

# SIX MILE POST

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*The Student Voice*

Vol. 43, #4  
January 28, 2014

**Before hitting the slopes Cheyenne Case (front) Lindsey Grenier (middle), Ross McGrew (back left), Will Henderson (back middle), Ian McGrew (back right) have a moment together on GHC's annual ski trip. See story on page 5.**



Contributed



**Student Life has big plans for start of semester**  
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Georgia Highlands College - Rome, Georgia

# KSU/SPSU merger not likely to have a major effect on Georgia Highlands

By January Curry  
Staff Writer

Interim President of Georgia Highlands College Renva Watterson has confirmed that the merger of Southern Polytechnic State University (SPSU) and Kennesaw State University (KSU) will not affect the day-to-day operations of GHC's Marietta site, which is located on the SPSU campus.

Georgia Highlands is currently in a three-year contract with SPSU headed into the third year. According to Watterson, there will not be any immediate changes to GHC's Marietta site.

In November 2013, the University System of Georgia Board of Regents voted to approve merging the two universities. The first class of the merged institutions is expected to begin fall 2015.

Dan Papp, Kennesaw State University President, will serve as the president of the consolidated school. An implementation team has been put in place by the Board to oversee the consolidation.

According to SPSU President Lisa Rossbacher, there will be a limited impact on the students. However, she does agree with the Georgia Board of Regents that the consolidation is necessary to increase educational opportunities. "I expect that nearly all of the academic programs that already exist at SPSU will continue, and some of them will grow significantly," said Rossbacher.

There were numerous SPSU protests in regard to this merge. Some SPSU stu-

dents believe that the merger will change the value of their engineering degrees.

GHC students seem less affected by the news. "A lot of SPSU students are worried about the programs being changed. They have to get used to that. This will bring more recommendation to both schools," said Desmond Battle, GHC biology major at the Marietta campus.

Watterson and the GHC leadership team members met with Papp on Thursday, Dec. 12, to discuss collaborative work. This meeting was scheduled before the consolidation was being considered. "I reaffirmed then that KSU intends for us to stay at the Marietta campus," said Watterson. According to Watterson, KSU made reference to the ongoing relationship they intend to have with GHC during a previous town hall meeting.

Ken Reaves, dean of GHC's Marietta site, believes this merger will be an asset to GHC. "This merger will strengthen our relationship with KSU," he said.

The KSU presence on GHC's Paulding campus has served as a steppingstone for the growing relationship of the two institutions.

Watterson stated that a work group will be put together from GHC that will be directly involved with the implementation team. Rossbacher believes that SPSU has committed the space to GHC and will continue to offer it. "We will continue to work collegially to share the available space most efficiently and to educate students as well," she said.



Photos by Tatiana Smithson

Cartersville students (from left) Clay Ayers, Xavier Smith, Rachel Maguire and Dylan Cates grab some snacks provided during Week of Welcome Jan. 13-Jan. 17.

## Student Life planning numerous events

By Tyler Hogue  
Staff Writer

Student Life is hosting numerous events to kick off the semester and there will be performances by comedians, musicians and poets during the next three weeks.

On the Douglasville campus, there will be a performance by musician Tana Matz on Jan. 30 at noon. On Feb. 3 from 10 a.m. to 3 p.m., the Red Cross will be at the campus for their annual blood drive. Persona Affairs will be on campus Feb. 6 at 2 p.m. to help students create and build a resume.

At the Paulding campus, Persona Affairs will be available to help students create and build a resume Feb. 5 at



Photo by Holly Chaney

**Yameka Parker makes a frame at Douglasville.**

2 p.m. On Feb. 17, the Red Cross will be on campus from 10 a.m. to 3 p.m.

On the Floyd, Paulding and Douglasville campuses, Week of Welcome happened the first week back.

Students were able to participate in daily activities and get their Stampede prize cards stamped.

According to John Spranza, coordinator of student life on the Floyd campus, a student will qualify for a prize after every five stamps.

There was also a performance by comedian Adam Grabowski on the Floyd campus.

Club Round-up happened the second week into the semester on the Floyd, Cartersville, Paulding and Douglasville campuses.

Students were able to go around to various tables set up by clubs to sign up for the ones they found to be interesting.

There was also a performance by musician Orion Freeman on the Floyd campus.

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story ideas?  
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# Sign-ups to begin soon for annual ASF trip

By Thomas Dobson  
Staff Writer

Sign-ups for the annual Georgia Highlands trip to the Alabama Shakespeare Festival will begin Feb. 3 in the Student Life offices.

Sign-ups are open to all GHC employees and students, regardless of current classes, grades or major. Participants are also allowed to bring guests with them on the trip, but they will also have to pay.

