



SIX MILE POST

The Student Voice

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Photo by Brandon Dyer

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Georgia Highlands College - Rome, Georgia

Omar Daniels (1) and Lavoisier Fisher (22) wait for their turn to bat during the game against Sinclair.

Floyd campus takes air and water samples

By Olivia Fortner
Editor-in-Chief

Last semester, three Floyd campus students, Joseph Cheriampurathu, Damon Self and Tyler Whelchel tested water acidity or alkalinity for their Environmental Science class research project. During basic water testing at Paris Lake, they found what appeared to be high pH levels.

According to the U.S. Geological Survey, "pH is a measure of how acidic/basic water is. The range goes from zero to 14, with seven being neutral."

Looking at a Lake Altoona report from the Environmental Protection Division Rules and Regulations of the State of Georgia and the standards of what pH should be in a recreational lake, Jason Christian, instructor of biology, said "Generally lakes in our region, we're looking anywhere between six and nine and a half is considered normal."

"pH over eight point five is pretty unusual for anywhere in GA - definitely Floyd County," said Coosa River Basin Initiative Executive Director & Riverkeeper, Jesse Demonbreun-Chapman. "There are some isolated variations but generally, anything inland over eight is pretty uncommon in this area."

The students saw pH levels above what they know is acceptable.

"What they reported in all of their samples, the average between the three lake samples was normal," said Christian. "They did have one, the one they reported as 10, that is, of course, outside of that range."

The students brought their findings to Billy Morris, professor of geology, who facilitated the research. Whelchel said they were all shocked to have found this and began asking why the levels were higher than expected.

"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. The students wanted to look deeper into the sealcoat to see if there was a connection.

According to a fact sheet prepared by Morris, "In late November 2019, the vendor applying the sealcoat confirmed that the product was a coal-tar-based sealcoat. On December 7, 2019, the Safety Data Sheet (SDS) for the product was provided. Multiple polycyclic aromatic hydrocarbons (PAHs) were listed in the SDS."

According to The Centers for Disease Control and Prevention's (CDC) PAH Fact Sheet, "PAHs are a class of

chemicals that occur naturally in coal, crude oil, and gasoline. They also are produced when coal, oil, gas, wood, garbage and tobacco are burned."

In this fact sheet, the effects on people's health are described as follows, "Human health effects from environmental exposure to low levels of PAHs are unknown. Large amounts of naphthalene in air can irritate eyes and breathing passages. Workers who have been exposed to large amounts of naphthalene from skin contact with the liquid form and from breathing naphthalene vapor have developed blood and liver abnormalities."

Demonbreun-Chapman said, "PAHs typically fall out of the water column and are closely associated with sediment particles. Additionally, some benthic invertebrates have the ability to metabolize PAHs. This leads to bioaccumulation in some invertebrates and my understanding is that the substance is quite toxic for these small species (minnows too). Larger aquatic species seem to do an okay job of excreting the toxins so they don't really bioaccumulate up the food chain."

This information did lead to professional testing.

"The college considers the safety of its employees and students a priority," said Jamie Petty, Vice President for



Photo contributed by Joseph Cheriampurathu

Water pH was tested for undergraduate research last fall.

Finance and Administration.

A sediment testing report by the Professional Environmental Management, Inc. was prepared on January 24. This test did detect PAHs above reporting level in two of eight sample locations. These locations were in the creek bed near the inlet from the parking lot and 25 feet down from the inlet.

There is a runoff next to the parking lot nearest Paris Lake. The two samples mentioned above are from this location.

"The runoff worked exactly as intended, keeping things from getting to the lake such as oil, gas, debris, or other chemicals," Petty said. "As far as the lake and the area around the lake, all of the tests came back clear."

"Nothing that we have right now suggests that pH and PAHs are directly linked. In science there are indicators that aren't directly related but they always show up together, so that's a possibility, but, again, we have no evidence that says that's what we're seeing," said Christian.

There is not enough re-

search or data to conclude any direct connections between PAHs and pHs as suggested by the students who were doing pH testing. However, their research questions did lead people to look into the matter further.

"If it were to be determined that additional testing or monitoring were to be needed, the college will ensure it is done, but at this moment it has not been determined the additional testing is necessary," said Petty.

Morris continues to look into this topic with his environmental science students. He is working to ban the use of coal-tar-based sealant in this region.

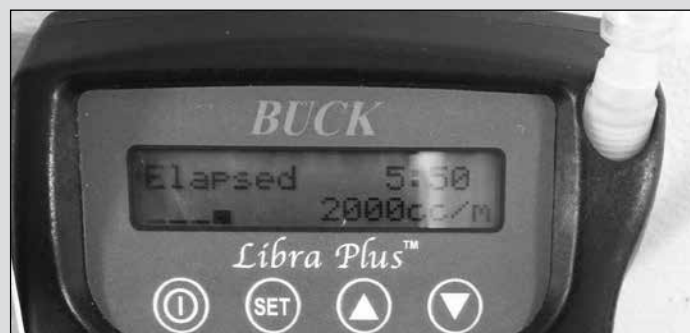
Austin, Texas, The District of Columbia and Washington State have already banned the sale or use of this type of sealant, according to the EPA Stormwater Management Practice report.

As for Cheriampurathu, Self and Whelchel, they plan to present their findings and research at the National Conference on Undergraduate Research in Bozeman, Montana, later this month.

Air quality

An Ambient Air Survey report was prepared by Life Environmental Services, Inc. on January 14. According to this report, "No reportable levels of PAH (in ambient air) were identified by this sampling and analysis."

Photo contributed by Billy Morris.



English department hosts annual conference supporting writers

By Michelle Hardin
Photography Editor

On February 29, the English department hosted their annual writers conference for both GHC students and the public (predominantly north-west Georgia) on the Cartersville campus.

