



**Basketball
season begins!
Check out all
the action on
page 10.**

Feast your eyes upon Smithsonian works

**By Joshua Owens
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Staff Writer**

The Smithsonian Institute’s traveling exhibit “Feast Your Eyes: The Unexpected Beauty of Vegetable Gardens” is now on display at the Floyd campus of Georgia Highlands College.

“Feast Your Eyes” is a collection of eclectic showpieces related to the cultural, historical and artistic impact of vegetable gardens on mankind throughout history.

The exhibit relates to viewers the importance of cultivation among various civilizations via written information, photographs and other artwork. Included are representations of Aztec gardens, royal conservatories of France and England and even an American wartime poster that propagandized the bourgeois “victory garden.”

“The presence of the prestigious exposition is the fulfillment of the goal of the Office of Student Life to engage students and faculty as well as serve the community with a major cultural attraction,” said John Spranza, director of student life.

The idea has been in the works since a discussion took place between Dr. Ron Shade, vice president of student services, and Spranza roughly a year ago. The two decided that students should have more access to activities that are historically and culturally informative.

Spranza expects a positive reception from students and the community. “I hope students are able to make connections with the history they’re learning in their classes,” he said. “It’s hard to grasp the meaning vegetable gardens have had in civilization,” Spranza continued, “but this is an opportunity to see how societies have been impacted by them.”

Spranza also points out that there is much local interest in gardening from both organized agrarian associations and Saturday morning hobbyists.

Shade agrees that “Feast Your Eyes” is of interest to gardeners, but notes that it also carries a broader appeal. “Many people haven’t seen a Smithsonian traveling exhibit; this gives viewers a taste of what these exhibits are like,” Shade said.

Shade hopes that instructors



Photo courtesy of Smithsonian Institution

“Harvest” by Sondra Freckelton is a testament to the artist’s love of gardening.



Photo by Josh Kelley

John Spranza, director of student life, unpacks and inspects the items for the exhibit.

will appreciate the art and history within “Feast Your Eyes” and integrate it into their coursework.

Dana Davis, director of college relations, sees “Feast Your Eyes” as a medium of humane growth. Davis said, “We are in a global society; it makes sense to understand the rest of the world: their cultures, languages, art and people. The exhibit is one step toward that kind of understanding.”

Associate Professor of Art Brian Barr is excited that students will receive exposure to a type of art that isn’t typically taught in classrooms.

Barr intends to discuss “Feast Your Eyes” in his art classes. He said that one subject that can be explored is whether the chief form of art in the exhibit is the

“I hope students are able to make connections with the history they’re learning in their classes.”

- John Spranza

photography and painting of gardens or the gardens themselves.

Barr described gardens as “living art.” He said, “They employ the same principles as more conventional forms like painting or drawing: visual and chromatic balance, variety and unity.”

“I’m going to make my students go to the exhibit,” Barr promised.

“Feast Your Eyes,” which opened Sept. 24, is being showcased in the art gallery of the

Lakeview building until Nov. 19. Viewing hours are 9 a.m.-5 p.m. Monday through Thursday; 9 a.m.-noon Friday; and 1 p.m.-4 p.m. Sunday.

The exhibit is open to both students and the general public free of charge. For special appointments outside regular business hours, contact the Office of Student Life at (706) 295-6363.

This is the first Smithsonian Institute exhibit to be hosted by the college, but certainly not the last.

According to Spranza, this spring the college will host the national tour debut of the Smithsonian’s “Earth from Space” exhibit, an array of pictures taken from outer space. “Earth from Space” is scheduled to open in late January.

Students earn Geology credits on study trip to Wyoming

By Jehna Holder
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Editor

No stone was left unturned as students on GHC's 10 year anniversary trips to Wyoming set out to discover what makes geology rock.

Two groups of students went on the Wyoming trips-a June group and a July group-accompanied by Billy Morris, associate professor of geology.

Prior to the trip, students spent several hours in the lab preparing for the educational experience of traveling all the way from Georgia to Wyoming.

Once in there, students were able to experience some breathtaking landscapes. Everyone hiked through the Grand Tetons and saw wild animals ranging from wolves to moose.

The July session students were invited to a 55,000-acre ranch to study and excavate the bones of a Woolly Mammoth that were found while workers were digging a new oil well.

Students also had a free day

to go shopping, white water rafting and horseback riding. "It was a life changing experience for me," said Ashley Morris, a general studies major from Dallas.

Though the trip sounds refreshing, it involved a lot of hiking and fossil and mineral work. After the adventure, students were given a final assignment to turn in to Morris.

The two-week trip covered eight total credit hours of GEOL 1121k (Physical Geology) and GEOL 1122k (Historical Geology).

The total cost of the trip was \$1,400. This included air fare, ground transportation, lodging, parks and museum fees and a few meals. It did not include tuition or any other miscellaneous expenses.

