

Six Mile Post

The Student Voice

Georgia Highlands College - Rome, Georgia

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Six Mile Post Online

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Cedartown High School's 'Teacher of the Year' also teaches at GHC. See page 5.

Students and faculty enjoy Fall Frenzy

By Victoria Wheeler
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Staff Writer

The weather turned out to be just right for the college's annual Fall Frenzy.

The sound of techno music from one of the activities could be heard by students walking to or from class, drawing them toward the variety of tables, activities and free items at the Fall Frenzy outside the Student Center on the Floyd campus on Oct 31.

The decorated tables and most of the activities were related to the event's outer space theme.

The activities included laser tag in a giant space ship, an Air-Bots battle zone, a cake walk sponsored by the Human Services Club, a beer goggles pin-the-rings-on-Saturn game, and a feed-the-space-bot contest at the "Six Mile Post" table.

Other booths and tables included the tutorial center's survey for goodies and counseling and career services selling candles.

The Black Awareness Society served some homemade "soul food." For \$6 hungry people could get fried chicken, a choice of two sides, including mac-n-cheese, collard greens, pinto beans or cole slaw, and a drink.

Lauren Burkhalter, a general studies major at the Floyd campus commented, "I wish more teachers would give students with morning classes time to really enjoy the Fall Frenzy without having to rush off."

A Halloween costume contest was sponsored by the Office of Student Life. Contestants dressed up as anything from Alice in Wonderland and Marilyn Monroe to Bad Grammar and Yoda. The first prize of a gift certificate to Longhorn Steakhouse and a t-shirt was won by Zack Bolien as Peter Parker, Spiderman's secret identity.

Nguyen Pham, a general studies major, commented, "This is awesome! It's good because students get to do activities they wouldn't normally get a chance to do. Plus it's on campus and convenient."

Jennifer Hicks, an English tutor at the Floyd campus commented, "It's great students have an opportunity to socialize and have fun while also learning about different activities that Georgia Highlands has to offer."

Fall Frenzy was held at the Cartersville campus on Oct. 30.

For more pictures from Fall Frenzy turn to page 16.



Photo by Jehna Holder

Jake Addison (bottom left) and Jeff Langley battle it out to see who is king of the Air-Bots.

Heritage Hall to undergo estimated \$4.2 million renovation

By Zack Bolien
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Staff Writer

The sound of construction will soon take over Heritage Hall.

The 70-year-old building will be undergoing massive renovations in a project that will cost an estimated 4.2 million dollars.

At the helm of this project is Doug Webb, the physical plant director for Georgia Highlands College. His job is to manage and oversee the construction.

The renovations will include new heating and air conditioning units for most of the building, as well as a new sprinkler system. The entire first floor of the building will be rebuilt with new doors, ceilings, lighting systems and fire alarms.

"The building was constructed in 1936 and renovated in 1976," Webb said.

Even though the college has spent about \$1 million dollars on the building since it acquired the facility in 1993, it still has very old and outdated mechan-

ical systems that demand GHC renovate the building as soon as possible, according to Webb.

Plans for the construction are complete and awaiting budget approval. Once this step is over, work will start within 10 days of Dec. 1. The construction is estimated to continue into late June.

Students planning to attend classes at Heritage Hall do not need to worry about being displaced, however. The second floor will be worked on first, with little to no interruption in classes. After that phase is over, classes will

be transferred to the second floor while the first is totally rebuilt.

"By phasing in the project, the faculty, staff and students should be able to continue work or attend class with very little inconvenience," said Webb.

The only problem that might arise, according to Webb, is that with a large enough growth of students at Heritage Hall, a few may have to schedule classes at the Floyd campus for a semester. Dental and nursing students are currently the only majors taking classes at Heritage Hall.

Work on the building is expected to continue in smaller intervals over the next few years.

Did you know?

The Heritage Hall building was once East Rome Junior High School.

New tuition policy guaranteed for all students

By Leanna Gable
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Assistant Editor

A new tuition policy is in effect at GHC. The Board of Regents has approved a guaranteed tuition policy for all new students in the University System of Georgia effective fall 2006.

According to Todd Jones, director of admissions, the policy will freeze a new student's tuition for three years at two-year colleges such as GHC, but the policy allows freezes on tuition for only four years in the four-year insti-

tutions.

The extra year of guaranteed tuition at two-year colleges is to allow part-time students, who may be juggling work or family responsibilities and classes, longer to complete degree requirements.

Under the new plan students can know exactly what they will be expected to pay for tuition if they finish their program of study on time.

The new policy is designed to help parents and families plan for the cost of tuition, but also to serve as an incentive for students

to finish their program of study on schedule, Jones said.

Dr. Ron Shade, vice president of student services, said that the new policy is "definitely student friendly." He stated that the new policy "slows down" the "runaway train" of increasing tuition for students.

However, part-time students or other students who take longer than three years to complete their education may see as much as a 12 percent increase in tuition at the end of the three years, according to Jones. This is because tuition typically goes up 3 to 4

percent a year.

Jones said that the admission office is responsible for identifying which students the policy applies to but that students should check their tuition bill each semester to make sure no mistakes have been made.

Each student is coded a certain way inside the University System of Georgia so that students can be properly tracked.

However, according to Jones, tracking transfer students may present some difficulties.

Sandie Davis, registrar, said that the new change may be

somewhat "difficult to administer" because each student falling under the umbrella of the new policy has to be individually processed by his or her entry date.

Freshman Alex Mills, a history major from LaFayette, said, "I'm not really worried about it because I don't plan on being here that long."

Freshman, Natasha Martin, a biology major from Canton, does not look at the changes so neutrally because "it takes most people longer to get their degree" than the policy allows.



Photo by Zack Bolien

Dr. Vera Brock, professor of nursing, teaches a nursing class at Acworth.

Record number of nursing students enrolled for fall semester 2006

By Jeff Denmon
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Staff Writer

Georgia Highlands College's nursing program is at a record high in attendance. There are currently 138 freshmen students and 112 sophomore students enrolled.

The reason for this high enrollment is a grant known as ICAPP, Intellectual Capital Partnership Program.

The ICAPP, according to Barbara Rees, chair of the health sciences division, is an initiative by the state to help colleges to graduate more students in nursing and other health fields. It is also a partnership program between GHC and seven other corporations.

The nursing program also has been awarded \$25,000 from Johnson & Johnson and the National Association of Nursing Students for retention.

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QEP designed to improve education as college prepares for reaccreditation

By Kris Baucom
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Staff Writer

To meet a new requirement for accreditation by the Southern Association of Colleges and Schools (SACS), Georgia Highlands College must implement a quality enhancement plan (QEP).

Dr. Laura Musselwhite, the reaffirmation officer, said that the faculty has been talking about options for the quality enhancement plan for some time now. Ideas have been narrowed down to information literacy (the ability to organize and synthesize information), learning communities (students organized into groups to facilitate learning) and writing across the curriculum (which would emphasize the importance of writing in school and in a career). In the coming weeks, the faculty

and staff will vote on these choices.

The quality enhancement plan will enrich the learning pro-



Photo by Kris Baucom

Dr. Laura Musselwhite

cess and provide new opportunities for students at Georgia Highlands College.

Once the college has chosen its option, it will begin to organize a plan. Students will be heavily involved in this stage of the process.

After the quality enhancement plan is developed, it will be sent to SACS for approval in August 2007. After receiving approval, the college will gradually implement the plan that will involve all levels of the campus community.

Five years after the implementation, SACS will require a follow-up report to review the progress of the plan.

There will be student members of the college-wide QEP committee, and any student who wishes to be part of the planning committee may contact Musselwhite at lmusselw@highlands.edu.

