



# SIX MILE POST

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The Student Voice

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## Winn Building unveiled at Paulding campus

By Fay Durham

On Sept. 28 at 10 a.m., the GHC Interim President, Dana Nichols gave a welcome speech in front of the Winn building at the Paulding campus to a crowd of GHC faculty, students and other community members. After the speech, Nichols proceeded to cut the ribbon, symbolizing the opening of Paulding campus' newest building.

The ribbon cutting was then followed by tours of the Winn building along with complimentary food and refreshments. The event gave attendees the chance to see the building.

"This project was made possible with a total of \$4.1 million in state funding," Nichols said.

The building was a former bank which was gifted to GHC in 2010 from the city of Dallas.

"It's been several years now ... but it was definitely worth the wait," assistant professor of communications, Alex Reiter said.

The Winn building is named after Henry Winn, a prominent Paulding citizen and former Paulding County Commission Chairman. It was initially going to be called the Henry A. Winn Community Development Center.

"I like the building's prominence, it really showcases our presence with the beautiful signage," Reiter said.

"I enjoy looking outside when I work, so I really love the windows," said Adama Darboe, biology major.

The Winn building has many windows that view the road and sidewalks and give natural light.

"It's gorgeous," Reiter said.

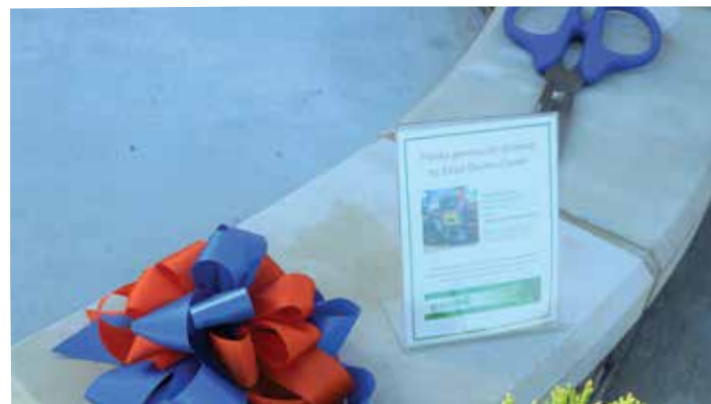
The building has given the campus new resources and space to expand. It is equipped with a fitness center, new study rooms, social areas and a wet lab.

"We have a state of the art [science lab] now at the Winn building," Nichols said.

The wet lab allows a wider selection of courses at the Paulding campus. These include biology, chemistry and other science courses.

"It's really going to help our community tremendously. Students can now take science classes that require labs here without going to Cartersville or Floyd," Reiter said.

Darboe said the new building is "really inclusive and convenient for students. You don't have to go off campus or go far to find everything you need."



The new Winn building renovation project transforms the former bank into a modern academic facility. The new building will allow students to earn their degree without having to leave Dallas.

*Photos contributed by Tina Hall*

# Nine interim positions filled internally

By Ammad Caesar

There are many familiar faces in new positions this semester at GHC. After a large turnover last year, a number of interim positions have been filled at the college by returning staff members.

The newly filled positions are as follows:

- Dana Nichols — Interim President
- Sarah Coakley — Interim Chief, Academic Officer, Provost
- Jason Christian — Interim Dean, School of STEM
- Jessica Lindberg — Interim Dean, School of Humanities
- Brandon Harrell — Interim Director of Athletics
- Dorothy Morgan — Interim Director of Student Support Services
- Julia Reidy — Interim Chair of English
- Brandy Rogers — Interim Division Chair, School of STEM
- Paula Stover — Interim Director of Nursing

The positions opened up for a number of reasons, some related to COVID-19, and others for personal or professional reasons. Many staff and faculty members used the pandemic as a time for reflection, causing them to pursue other interests or accept new positions.

"There are multiple levels," Floyd HR Programs Manager, Brad Gilmore said, "It created a change within people. So you went from a traditional model where you're in person all the time to a more remote model, or different things."

"So maybe a position that you've had for a number of years isn't quite as fulfilling anymore," said Gilmore, "And so you're looking for other opportunities or something along that line. So looking at it through that lens, it is partially COVID related."

The University System of Georgia, or USG, also played a role in why some left the staff. The USG is the body that governs the 26 colleges and universities in the state.

"The USG offered a pretty

generous early retirement package, kind of towards the end of COVID," said Gilmore, "And so we did have several in senior leadership positions that chose to take that package. So that opened up some [positions]"

"Anytime you have a shift up, you have a kind of a shuffling underneath, too," Gilmore said.

Hiring freezes also affected the filling of interim positions.

Gilmore said, "Anytime that there's a hiring freeze, it's not like Georgia Highlands goes out and says that there's a hiring freeze, we're not going to personally do it, it typically comes from the USG. What that means is if you have positions that are open and posted, then those positions remain open."

"Say I wanted to add another team member to the library and the position had not existed before," said Gilmore, "I want to have that new position. Now there's a little bit more red tape to be able to get approval or denial to actually create a new position"

"Another piece of that puzzle is that we had our college president Don Green, he accepted another position up in Pennsylvania," said Gilmore, "So anytime that there's a large leadership change, there is a little bit of fallout from that. Which there actually has not been a lot of people leaving just because of that, because our interim is fantastic."

Dana Nichols has taken over as Interim President, while Jessica Lindberg fills the role of Interim Dean of the School of Humanities.