John Spranza, Floyd campus student life coordinator, said, "The Alabama Shakespeare Festival is a wonderful tradition here at Georgia Highlands and is looked forward to by students, faculty and staff."

A \$50 deposit is expected at the time of sign-up. This deposit will be refundable up until March 3, which is the deadline for signing up.

The rest of the money will be due by March 20.

The price of the trip depends on how many people are in a hotel room. The trip fee for four per room will be \$95 each, 3 per room will be \$100 each, and 2 per room will be \$110 each. This will cover lodging along with two meals and tickets for the theater performances.

The main event will feature a world premiere presentation of a modern English version of William Shakespeare's "Timon of Athens," one of his lesser known plays, performed by the professional actors of the Alabama Shakespeare Festival. The play deals with themes of human nature, friendship and culture.

Also included is a show at the Faulkner University Dinner Theater, where students will eat prior to enjoying "The Importance



Contributed

The Alabama Shakespeare Festival Theater in Montgomery is located on a 250-acre landscaped park.

of Being Earnest" by Oscar Wilde, a famous 19th century comedy that has received no less than three film adaptations.

In addition to seeing the

plays, trip participants will also tour the Rosa Parks Museum and Dr. Martin Luther King's Parsonage.

Spranza stated, "The trip offers students and em-

ployees a great experience at a very affordable price."

The trip is scheduled for Saturday and Sunday April 26 and 27, with a charter bus departing the GHC Floyd campus Saturday morning.

Students unable to afford the trip can gain financial help by filling out a financial assistance form in the Student Life office. These forms will be due Feb. 18.

Kristie Kemper, professor of English and one of the ASF trip coordinators, stated, "All English classes, along with several other courses are offering extra credit to students who participate."

Those interested in attending should sign up as quickly as possible. There will be a limit of 55 seats on the tour bus Highlands is chartering for the trip.

## 2014 study abroad program to offer three different travel opportunities

By Ashlee Gilley  
Staff Writer

The current study abroad trips being offered this year are trips to Barcelona, Spain, the Dominican Republic and a trip to London, Normandy and France. Sign-ups are available through the end of February.

The London, Normandy and France trip works with classes such as COMM 1210, Public Speaking and HIST 1122, Western Civilization II. The Barcelona trip offers the courses MATH 2200, Elementary Statistics and FCCS 1100. The courses being offered for the Dominican Republic trip are COMM 1502, Intercultural Communication and COMM 2105, Interpersonal Communication. The prices for the trips range from \$2,992 to \$4,250.

The deadline for scholarships passed on Dec. 1.

Students can still use HOPE and Pell to cover some of the costs. For more information students should talk to their financial advisors.

Camille Pace, instructor of mathematics and trip advisor, said some things the students will experience on the Barcelona trip are "museums, open air markets, amazing food and the beach."

The Dominican Republic trip, led by Erica Simpson, assistant professor of communications, allows students to experience another culture and perform community service.

"Many of them have told me that going abroad with a group of fellow students was one of the best things they did at GHC, and that they can't wait to go back again," said Bronson Long, director of global initiatives and study abroad.

## Students urged to be cautious during bad weather and stay informed of individual campus closings

By Holly Chaney  
Staff Writer

Georgia Highlands has campuses from Rome to Douglasville and the climate can vary from one campus to another.

While one campus may close, other campuses are unaffected. This could be an issue for students who attend classes at different locations.

Raymond Carnley, chief advancement officer at GHC, said, "We realize that many in the GHC community live in communities a good distance from the campus. This can result in a situation where the college is open for business, but the weather condition in another area is such that coming to class is an unnecessary risk."

He stated that in such circumstances students and employees use their own

good judgment on to stay home or come to class/work.

"It is important to understand that if a specific campus is open, then classes scheduled on that campus for the day will be held as scheduled," Carnley stated.

Laura Musselwhite, vice president of academic affairs, said "Always, our main concern is the safety of students. We tell students to use their best judgment and err on the side of caution if they are in doubt."

Musselwhite also said that teachers are notified that some students may not attend due to students having to make tough choices.

But this is not a formal policy. "Each faculty member would have to decide how the absence would impact a student in terms of missed work and that faculty member's attendance policy. It would be considered

on a case by case basis," said Musselwhite.

Students who suspect their campus may be closed due to weather can find information on closings by visiting the home page of the school website and clicking on Campus Closings under Announcements.

Students can also opt-in to the Highlands emergency notification system, GHC Notify.

Students can choose to be notified concerning emergencies, weather related campus closings and general announcements.

GHC Notify is available through a variety of sources that include email and voice or text message.

