

# SIX MILE POST

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*The Student Voice*

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Photo by Karlee Helms

**Charger (from left) Doniel Dean stands ready to assist as teammates Donovan Harris and Jordan Adams jump for a rebound against the Fort Benning Knights.**



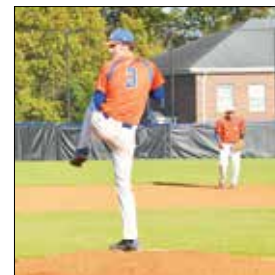
**Dental students  
clean teeth  
by appointment**

See page 3.



**Past student  
becomes  
news anchor**

See page 6.



**Baseball and  
softball prep  
for season**

See page 14.

**Georgia Highlands College - Rome, Georgia**



# Verification may be needed to keep financial aid

By Derweatra Hammock  
Managing Ed., Design

With FAFSAs becoming available Jan. 1, Megan Simpson, director of financial aid, encourages students to get an early start and to keep check on their email and SCORE accounts to see if they have been selected for verification.

The financial aid verification process occurs when the Department of Education selects certain FAFSAs to be verified. GHC's Office of Financial Aid is in charge of confirming that the data submitted on the selected FAFSAs is accurate.

Simpson stated that the Student Aid Report, emailed within three to five days after students complete their FAFSA, will indicate that a student is selected for verification by having an asterisk by the EFC label.

She said students can also go to "Check My Aid Status" on SCORE to see if

they have been chosen for verification and to see what paperwork they need to fill out. The link also allows students to see award amounts, outstanding requirements, HOPE eligibility, Satisfactory Academic Progress and messages from the Financial Aid Office.

Since the verification process takes four to six weeks, Simpson stressed the importance of getting documents submitted as soon as possible, and Lauren Huddleston, financial aid processor, advised students to get paperwork submitted on time by paying attention to priority deadlines.

The deadlines and forms can be found on GHC's financial aid webpage and, once completed, should be sent to the financial aid office. Also emails listing verification requirements will be sent to students' Highlands email.

Todd Jones, vice president for student affairs,

stated, "It's our goal to get notifications about verification out in early March so that students will have more time to get their paperwork submitted."

Jones said that when all students wait until the last minute everything piles up. He said another big issue is when incomplete verification forms are submitted.

"This also holds up the process and causes a delay in financial aid awards," stated Jones.

Reba Wood, psychology major at the Floyd campus, was selected for verification after making corrections on her FAFSA and said, "I was confused at what to do at first, but I got in contact with a financial aid adviser and she helped me a lot."

Simpson suggests students having trouble filling out their forms contact a financial aid adviser or use the GHC 411 ticketing system that provides help to students 24/7.



Photo by Callie Stokes

**Student receives help in the Financial Aid Office on Floyd campus. Students may see a financial aid adviser on their campus if chosen for verification.**

## SPSU/Kennesaw merger plans keep GHC at Marietta campus

By Brooke Allen  
Staff Writer

Highlands students will be moving back into that building.

New signs will be replacing the name of the college. Reaves is unsure if new buildings will be built on campus.

With Southern Poly being made into a new college, GHC students feel sympathy towards SPSU students.

Emily Ruotolo, a Georgia Highlands student at the Marietta campus, said, "I feel bad for Southern Poly students because they worked hard to get into a technical college and now they're being recognized for going to Kennesaw."

Although two colleges are merging into Kennesaw State, life for Highlands students should remain the same, if not better. Reaves stated, "We'll see what the future holds. This will be a good thing."

Kennesaw State University and Southern Polytechnic State University will be merging into one campus that will be called Kennesaw State in January 2015.

A lot of changes will be taking place, but Georgia Highlands students should not worry. According to Ken Reaves, the dean of the GHC Marietta campus, the only changes that will take place are positive ones.

Although no plans are set in stone, Reaves said new class programs and teachers may be added to GHC's Marietta location. More tutoring will be available, and it will be even easier for GHC students to transfer to Kennesaw State, if they would like.

When the D Building renovations are finished,



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<http://www.highlands.edu/site/student-support-services>



# Dental hygiene offers services to students and others

By Brianna Drake  
Staff Writer

The Georgia Highlands Dental Hygiene Program offers morning and afternoon dental appointments on Mondays and Tuesdays at Heritage Hall.

The Dental Hygiene course is a two year program that consists of one year for prerequisites and one year for the actual clinic.

The program only takes 14 students per year, so there is some competition to get into the program.

The students offer a variety of services including blood pressure, oral cancer screenings, periodontal evaluation, sealants, x-rays, cleaning of dentures and cleaning teeth.

Before the students can clean someone's teeth, they start out on mannequins. Then they clean each other's teeth.

Once that is completed

they then can schedule actual patients. The students make their own schedules with the patients.

Before people can get their teeth cleaned, they have to call in. The instructors will give the students information and then students can make appointments.

They offer dental services to adults and students three years and older.

The students, beginning summer of 2015, can complete the program and come back to complete their bachelor's degree if they choose to.

Anyone wanting to make an appointment can call (706) 295-6760.

Some of the costs for these services are \$15 extra per tooth for sealants, adult's regular cleaning and x-rays are \$55, deep cleaning and x-rays are \$95. For children 12 and under cleaning and x-rays are \$35.



Photo by Brianna Drake

**Dental hygiene major Kim Radell cleans a patient's teeth at Georgia Highlands College Heritage Hall. Students and others may make appointments to have teeth cleaned, x-rays taken or deep cleanings done while assisting dental hygiene majors in furthering their knowledge.**

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## Douglasville's new 'physical' library is resource for Highlands students

By Holly Chaney  
Staff Writer

The first day of fall term at the Georgia Highlands Douglasville location marked the campus's first semester to have a physical library.

The campus, which has been in operation since 2009, had subsisted with a virtual library until this semester. Previously, students who wanted to check out a book or speak to a librarian had to log-on to the school's virtual library system.

While the advanced virtual system was useful, the Douglasville campus still lacked the advantages of a physical librarian and readily available books.

As students delved into their fall courses and got acquainted with their new professors, they also dug into their new library resource, finding help through Sumer Lang, the campus library associate.

In addition to the one full-time library associate, Paulding librarians Suzanna Smith and Christen Collins come to Douglasville periodically to give classroom instruction concerning the college's online library resources.

"It's helpful to have a physical person to speak to about library needs. Order-



Photo by Holly Chaney

**Spencer Carroll, business administration major, browses through books in new Douglasville library.**

ing books through the internet from other campuses was a bit of a hassle," said middle grades education major Angela Ray.

She continued, "It's nice to be able to go to the library and actually see the books and to know that there is someone there to assist us if we need it."

