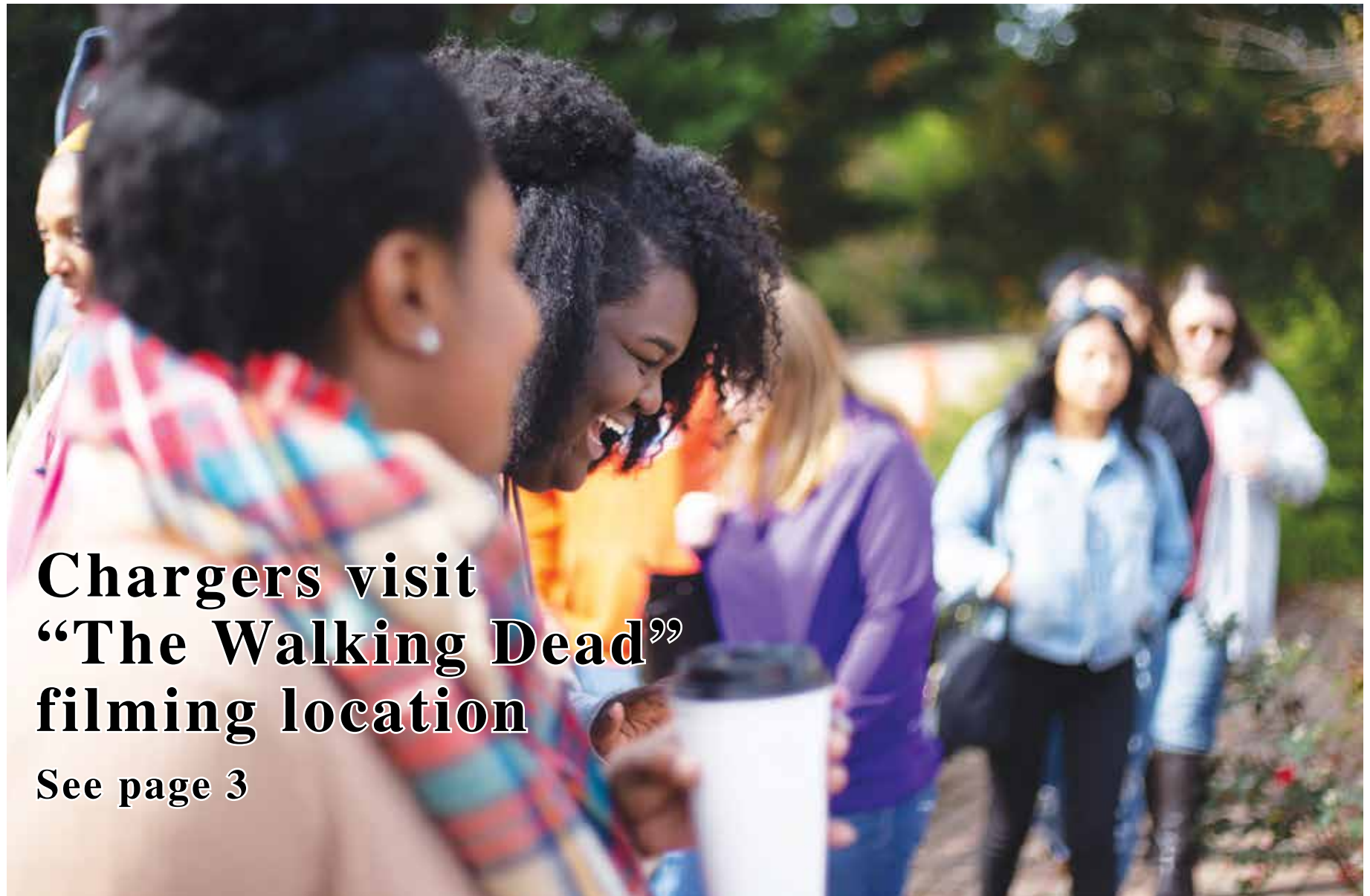


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Chargers visit “The Walking Dead” filming location

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Photo by Emma Veale

Manoucheca Jean enjoys a behind-the-scenes tour in Senoia led by tour guide dressed in cosplay.



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An inside
look at
Veteran’s
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All campus police now share one phone number

By Olivia Fortner
Editor-in-Chief

All campuses can now reach campus police officers from the same number.

The only exception to this is the Marietta campus, which will continue to use Kennesaw State University police.

When the new number is called, three options are given.

Students can press one for emergencies or use option two to reach a campus safety officer and be transferred to the dispatch center. The third option will direct callers to Chief of Police David Horace.

After using the second option, the caller will reach a dispatch center located in Angola, Indiana, that has been contracted through National Association of Campus Safety

Administrators.

The dispatch center helps with filtering and redirecting different calls. This way, someone who can efficiently meet the need will be sent.

When the dispatch center directs an emergency call to an officer who is needed, that officer is not occupied with general needs that can be met by another person.

“It’s not strictly for emer-

gency. It’s for general use,” said Officer Paul Mansfield.

If someone has lost their phone on campus or needs a room unlocked, campus police are available.

Sheila Jones, Senior Director of Marketing and Communications, wants to make sure everyone knows about this new number. She encourages students to save it in their phones so they have quick ac-

cess to campus safety.

“If it’s an emergency, always call 911 first,” said Jones.

The new number for all GHC campus safety needs is (706) 295-6347. To contact KSU’s campus safety while at the Marietta site, call (470) 578-6666 for emergencies and dial (404) 578-6206 for non-emergency calls.

Rome International Film Festival connects GHC and Rome to the Atlanta Film Industry



By Samantha Warner
Copy Editor

Beginning on Wednesday, November 6, Rome, Georgia hosted the Rome International Film Festival for its sixteenth year. The festival ran through Sunday, November 10 and included showings of features, documentaries and short films, many of them produced by local filmmakers.

The festival, which was originally hosted in Dahlonega, relocated to Rome in 2004. It was brought to Rome by Harry Musselwhite, a Berry College professor. Musselwhite ran the festival with help from his wife, Laura Musselwhite, a history professor at Georgia Highlands.

The festival’s close connection to GHC continued when Cartersville campus Regional Operations Manager Seth Ingram took over as executive director in 2015.