This system is free and is available to all faculty, staff and students.

To sign up for GHC Notify visit [www.highlands.edu/connect](http://www.highlands.edu/connect).

# Highlands Happenings

## Ping-pong tournament sign-ups have begun

By Pedro Zavala  
Editor-in-Chief

Ping-Pong Tournament sign-ups for the Floyd and Cartersville campuses began the first week of January and are open until Feb. 7.

The sign-up sheets are posted in the student center. Students are responsible for contacting opponents and reporting scores to their respective intramurals director.

Brackets will be posted Feb. 12, and the tournament will begin Feb. 17.

The tournament is hosted by the Six Mile Post and organized by Intramurals.

Each winner will receive a trophy and have his or her picture taken by the Six Mile Post.

## Old Red Kimono continues to take submissions

By Antonio Garcia  
Managing Ed., Online

The deadline for submissions to the 2014 issue of the Old Red Kimono is Feb. 13.

The Old Red Kimono is GHC's art magazine that was started in 1972. The upcoming 43rd issue is ex-

pected in late April. ORK accepts original artwork, poems and short stories by students, faculty or staff.

The Old Red Kimono has a staff of three students that are responsible for deciding the content that will be included in the magazine. This year's staff consists of Hillery Sawyer, literary editor; James Rosser, assistant literary editor; and Jessica Dunn, art editor.

Faculty advisers Nancy Applegate, professor of English; Jesse Bishop, assistant professor of English; and Connie Watjen, assistant professor of learning support English, assist the student staff in making the magazine.

More information on

this year's ORK can be found at [www.highlands.edu/site/ork](http://www.highlands.edu/site/ork) or on the Old Red Kimono Facebook page.

Submissions may be sent to Applegate at [napple-ga@highlands.edu](mailto:napple-ga@highlands.edu) or to any of the student editors.

Students interested in an editorial position for the 2015 issue should contact Applegate.

## Spoken word artist to perform during Black History Month

By Derweatra Hammock  
Managing Ed., Design

For Black History Month, Georgia Highlands'

Student Life will be sponsoring a performance by Jon Goode.

Goode is an Emmy-nominated spoken word artist who has even made an appearance on CNN's series "Black in America."

John Spranza, Floyd campus Student Life coordinator, said Goode will perform at the Floyd campus on Feb. 18 at noon.

Goode will also be performing at the Marietta campus on Feb. 11 and on the Cartersville campus on Feb. 20.

Be on the lookout for flyers for more information and check out The College Agency's info page on Goode at [http://thecollegeagency.com/artists/jon\\_goode.cfm/](http://thecollegeagency.com/artists/jon_goode.cfm/).

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**Student Tyler Fuller is ready to ski during the Georgia Highlands annual ski and snowboard trip to Blowing Rock, N.C.**

## Georgia Highlands students ski for credit

**By Pedro Zavala  
 Editor-in-Chief**

A total of 24 people went on Georgia Highlands' annual ski trip. The group consisted of 18 students, five staff members and their relatives and Ken Weatherman, professor of physical education, who led the trip.

The trip was from Dec. 30 to Jan. 3. Participants lodged in Boone, N.C. and were able to choose between snowboarding and skiing while in Blowing Rock, N.C.

Students received credit for PHED 1420, Beginning

Skiing and snowboarding.

The trip was open to students, faculty and staff along with friends and family.

This is the 34<sup>th</sup> year the ski trip has taken place, which was started by Weatherman in 1980.

"It was awesome, very put together," said Lindsay Grenier, general studies student who attended the trip.

"Almost all students went away with a new experience. They left with a skill they'll have for the rest of their lives," Weatherman stated.



Contributed  
**French Swiss Snowboard Instructor Travis (front right) with students (from left to right) Max Deiters, Paul Tidwell, Stephanie Proffitt, Cheyenne Case, Lindsey Grenier and Tyler Brannon as they take a break on the slope.**

## Green Highlands helps Georgia to stay green

**By Matthew Massey  
 Staff Writer**

The Paulding chapter of Green Highlands is preparing for another semester of helping Georgia stay green.

While Green Highlands is present on all campuses, Alex MacMurdo, faculty adviser to Green Highlands, stated, "Due to the nature of the events that we hold it is difficult to work with other campuses, though we all have the same goal in mind."

According to Austin Wolfschlag, president of Green Highlands Paulding, that goal is to "engage the school and the community on current ecological issues in society."