"This is what I've always wanted to do," said Lindberg. She said that many of the positions that opened up this year were from individuals stepping up to fill the newly vacant positions. Her position opened up after former dean Jon Hershey retired after nearly 40 years at GHC

"[The position] feels like a year-long interview," said Lindberg, "I need to do a good job demonstrating my ability in the position."



**Dana Nichols**  
Interim President



**Sarah Coakley**  
Interim Chief Academic Officer Provost



**Jason Christian**  
Interim Dean School of STEM



**Jessica Lindberg**  
Interim Dean School of Humanities



**Brandon Harrell**  
Interim Director of Athletics



**Dorothy Morgan**  
Interim Director of Student Support Services



**Julia Reidy**  
Interim Chair of English



**Brandy Rogers**  
Interim Division Chair School of STEM



**Paula Stover**  
Interim Director of Nursing

*Photos contributed by Jeff Brown*



## Applications open for summer Wyoming trip

By Russell Chesnut

Students can earn eight science credits in three weeks in GHC's Wyoming geology summer field course. Applications are open for the trip, which departs June 20, 2022 and lasts for 13 days.

Areas of interest include Yellowstone National Park, Old Faithful and Grand Teton National Park.

Students will have the opportunity to identify rock formations, hike through mountains and collect fossils.

Professor of Geology, Billy Morris, has instructed the course and taken students on the journey out West since 1997.

"Every year there are new places to explore, new things to learn and new friendships to work on," said Morris.

Executive Assistant to the President, Tammy Nicholson, went on the trip back in 2009.

"Once you see the science of it, it's life changing," said Nicholson, "I really think that everyone came back with new insight, appreciat-



**Professor of Geology, Billy Morris, instructs students during the 2009 Wyoming Field Course.**

*Photo by Tammy Nicholson*

ing what they had learned."

Students shouldn't expect the course to be just a vacation.

"We would have study time on the bus rides," said Nicholson, "It was a lot of work."

"I've seen so many students come to appreciate the complex and beautiful systems that we immerse ourselves in during our

time in Wyoming," said Morris, "The geology is exceptional of course, but to see how landscapes, ecosystems and human culture are shaped by earth processes is endlessly fascinating."

Complete details and steps to apply can be found at: [highlands.edu/wyoming](http://highlands.edu/wyoming)

## Healthcare program at GHC ranked as 'best affordable college'

By GHC

Georgia Highlands College (GHC) has been ranked No. 1 by University HQ as the "Best Affordable College" to earn your degree in Healthcare Administration.

GHC's Bachelor of Business Administration in Healthcare Management offers students the foundational knowledge and practical skills that are essential for a demanding and rapidly changing healthcare industry.

"The faculty in GHC's Healthcare Management program have extensive career experience within the industry, which gives them a unique perspective when teaching the material," Assistant Professor of Healthcare Management Jay Pickern said. "Our students are presented with a number of real-world application assignments that allow them to put theory into practice."

In addition, students are taking on experiential learning trips to places like local hospitals, the Centers for Disease Control and Prevention (CDC) museum, the Georgia Supreme Court and more as a way of exposing them to a variety of career options within the field.

Students also complete a required internship at the end of the program, which gives them experience out in the field as they prepare to begin their individual job searches.

Locally, there is great demand for a degree in healthcare management, as Rome and the surrounding areas are considered a healthcare hub in Northwest Georgia. The relative proximity to Atlanta also creates an opportunity for graduates to find a variety of healthcare environments, such as hospitals, clinics and corporate entities within the healthcare field.

Healthcare managers, also called healthcare executives or healthcare administrators, are at the heart of the business behind the healthcare field as these experts are in charge of planning, directing and coordinating medical and health services in clinics, hospitals, nursing homes, doctors' offices and more.

"GHC's Healthcare Management program is a great place for students who have an interest in healthcare, but are not necessarily interested in hands-on patient care," Pickern said. "Additionally, our program is also a great fit for students who might already be in a clinical career but have an interest in moving into a management role within their current departments or organizations."

University HQ serves as a source for independent news and comprehensive information about career paths, requirements, universities, scholarships and news about new programs. The organization also ranked GHC as No. 22 in the country for the Best Affordable RN-to-BSN degree.

# CHARGE INTO LEADERSHIP CONFERENCE

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# Brother 2 Brother and GHAME improve minority male academic outcomes

By Russell Chesnut

GHC nominated Brother 2 Brother and GHAME for the 2021 USG Regents' Momentum Year Award for Excellence in Advising and Student Success. The annual award recognizes advising and co-curricular activities that improve college outcomes.

B2B is a student organization at GHC which seeks to increase the enrollment, retention and graduation rates for minority males. It is under the umbrella of GHAME, Georgia Highlands African-American and Minority Male Excellence, a similar initiative to B2B.

"We're one of the larger RSO (registered student organization) groups," said Evan Snelling, GHAME coordinator and assistant director of B2B.

"We have about 120 members,

and we have been nationally recognized as a national chapter of the year," Snelling said.

B2B offers tutoring resources, networking opportunities and community to minority males.

"Unfortunately, statistics show that minority males are less likely to ask questions and that has led to woeful graduation rates," said Snelling.

"Statistics show for any minority male that's affiliated with the program, they have a six-time greater graduation rate than minorities that are not here," said Snelling.