The conference is hosted by the English department every spring as a group effort by the English faculty.

Jessica Lindberg said that they wanted to make a writer's conference to "support and encourage the writing community of Northwest Georgia."

The conference included sessions on the topics of

poetry, nonfiction, fiction, and screenwriting.

"I've been writing for a while, so I did a poetry workshop because I feel like it plays into all writing," said Jackson Benincosa.

In addition to sessions, fiction and poetry consultations were available as well for an additional charge. Local businesses and groups were also there to talk to those who attended.

The conference cost was \$49 for the public and \$10 for students. Those who attended receive a t-shirt, a bag of goodies, and full access to the panels and sessions.



Photo by Michelle Hardin

GHC students Nneka Harrison (far left) Akira Dunn (center), and Jackson Benincosa (far right) attended a poetry session at the writers conference.

Green Highlands club president hopes to increase Floyd campus recycling efforts

By Samantha Warner
Copy Editor

The decision to cut recycling efforts on Floyd campus was a difficult one, but it was the right thing to do, according to Green Highlands president Ridge Abernathy.

The Floyd campus decided to do eliminate recycling cans last semester. Previously, recycling was handled by Green Highlands in collaboration with the campus cleaning crew, but the cleaners had no place to store recyclables and no way of getting them to a recycling facility. A decision had to be made.

"I would rather lose and do what's right by the environment and by my people," Abernathy said. "I did it because I didn't want to lie to the rest

of the student body who think they're doing a good thing when they're not."

"The ability to recycle and the options we have vary a little bit based on the campus and the community," said Leslie Johnson, Cartersville campus dean.

The Cartersville campus partners with Bartow County waste services. Unfortunately, other campuses do not all have access to similar opportunities. Green Highlands has been unable to establish such a partnership for the Floyd campus.

Abernathy said he has looked into partnering with local waste services, but chose to remove recycling cans until he can negotiate the partnership. He felt that having recycling cans on campus when no recycling was being done would be dishonest.

Paulding Site Director, Christina Henggeler, noted a similar issue. The school doesn't have anywhere to store recycling and has no volunteers willing to deliver materials to a recycling center.

Henggeler said the Paulding site is working on other efforts to be more green, such as going paperless when possible, turning off lights when not in use, and growing plants in buildings around campus.

As for Green Highlands, Abernathy said the club hopes to renew recycling efforts, at least on Floyd campus.

"What we're trying to figure out now is what we can do in order to perhaps approach one of these recycling companies to see if we can partner with them," he said.

"The issue that we have is not

willingness, and really, truthfully, it's not that one person couldn't do it," Abernathy continued. "It's what do you do with it — when you collect it where does it go? I didn't, at the time, have the resources to know where to take it."

"It would only be good PR for both Georgia Highlands and Green Highlands if we were to partner with a Floyd municipal service," Abernathy said, "because it shows that not only the county but the school support green initiatives."

Students interested in getting involved with Green Highlands and future recycling efforts can contact Abernathy via email at mabern@student.highlands.edu or contact Student Life on their campus.

Students speak at GCA event



Photo by Lynsey Sutton

Speakers Georgia Hamby, Erica Simpson, Carson Graham and Scout Hodgins speak at conference.

By Lynsey Sutton
Staff Writer

GHC hosted the 90th Annual Georgia Communication Association Conference on Friday, February 21 and 22. The conference started out as a way for high school speech teachers and college professors to help students prepare for college. More recently, it has shifted to be more college focused and research based.

Every year the conference is held at a different school. This year GHC outbid Dalton State University and was chosen to hold the conference.

Panel 124 focused on the topic, "How do we maintain positive relationships in spite of conflict?" Erica Simpson, the chairperson and three GHC students, Scout Hodgins, Carson Graham and Georgia Hamby discussed the causes, effects and management of interpersonal conflict.

Simpson asked the audience what they think is the

most common cause of conflict in interpersonal relationships. Many answers went around including miscommunication, money, not listening and trying to change, or even fix, someone.

Each student spoke on a different relationship conflict. Hamby spoke on a friendship conflict. Graham talked about a romantic relationship conflict. Hodgins shared about family conflict.

After the students shared their testimonies, the audience got to ask questions and give input. The audience offered different approaches to these situations.

The panelists said that relationships need constant renegotiation of expectations and roles. It is important to have the awkward conversations that no one wants to talk about or even bring up, because if pain is felt after a conflict, that means the individual cares about that relationship.

Highlands Happenings

Summer Registration

By Tennesha Frazier
Guest Writer

Students have the option to sign up for Summer classes, which are classes that are only taken during the month of May and are known to be very fast-paced. There are also full term classes available. These classes last until the end of July or the first of August.

Pi Day Festivities

By Samantha Warner
Copy Editor

Students can celebrate Pi Day with free pizza and games in the Cartersville Student Center from 11:30 a.m. to 1:30 p.m. on Thursday, March 12. Also on March 12, Marietta campus will have free pie and mathematical trivia in the J-Lobby from 12 - 1 p.m.



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✓ Charger Food Pantry

✓ Workforce Innovation Opportunity Act (WIOA)

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



Former Floyd College student returns to GHC

Three decades later, Kelly Samson comes back for an additional degree and discovers a fresh perspective

By **Samantha Warner**
Copy Editor

Kelly Samson is a Criminal Justice major who expects to complete her third college degree at the end of this semester, but she first attended college as a dual-enrollment student in 1987. Back when GHC was still Floyd College, it introduced Kelly to the world of college life.

Samson recalled her time at Floyd College in the '80s and discussed how the school has changed.