Registration underway for spring semester

By Andrew Bearden
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Staff Writer

Spring registration for new classes began Nov. 13 and will effectively end with drop/add at the beginning of next semester.

Registration can be completed on-line at the SCORE portion of the GHC website, according to Carolyn Hamrick, director of the Cartersville campus.

Hamrick stated that on-line registration cannot be completed, however, if a "hold" is present on school account records-a student owes money or has academic deficiencies. After holds are cleared, on-line registration can continue.

Hamrick also stated that outstanding debts with the school are more common this semester, due to a problem with calculations from the last semester's tuition that left many students owing six to eight dollars on their account. Students

may visit the accounting offices at the Floyd and Cartersville campuses or the GHC offices at Acworth and Marietta to clear up the debts.

According to Hamrick, a deficiency hold is more troublesome because it means that academic requirements must be met before proceeding with other courses. These deficiencies can occur in any of the required core areas if a student has failed or not taken a particular class. GHC provides ample opportunity to make up these deficiencies.

Georgia Highlands' academic advising counselors can be found on all campuses. Advising specialists are Catherine King at Marietta, Laura Ralston at Acworth, Carolyn Hamrick at Cartersville and Eileen Walker at Floyd. It is highly recommended that students schedule a meeting with any one of these counselors before making registration decisions.

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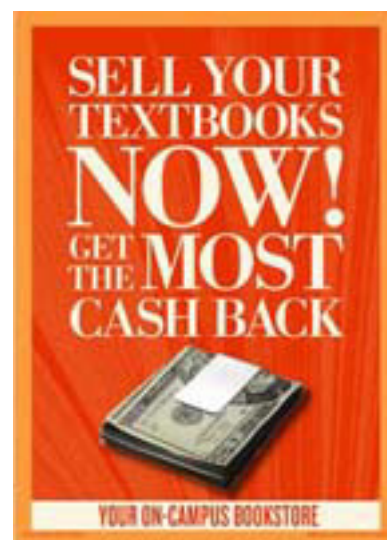
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Creating class schedules presents a difficult task

By Joshua Owens
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Staff Writer

Students often take for granted those handy class offerings booklets which are distributed a couple months prior to each semester. These booklets require a substantial amount of thought and revision before they can be printed.

Dr. Rob Page, chair of the social sciences division, said, "There're a lot of different considerations that determine offerings." Page continued, "The two primary factors administrators must build class schedules around are student needs and budget."

The responsibility of scheduling falls on the shoulders of division chairs – some of whom collaborate with assisting coordinators, while others fulfill this duty solitarily. Previous semesters provide frameworks for planning current schedules.

"We typically use last year's model and make minor tweaks as needed," explained Page. Cir-

cumstances which require adjustments include fluctuations in student enrollment and class demand. "We look at the history. This helps us understand which times work best, which are failing and which days attract students."

The Floyd campus of Georgia Highlands College presently offers the widest variety of courses, especially in the laboratory sciences: biology, anatomy and physiology, chemistry, etc. This is not simply because there are more students in Floyd – Cartersville has 1,386 enrolled this semester, only 12 percent less than Floyd. In reality, "budget and space limitations preclude offering these classes at all campuses," said Page.

Site directors aid in the process of class creating class schedules by acting as liaisons betwixt chairs and students of various campuses (Acworth, Marietta, Carrollton, Cartersville, Floyd and Heritage Hall). Page said that these intermediate functionaries have an idea of which classes ought to be offered, while

chairs determine how much is financially feasible with available faculty and budget. "Class scheduling is a two-way street," remarked Page.

After the division chairs finalize their lists, they are sent to the Office of the Vice President of Academic Affairs, where they are examined, approved and compiled. Soon afterward a digital copy appears on the college's website, not long after pamphlets are in students' hands.

Despite the potential complications, the method works, and students are taking the classes required to earn their degrees. Jenna Bishop, a sophomore nursing major from Rome, said, "I've always been able to schedule my classes when I've needed them."

Chase Davis, a sophomore history major from Tallapoosa, remarked, "I haven't had any trouble with class scheduling. I've come on Tuesdays and Thursdays the past two semesters; that way I can work Monday, Wednesday and Friday."

Governor's initiative to improve service

By Jake Carter
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Staff writer

Gov. Sonny Perdue has been working on a state wide Customer Service Initiative program that involves all state agencies and includes the 35 public colleges in Georgia. Todd Jones, director of admissions, has been selected to be GHC's Customer Service Champion for the program.

"We were asked to select one area we could improve this year for our front-line issue, and we chose financial aid," said Jones. One change resulting from the Customer Service Initiative is that starting fall semester 2006 GHC students have been able to look up their financial aid status

online.

"The initiative is summed up by the Governor's motto 'faster, friendlier, easier,'" said Jones, "but the improvement began for us before the initiative. Now we are just documenting our improvements more." The initiative is ongoing and involves improvements in leadership and service provided by employees and customer feedback.

"The customer service champions are meeting every few months this first year to compare base line numbers for future assessments," said Jones. "Of course, we always welcome input from the students."

The University System of Georgia has over 40,700 employees and 253,500 students statewide.



Photo by Josh Kelley

Todd Jones handles an on-line problem.

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‘Teacher of the Year’ Ivan Ray brings his talent to GHC

By Jehna Holder
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Editor

Ivan Ray, part-time English instructor on the Floyd campus, was recently named “Teacher of the Year” at Cedartown High School, where he teaches English and advises the yearbook staff.

“When the school announced that I had been given this award I was speechless at that moment, and I am never at a loss for words. It was an honor knowing my peers, some I have taught with for 30 years, thought enough of me in that way to vote for me. It was so humbling,” Ray said.

Ray has been teaching at GHC for 10 years. “I have enjoyed being here, love every minute. I was real apprehensive about teaching here while I was going to school, but it’s a whole different experience between teaching at GHC and high school from what I expect of people and what they expect of me,” said Ray.

“I see that college freshmen are much more apprehensive because they are fresh out of high

school and realize it is a whole new world out there—a whole new four years to start over again. Students try and write every word down that I say when really all they need to do is listen and learn how to take notes,” Ray stated.

Ray realized his passion for teaching in 11th grade. “I had an English teacher then that was just awesome, and it’s all because of her. She instilled in me a love for writing and reading and enjoying it.” He also credits part of his success to his senior English teacher and his eighth grade teacher who “pushed” him.

Ray taught chorus his first year at Cedartown High School because they really needed a music major to teach the class. He has a minor in piano and has been playing the piano since the age of four. “I, at one time thought I would be a music minister for a church. I know without a doubt that the good Lord has to call you to do something like that and I didn’t feel that calling, but I knew music would always be part of my life,” Ray

stated.

Ray’s favorite memory from teaching is hearing someone say thank you for whatever he may have done to help. Then it is worth it all. “I had a student who couldn’t pass the graduation test, and my goal that summer was to help him pass. We worked hard, and when he finally passed it and came to my room and brought me that test—crying and saying thank you—that was success,” Ray said.

Ray attended Piedmont High School in Alabama. He completed his undergraduate degree at Jacksonville State University in addition to receiving his master’s degree from JSU as well. Ray also attended the University of Alabama and completed a six-year educational specialist degree, which is halfway between a master’s and a doctorate.

“I loved every minute of it; I could be a professional student. I want my doctorate, so I am going back. I will never say no to school,” Ray said.

“My greatest weakness is procrastination, and if I had to do life



Photo by Jehna Holder

Ivan Ray enjoys Alabama football games, singing in the church choir and playing the piano for the church ensemble.

over again, I would have studied harder in undergraduate school and been more involved in activities.

“I also believe every teacher should have a caring heart and want his or her students to enjoy as well as have fun in learning,

writing and reading,” Ray said.