"Our retention rate [is] in the 90 percentile, so we would like to think we're doing some things right," Snelling said.

Brother 2 Brother Floyd campus president, Quentin Leek Jr. joined B2B in his freshman year after being put on academic

probation.

"For me to come here it's like, okay, I didn't start the ball too late, and there's still opportunity and chances for me to do something," said Leek, "I came back, then just this past spring I was on the Dean's list."

Leek said the program has given him leadership skills, tutoring resources and networking opportunities.

B2B members have access to 24/7 tutoring through Tutor.com and around-the-clock access to Snelling, even outside of school hours.

"We try to spend time with each and every one of them to let them know that they matter," said Snelling.

"It becomes a family," said Leek, "being involved in something in college — it keeps you

going."

B2B's plans for the school year include visits to Morehouse College, Savannah State University, Kennesaw State University and possibly Gordon State College.

The chapter is also attending three conferences: the Clemson University Men of Color National Summit, the GlobalMindEd Conference and the Student African American Brotherhood National Conference.

Students interested in B2B and the GHAME initiative can contact Snelling or Leek for more information.

"Give it a chance," said Leek, "You're not losing anything."

Leek can be found on the Floyd campus or at [qleekjr@student.highlands.edu](mailto:qleekjr@student.highlands.edu). Snelling can be emailed at [esnelin@highlands.edu](mailto:esnelin@highlands.edu).



**Evan Snelling runs the day-to-day operations of B2B, from mentoring to scheduling, advising and facilitating events.**

*Photo by Russell Chesnut*



## Floyd student center and game room get a facelift

The student center and game room on the Floyd campus have been refurbished with new chairs and games.

Tyra Stoudemire and Cameron Wright play on the new air hockey table.

Chassidy Wright breaks in one of the new chairs in the student center.

*Photos by Brandon Dyer*



## Behind the emails: Who is Clifton Puckett?

By Torrie Evans

If you're like me, you have often been bombarded with emails on your GHC account from someone named Clifton Puckett. Puckett is known to faculty as the Co-curricular and Transitions Programs Coordinator, where he oversees the planning of student programming. However, many students have wondered who this man is and why he is telling us about events on campus? I reached out to learn more about the man behind the emails.

### SMP: How long have you been at GHC?

Puckett: This is my eleventh year at GHC. I started out as a part-time intramural assistant, then I was a Recruiter for a year, an Enrollment Management Specialist for a couple of years, then the Student Center Director and Student Life Coordinator at Cartersville for six to seven years before settling into my current role last year.

### SMP: Why did you choose this position?

Puckett: In my opinion, I'm working with one of the most important aspects of a student's experience at college, especially regarding retention. Two things keep a student in college- their experiences and their success. If I can enhance their experience at GHC and do so in a way that helps them succeed here, I've made an impact on the student and on the school as a whole. And the orientation aspect of my job, I'm one of the first staff members they interact with when they come to campus. We have an early connection, and it's important for the student to have someone they feel they can go to for everything. All throughout the year I get emails from students asking me questions about classes, financial aid or anything else.



Puckett has been working at GHC since 2010.

Photo by Jeff Brown

### SMP: Can you explain more about what you do regarding student life?

Puckett: I develop programming that tries to ground itself more in an academic and cultural setting. So rather than just bring in musicians or comedians or things like that, we try to do presenters that students can enjoy and learn from. Last year we brought in Andrew Aydin to talk about writing "March." Just recently we had Lisa Jakub discussing mental health, and coming up in November, a Native American speaker. We also try to raise awareness on issues that go under the radar, like Orange Shirt Day, and bring more focus to aspects of culture that tend to get stereotyped, which is why we have Dr. Ocasio and "Coco" this month. And "Coco" is a good example of an event that's fun, a callback to the old Student Life days, but there's also an immense learning opportunity in it through its depiction of Mexican tradition. Our Constitution Day game shows were another example of fun events that bring learning in, something we'll revisit during African-American and Women's History Month.

### SMP: What's the hardest and easiest part of your career?

Puckett: Pre-COVID, the hardest part was keeping up with both what students were interested in at the time, and how to communicate with them in terms of promoting events. Email is the easiest, but we've had to adapt and turn to Instagram and Snapchat; something the Six Mile Post is doing very well is pivoting many avenues to podcasts, which are very popular now. The flip side to that, at a school like GHC, is that we also have a significant percentage of students who are non-traditional, and email and word-of-mouth is better for them. So we have to keep our feet in both worlds. With COVID, the hardest part now is keeping our feet in both the virtual world and the on-campus world. I think we've found a good way with our hybrid events in meeting the needs of both the virtual student and the on-campus one[s], but we'll also keep monitoring it and see what tweaks to make. Pre-COVID, our virtual students were left out, but through necessity they've been engaged more, which is a very good thing. The easiest part for me is engaging with students. I love talking to and interacting with students, and they seem to connect to me as well. I always keep my door open because I believe part of my job is being available to students, so I want them to feel like they're welcomed into my office for anything they need.

### SMP: Do you like working at a community college as opposed to a bigger college?

Puckett: It's much easier to work at a bigger college, but it's much more rewarding being at one like GHC. At my previous school, running and promoting events was easy. Over 95% of the students lived on campus . . . Here it's more difficult, we have to be more creative, and

that took me some time getting used to, but I'm also impacting more lives here. At my previous school, many of those students could afford to not do as well or miss a class or two and be fine. At GHC that's very much not the case. Every little bit we can offer can go a long way in impacting our students' success. And for many of our students, a college degree is their ticket to a completely different life. There's a lot of pressure in that, but there's also so much more reward. I get invited to graduations every year from former students and student workers, and it means a lot to me to know that I meant that much to them and had that kind of impact on their life.

