

SIX MILE POST

The Student Voice

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crowned two years
running
see page 12**



Photo by Emma Veale

Deepesh Pahari practices in the game room after his 2019 championship win.



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Paige
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GHC students take a trip to the Atlanta History Center

By Michelle Hardin
Staff Writer

On Friday Oct 11th, students from all five campuses participated in a field trip to the Atlanta History Center organized by Student Life Director John Spranza and Melissa La Fleur. The trip had about twenty participants.

Students were able to tour various galleries and learn about folk art, Native American history, golf history and more -- all relating to the history of Georgia.

The largest gallery that students toured was the Atlanta gallery, which contains timelines and personal stories

of the people who live in the city. Students were able to record their own "Atlanta story" to submit and add to the piece. The gallery included many interactive areas like barber-shops and diners staged in classic styles.

There were also installations dedicated to Hispanic heritage, in honor of Hispanic Heritage Month from September 15th to October 15th.

The guided tour led students through a 153-year-old Civil War painting called "The Cyclorama." This panoramic painting is nearly 50 feet tall and has been restored to its original glory by the Atlanta History Center.

"The Cyclorama of The Battle of Atlanta was amazing, a true masterpiece!" said Diandra Adams, a student on the Paulding campus. "The tour guide was knowledgeable and had a great sense of humor. He did an excellent job giving the background of the battle. The Atlanta History Center is definitely a place I will visit again soon. I would love to share this experience with my family."

GHC students were also able to walk through the gardens behind the museum, which feature multiple outdoor trails and fountains, along with the Swan House.



Photo By Michelle Hardin

Stephanie and Alexandra from the Marietta campus experience the interactive barbershop at the Atlanta History Center.

Floyd campus LiveHealth Kiosk available in place of traditional doctor visits

By Nya Roden
Staff Writer

If they blink, there is a chance students at Georgia Highlands College will miss it. GHC offers resources for students struggling with issues related to their personal health and care. These assets are often hidden in plain sight, but they are present on the Floyd Campus and ready for use.

By exiting the student lounge and continuing straight down the hall, students can find the entrance to the student support department, with the counseling area situated at the very end.

All sessions are free of charge. Students can meet with the licensed counselors GHC has on hand for them, such as Director of Students Support Services Angela Wheelus, to discuss the issues that may be troubling their lives in complete confidentiality.

The counseling center even contains a food pantry that is stocked with basic necessities for students who struggle to come up with day-to-day essentials.

Located in the Walraven Math and Science building, room W-320 looks like a classroom, but students can find a Health Kiosk inside. Catering to both GHC students and faculty, the LiveHealth Online Kiosk offers doctor care and advice on a wide range of physical ailments including allergies, the flu and even skin infections.

To gain access to the kiosk, students and staff can contact Human Resources in order to be granted a key.

"The cost of the online visit is \$49 without insurance, or less if you have BCBSGA health benefits," said Bradley Gilmore, GHC's Human Resource Programs Administrator.

Academic support resources available to students daily

By Mariah Redmond
Digital and Social Media Editor

Midterm season is here, but getting help has never been easier.

GHC librarian, Marla Means, who has worked on the Cartersville location for over three years, stated that the library offers research help, answers citation questions and gives some basic one on one assistance for any stage in the writing process.

Professors are also able to contact librarians a week in advance to invite them to class and help students there. For instance, they can create a Lib-guide, which is a personalized

website that uses content to teach creative thinking and search strategies.

Students are also free to use the librarians as a resource for citations, topics, information or as a reference. All conversations and items are confidential in order to provide a safe space for students.

The Tutorial Center also offers student support for any subject.

When asked about coping methods for midterm stress, Cartersville student Destiny Miranda said, "I cry."

"I try to meditate or take some time out of my day to cope," says Cody Duncan, a student at Cartersville.

Axe throwing offers a unique workout opportunity



Photo by Samantha Warner

Rome Axe Throwing is located on East 8th Avenue, just off of Broad Street, Rome, Ga.

By Samantha Warner
Copy Editor

Students looking for a new and different way to blow off steam during midterms may want to visit Rome Axe Throwing for a unique workout experience.

“It’s a little bit safer and a little bit less expensive than going out and drinking to blow off steam,” joked owner Jeffrey Burke.

Burke first experienced ax throwing when a friend encouraged him to try the sport.

“We had a blast,” he recalled. After returning home, he built his own target and started throwing axes every day. Before long, he had decided to open a business dedicated to his new hobby.

“Rome needs more things to do that are not outdoors-oriented,” Burke said. The axe

throwing venue is indoors, so visitors can enjoy the facilities no matter what the weather is like outside.

For Burke, safety is one of the most important parts of his business. Rome Axe Throwing has coaches who not only teach visitors proper technique and form, but also enforce safety procedures.

The axe throwing lanes are clearly marked, with lines on the floor to keep throwers a safe distance from their targets. Even the material of the axe handles was chosen to eliminate the risk of axes bouncing off of targets.

Axe throwing allows people to enjoy a “dangerous” activity in a safe, controlled environment.

“You’re taught not to throw sharp objects,” Burke said. “But here you can come and throw sharp objects.”

Axe throwing can also

be a unique and challenging way to switch up a workout routine. It requires the use of muscles that aren’t engaged in a typical workout, and is much more physically intensive than many people realize.

“Most people who come in here and throw for an hour, by the time the hour’s up they’re exhausted,” said Burke.

Although it can be intimidating to pick up and throw an axe for the first time, the coaches compare axe throwing to pitching a baseball -- it’s all about aim, not speed.

Rome Axe Throwing typically charges \$25 per hour, but college students get a \$5 discount. The venue also hosts a college night every Friday, where students of local colleges only pay \$15 per hour. They also offer group rates for anyone who wants to get some friends together for a little competitive fun.

Former “The Voice” singer performs at GHC

By Jonah Peters
Staff Writer

“My job is to kick down the door of conversation. Sharing my story helps others share theirs as well... and then a whole lot of healing happens, and that’s a beautiful thing,” said Michaela Paige.

