

# SIX MILE POST

*The Student Voice*

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Photo by Chiara VanTubbergen

## Highlands takes action against Domestic Violence

*...high heels and all*

*Please see page 2 for full coverage of  
GHC and the "Walk-A-Mile" event,  
plus facts on domestic violence*

(From the left) Student Greg Spruiell, Director of Student Life John Spranza and students David Echeverria and Mark Parker show off the heels they wore down Broad Street to protest violence against women.

### **Tired of the classroom?**

From Europe to Costa Rica, Highlands has options for students to take their studies abroad.

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### **Highlands gets groovy**

Take a look at highlights of this year's "Swinging '60s" Fall Frenzy

**Pages 8 and 9**

### **Zombies and wailing guitars**

Check out the entertainment pages for reviews on music, movies and more.

**Pages 12 and 13**

# Students, staff walk against domestic violence

By JoNathan Brown  
Assistant Editor

Between 80 and 90 GHC students and employees participated in the second annual "Walk-A-Mile-In-Her-Shoes" event sponsored by Hospitality House in recognition of October as Domestic Violence Awareness Month.

This event allowed men to take a stand against domestic violence by wearing women's shoes and walking down Broad Street in Rome.

There were 129 men and 139 women walking in the Oct. 2 event.

"The turnout rate this year nearly

triples the number of guys from what it was last year," said Shannon Williams, GHC switchboard operator and liaison between the college and the "Walk-A-Mile" committee.

"I was also surprised and happy at the number of Georgia Highlands students that participated," she added.

A highlight of the "Walk-A-Mile" event was when Keith Green, a Rome city police officer, gave a personal account of how domestic violence affected his family.

His sister was killed by her boyfriend because she wanted to leave a party they were attending.



Photo by Chiara VanTubbergen

Georgia Highlands' students and staff were among the many that participated in this year's second annual "Walk-A-Mile-In-Her-Shoes." Guys were given free T-Shirts for walking in the event.



Photo by Chiara VanTubbergen

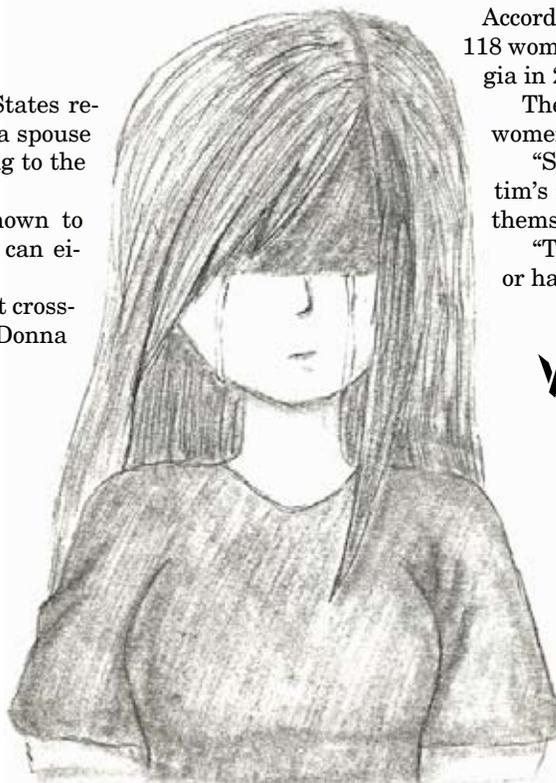
# Statistics show domestic violence a problem in US

By JoNathan Brown  
Assistant Editor

Nearly one in four women in the United States reports having experienced violence inflicted by a spouse or boyfriend at some point in her life, according to the Center for Disease Control and Prevention.

Domestic violence is abusive behavior shown to someone by his or her significant other. This can either be physical or verbal abuse.

"Domestic violence crosses all boundaries. It crosses every class, income level and race," said Donna Mantooth, assistant professor of psychology.



According to the Georgia Coalition against Domestic Violence 118 women were killed as the result of domestic violence in Georgia in 2007, and one of those was in Floyd County.

These disturbing facts always beg the question, why do women stay if they are being abused?

"Some don't... But many victims begin to develop a victim's mentality. They began to take on the blame and accuse themselves for being abused," Mantooth said.

"They justify it by saying, 'If I had only washed the dishes or had dinner ready when he came home,'" she said.

**ONE**  
**IN**  
**FOUR**

**WILL**

**EXPERIENCE**

**DOMESTIC**  
**VIOLENCE**

**IN THE U.S.**

Art by Ashlyn McPherson

# Green Highlands plans wetlands clean up

By Kursten Hedgis  
Assistant Editor

Hidden behind the landscape of the Floyd Campus is a 20 acre tract of wetlands some students rarely take the time to visit. On Oct. 24 Green Highlands and Phi Theta Kappa are going to try to do something about that.

Green Highlands is a relatively new organization to the club lineup. Started four years ago at the Cartersville campus by Devan Rediger and four GHC students, the original aim of the organization was to start an active recycling program at all of the campuses.

The new goal of Green Highlands has grown to be student education about 'green' issues and 'green' solutions.

On Oct. 24, in conjunction with Phi Theta Kappa, Green Highlands is hosting a regional conference that will include a service project. The service project has been made the wetlands cleanup.

"We are just doing an overhaul, a facelift, if

you will," explains Samijo Miron, president of Green Highlands.

That overhaul will include repairing lattice work, fixing up the boardwalk, trimming the overgrown shrubbery, cleaning up trash on trails and even a mystery addition from a Wish List Miron submitted.

"The area is so secluded and peaceful. We don't want to change that. Our goal is to do a general cleanup so the students that take the time to walk all the way there will have a reward for going," said Miron.

The Open Air Society will also be assisting in the cleanup.

"They will be using canoes from the school to get into the lake to remove trash. I hope to get out on the water with them to help out with the overall water cleanup," said Charles Garrison, staff advisor for Green Highlands.

