

Six Mile Post

The Student Voice

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Vol. 28, Number 5

6MPost@mail.fc.peachnet.edu

Floyd College - Rome, Georgia

February 9, 1999

News Briefs

OSL holds contest

Spring Fling is going to be held on April 1, and the Office of Student Life is sponsoring a contest.

The OSL needs a student to come up with a theme and t-shirt idea for the Spring Fling festival. The winner will receive \$100.

This contest is open to students on all Floyd College campuses, and the deadline is Feb. 15. All entries should be submitted to the Office of Student Life.

Volunteers needed

Volunteer coordinator, Marie Atkins, is looking for a few individuals to help with various volunteer projects at the Fifth Avenue Nursing Home in Rome.

The nursing home needs people to help out with parties on Feb. 15 and March 17. These volunteers need to bring one food item suitable for senior adults and remain about 30 minutes to an hour.

Volunteers are also needed to come by once a week on Tuesdays at 10:30 a.m. to teach aerobic classes.

If you are interested in helping out, send an e-mail to tatki00@mail.fc.peachnet.edu, or stop by the Office of Student Life.

Travel opportunities abound

There are opportunities for students to travel abroad on both the statewide and local college level. For information on travel to Roehampton, St. Petersburg and Paris, and how to obtain scholarships for travel, surf over to <http://www.valdosta.edu/europeancouncil>.

Students may also be eligible for a scholarship from Floyd College to study abroad. For more information on local scholarships, contact Dr. Jim Cook, professor of history, in the social and cultural studies division at (706) 295-6300.

Will the construction ever end?

By Nicole Blankenship
Staff Writer

Construction should be nearing an end for the completion of the new Floyd College classroom building and the student center facility, but as students returned to the main Floyd College campus when school resumed in the spring, rubble was still everywhere.

Buildings have been torn down and new ones are going up. The question is now, "When are they going to be finished?"

According to Doug Webb, director of the physical plant, the latest prospective date for the completion of the student union is March 1, although that date is not written in stone.

"After meeting with the project manager for Flagler Construction, we were originally promised to move into the student union on January 1, but construction has obviously fallen behind schedule," said Webb.

"There have been some problems that have caused delays in finishing the project," Webb said.

Webb also stated, "In continuing with the student life building, we have run into mechanical problems with the water lines having to be rerouted. We had to order new pipes, which ended in a delay of about six weeks.

"Another problem we have come across is that the fire marshal has been changed from the state to the local level; therefore, the fire requirements have been changed. Overall, delays in the whole project have totaled up to equal about three months. In short, what will go wrong will go wrong."

The new student union will be lo-

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Photo by Robin Bishop

The continuation of construction is still evident by the unfinished classroom building at Floyd College's central campus.

cated between the cafeteria and the F-Wing. According to Ashley Tull, director of student life, it will house the Office of Student Life, separate offices for the *Six Mile Post*, *Old Red Kimono*, *FC Bytes*, a game room and a new version of the solarium where there will be couches and televisions available for students.

The classroom facility, located on the far side of the administration hall, will possibly be completed by the end of April. "The completion of this building is more on schedule than the student

union," said Webb.

This building will house five classrooms, two of which will hold 84 students and three of which will hold 48 students. It will also contain an auditorium that will seat 380 people, an art lab and an art gallery.

The cost for both of the buildings together is estimated at \$4.2 million, which is provided through a grant from the state Board of Regents. The furnishings for the student union will be provided by money from the student activity fees.

Six Mile Post staff receives awards

By Matt Bowers
Editor

"These are the most awards that any SMP staff has ever received in the state competition," said Dr. Kristie Kemper, *Six Mile Post* adviser and professor of English, in reference to the Georgia College Press Association conference and awards ceremony that members of the *Six Mile Post* attended on Jan. 30.

Five members of the *Six Mile Post* staff, Kemper and assistant SMP adviser Fred Green, English studies coordinator, attended the conference at the Crowne Plaza Hotel in Macon. They attended seminars on subjects such as "What is Newsworthy," "Feature Writing" and "The Future of the News-

per Industry."

At the Awards Luncheon, the *Six Mile Post* won second place in overall General Excellence.

Other general awards that the *Six Mile Post* received were first place for Best Community Service in Features and in General Photography.

Some of the individual awards won were Best Column by Matthew Curry for "The Land of Odd," Best Editorial by Matt Bowers for his editorial "The most precious gift," Best Feature by Brittany Puckett for her article "Students and faculty discuss laptop issues," Second place Sports Story by Jon Boe for his article "Student excels in the saddle" and Best Entertainment Feature by Matt Curry, Matt Bowers and Raye Lynn Berry for their Special Holiday Feature.

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Photo by Robin Bishop

Six Mile Post staffers (from left) Mya Smith, Matt Bowers, Matt Curry, and Janice Cross with the newly won awards.

News/Features

M.A.P. points the way for minority student success

By Elton Freeman
Staff Writer

The Minority Achievement Program (M.A.P.) is a student success program that was established in 1983 by the University System of Georgia to enhance the academic achievement of minority students.

At Floyd College, M.A.P. serves the students by providing information on courses, special activities, clubs, tutoring and even financial aid. The program goes further by giving information on registration, the campus, the Laptop Project and many other aspects of Floyd College.

M.A.P. assistant, Donnell Dammond, Jr. said, "All minority or minority supporting individuals use M.A.P." The Black Awareness

Society is one example of a club that works closely with M.A.P.

M.A.P. also has a newsletter on the web. Dammond says, "I feel that the newsletter is very beneficial to the incoming and presently enrolled minority students at Floyd."

Dammond stated: "[The M.A.P. newsletter] is used for many different things. The most important is to take the stress and pressure off of incoming students who have no idea where to find information they need or whom to talk to about frequently asked questions. It lists phone numbers and names of some Floyd College employees and their departments. The M.A.P. newsletter minimizes the hassle of calling and never finding out the info needed. Mainly, it just gets

the job done."

The Diversity Center can provide more information about M.A.P. The Diversity Center is located in room W212 on the main campus. The center is open whenever classes are in session. One may even use it as a place to study, do computer work, or just read books written by minority authors. Some examples of these books are *Invisible Man* by Ralph Ellison and *Song of Solomon* by Toni Morrison. The center even has *Selected Poems* by Amy Tan.

For more information about M.A.P, contact Jon Hershey, associate professor of English and M.A.P. Coordinator, by e-mail at jhershey@mail.fc.peachnet.edu or visit the M.A.P. newsletter at <http://www.fc.peachnet.edu/FLOYD/studserv/map.html>.

