

Six Mile Post

The Student Voice

Inside This Issue:

- Why P.E. Sucks.....p.5
- Dillard to Retire From FC.....p.9
- What is Tae-Bo?..... p.10

Vol. 28, Number 7

6MPost@mail.fc.peachnet.edu

Floyd College - Rome, Georgia

April 6, 1999

— News Briefs —

■ Sexual Awareness Week

Sexual Awareness Week is April 4-10. Floyd College will be hosting panel discussions on April 6 at 11:15 am. and 6 p.m. and again on April 7 at 9 a.m. and 6 p.m. at the central campus. Refreshments will be served at the panel discussions. Panelists will include several noted figures from the local area.

The Clothesline Project, which consists of shirts created by rape victims and friends and families of the victims, will also be on display both April 6 and 7, all day long, in the Tower View Dining Room.

■ Blood drive to be held

Floyd College will be having an American Red Cross blood drive on April 13 from 8:30 a.m. until 2 p.m.

According to Julia Barton, area manager of Northwest Georgia Blood Services, and former Floyd College student, "The need for blood never changes. Spring Break really affects us because college and high schools are out, and that is where we get 15 percent of blood collections. So, the timing of this drive is very important."

The American Red Cross needs 22,000 people to donate blood each day in order to meet the high demand for blood.

Any one who wishes to give blood on April 13 can call 295-6773 to make an appointment.



Curry speaks on women's history

By Matt Bowers
Editor

Constance Curry, acclaimed lecturer and author, spoke in the Floyd College Student Center on the central campus on March 24. Many students gathered to hear her speak on the subject of Women's History Month.

Curry graduated from Agnes Scott College in 1955, and after studying abroad as a Fulbright Scholar, she returned in 1960 to Atlanta and was appointed to the Nonviolent Coordinating Committee's executive board. She then worked for the American Friends Service Committee as a representative working in Mississippi to help families with desegregation efforts.

It was during that time that Curry met the focus of her speech, a Black woman named Maybertha Carter in Sunflower County, Miss.

According to Curry, Carter and her husband, Matthew Carter, were poor sharecroppers and the only Black family in Mississippi in 1965 to enroll their children into a previously all-white school. Carter said that she was tired of her children riding home on "rickety" buses and sometimes not even getting lunch at school.

After admittance of their children to the new school, the family had to endure hardships and harassment of all kinds,

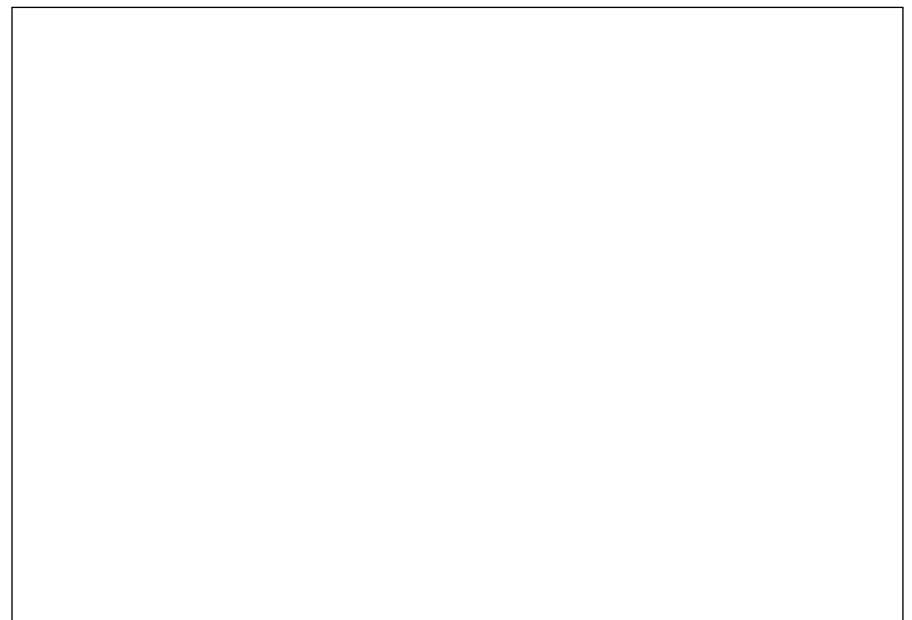


Photo by Robin Bishop

Curry talks about Women's History before a Floyd College audience.

ranging from mistreatment of their children at school to constant pressure from the local government to withdraw their children. The Carter family surpassed all of this, however, and all of their children went on to graduate from high school, and seven graduated from the University of Mississippi.

Curry and Carter lost touch after this first meeting and it wasn't until 13 years later that they were reunited at a

convention in Atlanta for women in the civil rights movement.

It was then that Curry decided to write her book *Silver Rights* to tell the story of Carter and her family's struggle for equality.

Curry's speech ended with the recorded voice of Carter singing songs of her childhood, projecting out through the Floyd College Student Center with inflections of hope and triumph.

Mike Glenn shares his views about Black History Month at FC

By James Armour
Staff Writer

Mike Glenn, former Atlanta Hawks player and now an announcer for the team, shared his views about African American history at a Black History Month event in the student center on Floyd College's central campus.

According to Glenn, studying the lives of historical figures gives people courage and "sanity to the mind." Glenn explained the history of African American people from the start of the colonies to the early 1900's. He said that for 246 years, the African American race had worked without pay.

He told the life story of Tony, a Black slave who started the first sit-down strike in 1656. When Tony ran away the first time from his master, Simon Overzee, bloodhounds followed him and captured him. Tony was beaten 39 times, each lash causing blood to spill. When he healed, Tony ran away again and again was captured and beaten more severely. When he healed the last time,

he refused to work again. Tied to a tree by his wrists, Tony had hot lard poured all over his body, which killed him.

Glenn spoke of various communities in the swamps where slaves would hide from their masters. Often, white owners would find them and execute their members.

He also spoke of Elizabeth Jennings, a slave who sat in the wrong section of a carriage and was shoved to the floor. She took the owners to court and won the case.

Glenn then mentioned Frederick Douglas. Douglas, born in 1818 in Maryland, was a slave who learned from his master's wife how to read and write until his master found out. His master forbade this teaching, but Douglas became even more determined to succeed, and succeed he did. People even later compared the speeches of Douglas to those of the famous orator, Patrick Henry. In some of his speeches, Douglas pointed out that the power of songs often encouraged people to escape the bondage of slavery. They would use en-

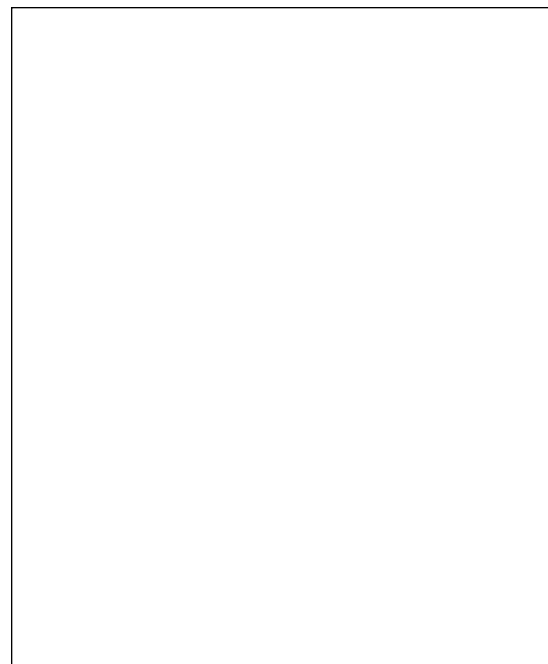
coded messages in songs to encourage and direct each other to freedom.

Glenn said that, many times, the songs would mention that Moses was coming. Moses was the deliverer of the Hebrews from the Egyptians, but in the 1800's Moses was the code name for Harriet Tubman. Tubman was a runaway slave who rescued her own family out of slavery. The price on Tubman's head was \$40,000 dead or alive because she had freed so many slaves. In 1913, on her deathbed, Tubman gathered her friends around her and had them sing old Negro spirituals. In this atmosphere, Tubman died.

Punishment for runaway slaves ranged from 40 lashings for the first offense, branding an "R" on the right cheek, 200 lashings, an amputation of a foot, ear or even castration.