Although it might seem that this cleanup project has the manpower necessary to meet their goals, they are still in need of assistance. Any person can volunteer by



Photo by James Lane

The Wetlands is located near the Floyd Campus Lake.

contacting any of the three clubs participating (Green Highlands, Open Air Society and Phi Theta Kappa). In fact, students that sign up beforehand to volunteer will be provided with a free lunch.

Students interested in assisting with the cleanup

are asked to arrive around 9:30 a.m. to receive their assignments. A cookout will be held around 12:30 p.m. including hotdogs, hamburgers and more. Students are asked to bring drinks and a side to share with the rest of the cleanup crew.

Students are encouraged

to not only volunteer with the cleanup, but to visit and enjoy the lake and wetlands area as well.

The Floyd Campus has a great opportunity to walk five minutes away from class to see the things from pictures in a textbook in real live nature.

Exclusive stories online...



Free self-defense seminars are forming. Find out information on how to join a class.

Want to get into GHC's prestigious nursing program? Find out a few tips on how to make it into the program.



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# Not just another course, not just another grade



Photo by Kursten Hedgis

**The Death and Dying class members from Spring 2009 pose for a group photo on the last day of class.**

**By Kursten Hedgis**  
Assistant Editor

The GHC course catalog offers a class few students have heard of and even less have taken: Sociology 2145.

The catalog explains that SOCI 2145 is an interdisciplinary survey of research, last rites and customs from various cultures concerning end-of-life issues.

Basically, it's a class all about death.

Susan Claxton, associate professor of human services and sociology as well as the

SOCI 2145 professor, explains, "Sociology 2145 provides students with the opportunity to explore a taboo subject: death."

Since the beginning of the class 10 years ago, and still today, the only students required to take the course are human service majors. But, according to Claxton, this class is just too important to be limited to select students.

Claxton said, "Everyone should be taking this class. This class provides understanding and knowledge,

the two keys to overcoming any situation. If our society is never taught how to deal with something they will inevitably experience, how can they expect to functionally adjust to it?"

In this class students should expect to encounter the reality of death in the forms of facing their own mortality, end-of-life planning, understanding social death and the grieving processes.

Because there is such an emotional aspect to the course, many students might be left wondering about the academic side.

Students are graded on personal papers, service learning activities, reading assignments, daily journaling and an end of semester annotated bibliography.

Claxton explains, "It's no easy A, but if you compare the amount of work students put into the course with all the beneficial knowledge students will acquire, it is easy to see that the work is beyond worthwhile."

Over the course of the semester students share experiences, stories, fears and tears. These things often re-

sult in an unintentional effect, an intense bond.

"It's a rare opportunity for students and instructor to bond with the sharing of such personal life experiences. All I try to do is foster a safe environment that facilitates learning and camaraderie among both student and instructor," said Claxton.

Veteran students of SOCI 2145 are invited to join a Facebook group in order to stay connected and find support from former students in an open, safe forum.

With a class so focused on death it might seem that the entire spring semester would be a complete drag. Spending every Tuesday and Thursday talking about death and dying just might not seem like a fun time to some students.

"When I found out I had to take the class for my major I said no way. I can't do that," said sophomore Kelli Dunivan McGahee, a human services major at the Floyd Campus.

"But, I changed my mind after I took the class. My favorite part was the last assignment; I had to plan my

own funeral! It made me understand what families have to go through when they lose a loved one. Learning about these things before I have to encounter them will help me be more prepared for the future," said McGahee.

Claxton would address other hesitant students in this way, "Yes, this is a class about death. But, more than anything it is about living. People are able to live freely and fearlessly if they are able to confront their own mortality."

"If you divide life into one big time line with the beginning being your birth and the end being your death, sometimes the middle becomes a big blur. But, if people are able to accept the inevitability of life and death, they are able to focus on that middle blur. The middle is all about you, the middle is endless opportunities and the power of life and living," said Claxton.

Students interested in the class can register for SOCI 2145 in the upcoming spring term during the second session. The class will be held T,R from 2:00-4:45 p.m.

## Building temperatures fluctuate, across the college's campuses

**By Christie Boyd**  
Staff Writer

Over the course of the first weeks of the fall semester students have been noticing some inconsistency in the heating and air conditioning systems.

"I freeze in the F-wing and sweat in Walraven. I always keep a hoodie in my car," said Shaylynn Johnson, a freshman nursing student from Trion.

Phillip Kimsey, director of GHC plant operations explained that the heating and cooling system on the Floyd Campus is technology from 1968.

The thermostats are old pneumatic types that oper-

ate off of air pipes that run through the walls.

A thermostat needs to have free moving air around it so it can't be set at one temperature and locked up. Each thermostat controls not just one room but a zone of rooms.

Kimsey explained that the heat and air operates on a chilled water system. There are miles of chilled and heated water pipes circulating underground and under the buildings of the Floyd campus.

In the areas that have thermostats, heat or air conditioning is always available because water, both hot and cold, is available to the thermostats.

The problem is that people won't leave the thermostats alone.

"One person may be hot and another may be cold. They fiddle with the thermostats and they never reach a constant temperature. If someone changes the thermostat in one room it changes it for a whole zone," said Kimsey.

Kimsey would like to replace these thermostats with programmable ones that could be set from the Plant Operations Building via the Intranet.

However, this option would cost tens of thousands of dollars and is not in the budget at this time.

The Cartersville campus

has a Building Management System that controls the lights, heat, air conditioning and access control.

"We can look at each classroom to determine exact temperatures and graph the trend over a selected time period," Kimsey said.

This has eliminated many of the complaints from faculty and staff in Cartersville.

"Douglasville is in the very early stages of planning, but it will have several direct expansion units on the roof that will supply heat and air to different zones.

"The DX units will be very similar to what you have in your homes," said Kimsey.

According to Kimsey, the Plant Operations budget is around \$955,000 per year. The utility bills are from a different account and are nearly \$400,000 a month for all campuses.

