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MARINERS' LOG

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You Ought to Be in Seaswells 2011

BY ROSCO PETERS, EDITOR-IN-CHIEF, SEASWELLS 2011

Established in 1965, *Seaswells* has showcased the artistic, photographic, and writing talents of the students at the College of Coastal Georgia for just a few years short of half a century. The *Seaswells* staff takes great pride in creating the publication and sets out to make each year's better than the last. Through their hard work and the amazing entries provided by students, a strong tradition of excellence has been forged over the last 45 years.

Since its debut issue in 1966, this passion for excellence has led *Seaswells* to be recognized with awards from various organizations such as the American Scholastic Press Association. In fact, seven times the ASPA has named *Seaswells* the top college magazine in the country.

Some of the most coveted awards that the magazine has received have come from the Community College Humanities Association (CCHA) competition. In four of the last six years, in the CCHA's Southern Division competition, *Seaswells* has fared very well: 2004—Third Place, 2006—Small College Award, 2007—Third Place, and 2009—Second Place. We should know very shortly how the 2010 edition of *Seaswells* was judged.

As for the 2010 issue of *Seaswells*, it is simply stunning, from Melissa Rodgers' serene photograph entitled "Haitian Fishing Village" that graces its cover to the flowing paintings of Virginia Walker and the seductive poetry of Salina Guzman. The 2010 issue can definitely go down as another great year for *Seaswells*, but

for the 2011 issue, we hope to pull out all the stops and go one—no, three—steps beyond what was done last year. In order for this to be accomplished, the *Seaswells* staff need for CCGA students to submit their poetry, prose (short stories), photography, and art to us for publication.

Besides offering students a great opportunity to get their work published, *Seaswells* has another incentive: \$1,000 in prize money to pass around. The staff conducts contests and awards prizes for the best work from students in art, prose, poetry, and photography. Any student who has been enrolled at least one semester in 2010 is eligible to enter the contests.

The poetry, art, and prose contests all have a top prize of \$100, with \$75 going to the second-place winner and \$50 to third place. The photography category offers a \$100 cash prize for the best overall photograph and \$75 each for the best color, best black and white, and best computer-enhanced photos. Students actually have 18 chances to win, as they are encouraged to submit their three best pieces in each of the six contests. Complete rules and instructions for entering the *Seaswells* contests can be found on nearly any bulletin board on campus; just look for the manila envelopes.

In order to create the kind of magazine the college has come to expect, *Seaswells* needs more than just those contest entries. We need hundreds of photos, poems, stories, and works of art. Everyone connected with the College—past and present students, faculty, and

staff—is encouraged to turn in their work. While there is a limit of three submissions for each contest, there is no limit on the number of general submissions anyone may turn in.

There are numerous drop-off points where you can submit your work. Photos and art may be turned in to Ms. Bartkovich in her office (SB 164) or to any English or art instructor on campus. Camden Center students may drop their work in the Center office. In Brunswick, work can also be brought directly to the Room 131, the Student Publications room, in the Student Activity Center (SAC). The Pub Room is staffed Monday and Tuesday from 10 to 11 a.m., Wednesday from 10 a.m. to 4 p.m., and Thursday from 10 to 11 a.m. During the hours that the office is closed, a drop box has been provided for entries right by the door.

You are asked to save poetry and prose in Word and email the files to seaswells@ccga.edu. The staff will also be requesting digital files of any photos selected for inclusion in this year's magazine.

Even easier is to submit your work during the annual Sweet Swap on October 27 and 28. *Seaswells* staff will be under the tent near the Science and Academic buildings, taking your entries in exchange for all sorts of baked goods and snacks. Staff will also be swapping sweet things for *Seaswells* submissions in the rotunda of the Camden campus.

Speaking for the entire staff, I look forward to this year's edition of *Seaswells* and hope to make it the best ever, but we need your help.

HEAD 'DAWG IS SECRETLY A MARINERS FAN?

BY JORIE LOPER

Every year, University of Georgia President Michael F. Adams tries to schedule a tour of the state during the week preceding UGA's first home football game. This year's whirlwind tour covered 17 campuses, with the College of Coastal Georgia being the final stop on his itinerary. His visit on September 3rd marked Dr. Adams' first time on the campus since he took over the reins at UGA in 1997.

In his remarks to local media, Dr. Adams talked about the importance of higher education and how people seem to be losing sight of its value. He noted that the benefits of higher education to individuals are widely accepted, but he feels that the gains to the public are sometimes overlooked.

Dr. Adams commented that one premise upon which UGA was chartered is that a government only does well when it has educated citizens. The decisions of a government are more likely to benefit the entire populace and not just an elite few when the citizenry is well educated.

Dr. Adams also noted the importance of all the construction on the CCGA campus, not only because it benefits the growing student body, but also because it boosts the community's economy. Most apparent is how the expansion is providing jobs for construction workers in this area.

Coastal Georgia's on-campus construction is also important in the long run as it represents a commitment to preparing its graduates for 21st-century jobs. Dr. Adams pointed to the Health



Photo by J. Owens

and Science building that is currently under construction, noting he has wanted such a facility on his campus for years. "Now I know where it's being built," he joked. Dr. Adams praised Dr. Valerie Hepburn, CCGA's president, and voiced his approval of the changes she is orchestrating at the College.