In his free time, Ray enjoys going to the University of Alabama football games. He also plays for two choirs and sings in a choir and ensemble at his church, which is a big part of his life.

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Dr. King accepts position as site director at Marietta campus

By Zack Bolien
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Staff Writer

Dr. Catherine King, professor of physical education, is no stranger to hard work. Not only does she act as the site director for the Marietta campus of Georgia Highlands College as well as fulfill her duties as physical education coordinator for the Floyd campus, she also finds time to teach classes there. King recently accepted her position as site director for the Marietta campus at the request of Dr. Virginia Carson, vice president of academic affairs. She said that the decision to accept the position was influenced by her desire to learn more about GHC operations and to work with the students in a different way. She also says



Photo by Zack Bolien

Dr. King teaches a class at the Floyd Campus.

that she filled the need for another physical education instructor at the campus, as there wasn't one at all there before.

During the few hours that she isn't working, King enjoys walking her dogs, reading, watching college football and mostly just catching up on sleep. But with working all those different jobs, King stresses that time to herself is rare. "I don't have much free time," said King, "I do work at least five to six hours over the weekends, especially on my online course." Working all the time doesn't faze King at all, however, and she still remains optimistic about all of her duties and responsibilities. "I enjoy what I am doing at Marietta, especially the interactions with students not in my classes and the interactions with the Southern Polytechnic State University faculty, staff and administration," King said.



Photo by Zack Bolien

Doug Webb goes over paperwork in his office.

Doug Webb moves to Florida after 13 years of service at GHC

By Victoria Wheeler
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Staff Writer

After almost 13 years at Georgia Highlands College the director of the physical plant, Doug Webb, is retiring. With mixed emotions about retiring, Webb commented, "I think everybody looks forward to the time in your life where you can possibly slow down, have some income that is returned for all the hard work and contributions we make to society, but I have loved every moment at the college." He could not say enough positive things about the plant staff. As director of the physical plant, Webb is in charge of the building maintenance, electricians, heating and air, custodial staff and grounds for all GHC campuses. He is also the resident engineer for the building projects. His job has allowed him

to work with every division at the college and he has gotten to know almost all the faculty and staff on a personal basis. Webb is returning to the Pensacola, Fla., where he and his wife, Donna, both grew up and currently have family, including two grandkids. The college is now in the process of interviewing applicants for the job. Webb is hoping he can spend some time with the new person soon, so he can have time to get him or her on board with the projects and systems that are in place. Webb stated, "There is a lot to learn, but with the staff we have I certainly believe the job will go well for whoever the lucky person is." Webb will be missed, and although retiring does not appeal to him yet, he is looking forward to returning home and participating in his grandchildren's high school experiences.

Online SMP Poll Results

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Jodie Sweetin encourages drug-free lifestyle for students

By Amanda Stegall
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Assistant Editor

Jodie Sweetin spoke to a large and diverse crowd on the night of Nov. 2 in the Lakeview Auditorium.

Although Sweetin’s lecture was informative about her struggles with drugs and alcohol, her message was encouraging and motivating.

Most people remember Sweetin as Stephanie Tanner from “Full House.” Even with the pressures of working on a sitcom as a child, Sweetin stated, “I would not change anything about the way I grew up.”

At the age of five, Sweetin was thrust into the limelight of celebrity life and expected to be an adult. As a child actor “you’re expected to be an adult, know your lines, be on time and basically be this adult person in this little body...If you’re sick you work, if you’re tired you work. You’re very disciplined,” Sweetin said.

“You learn over a period of time to start pretending everything’s ok, and it becomes a pattern of life,” Sweetin continued.

With the skill of being an excellent pretender, Sweetin was able to hide her addictions from those she loved. “When ‘Full House’ ended I was 13 years old and went directly into my freshman year of high school,” Sweetin stated. “I always wanted a ‘normal life’ or what you could call a normal life.”

Sweetin was an only child

and never had interactions with people her own age, and once she was in high school the pressures to fit in comfortably with her peers were intense. “The one thing that I wanted more than anything was just to blend in with the wall,” Sweetin commented during her lecture. “I just wanted to be like everybody else.”

The passionate desire for a normal life eventually led Sweetin to discover and become addicted to alcohol. “At age 13 was when I started drinking,” she said.

The first time that she ever drank changed Sweetin’s life. “It made me feel better. It made me feel like I could talk to people more and I could not be this person that they thought was so different.”

After the constant struggle to find herself throughout high school, Sweetin attended a college that was located 20 minutes away from home. With constant struggles with her parents, Sweetin decided to live on campus. College life and consistent partying introduced Sweetin to the vast world of drugs.

“My freshman year of college I had a .9 GPA. You really have to work hard to get a .9 GPA,” stated Sweetin when recalling her frightening lifestyle and embarrassingly low grades.

With new substances to abuse Sweetin was willing to do anything to achieve a high. “I wanted to do anything possible to get away from my own head and escape my own thoughts,” she said.

During her last night in the dorms Sweetin realized that she

could continue her substance and alcohol abuse, or die. “At 18 ½ years old I was afraid of death, and life was unmanageable; I was out of control,” she stated.

At this point, Sweetin returned home, and when she was ready to go back to school her first class was Theology. “I heard people talking about their lives, and I realized that there were other people going through the same thing I was,” she recalled. Sweetin made the decision to change her life after that class. She became happy again, made the Dean’s list, bought a house and married her boyfriend.

Six months after her marriage Sweetin relapsed into drinking and later turned to harder drugs that she had never tried before. “I tried to hide it all because my husband was a cop. After the first time I tried speed, I discovered that it was a lot easier to hide than alcohol,” stated Sweetin.

Speed may have been easier to hide, but within one month Sweetin was completely addicted. “I dropped everything for that drug,” she recalled. “I didn’t have time to stop and process what I was doing, and all I could think about was the next time I could get it, use it or find it. Speed took me to some of the scariest and most frightening places I’ve ever been,” she said.

After two and a half years of using speed on an elevated basis, Sweetin crashed. On the night of March 19, 2005, Sweetin was so high that she attempted to exit her friend’s car while it was in motion. When her friend parked



Photo by Moses Whitaker

Jodie Sweetin speaks to students in the Lakeview Auditorium on Nov. 2.

the car, Sweetin stepped out and fell to the ground. She woke up in a hospital to discover that her husband was there to take her home.

“I can’t describe the horrible agony I felt at that moment,” she stated. “I couldn’t look my husband in the eye because I knew that he knew what I had done.”

Sweetin suffered from acute alcohol poisoning, heart arrhythmia and a 95 degree body temperature, which classified her as hypothermic.

Sweetin entered into a rehabilitation program in California, where she was forced to face her fears and look at herself in the mirror. During her six-week stay at the rehab center, Sweetin and her husband realized that irreparable damage had been done to their relationship through her substance abuse and divorced.

Although her story is a shock-

ing reality, Sweetin considers herself “lucky.” “I’m lucky to be alive,” she stated. “I’m very fortunate to be sober and be here today to tell my story.”

Sweetin’s lecture at GHC is the seventh lecture she has given for a speaking tour. “I’m very happy to be here,” she stated, “and I hope that I can make someone else feel like they can relate and seek help.” Sweetin also said that she wants everyone to know that “it’s never too late to make a different choice. Never give up.”

For friends and family of someone who is struggling with an addiction, Sweetin commented that abusers feel helpless. “They need for their loved ones to enable and support them and love them through it all,” she said. Sweetin stated that if people are abusing substances, their hurtful actions are “nothing personal” to the ones they love.

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Thankful for fall

Thanksgiving is my favorite time of the year. Fall is in the air; the air is cool and crisp. The trees change to the warm, bright colors that are a showcase of God’s art work. The fallen leaves are rustling in the wind. I enjoy the scenery of pumpkins, cornstalks, apples and scarecrows. I get a warm, peaceful feeling.