Looking forward into 2014, the club is expecting to have a busy semester. Wolfschlag said, "We are currently working on many activities for the spring semester, such as Earth Day, which is the biggest event of the year." "This year's theme for Earth Day is 'Rescuing Nature.' We are hoping to announce our keynote speaker sometime in late

February," said Wolfschlag

Last year's event drew a crowd of more than 250 people and featured representation from several corporations and civic leaders from around Georgia. "We will find a way, go big or go home," Wolfschlag said.

Other activities on the agenda include a school beautification project sponsored by Keep Paulding Beautiful, a planting day, Spring Forward Paulding and the yearly Spring Green trip. MacMurdo stated, "The Spring Green trip is for active members of Green Highlands only, but provides a wonderful opportunity to give back to the community."

In prior years, Spring Green has featured a trip to the Okefenokee to help clear brush, to Pine Mountain to reclaim land overwhelmed by trash dumping, as well as other service oriented trips.

Meetings will be held the first and third Wednesday of every month. For more information on how to get involved e-mail Wolfschlag at awolfsch@student.highlands.edu.

**Sign up for the Ping-Pong Tournament  
 hosted by the  
 Six Mile Post and Intramurals  
 Campuses:  
 Cartersville                      Floyd**

**See Student Life to sign-up                      Sign-ups end February 7<sup>th</sup>**

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## Daughter of GHC professor excavates in South Africa

By Pedro Zavala  
Editor-in-Chief

Hannah Morris, former GHC student, was part of the "Rising Star Expedition" archaeology trip that recently participated in the largest fossil excavation in Sub Saharan Africa.

"There are not many sites like this one. I was very excited to be part of the project," Morris said.

Morris is the daughter of Billy Morris, professor of geology on the Floyd campus.

She attended GHC in 2004 and 2005. She received her undergraduate degree from the University of Georgia and later went to Ohio State University to get her graduate degree in archaeology.

Morris said she heard about the trip through Facebook.

Morris stated, **Hannah Morris explores Pettyjohn's Cave on Pigeon Mountain in Georgia.**



Contributed

the one in charge of the expedition. He posted on different social media sites, and I saw the one on Facebook."

She then messaged Burger that she was interested in the trip. "After that I was interviewed via Skype and later by phone," Morris said.

The team that went to South Af-

rica consisted of six excavators, ten cavers and some senior scientists.

Morris and the others were in South Africa for three and a half weeks, from Nov. 3 to Nov. 21.

This expedition was also covered by National Geographic

Morris works for the American Museum of Natural History, based in New York City.

She is also currently working along the coast of Georgia.

## Douglasville campus' new art club open to all creative minds

By Matthew A. Massey  
Staff Writer

GHC's new art club on the Douglasville campus is dedicated to bringing creative students together to foster artistic growth and community.

"I wanted to establish

a place where creative students could find one another," said Holly Chaney, president of the new art club. She continued, "A lot of us are not here seeking an art degree, but we still have a passion for creating."

Chaney stated, "I am hoping that as a group we

can learn from one another and further our personal abilities through sharing what we know."

The art club plans to be all encompassing, covering multiple areas in the subject. Chaney welcomes artistic diversity, saying, "We all have unique abilities and

whether a student has an interest or passion for photography, graphic design, cartooning, painting, fashion design, jewelry making and so on, we are interested in sharing and growing those interests with them."

The club is planning to hold monthly meetings, but

a date is yet to be set for the first meeting.

Students can find more information on flyers located around the Douglasville campus or by emailing Chaney at hchaney@student.highlands.edu. Students from all campuses are welcome to attend.



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*“Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances.”*

— The First Amendment to the U.S. Constitution



Artwork by Hilary Williams

The Six Mile Post would like to encourage students, faculty and staff to participate in Georgia's Highlands' annual First Amendment Awareness Week. Participants can take part by reflecting on the importance of the five freedoms listed in the First Amendment of the Constitution. First Amendment Awareness Week will take place at all GHC campuses Jan. 27 - Feb. 1.

## First Amendment Awareness Week Sponsored by Six Mile Post

### Co-sponsors

- Human Services Club
- Green Highlands
- Baptist Student Union
- The Political Science Club
- Student Veterans Club
- College Democrats
  - Gaming Club
- GHC Chapter AAUP
- Phi Theta Kappa
- GHC Chapter AAWCC
  - Old Red Kimono
- Students Without Borders
  - Brother 2 Brother
- Spanish Activities Club
- English Majors Association
- Woman to Woman Marietta
  - Equality Alliance

## Famous and Historical Quotes Dealing with the First Amendment

“The First Amendment doesn’t give anybody the right to be heard. People don’t have to listen to you.” — Rush Limbaugh, Political Commentator

“If the First Amendment means anything, it means that a state has no business telling a man, sitting alone in his house, what books he may read or what films he may watch.” — Thurgood Marshall, Supreme Court Justice