"It seemed very huge," Samson said. "I remember being afraid I wouldn't be able to find my classes."

"I was 16 when I first started, so I was the youngest in all my classes — which is ironic, because now I'm the oldest," said Samson, who turned 50 last October. "I'm

older than a lot of my professors now, so that's kind of weird. It's not a bad thing, it's just different."

After her time at Floyd College, Samson went on to earn a Bachelor degree from Georgia State University. She chose to return to her old school, now GHC, in 2011.

"It's a really good level of education," Samson said. "The classes are really good. They're just as good as the four-year university that I graduated from, and it is local and affordable. You really can't beat it."

"Obviously there was no such thing as D2L or online learning when I was in the first time," she said. "The idea that the school can just send you a text message to say that classes are cancelled... in my day, you just drove to school and if classes were cancelled

you turned around and went home."

The way courses are delivered isn't the only thing that has changed since the 1980s — college culture and university life have changed as well.

"There's a lot more marijuana use, I think," Samson said. "There was a lot of drinking then, like there is now, but I didn't really know people who smoked."

"I think [students today] just party differently. We were awful in our own way," she joked.

"I think being a college student is a lot easier now because you have access to so much information with the internet," Samson said. "It is so much easier to find information and do assignments now than it was in 1987. If you don't understand something, you can watch a YouTube



Photos contributed by Kelly Samson

Kelly Samson attended Floyd Junior College as a dual enrollment student in 1987. Decades later, she has returned to GHC to earn her Associates degree in Criminal Justice.

video about it. It's just like a whole universe of learning help and support that's there, available to anybody."

"I am enjoying school a lot

more now that I am a returning, nontraditional student," she said. "I'm having a lot more fun this time around."

March celebrates women's history month

By **David Patel**
Staff Writer

Since March is Women's History Month, GHC will hold several on-campus activities to commemorate and celebrate women throughout the month. Activities range from film screenings to discussions featuring guest speakers, as well as poetry readings.

GHC campuses will play host to a series of films that highlight women's causes, struggles, and empowerment movements.

In Cartersville, on Monday, March 9, starting at 11 a.m. the Office of Student Life (OSL) will show the 2011 documentary "Miss Representation." The film contains interviews with notable women such as Katie Couric, Rachel Maddow, and Jane Fonda discussing their experiences and perspectives as media figures. Following the screen-

ing, professor Travice Obas will lead a discussion.

"Student Life will provide food from Chick-Fil-A," said Clifton Puckett, Cartersville campus' OSL Coordinator.

Also on the Cartersville campus, on March 10, at 12:30 p.m., there will be a screening of the 2004 historical drama "Iron Jawed Angels" which chronicles part of the American women's suffrage movement that led up to the passage of Nineteenth Amendment—granting women the right to vote.

Professor Connie Watjen will lead a discussion immediately after the film, encouraging students to register to vote.

On Wednesday, March 11, at 12:30 p.m. the Floyd campus will feature the 2015 documentary "GTFO" about pervasive sexist behavior and misogyny in the world of video games.

According to Puckett, Monday, March 16 will see the Marietta campus

host a screening of the 2014 documentary "She's Beautiful When She's Angry" about the feminist women's liberation movement in 1960s America.

The GHC Creative Writing Club will host a special poetry reading—on Thursday, March 12 in the Cartersville campus Student Center—featuring poems written by notable female poets.

The club's monthly Poetry Night at Southern Mugs coffee shop will be held on March 19th, starting at 6:30 pm; these two events will serve as a donation drive to benefit Tranquility House, a shelter for domestic abuse survivors in Bartow County.

Also on the 19, the Floyd campus will show the documentary "Killing Us Softly 4: Advertising's Image of Women," at 2 pm.

The WHM film series will conclude on the Floyd campus on Wednesday, March 25 with a screening of the 1997

documentary "My Feminism: Second Wave Feminism in the 1990s" at 12:30pm.

Floyd campus Student Life coordinator, John Spranza, points out that musician and activist David Zach will hit the GHC campus circuit with a performance and lecture that is also quite pertinent to women's issues.

"David spends time working undercover with groups that help expose and rescue victims of human trafficking across the globe," said Spranza. "Many of the victims are young women or girls that are exploited and calling attention to this cause is important."

David Zach will be performing on Cartersville campus on Monday, March 16, Paulding on Tuesday, March 17, Floyd on Wednesday, March 18, Douglasville on Thursday, March 19, and Marietta on Monday, March 23.

Six Mile Post earns multiple awards at state competition

By Staff Reports

The Georgia College Press Association recognized the Georgia Highlands College student-produced newspaper the Six Mile Post with 11 awards at their annual Press Institute held in Athens, Georgia last month.

The staff earned numerous awards of distinction in the GCPA Better Newspaper Contest for colleges with an enrollment under 8,000 and a staff comprised of freshmen and sophomore students. Such awards recognized the publication and individual students for: layout and design, overall improvement, best campus community service in the area of feature writing, photography, column writing, editorial series, entertainment features and impact.

Six Mile Post editor-in-chief, Olivia Fortner, said, "I am most proud of the overall improvement award. This speaks volumes for the work our staff has put in. Most of us were inexperienced in journalism and design. We did a lot to learn the style of AP writing and building a newspaper. We worked together and produced a paper better than the last. I hope this continues and we improve with



Photo by staff

Six Mile Post newspaper faculty adviser, Allison Hattaway, copy editor, Samantha Warner, editor-in-chief, Olivia Fortner and photography editor, Michelle Hardin, receive numerous awards at the annual Georgia College Press Association Institute in Athens, Georgia on Friday, February 14.

each issue."

Attending the annual GCPA conference exposes college journalists to sessions taught by experts in the field and gives them a chance to network with peers from around the state.