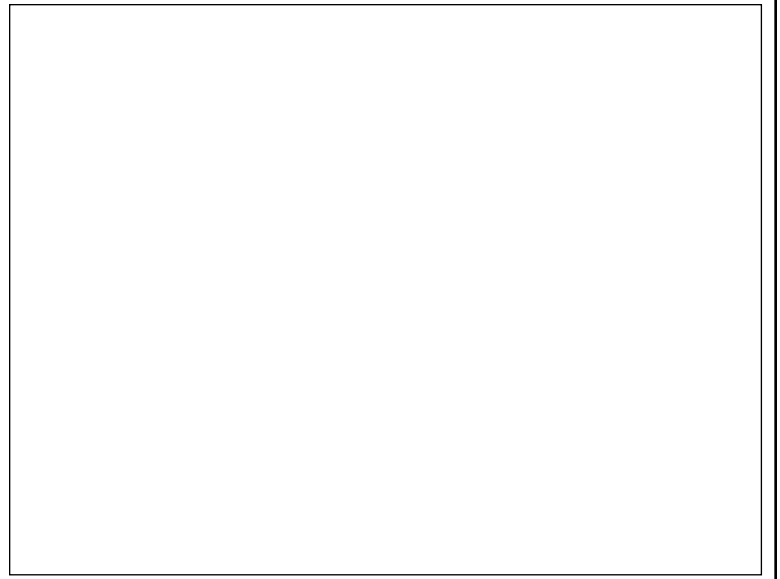


Photo by Robin Bishop

Candon Adams (left) and Tony Dean take a break from class to review some notes in the Diversity Center.

Guest speaker, readings sponsored by Black Awareness Society to highlight Floyd College's celebration of February as Black History Month

By Janice Cross
Staff Writer

As part of the campus celebration of Black History Month, sponsored by the Black Awareness Society (BAS), Mike Glenn, former Atlanta Hawks player, will be on campus Feb. 25.

Glenn will speak at an 8:30 a.m. breakfast in the Quiet Dining Room. Students who wish to eat are asked to bring \$2 to cover the cost of food. The cost for non-students will be \$3.

Glenn will also join with students and staff in the reading of selections by Black authors. The reading will take place in the cafeteria from 10 a.m. to 2 p.m.

Black History Month celebrates our nation's cultural diversity and is dedicated specifically to promoting pride in the preservation of Black American heritage and culture within our society, while recognizing the accomplishments and contributions of Black individuals worldwide.

Black American Dr. Carter G. Woodson (1875-1950) established what he initially referred to as Negro History Week from Feb 7- 19, 1926, choosing this time period because Frederick Douglass's and Abraham Lincoln's birthdays fell within this time frame.

Subsequently, Negro History Week evolved into a month-long celebration with Black History

Month becoming officially recognized in 1976 as February of each year.

Cultural transmission has provided an excellent means of helping to preserve the rich cultural heritage and identity of all African Americans, and Black History Month is set aside as a definitive celebration for recognition of the accomplishments of Black individuals.

The origin of this event is a part of the reason why Woodson has become known as "the father of Black history."

Woodson was born in New Canton, Va., the youngest child of James Henry Woodson and Eliza Riddle Woodson, both of whom

were former slaves who could not read or write. Woodson's education was delayed due to his having to work and help provide for his family.

However, he was determined to receive an education and, in 1912, became the second Black to receive a doctorate from Harvard University. He went on to establish the Association for the Study of Negro Life and History, in 1915, which is now known as the Association for the Study of Afro-American Life and History, Inc.

Woodson was a scholar, historian and teacher and was also instrumental in prompting the implementation of Black History Month.

Historical Events in February

- *Nelson Mandela was released from Prison
- *15th Amendment was ratified
- *Bernard Harris-first black astronaut-took space walk
- *Medgar Evers' murderer was convicted after 30+ years
- *NAACP was founded

Outstanding Blacks born in February

- *Rosa Parks
- *Hank Aaron
- *Bob Marley
- *Langston Hughes
- *Hubie Blake
- *Leontyne Price
- *Roberta Flack
- *Alice Walker

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In one hour a week you can boost your resume or college applications, meet new people and feel the college experience.

Join the Six Mile Post staff.

Call Dr. Kristie Kemper (SMP adviser) at 295-6300 or e-mail Matt Bowers (SMP editor) at 6MPost@mail.fc.peachnet.edu

News

Club News

BAS

The Black Awareness Society will be having a breakfast on Feb. 25 at 8:30 a.m. in the Quiet Dining Room with special guest speaker Mike Glenn, former Atlanta Hawks player. All students who wish to eat should bring \$2, and non-students will pay \$3.

Later that day, the BAS will be holding a book reading from 10 a.m.-2 p.m. in the Student Center.

For more information about the BAS, contact Jon Hershey at jhershey@mail.fc.peachnet.edu. Or, you can stop by the Diversity Center at W-212.

BSU

The Baptist Student Union will be sponsoring prison care packages starting in February. BSU will be attending the Spring Conference on April 16 and 17. They will also be taking a mission trip during Spring Break, March 8-12, to Birmingham.

If you want more information on BSU, or any of their activities, contact Candi Hubbard at chubb00@mail.fc.peachnet.edu, or call Frank Murphy, Jr., at 234-2199.

FC BYTES

The new issue of FC BYTES, the Floyd College Student Web Magazine, is now out and on the web. This is the fourth issue to date.

This issue includes various articles about a wide ranging number of topics.

You can find FC BYTES by clicking on the NEWS box in the lower right corner of the FC webpage, and then selecting FC BYTES, or by going to <http://www.fc.peachnet.edu/webzine/>.

HPER

HPER will be running the concessions at the Class A State

Sectionals in the Floyd College Gymnasium. The dates for the tournament are Feb. 25-27. Volunteers can sign up in the PHED Office. For more information on HPER, contact Bridgett Stewart in the HPER Office at 295-6353, or send an e-mail to this address: bstewart@mail.fc.peachnet.edu.

ORK

The *Old Red Kimono* is accepting work from students, faculty and

professors. The deadline is March 1. Kelly Doegg, student editor, has said that the students and faculty will receive preference, and encourages them not to be intimidated.

For more information about the *Old Red Kimono*, contact the advisor Jeffery Mack via e-mail at jmack@mail.fc.peachnet.edu.

SGA

The SGA is involved in an at-

tempt to settle any disputes that have arisen from the use of tobacco on campus.

A deal with Anheuser-Busch has been reached concerning the recruitment of Floyd College students to fill vacancies on weekend shifts at the Cartersville Brewery. More information on this topic will be forthcoming shortly.

For those who have expressed a concern about childcare, the SGA is currently exploring various avenues.

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Floyd College Students Drink Coca-Cola!

Editorials

A big gleaming Tower of disrepair

The Floyd College Bell Tower stands gleaming in the sunlight. Its chimes ring majestically over the hills, inspiring all who hear those sweet tones. This is the scene that we at FC should imagine whenever we think of the Bell Tower, symbol of Floyd College. Sadly, however, this is not the case.

In reality, the FC Bell Tower stands in disrepair in an ever building sea of cigarette butts and wood chips. The already horrendous off-white paint is visibly flaking off in chunks, causing the tower to appear that much worse. There are signs at the base that someone has tried to touch up the structure using spray paint, and left their mark on the ground. And when the new chimes ring, the only things they seem to inspire are headache and complaint.

Is this how our Bell Tower, the very representation of Floyd College, should be viewed? And right now you're thinking "Well, that's great, but what can I do about it?" The answer is plenty.

If you're a smoker, then stop tossing your butts under the tower as you finish. See those shiny little metal disks out there? Those are ashtrays, not Frisbees, so use them as such. And if you're a nonsmoker, and you happen upon a few cigarette butts lying in the woodchips, then try breaking your back a little to bend over and pick them up. It doesn't take THAT much effort.

That takes care of the ground surrounding the tower, but what about the structure itself? Unfortunately, there's not much we, as students, can do about that except raise our opinions.