“We’ve always had students involved,” said Jessie Bishop, Director of Faculty Academy and Associate Professor of English at the Floyd campus. Bishop is also president of the RIFF board this year.

This year, the festival

showed a film produced by a GHC faculty member. Mackleen Desravines is an associate professor of English and the executive producer for “Smoke” (2018), a narrative feature based on the real-life Dearborn Heights murders.

“I’m a big supporter of the independent film and the locally produced film,” said Ingram. “I purposefully try to put in as many of those as we can.”

One of Ingram’s own short films was shown at the festival. “Hammertree & Sons P.I.” is a “sizzle,” a promotional reel to give backers a taste of a TV show concept. In this case, Ingram used the sizzle to pitch a detective show about Hammertree, a redneck farmer who moves to the big city to pursue his dream of opening a detective agency.

Ingram said that the short was loosely scripted with lots of improvisation from the actors. The cast was made up not of professional actors but of Ingram’s friends and relatives. Like many of the films shown at the festival, “Hammertree & Sons P.I.” was filmed locally.

The festival featured far more than short films and narrative features. The five days of showings included political

documentaries, real-life stories of battling Alzheimer’s and experimental animation.

The festival also hosted events outside of film showings with a wine tasting, a salsa party and social also on the agenda.

The RIFF has something for everyone. Some of the film showings were designated family friendly, while others featured more mature content.

On Thursday, November 7, the festival hosted an outdoor showing of “Sgt. Stubby: An American Hero,” the animated story of a dog that served in World War I. Attendees were encouraged to bring their own canine companions to enjoy the film with them.

This year the festival introduced its new film academy, providing three days of educational workshops for aspiring filmmakers in middle school, high school, and college. Ingram said that the workshops were well-received.

“I think Rome is just waking up to the film industry and what this could mean,” Ingram said.

The RIFF is one of many programs linking Rome to the ever-growing Atlanta film industry.

Photos by Penelope Stephens
Rome International Film Festival is at the Desoto Theatre (top). Eric Gordon (bottom) spoke about his film “When All That’s Left is Love.”

Registration is now open for ski trip to North Carolina for academic course credit

By Lynsey Sutton
Staff Writer

Due to Georgia's climate, residents rarely have the chance to experience a day on the slopes. Georgia Highlands is offering a chance to go on a ski trip for academic credit and registration is now open.

For the credit, you have to sign up for the class PHED 1420, Beginning Skiing/Snowboarding, or PHED 1421, Intermediate Skiing/Snowboarding in the Spring Semester of 2020.

The trip is also offered to non-credited students, so friends and family can also tag along.

The trip will take place January 5-9 in Boone, North Carolina.

There will be five sessions of Skiing/Snowboarding -- one night and four days. There will also be instruction with the French-Swiss Ski College at Appalachian Ski Mountain.

The tradition of this trip started in 1980 with retired

"If there is anyone contemplating about going on this ski trip there is no better opportunity than this."

- Ken Weatherman
GHC instructor

GHC professor Ken Weatherman and another colleague, who is now retired from GHC.

Jacob Faile has been on the trip three times. He first got introduced to the course after taking Weatherman's physical education class. After Faile's first year, he came back as a non-credit student for the next



Photo contributed by Jacob Faile

Jacob Faile (left) and Jesse Faile (right) hit the slopes on a previous year's ski trip.

two years.

Faile said he had a fantastic time during the trip. There was a lesson at the beginning of the day with a group of people at his skill level, then after an hour or so he would meet up with his friends to practice on the slopes and have fun. He and his friends would pack

sandwiches and snacks and try to stay on the slopes as much as possible.

During the course, attendees choose between Appalachian mountain or Sugar Mountain. Faile recommends trying out Sugar Mountain if you have the chance or if Appalachian Mountain is getting

too repetitive.

"Skiing is great for learning controlled aggression," said instructor Ken Weatherman. "If there is anyone contemplating about going on this ski trip there is no better opportunity than this."

The cost for a single room is \$565-\$600 or \$414-\$450 with a roommate. For own housing (and own equipment) it is \$315-\$350. The payment is due in full by the registration deadline, December 1. \$135 of the fee is non-refundable.

To sign up, visit the PE office on the Floyd campus or the Student Life Center on other campuses. Students can also see Lorrie Rainey from the Physical Education/Athletics office on the Floyd campus, Clifton Puckett in the Student Life office at the Cartersville campus, Megan Simmons in the Student Life office or Jill Freeman at the Marietta campus, or Melissa Le Fleur in the Student Life office or Professor Alexandria MacMurdo at the Douglasville campus.

Group visits filming locations from "The Walking Dead"



Photo by Emma Veale

Manoucheca Jean enjoys a behind-the-scenes tour.

By Emma Veale
Photography Editor

On November 8, 31 students took buses to Senoia, Georgia for a behind the scenes look at the hit television series "The Walking Dead." Students were able to get an inside glimpse at what it was like shooting in this town for seasons three through six of the show, led by a tour guide in cosplay.

Only a hand-full of people that went on the trip had actually watched the television show.

"It was great," said Paul-

ing student Manoucheca Jean. "Even though I never watched the show, the way he was explaining it made it seem like we all did watch it, and the tour guide made everything come to life with the way he described it."

One of places that students were able to see from the show was Alexandria, which was a safe zone for survivors to keep the walkers (also known as zombies) out. Medijina Dorcius, from the Paulding campus, said Alexandria was her favorite location on the tour, "because of how guarded it was and how even the pizza guy

can't even get in."

When cameras are not rolling, it is still a high-security, gated community where only the people that live there can get in. If people living there have friends or family over, they would have to sign a disclosure agreement stating that they cannot touch or record anything in the homes for filming purposes.

The tour guide dressed up as the Governor from the show and informed the group that, "If a resident orders pizza for delivery, they have to drive down to the end of the neighborhood to pick it up."



Photo by Emma Veale

A tour guide is dressed in cosplay as "the Governor."

New Paulding hub opens after a year

By Michelle Hardin
Staff Writer

The newly opened Paulding campus hub took more than a year to complete, but now fulfills three key goals of helping students, facility management and building relationships with the community.

Christina Hingler, Paulding site manager, said the new hub office space is more efficient and makes it easier than ever for students to get help with any questions or concerns that they have about their enrollment, classes, financial aid and more.