Dr. Hepburn received her PhD in Public Policy and Administration from the University of Georgia and served as academic dean of their College of Public Health. Dr. Adams declared, "Lending you Valerie Hepburn is the best thing we've done for coastal Georgia in a long time."

THE FIGHT AGAINST BREAST CANCER — THE POWER OF ONE

BY ERIN SNYDER

Nancy G. Brinker was just one person added to the fight against breast cancer when she promised Susan, her dying sister, that she would do everything in her power to end it. In 1982, that promise became Susan G. Komen for the Cure®. Today, Komen for the Cure is the world's largest network of breast cancer survivors and activists fighting to find a cure.

Imagine what it would be if everyone followed Brinker's lead and began doing his or her part. In the fight against breast cancer, what starts as one grows and becomes dozens, hundreds, even thousands. For Sharon Bartkovich, a CCGA English professor and faculty sponsor for MARINERS' LOG and

Seaswells, one became 39.3 miles and over \$2100.

This past summer, Bartkovich, along with three of her sisters, became a part of "In It to End It," two-day walks sponsored by the Avon Foundation that occur each year in nine locations across the country. The Avon Walk for Breast Cancer they chose was the marathon and a half in the Rocky Mountains.

Together, the four of them raised over \$8700. Along with 1,250 other walkers in Colorado—which included 131 breast cancer survivors—they raised over \$2.6 million. "The feeling is phenomenal," says Bartkovich. "It makes you realize what one person is capable of."

In the fight against breast cancer, there are pledgers and walkers. Those who are capable of walking have an obligation to those who cannot, she feels. Bartkovich's obligation came not only from her family—her older sister and her mother are survivors—but also from her most meaningful and most generous pledge, a man whose wife is a survivor and who is now battling cancer himself. "I'll pledge, you walk," he said to her.

The rewarding experience does not come without its challenges. For a commitment like Avon's "In It to End It," Bartkovich's biggest challenge was overcoming her sedentary lifestyle of the past 15 years. She needed to be prepared to complete a marathon (26.2 miles) on Saturday and a half-marathon on Sunday—at high altitude. Only a little less daunting were the challenges of finding the time to train and raising the minimum of \$1800 needed to be allowed to walk.

She let none of those difficulties stand in her way. And with the following eight suggestions, all of us can



Please see **Breast Cancer**, pg. 6

Construction Updates

compiled by Greg Carver

Health & Science Building

Building within final two months of construction, with material completion date of December 15, 2010.
 Stucco is being placed on exterior of building, with completion expected by first week in November. Installation of ceilings and preparation of walls for painting is ongoing.
 All woodwork (such as chemistry labs) and all flooring is expected to be complete by mid-November.
 Painting is ongoing and will continue until end of project, in December.
 Furniture, audio visual equipment, and loose equipment will be delivered/installed from mid-December through first week in January. Building will be ready for use on January 10, 2011. Construction of new parking lot between Science & Health Building and Altama Avenue is anticipated to be complete in February 2011.

Pedestrian Walk Plaza

Demolition work, installation of a storm drainage system throughout project site, and establishing new ground and sidewalk elevations are essentially complete.
 Additional sidewalk areas and tie-ins to existing building entrances have been added to project scope.
 Forming and pouring of concrete sidewalks in various colors and scoring of concrete by saw cutting for decorative appearance is on-going. With expanded scope of project, completion is now expected by mid-January.

Tennis Courts

Demolition of old courts, grading of site, and asphalt paving for 12 new courts is complete.
 Lighting and fencing will be complete by end of October. Colored topping, striping, and placement of nets will be done at end of October and start of November.
 Project is anticipated to be complete by November 15, 2010.

Campus Center

Extensive underground utility work, placement and compaction of new fill material to raise grade of building site approximately two feet, and pouring of concrete footings in east wing of building have been completed.
 Utility rough-in and masonry walls at perimeter of building and preparation for poured concrete columns is in progress.
 Building structure will be in place and visible above perimeter construction fence by end of December 2010.
 Building will be complete by July 2011.

Student Housing

Tree removal and clearing of construction site is complete.
 Building is comprised of three segments. Concrete slab for all three segments has been poured to allow construction of framing for walls and ceilings that define individual suites and semi-suites.
 Wood framing is on-going. Northernmost segment will be framed for all three floors, trusses, and roof first. Then work will move to segment immediately to south, completing framing to roof. Then final segment will be completely framed.
 Rough-in of plumbing, HVAC, and electrical systems will commence shortly and will be ongoing through end of year.
 Framing of all three buildings will be completed and roofing and exterior skin of buildings will commence in 2011.
 Building will be complete by July 2011.



Opinions

President's Perspective

Completing College Is the Key to Your Future Success

BY DR. VALERIE HEPBURN

Too many students begin college and don't finish. The causes are many and varied. Sometimes, students are forced to leave due to family or financial circumstances. In other cases, students simply are not committed to completing college. In failing to complete a degree, students are limiting their learning and earning opportunities and constraining the future potential of families and communities.

