

SIX MILE POST

The Student Voice

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**Both Charger basketball
teams head to Nationals**

See pages 14 & 15

Photos by Taylor Barton and Daniel Smith

Deana Blankinship (left) and Keymont Jenkins fight their way to become Region 17 Champions as part of the Lady Chargers and men's Chargers basketball teams, respectively.



Student
designs
police
car logo

See page 6.



GHC booster
club cheers on
Charger
athletics

See page 16.



Lady
Caress
performs
at GHC

See page 13.

Informative sessions on CNA coming soon

By Amanda Maxwell
Staff Writer

The nursing department of Georgia Highlands will soon be hosting informational sessions about the nursing program which will include information on the new CNA (certified nursing assistant certificate) requirement.

According to Health Science Dean Janet Alexander, nursing students who are accepted into the fall 2016 program need a CNA license before they start the program.

Beginning with the fall 2017 nursing class, students will be required to have the CNA license before applying for admission into the program.

Director of Nursing Rebecca Maddox explained that she will also be working with the science department to discuss the new CNA requirement.

This will help spread the word to prospective nursing students in the microbiology and anatomy and physiology courses.

The goal is to inform aspiring nursing majors of the change in requirements and to explain what else they can do to qualify for entering the nursing program.

These sessions will be brief and students may ask questions.

Students are usually aware that they are taking a chance when they are trying to enter the nursing program.

David Pulliam, a pre-nursing major, said, "The pre-nursing biology courses start with the professors telling students that 2/3 of the students will probably not pass and that studying for exams and lab practicals will generally require more dedication than a full-time job."

For Pulliam, having the CNA certification is a beneficial route to get him more experience in nursing and will make him more employable at other hospitals.

He feels having a CNA license ensures that students will gain more experience in the field and will have a better understanding of what the



Photo by Cassandra Humphries

Nursing students listen to their instructor in the Heritage Hall classroom.

nursing career is actually like.

The new CNA requirement is costing students approximately \$700 before they know they are getting accepted into the GHC nursing program.

Not every school has this requirement. There is no mention of a CNA requirement on the nursing admission web-pages for Kennesaw State University, the University of West Georgia or Georgia Southern University.

The information session dates and times have not been set.

Students who would like more information may contact the department of nursing at 706-295-6321.



Photo by Cassandra Humphries

Students Brooke Scott (left) and Joanna Mullenax practice their skills in the nursing lab.

Highlands ranked no. two by schools.com among Univ. System of Ga. two-year colleges

By Kalis Scarbro
Staff Writer

In a recent article published by schools.com, Georgia Highlands College was recently ranked the second best two-year college in the University System of Georgia.

The ranking system was based on the 2013 and 2014 records of the percentage of students enrolled in distance education, the cost of attendance (including tuition and books), the student-to-faculty

ratio, graduation rate, transfers to institutions inside the University System of Georgia and flexibility score.

The two highest scoring areas were cost of attendance and transfers to University System of Georgia institutions.

Todd Jones, vice president of student affairs, was asked if he agreed with the ranking system of schools.com.

Jones said, "I have always struggled with any type of ranking system since col-

leges and universities have their own unique missions and serve different populations of students. However, I do like the fact that schools.com included transferability and graduation rates as part of their metrics because these are two of the primary goals of state institutions."

Jones also said, "I have not seen the data that was collected by schools.com, but I do know that GHC has been an institution on the move for several years now and

this shows in the data shared by the University System of Georgia. We have always been successful in transferring students to four-year institutions and have worked diligently to increase our graduation rates. I do believe GHC is among the top state institutions in Georgia right now and this ranking provides further evidence of this fact."

The full article can be found by visiting schools.com and searching for 'best two-year colleges in Georgia.'

**Watch
for the
graduate
list in
the
April
issue.**

GHC renovates biology lab

By Stacey Moffett
Editor-in-Chief

A biology lab on the Floyd campus received a facelift this past fall semester and was usable by January, and a chemistry lab renovation may be soon to follow, depending on the end-of-year budget, according to Gregory Ford, dean of natural sciences and PE.

At the end of each school year, leftover money from all of the different departments that has not been spent goes into one fund, and then those different departments request money for special projects.

"We prefer to do one-time projects that have a benefit and that match our mission for the students," said Ford.

The departments submit proposals to the president's cabinet, and then the college collectively decides what the

priority projects are.

This is the process that the biology lab renovations went through, and in order to renovate the chemistry lab, money will have to be obtained through the same process.

Jason Christian, GHC lab coordinator, said once the proposal is approved, engineering companies will have to bid in order to be chosen to renovate the lab.

Christian said that they want the laboratory to be more functional for students to use and more up-to-date.

So far, the equipment they have requested for the chemistry lab if the proposal is approved is a microwave plasma atomic absorption, a gas-chromatograph-mass spectrometer and an ultraviolet-visible spectrophotometer.

The goal of the laboratory renovations is for them to be

"showrooms" to present to potential students, to show what Georgia Highlands offers. "We hope the new labs and equipment will put Georgia Highlands College on the forefront of science education and give our student an advantage when it comes to finding a job or continuing on with their educational pursuits," said Christian.



Photo above, contributed; photo below by Taylor Barton

The biology lab before (above) and after the renovation.



Preview Day

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See West for yourself. Explore campus, meet current students and faculty members. Also, stock up on important information about the application process, financial aid, housing and more.

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westga.edu/previewday



SMP beats out four-year colleges in state awards

By Christina Goodwin
Asst. Online Editor

Six Mile Post took first place in General Excellence, beating out Georgia College and State University in third and Berry College in second to take top honors in the small college division of The Georgia College Press Association's annual contest.