“Renovating the office space gave us a chance to reorganize and create a ‘one stop hub’ for students,” Hingler said. “We are enjoying our new space and are continuing to grow our staff to better help our students.”

One of the key changes to the hub was the designated waiting area and the removal of the glass partition at the front desk.

“The glass separated students from the faculty and removing that was a way to get rid of the separation and create a more personal interaction between student and staff,” said Leslie Johnson, Dean of both the Cartersville and Paulding campuses.

The hub is projected to be fully staffed by early December. Staffing will include Hingler’s role as site manager, a financial aid advisor, academic advisor, enrollment specialist and a campus support official.

After Thanksgiving, the office will be open from 8 a.m. to 5:30 p.m. Monday through Thursday and from 8 a.m. to 12 p.m. on Fridays. The financial aid office will be open from 10 a.m. to 1:30 p.m. on Mondays and from 9 a.m. to 1:30 p.m. Tuesday through Thursday. Academic advising will be open from 8 a.m. to 5:30 p.m. on Mondays and Tuesdays and from 8 a.m. to 12 p.m. on Fridays.



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



Paulding Site hosts ethics discussion panel with local community leaders

By Emma Veale
Photography Editor

The Paulding Instructional site hosted its first ethics discussion panel on November 12, during a week of activities that brought awareness to the importance of ethical culture.

The discussion panel consisted of three Paulding community leaders: Terence Corse, who was a U.S. Army soldier, Sargent Ashley Hansen, who works in the Paulding County sheriff’s office and Dr. Richard LaFleur, who works as a psychology professor at the University of West Georgia.

The panelists were asked a variety of questions pertaining to ethics. Gazelle Tucker, one of the hosts of the event, started by asking each person

to define ethics.

“Ethics is a great place for law enforcement because we’re oftentimes portrayed in the media in a negative light,” Hansen said. “It goes hand in hand with integrity and my language definition is what you do when no one else is looking.”

Terrence defined ethics as a person’s character.

LaFleur told the audience to dive deeper. “We all have an ethic,” he said. “It’s easy to frame that around what is right and what is wrong and to answer that question.”

LaFleur continued, “We also have to take a step back from what we believe and how we believe and why we believe -- so for me ethics is rooted in my beliefs.”

Students were engaged and taking notes while the questions came. One of the last questions to the panel was: why is trust so important in your workplace?

“You want to keep your job, don’t you?” Terrence asked. “A good employee is someone who you can trust”.

LaFleur answered the question by relating to what students know. “I think the essence of trust is, ‘I know you are reliable person,’” he said.

“I know that you are going to do what you say you will do. That’s the basis of trust. If you say you are going to turn that assignment in, when I check my inbox, the assignment should be sitting there.” LaFleur continued.

Highlands Happenings

By Amaria Owens
Staff Writer

Great American Smoke Out

Take the first step toward quitting tobacco with the Quit Kits available in the Student Center on Nov. 21.

Applications Deadline

Dec. 1 is the last day for students to send in their transcripts, test scores and other documents for spring.

Campus Spa Day

GHC will be having Spa Days on all campuses in December where students will have a chance to destress and be pampered for the days before finals begin.

Veterans view their day differently

By Nathaniel Flahardy
Design and Graphics
Editor

Veterans Day is a federally recognized holiday held on November 11 to celebrate all who served and do serve in the United States Military.

At Georgia Highlands, there are several veterans who

are now serving as students and faculty. Two such students are Christopher Farrell, Air Force Radar Non-Commissioned Officer in Charge, and Melvin Irvin, Army airborne infantry. Among the veteran faculty is Professor Scott Akemon, Army infantry.

Irvin served in Bravo IP, an airborne infantry division,

and trained at Fort Benning. As opposed to front-line infantry, his role in the upcoming years would be to drop behind enemy lines and do as much damage as possible.

In his three weeks of training for that position, he spent his time in physical training, learning about his role and about parachutes, and preparing to jump from an aircraft.

The last week of his training was spent doing these jumps, the majority of which were during the day. On any given jump, there was a cord attached to him that automatically deployed the parachute a few seconds after going airborne. He then descended at 20 mph.

Irvin served two tours in Afghanistan, starting at 18 years old. He saw combat on his first tour and encountered 42 improvised explosive devices. His second tour was relatively more relaxed, save for the firefight down the street he was patrolling.

The military requires a

minimum of three years of service for the military to pay for school. For his service, Irvin was rewarded with the opportunity to pursue a degree in business at GHC and possibly earn the four year degree offered here. So far, he's worked as a customer service manager at Ingles with the hopes that his degree will help him advance in the company.

When asked what Veterans Day meant to him, he replied that the military was just a job, that Veterans Day was "just another day. I don't care to be acknowledged."

To Irvin, Memorial Day carries more weight as he had lost friends during his service.

Farrell has not seen combat, but his job was no less intensive. Stationed in Djibouti, Africa, his role was to guide military airplanes. It's a job that requires intense focus, with no room for distracting personal issues. As a married man, had his relationship not been stable his mind may not have been wholly on his work,

and that could have cost lives.

After four years in that position, Farrell worked an additional six years as a recruiter. He said Veterans Day is to celebrate those willing and able to serve in the military. As a recruiter he had to turn away many willing but unfit, and was disappointed to see many more able but unwilling.

Scott Akemon works as a Political Science professor, primarily at the Floyd campus. He was trained by the US Army for infantry, "to take [enemy] positions if needed," but didn't see combat. However, he said his military service was where he learned many skills ranging from the lifesaving and the logistical, to miscellaneous skills like ironing and kitchen-work.

Akemon said Veterans Day should be left to those who have seen and done more than he has and that it's a much-needed opportunity to show appreciation for those who served and died for our country and our freedoms.



Photo by Nathaniel Flahardy

Melvin Irvin (left) and Christopher Farrell (right) both served in the U.S. military and are now students at GHC.

Gaming Club plans trip to Momo-con Atlanta this spring for their members

By Nathaniel Flahardy
Design and Graphics Editor

Fans of Japanese anime, American animation, comics, video games and cosplay should take note that the Gaming Club is planning big things for spring of 2020 such as a Magic the Gathering card draft, bake sale and an upcoming trip to Momo-con in Atlanta this May.

