

# SIX MILE POST

*The Student Voice*

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Photo by Tatiana Smithson

Clockwise from left: Rachel King, Brian Armstrong, Devan Rediger and her daughter Daylen Rediger plant strawberries for a Green Highlands project. For more information on Green Highlands, read the story on page 7.

## USG chancellor visits GHC

The University System of Georgia chancellor comments on possible changes during visit.

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## Saying farewell to the president

The Six Mile Post looks at the career of GHC President Randy Pierce.

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## Intramural Champs

Intramural basketball and football championships decided.

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Georgia Highlands College - Rome, Georgia

# Chancellor visits Georgia Highlands College

By Scott Hale  
Asst. Print Editor

Georgia Highlands College was stop 28 for Hank M. Huckaby, the newly selected Chancellor of the Board of Regents, who is the process of visiting all 35 colleges in the University System of Georgia.

Huckaby is no stranger to two year-institutions. He graduated with a associate degree from Young Harris College and went on to attend Georgia State for his bachelor's and MBA.

He then continued to pursue his graduate studies at the University of Georgia.

The Chancellor addressed plans and changes to be made in the University System in several meetings with GHC administration, faculty and students.

"We have announced the intention to look at the possible consolidation of some of our colleges and schools. We're one of the largest pub-



Hank Huckaby (left) meets with Georgia Highlands President Randy Pierce.

Photo by Kaitlyn Hyde

lic university and college systems in the country, and we think there are some opportunities for efficiencies financially and academically," said Huckaby.

The chancellor explained that the Board of Regents is

not at the point of making any decisions or announcements yet, but is working on the guidelines to be used to make those recommendations.

Huckaby explained that at this stage there are no

lists of merging schools and that all schools are a possibility.

There have been reports lately that with all the budget shortfalls the governor has decided to change the way the University System

is funded and that funding might possibly be based on graduation numbers.

Huckaby said, "No. The governor has created by executive order a commission to look at the funding formula for the University System of Georgia and the Technical College System."

Huckaby explained that as of now the system is funded by enrollment numbers and the governor would like to add a performance component to the mixture.

The criteria for the performance component of Georgia funding has not been set yet, according to Huckaby.

He said that he would like to see graduation rates become part of the formula but not for funding to be totally dependent on them.

Huckaby said that two-year institutions like GHC often provide a gateway to four-year institutions and often students only come to Georgia Highlands to obtain transfer credit.

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## Changes to Pell Grant could affect students

By S. Fitzgerald  
Asst. Print Editor

There are persisting concerns about the status of the Pell Grant, currently the nation's most sizable and most costly financial aid program for college students.

Although Pell funding was actually increased as part of the deficit-reduction compromise reached by Congress last summer, prior to that funding had been set to decrease for 2012-13, according to The Wall Street Journal online.

Since Pell Grants are discretionary spending that must be approved annually by Congress, there is a possibility of future cuts as the United States struggles with the national debt.

According to an online Atlanta Journal Constitu-

tion (AJC) article posted July 2011, there have already been some recent changes to the Pell Grant. Congress has reformed the grant by cutting out a student's ability to receive two grants in a given school year.

A more positive change to the Pell Grant for students is that no longer do enrollment credit hours affect a student's chances of receiving this grant. Both full-time and part-time students can be eligible for a Pell Grant.

Also, students can receive money during summer semester or any other non-traditional semesters.

According to Megan Simpson, GHC financial aid director, for the fiscal year 2010-2011 approximately 3,000 GHC students received Pell Grants.

Cheri Maegan Larimer, a Pell recipient on the Cartersville campus, hopes that any proposed changes will be grandfathered in so that they will not affect her.

Larimer said, "I hate the fact that every time the government makes a cut it's to the education programs. It seems it is becoming more and more difficult for non-traditional students like myself to attend college.

"Nearly 9.4 million students rely on the Pell Grant to help them with their educational costs. Education is extremely important and students should not have to overcome more barriers to get a well-earned education. Depending on the outcome of the proposals it will determine how many students are affected and at what cost," Simpson said.



# Online orientation streamlines registration

## GHC's website offers online video orientation component

By Ross Rogers  
Staff Writer

The Georgia Highlands' student orientation procedure is being streamlined and updated.

Before the decentralization of the college, orientation was handled through a single staff member who

coordinated orientation at all GHC campuses and sites.

Now Student Life coordinators at each campus or site will be organizing orientation, and more location specific information will be included in each session.

Lyric Burnett, student life coordinator at the Douglasville and Paulding sites said, "We are working on cutting down orientation time and having more learning opportunities for our new students. I think the additions we are discussing will truly benefit our new students and make them better prepared

for their career at Georgia Highlands."

John Spranza, student life coordinator on the Floyd campus, said, "We're always trying to improve. We wanted the orientation sessions to be more informative, more engaging for students and parents. Orientation is a very big component in students' first impressions of their new college."

A new online segment will be included in student orientation. Spranza explained that a thirty-minute online video, created through GHC TV, will serve as a basic introduc-

tion for new students.

The video includes information on subjects like financial aid and the function of different offices at GHC, such as the Business Office and Registrar's Office.

The video links students to a quiz that they must pass in order to sign up for the on-campus segment of orientation.

By using this introductory video, the length of on-campus orientation could be reduced by as much as two hours, depending on the size of the campus or site.

Spranza emphasized

that while the new online component is a great addition, in-person orientation is still important since it allows students to familiarize themselves with the campus they are going to attend.

Spranza said the updates are "a work in progress" and that offices and departments throughout the college have contributed to updating the orientation process.

The changes, including the online video segment, should be implemented starting at spring semester orientations in late November.



Photo by Kaitlyn Hyde

GHC students (from left) Lee Cagle, Michael Hug and TJ Beckman enjoy sweet rewards at the Sophomore Ice cream social on the Floyd campus.