Glenn ended his speech by mentioning that the first self-made woman millionaire, C.J. Walker, was Black.

The Black Awareness Society invited Glenn to come and share his views at Floyd College.



Guest Photo

Glenn explains his view on African American history at Floyd College.

Features

Waco campus student beats the odds

3.25h*3.5w 115%

Photo by Larry Stephens

Cox works at his desk in the Waco campus library where he is employed as an asistant to the librarian.

By Pam McGinnis
Guest Writer

Kerry Cox is a 36-year-old, nontraditional student who is currently attending the Waco branch of Floyd College.

He is many of the things that make up a nontraditional student: an older student, a student with a family and a student with a disability.

However, according to his fellow students and workers, what truly makes Cox so nontraditional is his "positive attitude, thoughtfulness, cheerful disposition, intense faith, encouragement to others and relentless optimism."

Cox contracted a potentially deadly strain of strep throat that all but ended his life several years ago. He was left with a severe disability requiring surgery in 1996 to replace both hip joints and three subsequent surgeries in the following six months.

Up until that time, Cox had been very proud of his work in the construction industry, but at that point, he felt as though he didn't have much to offer himself or his family.

With the help and encouragement of his wife of almost 20 years, Angela, and their two children, Christopher and Lyndi, Cox is now, what many would consider, flourish-

ishing.

When Cox awoke from his surgery in 1996, the first words from his mouth were "I'm going to school." Cox said his wife and sister then told him, "Go back to sleep. You're crazy." However, he is now an early childhood education major and wants to teach second grade. "I want to make a difference in kid's lives, and I would like to be a role model for them," said Cox. "That's something you don't see enough of."

Cox stated, "God opened the door so I could do this [go back to school]. He never shuts one unless he opens another."

Cox also said, "I could never do this without the support I get from my whole family."

His cousin, Anita Stamps, was one of his major influences. Stamps also had a serious illness but overcame this obstacle and will be graduating this summer with a degree in nursing. Cox stated, "I thought, 'If she can do it, so can I.'" Stamps pushed Cox to go ahead and enroll in college. She even helped him fill out his application.

Cox took a series of home correspondence classes offered by Liberty University in Virginia and is now a licensed minister.

He and his family attend Calvary Baptist Church in Bremen, where he taught an adult men's Sunday School class for eight years. He has also worked with the kids in children's church for 15 years.

In addition, Cox is now an SGA Senator for the Waco campus. He says, "I try to take the students gripes and complaints and get them worked out."

Cox doesn't let his disabilities hold him back. He says, "I'm no better than anyone else. We're all here for the same reason: to learn."

Cox stated that he likes the family environment at the Waco Campus and the fact that the students work together to help each other. He said, "I'm not trying to be a father figure to the students, even though some of the students do call me 'Pops.' I just want to try and work with them one-on-one and be a friend."

Cox is employed at Waco as an assistant to the librarian, Larry Stephens. Stephens said, "The thing that stands out to me about Kerry is his relentless optimism. I've worked with this guy for over

they call a friend. Hugh Harden, the "computer troubleshooter" at Waco says, "Kerry is always thoughtful and considerate; he is a team player. He's always positive and cheerful. If you're tired, he might even give you a ride on his wheelchair. Oh yea, and he loves barbecue."

Lil Long, a fellow student and coworker, also had some thoughts she wanted to share about Cox. "He is one of the most selfless individuals I have ever met. He never fails to ask how people are, and he notices when things aren't quite right with people. There is a constant mischievous twinkle in Kerry's eyes. If there is a secret joke going on, he can look at you with a straight face. He is the last one to 'abandon ship' on a gag."

Cox recently found out that he has been nominated as a National Collegiate Student Government Awards winner.

This means that he is eligible to have his personal biography printed in the United States Achievement Academy National Collegiate Awards Yearbook and also eligible to be awarded a scholarship.

Although he works in the library, Cox helps out wherever he's needed. He even organized the Waco campus's Christmas Food Drive for this past year.

If all goes well, Cox will graduate from Floyd College in the summer of 2000. He then plans to transfer to the State University of West Georgia.

Cox had this to say to all present students at Floyd College and all those yet to come, "Set your mind to your goal; work hard for it and pursue it."

**"He's one of the most considerate people I have ever met. He never fails to ask how people are."
-L. Long**

a year now, and he's only been 'down' two or three times since I've known him. He's always had a smile on his face and a word of encouragement for those around him. That, in itself, makes him a valuable coworker."

Some of Cox's co-workers have a lot of praise for this man that

Come see nature photographer, writer and inspirational speaker Jack Winfield Ross. Ross's photographs have illustrated magazine covers, calendars, and brochures. He has travelled from the tundras of Alaska to the swamps of south Florida to capture nature at its most beautiful.

**When: April 14,
2 p.m.**

**Where: Room W-
206**

Sponsored by the Office of Student Life.

News

Club News

Ambassadors

The Ambassadors helped organize Spring Fling. They will host visiting high-school seniors, and FC students are encouraged to make them feel welcome.

At the recent state and regional basketball tournaments, the ambassadors held a half-court shot contest.

Everyone had a chance to participate at \$1 a shot, and prizes were awarded.

Coca-Cola, Schroder's Deli and the Strike Zone donated the prizes.

Any student that may be interested in helping out or joining the ambassadors can contact Amy Mitchell in the Admissions Office at 295-6339.

BSU

The Baptist Student Union traveled to Birmingham, Ala., March 6. The BSU helped re-roof and clean up houses, as well as to meet with BSUs from other colleges.

BSU also had regular prayer meetings; saw Vulcan, a large statue over Birmingham; and went to the Birmingham zoo. They returned home March 11.

The BSU meets Mondays at 12:30 p.m. in room W-301 for prayer and fellowship.

Their regular meetings are held Thursdays at 11:03 a.m. in room W-202.

For more information on BSU or their activities, contact BSU president, Candi Hubbard, at chubb00@mail.fc.peachnet.edu, or

call Frank Murphy, Jr., at 706-234-2199.

PTK

Phi Theta Kappa would like to thank students, staff and faculty for their help in funding the PTK trip to Anaheim, Calif., coming up in April.

The trip, to an international convention, will last from April 28 to May 3.

The trip will allow the PTK chapter and Floyd College to be recognized internationally as well as be entered in scholarship competitions.

Fundraisers will continue and there will be a raffle through the month of April. More details will be announced at a later date.

SGA

The Student Government Association would like to remind students that their elections are coming up just around the corner.

Students who wish to run for the offices of president, vice president for special events, or vice president for public relations must sign up in the Office of Student life by April 7.

Campaigning will then be held April 8-14, and voting will be done on April 15.

Students will also be voting on proposed SGA Constitutional changes on April 15. [See the article on page 6 of this issue for more details concerning these proposed changes.]

The "smoking issue" here at Floyd will be taken up with the Presidential Committee in May and will be addressed by SGA president, Paul Clayton, and Floyd College vice president of student development, Dr. Penny Wills.

Clayton has compiled over 267 six-question surveys from students concerning the smoking issue and will be using these to help accurately represent the students at FC.

SGA will be organizing a

cleanup effort for the wetlands, with free food to be served. The time and date of the effort will be announced.