In 2008, less than 42% of the population in the United States aged 25 to 34 held college degrees. For minorities, the rates are considerably lower. Our country ranks 12th in degree attainment compared to other industrialized nations. For a nation built on opportunity and achievement, we must do better.

In the 21st century, college completion and other post-secondary educational opportunities provide the essential gateway to future success. The College Board and public officials across the nation have initiatives underway designed to promote college completion and to increase the percentage of college graduates to 55% by 2025. The *College Completion Agenda* (College Board, 2009) identifies key policies, programs, and resources necessary to support students in graduating from college.

In Georgia, reaching that 55% mark will be especially challenging because our college completion rates are much lower than the national average. Only 34% of Georgia's population in 2008 had a college degree (associate degree or higher). Thus, our Board of Regents has made graduation a priority.

The College of Coastal Georgia is

committed to ensuring that each of our students has every opportunity to complete a two-year or four-year degree, either at our college or at an accredited transfer institution. The jobs of the future will require at least that college degree, and many of the best jobs will require graduate school.

It is not enough, though, that the College provides the opportunities. It is critical for students to understand that college completion requires personal, intellectual and financial commitment and, possibly, some sacrifice.

At Coastal Georgia, we are working hard to provide the resources needed to support students in college completion. Tuition remains among the lowest in the nation and in Georgia. Faculty and academic advisors are available to assist in mapping your course and degree pathways. Tutors, TRIO professionals, and other student support staff have the skills to provide that extra assistance you might need for an academic course or a personal situation. The Financial Aid staff can provide guidance to access available loans, scholarships and grants. Our new career planning office can help you learn about interesting and "in demand" career paths. A new Center for Service Learning and new programs to support first-year students are on the horizon.

All of these resources, programs and services are designed to enhance your college experience and to help you be successful—in completing college and beyond.

However, the real key is you. You must be committed to completing



your college degree. You have to invest the time and resources to get the benefits of college completion. College studies expand skills and knowledge, help you grasp complex concepts and apply theories to problem-solving, and enhance your perspectives on communities and the global economy.

College graduation improves a person's career prospects and earnings potential. In 2008, annual earnings for people 25+ years old, based on degree, are proof: high school diploma, \$33,801; associate degree, \$42,046; bachelor's degree, \$55,656; master's degree, \$67,337; and professional degree, \$100,000+ (Census, 2008).

Make a difference for yourself, your family, and your community. Earn your college degree and equip yourself with the knowledge, skills, and confidence to do great things—now and in the future.

EDITORS' LOG-IC

Sometimes, you get more than you pay for!

College is expensive. No one will argue with that statement.

Tuition is a large chunk of the cost, and it varies widely, from barely \$1,000 at some state-supported community colleges to over \$16,000 a semester at Harvard or Princeton. No doubt that Harvard education is superior to the one at the community college—but is it 16 times better? Probably not.

In addition to tuition, students pay fees. Fees are those costs that students are required to pay when they register, like health, athletic, or technology fees. These vary but nowhere near as widely as does tuition. What that probably means is that the lower a school's tuition, the more it will seem students are paying in fees; fees will make up a higher percentage of the bill if their tuition is low.

Take Harvard vs. UGA, for example. Harvard students pay a little over \$1800 in fees, roughly 5% percent of their tuition. UGA students pay less than half the fees of Harvard students—only \$833—but those UGA fees are a whopping 19 percent of the \$3,535 tuition payment for full-time students. Even worse, because of their fee structure, a student at UGA who takes only one 3-credit hour course will pay nearly 40 percent of his or her tuition in fees.

So where are we going with this? We have heard CCGA students complaining about fees: the fees went up, the fees are too high, nobody explained what the fees are for, the fees run almost as much as tuition, blah, blah, blah. The fees seemed to be an issue worth looking into. What we found might startle you.

CCGA's fees did increase this fall. They went from \$233 last year to \$480 this August; that's an increase of \$247, meaning fees more than doubled.

The student activity fee went from \$45 to \$60. This fee covers events like the welcome-back cookouts each semester, comedy acts and musical performers at lunch, and fun activities like spray paint artists and candle-making. All of those activities are free to students. That increase seems pretty reasonable—and that \$60 is buying a lot of entertainment.

The technology fee went up \$10 from \$50 to \$60. Some students think the fee pays just for computer labs, and if they don't use the labs, they may feel they shouldn't have to pay the fee. But the technology fee covers the campus-wide WI-FI connection, as well as the school's servers, printers, and the smart boards found in most classrooms. The newest hi-tech gadget is the nursing program's electronic baby. This baby simulates different symptoms, and the student nurses have to diagnose those symptoms. One day, it might be your baby who benefits from this great hands-on learning tool; \$10 seems a small price to pay for that progress.

There are two new fees that account for nearly half of

the increase this fall: the campus center fee of \$100 and the access card fee of \$15. Those fees may be a little difficult to stomach when we have yet to see that card and the campus center is not much more than big piles of dirt.

The campus center is going to be incredible. The building will be approximately 50,000 square feet, and most of it will be two stories tall. It will include a new theater for the arts and a cafeteria offering a wide variety of food choices. The campus center will also provide plenty of room to lounge around, WI-FI connections, and space specifically for student organizations. The bookstore will also relocate to the new center, and it will be run by Valdis Resources. The new store will be similar to Borders or Barnes and Noble stores, including a café for all those coffee lovers on campus and lots of merchandise in addition to textbooks.