Fortner said, "It was good to see so many other students who understand the newsroom process. To know that we are not a small staff and that other staffs, smaller than ours, are producing amazing

work is encouraging."

Samantha Warner, Six Mile Post copy editor, said, "My biggest takeaway from the conference was that news and media is not a dying career field! Although the way we consume information is changing, there's a greater demand for reliable, unbiased sources than there has ever been. New jobs are being created in this field literally all the time. It's part of what makes me so excited about

this line of work."

This has been a year of change for the Six Mile Post since former faculty adviser, Dr. Kristie Kemper, retired after 40 years of service to Georgia Highlands College.

Current faculty adviser, Allison Hattaway, said, "To walk into a program that had been run so well by one person for so many years was no simple task. In addition, there were very few returning staff members from last year, so we really had to hit the ground running! I am very proud of the students for jumping in and working together to maintain the history of excellence that Dr. Kemper and previous students had established."

Fortner contributes the staff's success to open communication, strong work ethic and compatibility. She said, "We have good leadership. Mrs. Hattaway has been patient and encouraging through the learning process and mistakes."

"We have a great group of writers and editors who are able to work with others and take constructive criticism. On a collaborative project like a newspaper, that's very important," said Warner.

This SMP staff is not

satisfied with maintaining the status quo and is pushing to modernize the publication. Fortner said, "The SMP has a lot of new things on the horizon. We are planning to start a podcast in the upcoming semester. We have just had a logo created, completed a website redesign, are working slowly to give the overall look of the publication an updated look and readers can now read the paper from a mobile app. We hope to make this something students go to daily to check in and see what's happening on their campus."

Readers can go to www.sixmilepostonline.com to see the new look and visit Apple and Android app stores to download the free College News Source app for easier reading on mobile devices.

"The Six Mile Post is an amazing publication to work for. We want people to understand what a great opportunity it is. I hope the SMP is a desirable job that people are coming to GHC just to be a part of," said Fortner.

Students interested in working for the Six Mile Post are encouraged to apply online at <https://sites.highlands.edu/forms/six-mile-post-application/>

Working students find it hard to balance academics

By Nathaniel Flahardy Page Designer

Earning a degree can be difficult when students have to work to support themselves while attending classes. Those with dependents, those from a low income background and those who aren't comfortable living off borrowed money may feel obligated to work while in school.

According to a Harvard Extension School article, "a significant proportion of working students with dependents are living below the poverty line. That includes 66 percent of employed learners aged 16 to 29, and 39 percent of

those aged 30 to 54."

Nancy Lopez, a student on Floyd campus, works at a hospital, struggling through 12-hour shifts on Friday, Saturday and Sunday. She said initially it was awful and stressful.

"I struggled getting work in and missed an assignment for the first time," Lopez said.

Lopez feels that if she weren't working she'd have more time for student life activities and to study, but she appreciates having economic freedom.

Lopez currently pays her tuition out of pocket, and only recommends working while in school if the situation demands it.

Tristen Tolbert is President of both the Gaming Club and of the SGA, and is involved with Green Highlands. Tristen unloads trucks for Walmart and said he has difficulty getting to his work on time after class. At one point, he had to work two jobs on top of house-sitting for his boss. He says it was worth it for the money, but not for his education.

Tristen doesn't think working full time is for everyone, but that everyone should work at least part time. He also recommends scheduling school early and work late to leave time in between for homework.

Starr Alley currently works in the Floyd cafeteria and isn't taking classes

this semester due to financial difficulties. She finds it hard to balance her school and work life. Getting by with grants and scholarships, she's "barely able to make ends meet."

Though Starr appreciates having money, she misses her free time and wishes she had more to spend on her education. She didn't have a choice in going to work, as both her parents work and she has to manage her own bills.

Though Starr doesn't recommend working while in school unless the situation demands it, she appreciates the learning experience and how it has taught her to manage time and stress, preparing her for life.

Movie Review: “Just Mercy” on racism

By Heather Teague
Staff Writer

Destin Daniel Cretton’s latest biopic, “Just Mercy”, features a talented cast and a soulful soundtrack that manages to deliver a strong yet necessary horror to audiences: hopelessness.

Set in Monroeville, Alabama, the film is packed with all the tragedy of the civil rights era, yet shockingly takes place in the 1980s.

Inspired by Bryan Stevenson’s memoir of the same name, the movie follows Stevenson, a young African American lawyer fresh out of Harvard, has resolved to represent several downtrodden death-row inmates, namely Walter “Johnny D” McMillan.

McMillan has been falsely accused of murdering a young white woman and has largely given up on fighting for his own freedom. He knows that being black in the South is often seen as a crime worse than killing.

However, Stevenson is

armed with not only a keen understanding of law but also hope, which is arguably the most powerful weapon of defense any human being can possess. With this young man seeking justice for the long-silenced black community, even some of McMillan’s faith is restored.

Both the leading and the supporting cast members gave impressive performances.

Michael B. Jordan’s nuanced portrayal of Stevenson demonstrates a simultaneous gentleness and passion, while Jamie Foxx conjures a rage as McMillan that is strong without seeming overly emphasized — a fact that adds to the feelings of despair throughout the film as the audience witnesses this exasperated man being literally beaten down to a state of exhaustion.