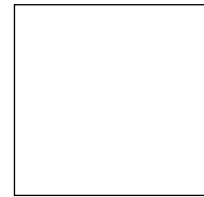
How much could it hurt to purchase a couple of cans of paint and a few rollers and hire a couple of guys to put on a fresh coat of paint? After all, Floyd College just got through spending x amount of dollars getting the speaker system on the sucker fixed, why not spend a little more money to throw some paint on as well?

And that's another thing, the speaker system. Sure it was kind of neat, if not also somewhat annoying, to hear a little Christmas music on the days right before the holidays, but after a while, it gets a little old.

Say, for example, you're taking your history final, when, all of the sudden, *We Three Kings* starts blaring so loud that you can't tell Napoleon from Henry VIII! And not only is it loud, but the tracks also seem to be off. The high part is on "We three Kings of Orient are..." but the low track is on "westward leading still proceeding..." It's enough to drive a person mad enough to haul a shotgun to the top of the tower to shoot the speakers instead of people. The chimes are nice, but maybe a few tones once on the hour and half-hour would suffice.

The Bell Tower is great. It's nice to have a unique symbol for our college, but if it's going to be our symbol, then let's treat it a little better. I'm sure the arches at UGA hardly go a day without a checkup, and why should our tower be any different? So, if you feel the same, and feel like our tower needs a few touch-ups (or a major overhaul) let somebody know. Nothing's going to get done if we keep our mouths shut.

THE LAND OF ODD



By
Matthew
Curry

Millennium Madness

With the year 2000 close at hand, some people are getting edgy. After all, for a long time 2000 has had many spooky ideas attached to it: Armageddon, wars, anarchy, etc.

So a lot of people feel that the world is headed to hell in a hand-basket. Planes will fall from the sky, entire cities will be without water and electricity, blah, blah, blah.

Much of this "apocalypthobia" is centered around Y2K, but there are other fears, too, like economic disaster, political turmoil, hostile alien invasions, and so on — the idea, generally, is that *something*

big is right around the corner...

Of course, anything's possible, but is all this excitement *really* necessary? No.

1.) The year doesn't matter, anyway. "Something big" could happen anytime. In fact, history is nothing but a long string of "somethings": wars, plagues, naughty affairs and unwholesome violence. The mere fact that all four digits are about to roll over — rather than just the one on the end — won't change anything.

2.) Even if the world *is* about to end, who cares? Imagine, if you don't feel so already, that we're indeed on the brink of chaos and apocalyptic mayhem.

OK, so what if Y2K does wipe out all the technology, money and greasy fast food we depend on? It does no good to sit around and babble about it.

Going on and on about the fall of humanity just depresses people to death — it doesn't actually help *solve* anything.

If the Y2K bug and the other millennium madness do come to pass, is there anything we can do to stop it? Apparently not.

There are some things that we, as human beings, can control, and some things we simply can't.

If there's no way we can prevent it, worrying will only make it worse. So why ruin *today* by getting your panties in a wad about tomorrow?

You don't care enough to even read this editorial

Editor's Box

By Raye Lynn Berry
Assistant Editor

As I sit here and try to think of concerns that students have about Floyd College, I come up with close to nil. In my years here at Floyd, I have noticed that the many students here don't really pay attention to their school environment.

When I first got to Rome and started to get to know people, I would ask where they went to school. When Berry and Shorter College students answered, they were confident and proud.

When Floyd College students answered, they mumbled it under their breath. With this kind of response, no wonder native Romans don't have much respect for this school. How can they when the students don't?

I know that Floyd College has a reputation of being an easy school. In a town that has two private schools, of course, it would be

expected. However, I have never been in a setting where the school pride of the students is so low.

Why do people go to college? My guess would be to continue their education so that they can succeed in life. But, going to college is so much more than being a zombie, walking to class, talking to your own little group of friends, sitting through a lecture, and leaving only to return the next day to do the same routine.

College is about preparing yourself for the future in every way. That is the point of clubs, organizations and planned activities. Don't students realize that the more they participate in school activities, the better their resumes look for other colleges and for future jobs?

Maybe they do know, but don't care. That, to me, is sad. Now, I know that many of you have out-

side jobs and families to take care of, but just participating in an activity one or two times a semester can make a huge difference.

It is so difficult to plan a function for the students here because it is almost given that very few students will show up. But, the school keeps trying, hoping that one of these times, there will be a good or at least decent turnout.

Granted, Floyd College is not an Ivy-League school, so what? It takes some effort to get here. You have to go through high school or get your GED to get here. Being here shows initiative and desire to succeed. Be proud of that.

Floyd College is an accredited college. There are so many advantages to this college that many other colleges don't have. The classes are smaller than at most colleges. Most of the faculty and staff are always willing to help individual students. We also have some problems, but all colleges do.

Be proud of who and where you are in life and at school. Next time you are asked where you go to school, hold your head a little higher knowing that you are in school trying to make something of yourself.

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Six Mile Post

The Student Voice

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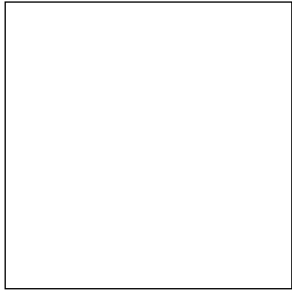
The *Six Mile Post* (named after the old railroad station and trading post that was once located where the college is now) is published four times per semester and is funded through student activity fees and advertising revenue.

Letters to the Editor may be brought to the SMP office currently located next door to the Office of Student Life, sent via email to 6MPPost@mail.fc.peachnet.edu, or sent through our website located at www.fc.peachnet.edu/sixmilepost/Main2.html. Although names will be withheld by request, letters must be signed by the author. Publication and editing of the letters will be at the discretion of the editors.

Opinions

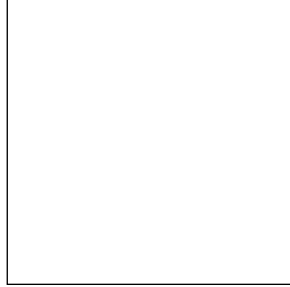
Student Poll

Should the smoking policy be changed? Why or why not?



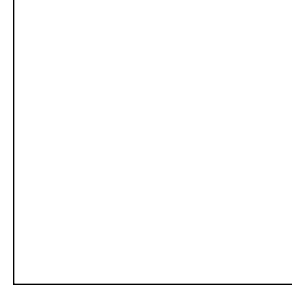
"I think it should stay about the same that it is now."

David Guffey
Minlow, Ga.



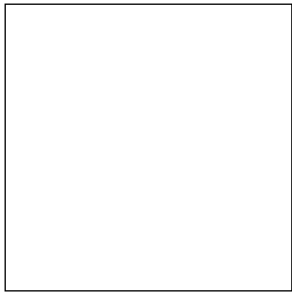
"I don't smoke, but I think that people that do smoke should have the right to smoke as long as it isn't affecting anyone else."

Belinda Hollis
Rockmart, Ga.



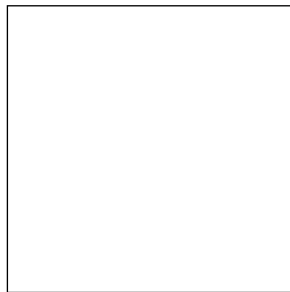
"Yes, I think there should be a designated area instead of just anywhere outdoors."

Chris Oakes
Rome, Ga.