## Ice cream social rewards sophomores

By Erin Baugh  
Staff Writer

As a reward for obtaining sophomore status by completing 30 credit hours, GHC invited all sophomores on all campuses to a Sophomore Initiative Ice cream Social held on all campuses Oct. 26.

The students attending were able to interact with faculty, administrators and other students. Some stu-

dents signed up for study groups and ride sharing, and sophomore buttons with the new GHC sophomore logo were given out.

The Sophomore Initiative Committee, including Cathy Ledbetter, committee chair, planned the ice cream social.

According to Joan Ledbetter, academic adviser on Floyd campus, there are hopes to have a cookout/picnic in the spring.

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# Highlands Happenings

## English majors on the road

**By Liv Hood**  
**Staff Writer**

The new English Majors Association is having an Atlanta outing on Nov. 19. The group will be visiting the Margaret Mitchell House and then go to Mary Mac's Tea Room for lunch. Tickets are \$7.50 with a college ID. For more information, contact Cindy Wheeler, assistant professor of English, at [cwheeler@highlands.edu](mailto:cwheeler@highlands.edu).

## Calculate your GPA with SCORE CARD

**By Brandon Allen**  
**Staff Writer**

GHC SCORE has a new feature for students called the SCORE Card option.

The SCORE Card option went live fall semester 2011 and allows students to view their progress towards graduation. It is an on-line tool that allows students to see classes completed, the classes currently being taken and classes needed for graduation. It also shows Advanced Placement (AP) and transfer credits.

April Welch, academic adviser, said, "The application will replace the need for students to maintain

manual records and will help students who consider changing majors as they can see the new classes needed under the worksheet tab."

The GPA calculator allows students to see their current GPA and gives students the ability to project their possible GPA acquired by current semester grades.

Melinda Ewers, financial aid counselor, stated, "The GPA calculator will help students with projected GPAs on HOPE scholarship attempted hour checkpoints and help maintain satisfactory academic progress."

Cynthia Bushway, biology major at the Paulding campus, is one of the many students who have used the application already. Bushway said, "The SCORE Card helped me to find out what sections I needed to complete for graduation, and this is one of the best and most uncomplicated aspects of SCORE."

## Rob Watts named interim president as Pierce retires

**By Scott Hale**  
**Assistant Print Editor**

On Oct. 28 Rob Watts was named interim president of Georgia Highlands College.

Watts will be replacing the current president, Randy Pierce, upon his retirement effective Jan. 1. Watts served as interim president

briefly before Pierce assumed his presidency in 2001.

Watts has served as interim president at Middle Georgia College from 2001-02 and Georgia Perimeter College 2005-06. He has also served as senior policy adviser to the chancellor and as the interim director at the Gwinnett University Center in Lawrenceville.

Watts holds a master's degree from Florida State University and a master's degree from Johns Hopkins University's Bologna Center in Italy.

He will be filling the role of interim president until a permanent candidate for president is found at a later date.

## Spring semester registration now underway

**By Sarah Lane**  
**Staff Writer**

Early registration for spring semester began Nov. 7.

The simplest way for students to register is online. Students are eligible to do this if they have no academic holds. Students with academic holds must meet with an adviser to take care of the holds.

Advisers will help with the registration process to the best of their ability and point students in the right direction.

Joan Ledbetter, an academic

adviser for the Floyd campus, said, "Prior preparation is the key to registering quickly and completely." She encourages students to register as soon as possible so they can enroll in the classes they need.

If any student has concerns about spring registration, a good place to start would be to meet with an academic adviser or send an email to [advising@highlands.edu](mailto:advising@highlands.edu).

## Suicide support group meets monthly on Floyd campus

**By Liv Hood**  
**Staff Writer**

The Human Services Program and Floyd Coalition sponsor a Survivors of Suicide Group every fourth Tuesday of the month from 5:30-7 p.m. in W-326.

Susan Claxton, associate professor of sociology and human services coordinator, says this group is designed for those who have lost a friend or family member to suicide.

It provides a place to talk about the loss with those who have had similar experiences. Participants provide support and receive support from others.

Students who have lost someone to suicide and would like to join the group or want to get more information may contact Claxton at [sclaxton@highlands.edu](mailto:sclaxton@highlands.edu).

# Courageous Conversations has people talking

**By Liv Hood**  
**Staff Writer**

In a classroom on the Cartersville campus, teachers talked about how to deal with controversial topics. They brainstormed on how to handle name-calling and also how to teach difficult subjects like race, prejudice, sex and violence.

This was part of the theme of the Oct. 19 event, "Can I Say That? Hot Button Issues in the Classroom" which invited professors to discuss all those issues and more.

The main speaker at the event was Nancy Applegate, professor of English on the Floyd campus. She delivered a Powerpoint presentation giving discussion topics to the audience. "It's an attempt to discuss issues of diversity," said Applegate.

Several professors shared stories of bias, and asked how they could have handled it better. They repeatedly expressed how important this kind of feedback was from fellow faculty and staff.

One of the conversation

topics was on the generational gap. Some professors expressed concerns that they were misunderstanding students and students were misunderstanding them because of a language difference. They invited the students in the room to talk about how this might affect the way lessons are understood.

Another topic was bullying. The faculty stated that it was becoming a serious problem in the classroom and discussed how it might be mediated if it arises in classroom discus-

sion. Some told stories of bullying happening in their own classrooms.

This meeting was part of the Courageous Conversations series of events. Hosted by the Diversity Initiative, a part of the Office of Academic and student Affairs, these events are into their second year. Though not the only event hosted, it is the most visible. The Diversity Initiative also helps out with groups such as Brother2-Brother.