Excited about the campus's circulating collection, Lang stated, "The library has 65 reference books, 41 new and popular best sellers and 23 books reserved by campus professors."

The library currently holds 937 titles, both fiction and non-fiction, and is always growing.

Lang said, "If we find that a book is popular or requested enough, we will purchase it to be a part of the library's permanent collection."

Students needing assistance at the Douglasville library can consult Lang in person during the library's normal business hours of 8 a.m. to 5 p.m., Monday – Friday or by email at slang@highlands.edu.

## \$10,800 ALG grant inspires textbook-free FCST course

By Chazmyane Griffin  
Staff Writer

Georgia Highlands College has received a \$10,800 grant from Affordable Learning Georgia to develop a textbook-free course.

Affordable Learning Georgia is an initiative by the University System of Georgia to make a college education more accessible and affordable.

This grant is one of 30 awarded out of the numerous grant proposals submitted to the ALG.

Kimberly Wheeler, associate professor of reading, and Sarah Hepler, instructional designer in the eLearning department, applied for the grant and will be developing a trial textbook-free FCST 1010 course to be offered spring 2015.

Wheeler said the FCST 1010 class is a 10-week long course required for students enrolled in at least one learning support course, which makes up a vast majority of GHC's student population.

Hepler stated that the course teaches skills such as time management and organization that will allow students to be more successful during college.

According to Wheeler

and Hepler, most books do not cover the course's vast topic range nor provide students the engagement needed to grasp concepts.

Therefore, they plan to create a dynamic, stimulating course and combat rising textbook costs by using online materials.

These materials cover a range of media including videos, games and quizzes from Films on Demand found in Galileo, Merlot and even YouTube. Wheeler has found that YouTube videos have had a profound positive response from students.

Hepler stated that the course materials will be housed on D2L, making it easier for students to access the materials.

Additionally, this will allow teaching to be more uniform from instructor to instructor.

Hepler said, "The new course design will influence greater collaboration between professors and students as professors are not tied to a book."

She continued, "Students will benefit from a more open and creative environment."

With this course's success, other courses could possibly become textbook-free.

**Don't forget to register for spring courses!**

## Highlands Happenings

### Student Center remodel continues to make progress

By Tyler Hogue  
Asst. Online Editor

The Floyd Student Center renovations are much closer to being finished.

John Spranza, coordinator of student life on the Floyd campus, said the ren-

ovations should be finished at the end of November as planned.

Spranza stated, "The workers are having to work around students' class schedules, but it is coming along nicely."

He also said that the Student Center should be fully available for student use in the spring semester.

McCamey Hannah, computer science major, stated, "It'll be cool when it's done."

### Speech tourney date now set

By Jazmyne Lindley  
Staff Writer

The fifth Annual GHC Public Speaking Competition will be Friday, April 17, at the Cartersville campus.

Speech topics must be in persuasive form, with a time limit of 6-8 minutes.

In order to register for the competition, students must be enrolled at any GHC campus location.

Students must also have taken in a previous semester, or be currently enrolled in, COMM 1100-Human Communications or COMM 1210-Public Speaking.

According to Steve Stuglin, instructor of communication on the Douglasville campus, registration for the competition is expected to

open in February.

Last year's winners were as follows: first place, Malika Jones, "MS Walk 2014"; second place, Emily Larisch, "Civil Rights"; and third place, Kiston Dowler, "Take a Shot: The Flu Shot."

Stuglin said more information about the 2015 Public Speaking Completion will be posted later at [www.highlands.edu/site/communication-speech-competition](http://www.highlands.edu/site/communication-speech-competition).

# Safe Zone provides haven for GHC students

By Mellisa Parr  
Staff Writer

GHC Safe Zone is an ally training program for LGBT students and also other college students to help empower individuals. This Safe Zone is made up of GHC staff that volunteered to receive training to be certified Safe Zone members.

Safe Zone is very popular around the nation for college students who face issues on a daily basis but may not have someone to speak with.

Chris Hart, instructor of mathematics on the Marietta campus, and Elizabeth Dose, assistant professor of psychology on the Cartersville campus, work as the coordinators for the program.

One thing to know about Safe Zone is that it can be different at each school to fit its own needs. The goal for this program is to help college students become more comfortable with who they are.

Its purpose is to "remove

the veil of invisibility," Hart said. Students at Georgia Highlands and other colleges face difficulties showing their peers and even themselves who they are because they are scared of negative feedback.

Safe Zone is a place for college students to not feel judged for who they are or issues they may face on a daily basis.

Hart said, "We have invested over 400 hours combined doing research, writing and preparing the manual and preparing the training sessions."

Sean Callahan, assistant professor of psychology on the Marietta campus, GHC executive liaison for diversity and chair of the Diversity Initiative Committee, said, "Chris and Beth are doing very important and much needed work by facilitating Safe Zone training."

Callahan continued, "I've already heard good things about the training session, and I look forward



Photo by Brooke Allen

**Chris Hart, instructor of mathematics and coordinator of Safe Zone, holds up the program's logo which will be posted on certified members' office doors.**

to participating next semester."

Feedback from students has been positive. Gloria Zangal, a nursing major on the Marietta campus, said, "Safe Zone is a per-

fect program for students in our generation because there are so many issues that come along in our day and age, especially as young adults who are still trying to discover who we really are."

Safe Zone signs started appearing on all campuses Nov. 7. Faculty members who underwent training can be identified by a Safe Zone sticker that will be visible on their office doors.

## New project focuses on student debt

By Ashlee Gilley  
Staff Writer

The Student Debt Project is a GHC student-faculty collaborative research project focused on how much students know and how they feel about their financial aid and student loans.

The group hopes to see how factors such as age, gender, ethnicity, veteran status, and many others affect the student debt issue. Steve Hood, president of the Undergraduate Researchers Impacting Tomorrow club, also known as UR-IT, said they want to involve every kind of student in the data collection.

The more of a variety that they have in participants, the more they will be able to see the problem for

what it truly is.

According to Camille Pace, instructor of mathematics, the information has been gathered via a voluntary survey. The survey consisted of questions about student debt, student loans, and the students' attitude towards debt and how it will affect their future.

One of the goals of the project is to make GHC students more knowledgeable about student debt and how it affects them. Hood said, "I personally want to make people think about why the government is looking towards profiting off of college students to balance the budget."

Pace said, "We hope to make GHC students more aware of what is involved in their student debt and how

much it will affect their lives in the future." According to [projectionstudentdebt.org](http://projectionstudentdebt.org), the average amount of debt for a student attending a four year college in Georgia is \$23,089.