Current Gaming Club President and history major, Tristen Tolbert, said that with its age, they've recently discovered existing funding that they don't currently know the origins of but plan to put to good use.

The Gaming Club engages in both video game and board game play. However, the primary interest of the club's members is playing Dungeons & Dragons -- otherwise known as D&D.

D&D is a cooperative storytelling game where

players are guided by a Dungeon Master who tells the story and controls the environment. Players roll dice to determine particulars, including their success at any task. However, players can derail a campaign entirely, making it an exciting game in which nearly anything can happen and everything does.

Tolbert said his recent D&D storyline involved a magical, fire-controlling gopher named Rosh-ambo who served as the leader of an army of similarly fire-controlling gophers.

Rosh-ambo's quest was to remove a tarrasque, a giant dinosaur-like monster, from their home on a mountain. However, his army was no match for the beast, so he opted to turn it into a rabbit, stuff that rabbit into a bag, and wait for their god to come around and kill it.

Gaming Club Vice President and art major, Lily Hayes, said her most recent story involved began with her character in a room where the floor was covered

in some sticky substance. At the dungeon master's discretion, her character had to lick the floor to try and identify the substance.

Hayes said her character then ran hurriedly into a room where she met a witch who prompted her to drink one of several potions. Unable to restrain herself, Hayes' character ran into the basement, found a dark corner, and defecated in it. The sticky substance was a laxative.

Gaming Club Treasurer and business major, Ridge Abernathy, said his D&D character, Zaratross, a god of heroes and righteousness, created a portal through which he thrust his swords and killed his target.

Students interested in becoming a member of the Gaming Club should contact Tristen Tolbert at 706-766-8261 or ttolbert5@student.highlands.edu. More details regarding upcoming card draft, bake sale and Momo-con trip will be provided soon.

Student Life hosts Halloween costume contest

By Nathaniel Flahardy
Design and Graphics
Editor

11 students participated in Student Life's Halloween costume contest. Contestants dressed in an array of characters including Beetlejuice, Peter Pan, Batman and more.

Heading the event was Student Life Director John Spranza dressed in suspenders and a beard as an elderly citizen.

One by one, each participant stepped forward and struck a pose, some even calling out a phrase related to their character. Each was evaluated by an applause and the judge's discretion.

In third place came Lily Hayes as Spider-Gwen. Hayes is the vice president of the

Gaming Club and said she bought the costume out of her love for Spider-Man characters at Momo-Con some time ago. Throughout the rest of her time there, people stopped to take photos with her.

In second place came Montana Godfrey as Twisty the Clown.

Twisty is a recurring persona in the American Horror Story series who murders and kidnaps young girls.

In first place came Julissa Vazquez as La Catrina, a traditional figure from The Day of the Dead celebrations in Mexico that were, according to Vazquez, "to celebrate past loved ones."

Vazquez said her Mexican heritage and love of the holiday are reasons she chose to dress as La Catrina.



Photo by Penelope Stephens

Montana Godfrey (left), Julissa Vazquez (center), and Philipp Gaida (right) dress up for the Student Life Halloween costume contest.

Holiday traditions vary culturally

By Noah Prince
Staff Writer

GHC students have a wide variety of cultural, religious and ethnic backgrounds, each with their own take on Christmas and the season in general.

The experience of the holiday season varies across different cultures and backgrounds and can mean something to one person and something else entirely to another.

For example, Amadou Touray is a Muslim who hails from the Gambia in West Africa, where the Christmas festivities are quite unique compared to those of other cultures.

"My family doesn't celebrate Christmas," Touray said, "But I have a lot of Christian friends, so I go out and celebrate with them and they come over when we have Tobaski or Ramadan."

"When it's Christmas,"



Photos by Noah Prince

José Martinez and Kathryn Atkins discuss their focus on family around the holidays.

Touray said, "My friends cook at their house, a big meal, and celebrate with music everywhere. People come and we eat. Then in the afternoon, they have this thing like a masquerade. We call it 'hunting.' People have drums and are going around houses... Somebody wears a mask and

there's a bunch of people behind the person wearing the mask, clapping and singing, roaming around the city, people giving them money. After that, we take the money and make a big party and stuff. It's pretty cool."

In the case of a Catholic family, there are several com-

mon traditions.

"We have to go to mass the day before Christmas and then we have to go on Christmas. It's an obligation to go. Same as New Year's," Maria Aguilar said.

"Before Christmas, there's a period where you prepare for when Jesus comes. You pray every day and you have this little crown of candles that you light every Sunday with family," said Aguilar.

For José Martinez, also Catholic, the season marks an important time for his family.

"It's mostly about getting the family together," Martinez said. "Everybody comes from different states... It's the only time the family gets together throughout the whole year."

Like Aguilar, Martinez goes to mass on both Christmas Eve and Christmas Day.

"It's a great thing to do," Martinez said. "They're just some customs and courtesies

that we have - traditions, as well but it is something nice."

The season is a familial time for Kathryn Atkins as well.

"We invite the whole entire family over, have dinner, open presents... We try to use Christmas as a time to show each other our appreciation," Atkins said.

Despite the variety of ways that the season is celebrated across cultures, there seems to be common attitudes of kindness, thanksgiving and joyfulness during the holidays.

As Touray said, "It's a giving spirit... everyone pretty much changes [during the Christmas season], they're in a giving mood."

Martinez said, "It's more of the giving season rather than getting."

"It's a great time to be grateful for everything that you have," said Aguilar.

Three new Literature classes are now being offered

By Jonah Peters
Staff Writer

For students looking to go down an English pathway or to mix-up their studies, GHC will be offering new English classes in the spring.

These classes come in the form of Latino Literature on the Rome campus, a Special Topics class called How to be a Music Critic on the Douglasville campus and a class that combines English 1101 and 1102 into a single course on the Cartersville campus.

Chair of the Humanities Division Jessica Lindberg said

the intention was always to try to get Latino Literature on every campus. It's been a long time coming for this course, and Lindberg is excited to finally bring it to Rome as part of realizing that original intention.

"GHC is the only college in the USG system that teaches this at the sophomore level," Lindberg said. "It satisfies the Area C Literature requirement, or it can be an Area C elective."