Students who are interested in taking part in future study trips to Wyoming may contact Morris at bmorris@highlands.edu.

More photos on page 12.



Contributed photo
Tate Museum Field Director JP Cavigelli (center) helps students (from left) Nicole Duck, Amy Alivs and Erin Dyer plaster mammoth bones near Douglas, Wyoming.

Trip to British Isles draws a diverse group

By Jake Carter
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Staff Writer

Dr. James Cook, retired professor of history, has officially ended his run of yearly international trips with a trip to England and Scotland this past summer that included GHC students. Cook stated that "this trip was number 16 for me and every one of them was enjoyable."

The trip, which took place from July 8-19, was comprised of about 26 people. It was offered for credit to Western Civilization students, but anyone interested in a tour of England and Scotland could participate. "The people who attend this trip are always of all ages but have always been very compatible with each other," said Cook.

Despite the rather large group, only a handful actually took the class for credit. Cook himself stated that the number of students had always been small.



Contributed photo
A famous London double-decker bus aids tourists.

Among those on the trip were four GHC students: Ashley Hamby, Cassie Taylor, Jackson McGehee and Luke Martin.

According to Cindy Wheeler, an instructor of English who participated, the trip itinerary was split between England and Scotland with three nights in London, one in York, two in Edinburgh, two in Pitlochry, one in Glasgow and one in Kendal.

A tour director took charge of the trip when the group arrived at the airport according to Wheeler and Cook. The guide received high ratings from both.

Wheeler stated, "I particularly liked the London theatre. I saw two plays, 'Phantom of the Opera' and 'Mouse Trap.'"

While many colleges offer

trips to London or other places in England, what made this trip unusual was the opportunity to visit the Highlands in Scotland.

"The Highlands are not made of very large mountains, but it is a very quaint area and very beautiful," said Cook. Some of the other things the group saw was Loch Ness and an exhibition on the history of the monster sightings as well as their debunking.

Cook said that Barbara Walden, a retired GHC employee, will be leading a similar trip, tentatively scheduled for July, called Irish Rhapsody.

"I hope this trip next year is a popular one," said Cook.

More photos on page 12.

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Club Round-Up draws large crowds

By Tunika A. Lemons
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Staff Writer

There was a good turnout for the Floyd and Cartersville campuses on Club Round-up Day.

On Aug. 28 and 29 at the Floyd campus and Aug. 30 and 31 at the Cartersville campus students were able to learn about and join various clubs at GHC. Free food was available at table displays to all who dropped by.

Active clubs who were on display included BAS (Black Awareness Society), HIP (Highlands Interactive Productions), TRASH (Peer Educators) and BSU (Baptist Student Union).

Musical entertainers Chinua Hawk and Chris Cauley performed on Aug. 29 at Floyd and Aug. 30 at Cartersville in the Student Life Centers on both campuses.

The show was soul-filled with a mixture of R&B and jazz, including old hits from Marvin Gaye. In the nationwide college circuit Hawk and Cauley are among the top college performers, according to John Spranza, director of student life.

For Floyd campus students who are interested in joining



Photo by Eric Celler
Chinua Hawk (left) and Chris Cauley sing on Floyd Campus.



Photo by Josh Kelley
Ryan Loyd (left) gets information from Tarius Anderson at Club Round-Up.

clubs, bulletin boards in the F-Wing of the McCorkle Building display information for contacting faculty advisers.

Students at Floyd and

Cartersville may also obtain information by contacting the Student Life Office at (706) 295-6363 for Floyd and (678) 872-8040 for Cartersville.



Photo by Eric Celler
Cartersville students pause in front of club displays.

National nurse activist to speak at seminar in Lakeview Auditorium

By Tunika A. Lemons
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Staff Writer

Suzanne Gordon, a nationally known nursing activist as well as an author/educator, will conduct a seminar at GHC on Wednesday, Sept. 27 from 9 a.m. to 1 p.m. in the Lakeview Auditorium of the Floyd campus.

She will discuss how nurses can speak out about their own personal stories and how they can affect the lives of others.

Gordon is an award-winning journalist and author. She has written several books on nursing, including "Nursing Against the Odds" and "Life Support: Three Nurses on the Front Lines." She also co-authored the book "From Silence to Voice."

Gordon's father, a physician, helped develop her inter-

est in nursing and how people in the medical field can impact others. She has become a crusader in the nursing world as well as a visiting professor at the University of Maryland and assistant adjunct professor at the University of California, San Francisco School of Nursing.



Contributed Photo
Suzanne Gordon

The cost of the event, with an included lunch, is \$10 for students and \$25 for professionals.

Nursing students from the University of West Georgia will be attending as well as GHC nursing students and GHC faculty and staff.

Nurses who attend will be able to earn 3.90 hours of continuing education credit.

According to Nancy Kelly of the Continuing Education Department, spaces in the seminar may fill up before they day of the event, but anyone who would like to see if registration is still open may call the continuing education department at (706)295-6324.