"We work on and off with student groups," said

Jesse Bishop, assistant professor of English at the Cartersville campus and the director of the Diversity Initiative. "We hope to be more involved with them as time goes on."

Students are encouraged to come to the Courageous Conversations on their own campuses. The Nov. 10 event at the Cartersville campus called "(Mis)labeling & (Mis)understanding." There will be another event Nov. 29 at 12:30 p.m. at the Douglasville campus called "Come Let Us Reason Together."

# Biology prof talks bats at Tellus

By Mark Ewings  
Staff Writer

Bats flocked to the Tellus Science Museum in Cartersville on Friday, Oct. 21. They followed Georgia Highlands College Assistant Professor Jacqueline Belwood to her annual lecture on bats and bat conservation.

The lecture consisted of many facts about the world's only flying mammals. There are more than 1,100 bat species worldwide, according to Belwood, making up nearly 20 percent of all mammals.

There are 16 species in the state of Georgia alone. Bats range in size from two to three pounds with a wingspan of up to six feet to as little only a tenth of an ounce with a wingspan of five inches.

Bats are responsible for the largest mammalian society, Belwood said. Bracken Cave in southern Comal County, Texas is home to more than 20,000,000 Mexican Free Tailed bats.

The colony's nightly de-

parture for feeding can last for hours. It is so vast that it can be seen on Doppler radars.

Seventy percent of bats are insectivores, which also make up in large part the echolocating species of bats. Not all bats echolocate, and even those that do are visual.

Since they are nocturnal and rely heavily on their echolocation, they have evolved large ears and rather small eyes. These types of bats can eat about their body weight in insects per night.

Belwood and a group of conservationists are founders of the bat house at the University of Florida that is home to more than 200,000 Mexican Free-Tailed bats. Since the bat house was built, the college has not had a need to spray insecticides once.

Bats are a huge help in the eradication of pest insects that damage crops and spread disease, Belwood said.



Contributed

**A Big Brown Bat photographed by Belwood in Ohio is also commonly found in Georgia.**

Most of the other 30 percent of bats are frugivores,

or fruit-eating, bats. These bats don't rely on echolocation and have evolved large eyes to locate food sources at night. They can eat up to three times their body weight per night. They also help pollinate a wide variety of plants.

According to Belwood, there are only three species of bats that are hematophagic, or blood-eating.

Also known as vampire bats, these species are known to cause slits in the skin of their host and use a strong anticoagulant called Draculin to provide a flow of blood. Draculin is being studied for use in humans as a blood thinner.

Recently, as of 2006, Belwood stated that the bat populations have been devastated by White Nose Syndrome (WNS). WNS is a fungus that grows on the muzzles and wings of bats.

The first case in the United States was observed in a cave in New York State. It has since spread more than 500 miles per year, reaching

as far south as Tennessee.

Why this disease is so harmful to the bat populations is that it wakes them up during hibernation. When the bats wake up during hibernation, they can burn a week's worth of stored energy. This causes them to starve to death before spring ever comes. It has been responsible for the death of one to two million cave-dwelling bats, Belwood said.

Conservationists and the Department of National Resources (DNR) have worked to try to contain the epidemic. Gates on bat caves have been put up.

These gates enable the bats to come and go as they please, but keep humans from tracking the disease from cave to cave via their gear.

Belwood feels that the conservation of these unique creatures is essential in our everyday life. More information on how to help preserve the bat population is available at batcon.org.

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# Georgia Highlands bids farewell to Pierce

By Becky Crooks  
Staff Writer

In 2001, Randy Pierce became the president of what was then Floyd College. Now, 10 years later, Pierce is retiring from Georgia Highlands this December.

When he was younger, Pierce stated that he never really thought about his future. Like many people, Pierce was the first one in his family to go to college. He made the decision on a whim. When a lot of his friends were deciding to go to college, Pierce said, "I think I'll do that with you."

He sold his car for \$300, and with some help from his family, he was able to afford several quarters of college. He worked throughout his college career, which gave him much appreciation for students who have to work to put themselves through school. In the end, it was ultimately his professors and deans that inspired him to pursue his career.

Looking back on his career now, Pierce is very proud of the direction that the college has taken since he first took his position. He is especially happy with



Photo by Denise Perez Campos

**Randy Pierce shows his school spirit by wearing his GHC Charger baseball cap.**

the smooth transition over to decentralization. Pierce believes it helps "to put services closer to students."

In his 10 years, the college has grown into a multi-campus institution. Pierce is looking forward to seeing the college grow even more now that there will be an option for a four-year program and the acquisition of a new athletics program. He be-

lieves the "next 10 years will be even more dramatic in its changes and transitions."

Pierce described his career as "fast and furious," and said that he "couldn't have asked for a better way to spend the last quarter of a career."

The fast pace and decision making are some of the things Pierce will miss when he is retired. He'll miss the

influence and not being the boss as well. Pierce quoted the former chancellor, Erroll Davis, as saying, "You go from being 'Who's Who' to 'Who's he?' to 'Who cares?'"

Pierce wants to be remembered as a good person and for not "screwing it up." He hopes he has left the college at least in as good a shape as it was when he became president. Impacting

someone's life in a good way is always something to be proud of, and Pierce hopes he has inspired students as he was inspired years ago.

After he retires, Pierce wants to "take some time to decompress, let it sink in, and fall off." He looks forward to being able to have time to work out in the school's gym every day if he feels like it and to enjoy other hobbies.

He said that he's "not adverse to cutting grass and trimming shrubbery." Though he's looking forward to retirement, Pierce stated that he was "not totally ready for assisted living yet."

Pierce has been with the college through many changes, and though his retirement was ultimately a tough decision, he awoke one morning and thought, "Oh my gosh, I've been doing this for 40 years; I need to go!"