At the awards luncheon in Athens on Feb. 13, the SMP also received first place in the general awards category for news, sports and improvement.

The SMP placed second in editorials. These general rewards reflect the work of everyone on the staff.

One GCPA judge commented, "Some larger papers at some larger schools could learn a lot from Georgia Highlands."

The judge for the general

news category said, "Near perfection! Excellent mix of staff produced copy and photos packaged in a manner that rivals many newspapers published by seasoned professionals."

Additionally, the Impact Award for political cartoonist went to the SMP's Mary Roberts Demesquita.

Other individual awards include: Stacey Moffett, second place best entertainment category; Mary Roberts Demesquita, third place best entertainment feature; Anna Douglass, second place best column; Larry Oswalt, third place best column; Christina Goodwin, first place best editorial/feature photo; Jeremy Huskins, second place best editorial/feature photo; Lydia Chandler, second place best feature story; and Shelby Hogland, second place best sports photo.

The luncheon concluded a two-day GCPA Press Institute, featuring workshops and a business meeting.

Holly Chaney, SMP managing editor for design/layout, was elected to be the new president of GCPA, and Marquis Holmes, SMP staff writer, was elected to the GCPA board of directors. The outgoing president, Antonio Garcia, is a former SMP managing editor.

Renva Watterson, GHC's vice president for academic affairs, said in an email to Kristie Kemper, SMP adviser, "I am THRILLED to hear this. What an outstanding accomplishment, and what excellence you and your staff exhibit... again and again."

On Feb. 17-19, SMP staff members Taylor Barton, Kayla Jameson and Christina Goodwin attended the Southern Regional Press Institute in Savannah along with advisers

Kemper and Cindy Wheeler.

Although SPRI does not have many categories, the S-x Mile Post still managed to score several awards, taking second place in overall newspaper and online newspaper as well as winning individual awards in photography.

Those individual winners are Goodwin in first place and Karlee Helms in second place in photography.

At a special ceremony during the press institute, Kemper was among the 11 individuals inducted into the SRPI Hall of Fame.



Contributed

The GCPA attendees (from left) are (back row) C. Wheeler, Taylor Barton, Kayla Jameson, Olivia Camp, Lydia Chandler, Stacey Moffett, Jorge Tinoco Ramos, K. Kemper, (front row from left) Marquis Holmes and Holly Chaney.

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Dean Ledbetter receives new title as special assistant

By Marquis Holmes
Staff Writer

Cathy Ledbetter, campus dean of both Douglasville and Paulding, has accepted a new position as the special assistant of strategic planning and assessment to GHC's President, Donald Green.

According to Green, part of Ledbetter's new job is to assist in the strategic planning for GHC's future by looking across the institution as a whole to see what can be done to improve the college.

This will help prepare the college to have a successful 2018 reaccreditation by The Southern Association of Colleges and Schools Commission on Colleges.

The routine reaccreditation process involves a form of self-study that asks colleges and universities to layout their plans for bettering their school.

Ledbetter, who has held similar positions at two other academic institutions, was specifically chosen to avoid the learning curve that comes with this title.

Ledbetter's new position also calls for her to relinquish her current position as campus dean. GHC's human resources department is currently accepting applications and is actively searching for a qualified candidate to oversee Douglasville and Paulding campuses.

"It is very emotional for me to leave the position that I have loved for years, but I can only hope that the next dean will love and care for the students just as much as I have," Ledbetter said.

Ledbetter will hold positions as both campus dean of Douglasville and Paulding as well as special assistant to the president until the hiring process is complete.



Photo by Lydia Chandler

Amanda West (left), research assistant, and Cathy Ledbetter, new special assistant of strategic planning, examine data.

Campus safety wants students to be prepared

By Kayla Jameson
Managing Ed., News

College officials are making it a priority to make sure students stay safe on campus.

Silent Witness is a form on GHC's campus safety webpage that can be used to report a crime or something suspicious on campus.

Faculty, staff and students may use it if they don't feel comfortable going into the Campus Safety Office. When a form is filled out, it will be sent to Georgia Highlands College's Chief of Police David Horace's email account.

The form may be found by

going to the Highlands home page, searching for "silent witness" and clicking the first link.

The person making the report has the option of leaving or omitting his or her name.

Sarah Craig from the Floyd campus thinks that safety is adequate because she can see campus safety personnel "patrolling around." She also said, "There's always someone sitting in the office in the morning."

"Plan, Prepare, React" is a video about how to react to an active shooter situation that was recently released through the University System of Georgia.

A link to the video was emailed to all students, faculty and staff.

Horace said that if someone suspects a shooter is on campus, he or she should call 911 and campus safety and tell them in detail the suspected shooter's appearance and his or her location on campus.

If someone is in the vicinity of a shooter, he or she should try to escape the area or barricade himself or herself in a place away from the shooter.

People should look for exits, according to Horace, and if there is no way to escape they should lock themselves in

a classroom. If the classroom door doesn't lock, they should barricade the door with desks and put books in their backpack and wear it in front of them.

"Active shooters tend to cause as much damage as they can. So when you barricade yourself in, that's a deterrent," Horace said.

Horace wants students to understand that if there is an active shooter situation on campus, the first team of police officers to arrive will be concentrating on finding the shooter to stop the threat.

The second set of officers to arrive will start helping the

injured.

He said that it is also important that everybody complies with law enforcement. For example, people might even be told to drop their phones.

It is important that faculty, staff and students pay attention to their surroundings and available exits, Horace said.

Director of Student Life John Spranza said, "At any case, whether it's on campus or at the grocery store or at the mall, just being aware of your surroundings is probably one of the most important tips for students as far as their own personal safety."