Amongst the ambiance of the fall season I think of all the

things that I am thankful for. Thanksgiving is a special time to me; it is a special time of year set aside to think about what there is to be thankful for. I hope everyone has a Blessed and Happy Thanksgiving.

Terrie Smith
LPN to RN Bridge
Buchanan, Ga.

A brand new car for X-mas

My favorite holiday memory would have to be the Christmas after I turned 16. I had gotten up that morning and proceeded to open all of my gifts under the tree. All my gifts were nice and thoughtful, but nothing extravagant.

My brother kept urging me to see what was in my stocking, so I decided I would finally dig to the bottom of it. I had pulled out numerous amounts of candy and other novelty items when I felt something like plastic at the bottom of the stocking.

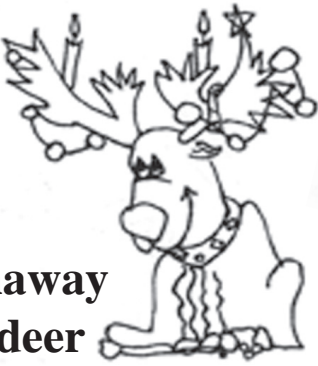
I reached in and pulled out a key. I stopped in amazement, wondering if the key was even real. I jumped off the couch I was sitting on and slid across the kitchen floor in my socked feet. There it was. I had a new car for Christmas! A 2003 Toyota Corolla, which was more than I could have asked for, was sitting in my carport, waiting for me to drive.

Heather Smith
Dental Hygiene Major
Rome, Ga.

E C R C H S S R A P P L E C I D E R R
D C I N N A M O N S H H O U C C D S W
S T H G I L S A M T S I R H C K N N S
F R U I T C A K E F K L A H R S F A X
B P V E C U A S Y R R E B N A R C M Q
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S R W M N W C A N D Y C A N E S C Y W

- | | | | |
|---------------|------------------|--------------|-----------------|
| presents | Christmas lights | candy canes | ornaments |
| sugar cookies | cinnamon | pumpkin | turkey |
| Hanukkah | mennorah | fall harvest | cranberry sauce |
| cornucopia | reindeer | angels | pecan pie |
| snowman | fruit cake | apple cider | eggnog |

Circle the words in the holiday wordsearch!



Runaway reindeer

Many have heard the song “Grandma Got Run Over By a Reindeer.” My version is “Sandy ’Bout Got Run Over by a Reindeer.” It was a few days before Christmas, and I was driving into the parking lot for work one morning when I saw my friend Sandy walking to work.

As Sandy was crossing the lawn, a huge Reindeer/Buck came running across the street right in front of her! Luckily, Sandy had heard a crow making a loud noise and had stopped to look around to see what the crow was fussing about. Right about the same time, the large buck ran right in front of her, crossing her path! I witnessed this startling event, but no one was as startled as Sandy.

April Fincher
Early Childhood Education
Cedartown, Ga.



Cartwheels and Christmas trees

My most memorable Christmas moment was when I was seven years old. I was tumbling all over the house and was showing my dad what I had learned the past week in my gymnastics class. My mom had told me to stop doing cartwheels in the house before I broke something. But I didn’t listen to her. I just kept on.

Well, this was going to be my last one, so I decided I would get a running go at it. By the time I had finished the cartwheel, I had landed in the Christmas tree, broken the angel which was on top of the tree, and cut my head open.

My mom had no idea what had happened, but she saw me

coming up out of the tree and that the angel on top was broken. I remember she was so mad at first, but when she saw that my head was cut open, she felt so bad for yelling at me.

When we arrived at the hospital, the doctor asked me how I managed to cut the top of my head. I remember telling him about me doing my cartwheel and landing in the tree and the angel falling down and breaking right on top of my head.

Even the doctor was laughing at me. I’ve never forgotten that Christmas, and neither has anyone else in my family. They always remind me about the year I crashed into the tree.

Ashleigh Chisolm

Holiday

Celebrate
Kwanzaa!

The true meaning of the season

My favorite holiday memory happened the Christmas of 2004. A group of people and myself from my church decided we wanted to buy Christmas presents for somebody from the angel tree. However, we didn’t want to just go to Wal-Mart, buy a few outfits for a person and never get to meet them. We wanted to buy presents for a whole family, take them out for dinner and really get to know them and become friends.

So, we found the perfect family. The parent was a single mother, and she had three wonderful kids. When we shopping for them, we made sure we picked out stuff for them that we each personally would want ourselves.

We wanted to avoid buying cheap stuff where one would figure “ they would be happy with anything.” We wanted to just put the family in awe. So we went to American Eagle, Merle Norman,

Toy stores, JCPenny’s, Bath-N-Body works and so many other stores. The mother was my personal favorite because I learned that all the money she had went toward her kids, so she never bought her anything for herself.

We took them all out to dinner at Longhorn’s, and we really got to know each one of them. It was especially nice because we got to witness to them and invite them to start coming to our church.

This was my favorite memory because I got to see my actions really change a family’s lives. It was the best unexplainable feeling on how good it made me feel, and I know we all gave them encouragement that there is hope in their rough situations.

Krista McGuire
Architect major
Adairsvill, Ga.



Memories



To GramMar’s House We Go

On the first day of Christmas,
a tree tied to the roof,
we passed a deer on the way
to GHC.

On the second day of Christmas
we baked pies galore,
the aromas carried tons
of calories.

On the third day of Christmas,
smoking by the fire,
my dog watched the flames
so peacefully.

On the fourth day of Christmas
I studied “War and Peace”
without war and focusing
on piece.

On the fifth day of Christmas
my friend said, “Hold this bow,”
so I proposed already
on one knee.

On the sixth day of Christmas
I set to write a poem,
words like snowflakes on paper
melted me.

On the seventh day of
Christmas
my poem was almost done
with a working title,
Adam’s Christmas Eave.

On the eighth day of Christmas
sowing hand-me-downs,
How much does a hemming
weigh?
More than a sneeze?

On the ninth day of Christmas
a couple of brews and me
watched my dog
as it circled ’round my tree.

On the tenth day of Christmas
I found the presents moist
as they laid ’neath the tree
so prettily.

On the eleventh day of
Christmas, my dog had
disappeared, but a clean, well-
lit place firefighters see.

On the twelfth day of Christmas
roasting chestnuts with my dog
and then it’s off to GramMars’
house
go we.

Danny Lee Ingram
English Instructor
GHC Cartersville

’Tis better to give than receive

My most memorable Christ-
mas moment happened last year.
Every year my dance studio has
an Angel Tree, where students
can help needy children. Like
every year in the past, I took
three angels off of the tree. When
you think about what these kids
are asking for, it makes you just
want to cry.

The first angel I took was very
cute. It read: 7-year-old girl want-
ing pink clothes or anything pink.
The second angel was a little less
cute and almost upsetting. It
read: 8-year-boy wanting a
Sponge Bob toothbrush and
Batman toothpaste.

The third angel I took was
really upsetting and touched my

heart. It read: 7-year-old girl
wanting a pair of socks for her
little brother and a jacket.

Soon after the reading of the
third angel, I contacted Ms.
Smith, who was in charge of the
Angel Tree, to find out who this
little girl was. I found out the
girl’s name and her address.

I mailed her 20 pairs of socks,
shampoo, toothpaste, a tooth-
brush, a jacket, some Barbies, toy
cars (for her little brother), a new
27 inch TV, a VCR, 15 cartoon-
based movies and five outfits for
her and her brother. About a
week after I mailed the package,
I received a letter in the mail
from the child and the child’s
mother.

The child’s mother was very
thankful to me and told me that
she could have never been able
to give her children the kind of
Christmas I did. The mother also
wanted to meet me. We met at
McDonalds’.