The budget is set by the state on a square foot basis for all colleges.

The only way to increase the budget is to increase the square footage.

GHC will get an increase next year due to construction on the Douglas County campus. This money will be spread across all campuses.

Until the budget increase occurs, Kimsey encourages students to leave the thermostats alone to help stop temperature fluctuations.

# Students can ski for college credit



Contributed

**Kenneth Weatherman (second from left), professor of physical education, poses on the slopes for a quick picture with the students from the 2008 ski tip.**

**By Smith Holder**  
Staff Writer

Next semester, students, faculty and staff will have a chance to go on a skiing/snowboarding trip to Boone, N.C., Jan. 3-7, 2010.

Those who participate in the trip will have two options as to how they are going to

spend their time. The first is a "Learning Adventure" that includes five sessions of skiing/snowboarding (one night, four days).

In addition, there will be unlimited instruction with French-Swiss Ski College at Appalachian Ski Mountain as well as lodging for 4 nights at the nearby Super

8. The second option is the "Multi-Mountain" and is similar to the "Learning Adventure," but there will be one night and two days of skiing at Appalachian Ski Mountain and two days at Sugar Mountain.

Equipment will be provided and consists of skis,

boots, poles for the skiers or a snowboard and boots for the snowboarders.

Slope tickets will also be provided.

The cost for four skiers per room is \$327 and \$366 for four snowboarders per room. The cost for three skiers per room is \$352 and \$391 for three snowboarders per room.

The cost for two skiers per room is \$402 and \$441 for two snowboarders per room. One skier in a room costs \$552 while it costs \$591 for one snowboarder.

If students have their own housing it costs \$252 for skiers and \$291 for snowboarders. Fees will also be less for trip participants who provide their own equipment.

The main purpose of the ski trip is to provide academic credit in physical education.

Those who are eligible for academic credit include students taking PHED 1420, Beginning Skiing/Snowboarding, or PHED 1421, Intermediate Skiing/

Snowboarding.

Non-credit students, faculty, staff and friends who sign up for continuing public service education can also participate in the trip.

According to Kenneth Weatherman, professor of physical education, the ski trip has been offered every year since 1980.

He stated that while skiing was the main emphasis, the program started offering snowboarding as an option around eight years ago.

The average number of students that participate equals around 40 per year.

Anyone interested can sign up in the PE Office on the Floyd campus or in the Student Life Office on the Cartersville campus.

Payments for the trip are due in full by the registration date, which is Nov. 20 for public service students and Nov. 30 for GHC students.

Of the fee, \$125 is non-refundable.

Those with further questions should contact Weatherman at 706-295-6353.

## GHC offers variety of study abroad opportunities

### Costa Rica

**By JoNathan Brown**  
Assistant Editor

Next Maymester, students will have the opportunity to travel to Costa Rica.

The trip dates are May 17-25, 2010. The cost for the trip ranges from \$1900-\$2200. The cost of the trip includes round trip airfare, hotel accommodations, meals, and activities.

Education First (EF) Tours is offering eco-friendly activities including: planting trees, white-water rafting, hiking, and horseback riding.

Erica Simpson, assistant professor of communications, believes that going on the Costa Rica trip provides

an opportunity to interact with other college students around the world.

Simpson is offering credit for COMM 1100. Jonathan Hershey, professor of english, is offering credit for ENGL 1102, or any other class he teaches.

### Europe

**By Christine Sisson**  
Staff Writer

In May of 2010 it will be time for students that are a part of the study abroad program to go to Europe.

Students that are not signed up and interested in travelling to Europe for credit can sign up with Bronson Long, assistant professor of

history, or Alan Nichols, assistant professor of philosophy.

The later students wait to sign up the more expensive it will be.

There is no firm deadline to sign up, but students should sign up before the end of the fall semester.

The study abroad trip to Europe will cost about \$3,000, but the cost will keep going up about \$100 a month, because EF Tours spring rates began October 1, 2009.

The trip is worth class credits in May-semester courses.

Long will be offering HIST 1122, and Nichols will be offering PHIL 1000.

The trip is a 13-day tour of Europe, visiting places



Contributed

**GHC students smile in front of the Eiffel Tower in Paris, France on a study abroad trip in 2008.**

like London, Paris, Burgundy, Switzerland, Florence and Rome.

For more information students can find a detailed

schedule by visiting, <http://www.efcollegestudytours.com/Tour.aspx?tourcode=GR&AA&touryear=2010&tourtype=College>.

# Ledbetter finds a home at Paulding site

By Nick Godfrey  
Editor

Highlands continues to stretch across Georgia, creating multiple new sites, including a site in Paulding.

Cathy Ledbetter, new site director, plans to find Paulding's niche in the Georgia Highlands world.

"I felt honored to have the opportunity to start at a brand new site, so that at day one, I can help the site grow from its infancy," Ledbetter said.

Ledbetter received her master in Arts Education from Columbus State and her doctorate in Higher Education from Nova Southeastern.

She taught for 25 years in public schools and colleges in Alabama. She then moved to Middle Georgia College to take on the job of Assistant to the President for planning.

And now, joining GHC this year, Ledbetter is taking the role of Paulding's

site director.

"I know this is where I belong. It feels right," she said.

Ledbetter's plans for the new campus are to start with basic core classes, then develop specific programs depending on the majority.

"I certainly want to gain insight to population of Paulding County's needs. We'll try to determine what programs this county needs and then offer them," she said.

Ledbetter explained that if for example the Paulding area had a high need for education classes, the Paulding Campus could focus on that and eventually become the "education" campus.

However, Ledbetter recognizes that it will take time to determine what classes are really needed.

"My goal is to find that particular uniqueness that Paulding has," she added.

Aside from her educational career, Ledbetter is also an artist, specializing



Contributed

**Cathy Ledbetter, the new Paulding site director (center), meets with a group of students to discuss issues concerning the Paulding site.**

in painting, drawing and sculpting.