The seminar is sponsored by the Georgia Highlands College Alumni Association and the Nursing Alumni Interest Group.

Constitution Day at GHC

By Amanda Stegall
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Assistant Editor

An essay contest, a voter registration drive and two panel discussions marked Georgia Highlands College's annual celebration of the U.S. Constitution.

According to Dr. Robert Page, chair of the social sciences division, federal law mandates that colleges receiving government funding hold an educational program about the Constitution for students each September.

Sept. 17, 1787, was the day that the Founding Fathers signed the Constitution.

The Sept. 14 panel discussion topic at Cartersville was "Should Congress Reinstate the Draft." For the Sept. 18 panel on the Floyd campus the topic was "Voting: Check Yes or No."

Voter registration drives on both campuses were conducted by Shawana Dozier from the Secretary of State's Office-Sept. 14 at Cartersville and Sept. 20 at

Floyd. Phi Theta Kappa sponsored the voter registration drive at Cartersville.

The topic for the student essay contest was why young people should vote on the Floyd campus. Students at Cartersville wrote about whether or not Congress should reinstate the draft. Contest winners received \$50.

The first place winner was Joey Johnson. The second place winner was Dena Ellsworth.

Page stated that the celebration activities were important to make people more aware of the significance of the Constitution.

"I hope that through this celebration students will become more aware of their rights as individuals and how they can become more involved with our government," Page said.

Students who wish to register to vote after the assembly dates can do so at the Office of Student Life, according to John Spranza, director of student life. The last day to register to vote in the November election is Oct. 10.

GHC gets behind Rome Film Festival

By Kristopher Baucom
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Writer and Photographer

The hottest thing to come to town since General Sherman, The Rome International Film Festival (or the RIFF for short) brought international culture to Rome for the third year running. Several Georgia Highlands faculty members contributed to the RIFF, which ran Sept. 7-10 at various Rome venues. Associate Professor of English Frank Minor and Professor of History Dr. Laura Musselwhite were both prominent members on the Adjudication Advisory Board, which decided upon the films to be shown.

Minor, who has worked with the RIFF in years past, gushed enthusiastically about how the RIFF gives students “exposure to different cultures” and “allows students to see films they otherwise wouldn’t.” He also stated that the selection process was very competitive this year and that “most of the films ended up on the floor.”

Musselwhite said that “the film festival received approximately 700 entries” and that this year “marked a change from multiple viewings to single viewings of most features.”

Musselwhite and Minor weren’t the only GHC employees involved with the RIFF this year. Judy Taylor, GHC Advance-



Photo by Kristopher Baucom

Movie lovers gather outside the Rome City Auditorium before going to see the RIFF's opening night film.

ment Officer, worked on the RIFF Board of Directors.

Seth Ingram, a client support specialist in the information technology department, submitted a film but failed to meet the deadline. Ingram writes screenplays in his spare time and has committed to entering his film in next year’s RIFF.

Ingram said he felt the festi-

val was important to students. “It is a chance to let them experience independent films. You don’t get many good stories coming from Hollywood,” he said.

Counselor Krista Mazza, volunteered by selling tickets and t-shirts for the opening night film “Our Very Own.” For her work she received an all- access pass to the festival.

Highlights of the festival were a short documentary on local folk musician Stranger Malone and the opening movie, “Our Very Own,” which played out like a piece of Southern- fried Americana.

Several of the shorts were well received. For example, “Flight” was an animated short about the history of man’s at-

tempts at aviation, and “Robots are Blue” presented an existential view of what it means to be human and have free will.

Another crowd favorite was the movie “The Greater Good,” which was about a conspiring group of aging Mafia bosses who are offered a billion dollars to detonate a nuclear bomb on top of the Empire State Building.

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The Search for
Jackie Paris"

"Five Moments of
Infidelity"

"The Bread
Squeezer"

"The Secret
History of Sweet
Potato Pie"

Myspace, Facebook directly affect students

By Zack Bolien
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Staff Writer

Internet communities have existed for a long time, but they have never been as large as they are today.

The two leading websites, Myspace and Facebook, together claim nearly 120 million users, with that number growing by the hour.

Krista Mazza, a counselor with counseling and career services at Georgia Highlands, hosted a skill shop on Sept. 13 regarding the varied uses of Myspace and Facebook.

Included in the discussion was the current debate over employers checking these profiles before making a decision to hire or not.

“Sixty-one percent of employers that checked social profiles said that the results affected their decision,” said Mazza. She went on to warn students against posting anything they would not want their boss to see.

While students may feel that this is a violation of their privacy,

both Facebook and Myspace are considered public domain. Therefore, businesses may search and use the information provided to help evaluate potential employees.

They may also use these databases on current employees as grounds for termination if something the subscriber does violates the company policies.

This does not apply to just businesses, however. Schools are also catching on to the power of searching these websites.