This is great news for GHC students, since it gives them diverse options on how to approach enrolling for classes.

The class itself "raises some interesting and important questions about diversity and identity," said Lindberg. This is a class that "explor[es] the stories of identity and migration as told by writers who have multiple identities... but ultimately, they are each Americans."

On the Douglasville campus, students have the chance to take the new Special Topics class, How to be a Music Critic, taught by Julia Reidy.

Special Topics courses are unique, two-credit hour courses (meaning they meet for 10 weeks instead of 15) taught

on each GHC campus that typically presents specialized subject matters for students to learn about.

Students can expect "an introductory study of various kinds of music criticism, including record reviews, live reviews and some feature and interview pieces," said Reidy. Students can hope to learn "what makes a song/album 'good' [and] who gets to decide."

This is a course for music and writing lovers alike. There are no pre-requisites for the course, so students do not need to have already taken English

1101 and 1102 or any other English or writing courses at GHC to sign up.

Another new course offering combines English 1101 and 1102 into a single course this spring on the Cartersville campus. The course will satisfy three credit hours and combine both the writing focused material of the 1101 course and the more literature focused material of 1102.

All three of these classes will be offered in the Spring 2020 semester and you can learn more about them from your adviser or any GHC faculty.

Floyd County Elementary gifted students meet on campus for Kaleidoscope "Build It" events

By Olivia Fortner
Editor-in-Chief

Floyd County Elementary Schools gifted students gathered at Georgia Highlands Floyd campus for their annual event.

The event's focus changes from year to year. This year, the theme was "Build It." Past themes include a Mystery Fest, an international Caravan Study and a politically themed event based on a presidential election.

On November 8, 272 students from first through third grade met for the "Build It" event. 220 Floyd county el-

ementary Kaleidoscope students in fourth and fifth grade met on November 15 for the same event.

"This is an accumulation end to our semester on architecture," says teacher Allison Espy.

Students split into 10 groups to rotate through 10 different architectural themed stations. The stations ranged from hands on arts and crafts to learning dance that helps students remember the process of building.

Floyd County Elementary Schools represented at the event were Garden Lakes, Armuchee, Cave Spring, Alto

Park, Model, Pepperell, and Johnson.

K-scope students were not the only young people at the event.

"We are so blessed to have interns help manage the stations," said Criss Arrlington.

These interns included Coosa High school students involved in the Executive Internship Program. This internship program is a volunteer opportunity where students gain workplace experience and learn more about different jobs and career fields to help them decide on future career goals.



Photos by Olivia Fortner

Students from all over the county practice their teamwork and building skills after a semester of architectural focused learning.

The holidays are the most stressful time of the year

As soon as Halloween is over (and sometimes before), Christmas music begins its annual assault on our ears, brains and playlists. Among these classic holiday tunes is Andy Williams' "It's the Most Wonderful Time of the Year." But is it really?

"The holidays are filled with both joy and stress," according to Ellen Braaten, PhD, an associate professor of psychology at Harvard Medical School.

Although we love spending time with our family and friends, the added obligations of the holiday season have a dramatic impact on our stress levels. "The most wonderful time of the year" can often be filled with anxiety.

A big part of this stress comes from our expectations around the holiday season. Starting in November, we are fed a constant stream of cheerful Christmas songs, feel-good Hallmark movies and marketing campaigns that rely on the American Dream to sell their holiday products.

While there's nothing inherently wrong with feel-good Christmas media, it creates pressure to make our own holiday celebrations as perfect as those we see in the movies -- never mind our real-life problems, like tight budgets, messy family dynamics and work and school responsibilities. According to *Healthline*, even children are affected by this need to celebrate the holidays "the right way."

For college students, this pressure is combined

with typical end-of-the-semester stress. Students go straight from cramming for finals to juggling their holiday obligations. There is no time for rest or recovery. Students go straight from one period of high stress to another.

It's no wonder young people are at a higher risk for conditions like Seasonal Affective Disorder, a type of depression that typically starts in late fall to early winter and disappears or improves during the spring and summer. According to the National Institute of Mental Health, younger adults have a higher risk than older adults. SAD has even been diagnosed in children and teens.

People suffering from SAD may experience symptoms like feeling depressed and hopeless, having low energy, feeling sluggish or agitated and having difficulty concentrating. These symptoms not only make someone a real drag at holiday parties -- they can have a huge negative impact on grades, job performance and social life.

Although most people suffering under holiday stress do not have SAD, stress can still prevent us from truly enjoying the celebrations around us. We become so caught up in finding the perfect gift, attending countless parties and dinners and making everything perfect that we quickly become overwhelmed. Before we know it, we find ourselves transformed into Scrooges who can't wait for the holiday

season to be over. We just want to get back to business as usual.

To cure ourselves of the bah humbugs, it's important that we remember to give ourselves a special holiday gift -- the gift of self care.

We need to be able to recognize when we are trying to do too much, and be okay with turning down invitations to events we don't really want to attend. As college students, the holiday season is our only break between the fall and spring semesters, and it's important to take this time to give ourselves and our brains a break.

Scheduling a set amount of time each week for rest and relaxation can help prevent holiday stress from becoming too much. We can make plans to stay in and take care of ourselves. If someone invites us to a holiday activity that day, we politely tell them we already have plans -- because we do. We have plans with ourselves.

The holiday season is one of the most stressful times of the year, but it doesn't have to be. If we make time for ourselves and consciously manage our stress levels, we can enjoy the festivities without wearing ourselves out and come back to school rested and ready for success in the spring.

Six Mile Post
Editorial Board

You get out what you put in with the right motivation



Soap Box

By Noah Prince
Staff Writer

I've always believed that a fruitful evening is more often than not the result of a laborious morning. Someone who spends the day hard at work is better off than someone who spends the day in indulgence. If there's any benefit to this life, it's that all of one's efforts will pay off in the end. I've always believed that you get out what you put in.

But what's the point in putting anything in if one doesn't know what they're going to get out? Why should anybody bother to try if they don't have any reason to? What is it that makes any effort worthwhile? Truly, to "put in" is not enough. We need a drive.

Very few of the world's most

successful individuals will tell you they achieved greatness for so simple a reason as "they worked hard." It is true that a major factor in their success is because of their efforts, but their efforts would never have come about if they had no reason or purpose in trying.

