


SIX MILE POST

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The Student Voice

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Students Chasatee Dorsey and Trent Burton order lunch from Gwen Goolsby in the Floyd campus Charger Cafe. GHC has entered into a new food service agreement with a new company. For more on the changes, see page 4.

Mission to Mexico

Some GHC students went on a mission trip with a local church over the holiday break. For pictures and details, see page 8.

First Amendment Awareness Week

The week of Jan. 28 - Feb. 2 is First Amendment Awareness Week this year at GHC. Page 9 lists all of the Six Mile Post's co-sponsors for this event.

Photo by Ryan Jones

Georgia Highlands College - Rome, Georgia

Justice is served at GHC with web course

By Chasity Thomas
Staff Writer

Students interested in taking criminal justice classes now have more flexible options.

As of spring semester 2013, GHC now offers CRJU 1100, Introduction to Criminal Justice, as a web-based learning course as well as a Blackboard Collaborate class, which is also new this semester.

The new online class includes weekly assignments and frequent tests. Assignments for this course are most often given as discussion questions which the students discuss, amongst themselves and the professor, to find possible answers to the question.

These weekly discussions are carefully designed to "provoke thought and give students a more clear understanding of the field of criminal justice," according to Greg Sumner, professor of the online class.

Sumner ensures that online students have equal learning opportunities as face-to-face students by joining in on the discussions and clearly answering any questions the students may have. Introduction to Criminal Justice counts for three credit hours and is one of five criminal justice classes offered at GHC.

Blackboard Collaborate, is based at the Floyd campus but allows Sumner to reach students at Paulding and Douglasville.

A live recording of each lecture is broadcast to classrooms at Paulding and Douglasville campuses. All recorded lectures are also posted online so that students may access them anywhere at any time.

This new type of course offering is interactive between campuses. Students at Paulding and Douglasville may virtually raise their hand and speak through a microphone to ask the professor a ques-

tion or make comments.

Sumner states, "Blackboard Collaborate maximizes resources. It is cost efficient because it cuts out travel and makes for a more broad educational opportunity because students may do it on their own time."

Dr. Rob Page, the dean of the division of social science, business and education, states that GHC is looking to use Blackboard Collaborate in cases where not enough professors are available to teach all needed sections in order to make things "more convenient for both faculty and students."

For students with other majors, CRJU 1100 counts as elective hours in Area F. Sumner said that even students who major in other areas are intrigued to learn about the justice system.

"Any student can be interested, and the class gives a sense of understanding of the world we live in," Sumner stated.



Photo by Chasity Thomas

Professor Greg Sumner says that his course is not just for criminal justice majors.

Speech team gets ready to get a word in edgewise

By Hilary Williams
Staff Writer

The Georgia Highlands College Forensics Team is a new campus organization this academic year.

The team members are coached by GHC communication faculty members Steve Stuglin and Allen Dutch.

"We are a small team but hoping to grow," says Stuglin. In February, they hope to field team members Christopher Cater, Andy Mendoza and Victor Williams to compete at the Georgia Intercollegiate Forensic Association State Championship.

The competition will be held on Feb. 23 at Southern Polytechnic State University in Marietta.

They are also looking for students to compete at the Novice Nationals, which will

be held March 8-10 at Berry College in Rome.

If readers are interested in more information about competitive public speaking, they can contact Stuglin at [sstuglin@highlands.edu](mailto:ssstuglin@highlands.edu).

Speech coaching is available currently at Marietta, Douglasville and Floyd campuses, but all GHC students are eligible to participate.

GHC and the communication faculty are also hosting a speech competition at the Cartersville campus (open to any GHC student, not just Forensics team members) on April 12.

For more information on the speech competition, which will be held on April 12, students can contact Meredith Ginn, one of the event coordinators and associate professor of communication, at mginn@highlands.edu.



Photo by Randi Parker

Instructor Steve Stuglin (left) coaches Victor Williams in preparation for upcoming speech competitions February through April.

Highlands Happenings

Angel trees bring holiday happiness

**By J.P. Erickson
Asst. Print Editor**

Phi Theta Kappa, an academic honor society at Georgia Highlands, ran "Angel Trees" on three campuses last Fall. This program is designed to take in gender and age-specific clothing and toys for underprivileged children over the holiday season. PTK worked in conjunction with the Shriners on the Floyd campus, the Salvation Army in Cartersville and the Young Women's Christian Association in Marietta who aided members, faculty and staff in distributing the donations. More than 350 plus gifts were provided for needy children in these communities.

SMP sponsoring pingpong tournaments

**By Andrew West
Editor-in-chief**

The Six Mile Post will be sponsoring two pingpong tournaments this semester. One will be held on the Floyd campus, and the other will be held on the Cartersville campus.

While the formats for these two tournaments differ, ultimately the winner of each tournament will be presented with a trophy, which will be supplied by the Six Mile Post. In addition, the SMP will run pictures of both of the winners (one from each campus) in its printed paper.

Kevin Hall, a student at GHC's Floyd campus, said of the tournament, "When I play pingpong, it makes me feel amazing and exuberant, and everyone should take advantage of the opportunity to participate."

ORK now taking submissions

**By Gayle Golden
Staff Writer**

All aspiring writers can take a deep breath and breathe out a sigh of relief. "The Apocalypse" issue was not the last issue of The Old Red Kimono, GHC's literary magazine. Original poetry, art or short fiction can still be submitted for the spring 2013 issue.

Nancy Applegate, professor of English and faculty adviser of The Old Red Kimono said, "We had our 40th anniversary issue in 2011; then, since the world was supposed to end on Dec. 21, 2012, we had our apocalypse issue, now we're looking forward to our rebirth issue in 2013...proving that there is in fact life after 40 and renewal after apocalypse."

Typed, handwritten or emailed submissions will be accepted through Thursday,

Feb. 14. Students may email submissions to Applegate at napplega@highlands.edu or Jesse Bishop, assistant professor of English at jebishop@highlands.edu. Students may also leave submissions with the Office of Student Life representative on their campus.

Students wishing to submit original artwork should do so through Amanda Brendel, ORK art editor. She can be contacted at abrendel@student.highlands.edu.

Opportunity to give blood coming up

**By Jackson Walsh
Staff Writer**

Georgia Highlands will host a Blood Assurance Blood Drive on Thursday Feb. 7 from 9a.m.-2p.m. at the Floyd campus. The Blood Assurance mobile bus will be in front of the Walraven Building to take

donations. Each donor will receive a free long-sleeve t-shirt and will be entered into a drawing to win an Ipad.

Snacks will be provided following the donation. Also, students can receive an extra stamp on their Stampede Cards by donating blood and stopping by the Office of Student Life (OSL) to show off their Band-Aid. The OSL typically holds blood donations two times each semester to give students, staff and faculty the opportunity to donate.

January is Blood Donor Awareness month, which is an opportune time to discuss information concerning needed blood materials.

Fall enrollment report out; Females outnumber males

**By Gene Harmon
Asst. Online Editor**

The campuses of Georgia Highlands College are spread across northwest Georgia from just outside the perimeter in Marietta to Rome in Floyd County. The enrollment report from the fall 2012 semester shows the student demographics to be as diverse as the communities the college serves.