She currently has works displayed in office buildings in Atlanta by a company called Origins.

More of her work can be

found online at [www.artexchange.com](http://www.artexchange.com), by typing in her name in the search box.

With goals of finding Paulding's area of expertise already in mind, Ledbetter explained that she would

also like to teach some classes.

"I would like to, down the road, teach as well," said Ledbetter.

"I really enjoy being around the students."

## Red Rover attempts to get students involved in clubs



Photo by Chiara VanTubbergen

**Kevin Prentiss, co-founder of Red Rover, talks to students at GHC's first student leadership conference, Charge Into Leadership.**

By Jessica Britt  
Staff Writer

Red Rover, Bring More Students Right Over!

Red Rover is helping enhance student life by getting more students involved in clubs, organizations, and activities on all GHC cam-

puses and sites.

Red Rover was developed in 2007 and ready to use in 2008, as a spin-off of its parent company, Swiftkick. Red

Rover was inspired by "The Dance Floor Theory," which is the process of people being introduced to more people on the dance floor.

"It's one way to make introductions to thousands of people at the same time," co-founder and CEO of the education company, Kevin Prentiss explains. Red Rover introduces students to other students with common interests.

Red Rover takes advantage of another popular database, Facebook. Red Rover adds to what Facebook lacks and improves what Facebook already has.

Through Red Rover students get the feeling of comfort that they share interests with other students.

John Spranza, director of student life, said that during orientation at GHC, students are introduced to

Red Rover.

"Students get the great snap of I'm not weird," said Prentiss.

Red Rover allows students to build relationships and create groups for other students to join.

GHC currently has about 400 students involved with Red Rover. The database can also be accessed by connecting to Facebook. When a profile is created and interests are entered, Red Rover recommends groups for students to join based on their interests.

Along with the group recommendations information about the group(s) are also added.

Georgia Highlands College students, faculty, staff and alumni can register with Red Rover through the URL: <http://highlands.re-droverhq.com>.

# Chris Wheelus has joined staff as only male counselor at Georgia Highlands

By Lesley Mathis  
Staff Writer

Two years of persistent attempts to achieve his goal of working at a college led Chris Wheelus to finally becoming the new counselor at Georgia Highlands College at the beginning of the fall semester.

Wheelus has an extensive background in counseling. He first became interested in helping people when he realized how much he enjoyed helping out his friends and family who would ask him for help.

From there, Wheelus continued counseling at a hospital and in his own private practice.

However, Wheelus said that he always felt his true calling was to work at a college.

"I really think I belong here. My fit is a college setting. That is why I worked at getting this job for two years," he said.

Since Wheelus is the only male currently working as a counselor at GHC, he is planning on offering all the students a new perspective on any problems they might want to discuss.

Not only does he feel that males at the school will have the opportunity to simply talk about "guy things" in his office, but females will also have the chance to "get a man's perspective in a confidential setting."

Wheelus also hopes that the fact that he is a man will influence other males to choose a career in counseling.

He said that most guys would benefit greatly from vocation therapy, in order to find out what occupation they want to work towards.

Wheelus said his overall goal for everyone at GHC is "to use my gifts, skills and passions as best as I can in this setting, so students are more equipped to succeed in education and career."



Photo by Chiara VanTubbergen

(From the left) Chloe Brock, Connie Wolf and Kyle Howren fill out a questionnaire in the Student Center on the Floyd Campus while meeting the newest addition to the counseling center, Chris Wheelus. Wheelus gave out 'mood dots' that change colors to help students recognize when they are stressed and inspirational bracelets.

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Photo by Jason Bowen

Students on the Floyd Campus make and lay out tie-dye shirts.

## Going back

By Chiara VanTubbergen  
Chief Photographer

Students on the Floyd and Cartersville campuses had a groovy time at Fall Frenzy.

This year's Fall Frenzy theme was "Swinging '60s."

Students had the opportunity to make tie-dye shirts and spin-art as well as jam to the '60s music provided by The Return, a Beatles cover band.

"It was awesome! I really liked the band," said Joe Sturwold of the Floyd Campus.



Photo by Chiara VanTubbergen

Among other '60s decor, lava lamps were a small addition to get students in the '60s mood.



Photo by Robyn Johnson

The Return, a Beatles cover band, jam at the Cartersville Campus. The band played at both the Floyd and Cartersville campuses.

# to the '60s

Many students also had the chance to capture some far-out memories with their friends by getting a picture taken in a giant inflatable red chair, while others gathered their friends for a game of twister.

Greg Spruiell, Floyd campus, said, "I had a smashing time!"



Photo by Chiara VanTubbergen

**Floyd students get tangled in a classic game of Twister.**



Photo by Jason Bowen

**Chad Gravley (left) and Nick Godfrey dip strawberries and other fruit in a chocolate fountain.**



Photo by Chiara VanTubbergen

**A giant multi-colored inflatable caterpillar was set up at Cartersville.**



Photo by Chiara VanTubbergen

**On the Floyd Campus, Briana Key tries her hand at some creative spin art.**

# Whatever happened to taking some pride?



## Editor's Box

**Kursten Hedgis**  
Assistant Editor

I had an experience recently that I would like to share with every Georgia Highlands student, because I feel it is an experience that many students have found themselves in at one point or another, no matter the campus, town or site.

Let me explain. In a small town such as the one that surrounds the Floyd Campus, a small town filled with familiar faces and names, it is inevitable that I find myself running into a person that I haven't

seen in ages, and most often they have a natural curiosity about where life has led their long lost friend. The conversation seems to always go something like this:

"So, what are you up to now?"

"Nothing. Just going to school, working."

"Where are going to school?"

"Georgia Highlands, then transferring to (insert desired college here)"

"Ohhhh, gotcha. I see."

Excuse me, you 'got'

what? What do you see?

