Patricia Cornwell

Movies:

Walk the Line.....11/18
Rent.....11/23
The Chron. of Narnia.....12/05

Video Games:

Chron. of Narnia (GC).....11/14
Gun (X-box 360).....11/15
Gauntlet (PS2).....12/12

CDs:

“Amarantine”:Enya.....11/22
“Switch”:INXS.....11/29
“Guerolito”:Beck.....12/06



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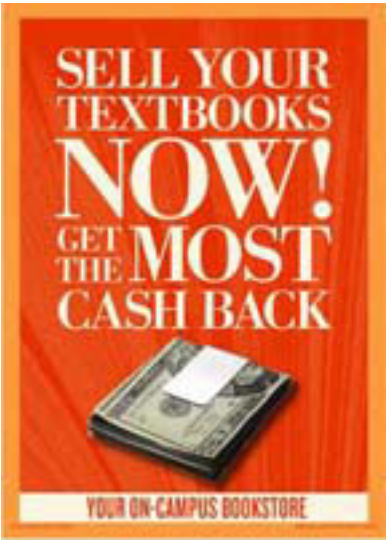
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A Vegan Thanksgiving: not just corn and candied yams

By Carolyn Grindrod
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Editor-in-Chief

As the time for great feasts on turkey and ham wait anxiously around the corner, many of us have already started planning our Thanksgiving meals for our family and friends. However, most people do not realize that the typical Thanksgiving dinner, including turkey and gravy, candied yams, corn and cranberry sauce, contains more than 2,600 calories.

That's about the same number of calories as found in five McDonald's Big Macs at 560 calories apiece.

The National Center for Health Statistics show that 30 percent of U.S. adults, 20 years of age and older (that's over 60 million people) are obese, and this increase is not limited to adults.

The National Library of Medicine (NLM) surveyed 55,459 people including omnivores (people that eat plants and ani-

mal products), semi-vegetarians (people that eat meat only on occasion), lacto-vegetarians (people that eat dairy products, but no meat) and vegans (people that eat no dairy or animal products). The survey showed that the prevalence of overweight or obesity was 40 percent among omnivores, 29 percent among both semi-vegetarians and vegans, and 25 percent among lacto-vegetarians.

According to the NLM, even if vegetarians consume some animal products, results suggest that self-identified semi-vegetarians, lacto-vegetarians and vegans have a lower risk of overweight and obesity than do omnivorous people. The advice to consume more plant foods and less animal products may help individuals control their weight.

So, to lower your calorie intake over the holiday season, try something new. Go vegetarian with this altered version of a People for the Equal Treatment of Animals, or PETA, Thanksgiving recipe idea.

Recipe:Nut Roast and Stuffing

The Roast

- two tablespoons of vegetable oil
- two large, chopped onions
- five cloves of minced garlic
- two and a half cups of raw cashews
- 1 ½ cups of bread
- half a cup of raw or roasted peanuts
- one cup of water
- 1/2 a teaspoon of nutmeg
- a tablespoon of lemon juice
- a tablespoon of lime juice.
- a dash of pepper

Stuffing

- three cups of toasted bread cubes
- two tablespoons of melted margarine
- 1/2 cup of finely-chopped onion
- 1 cup of chopped celery
- 1/2 of thyme
- 1/2 teaspoon of marjoram
- 3 tablespoons of parsley
- a dash of salt

Cook the onions and garlic in the vegetable oil until tender and then remove from heat.

Afterwards, chop the cashews and peanuts by hand (can be chopped in a food processor). At

this point, cut the bread up as well.

Mix in the bread and nuts with the onions and garlic, and then add the water, salt and pepper, lemon juice and nutmeg. Place half of the mixture in a non-stick loaf pan.

Mix together all of the ingredients from the second list, and place them over the mixture in the non-stick pan.

Then take the rest of the original mixture, and place it over the stuffing so that there will be three layers in the pan.

Place pan on a cookie sheet in oven at 400 F for half an hour, or until the top is browned.

Let pan cool fully; then turn over the pan on a plate to serve. This recipe serves six. Do not forget to serve with cranberry sauce and, the Thanksgiving favorite, candied yams.

Georgia Highlands challenges students to not smoke

By Jason Trask
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Staff Writer

On Nov. 17 Georgia Highlands College will be participating in the nationally observed Great American Smokeout.

The Great American Smokeout traditionally takes place on the third Thursday in November.

Begun in the early 70's, the day became nationally observed

in 1977. If past Smokeouts are indicative of this year's figures, as many as one-third of the nation's 46 million smokers could be taking the day off from smoking (quitsmoking.com).

GHC will be handing out pamphlets on smoking and smoking related issues. The Office of Counseling and Careers is planning to offer a workshop on smoking related issues, and according to John Spranza, director of student life, Student Life and

TRASH will be teaming up to pass out candy and gum to GHC's "quitters."

The only rule to this is that "quitters" must go one day without smoking. Students who are interested in participating, as either a "quitter" or volunteer, may contact the Office of Student Life or the American Cancer Society for more information at cancer.org.

Ready to take the plunge? Let's all be quitters for a day.

Exercise and healthy eating will make a happier holiday

By Jamie Swertgager
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Staff Writer

It is almost that time of year again. Before you know it you will be surrounded by pumpkin pie, turkey stuffing and honey glazed hams. However, do not give in to the holiday feeding frenzy. Be strong! Use these five guidelines to keep off that extra holiday weight this season.

Develop a work-out schedule and stick to it. Go running or walking for at least 30 minutes at a time, three or four times a week. This increases heart rate and initiates fat

burn.