The Student Debt Project was born during a conversation about student debt when some members of UR-IT realized most students do not really understand the student loan process. The Student Debt Project is also the first project for the Research Leaders Group.

After the data is collected it will be analyzed by the Research Leaders Group. They will be going on a trip to Washington, D.C. over Spring Break to present their findings to a member of Congress, according to Pace.



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**Don't Forget! Thanksgiving break is Nov. 26-28.**



## GHC alumnus Victor Williams enjoys time in front of the camera

By Asia Rowe  
Staff Writer

Currently in his last year at Georgia State University, Victor Williams, 21 and a GHC alumni, is most certainly a busy man.

"I am a resident assistant, Georgia State TV anchor and reporter and, believe it or not, enrolled in six classes."

"GSTV has enabled me to interview all types of people, including T.I., B.O.B and Laura Ling," Williams said.

With a passion to pursue a career in journalism, Williams said journalism wasn't his parents choice but was his. "My parents wanted me to do forensic science," he said.

In high school, he had a teacher tell him he had a natural talent for speaking.

With that, he started his journey to perfect his skill.

"If there were ever an event at school and the staff needed a student speaker, I was always the person they called," Williams said.

Soon after graduating from high school, Williams chose to attend GHC's Douglasville Campus because the college was close to home and more affordable at the time.

"I could honestly say, going to Georgia Highlands has been one of the greatest decisions I have ever made," Williams said.

While at Georgia Highlands, he participated in a wide variety of GHC student clubs.

Williams said, "At Highlands, I was the president of Brother 2 Brother, an Orientation Leader, in the Math & Science Club and

vice president of public relations for Phi Theta Kappa."

Williams stated that he felt he was busier at Georgia Highlands than he is now at Georgia State University.

"I could honestly say, going to Georgia Highlands has been one of the greatest decisions I have ever made."

-Victor Williams,  
GSTV anchor

Soon to be a Georgia State grad, Williams stated that he is currently on a quest for anchor jobs after college.

Even though starting from the ground and working his way up is the route



Contributed

**Former GHC student Victor Williams is filmed on the scene while serving as an anchor and reporter for Georgia State TV.**

he plans to take, he has put FOX News, WSBTV News, 11 Alive and others on his application list.

Motivated by seeing himself on GSTV daily, Williams is inspired to get to the top.

"I'm not sure where I'll end up, but I know I'll end

up somewhere," he said.

Jon Hershey, dean of the humanities division and Brother 2 Brother adviser, said, "I never had any doubt or question that Victor was headed for superstardom."

He then added, "I knew he would become a news anchor sooner than later."



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## Marietta math teacher encourages students 'not be afraid of making mistakes' in class

By Ariana Carter  
Staff Writer

For most college students, mathematics is a demanding subject, but Tatyana Pavluscenco, one of four mathematics professors at Marietta campus, is changing students' perceptions of working with equations.

Pavluscenco was one of four teachers honored as Cobb County Teacher of the Year for post-secondary institutions for this school year by the Cobb County Chamber of Commerce.

Pavluscenco was born in Moldova, a country in Eastern Europe located between Romania and Ukraine. She found her calling quickly in Moldova.

With her desire for teaching, a suggestion to try math came from her par-

ents, who recommended she major in theoretical math at the age of 17.

Earning B.S. and M.S. degrees from Moldova State University, Pavluscenco taught middle school and high school mathematics.

The fall of the Soviet Union in 1991 caused many people to flee the country to America, where more opportunities for a better life existed.

In 2000, Pavluscenco's family hit the "Green Card Lottery" which brought them the opportunity to live a better life in America.

The family settled in Philadelphia in hopes of finding other family members.

Within a year, she was offered a high-level position as an application specialist at an IT company in Mari-

etta.

Pavluscenco has been teaching full time at GHC since 2005 and teaching for over 15 years. Pavluscenco demands her students to put the "I cannot do math" mantra to rest and attempt what seems impossible.

"In my classroom I attempt to create an environment where students who have been previously intimidated by math lose their anxiety enough to step up to the board, try a problem and not be afraid of making a mistake," Pavluscenco said.

She believes in her students no matter their story. Quoting legendary Walt Disney, she said, "If you can dream it, you can do it," wanting all of her students to keep dreaming.

Tim Floyd, academic dean of the division of math-



Contributed

Tatyana Pavluscenco

ematics said, "Tatyana is a fine example of the kind of teacher we want at Georgia Highlands College. She is committed to her students, and she works hard every day to help her students to excel to help them reach their goals."

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## Seasons Greetings

Artwork by Bryanna Lawton and Mary Roberts

•“Hanukkah, the ‘Festival of Lights,’ starts on the 25th day of the Jewish calendar month of Kislev and lasts for eight days and nights.” This year, Hanukkah begins Dec. 16 and lasts through Dec. 24.

•Hanukkah celebrates the religious and military triumphs of ancient Jewish heroes.

•The lighting of the menorah is considered the most important Hanukkah tradition. The candle in the middle, the shamash “servant,” is used to light the other eight candles—one for each day of Hanukkah.

- <http://www.factmonster.com>



•It is believed that the Babylonians were the first to celebrate New Year and make resolutions.

•The use of fireworks on New Year's Eve is believed to have originated in ancient times when fire was used to ward off evil spirits and bring good luck.

•One of the most famous traditions in the United States is the dropping of the giant ball in Times Square, New York City, at 11:59 p.m. The tradition first began in 1907.

•In the United States, New Year's is Jan. 1.

- <http://www.factmonster.com>



•In A.D. 350, Pope Julius I, bishop of Rome, proclaimed Dec. 25 the official celebration date for the birthday of Christ.

•The traditional colors of Christmas are green, red and gold. Green is a symbol of life and rebirth, red symbolizes the blood of Christ and gold represents light, wealth and royalty.

•Santa Claus is based on a real person, St. Nikolas of Myra. He was born in modern-day Turkey.

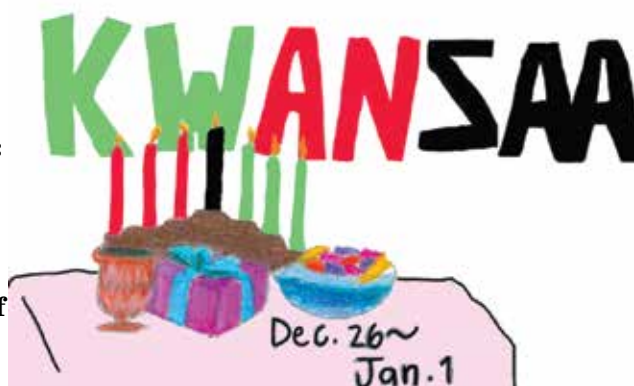
•Christmas wasn't declared an official holiday in the United States until June 26, 1870, and takes place annually on Dec. 25.