### SMP: Do you have any favorite events you organized while working at GHC?

Puckett: A few years ago I did an event called "Week of Love," in which we focused on how we treat others. We had mental health speakers, an anti-bullying event and other programming. It's something I'm actually thinking about bringing back in the spring. I also enjoy many of the field trips and leadership conferences, and one thing I don't organize but help out with is the Highlands Writers Conference.

### SMP: How do you keep student life here interesting and fun?

Puckett: It's a challenge, that's for sure. But the most important thing I have to do is stay flexible, creative and open-minded. And I can't be afraid to change preconceived notions or things we used to do in the past. A lot of that was forced because of COVID, but it is important going forward to keep that adaptability going. And we just have to keep our finger on the pulse of the student body and get a sense of where their interests lie.

## In memory of Luba Ibrahim



Photo by Jeff Brown

By Torrie Evans

The GHC community mourns Luba Ibrahim, associate mathematics professor at the Marietta campus, who passed away Sept. 10.

Mathematics professor Tatyana Pavluscenco said, "I have known Luba for the last five years as her colleague and officemate, first meeting her when she interviewed for an instructor position at GHC. Luba was a friendly, open and thoughtful person."

Ibrahim is survived by her daughter Anissa and her husband Abdul. She encouraged her daughter to pursue STEM related subjects such as programming, math and physics.

Ibrahim was a lover of art and culture, a Christian and an active churchgoer. She talked about new books or shows with the people around her. She watched fantasy movies such as Lord of The Rings and Harry Potter with her daughter Anissa.

"She would write thank you notes for the smallest of gestures, and never missed an opportunity to congratulate her colleagues on their achievements," Pavluscenco said.

## Athletic director retires after 30 years



Photo By Jeff Brown

By Brandon Dyer

With nearly thirty years under his belt, Georgia Highlands athletic director, David Mathis, has retired. Longtime women's basketball coach, Brandon Harrell, will now head the athletic department.

Mathis has been involved with GHC for almost thirty years. In his time at GHC, Mathis has received multiple awards for his role in the community. These awards include: the 2002 Vivian Benton Staff Person of the Year, Floyd County School's Business Partner of the Year in 2005, the Georgia Highlands College President's Meritorious Service Award in 2014, the 2017 Heart of the

Community Award and induction into the Rome/Floyd County Sports Hall of Fame in 2019.

Men's basketball head coach, JJ Merritt, was appointed by Mathis in 2019 as Mathis' first move as athletic director. Merritt said, "It's going to be hard not having him around, he was like a mentor to me, but I'm happy for him because he gets to go live his life."

"It's going to be tough, David is one of those really good guys that always seems to know what to say and what to do in those tough situations," said Harrell.

The impact doesn't stop there. Faculty outside of the athletics department will also miss Mathis. Margaret Davis, professor of statistics, said, "Oh David, who will I go to when a basketball player does not show up in my class? We will all miss you, David."

"The thing that I'm going to miss the most is the relationships. We're fortunate that Georgia Highlands has some of the best people in the world that have a passion for doing everything the right way," said Mathis.

Leaving the school with one final message for the student body, Mathis said, "[Students] are in the best place that they could be. At Georgia Highlands, the faculty and staff are dedicated to seeing their journey and making it successful."



Photo by GHC

## Virtual HUB connects students with resources

By GHC

Since its inception in the 2020 fall semester, the Virtual HUB has grown from serving 660 students in its first month to now serving more than 2,800 students at Georgia Highlands College this semester. The ongoing tool continues to help in-person and online students access resources virtually and more conveniently than ever before.

The goal of the Virtual HUB is to provide the same services students would typically seek out in a face-to-face setting in a more convenient virtual environment. Students are able to video chat and connect with specialists in Enrollment Management, Financial Aid, Admissions, Advising, Business Office and Student Support Services such as counseling, disability services and WIOA.

"There is a regular presence

from Admissions, Advising, Financial Aid and Student Accounts, and having these services in a virtual format allows students to meet with someone on their own time and from anywhere," Executive Director of Enrollment Management Jennifer Hicks said. "We've had students connect while they were on a break at work or a day they needed to stay home with their children."

Students can go to [virtualservices.highlands.edu](https://virtualservices.highlands.edu) to connect, click the "Virtual HUB" logo on various pages at [highlands.edu](https://highlands.edu) to connect or they can scan the QR Code on any posters on campus advertising the HUB with their smart phone or tablet to get started.

"Offering Virtual HUB services is just one way we show just how committed we are to meeting students where they are and in their own time," Hicks said. "The

convenience of clicking a link and almost instantly being connected to a live person on the other end who can help navigate various college processes is a game changer for many of our students."

In addition to the Virtual HUB, GHC's Academic Success Center webpage is a great place for students to find resources to help them succeed inside and outside of the classroom. Students can find quick links to resources like Advising, the Library, Student Support Services, STEM411, Student Engagement, Tutoring, the Virtual Hub and the Writing Center, as well as some useful technology and online learning tips.

The Virtual HUB is staffed Monday through Thursday from 9 a.m. to 5 p.m. and Friday from 9 a.m. to noon.