It seems to me that the moment the words "Georgia Highlands" leave my lips there is an almost implied assumption that for some reason I am not at GHC because I enjoy the college or am attaining a respectable education, but because something bad happened to land me here.

Now, I am not naïve, nor oblivious. I understand that most of the students that find themselves going to their local community college did not originally intend to matriculate there. I understand that students probably found GHC as an alternative to another school that did not work out due to financial, parental or maturity complications. I understand that few students had sleepless nights plagued

with anxiety over their admittance to GHC. I understand all of these things.

But, there are two things I cannot understand. I cannot understand why the reasons for being at a certain school somehow undermine the admirable effort of attaining higher education. I cannot understand how the words "community college" somehow equates to unrepentable. The only conclusion I can draw from my lack of understanding on these points is that they are irrevocably false.

Georgia Highlands students should banish any ounce of shame, embarrassment or grievance with this institution and replace it with a sense of pride not only in our institution but in ourselves as well.

We attend a school full

of compassionate professors eager to dispense knowledge among their students. We attend a school that boasts small, intimate class sizes that lead to invaluable discussions. We attend a school with an active, engaging staff ready and willing to assist students in a number of capacities.

One of the most important points of all these is that we are attending school. We are preparing ourselves mentally to meet the challenges we will face later in life, which is something that is absolutely commendable.

An unknown author put it this way, "Pride is a personal commitment. It is an attitude which separates excellence from mediocrity."

If we take pride in our institution and in ourselves, others will follow our lead.

## Students left wondering what time it really is

It's a fairly correct assumption that college students are not the best at time management.

Mornings before classes are divided into 20 minutes here of review for that killer exam in history or ten minutes there for a paper in psychology.

Living life down to the second means that a few minutes' difference can be a colossal inconvenience to the time-weary student. And that's exactly what it comes down to—just a few minutes.

Over the course of a few weeks, students began to notice that meticulously calculated arrival times to GHC seemed to be landing them just a few minutes late to most classes.

Day after day somehow students lose around three minutes from car to class, including the time it takes walking to class.

These few minutes seem to just disappear into thin air according to the clocks in the classrooms, the only ones professors care about.

Everyone is left in complete and utter time confusion. Home clocks, the Rome Braves Stadium clock, and cell network times all assure students of one time, but the school clocks beg to differ. All of these observations lead to the question: What time is it, really?

The official U.S. time that can be found on the website <http://www.time.gov/timezone.cgi?Eastern/d/-5/java> reads the same as home clocks, the Braves Stadium clock, and cell network times.

So, where's the problem? The classroom clocks. There is an obvious lack of cohesiveness among the clocks hanging on the walls of the Floyd

campus.

Upon further observation, clock times varied one to two minutes from room to room or building to building, one room in the Lakeview building at Floyd reading an entire five minutes behind cell network time.

Although GHC has not been able to fill the very coveted position, Director of Chronometers, quite yet, someone has to be in charge of keeping things consistent around the campus. Maybe this person just isn't aware of the three-minute time scandal and its obvious disastrous effects among the student body.

But, in all seriousness, this problem is as simple as its solution. A simple turn of the knob on the back of clocks will solve this problem, and result in a decreased number of time-loss-confusion events for students.

## Six Mile Post

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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.



## It Seems to Me...

Hanna Yu  
Staff Writer

### Truth about restaurants exposed

Behind the scenes, a restaurant's true nature is hidden from customers. Every effort is made to disguise reality with a comforting atmosphere, good service and the server's welcoming smile.

When the sign turns to "OPEN," the only thing needed to fuel the business is the customers.

As a server, I find myself sitting like a vulture waiting for customers. When the rush hits, suddenly the servers transform from vultures into wild chickens, hurriedly tending to every customer's wants and needs.

Orders are punched into the "touch screen" computer display every few seconds. By this point, the restaura-

nt and the servers have reached full speed. All the servers get into the groove (menus...drinks...orders...food...check) and then the peak rush slowly dies down. Then the restaurant is back on cruise control with all the employees counting down the minutes until we change the sign to "CLOSED."

But invariably, there are a few stragglers left still sitting at tables. Similar to the myth about teachers staying late and living at their schools, any thoughts of servers staying late after closing and living in restaurants are also a myth.

At the end of the day, the moment of truth comes in counting up the server's tip money.

## Letters to the Editor

### Flood victims still need a helping hand

Dear Editor,

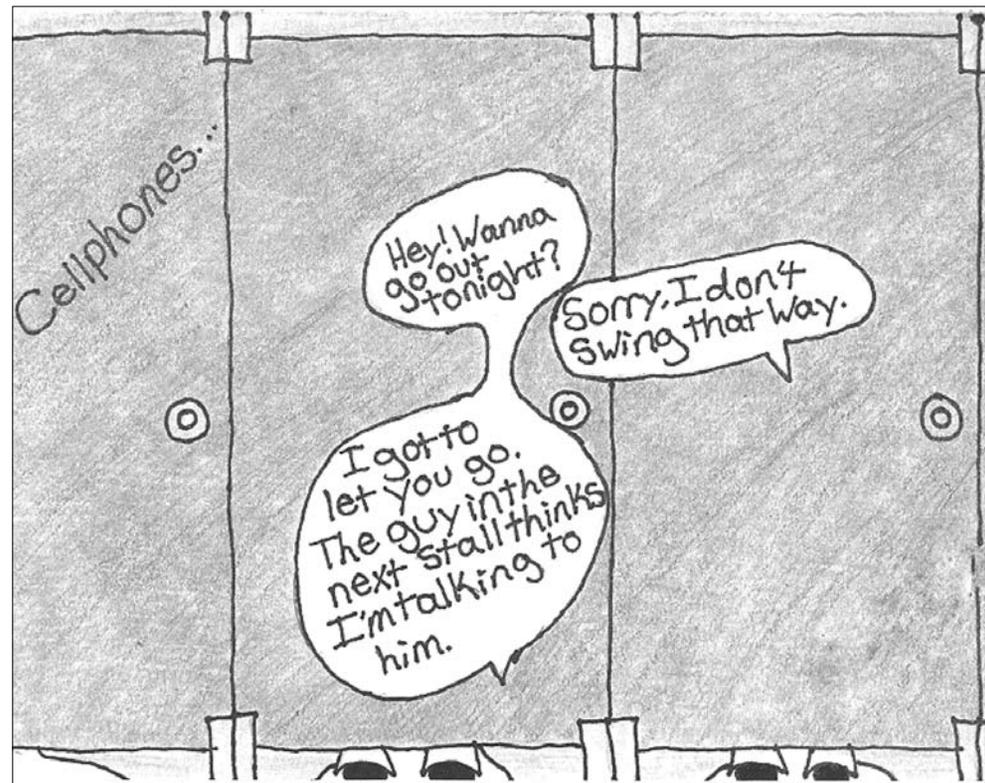
I would like to take this opportunity to encourage the students of Georgia Highlands College to volunteer with disaster relief efforts. The devastating flood that Floyd and other surrounding counties suffered has left countless people struggling to salvage what is left of their homes and personal belongings.

