

SIX MILE POST

The Student Voice

www.sixmilepost.com

Vol. 49, #4
February 17, 2020



Several GHC
campuses have
abandoned
recycling efforts.
See page 2



Celebrating
50 years of
GHC

See page 5



Canadian
bluegrass
band brings
their unique
sound to
Atlanta

See page 10

Photo Illustration by Michelle Hardin

Bolt looks for a recycling bin, but a decline in student involvement has led to fewer recycling options.

Georgia Highlands College - Rome, Georgia

Nearly all campuses no longer have recycling programs

By Samantha Warner
Copy Editor

Despite the presence of recycling cans on multiple campuses, the Cartersville campus is now the only GHC location that recycles.

"At one time, recycling was performed on the other campuses by student groups, but that has fallen off over the last few years," said David Van Hook, GHC director of facilities.

Van Hook added that GHC has a partnership with Bartow County waste services to recycle materials from the Cartersville campus.

"It is my understanding that this partnership was established by a student group and has worked very well," said Van Hook.

There is no similar arrangement for other campuses. The main issue preventing other campuses from recycling is a lack of willing volunteers.

"There is nowhere to store the items collected," said

Paulding site director, Christina Henggeler. "No one will take ownership of recycling by gathering and delivering the materials to the recycle center."

Henggeler said that she encourages students and faculty to recycle on an individual basis.

Until this semester, there were several recycling bins at different locations on the Floyd campus.

"I thought the school recycled," said Kelly Samson, a criminal justice major based on Floyd campus. "I know I've seen the cans around campus."

Students and faculty from the Paulding, Douglasville and Marietta campuses were unavailable for comment at this time. These campuses also do not have recycling programs.

"It is my understanding that all other campuses [besides Cartersville] do not recycle," said Van Hook.

Some faculty and students have been making efforts to be more "green." The Cartersville campus has two dumpsters

with recycling capabilities: one behind the STEAM building and one by the Student Center. All buildings on the Cartersville campus have specific bins for plastic, paper, cans and waste.

"The biggest challenge that we have is that many people don't put the correct things in the correct receptacles even if we have the labels," said Cartersville campus Dean Leslie Johnson. "If it ends up having other types of trash in there, then the county won't go through and weed that out, so it just goes to the dump."

Johnson said that, in order for materials to be recycled, the load has to be a "clean stream" — meaning that it contains only recyclable material. Because of this, a single piece of trash thrown in the wrong bin can send an entire dumpster full of recyclables to a landfill.

In the past, students in the Green Highlands club took on the responsibility of sorting through the campus' recycling to ensure clean streams. At



Photo Illustration by Michelle Hardin

present, no one is doing this necessary sorting. The lack of a formal sorting process means contaminated loads of recycling are being thrown away.

"We do try to partner with our students as well," Johnson said. "It's wonderful to have students take some ownership of that process."

Johnson said that Carters-

ville campus staff are hoping to work with students to help improve the site's recycling efforts.

"It takes a village to 'go green'," said Alexandra MacMurdo Reiter, assistant professor of communication and faculty advisor for Green Highlands. "It is everyone's job to recycle."

GHC welcomes 18 new hires this spring

By Lynsey Sutton
Staff Writer

There have been 18 new hires at GHC this semester.

Jamie Petty is the Chief Business Officer and VP of Administration and Finance. He brings over 15 years of experience within the USG.

He holds a master's degree in accounting from Southern Polytechnic State University and a bachelor's degree in business administration from Shorter College.

Regina Davis-Sowers is a part time instructor, teaching Introduction to Sociology at the Paulding and Douglasville campuses. She earned all three of her bachelor's degrees, her master's degree and her doctorate at Georgia State University. She was a non-traditional student, beginning college at age 36 and earning her doctorate at age 54.

Monica Burchfield is a new in-

structor teaching creative writing and composition at the Cartersville campus. She's originally from Tallahassee, Florida, and attended undergraduate school at Florida State University, earning her Bachelor of Arts in creative writing. Burchfield then moved to Atlanta to pursue her graduate degree in creative writing with a specialty in poetry at Georgia State University.

"I feel it is powerful to be able to communicate through writing, and I adore facilitating the falling in love with words," said Burchfield.

Dale Tuck is currently teaching World Literature. He retired from teaching after 25 years at Cedartown High School.

Gabrielle Falk is a new part time instructor, teaching anatomy and physiology at the Floyd campus. Falk is a veterinarian by trade with a special interest in exotics and wildlife. Falk started out as a biologist, earn-

ing her Bachelor of Science in zoology from UGA, a Master of Science in biology from University of Texas and a DVM from Texas A&M.

Ryan O'Connor is a new part time lecturer of chemistry based on the Marietta campus. O'Connor earned his chemistry degree from Xavier University in Cincinnati and later attended the University of Memphis for graduate school.

O'Connor said, "I most enjoy the in-between class times when students bring questions. It always surprises me when a student walks in and starts asking a question with 'Sorry to bother you....' Don't ever think that you are disrupting your professor's work when you send us questions or utilize office hours, and certainly don't hesitate if you think you need the help. Personally, it is my favorite part, so bring all the questions."

Michael Furey is a new Digital Media Specialist at Heritage Hall. Furey

has moved around from Los Angeles, Tampa, Kansas and Miami. He has lived in Atlanta for the past 10 years.

He spent nine years working at Turner Broadcast.

Jordan Fortel is the new assistant softball coach. She helps athletes develop their skills and acts as a mentor for the girls and helps with daily softball staff duties.

Other new hires in the Social Science department include Monica Barbara, Linda Olszanski, Yaw Sam-Kwachie and Michelle Lambert. New hires in the Humanities department include Connie Gibson and Joseph McMahan. In the Natural Science and Physical Education department, Sara Koch, Martha Sanderson and Tameka Weeks have joined the GHC faculty. The Athletics department has added Savannah Sloan and the math department welcomes Robert Burnside.

Undergraduate research draws attention to lake

By Olivia Fortner
Editor-in-Chief

Three Floyd campus students are going to Bozeman, Montana this spring to present at the National Conferences on Undergraduate Research.

Joseph Cheriampurathu, Damon Self and Tyler Whelchel were doing basic pH testing in Paris Lake for an environmental science class when they found the pH levels were “insanely high compared to what they should be,” said Whelchel.

They brought their find-

ings to Billy Morris, professor of geology, who was facilitating the research. Whelchel said they were all shocked to see the significantly high levels in the water and immediately began asking why.

“We realized that the time frame that the pH levels were that high was the same time frame they were laying the parking lot sealant,” Whelchel said.

Last fall, a coal-tar sealcoat was applied to the Floyd campus parking lots to make a smoother, clean look and protect the asphalt underneath.

“Not only is it bad for the water, but you can track it on your shoes. It can get in the air.”

- Tyler Welchel, GHC student

When this update led to the high pH in the lake, questions were raised about what was in the sealcoat.

Upon further research and testing, it was found that the coal-tar sealcoat contains PAHs, many of which are known human carcinogens and toxic to aquatic life.