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# Student Spin podcast expands program list

By Ashley Hall

The Student Spin podcast is expanding its platform by adding new programs. Listeners will be able to enjoy shorter, more focused podcasts on sports and pop culture in addition to the regular content.

The podcast started with biweekly sessions with only two to three members delivering and discussing college news, events, and other topics. It has since increased in popularity and participation.

Going forward, the Student Spin Podcast will be the umbrella term for all the programs of the podcast. There are six programs announced so far, with two more in the works.

The new programs being added to Student Spin include:

**On the Record:** Host Kimberly Lyons will interview faculty and students, discuss leadership, explore career paths, etc. It will have the same format as the original Student Spin.

**Campus Corner:** Rotating hosts will cover GHC specific news topics such as upcoming events and club information.

**Civil Discourse:** Host Cal Silvers and co-host Austin Williams hold political debates over local and world news.

**Sights and Sounds:** Host Ammad Caesar and co-host Cal Silvers speak on entertainment topics such as music, art and

pop culture.

**The Post Buzzer:** Host Austin Williams and “supporting role” Brandon Dyer speak on GHC sports, collegiate sports and national sports.

An advice podcast is being developed by Senior Producer Kimberly Lyons. Students and faculty would be able to email the Student Spin and get advice on their situations.

Lyons introduced the idea of separating the podcast into smaller sections. “This is a program we want to grow... in order to accommodate [more members] I had the idea to take that one podcast... and what we’ve done is kind of taken that apart and made them into separate podcasts,” said Lyons.

“It’s going to be more streamlined,” said Ammad Caesar, Junior Post-Production Assistant and host of the “Sights and Sounds” entertainment podcast.

“I know for a lot of them we said we were going to do like five to seven minute chunks,” said Caesar. The shorter sessions will be more digestible and less intimidating than a full-length session.

Before this new expansion, the format of the podcast was full-length 25–30 minute episodes that included everything from college to world news, entertainment and events. The new format will allow listeners to choose which topics to tune into instead of searching through a longer

podcast.

In addition to the new programs, The Student Spin will be expanding its social media. “So we plan to be on TikTok, Instagram, Twitter and Facebook,” Lyons said.

Cal Silvers, Junior Pre-Production Assistant, will oversee social media management. Silvers plans to organize the podcasts using hashtags. This will allow listeners to pin down topics of interest with ease.

“[The podcast is] a great way for us as students to learn what to do and how to use programs in the real world that we wouldn’t get the experience for otherwise and be scrambling to learn on our own,” said Silvers.

Lyons hopes that the podcast program expansion will increase listenership and attract more students interested in podcasting.

“Whatever topic that you’re super interested in, if you wanted to do a five to seven minute podcast, we welcome you.”

Students or faculty members interested in learning about the Student Spin podcast should contact Senior Producer Kimberly Lyons.

“If we’re going to have more podcasts covering more expansive topics, I can manage them all! I just need the people,” said Lyons.

The Student Spin and its new programs are currently available to listen to on Spotify, Pandora and sixmilepost.com.



**Samantha Lewis, a Student Spin volunteer, joined the podcast to work on her leadership honor’s project.**  
*Photo by Kimberly Lyons*

# “Coco” featured for movie night and Hispanic Heritage Month



By Ashley Hall

Pack a fold-out chair and comfy throw blanket, Chargers! Outdoor movie night is returning with four screenings of Disney’s and Pixar’s “Coco,” presented by GHC and FunFlicks.

Each showing will begin at 8 p.m. Non-GHC affiliated attendees are welcome to join.

There will be a combination of drive-in style viewing and lawn chair lounging. Popcorn and drinks will be provided.

The schedule is as follows:

Oct. 11 – Floyd campus  
Oct. 12 – Paulding campus  
Oct. 14 – Douglasville campus  
Oct. 14 – Cartersville campus

The movie was chosen by Clifton Puckett, Co-Curricular and

Transition Program Coordinator.

“[Georgia Highlands is] already trying to make Hispanic Heritage bigger than we have in the past,” said Puckett, “so we figured why not take something that celebrates the Mexican culture like ‘Coco’ does?”

**Art by Bree Messenger**

# Go neutral: the case for body neutrality

By Fay Durham

The COVID-19 pandemic negatively impacted a lot of people's self worth, including mine. If you have low self-esteem, consider being neutral about yourself instead.

Body neutrality means I am accepting of my body and I cherish everything it does for me instead of focusing on what my body is not.

"Body neutrality is minimizing body negativity," according to Dr. Elizabeth Wassenaar MD, of the Eating Recovery Center.

"Body neutrality has its foundations in what your body does, not how it looks. That shifts the focus from controlling it to finding gratitude for it," according to Maria Sorbara Mora, founder of Integrated Eating.

To practice body neutrality, you have to stop focusing on your looks and instead focus on how

you woke up this morning thanks to your body. Loving yourself is a strenuous task that not everyone can do. Thinking twice before you say something negative about yourself is something anyone can learn to do with time and practice.

I shouldn't let the number on the scale or my clothing size dictate my feelings towards myself as a whole. I am alive and life is a priceless thing, which I won't waste by wishing I could be a few inches taller and get rid of my scars or stretch marks.

Body positivity is a good thing, however not everyone can think about their appearance positively.