“Once a government is committed to the principle of silencing the voice of opposition, it has only

one way to go, and that is down the path of increasingly repressive measures, until it becomes a source of terror to all its citizens and creates a country where everyone lives in fear.” — Harry Truman, U.S. president

“A popular government, without popular information, or the means of acquiring it, is but a prologue to a farce or a tragedy; or perhaps both. Knowledge will forever govern ignorance; and a people who mean to be their own governors must arm themselves with the power which knowledge gives.” — James Madi-

son, U.S. president

“If large numbers of people believe in freedom of speech, there will be freedom of speech, even if the law forbids it. But if public opinion is sluggish, inconvenient minorities will be persecuted, even if laws exist to protect them.” — George Orwell, author, c. 1945

“Books won’t stay banned. They won’t burn. Ideas won’t go to jail. In the long run of history, the censor and the inquisitor have always lost. The only sure weapon against bad ideas is better ideas.” — Alfred Whitney Gris-

wold, “Essays on Education”

“Restriction of free thought and free speech is the most dangerous of all subversions. It is the one un-American act that could most easily defeat us.” — Supreme Court Justice William O. Douglas

“Whoever would overthrow the liberty of a nation must begin by subduing the freeness of speech.” — Benjamin Franklin, U.S. founding father

“If there is a bedrock principle underlying the

First Amendment, it is that the government may not prohibit the expression of an idea simply because society finds the idea itself offensive or disagreeable.” — Supreme Court Justice William J. Brennan, Jr., Texas v. Johnson, 491 U.S. 397 (1989)

“Only the suppressed word is dangerous.” — Ludwig Börne, author

**Quotes from  
BrainyQuote and  
American Library Association compiled by  
Thomas Dobson and  
Derweatra Hammock**

# New-Student Orientation needs improvement

Some students branching out into college are nervous about beginning a higher education and are hopeful for everything to run smoothly.

New-Student Orientation is required for students entering Georgia Highlands College and is intended to get students more informed and ease them into their college experience.

For some students who have participated in New-Student Orientation through the years, the event only seemed to pile on more anxiety and

confusion.

Several students enjoyed the Welcoming presentation and found it to be clear and informative. However, when students were separated into groups, things became rushed and disorganized.

Some students were not placed in the right group and had to be shuffled around until they were in the correct spot.

Professors and advisers had to quickly go through the course catalog because they were running behind schedule.

With the course information being rushed through, students were confused when it came time to choose their classes.

There was a lack of advisers to assist students with creating their schedules, and there was also a shortage of computers. This caused students to get backed up.

Having to re-select a course due to one being full also caused students to fall behind.

Once behind, it was difficult for students to catch back up.

With groups having to leave to make room for others, several students were left behind and had no idea where they needed to go next.

When it came time to print off schedules and bills, some students could not get their information because printers were out of paper and orientation leaders ran out of money to print.

Some of the students' user-names and passwords did not work in the computer, and other students' schedules and bills would not show up in the

system.

Participants believe orientation would have been more successful if the event was less rushed and more organized.

More advisers, orientation leaders and computers would also make the registration process run smoother.

With some improvements, even more students will leave New-Student Orientation with their fears and concerns eased instead of leaving with more uncertainty and apprehension than they came with.

## The new year brings a chance to refocus on what's important

The beginning of each year is always a chance to start over, or at least that's the idea that occurs.

The idea of the New Year's resolution goes all the way back to ancient Greece. The entire concept of the New Year's resolution was based on the idea of reflecting on the past year and making goals that were influenced by religion.

Soon the idea evolved into making commitments to either better oneself or do a number of many other things.

So if our ancestors made a "New Year's resolution" with a reachable goal, how did the idea grow more inefficient over the course of history?

Throughout history we have become more and more exposed to mass media. In the roaring twenties, mass media became more prominent in our lives as the invention of the television and the radio took place. This exposure gave the impression that a perfect human exists, and as a result, had a negative effect on the way women and even men viewed



### Editor's Box

**Karlee Helms**  
Managing Editor, Sports

themselves.

As media increased and evolved, our ideas of wanting to do something better for ourselves got out of hand. Everyone started making goals to lose weight. Although it's a great notion, the desired aftermath was impractical.

Daily, we read magazine articles about celebrities and how they are "perfect" and "flawless," as some may say. When the Victoria's Secret fashion show aired, women immediately changed the perspective of themselves. All of these influences result in the outcome of impossible goals.

Media has evolved from being an endless news outlet to giving the idea that everyone should be perfect.