According to Mazza, “Some private schools have started looking at an individual’s profile before admitting them.”

Georgia Highlands, however, does not currently search online profiles during the application process.

Mazza also mentioned that while the social and networking capabilities are fun to take part in, safety should always be the first concern when subscribing to one of these sites.

Facebook is widely considered to be safer and more secure than Myspace.

Whereas Facebook currently

limits its subscribers to people with student e-mails, anyone with any e-mail can enable a Myspace account.

As the site itself says, people are not always who they say they are. Therefore, Mazza advised students to always use caution when adding new friends to their network.

Recently Facebook introduced a ‘News Feed’ to the website that tracks nearly every action a subscriber does, from updating favorite music to changing relationship status.

Students went into an uproar at these changes and created petitions that demand elimination of the new tracking mechanism.

While the creator of the site, Mark Zuckerberg, implemented the ability to filter this information, many students still feel that their privacy has been compromised.

Myspace connects to more people than any other site, with 108 million users that log in per day. This allows a huge possibility for contact with other people.

“Myspace is the best way to promote local bands,” said Kyle

Troop, drummer of the band Icari from Cartersville.

“You can reach hundreds of people that you normally couldn’t share your music with. And that means more fans at shows that wouldn’t know who you were otherwise,” Troop said.

As both sites are still increasing in membership daily, no one can consider online profiles a fad. With uses now extending into the academic and professional world, students are learning more and more how to make their online personality into a tool for success.



Photo by Zack Bolien

Krista Mazza, a GHC counselor, leads the Myspace, Facebook presentation on Sept. 13.

Want to become more active around GHC?

Check out these student organizations!

- *Gay, Lesbian, Bi-Sexual, Transgender and Straight Alliance
- *Baptist Student Union
- *GH Gaming Club
- *GHC Bytes
- *Old Red Kimono
- *Student Engagement Council
- *Six Mile Post
- *Young Republicans
- *T.R.A.S.H.
- *College Democrats
- *Highlands Interactive Productions

For more information contact:
John Spranza: (706) 295-6363 *Black Awareness Society
Heath Rogers: (678) 872-8040 *Orientation Leaders

Regents’ Exam Workshop

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Led by Dr. Nancy Applegate, Associate Professor of English, and Jessica Lindberg, English tutor

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GHC students: different campuses, same goals

Everyone should embrace the diverse opportunity this college offers

Lots of different people, lots of different campuses—we are all still one...

There are many advantages to having a variety of different campuses to attend as part of Georgia Highlands College. The benefits range from meeting new people to being able to have a more positive and helpful educational experience. Students have the opportunity to spend time with people who can teach them new things and challenge them in new ways.

Most, if not all, students when choosing to attend a community college, such as

Georgia Highlands, find it is the “easy way out.” It gives them an opportunity to take core classes and come to a decision later about which higher-level institution to attend.

Once here, they discover that Georgia Highlands College is an amazing educational institution. Yes, GHC is a two-year community college, but anyone who has attended GHC in the past or transferred in will agree that this school is able to keep up with the majority of four-year colleges and universities.

GHC students are able to

enjoy small class sizes and professors who go out of their way to be helpful and bond with their students. With various degree programs available, students from every campus are united under the GHC name.

Each campus has something to offer. For years, the Floyd campus was the main campus for all students, but now there are multiple convenient locations available.

Students who live in Bartow County now have full course options at the new Cartersville campus. Heritage Hall houses the programs for

dental hygiene along with the original nursing program.

The Acworth campus has a new nursing program, which helps in the expansion of the nursing department. The Marietta campus is an outpost for GHC and offers housing to students.

The Student Life at all of the campuses also provides ways to relieve stress and aid in the educational process.

There are always enjoyable activities for students to attend such as performances by music groups and comedians, and there are seminars to help everyone throughout college.

These are only a sample of the activities available to students.

Everyone expressing his or her own individuality, and attending different campuses benefits each person just as much as the college itself. The variety of students helps bring in diversity and accomplishment.

Yet we all have the same needs and desires for going to college, and that is to eventually complete a degree.

Lots of different people, lots of different campuses—we are all still one ... and that is what makes us unique.

So what is attractive?

There are so many standards that are set today, and most of them are impossible to meet.

Because of plastic surgery and myriad enhancements of various sorts, “beautiful” has become a fake, unrealistic dream, chased by the young and dreamt of by the aging. Even men have begun to get wrapped up in this age of fabricated beauty.

It seems to me that people who are naturally lovely or uniquely attractive have no place in today’s society. Every woman is prodded to have breast implants and liposuction and facelifts.

In order to be deemed desirable and sexy, they also have to have a painted-on tan and big, fake dental veneers. Young, lovely women are getting in on this ridiculous fad, having Botox injections by the age of 28 and rhinoplasty in high school.

This whole situation baffles me.