He has dedicated many hours to this college, and after this December, he'll be able to start a new chapter in his life.

Maybe he'll start with a bike ride with his wife, unless she wants him to mow the grass.

## Green Highlands promotes sustainability

By Jessyca Arndt  
Staff Writer

"Environmentally friendly" (also known as "eco-friendly" and "nature friendly") are terms used to refer to goods and services, laws, guidelines and policies claimed to inflict minimal or no harm on the environment.

From Earth Day celebrations, Fall Frenzy and Spring Fling, to the Locks of Love Hair Drive, a National Arbor Day Tree Planting Ceremony and even the recycle bins throughout all of the GHC campuses, Green

Highlands strives to create as much of a green environment as possible for the students and their surrounding environments.

Green Highlands is a student organization at Georgia Highlands College led by Biology Lab Coordinator Devan Rediger and Communications Lecturer Alexandra MacMurdo.

The goal of Green Highlands is to educate its members and other students about the environment by organizing events that help promote sustainable lifestyles and inspire students to keep GHC green and

clean.

Green Highlands is open to all students who are interested in making a difference. Tatiana Smithson, president of Green Highlands said, "We want students to realize the connection to earth in their everyday lives." Club members make friends and engage in student-led activities that educate and promote fun on campus.

Some of the activities and events that Green Highlands has hosted in the past are Paris Lake & Wetlands Beautification Project, Spring Green Service Trips, Community Garden, Ce-

IEARTHbration, Re-useable Shopping Tote Promotion, Relay For Life Events and fundraisers.

Students interested in learning more about Green Highlands, should send an email to [greenhighlands@highlands.edu](mailto:greenhighlands@highlands.edu).

One of their recent projects was to go out to Associate Professor of Geology Billy Morris's Certified Naturally Grown farm and harvest vegetables. Smithson said, "It was a really great experience to be able to go out to Morris's land and pick your own vegetables and put them directly into a salad."



Photo by Tatiana Smithson

**Green Highlands student Russell Nolan learns the value of sustainability at Professor Morris's organic farm.**



# WET AND WILD

The Georgia Highlands wetlands in autumn



Photo by Ryan Jones

The 1,200 foot boardwalk runs through the wetlands, allowing easy access to visitors.



Photo by Kaitlyn Hyde



Photo by Ryan Jones



Photo by Kaitlyn Hyde

Flowers bloom in the wetlands (top), a red-winged blackbird perches on a cattail (middle) and a box turtle warms himself in the autumn sun.



Photo by Scott Hale

Early morning mist rises from Paris Lake on the Floyd Campus.

The wetlands to the north and east of Paris Lake on the Floyd campus opened in 1996. Funding for the project was acquired by now retired Biology Professor Leigh Callan from many different organizations including: Coosa River Soil and Water Conservation Commission, Rolling Hills CND Council, Georgia Forestry Commission, and others. Floyd College donated 1,981 man-hours to the project to build a 1,200 foot boardwalk in the 20-acre site.

Water is fed into the wetlands from the Prentice Creek Stream and spill-off

from Paris Lake, which is fed by Prentice Branch Stream. The wetlands contain a number of habitats, such as upland forest, willow swamp, open meadow, deep water stream and beaver modified cattail marsh. The area is home to many animals including beavers, turtles and snakes. The wetlands are also visited regularly by many different species of birds.

The boardwalk is open to the public, free of charge, from dawn until dusk. To get to the boardwalk, walk the gravel path around Paris Lake.



Photo by Ryan Jones

Sunlight illuminates the bright orange wings of this monarch butterfly.



Photo by Scott Hale

Ardea herodias, commonly known as the great blue heron, waits for his next meal to swim by.



# Dating expert Adam LoDolce offers advice

By Rachel Buckley  
Staff Writer

On Oct. 24, Cartersville students and staff sit in the back of the library waiting for social coach Adam LoDolce to shed some light on everything from social anxiety to dating.

Six rows of chairs are lined up facing a blue stage and a projector which reads, "Adam LoDolce Presents Ultimate Social Freedom."

A few audience members are scattered amongst the first three rows while the bulk of those attending are crammed together in the far back.

It is ten minutes before LoDolce will step onto the stage, but for now, he walks around the audience giving smiles, high fives and casual conversation.

At approximately 7 p.m., LoDolce steps into the spotlight. Before he begins his lecture, he politely asks those crammed in the back to step out of their comfort zone and move to the front.

The social coaching has begun. For the next hour, LoDolce addresses common discomforts people face in multiple social situations from attending a party full of strangers to being far too afraid to ask a girl for her phone number. He explains the origins of these feelings as well as the techniques practiced to overcome them.

According to LoDolce, by understanding the root of these anxieties, it may be easier to move past them. He theorizes that in the beginning stages of relationship development between early humans, it was far more dangerous to receive disapproval from tribe mates.

LoDolce explains that word traveled fast in a small tribe. If they did something wrong, they would have been left to survive alone.

Even though we live in an entirely different world today, we are still haunted by the fear of being alone. At one point in history, being rejected by the tribe could have been deadly. Accord-



Photo by Jessyca Arndt

**Student Darien Ruggles (right) assists Adam LoDolce in his lecture at the Cartersville campus.**

ing to LoDolce, these highly evolved security mechanisms can be reversed in individuals willing to fight them.

Throughout his lecture, LoDolce lays out a three point plan.

He suggests that if an individual puts these points into practice, they will eventually reduce their social anxiety in any situation.

The first point LoDolce

addresses is entitled, "Facing the Discomfort Zone." This point suggests that through exposure therapy, one will gradually feel less anxiety.

The second point is "Act as if...". According to LoDolce, if people put positive, friendly body language out into the world, they will get a positive, friendly response. By smiling, touching, using eye contact and having a

welcoming posture, people will inevitably let their guard down and open the door to new friendships.