According to Wassenaar, "Sometimes body positivity can feel 'fake' and body neutrality feels more authentic, which is so important when you are working on living authentically and joyfully in the body you have."

Body neutrality also means you should eat when you are hungry and to not deny your body food because you don't feel deserving of it.

According to Kristen Fuller, mental health and eating disorder expert, "When you eat an extra donut or add that extra splash of heavy cream to your coffee in the morning, you satisfy your body by eating intuitively and practicing body neutrality."

Body neutrality is for anyone, including those who struggle with eating disorders and disordered eating. My body is the only one I get, so I should stop bullying it for simply existing and denying it food. Living a life full of self-hatred is not a good life.

Everyone deserves to adopt self-acceptance and practice body neutrality. You are so much more than your appearance. Your

potential is unlimited and your looks don't affect that potential. Beauty is subjective. What most people view as attractive, others find unattractive.

Not one body is perfect, and that is okay. Your body is not the most interesting thing about you. Instead of hating it, accept it and take a neutral stance on it.



Artwork by Conner Arrington

## Biden shows leadership with new vaccination requirement

By Brandon Dyer

In what I see was a much-needed strategy to end the COVID-19 pandemic, President Joe Biden announced a slew of new requirements for businesses and federal-level employees.

The new requirement will mandate that all federal employees in the executive branch of government and any contractor doing business with the federal government be vaccinated.

The new requirements also gives employers with over 100 employees the option to either vaccinate all employees or test them weekly.

I personally think this will be the most effective strategy to end the pandemic because it covers an estimated 80 million Americans.

Healthcare workers — which I feel should have had the vaccine mandated for a while now — will be required to be vaccinated if they work in facilities that receive Medicare and Medicaid.

These actions are necessary to finally put an end

to this pandemic so that we can go on with our daily lives.

The people that want the pandemic to end, and have taken all the possible steps to do so, are being deprived due to people that feel safety restrictions take away freedom. This sounds asinine to me because I feel that it is the government's job to look out for public safety concerns.

According to Floyd Medical Center in Rome, 74 patients were in the hospital for COVID-19 on Sept. 27, with only one of them being vaccinated and 39 on critical respiratory support.

The percentage of patients positive with COVID-19 in the hospital at Floyd Medical Center that are vaccinated is 6.3 percent, which is enough evidence for anyone to claim that the vaccine exponentially decreases your chances of getting the virus and dying from the virus.

For everyone that has put effort into returning to normalcy by getting vaccinated, I thank you for your part in making sure that this pandemic ends.



Artwork by Bree Messenger

**Has something been on your mind lately that you would like to share with others?**

**The Six Mile Post would like to hear your thoughts. Send an email to [6mpost@student.highlands.edu](mailto:6mpost@student.highlands.edu) with the subject line "Letter to the Editor" and your work will be considered for publication. REACH OUT TODAY!**



## Letter to the Editor: Stay cautious of COVID-19

Even though I am fully vaccinated, I recently tested positive for COVID and have been in quarantine ever since. Fortunately, my symptoms have been mild: congestion, cough, and fatigue. My experience aligns with recently published data from the CDC, which warns that the delta variant is far more contagious than the 2020 COVID. Finding a testing slot online or being seen at an urgent care without an appointment is quickly becoming almost impossible.

Last August, while attending college, my daughter and her roommate began having dry cough, which they assumed was an allergy. However, after testing positive for COVID, my daughter was sent home. Administrators feared that the tight quarters would allow the virus to spread quickly. During that time, I learned that people are most contagious when symptoms first appear or immediately before. By the time my daughter arrived home, she already had the virus for several days and was no longer contagious. So, even though we were in close contact without masks, I

did not contract the virus.

This April I received both doses of the Pfizer vaccine and believed I was protected. I went shopping, to the gym, and the salon. Looking back, I recall that with the exception of the salon, not all of the employees in these establishments were wearing masks. I continued to avoid large gatherings, such as parties and family reunions, but those precautions were not enough. I still contracted the virus. Since symptoms usually take a few days to appear after exposure, it is impossible to know exactly where I became infected.

Even though I contracted COVID, I am glad I was vaccinated because the vaccine protected me from hospitalization and severe symptoms. I strongly urge others to get vaccinated as well. However, even after you are vaccinated, you should still be extremely careful. If you do experience even a single symptom, such as congestion, scratchy throat, fever, headache, or sneezing, stay home and get tested. I assumed the sneezing fits I had in the middle of the night just before testing positive were

simply a reaction to pet hair or dust from my husband vacuuming that day. What seems like just allergies or the sniffles could very well be the virus, so go ahead and get tested to be sure. Keep in mind that sometimes your test may be negative early on and then turn positive after more of the virus is present. If someone you live with tests positive, you may want to test a few days later, but go ahead and quarantine.

I also recommend that everyone keep plenty of food and other supplies at home in case you or a loved one contracts the virus. Keeping canned soups, frozen meals, crackers, protein bars, and fruits on hand will allow you to prepare easy meals and snacks without having to go out for several days. Nurses recommend taking vitamin C, vitamin D and zinc, which most multivitamins contain, to bolster your immune system. Also, drink plenty of water or electrolyte beverages and take deep breaths to keep from getting pneumonia. I regret that I let my guard down and had to spend the first week of school in quarantine. My usual routine is



Rachel Wall teaches English at the Cartersville campus.

*Photo contributed by Rachel Wall*

so tame; it's hard to believe I could be Typhoid Mary. But I do hope others can learn from my experience.