If the complaint is that we are paying for it while it is nothing more than pretty pictures on a sign in front of the construction site—well, that is how facilities like this are built in Georgia. The money isn't coming from the legislature, so the students are, in a way, funding the construction.

The access card fee of \$15 is needed to set up the system. The card is going to make life much easier for students. With the possibility that scholarships and financial aid balances will be loaded onto the card, students will not have to deal with the crowds in the Andrews Services Center. Once the card is loaded, students will be able to use it all over the place on campus—in the campus center cafeteria, bookstore, and coffee shop—as well as in vending machines and copiers.

There will also be an ATM machine that allows students to withdraw cash from their accounts, using the access card. It is possible students will even be able to use the card to pay bills online. Another possibility is that students will be able to transfer money from the access card to their personal bank accounts. The access card will not have a logo on it—like Visa or MasterCard—so students won't be able to use it off campus. But listen to this: it is also going to be the student's key for the residence halls! If our \$15 fee this semester will make all these things happen a little faster, we're okay with that.

One fee increase is left: the athletic fee. It went from \$38 last year to \$145 this fall. That's huge! So how does the school justify that \$107 increase?

Over the past few semesters, a lot of students have said they would love to have a baseball team. Well, wish granted—not right away, but probably in about three years. We already have new tennis and golf teams, with volleyball, women's basketball, soccer, and cross country to be added even before we get to baseball.

All those sports will provide a lot of entertainment and excitement, but a strong athletic program requires a sizable budget. The coaches need to be paid, and transportation is needed for away matches and games. Plus the athletes will need uniforms in our school colors, and all sports need some kind of gear. This fee also covers sports scholarships, too, a necessity if we are to attract top-notch athletes.

At the top, we said we had some facts that might startle you. When we compared the fees for Coastal Georgia students taking 12 credit hours to those of other schools in Georgia, we discovered that we are likely the envy of a lot of other schools. We chose for comparison the Georgia schools in the Peach Belt Conference, the athletic conference in which our teams would one day like to compete. Our fees doubling overnight may be a bitter pill to swallow—but we still have the second lowest fees of all of the schools being compared. Only Augusta State University is lower: \$455 compared to our \$485. At Armstrong Atlantic (\$539), Georgia Southwestern (\$520), Columbus State (\$527), Georgia Gwinnett (\$560), Clayton State (\$567), Georgia College and State U (\$784), North Georgia (\$786), and Valdosta State (\$855), the fees are not outrageous, but according to the information on their web sites, students at all of those schools are paying higher fees than we are.

No one really likes to spend money. Yet, these fees are going to have such a positive impact on the day-to-day life of a student here at CCGA that it is difficult to argue against them. Think of these fees as investments in our academic futures: more study space, easier access to large amounts of caffeine, an enhanced book store, and more hours of precious time not being spent standing in line at the business office. That last one alone justifies the fees, but what will really make our student body "swell" with pride are all the new sports teams. Even though increased fees mean more money out of our pockets, we will benefit greatly from all the changes that they are making happen.

A special thanks goes out to Lindsey Little, Student Assistant for the Office of Student Life, who provided much of this information to help clear up the questions behind our fees.

ru·mi·nate (verb): think deeply

BY MADHUR DEY

Hello, my name is Madhur. I am the minister for CONVERGE, a ministry on the campus of CCGA. We are an inter-denominational entity supported by The Gathering Place. We have weekly meetings on Monday nights at 7 p.m. in the SAC as well as small groups and community services throughout the semester.

I have been given a great opportunity to write a column for MARINERS' LOG. I really want this column to be a place where readers are provoked to think and investigate some important questions about their faith, their life, and their community. I think college students, Christian or non-Christian, should take time to answer some essential questions about their lives and the important role that they can play in their communities. Let's face it, we all have questions about life; why not start answering them NOW?

This month I want us to take intentional steps in understanding the importance of knowing our community. In scripture, when Jesus was asked what is the greatest commandment, he simply replied, "Love the Lord your God with all your heart and with all your soul and with all your

mind.' This is the first and greatest commandment and the second is like it: 'Love your neighbor as yourself'" (Matthew 22:34-40). The first commandment in particular to a lot of Christians and non-Christians is easy to understand. But sometimes what is easy to understand can be very hard to live out.

Jesus is simply saying, "Don't put anything before me in your life—not your job, career, marriage, children, money, sports, talents or success. Just love me and allow me and nothing else to give you purpose." All in all, we get the meaning of that commandment, and we understand that we choose either to believe Jesus' words and live them out—or we don't.

The second part of this passage is what is so intriguing to me. It says, "Love your neighbor as [much as you love] yourself." What does that really mean, and why is it so important?

I think, for hundreds of years, we as Christians have had little clarity about what this commandment really looks like in our lives.

So many times, Christians and non-Christians alike take this verse and, instead of taking time to really know and

"love" our neighbor, we just want to do stuff to "help" our neighbor. Maybe we serve at Manna House, pick up litter from our streets, volunteer at different places, or help an old woman to cross the street.