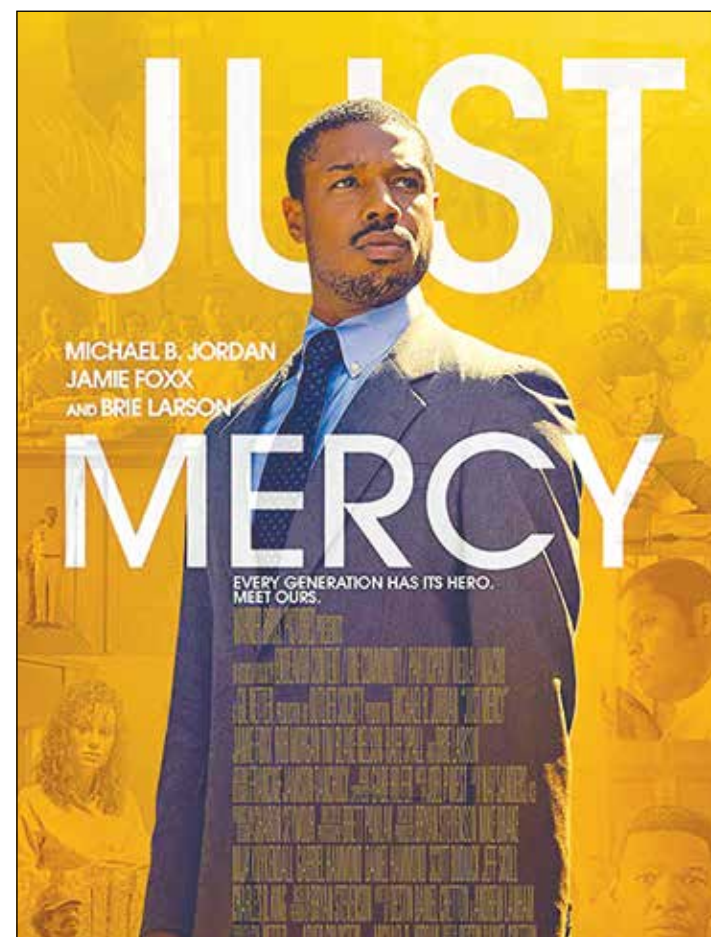
Joel P. West, a long-time friend and collaborative partner of Cretton’s, put together a musical score that will resonate with film-goers on multiple levels. Its jazzy tones and deep vocal harmonies

unite to reflect the heart-wrenching struggles characters face in the everyday world of the film, illustrating the overlap of calmness and hardship in a world where practiced inequality makes life easy for some and unfairly difficult for others.

The cinematography, while not poorly executed at all, was fairly standard. The film relied on close-up shots of actors’ expressions, which, considering the subject-matter, is understandable.

“Just Mercy” is a must-see film for movie buffs and casual viewers alike because its message is for everyone: when all hope seems lost, we must stand up for our fellow man. After all, we humans aren’t so different at our core, and if a film like “Just Mercy” can bring us together, even in some small way, by inspiring us to hold a little more compassion in our hearts, isn’t that one more lovely thing we can have in common?

Score: 4/5 Stars



Movie Review: “To All The Boys: P.S. I Still Love You”

By Ariadna Avila
Guest Writer

“To All The Boys: P.S. I Still Love You” is the long-awaited sequel to the Netflix Original, “To All The Boys I’ve Loved Before.” The film arrived just in time for Valentine’s weekend, but it can be enjoyed year round regardless of the time.

The movie picks up where “To All The Boys I’ve Loved Before” left off, with the main characters Laura Jean and Peter Kavinsky finally becoming a real couple following all the events of the previous movie. Everything goes great for the new couple until the introduction of John Ambrose, one of the five boys Laura Jean had written a letter to in the previous film. After an awkward meeting and discussion about the love letters, Laura Jean and John Ambrose fall back into the pattern of being friends. This action backfires on Laura Jean because she quickly starts to fall for John Ambrose and she ultimately has to make a decision between her

boyfriend, Peter Kavinsky or her ex-crush and new friend, John Ambrose.

The movie follows the love triangle cliché often seen in teenage films, but it does not lessen the quality of the movie. In fact, it actually makes it more entertaining to watch. Viewers can enjoy trying to find out who Laura Jean will end up choosing and what will cause the eye opening moment, even if the end result might not be their favorite.

Another aspect that made the film entertaining to watch was the backstories provided for some of the characters introduced in the first film. The most prominent character being Gen, Peter’s ex-girlfriend. In the first film it is made no secret that Gen and Laura Jean were ex-best friends and now rivals, but the reason as to why is never brought up. Through the use of backstories we get a more in-depth view into their relationship and what events eventually caused them to break their friendship apart and hold this rivalry.

Although the characters do not get the most in-

depth backstories since they are not the main focus, it is interesting to see how their paths came to cross with Laura Jean and what importance they hold in her life, either in her past, present or both

Another interesting element is the scenery throughout the film. Netflix is sometimes known for intriguing scenery such as in shows like “Stranger Things,” and this film was no exception. Many shots are really beautiful, especially the scene where Laura Jean has her eye opening moment about who she wants to be with while dancing with John Ambrose in the snow.

“To All The Boys: P.S. I Still Love You” was a great film overall. Although there was not much of a high expectation for the film, since it is a romantic comedy geared towards a younger audience, I was left pleasantly surprised and entertained for the majority of the film. So, even if you are not the targeted demographic, there is something for everybody to enjoy about the film.

Score: 3.5/5 Stars

Open doors foster growth

When we gather in the journalism lab, we want to create an inviting culture of growth.

Call it an open door mentality – the most successful room is often the one with an open door and an inviting atmosphere. Having a united team should not be exclusive if we want to build an inclusive and diverse culture.

As people join our team, we want them to feel capable and competent. Everything they need is already within them. It might take some training, but they need to know they are enough.

If you are a part of building a team, you should make the effort to invite people inside. Once inside, people are attracted to teams that have built a strong workplace culture. These cultures vary from team to team, but tend to have a consistent vision, level of respect and tendency toward resilience.