“Not only is it bad for the water, but you can track it on your shoes. It can get in the air,” said Whelchel.

“Austin, Texas banned the sale and use of this type of sealant in 2005. The District of Columbia followed suit in

2009, as did Washington State in 2012 and 2013,” according to the EPA Stormwater Management Practice report.

“The Three Amigos,” as Morris calls them, presented their research at a poster session in the Floyd Campus Student Center at the end of Fall 2019.

They plan to give a revised version of this same presentation at NCUR. Their presentation will be more specific and focused on educating others about what was found considering the parking lot sealcoat.

Federal law prohibits tobacco for those under 21

By Brandon Dyer
Sports Editor

The Trump administration passed a bill on December 27 of last year, ending the sale of tobacco products to anyone under the age of 21. The bill came after the administration faced public pressure to pass legislation on the rising rates of teen vaping and vaping-related deaths.

As of January 21, there has been a total of 60 vaping-related deaths, according to the American Academy of Pediatrics. The average age of those 60 that have died is 51, and range from ages 15-75. 2,711 people have also been hospitalized due to vaping.

Donald Trump has been outspoken about the issue of vaping in the past.

“Vaping has become a very big business as I understand it,” Trump told

the Associated Press. “Giant business in a very short amount of time. But we can’t allow people to get sick and we can’t have our youth to be so affected.”

Kentucky Senator Mitch McConnell and Virginia Senator Tim Kaine introduced the bill to the Senate. While McConnell has a record of standing up for farmers when it comes to tobacco products, he has taken an anti-vape stance.

“Farmers don’t want their children to get hooked on tobacco products while they’re in middle or high school any more than any parents anywhere want that to happen,” McConnell told “Newsy News.” “Youth vaping is a public health crisis and it is our responsibility as parents and public servants to do whatever we can to keep these harmful products out of high schools and out of youth culture.”

The bill will have a significant impact on this generation of young smokers and on future generations. One of the main hopes for the bill is that high schools will see a dramatic drop in the number of e-cigarettes and tobacco products on campus. A 2015 report from the Institute of Medicine found raising the smoking age to 21 could prevent approximately 223,000 premature deaths among Americans born between 2000 and 2019.

E-cigarettes have played a major role in youth smoking. According to the National Tobacco Youth Survey, 28 percent of high school students admitted to using e-cigarettes in the past month compared to just 6 percent that admitted they used tobacco products.

“The increasing numbers of vaping-associated lung injury and death are clear indications of the need for peo-

ple to follow the Centers for Disease Control and Prevention’s recommendations and not vape,” said Georgia Department of Health Commissioner Kathleen E. Toomey in an interview with Patch.com

“[The new bill] is good for the youth because the chances of lung cancer may be decreased because of not starting at a younger age,” said Tommie Rogers, a current GHC student. “When I was 18, you could smoke anywhere in public, at restaurants, offices, anywhere. The school even had an outside designated area to smoke.

“You have waited 18 years to smoke. You can wait 3 more,” said GHC student Eddie Gallanthen.

Both Gallanthen and Rogers thought the age move was a good thing and both hope it leads to lower tobacco usage.

Highlands Happenings

Alabama Shakespeare Festival

Student Life is hosting their annual trip Saturday, April 25 and Sunday, April 26. The total cost is \$130 for a four-person room, \$140 for a three-person room, and \$160 for a two-person room. Students should plan for an additional \$25 for meals and snacks, which are not included in the room price.

ORK Submissions

GHC’s annual literary magazine, “Old Red Kimono,” is now accepting submissions. Old Red Kimono seeks prose, poems, short stories, artwork and photography. The deadline for submissions is Feb. 20 at 5 p.m.

Black History Month

Student Life is hosting a field trip to the King Center in downtown Atlanta on February 28. Admission to the King Center is covered by Student Life, and the first 14 people to sign up will receive free transportation. Interested students should email stulife@highlands.edu.

Enrollment numbers decrease this semester

By Samantha Warner
Copy Editor

The school may be seeing a slight decrease in enrollment, but GHC still has the second highest enrollment among state colleges in Georgia.

Last December, the office of the Vice President of Student Affairs released enrollment statistics for the Spring 2020 semester, based on the data available 50 days before the start of classes.

Final reports will not be out until later in the semester. According to these preliminary reports enrollment is down by 2.8 percent and credit hours are down by 5.4 percent compared to the same time last year.

This decrease continues a trend from Fall 2019, when GHC saw a 0.3 percent decrease in enrollment compared to Fall 2018. At the same time, the University System of Georgia saw an overall increase of 1.5 percent. Georgia Northwestern Technical Col-

lege, which has locations near several GHC campuses, saw an enrollment increase of 15.7 percent for the same period.

These numbers may seem discouraging at first glance, but school officials expressed confidence.

"We are still well ahead of the other institutions," said Vice President of Student Affairs, Todd Jones.

GHC is still one of the leading schools in the state college sector. The only institution in this sector with higher enrollment numbers than GHC is Georgia Gwinnett College, which leads the pack with 12,831 students according to the most recent USG enrollment report. GHC comes in second with 6,168 students. Dalton State College has the third highest enrollment numbers, with 4,964 students.

GHC is also implementing new programs and policies that school officials hope will positively impact enrollment. These changes include the introduction

of Mongoose, a new two-way texting program, and a new process for dealing with late admission. Students who fail to meet admissions deadlines no longer have to submit a late admission application and additional paperwork.

"We've been working with Academic Affairs to build a more robust late start schedule," said Jones. "If a student comes in [late], they have enough classes to be a full time student during an eight week or ten week term, without having to delay their enrollment a whole semester."

This availability of classes is already attracting new students, including Jordan Mullins. Mullins, an Early Childhood Education major, transferred to GHC from Kennesaw State University after a chance encounter with President Don Green.

"I was working at Starbucks and he came in and I was complaining about how I couldn't get any of the classes I needed," Mullins said.

After exchanging numbers with President Green, Mullins said the transfer process was easy — as was getting the classes she needed.

"I got accepted very late, so I was actually surprised that the classes were still available," Mullins said.

Mullins is not the only Charger to enter as a transfer. Courtney Lester, also an Education major, transferred to GHC from Georgia Northwestern Technical College after realizing that her school didn't offer a program that met her needs.

"There is more of a university-type campus [at GHC] than GNTC," Lester said. "Here they push people more to do clubs and extracurriculars. They're not as engaged at GNTC."

Mullins also expressed appreciation for the on-campus Charger community.

"I just prefer Highlands because it is a smaller classroom," she said. "So you can get that one on one connection with the teacher."

GHAME raises retention rates

By Nya Roden
Staff Writer

GHC has the highest retention rate among African American males of any state college in the USG, thanks to years of work from faculty and students.

11 years ago, Dean of Academic Humanities and professor of English, Jon Hershey, attended a meeting held in Atlanta. Hershey was concerned about the low college retention rates among men of color.

"Things were bad at GHC also around the state, around the country," Hershey said.