As Aristotle once said, "Pleasure in the job puts perfection in the work."

Take Elon Musk, for example. Why did he bother to start companies like SpaceX and Tesla? Is it simply because he works harder than the average person and needs something to do? Of course not! The man was motivated to create cheaper, greener cars and develop more efficient means of

exploring our universe.

What about Stephen King? Could he possibly be one of the world's most successful fiction authors simply because he has nothing better to do with his time? This too, is false. His talents are a result of his lifelong passion for storytelling.

Would Christopher Nolan be the icon of the American Cinema that he is today if his sole motivation to make movies was to alleviate the boredom? No, a director of his caliber requires a wild imagination and a passion for the craft.

The key here is purpose. All of the aforementioned individuals are driven by their respective professions. If you don't have a reason to push yourself beyond your own limits, you'll never try to do so. Likewise, effort is meaningless without meaning.

I challenge the reader to think about why they are here. Why do they bother to put in



Photo by Noah Prince

Students work in the Marietta campus library.

the time and effort to attend class, study, turn in assignments and take tests? What purpose does it serve to you? Do you have any purpose in being here at all, or are you here because you believe it is simply what society demands

of you?

The bottom line is this: you get out what you put in, but you need to have a reason to put anything in to begin with. Otherwise there's no point to it all.

Dating in college not always a priority



Soap Box

By Mariah Redmond
Digital and
Social Media Editor

Dating in high school was often seen as a rite of passage, a time when young people experience their first date or first kiss. It's truly a time of progression until you're thrown into the giant cesspool that is "college dating." As a person who has never made it fully out of the "we're just talking" phase, the idea of dating in college seems a lot more unappealing now than ever before.

The world is defined by status: single, taken or the infamous "it's complicated." We often end up forgetting where our priorities should lie. The idea of a relationship has always been appealing for some, but at times we forget about others outside of that romantic bubble.

I can't count the number of times my friends have ended up prioritizing their partner over friendships, which is one of the foulest things you can do.

One of the amazing things about this generation is that we're finally realizing that our time and energy should be focused on ourselves. How do you expect to care for and give your all to someone if you can't do that for yourself?

This is especially relevant for those that are fresh out of a relationship. Jumping into the next big thing without giving yourself time to process your emotions is one of the biggest roadblocks you can run into. A new relationship isn't going to help you forget about your last.

After loving the idea of

being in a relationship for so long, I decided this year I should make myself a priority by completely focusing on my college career and grades before everything. So far, it's been doing wonders for me. My grades are up, and I feel like I'm accomplishing a lot more than I was before, since I have little to no distractions. There's nothing wrong with taking pride in yourself.

Of course, there were some obstacles. For example, my friends asked me if I was lonely or deliberately making myself seem "weird" by not having a romantic interest to pursue. I simply told them that being with someone isn't a necessity, and that once I'm fully capable of processing my own thoughts and feelings, it'll benefit both me and my future boyfriend in the long run.

I don't like the idea of someone waiting for me to get my mental state together when they could continue thriving without worrying about the

future that lies in store for us.

The Atlantic magazine states that hook-up culture is on the rise, around 60-80 percent of all-American college students have hooked up at least once. Ever since then, I have just assumed that my friends should understand why I couldn't fathom the mental strain a partner would've placed on me, along with the constant guessing games played between couples.

According to Campus Explorer website, 63 percent of college women are hoping to meet their spouse in college, while the majority of men prefer short-term relationships over long-term to help them focus on their career goals.

To be perfectly candid, I could not care less at the moment. My focus is primarily on the present. When it comes to a relationship, there's no guarantee, but your mind, body and spirit should never be taken from you.

Broken New Year's resolutions: an ancient tradition

By Heather Teague
Staff Writer

Historians have discovered Babylonian carvings dating back to New Year's Day almost 4,000 years ago. These cuneiform tablets detail what are perhaps some of the earliest known diet plans and workout routines to have ever been abandoned by humans.

Maybe ancient Babylonians didn't really sit in their adobe-brick houses stressing about weight loss or gym memberships— but they were still the first people to make New Year's resolutions, according to history.com. These usually involved appeasing the gods to avoid a horrible fate.

My guess is that success rates were near 100 percent with the stakes being so high. But what's the success rate for modern resolutions?

Forbes magazine says only 25 percent of people who make resolutions continue them after 30 days. Only 8 percent will fulfill them.

Cameron Jon, a Paulding student, said he has made resolutions and forgotten

about them throughout previous years. Yet he and many others still believe making New Year's resolutions can be helpful for at least a few months.

The problem, then, is not an initial lack of determination. Those who make serious resolutions fully intend to carry them out.

If we start out so determined, why are we often unable to succeed? For a while I wondered if our goals have become unrealistic.

Beth Pereira from the Paulding campus said, "[My resolution is] to not allow situations to cause me stress by changing how I respond to them." She then gave her game plan-- using time management techniques and practicing yoga to stay mellow.

That doesn't sound far-fetched. It sounds like what most would consider a reasonable resolution: an attainable goal with a plan of action.

Another student, Brandon Jon, said one of the best New Year's resolutions would be to drink more water.

I have made New Year's resolutions in the past—cutting back on fast food, waking up earlier and going for runs four

times a week. I started off each time as motivated as anyone. I would channel my inner, little engine and race off to find a better, happier me... for about two weeks.

It was the convenience of cheeseburgers that did my resolutions in. And forgetting to set my alarm. And a million other excuses I made until I neglected to do even that anymore.

The thing is, none of us are scared of crossing any mythological deities. No one is going to smite us for choosing cookies over carrot sticks or for sleeping in an extra hour. I have achievable things that I want and expect to accomplish, but my old habits stay cozily hidden in my mind. Only time and persistence can send them packing in this day and age.

Chelsey Ginther, a Paulding student, said the short-lived "hype of the new year" is one of the main culprits behind the death of our resolutions. We mean well, but that can only take us so far. Our careful planning and ambitions may be grounded and within reach, but we have to extend our arms a little further than what's comfortable. If we don't, our resolutions will be nothing but buried artifacts.