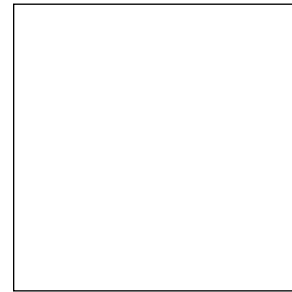
"I'm a smoker and I don't like to invade anyone's space and if I had to go to my car to smoke, I would. If it is an invasion of anyone's space, then I think it should be changed."

Cynthia Holmes
Rome, Ga.



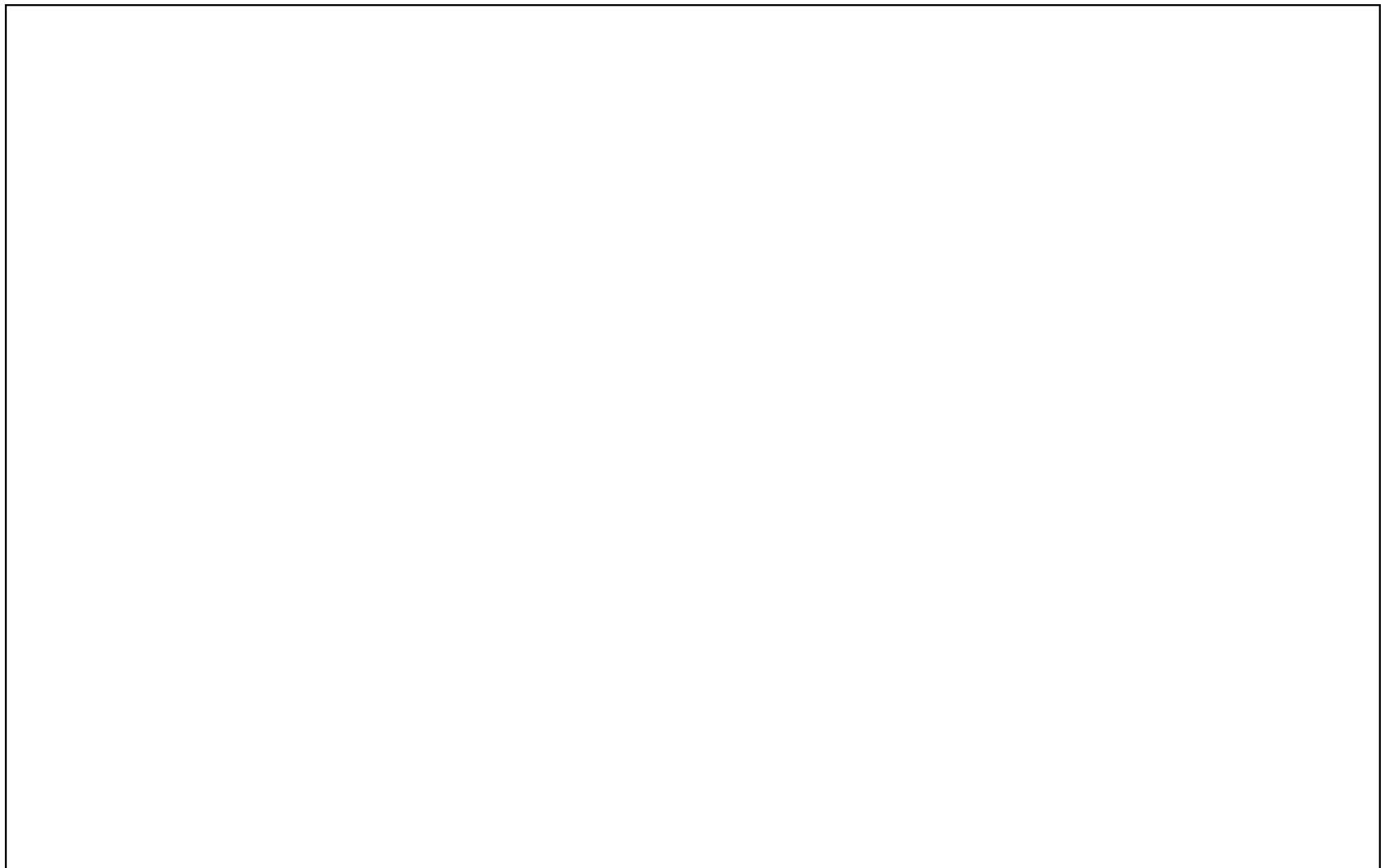
"As long as I don't have to breathe it, I don't care."

Jacob Smith
Lindale, Ga.



"If you want to smoke, go outside. But if you don't like smoke, then you don't have to stand beside me."

Burke Roane
Rome, Ga.



Features

The Y2K bug: crisis or crap?

By **Matt Bowers**
Editor

Y2K: two letters and one number that bring to mind many visions of a potential catastrophe. Everything from the crashing of planes to the crashing of the stock market has been speculated by many fearful Americans and others worldwide.

But is the problem really going to be that bad? According to Dr. Tim Floyd, director of institutional effectiveness here at Floyd College, the answer is no.

"I don't think, in my heart of hearts, that this Y2K problem will create the extreme conditions that people think it will," Floyd stated.

Floyd is FC's representative on a Y2K taskforce that the Board of Regents has organized for the University System of Georgia. As FC's representative, it's Floyd's responsibility to help make sure that FC is prepared for the so-called Millennium Bug.

But first of all, what is Y2K? According to Vice President of the United States, Al Gore, in a speech made in 1998, the problem originated when early programmers decided to save space by using two slots for the date after 19 rather than using four slots for the entire date.

The programmers assumed that their work would become obsolete and discarded for newer technology.

But, instead of being discarded, their work was built upon and added to.

Therefore, according to Gore, these flawed programs have been replicated until there are now lit-



erally millions of pieces of equipment and tens of billions of chips that potentially have the Y2K bug.

So, how worried should we at Floyd College, with our experimental ITP project, be about this problem? According to Floyd, hardly at all. "The laptop computers that the students have are, as far as we can tell, Y2K compatible as well as the software that came with them," Floyd said.

He also stated that the network that Floyd College uses, as well as Peachnet and Earthlink, are all Y2K compatible.

However, Floyd also mentioned, "If students have loaded other programs on their ma-

chines, they may not be Y2K compatible." This does not include any software that came with the students' textbooks that may have been purchased from the Floyd College Bookstore.

So, what can students do to check out any software they may have installed for Y2K compatibility? According to Floyd, most homepages of the product as well the product's software publisher should have information regarding this issue.

That covers Floyd College, but what about all the outside systems that may also experience problems come the year 2000?

Floyd stated that the college has been assured by Georgia Power as well as various phone and banking organizations that

they are taking steps to be millennium ready. "It is our hope that the big systems are doing their best to be ready," Floyd remarked. "I've got a feeling they will be."

But, Floyd commented that the college is working on various contingency plans, in case one or more outside providers have any problems, but they are not expecting any.

However, computers are not the only suspects in this wide-ranging Y2K line-up. Everything from your microwave to your scientific calculator to your car is questionable as possibly containing the problem.

Floyd and a localized task force made up of FC employees have finished conducting an in-

ventory of every piece of equipment in use at Floyd College that could possibly contain the Y2K bug. They are now working on making sure that this equipment is ready for the year 2000.