- <http://facts.randomhistory.com>

•Kwanzaa was created by Dr. Maulana Karenga in 1966 to celebrate African family, culture and heritage.

•The colors of Kwanzaa are black, red and green: “Black for the people, red for the noble blood that unites all people of African ancestry and green for the rich land of Africa.”

- <http://www.pbs.org>



•The first Thanksgiving is said to have been celebrated by the Pilgrims and Wampanoag Indians.

•Sarah Josepha Hale, magazine editor and the author of the nursery rhyme “Mary had a Little Lamb,” helped persuade Abraham Lincoln to declare Thanksgiving a national holiday in 1863.

•On Dec. 26, 1941, Congress passed a law ensuring that Americans would celebrate a unified Thanksgiving on the fourth Thursday of November every year.

•This year, Thanksgiving will be Nov. 27.

- <http://www.whsv.com>



## At Highlands

### JANUARY

1-3 - Students attend the college's 34th annual ski trip.

### FEBRUARY

1-2 - GHC's first ever intercollegiate baseball and softball teams swing into their first season.

### MARCH

1 - Lady Chargers basketball team goes to the final round of the GCAA playoffs.

19 - Board of Regents passes a policy banning tobacco use at all schools in the University system of Georgia.

### APRIL

15 - Board of Regents raises tuition for 27 out of 31 institutions for the third year in a row.

22 - Brother 2 Brother is honored with the national Chapter of the Year award.

24 - Cartersville's student HUB is renamed in memory of Dean Carolyn Hamrick, who died in January.

26-27- The 29th annual Alabama Shakespeare Festival trip is held.

26-29- The UR-IT club went to Washington, D.C. for the Posters on the Hill conference.

### MAY

17-28- Human Services field placement class sent to the Navajo nation.

### JUNE

6 - Study abroad students visited Normandy, France on the 70th anniversary of D-day.

14-28 - The 17th annual geology trip takes place.

### SEPTEMBER

8 - New president, Donald J. Green, begins his new position on the Floyd campus.

### OCTOBER

31 - The lady Chargers win their first game of the season

### NOVEMBER

4 - The Chargers basketball team win their opening game.



Artwork by Mary Roberts

Timelines compiled by Kiston Dowler, Editor-in-Chief

Background artwork by Bryanna Lawton

## In the United States

### JANUARY

1 - Arizona, Colorado, Connecticut, Florida, Missouri, Montana, New Jersey, New York, Ohio, Oregon, Rhode Island, Vermont and Washington increase their minimum wages.

- Colorado is the first state to allow cannabis to be sold from licensed businesses.



Contributed

The Winter Olympians for the United States.

### APRIL

7 - "Heartbleed," a computer virus, is estimated to have left 17% of the Internet's secure web servers vulnerable to data theft.

23 - Georgia Governor Nathan Deal signs the Safe Carry Protection Act into law.

### JUNE

25 - The Supreme Court unanimously rules that police must have a warrant to search through a phone or digital device.

### JULY

8 - Washington is the second state to legalize cannabis.

25 - Ebola claims American life when a healthcare worker dies in Nigeria.



Contributed

Breaking Bad wins its second Emmy Award.

### SEPTEMBER

10 - President Barack Obama responds to ISIS threat with multinational coalition.

15 - Microsoft purchases Minecraft for \$2 billion.

19 - An Iraq War veteran jumps the fence of the White House and is able to reach the East Room before being caught.

### OCTOBER

6-12 - Supreme Court legalizes same-sex marriages in Nevada, Colorado, West Virginia, Idaho, North Carolina and Alaska.

12 - CDC confirms Nina Pham, a health care worker in Texas, is the first to contract Ebola in the U.S.

### FEBRUARY

2 - The Seattle Seahawks beat the Denver Broncos in Super Bowl XLVIII.

7-23 - The Winter Olympics are held in Sochi, Russia where the U.S. wins 9 gold, 7 silver and 12 bronze medals.

17 - Jimmy Fallon becomes the host of The Tonight Show.

### MARCH

2 - "12 Years a Slave" wins best picture at the 86th Academy Awards.

26 - Facebook purchases the Oculus Rift for \$2 billion.



Contributed

Nathan Deal signing the Safe Carry Protection Act, extending the rights of those with permits to carry concealed weapons.

### AUGUST

9 - Tony Stewart hits and kills fellow driver Kevin Ward during a Sprint Car race.

11 - Robin Williams is found dead in his home at the age of 63.

19 - American journalist James Foley is beheaded by ISIS and the video is posted online.

25 - Breaking Bad wins the Primetime Emmy Award for Outstanding Drama Series.

31 - Hundreds of celebrities have nude photos leaked online when Apple's iCloud service is hacked.



Contributed

War veteran jumps the White House fence and evades the Secret Service.

### Sources

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# Students should not overreact to Ebola before having the facts

As humans, we tend to overreact about topics when we are not fully informed.

During the 1970s when AIDS was first in the public eye, people thought that it was airborne, and that it could be caught by touching the same objects or by breathing the same air.

People freaked out and isolated themselves from those they thought had AIDS.

As we now know, AIDS was actually contracted through unprotected sexual intercourse and blood transfusions. But until people were properly informed, they feared those who had AIDS for no apparent

reason.

One of the biggest issues in today's society is Ebola. Ebola has been around for years in Africa. However, Americans did not know what it was or were even concerned about the disease until it came to the United States.

Out of the Ebola cases in America, only one person has died.

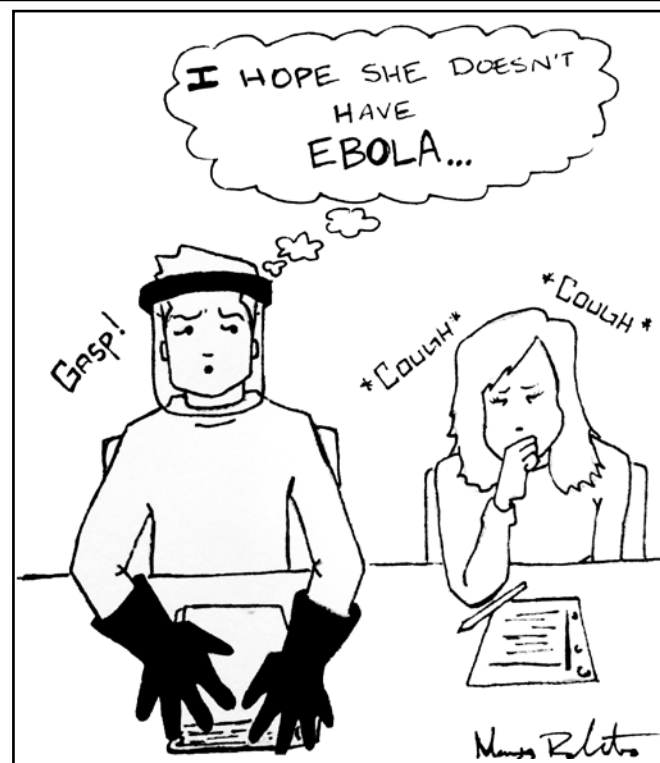
"I honestly think it's ridiculous how we all overreact to something that hasn't really had a full effect on us. For the past 30 years or so, Ebola has been killing countless amount of people in Africa, and now that it has traveled to America we are suddenly open-

ing our eyes to it. There are people who have been cured at Emory by basically keeping the organs functioning before they shut down from the Ebola infection," said a communications major on the Floyd campus.