When I introduced myself to
her, she gave me the biggest hug
and could not stop telling me how
happy she was about the way I
helped her kids. It was the most
rewarding feeling a person could
have.

Christine McAdams
Rome Campus



Artwork by Amanda Stegall and Jehna Holder

Georgia Highlands College
presents the

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To benefit the Salvation Army and local
families in need this holiday season

Look for donation boxes around campus
through Nov. 20

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Why do people practice othering?

We must not let prejudice, discrimination and preconceived notions or a bad first impression ruin chances at a valuable personal encounter.

True happiness lies in unbreakable bonds

What defines true happiness? Must one be in possession of a best friend to be happy, or is it possible to continue through life without that significant other?

After my family and I moved from Acworth, I felt like my whole world had been torn apart. I had a best friend, whom I still talk to but not nearly as much as before. I feel as if I do not even know her anymore.

Everything changed, as I knew it would. Yet try as I might, I still found myself totally unprepared for what happened.

When my friendship disintegrated and I realized that I was alone, my books and their characters became my world.

My stepsister always teases me for becoming obsessed with different series such as "Harry Potter" or "Lord of the Rings."

She does not understand the pain I feel, though. She does not know how badly I want a strong, solid friendship again.

All I desire is someone to talk to and go hang out with, the same kind of bond that I shared with my former best friend.

Yet even as I write this, and my cat curls up on the desk in front of me, I know the definition of true happiness to be love.

Love exists in so many forms that it is oftentimes unrecognizable. In the rush to find equilibrium when my family and I moved from the familiar, I had forgotten that there were others in my life besides my dearest friends who made me happy.

True bliss cannot be found in material items or acquaintances. Instead, relationships with family and friends create an unbreakable bond.

Being wanted and needed, or just missed, provides more happiness than most realize. Think about it.

Does it not make you feel better when someone says that they have missed you, even if barely a day has passed since the last time you were together?

Happiness does not stem from one good friendship. It comes from many strong friendships. I realize that now. Being alone is not always the best solution to your problems.

Keep friends close. Love your family even though they may drive you crazy.

You never realize how much someone means to you until they are taken away.



Editor's Box

By Amanda Stegall
asteg00@highlands.edu
Assistant Print Editor

<p align="center"><i>6MPost@highlands.edu</i></p> <h1 align="center">Six Mile Post</h1>			
<p align="center">Editor Jehna Leigh Holder</p> <p align="center">Asst. Print Editors Leanna Jean Gable and Amanda Stegall</p>			
<p align="center">Advertising Manager Sarah Abercrombie</p> <p align="center">Asst. Advertising Manager Samantha Bowen</p>	<p align="center">Asst. Online Editor Matt Shinall</p> <p align="center">Chief Photographer Joshua Kelley</p>		
<p align="center">Photographers Kristopher Baucom, Zack Bolien, Eric Celler, and Moses Whitaker</p>			
<p align="center">Staff Writers</p> <table border="0"> <tr> <td> Kristopher Baucom Andrew Bearden Adam Brown Zack Bolien Jake Carter Jeff Denmon </td> <td> Eric Gregory Timothy Jones Joshua Owens Mary Lynn Ritch Victoria Wheeler </td> </tr> </table>		Kristopher Baucom Andrew Bearden Adam Brown Zack Bolien Jake Carter Jeff Denmon	Eric Gregory Timothy Jones Joshua Owens Mary Lynn Ritch Victoria Wheeler
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<p>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.</p> <p>Letters to the Editor may be brought to the SMP office, emailed to 6MPost@highlands.edu, or mailed to Editor, "Six Mile Post," 3175 Cedartown Highway Rome, GA 30161. Letters must be signed by the author. Publication and editing of letters will be at the discretion of the editors.</p>			

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Is unhappiness prevalent and widespread on campus?

By Larry Stephens
Asst. Librarian
Floyd Campus

Just recently, a group of us were standing around and discussing the apparent look of profound sadness, fear, anxiety, anger and/or frustration etched on the faces of so many students here on campus. These painful countenances indicate more than just the basic concern that students are supposed to have when they are trying to succeed in college and build a new life for themselves. This collective angst belies a deeper pain. There is a crack in the foundation.

I am too old to connect on a truly meaningful level with most of our traditional students. In fact, I'm old enough to be their father, but having no children of my own, I don't have a clue as to what they are really feeling! I was an undergraduate in the late 1970s, and there is no way that we can draw any parallels between my generation and the young people of today. In fact, America was a very different country back then.

Oh, we had our share of concerns. The Vietnam War was still a recent memory, and no one wanted to join the Army. It was definitely un-cool to even be seen wearing a uniform. Nowadays, the military looks pretty good...as long as they don't ship your butt to Iraq.

Long hair was in vogue, casual sex (minus AIDS) and loud, blaring rock music were permanent fixtures of dorm life, and no one worried about getting shot by a disturbed classmate. Terrorism was something that happened on occasion in Europe, but not here.

Yes, we worried about the job market and finding gainful employment upon graduation, but we weren't obsessed with it. We were, in a word, "carefree." We were optimistic about the future. Most of us had come from traditional nuclear families (the World War II Generation) and did not have to deal with the hassle of being reared by abusive, or even well-meaning, but grossly inept step-parents.

Even though the United States and then Soviet Union (aka, Russia) were locked in a deadly nuclear arms race (with enough TNT between them to vaporize every inch of the planet several times over), most of us assumed that no world leader in his right mind would ever initiate a missile strike.

Policymakers at the time called it MAD (an acronym for "mutually assured destruction"). So, in a very real sense, we didn't even worry about the nuclear threat that much.

But things have changed in the last 30 years and changed radically. The nukes are still here, and more people have access to them. Global terrorism is

a clear and present danger. Columbine was just the beginning; it seems that every week another high school class gets shot up. Since 1976, the divorce rate has doubled from 30 percent to 60 percent of all marriages, and families are fragmented as never before. The job market has tightened considerably. Those of us who actually do work are laboring longer hours for less pay just to make ends meet. To be honest, it's a mess. I guess I've just answered my own question!

The painful realities of life in the 21st century beg the question, "What can we do about this mess?" Abraham Lincoln once said, "People are about as happy as they make up their minds to be." This seemingly trite statement emanated from a man who fought chronic depression most of his life! How dare he say something so banal! But wait a minute. There may actually be some truth to what Lincoln said.

Given the reality of how powerless we truly are, about the only thing we have control over is our attitude. Somehow, we've got to manufacture our own happiness as opposed to putting our faith in the external world.

People will let you down; the economy will let you down; and the Bush Administration will definitely let you down. Nothing is guaranteed in this life. Today you're healthy; tomorrow you're diagnosed with inoperable cancer.



Photo by Jehna Holder

Mr. Larry Stephens

cer. Today somebody loves you; tomorrow they decide to leave you. Today you have a job; tomorrow you may not.

I, personally, have chosen to place my faith in a Higher Power. It is my sincere hope and prayer that everyone can find peace of mind without resorting to chemical substances, or any of the other escapes that people so often choose. Quite frankly, the world is just too unpredictable and life is too short to be squandered in a state of perpetual misery!

A wise old codger once told me, "Take your lumps like a man, move on, and try to be thankful for what is going right in your

life, instead of always focusing on the negative." I thought he was being uncommonly pessimistic at the time, but you know something...he was right after all!

If you're unhappy, you're not alone. But, more importantly, realize that things aren't supposed to go smoothly as long as you're dwelling on this Earth. Expect problems to come your way. Most of us are in the same boat from cradle to grave.

On the positive side of the ledger, you're still alive. Be thankful for the good things that are happening in your life and strive to help those around you. You can make a difference.