Floyd encourages all students to do something similar in their own homes. According to Floyd, "If you have computers, if you have equipment that you know may have date problems ... computer chips in them, it's worth checking into to see if it's Y2K compatible."

"The general sense is that come Jan. 1, 2000, Floyd College will be ready to open and do its business," Floyd stated. "We don't expect any major problems with Y2K."

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Happy
Valentine's
Day

News

What's the future for Online Books?

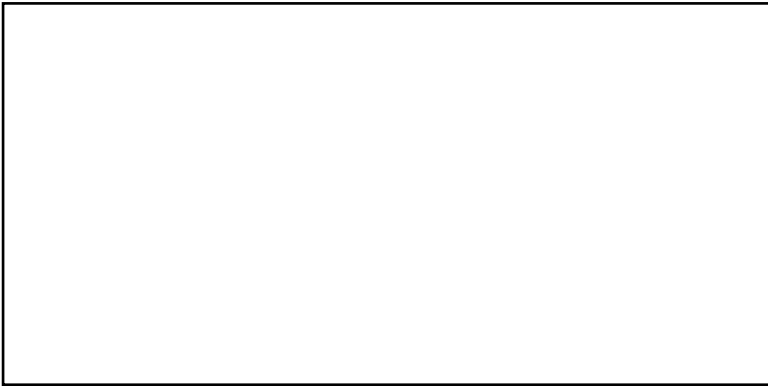


Photo by Robin Bishop

Rae Moody (middle), sales associate, and Barbara Rogers, (right), bookstore supervisor, instruct Bridgette Stewart, teaching assistant in HPER, about the virtual bookstore.

By Matt Curry
Assistant Editor

The new Virtual Bookstore has received mixed reactions from students. Working with Specialty Books, a division of the Nebraska Book Company, the bookstore now operates online.

Robert Gilbert, the coordinator of auxillary services, said that he made this choice in order to make the process more convenient. "I've been a college student off and on since 1962. Bookstore lines have never changed in all that time. They're long and tiring, and you just have to stand for hours...."

Eventually, he speculated the "real" bookstore will only sell composition books, notebooks, dictionaries, etc.

The most common problem, so far, has been with financial aid. Gilbert said that "probably 90 percent" of the complaints and problems involved this.

He plans to eliminate the problem by using the Charger Card as a credit card, which could debit money from students' financial aid. This is expected to serve those who don't have a credit card, as well as those who don't feel comfortable giving their credit card number on-line. Such people

would write a check to the Charger Card office and then use their card.

Gilbert plans to have at least part of this in place by the summer semester.

But students have other concerns, as well. Will the books be more expensive? Are there cheaper alternatives? See the accompanying graphic for more details on this topic. There is no sales tax online.

Another issue is the book buy-back program. What will happen to it?

FC will always have a book buy-back, but, "We won't actually be buying books back for the bookstore," Gilbert explained. "What we'll do is have companies come in and buy those books back to provide to Nebraska Books and Specialty Books...now you won't normally get as much money that way as you would if we were buying it back."

What happens if the server goes down? "It's a little bit slower, but Specialty Books has a toll-free number that you can call to order books, just as if you were online," said Gilbert.

The Virtual Bookstore, according to Gilbert's vision, is not yet complete. In the future, he said, they are planning to set up an in-

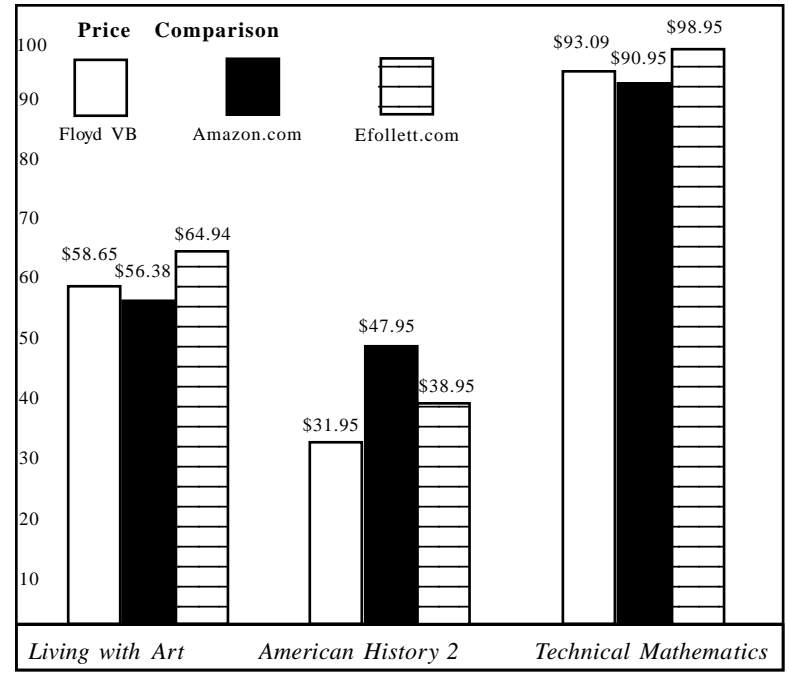
terface between online registration and book purchasing. "We envisioned some sort of pop-up menu; once you register online, then you'll be prompted ... to order your books.

You'll click on 'yes;' then the three systems would talk to each other and generate from your course schedule the books you need."

The Charger Card/credit card system is still in the works, also.

Overall, Gilbert encourages anyone to let him know if they have any problems. Gilbert can be reached at the Charger Card Office.

Office hours are Monday through Thursday from 8:30 a.m. to 8:30 p.m. and on Friday from 8:30 a.m. to 3:30 p.m. E-mails can be sent to him at the following : bgilbert@mail.fc.peachnet.edu. He can be contacted by phone at 802-5812.



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News/Features

Floyd College alumna discusses food allergies in her new book

so high that almost all of the first printing had been promised to individuals and health food stores prior to its release.

"I have been overwhelmed by the response of friends and patients with food allergies; they are grateful to finally have information and recipes at their fingertips," Pilgrim stated.

The following overview of the book was written by Pilgrim.

"Diagnosed food allergies plague the lives of millions of Americans, while millions more suffer unknowingly from symptoms caused by foods eaten every day.

"According to leading researchers in the field of food allergies, food allergies may be the most commonly misdiagnosed illness in medicine today. The symptoms can be very vague, at times, making it difficult to diagnose.

"Most healthcare professionals, not trained in the treatment of food allergy, may dismiss physical and psychological symptoms or attribute them to other conditions.

Many times, physicians will prescribe a drug for gastrointestinal upset not realizing that the wheat starch or comstarch in the tablet may only cause more upset stomach if the patient is allergic to wheat or corn.

"Food allergy research has shown that the bases and food coloring of medications can cause mild to severe reactions in patients. Therefore, the cure may be as bad as the ailment.

"In *Food Allergies, What Do I Eat Now?* we discuss, in laymen's terms, how food allergies develop, and how to cope with them day to day, allowing the reader to make changes and choices, not sacrifices. The book is devoted to six of the most common food allergens: wheat, corn, soy, eggs, milk and cane sugar.

"We provide the tools for patients to cope with other food allergies as well. We included a section on label reading that contains an extensive list of common and obscure names by which these foods may be known, Parents of children with ADD and hyperac-

tivity may find the chapter on children with food allergies to be helpful.