Just because a disease like Ebola is new and not very common to western civilization does not mean that it should cause panic.

According to the CDC, the flu kills thousands of people a year, yet we are not horrified of it since we are knowledgeable about the disease.

Ebola is not going to be the cause for the apocalypse, so we should stop overreacting. Stu-



Mary Roberts 2014

dents should get informed about the necessary precautions and the symptoms. Find out more about Ebola here: <http://www.cdc.gov/vhf/ebola/>

**-SMP Editorial Board**

## Changing majors is harder than it sounds

By Kiston Dowler  
Editor-in-Chief

Choosing a major in college is one of the hardest things a student can do even if he or she does it early on.

Although I have not changed my major since starting college, I've watched a few friends go through the process. I've found that whether it is your second year or your second semester, it doesn't matter, it is still difficult.

Many students go into college having chosen a major they have no experience in or know little to nothing about, and then the first time they take a class focused on it, they figure out that maybe it isn't what they want to do with their life.

It isn't their fault though. It's hard to know what you want to do in high school when the school doesn't even offer a class focused on it.

I am a Geology major who did not have the option



### Editor's Box

Kiston Dowler  
Editor-in-Chief

to take a Geology class in high school.

Changing majors requires talking to a counselor, figuring out what basic, entry-level classes are needed and then going through the same process of possibly not liking the new major chosen.

I major in a field of science, and that requires taking many basic science courses while most students only have to take one science sequence.

If I changed my major now, I would be here until at least summer semester, and possibly longer.

Even though there are humanities, sciences and English courses that students are required to take,

it doesn't account for the other classes that come in sequences that are required for certain majors.

If my friend changed from being a computer science major to an accounting major during his third semester, then he would be required to take microeconomics, macroeconomics, an accounting sequence, etc.

If he had already taken calculus, then it would be considered an elective and wouldn't count towards his credits.

The point that I am trying to get at is that college students should try to take a class in their major as quickly as possible so they can see whether or not they like it.

## Six Mile Post

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## Enough is enough



### Muscogee Minute

**Gene Harmon**  
Staff Writer

According to merriam-webster.com, to be politically correct is defined as:

*agreeing with the idea that people should be careful to not use language or behave in a way that could offend a particular group of people.*

The definition's literal meaning is very plausible when you consider different groups of people you may be interacting with at different times. It also reflects a certain respect for others.

Sadly, what begun with good intentions has gone badly awry. Instead, the term is now applied, with a change to "politically incorrect," to anyone who voices a difference of opinion. This can refer to a difference in political stance and even personal interests, with the targets many and varied.

My own passions can simultaneously be labelled as such from different quarters. I am sure the same is true for you. Think about it.

Have you ever been told your ethnicity, origin, personal history or even a hobby offended someone?

In that person's eyes, you are being

politically incorrect and insensitive.

By the same token, it can be said this person is being the same toward you.

It seems to me many people would prefer for us to be carbon copies of each other. We should have the same thoughts, ideas, loves and hates and discard any identity related to where we came from. But would it not be pretty boring if we were all exactly the same?

Consider this as an example. If you are from a foreign country, I have no problem with you being proud of the fact and proud of your history. However, my difficulty rests upon those who say the American flag should not be flown or our history, all aspects of it, should not be taught because it might offend.

Events in our country's history have created the chance for people all over the world to make a new start here.

We should be proud of who we are, allow others to be who they are, respect where we are, and respect others.

This country was founded by groups refusing to accept ridicule for who they were.

Enough is enough.

## Letters to the editor

### Online homework frustrates student

Dear Editor,

I read the article in the Oct. 28 issue of the paper titled "College online homework programs more exhausting than educational." I completely agree with this article because I have to use MyMathLab, which is one of the two programs mentioned in the article. I have to use this program for my college algebra class, and not only is it hard to keep up with, but when I do the homework, it takes me about an hour just to finish one section. The reason it takes so long is because the computer only accepts one answer, no variations. This is extremely frustrating. I honestly think if the teachers assign homework that it should be written and they should have to grade it manually themselves. Isn't that part of their job anyway?

**Leigh Anna Marlow**  
General Studies  
Floyd campus

### Student defends online homework

Dear Editor,

I would like to comment on the article named "College online homework programs more exhausting than educational." In the article it was noted that the online homework requires students to know much more than necessary for the class. This is only true some of the time. When someone says that it is sensitive to what you enter, that is because there is a right or a wrong answer. The homework is very helpful for reinforcing what was taught in lecture and read from the text. It is initially what helps me score over a 90 on virtually every test I take. The online homework also allows you to retake and/or correct answers on it so you can score a 100 on your homework. How many teachers allow you to turn written homework in, and after they grade it, let you correct it and turn it in again for a possible better grade? In my opinion online homework such as OWLv2 or MYMATHLAB is beneficial to college students. It sometimes even gives detailed explanations of why you missed a question, which is a thumbs-up for me.

**Hayden Morrow**  
Physics  
Floyd campus

## Studying is essential when it comes to college



### Guest Column

**Britnee Williams**  
Dental Hygiene  
Douglasville

My first year of college I had to take the college experience course. One of our first assignments was to write a letter to a future student.

In the letter we detailed how college was going for us so far and gave helpful tips to succeed in college. Once

we finished writing them, the teacher put them away for safe keeping for the next semester.

At the beginning of the semester the new students will be given the letter to read and have to prepare one of their own. I liked the idea and thought it was a

great one.

When you first arrive to college, it can be a very scary thing, so any type of help or reassurance can be very beneficial. I think it's important to do things such as the letter to a future student.

I've learned through my college experience that studying is very crucial to succeed.

If you don't study, you may as well kiss your money goodbye because you just sent it down the drain.