Paige is a former contestant on “The Voice” and current singer-songwriter based out of Los Angeles. She was recently at multiple GHC campuses spreading her message of “being you” through music and passionate, down-to-earth speeches between her songs.

For Paige, breaking the barrier others find themselves behind opens them to becoming the person they want to be. It’s easy to feel like an outcast in our brisk-paced, social media

driven society, but Paige wants students to know they are not alone.

On the Douglasville campus, Tuesday, October 8, Paige performed both covers and original songs all while involving students.

She moved throughout the audience, sang and danced with students and made everyone a part of the performance. At certain points, she talked directly to students, sitting with them and smiling as they conversed.

Douglasville nursing student Brooke Adams said her message is something “everyone need[s] to hear.”

Paige said she found it scary that there are so many people out there who don’t feel like they belong, adding that she’s here for those people.

Beyond self-affirmation

and belonging, though, Paige went on to speak about the people others keep in their lives, the promises they make to themselves and “living through our phone screens instead of in the moment.”

It wasn’t just about gathering for good food and good music. It was an opportunity to hear a “touching message,” as Douglasville general studies student Dale Williams said.

Paige says that now is the “time to find out who you are.” As a college student herself, double majoring in psychology and religion, she says it’s easy to feel like you’re “the only one who goes through things.”

To that end, Paige’s tour is called “BE YOU.” She went on to perform at the Floyd and Paulding campuses.



Photo by Jonah Peters

Michaela Paige performed on several Georgia Highlands campuses this month.

Highlands Happenings

By Samantha Warner
Copy Editor

Costume Contest

GHC Student Life is sponsoring a Halloween costume contest in the Floyd campus Student Center on October 31st.

Students are encouraged to dress up and hang out, with prizes available for the best costumes.

Students looking to compete in the competition should be aware that overly explicit or gory costumes will not be allowed to participate.

Walking Dead Trip

GHC is partnering with the Georgia Film Tour Company to offer students a walking tour through filming locations from AMC's hit show, "The Walking Dead." Admission is free, so students only have to pay for their lunch.

Students will depart from the Floyd campus at 8:30 a.m. on Friday, November 8th, and can expect to return around 4:00 p.m.

Wyoming spots now open

By Olivia Fortner
Editor-in-Chief

Science and adventure collide in a three-week summer field course, and spots are still open.

GHC offers a summer program allowing students to earn a total of eight natural science credit hours while studying in Wyoming.

The Grand Canyon, Old Faithful and Grand Teton National Park are a few destinations students will visit. Course activities will include field mapping, fossil collecting and geothermal study.

Classes start on June 8 in the geology lab on the

Floyd campus. A week later, students fly from Atlanta, Georgia to Denver, Colorado. From there, mini-bus will be the means of transportation to Casper, Wyoming.

After the journey, classroom walls disappear and the ground beneath is the book to be studied. These weeks of study will cover Geology 1121K and 1122K. The trip concludes when students return to Georgia on June 27.

Geology Professor Billy Morris developed this program and has planned the trip for the last 23 years.

Morris says he chose Wyoming because of the "wide variety of minerals, rocks and fossils from every geologic

time period." This state has many geologic features such as volcanoes, glaciers, faults and coal deposits.

The trip is bundled into a package that covers round trip airfare, all ground transportation in Colorado and Wyoming, boat transportation, all lodging, museum and park fees, use of course materials and other amenities. Tuition and fees for the classes will be separate. Certain financial aid may be applicable.

Interested students should contact Morris to sign up immediately.

"My greatest privilege on this trip is leading students through the experience of becoming a geologist," said Morris.

Peer Body Project for more positive body image

By Penelope Stephens
Asst. Photography Editor

The Peer Body Project is an evidence-based study to promote body positivity and prevent the onset of eating disorders. The true goal is to change the way people view their bodies. This also brings a shift in how people today view society.

These events are led by students trained to conduct the study. The peer leadership creates accountability among the groups, and this accountability is necessary to produce the best results.

Participants are asked to complete several activities at home in order to keep the project in mind. They are also encouraged to make an extra effort to fight the appearance ideal. Projects such as "Letter to Your Younger Self" push participants to delve into themselves and create a new internal conversation.

It is conducted by peers with the goal of making the

project feel safer and more comfortable for the attendees. Students of all body types are welcome to participate and find comfort in the group. In the leader training it was found that no matter what people look like, the concern is the same.

"We all view ourselves in the same negative way," said body positivity leader Jordan Farist.

Anyone can benefit from the experience of the workshop. The Peer Body Project is proven to be worth the time through many studies.

According to their website at www.peerbodyproject.com, "The Body Project, developed by Dr. Eric Stice, has emerged as the most effective program of its kind, with results which have been replicated by at least eight independent labs."

All students are encouraged to participate in the study and create a new view on body positivity. GHC counselors Tara Holdampf and Angie Wheelus are the facilitators.



Photo by Penelope Stephens

Johnnie Shellhorse (left) and Jordan Farist were among the students trained as peer leaders for the Peer Body Project.

From Foster Care to College for increasing retention rates

By Heather Teague
Staff Writer

From Foster Care to College is a program that aims to increase retention and graduation rates among GHC students coming out of the foster system.

According to Casey Family Programs, more than 20,000 American youths age out of the foster care system each year, but only somewhere between seven and 13 percent of these youths will enroll in colleges and universities. Less than 3 percent will continue on to earn four-year degrees.

Thanks to the partnership of several agencies, along with the Admissions Office and the Financial Aid Department, From Foster Care to College gives these students the opportunity to rise above the statistics by helping them overcome some of the many challenges they face.

Many of these students experience difficulties when seeking financial aid, but

GHC's financial aid counselors will help students file as independent in order to receive necessary loans and assistance. To qualify, students must have been in foster care since age 13 or older and must provide court documentation.

Donna Childres, the Financial Aid Director, urges these students to complete the FAFSA as early as possible, "That way if they are selected for a process called verification, or if they have special circumstances, there is time to get this all completed so they can be ready to come to orientation and/or register for classes early."