Out of over 5,500 enrolled students, the highest number of students attending a single campus are at Cartersville instead of in Rome, where the college was founded in 1970. Almost 18 percent are taking web-based or DVD courses.

Two-thirds of students

are female and there is almost an even split between full and part-time enrollment. Though 71 percent are white, the other 29 percent vary with different nationalities and backgrounds.

With GHC being considered a local college, it may be surprising to find out there are 88 enrolled from out-of-state and even 24 international students.

The vast majority of those attending GHC are within the freshman class, with only 35 percent listed as being sophomores. This trend is more than likely due to the fact that many students are taking needed core classes before transferring to other colleges in pursuit of their degree.

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

at

Student Support Services

career, counseling, and disability support

Available on all GHC campuses

www.highlands.edu/site/student-support-services

New Charger Cafe offers variety for meals

By Pedro R Zavala
Staff writer

The Charger Café has changed vendors.

The previous company ended its contract with Georgia Highlands College, and Bosschi Catering and Concessions, Inc., based in Richmond, Va., began work on Jan. 7, just as most students were returning to class for the spring semester.

Rudy Battistelli, director of auxiliary services at GHC, Susann Braden, manager and head chef at the Cartersville Charger café, and Ben Stewart, executive chef at the Floyd campus, all expressed enthusiasm for the new café services.

The new Charger Café has three different meal plans that are available to



Photo by Ryan Jones

GHC student Kevin Hall orders lunch from Bosschi employee Kathy Graves.

students. The new cafe offers a wide variety of choices. It offers a standard menu

as well as a menu that will change everyday.

Stewart said, "We also

cater to specific needs such as dairy needs."

Although any special

requests that students or employees make may require more time, Stewart said, "We'll be happy to take special requests. No is not an option."

Stewart added, "We prepare fresh and homemade, and try to maximize the freshness."

Most of the students who have eaten at the cafe have voiced praise for the Charger Café.

"I eat here pretty often and I like it. They have variety and it's affordable," said Giovanni Escobar, a student at GHC's Floyd campus.

Braden said, "We take customer service very seriously."

Braden added, "We also cater on campus, community civic groups, fundraisers and business meetings."

Berry transfer agreement offers guaranteed acceptance

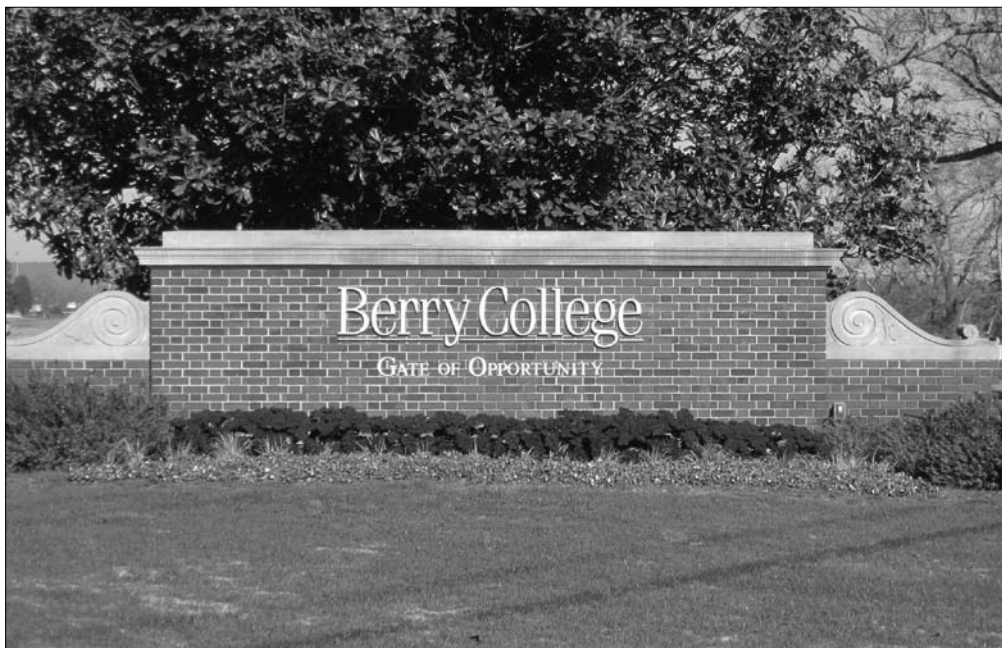


Photo by Ryan Jones

The path to Berry College is now more open to GHC students.

By Virginia Robinson
Staff Writer

Georgia Highlands College and Berry College have come to an agreement in the interest of the students who wish to transfer to Berry.

GHC Interim President, Renva Watterson, said, "The transfer could bring certainty that if you do what is required you will receive what is offered."

The transfer agreement applies to every GHC student who meets the requirements.

The conditions for guaranteed acceptance to Berry are at least a 3.0 GPA and an associate degree from GHC. The credit hours and courses for those degrees will automatically transfer to Berry.

If students have more than 62 credit hours, the extra hours may not be accepted by Berry.

"In order to protect the integrity of the college, Berry would like most of a student's credit hours to come from Berry," said Laura Musselwhite, interim vice president for academic and student affairs.

Watterson said both schools are excited about this agreement. Students will be given the opportunity to develop skills at both institutions.

Students should look on the GHC website for more information on the transfer agreement.

If students have any questions, they should talk with Musselwhite or Watterson.

Get involved in intramurals at Floyd and Cartersville

Cartersville

- Volleyball League
- Pingpong League: Doubles
- Speed Dating
- SMP Table Tennis Challenge
- Billiard League: Doubles
- Ultimate Frisbee
- 5v5 Basketball League
- Poker Showdown
- S.C.I.B.B.I Tournament
- Kickball Tournament

Floyd

- Co-Ed Beach Volleyball
- 5v5 Basketball League
- SMP Pingpong Tournament
- Co-Ed Ultimate Frisbee

GHC encourages students to make the trip to ASF

By Neen Snowball
Staff Writer

Georgia Highlands College will host its 28th annual trip to the Alabama Shakespeare Festival (ASF) April 20-21.

The ASF trip has become popular amongst GHC students, and the sign-up sheet tends to fill up quickly, according to Kristie Kemper, one of the trip coordinators and professor of English. The trip is open to GHC students, employees and guests.

This year, the two plays that will be seen are "Around the World in Eighty Days," based on the novel by Jules Verne, and the 2009 Tony Award-winning play "God of Carnage" by Yasmina Reza.

The cost of the trip covers the tour bus ride there, a one-night stay at Wingate Inn with a deluxe continen-



Contributed

The Alabama Shakespeare Festival complex houses two stages and a gift shop.

tal breakfast, admission to both plays and an information packet on the plays. An all-you-can-eat dinner at Golden Corral on Saturday night and a boxed lunch on the landscaped ASF grounds Sunday afternoon are also included in the cost of the trip.

A side trip will be a tour

through Old Alabama Town that features historical buildings from the 19th and early 20th centuries. Also, Old Alabama Town will be hosting the annual Alabama Book Festival with visiting authors and book and food vendors.