As humans, we already have the mind-set that we aren't perfect and that we

are far from it. The media's goal is to reinforce that. With female models being the size of a lamppost and male models being ridiculously muscular, the realistic aspect of life is hidden. In reality, no one can meet that standard and remain healthy. That is why so many eating disorders have been diagnosed.

We base our New Year's resolution on what we see in society when we should be setting goals relevant to ourselves and what we can realistically accomplish.

Instead of wishing and hoping one day to look like the model on the cover of a magazine, we should be thriving to be the best that we as individuals can actually and realistically be. That is the key to having a successful New Year's resolution.

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

# GHC alumnus speaks of his journey from living in Nigeria to Morehouse

I am the first of six children born to Nigerian civil servants who sent me to the United States to pursue an education and a better life. I was suddenly an African teenage immigrant figuring out how to survive and assimilate on my own. I worked two or three jobs at a time to pay bills and send money home. However, it seemed like I spent most of my time working which left little time for anything else, and all the good jobs I could find required qualifications and/or experience which I did not have. As far as I was concerned there was only one path: go to school.

I started classes at GHC

**“I was suddenly an African teenage immigrant figuring out how to survive and assimilate on my own.”**

**-Chukwuemeka Nwikike**

in the summer of 2009. I still wanted to become a physician, but I figured I would approach that goal slowly by first becoming a nurse.

Veronica Morin was the first of many people integral to my success I would meet at GHC that summer. This instructor was animated, coming up with crazy yet relevant ways of explaining biological concepts.

Joseph McCauley was the Rome campus A&P lab instructor in the summer of

2009. So many students go through their academic careers wishing to meet an instructor like McCauley. He would use scientific jargon but sensing our confusion, he would switch to common language while preserving salient points of the concepts which he was conveying. He made Scooby-Doo as insightful as Mark Twain.

I met the third person integral to my collegial comeback, Eileen Walker. She was my advisor and the closest thing to a guidance counselor I ever had. She knew the catalog backwards, forwards and in any other direction imaginable. I simply told her what I wanted to do and she showed me how to get it done.

Everything went well until late registration for Spring semester 2010 when I could only afford to pay for one class, which took me to the financial aid office. That was when I discovered that I had been eligible for financial aid for three years already. The patient ladies at the financial aid office even arranged to have my payments for that semester refunded to me at a later date.

I applied to GHC's nursing program and was ac-

cepted in the fall of 2010 to attend at the Marietta campus.

I was making progress and actually began to believe becoming a physician was within reach. I just had to keep pushing. I arranged to attend summer school at Georgia State University and begin working on my Bachelor's degree. I found myself isolated but I understood why. Teachers really could not attend to each student's needs due to overwhelming numbers. When I needed to talk to a professor, I simply called McCauley or any of the other instructors at GHC.

My time at GHC was not all about academics. I joined two organizations that taught me about community, giving back and stopping to help others, Phi Theta Kappa and Brother-2-Brother.

I earned three degrees and two minors between summer 2009 and Spring 2013. When I was ready to take the Medical College Admission Test (MCAT), I could not afford books to study on my own. Dr. Hershey, the Brother-2-Brother faculty advisor and another Brother-2-Brother member, Joey Johnson, donated old and new books to me. I was accepted to the Morehouse School of Medicine and am currently a first year candidate for the Doctor of Medicine degree, class of 2017.

I remember playing basketball in the GHC gym after classes in the Spring semester of 2011 with some students. One of them was



**Chukwuemeka Nwikike**

**in the anatomy lab at Morehouse**

## *Path 2 Highlands*

a Shorter student and he asked another student when he would be graduating Georgia Highlands College. The GHC student answered that he would be done in May of the same year. This elicited a smile from the Shorter student who went on to say “Good. Then you can finally go to a real school.”

I wish I had a time machine so I could go back to the Shorter student in the gym. This is what I would say:

“Georgia Highlands College accepted me when no other school would, despite my low GPA, socioeconomic status, beliefs, origins and lack of athletic ability. I met instructors who stayed with me even after I left the school. I met instructors

who took time to get to know me personally. Despite my best efforts I could not remain anonymous. GHC gave me tools to succeed and guided me in my professional development. My test prep for probably the hardest standardized exam out there was what my GHC instructors taught me. At GHC I met faculty and staff who believed in and rooted for me. I was not a smart student but they made me feel like one. They proved hard work beats brains. Furthermore, I got the same undergraduate education for much less. I attended a top notch nursing program, one of the best in the state of Georgia. What are you doing on my basketball court? You are not a Charger.”