Aging has now become something optional. A woman does not have to age in a way even remotely natural.

These Hollywood types who have chin tucks and brow lifts every two years and end up resembling some strange, distorted version of a bad Picasso

blow my mind.

What has happened to being proud of the silver in your hair and the laugh lines that define years of good humor and memories of smiles? I cannot stand to see gorgeous, mature women who feel that because they don’t look 22, they must operate away all of life’s experiences.

There is also the constant struggle to be thin.

I have lost about 75 pounds in the past year myself, but at a comfortable size 12, I still look in the mirror sometimes and say to myself, “Why can’t you be thinner?”

I blame this insane sense of inadequacy on society. The concept of what a woman’s body should look like is so shocking. Models are actually taught to stand so that their hipbones stick out and threaten to stab any potential mate in the eye at first contact.

Women are supposed to be supple and curvy, not hard, muscular and boyish.

Men are also getting in on

this stupid craze. There are whole new lines of men’s products that swear they will banish wrinkles and grow hair where there is none, while others offer to remove unwanted hair where nature deemed it pertinent to put it.

Men are having pectoral implants and liposuction as well. The remarkable thing is that a healthy amount of physical labor and sunlight will result in similar effects.

People are pressured to live up to society’s standards of desirability. We are taught at a young age to fight nature and be like the people we see in magazines and on television.

But I say there is a reason why Hollywood’s children are ugly. It’s because their parents live a lie about the way they really look.

So I ask, what is beauty? Is it defined by “corrections” made on nature, or is it something we are born with. Can the aging process be combated or has society simply gone mad?

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The “Six Mile Post,” a designated public forum named after the old railroad station and trading post that was once located near where the college was founded in Floyd County, publishes seven print and online issues a year and is funded through student activity fees and ad revenue.

Letters to the Editor may be brought to the SMP office, emailed to 6MPost@highlands.edu, or mailed to Editor, “Six Mile Post,” 3175 Cedartown Highway Rome, GA 30161. Letters must be signed by the author. Publication and editing of letters will be at the discretion of the editors.

Something to think about...



Jeff Denmon is a returning staff writer who dreams of writing a “New York Times” bestseller of fantasy and magic. He was assistant editor of the “Six Mile Post” from fall 2005 to the end of spring 2006. When not writing, Jeff loses himself in the muse of the saxophone or guitar, or just loses himself totally in role playing games like Star Wars or Dungeons & Dragons.

This is my third year at Georgia Highlands College. I have three classes to take before I can graduate, all Spanish, so I tried something different. Even though I have always been a Floyd campus student, I am currently taking Spanish at the Cartersville campus to broaden my horizons.

I will admit that I was against both the name change of the school from Floyd College to GHC and also a little jealous of the money spent on the construction of the Cartersville campus. I thought that money spent in certain areas could have gone to other projects that the other campuses needed.

My first day of classes, I spent some time walking around the Cartersville campus. I never went to the roof or anything, but I found myself lonely. I knew no one and was too shy to talk to people. It was truly a mess.

Continuing my journey through the new giant of a campus, I found the library, sparsely populated with books, computers on almost every table, and students on those computers either waiting for their next class or just hanging around with classmates. I wanted to go home and go to bed. I had class, however, so I might as well give it a try.

Did I find a friend I knew? Yes, I did. She was in my class, which was also full of more interesting people. It made the campus seem not such a bad place to be. I was humbled by that.

Sometimes I wonder what makes a school. Is it the people, the students, the instructors, or the building? I’ve found that it is a combination of all those elements.

Yes, I still feel a little resentment for the spiffy computers, wireless internet, and marble pillars the Cartersville campus has to offer. Yet, I feel that I have lessened that resentment greatly because of the people I have met there and the differences I see between the two campuses.

My home is in Rome, but my class is in Cartersville. I think I can live with that.

A Fresh Start

As the new editor of the “Six Mile Post,” I am delighted to say that carrying on the rich tradition of this newspaper, which has been in circulation since 1972, is an honor.

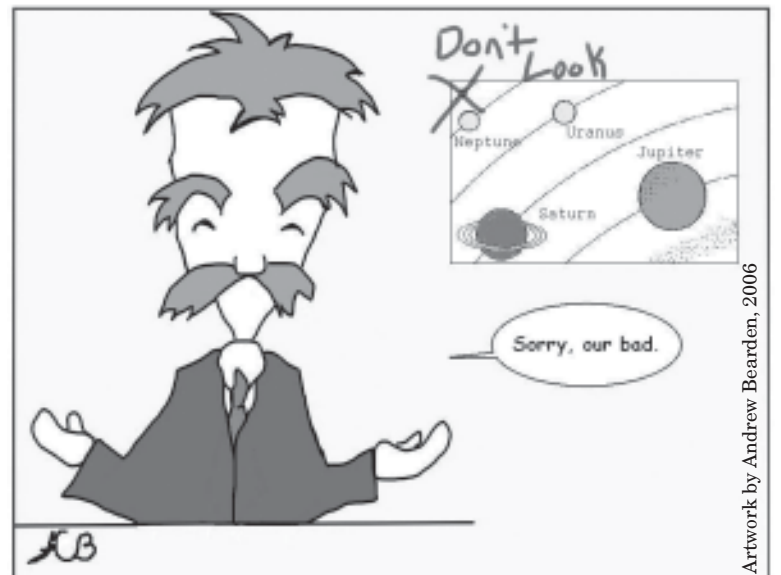
I have always dreamed of leaving my mark in some way, and this is my way of doing it. Hopefully I can help bring a new and exciting point of view, while allowing the readers to enjoy the newspaper the same way students did 34 years ago.