Some of these students also find themselves concerned with how and when they might receive their next meal.

"When you don't have adequate meals, it is increasingly challenging to focus on your studies," says Tai Harris, a financial aid counselor on the Paulding campus. Harris has seen the many negative effects such worries can have on someone's education

goals.

Thankfully, the program provides food security through the Charger Food Pantry. To take advantage of this confidential service, students must fill out the Food Pantry Participation Agreement. Food pantries can be found on all GHC campuses.

Financial counselors like Harris recognize that From Foster Care to College can have a significant impact on students' schooling and their futures. According to fosterfocusmag.com, half of the nation's current homeless population spent time in the foster care system.

"So many students are couch surfing and are one decision away from repeating the cycle of their peers," says Harris, "[to] have a person of contact, who can assist with the actual application process is a great starting point for increasing homeless-student retention."

Committee to vote on Film Studies Pathway

By Noah Prince
Staff Writer

Colleges across Georgia have been working with the growing film industry to meet its needs, and very soon, GHC might count itself among such colleges.

In recent years, the state of Georgia has become the go-to state for many movie and television productions. The demand for workers in this field within Georgia has grown rapidly.

For about six months now, a few members of GHC's Humanities Division, including Dean of Humanities, Dr. Jon Hershey, Division Chair Allen Dutch, communication professor, Dr. Steve Stuglin and Rome International Film Festival Creative Director Seth Ingram, have been working to develop two film-related pathways for GHC: Film Studies and Film Production.

The Production pathway will be an Associate's degree program, designed for students more interested in the crafts (cinematography, set design, lighting, make-up, etc.).

GHC will be partnering with the Georgia Film Academy. Students will be taking their common core classes at GHC, but their Area F classes will be taught by the GFA faculty in their facilities at Pinewood Studios, Atlanta.

As for the Film Studies Pathway, this program will be geared more towards the conceptual side of filmmaking (screenwriting, directing, criticism, etc.). Four new courses have been proposed for this pathway, including Film Appreciation, Film Aesthetics and Analysis, Intro to Film Production and History of Motion Pictures.

The Curriculum Committee approved these new pathways on October 15, so if the full faculty votes in favor of them and they meet the University System of Georgia's Area F Learning Outcomes and Course Guidelines, then GHC students could see these pathways by fall of 2020.

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Hispanic Heritage Month to combat cultural myths

By Nya Roden
Staff Writer

Georgia Highlands recently celebrated Hispanic Heritage month, taking time to celebrate the culture and heritage of Hispanic students.

Though the celebration is a fairly recent development, it provides an opportunity to educate the uninformed and celebrate family history.

Former GHC student Gabriela Rivera found time to talk about Hispanic Heritage Month and how it relates to her personal background.

A few months ago, Rivera visited Mexico City for the first time in 19 years.

She got to see family and

had the opportunity to experience the various wonders the city had to offer.

“I think GHC has done a pretty good job.”
-Pedro Zavala

This rich background aside, Rivera feels that Hispanic history and heritage was not adequately discussed during her school days, not until recently.

In fact, Floyd campus’ resident Spanish Professor Mark Greger can confirm “it’s a recent development.”

“I’m glad it’s gotten bigger,” Rivera said.

Hispanic Heritage Month helps to combat common misconceptions about Hispanic culture.

“I think GHC has done a pretty good job,” says Pedro Zavala. Zavala originally attended the college in 2012, before transferring to Georgia State in Atlanta.

He is back once again, applying to Physician’s Assistant programs.

“I don’t know if I have a favorite holiday, but those four weeks between Thanksgiving and Christmas are my absolute favorite,” Zavala said. “Just two weeks of food, warm feelings, quality family time -- and life slows down, even if just for a little while. That’s my favorite.”



Photo contributed by Brenda Muñiz

Gabriela Rivera visits Mexico city.

Paulding Fall Frenzy hosts magician Zak Mirzadeh

By Michelle Hardin
Staff Writer

Paulding campus students celebrated fall with food and a magic show between classes on October 21. Chick-fil-A box lunches were given out and audience members took a seat in the student center to watch Zak Mirzadeh perform magic tricks.

Mirzadeh is a magician from Dallas, Tx. who has travelled to all five GHC campuses to perform.

Jorge Carbajal, GHC student, said, “The show was awesome. What he could do totally blew my mind!”

“I like performing for the college crowd because it’s their time to grow in independence and use critical thinking skills,” Mirzadeh said. “It makes the show a lot of fun.”

The intimate setting also gave Mirzadeh a chance to con-

“I like performing for the college crowd because it’s their time to grow in independence and use critical thinking skills.”
-Zak Mirzadeh

nect with the students and explain the things he was doing.

Students learned that at a young age he saw David Blaine perform on television, which inspired Mirzadeh to become a magician himself. Now his childhood hero is teaming up with him to learn a trick Mirzadeh invented to use at Blaine’s next show.



Photo by Michelle Hardin

Magician Zak Mirzadeh preforms at Paulding’s Fall Frenzy.

TheatreExtreme improv event comes to Cartersville ballroom

By Olivia Fortner
Editor-in-Chief

TheatreExtreme will be hosting an Introduction to Improvisation event in the student ballroom on the Cartersville campus from 5:30 - 7 p.m. on November 13. This event is organized by Sean Callahan.

“The school is partnering with TheatreExtreme to provide connections with GHC and our community,” said Professor of Communications Travice Obas.

With no practice at all, the audience will have the opportunity to do improv on stage. TheatreExtreme will show some improv exercises and members of the audience will

get a chance to perform what they have learned.

Sean Callahan, the event organizer, said, “This is a first in a series of events designed to cultivate creativity and innovation at GHC.”

This improv lesson is an important event for GHC and its students because improv has proven to have many positive effects on people. Obas even has personal experience directing shows at local theaters.

Cognitive development and social-emotional development are both linked to improvisational comedy, freestyle rap and jazz music.

Neuroscientist Charles Limb and others have scanned rappers’ brains during free-

style and memorized rap.