The meeting in Atlanta marked the beginning of Brother 2 Brother and other initiatives to raise retention rates among the men of color at GHC.

Hershey said that starting these initiatives was a struggle the first year — the original B2B only had seven members.

Over time, the organiza-

tion gained traction. Brother 2 brother has seen rapid growth and now boasts a 96 percent retention rate.

The program has launched several other initiatives, such as Georgia Highlands African American and Minority men Excellence (GHAME) and a summer camp for boys of color called Foundation Camp.

"To me GHAME is an initiative that is solely dedicated to raising retention rates among men of color," said Evan Snellings, co-director of Foundation Camp and former B2B member. "This semester in particular we're placing an emphasis on academic progress."

The club's other initiative, Foundation Camp, caters to young men of color. B2B members who display good leadership skills are hired at the camp as a reward.

The two-week camp isn't entirely made up of play time. "I make sure there is a balance

between academics and non-academics," said Snellings.

The campers get to learn about robotics and engage in games such as kickball. Snelling also wants the boys to know that college is within their reach and wants them to bond with their older mentors. He wants to eliminate any potential misconceptions the boys would develop about their college-aged counselors.

Snelling also spoke about B2B's partnership with the organization, 100 Black Men, which sponsors both the club and the camp.

"100 Black Men has been essential," Snellings said. "They will always have members available for disciplinary actions."

"I will just say GHAME is in its tenth year at GHC. I think we are extremely grateful for the opportunity to address a problem," said Snellings. "Our biggest thing is changing narratives."

Writing centers available today

By Bradley Singh
Asst. Sports Editor

The Cartersville, Floyd and Douglasville campuses launched a new writing center this semester to further assist students in their courses where writing is required.

For students who are struggling with any aspect of a paper, whether it be a lengthy research essay or a short assignment, the new writing center is here to help.

The idea behind the writing center is that students will have an additional resource to go to if in need.

First year students are often enrolled in English 1101 and 1102 and not used to doing college writing assignments.

The writing process can be difficult for new students. From the early stages of an essay to the finishing touches, the writing center is available to assist.

For students at the Cartersville campus the writing center hours are 11 a.m. to 3 p.m. on Mondays and Wednesdays. For Floyd students the hours are 11 a.m. to 3 p.m. on Tuesday and Thursday.

Douglasville students can go to the writing center from 9 a.m. to 1 p.m. on Tuesday and Thursday.

Appointments for the writing center can be scheduled on Navigate, but students can also feel free to drop in.

Any questions about the writing center can be directed to sharring@highlands.edu and agreenba@highlands.edu.

GHC to celebrate its 50th anniversary

By Nathaniel Flahardy
Design & Graphics Editor

Floyd College, now Georgia Highlands College, is celebrating its 50th anniversary this year. Starting in the Fall of 2020.

According to James Cook, author of the book "We Fly By Night," Floyd college became the 11th junior college in the USG when it opened in 1970.

Jimmy Maddox, a Rome native and lawyer heard that a new college was being built near Cartersville. Knowing this would mean Rome wouldn't be able to get a school built, he set to work. There was much competition from nearby counties and Rome was late into the race, said Cook.

Maddox built a committee in the 1960s and served as chairman. In a survey of the local high school students, they found that more than half would want to continue their education at a junior college.

At that time, Georgia hadn't put much effort into higher education. But as demand grew across the state,

an increased need for schools grew. Rome was approved as the site of the next junior college in 1968.

After some jarring construction costs, the original plans were downsized. David McCorkle was declared the president and a building was named after him.

The F-wing, to be added later, would be named after the historian, George Pullen. McCorkle went to work assembling a staff. Wesley Walraven, whom one of the buildings would be named after, was hired as a dean and he began to chair the different divisions, according to Cook.

With a staff assembled, Floyd college would begin its first semester in the fall of 1970. However, the current buildings of the Floyd campus would not be used until after the first quarter. For that quarter, they held classes at the Metro Building. Additional rooms were provided by the First United Methodist Church, Cook points out.

Core curriculum was es-

tablished and approved during the summer before the fall semester and has remained the same ever since, said Cook.

At the request of Floyd Hospital, a nursing program was introduced in 1971. Soon after, a criminal justice program was approved to serve as "in-service training for police officers" and help raise the minimum education requirement to an associate's degree. Additional programs to be added in these early years included education for the deaf, psychology, medical technology and physical education.

The school's third goal was to provide remedial training for students who weren't ready for college. Since its establishment, GHC has provided developmental programs in English, mathematics and reading. A new Department of Special Studies was established with Richard Trimble as its director.

1972 saw the start of the student government, the Old Red Kimono and the Six Mile Post.

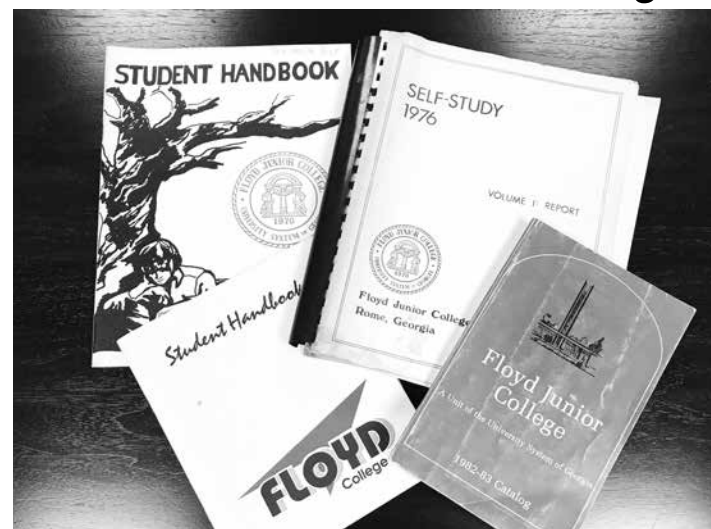


Photo Illustration by Six Mile Post staff.

New buildings were annexed during these first five years, including a library and a bookstore, among other things.

Though the school's initial itinerary included community service, this wasn't enacted until their second year. They did not show significant achievement in that area until their third year. Tom Berry was responsible for much of this success, and further ex-

pansion necessitated an assistant director, Sarah Burkhalter.

The college, though a junior institution, was expected to operate as a community college, because, where a four year was expected to "publish or die," a junior college was expected to perform community service, according to Cook.

New transfer partnership with GCSU

By Brianna DeSantiago
Staff Writer

GHC has teamed up with Georgia College and State University to offer GHC students the opportunity to finish their bachelors with GCSU. This created a new program called the "Pathways to Georgia College."

GHC students are guaranteed general admission to GCSU but not necessarily admission to a specific major that may have enrollment limitations. The GSCU advisors will work with students to encourage participation in majors where there are current openings at GCSU.

GCSU is a liberal arts college located in Milledgeville, Georgia. Tours can be scheduled to learn about student life, tuition and more.

Students interested in graduating

from GHC with an AA/AS and transferring credits to obtain your BA/BSN must first contact a GHC advisor and complete an "Intent to Transfer" form.