You do not want to begin your college voyage in a bad

way. Once you get in a hole it will take a lot of work to come back up. Your GPA is very important in college, so do everything by all means to make sure that it remains at a good average.

When I came in my freshman year, I quickly learned how important studying was. I was much like everyone else coming in, taking studying lightly. I thought everyone was just over exaggerating.

Once I saw how much my lack of studying influenced my grades, I jumped right on the ball.

College is nothing like high school where you don't have to study to get by or you can cheat your way out of things. It is almost impossible to cheat in college.

College is truly a place where you must work hard to achieve the things that you want.

My grandmother always told me it's expected for you to fail sometimes in life but you most definitely will fail not trying.

Remember, anything worth having in life is worth working hard for, especially your degree!



# A slammin' good time!

Slam poet G. Yamazawa entertained a lunchtime crowd on the Floyd campus Nov. 10.

"He had you on the edge of your emotions. His words were strong, but they were also humorous," said Mychael Frazier, criminal justice major.

John Spranza, Floyd

student life coordinator, estimates 100 people saw all or parts of the performance, which took place amid the construction currently underway in the student center.

Spranza thought Yamazawa put on a "really good show," making the best of a bad situation in terms of

a venue filled with construction noises.

"He took command of the audience, and once he got started, all the distractions fell away," Spranza said.

Yamazawa has been a finalist in numerous competitions. He and his team won the 2014 National Poetry Slam in Oakland, Calif.



Photo by Jeremy Huskins

Spoken-word artist G. Yamazawa performs on the Floyd campus on Nov. 10.



Photo by Jeremy Huskins

Students gather in the Floyd campus Student Center to hear G. Yamazawa's slam poetry.

## 'Christmas with the Kranks' brings laughter to the season

By Lydia Petty  
Staff Writer

### Movie review

With the holidays on the way, families come together to enjoy the time.

A great way to do that is with a good holiday movie like "Christmas with the Kranks" directed by Joe Roth and adapted from the book "Skipping Christmas" by John Grisham.

Released on Nov. 24, 2004, starring Tim Allen as Luther Krank and Jamie Lee Curtis as Nora Krank, "Christmas with the Kranks" made over \$21 million at the box office just in

the first weekend alone according to the Internet Movie Database.



Contributed  
"Christmas with the Kranks" was directed by Joe Roth.

Worldwide it was said to have made over \$96 million

calling it a success.

It is a comedy about Nora and Luther Krank whose daughter Blair leaves for the Peace Corp right before Christmas. Luther comes up with this crazy idea to "skip Christmas" and save money and go on a cruise.

From the start, Nora is reluctant about the idea because of her love for the season.

As trouble starts brewing, she is the one who has to deal with the wrath of it while Luther hides at his work.

The news spreads quickly that the couple is skipping the well-loved time. Because Christmas, is so big in their town, many people turn on the Kranks and complain that it won't be the

same without them. All that is stuck on their mind is the tropical breeze from the Caribbean.

With no tree bought, the only dark house on the street and Frosty still in the basement, the Kranks get an unexpected phone call from Blair.

She announces that she will be home for Christmas that day. She is excited for the traditional Christmas Eve party, the lights and Frosty.

From a thousand miles away she doesn't know the truth.

Will Blair come home to Frosty and lights all over or will her parents have to explain why the house is so dark with no one there for the annual party?

"Christmas with the Kranks" will make you laugh and even cry at the soft moments.

A movie everyone of all ages will love, it is a must watch to bring holiday cheer.



# There is hope for students with test anxiety

By Holly Chaney  
Saff Writer

Sweaty palms, a racing heart and dizziness are just a few examples of what students may experience through test anxiety.

Test anxiety, as described by the Anxiety Disorders Association of America, or ADAA, is marked by a range of physical symptoms that include "headache, nausea, diarrhea, excessive sweating, shortness of breath, rapid heartbeat, light-headedness and faintness."

In addition to these physical symptoms, a person experiencing test anxiety may also experience distressing emotional symptoms such as, "anger, fear, helplessness and disappointment," says ADAA.

The unfortunate reality for many college students is that making the grade is not only about studying and being prepared, but it is also about managing a fear of failure.

Douglasville student and

pre-pharmacy major Soriah Fleury shared her own experience with this phenomenon. "When I had college algebra, I felt all of this pressure at the last minute that I wasn't good enough," Fleury said.

She continued, "I would stay up for countless nights and indulge in caffeine until I understood the material in various ways."

Students, like Fleury, are not alone in their struggles. Students looking for someone who shares their anxiety on test day need not look any farther than the peer sitting next to them.

While the severity of anxiety is wide, it is a shared part of the college experience.

However pervasive the issue, tackling tests with minimal anxiety is a possibility for students. Those looking for coping methods have quite a few options.

One such resource is online. A simple Google search for "test anxiety" returns eighteen million hits.

When looking for legiti-

mate help online, students should consider trustworthy sources such as the Mayo Clinic, a nonprofit worldwide leader in medical care, research and education.

Students who would like one-on-one counseling concerning their testing anxiety can talk directly to their professor in preparation for the exam.

A professor can be a number one ally for those who want to see if they are studying the right way or if they understand something correctly.

Another option offered to students is GHC Student Support Services. These professionals are there to help and are a very knowledgeable resource for struggling students.

Students seeking assistance through personal or academic counseling can find out more information about the Student Support Services on their campus by visiting Georgia Highlands' website at [www.highlands.edu/site/student-support-services](http://www.highlands.edu/site/student-support-services).

## Test anxiety tips by the Mayo Clinic



Learn how to study efficiently. You'll feel more relaxed if you systematically study and practice the material that will be on a test.



Establish a consistent pretest routine. Learn what works for you, and follow the same steps each time you get ready to take a test.



Learn relaxation techniques. For example, relax your muscles one at a time, or close your eyes and imagine a positive outcome.



Don't forget to eat and drink. Your brain needs fuel to function.



Get plenty of sleep. Sleep is directly related to academic performance. Preteens and teenagers especially need to get regular, solid sleep.

Source:

<http://www.mayoclinic.org/diseases-conditions/generalized-anxiety-disorder/expert-answers/test-anxiety/faq-20058195>

## Helpful online resources

By Kiston Dowler  
Editor-in-Chief

**Crash Course** is a YouTube channel designed to follow common college courses such as American history, biology and psychology and is taught by New York Times bestselling author John Green and his entrepreneur brother Hank Green.

Each subject is recorded in a series of videos and compiled into playlists on the YouTube channel. The courses are taught in a way that will help students establish a basic understanding of the course that they are struggling with.

To learn more about Crash Course, visit the

YouTube channel at <https://www.youtube.com/user/crashcourse/featured>.