Get vaccinated. Stay prepared. And be careful out there now—more than ever.

**Dr. Rachel Wall**  
Professor of English

### ORIGINAL COMIC - 001



Comic by Conner Arrington

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# Chargers add 12 freshmen faces to the roster

By Brandon Dyer & Nick Mazza

With a new year comes a new set of freshmen to advance through the basketball program. In the off-season, Athletic Director and coach, Brandon Harrell, added several new basketball players to the Chargers' teams.

Harrell gave the SMP an inside look at a few new recruits and what he thinks they bring to the table.

## Lady Chargers

Jamariah Turner comes from Lee high school in Huntsville, Alabama. She is currently coming off an ACL tear that happened mid-season in her final year of high school. Harrell gave her high praise as a point guard, saying that she has, "great speed and length with a solid skill set."

Turner is looking to make an impact in the Lady Charger's season about halfway through the year, after finishing up the rest of her recovery from the ACL tear.

Jenee Edwards is coming to the program straight out of Carrollton high school where she led the Trojans to a state championship run in the 6A division with a 30-2 record before losing to Westlake in the championship game.



From the left, freshmen basketball players: Rita Kun, Jenee Edwards, Jamariah Turner, Julian Dozier, CJ Jackson and Jordan Brown bring a wide set of skills to the 2021 team. Not pictured: TJ Porter, Ubong Okon, Jayvis Harvey, Mamadou Diop, TJ Taylor, Naz Oget and Ambria Vicks. *Photos by Brandon Dyer*

Harrell is looking at the physical ability of Edward and her ability to get into the paint as needed. Early in the season, Harrell is looking to get her into the rotation on the defensive end.

Rita Kun came from overseas to play at Georgia highlands college.

She played at the Vasa Akademia in Hungary, where she was ranked as the top recruit at her position in the country, before moving. She will play at the small forward and power forward positions for the Lady Chargers this upcoming season.

"I wanted to play in America, so I had my manager help me and he sent my highlights around," said Kun. "I started to talk to three of them, and Coach Harrell was the kindest and told me everything about this school, and that is why I am here... he showed me around the place, and I really liked it. I really like the society that the college has."

Harrell said, "She is 6 foot with a ton of skill and great physicality. She could really come into the game and help out. If she gets used to the pace."



## Men's Chargers

Head coach JJ Merritt was also able to add a few playmakers to the Men's basketball program as well.

C.J. Jackson is a 2019 graduate from Athens Prep Academy. He went on to play at UMass for one season before transferring to Florida Southwestern State College. Afterward, he transferred to GHC for the 2021-22 season.

Julian Dozier is graduating from Putnam Science Academy. Before coming to Georgia High-

lands for the 2021-22 season, he played at Fordham University for one season after winning two state championships during his high school career.

Joining the team from Miami Dade College is Jordan Brown. He played there for one year before transferring to GHC. His hometown is Albany, Georgia and he graduated from Westover High School. He was a 1000-point scorer coming out of high school, with an offensive player of the year award.

# Baseball and softball team soon to leave LakePoint behind

By Nick Mazza

Athletics faculty are talking about a new baseball stadium that is currently in the works and all that it will bring to the GHC community. After playing their home games at LakePoint Center in Emerson, Georgia since 2015, the thought of a new complex is a welcome one.

"Having a place to call your own is a huge thing for both programs and helps create more buzz around the teams," said Brandon Harrell, athletic director.

Plans call for the new stadium to be built within walking distance of the current GHC Cartersville campus location.

"Being so close to the baseball team, the hope is that there will be more cross-team involvement with one another and bring the clubs together," said Savannah Sloan, head softball coach.

Sloan and head basketball coach, Dash O'Neal, both said they are looking forward to the field itself because it's been difficult playing in facilities that were not owned by the college.

Sloan and O'Neal said they will enjoy not facing restrictions on when and where games can be scheduled.

It is also hoped that having a GHC owned and managed stadium will help the recruitment efforts of both teams.

"Having a place to show recruits that is brand new and close to the campus is an advantage that a lot of NJCAA (National Junior College Athletic Association) teams don't have," O'Neal said.



The construction site for the new baseball and softball complex is underway in Cartersville.

*Photo by Nick Mazza*



# Simmons commits to Troy University

By Brandon Dyer

Lady Chargers guard, Jashanti Simmons, has committed to Troy University for the 2022-2023 basketball season.

Simmons will take the floor for a second season at Georgia Highlands with a boost of confidence.

After all, not everybody gets to say that they were the GCAA player of the year, especially during the COVID-19 pandemic.

"I've known that I wanted to play basketball since I was four years old," said Simmons in her interview on the Post Buzzer Podcast on Sept. 30.

Over the next decade, Simmons worked on her skills. By the time she was a sophomore at Putnam High School, she led the War Eagles in points, assists, steals and blocks. The War Eagles would make the state playoffs, but lose in the first round to the Model Blue Devils.

Simmons would post better numbers the following season, but again the War Eagles would lose in the first round of the state playoffs - this time to the Elbert County Blue Devils.

Her senior season, Simmons led the War Eagles to a 23-5 record, picking up their first playoff win in three years. Simmons stepped up and posted a double-double, scoring 22 points and grabbing 10 rebounds in the contest.

That would be the first and only playoff win of Simmons' high school career.