I think none of these things are bad, but when we are not taking time really to know the people we want to love, we usually end up just feeling prideful for helping or guilty for not doing enough. So when Jesus says to love God first, it really helps us to define our purpose. Then when he says to love our neighbors as ourselves, it helps us to stay humble and love the way Jesus loves us.

So how do we get to know our neighbor? It starts with getting to know our city.

Here are five ways to get to know your city and your neighbors. (I encourage you to read the original article at <http://theresurgence.com/2010/09/07/4-ways-to-know-your-city>)

Be intentional & ask questions. Be intentional in engaging with people in your neighborhood. You can begin this kind of intentionality on this campus simply by talking to your peers and asking them questions that will help you to know them. Simple, I know—but lots of us do not act it out in our lives.

Read local authors and publications.

Read local and independent publications. Reading local and college newspapers will reveal the local voices in your city. Listen reflectively, not aggressively. Allow yourself to learn from your city. After all, chances are you are a newcomer. History has much to teach us. Don't write off unimpressive, independent publications. Very often, the stuff that looks like a waste of time contains some of the clearest voices from within your culture. Get local (not just national) opinions and reviews on movies, books, culture, and politics.

Study your city's history. Gather historical information on your city and neighborhood. How did your city evolve—geographically, architecturally, politically, commercially? The history of a city



or town often reveals its profound strengths and deep idols. What political, cultural, and economic issues have shaped the ethos and beliefs of your city? A great resource for this kind of information on your city is <http://www.city-data.com>.

Enjoy your city. Participate in local art, music, food, and business (www.coastalga.com). Learn to love your city, to celebrate its strengths, to learn from the locals, and to love the people in the community! Support local businesses; go to art shows; listen to local music; eat local food. Become an expert on local fare and fun! As you participate in local culture, do it reflectively. Consider why certain events, institutions, or groups flourish. Praise what is good, beautiful, and true. Bring the hope of redemption into what is not.

Volunteer in your city. Volunteering is a great way to develop an understanding of the needs in the city. Volunteering helps us to get to know the people. Throughout the semester, CONVERGE has many great community service opportunities. If you want to get involved and want more information on our next community service activity, email us: converge.ccg@gmail.com. So remember to love God and then to love others like Christ loves you . . .

If you have a topic dealing with faith, life, or community that you would like me to discuss in this column, please email it to converge.ccg@gmail.com. Hope to hear from you soon!

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For Auxiliary Aids, contact Student Affairs at 279-5800 five days before any event. Students who need more information concerning auxiliary aids and academic support available to those with disabilities should complete the Student with Disabilities Data Sheet and return it or call the Student Affairs office.

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See your adviser now to discuss registration for spring semester!

THE HUMANITY OF TRADE

BY DON MATHEWS

Your hometown Port of Brunswick is bigger than you might think it is.

We all know the Port of Brunswick is a significant part of the coastal economy. It provides jobs and income, directly and indirectly, for hundreds of people. But the port represents something larger. Something much, much larger.

A port means trade, and trade brings people from distant countries together peacefully. Trade is like travel: it broadens our horizons and makes life richer and sweeter. (Travel, in fact, is just a type of trade.) Through trade we discover people we didn't know before, cultures we weren't aware of before, ideas and perspectives we didn't consider before. Trade doesn't just make us better off, it makes us better human beings: wiser, more appreciative, humbler.

If that sounds like squishy, "we-are-the-world" sanctimony, consider this simple reality. There are two ways for a country to obtain wealth greater than what it can produce. One way is trade. The other is war.

Some claim that trade is war by another means. Nothing could be

further from the truth. Trade is mutually beneficial; war is mutually destructive. Trade brings people together peacefully and creates wealth; war destroys people and wealth. A standard tactic in war is to prevent the enemy from trading.

And in the sad and violent drama of human history, how have strangers—people of different places, cultures, races, political ideologies, or religions—typically related to each other? Not well. We humans are bundles of passion and emotion civilized by a few strands of reason. When political, religious, cultural, or racial differences have been the prime object of our passions and emotions, the result has invariably been ostracism, oppression, and violence.

But in the marketplace, politics, religion, culture, and race are irrelevant. Trade brings people together in their common humanity. All that matters is that people have produced different things that they value differently. So we trade and are better off because of it.

In short, trade is one of the most civilized and humane ways in which people of different places, cultures, races, and religions relate to each other. And trade is what the Port of

Brunswick is all about.

Greater recognition of this reality about trade ought to dispel the fears some Americans have in the extraordinary amount of trade the U.S. conducts with China. This new relationship between the U.S. and China should be welcomed, not feared.

Only a generation ago, the U.S. and China were sworn geopolitical enemies with nuclear weapons aimed at each other. Today, the U.S. is China's leading trading partner, while China is the U.S.'s second leading trading partner. In a world in which war and conflict are commonplace, this is astonishing progress.

What worries some Americans is the trade deficit the U.S. runs with China, which was \$227 billion in 2009, as well as the \$900 billion in U.S. Treasury bonds China owns, which amounts to 13 percent of publicly held U.S. government debt. The worries are unfounded. We like a lot of goods produced in China; the Chinese like a lot of our financial assets. So we trade. And the trade, as always, is peaceful and mutually beneficial.