Students must have completed the last 30 hours of their 60 or more GC transferable semester credits at GHC and must have earned a minimum cumulative GPA of 2.5 in transferable course work.

60 credit hours would be transferable to GCSU if the student covered all areas of GHC core curriculum and graduated with an AA/AS from GHC.

"Students will begin at Georgia Highlands and transfer seamlessly to Georgia College after completing an Associates degree with a 2.5 transfer GPA," said Emily Poulk, transfer admissions counselor of GCSU. "Georgia College offers a wide variety of Bach-

elor's Degree programs that Georgia Highlands students can transition to after completing their two year degree."

This partnership also brought a few scholarship opportunities to GHC students intending to apply to GCSU. Georgia College has identified \$5,000 worth of Provost Scholarships for transferring GHC students. The provosts will work with the deans and faculty to create collaborative academic experiences for students in the program. This will allow for undergraduate research. Additionally, GHC students may also be eligible for a number of additional scholarships in their specific area of study depending on academic performance.

This agreement also allows GHC to send GSCU lists of students who are

on track to graduate with an AA/AS degree and GSCU will write letters to current students who have the potential to be considered for the "Pathways to GCSU" program.

As a part of this agreement, GCSU will provide an advisor who will visit GHC locations once a month to assist students and answer questions about the college. GHC students are encouraged to visit gcsu.edu to learn more information about the college.

"This agreement is new and there is much more we wish to pursue with GCSU," said Donald Green, President of GHC. "I need to express my thanks to Dr. Costas Spiro, provost at GSCU, and Dr. Dana Nichols, provost at GHC, for their work on drafting this agreement."

VP of Student Affairs duties reassigned

By David Patel
Staff Writer

Todd Jones, Vice President of Student Affairs and Floyd Campus Dean, will be leaving after 15 years of service.

Jones joined the staff in 2005 as Director of Admissions, after working in admissions for Berry College for 12 years. He said he is proud of his role in increasing enrollment numbers over the past decade and a half at GHC, citing the fact that student enrollment has nearly doubled since he began working here.

"We're now the second-largest state college within the University System of Georgia," Jones said.

Jones recently tendered his resignation, effective in March, and says he plans to

"pursue other opportunities" while continuing his career in post-secondary education administration.

According to an email circulated to GHC staff and faculty, the void of duties left in the wake of Jones' coming departure is being filled by two members of GHC's administrative staff: Dana Nichols and Mary Transue.

Dana Nichols was appointed Vice President of Academic Affairs in August 2018, and previously worked in that role at Chattanooga State Community.

Mary Transue, who currently serves as GHC's Vice President of Advancement and is the GHC Foundation's Executive Director, is also shouldering some of the respon-

sibilities left open in Jones' absence.

Nichols' new roles come with new titles, as she is now Provost and Chief Academic Officer of GHC. Some of the things Nichols now oversees include the Registrar, Student Support Services, Veterans Affairs and Student Life, "which is going to become Student Engagement," Nichols says.

Moving forward, Nichols expressed excitement that growing the Bachelor programs and building more career Associate's degree curriculum will "not only attract students, but also retain them."

Nichols added that a financial technology degree program is currently in development. Information about the



Photo from Student Affairs

After 15 years of service, Todd Jones will be leaving GHC.

Georgia FinTech Academy can be found on the GHC website.

Leslie Johnson is in place as Campus Dean for the Cart-

ersville and Paulding sites and Ken Reaves will remain as Marietta Campus Dean.

Free Tutorial Center available in Library High school Students visit the Cartersville campus

By Olivia Fortner
Editor-in-Chief

All campuses have a Tutorial Center free for student use. Tutors specialize in many areas, and the Writing Center is very useful. Students can meet on site and get help face-to-face, but online tutoring is also provided to select students.

"I don't think many people utilize it because of their pride," said Karen Rogers, a Floyd student.

Rogers said she finds help formatting for APA style and likes that there are computers in the Tutorial Center so students can get direct help with math homework like WebAssign.

These tutors are not just working here as a side job or to pass the time.

"Many of us have Masters [degrees]," said Robert Kean, a writing tutor on Floyd campus.

This is his job of choice.

Kean said, "A vocation gives you purpose. It's not just a paycheck."

Kean explained that he loves GHC and wants to invest not just in academics, but in students' lives.

The Tutorial Center specializes in placement test preparation, research, writing methods, English, math, statistics, economics, reading, science, and Spanish. Heritage Hall has nursing tutors.

Writing appointments can be made for one-on-one editing and coaching.

"I'll go in there any time I have a paper to write," said Brittany Sheetz, another Floyd student.

Nea Martin, Tutorial Services Supervisor, said, the tutors might need to brush up on some material, but they are willing to learn and research to help you.



Photos by Sarah Belcher

The Cartersville campus hosted the Etowah Scholarship Reality Store for Bartow County high school students.

Valentine's Day has become too commercial



Commentary

David Patel
Staff Writer

Don't get me wrong: I like the idea of showing affection to the one you love, but if you ask me, Valentine's Day has become too commercialized and showy and is somewhat disingenuous among the masses.

Some people have grown to rely too heavily on the commercial aspect of Valentine's Day and do not give enough attention to the personal aspect of celebrating the object of affection.

I have delivered gifts (especially on Valentine's Day) for more than half a decade and have noticed some unsettling trends around the gift-giving holiday that is Valentine's Day.

When the holiday falls on a weekend, gift-givers are not as apt to order the shiny bundles of balloons, fuzzy teddy bears

or heart-shaped boxes of chocolate.

However, when Valentine's Day occurs during the workweek, senders swarm the kitchen staff with calls, asking when their delivery will arrive. They sometimes cancel the order if specific demands can't be met, such as lunchtime delivery accommodations on the company's busiest day of the year.

On top of that, Valentine's Day falls on a Friday this year. Many of the office-workers to whom I'll be attempting to deliver will be leaving early—whether because it's the end of the week or because they have evening plans for Valentine's dates.

These circumstances can be disastrous for a gift delivery driver and for the companies

that act as couriers for important gifts. We try hard, but we can't please everybody all the time.

If time constraints are too specific, we will happily reschedule any missed deliveries to Saturday or Monday, but if the past is any indication, a refund will be the sender's sole satisfactory solution. The excuse given for the refund: if she won't be at work to show it off to her co-workers, I don't want it anymore.

If the gift was genuinely to show love to your significant other, it would not matter if she could not show it off to her coworkers.

I'm not saying don't do it—let's reiterate that. Do not skip Valentine's Day—just try to make it a little more personal. Get your person something you know they will like, or take your person somewhere special.

If you must send chocolates and teddy bears and balloons, account for the demand certain holidays inherently bring, and plan accordingly.



By Julia Belew

In my time spent as a part-time delivery driver, I have grown to hold a deep disdain for many of our society's commercialized holidays, but I know what side my bread is buttered on.

I may be cynical, but I'm not a dope. Somewhere in the rush to get other people's Val-

entine's Day gifts delivered, I'll slip off and buy tulips for my wife and make plans to take her to dinner some other day.