Her performance that season was good enough to net her the Region 8AA MVP, averaging 22 points per game to go along with



Palmer Sapp bats against the Triton College Trojans at Lake Point Center in Emerson, GA in the March 2 game. Photo by Brandon Dyer.

five steals per game.

Simmons ended her high school career with over 1,500 points, something that she said she sees as her biggest accomplishment.

Three months after her second-round playoff loss, Simmons made the decision to join Head Coach Brandan Harrell and assistant coach Nae Nae Saxton.

"Coming out of high school, I didn't get any big offers or people looking at me. Georgia Highlands stood out to me with the basket-

ball program," Simmons said.

The guard from Eatonton, Georgia came to Georgia Highlands last year for her first step into collegiate basketball and wasted no time making an impact for the Lady Chargers by leading them in points in her first game, with 17.

Simmons would go on to have a remarkable freshman campaign for the Lady Chargers, leading the team in points and steals.

The Lady Chargers would go on to win 19 of their 21 regular season games, winning the regu-

lar season region title and home court advantage in the NJCAA region 17 tournament, even getting as high as 13 in the NJCAA national rankings.

After an overtime loss in the region 17 tournament to South Georgia Technical College, Simmons and the rest of the Lady Chargers waited on selection day to see if they had proved themselves worthy of participating in the NJCAA national tournament.

As the selections were being made and matchups being set

up, the Lady Chargers heard their school's name called, clinching the 13 seed and being matched up against the Southern Idaho Golden Eagles.

Simmons stepped up again by leading the Lady Chargers in scoring with 16 points, but most importantly, a win.

"[the win] felt great, even though we lost our second game of the tournament," Simmons said.

The awards came pouring in for Simmons after that, winning the GCAA freshman of the year award, that was quickly overshadowed when she was announced the 2021 GCAA player of the year.

Simmons had a tough decision to make as the offers came over the summer. Three offers stood out to her: Georgia Southern, Austin Peay and Troy.

After a long time of thinking about where she would continue her collegiate basketball career, Simmons chose Troy University.

"I wanted to go somewhere I was respected and had a great scholarship where players graduated on time," said Simmons.

Simmons will be joining the Lady Chargers for the 2021-2022 season as she prepares herself for the competition that she will be facing at Troy.

While she is excited about joining Troy next year, Simmons spoke highly of the coaching staff at GHC, "The relationship with the players and coaches have been great. We have our ups and downs, but at the end of the day, it's all love," said Simmons

## Upcoming basketball schedule

**Men's:** Nov. 1: @Chattahoochee Valley Community College Nov. 11: @New Rock Prep Nov. 16: @Chattahoochee Valley Community College  
Nov. 19: @Shelton State Community College Nov. 20: State College of Florida @Manatee-Sarasota Nov. 25: vs Indian River State College @SCF-Manatee  
**Women's:** Nov. 5: vs Shelton State Community College @Walters State Community College & @Walters State College Nov. 10: @Southern Crescent  
Technical College Nov. 12: vs Gulf Coast State College @Marrianna, FL. Nov. 13: @Chipola College Nov. 16: @South Georgia Technical College

# Should WNBA players get a bigger paycheck?

**No:**

By Brandon Dyer

Since its formation in 1996, the WNBA has had an issue: paying their athletes the same as male counterparts.

While some people may say that this is the NBA's problem as well, I'm here to say that the organizations within the WNBA front office should be solely responsible for why their players don't get paid as much as NBA players.

When was the last time you heard a WNBA advertisement?

Or, a spokesperson for a brand being a WNBA player?

I think that addressing these issues would make the league a lot more enjoyable and set them up for a spot where they can maintain the league themselves instead of having to reach out to

get bailed out.

Maybe it's the front office of most WNBA teams that are to blame for not trying to capitalize on marketing ideas or trying to advance the league beyond what it is today.

WNBA players have done a pretty good job of creating content for the court, but it all goes back to how you market your product.

Why isn't there more recognition brought to shoe deals by Breanna Stewart, Diane Taurismu and Candace Parker? Did you think that they even had a signature shoe until I told you that?

I have never been hesitant to show my support for women's sports, and I wish the WNBA the best of luck. The players work too hard for their product not to be blasted everywhere like the NBA players do.

## Sports Commentary



## Heads or Tails?



**Yes:**

By Lionel Amayi

The WNBA suffers a lot from the gender pay gap; like other jobs involving dedicated women. Women in basketball especially deserve a raise.

The WNBA would get better financial treatment if there was not a cultural issue about rewarding female athletes when they earn their spotlight.

WNBA players work as hard as NBA players, or even harder, and yet lack the same respect.

For example, Diana Taurasi, who is a WNBA icon, won five gold medals with the United States Women's Basketball Team during the 2004, 2008, 2012, 2016, and 2020 Olympic Games.

She also won countless titles with the WNBA team, Phoenix

Mercury. Her career has been undermined by people who think she does not deserve the merits of being a pioneer in the basketball industry.

The WNBA does not get as much attention as their colleagues in the NBA, and it's evident by looking in the seats, which remain unfilled at games.

During the pandemic, some networks felt forced to air WNBA games last summer.

Giving the WNBA time on TV means casual fans can see the players doing what they do best — stealing the show.

Some progress is being made. According to Jami Farkas of Yahoo Finance, WNBA players had an average salary of \$74,349 in 2019, increasing to \$120,648 in 2021.

Yet more progress can be significantly made.



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