The studies show that during free-styling, there is a functional change in their neural networks, according to the Washington Post. Practicing improv actually changes the brain.

Creative improvising also adds needed business skills. When someone practices listening, they train their mind to process and react to what is being said.

According to Callahan, “Oftentimes people believe that creativity can not be learned, that it’s a trait you either have or do not have. That’s not the case at all. With practice, people can learn to become more creative thinkers, problem solvers, and innovators.”

Popular opinion:

What’s your favorite podcast?

“Donut Media.”

- Ridge Abernathy, Floyd

“My Brother, My Brother, and Me’ by the McElroy brothers and ‘Welcome to Nightvale’ by Nightvale Presents.”

- Summer Bridges, Douglasville

“Japan Time.”

- Kenechi Mgbodile, Floyd



Floyd campus is home to lake and wetlands

By Penelope Stephens
Asst. Photography Editor

Floyd campus’ Paris Lake is a resource that is open to all Georgia Highlands students.

People are welcome to take kayaks, canoes, paddleboards or other non-motorized watercraft out to experience the lake up close. Fishing is allowed and anyone is free to participate in the water activities. Students are encouraged to learn more about nature and to appreciate the world outside of the classroom.

Most students from Floyd and the other campuses alike are aware of Paris Lake’s existence. Unlike the lake, many students are completely unaware of the presence of wetlands on the Floyd campus. In other words, Georgia Highlands has a swamp.

There is a beautiful walk to and through the wetlands, which can be found as an extension of the walking paths around Paris Lake. This pres-

ents opportunities to relax and appreciate nature.

Experiencing the wetlands firsthand is a way to learn more about the ecosystem. There are 12 viewing points at which various parts of the wetlands can be seen. According to the Georgia Highlands website, on a walk around Paris Lake, you can see an open meadow, an upland forest, a willow swamp (Palustrine shrub-scrub), a beaver-modified cattail marsh and a deep-water stream habitat.

There is a boardwalk through the wetlands that extends from the trails that surround Paris Lake. These trails are commonly used as recreational walking trails, but the boardwalk goes unnoticed due to its semi-hidden entrance.

The quiet and secluded area creates an opportunity to meditate away from the traditional noise of the college. The relaxation is encouraged and can reduce the stress of everyday college life.

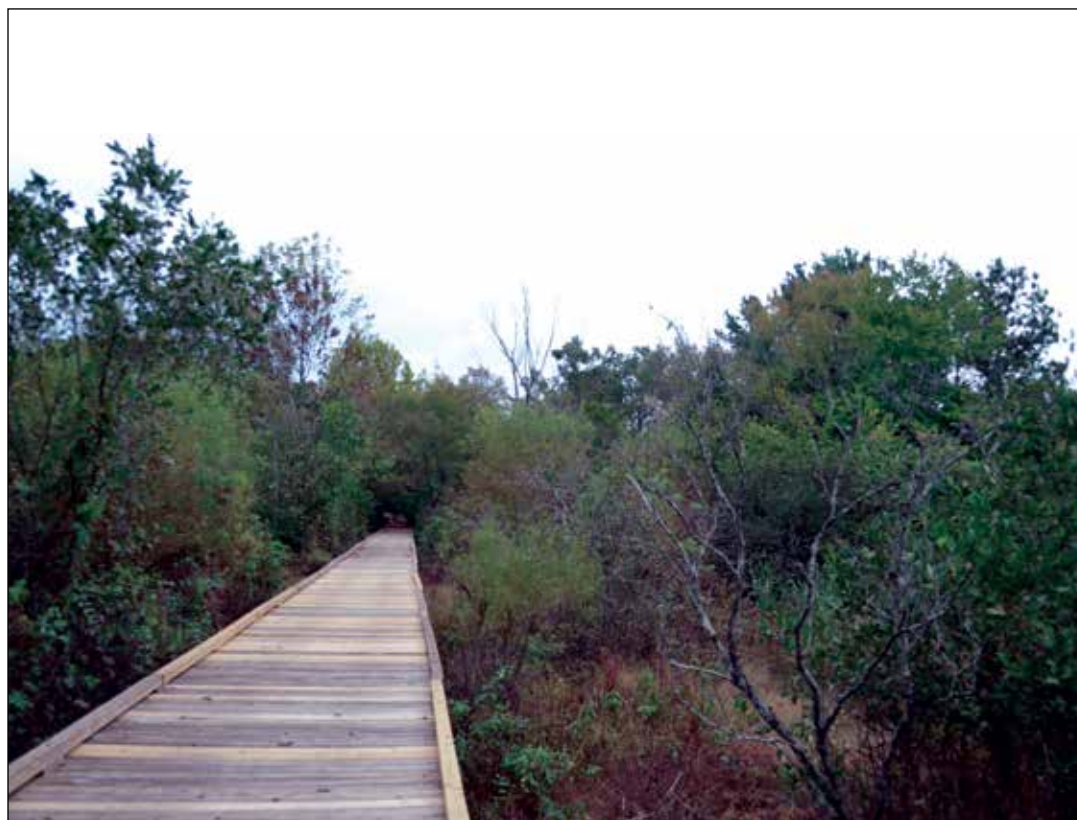


Photo by Penelope Stephens

Students can enjoy the Floyd campus wetlands without a mess on the boardwalk.

Consumer demand brings Christmas to October

By Penelope Stevens
Asst. Photography Editor

Christmas is not just a holiday in December -- it is an industry that consumers are aware of all year round. Shoppers see Christmas decorations, trees, and gifts marketed for the season earlier and earlier each year. This can be deeply aggravating as this limits the availability of items dedicated to the current season.

Just as we are getting into the Halloween season everything we need to celebrate is practically gone. The seasons are on a fast track, so consumers do not get to enjoy the current time of year.

We are all worried what is happening four months from now because the holidays being marketed to us are at the forefront of a shopper's thoughts.

Once all of the Christmas items come out, most things



are covered in red and green glitter no matter the season or event that they are intended for.