"ASF was a great experience for me," said Kaitlyn

Hyde, a former GHC student who took part in last year's trip.

All English courses and some other courses will offer extra credit for students who attend.

There will be limited financial assistance through the Office of Student Life. The deadline to apply for

ASF financial assistance is Feb. 19.

Trip sign-up begins Feb. 4 and runs through March 1, unless the trip sells out before then. Sign-up will be handled by Student Life at the various GHC locations.

A \$50 deposit is required at sign-up, and the trip balance is due by March 27.

The trip fee is determined by the number of people sharing a hotel room.

The per-person fee is as follows: four per room, \$105; three per room, \$110; two per room, \$125. Student Life will help find roommates if requested.

ASF information and forms will be available from Student Life and under "Quick Links" on the GHC homepage (go to "Student Trips").

The ASF trip is sponsored by the Humanities division and Student Life.

Study abroad offers exciting opportunities for international traveling

By Jess Summers
Staff Writer

In May, Georgia Highlands College is offering two study abroad trips, one to London and another to Costa Rica.

Both offer course credit in communication. The Costa Rica trip also offers course credit in biology, and the London trip also offers course credit in British literature.

Although the courses are optional, students who go on the trips will take group tours of places and sites of interest.

Some of the sites in Costa Rica include a coffee plantation, a beach on the Pacific, a hot spring and other scenery. In London, students will visit sights such as Big Ben, Parliament, St. Paul's Cathedral and many more.

EF College Tours is the company through which GHC is conducting the trips.

Students will make a \$95 deposit with EF College Tours and pay the rest through the GHC Business Office.

Other terms of payment may be available depending on financial aid, but students should check with a financial adviser to be sure.

For more information on prices and other payment options, check the Georgia Highlands website under "Study Abroad."

Bronson Long, GHC's director of global initiatives, said of the study abroad offerings, "Both of these trips give students a wonderful opportunity to experience life in another country and take classes related to their trip."

Students can find more information and links to the EF website for the itineraries of the trips and sign-ups for the trips on the GHC website on the study abroad page, located under "Student Trips."

Fun facts about Costa Rica and London

Costa Rica	London
There are more than 121 volcanic formations in Costa Rica, and seven of them are now active.	About 25 percent of all people living in London were born in another country.
At 77 years, Costa Rica has one of the highest life expectancies in the world, and a population of 4.5 million.	London is the ninth largest city in the world and the most populated city in Britain.
One quarter of its land is dedicated to national parks, nature reserves and wildlife rescues.	Despite what most people believe, Big Ben is not the name of the clock or tower, but of the 13-ton bell inside the clock.
Native Costa Ricans refer to themselves as Ticos (male) or Ticas (female).	The site of Buckingham Palace was once an infamous brothel.

Sources: <http://lifestyle.iloveindia.com/lounge/facts-about-london-1819.html>
<http://costarica.com/travel/fun-facts/>

Relay for Life takes steps to cure cancer

**By Randi Parker
Staff Writer**

At Relay for Life events, teams take turns walking or running around a track for 24 hours to raise money for cancer research.

The event starts with cancer survivors walking the first lap, and throughout the day, there are many activities in which participants can take part.

Lyric Sprinkle, GHC's student life coordinator for the Douglasville and Paulding campuses, says there are themed laps (such as keeping a balloon in the air for one whole lap around the track) that the teams compete in for spirit points. The team with the most points at

the end of the relay gets the Spirit Award. "Our team got third place last year," she says.

After dark, normally from 10:30-11:00 p.m., the Luminaria Ceremony takes place. Candles are lit in honor of everyone who has battled cancer and also to remember those who have lost their lives to cancer.

Sprinkle states that the GHC Douglasville Relay takes place at Deer Lick Park on May 10, starting at 5:45 p.m. and the team stays until 7:00 a.m. the following day.

Though the relay is only one day, fundraising occurs all year long. In October, the GHC Douglasville Relay for Life team raised money by selling baked goods.

According to the Relay for Life website, the movement raises more than \$400 million each year. The American Cancer Society uses these funds for all types of cancer research and providing services to cancer patients.

Students who are interested in helping the Relay for Life team should contact Sprinkle, either by email (lsprinkl@highlands.edu) or by stopping by her office (room 141) in the hub on the Douglasville campus.

For students who aren't on the Douglasville campus, there are many ways to get involved with Relay for Life. Check the official Relay for Life website, www.relayforlife.org, to find a local team or ways to donate.



Student Snapshot

Get to know Mark Cruz...



Name: Mark Cruz

Major: Architecture transfer student

Campus: Cartersville

Preferred apocalyptic method (zombies, natural disaster, disease, A-bomb): Zombies

Toilet Paper, over or under?: Over

What was the last movie you saw in theaters?: Texas Chainsaw 3D

What is your dream job?: Architect

HOPE still a help for hard-working students

By Kevin Horan
Staff Writer

For many, the dream of going to college without the HOPE Scholarship would be only that, a dream. So whenever changes are made to the scholarship's requirements or the amount it pays in tuition they are met with incredible amounts of scrutiny and concern.

For those wondering why they have not been able to meet the HOPE's changing requirements, or wondering why it did not cover as much tuition as was expected, this article should be able to shed some light on the subject.

In order to obtain HOPE out of high school, one must have a grade point average of at least 3.0 upon graduation.

To get it once in college, one must obtain this same grade point average which will be checked at the 30, 60, and 90 credit hour mark, at which point one may apply for it.

Applicants must also meet several other requirements as well, such as being a resident of the state of Georgia, being in compliance with the Selective

Service registration requirements and more.

For a full list of the requirements for the HOPE Scholarship, visit secure.gacollege411.org, go to the financial aid planning section and choose the HOPE Scholarship link on that page.

Note, however, that HOPE will not cover 100 percent of one's tuition, but instead will cover a percent-

age of it proportional to the credit hours being taken. For Georgia Highlands this amount can be found at the page mentioned above.

While HOPE does cover the vast majority of tuition, it does not take care of any fees a school may charge, nor does it pay for books as it once did. It is worth noting that if one graduates from high school with