Six Mile Poll

What are you thankful for?



John Paul Sauls
Rome, Ga.
Physical Therapy

"God, coordination, friends and common sense."



Heather Blalock
Rome, Ga.
Pre-nursing

"My husband, my children and God."



Christopher Nation
Buchanan, Ga.
History

"My dogs, my house and my parents."



Crystal Baines
Adrian, Mich.
Nursing

"My sense of humor, my family and that I don't have very long left in school."



Nick Smith
Rome, Ga.
Biology

"Friends, family and God."

Poll by Jehna Holder

Letters to the editor...

Voices quieted by ignorance

Dear Editor,

I really enjoyed the article “To vote or not to vote?” Many students complain about the way our government is run, but take no part on Election Day. I also believe it is because we do not know what characteristics to look for in a politician. Most students have a hard enough time trying to figure out what to wear to school the next morning, much less trying to decide whether they are liberal or conservative. I really liked the suggestion of having teachers show students what to look for in a politician. I think that if students understood more about the kind of politician they wanted in office, then we would vote and possibly make a huge impact on today’s society.

Allison Agnew
English major
Summerville, Ga

Political science lover speaks out

Dear Editor,

This letter is in response to the article entitled “To vote or not to vote.” In this article, whom no one has claimed to be the author of, I might add, it is basically calling the younger generation a bunch of mentally challenged infants that are unable to think for themselves and need someone to do it for them. I am not a political junky, I never really have been, but my political science class rates higher than any other class I am taking, because we have to use our brains, now I know that’s not a high priority among people in college but it does help. I am sure that political science classes are not the one hated class out of every class on this campus, I mean how about that mandatory computer class EVERYONE has to take, half the time it won’t even transfer to

other colleges, now you want to talk about a waste of time, that class is for sure. So before you go bad mouthing politics and the teachers who teach it, consider thinking for yourself and doing the political research for yourself. Who knows, you might just form your own opinions about politics. Wouldn’t that be something?

Heather Thompson
Journalism major
Woodstock, Ga

When you gotta go, well...

Dear Editor,

I would like to discuss something personal, but real. Why are all the restrooms on the Cartersville campus only on one end of the building? I know that having all the pumping in one area is efficient, but why that end. The parking lot is on the other end of the building. Most students have a good distance to get home, so they need a restroom

stop before they leave. The long walk to the parking lot is hard enough, but now you have to walk to the other end of the building to go to the restroom before you leave. Now, I look at this as getting my exercise, but not when you have to “you know what”. Just one bathroom on the other end of the building would be great.

Thanks,
Jean Thornton
Medical Assistant
Canton, Ga

Nursing major appreciates recognition

Dear Editor,

I would like to start off saying I really enjoy reading the “Six Mile Post.” It is a very informative and contains very interesting articles. I agree it is a very good idea to keep the “Six Mile Post” a part of Georgia Highlands.

The article I’d like to comment on is the expansion of the nursing program. It seems like it was so hard for me to get into school. I was almost to the point of giving up. It seems like I was out at the school two to three times a week, doing things I felt could have been done in the trip I made two days ago.

I pushed my way and finally made it to the core classes. I hear people say that there is a major shortage of nurses. It really feels good to know that programs are expanding to help with this shortage.

I am currently in the nursing program and plan to graduate with an associate degree. I plan to further my education with a bachelor’s degree in the future. I hope that more and more young people will get into this program so that we can take care of each other.

I am most happy with all the different classes and availability with these programs. I am a very busy person. I have an eight year old son.

I work full time as a medical assistant and part time as a certified nurses assistant.

It’s time I take charge and be a leader. It gets very hard at times. I strive to do my best. If it weren’t for night classes and be-

ing able to accommodate my schedule, who knows what I would be into by now.

In closing, I am really happy for the expansion of the Nursing program. I think it is a great program and all the teachers I’ve been taught by at Georgia Highlands are wonderful people. I’ve learned so much since I’ve began my venture as a nurse.

Charolette Nicholson
Nursing Major
Rome, Ga

Jean Paul’s story reached out to Haiti again

Dear Editor,

I enjoyed reading that article. I am a nontrad student in Cartersville, and have a connection with Haiti. My church partners with another in Port au Prince pastored by a Jean Jacob Paul!

I told Jean Jacob about the article and he is interested to know if they are kin. He was brought here when he was very young, got his education and became an American citizen, before being called back to this special work in the slums of his former homeland. Jean Jacob’s wife and family continue here in the US until we get the orphanage and church built.

Could you pass this on to Jean Mario Paul? I’d be willing to help put these two men together for their own edification and the eventual good of their homeland. You have no idea what Jean Mario left until you go and see for yourself. Most of Africa is much better off. I spent a week down there last year. Smiling faces, tender hearts and abject squalor! What a combo.

Since I first wrote this, I spoke to Jean Jacob. I’ll give him the article tomorrow, as he’s in town collecting stuff to take back to Haiti. Please put Jean Mario in touch with me and let him know that there are many friends of Haiti at Cherokee Presbyterian Church. 1160 Butterworth Rd, Canton, or Cherokee-PCA.org.

Regards,
John Dillingham
Canton, Ga

Something to think about...

Nature and Sunday: a welcome break from a world gone tech

Joshua Owens is the kind of guy, who can enjoy a crunchy fry; a moist and flaky apple pie; even a reuben sandwich on rye.

He doesn’t profess to be Bill Nye, But Bio’s his major, and that’s no lie.



Joshua Owens

ill-timed phone call? It’s common (well, uncommon I suppose) courtesy to let the call go unanswered and prevent diverting one’s attention from the conversation one previously chose to be involved in.

I’ll tell you what keeps me from simply going off my rocker: nature and Sunday.

An occasional hike to an obscure sylvan destination, such as Jacks River Falls in the Cohutta Wilderness of North Georgia, works wonders for my mental condition.

Then there’s Sunday...ah, the day of rest. I’m assured God knew what He was doing when He established the statute of setting one day aside for rest and worship. Sunday could be just another frenetic day that leads us further down the madly spiraling path to a panic attack. Instead, when used properly it imparts a sense of structure for the following week and the vigor to approach it confidently.

You may consider me cap-tious; you may think I’m caviling. Maybe I am. But if you think even twice about taking a call during an important conversation, then I’ve accomplished my purpose.

that also accompany man’s great advances in telecommunications?

I don’t know about you, but sometimes all of our modern accessories – incessantly chattering televisions, paging pagers, blinking bluteeth, thumping sound-systems, infinitesimal iPods, ubiquitous MySpace–sometimes, they are just too much for me.

In fact, I must often grit my teet –and, on my worse days, don a straightjacket–to endure a full hour of a Maury Povich special entitled “Guess which woman is a man” as background noise when I’m trying to study.

And why allow a perfectly good conversation to be interrupted by the strident shrill of an

I was very pleasantly surprised the other day at my bank (of all places) by a response from the teller I was talking to.

“What’s your cell phone?” she asked. A phone number was required to complete a form for a new checking account.

“Well, I don’t have one,” I replied, somewhat sheepishly.

“How refreshing!” she said.

Her offhand comment got me to pondering. Self, I pondered, why *is* that refreshing? There are countless benefits to having mobile phones: constant reach-ability, succor in emergency, phat ringtones to listen to in the line at the grocery store, to name a few. But could there be, perhaps, negative consequences

‘The Two Thrones’—a real prince of a game

By Jeff Denmon
jdenm00@highlnads.edu
Staff Writer

Game Review

The final chapter of the “Prince of Persia” series explodes onto the Playstation2 console.

The Prince is back, along with his acrobatic fighting style and his share of problems to deal with in “Prince of Persia: the Two Thrones.”