LoDolce labels his third point, "Self Attraction." This idea states that people will become their insecurities. If people love themselves, others will love them back. As LoDolce says, "Be attracted to yourself and live a life full of love."

After the lecture, student Jacob Mosely smiles shyly and says, "I will try to talk to more people."

It seems that LoDolce's purpose is just that simple—break the barriers between people by giving more of them the courage to interact.

As LoDolce says, "Our social fears inhibit us from achieving greatness."

For more information about LoDolce, "like" his Facebook page, follow him on Twitter, or visit his website: [www.ultimatesocialfreedom.com](http://www.ultimatesocialfreedom.com). His book, "Being Alone Sucks" is available on [amazon.com](http://amazon.com).

## Georgia Highlands welcomes new adviser April Welch to the GHC Family

By Samantha Reardon  
Staff Writer

Because planning the path through college is no simple feat, students need



Photo by Brandon Soto

**New Georgia Highlands College adviser April Welch helps student Tiffany Holmes plan for her future and schedule classes.**

someone who can help them navigate the map of their future. It's good to know then, that there are advisers willing to help. April Welch is one such adviser.

Welch started as an academic adviser at Georgia Highlands this past summer, assisting at the Marietta and Paulding campuses. Since then, she has provided advising for students in almost every program of study.

Welch may have begun at GHC a mere three months ago, but she is no stranger to the campus. She attended GHC back when it was known as Floyd Junior College and is familiar with and fond of many of its professors and staff. Much of her academic success,

Welch explained, is due to the encouragement and guidance of Jon Hershey, Kristie Kemper, Catherine King and Ken Weatherman. She hopes to extend this same kind of support to the current students of GHC.

Before becoming a GHC adviser, Welch was a graduation coach at a middle school. She is familiar with students and can especially relate to the ones she encounters now every day at Georgia Highlands. She finds that her new position is particularly rewarding since she is helping shape the short and long-term goals of each student.

"What makes April a fit for GHC-Paulding," said Cathy Ledbetter, Paulding

campus dean, "is that she places the students first."

Ledbetter also thinks that Welch is indispensable because of her natural talent to establish a strong relationship with each student.

Being easy to talk to and being approachable are qualities that students want to see in the person who is helping them plan the next few years of their lives.

In her free time Welch can be found running, fishing, spending time with her family or participating in her church community.

"Helping students navigate the sometimes confusing 'waters' of college is a task that I take seriously," said Welch.

## Thanksgiving Recipes

The Six Mile Post requested holiday recipes from GHC employees. Here are two of them. For more recipes contributed please go to [sixmilepost.com](http://sixmilepost.com)

### VEGGIE CASSEROLE

Joan Ledbetter  
Academic Adviser/Coordinator

This is a family recipe that is often made for big holidays and pot luck meals. It's pretty easy to make and is ideal for vegetarians (like myself).

#### Main Ingredients:

- 1 – 16 oz. can Shoe Peg Corn
- 1 – 16 oz. Can French Style Green Beans
- 1 Cup chopped Celery
- 1 Cup chopped Onion
- 1 Cup chopped Green Pepper
- 1 Cup Cheddar Cheese, grated
- 8 oz. container Sour Cream
- 1 Can Cream Celery Soup

#### Topping:

- 4 Cups Cheese Crackers (like Cheez-It)
- 1 – 2 oz. package Sliced Almonds
- ½ Cup melted Butter

Drain veggies and mix together with cheese, sour cream and soup. Place in 9 X 13 inch pan or casserole dish. Crumble crackers and mix with almonds and melted butter. Bake 30-45 minutes in 350 degree oven (or until bubbly).

### CRANBERRY PECAN SQUARES

Laura Beth Daws  
Assistant Professor of Communication

This recipe came from my dear friend from the University of Kentucky, Sarah Cavendish, and it's a staple in my Christmas goodie-basket each year. They're delicious for breakfast or as a snack. I also made these for my graduate committee on the day of my qualifying exam defense in 2008. I passed, so they must be good luck.

- 3 eggs
- 2 cups sugar
- ¾ cup softened butter
- 1 teaspoon vanilla
- 1 teaspoon orange zest
- 2 cups flour
- 2 ½ cups fresh cranberries
- 2/3 cup chopped pecans

Beat eggs and sugar together for 5 minutes (with mixer). Add butter, orange zest and vanilla -- Beat 2 minutes. Stir in flour until just combined (use spoon, not mixer). Stir in cranberries and pecans. Mix well. Spread in 9 X 13 greased pan and bake at 350 degrees anywhere from 35-45 minutes depending on the oven.

## What are you looking forward to most about Thanksgiving?



Salvador Cruz  
Business Administration  
Floyd

"Getting together with family, eating, and partying all night."



Kori Broadway  
Mathematics  
Floyd

"Being with my family and eating all of the home cooked food, because with as fast paced as everything is today, it is rare to get a home cooked meal."



Zach Willingham  
Pre-Physical Therapy  
Floyd

"Cause I get to see long lost family and eat really good food."



Amera Samha  
Art  
Floyd

"Getting together, being with my family, enjoying the food, getting to know them, and catching up on old times, being a part of something and sharing the love."



# Occupy Wall Street misses the mark

The "Occupation" movement is a leaderless initiative to protest corporate greed and its supposed influence over American democracy.

The protests began in September when a large number of people marched through the streets in New York City and began to "occupy" the Wall Street area. Within a few weeks similar demonstrations were being held in several other cities, including Atlanta.

The slogan for the Occupy Atlanta movement is "We are the 99%. The people are too big to fail!" but failure is exactly what these protesters have in store for them.