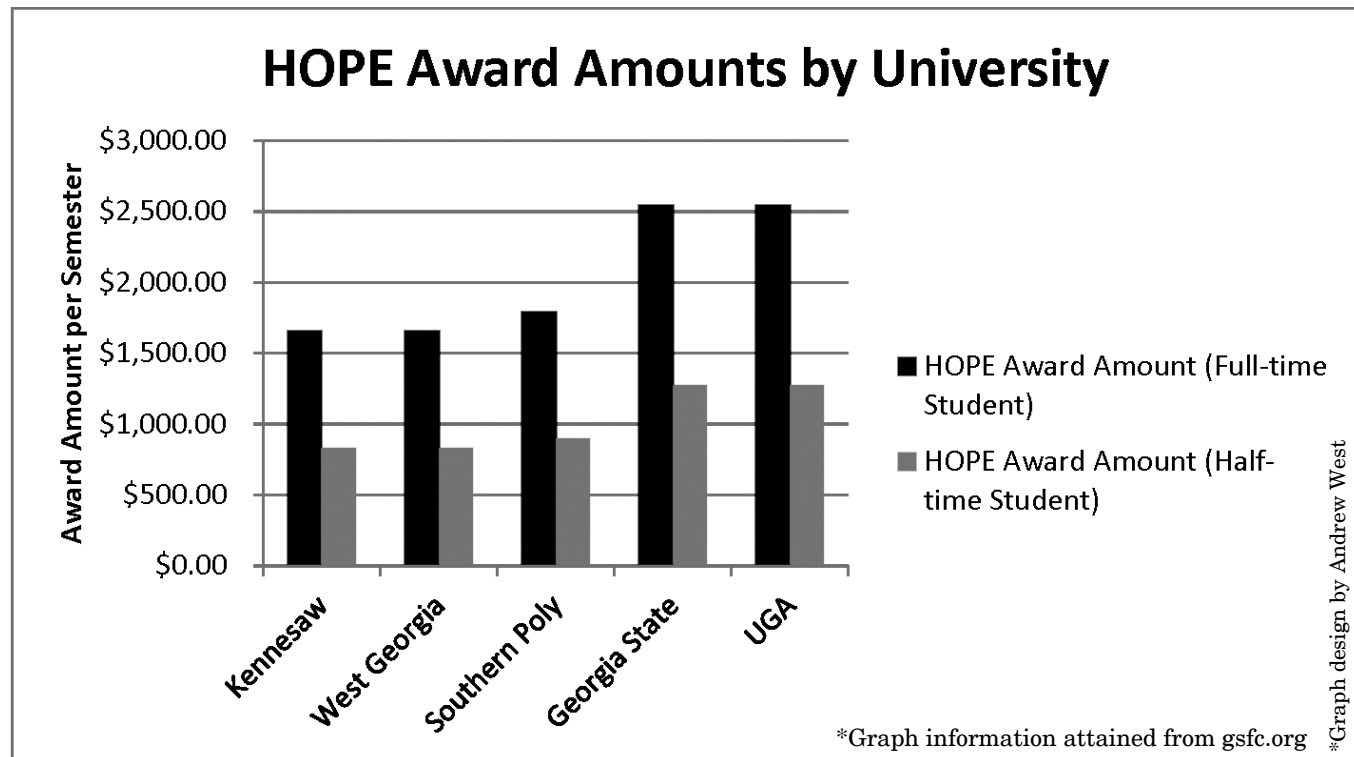
a GPA of at least 3.7, he or she may qualify for a special qualification of the HOPE Scholarship known as the Zell Miller Scholarship, which will pay for a larger percentage of tuition than does the HOPE Scholarship.

While the requirements to obtain HOPE may constantly change, by striving to always do one's best

academically it can still be obtained.

While it may not cover as much of one's college expenses as it once did, it can dramatically reduce the amount students will need to pay back on loans in the future.

It turns out earning those A's really can pay off in the long term.



UR-IT helps students gain knowledge for the future

By Brooke Govin
Staff Writer

Undergraduate Researchers—Impacting Tomorrow (UR-IT) is a growing registered student organization at the Cartersville campus.

This club helps students gain opportunities to complete and participate in research. UR-IT practices a variety of different research methods, such as observational studies, surveys and experimental studies. All these types of research can be studied in psychology.

The adviser, Krista

Mazza, is also an instructor of psychology. Tatiana Smithson is president of the club. This organization can help students wanting to further their knowledge in their studies and can be listed on a resume.

The UR-IT club has recently teamed up with the Tellus Museum located in Cartersville. The Tellus Museum is known for its four main galleries: The Weinman Mineral Gallery, The Fossil Gallery, Science in Motion and The Collins Family: My Big Backyard.

Mazza thought the Tellus Museum and UR-IT might be able to work to-

gether.

"I contacted the museum to see if they would be interested in gathering data about the museum exhibits. They were very interested in the idea. From this idea the partnership has grown," explains Mazza.

Throughout the 120,000 square foot museum, one can possibly spot GHC students conducting an experiment.

Using different research methodologies, the UR-IT group regularly performs experiments in the Tellus Museum. First, they started with a simple observa-

tional study. The students had to observe families in the museum and record their various behaviors.

Soon after becoming more familiar with the museum and completing studies, the UR-IT team began to move onto more in depth research. The team quickly learned how to recruit people for possible studies.

They have also learned how to recruit participants and obtain information properly for the study. The group has gone on to conduct more projects including research design and instrument design.

Mazza explains how be-

ing part of this club will help better a student's future. "Many employers are interested in candidates that have research experience. In today's workplace there is an emphasis on researching programs and processes of the work environment to identify what is working well for companies and what is not. As a result, research skills make individuals highly competitive candidates," she said.

The UR-IT team is much more than student scientists. They are students trying to further their education through using skills needed in everyday life.

GHC student travels to Mexico to do mission work

By Sarah Lane
Asst. Print Editor

On Dec. 30, 2012, GHC student Haley Irving traveled with a group of 23 missionaries from Lakeview Baptist Church in Rome to Kantunilkin, Mexico. Led by Jason Willis, pastor of Lakeview Baptist, the team stayed in Mexico for seven days and did several mission projects throughout the week.

Kantunilkin, Mexico is a Mayan village located about two hours from the city of Cancun. Kantunilkin has a population of about 22,000 and is one of the larger villages in the area.

One of the main mission projects that the team planned was a New Year's Eve carnival in the city square with activities and games for the locals to enjoy. Activities included a candy walk, ring toss, face painting, basketball shootout, go fish and water balloon toss. Each station handed out prizes such as candy, toy cars and dolls.

Roger Deberry, Rome Fire Department's chief of

training, also went on the trip to train some of the local police in CPR. He was assisted by his son, Taylor Deberry, who is also training to be a fireman.

For the three days after the carnival, the team held a backyard Bible school at the mission house where they were staying. The first night of the Bible school, approximately 65 children were in attendance. By the last night, that number had more than tripled with about 220 children and parents in attendance.

On Friday, Jan. 4, 2013, the team traveled back to Cancun and took a ferry boat to Isla Mujeres, a small resort island off the coast of Cancun. While there, the team handed out candy and toys in the "cardboard city," which is where the locals live- in cardboard shacks.

Irving said, "It's unreal. These people have a million dollar view and they live in boxes. The kids are so happy to get one piece of candy that they jump up and down with joy. It breaks your heart."