This creates a clash of the holidays that is inconvenient for the average consumer. It is also inconvenient for the team members who are selling these items because the glitter coats everything, including the

people. This is why, for many retail workers, holidays such as Christmas do not bring on good memories. The holidays have been ruined by an early, oversaturated, and overplayed holiday market.

On the other hand, it must be acknowledged that consumers inadvertently do this to themselves. Some people begin

requesting stores carry Christmas products as early as September.

In a culture fueled by supply and demand there is no way to solely blame the places selling these products. It is not the fault of the store, but of the people who are so ahead of the season. In order to stay open, shops feel the need to cater to every person, including those who want to prepare for Christmas in October.

Another problem with early Christmas is because it is solely that. The early seasonal items are Christmas central, not including other holidays that occur at the same time. The people who do not celebrate Christmas are bombarded by the holiday for months. This lack of inclusivity is a horrible problem that is extended over many months before the holidays themselves. This can create a negative shopping experience for many customers and can even offend people.

Students at the polls, or lack thereof

What is a single voice in a roaring crowd? Would anyone even notice if a single voice stayed silent? This is perhaps how many rationalize their choice not to vote, believing that their one voice wouldn't be heard or that it wouldn't have a significant impact.

However, according to the 2018 US census, only 36 percent of adults ages 18 to 29 cast their ballot. This is the equivalent of more than half the crowd remaining quiet. There would be a huge effect if all turned and cried in unison, but even a single voice can help break the silence.

We are coming up on mid-term elections. These are the elections held in the middle of an executive's terms, with other political positions being voted on, ranging from congressional seats to mayoral

races. But do not let these go unnoticed. Mayors and sheriffs hold considerable power, sometimes even comparable to senators.

"The majority party determines who leads important congressional committees. A president's ability to accomplish his agenda has everything to do with whether his party controls the two houses of Congress," said the Brazilian US Embassy and Consulates.

Particularly in the current race, Democrats have a steep hill to climb. Though they are only short two seats, they will "have to have a near perfect run in the toughest of races," according to "The Washington Post." What will this mean for Trump if they succeed? Nancy Pelosi from the House of Representatives said the

impeachment is not a priority, but Democrat wins could spark new investigations into the Russia scandal, according to the Washington Post.

With all that's at stake, there is more reason than ever for young people to vote. "Every vote counts," goes the saying, but many feel disillusioned, especially after the electoral college's role in the 2016 election. However, according to thebestcolleges.com, potential young voters make up the largest voting demographic, helping push Barack Obama into office in 2008.

Many elections are won by narrow margins, such as when Minnesota senator Al Franken won by 312 votes in 2009. The votes of even a few young people could tip the scales in favor of one candidate or the other.

Still, how many students

have the time to vote? The system seems built against young voters in Georgia, with long lines and convoluted processes. Many young voters have jobs they can't easily get time off from, classes they must attend, and/or a lack of transportation. It is less a matter of apathy and more a matter of logistics. Perhaps there are elections some can be excused from when obligations override opportunities to vote. However, look at what's at stake. The decisions that govern how you live tomorrow are made in the voting booth. For the cynical, do you trust others enough to make that decision? Clear your calendar. Get a ride. The power of a nation lies in wait at the cost of a few hours.

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Soap Box

By Nathaniel Flahardy
Design & Photography Editor

According to the American Psychological Association, “About one-third of U.S. college students had difficulty functioning in the last 12 months due to depression, and almost half said they felt overwhelming anxiety in the last year” since 2013 when the National College Health Assessment made the survey.

The APA further said, “30 percent of students who seek services for mental health issues report that they have seriously considered attempting suicide at some point in their lives, up from about 24 percent in 2010.”

Getting help can be intimidating. I didn’t expect my parents to take me seriously.

I didn’t expect them to let me see a doctor for a checkup. When I did see my doctor, I didn’t receive what I had expected. Throughout my treatment I’ve wanted relief and have only been told to be patient. But time did prove to be on my side. It brought me to a clearing. My story may be a tad dramatic, but it’s a testimony that help is there for those who need it.

Driving home, I realized how easy it would be at the right speed to turn the wheel and find relief.

A gruff, dispassionate clerk asked if I was suicidal. I nodded. After changing into scrubs, I was led into a room with a series of couches sepa-

rated by walls that had TVs embedded in them. I waited for six hours, listening to others’ shows. Time passed quickly as I lay numb.

Sparse sleep made me feel better. All the same, I was strapped into a stretcher.

The ambulance came to a set of iron bars I hoped were meant to keep others out. I asked if I was in the looney bin. A kindly nurse answered that the establishment was this or that -- a nice way of saying yes.

After being interviewed, they handed me the release papers and said it’d be three days before I could leave.

Gradually through the dull days I was filled with causeless, unbearable pain. There was some solace. I became reliant on the schedule. When things were late, I wearily watched the clock, cursing the nurses.

Though pens and pencils were prohibited, I dried out markers writing the time

away. My papers were filled with incoherent babble and complaints, but they and a novel kept me sane.

Of those working at the institution, the doctors were best at putting me at ease. When they came around, I became antsy as others were called and I strained to hear my name.

My parents visited when they could. They gave me their testimonies. My dad showed me his scars and

joked how it felt better than the pain inside. My mom told me about her chronic depression and issues with anxiety.

Yet they didn’t trust doctors, didn’t believe that I was going to be helped there at the hospital. At the time I thought it was them not taking my illness seriously. I cried and repeated “I’m in a mental hospital,” hoping that I’d convince them I was sick.

By the end of my stay I was somewhat cheerful. I had

made friends I wouldn’t keep, and had gotten the help my parents adamantly denied the existence of. I went home in a much better state, though not cured.

I still dragged my feet and hung my head. I was still anxious without any help from my parents.

When my mom testified the power of prayer, I refused to comply. She asked me how she could help when I denied the only truth she had.

I had been offered group therapy but requested individual sessions instead. The strangest thing about it was my inability to communicate my problems. I would often discuss concerns regarding life and academics, but never seemed to touch the roots of my anxiety or depression.