GHC police car logo designed by student

By Lydia Chandler
Staff Writer

There were eight submissions for the police car logo contest, but only one could be chosen.

Participants worked on their designs and knew that if they won, they would receive a \$50 gift card.

GHC Police Chief David Horace looked over each submission in search of the perfect logo for GHC's very first police car.

After going over each entry, Horace chose Kendra Dee Robinson's graphic design, which featured the school shield.

Though he said all entries were wonderful, he chose Robinson's because the other entries "looked more athletic" and included "the athletic logo with the Charger head."

According to Horace, Robinson's design represented GHC as a whole.

"We wanted to stay in the theme with the entire campus."

-David Horace,
Police Chief

Though all designs involved the college in some way and were very well designed, Horace said, "We wanted to stay in the theme with the entire campus."

Robinson is a pre-nursing student on the Floyd campus. Robinson is a pre-nursing student attending the Floyd campus.



Photo by Lydia Chandler

GHC Police Chief David Horace stands beside the police vehicle with the new logo designed by pre-nursing student Kendra Dee Robinson.

Music major programs continue to grow

By Haley Hunter
Staff Writer

The music program at GHC has been around for three years and is still continuing to grow.

Students at the Floyd and Cartersville campuses can choose an associate degree in music or music business, to prepare for careers such as teaching music, music production and music retail.

Both programs offer a variety of courses in music theory.

Music majors have a focus in aural skills, or ear training, and music business majors spend more time in basic business classes.

Students in the music degree program also have the option of applied lessons.

Samuel Baltzer, the music professor at Floyd, said, "We

find the best teachers we can that are available to teach one-on-one. They're all experts on their instruments."

While GHC does offer a few music-based classes for non-music majors, most of them are for students in the degree program only.

Robert Adams, the music professor at Cartersville, pointed out that it is important for students pursuing a degree in music to already have a background in their instrument of choice.

Many students may be unaware that GHC also has two instrumental ensembles, the concert band and jazz band, which are available for credit and are always looking for new members.

Students interested in joining one of the bands or students who are interested in



Photo by Sarah Cousar

Student instructor Daniel Craven (left) leads student singer Ashley Hudson in a private lesson on the Cartersville campus.

specializing with instruments er@highlands.edu. Students can contact Adams at radams@highlands.edu. Students focused on vocals or choir can

Nursing Prof. Margie Frazier set to retire

**By Cassandra Humphries
Staff Writer**

After many years of service with Georgia Highlands College, formally Floyd Junior College, Marjorie J. G. Frazier, MN, RN, will retire July 31.

Frazier has taught second year nursing students, AHSC 1101 Medical Terminology and CNA classes through Continuing Education and enjoys advising. Her enthusiasm, though, lies with the first year nursing students. Frazier said, "I love foundations. I love to see the lightbulbs go off."

Frazier remembers Floyd Junior College opening and the positive impact it made on the community. Frazier graduated Rockmart High School a year early, married and began Navy life with her husband.

After serving four years in

FL and RI they settled in Cedartown, GA. Frazier worked as a small business owner providing sewing services and even rose to a district manager position with Avon.

In 1979 Frazier entered FJC as a nontraditional student. She served as an officer for both years of her nursing classes. In 1982 she was awarded Outstanding Achievement in Clinical Performance by Redmond Hospital.

In the same award ceremony she received the award she is still most proud of, the Spirit Award earned for "a person who has shown enthusiasm and support of the college."

She graduated with her ASN in 1982 from FJC and states she "had the most wonderful instructors this college ever had."

In 1986 Frazier began

teaching part time with FJC, until 1988 when she was accepted into Emory University's master's program. In 1989 Sigma Theta Tau inducted Frazier as a member of Emory's Alpha Epsilon chapter and was also awarded Omicron Delta Kappa membership.

In 1991 Frazier graduated with a Master of Nursing from Emory University. She claims it would never have been possible without the Woodruff scholarship she obtained through her solid foundation at FJC.

Frazier began her full-time faculty career with FJC in 1991. That year she also obtained her Gerontological Nurse Practitioner license and later her Clinical Nurse Specialist in Adult Psychiatric and Mental Health, both board certified with ANCC.



Photo by Cassandra Humphries

Margie Frazier

In 1995 she became a published author of "Long-term Care Companion: Skills for the Certified Nursing Assistant."

"Few have offered as rich, committed, valuable and earnest a teaching and learning experience as has Margie Frazier," said Renva Watterson,

vice president of academic affairs.

Frazier is a certified nursing educator and may continue that "just for fun," she said. "The students and faculty here fill my day, my heart. I'm going to miss that every day contact," Frazier said.

She offered lasting advice for nursing applicants when she said, "Keep your grades up, the competition is growing."

Frazier's plans after teaching include spending time with her husband, three children and seven grandchildren. She proudly brags she will now have time to watch her grandchildren play sports.

Watterson said, "She has earned her retirement. I truly hate to see her go, but I love her and wish her every happiness, now and evermore."



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Georgians to vote on bill aimed at fighting sex trafficking

By Holly Chaney
Managing Ed., Design

As the Presidential race comes to a head this November, many Georgians may be pulled to the edge of their seat as they wait for the results of the general election.

For Lisa Williams, a pivotal activist in a fight against sex trafficking here in Georgia, and others like her, the November vote will hold heavy importance for a slightly different reason.

That is because this November, Georgia citizens will be able to vote for Senate Resolution 7, a resolution that would allow the Georgia General Assembly to set additional penalties or fees for those

convicted of severe sex crimes and deter the ever-growing issue of sex trafficking here in Georgia.