The good things about this game are the fighting system, voiceovers of the prince reminiscing or arguing with his newly acquired alter ego “The Dark Prince” and the new speed kill system, which allows the player to take out one enemy at a time while not alerting the others around it.

Like any Prince of Persia fans know how battles go in the genre, one sided and against you. To help balance this out,

the developers have given players a chance to play as the prince’s dark side. This “Dark Prince” employs the use of a weapon called the “daggertail,” a long spiked chain that he slings and whips back and forth to great effect.

The visuals are stunning. But there are a few problems with this jewel of a game. It’s short, real short. Anyone could probably breeze through this game in about 6-10 hours, the latter part spent looking for every hidden gem and upgrade.

With that said, “Prince of Persia: the Two Thrones” brings back the classic game play of the original as well as the prince’s own musings on a current situation in the game while removing the old, “Oh my god I can’t finish this puzzle because I don’t have the right weapon!” problem.

I give “Prince of Persia: the Two Thrones” a 4 out of 5.

‘Lucky Number Slevin’ a sure thing in entertainment

By Mary Lynn Ritch
mritc00@highlands.edu
Staff Writer

Movie Review

In the mood for action, tons of violence, disturbing scenes of gore, espionage mob bosses bickering like children and tons of laughter all in the same movie?

Then “Lucky Number Slevin” is the right movie. This “Pulp Fiction”-like movie does not disappoint with its all-star cast.

Slevin (Josh Hartnett) is a mysterious, misunderstood man who is down on his luck. He is mugged, dumped and evicted all on the same day. He walks into a friend’s apartment and decides to stay there without the friend’s knowledge. Nick Fischer (Sam Jaeger), his friend, like Slevin, is also very unlucky and is nowhere to be found.

Soon Slevin’s luck becomes much worse when two mob bosses, one being The Boss (Morgan Freeman) and one being The Rabbi (Ben Kingsley), send for Fischer because he owes both of them ridiculous amounts of money. Their henchmen assume that Slevin is Fischer, and Slevin is threatened by both mob bosses. However, Slevin does not seem to be affected by his situation. What he doesn’t know is that both The Rabbi and The Boss hired the same assassin to follow him to make sure he does the jobs they assign him.

Meanwhile, love interest and nosy neighbor Lindsey (Lucy Liu) tries to help Slevin figure out what to do with his predicament and what exactly happened to Fischer.

This movie has incredible twists and turns that leave an audience on the edge of their

seats with a “nothing as it seems” ending. The dialogue is humorous and somewhat dry at times, and all in all this a decent, well-written movie with a great cast.

Although it’s somewhat dark, the movie is extremely entertaining. Go out and rent it!



Photo courtesy www.wellgousa.com

Decemberists’ new album ‘The Crane Wife’ wins under Capitol Records

By Moses Whitaker
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Staff Writer

Music Review

The Decemberists’ newly released album titled “The Crane Wife” will definitely not disappoint any old fans and is accessible enough to energize new ones.

The Decemberists have already built a pretty stable career without having a label. “The Crane Wife” is the band’s first release under a label, and fans feared that the change would dilute the band’s sound and quite possibly make the album a flop.

While “The Crane Wife” might not be their best album, it might be the most impressive album to come out so far this year. The Decemberists brought in fellow band Death Cab for Cutie’s Chris Walla to produce on the album.

What makes this album so impressive is that it is the harbinger of a new genre called

indie-prog. Essentially, indie music is reminiscent of much older music in which the songs can carry themselves for more than ten minutes and still be enjoyable. The best example of this is a song titled “The Island” which clocks in at about 12.5 minutes.

A telltale sign of prog in music would be a keyboard solo amped up higher than the guitars. It would be easy to make a Led Zeppelin comparison, but it would also be misleading.

From start to finish this album is lush with sound and texture. The lead singer, Colin Meloy, uses interesting wordplay in his lyrics. Every song on the album is a story, which in part makes it folk music as well.

The only really weak points on the album are the simpler acoustic songs, but the album easily picks up its slack. While the acoustic songs are weaker, they are also more than tolerable.

The Decemberists’ first album under Capitol Records

sounds just like a Decemberists album would otherwise, but the sound quality is better.



Photo courtesy of www.digg.com



Note System

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

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Safe food precautions improve healthy habits

By Amanda Stegall
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Assistant Editor

Typical college students rarely have time to prepare full meals for lunch or dinner. However, when the scarce moments occur that we are able to cook and have leftovers for the rest of the week, certain health precautions are not always obeyed.

According to webmd.com, a small action such as washing hands frequently while preparing food is one of the key factors in food safety. Keeping surfaces and hands clean during preparation prevents a wide-scale spread of germs and bacteria into the food.

Webmd.com encourages people to consider the following tips when handling food:

- Shop safely: Raw meats, seafood and eggs can contaminate other foods they touch. Keep these items wrapped in plastic and away from fresh foods in the shopping cart.
- Cook foods safely: Meats and foods that have been in contact with raw meat need to be cooked thoroughly to prevent the growth of bacteria. The specific

temperature varies by type of food.

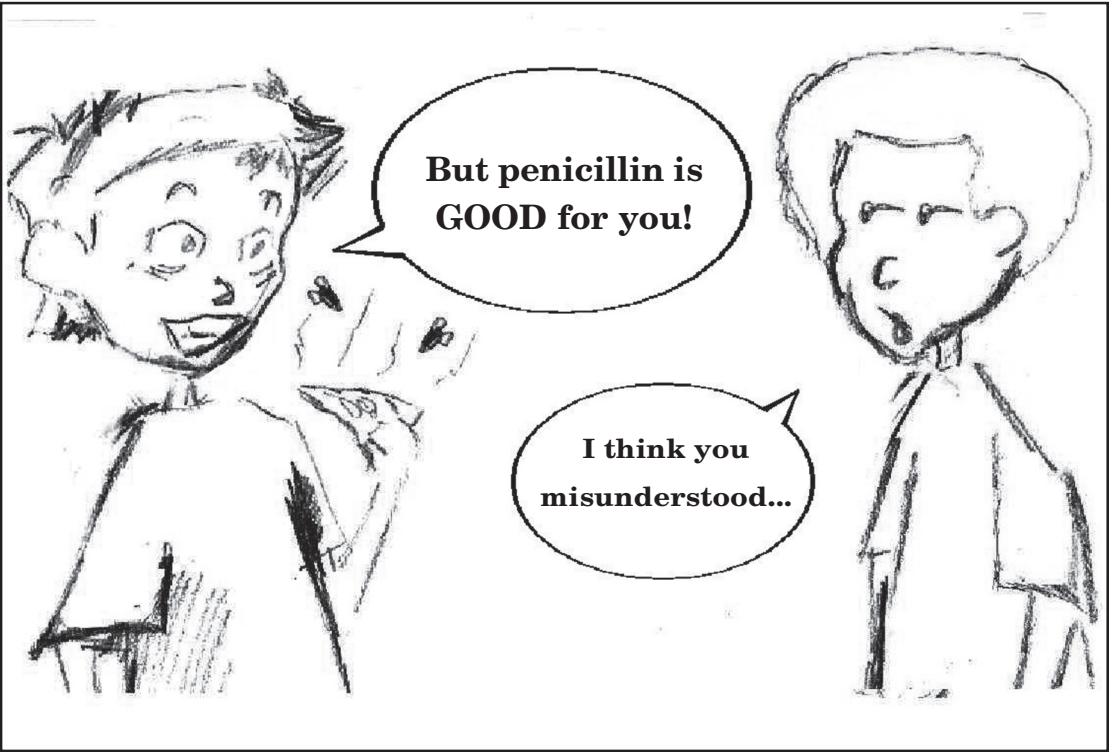
- Store foods safely: Keep food temperatures at safe levels to prevent bacterial growth that can cause illness. For example, perishable foods should be refrigerated promptly, not left out on the counter.