Drink plenty of water. If you are adding exercise to your daily routine, your body might not be as used to it as you think. Drinking plenty of water will help your body adjust. It also helps get rid of unwanted toxins in your body.

Do not fall into the buffet trap. When you go to your grandmother's house for Thanksgiving, try sampling a little of everything this year and not over indulging. Your eyes are always bigger than your stomach. Remember leftovers are good for at least a week if you need to indulge in that good home cooked food that badly.

Limit your sweets and carbo-

hydrates. Try eating only one or two little pieces of pie and/or cornbread or biscuits instead of six.

Give yourself a goal to work towards, and then of course, a reward to follow your achievement.

For example, try to be able to run a mile in under nine minutes or do at least 100 sit ups without stopping. Then treat yourself to a nice healthy dinner of sushi somewhere nice. Have a friend do this with you. Peer pressure is always a good edge on fitness.

Good luck to everyone over the holidays and have a great holiday season.

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Bulldogs in doghouse again after another defeat

By Stephanie McCombs
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Staff Writer

The Bulldogs were decapitated once again by the Goats on Oct. 11. If the Bulldogs could figure out how to defend these guys and get more points on the board for themselves, then maybe, just maybe, they might win.

Sterling Peace scored three touchdowns for the Goats. Peace was on fire and ready for the ball every time it came his way.

The final score was 49-13, with the Goats taking home another victory.

No game was scheduled for Oct. 18.

The Goats had to forfeit to the Bulldogs on Oct. 25. Only four players showed up for the Goats, and a team needs at least six to play.

Peace was on fire and ready for the ball every time it came his way.



Photos by Chelsea Perren

Sterling Peace (left) and Seth Ingram (kicker) charge forward after kickoff.

Chris Drukenmiller launches a pass.

3-3 tournament winds down with nothing but intensity

By Stephanie McCombs
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Staff Writer

Guys were on the floor hustling after the ball, draining shots from down town, and playing with high intensity. Every player seemed to focus on one thing, and that was to win.

Game one on Oct. 25 between the Celtics and the Knicks was a forfeit by the Celtics to the Knicks. However, game two between the Bobcats and String Music was a game worth watching. There was a great deal of body contact, high intensity and a lot of shooting from three-point territory. It was like a three-point shootout. Neither team wanted to lose.

At halftime the score was 13-20 with String Music leading. Blake Pattillo of the Bobcats was very upset. He felt as though calls were not being made for his team.

At the end of the game it was String Music over the Bobcats 24-28. Joseph Beasley scored 18 points for the Bobcats and Tim Smith of String Music knocked down 15 points.

Game three was a match up between Dem Boys and the Ballers. Dayne Styles, player for the Ballers said, "If I didn't know Peanut (Cyril Young, a player for Dem Boys), he would intimidate me."

Seeing Young and Styles go at it on the court was a heck of a match-up. Both guys are from Rockmart and watching them face one another on the court made the game more exciting. Dem Boys seemed as though they had what it took to take on the Ballers. At halftime, the score was 23-23. Both teams hustled and played under control.

In the end, it was the Ballers out-balling Dem Boys 44-35. Young led Dem Boys with 13 points, and Hank Peppers of the Ballers scored 18 points.

In the playoff games on Nov. 2, the Bobcats beat String Music 44-33. The Knicks forfeited to the Ballers.

Michelle Wie responsible for school dropouts?

Ok, let me start out by saying that no GHC basketball team with only one win needs to be worried about writing us and telling us that one person beat your team. Bottom line, you didn't get the job done. Don't get mad at the paper for just recording the facts.

Now moving on and getting out of the batter's box.

Does it bother anyone else that a 16-year-old girl has turned pro in golf?

Now I know that Michelle Wie is a great golfer, but let's face it, this is horrible for golf and for education. What does this say to all the kids out there that are good at sports and don't want to go to school? In a world where we over emphasize the



Out of the Batter's Box

By Brad Carver
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value of education, there seem to be more and more people turning pro at a young age.

When I was 16, I was happy just to get a car. Wie is endorsed by Nike and is making millions! However, I am more disappointed by the parents than I am anyone. I was always taught by my parents, as I am sure most of you were, that education is more important than anything else.

I am happy for Wie that she gets to play a sport that she loves, but since turning pro there has been nothing but controversy that has surrounded her. She might not even get a high school diploma. I think that this is a crying shame.

Being endorsed by Nike, she can appeal to younger women and Nike sells more products. So

now every young girl that plays a sport can think she can be the next Michelle Wie and focus more on sports than her education.

What kind of message are we sending as a society? This cannot be ignored. Just think of Tiger Woods. He graduated from Stanford and was still a great golfer. Wie will not ever get the chance to experience that. But let's not forget that most of the blame goes to Nike and society as a whole.

I will leave you on this note. If your child was wonderful at a sport and had a chance to leave school behind, would you protect his or her chance for an education or would you go for the money?

Championship Game

Wed. Nov. 9

Ballers: 36, Bobcats: 34



From Downtown! SWISH!

Photo by Chelsea Perren

Fall Frenzy



Photo by Kei-Won-Tia Perez

A young girl gets gets a temporary tattoo at the face-painting table on the Cartersville campus.

GHC students
celebrate fall
with music, food
and games



Photo by Randie Mayo

Kids take advantage of the inflatable obstacle course.



Photo by Randie Mayo

Poor Boy Music, led by singer/guitarist Nate Castle (right), play their motown rag at Fall Frenzy.



Photo by Sam Chapman

The Black Awareness Society dishes out "soul food" on the Floyd campus.



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