We, the “Six Mile Post” staff, are excited about the upcoming year and are looking forward to serving everyone who reads the newspaper with information and news about what is going on at the different campuses and in the local communities.

If you have any questions, comments or story ideas, please e-mail me, Jehna Holder at 6mpost@highlands.edu or send mail to “Six Mile Post,” Georgia Highlands College, 3175 Cedartown Hwy., Rome, GA 30161.



Jehna Holder
Editor



Six Mile Poll

What is the most stressful thing about college and how do you cope with it?



Justin Cochran
Aragon, Ga.
General Studies

“Teachers not giving a head’s up on upcoming assignment.”



Mandela Caesar
Warwick, Bermuda.
Business Administration

“Nothing.”



Zach Peace
Rome, Ga.
General Studies

“Waking up in the morning.”



Patrick Yates
Rome, Ga.
General Studies

“Sleep.”



Mark Flores
Rome, Ga.
Biology

“Studying for tests and writing papers.”

Cartersvillian guitarist rocks with Atlanta band Used For Comparison

By Andrew Bearden
abear00@highlands.edu
Staff Writer

Music Review

Used For Comparison, the self-described “outfit of rank, weirdo knaves who make rank, weirdo popish music,” is just that. Where the name came from, I don’t know. Who would use them for comparison? Yanni, comparing them against ramen noodles for their light producing properties? Sly Stallone, comparing them against a bullfrog for spelling? Okay, maybe that’s out there, just a little bit. This is straight rock and roll. Based in Atlanta, Used For Comparison was formed by Charles Boehmig and Ian McMahon, each playing whatever was needed. Just recently they have added the talents of Cartersvillian guitarist Joseph Kuykendall to their ranks.

It’s an interesting group. That much is assured. On top of blazing musical talent, serviceable vocals and catchy hooks is personality all its own. Kuykendall says the music is “pretty much pop/rock. It’s more like ‘smart’ pop or ‘cringe indie’ pop.” But not indie as in bashing your guitar with a hammer, with the fuzz pedals turned all the way up. “I guess we’re indie in the sense that we are really independent, and not mainstream,” Kuykendall said. “Yes, you can hear the Beatles’ influence in a lot of places, but you can also hear the Flaming Lips, Mercury Rev, Mark Knopfler, George and Ira Gershwin, Pink Floyd and God knows what else. All plus our peculiar personal influences,” he said. The band is currently gearing up for a fresh run. They are rehearsing for production of their

second album, tentatively titled “Pawn Shop Symphony,” and may soon be planning a couple of live shows in the area. They have a Myspace page at www.myspace.com/usedforcomparison

I like the eclecticism and eccentricity of the band. The sense of humor of the members can make for some really interesting material. If you stay open-minded, that is. I give them four notes out of five.



Note System

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

Duck Man comes to GHC



Photo By Zack Bolien
Funny man Buzz “The Duck Man” Southerland entertains students between classes on Sept. 12 and 13.

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

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Are YOU in a band??

The “Six Mile Post” is looking for bands to review!

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Photo by Moses Whitaker

Sue Tarpley, career adviser, (left) and Melinda Seabolt, secretary, look over paperwork in the Counseling and Career Services Office on the Floyd campus.

Stress management too stressful? Counseling available at Cartersville, Floyd

By Mary Lynn Ritch
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Staff Writer

Stress is a huge factor for most college students.

For those perfect students who manage to get their work done and turned in on time it is not usually such an issue. Though everyone experiences some form of stress some seem to handle it better than others.

Feelings of stress can be classified in many ways. For example, people who tend to procrastinate and wait until the last minute to begin work could experience extreme anxiety. Assignments seem to pile up for these people, and they feel as if they will never get done with their work.

Jobs can also be a serious factor. It is extremely hard for some people to balance a job and classes. Also, work can be hard and tedious to deal with depending on the job a person has.

Another way stress can factor into a person's life is with his or her personal problems. Many personal experiences can be stressful. That is why it is important to know what resources can help students deal with their problems.

Anna Farless, an art major from Rome, said that she deals with stress by playing piano. "I channel energy to improve my art. I also sleep when I don't play piano," said Farless.