- Follow labels on food packaging: Look for expiration dates on perishable foods before buying or eating them. Also, follow any cooking guidelines provided, such as temperature and cooking time.

- Serve foods safely: Keep hot foods hot at 140 F (60 C) or above and cold foods cold 40 F (4.44 C) or below. Food that might not be safe to eat should be thrown out.

A recent study conducted by the Centers for Disease Control (CDC) found that there are over 200 diseases that are spread through food. These diseases result in 325,000 hospitalizations and 5,000 deaths each year in the United States.

To be safe, the CDC recommends that everyone keep surfaces where food will be prepared sanitized. Also, when cleaning with sponges, the CDC states that microwaving sponges for 15



to 30 seconds every few days will kill the bacteria that are harbored within the fibers.

When storing foods for travel, it is important to keep hot foods hot and cold foods cold. Webmd.com states that perishable foods that are enjoyed on pic-

nics should be kept in a cooler and the cooler should remain closed as much as possible. These foods should be separated from the cooler that contains beverages and will be opened frequently.

In addition, according to

webdietitian.com, if food has been sitting at room temperature for up to two hours, immediately reheat it or refrigerate it.

Webdietitian.com also recommends not covering hot food until it has cooled to 45 degrees or lower.

Click it or ticket for safety

By Timothy Jones
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Staff Writer

When was the last time you buckled up? Statistics show that over half (55 percent) of the passenger vehicle occupants in fatal accidents in 2004 were unrestrained.

The age group with the largest percentage of unrestrained passengers that were killed in a traffic fatality was teenagers ranging in ages from 13 to 15 years. The second largest age group of unrestrained passengers included young adults ages 21 to 24.

Last spring, the GHC-sponsored club known as TRASH (Teaching Responsible Alcohol, Sex and Highway Safety) conducted a study involving seatbelt usage. A part of their research included data collected from a survey they completed during the study.

The survey consisted of TRASH members observing cars

entering the Floyd campus one day. The main goal was to see if students and faculty entering the campus were wearing their seatbelts or not. The data was also separated into two categories of students or faculty members. An overview of TRASH's research showed that only 72 percent of students and 84 percent of faculty members wore their seatbelts on the day of the survey.

Recently, students from the Cartersville campus were also interviewed and asked how often they use their seatbelts. Whitney Barber, a marketing major from Marietta, said, "I buckle up every time I get in a car." However, not all students share the same philosophy. Taylor McClure, a civil engineering major from Kennesaw, stated, "I never buckle up when I jump in my truck."

Wearing a seatbelt while in the front seat of a vehicle reduces the risk of a fatal accident by 45 percent.

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Suns defeat All-Stars in championship

By Eric Gregory
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Staff Writer

After six weeks of competition, the intramural basketball season ended with a four-game marathon, the last game deciding the championship.

In the first scheduled game, the Suns, the odds-on favorite to win it all, went against the All-Stars. The Suns continued shooting the 3s which have become their trademark.

Even with Jonathan Little of the All-Stars matching the Suns with his own 3-pointers, the Suns were able to pull away.

With repeated drives to the basket and the All-Stars settling for 3s, the Suns punched their ticket to the finals with a 50-38 win.

"I couldn't do it without my team. I appreciate my teammates, Terry, Nick and Cory," said Quan Martin, who led the way for the Suns with 22 points.

With their loss, the All-Stars were sent to the loser's bracket to play the winner of the second game, Mavericks vs. DSGB.

Unlike the sharp shooting of the previous game, this game was marred with plenty of turnovers, missed shots and an all-round ugly game in the first half.

However, the pace picked up in the second half as the Mavericks came back from an early deficit to tie the game.

At 29-29 with seconds to go, DSGB had shot after shot for the win, but with repeated misses, the game seemed bound for overtime.

However, Bradley West of the DSGB was in the right place at



Photo by Jehna Holder

The Suns championship team are (from left) Nick Rucker, Terry Albert, and kneeling, left to right, Corey Pitts, Quantavious Martin.

the right time to grab a rebound and lay up the winning shot to end the game at 31-29.

In the third game, the All-Stars played DSGB to see who would play the Suns for the championship. DSGB was shut out for the first nine minutes of the game.

Whether the All-Stars played fantastic defense or the DSGB simply played awful offense is debatable. But, to put it simply, the All-Stars dominated the DSGB throughout the game.

It was 37-3 at halftime, and due to a mercy rule the game was called early in the second half, the score 45-5.

Dayne Styles, who led the All-Stars with 24, said to his critics, "People were saying I couldn't score, so I wanted to prove them wrong."

In the final game, the Suns played the All-Stars for the championship. The All-Stars gained an early lead and kept it until the end of the first half

when the Suns pulled ahead, still firing their 3s.

Throughout the game, no team was able to pull away from the other, setting the table for a dramatic finish. With the score 31-33, the All-Stars hit a 3 pointer with 40 seconds left to take the lead, 34-33.

The Suns fought for a basket and pulled down a rebound with seconds remaining.

Cory Pitts of the Suns fired off a shot, and it dropped in as the buzzer went off, giving the Suns the win 35-34 in dramatic fashion.

Even with disappointment evident, the All-Stars congratulated the Suns on their effort and praised the game. "Great game," said Styles.

Pitts was happy with the championship win. "Finally got a ring and it feels great. We were undefeated, untouched," he said.

After the game, the Suns were given T-shirts to commemorate the win.

View from the Sidelines

By Eric Gregory
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Staff Writer



Hawks are hopeless

Imagine a desert. Desolate, without hope and no end in sight. Now you've got an idea of what the Phillips Arena looks like during an Atlanta Hawks game.

The Hawks, ever since dealing away arguably their greatest player of all time, Dominique Wilkins in 1995, have been annually one of the worst teams in the NBA.

The Hawks have amassed only 39 wins in the past two years combined. Contending for the playoffs is a distant memory.

As if being cellar dwellers in the Eastern conference wasn't bad enough, the Hawks have dealt with ownership squabbles. Ever since part-owner Steve Belkin tried to block the sign-and-trade of Joe Johnson over a year ago, the Hawks' front office has been in disarray.

Since then, Atlanta has been unable to use their cap space to sign free agents. No one in their right mind would want to go to a team in the state

the Hawks are in.

On the court, while they have some young talent, because of a shoddy defense and a high turnover ratio, the Hawks are expected to have another season with losses in the mid-50s.

They traded away their best all-around player in Al Harrington to the Indiana Pacers in the off-season.

To make matters worse, instead of getting quality players in return, they settled for a first-round draft pick. To them, Harrington was simply another salary dump.

Whatever fans the Hawks have left are undoubtedly losing hope, tired of the losing and internal bickering.

The Hawks have ranked last or near-last in attendance several years running. With no star names, expect that trend to continue.

The only hope is that the team will solve its ownership problems, clean the front office out and make a few good moves to get back in contention.

Crew crowned champions



Photo by Josh Kelley

The Crew claimed the flag football championship after defeating The Fighting Irish 30-24 in overtime on Oct. 30. Crew team members are standing from left Thuc Doan, Drew Martin, Chris Lopez, Joseph Seo, Zorin Moore, Michael Wright and kneeling, Mark Florez.

2nd annual Run for Success 5K Road Race

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Photo Album

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Photo by Jehna Holder

Tarius Anderson and Ahna Dillard from the Black Awareness Society sell plates of “soul food” on the Floyd campus.

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Photo by Eric Celler

A Cartersville student navigates the Segway.



Photo by Jehna Holder

Students enjoy the festivities on the Floyd campus.



Photo by Jehna Holder

Everyone gathers around and votes for the best costume.