The trip was an eye-opening experience for all



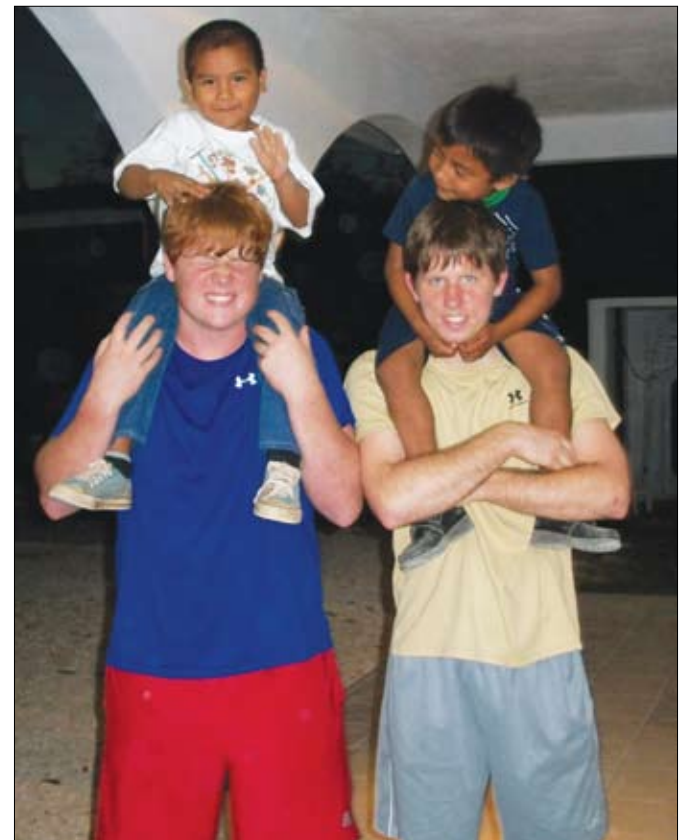
GHC student Haley Irving (right) hands out candy to children on the small island of Isla Mujeres.

who were involved.

Miranda Morgan, a Berry College student who went on the trip, said, "I left my heart in Mexico. I can't wait to go back."



Trip members (from left) Justin Sims, Rick Jennings, Colton Haas, Chandler Hart, Mike Gable and Drew Taylor do some construction work for the mission house.



Trip members Trent Ferguson (left) and Josh Diderick (right) play with children from Mexico.

GHC First Amendment Awareness Week

Jan. 28 - Feb. 2

The Six Mile Post and the co-sponsors listed below encourage you to take part in GHC's First Amendment Awareness Week by thinking about the five important freedoms protected by the First Amendment to the U.S. Constitution and using them wisely.

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.

- PTK
- Green Highlands
- The Spanish Activities Club
- Brother 2 Brother
- College Democrats
- BSU
- Floyd Campus Political Club

Co-sponsors

- Students Without Borders
- Gaming Club
- GHC Political Science Club (Marietta)
- Human Services
- Writers' Collaborative

- ORK
- GHC Chapter AAWCC
- English Majors Association
- Equality Alliance
- Woman to Woman
- AAUP (American Association of University Professors, GHC Chapter)

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Become informed before exercising your rights

Times are tough. With talk of the national debt, the fiscal cliff, the growing tension between Democrats and Republicans, the economy, the job market, discrimination and terrorism, the world of American government can be very scary.

With all the hustle and bustle in Washington, D.C., it is easy to forget that the people have a voice and that they should use their voice because they have a right and the freedom

to be heard.

This country was founded on the principle of freedom, especially the five freedoms that are listed in the First Amendment to the Constitution.

These freedoms are freedom of speech, freedom of the press, freedom of religion, freedom to petition and freedom to peacefully assemble.

When used the right way, these freedoms serve as a voice for the people that can be heard across the nation.

When faced with a fear, the natural response is either to stay and fight or run away. Sadly, it seems that these days, the people are running away from our country's problems and leaving the politicians in Washington, D.C., to figure them out. Americans care more about the latest episode of "Here Comes Honey Boo Boo" than they do about our government.

Americans get all fired up about the issues during an election, but

by the time the inauguration comes around, the people have retreated so far back into their daily lives that they probably couldn't tell you what day the inauguration was held. However, they could tell you what happened on "American Idol" last week.

Before Americans can use their voice, they must become informed on the issues because if a person speaks up about something he or she knows nothing about, it is as bad as not speaking

up at all.

During GHC's First Amendment Awareness Week, be informed about what is going on in this country, both nationally and locally, and use the freedoms for which others have fought.

Instead of running away from a problem and leaving it for someone else to deal with, speak up and let the government know that Americans are paying attention to the government, and that Americans care.

First Amendment Awareness Week is Jan. 28 - Feb 2. The Six Mile Post and its co-sponsors encourage all students to know and exercise their First Amendment rights.

Students should be more involved in athletics



Editor's Box

Andrew West
Editor-in-chief

Students may have heard recently that GHC is considering raising its student athletic fee, which we pay at the beginning of every semester, from \$50 to \$75. Administrators and Phillip Gaffney, GHC's athletic director, have heard some feedback from the SGA and have hosted town hall meetings on each campus to get more feedback from students before conducting a vote in which the entire student body can participate.

The student body should vote in favor of this increase, because it will be better for the school in the long run. A healthy athletic program will not only help to increase revenue and enrollment, but it will also help to bring that "traditional college atmosphere" to the school.

After hearing that the decision will ultimately be made via online vote by the student body, one can't help but wonder whether or not the student body will actually vote. If attendance at the basketball games we've already had is any indication, then the answer is a resounding no.

All one needs to gauge student interest, or lack thereof, in GHC's athletic program is to go to one of the basketball games here on the Floyd campus. Our women's basketball team is nationally ranked in its inaugural season, a feat that deserves a lot of respect and admiration, yet amidst the spattering of faculty and staff at the games, one might be hard-pressed to find more than five students sitting in the stands.

The fact that this is the case here at GHC is quite discouraging, and the position in which the administration finds itself of trying to get an increase in the athletic fee approved is not one of which people should be envious. They are trying to get a bunch of people who are already not willing to invest time in supporting the teams to invest money. Imagine that.

Rather than just voting against having to pay more, we should all think about giving athletics a chance to grow and develop. The revenue, positive publicity and strengthening of local relationships that can be brought about by a healthy athletic program far outweighs the cost of the increase, a mere \$25.

Send your letters
to the editor to
6mpost@student.
highlands.edu!

Six Mile Post

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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.

Living for something greater than yourself

Ten years have passed since my last attempt at seeking an education.

It was a decade's worth of hazy memories and wasted time as I spun my wheels in the restaurant industry and descended far too close to the bottom, into the oblivion of drugs and alcohol. This would only lead to further suffering as a series of horrendous events sent me over the edge and into the bed of an intensive care unit in Chattanooga.

The accident that stopped my heart three times, could have very easily left me paralyzed.

I woke up strapped to a ventilator which made me feel as though I was suffo-

cating as I frantically tried to take in the breath that the machine was making for me.

I spent the better part of three months in two hospitals and with time, my shattered bones and incisions healed, but the damage that x-rays and MRIs can't detect would prove to require a far longer period of recovery.

This is the type of recovery that will last a lifetime and takes place but one day at a time. One of the last times I took a drink, I was speaking with my father who utilized one of the ugliest words in the English language, or so I thought, against me; the word potential.

He told me that I had many doors to choose from in the corridor of life, but it was up to me to choose one and to stop dreaming and start realizing.

So I wiped the tears from my eyes and wrote a list entitled "12 reasons why I need to choose a door." With daily prayer and a system of support fortified around me, I've landed myself on a new path.