P.S. Ladies, it is okay to get your man a gift. We like that kind of stuff too.

Valentine's Day is the loveliest holiday of all



Commentary

Brandon Dyer
Sports Editor

Valentine's Day has always been one of my favorite holidays. It gives me a day where I can be extra romantic for my wife and show her that I listen to her throughout the year by giving her a gift she has been wanting for months.

Growing up, I realized Valentine's Day was a big deal to your significant other by watching my dad go all out on Valentine's day for my mom. Every year, he would make sure that he ordered roses for

my mom and leave her a box of chocolates before heading out to work.

The biggest reason I love the holiday is that, while almost everyone thinks the holiday is exclusive to people in relationships, literally anybody can celebrate it in any way.

It can serve as a day where you treat yourself to whatever you like. You can call up one of your friends and see if they want to come over, watch a movie and eat some snacks

or some of that good holiday chocolate. You can go visit your family members that you haven't seen since Christmas and make sure they feel loved that day.

It always amazes me how over-the-top people get on Valentine's Day just to show the people they love how much they love them.

At my high school, balloons, giant stuffed animals, and shopping bags would fill up the lunchroom. There would be nothing but love being spread throughout. It made me happy that everyone else was surprising people with gifts and everyone was being shown that they were loved.

Practically every other day

that I get on social media, I am immediately bombarded by a family member's political post or some sort of bad news from the world. On Valentine's Day, it is flooded with nothing but positive posts and people talking about how much they love each other.

If you are anything like me, you love getting dressed up. Valentine's Day is the perfect opportunity to put on that tie that has been sitting in your closet, unused for some time and take your significant other somewhere fancy so that they feel loved.

I work at Walmart, so there is a big rush of people that day, but I get humor out of watching the last-second

husbands frantically running around trying to find the perfect card and bouquet for their wives. I always make sure to look through all the funny Valentine's Day, Hallmark cards every year.

Valentine's Day is the perfect day to put on that cheesy love song playlist that you've spent months making so you can horribly sing one of her favorite love songs and have a good laugh with each other.

Personally, my favorite song to sing horribly for my wife is "I Don't Wanna Miss a Thing," by Aerosmith. I make sure that I include that song on the Valentine's Day playlist every year.

Senate's vote to acquit Trump is the right move



Soap Box

By Abby Murphy
Staff Writer

On December 15, nearly all of America tuned into their media outlets to watch the third impeachment in US history.

Donald Trump has had quite the controversial term in office, but many people assumed he would get away with it, consequence free, until the end of his term.

Members of the House of Representatives caught onto some of the corruption Trump has caused while in office and selected a few members to present why they think the president should be impeached on the grounds of abuse of power. The House then voted on whether or not they believed this was true. After a long wait, the issue at hand went to a Senate Trial.

Members of the House and the Senate presented why they thought the president should be impeached. The Senate Trial ruled Trump had not abused his power and had not caused an obstruction of justice. The charges against him were thus dropped.

We are all familiar with Richard Nixon, who resigned less than two years into his second term, right before his almost certain impeachment. Members of the House Judiciary Committee voted to impeach Nixon on the grounds of abuse of power. The "Smoking Gun Tape" was released proving that Nixon had sought to cover up his wrong doings and his chances of avoiding conviction faded significantly. He resigned because of the threat of impeachment.

Andrew Johnson was impeached for high crimes and misdemeanors mainly due to his violation of the Tenure of Office Act.

And of course, the impeachment of president Clinton made history when he was charged with lying under oath and obstruction of justice. This was mostly regarding his sexual relationship with 21-year-old intern, Monica Lewinsky. Clinton was impeached but the senate voted to keep him in office. According to Clinton, he was "profoundly sorry" for the burden his behavior caused on Congress and the American people.

Trump did not respond in such a way. He instead chose to retaliate toward the democrats and the one republican senator who voted for his conviction. He denounced "evil" and "crooked lawmakers" and the "top scum" at the FBI for trying to take him down.

The president's team indicated that his desire to turn the tables may go beyond the vocal insults. A White House press secretary declared that democrats should "pay for" impeaching the president.

Trump calls it evil, corrupt and dirty, although it is clearly part of our constitution. Article II, Section 4 states, "The president, vice president and all civil officers of the United States, shall be removed from Office on Impeachment for, and Conviction of, Treason, Bribery or other high Crimes and Misdemeanors."

This directly reflects how Trump desires his own glorification above upholding the promises of the Constitution. No one is immune to questioning in the USA, not even the president himself.

From the beginning, I have not been such a fan of Trump. I have always despised the way he treats others as if he is so far above them. "26,000 unreported sexual assaults in the military — only 238 convictions. What did these geniuses expect when they put men & women together?" proves his poor treatment of women. He presents people of color while referring to a Latina Miss Universe as "Miss Housekeeping," and immigrants by saying, "They aren't people. They're animals. And we're taking them out of the country at a level and rate that's never been done before," makes me sick. But I did not want Trump to get removed from office because his vice president, Mike Pence, is far worse than he is.

Democrats cannot have everything they want. While I do believe Trump violated the grounds of his power, I know the impeachment process will only hurt the country more.