The severe crimes covered under the bill would include keeping a place of prostitution, pimping, pandering, trafficking of persons for sexual servitude or sexual exploitation of children.

Williams, who has devoted her life to rescuing and rehabilitating young men and women who have been victims of human trafficking, has been seeking support for the bill and her cause locally and nationally through high profile speaking engagements such as on CNN and in smaller, more intimate settings like GHC.

As stated on the Circle of Friends website, the resolution comes on the coattails of Senate Bill 8, which was signed into law in May 2015.

Senate Bill 8, also known as Safe Harbor/Rachel’s Law legislation, extended the statute of limitations for child sex trafficking victims from the age of 23 to 25 for actions committed on or after July 1, 2015.

The legislation also outlined the operation of the Safe Harbor for Sexually Exploited Children Fund and Commission. The fund will be used to provide care, rehabilitative services, residential housing, health services and social services to sexually exploited children.

Lisa Williams to visit GHC

By Holly Chaney
Managing Ed., Design

In honor of Women’s History Month, the Cartersville campus will welcome women’s rights advocate and activist Lisa Williams to speak to students.

Williams has devoted her life to fighting for women and is the founder of Circle of Friends and The Living Water Center in Atlanta.

According to the organization’s website, Circle of Friends was founded with a mission to “serve, educate, empower and equip women to make a positive difference in the lives of other women and girls.”

Williams’ other organization, The Living Water Center, was founded as “a survivor-driven safe space and strategic initiative for girls,

young women, and mothers of girls who have been victimized by violence, sexual trauma or sex trafficking.”

Williams will speak to students before holding a Q & A. She will also have copies of her new book, “Beautiful Layers:

Stories from Those Who Survived the Life of Prostitution & Child Sexual Exploitation,” available for sale.

The event will take place on April 12 at 3:30 p.m. and will be immediately followed by a reception sponsored by



Lisa Williams speaks at Cartersville campus in 2015

Test your knowledge Women’s History Quiz

By Katie Engler Staff Writer

Can you identify these women whose achievements have contributed to history?

1. In 1890, who was the first Native American to graduate from the Woman’s Medical College of Pennsylvania?

Susan LaFlesche Picotte Ellen Swallow Richard Amanda Jones

2. Who was the first African American woman to be elected to the United States Congress?

Shirley Chisholm Olympia Brown May Chinn

3. In 1968, who wrote “The Feminine Mystique” and was one of the leaders of the Women’s Movement?

Lucretia Mott Betty Friedan Abigail Mead

4. In 1962, who wrote the book “Silent Spring,” creating an impact on the environmental movement?

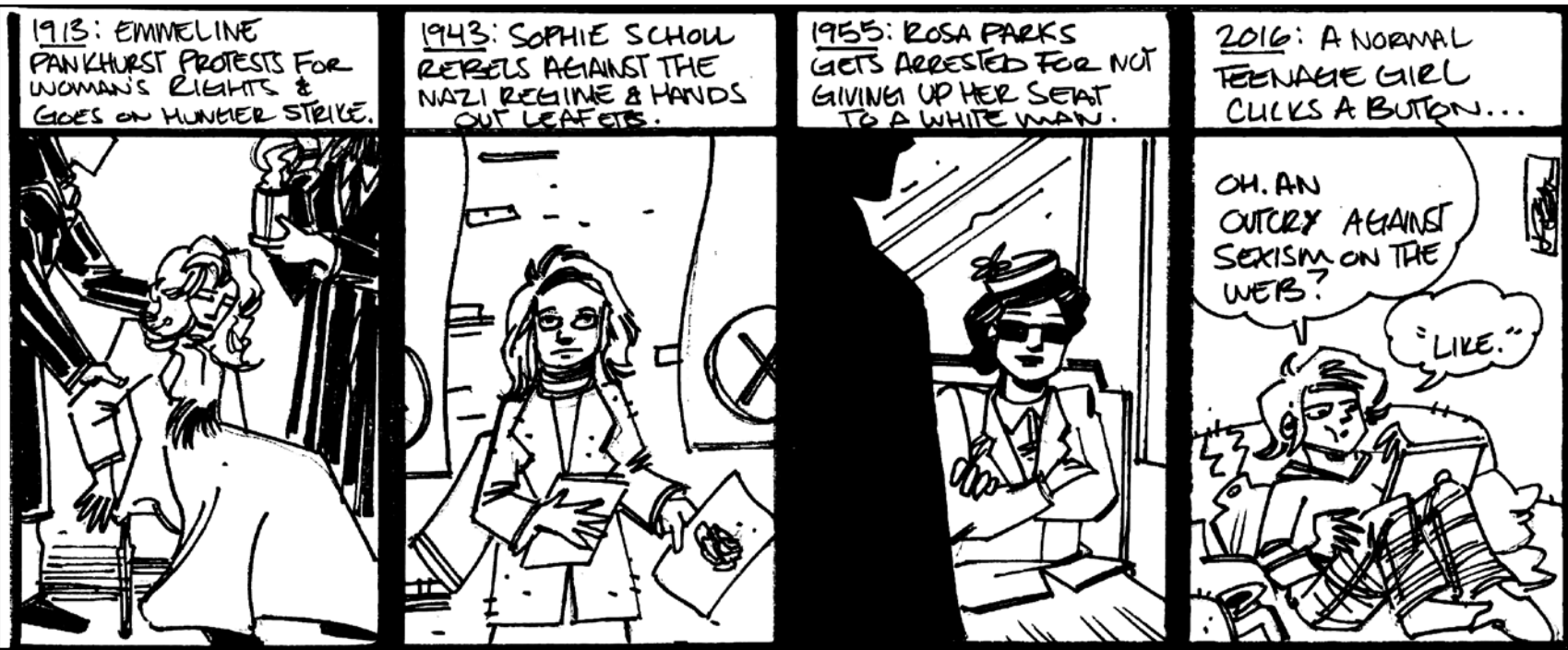
Grace Hopper Rachel Carson Lady Ada Lovelace