**Khan Academy** is a non-profit organization that publishes resources on its website as well as on YouTube.

The organization is teacher, parent and student friendly and gives all three groups the tools for success in the classroom. Khan Academy teaches a variety of subjects from math to finance to computer programming.

To learn more about Khan Academy, visit <https://www.khanacademy.org/about> and to view videos, visit them on YouTube at <https://www.youtube.com/user/khanacademy>.

## To rent or to buy? That is the question college students ask every semester

By Derweatra Hammock  
Managing Ed., Design

Gathering information on textbooks can help students decide whether they would be better off renting or buying from bookstores or from online websites.

Emily Spivey, assistant manager of the Floyd campus bookstore, said that due to lower prices, renting hardback and digital textbooks can save students money. Students can write and highlight in the rented books.

For instance, instead of buying a book for \$100, the book can be rented for \$60 and given back at the end of the semester, saving a stu-

dent \$40.

Sometimes there are cases where students cannot rent books like with MyMathLab or other courses that have one-time only access codes.

Once that code has been opened by a student, it cannot be returned or resold because another student cannot use that same code.

There are also some occasions when buying a book is better than renting.

Spivey encourages students to pay attention to how long they will need access to a book.

She stated, "Students should check with their teachers to see if a group of courses will span over two

semesters."

For example, Bob will take Geology 1 and Geology 2 and both courses use the same textbook, meaning he will need the same book for two semesters. The book costs \$242 to buy and \$160 to rent for one semester.

Instead of renting the book one semester for \$160 and then renting the book again the second semester for another \$160, it will be better to buy the book for \$242.

Buying would save Bob \$78. Plus, since Bob bought the book, he can try to resell the book to the bookstore, sell it online, or to a friend, putting even more money in his pocket.



# Baseball, softball teams prep for season

By Shelby Hogland  
Asst. Sports Editor

With mostly returning players this season, the GHC Softball team has the biggest returning team in the GCAA Conference.

"Our goal is to rank in the top six in conference, win the Region Tournament and go to the World Series," said Melissa Wood, GHC head softball coach. Last year the team placed third in Conference, third in Region and missed the championship game by two runs.

The team also hopes to place in the top 10 academically this year, having placed 21st last season. Wood stated, "I am also excited to say that all 10 sophomores will be graduating this spring."

The spring season will kick-off with two short exhibition games on Feb. 1 at 1 p.m. and 3 p.m. against NCAA Division II Shorter University.

The team is also planning a trip to Florida for Spring Break. Wood said, "The trip is well deserved

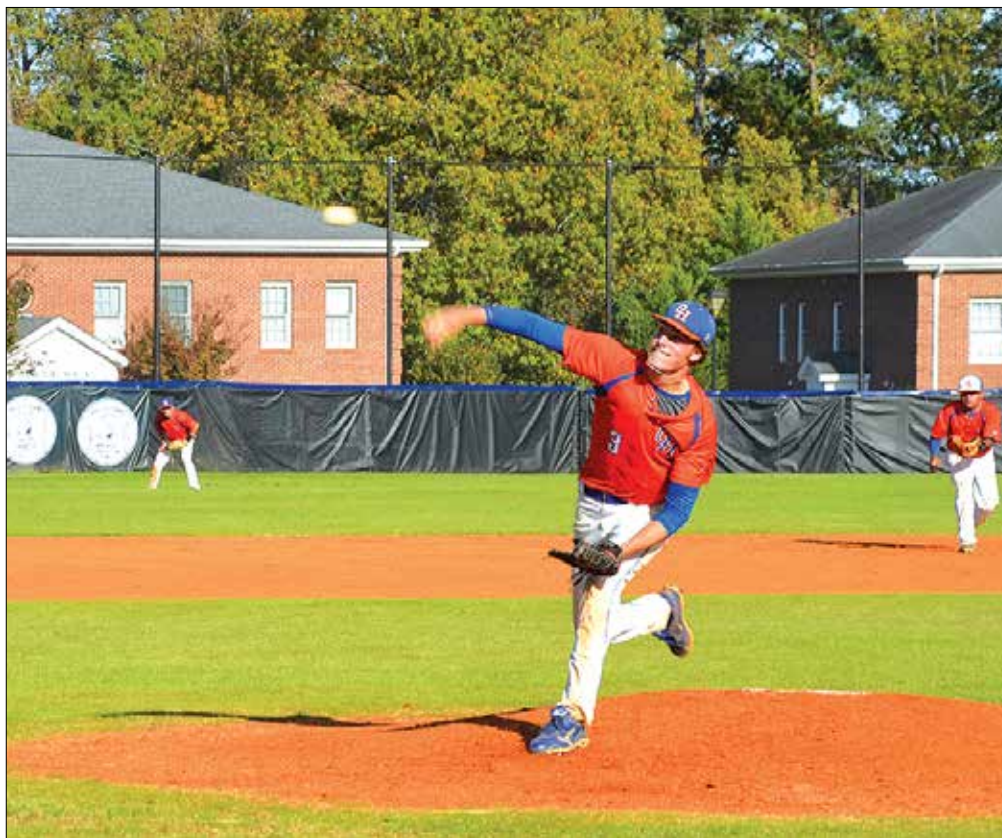


Photo by Karlee Helms

**Dalton Geekie pitches at a scrimmage game against the Shorter Hawks, Nov. 4.**

since the girls have raised \$35,000 so far this fall."

Conference games will be held from February to

April. If the team qualifies they will be playing in St.

George, Utah for the 2015 Softball National Champi-

onship.

The GHC baseball team will be starting its season in the spring with only 10 re-

turners out of 40 players.

"The goal for this season is to rank in the top six and make it to the post season," said Mike Marra, GHC head baseball coach.

The nonconference games will begin in February and conference games will begin in March. Marra stated, "We will be counting on the experience of our three key returning pitchers: Albert Harless, Dillion Swaggerty and Parker Acuff. Their experience will help, but overall we have a very good group." The team will also add a few transfers to the team that have experience in college baseball.

The team will hold a First Pitch Dinner on Jan. 24 to help raise money for the team. Tickets are sold for \$50 and the event will be the first announcement of the spring team. The team also sells ad space in their Media Guide to local businesses to help raise money.

The baseball team will start practice on Jan. 10 and will play their first game on Feb. 6 against Roan State in Harriman, Tenn.

## GHC intramurals spring forward into next semester

Floyd

By Joseph LeFurgey  
Staff Writer

In spring 2015, a variety of intramurals will be available to Floyd campus students.

Co-ed flag football, a fall intramural, will now be available in the spring.