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**Post your comments on [sixmilepost.com](http://sixmilepost.com) or send a letter to the editor at [6mpost@student.highlands.edu](mailto:6mpost@student.highlands.edu)  
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# Keys to accomplishing New Year's resolutions



## Soap Box

Hilary Williams  
Staff Writer

Every year there are multiple people who come up with a New Year's resolution to lose weight, be more assertive or have more self-confidence. However, their resolution

never seems to last more than a month. I am going to give you guys a few tips on how to achieve your new year's resolution, so listen up!

If you want to keep

your goal of achieving a New Year's resolution you must write it down. You are most likely able to achieve your goals when they are written out. Repetition, reading your goal at least twice a day, once in the morning and once at night, is great reinforcement to help you stay focused on the goal at hand.

When in Rome do as the Romans do. Changing your environment and being around those who

want to achieve the same goal as you is important.

If your goal is to lose weight, then it may not be a great idea to be at the all-you-can-eat buffet, and if you are trying to limit your alcohol intake, then going to the bar with your drinking buddies may not be in your best interest.

I'm not saying that you can never go to that buffet or get a drink once in a while but that while you are making this change,

you should keep your distance.

Lastly, you should set realistic goals that you yourself know you can achieve. Setting goals that are unrealistic is very unhelpful and causes you to be discouraged. The next thing you know you are sitting in that donut shop, eating that assorted variety of a dozen donuts.

Always remember to reward yourself and track your goals.

## Poll

### What do you think is the most vital part of the college experience?



**Douglas Cochran**  
Douglasville  
Business  
Administration

"To gain social skills and in-depth knowledge."



**Tyler Shaw**  
Douglasville  
Business

"To study and not slack off; it's not as easy as high school."



**Brandon Hamilton**  
Douglasville  
Physical Therapy

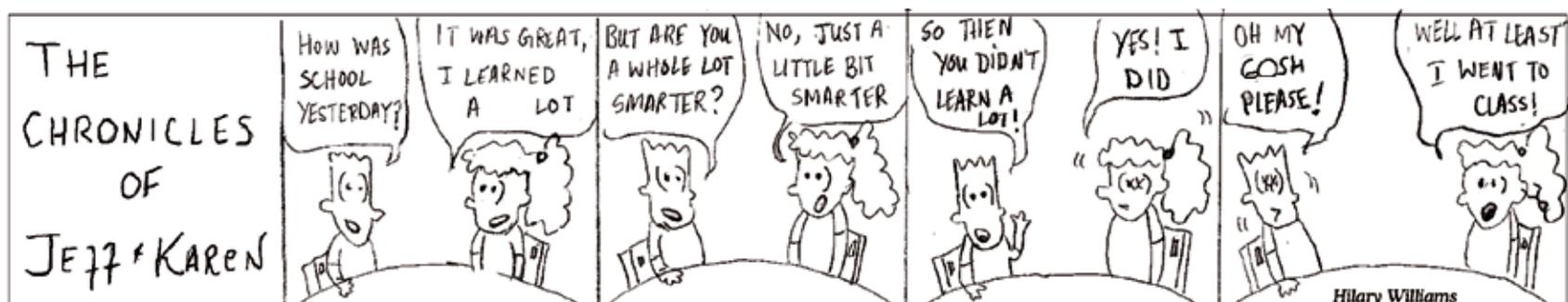
"I want to say the most vital part of the college experience is the people and influences we encounter or choose to let in."



**Soriah English**  
Douglasville  
Pre-Pharmacy

"Balancing your academics and your social life."

Photos and Poll by Holly Chaney



# Intramurals at Floyd and Cartersville continue as spring semester gets underway

By Jessyca Arndt  
Staff Writer

For the Floyd campus, Jonathan Merritt, assistant men's and women's basketball coach and intramural coordinator, has put together a schedule that includes the Six Mile Post sponsored Ping-Pong tournament, which begins Feb. 17; a 3-on-3 and/or 5-on-5 basket-

ball tournament for Feb. 17 and a beach volleyball tournament for March 10.

There is also a pool tournament being planned for March 12.

Merritt said, "Several teachers have been known to accept intramural activities as extra credit for their classes."

For the Cartersville campus, Melissa Wood, head

GHC softball coach and intramural coordinator, has compiled a list of activities, such as 3-on-3 basketball, soccer, the Six Mile Post sponsored Ping-Pong tournament, and a club sponsored Billiards Tournament (club TBA).

There are also a few more possible tournaments such as a Texas Hold'em poker tournament and

spring flag football.

On top of intramural sports, Wood has said that students have an opportunity to create a second golf club team. Students who want to be in the club will only have to pay a one-time \$60 fee, but this offer will not be available after February.

Recreational activities such as spelunking and

white-water rafting are also possible plans for late spring/early summer.