"We also include chapters on symptoms of food allergies, eliminating and testing for food allergies, rotating the diet to live with food allergies, and preventing future food allergy development. There is even a section on how to pack a lunch for a child or adult with food allergies, menu suggestions, and over 360 recipes using alternative and common foods as substitutes."

Pilgrim graduated with honors from Floyd College in 1978 with an associate degree in nursing. She continued her education at Kennesaw College, where she earned her BSN and graduated *cum laude* in 1992.

She presently lives in Marietta, Ga., with her husband, Jim, and their two daughters, Adrienne and Stephanie. She continues her nursing career and writing.

There will be a book signing on March 26 from 4 p.m. to 6 p.m.

at St. John's Nutrition on Main Street in Cedartown. For more information call (770) 973-9524. Pilgrim will also sign books at the Herb Shop, Feb. 27, from 3 to 5 p.m. The *Rome News Tribune* will feature an article on her in the Feb. 24 issue.

In the Rome area, Pilgrim's book may be purchased at Dr. Hamilton Dixon Medical Center on Martha Berry Blvd and at most health food stores. It can also be bought on the internet at www.bookwire.com. For more information or questions, contact Pilgrim at food_allergy_solutions@yahoo.com or write her in care of:

Food Allergy Solutions, Inc.
2995 Johnson Ferry Road
Suite 250-802
Marietta, GA 30062

Donna Pilgrim

**By Matt Bowers
Editor**

A Floyd College alumna, Donna Pilgrim, RN, BSN, has written her first book, co-authored by Prudence Munger, RN, BS, DC. The book is entitled *Food Allergies, What Do I Eat Now? Coping and Cooking Day to Day* and has been published by Food Allergy Solutions, Inc., a publishing firm located in Marietta, Ga.

This is Pilgrim's first effort at writing on such a large scale, but pre-sales of the book are good.

Pilgrim remarked that demand for the subject matter was

AD

Cartersville bookswap, 'a success'

**By Valerie Gilbert
Staff Writer**

The Cartersville campus of Floyd College held a student bookswap on Dec. 17.

Jessica Griffey, Floyd College SGA vice president of public relations, headed the swap with the space provided by the Etowah Foundation.

Approximately 60 students were able to bring in their used books for resale and to purchase available books for the Spring Semester. Books were sold at 50 percent off new book prices.

Griffey stated, "I think it was basically a success, but with only two volunteers working, it became a bit much." One volunteer, Raina Cagle agreed. "It was a

success but also a big commitment. We definitely needed more manpower," she said.

One student who took advantage of the bookswap was Derik Starnes. Starnes was able to sell all of his books but wasn't able to find the books he needed for the Spring Semester. Still Starnes was optimistic, "The bookswap was a good idea. It helped me save money."

Despite the positive response, Griffey is not sure if they will do the bookswap again.

She stated, "If we did it again, we would need more volunteers, cooperation from the instructors and perhaps a committee to work out any problems."

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News/Features

Shapiro steps up as new financial aid director

By **Raye Lynn Berry**
Assistant Editor

Wendy Shapiro is Floyd College's new financial aid director.

Floyd College has not had a financial aid director since March 1998. "I like the challenges of coming in, organizing and managing the system," Shapiro stated.

The current goal of the Financial Aid Office is to make the process easier for the students.

The staff is currently training on the Banner Web to gain more knowledge to help the students. They are also planning workshops either at the end of February or beginning of March. In these workshops, the students can bring their computers and download the financial aid applications. This will allow for any questions or concerns to be answered on the spot.

There are still some hold-ups when it comes to financial aid. Most of the students (80 to 85 percent) at Floyd College are on fi-

ancial aid and 30 percent of those are asked to submit verification of paperwork submitted. This process could take some time.

But the Financial Aid Office is "picking up steam and becoming more automated" as Shapiro puts it. They are getting caught up with all of the processing and paperwork and are actually processing financial aid a week after it's submitted. Shapiro said that it has been a "hard, long road" to get to this point.

The next step for the Financial Aid Office is to meet with the Financial Assistance Committee to make a book for the students with all of the available scholarships, grants and other aids. This book should be accessible to the students within six weeks.

When asked about concerns that students may have when applying for financial aid, Shapiro said that she would like to remind students to reapply for financial aid every year.

The processing of financial aid takes time, and all paperwork needs to be in by May 1 to get the

maximum amount of financial aid no matter which school the student is planning to attend in the fall. She said that it is a good idea to complete the financial aid forms during tax season so all of the necessary papers are already in order.

Shapiro would also like to inform students on the HOPE scholarships to watch their grades.

There are three checkpoints where the grades are monitored for HOPE scholarship. These checkpoints are at 30, 60 and 90 semester hours. Shapiro said that if a student has grades below the 3.0 required to keep the HOPE scholarship, he/she will have until the next checkpoint to bring the

grades back up without having the scholarship taken away.

Shapiro is originally from Massachusetts. She has a Bachelor's Degree in Business and Accounting from McKendree College and is currently working on

her Master's Degree from Kennesaw State University.

For more information on financial aid, please contact the Financial Aid Office at (706) 295-6311 Monday through Friday from 8:30 a.m. to 5 p.m.

Photo by Daniel Scarborough

Wendy Shapiro, director of financial aid, (right) talks with student about financial aid.

Rich Aimes puts volunteer students under deep hypnosis

by instructing the participants to imagine themselves sinking into a puffy white cloud.

He told them that the deeper they sank, the deeper they would slip into their subconscious.

Aimes informed the onstage participants that they were being assaulted by a cold wind. He then told them that they were extremely

The guys were even convinced that they were ballet dancing while naked.

Aimes then had the students onstage believing that they were behind the wheel of a Formula-One race car.

Later in the show, the volunteers were taken back to the age of six by the means of age regression.

They were told that Aimes' wife was their teacher and were instructed under hypnosis to make faces when her back was turned, which they promptly did.

The climax of the show came when Aimes picked three of the participants to become celebrities.

One participant was Elvis, while another volunteer was convinced that she was Madonna.

However, one participant, even though under hypnosis, refused to be Michael Jackson.

After Elvis and Madonna performed, the volunteers were released of all the suggestions they had been given and sent on their way.

After the show, one of the participants, Kyle Al-Nouri stated that he was very conscious of what

he was doing, but he had no fears and didn't care about things like embarrassment. "You feel like you can do anything," Al-Nouri stated. "When he [Aimes] said it was cold, I was shivering for real," he also remarked.

Robbie Brownlow, another participant, said, "You remember what happens; ... you just don't care." "I didn't know how to twist ... so I did the Dirty Bird," Brownlow also said.

"Hypnotism isn't what everyone thinks it is," Aimes stated after the show. "It's not mind control. The hypnotist isn't in control of the people on stage, as you could see by the one gentleman's refusal to be Michael Jackson."

Aimes also remarked that it's important for people not to be afraid of hypnosis.

Aimes and his wife have been doing their show for 10 years, and during that time they have visited 48 of the 50 states.

Aimes received his undergraduate degree at Arizona State and continued his post-graduate work at the Hypnosis Training Institute in Los Angeles.

Photo by Daniel Scarborough

Rich Aimes puts students (from left) Rodrick Harris, Robert Brownlow, Heather Warren, Justin Rodgers and Katie Gosa into a hypnotic state.