5. Who became the first woman in space on June 16, 1963?

Valentina Teresh Kovam Sally Ride Peggy Whitson

6. Who were the first women to graduate from Army Ranger school Aug. 21, 2015?

Stacey Moffett and Taylor Barton Elizabeth Blackwell and Nellie Bly Kristen Griest and Shaye Haver



Answers: 1. Susan LaFlesche Picotte 2. Shirley Chisholm 3. Betty Friedan 4. Rachel Carson 5. Valentina Teresh Kovam 6. Kristen Griest and Shaye Haver

AAUW is looking for student leaders

By Kristin Lane
Staff Writer

The Georgia Highlands chapter of the American Association of University Women is carrying on a piece of history that began when the AAUW organization was formed in 1881.

Connie Watjen, assistant professor of English, who is one of the club advisers said that the “mission of AAUW is to empower women by offering leadership opportunities, by demonstrating how to take action on issues that matter to them and by providing funding for educational and career goals.”

The Georgia Highlands chapter has only been around since 2013 but has already made an impact on the women of the school.

Watjen shared a story about one of the students involved in the club.

She said, “When she enrolled at GHC, she listed her major as dental hygienist, even though she had no interest in that profession. It simply seemed like a good job for a woman. Too many women



Photo by Stephanie Corona

(From left) Diane Sakmar, President of AAUW in Cartersville, Sidney Cothron, GHC Student and AAUW member, Stephanie Ray, dual-enrollment student, GHC AAUW member, Connie Watjen, AAUW member and club advisor for GHC (front) Miriam Ward, president of AAUW at GHC

fail to grasp the limitless possibilities available to them and instead just ‘go with the flow.’”

The AAUW tells women to go beyond their goals and

empowers them to overcome obstacles that at first seemed too hard to achieve.

Students interested in AAUW may email Watjen at cwatjen@highlands.edu

Highlands celebrates women

By Jessica Lee
Digital Technician

Georgia Highlands will host a series of events during March and April to celebrate Women’s History Month.

On March 23 the Cartersville campus will be announcing a winner for the Carolyn Hamrick Memorial Women’s History Month Essay Contest

Other activities on the Cartersville campus include a viewing of the film “Iron Jawed Angels” on March 17, noon-2 p.m. and a discussion of the book “Lean In” on

March 21, noon-a p.m..

There will be a reading with Q&A with poet Laura Newbern March 22, 12:30 p.m. and a job fair on March 23, 10 a.m.-2 p.m.

There will be a presentation by Lisa Williams from Living Water for Girls April 12, 3:30 p.m.

Floyd Campus will be hosting a series of readings titled “Voices of Women” on March 22, 11:45 a.m.-1 p.m. and a discussion of the book “Lean In” on March 23, 2 p.m.

The Marietta campus hosted a presentation by Mer-

edith Ginn entitled “From Astronaut Wives to Sally Ride” on March 10, 12:30-1:30 p.m., and will host “Voices of Women” on March 22, noon-2 p.m.

Paulding and Douglasville campuses will host a Women’s History Month display and trivia contest throughout March.

Both campuses also hosted a screening of “Rosies: Stories from the Homefront.”

The film discusses women who worked as part of the war effort in WWII and features firsthand stories of their experiences.

Consent should be everyone's cup of tea

Consent has become a topic of heated debate nationally and abroad, with a push to better define consent and to hold accountable those who fail to seek it.

With the rise of feminist activism across U.S. campuses, the issue of sexual assault can no longer be quelled or swept under the rug.

With student protests making national news, gone are the days of institutions of higher learning looking the other way when assault happens on their campuses.

Many states have adopted a zero tolerance pol-

icy and some, like Georgia, have implemented mandatory measures to educate students about the dangers of alcohol and sexual assault.

As the issue of consent has gained traction and support nationally, it has also put some up in arms. For many, consent has become as obvious as serving up a cup of tea, an effective analogy served up by a British viral video in 2015, but for others who see the growing cause as a recipe for false accusations and unjust punishment, consent doesn't look so clear. Worries that a night of what seemed like consensu-

al fun could turn into rape allegations are terrifying, and rightly so.

As women have long been hushed and blamed for their own victimization, it is well understood that one's voice, as a victim, no matter the gender, should be heard. Victimization of any kind, whether it be assault, sexual assault, larceny or rape, should be taken seriously regardless of the sex, color, orientation or hem length of an individual.

But, just as a person's victimization should be taken seriously so should the rights of the accused. Should a person be blamed

wrongfully for any crime, he or she deserves to be able to maintain innocence until proven guilty. This is the hopeful objective of due process and the judicial system.

While no one wants to be wrongfully accused, it has no bearings on the validity of the issue of consent.

Sexual assault is a real and pervasive problem that deserves action and relevance in our national conversation and lives.

At some point, we have to hold individuals accountable for their actions and educating people about what constitutes real consent is a crucial start.



Artwork by Josh Jones 2016

I am the 1 in 5 who will experience being sexually assaulted in their life

By Holly Chaney
Managing Ed., Design

I should have seen it coming. I'd known the statistics for years. I'd done my research, written papers and spoken loudly on behalf of other people's lives.

But now, I speak for myself when I say I know about sexual assault.