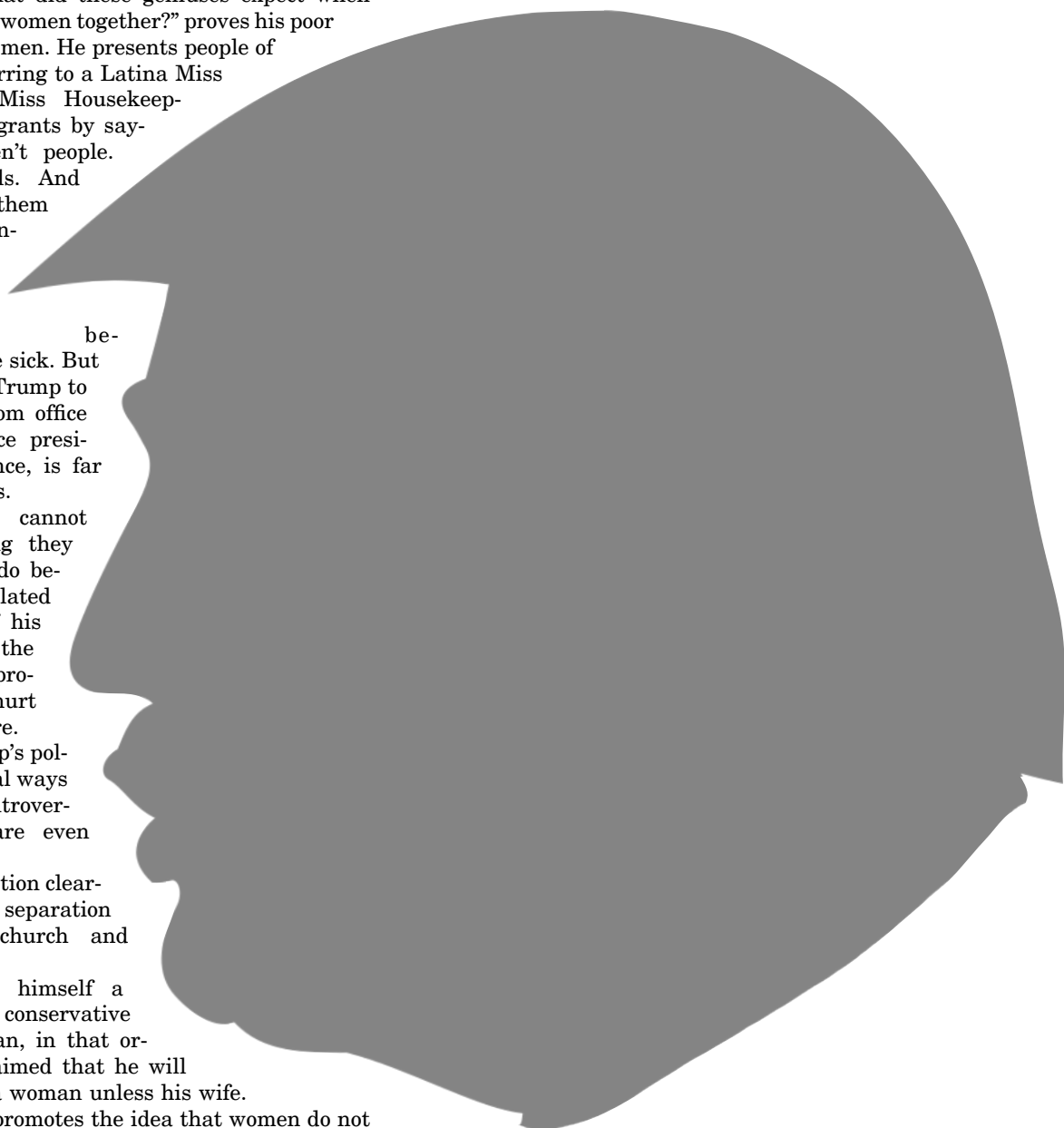
While Trump's policies and general ways are highly controversial, Pence's are even more radical.

The constitution clearly points out a separation between the church and state, but

Pence calls himself a Christian, a conservative and a republican, in that order. He has claimed that he will not meet with a woman unless his wife. is present and promotes the idea that women do not

belong in politics because it threatens national security. His strict religious philosophy also threatens the well-being of the LGBTQ+ community of America.

I am glad the House of Representatives took a stand against the wrongdoings of the president, but I am also satisfied with the outcome. Hopefully, the impeachment was enough to make Trump want to contain his controversial acts and result in reelection. I do believe he violated the constitution but am very happy with the senate's decision to keep him in office.



There is no such thing as a perfect body

Love might be in the air this time of year, but that doesn't mean everyone is feeling it. It might be easy to give chocolates and flowers to our loved ones, but directing that affection inward can seem next to impossible. Self-love feels especially out of reach for the thousands of people who struggle with body image issues.

According to The Guardian, 57 percent of 18 to 24-year-olds feel anxious because of their body image. That's more than half of college-aged people.

It may have something to do with the media that saturates modern life. Everywhere young people turn, they are constantly bombarded by air-brushed Instagram models, actors with rock hard abs and other unattainable standards for physical appearance. Cosmetics commercials push countless products to "fix" the way you look. Try this diet to help you lose weight. Buy this product to fade your acne scars. Dress this way so no one sees your fat rolls.

Society has become disconnected from the reality of the human body. Normal, healthy features are repackaged and

marketed as "flaws" that need to be covered up or corrected.

These influences can be felt especially strongly around Valentine's Day, with increased pressure on single people to find a partner. It's easy for people to slip into believing their single status is because of their physical appearance.

On top of this, winter is nearing its end. "Bathing suit weather" is just a little way down the calendar. There is pressure to get a perfect "bikini body" even though, as stated by "Men's Health," humans are biologically programmed to put on a few pounds during the winter. This is a recipe for disaster as far as body image is concerned.

The problem is that perfect, swimsuit-model bodies aren't realistic for the vast majority of people, men or women. Cellulite, fat rolls, and stretch marks are all normal parts of a woman's body, but you won't see them on a Sports Illustrated cover. Men may aspire to a muscular figure like Henry Cavill and other actors, but on the Graham Norton Show, Cavill said he has to

dehydrate for days before filming his shirtless scenes. His extremely toned look in these scenes is due to severe dehydration, which causes the skin to shrink and cling to muscles, making them look more defined.

If the people being held up as having "perfect bodies" can't attain those bodies without hurting themselves, normal people may feel like it's impossible for them to measure up. There's increasing evidence that they shouldn't even want to.

According to Quartz, Nature News, The New York Times and countless other sources, for nearly two decades scientists have been discovering more and more evidence to prove that being overweight, or even slightly obese, protects patients from several medical problems, including stroke, cancer, hypertension, and heart disease. Contrary to the messages in mainstream media, being fat may actually be desirable.

"[One] analysis incorporated data from almost 100 studies and close to three million people. It was published

by the prestigious Journal of the American Medical Association," according to Quartz.

Even if those extra pounds didn't have health benefits, it's time for society to accept that beauty comes in every size, shape, color, gender and ability. Feeling good in your own skin isn't a product that can be bottled up and sold, or at least it shouldn't be.

When children are young, they're taught that it's what's on the inside that counts. This is a nice sentiment, but it shouldn't be used as an excuse not to embrace body positivity. People who don't have a certain look shouldn't feel like they need to have a great personality to compensate. No one ever needs to compensate for the way they look.

Every body is a good body. Every body has its strengths and weaknesses, but that doesn't make anyone worth less. It's time for young people to stop letting media, marketing and social pressures convince them otherwise.

**Six Mile Post
Editorial Board**

Six Mile Post

6mpost@student.highlands.edu

Editor-in-Chief

Olivia Fortner

Copy Editor

Samantha Warner

Design & Graphics Editor

Nathaniel Flahardy

Asst. Graphic Design

Editor

Steven Kight

Sports Editor

Brandon Dyer

Asst. Sports Editor

Bradley Singh

Photography Editor

Michelle Hardin

Digital & Social Media

Editor

Mariah Redmond

Staff Members

Floyd Campus

Abby Murphy, Nya Roden

Cartersville Campus

Sarah Belcher, Julia Belew,
Megan Holton, David Patel,
Lynsey Sutton

Douglasville Campus

Briana DeSantiago

Paulding Campus

Heather Teague

Adviser

Allison Hattaway

Assistant Adviser

Cindy Wheeler

Campus Liaisons

Danny Bellinger,
Leslie Johnston,
Steve Stuglin,
Jacob Sullins

© 2020 Six Mile Post



We've Gone Mobile.

Download the FREE app today!

Six Mile Post

Download **College News Source** in the app store.

Search **Georgia Highlands College**.