So here's to humanity, civility, trade, and the Port of Brunswick.

Coastal Georgia's New Pilot Program for Students: The Jekyll Island Pass

BY JOSHUA J. MEUNIER

The College of Coastal Georgia is proud to present the college's new Jekyll Island Pass.

Early this fall, Dr. Valerie Hepburn, President of the College of Coastal Georgia, worked with the Jekyll Island Authority to get students a pass that would allow them to enter Jekyll without paying the \$5 fee. Dave Leenhouts, former Director of Student Life, shared Dr. Hepburn's excitement about the passes: "The idea is for students to be able to enjoy the beach as a part of being a student at CCGA." The new pass allows students taking over nine credit hours to enter Jekyll Island and allows students unlimited access to the island.

Leenhouts was very enthusiastic about the passes. He said, "The opportunities at Jekyll for recreation, for relaxing, even for learning are numerous. One of the exciting opportunities that has emerged for CCGA as a four-year institution is the possibility of building more outdoor recreational and social functions." Leenhouts also said that Jekyll Island is a great place where biology students can gain lab experience.

Students will have access to public outdoor areas, including picnic spaces, beach parking, and beach access points, playground, soccer complex, 250-acre historic district, fishing pier, bicycle paths, nature trails, and more. Andrew Smith, Coordinator of Student Engagement, says, "The amenities—quiet beaches, bike trails, and redevelopment—truly make it Georgia's Jewel."

At this time, the Programming Board is working on both curricular and non-curricular activities for CCGA students. Smith states that as the fall semester progresses, the Board will be planning events for the spring. Smith said, "Potential events include intramural activities, club soccer, student organization meetings or parties, and, of course, community service projects."

Not having to pay that \$5 parking fee makes Jekyll's many events even more attractive to students. Some participated in the TRI-RED Triathlon, a 400-yard swim, 16-mile bike ride, and 5K run on October 10. Many are looking forward to Holidays in History, when Jekyll Island is transformed into Holiday Island with a Christmas tree lighting and a month of festivities beginning on November 27. The New Year brings Island Treasures, with highly skilled artisans creating and hiding an array of stunning, hand-worked glass globes for visitors to find and take home.

The Jekyll Island passes are in the Business Office now. Any student enrolled in nine or more credit hours who does not already have his or her pass should get it now. Don't miss out on another minute of Jekyll fun—with free parking!



Ask Dr. Leo

Dear Dr. Leo,

I am getting married soon. Are there any facts that show statistics about the survival rate of marriages among college students? I know many young people get married for the wrong reasons! Even though I do not feel like I am one of them, do you think younger students getting married while in college is a good decision? Do you think if one or both partners in school will make a difference in the decision to get married?

Future Wife

Dear Future Wife,

There are certain moments in life that are both exhilarating and frightening. You are experiencing two of those moments simultaneously: going to college and getting married. Your life will change forever! So here you are, asking me, will it be for better or for worse?

On the surface, your question appears purely academic: what's the divorce rate for people who marry young and in college? First, let me reprimand you: you are in college now, and you should have the necessary skills to look up the data yourself! But I will be generous and assume that you are a college freshman.

Here's the bottom line: the "survival rate" for marriages dramatically increases for people who marry later in life and for people who are college-educated. For more information, please review this government website: <http://www.cdc.gov/nchs/fastats/divorce.htm>. As you can see, the statistics are

currently not in your favor. You are marrying young (today the average age of first marriage is 25 years old for women and 27 years old for men). And, you are not yet college-educated. Putting these facts together, the data suggest that your first marriage may not be your last.

This harsh statistical reality is too harsh even for me and my own romantic sensibilities. Only cold and calculating politicians allow statistical averages to rule their lives. There are plenty of people who marry young and stay married despite the odds. The real answer to your question resides in why: why do college-educated people and people who marry later in life have a greater chance of making it work the first time around?

In college, you become exposed to new ideas and new people. College is a life-changing, not a life-settling, experience. It is the primary way for people to grow cognitively, to develop intellectually, to mature socially, and to achieve professionally. As a consequence, at the end of your four years, you will (if you take college seriously) have a better sense of who you are and what you truly desire from yourself and from others in both professional and personal relationships.

People who marry later in life and people who are college-educated therefore TEND to make smarter choices about whom to marry. They tend to possess greater knowledge about what they want within a marriage and from a life partner.

Even if you feel that you already have a strong sense of self, the fact remains that you and your partner

All the News



Distracted Driving — Just Don't Do It!

BY ERIN SNYDER

In December of 2009, Katrin Sheehan was driving a Toyota Sequoia and pulling a horse trailer in Morgan County, Georgia. She was approaching a curve when she first saw the 2004 Saturn weaving towards her. Sheehan honked her horn several times to get the driver's attention before the Saturn crossed the center line and collided head on with her.

Sheehan later would learn that the Saturn's driver was Caleb Sorohan, a 2009 Morgan County High School graduate. A popular student, he had played football and managed the baseball team. The eighteen-year-old was home on Christmas break from North Georgia College.