I'm a 30-year-old sophomore at Highlands who is currently on the three-and-a-half year associate degree plan.

I've worked my way up from one class at a time to taking more than a full load at times. I'm currently in-



Path to Highlands

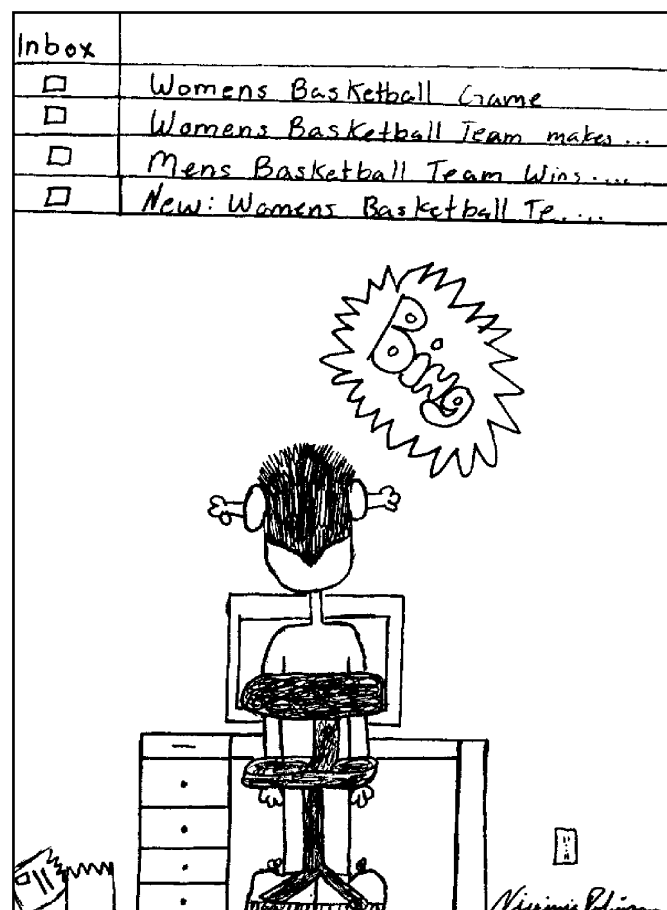
J.P. Erickson
Asst. Print Editor

involved with Phi Theta Kappa and Psi Beta, and I'm working on the school paper. I remember feeling like college wasn't for me, and that somehow I didn't belong.

I now know that this has been and will continue to be one of the crowning achievements and best experiences in my life. With a little diligence and patience with myself, I've checked off ten of those reasons on the list.

A man much wiser than me whom I met at an Alcoholics Anonymous meeting once posed a most intriguing question which has stuck with me for years. He asked, "Are you living for something greater than yourself?"

I am elated to say that today, I am, and that the joy I see in the faces of the people for whom I care most is more than I could ever ask for in return.



"Too many emails!"

Misconceptions of a transfer student

During the holidays, I found myself hiding from going to any parties or get-togethers with my high school friends.

A majority of my classmates went off to D-1 schools and got the chance to have the college experience of having roommates, meeting new people and being in a new city. I, on the other hand, had to save my money and go to the local community college.

Of the friends that I still keep in touch with, some know what I have been up to while others do not. With that unknown comes the question that I hate answering, "So, what have you been up to?"

I hesitate, swallow my shame and explain that I attend Georgia Highlands College. Though once these words slip off my tongue, the judgment begins, and I'm asked why.

I try to explain my plan for the future, but in most cases I never get to finish.



Soap Box

Brooke Govin
Staff Writer

So I avoided the awkward parties where I would see all my happy friends and hear about their crazy stories about that one time in their dorms.

Towards the end of my break, I was so worn out from working that all I wanted to do was see my friends for New Years. At this point, I wasn't so concerned with all the questions that follow "hello." As I began to talk and exchange the semester's gossip, the big question came up from one of my friends.

I answered that I go to GHC and that after 30 credit hours I am transferring to possibly Georgia State University.

Their intrigued faces convinced me to tell them

my whole plan I have for the next few years.

As I finished one of my friends says, "Wow, you have it all figured out! I'm jealous that you know what you want to do in life." I was shocked by how much my friends envied my plan and how much I was wrong about what people thought about transfer students.

I didn't feel like I was missing out on the true college experience anymore. I knew that I'd get my chance to show everyone that has ever judged me that I can make it to a big league school too.

It's only one year away till I can finally start my true college life, and all I have to do is wait.

Handwashing techniques promote health

By Joshua Fisher
Staff Writer

According to the website eHow.com, "Germs stick to your hands like gum sticks to the bottoms of your shoes." It is an important responsibility to one's self, as well as to others, that everyone washes their hands.

It is also advised that if paper towels are available, that paper towels are used to both turn off the faucet, if it is not automatic, and to open the door.

There may have been an individual to have turned off that faucet or to have gone out that door without having washed his or her hands and this spreads germs.

It is also helpful to always have hand sanitizer available, as long as it has at least 60 percent alcohol, though hand sanitizer is not effective when hands are visibly dirty. Hand sanitizers also do not eliminate all types of germs.

Similarly, as hand sanitizers do not eliminate all types of germs, using antibacterial soaps "may even lead to the development of



Photo by Ryan Jones

The practice of handwashing properly is imperative to preventing the spread of germs and bacteria.

bacteria that are resistant to the product's antimicrobial agents - making it harder to kill these germs in the future," according to MayoClinic.com.

Not to mention that antibacterial soap is no more effective at killing germs than is regular soap.

There is also antimicrobial soap, and this does not offer protection from naturally occurring colonies of bacteria, but it does tend to irritate skin more often than plain soap. Perfumed or dyed soaps have the same problem.

Bar soaps can harbor

colonies of bacteria, so liquid soap is preferable.

While hand washing is important, what happens if hands become dry or chapped from all of that constant washing and sanitizing?

"To avoid chemicals and prevent dry, chapped hands,

choose natural sanitizers with ... essential oils and aloe vera," said Lisa Turner of Better Nutrition.

"Handling the phone, a doorknob, computer, keyboard, bathroom faucet or toilet flush handle ensures that you'll pick flu germs up. Wash your hands as often as you can and keep them away from your face," says eHow.com.

While hand washing is important, over-washing can cause problems as well. According to Ruth Werner of Massage & Bodywork magazine, "too-frequent hand washing with hot water and harsh soap can actually make the skin more vulnerable to infection by compromising the shield." (The shield is a lipid layer that forms a barrier between the inside and outside of the body.)

There is a lot of information for productive, healthy hand washing, but keeping these things in mind and following good hand health is not just vital to a person's hands, or to an individual's health, but to the health of everyone around them.

Georgia College and State University will be hosting a Transfer Student Preview Day, Feb. 15. The day is devoted to students wishing to transfer to a four-year university to further their academic studies in higher education.

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Cervical Cancer Awareness Month sheds light on necessity for screening

By Cole McElroy
Staff Writer

January is Cervical Cancer Awareness Month, and cervical cancer, which can be caused by HPV, can affect many college students.