I know what it is like to be forced into something that you didn't ask for and what it's like to say "no," "please stop" and "don't" and have it go unheard by someone you trusted.

I know what it is to feel ashamed and terrified to have to describe your assault, only to be asked why you put yourself in that situation and to be



Editor's Box

Holly Chaney
Managing Ed., Design

blamed as if it were your fault.

I now know that sexual assault undermines your sense of safety and degrades your self and worth and that it can shatter your ability to focus and make it difficult to do your work.

I know now that well-meaning, intelligent people can still be antiquated in their ideas and that defending the perpetrator and blaming the

victim still happens and that it makes you feel even more alone.

I know what it is like to feel as though raising your voice would somehow make you overly dramatic and messy and those around you uncomfortable, and what it is like to feel like a hypocrite for having spent your life advocating for others, only to find it hard to advocate for yourself.

We'd like to hear your feedback

Sixmilepost.com or Facebook.com/sixmilepost

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America: where poor people are fat and life changes every six months



Larry's Look on Life

Larry Oswalt
Student Guest Columnist

With the presidential race in full swing, and everyone who is anyone finding faults and mistakes in all that our country does, let's take a minute to think about another side of America.

Some time ago, an obviously malnourished stowaway was discovered on board an arriving cargo ship.

The ship had left Bangladesh and had docked in New York City with its cargo.

The stowaway was taken

into custody and finally arrived at immigration for eventual deportation.

The immigration officials were understandably curious and asked the man why he took a risk only to be sent back if discovered.

The man said, "I want to live in a country whose poor people are fat."

I believe that a country, or a people, can rightly be judged by how they treat the least fortunate among them.

If that is the case, then I think we should find some measure of praise for our great country, while the pundits ramble on.

At the risk of being a curmudgeon...

Why does Congress pass laws that have no purpose other than to irritate me?

My complaint today is the daylight saving time. I DO

NOT LIKE daylight saving time.

It puts our kids on the roadways in the dark to catch the school bus.

It causes untold safety issues with heavy morning traffic occurring in the darkness.

It wakes up normal people at an artificially ungodly time in the morning.

It causes drive-in theaters to start their first movie at 10 p.m.

It makes the sun go down

way after my bedtime.

It does not save anything. All it does is screw up my schedule and mess up my sleeping.

Fortunately, our wondrously designed bodies do eventually adjust to the change after about six months, and then, **THEY CHANGE IT BACK!**

Please put the time somewhere and leave it alone... please.

And quit making my life miserable!

Poll

"I wish illegal immigration would lessen because it makes becoming a citizen for other immigrants harder and it hurts the U.S. economy by working without citizenship."

Savannah Brown
Cartersville Campus
Physical Therapy



What is your stance on immigration in this country?

Photos and Poll
by Sarah Cousar



Jackson Moore
Cartersville Campus
Education

"I have no problem with 'illegal' immigrants if they are coming from a bad situation and looking for asylum and/or a better life, but I do hope they become citizens and don't take advantage of American systems."

"I feel it is wrong that illegal immigrants today don't try to become citizens when others from the past and today fight so hard to become citizens to live here."

Cheyenne Lee
Cartersville Campus
Sports Medicine



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Enjoy your spring break; take a 'staycation'

By Morgan Edwards
Staff Writer

Spring Break: March 28 thru April 3.

Spring break for Georgia Highlands students is right around the corner. Spring break is always an welcome time for students. The weather is usually warm, the air is crisp, flowers are blooming but, most importantly, there are no classes for a week! As time progressively gets closer, students begin to formulate ideas and make plans of how to spend the week. Some students make trips outside of Georgia and some even travel beyond the U.S. borders.

However, for the students who plan not to leave the Peach State, there is still plenty to do without traveling too far or paying a pretty penny.



Artwork by Amanda Maxwell 2016

Amicalola Falls

One of Georgia's most beautiful displays of nature, Amicalola falls is located near Dawsonville, Ga. Get a workout and take in the great outdoors by hiking or climbing to the top of the falls.
www.gastateparks.org

Georgia National Parks

Become one with nature at one of Georgia's national parks. With a myriad of unique terrains, Georgia's public parks are perfect for a spring break escape.
www.gastateparks.org/

Center for Civil and Human Rights

Feed your mind and soul at the Center for Civil and Human Rights in Atlanta with an exciting exploration of social justice, politics and black popular culture.
www.civilandhumanrights.org

Radium Springs

Rest and rejuvenate at Radium Springs in Albany, Ga. The naturally-occurring radium in the water provides its unique color and has long been thought to provide therapeutic relief.
www.visitalbanyga.com

Stone Summit

If you've ever wanted to try rock climbing, Stone Summit has you covered. With locations in Atlanta and Kennesaw, Stone Summit could be a great option for 'staycationers' to blow off some stress.
www.ssclimbing.com

The High Museum

Up your culture game at the at the leading art museum in the Southeast. The High has more than 15,000 works of art in its permanent collection and features world class exhibitions.
www.high.org

Poll: What will you do on your spring break?



Teah Quinones
Business Major, Douglasville

"I plan on spending time with my boyfriend and best friend and eating pizza and watching Netflix."



Alecia Allman
Business Major, Douglasville

"I am going to Panama City Beach and am hoping to experience some stellar parties."



Marshae Oliver
Biology Major, Douglasville

"I am going to Charlotte, N.C. to visit family and party with my older brothers."



Kyle Sochaindo
Biology Major, Douglasville

"I will be visiting my home down in Miami and spending time with family and a few days at Universal Studios."