Clarity of vision is the first thing that brings people together. People gravitate toward others who know where they are going and can effectively share their ideas. When being driven by a common goal, the energy to reach that goal is always present. In short, every team needs to see things through the same lense.

The strongest teams focus on and respect the values of their teammates. Respecting others' values builds trust in a work culture. Respecting others' values regardless of your views takes maturity and a confidence in your own identity. This is what our staff strives for.

Once a team becomes confident, they also become resilient. Even the most cohesive teams encounter unexpected change and challenges. How a team handles and makes decisions during these times reveals their true strength.

Ideas will come across differently

than intended. How you respect someone while working through a disagreement speaks of your true integrity. Differences in opinion should be shared respectfully. You need to take constructive criticism and learn from it — work with it.

When you create a habit of growth, you begin the process of bettering yourself and your surroundings. As you grow, it inspires growth in others.

When people leave this team to move on to the next thing, we hope to find them saying they have learned and grown so much. We want these experiences to be valuable over the course of a lifetime.

The project at hand is not the only thing we are working on. We are investing in lives. That is why we must keep these core ideas at the forefront.

**Six Mile Post
Editorial Board**

Instructors should limit opinions in class

When teachers spend class minutes talking about things that aren't relevant to the course, they're not only wasting our time, they're wasting our money, too. According to the school's website, in-state tuition at GHC is \$95 per credit hour. This means it costs students nearly \$300 to attend a three-hour class.

I know my professors are real people who have their own lives outside of teaching. I have had several professors over the years that I consider friends, but those friendships were formed outside the classroom. They weren't formed on other students' time.

When I sit down in my Monday morning class, after a long weekend of catching up on homework, only to spend the next 15 minutes listening to the professor talk about their personal life, it's discouraging and disappointing. I find myself thinking about how I could have had an extra 15 minutes of sleep. I find myself thinking about how I am literally paying money



Soap Box

By Samantha Warner
Copy Editor

to listen to this person talk about themselves.

In those cases, the professor's oversharing is simply an unwanted distraction. When teachers get political, religious or philosophical, it can become a danger to students' academic performance and mental health.

Call me overly sensitive, but I think I should be able to attend a class I paid for without having to listen to someone criticize demographics that I and many of their other students belong to.

As a woman, hearing sexist comments in the classroom detracts from my learning experience. As a member of the LGBTQ+ community, hearing teachers talk about their personal, homophobic

beliefs when they should be lecturing detracts from my learning experience. As a student from a low income, single parent family, being forced to listen to a teacher rant about "Welfare Moms" detracts from my learning experience.

A lot of these comments fall under the category of microaggression, which Merriam-Webster defines as, "a comment or action that subtly and often unconsciously or unintentionally expresses a prejudiced attitude toward a member of a marginalized group." These professors don't mean to be hurtful, but they are.

There have been times when I've considered dropping a class just so I didn't have to listen to hurtful com-

ments twice a week. I stayed because I didn't want a WF on my transcript and because I couldn't afford to lose the money I was spending on the class. I would sit in class feeling uncomfortable and out of place, and I'd become so stressed out by what the teacher was saying that I wouldn't be able to focus when they finally started lecturing.

That just isn't fair. No student should have to choose between feeling comfortable at school and losing hundreds of dollars. No one should have to sit through verbal attacks on their identity just to avoid a penalty on their record.

I don't want every college professor to turn their classroom and office into a designated safe space. I don't even want professors to change their views. I just wish they'd keep it to themselves. Those conversations don't belong in the classroom anyway, and when they do come up they always do more harm than good.

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Letter to the Editor



By Scout Hodgins
Guest Writer

One of the most shocking realizations that I have had during my time at GHC is how little the fitness center on the Floyd campus gets used. College is a time in a person's life when they should be focused on self-improvement, but the Floyd fitness center is sparsely populated almost every time that I have been there.

There are plenty of reasons why many of us don't dedicate our time to the Floyd campus fitness center. Some people may not be able to find enough time in the day, or have the physical

Fitness center is underused

ability to work out. Others tend to be anxious about being judged or harassed by other gym-goers. I sympathize with some of these feelings, as I have experienced them myself.

I think that there is a greater underlying issue here, an elephant in the room so to speak. Mental and emotional health are hot topics among multiple social media platforms, but it is rare that physical health is even mentioned. What we need to understand is that physical health is paramount to mental and emotional wellbeing. The two are not mutually exclusive.

An article from Lynette Craft, Ph.D and Frank Perna Ed.D, Ph.D presents a study in which depressed adults who trained for twelve weeks showed

greater improvements in depression, anxiety, and their overall self-concept than those in a control group that did not exercise throughout the twelve week period.

The fact of the matter is that we, as humans, are built to move. Not only are we built to move, but our bodies are extremely adaptable to physical stress. As we learn to overcome physical challenges and obstacles, we become better at rising to the occasion when faced with mental, moral, or emotional challenges.

I would love to see the Floyd fitness center being used more often. It saddens me to see an entire gym filled with quality exercise equipment that does not get put to use in the way that it should be. When I'm not completely

alone, I often find myself accompanied by one to two other consistent gym-goers.

I like to utilize services that I pay for, and the mandatory athletic fee was a motivating factor for me to start exercising.

I understand how hard it can be to get started in the gym, because I've been there. Not knowing where to start and fearing judgement from other people can make your first visit to the fitness center an intimidating one. I remember using the gym extremely early in the morning so that nobody could see how weak I was. At the time, I didn't realize how non-judgemental most people are in the gym.

Retire daylight savings



Soap Box

By Heather Teague
Staff Writer

Daylight saving time is just around the corner again, but perhaps it shouldn't be.