Families are left with the ruins of their home be-

fore their eyes and the fear of knowing they do not have home owner's insurance. Other families are finding that their home owner's insurance did not cover floods. Most cities do not have the money needed to rebuild the homes that have been destroyed. This is where community intervention is needed! If you or someone you know needs assistance, you may call 1-800-621 FEMA.

While some people may think that volunteering takes a lot of money, there are several things that one can do to give back that only costs time. The American Red Cross offers humanitarian aid and disaster relief. Their mission is to provide relief to victims of disasters and help people prevent, prepare for, and respond to emergencies. To find out more about becoming a volunteer with a chapter in your home town, visit [www.redcross.org](http://www.redcross.org)

## Cellphones are everywhere



Artwork by Ashlyn McPherson

Let us remember all of the victims of the flood while we continue on the journey of healing. We must find it in our hearts to give when the opportunity arises.

Rachel Jones  
Early Childhood  
Trion

### Simple thanks and a helpful hint

Dear Editor,

I just wanted to tell you that what you and your staff do and write about is helpful and lets me know what is going on or happening. Most students do not even know anything about the Post or where to get the Post. I think that everyone should receive an e-mail telling the release dates or where they can get

their Post. Thank you for allowing me to state my opinion and what you all do is nice and I appreciate the time and effort you and your staff put forth.

Thank you,  
Lindsay Smith  
Nursing  
Cedartown

### You learn something new every day

Dear Editor,

My name is Jasmine Gibson. I really enjoy the school newspaper, especially the most current one. I loved the article written by Lesley Mathis. I believe she is a very talented writer. She really captured me in her

article. I had the pleasure of meeting her recently and she truly is a sweet person. The newspaper is very informative, it is entertaining as well. I read the article about the intramural sports. I did not know that we were allowed to sit in and watch the basketball games. I actually assumed we could not, because last time I went by no one was in there. Thank you for that article. It really helped a lot.

Thank you for your time.

Sincerely,  
Jasmine Gibson  
Sociology  
Cedartown

-----  
Students can send  
letters to [6mpost@  
student.highlands.  
edu](mailto:6mpost@student.highlands.edu)  
-----

## Movie Review

## Rule #4: The Double-Tap

By Dylan Hatcher  
Staff Writer

Blood, guts and gore, that's what "Zombieland" is all about. But, to be honest, that's not necessarily a bad thing.

There is a lot of gore in this movie, but it never seems to overdo it. Any excess gore used in this movie is for comedic effect. In a world full of stupid horror movie clichés, "Zombieland" finds a way to still be original.

The strongest aspect of the entire movie would easily be the characters and the actors portraying them.

Woody Harrelson (who plays the psycho/antisocial zombie-killer, Tallahassee) does a phenomenal job at making, what seems at first, a very two-dimensional character seem almost loveable.

Jesse Eisenberg plays

the quirky, timid and awkward narrator, Columbus. Eisenberg seems to make the audience feel a constant pity for him, yet they know that his intentions are always heartfelt.

This movie is not a horror movie in the least. It's pretty much a romantic comedy that just happens to have zombies in it. But, it is not done in a tasteless way. In fact, it is quite the opposite.

Constantly, the audience is rooting for Columbus to get the girl, because he is the underdog who has never had a girl. To see him have a chance with someone (even if it's because no one is left on the earth) is still touching.

Another genre that "Zombieland" seems to dabble in is the 'road trip' type of movie. The four central characters are on the road throughout the movie, partaking in zombie killing and



other insane activities. But, in this road trip there is a sincere bonding that fleshes out the characters nicely, in a way that makes them seem like real people stuck in a land full of brain eating zombies.

One part of the film that deserves an honorable mention is the soundtrack. With songs from groups like Metallica, the White Stripes and Van Halen, it brings out the chaos of the film's situation.

It allows the whole product to seem much more complete and one thing that a lot of movies are not anymore, fun.

"Zombieland" is a breath of fresh air from a genre that has seemingly run dry.

With quirky yet realistic characters, a highly original story and a rocking soundtrack, "Zombieland" is worthy of gaining the cult classic status of a movie like "Night of the Living Dead."

It will no doubt make generations of people laugh, sigh, and cringe for years to come.

## Music Review

## Peppermint Creeps' 'In Hell' worth a listen

By Dylan Hatcher  
Staff Writer

The Peppermint Creeps are a Glam/Pop Punk band that has never enjoyed much mainstream success.

Regardless, they are a band that has never changed its style in order to accommodate popular culture.

The music the band creates is phenomenal, and is the case with its latest studio album "In Hell," that was released July 10, 2009.

The album's beginning is forgettable at best, starting with a cheesy spoken word resembling an old Sci-fi movie. Honestly, it could have been excluded.