While their hearts are in the right places, their actions are essentially hypocritical. According to an Oct. 15 online article from the Wall Street Journal, occupants are purchasing supplies and food from Costco and fast food chains, they are driving long distances with fuel purchased from "big oil" and they are fueling the media with plenty of fodder to talk about.

Essentially they are helping the large corporations that they are protesting.

We, as Americans, are totally in control of the problem. We choose what we buy and where we keep our money. If these

protesters really want to make an impact on the corporations, they should stay at home and save gas, or maybe start walking or ride a bike or use public transportation. They should close their bank accounts and stop buying from Costco and Walmart.

The large corporations do not care that there are thousands of people camping out in cities all over the world; they care about money. Money is what gives these companies power, and if people were to stop giving them money, they would lose their power.

As Americans, we also have a much more effective

power over a much more powerful 1 percent in control, the Federal government. While these large corporations do have immoral practices, they are not the only ones to blame.

The government supports larger businesses because they have the lobbyists to influence government officials. The state then uses government money to bail out these businesses when their unethical and crooked practices lead them to bankruptcy.

Government creates strict regulations on business, stifling new business and innovation. The state is in control of

many of the factors which are destroying our economy, such as the wars in the Middle East and the \$500 per second "war" on drugs.

Our power is in the choices that we make. Americans have chosen to leave their money in the hands of crooked banks and investment firms.

We have made the choice to buy cheap goods from large companies, and we have chosen who to put in power in the government and who is allowed to make our decisions for us.

The "evil" 1 percent in control are only there because we have put them there.

## Occupy Wall Street--standing up for the little guy



### Editor's Box

**Scott Hale**  
Asst. Print Editor

The OWS movement has been going strong now for over a month, but does it have staying power and is there a main focus?

I do understand that Wall Street is a place where corruption thrives. The thing I have a hard time understanding is why Americans are so quick to protest the banks when indeed it is not just the banks' fault. It's also the government's. For it is true that our government handed billions of dollars to the banks in 2008.

I am glad to see that my fellow young Americans are standing up and exercising the rights they were given in the Constitution, but let us not forget that our government just decided to hand

Wall Street CEOs billions during the bail out. Washington has become a revolving door for Wall Street officials. As long as Wall Street's CEOs can slip out the back door, so to speak, into Washington, the problem will not be solved. Once officials are in Washington, in many cases they can just vote themselves raises, if they all agree.

Many of the new restrictions that Washington has imposed on the banks in turn only further the economic crises. In the case of the housing markets, buyers have now been slapped with stricter screening processes to supposedly eliminate the possibility of someone who cannot possibly pay back the

mortgage slipping through the cracks.

For instance, on personal loans as well as mortgage loans, signees cannot list any other income, other than their hourly wage. This action is going to devastate areas of the economic populace who are in the service industry.

In some instances employees of the service industry make less than minimum wage hourly; this may possibly disqualify them now for a home loan or, in the case of yours truly, a debt consolidation loan. This brings up a very good question.

Is more restriction the answer? I am afraid that the more the government becomes involved with the banks, the more the restrictions that are imposed will be passed down to the little guy.

Indeed, the Federal Reserve announced last week that they will be backing the derivatives of Bank of America. Derivatives are bets that the banks hedge



Photo by Scott Hale

**Barriers in place at Woodruff Park prevent Occupy Atlanta protesters from spilling into the street on Nov. 5.**

against their loans to protect themselves from failed investments.

So basically every time someone defaults on a loan with Bank of America's supporting derivatives, the taxpayer will be paying the bill through inflation because the Federal Reserve will just order the printing of more money to offset the loss. This creates a vicious cycle in

which the banks can virtually bankrupt someone and then taxpayer covers the bill. We cannot forget that the banks have been allowed to scam us by our own government.

So I say to all the citizens, "If they kick you off of Wall Street, just move to the White House lawn. There's more room over there anyway!"

# Simulation labs make nursing studies fun



## Nursing Notes

**Christie Boyd**  
Staff Writer

At Georgia Highlands, nursing simulation labs rock! In Rome there are two labs, and in Marietta there is one. In two years of nursing school, I have learned more about emergent situations in simulation labs than anywhere else.

The METIman is a fully integrated simulation model on which nursing students can practice nursing scenarios that are emergent without danger of killing a real live patient. METIman has interchangeable genitourinary parts and even heads.

He has fluids on board so he can bleed, cry and even

be suctioned. He can be changed to a female and we can deliver babies! The scenarios that nursing students participate in depend on the subjects they are studying for that semester.

If you aren't a nursing student, this may not seem very exciting, but if you are planning to be a nursing student, I want you to be very excited!

Instructors post questions about different disease processes that students must answer before their Simulation Lab days. This is one time that students can work with each other and

work communally. They can anticipate what may happen with the disease process so that when they are involved in the scenario, they will know what to do with their patient.

There will be a pre-conference where the students are given a report on their patient. The report includes a verbal picture of the patient at the end of the last shift.

It also includes the patient's vital signs, diagnoses, medications given and the history for this admission to the hospital.

There are assigned roles for each participant in the scenario.

There will be one or two assessment nurses who actually do the patient care. There will be a safety nurse who keeps a check-list to make sure the right things are being done for this patient. There is a record-

ing nurse who writes vital signs, lab reports and doctor's orders on a dry-erase board. There will be one or two drug nurses who calculate and draw up the medications needed for that patient.

And last, but not least, there will be a member of the family. This person is asked to be mildly disruptive by asking questions while the nursing students try to take care of the patient.

There will be two scenarios for each group of students with one group observing the other group participating in the scenario. They are in the room with the participating group and are not to give help to the group performing the scenario.

Then the students go to the Simulation Lab, which is set up just like a standard hospital room. It has all the equipment one needs for primary patient care. We

use our own stethoscopes and eye pens. We assess the patient, give medications, hang IVs and call the physician for orders and to give reports.