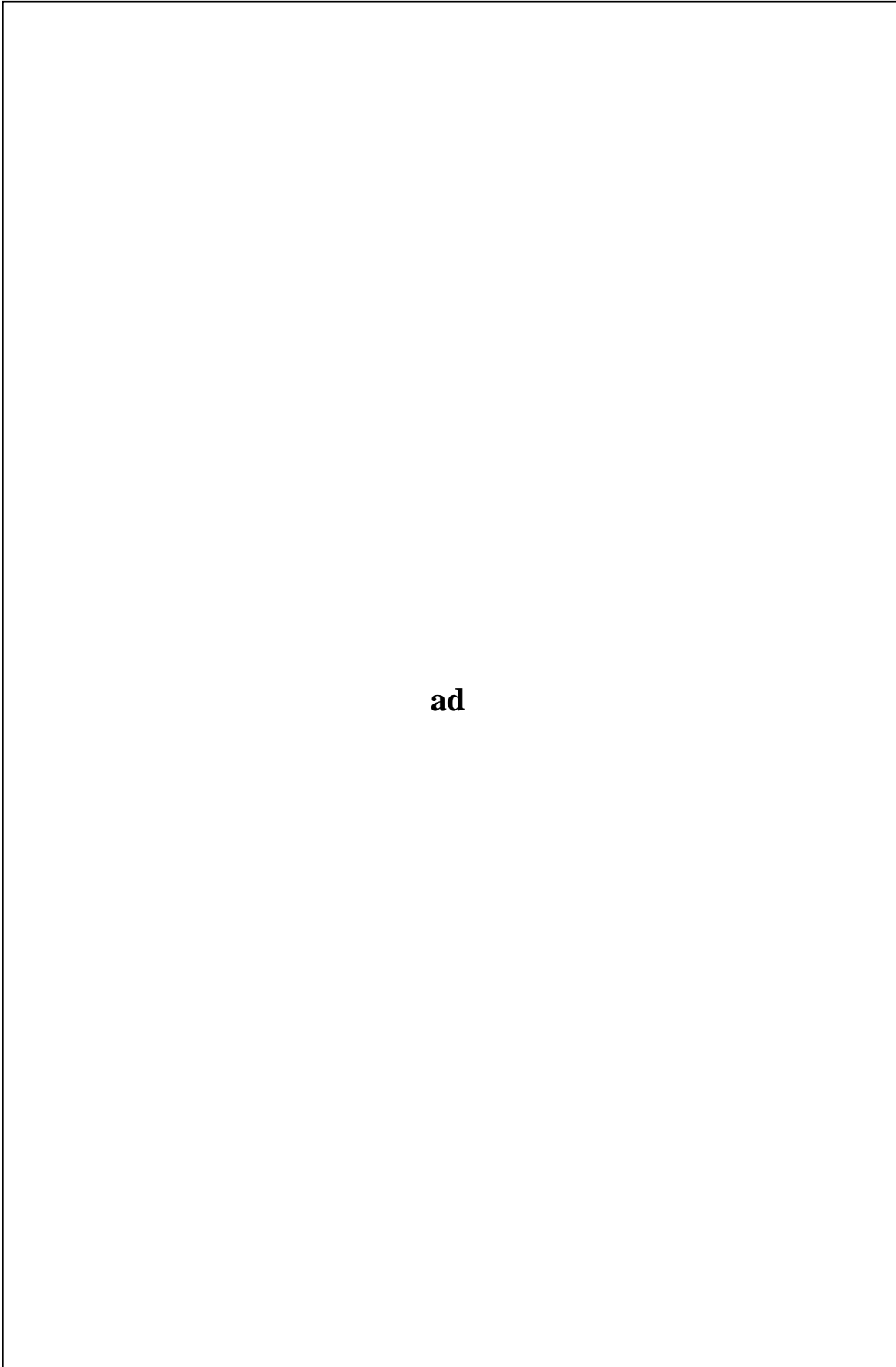
The SGA is also looking into creating an SGA Scholarship for Floyd College students. More details on this will be released by the SGA at a later date.

SMP

The SMP competed for various

awards at the Southern Regional Press Institute in Savannah. They received second place for Outstanding Two Year College Newspaper, and business manager, Jon Boe, received first place in Two Year College Sports Writing for his article "Student excels in the saddle."

SMP editor, Matt Bowers, and adviser, Dr. Kristie Kemper, travelled to New York to attend the Columbia Scholastic Press Association National Convention.



ad

ad

ad

Floyd College Students Drink Coca-Cola!

Editorials

Cyber-shanked

Anyone who wished to send or receive e-mail at Floyd College between March 18 and 22 was out of luck. The server was taken down for maintenance, so e-mail services, which students shelled out a big, juicy \$300 for, could be worked on. There are rumors that this was because someone had hacked into the system and begun wreaking havoc.

A group of students is demanding a refund. They want money back for the time their e-mail service was rendered useless. They have a point.

The laptops are used for classes, and people often count on these things for turning in or receiving assignments. When something like this comes along, the laptops aren't a luxury anymore; they're a pain. For those who can't turn in their assignments, it's a major source of stress.

After all, this isn't the first time this sort of thing has happened. With all the server complications, glitches, e-mail snafus and difficulties people have in getting online from home, students shouldn't have to cough up so much money for them. It's poor business to 1.) force someone to lease something for such a steep fee, and 2.) even worse, for the product to not even work consistently.

For instance, no one is expected to hand over an outrageous sum of cash for a car that only works half the time, has bad brakes and stalls out in the middle of intersections. And, likewise, students shouldn't have to fork out so much money for the technology fee. It's a rip-off.

Though the FC laptop idea may be good, the price – considering all the bugs – is a miserable kick in the throat. The technology program still seems to be in its experimental stages, so the fee shouldn't be so expensive. At this point, FC should focus more on improving the laptop program and less on devouring the wallet's of it's students.

6MPost@mail.fc.peachnet.edu

Six Mile Post

The Student Voice

Editor.....Matt Bowers
Assistant Editors (Print).....Matthew Curry, Raye Berry
Assistant Editor (Online).....Mya Smith
Chief Photographer.....Robin Bishop
Business Manager.....Jon Boe
Staff Writers.....Clint Frasier, James Armour, Nicole Blankenship, Aimee Harmison, Katrice Sewall, Valerie Gilbert, Donovan Cox, Elton Freeman, Bridget Moore
Staff Photographers.....Nicole Blankenship, Valerie Gilbert, Aimee Harmison, Daniel Scarborough
Artists.....Matthew Curry
Adviser.....Kristie Kemper
Assistant Adviser.....Fred Green
Photography Consultant.....George Pullen

The *Six Mile Post*, named after the old railroad station and trading post that was once located where the college is now, is published four times per semester and is funded through student activity fees and advertising revenue.

Letters to the Editor may be brought to the SMP office located just past the Student Center and the new Office of Student Life, sent via email to 6MPost@mail.fc.peachnet.edu, or sent through our website located at www.fc.peachnet.edu/sixmilepost/Main2.html. Names will be withheld by request, but letters must be signed by the author. Publication and editing of the letters are at the discretion of the editors.

FC is now 'Reservation Only'

Editor's Box

By Matt Bowers
Editor

I was walking away from the Floyd College cafeteria just the other day with a tray laden with nice and succulent Floyd College food, looking for a place to sit my heavy burden down. The new Student Center looked nice, but it was abuzz with activity and people, and I kind of like a nice, quiet place to eat.

So instead, I turned and headed for the Quiet Dining Room. I walked down the hall a bit, whistling a merry tune, looking forward to sitting down to a quiet lunch, but when I reached the door to the dining area, it was mysteriously closed. Not only was it closed; it was locked, and the inside was dark.

At first I assumed the college must have been hosting some sort of special meeting or event as they often do in the Quiet Dining Room. But then I saw the sign.

Where before there had been the words, "Quiet Dining Room," there was now an ominous sign which read, "Tower View Dining Room. Use by reservation only. Contact President's Office."

Tower View? Reservation only? What the hell was going on here? Had Floyd College decided to open a high-class restaurant right here on campus? Would it be equipped with a hostess, waiters and waitresses, cooks and the works? Hey, maybe it would even have live entertainment. I admit that might be pretty cool, but at that particular moment in time, I was pretty pissed off.

As I lugged my burdensome lunch back to the buzzing Student Center, I thought to myself, "Self, this really makes me mad, but what can I do about it?" and "Self" replied back loud and clear, "You're the editor, dammit, write an editorial complaining about it."

Well, as anyone can see, I took "Self's" advice, and here is the end result.

As it turns out, I decided to do a little investigating into the matter before I got too mad about something I knew next to nothing about.

Barbara Griffith, secretary to the president, informed me that the Tower View was to be used for

specific functions by any student, faculty or staff group. Some specific events she mentioned were advisory committee meetings, retirement parties, special guests and certain functions for student clubs and organizations.

So, at least students can actually use the place.

But what about all those students who used the Quiet Dining Room as a quiet haven for a leisurely lunch or even to study? Some would argue that the students could always go to the library and study there, but I, for one, know that some students are rather uncomfortable around all those looming books. As for the students who want nothing more than a quiet meal, well I guess they're just out of luck. The Student Center is always crowded between classes and during lunch, and there is simply no other quiet place to eat.

So ladies and gentlemen of Floyd College, if you're looking for a comfortable place to settle down and enjoy a silent lunch, forget it, there's no place here for you.