Quinn Harris
Business Major, Douglasville

"I am going to Panama City. I am looking forward to meeting new people and seeing a part of the country I haven't seen before."

Spoken word poet shares her gift at GHC campuses

By Christina Goodwin
Asst. Online Editor

"Why make excuses for a man that loves you with his fists?"

"Despite the swing of his arm you still find charm?"

"If you want better for her, do better. You can't tell your daughter to reach for the sky when you're scrubbing the floor. You can't tell her to act like a queen when you're okay with being a peasant."

—Lady Caress

These are issues Lady Caress raised in her poem about domestic violence.

It was inspired by Ray Rice and his public violence towards his fiancée, now wife, Janay Palmer.

Lady Caress performed this and other original, provocative poems on the Marietta campus on Feb. 24.

Lady Caress performed traditional poetry as well as her original "beat-box" poetry, for which she would beat-box while reciting the poems.

She began writing poetry at the age of 10 because she was bullied and it was a way to vent.

She began performing her poems in a coffee shop while

attending school to study business.

She performed for extra cash until TV One offered her a job.

After that, her poetry took off, and she was able to change her hobby into a career.

Psychology student Shawn Subulade, an attendee at the show, said that Lady Caress's performance was inspiring and made him think.

He went on to say, "I wouldn't consider what she does a 'job' but a passion. She's very lucky because not many people ever get that opportunity."



Photo by Taylor Barton

Lady Caress performs for GHC students.

Chess club plays mental game

By Sierra Baggett
Staff Writer

Some people may not think chess is entertaining, but the members of the Douglasville chess club would disagree.

The club holds meetings every Tuesday and Thursday

from 2 p.m. to 6 p.m.

Chess is about critical thinking, and if GHC students are looking for a way to better their chess skills or even just starting to play, the Douglasville chess club is a way to achieve those goals.

Students in the club are able to obtain chess mentoring

without having to pay fees.

Josh Jones, president of the chess club, has competed in and won at chess tournaments. Jones said, "Chess can be for casual or competitive spirits. Chess is a game that will enhance your critical thinking skills and enhance your ability to be analytical."

'Arrow' offers adventure

By Brandon McNally
Staff Writer

T.V. Show
Review

"Arrow" is a phenomenal television show that focuses on adventure, drama and conflict in the best way.

Centered on the life of Oliver Queen, who transforms from entitled rich kid to selfless superhero after becoming trapped on an island for years, "Arrow" creates a fascinating story with captivating characters and an engrossing storyline.

"Arrow" does have its weaknesses. At times, it can be hard to silence one's inner critic and say such things as, "That was not realistic" or "No one can actually do that." For example, characters presumed dead appear throughout the season.

Oliver is similar to Batman in that he doesn't have any real superpowers, but he manages to accomplish superhuman feats.

Certain aspects will never conform to ideas of what is realistic. This is by far the worst aspect of the show, but it has many more redeeming qualities.

Overall, "Arrow" is a fascinating show that adults should watch and make judgments about for themselves. The best part of "Arrow" is that it keeps the viewer on the edge of his or her seat wanting more.

This show
gets a grade of



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www.ccwac.com

The Lady Chargers are competing for the first time as the 16th seed in the NJCAA National Women's Championship in Lubbock, Texas. They were scheduled to play their first game March 14 against #17 seed Gillette College. For updates, head to sixmilepost.com.

GHC Charger teams

Lady Chargers win region tourney for the first time

By Tyler Wright
Managing Editor, Sports

After winning the regional championship, the Lady Chargers, with a regular season conference record of 14-2, won the NJCAA District J Championship game against Spartanburg Methodist College March 5 with a final score of 76-43.

This win secured the team a spot in the NJCAA National Tournament.

The Lady Chargers started off their tournament play by competing in the NJCAA Region 17 Women's Tournament. The team won their quarter-final game Feb. 23 against East Georgia College at home with a final score of 78-52.

The team then travelled to Americus on Feb. 26 to take on Darton State, winning the semi-final game 75-59.

The Lady Chargers won



Photo by Taylor Barton

After being honored at halftime at the men's quarter-final, the Lady Chargers and coaches pose with the GCAA Championship trophy. Head Coach Brandon Harrell is on the far left.

the Region 17 Women's Championship in a close game against South Georgia Tech on Feb. 27 by a score of 65-63, be-

coming the first GHC women's basketball team to win the tournament.

After the game in Spar-

tanburg, S.C., Coach Brandon Harrell shared his thoughts on his team's performance.

"We really played well,"

Harrell said, "especially in the second half."

Harrell went on to discuss his sophomore players.

"I can't say enough good things about them and their work ethic and leadership. All six were huge contributors to our success," Harrell said.

Individual team members received awards this season, as well.

Kayla Carter and Deashia Jones were named to the 2016 GCAA All-Tournament team, with Carter also receiving the title of Tournament Most Valuable Player.

Carter and Deana Blankinship were named to the GCAA First Team and Second Team, respectively.

Going forward, Harrell said, "We're focused on Gillette College. That is our first round game. If we win that game, we will take it one day at a time."



Photo by Taylor Barton

Auriana Broughton looks for an opening to inbound the ball.

"The national tournament is such a great experience. It is a memory that these girls will have forever."

-Brandon Harrell,
Women's Basketball
Head Coach



Photo by Taylor Barton

(From left) Auriana Broughton, China Henderson and Maria Crider enjoy the halftime recognition.

competing in National Tourney

Chargers win second consecutive region tournament

By Tyler Wright
Managing Editor, Sports

The GHC Chargers are the NJCAA Region 17 Division champs for the second year in a row.