After the scenario is over, the students and the instructors go to post-conference, where we talk about what we did and possibly what we didn't do right.

There is so much that we have learned in the Simulation Lab that it gives each of us a real sense of accomplishment and a real boost of confidence!

More than once I have had situations in clinicals at the hospital with real patients that we learned through practice in the Simulation Lab.

I hope you are looking forward to joining the nursing program at GHC and won't be afraid of the Simulation Lab. It really does indeed ROCK!

## I'm expanding my mind



## Soap Box

**Chelsea Orzechowski**  
Staff Writer

Our economy is down, gas prices are up and job opportunities are slim to none. Let's face it, being a college student in this day and age is harder than it has ever been. I constantly wonder what kind of job will be waiting for me by the time I receive my college degree.

Not only is the stress of the economy weighing heavily on our shoulders, but parents' unemployment makes it difficult as well. Some students may be unable live on their own because they have to help support their families or they don't have a job due to the economy.

College students often feel the need to compare their generation to the generation of their parents'.

This tacks on a whole new kind of pressure. Some may feel as if they won't be as successful as generations in the past, or maybe they're not able to get ahead due to the state of our economy and the high numbers of unemployment.

Whatever the case may be, we need to find a place to put all of these insecurities and pressures aside and live up to our own expectations and not those of others.

Going to college is a major decision in life. It helps create a path for your future. It expands your mind, opening you up to new things you probably never have thought about before.

College life allows you to see things from a new per-

spective. When you make the decision to choose college as your future, you are opening the door to a whole new world.

But, with the economy the way it is and the way it has affected the job market, sometimes it can be a little intimidating. What will it be like by the time we are ready to graduate? Only time will tell.

We have to stop comparing ourselves to others. Things are the way they are, and we have no control over it.

We must simply keep in mind that we are going to college to better ourselves and that in the end we will end up exactly where we're supposed to be.

## Six Mile Post

[6mpost@student.highlands.edu](mailto:6mpost@student.highlands.edu)

**Editor**  
Jesse Beard

**Assistant Print Editors**  
Stephanie Fitzgerald  
Scott Hale

**Chief Photographer**  
Kaitlyn Hyde

**Advertising Sales Manager**  
Amanda Banks

### Staff Members

**Floyd Campus--** Krystin Allaire, Christie Boyd, Denise Perez Campos, Becky Crooks, Ryan Jones, Sarah Lane, Catlyn Mullinax, James Parker, Ross Rogers

**Cartersville Campus--** Jessyca Arndt, Heather Barnwell, Erin Baugh, Rachel Buckley, Mark Ewings, Chris Garcia, Katie Morris, Tatiana Smithson, Jackson Walsh, Morgan Younce

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**Douglasville Campus--** Brandon Allen, Chelsea Orzechowski  
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**Assistant Adviser**  
Cindy Wheeler

**Campus Liaisons**  
Laura Beth Daws, Leslie Johnston, John Kwist, Kerin Miller, Jacob Sullins

**Online Consultant**  
Jeannie Blakely

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@student.highlands.edu](mailto:6mpost@student.highlands.edu), or mailed to Editor, "Six Mile Post," 3175 Cedartown Highway Rome, GA 30161. Letter must be signed by the author. Publication and editing of letters will be at the discretion of the editors, and letters may appear in print and/or online.



# Switchfoot lives up to its name with 'Vice Verses'

## A music review

By Chris Garcia  
Staff Writer

Record labels have all of the creative control. Well, in the past this may have been true, but with the rapid movement of modern technology, more bands are leaving their current record labels to start their own.

This is true with the rock band, Switchfoot. After leaving Columbia Records in 2007, they started their own record label called low-ercase people records. With that move, they not only had a better direct connection with their fans but had complete creative control over their music as well.

Their first independently released album titled "Hello Hurricane," won a Grammy for best rock or rap gospel album. However, their newest album "Vice Verses" takes a completely different turn.

While generally known as a guitar driven band, this new album lets the drums

and the bass do most of the driving. With songs like "Selling the News" and "The War Inside," taking a more funk approach, you can see Switchfoot straying from their signature west coast surf rock to exploring a whole different side of their music. If the listener wasn't already familiar with their music, listening to "Vice Verses" and comparing it to "Hello Hurricane," they might not recognize that they were the same band.

Lyrical, "Vice Verses" takes a darker approach as Jon Foreman, lead singer of Switchfoot, dips into the depravity of man a little more than their previous two albums.

In the title track, "Vice Verses," one could see Foreman wrestling with God's presence in the trials and troubles of life. "Where is God in the earthquake; where is God in the genocide?" Jon asks, as he goes back and forth, later singing, "I know there's a mean-

ing to it all; a little resurrection every time I fall."

However, Switchfoot doesn't abandon all hope on their new album. They still sing upbeat songs of purpose, like the songs "Afterlife" and "The Original," saying that we have this life, so live it well.

All in all, "Vice Verses" is a great album musically and lyrically, and the fact that it blindsides the listener with a completely different sound makes it even better.

The inspiration for the band's name, Switchfoot, is a surfing term describing the changing of direction on a surf board. Their new album does just that. The band takes a completely different approach and direction. It proves that they are not afraid to take risks as a band, professionally and creatively.

With the album "Vice Verses," the band Switchfoot definitely lives up to their name.

## Poet delivers royal performance



Photo by Scott Hale

Queen Sheba performs spoken word at the Floyd campus Nov. 7 outside of the bookstore.