And if you're in the A-building and need a quiet place to study nearby, forget that too. You're going to have to trudge all the way to the library to get what you're looking for.

Or better yet, try and make a reservation. I'd love to see how that goes.

Opinions

THE LAND OF ODD

by
Matthew
Curry

A ticker-tape death-sentence

P.E. class is hellish drudgery; it's only designed to depress people and make them feel like crap. This was recently driven home to me when I was subjected to a little escapade called the "fat test."

I had to sit in a chair and tell someone a few facts about how unhealthy I was: my weight, my exercise habits and so on. Then, an electrical beam was zapped into my arm. The device I was zapped with was connected to a strange little machine. I hate that

machine very much.

Seconds later, it hawked up a receipt – yes, a *receipt!* – that was covered in depressing phrases like "body water" and "fat weight." Even more depressing were the numbers printed next to those words. It informed me, basically, that I'm a fat-ass. It told me that I'm in lousy health, at high risk of various dangers and practically rotting in the ground already. Well kick me in the goodies and send me to Lithuania! As if I didn't know *that* already!

And that, in a nutshell, sums up the whole P.E. experience: to remind you of all your poor habits and make you feel as bad as possible about them. Only a small sliver of the population is actually made up of beautiful, perfect people – and the rest of us have to feel cruddy in P.E. It's all a cruel conspiracy against the fat and unhealthy.

Sure, some of it may be about helping people improve themselves, but for the most part, it's just a kick in the head. I, like many people, am unhealthy, and I know it. I know I'm overweight, too. I don't need a smart-ass little machine to rub it in my face, especially since all I'm going to do afterward is stop by *Blimpie* and

dive into a greasy BLT.

Now, none of us want to be as big as a Mack truck, and being in fairly decent health isn't a bad thing. I commend anybody who takes care of him/herself, and I think that's excellent. I'm not trying to ridicule anyone who likes to be in good shape.

But, there's an unalienable truth we should all face: Mother Nature is out to get us. The more we indulge, the sooner she'll snuff us out.

Everything enjoyable is bad for you, especially when it comes to food; the grim reaper lurks in the buns of Big Macs. Candy-bars, ice cream, french-fries and pizza will either pork you out or make your heart pop like a water balloon. Smoking invites lung cancer. Booze will screw you up in various ways. Promiscuous sex gives you sores in embarrassing places. And almost anything else fun comes at a risky price, as well.

Life is just bad for your health. It's common knowledge. And though we obviously shouldn't be *too* reckless, indulgence isn't necessarily a crime. Screw that machine and its ticker-tape death sentence. We'll all wind up in the grave someday, so we may as well have a good time on the way there.

Student Poll

What's the worst or craziest April Fool's gag you ever pulled?

"One time I called my dad and disguised my voice and said that I had read an editorial article he had written. I disagreed with the article and that if he'd meet me face to face, we'd , 'settle it.' A few days later, he called me and told me about some drunk jerk that had called him. He fell for whole thing."

Chris Parker
Rome, Ga.

"... when I was 19, I worked at Life of Georgia Insurance. They told me I won \$3,000! I was so excited. So they made me go to an office to sign some paperwork, and when I walked in they all said in unison, 'April Fool's Day!' Now I never believe anything anybody says."

Dawn Taylor
Rome, Ga.

"On April Fool's Day ... an 8th grade buddy and I went and knocked on people's doors, left a bag of dog poop on fire at their front door and then we would run. We ended up in jail for that."

Paul Clayton
Rome, Ga.

"Some buddies of mine and I were sitting around at a high school football game, and one of my buddies wanted the crust of my pizza and I wouldn't give it to him. ... He got up to get his own from the concession stand, and when he came back, I had found a piece of crust laying on the bleacher and gave it to him. He devoured it, and then I told him where it came from and he about threw up."

Michael Dunaway
Rome, Ga.

Letter to the Editor

Dear Editor,

I seldom agree with anything Matt Curry writes, and he could still do a lot in cleaning up his language, but this time I have to say that I agree, for the most part anyway, with the things he wrote concerning smoking.

I know absolutely nothing about smoking in *Krystal*, but he's right in what he said about how America has gone off the deep end about smoking, and our leaders are acting as if it is a major crime that should be punished with higher prices and more taxes.

He's also right when he says smoking isn't healthy and anyone who does not smoke shouldn't have smoke blown in his or her face, but smoking isn't the worst thing going on in our country at the moment.

We are constantly bombarded with messages about how smoking kills, how too much fat kills, how overeating kills and how lack of exercise kills. Yet, we glorify the drinking of alcohol, even allow the makers to sponsor major sporting events, and no one seems to think there is anything wrong with drinking and having fun.

Well, they're wrong. There is plenty wrong with alcohol. It kills when people get behind the wheel after "having a few," and it kills when people become so addicted they cannot see beyond the bottom of a bottle. If anyone has ever watched someone they love drink himself or herself to death at a young age, they know exactly what I'm talking about.

While smoking is nasty, unhealthy and expensive, while overeating and not exercising are terrible habits, they don't even come close to causing the pain and wreaking the havoc that habitual drinking does on the life of the drinker and his or her family. Matt's right; if smoking a cigarette is the worst thing we ever do, we have very little to worry about.

Thank you,
Shirley Sentell

SPEAK UP! Letters to the editor...
6milepost@mail.fc.peachnet.edu

News/Features

Dabbs receives 1999 Regents Scholar Award

By Bridget Moore
Staff Writer

It has been a long road, but Patricia Dabbs has been selected as the recipient of The Regents Scholar Award.

Dabbs is proud of her award. She stated, "It is an honor and privilege for me to represent Floyd College as the Regents Scholar. It was also a surprise!"

According to Ashley Tull, director of student life, the Regents Scholar Award is given to a student who has excelled both in and out of the classroom.

Tull stated, "It is based on grade point average as well as service to the college and community. The Regents ask that the recipient have a 4.0 grade point average. Her name will be included on a proclamation and a copy will be presented to her at the Honors Night."

Dabbs, who is a nursing major, began her academic journey at Rockmart High School. There, she was a member of the Beta Club. She graduated with honors in 1975.

"As you can see, it was years later before I decided to go to college," Dabbs remarked.

While attending Floyd, Dabbs has centered many of her school activities on her nursing major. She is a member of F.A.N.S., Floyd Association of Nursing Students, and was active in the pinning ceremony for last year's nursing graduates.

Last summer she worked with some of the other nursing students giving physicals for the National Youth Sports Program. She also leads a study group in her home for her fellow students.

Dabbs also participates in other activities. She stated, "My extracurricular activities revolve

around my church."

Dabbs is a member of Bellview Baptist Church, where she sings in the choir. She has taught Sunday School to six to eight-year-olds for the past 21 years, and she enjoys helping out during Vacation Bible School and working with children in general.

Dabbs has almost reached graduation again. She is currently enrolled in her last semester of the nursing program.

So what happens after graduation?

Dabbs says that she plans on getting a job with one of the hospitals in Rome. After working for a while, she wants to go back to school to get her bachelor's and master's degrees so she can teach nursing students.

"I have always wanted to teach," Dabbs stated. "Teaching someone something that will help others is a very worthwhile goal."

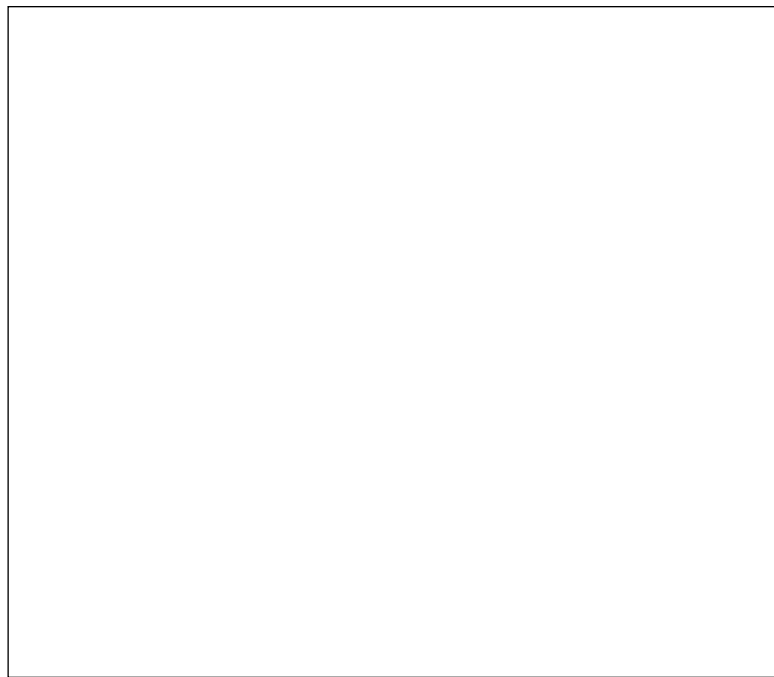


Photo by Robin Bishop

Dabbs smiles as she comments on her Regents Scholar Award.