I expected to find the cause of each and root them out. I’m not sure what I’ve found instead.

Letter to the Editor

STEM isn’t the only beneficial path to trek

By Robert Kean
Writing Tutor

Humanities are important because they, first and foremost, are involved with the pursuit of knowledge. Life is not as simple as an equation with a guaranteed solution. Some of the problems that a person will encounter do not have a clear remedy. The humanities give students a level of critical thinking that they will carry with them into their careers, personal relationships, and life’s ambitions.

The ability to even consider two conflicting ideas and make judgements are at the essence of being human. While some individuals may assume that the humanities as a field do not offer the same opportuni-

ties as a hard science, there remains confusion surrounding what exactly differentiates the humanities from science. Science seeks to improve the quality of life for millions through vaccines, disease prevention, and technological advancement. In the same way, if a person briefly looks at history, they will see the humanities improving cultures and giving people hope. For example, Islam, Judaism, and Christianity are all book religions. How many billions upon billions have been encouraged by these works? How many social and political movements have borrowed from these books to make a more just society?

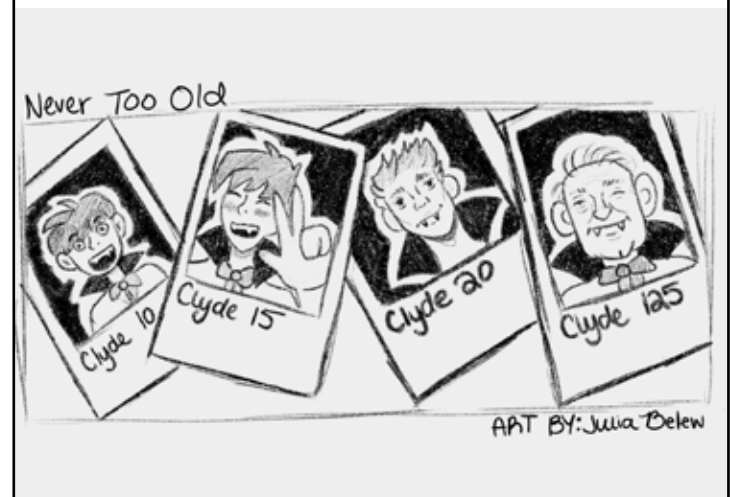
Science and humanities are not that different when we break down how they affect so-

ciety at large. Both fields offer opportunities, but the question is, “What kind of opportunity are you looking for?”

Are we looking to simple make money? If so, how much money? Are we looking to right wrongs in our society? If so, then how many wrongs? How many laws, doctrines, governments need to be researched and investigated?

When we pit the humanities against the sciences, not including social sciences for which there are many: environmental studies, psychology, etc., we are playing a game that only an individual can decide for themselves. It isn’t a society’s job to dictate what a person should or should not learn. In the words of Hamlet, “To thine own self be true.”

When are you too old to go trick ‘r treating?



“Joker” film highlights mental illness as main theme

By Emma Veale
Photography Editor

Some readers might recall the horrific incident during the premiere of “Dark Knight Rises” on July 20, 2012 in Aurora, Colorado. The shooting left twelve people killed and seventy others were injured, 58 of them were from gunfire. Because of this, there was an increased police presence in all major U.S city theatres on the night of the new movie “Joker.”

The movie portrays a man that always seemed a little off, but always had good intentions. When Arthur was younger he suffered major brain trauma at the hands of his adoptive mom’s abusive ex-boyfriend.

Because of this he had a laughing disorder and various other mental illnesses, where anytime he felt nervous, scared, mad, disgusted he uttered a disturbing laugh. He also imagined relationships that were never there.

Arthur was a good man who was always smiling. He saw people for who they were,

good or evil. His extensive illnesses didn’t corrupt him and make him the Joker, people did.

When Arthur gets one of his laughing attacks, you see everyone around him rolling their eyes. He hates that it’s an annoyance to others around him so he chokes himself to make it stop.

This movie is very timely for what is happening today. Mental health should be discussed more.

In one particular scene, Arthur is speaking with his social worker. After a few meetings, Arthur finally budges and says, “You don’t listen, do you?”

“They’re shutting us down Arthur,” She replies. “They don’t give a s*** about people like you.”

Even though this is a fictional movie it speaks a lot to this day in age. Does the government or society really care about people with mental illness? Sure, they make a Suicide Prevention Month, but are they truly doing anything to help those that suffer?