"Due to the success of flag football this semester, we will have another flag football team later in the spring semester," JJ Merritt, assistant men's basketball coach and Floyd intramurals coordinator, stated.

Merritt continued, "If enough interest is shown, we will also try to have a soccer team in the spring semester as well."

Five-on-five basketball will also be available to students, along with dodge ball and the return of the Ping-Pong tourney.

Sign-up dates and deadlines have not yet been announced.

Students interested in joining any of these sports can contact Merritt by email at [jmerritt@highlands.edu](mailto:jmerritt@highlands.edu) or visit him in his office.

C'ville

By Shelby Hogland  
Asst. Sports Editor

This upcoming spring semester, intramurals will be sponsoring many activities through REC and club sports.

A rock-climbing trip will be offered by REC in the spring.

"Students just have to show up with their student ID. Their entry fee will be covered," Melissa Wood, head softball coach and Cartersville intramurals coordinator, stated.

REC also plans on sponsoring a spelunking trip.

The golf team will be playing two games in the spring. Anyone interested in joining the golf team should contact the instructor, John Chandler.

The team recently took part in their first golf tournament. They placed 8th as a whole, and team member Dallas Vaughn placed 7th individually at the NCCGA.

Soccer will also be offered during the spring. It is scheduled to start in February. Wood said, "Anyone is

welcome to sign up online at [chargerintramurals.com](http://chargerintramurals.com)."

Registration for three-on-three basketball started Nov. 15. These games will be held at 5 p.m. on Wednesdays and Thursdays in the student center gym.

Ultimate Frisbee, Ping-Pong, volleyball and kickball will be offered in the upcoming spring semester.

Sign-up dates and deadlines along with other information about all trips and activities will be sent to students via their student email.

To avoid losing your schedule, be sure to pay spring semester fees by 5 p.m. on Dec. 15.



Photo by Karlee Helms

Deana Blankinship guards the ball against Cleveland State's defense in the Lady Chargers' home opener, Nov. 11.

## Lady Chargers victorious in home opener

**By Adam Hatcher**  
Staff Writer

The Lady Chargers defeated the Lady Cougars of Cleveland State 70-40 in their home opener Nov. 11.

Skye Overby, guard for

the Lady Chargers, said, "We did pretty well, but we could have hustled a little bit more in the first half."

The Lady Chargers went into halftime with a 32-18 lead. After a Veteran's Ceremony where Georgia High-

lands thanked the veterans in attendance, the Lady Chargers came out strong against Cleveland State in the second period.

"We played pretty tough. I think we just had to keep the tempo up," said Aujana

Dawkins, forward for the Lady Chargers.

Demetrius Colson, assistant women's basketball coach, said that it was the defensive mistakes that hurt the team the most in this game.

Leading scorers for the Lady Chargers were Dawkins with 28 points and 19 rebounds, Deana Blankinship with 14 points and 11 rebounds and Danyelle Blankinship with 11 points and four rebounds.

## More community outreach planned for cheerleaders

**By Kendall Canter**  
Staff Writer

The Georgia Highlands basketball cheerleaders are cheering on the Chargers and Lady Chargers.

This season, the squad plans to get more involved with the community.

Haley Henderson, business analyst on the Floyd campus and head cheerleading coach, said, "In reference to our outreach efforts, we will be inviting high school cheer teams to come and join us during halftime to do their halftime routines."

"Our goal is to involve the community with our events by inviting them to perform at our home games," she said.

Henderson believes the team is coming along very well this season.

Scottlin Smith, cheer captain, says that the team is doing great and they are growing.

Henderson said, "We cheer every home game for both the Chargers and Lady Chargers."

The squad will also be working the concession stand at the games.



Photo by Karlee Helms

From left: Naschely Santana, Taylor West, Scottlin Smith, Cora Registree, Yahsmin Duke and Kady Terry cheer on the Lady Chargers at their home opener against Cleveland State.



## Fort Benning Knights fall to Chargers

By Karlee Helms  
Managing Ed., Sports

With a final score of 72-46, the GHC Chargers stormed over the Fort Benning Knights, adding another win to their streak on Nov. 10.

"I feel like we're doing pretty good," Ty Toney, guard for the Chargers, stated. "We are getting prepared to do well in conference, and I think we should finish in the top of our conference," he said.

Toney was named GCAA player of the week after his performance in the season opener on Nov. 1 against the Cleveland State Cougars.

"I feel like I've been working hard, and it's starting to show that I've improved from my last season at Appalachian State," Toney stated.

He continued, "I'm showing the coaches that I can score and I can do what it takes to win."

The undefeated Chargers were led by Toney with 31 points. Donovan Harris and Doniel Dean contributed 12 each and Denzel Council added 11.

Leading rebounders were Harris with 8 and Toney with 5.



Photo by Karlee Helms

**Denzel Council scores two points with a slam dunk, helping the Chargers defeat the Fort Benning Knights, Nov. 10.**



Photo by Karlee Helms

**GCAA player of the week, Ty Toney, pushes the ball down court into the Knights' defense.**

## Sportsmanship: It's still important



### Karlee's Corner

Karlee Helms  
Managing Ed., Sports

The true meaning of genuine sportsmanship crossed my mind at one of the first games of the GHC basketball season. A few attendees supporting the opposing team were yelling smart remarks at a few of our players.

Sportsmanship doesn't only reflect a person's character and who he or she is as an individual, but it reflects on a student's school as well.

If people go to a basketball game and start yelling demeaning remarks at the referees, not only will they be seen as rude, but it is annoying to the other people attending the game.

We should respect the refs. They will call fouls and plays as they see them. We may not always agree with

them, but we aren't on the court watching the game as actively as they are.

Another example of unsportsmanlike behavior would be trash-talking to the opposing team. I understand that trash-talk is bound to happen at sporting events, but there's a difference between joking around with it and slandering someone.

I'm all for having a good time, but we should all remember that we are representing our college. We may not be wearing that orange and blue uniform, but we are still students and representatives of GHC.

Let's show visiting fans how students with class behave. Let's give them a lesson in genuine sportsmanship.



### Floyd

#### Intramurals

- The Turkey Day Run/ Walk is scheduled for Nov. 20 at 2 p.m. at the pavilion in front of Lake Paris.

#### Intercollegiate

- The next home, conference game for the Chargers and Lady Chargers basketball teams will be Dec. 3. Both will be taking on Atlanta Metro. The Lady Chargers will play at 5:30 p.m., and the Chargers will play at 7:30 p.m.

### Cartersville

#### Intramurals

- The flag football season ends Nov. 20. The intercampus tournament is scheduled for Nov. 24.

#### Intercollegiate

- Chargers baseball and Lady Chargers softball will be starting their season in early February.