SGA Constitution changes need student vote

By Nicole Blankenship
Staff Writer

The current Student Government Association Constitution is undergoing some changes, mainly concerning the requirements for elected SGA officers, according to Paul Clayton, SGA president.

These changes were discussed and voted on by the Student Government during the first and second SGA meetings

of the year.

According to Clayton, "From October to December of 1998, Mya Smith, vice president for special events, worked on rewording the Constitution so that all of the elected positions would be streamlined to identical requirements." In the current Constitution, the requirements are not the same for any of the offices.

Clayton said that the proposals made by the SGA have been

"presented to Ashley Tull, director of student life, for his stamp of approval," and next they will be "presented to the student body for ratification."

"Ratification of these changes will take place during the same time frame as election of new SGA officers," Clayton said.

Any amendment or revision to the Constitution requires "a two-thirds vote by the SGA and must be proposed and addressed at the two meetings prior to a vote," ac-

cording to the Constitution.

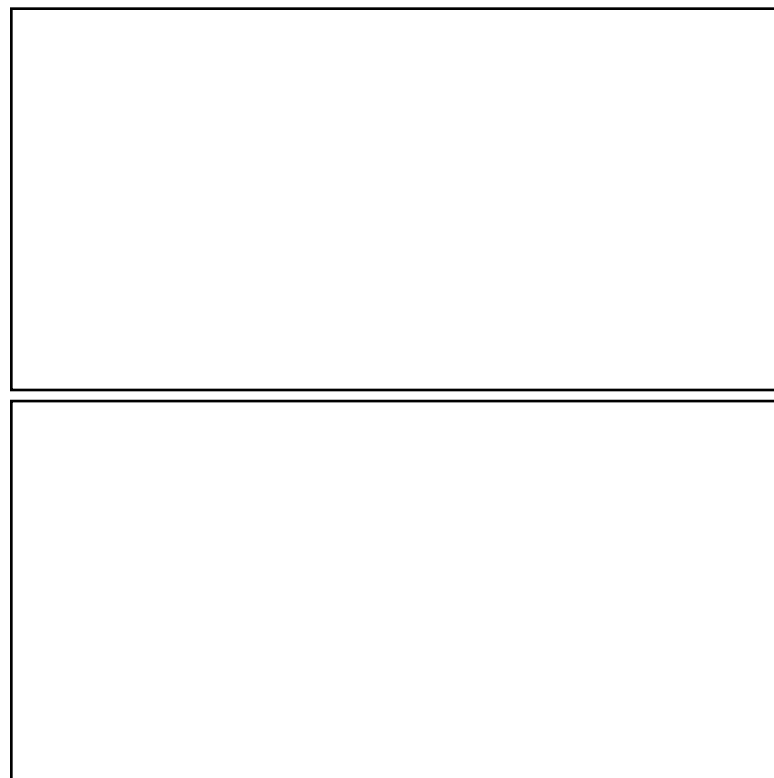
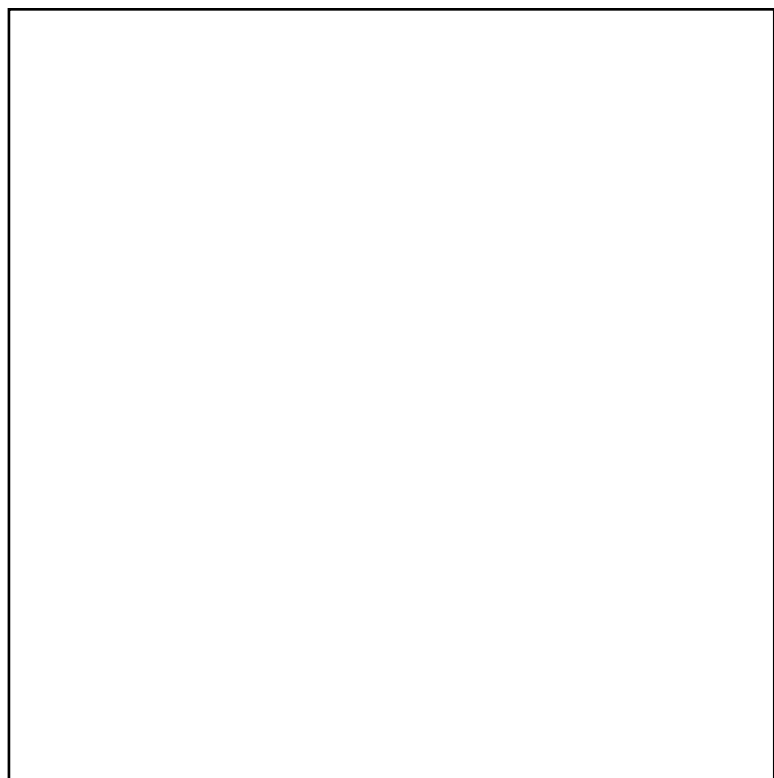
Under the current Constitution, SGA officers must possess and maintain a minimum cumulative grade point average of 2.5 and be registered as full-time students throughout the entire office term.

Under the proposed amended Constitution, in order to run for any elected position, a student "must have completed 12 credit hours or one semester of full-time

at Floyd College, must be registered for at least nine hours of credit while in office and must have a minimum grade point average of 2.5," according to Smith.

Clayton said that the reason for the proposed changes is so that more students will be able to become involved in the Student Government.

"These changes allow part-time students to run for and hold elected office," he said.



The Bookstore Advisory Committee

is

NOW ADDRESSING ISSUES SUCH AS BOOKSTORE OPERATION AND THE UPCOMING VIRTUAL BOOKSTORE. STUDENTS WHO WISH TO EXPRESS THEIR VIEWPOINTS ON THESE MATTERS CAN DO SO IN THE OFFICE OF STUDENT LIFE.

News/Features

Disabilities Support helps students succeed

By James Armour
Staff Writer

The Disabilities Support Office coordinates services offered to students on many Floyd College campuses with all types of disabilities such as blindness, mobility impairment, deafness and learning disabilities.

Dondra Casey is the coordinator of disabilities support and associate professor of language arts. She also supervises the classroom renovations for students who need modifications. Occasionally, students may request a separate testing time or place so that they can be free from distractions of other students.

Debbie Zeigler, coordinator of deaf/hearing support services, who has a hearing disability herself, also does much of the coordinating of interpreters in addition to her teaching responsibilities. The sign language interpreters do more than translate words into sign; they help tutor students with visual impairments and learning disabilities.

One program used by the Disabilities Support Office is JAWS. JAWS translates the typed words on a computer screen to spoken words so that a visually impaired student can receive his/her e-mail just as privately as everyone else.

One person who uses JAWS is Jennifer Murdock, a visually impaired student.

Murdock had used interpreters as readers or notetakers in her classes, but now she types her notes on the computer and uses tape recorders to supplement her notes. She still uses readers during tests. She then takes the notes home and types them on her Braillewriter so that she can read them with her fingers.

If you are interested in learning more about Braille, Murdock has cards made up with the alphabet in Braille, which she gladly gives out to anyone.

Wilma Maynard interprets in sign language for students with hearing impairments.

One such student is Coneshia Bowen.

Being a visual person, Bowen dreams of becoming a successful artist, using her skills of drawing,

painting and sculpting.

She has one piece of advice for Floyd College: to provide separate English classes for students who are deaf. Her reason for this is so that they can learn more easily the nuances of the English language and be able to move on to more advanced classes.

To many of us, the world is full of obstacles to be overcome. Many people who have disabilities have the same type of attitude, not to change their disabilities but to change the world through them.

For more information on the Disabilities Support Office, contact Casey at 295-6307 or at the TTY number at 802-5123.