Krista Mazza, a counselor at Georgia Highlands College's, Floyd campus has some tips on how college students may deal with their problems.

"Keep yourself on a schedule so you are ahead of the game," she said. By that Mazza means that it is very important to set a certain time to do work in order to stay ahead in class.

Also, she said, "Take time out for yourself" and stay positive.

Georgia Highlands College's counseling services can provide

many services to help deal with the stress of college.

First, there is career counseling to help students with the right career choice.

Second, there is academic counseling, which helps students with such things as test anxiety.

Lastly, there is personal counseling, which helps students with any personal problems they may be experiencing.

Any student in need of a counseling appointment may call the Floyd campus Counseling and Career Office at (706) 295-6336 or 1-800-332-2406 or the Cartersville Counseling and Career Office at (678) 872-8102.

How stressful has college been for you this year? Go to www.highlands.edu/sixmilepost/ to participate in this month's interactive poll!

Counseling and Career SkillShops Fall 2006

Animal Instinct-Understanding Your Relationships
Cartersville-Thursday, Oct. 5, 12:30 p.m. Room 124
Rome-Tuesday, Oct. 3, 12:30 p.m. Tower View Dining Room

DISCOVER Your Major-Consider Your Career
Cartersville- Tues. Oct. 17 or Wed. Oct. 25, 12:30 p.m. Room 210
Rome-Tues. Oct. 17, 12:30 p.m. F-149 or
Wed. Oct. 25, 12:30 p.m. F-152

Balancing Home, Work, & Family-You Can Have It All!
Cartersville-Thurs. Nov. 9, 12:30 p.m. room 124
Rome-Wed. Nov. 8, 12:30 p.m. Tower View Dining Room

Study Tips Under Pressure and Stress Free Fun
Cartersville-Mon. Dec. 4 from 10:30 a.m.-2 p.m. Student Center
Rome-Mon. Dec. 4 from 10:30 a.m.-2 p.m. in the Student Center

The 'Real World's' Ruthie to speak Oct. 5

By Leanna Gable
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Assitant Editor

Ruthie Alcaide of MTV will be speaking in the Lakeview Auditorium on Oct. 5 at 7 p.m. As part of the Georgia Highlands Community Speaker Series, she will discuss alcohol abuse in the real world and how it affects college students. Alcaide will be the first in the series of speakers known as LIP Service, or Live in Person. Director of Student Life John Spranza says that this series of speakers "will be a good thing" for the students and the community. Admission is free to GHC students and \$5 for community members.



Photo courtesy of Yahoo.com

Ruthie Alcaide



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3-3 basketball games start intramural season



Photo by Josh Kelley

Corey Pitts (left) and Nick Rucker of the Suns watch as Venson Wilson of team DSGB jumps high to earn a winning layup.

By Eric Gregory
egreg00@highlands.edu
Staff Writer

The fall 2006 season began with a full slate of games on Sept. 13. All seven teams were in action.

In the first scheduled game, the Mavericks blew past the Chargers 60-14. Drew Forston led the way with 23 points. The Mavericks dominated the game with a high percentage of threes.

“I guarantee that we’ll win the championship. No mercy,” Forston said after the game.

Due to a late addition to the league, the Mavericks were forced to play two games back-to-

back. In the second game, the Mavericks opened up a big lead on the Bomb Squad, but fatigue began to set in during the second half.

“I guarantee that we’ll win the championship. No mercy.”
- Drew Forston

The Bomb Squad was able to close in and dramatically force the game into overtime. Still tied after overtime, the teams used one player each in a shoot-out



Photo by Josh Kelley

Kaleb Broster of the Mavericks (right) maneuvers around teammate Dustin Little to try to gain a winning point.

Basketball Update: Scores from Sept. 20

Suns- 47 All-Stars- 39 Bomb Squad- 43 DSGB- 21

Leading scorers
Terry Albert (Suns) 25
Charles Hill (All-Stars) 14

Leading scorers
Ammar Abdellatif (Bomb Squad) 19
Venson Wilson (DSGB) 14

The Chargers forfeited to The Mavericks

Tennis, flag-football included in GHC fall sports schedule

By Eric Gregory
egreg00@highlands.edu
Staff Writer

The new season of intramural sports has officially begun with the start of the 3-on-3 basketball season.

The basketball league has

seven teams that play each other in a six-week league. After the league’s conclusion, the top two teams play each other in a two out of three competition for the championship.

Along with basketball, there are several other sports that are having sign-ups. Those who want

to join the co-ed flag football team have until October to sign up.

For tennis enthusiasts, the sign-ups are underway with the league play starting Oct. 2. There are three ability levels: Beginner, Intermediate, and Advanced.

The Fall Semester Fit Program kicked off on Sept. 4 and

will end on Nov. 6. The Fit program enables students, faculty and staff to set goals for walking, running or weightlifting workouts.