HPV stands for genital Human papillomavirus and is the most common sexually transmitted infection (STI), and it should not be confused with an STD, which is a sexually transmitted disease.

According to the Centers for Disease Control and Prevention (CDC), "HPV-related

problems such as cervical cancer usually do not have symptoms until they are quite advanced. For this reason, it is important for women to get regular screenings for cervical cancer."

The CDC provides statistics and information about HPV and cervical cancer. According to cdc.gov, "Each year, about 12,000 women get cervical cancer in the U.S. Almost all of these cancers are

HPV-associated." A CDC report explains that men can also be affected by HPV. Ac-

cording to the report, "Other cancers that can be caused by HPV are less common than cervical cancer. Each year in the U.S., there are about 400 men who get HPV-associated penile cancer."

According to Jason H. Smith, a graduate of the Medical College of Georgia, and a medical doctor, "Approximately 80 percent of cervical cancer is a result of HPV." Smith also gave some good information on how to prevent HPV. "HPV can be prevented in three ways: abstinence, the use of condoms or a shot of Gardasil," he said.



Have you ever had to stay up all night to finish homework or study? How much sleep do you usually get?



Ana Alvarado
Floyd Campus

Yes, multiple times. I usually get about eight hours of sleep.



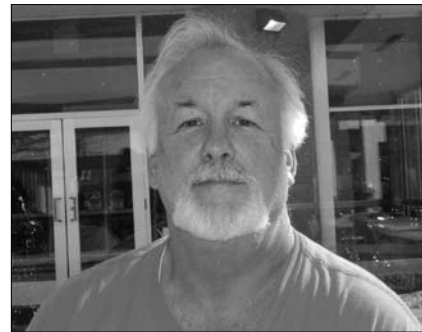
Sarah Ellison
Floyd Campus

No. If I don't have work, I usually get five or six hours, but if I work, then I only get two or three hours.



LeAndre Daniel
Floyd Campus

Yeah. About six to seven hours.



Doug Pacholski
Floyd Campus

I work all night. I don't stay up all day to study though. I usually get eight hours of sleep.



Stephanie Wade
Floyd Campus

No. I haven't had to stay up late to do homework. I usually get about six or seven hours a night.

Photos and poll by Ryan Jones



'Django' breaks the chains in theaters

By J.P. Erickson
Asst. Print Editor

Quentin Tarantino is back with a blazing, action-packed take on '70's Blaxploitation, an ethnic subgenre of the general category of exploitation films, blended within the spaghetti western genre. "Django Unchained" stars Academy Award winner Jamie Foxx (Best Actor for "Ray") as Django, and Academy Award winner Christoph Waltz, who returns in his second Tarantino collaboration (Best Supporting Actor for "Inglorious Basterds"), as Dr. King Schultz.

Schultz accosts a couple

of slave traders on convoy and offers them a healthy payment for Django. He tells Django that he needs his help identifying the three men, the Brittle brothers, responsible for selling his (Django's) wife to another slave owner as punishment, on a nearby plantation.

Django rides into town on horseback, as the yokels comically drop their jaws and rub their eyes in disbelief. Schultz quickly explains during a complicated situation that develops outside of a saloon that he is a bounty hunter who makes a living killing men like the brothers he's after. Django is enlisted to become a bounty hunter in return for his free-

dom, and he is promised by Schultz that they will find and free his wife.

Leonardo DiCaprio stars as the naïve Calvin Candie, the proprietor of a plantation called "Candie Land," and Kerry Washington plays Broomhilda, Django's wife. Django and Schultz arrive at "Candie Land" under the guise of interested buyers in the Mandingo game (a brutal fight to the death between slaves). Django plays the role of the freedman who advises Schultz in the haggling. The tension reaches fever pitch as the two men operate within this treacherous territory to locate Broomhilda.

The slaves at "Candie Land" are overseen by the

caricature of a loyal slave by the name of Steven, played by Samuel L. Jackson, who turns in a sidesplitting performance, as the eyes and ears of Candie. Steven mixes the dialect of the time with Jackson's own signature blend of sarcasm and expletives.

Movie review

Waltz puts in another stellar and earnest performance as Dr. Schultz, who represents the anti-slavery perspective of the time.

In typical Tarantino fashion, the audience laughs

at stylized violence and irreverent humor directed toward the evil institution of slavery, as Tarantino tells his story in the style of Sergio Corbucci's spaghetti western "Django." He does so through trickery and deceit, ultra-violence and his contemporary, off-period soundtrack. Where else could audiences watch a Western where their hero, Django, slings his guns to the tune of Tupac?

Tarantino fans and all movie-goers won't be bored by "Django Unchained," as the 165-minute running time flies by. It is nominated for five Oscars, including Best Picture and a well-deserved nod for Waltz.

British pop artist releases second album

By Holly Hampton
Staff Writer

Ellie Goulding, a rising star in the pop genre, released her second album, "Halcyon," in Oct. of 2012. With a mix of eclectic beats and moving lyrics, Ellie has wowed her fan base once again.

Out of the 13 tracks on her most recent album,

this British songstress had a hand in writing all but one of the tracks, bringing something uniquely personal to the piece overall.

Music review

Each of these songs makes a strong statement, most speaking of the trials of both love and heartache.

For example, "Figure 8" speaks of a terrible heartbreak, comparing it to the infinite curves of a figure eight.

The song with which the album shares its title, a personal favorite, talks of heartache and the promise that everything is going to work itself out in the end.

Another favorite, "Explosions," starts off with the distinctive sounds of

a harmonizing choir and talks of life moving forward after heartbreak. Matters of the heart seem to be the overall theme of the album, and fans of Brit pop should appreciate her effort.

Whether listeners are dealing with those wintertime blues, or are just looking for a unique mix of powerful lines and vibrant music, this is definitely an album worth buying.



PC video game popular amongst online gamers

By Kevin Horan
Staff Writer

To say that the online game, "League of Legends," developed by Riot Games, is popular would be an understatement. According to the company, the game has 70 million registered usernames from more than 145 countries, and 32 million active players, who rack up one billion hours of play time every month.

Undoubtedly, some of this success is due to the game's business model. Making a game free to play ensures that many are will-

ing to try it out, but it is the game's quality and Riot's relentless pursuit to improve it that keeps people playing.

In "League of Legends," players take the role of a summoner who brings forth a champion to fight for them. There are currently 106 champions ranging from powerful sorcerers to Viking warriors to monsters and virtually everything in between.

After choosing whether to join a random team or to play with friends, players pick their own character and battle against an enemy team in a battle to

destroy the Nexus located inside the enemy base. Of course, in order to do so, players will have to get past waves of enemy minions, turrets and their opponents themselves.

The game looks and sounds great. Although occasional issues involving character moves tend to come up here or there, they are always quickly patched and are usually negligible.

Game review

The greatest concern one can raise about

"League of Legends" is the game's high learning curve. While the game comes with two different tutorials to explain the mechanics, because the games only modes are online multiplayer, the player is forced to learn against players who are dead set on making him or her lose.

As a result, new players are encouraged to play against the artificial intelligence, or AI, until they are confident they understand the game's mechanics and the use of their characters, and playing with friends who can teach a nube, or new player, how to play the

game helps as well.