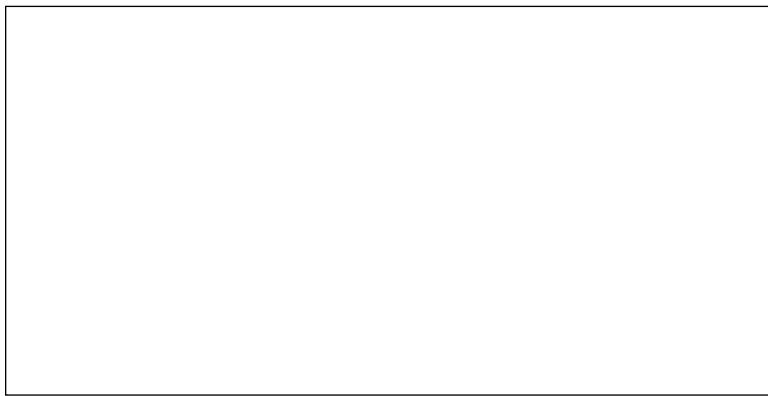


Photo by Robin Bishop

(From left) Wilma Maynard, Stacy Nalls and Dondra Casey work together on the laptop.

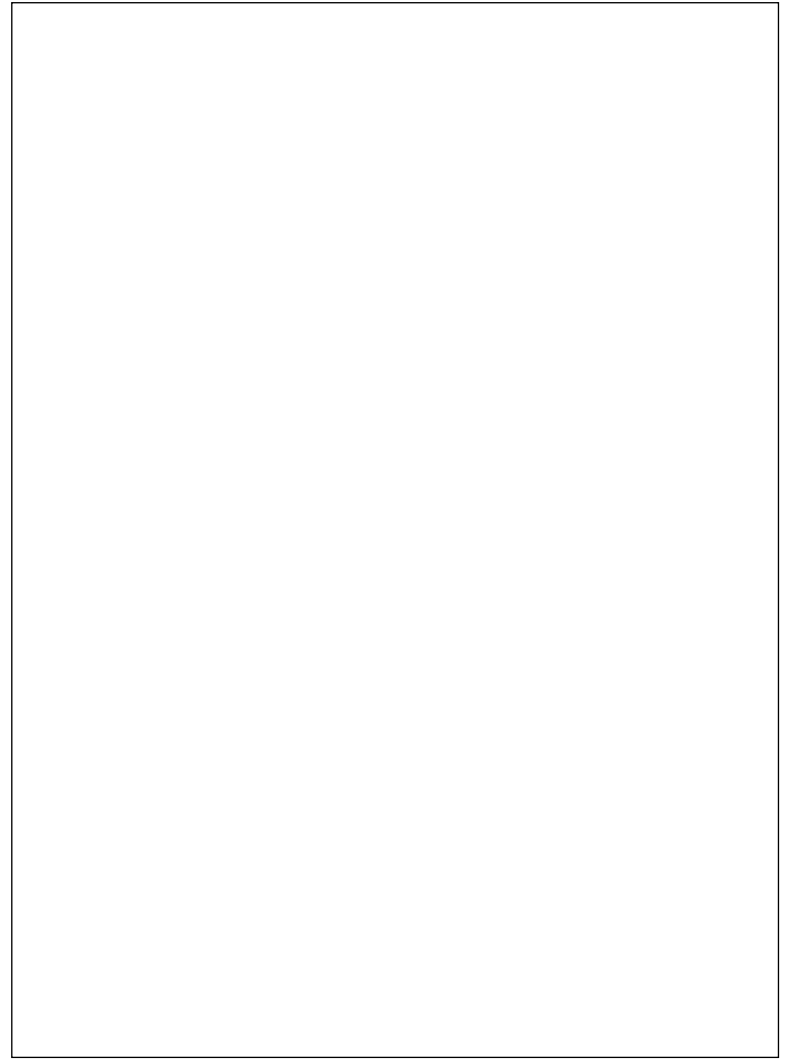


Photo by Robin Bishop

(From left) Dondra Casey and Debby Zeigler watch Jennifer Murdock take notes on the Braille-writer.

SGA candidates needed; election set for April 15

By Nicole Blankenship
Staff Writer

Elections for Student Government Association executive offices will be held on Thursday, April 15.

SGA president, vice president for special events and vice president for public relations will be voted on.

The deadline to become a candidate in this election is April 7. Students can sign up in the Office of Student Life.

In order to qualify for posi-

tions, the candidate must have a cumulative grade point average of 2.5, must be a full-time student through the entire term of office and must have completed at least 24 semester hours at Floyd College. The campaign week for the eligible candidates will be April 8-14.

There will be a ballot box located in Student Center outside of the bookstore for students to cast their election votes, or students can e-mail their votes to atull@mail.fc.peachnet.edu by 5 p.m. on April 15.

At this time, proposals for changes to the Floyd College Constitution will also be presented to the student body for ratification. These changes can be voted on at the same time of voting for SGA officers.

According to Paul Clayton, SGA president, "If a student is interested in sitting on a Student Government Committee, they should indicate their interest when voting for the SGA offices and Constitution amendments in the Office of Student Life."

ad

Don't forget to donate blood
April 13

***Did you know that almost everyone that lives to be 75 will need blood at least once in his/her lifetime?

(Call to make an appt. 295-6773)

News

Judicial process under review

By Elton Freeman
Staff writer

The student disciplinary procedure is nearly fully revised. The revision process started on Oct. 7. Most of the disciplinary processes focus on situations like academic dishonesty, misconduct and protecting rights of students.

According to Ashley Tull, director of student life, "A committee is meeting to give our suggestive changes to the discipline area. The committee is composed of two students, six faculty and two staff members."

Some areas that are currently being considered to be revised are rights to choose an advocate, time that the charge must be effective, matters of academic violation and the appeals process.

The person involved in a discipline area will have the right to choose his or her own advocate(s). The list of advocates is available from Tull.

The advocate will then give some advice and guide the person involved in the disciplinary codes. In a way, an advocate is like a lawyer who knows the laws (codes) of the school.

In another area, the amount of time in which any student, faculty or staff member of Floyd College may file a complaint will be limited to ten days.

According to Tull, "The complaint should be filed as soon as possible after the misconduct is first noticed."

For example, cheating on a test should be reported as soon as it is witnessed with possible evidence. This revised time frame gives more time to assemble a panel and

to set up a hearing.

In areas of academic violations, the hearing panel will consist of staff or faculty. Tull says, "It is not that the students can not be trusted to be on the panel, but the faculty should decide about issues concerning grades."

In another suggested change, the defendant(s) will have the right to reject no more than two persons from a selected panel in any hearing. A hearing panel will simply hear evidence in incidents involving alleged policy violations.

In the appeal, the student will also have the ability by discretion of the Board of Regents to appeal the decision of the hearing officer or panel to the president of the college. The appeal should be in writing, and it should explain the reason of dissatisfaction with the sanction.

The president can then appoint a committee of three faculty or staff members or even use an existing committee. This appeals committee will recommend to support, overturn or just reduce the sanction to the president.

These suggested changes are the main points that are under review and will be submitted to Dr. Penny Willis, vice president of student development, to finalize.

The idea behind the review is to make the codes more effective and help the students more in the long run, and to clean up the judicial code in making it more understandable, Tull said.

Students can get updated on the new code changes that are being considered by simply clicking in the Student Union on the net and then click Student Handbook.



Photo by Robin Bishop

At her desk, Nora reads and reflects. After having led the nursing program for 28 years, she is ready to retire.

Nora prepares to bid FC nursing classes farewell

By Raye Lynn Berry
Assistant Editor

Belen D. Nora, chair of health sciences, is retiring from Floyd College effective July 1, 1999.

As chair of health sciences, Nora is head of the PTA, Nursing and Dental Hygiene programs. She is also a professor who teaches maternity nursing.

Nora has been involved in nursing programs for 38 years in various places such as Massachusetts, Tennessee and here at Floyd College.

Nora was asked to join Floyd College and start a nursing program in 1971. When she accepted the position, she built the nursing

program that FC is known for today.

She has mixed feelings about retiring from Floyd College. She said, "I look forward to retiring, but hate to leave. It [Floyd College] has been my second family for 28 years now."