Music Review: “The Dead South” comes to Atlanta

By David Patel
Staff Writer

When you think of bluegrass music, chances are, you don't normally think of Regina, Saskatchewan, Canada as where it would emanate. I met up with “The Dead South” at the end of their “Served Cold” North American tour.

According to the Canadian ensemble's front-man, Nate Hilts, they were out to show “there are hillbillies everywhere,” which is part of the quartet's wide appeal.

Most bluegrass bands have a banjo, a stand-up double-bass, a fiddle and the occasional percussion instruments and guitars, but The Dead South ain't your grandpappy's bluegrass music.

Songs like “Travelin' Man” and “Recap” are a kind of folksy throwback to old-school ‘outlaw country’ music, reminiscent of “The Highwaymen”, while other tracks like “Blue Trash” and “Crawdaddy Served Cold” sound like textbook bluegrass jams.

“The Dead South's” classically-trained cellist, Danny Kenyon, shares vocals and fills the space between bassist and



Photo by David Patel

The Dead South played crowd favorites like “The Bastard Son” and “In Hell I’ll Be In Good Company.”

fiddler by alternating between plucking his strings and playing them with a bow.

Colton “Crawdaddy” Crawford drives the twang with his banjo and stomping his bass drum pedal to the floor, while Hilts and Scott Pringle trade mandolin, guitar, vocal duties and harmonies on other songs.

At the pre-concert meet and greet, Kenyon said he and his bandmates would “go home, and spend some much-

needed time with our families for a few weeks,” before they embark on the European leg of their tour.

The folk-bluegrass quartet uses colorful language to describe characters and tell stories through their songs. They crafted a West Virginia coal-miner's anthem with the song “Black Lung” on their latest album with Six Shooter Records, “Sugar & Joy.”

Part of the band's gim-

mick has them clad in pioneer-esque costumes which see the band wearing suspenders and boots, Kenyon wearing a tie and Crawford in an old-style skinny ribbon neck-bow-tie a-la Colonel Sanders.

Hilts completes his suit with a jacket and sports a bolo tie and a wide-brimmed hat.

Meanwhile, Pringle's long hair and beard under his hat make him look like an old

prospector looking to start the next gold rush.

“The Dead South's” set list included crowd favorites such as “The Bastard Son,” “In Hell I’ll Be In Good Company” and “Fat Little Killer Boy” that kept the audience stomping, clapping, and whistling along with their favorite hedonistic ditties.

Some of the band's slower-tempo songs like “Diamond Ring” and “Broken Cowboy” even elicited a few hoots and hollers from the sold-out crowd.

The concert coincidentally featured supporting band “The Hooten Hallers” and opening act Danny Olliver.

“The Dead South” closed out their encore with crowd favorite foot-stomper “Banjo Odyssey” which contains a catchy, tongue-in-cheek refrain with a questionable backwoods punk-rock spirit.

Students can find “The Dead South” wherever they stream music. Their music is also available on CD and vinyl. They can be found at TheDeadSouth.com.

Movie review: “1917” captures the horror of war

By Heather Teague
Staff Writer

Sam Mendes' film “1917” was filled with beautifully choreographed violence and dizzying rapidity at the center of this film. It follows two British soldiers, Lance Corporal Blake and Lance Corporal Schofield, on their quest to relay a potentially lifesaving stand-down message to a battalion of 1,600 men.

The film, set during World War I, provides only the amount of information necessary to understand the weight of the characters' situation: a battalion, which includes Blake's brother, is in danger

because they have planned an attack based on the erroneous belief that they now have the upper hand against German forces, and these men will certainly die if Blake and Schofield fail to reach them in time.

The film focuses on the fact that any war is hell. Its straightforward storyline and simple dialogue are paired with gruesome images and complex shots, enhancing the overall viewing experience. The corpses of animals and people casually litter the screen. Low-level shots combined with long takes and stabilized camera tracking make it impossible to look away or fully reflect on these victims.

These technical tricks mimic the protagonists' movements and bring audiences into their reality so that they come to the horrific realization that war, so riddled with death, robs people of even a moment's grief when it is needed most.

This is all thanks to cinematographer Roger Deakins, who also worked with Mendes on “Skyfall.” His dedication resulted in the film's nearly perfect one-take illusion — an immersive cinematic technique that is magnified by the performances of the viewer's two Mendes-assigned comrades.

George MacKay shines as Schofield, who has come to

grasp the true insanity and materialism behind war yet demonstrates an admirable determination when he knows he is truly needed.

Schofield forms a skillful juxtaposition with Dean-Charles Chapman's youthful and eager Blake. The on-screen conversations between these two, which often mention other soldiers or hint at previous events in their own lives, are delivered so naturally that the viewer will feel like a third member on the mission.

While other brilliant actors are featured — such as Benedict Cumberbatch as Colonel Mackenzie, Colin Firth as General Erinmore and Andrew

Scott as Lieutenant Leslie — they have very little screen time. Of course, the lack of well-knowns at any given moment arguably adds to the realism MacKay and Chapman offer. After all, these are just a couple of regular guys facing the many dangers of war.

“1917” is a spectacular film that showcases some of the best cinematography and acting of the last few years. It is a uniquely immersive spectacle that will make audiences forget they are sitting safely and soundly in their cushiony theater seats rather than shoving their way through the trenches of World War I.

Score: 5/5 stars

The Kansas City Chiefs defeat the San Francisco 49ers in the Super Bowl LIV and NFL 100th season

By Bradley Singh
Asst. Sports Editor

The Kansas City Chiefs defeated the San Francisco 49ers to win Super Bowl LIV and cap off the 100th NFL season.

The game featured a lethal Kansas City offense led by Patrick Mahomes and a stingy Niners defense that had shut down Aaron Rodgers and the Packers just two weeks before.

When the game kicked off, San Francisco deferred the coin toss and gave Kansas City the ball to start the game. The first drive of the game ended with no points and a Chiefs punt. San Francisco started off the scoring with a Robbie Gould field goal halfway through the first quarter. Mahomes then lead the Chiefs on a scoring drive to make the

score 7-3 with the Chiefs in the lead.

After a Jimmy Garoppolo interception, the Chiefs were back in position to put more points on the board. Capitalizing on the turnover, the Chiefs kicked a field goal to add to their lead. Before time ran out in the first half, the 49ers scored a touchdown to bring the score level at 10-10.

The 49ers came out of the extended half-time break and went down the field for another Gould field goal to put San Francisco ahead. The next Kansas City drive was halted by an interception from Patrick Mahomes. Garoppolo and the Niners offense took advantage of the turnover and cashed in for a touchdown bringing the score to 20-10 with two and a half minutes left in the third quarter.

On the following Kansas City possession, Mahomes throws his second interception of the game. San Francisco got the ball back with a chance to pile on and put the Chiefs away. The Niners were stopped, keeping Kansas City alive in the game. On the next drive Kansas City found themselves deep in their own territory facing a big 3rd and 15. Mahomes delivered a miracle pass to Tyreek Hill for 44 yards which led to an eventual touchdown.