By **Matt Bowers**
Editor

Floyd College students were entertained on Jan. 26 by Rich Aimes, a certified hypno-therapist, and his wife Marielle.

The show consisted of taking volunteers from the audience and

putting them through various, and humorous, states of hypnosis.

Six Floyd College students volunteered for the show and were relaxed, or "put into an alpha wave of consciousness," as Aimes put it. It is in this state that participants are open to suggestion.

Aimes accomplished this state

hot. The participants responded with shivering and sweating alike.

The participants were then taken through various exercises, from dances, like the twist and ballet, to imagining a naked audience, and at one point, the participants believed that they were unclothed themselves.

Sports

Health Column

By Pete Diloranzo Assistant Professor

Get rid of that spare tire

I've been asked several times this semester, "How do I get rid of this spare tire around my belly?" The answer isn't as simple as it sounds and certainly not simple to do.

There is a huge misconception that by doing sit-ups or crunches you will reduce the size of your belly. This is not true! First, you must consider whom you are dealing with.

Scientists now divide fat people into two groups, according to their body shape: apples and pears. Men tend to be apples be-

level and your diet. Fat cells begin to fill throughout your body in proportion to each other-so when you eat poorly, you are not only filling the fat cells in your belly, but in your hips, chest, legs, etc. The only way to reduce the size (not quantity) of these fat cells is by aerobic exercise.

Aerobic exercise is an exercise that taxes the heart, lungs, and blood vessels to continue physical activity.

Examples of aerobic exercise are brisk walking, jogging, running, skiing, rollerblading, swimming, stair climbing and bicycling.

In addition to aerobic exercise, it is a good idea to incorporate weight-training exercises. Increasing muscular strength and endurance will increase your basal metabolism--the rate at which you burn calories.

When you burn calories quickly and develop a more active cellular make-up, you won't store fat as quickly, but burn it more efficiently as energy. Con-

Golf Scramble

Sign-up now underway in the HPER Office. For more information, contact Dr. Ken Weatherman at 295-6353.

Tennis Tourney

Sign-up now until March 19. Play starts March 23.



cause they accumulate large fat cells in their upper body and belly. Women tend to be pears because they accumulate large fat cells in their hips and buttocks-related to hormonal differences. Women may fret more about their size, but apple fat poses the greater risk to health.

Second, fat is stored in/on skeletal muscle and in the liver. We've already mentioned that having a large belly is a result of excess fat accumulating on the abdominal muscles of the belly. You can think of this by placing a pillow or towel on your belly. This represents a layer of fat covering the abdominals. It must be removed before you can see the shape of the abdominals.

However, it is important to note that you cannot spot-reduce fat. In other words, if you have those infamous love-handles, you cannot point to those love-handles and design exercises to strictly reduce that fat in the love-handles. Fat reduction occurs in direct proportions throughout your body.

You have thousands of fat cells in your body. You can choose to make them large (filled) or small (clear) by your physical activity

sequently, sit-ups and crunches fit in this area for abdominal toning, but it should not be confused with the notion that doing these crunches will reduce the size of your belly.

Finally, the prescription to lose fat in the belly area (or any area of the body, in general) is the following:

1. Perform a variety of aerobic exercises for at least 20 minutes, three times a week.

2. Reduce fat intake, but do not eliminate fat intake. Simply eat sensibly!

3. Incorporate weight-training exercises to add muscle and increase metabolism.

4. Consult HPER faculty or staff to have your body fat and lean muscle monitored.

5. Consult a physician or HPER faculty member before engaging in any exercise program.

Pete Diloranzo is an assistant professor of physical education at Floyd College. He is a member of the National Strength and Conditioning Association. If you would like to see an article on a specific topic, please email him at: pdiloren@mail.fc.peachnet.edu.

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Sports

Sports Column

By Jon Boe
Sports
Writer

The sports year in review: a look back at 1998

Many accomplishments were achieved on the sports fields of battle during the past year. Some of the more memorable events included the aging John Elway leading the Denver Broncos to victory over the Green Bay Packers in Super Bowl XXXII, and Evander Holyfield regaining his Heavy Weight Championship of the World title.

Another memorable event was the New York Yankees steam-rolling over everyone in their path to win the World Series and earning the right to be called one of the best teams of all-time.

Who could forget the night Mark McGwire belted his 62nd homerun and surpassed Roger Maris as baseball's all-time homerun king?

As the eyes of the world watched him cross home plate and hug his son, he blew a kiss to the Maris family, who were watching and applauding with the thousands in attendance.

At season's end, McGwire hit 70 homers, a feat that will probably never be equaled. Lost in all the McGwire hoopla was Sammy Sosa, who himself had a spectacular year earning 65 homeruns and earned MVP honors, while taking the Chicago Cubs to the play-offs.

Turning from baseball to boxing, Holyfield regained his title for the third time in professional boxing, when he won a decision over Mike Tyson, who was disqualified for biting the ear of Holyfield. While Tyson was later banned from boxing, Holyfield went on to successfully defend his title and promote goodwill and sportsmanship in the sport of boxing like no other before him.

In basketball, the Chicago Bulls won the NBA title for the third straight season, and earned themselves the right to be called the team of the decade, perhaps the century.

Michael Jordan won the league scoring title as well as MVP honors for his part in the Bull's Championship run. However, the retirement of Jordan from the game of basketball and the subsequent lockout by the owners may have left an indelible

scar for years to come.

The players argued that the owners were making too much money and that they wanted a share of the profits. The owners claimed that high salaries were breaking the league financially.

The end result was a salary cap placed on players and a season all but lost except for a mere 50 game schedule which, league officials say, "should bring back the fans." RIGHT!

In college basketball, the Kentucky Wildcats stormed through the season and remained mad in March to win the NCAA Championship, giving coach Tubby Smith his first ring.

Smith, who coached at the University of Georgia previously, is given credit for turning the Bulldog program around before departing for Kentucky.

In college football, the Tennessee Volunteers ran past the Florida State Seminoles to claim the prestigious title of National Champions. Don't lose heart Bulldog fans, Georgia had one of the best recruiting classes this off-season and should contend for a Southeastern Conference title next fall.

In pro football, the Denver Broncos were able to hold off the opposition all year and make it back to the title game. Their opponents, the Atlanta Falcons, knocked off San Francisco and Minnesota in consecutive weeks to earn their place in the Super Bowl.

The Falcons enjoyed more success on the field this year than ever before, posting their best record in franchise history with a 14-2 mark.

And for the first time in several years, the Dallas Cowboys were able to keep their team together and out of jail to win the NFC East title. The Cowboys fell to the Arizona Cardinals in the first round of the play-offs but should contend for another conference title next year.

Overseas, the International Olympic Committee has been accused of accepting bribes of gifts and money for favorable considerations in host city bids. The accusations have caused several committee officials to resign their positions. Atlanta Olympic Officials apparently won't be accused of any wrongdoing other than turning the games into a two-week commercial.

In baseball, the Atlanta Braves gave us another season of thrills only to fall apart in the post-season.

The Braves did make several key off-season acquisitions to shore up their middle infield and add fire to their offensive punch. The addition of Walt Weiss last year and Brett Boone this past off-season to go along with the hot hitting Andres Gallaraga should

bring the team from Atlanta another pennant to hang on the outfield wall.

The New York Yankees, a recent nemesis of the Braves, had another outstanding year, becoming world champions while posting the best record in baseball and one of the best in league history.