**It's easier to succeed with a little help from  
your friends....**

at

## Student Support Services

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[www.highlands.edu/site/student-support-services](http://www.highlands.edu/site/student-support-services)

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**1223 East Second Avenue  
Rome, Georgia 30161**

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**Phone (706) 234-9243  
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Photo by Catlyn Mullinax

**Chris Hill (32) of True Grit and Rashaun Dean of GHC Hoopers fight for a rebound in the Intramural Basketball championship game.**

## True Grit wins championship; Ingram makes final basket

**By Kaitlyn Hyde  
Chief Photographer**

True Grit took the intramural basketball championship title in the last 30 seconds of the game.

True Grit faced off against The GHC Hoopers on Nov. 11 for the last time this basketball season. Rashaun Dean was the leading scorer in the first half with 12 out

of a total of 16 points made. T.J. Huston and Eslam Leung scored the other two baskets. Jason McFry and Chris Hill led True Grit with six points each.

The GHC Hoopers led by 4 points at the half.

The second half was just as close as the first. Dean again was the top scorer for the GHC Hoopers with 8 of the team's points, while True Grit stepped up their

game with Hill making 10 of his team's points.

The winning basket was shot by Seth Ingram with 30 seconds left in the game. This made the final score 30 GHC Hoopers, 33 True Grit.

The third place battle would have taken place between The White Boys and the Goon Squad. However, the Goon Squad forfeited the game, and The White Boys won by default.

## Mathis transitions to new position; intramural program to continue

**By Becky Crooks  
Staff Writer**

Though there are many changes coming in terms of intercollegiate sports at Georgia Highlands College, very few changes are going to be made to the intramural sports program.

Intramural sports are designed for faculty, staff and students, so they will not be going away once the intercollegiate sports begin.

One change, however, is that David Mathis, who has been the director of intramurals since 1993, will be stepping away from intramurals after this year.

He will become the physical education program manager and the assistant athletics director. This will

leave a gap for a new intramurals director.

As a PHED program manager, Mathis will be focusing on coordinating labs, maintaining the facilities and scheduling any programs involving the gym.

As the assistant athletic director, he will be focused more on the facilities end, dealing mainly with community relations and fund-raisers for the new sports programs.

Mathis encourages students to get involved with intramural sports. Though, primarily, the athletes for the new intercollegiate teams will be recruited, there is always a possibility of finding someone through the intramural sports program.

## Degrate, Weatherman win annual Turkey Walk/Run



Photo by Ross Rogers

**Linda Degrade (left), customer service representative and switchboard operator at the Floyd campus, and Ken Weatherman, professor of physical education, won the 38<sup>th</sup> Annual Turkey Walk/Run held Nov. 9 on the Floyd campus. Participants estimate the time it will take for them to complete one lap around Paris Lake. The participants with the most accurate time, one male and one female, receive \$25 gift certificates from The Honeybaked Ham Co. Degrade estimated a time of 40 minutes and completed the lap in 40:15. Weatherman estimated a time of 27:40 and completed the lap in 27:30.**



# Swamp Donkeys dominate in 2011 intramural football

**By Kaitlyn Hyde**  
**Chief Photographer**

The Swamp Donkeys were victorious over the Goon Squad in the championship games of the 2011 intramural co-ed flag football season.

The Swamp Donkeys won the Oct. 27 games, with scores of 27-21 in the first game and 19-18 in the second. The best two out of three games would determine the champion for the current season.

The first game started off with a touchdown from David Baldwin to Cody Shepard for Goon Squad. They followed that with a three-point conversion that was good. The Swamp Donkeys

answered the touchdown, but a two-point conversion attempt was no good, leaving the Goon Squad ahead.

Following an interception by Fabian Maciel, the Swamp Donkeys scored another touchdown with a pass from Matt Bishop to Chris Campbell, leaving the score Swamp Donkeys 12, Goon Squad 9.

"The touchdown came at an important time. We were down by three. Getting points off of turnovers always makes a difference," said Campbell.

Regaining the lead with a pass from Baldwin to Shepard again, the Goon Squad was up by a three-point conversion at halftime.

Another interception

from the Goon Squad proved fatal for their drive to victory. Campbell's interception led to a pass from Bishop to Adam Green for a total score of Swamp Donkeys 21 and Goon Squad 15.

Swamp Donkeys stopped a run by the Goon Squad and had another touchdown from Dylan Graham to Kyle Wheelless with a one-point conversion attempt that was no good.

The Goon Squad was able to get one last touchdown to end the game with a run from Cody Shepard. The final score was Swamp Donkeys 27, Goon Squad 21.

In game two of the day, the Goon Squad yet again was able to get the first

touchdown of the game from Shepard to Luis Hernandez. The Goon Squad held off the Swamp Donkeys for the entire half. At halftime the score was 6-0, with the Goon squad in the lead.

After another touchdown by the Goon Squad from Shepard to Jake Abbot, the championship looked as if it would be played in three games instead of two.

"At one point, we realized that if we didn't make a comeback we would be playing again on Nov 3. It motivated us to step our game back up and go for the win," said Green.

Bishop completed a touchdown pass to Graham, putting the Swamp Donkeys on the score board for the

first time in game two.

Swamp Donkeys made another touchdown on a pass from Bishop to Eslam Leung with a one-point conversion that was good, regaining the lead by one point.

To take the lead back, the Goon Squad's Shepard ran for a touchdown, leaving the score 18 to 13, Goon Squad.

In the last few minutes of the game, the Swamp Donkeys were able to score another touchdown on a pass from Bishop to Graham for a winning score of 19-18, Swamp Donkeys.

"It was a great season," said Campbell. "As a team we improved both on offense and defense."



Photo by Kaitlyn Hyde

Swamp Donkeys (standing from left) Matt Bishop, John Stone, Jordan McFather, Eslam Leung, Chris Campbell, Fabian Maciel, Adam Green, Kyle Wheelless and (kneeling) Dylan Graham are champions of the 2011 Intramural Flag Football Tournament.