The team defeated the Central Georgia Tech Titans 78-72 Saturday, March 5, in the Floyd campus gym to take the championship title. This victory guaranteed the Chargers a seat in the NJCAA National Tournament in Hutchinson, Kan.

Due to the Chargers' successful record, the NJCAA Region 17 Tournament was hosted at the Chargers' home court.

The Chargers started off the tournament with a 104-95 victory against East Georgia State on March 1. The team then advanced to the semi-finals March 4, where they defeated Chattahoochee Tech 100-79.

In the championship game, the Chargers suffered from a slow start. The team was down by 12 points during the first half. However, by halftime,



Head coach Phil Gaffney (far left) and GCAA Commissioner David Elder (far right) pose with the team after they received their trophy.

Photo by Daniel Smith

the Chargers had managed to tie the game 37-37. They then pulled ahead during the second half, winning and advancing to the national tournament.

Guard Tylik Evans shared his thoughts about the team.

"I'm really proud of my teammates. Without our teamwork, we wouldn't have been able to make it this far," Evans said.

This marks the second consecutive year the Chargers have made it to the na-

tional tournament. Last year, the team was able to make it all the way to the Final Four, a feat which they hope to achieve again.

At the end of the Regional Championship game, Phil

Gaffney, GHC head basketball coach and director of athletics, was presented the award for Georgia Collegiate Athletic Association 2016 Division I Coach of the Year.

"It wasn't anything I did," Gaffney said. "We've got some really great assistant coaches and players. That's where the award came from."

Several members of the team have also received GCAA awards.

Doniel Dean was named NJCAA Region 17 Tournament MVP. Dean was also named Defensive Player of the Year and was added to the GCAA All-Defensive and GCAA First teams.

Evans was named Division I Freshman of the Year and was also named to the GCAA All-Freshman team. In addition, Evans was named to the GCAA Second team, an honor he shares with teammate Kyvon Davenport.

The team, which is ranked #2 nationwide by the NJCAA, was undefeated in conference play and has an overall record of 32-1 for the season.



Photo by Daniel Smith

Kyvon Davenport (left) and Shakari Jones (right) mount an offense against Central Georgia Tech in the championship game.



Photo by Taylor Barton

Paris Ballinger shoots a free throw in the semi-final game.

The Chargers are competing for the second consecutive year in the NJCAA National Championship in Hutchinson, Kansas. Competing as the 3rd seed, the Chargers' first game is scheduled for March 16 at 7 p.m. For updates, go to sixmilepost.com.

Booster Club supports GHC athletics

By J.D. Martinez
Staff Writer

The newly formed Charger Athletics Booster Club helps with fundraising and promotion for the college's athletic teams.

Its mission, according to Jason Hitzeman, associate professor of biology and Booster Club president, is "to provide Georgia Highlands College's Athletic Programs with support in helping its student-athletes achieve intellectual, physical and personal growth while competing at the highest level of the National Junior College Athletic Association."

A small group of faculty, staff and community members are currently setting the groundwork to have a fully functioning club for the start of the 2016-17 school year.

They have been working on drafting bylaws, electing officers and a board of directors, and volunteering at some events.



Photo by Taylor Barton

Members of the Booster Club cheer along with other fans at the Chargers quarter-final game.

In addition to Hitzeman, the officers are Vice-President Andy Dawson, associate professor of biology, and Secretary-Treasurer Lorrie Rainey, who is the administrative assistant of athletics and natural sciences/PE.

So far this year, Booster Club volunteers have worked at the GHC Border Battle softball tournament and assisted with the hospitality room at the men's regional basketball tournament.

They also ran the concession stand during area girls and boys basketball all-star games hosted by GHC on March 10.

Hitzeman said, "Although we are wrapping up this year and there isn't

much left to do, anyone who wants to be involved can contact me at jhitzema@highlands.edu."

Membership in the booster club is open to anyone interested in supporting Charger Athletics.

Chargers lose 3-1 to Ohio Sinclair

By Jorge Tinoco Ramos
Staff Writer

The Georgia Highlands Chargers hosted the Ohio Sinclair Tartans on Saturday, Feb. 27, losing the non-conference game 3-1.

The match became a battle between the pitchers. The Chargers opened up the game with Chandler Newton on the mound.

Coming into the third inning the Chargers decided to change pitchers with Zach McCrum replacing Newton.

McCrum would pitch the next three innings without giving up a run.

However, the Tartans would answer with pitcher Alex Anders keeping the Chargers at bay.

In the sixth inning, the



Photo by Jorge Tinoco Ramos

Zach McCrum pitches to an Ohio Sinclair batter.

Tartans scored the first run of the game.

The Chargers' offense

countered quickly with a run of their own from Andrew Cooley.

The next run came during the eighth inning from the Tartans.

This time, the Chargers were unable to respond with a run of their own.

The pitching battle between McCrum and Anders concluded early in the ninth when the Chargers brought in pitcher Colby Taylor.

Under Taylor's pitching the Tartans' offense would score one more run.

The Chargers were unable to score in the ninth.

At the end, Coach Mike Marra said, "The team was solid defensively, but the team needs to capitalize on opportunities offensively."

The Chargers play their first conference game at 5:30 p.m. on March 15.

Rome Braves to welcome GHC Mar. 21

By Jordan Appel
Staff Writer

GHC Night at the Rome Braves game will be Saturday, April 9, at 6 p.m.

According to Sheila Jones, GHC director of marketing and public relations, anyone that is an employee or a student with a current ID can claim the free tickets, although it is first-come first-serve and the tickets are limited. Tickets will start to be available March 21.

Employees and students can also buy tickets for friends and family.

The cost of the tickets are \$5 each. All tickets include a free hot dog.