Although Sheehan survived the crash, Sorohan was killed instantly. His cell phone was found on his lap. The Georgia State Patrol accident report noted that he had received and sent six text messages in a seven-minute period prior to the collision; he was probably reading a message when he crashed into Sheehan's truck.

Ten months after Sorohan's death, text messaging laws are no longer new and unfamiliar for Georgia drivers. For the past three months, since July 1, 2010, police officers in Georgia have been ticketing distracted drivers for not keeping their eyes on the road.

The law is a preventative measure for the hundreds of accidents caused each year in Georgia by distracted driving. For many drivers, it will prove to be a life-saving one. Saving lives was the very intent of State Representative Amos Amerson, R-Dahlonega, who said he was compelled to file the anti-text messaging Georgia House Bill 944 because of the tragedy experienced by his friends, the grandparents of Caleb Sorohan.

Of course, texting is not the only distraction that causes accidents. During crash investigations, drivers have admitted they took their eyes off the road while tuning the radio, changing CDs, putting on make-up, shaving, reading the newspaper or a



<http://www.distraction.gov/>

report for work, eating lunch, reaching for a soda can or cup of coffee, studying notes for a test, disciplining a child—or just talking with a passenger.

Distracted driving is defined at www.distraction.gov as any non-driving activity in which a person engages that has the potential to distract him or her from the primary task of driving and increase the risk of crashing. The distraction can be visual, manual, or cognitive. While all distractions can endanger drivers' safety, driving while texting (DWT) is perhaps the most alarming because it involves all three types of distractions.

According to a study done by the University of Utah, distraction from cell phone use while driving slows a driver's reaction time as much as having a blood alcohol concentration at the legal limit of .08 percent. According to that research, whether the cell phone is hand held or hands free makes no difference. Studies like these have led to the coining of the colloquialism "driving while inTEXTicated." The research also supports the efforts of state legislatures trying to implement higher fines and penalties that increase for repeat offenders. Some states are in fact patterning DWT laws after those for DWI or DUI.

Keeping up with changes to the laws across the country is nearly impossible. In several states, new distracted-driving prohibitions took effect on October 1; others are slated to take effect on January 1, 2011. According to the Governors Highway Safety Association, 30 states plus Washington, D.C., ban texting by all drivers; 26 of those states have primary enforcement, meaning someone can be pulled over just for texting.

Additionally, local ordinances often ban texting even if there are no statewide restrictions. And in many states, legislators continue to introduce bills to toughen whatever laws are on the books.

New Jersey was the first to enact a state-wide ban on texting, in March 2008. However, the use of cell phones without a hands-free device has been banned since 2004 in Washington, D.C. Violations of both laws carry a penalty of a \$100 fine.

Lawmakers are not the only ones who are out to encourage safety. Blackberry applications like DriveSafe.ly, which reads text messages aloud to drivers and responds automatically for them, show that drivers themselves have an interest in being safer on the road—and that interest comes with good reason.

Because laws are changing every month, it is nearly impossible to say what the exact penalties are at any given moment. According to the Text'nDrive.com website, the state carrying the highest fines for texting is Alaska. There, legislation makes driving while texting or watching videos a misdemeanor punishable by a fine of up to \$5,000 and one year in jail. The runners-up are Iowa and Louisiana, where fines can be up to \$1,000 if texting is the cause of a serious accident. (Text'nDrive is a mobile application that reads email messages out loud in real time and allows replies by

voice, with no typing required. Not all of the information reported was verifiable on other sites.)

A different site shows Utah's laws against texting and driving as the strictest in the country, with violators facing fines of up to \$750 and up to 15 years in prison, the same penalties for those convicted of drunk driving. This site's author does not mention Alaska's fines, and she reports that drivers in Iowa are fined \$30 for an offense, but that the fine increases to \$500 if texting results in an accident. Louisiana's fines are as high as \$100 for a first offense and up to \$250 for subsequent offenses. And Illinois imposes fines up to \$1,000, with a third offense resulting in a suspended license.

Some states, like Virginia, California, and Wisconsin, impose somewhat lenient penalties, with fines as low as \$20, though most states, like Georgia, have fines within the \$100 to \$200 range, and a conviction results in points being added to a driver's record. Over two-thirds of all states now have a place on accident reports for police to report if distracted driving was a factor.

Many states have more stringent laws applying to young drivers. Statistically, they are involved in more accidents than older drivers, and they are more likely to text while driving.

Despite the statistics, some states still have no statewide legislation. In some of these states, localities like counties or cities have their own laws, but in a few states—including Florida—not only are there no statewide restrictions, but there is a law saying that localities cannot have any legislation against distracted driving either.

Some state officials, including Georgia's Governor Sonny Perdue, have shown hesitancy on distracted driving laws because of enforceability issues. Others view distracted driving laws as restricting personal freedom.

Furthermore, in most states and localities like Washington, D.C., where drivers are prohibited from operating a cell phone without a hands-free device, the law still allows drivers to place phone calls on their cell phones as well as to use GPS devices equipped with phones. These loopholes present a potential problem for ticketing officers attempting to distinguish between someone whose cell phone use is within the boundaries of the law and someone whose use is illegal.

Enforceability issues aside, there is no debate about how unsafe it is to text while driving. Distracted drivers are four times more likely to get into crashes serious enough to injure themselves, according to the National Highway Traffic Safety Administration and the Insurance Institute for Highway Safety.