Six Mile Post

6mpost@student.highlands.edu

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Olivia Fortner

Design & Graphics Editor

Nathaniel Flahardy

Copy Editor

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Asst. Sports Editor

Bradley Singh

Photography Editor

Emma Veale

Asst. Photography Editor

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Local shops give student discounts

By Nya Roden
Staff Writer

Deck the halls with purchases from stores around GHC! Here are some student discounts local businesses have to offer:

1. Goodwill has a wide range of items and offers 10% off purchases for students every Tuesdays. There is a Cedartown location at 726 South Mainstreet. The Rome store is located at 154 Hicks Drive SE.

2. Need to deliver something to a loved one this holiday season? FedEx has students covered. Join their student discount club and enjoy saving 30% on a document and 20% on a package. There is a FedEx location at 633 North Mainstreet in Cedartown and one on Martha Berry Boulevard in Rome.

3. Holiday cooking just got easier with the Kroger student discount. Students can get 5% off groceries. They can either stop by the Cedartown store at 730 North Mainstreet or visit the Rome store at 1476 Turner McCall Boulevard.

4. Kroger isn't the only super market where students can use discounts. There is a Sam's Club located at 2550 Redmond Circle in Rome. By signing up with their collegiate membership program, students can receive a \$15 gift card.

5. J. Crew is at Perimeter Mall is worth the trip for students. The retailer offers a 15% discount for college students.

6. Urban Outfitters, also located at Perimeter Mall, has a similar deal. Students can get a discount for 10% off their purchase.

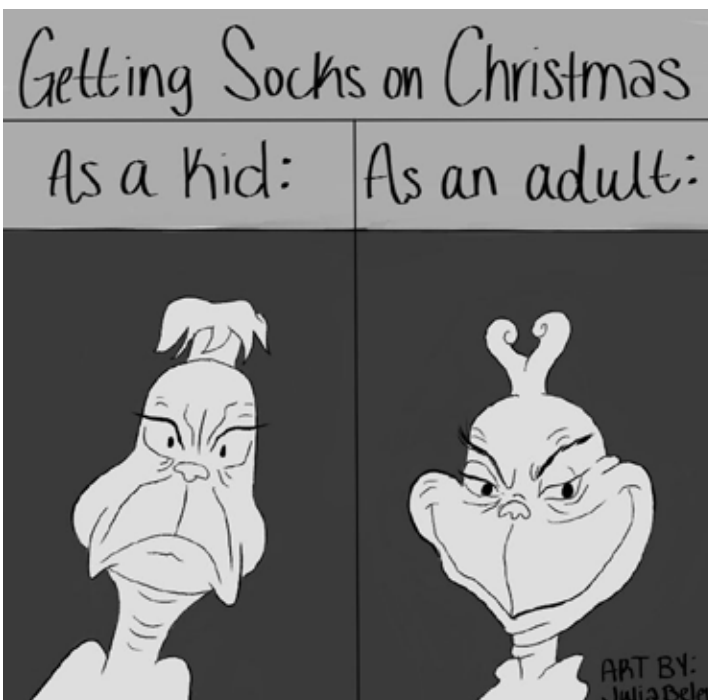
Poll: What's at the top of your holiday wish list?

"Tires for my car."
Fatima Diaz, Biology major, Marietta

"A small car or a vacation."
Yesenia Mendoza, Engineering major, Marietta

"Alienware Area 51m."
Ryan Lamb, General Studies major, Floyd

"To be honest, I just want to spend quality time with loved ones and to make some good memories."
Shannon Holtzclaw, General Studies major, Floyd



Winter film releases

By Jordan Farist

The winter break is the perfect time to catch up on TV and movies and students can look forward to several new releases in the next few months.

"Jumanji: Welcome to the Jungle" (2017) has a sequel coming to theaters in December. Dwayne Johnson, Jack Black and Kevin Hart will be going back into the game for another crazy adventure in "Jumanji: The Next Level."

In this action-packed sequel, Spencer (Alex Wolf) gets sucked back into the game when trying to fix the console. His group of friends find the game glitching in the basement and are sucked into the game, along with Spencer's granddad and granddad's roommate. Will they find Spencer and be able to save themselves?

Another box office hit reboot, "The Grudge," will be hitting theaters in January 2020. This sequel was announced in 2011, so audiences have been waiting eight years for another horror thriller directed by Nicholas Pesce.

The movie is about a single mother and her son moving into a suburban house haunted by a vengeful spirit that dooms all who enter to a horrible death. They must run to save themselves from all the demonic energy plaguing the neighborhood. Andrea Riseborough stars in the new, next-level horror. This movie is set to hit all theaters in the U.S. on January 3, 2020.

"Gretel and Hansel," a new spin on a seriously twisted brothers "Grimms' Fairy Tale," will be hitting theaters January 31, 2020. Like in the original fairy tale, two siblings find themselves in the woods looking for food and shelter, only to be lured into a magical cottage by an evil witch.

This movie gives a whole new look to the witch and brings out the horror aspect of the fairy tale itself. Starring Sophia Lillis (known for playing Beverly Marsh in 2017's "It"), Alice Krige (from Disney's "The Chronicles of Narnia: The Lion, The Witch, and The Wardrobe") and Jessica De Gouw (who played Helena Bertinelli in the CW's "Arrow"), it's sure to be a thriller.

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Motlow State Bucks defeat Chargers 81-80 at home game

By Nya Roden
Staff Writer

The men's basketball team played their rival team, the Motlow State Community College Bucks on Friday, November 8.

The Charger's first home game of the season was neck and neck throughout, but the Bucks eventually won the game.

During the first period the Chargers started off with possession of the ball.

The team executed a fast pass offence and a half court press, which led to a 51 to 43 lead at halftime.

Charger Trevin Wade drove to the line and scored the team two points before the half.

The second half of the game began with Motlow State in possession.

Charger Caheim Brown rebounded the missed shot and passed the ball down court to Carl Johnson for an assist to Langston Wilson. The play led to a foul by Motlow and sent Wilson to the line for foul shots.

The two rivals were tied 66 to 66 with 6:40 left in the 2nd period when Motlow shot for 1, which gave them a lead of 67 to 66.



Photo by Nya Roden

Jamal Burke handles ball at the game against Bucks.

The teams were tied once again 68 to 68 with approximately five minutes left in the game when Charger RJ Campbell scored a big two-pointer.