San Francisco suffered a quick 3 and out on their next possession to keep the Chiefs chances alive. Mahomes went on to lead another touchdown drive to give Kansas City a four-point 24-20 lead late in the fourth quarter. With the ball back and two and a half minutes left in the game,

Garoppolo was set to lead one final push to keep the Niners dreams alive. After a penalty, incomplete pass, and a 4 down sack, the Chiefs get the ball back and scored their final touchdown of the night.

The final score was 31-20 with Kansas City hoisting the Lombardi trophy for the first time in 50 years. Quarterback Patrick Mahomes was named Super Bowl MVP and is the youngest to ever do so at the age of 24. His head coach, Andy Reid captured his first Super Bowl title in his 21st year as an NFL head coach.

GHC students Brady Kitts and Damien Wright both had differing opinions about this year's super bowl. Kitts said that the game "was overall good but it didn't really feel as hype as it does typically every year." Kitts also stated that

he thinks "the Chiefs will get back to the Super Bowl because of great coaching and all-around skill."

Wright was on the other side and spoke very highly of this year's contest. He said that, "Honestly, I thought the game was one of the best Super Bowls we've had in a minute. It was good from start to finish, with the right amount of offense and defense." Like many fans, Wright was happy about Patrick Mahomes leading the fourth quarter comeback to make the Chiefs world champs once again. Wright said, "seeing him with his back against the wall as usual throughout this postseason and being able to come back and win was simply amazing."



- ✓ Professional Clothes Closet
- ✓ Charger Food Pantry
- ✓ Workforce Innovation Opportunity Act (WIOA)

✓ Career Exploration

✓ Counseling Support

✓ Disability Support

You can "✓" us out at any of our campus locations, or online!

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



Graphic by Steven Kight
Asst. Graphic Design Editor

Mascots: Just a costume or cultural appropriation?



Heads or Tails

By Mariah Redmond
Digital & Social Media Editor
Sports Opinion

Cultural insensitivity is being normalized in our society through mascots.

Black face Halloween costumes, inaccurate portrayals and white washing in movies, hair styles such as box braids and cornrows becoming a fashion statement are other examples, but the offensive portrayal of ethnic minorities by mascots is more public.

If mascots were created as a good luck charm, we could at least consider one that would appease the masses and not offend any ethnicity.

One of the most well-known of these is the Washington "Redskins." They use a derogatory

term that originates from the government bounty in the 1800s in which they called for the bloody scalps of Native Americans.

Others include the Cleveland Indians and Robstown Cottonpickers.

The main purpose of a mascot is to bring awareness to a school or target audience, but it's important that sports teams realize that they can do this positively.

This country was established on systematic racial oppression. Prime examples of this would be the slavery African Americans endured and European settlers taking

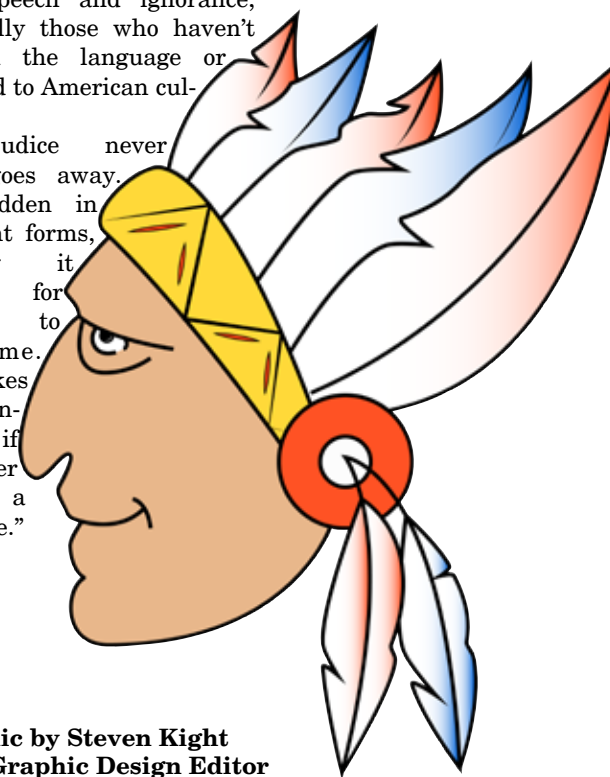
over land that belonged to Native Americans, who were then forced to relocate to reserves or die in the midst of a war for their home.

I never truly understood the point of not taking the history of the ethnicity into account before. There's a huge difference between appropriation (the action of taking something for one's own use, typically without the owner's permission, according to greenheart.org) and appreciation (which is when someone seeks to understand and learn about another culture in an effort to broaden their perspective and connect with others).

Appreciation is something we should be doing a lot more of. America has been known as the melting pot, a blend of cultures and various ethnicities coming together. People try to come here for a better life and we welcome them with

hate speech and ignorance, especially those who haven't learned the language or adapted to American culture.

Prejudice never fully goes away. It's hidden in different forms, making it harder for others to overcome. It makes you wonder if it's ever "just a costume."



Graphic by Steven Kight
Asst. Graphic Design Editor

Baseball charges into a successful new season

By Brandon Dyer
Sports Editor

The team has started the season by winning six of its first eight games, including two sweeps against the Chattanooga Community College Tigers and the Tennessee Wesleyan Bulldogs. The Chargers followed the 5-0 start by losing two of their three games against Volunteer State.

It has been a collective effort on all fronts for the Chargers. The team batted 0.379 through its first eight games of the season. The lineup for the Chargers has been scoring 9.5 runs per. The pitching for the Chargers allowed just 3.8 runs per.

Johnny Dow, David Smith and Joe Sutton lead the team in multiple. Dow is a pitcher that has had two this season, allowing just 10 hits and two runs in 11 innings pitched. He had ten strikeouts in his first two starts of the season. Smith, the team's starting catcher, led the team with 13 RBIs and tied for second most runs on

the team with 9. Sutton led the team in batting average at 0.522 with 13 runs.

Head Coach Dash O'Neill said, "I expect us to win a whole lot of games and contend for a conference championship. This is one of the best teams GHC has ever had."

O'Neill further said, "Our biggest challenge is going to be each player staying true to themselves and not trying to do more than they are capable. If we stay within ourselves and stay consistent, we will be difficult to beat."

"Every player on our team contributes to our success, and we really focus on teamwork rather than individual accolades. We play as a team and win as a team, and our players believe in that idea," said O'Neill. "We run really well, and we may have the deepest pitching staff in program history."

You can catch the Chargers in action at one of their upcoming home games. For a full schedule, go to <https://ghc.prestosports.com/sports/bsb/2018-19/schedule>.

Upcoming Baseball Schedule

Feb. 18 vs Cleveland State 3pm

Feb. 20 vs Lake Land College (doubleheader)
3pm

Feb. 22 @ Three Rivers (Allatoona, GA) 1pm

Feb. 23 vs Three Rivers College
(doubleheader) 1pm

Feb. 24 vs Point University (doubleheader)
4pm

Feb. 29 vs Sinclair University (doubleheader)
1pm

*All home games will be played at the
Lakepoint Center in Emerson, GA