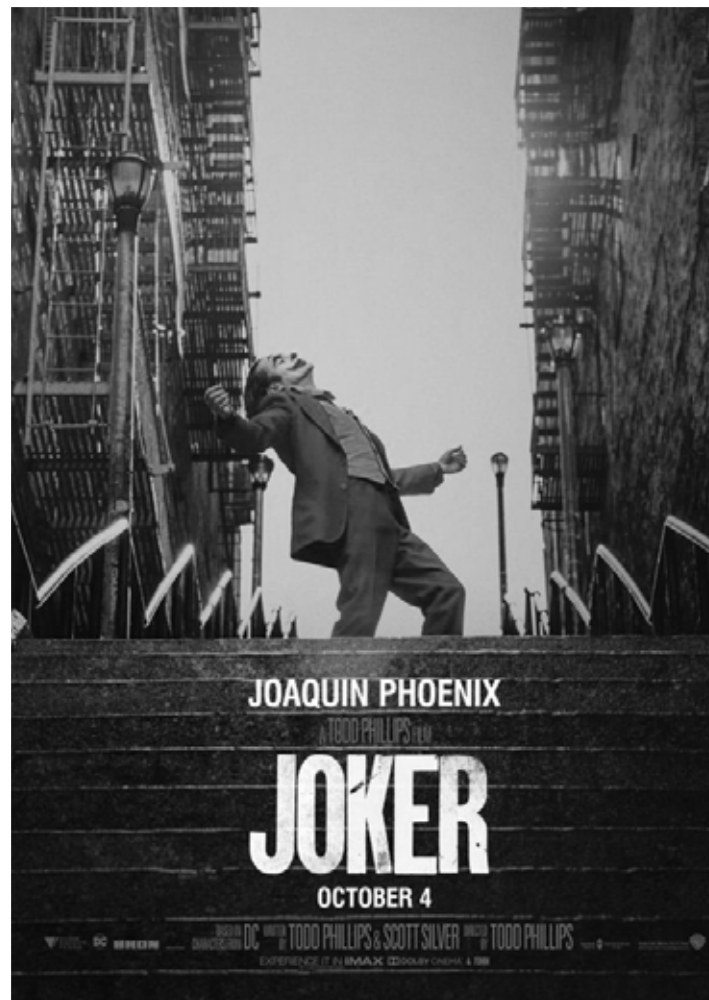
In another scene Arthur

goes to a mental hospital where his mother was admitted to find out more about his childhood. It cuts to a scene where he’s in an elevator with a police officer, a doctor, and a patient on a gurney who seems to be having psychotic episode. When you look at the doctor’s and the police officer’s faces, both of them are rolling their eyes at this patient.

Arthur was a diagnosed sociopath which means he loved the attention his crimes received and felt no remorse. He believed he was doing Gotham City a favor by killing people who had no remorse for people like him. Arthur was mentally ill, and looked for help but very quickly gave up.

“Joker” premiered in theaters on October 4, 2019, six days before World Mental Health Day. This movie sends a message, not of violence, but of awareness. Nobody is alone. Everyone deals with mental illness differently. Some seek help while others may not be ready.

People can be on both ends of the spectrum, but there are resources out there to help.



“Bloodstained: Ritual of the Night” delivers nostalgia

By Samantha Warner
Copy Editor

Anyone looking for a nostalgic gaming experience need look no further than Bloodstained: Ritual of the Night. The game, which was released in June of this year, is a loving return to the “Metroidvania” adventure games of the late 1990s and early 2000s. Although the story is a bit cliché, the gameplay and gorgeous Victorian Gothic-inspired aesthetic make Bloodstained: Ritual of the Night a perfect Halloween treat for any fan of the adventure game genre.

The game was written and produced by Koji Igarashi, who established the Metroidva-

nia subgenre with his work on 1997’s Castlevania: Symphony of the Night. In May 2015, Igarashi launched a Kickstarter campaign to fund a spiritual sequel to that title.

In his pitch video, Igarashi expressed a desire to return to the genre he helped create. True to his word, Bloodstained: Ritual of the Night perfectly captures the atmosphere and gameplay of a late 1990s adventure game.

The gameplay combines platforming with RPG elements, including a variety of weapons and power-ups, which keep things feeling fresh. Defeating enemies allows the player to unlock new skills, some of which are necessary to progress further into

the game. Players who are familiar with this style of adventure game will slip into the gameplay with ease.

Bloodstained: Ritual of the Night is incredibly atmospheric, in part due to its art style. Like Castlevania: Symphony of the Night, the game takes visual inspiration both from Gothic art and literature and from anime. Despite its Gothic themes, the game has a variety of colorful environments, proving that there is more to Gothic style than dark colors and dusty castles.

Unfortunately, the game’s story doesn’t shine quite as brightly as its gameplay or its aesthetics. The story, like the gameplay, will feel very familiar to any experienced gamer,

and at times feels downright cliché. All of the major characters fall into standard adventure game tropes: the stoic protagonist, the alchemist companion, the tortured, brooding antagonist, etc. The game also favors “tell don’t show” storytelling, with important, character-defining backstory revealed to the player in uninspired dialogue.

The storytelling does redeem itself in the final act, where the game reveals a plot twist that uses player expectations to turn those familiar tropes on their heads. Unfortunately, the game keeps this brilliance carefully under wraps for much of the story, and it ultimately feels like too little too late.

The game’s boring dialogue is especially disappointing, because the voice acting is excellent. Experienced gamers may recognize the talents of voice actors such as David Hayter (of Metal Gear Solid fame), Ray Chase (Nier: Automata and Final Fantasy XV), and Robert Belgrave, who voiced Alucard in Castlevania: Symphony of the Night. All of the actors do an excellent job, and their performances often elevate the lackluster script.

Despite its shortcomings, Bloodstained: Ritual of the Night is an excellent choice for anyone who enjoyed Metroidvania adventure games as a child and is looking to celebrate Halloween with a little nostalgia.

Atlanta Falcons experience a shaky season start

Critics point to team's lack of offensive production as area of weakness

By **Bradley Singh**
Asst. Sports Editor

The Falcons are currently on a four-game losing streak that includes a home loss to the Arizona Cardinals, who are led by the rookie quarterback Kyler Murray and rookie head coach Kliff Kingsbury.

After a 7-9 season in 2018, the Atlanta Falcons were looking to bounce back to the form that earned them a Super Bowl berth in 2016. With offensive coordinator Dirk Koetter joining the staff after being fired as the head coach of the Tampa Bay Buccaneers, the offense was expected to be one of the best in the league.

Fast forward to the opening game of the season in Minnesota against the Vikings; the Falcons only managed to put up 12 points against a solid Vikings defense.

The following week on Sunday Night Football, the Falcons hosted the 2017 super bowl champs, the Philadelphia Eagles, in a showdown of NFC powerhouses. The Falcons put up their best team performance of the season that game, ending with a Julio Jones touchdown to put the Falcons ahead with 2 minutes left in the game. Atlanta would go on to win the game 24-20.

In the following weeks, things started to go awry. In a week three loss against

the Indianapolis Colts, defensive star Keanu Neal went down with an Achilles injury. The fourth-year safety suffered his second straight season ending injury after tearing his ACL in the opening game of the 2018 season. He is expected to be back and healthy for the 2020 season.

This season, the organization has expressed support for head coach Dan Quinn, but that could soon be lost if the team does not quickly turn things around. Much of the criticism has been revolving around the team's lack of offensive production. The offense led by former league MVP Matt Ryan and all-pro wideout Julio Jones put up

only 10 points in a home loss to the Tennessee Titans.