On the local front, the Darlington Tigers won the Class A State Championship in football, while Pepperell made it to the Georgia Dome before bowing out to the eventual state champions, the Carrollton Trojans.

In high school basketball, the Rome News Christmas Tournament, held right here on the Floyd College campus, was another success as the Armuchee Lady Indians defeated the Model Blue Devils for the girls championship. The boys champion was crowned later that evening as Rome High defeated Pepperell in the championship game.

Congratulations to both the Lady Indians and the Rome Wolves as well as all the other teams who participated, to make the tournament another successful event.

The year 1998 will be remembered as the year of champions being reborn and the crowning of old, as well as the year of world-class athletes retired.

It will also be remembered as the year of record-breaking accomplishments in professional baseball and football. As the New Year rings in, the year's past achievements will be fondly remembered as the greatest of all-time.

Feeling the slopes with Floyd

3.5w*3.25h
90%

Photo by Tabitha Proctor

Erica Snyder enjoys the skiing experience.

By Katrice Sewell
Staff writer

"I had a lot of fun. It was an experience," said Erica Snyder, one of approximately 23 students that participated in the annual Floyd College ski trip on Jan. 3-7.

Dr. Ken Weatherman, associate professor of physical education escorted the group of students to the French Swiss Ski College for the academic credit ski trip.

The trip consisted of four day classes and one night class of ski instruction at Appalachian Ski Mountain.

Students could receive credit for PHED 1410 or PHED 1420. The PHED 1410 class is for beginners, PHED 1420 is for the more advanced skiers.

The trip had a selection of two courses, Learning Adventure or The Multi-Mountain. The Learning Adventure course consisted of five sessions of skiing and unlimited instruction by the college. The Multi-Mountain course also had five sessions of skiing with one included on Sugar Mountain or Ski Beech.

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Entertainment

Reviews for the eyes and ears

By **Clint Frasier**
Staff Writer

Movies

Varsity Blues

If you have been watching the television at all within the past month or so, you have noticed the witty advertisements for this movie. These commercials focus on any one of the main characters in the movie while he/she is thinking. Then, you hear a voice telling every thought that they are having. I had to check it out, and I am very glad that I did.

The movie is awesome from

the first scene. It has a wonderful mix of comedy, crying and heroism. I almost felt as if I was in the movie.

Another great point of this movie is that it is set in the South. They have big Bar-B-Q's, drive huge trucks and old cars, and they say "y'all" the entire time. I am not big on Southern pride or any of that crap, but it was cool to see a movie that seemed as if could have taken place in my hometown.

Music

Kid Rock

This guy is cool.

He is proclaiming to be the new god of rock and roll. I don't know if I would go that far, but he sure has some kick-ass songs. His new CD is packed with explosive sounds and soulful lyrics. He really puts his heart into his work.

I had the pleasure of attending his show at the Masquerade in Atlanta. He was constantly running around the stage and screaming at everyone. The adrenaline level in that place was killer. After the show, he hung out and talked to everyone and autographed CD's, shirts and even one of my friend's breasts. Hopefully he will be able to keep it together and continue making powerful music.

By the way, if you happen to purchase the CD, take a close look

at what is printed on it. Look inside the little circles for some familiar letters.

Videos

Fear and Loathing in Las Vegas

If you are not twisted in some way, do not even consider watching this movie.

It is the story of a '70s journalist. He is, well, I guess I could say, in an altered state throughout the entire movie.

At one point everyone in the casino he is in turns into a giant lizard. Then, there is the time when he wakes up wearing bright yellow rubber boots, a dragon tail

and scuba gear.

I can't really tell much more about this one, so you will just have to see it for yourself.

It is by far one of my favorites of all time. The only other movie that comes close is *Pulp Fiction*.

Oh yeah, this one has been out for about a year now, so renting it is the only way to see it.

Go to Blockbuster. I know they have it.

If anyone has any comments that they would like to make regarding my reviews (ex. "I agree," "That was cool" or "You suck") or any movie or CD, please e-mail me at jfras00@mail.fc.peachnet.edu, or come by the Six Mile Post Office, and leave a message for Clint.

Earn extra credit while having a good time

By **Aimee Harmison**
Staff Writer

Floyd College's annual trip to the Alabama Shakespeare Festival will be Saturday, April 10 and Sunday, April 11.

The festival trip, sponsored by the Office of Student Life and the Social and Cultural Studies Division, is open to all Floyd College students, faculty, staff and their guests.

There will be two plays performed at the festival. *As You Like It* written by William Shakespeare is described by Dr. Kristie Kemper, professor of English, as "A light hearted romantic comedy." The second play, *When We Are Married*, also a comedy, was written by J.B.

Priestly. There will also be a short presentation entitled *Fighting Fair On Stage*. "There is something for everyone," Kemper said.

Ashley Tull, director of student life, states, "I am excited and enthusiastic about the trip. It is one of the few traditions we have at Floyd College." One of last spring's participants said, "Overall, I would have to give the trip, and the people, an A+."

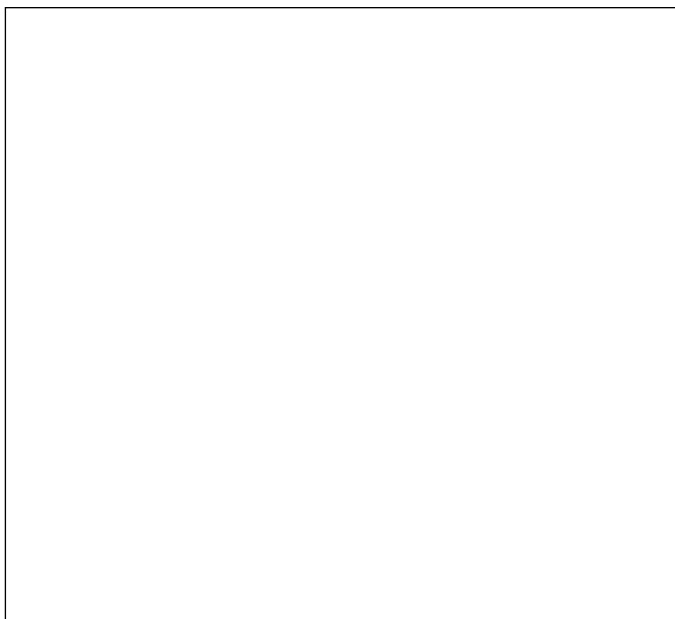
Anyone interested should sign up in the Office of Student Life.

A deposit of \$40 is due upon signing up. The remaining balance, no less than \$25 and no greater than \$38, is due on March 23 and will vary, depending on the number of occupants per motel room.

The deposit and balance fee include charter bus transportation, one night's stay at the Budgetel Inn, tickets to both play — including background information on them, a guided backstage tour of the \$21.5 million theatre complex and a boxed lunch at the theatre on Sunday.

All English classes, most social and cultural studies division classes and possibly other classes offer extra credit for those who participate in this weekend excursion.

Anyone with questions about the trip may contact Tull, in the Student Life Office (295-6363), or Kemper, in the Social and Cultural Division Office (295-6300).



Guest photo

Students gather for a show at the Alabama Shakespeare Festival Theatre.

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Keep dancin'
the
Dirty Bird!
(There is always
next season.)