She has had many memorable experiences here, but one that sticks out most in her mind is when the NLN visits. The NLN, National League of Nursing, visits the college about once every eight years.

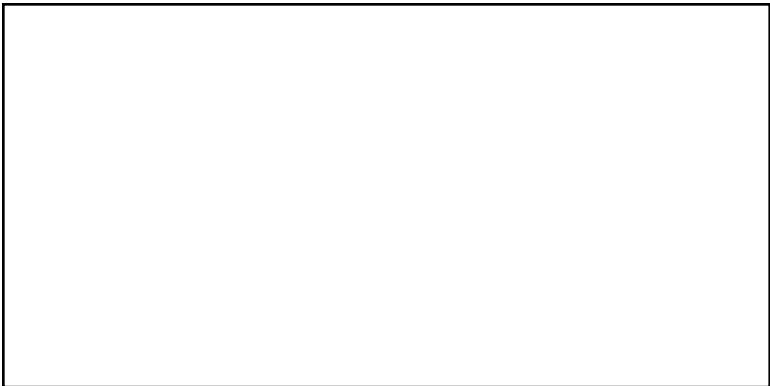
Nora said that they check every aspect of the department, even accounting and budgets. Nora said that these visits take about two years to prepare for. She has been at Floyd College for three of these visits already, but will miss the

next one, which is set for the year 2000.

Nora has really liked being a part of Floyd College. She especially enjoyed getting to know all of the people here. She would like to tell the faculty, "Just keep the standards. It has always been an excellent program."

Thinking back on her time spent here, Nora is most proud of the graduates of the nursing program. She stated, "If I can trust my life with them, I know they were well prepared."

When she retires, Nora plans to spend more time with her family, especially her grandchildren, who reside in the Atlanta area. She does plan to remain in Rome, but hopes to travel more and do things that she never had the time to do before.



Look for our
**next
issue...**
April 27

Features

Dillard's career draws to an end

By Matt Curry
Assistant Editor

At the end of this summer, Dr. Philip Dillard, associate professor of English, will retire.

Seated in his office, at his Braille-writer, Dillard mused. Most of all, he will miss his students. "I know everybody gives lip-service to this idea that it's fun to work with students," he smiled, "but it really is. And I've really enjoyed working with the students at Floyd College."

"... their friendship has made my life rich and happy ... they're just some of the finest people in the world."

- Dr. Philip Dillard

Dillard said, "I've found that most of them are committed to trying to get a good education, trying to do the right thing and they've been pretty fair. So, I've just really enjoyed knowing the students and they've influenced my life a lot. Maybe I've had a little influence on theirs."

He will also miss the faculty and staff. "... these people have been my friends for almost three decades," he reflected, "and their friendship has made my life rich and happy, and they're just some of the finest people in the world."

Dillard has taught a total of 38 years. He began in 1961, teaching tenth grade in public school for a year. Then he moved on to Andrew College in Cuthbert, Ga., where he taught five years. After that, he received his Ph.D. at the University of Georgia and came here to Floyd College when it opened in 1970. He has been here ever since and served as head of the Humanities Division from 1978 to 1993.

Dillard has always wanted to be an English teacher, and he said that if he had it to do over again, he would not want any other profession. "Even when I was still a boy, I knew I wanted to teach," he stated. "My heroes were always my English teachers in high school, and so I knew I wanted to teach. I've never doubted that."

In his 30 years of teaching, one of the more funny incidents that has occurred was at Andrew College. The faculty offices were situated across from a student apartment. The apartment was not in use at the time, so men took ad-



Photo by Robin Bishop

Dillard types with a Braille-writer in his office. He normally labels assignments, tapes and soup-cans in Braille.

vantage of its restroom facility. One day, Dillard went in, but he "noticed it had been fixed up a lot." He felt new rugs and curtains. He said, "Then, after I had left, the Dean called me in and said, 'Philip,

tapes of classical music, labeled in Braille. His favorite classical piece, if he had to keep just one, is Mozart's violin/piano "Sonata in C."

When he isn't listening to the classics, Dillard enjoys country music, as well. "I think there's a lot of wit and humor and emotion in country music that is a reflection of life."

Another of Dillard's hobbies is chess. His boards are specially adapted for the blind, with raised squares to signify the black ones, and pieces that are distinguished by having either flat or rounded heads. Of

one of his favorite boards, he said, "My father fixed it for me when I was losing my last bit of sight." Though he doesn't claim to be very good at chess, other sources disagree.

Dillard also likes woodworking. "I have a little shop that I do woodworking in, that I especially enjoy. I just make small, utilitarian things for around the house." Some of these include tie-racks, a bookcase and a small storage box. In his office, he uses a small file-box that he made. "My father was a carpenter; I guess I have a lot of associations with his memory

when I do woodwork," he said.

Dillard plans to continue all these things in his retirement, as well as a lot of reading and writing. He hopes to write for publication, now that he'll have time.

Though he will miss a lot about Floyd College, he is cheerful. "I've been happy about my work here," he chuckled, "but I'm also very happy about retiring."

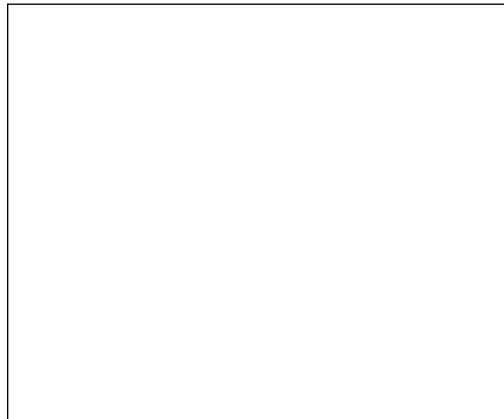


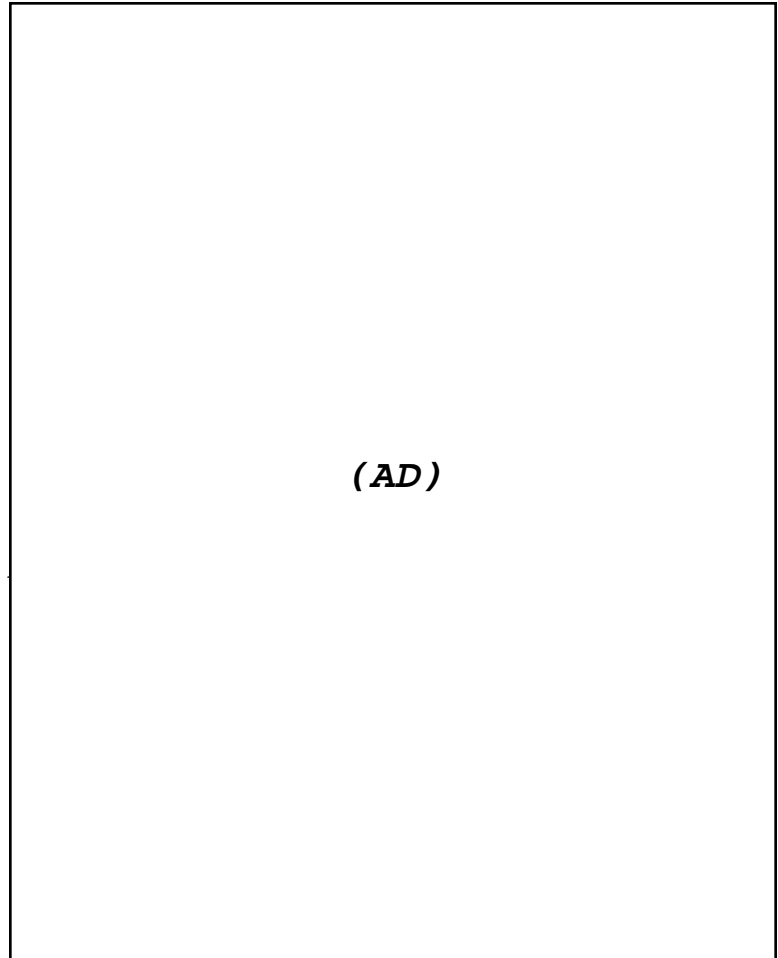
Photo by Matt Curry

A file box; a sample of Dillard's work.

we should have told you, we made a student apartment out of that room.' ... I went right into the people's apartment and used the restroom!" The new occupants were there at the time, but were polite and didn't say anything.