But, after the boring intro, it jumps into the title track complete with squealing guitars, thundering drums and the bass that the band is known for.

The album also contains many other amazing tracks. "A & R Song" is an attack on corrupt music business representatives, "Play With Me" is a fast-paced pop-like song about the joys of a one-night-stand and "Hero" is a

song encouraging people to never give up their dreams.

It is also worth mentioning that this album contains some amazing cover tracks. One of which is "She Sells Sanctuary," originally done by the Cult.

Another cover track is an astounding version of "Imagine," which was initially recorded by none other than John Lennon.

For the most part, the album is great, but it does seem to be somewhat long.

At 18 tracks, it seems that some of the songs could have been left out.

Also, some songs are rather regurgitated and stale, but these are just minor complaints compared to the positive aspects of the whole product.

All in all, "In Hell," is a great album that is definitely worth checking out.

With wailing guitar solos (not to mention crunchy hooky punk riffs), drumbeats that put John Bonham to shame and vocals and lyrics that are unforgettable, this is an album that should be in everyone's CD collection.

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PREGNANCY  
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## Black Awareness Society

"Thoughts for Thanksgiving"

Baskets

will be handed out on November 21.

Donations and Support are  
appreciated.

For more info  
Call JoNathan Brown at (706) 409-5850  
or email [jbrowl03@student.highlands.edu](mailto:jbrowl03@student.highlands.edu)

## Scary Movies coming out in October

- The Stepfather
- Saw VI
- The House of the Devil

Tv Review

# 'Community' makes the grade for now

By Savannah DeGrosky  
Assistant Ad Manager

"Community," the newest addition to NBC's Thursday night comedy lineup, has a favorable future.

The creator and writer, Dan Harmon, took a jocular approach at depicting and mocking community college diversity and educational values. He intertwines comedy, love and friendship through a humorous interpretation reliant on its cast to bring in viewers.

"Community" features Joel McHale, Gillian Jacobs, Chevy Chase, Danny Pudi, Alison Brie, Donald Glover and Yvette Nicole Brown.

Jeff (Joel McHale) is an endearing character who has cheated his way through life and finds himself starting from scratch again. Attempting to scam his way through another milestone, Jeff manipulates Britta (Gillian Jacobs) a witty go-getter, into believing him to be a Spanish tutor.

Jeff's decisive plan to get Britta alone turns upside down after word of mouth attracts more students for tutoring. This is not only the start of new friendships, but it is also the start of a forthcoming relationship between Jeff and Britta.

In contrast to Georgia Highlands College, Greendale Community College so far consists of eccentric and unprofessional professors that do not focus on educational values.

The professors display abnormal teaching techniques and behaviors.

Unlike at Georgia Highlands College, the professors seemingly avoid the university preparatory attitude.

In the "Introductory to Film" episode, for instance, the professor focuses primarily on "Carpe Diem." He assigns the students homework consisting of them seizing the day and telling 10 people they love them.

The lack of seriousness within the classrooms



Contributed

The cast of comedy "Community" sits in the fictional Greendale Community College Library.

mocks the value of community college and generates a joke towards lower class educational institutions.

"Community" receives an "A" for casting and a "B" for its portrayal of community college.

It attracted 7.7 million for its debut episode on Sept. 17. "Community" airs 8 p.m. on Thursdays.

## Family Fun Night with Laser Tag

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# Students should note safety guidelines for Internet

By Danielle Donaldson  
Staff Writer

According to Robert Laltrello and Richard Davis of the GHC Information Technology Department (IT) 90 percent of emails that come through the college's email system are spam and about 100,000 pieces of spam mail is blocked from being sent to student and faculty daily.

Laltrello and Davis are in the process of upgrading all the computers on all GHC campuses to protect computers from spam and other problems.

But, their most important issue right now is training people as to what they should and should not do online.

"I recently got a MAC, so I feel at least a little safer because I don't have to worry about installing a firewall or anti-virus protection," said Cartersville campus student Paola Mejia.

For a person's safety on the Internet, Laltrello and Davis said that personal information should never be sent through emails, even if the information is school related.

Students have a username and a first time six-digit password that is printed on the bottom of their schedule which anyone can

see, if misplaced.

IT recommends that this password be changed the moment it is received because anyone can change the password and have access to a student's internet identity.

The six-digit password may be changed by clicking on "GHC connect" which is located on the GHC home web page.

If students are having trouble with their username, then they should email IT for help at [rt@highlands.edu](mailto:rt@highlands.edu). The username should be given in the email; however the password should not be included because someone could see this email and change the password for that username.

Regarding the dangers of releasing personal information on social network websites such as Facebook and Myspace, Laltrello and Davis stressed the fact that once a person puts personal information up on those websites, it's going to be there forever.

When a person poses for a picture in front of his or her car, this is dangerous because other people could track that person down even easier, and find out where that person lives.

Laltrello and Davis also say that people should at



Photo by Chiara VanTubbergen

## Students work on computers in the Library on the Floyd campus.

least set their social networking profiles to private.

Even simple things such as choosing the best password or security questions should be done with caution.

For example, if someone poses with his or her dog "Fluffy," then that person should definitely not use "Fluffy" as a password.

Laltrello and Davis' general rule of passwords is the password should be difficult for others to figure out, so they say to try to avoid dictionary-based words like "Fluffy."

Also a person should not choose an easy security question that other people would know the answer to.

For example, the answer to "What is the name of your favorite pet?" should not be "Fluffy."

Laltrello and Davis strongly encourage students to email them at [infosec@highlands.edu](mailto:infosec@highlands.edu) with any questions regarding safety on the Internet and such.

October is national Cyber Security Awareness Month.

[Staysafeonline.org](http://Staysafeonline.org) is solely dedicated to making

Internet users use the Internet as safely and securely as possible.

There is also a safe assessment quiz on the website to test how "cyber safe" people are.