One of the biggest draws of "League of Legends" is the fact that players can play the game for any length of time and unlock all the characters for free. The player should not allow the free-to-play stigma fool him or her. "League of Legends" is a game that is incredibly deep, challenging and rewarding.

It is a team game, and as such players have to learn to work with others. When everything comes together and the player sees his or her efforts rewarded, the accompanying feeling, like the game itself, is glorious.

GHC's Olympic alum talks success and sports

**By Andrew West
Editor-in-chief**

Georgia Highlands College has produced many alumni over the years, as has been on display this year during the Alumni Spotlights at some of the Chargers basketball games. A lot of GHC's alumni were born in Rome and are still in Rome, working in our community. Some, however, have come from places quite different from Rome or even the state of Georgia.

One of those is Janet Cherobon-Bawcom who grew up in Kenya and recently competed in the 2012 London Olympics as a distance runner.

Cherobon-Bawcom was recognized during one of the halftime Alumni Spotlights on Nov. 10 for her accomplishments as not only a runner but also as a nursing student here at GHC.

Unlike most students, Cherobon-Bawcom had a four-year degree before starting at GHC. She first com-

pleted a bachelor's program in Business Administration at Harding University in Arkansas. "See, I went the other way. People go to junior college and then college, but no, I went to college and then came here," she said.

However, like a lot of GHC students she describes her experience here as a good one, saying, "I had a great experience. I got to learn a lot, and I don't know if it was because of my maturity level, or just because there are great faculty here, but I really felt like I took away a lot."

Cherobon-Bawcom's goal in coming to the United States was not to become a great runner, but to use her running as a means for making a good education a reality for her. Matching her accomplishments in the classroom, though, her athletic accomplishments are perhaps just as admirable.

She described participating in the Olympics as a great experience. "It was ex-

citing. It was breathtaking," she said.

However exciting it was, she still had a hard time believing that she had made it quite as far as she had, saying "I was like, 'Maybe I should pinch myself.'" She continued, "You watch all these people on TV, and then to be eating with them and conversing with them and staying in the same building with them was just incredible."

Success is something Cherobon-Bawcom has achieved, and she doesn't show any signs of stopping as she is currently working on her BSN at Jacksonville State University.

She had some words of advice for GHC's current student athletes. "I feel like [being a student athlete] really gives you a balance. When you get out in the real world, it's not just going to be a job that you are going to do. You're going to have a family, and I think it really helps you get the balance of stuff," she said.



Photo by Andrew West

Janet Cherobon-Bawcom is an alumna of GHC, and she competed in the 2012 Olympic Games.



The Six Mile Post is sponsoring two pingpong tournaments this semester. One will be held on the Floyd campus, and the other on the Cartersville campus.

Students will compete against each other in bracket-style tournament competitions, and each winner will receive a trophy from the SMP in addition to seeing their picture published in a later issue.

Sign-ups began Jan. 7, and will continue to run through Feb. 8. Contact one of the two campuses intramural offices to sign-up.

Check SMP website for the latest on the proposed athletic fee increase

With all the talk about town hall meetings and online votes concerning GHC's proposal for an increase to the athletic fee, it can be confusing to keep up with what's going on.

The SMP website can help! Check www.sixmilepost.com for news concerning this topic.

Chargers' men and women battle injuries

**By Becky Crooks
Sports Editor**

Any sports season can be tough to get through, but for the Chargers and Lady Chargers, the season only gets tougher the longer they go.

Plagued with injuries, both teams fight to stay optimistic and keep their competitiveness alive.

For the Lady Chargers, the toughest part of their season is now. Playing through the "meat" of their conference schedule in this second half, it's important to "get and keep all the players healthy," according to Brandon Harrell, head coach of the Lady Chargers.

Three of the Lady Chargers are dealing with recent knee surgeries, and, at best, the team is running with five to six players per game, though Harrell hopes to be back at six to seven shortly and, eventually, eight players.

Despite the injuries and losses, Harrell is still very optimistic about the team's

chances in the playoff tournaments.

If the Lady Chargers can win the rest of the games this season, then Georgia Highlands would be hosting all the games of the tournament, meaning

the Lady Chargers would hold home court advantage throughout the playoffs.

Though he stands by his optimism, Harrell admitted, "How our season ends will be directly related to how healthy we are."

Phillip Gaffney, the athletic director and head coach for the Chargers, is struggling to keep the injuries at bay for his players as well. However, he is fighting a different battle, one of a losing season.

"We may have bitten off more than we can chew," admitted Gaffney, adding, "but these players have kept a great attitude, and they are still working really hard."

The men's team has had many close games this year, but as Gaffney said, "It's like Lucy and Charlie Brown; we get so close, and then, someone pulls the ball away."

The team is made up entirely of freshmen, and Gaffney's hopes are still for the playoffs. If the team can win five or six games, there's a good chance for them to get into the playoffs.

Gaffney's pride showed through when talking of his players; he showed respect for their work ethic and how they've fought off negativity from their past losses.

The teams have a tough schedule ahead of them, but their coaches are very hopeful and optimistic about the future of the Georgia Highlands basketball teams.



Photo by Pedro Zavala

Shakierya McClendon shoots a lay-up as women's team takes on the East Georgia College Bobcats in another win at home in a 70-45 domination.

Running for fun or for your survival



In the Zone

**Becky Crooks
Sports Editor**

Many people have the same outlook on running, "I don't run unless something is chasing me." Recently, running has been taking an upward turn in popularity; it owes a lot of thanks to the new excitement of specialty races, such as mud runs.

Mud runs have become popular through such races as the Spartan Race, Tough Mudder and the Run for Your Lives.

According to [\[tanrace.com\]\(http://tanrace.com\), it brags to have four different options for races ranging from a 5k to a 48 hour race named the "Death Race."](http://www.spar-</p>
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Each race boasts at least ten obstacles throughout the race, and every runner should plan on finding mud on them for a week after a race.

The Tough Mudder advertises itself as "Probably the toughest event on the planet." According to

toughmudder.com, their obstacles are designed by British Special Forces and can include, but are not limited to, underground mud tunnels, 10,000 volts of electricity and twelve foot walls.

This race is not for the weak of mind or soul. They are promoted not as a race, but as an event for "personal challenge." The "event" is ten to twelve miles and is simply designed to push any runner's body to its limits.

Another mud run that has been growing in popularity is called "Run for Your Lives," which is an interactive, zombie-infested 5k obstacle race. It preys on the zombie cult followers;

many of whom cannot wait for the chance to outsmart and outrun a zombie. The race uses the basic "flag football" rules, where the runner begin with two flags, and if the flags are stripped from the racer, he or she has been transformed into a zombie. According to runforyourlives.com, there are multiple health packs along the way, which contain extra flags to "reboost your health."

Running is not for everyone, but with the introductions of these races, it's definitely gaining a wider variety of participants. Who knew that a little mud and a lot of pain-causing obstacles could draw in a crowd of people eager to run?

Don't forget to check out sixmilepost.com for more stories that didn't make it to print and participate in our polls!