The optimism for this team is quickly fading. After dropping to 1-5 and last place in the NFC South the Falcons currently have a less than 5% chance of making the playoffs. In the last two weeks against the Texans and Cardinals, the offense has produced which is a good sign looking ahead. The defense has struggled greatly, allowing 53 and 34 points in back to back weeks.

Should this continue it is quite likely the owner Arthur Blank and general manager Thomas Dimitroff could cut ties with Dan Quinn and begin the search for a new head coach at seasons end.

"The Falcons have had a pretty rocky start," said GHC student Grant Hegstetter when asked about the teams 1-5 start, "They are not rushing the ball well and the offensive line has been doing poor but those are both things that can change fast".

Hegstetter continues to remain optimistic and thinks that a coaching change is not necessary. "When you put that type of pressure on a coach it also puts unneeded pressure on players to perform," he said.

The remainder of the season will be very telling about the direction the Falcons are going and the future of Coach Quinn.

Workouts differ among Charger sports teams

By **Amaria Owens**
Sports Editor

In the world of athletics, a person has to stay in shape to keep up with the quick pace of their sport. However, the methods by which each team strives to strengthen players varies across GHC teams.

Though athletes have much in common, from traveling from college to college, running down the field and experiencing the blaring lights on a Friday night game, these sports each have different workout plans to prepare for their big day.

Soccer players can be seen going through drills into the late afternoon, spending hours

learning how to control a ball properly.

Langston Williams, a GHC men's basketball player said, "Our workouts are a lot of repetition and muscle memory, not necessarily just conditioning such as running around and doing suicides."

On the other hand, Nigeria Jordan from the women's basketball team said, "Women have longer practices than the men's basketball team and work harder than the men." For the women, there is more running involved resulting in longer hours.

For the softball team, it's just the opposite. In practice, the coach focuses on each player's skills rather than having the entire team practice on a

single thing all together.

Madalyn Morton, a freshman pitcher on the softball team, said, "We have a very talented team of athletes, and coach recognizes that too. So, she divides pitchers/catchers and infielders/outfielders to maximize individual skill work during practices."

At times it's also necessary to customize practices and workouts to better support injured players.

Morton recently tore both labrums in her hips, causing extreme pain during the workouts. She says, "I cannot run without excruciating pain. So, while the team runs, I have to bike. I also cannot squat anymore, so the leg press has been the substitute for that."



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Intramural sports ranging from ping-pong to flag football

By Amaria Owens
Sports Editor

Intramural sports are located all around each Highlands campus. Whether it be in the game room or the courtyard on the far right of the Rome campus, every student has the opportunity of joining one of the various teams Georgia Highlands has to offer.

Not only are the activities a great way to pass time with friends such as playing ping pong in the Student Life Center, they are also a healthy way of getting your blood pumping when balancing the weight of being a college student and generally living an active lifestyle while attending GHC.

From the ping-pong table to the tennis court students are engaging in the free opportunities available to them. This can range from just playing to pass the time to doing it competitively in one-on-one tournaments or games against

other schools.

All you need to gain access to equipment is your Georgia Highlands ID Card, this way you can get a time slot for the amount of time you can use a certain item. You can also find the announcements for the dates and times of events and tournaments happening in your school email, where a variety of new information is given almost every single day.

Along with some of the easier activities to spot throughout your day there are many other things that some freshmen or older veterans might not have known about, such as the fact that GHC has flag football teams made up of both males and females. Flag football, less violent than any NFL team, is a sport with the same objective of football without the tackling. Each team tries to get a hold of the rival player that has the ball by one of the flags tied around the player's waist.

Another competitive team

at GHC is the soccer team. At the most recent game on October 11th, the competitors, the Emory Eagles, stole the win by just one point, leaving the game at 3 to 2.

Fernando Bernardo, a freshman soccer player representing Georgia Highlands says, "The most challenging thing was coming in at the right time. I never played defense in my life so I had to deal with things I never dealt with before. That was pretty challenging."

Despite playing new positions, another challenge of the game for both teams seemed to be the referee. Throughout the game multiple flags were thrown on GHC because of foul language or misconduct. This resulted in coaches, players, and even some of the fans raising havoc from the "unfair" and "uncalled for" pulls. This conflict continued throughout the second half of the game until the very end.



Photo By Emma Veale

Top: Intramural soccer team huddles midgame.
Bottom: Students compete during an intramural ping-pong game.



Photo contributed by Jeff Brown

The Georgia Highlands College's mascot, Bolt, playfully boxes the referee at a Chargers Basketball game.

Volunteers share Bolt costume

By Amaria Owens
Managing Ed., Sports

The medieval war horse. The original Charger. Spontaneous and available for your corporate and private events. These are all simple ways to describe Bolt.

Bolt is GHC's personal cheerleader for almost every sporting event. Despite the one under the mask and bodysuit keeping their vow of silence while in character, willing volunteers have the opportunity to dress up and fill his enthusiastic and outgoing persona.

In the past, John Spranza, the Director of Student Life, said, "There have been many people that have played Bolt, there is no set person. I've worn it, students have, cheer-

leaders, just whoever we can convince to put it on."

As for this year, no one has been Bolt yet. However, there have been a couple of volunteers for the part.

Although playing Bolt is about pumping up the audience of the students and staff, there is a profit for playing the part anywhere apart from Georgia Highlands events. This only permitted if approved by upper management.

For personal events the volunteer, or -- when the time comes -- a full time worker, charges \$50 per hour for any private event. The fee is reduced to \$25 per hour for non-profit causes.

Along with traveling from event to event, Bolt comes with their handler, the only

person that is able to talk to the person in the costume -- in a hushed tone of course.

As for the history behind the Bolt, it has only been about a decade since GHC decided to create a costume for the school's beloved mascot. There was a long search through different companies that designed and made costumes for college teams, NBA teams, NCAA, and larger universities.

Spranza said, "We told them what we were looking for and then their art team and design department went to work and gave us different options to choose from. We selected the one we liked and Bolt was born."