Aside from teaching English, Dillard is also a skilled violinist. He has played since childhood. "My brother, Bill, taught me to play the violin when I was eight or nine years old. It's been a joy." He plays mostly at home and sometimes at church on Sunday nights.

In Dillard's desk are several



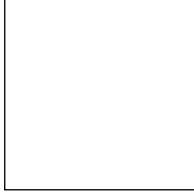
(AD)

Health

Got a health question?

DiLorenzo can answer!

Health Column



By **Pete DiLorenzo**
Assistant Professor

What's this Tae Bo thing?

Anyone who watches television, or may have overheard people talking about a martial arts exercise video, has heard of Tae Bo. Throughout the fitness industry, many professionals have made their mark by developing exercise machines, gizmos, magic potions and videos. However, none have had an impact like the newest exercise video called Tae Bo.

Tae Bo was developed by Billy Blanks, a seven-time World Martial Arts Champion and ex-football star. If you've seen him on television, you most certainly thought of trying his video just to look as good as he does! Tae Bo is unlike any workout program. It combines self-defense, dance and boxing with rhythmical music. It

is very easy to learn, with no complicated choreography.

Several turn-offs to most exercise routines are

1. They become boring.
2. The movements are very difficult to mimic.
3. You must be a member of a fitness club or gym.
4. You have to travel to the club or gym to workout.
5. The aerobics classes are offered at a specific time.

Fortunately, Tae Bo is a video exercise program. This means you can exercise wherever and whenever you'd like. You do not need any fancy equipment (other than a TV and VCR), and you do not have to impress anyone with your attire. More importantly, the exercises are not difficult to mimic.

Personally I have a hard time with aerobics classes and video aerobics because I can't follow the steps. Ultimately, I feel depressed, and the very act of going to exercise becomes a burden.

Tae Bo is shipped with four VHS cassettes. The first cassette is an instructional video describing each movement that is to be performed. It lasts about 45 minutes.

The second cassette is a 30-

minute basic workout. This video packs a good punch in only 30 minutes. There is no jumping around with complicated box steps and leaps.

The third video is an advanced exercise program lasting 57 minutes. This video combines an all-around workout with floor exercises for the legs and abdominals.

The last video is an eight-minute quick workout for those who do not have lots of time to exercise or those who want to exercise more than once throughout the day without spending lots of time doing it.

I feel Tae Bo will benefit anyone who has the discipline to do it with consistency. It provides an excellent cardiovascular and muscular endurance workout.

In addition, when performed properly, it can also provide: (1) improved muscular balance - especially in the hips and lower body, (2) increased self-esteem - you have to push yourself to get through the entire session, and (3) improved self-defense. One of the nice qualities of this video is that there is no time to get bored. I've heard several comments in our Tae Bo exercise session that, "before you know it, the video is over."

That is exactly true. If you are someone who gets bored quickly and wants to lose weight and improve muscle tone, this video is for you.

Currently, Floyd College faculty and staff have been participating in Tae Bo on Monday and Wednesday evenings at 4:15 p.m. in the gymnasium. If any student is interested in joining us, please feel free to come by.

If you would like to purchase Tae Bo (\$59.95), you can call 1-877-BBTAEB0 or check out their web site at www.taebo.com.

If you have any questions regarding these videos, please feel free to contact me at the email address below. As always, you may have to consult a physician or HPER faculty before starting an exercise program.

.....
Pete DiLorenzo is an assistant professor of physical education at Floyd College. He is a certified strength and conditioning specialist through the National Strength and Conditioning Association. If you would like to see an article written on a specific topic, you can email him at: pdiloren@mail.fc.peachnet.edu.

Sports

Preparations for the annual golf tournament in full swing

**By Aimee Harrison
Staff Writer**

It is time for the 20th annual Wesley Walraven Golf Tournament. The tournament will be held on Friday, April 16, at 12:30 p.m. and will last approximately four hours. BEAA Golf Course, which is located on Eden Valley Road roughly three miles from the central campus in Rome, is the course for this year's tournament.

The tournament format will be an 18-hole scramble. Dr. Kenneth Weatherman, professor of physical education, describes an 18-hole scramble as "a very forgiving and fun format to play by." He said, "You don't have to be a golf pro to have fun and enjoy the game when you play by that format."

The tournament is open to all Floyd College students, faculty and staff. The teams will be compiled by Weatherman and will consist of both students and faculty.

Weatherman stated, "We try to maximize social relationships; therefore we mingle students, faculty and staff together as much as possible."

Prizes will be awarded to the first and second place teams. The tournament will also include a "Closest to the Hole" contest as well as a "Longest Drive" contest. Prizes range from golf tees and golf balls to umbrellas.

Anyone interested should sign-up in the Physical Education Office by 5 p.m. on Thursday, April 15. No other participants will be added to the list after the 5 p.m. deadline. A \$10.60 fee is due at sign up if the participant plans to walk the course. A fee of \$19.08 is due if he/she plans to ride the course in a golf cart.

Questions concerning the golf tournament should be directed to Weatherman, in the Physical Education Building or to Martha Kirkpatrick in the Physical Education Office at 295-6353.

Don't forget to attend Spring Fling at North Metro campus on April 13 and at Cartersville and Waco campuses on April 15.

a d

a d

a d

a d

Entertainment

Reviews for the eyes and ears

By Clint Frasier
Staff Writer

Movies

8mm

This is a great movie, but it does not live up to the demented hype of the advertisements.

So many people came up to me after seeing this one and told me how disturbed and twisted it was. Some of them even said that it was better than *Seven*. What a joke! I waited for the so-called twisted and disturbing part to happen, but it never did.

I was also told about how much porn was in the movie. Guess what ... there is hardly any porn whatsoever. What is wrong with these people? Am I already so disturbed that nothing can break the sensitive caring part of my brain? I don't think so. I think that everyone is just a little overly dramatic.

The movie is centered on finding the truth about a snuff film. A snuff film is a porn movie in which someone is raped and killed. I can-

not understand why this would freak anyone out. I have always thought that they have existed somewhere. Hello! There are no limits to the power of the human mind. Enough already.

I will not tell anymore about this movie. Just see it for yourself, and see how you like it.

Music

Sonic Youth

If anyone else in the world likes this band I would like to know. Why doesn't anyone besides me like them? They are awesome. They are one of the most experimental and interesting bands I have ever heard. Some people would probably kill themselves if they listened to them for too long, but a little never hurt anyone. Open yourselves up, people. Think for a change. Even if you do not like it, just listen to it.

Their most popular album is probably *Washing Machine*. It was symbolized by bright blue shirts with two washing machines on the

front displaying the band name. Hell, I'll lend you a copy if you really want to listen to it but don't want to buy the album. Just ask me.

Events

Music Midtown

Go to this event. It is held in Atlanta from April 30 to May 2. It will be a great experience. There is always such a variety of music and culture.

This year it will cover over twelve blocks. Tickets are on sale now for this three-day festival of fun. Hole, Goo Goo Dolls, Everclear, Kid Rock, Iggy Pop, Marvelous 3 and Reel Big Fish are just a few of the bands that will be performing. I have heard that Willie Nelson and Eminum will also be there. This is a must for all music fans.

Tickets are \$30 for a three-day pass, \$23 for a one day for Friday or Saturday and \$25 for Sunday. Just get the three-day and have a fun weekend. I'll see you there.

Cypress Hill's new album- 'well worth the money'

By Donovan Cox
Staff Writer

Cypress Hill has made an exceptional rap album with their latest release, simply titled *IV*.

The group made their mark in rap with their crossover hit "Insane in the Brain." This gave them a large following, primarily because of rapper B-Real and his distinctive voice and speedy rapping.

They have once again created an album that makes its mark in the rap industry.

Leaving behind most of the funk and Latin, jazz styled music, they have given more of an almost techno feel to their music. There are a lot of fast drumbeats and samples galore.

Another definitive mark of this album, unlike most rap, is the guitar presence. Repetitive guitar licks dominate many of the songs.

Their lyrics are pretty forward, and about half the songs on the album are about marijuana or at least mention it. The other lyrical content of the album deals with other standard issues that much of today's rap discusses.

Along with excellent production, pounding bass lines and plenty of catchy rhymes, *IV* is well worth the money.



Visit



www.musicmidtown.com

for ticket information, location map, events schedule and more.

ad