All activities for the Cartersville campus will have sign-ups available online at the GHC website.

For more information about these activities, students can either email Wood at [mwood@highlands.edu](mailto:mwood@highlands.edu) or Merritt at [jmerritt@highlands.edu](mailto:jmerritt@highlands.edu).

## Chargers, Lady Chargers play on as their second season winds down

As we get closer to the end of the 2013-2014 season, the GHC basketball teams have been working to stay in good standings.

As of Jan. 18, the Lady Chargers' victory over the Chattahoochee Tech Lady Eagles put the Lady Chargers at 10-1 in GCAA Conference play, and 17-4 for their overall season.

The Chargers also played the Eagles of Chattahoochee Tech Jan. 18. With this loss, the Chargers are now 7-12 for the season and 4-11 in GCAA Conference play.

The next home games will be Feb. 1. Both teams will take on Atlanta Metropolitan College. The Lady Chargers will play at 2 p.m., and the Chargers will play at 4 p.m.

Students, staff and faculty are admitted to home games free with their GHC ID card. Other attendees pay \$5 each. Children under six are admitted for free.



Photo by Karlee Helms

Shakierya McClendon scores with a lay up to help the Lady Chargers defeat the Lady Eagles Jan. 18.



Photo by Karlee Helms

Kentavious Clowers leads the Chargers against the Eagles scoring a total of 20 points.

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# GHC softball, baseball teams prep for first season

By Mary Howard  
Staff Writer

GHC Charger softball and baseball programs are getting ready for their first spring season.

Melissa Wood, head softball coach, is coming off of a successful fall season, with a win against NCAA Division I Mercer University.

In reference to the upcoming spring season, Wood said, "I believe we have a talented team, but our biggest Achilles heel right now is our mental game. If we want to win in the spring, we will have to perform well, both mentally and physically, on a consistent basis. We have almost 60 games on our spring regular season schedule and all in the course of about three months."

The Lady Chargers

kick off the season with the Juco Kickoff Classic on Jan. 31 with six games total over the span of three days, their first game being against Pasco Hernando College.

Their first home game will be during the GHC Border Battle at Stars Field against Gadsden State Community College on Feb. 8 at 9 a.m.

Michael Marra, head baseball coach, is also hopeful for the spring season. After getting a look at how the team did this past fall, he is looking to improve on their hitting game.

He said, "We have to do a better job of hitting in the spring to be successful as a team. We struggled scoring runs this fall. Freshman have to make adjustments to hitting at the college level. The shorter amount of time it takes to do that, the



Photo by Tatiana Smithson

**Andy Mocahee (left) and Mitchell Mannino work out to stay in shape for the baseball team's inaugural season.**

better chance we have to be successful in year one."

However, Marra feels confident with their pitching and defense going into

the spring.

He believes that if they can tighten up on hitting, they can contend for one of the top six spots in the con-

ference.

Their first baseball game is Feb. 2 against Cleveland State in Cartersville at 1 p.m.

## Where's Bolt? GHC's mascot has gone missing!



### Karlee's Corner

**Karlee Helms**  
Managing Ed., Sports

Georgia Highlands' mascot, Bolt, has been missing from all of the home basketball games. Where could he be?

Bolt's lack of attendance isn't just a mere mistake. His absence is a result of a lack of having someone to actually commit to play the role.

In order to successfully play the role of Bolt, a person has to have school spirit. Once again, school spirit is always going to be an issue.

College is more time-consuming and way more demanding than high school ever was, but why not take a

break for an hour or two and go to one of the last basketball games, or perhaps the baseball and softball season openers? Better yet, why not go to the games dressed as the mascot?

When I was in high school we almost always had someone in our mascot costume. Whether it was a cheerleader or a booster club parent, Rocky the Yellow Jacket was at most, if not all, athletic and scholastic events at Rockmart High School.

Being the school mascot isn't an easy task. The Bolt suit can be hot and uncom-

fortable at times, but think of how the pros outweigh the cons. Bolt gets to attend all of the home games and bring more spirit to the crowd.

Just like every commitment, there are certain requirements and policies everyone must meet in order to fulfill the role of Bolt.

Of course, Bolt will need to be enthusiastic and spontaneous. What mascot isn't?

Also being able to show sportsmanship, creativity and self-discipline are key parts in being the Georgia Highlands mascot.

For more information on Bolt requirements and policies, visit the Student Life link on GHC's home page.

Those interested in becoming the GHC mascot should email John Spranza, Floyd student life coordinator, at [jspranza@highlands.edu](mailto:jspranza@highlands.edu).

MISSING! ?



? GHC Mascot: ?  
Bolt