Albert Einstein said, "Time is an illusion." An eight-year-old me running late for school in the abnormally black hour of a March morning would have certainly agreed with this. I hated daylight saving time for making me leave the warm embrace of my fluffy kitty blanket just to sleepily stumble off to school.

While my class had not yet studied Einstein and his famous phrase, we had studied Benjamin Franklin, who truly believed it when he himself stated, "Time is money."

In fact, National Geographic stated that Franklin had once suggested starting something like daylight

saving time in the United States to save money because the longer (brighter) evening hours would cut back on energy usage. However, this "energy saving" is practically nonexistent in modern times.

Environmental economist Hendrick Wolf found that the high use of air conditioning and the increasing amount of time Americans spend on the road actually counteract any initial decrease in energy consumption. Sounds like a better saying would be "Time spends money."

As if that isn't enough, the time switch also negatively impacts health. According to NBC News, "A 2014 U.S. study showed one hour of sleep during the 'spring forward' to daylight saving

time raised the risk of having a heart attack the following Monday by 24 percent compared to other Mondays during the year."

Mental health can be damaged by daylight saving time as well. According to timeanddate.com, having to adjust to the "fall" back can worsen depression and bipolar disorder.

Interestingly enough, the Atlanta Journal-Constitution's website stated that the House State Planning and Community Affairs Committee has also taken notice of the spike in accidents associated with the time change and how unhappy many Georgia residents are with the practice. So many, in fact, have voiced their criticisms of daylight saving time that it may soon be possible to vote yay or nay on its continuance in the state under House Bill 709. Voters would have several options: keep daylight saving time the way it is, switch to year-round daylight saving or completely do away with it.



Art by Julia Belew

So, daylight saving time: a financial failure, a health hazard and a gigantic wedge between me and my literal dreams. Maybe the emphasis we as a society put on controlling time should be placed elsewhere. Why shouldn't we want to live happier, longer, well-rested lives? After all, a

smaller number on the clock is not nearly as important as being able to wake up, take a deep breath, and turn a good night's sleep into a productive day.

Sorry, Franklin, I'm with Einstein on this one.

Chargers strive for JUCO World Series

By Bradley Singh
Asst. Sports Editor

The Charger baseball team has won 14 of the first 18 games this year. The team has been hitting exceptionally well this and has a cumulative batting average of .345 for the season along with 16 home runs.

"I believe that our best is yet to come," said head coach, Dash O'Neill.

Early in the season the games are against out of conference teams, so the team does not want to peak too early due to the length of the season.

"Our guys are doing a great job of controlling things. They can control and playing aggressive baseball," O'Neill said.

Sophomore pitcher, Ethan Underwood, leads the team in innings pitched with 24.1 and is tied for second in strikeouts with 20.

The pitching has been a big part of the team's success so far this year.

"We put in a lot of hard work this off season," Underwood said.

In the coming weeks, the Chargers compete against Sinclair Community College, Grand Rapids Community College and Edison Community College at their home field of Lakepoint.

Conference games will kick off on March 17 at Lakepoint against Andrew College.

"We've got to win conference and then beat Walters State or Dyersburg," said Underwood.

Ultimately, the Chargers have their sights set on the JUCO World Series in Grand Junction, Colorado.



Photo by Brandon Dyer

Max Kops (16) tries to get a hit against Sinclair Community College during the game on February 29 at Lake Point Champions Center in Emerson, Georgia.

Upcoming Baseball Schedule

March 10 @ Emmanuel College

March 14 vs Edison Community College (doubleheader)

March 17 vs Andrew College

March 20 @ Andrew College

March 21 @ Andrew College (doubleheader)

March 24 @ East Georgia College

March 27 vs East Georgia College

*All home games will be played at LakePoint
Champions Center in Emerson, GA.

Should steroid users make Hall of Fame?

Yes:

By Brandon Dyer
Sports Editor

I say we should let players that use steroids into the Hall of Fame. If they have career numbers that would get them in, getting caught using steroids should not matter.

There have been plenty of athletes get into the Hall of Fame in other sports. We should not hold baseball players to a different standard.

Although PED use does improve your game, it only improves it in one aspect: strength. There is still the mental part of the game that you have to become great at.

As a hitter, even if you take steroids, you still must be able to locate the ball when it is coming towards you and make contact with the ball. Steroids are no good if you are not strong at the mental part of the game.

If a pitcher takes steroids, he may be able to throw the ball faster, but he must still be able to have enough control on the ball to get it in the strike zone.

What if it came out that a lot of other baseball legends used steroids during their playing years? Would we take them out of the Hall of Fame

and vilify them forever?

There could be players in the Hall of Fame today that used steroids, and just did not get caught using them.

With the advanced media and social connections in the past two decades, it is easier than ever to get caught cheating compared to when steroids became popular with athletes from all sports in the 1960s.

Steroids may have helped Barry Bonds get his strength up and boost his home run numbers a little bit, but most of his home runs were way out of the ball park.

Can we really say that steroids added so much distance on the ball that it would not have been a home run if he had not taken steroids? He also had to have a good enough swing to be able to make contact with a 100 mph fastball.

As of right now, the Major League Baseball all-time leaders in home runs, Bonds, the only player to hit more than 60 homers three separate times. Sammy Sosa and the pitcher with the second most wins in his generation, Roger Clemens, have been left out of the Baseball Hall of Fame because of steroid use.

MLB's has had its fair share of controversies, but the steroid debate should not be one of them.

Sports Opinion



Heads or Tails



No:

By Bradley Singh
Asst. Sports Editor

In Major League Baseball, questions are often raised about whether known steroid users should be admitted into the Hall of Fame.

I believe the answer to that is no.

The title "Hall of Famer" is one of the most prestigious in all of sports and it should not be tainted with those who used performance enhancing drugs. Making the Hall of Fame in any sport is the pinnacle of athletic achievement.