The two rivals were tied again with 2:45 left on the clock, but the Bucks edged out the Chargers 81 to 80.

Despite the upset, the Chargers remain a united

front.

"We're really connected," said Caheim Brown. "Everyone sacrifices for each other."

Coach Jonathan Merritt said he wants the team to make it to Hutch National Tournament, which is to take place the third week of March.

All games are free for those who attend the school.

Lady Chargers lose to Trailblazers at Gulf Coast Classic

By Jason Hitzeman
Sports Information
Director

The Lady Chargers played against the Vincennes University Trailblazers this afternoon in the consolation game of the Gulf Coast Classic.

The Chargers lagged behind early, 14-20 at the end of the first quarter. An evenly-

played 2nd quarter saw the same 6-point deficit going in to the half, with GHC down 33-39. Vincennes opened the 3rd quarter with a 1-point lead.

Their lead held steady for most of the 4th quarter until the Chargers came to within 3 with 23 seconds remaining and them having the ball.

After Jahnaria Brown cut the lead to 1 with about

10 seconds left, the Chargers fouled Vincennes hit their free-throws to push the lead back to 4 with 4.7 seconds remaining.

At the buzzer, a 3-point attempt from Ja'Lyn Reese just inside half-court to tie the game was no good. The game ended 83-86. The Chargers' record now stands at 2-2.

"I am excited about this

Men's intramural soccer invited to NIRSA tournament

By Penelope Stevens
Asst. Photography Editor

The Men's Intramural Soccer team was selected to be a participant in the National Intramural & Recreational Sports Association (NIRSA) Open Championship Tournament on November 21-23 in Round Rock, Texas.

They missed the original cut for the tournament and had to be put on the alternate list.

But, one of the previously selected teams was unable to complete their registration which allowed GHC to take the open spot.

The men's soccer team consists of about 30 players from all campuses except Douglasville. In the inaugural season the club was small and only played in mixed gender leagues.

The club is only in its third year of existence, but the men's team has already been selected for the Southern Collegiate Soccer Association (SCSA). In addition to being part of the SCSA, the club also belongs to the NIRSA.

In fall play against fellow SCSA teams, the Chargers achieved a 5-3 record. Coach John Spranza said "the team competed well against experienced teams from larger institutions." The NIRSA tournament will host 24 teams and divide them into six groups of four teams. Each team will face the other three schools in what is called group play.

Some of the other schools represented at the tournament are LSU, Florida State, Miami, UCLA, Cornell, Arizona, Minnesota and the only other school from Georgia, Georgia College & State University.

The groups of four have not been announced at this time.

Team captain, Amadou Touray has been with the team for a year and a half now and is looking forward to the challenges of the upcoming tournament. Being captain, Touray said his responsibilities include, "notifying the team members of the game time and location when a schedule change occurs."

"The goal is to simply play our best," said Midfielder/Forward Kyle Patterson, "We just want to be proud of how we played, and we're excited to prove that we can hang with the best."

team and how hard they are working to get better," head Coach Brandan Harrell said.

"We certainly didn't get the results we wanted, but we fought through some adversity and I think it was a great learning experience." Said Harrell.

The Lady Chargers will return to the court on Saturday, November 23, when

they face off against Lawson State Community College. Harrell said that they are more concerned about their games with defending conference champs Southern Crescent and South Georgia Tech.

"If we can use these early games to continue our growth, I think we will have a chance to be really competitive down the stretch," He said.

Women's intramural soccer team struggles with attendance



Photo by Penelope Stephens

Seven women's intramural soccer players gather for a game that was ultimately cancelled due to lack of attendance.

By Penelope Stephens
Asst. Photography Editor

The women's intramural soccer team was scheduled to play a game against Emory University on Saturday, November 2, but the game did not happen. Many players on the Georgia Highlands team were not able to make it to the game.

Traveling, sickness and family issues prevented attendance. Similarly, the referees were not able to conduct the game due to scheduling challenges.

Only seven players showed up to represent Georgia Highlands.

"The players we have are good, we just need the right amount," said John Spranza, soccer coach.

Throughout the season, the team has faced issues be-

cause Georgia Highlands has multiple campuses in different locations, requiring players to travel.

On top of travel being an issue, many students have conflicting schedules when it comes to work and school.

Players can become frustrated when some teammates do not show up for games and practices.

One player said, "I don't want to speak poorly of my own players, so let's just say life's unfortunate."

The lack of a game was not a complete failure. Emory's team still wanted to play before they made the drive home. The teams evenly split off some of their players and played an 11 v. 11, 30-minute scrimmage so that the girls could still practice.

In the end, the girls still got to play an unofficial game.

Football and family focus of Thanksgiving fun

By Bradley Singh
Asst. Sports Editor

It is November, which means college football and the NFL are in full swing.

By the time Thanksgiving comes around every year, a lot of teams and fans have an idea of how their seasons are going to end. For some teams, the championship/postseason hopes are alive and well, but for other teams, fans are already looking forward to next year.

This year the NFL Thanksgiving slate starts off with the Bears and Lions at noon. That game will be followed by the Dallas Cowboys vs. Buffalo Bills in the late afternoon window, and the night will cap off in Atlanta with the Saints vs. Falcons.

The Saturday following Thanksgiving starts the biggest weekend of the year in college football. Many of the

big rivalry games take place that weekend -- such as the iron bowl, UGA vs. Tech, FSU vs. UF and Michigan vs. Ohio State -- will have the attention of football fans nationwide.

Just as many students and their families will be traveling to celebrate Thanksgiving with their loved ones, football teams across the country will be preparing to put on a Thanksgiving show.

Every family celebrates Thanksgiving differently. Some families eat and watch games religiously while others spend their time with activities or vacations.

GHC student David Bigger spends his Thanksgivings watching football and enjoying the day with his family. "We try our best to keep football separate from the holiday because it could easily ruin the whole day," says Bigger. In a house with many football fans, the day could get hectic with

all the action going on.

"We never unplug because we know everyone there would be interested in the game as well as conversing," says Bigger.

Tius Baillio also spends his holiday with family around the TV. He says his family has found a "pretty good balance between sports and family time."

"We always like to look back the next day to reflect how great it was to spend time with the people we love and watch the sport we love the most," says Baillio.



Cartoon by Julia Belew