David Mathis, intramurals director, is confident that the 2006 fall season will be a successful one.

“We want everyone to be involved in some way. Intramural sports are a great way to get the most out of your college experience,” said Mathis.

Students who would like to sign up for tennis or football may contact Mathis at (706)-295-6353.

Ski trip to provide a winter wonderland for students

By Timothy Jones
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Staff Writer

For 27 consecutive years Georgia Highlands College has sponsored an annual winter ski trip. Approximately 1000 students have participated in the trip during this time. This year the trip starts on Dec. 17 and will last until Dec. 21. Students will travel to Boone, North Carolina, as in past years.

In addition to students from GHC, faculty, staff, non-credit students, students from other colleges as well as non-collegiate participants and friends are welcome. The deadline for registration is Dec. 2 and requires a mandatory deposit of \$100.

Participating students can receive two hours of course credit for PHED 1420 (Beginning Skiing/Snow-boarding) or PHED 1421 (Intermediate Skiing/Snowboarding), which will count as spring semester credit. However, prior to the trip students wishing to receive credit are re-

quired to attend six hours of classes.



Joie Burleson

“It was an awesome trip to go on.”
-Joie Burleson

Dr. Ken Weatherman, professor of physical education, teaches these classes about a month or so before the trip in three two-hour sessions. Times for these classes are arranged to work around the students’ schedules by having both morning and evening ses-

sions. These classes will include information pertaining to safety codes, conditioning, cold climate dress and other important pre-trip information.

According to Weatherman, the cost of the trip will depend on the track chosen by the participant. Tracks vary by skill level and choice of either skiing or snowboarding. Costs will be lower for those who provide their own equipment. It is also more expensive to participate as a snowboarder than as a skier.

Transportation and cost of food are not covered by Georgia Highlands College.

Georgia Highlands student, and former ski trip participant, Joie Burleson said, “It was an awesome trip to go on.”

She said that students going on the trip for the first time might want to make sure to have a couple of people to room with to help split the costs of lodging.

She also cautioned new trip participants to be wary of black ice on the way up and around North Carolina and to be aware

that there will be no 24-hour Wal-Marts and Waffle Houses around the area.

Another key tip Burleson shared was to make sure to pack the right clothes for the trip. “Waterproof pants and clothes to wear under them are a must, as well as a hat, gloves, scarf and goggles. Make sure not to wear jeans because cotton freezes,” she said. Burleson also mentioned that the drive to North Carolina

would require three to four tanks of gas.

One final piece of advice from Burleson was to bring extra money for any unexpected expenses.

Those needing additional information regarding the ski trip may contact Weatherman (department of physical education) at (706) 204-6353 or (706) 204-2203 or e-mail him at kweather@highlands.edu.



Photo courtesy of Dr. Weatherman

Students encounter a snowstorm at ski lift two on the top of the mountain.

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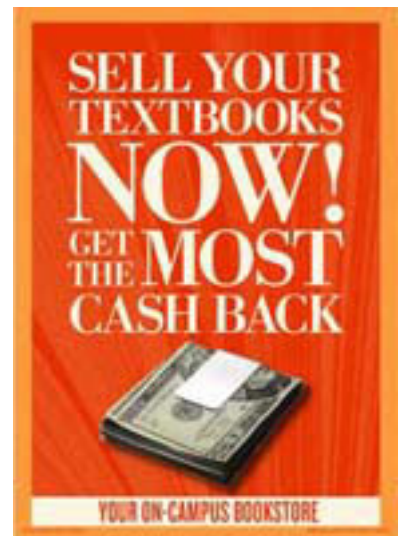
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Wyoming Adventures



Ashley Morris wraps fossil fish near Fossil Butte National Monument.



From left: Allison Baldwin, Jake Carter and Erin Dyer rest under a petrified tree trunk on Specimen Ridge, Yellowstone National Park.

To read the complete stories about the Wyoming and England/Scotland trips see page 2.

All photos were contributed by group participants.



From left: Jackson McGehee, Luke Martin, Cindy Wheeler, Dr. Jim Cook, Cassie Taylor, Ashley Hamby and bagpiper stop on the England/Scotland border.



Front row from left: Michelle Terry, Ryan Barnes, Shannon Maquiera, Ashley Morris, Drew Parker, Deyse Gonzalez, Jane Pickard, Amanda Rohler, Bonnie Bell, Billy Morris, Victoria Wheeler, and back row from left: Alan Barnes and Paul Norton gather at the entrance to Yellowstone National Park.

Scotland & England Escapades



Front row from left: Jackson McGehee, Ashley Hamby, Luke Martin, Cassie Taylor and Dr. Jim Cook stand on Hadrian's Wall, accompanied by Oliver Cook, tour group participant.



Royal guards stand on duty at Windsor Castle.



From left: Cassie Taylor, Luke Martin and Ashley Hamby pose in front of King's College, Cambridge.