For an athlete to earn the Hall of Fame nod in their respective sport signifies a lifetime of hard work, dedication and countless hours perfecting their craft.

In order to gain entry, the athlete must meet certain requirements. They typically either win championships, put up absurd statistics for a large portion of their career or retire with several records in their sport.

If you allow baseball players with a lengthy history of PED use to be in the Hall alongside the greats of the sport, it will tarnish the meaning of the Hall of Fame.

The Hall is not just about being a great player, it is a status that comes with doing things the right way.

If you are old enough, you remember the great home run race in the late 90s between Sosa and Mark McGwire. While entertaining, the chase was aided with the use of steroids. McGwire has admitted to the use of steroids and has been rightly passed over by the Hall of Fame committee for it, despite the historical season that would probably have guaranteed him a spot. Bonds set the record for most home runs of all time with 762.

Even after breaking the records of the game's greatest like Babe Ruth and Hank Aaron, Bonds still has not found himself in the Hall due to his known use of PEDs.

In the long history of American baseball, we have seen so many great players and careers. When those players retire, it is only right that they get baseball immortality in the Hall of Fame.

Players who cheat do not belong alongside those who played fair and did things the right way. To put it simply, the use of any PED is cheating and no player who cheats deserves a spot in any Hall of Fame.

GHC softball team looks to overcome a rocky start

By Brandon Dyer
Sports Editor

The Lady Chargers softball team had a record of 5-10 through their first 15 games.

The Chargers are batting .316 and have scored 74 runs on the season so far. Taryn Hitchcock leads the team in multiple categories: hits, batting average, runs, home runs and is tied for the team lead

in RBIs.

Izzy Marcotte has a .350 batting average as well as the team lead in doubles and is tied with Hitchcock for the most RBIs on the team with 13.

The Chargers have given up 102 runs on the season to go along with an opponent batting average of .340. Madelyn Morton leads the team with a 3.46 ERA, despite

walking 22 batters.

Maggie Schandera has pitched the most innings on the roster so far with 29.2, while Montana Ledbetter leads the team in strikeouts with 25.

"Each day we are getting better," said Head Coach, Savannah Sloan. "This team has a lot of potential."

"We are using these first games of the season to chal-

lenge the girls and see what we have and what works best so that when we reach conference play, we can put it all together," said Sloan. "It is still early, and we are getting better every time we step onto the field. Most of the losses that we have endured, we did not play to our full potential."

Sloan said she would much rather get off to a rocky, slow start in the beginning and

put it all together towards the middle and end of the season.

Sloan said, "All of my athletes have stood out this season. We started out giving up a lot of walks... but now we are eliminating those and putting up more strikeouts. My pitching staff is getting sharper and sharper."

Lady Chargers finish season on high note

By Brandon Dyer
Sports Editor

The Lady Chargers went 21-9 during the regular season, a two win improvement compared to last year.

After starting the new year at 9-7, the Lady Chargers used a strong second half of the season to finish on a high note, losing only two games since the start of the new year in the regular season.

They outscored their opponents by double digits on average, scoring 73.4 points per game and allowing 63.8 points per game.

Tynasia Bunting led the Lady Chargers in points with 16.7 per game. Nijeria Jordan, Jahnaria Brown, Alexandria Shishkina and Ja'Lyn Reese also averaged double

digit points per game.

Brown shined when it came to rebounding the basketball. Her 8.7 rebounds per game was the highest on the team.

For the seventh consecutive season, GHC had a player named to the GCAA All-Region first team, Brown.

The 21-9 record was good enough for the second seed in the GCAA Playoffs. They won their semifinal game against Central Georgia Technical College 71-56 but did not defeat the South Georgia Technical College Lady Jets in the GCAA Championship Game.

Lady Chargers Head Coach, Brandon Harrell, acknowledged a few players that stood out to him this season.

"We have had a lot of

different players stand out at different times during the season, and Jahnaria Brown gets the most attention. She was freshman of the year last season, and she was on the first conference all conference team this season as well as all academic team," Harrell said.

"We have gotten great contributions from Nijeria Jordan as well, who is our energy booster every day at practice," Harrell said. "She plays really hard all the time. Tynasia Bunting has really picked it up in the second semester and has had some big games. Ja'Lyn Reese has had some huge games for us and gives us a perimeter threat."

Harrell said that the one word he would use to describe this season is memorable.



Photo by John Brown

Head Coach, Brandon Harrell, gathers his players.

Merritt leads Chargers to 22-7 record



Photo by Brandon Dyer

Head Coach, JJ Merritt, draws up a game plan for his players.

By Brandon Dyer
Sports Editor
Dawson Tate
Guest Writer

GHC's Men's Basketball team have wrapped up the season.

The team obtained a record of 22-7.

They traded the occasional win with a loss to begin the season.

The team was able to go on a 13 game win streak and turn the season around.

They averaged 91.0 points per game and were able to shoot 49 percent from the field.

The Chargers finished the season with a 12-3 record on Charger soil.

The team was able to reel in a road record of 9-2. They went 13-3 in conference play.

Reflecting on the season, Head Coach, JJ Merritt, said,

"Talent wise we are right up there with the final four teams and the 34-1 teams. At the end of the day, what's going to separate this team from those teams is how much they want to win the National Championship."

"We've had guys from different backgrounds," Merritt said. "We normally only have one or two guys back, but we had legit one guy back who played last year, and we lost him at the break."

Merritt said that his favorite memory of the season was, "On our way back from Tallahassee after beating the seventh ranked team in the nation, we stopped at a gas station and the guys put on a little music. We had Langston and a few other players rapping on the bus. Just to see that celebration was my favorite memory of the year."