There are safety tips for small businesses too.

Dhs.gov, Homeland Security, has information on how to contribute to Cyber Security Awareness.

Some of the actions that home users can take are installing firewall and anti-virus software. The website also offers event dates, as well.

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For more information call (706) 295-6336

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Ability is what you're capable of doing.  
Motivation determines what you do.  
Attitude determines how well you do it.

-- Lou Holtz

Next SMP  
issue will  
be Nov. 17



## The Extra Point

Will Floyd  
Staff Writer

# Does Brett Favre still have the 'It' Factor?

By Aug. 17 of this year, I really thought it was all finally over with. So naturally, Brett Favre signs with the Vikings a day later, after initially telling the team he was going to remain retired.

My first thought was simply, "Seriously?" I was getting very tired of all the wishy-washy behavior and waffling.

Behavior like that is unbecoming of one of the greatest to ever play the game, and I have a sneaking suspicion that by that point the only people who really cared were Vikings fans. They got what they wanted.

I was really skeptical at first.

Favre, who holds a slew of all-time records, coming off arthroscopic surgery and turning 40 by week five of the season?

Although I really didn't know how this was all going to play out, I do think Minnesota was the best place Favre could've ended up. The Vikes have a sick running attack, with the best back in the game in Adrian Peterson and solid backup Chester Taylor. Their defense is ridiculous with the nearly unstoppable Jared Allen all over the place.

The only thing they were really missing was a half

decent THROWING QUARTERBACK (No thank you, Tarvaris Jackson). This was where I really, really got skeptical.

Could Brett make all the throws he used to make? Could he hit those Vikings receivers instead of throwing picks?

With the Jets last season, Favre threw 22 TD's. A respectable number. The only problem is that he threw 22 picks as well.

But, after four games of the season, I'm sold.

Thus far, Favre has thrown eight TDs and one pick. The Vikings are 4-0 and leading their division. Against San Francisco in week three, Favre threw a ridiculous pass to Greg Lewis in the back of the end zone with two seconds left to give the Vikings a come from behind win. In the process, he finished the game with 301 yards.

He is the first Vikings quarterback since September 2005 to throw for 300 yards in a game. This adds just another element to their attack.

I keep hearing Super Bowl talk of the Eagles, the Giants, Saints or even my Falcons, but don't sleep on Brett Favre and the Vikings.

**Tennis tournament is already underway. If interested, the sign-up sheet is in the gym.**

## STUDENTS, COLLEGE NIGHT IS YOUR NIGHT.

### 1ST TUESDAY OF EVERY MONTH IS COLLEGE NIGHT 5-8 pm

UPCOMING COLLEGE NIGHTS  
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Photo by Chiara VanTubbergen

Nate Hibbets of the H1N1 team (left) attempts to gain field position by running the ball down the field with teammate Michael Mathis tailing not too far behind.

## H1N1 unstoppable; season in progress

By Felix Monterrosa  
Staff Writer

Both flag football games scheduled for Oct. 6 were decided by forfeit. The H1N1 team won by a forfeit over The Express, and Those Guys took a forfeit victory over LSJ.

The H1N1 team has shown complete dominance this season by winning their first five games. They scored over 35 points a game while only allowing 6 points by their opponents.

The Express, who showed potential at the beginning of the season being the only team to score on H1N1's solid defense, were at 0-5 after Oct. 6.

Those Guys' record stood at 3-2. Their only two losses were against H1N1. Those Guys have run the ball more than all the other teams, allowing them to score around 25 points per game.

LSJ stood at 2-3 after the Oct. 6 forfeit. Their only two wins have been over The Express.

After a two week break, teams will play the last regular season game on Oct. 27.

## Intense basketball season comes to halt; teams looking forward to tournament

By Jose Ajanel  
Production Assistant

In an intense second half, the faculty team could not come back and fell to the Highland Globetrotters 39-45 on Oct. 1. The first half belonged to the Globetrotters, who were led by Spencer Daniel and Cody Folsom, each scoring 14 and 8 points, respectively.

Tyler Short scored a three-pointer to close the half at 30-13 in favor of the Globetrotters.

The second half looked brighter for the faculty team as John Southwood scored the first two points in the game.

"Good job, Jason," said Jonathan Ingram as teammate Jason McFry decreased the point difference between the Globetrotters and the faculty team. McFry scored 12 points in the last half.

In the end, it wasn't enough. Folsom and Daniel led their team to victory 45-39.

The faculty team composed of Seth Ingram, McFry, Southwood, Rob Laltrello and Jonathan Ingram agreed that the team as a whole had improved.

"Every week we've improved. . . by tournament time we'll be a force to be reckon with. . . for old guys," said Southwood.

Cody Folsom of the Highland Globetrotters said "We played a good first half. . . we thought we had a good lead, but second half they came back."

In another game, Goon's Lurkin remains undefeated as they shut out the Hawks 62-38. Goon's Lurkin consists of Luke Allmon, Nate Hibbets, Preston Causby, Corey Pitts and Jessica Stanger.

In the final game, the Celtics, led by Hank Peppers, with 48 points defeated the Gators, 63-51.

The Gators had Terry Owens, Brandon George and Matt Spears scoring 15, 14 and 13 points, respectively.



Photo by Chiara VanTubbergen

(From the left) John Southwood goes for a lay up shot and Tyler Short (52) attempts to block as Spencer Daniel (20), Cody Folsom (13) and Seth Ingram (33) look on.

### Come support GHC's intramural teams!

The Basketball Tournament is on Oct. 29 at 1:45 p.m. in the gym on the Floyd Campus.

There will be a Co-Ed Flag Football game with Shorter College on Oct. 28 at 6 p.m. on the Floyd Campus and another game with Georgia Northwestern Technical College on Nov. 3 at 2 p.m on the Floyd Campus.

**i** For basketball teams' end-of-season standings, please visit [sixmilepost.com](http://sixmilepost.com)