For those who cannot bear to be out of touch even while driving, Blackberry applications like DriveSafe.ly, are a safer and legal alternative. Better yet, though, is simply to do what new PSA billboards in Georgia say: pay attention to the road, and TTYL all your friends before you turn that key in the ignition.

Don't miss
BANS Bake Sale
Breezeway between
Science and Academic
buildings
Monday, October 25
9 a.m. - 2 p.m.



Academics

BY MARINERS LOG STAFF

With every new semester, CCGA is pleased to welcome new talent to an already outstanding faculty. Over two dozen new faculty members and administrators have recently joined us. The *MARINERS' LOG* staff introduces and welcomes about a third of them in this issue; the others will get their minute of fame in the November and February issues.



Dr. Michael Butcher is CCGA's first ever Director of Residence Life and Housing. He arrives just in time to oversee the building of the first residence hall on the campus. Dr. Butcher was originally interested in technology; his first degree is a BS in Information Technology from Rochester Institute of Technology. However, while working on his Masters in Public Administration at the College of Charleston, he served for two years as Graduate Residence Hall Director and enjoyed it so much that he decided to concentrate on student affairs in his MPA coursework. Once he received his MPA, he moved to Flagstaff, AZ, where he earned an EdD in Educational Leadership at Northern Arizona University while working in the residential education and operation areas in residence life.

Dr. Butcher is excited about coming to CCGA; he noted that there are few opportunities for a person to start a residence life program from scratch. His goal is to create a safe, secure environment that helps students develop in all aspects of their lives. He admitted that he would be content living anywhere, as long as his wife and family were with him—but he would rather it be in a warm climate. He recalls a snowstorm in Flagstaff that dumped five feet of snow on the city in two days and says he would rather not experience that again. He has traveled quite a bit—to Europe a couple of times, Costa Rica, the Bahamas, and Hawaii—and would like to see much more of the world. He would like to return to Europe, but visiting South America, Africa, Australia, and New Zealand would be a dream come true.

Dr. William "Bee" Carlton wears two hats on the Coastal Georgia campus. He is both Director of Athletics and Professor of Systems Engineering and Operations Research. When he was growing up, one of his desires was to play football for the University of Georgia. He did play football in college, but at Presbyterian College in Clinton, SC, not at UGA. After graduating, he went into the Army. Reminiscing, Dr. Carlton shared that "the experiences and opportunities were so good that I ended up staying for 27 years"; he recalls meeting "a lot of great and interesting folks."



In addition to his BS in Mathematics from Presbyterian, Dr. Carlton earned an MS in Operations Research from the Georgia Institute of Technology and a PhD in Operations Research from the University of Texas at Austin. He was a professional engineer, and he taught at the United States Military Academy and the Air Force Institute of Technology. When he retired from the Army, he was fairly sure that he would return to the college classroom, but he found that being involved with college athletics was even more appealing. He returned to Presbyterian College and served as their Director of Athletics.

With the military, Dr. Carlton traveled quite a bit and has called many places home, but he enjoyed West Point more than any other. At the same time, he is thrilled with his move to the Golden Isles. "My wife and I have always wanted to live right here in Brunswick and St. Simons, so we are living where we want to live and are very fortunate to be here," he explained. One place he wants to vacation is New Zealand; he visited there once and loved it and wants to go back.



Dr. Catherine M. Culver, Assistant Professor of Philosophy, is returning home to Brunswick, Georgia, after teaching at Villanova University in Pennsylvania and at Florida International University in Miami. Dr. Culver received her PhD in Philosophy from Florida State University and a BS from Jacksonville University. She has served as a member of the adjunct faculty of the College of Coastal Georgia and has given riding lessons at the Sea Island stables for over five years.

Dr. Culver enjoys teaching college students and providing them with an educational environment that encourages them to debate and discuss, enabling them to practice their learned skills right in the classroom. "I enjoy seeing the light bulbs flicker on," says Dr. Culver when asked why she entered the field of teaching. She wants each and every student to take away not just knowledge from a book, but the critical thinking skills relevant to any degree-seeker. If she could have one plaque on the wall of her office, it would say to her students, "READ! QUESTION! THINK!"

Asked where she would like to live if she could live anywhere, Dr. Culver quickly responded, "Lexington [Kentucky], Ocala, or here"—all three are "horse country." She'd love to vacation in the Wild West, particularly in Montana.

College of Coastal Georgia President's Scholars Summer Semester 2010

The following students are to be congratulated for having earned perfect 4.0 GPAs during Summer Semester 2010. President's Scholars are full-time students, enrolled at the College of Coastal Georgia for 12 or more credit hours.

KATHERINE CHIPMAN
JACOB KAPPELLER
JOSHUA KILPATRICK
STACY LYNCH
JESSICA MACAN
JESSICA MOBLEY
ALISON MORSE

TAMARA PEEPLES
STUART PIERSON
SANDI PIKE
CLAY STROUD
REBECCA SULLIVAN
JESSICA THORNTON

WELCOME, NEW FACULTY AND ADMINISTRATORS

Sarah Hartman joins the faculty of Coastal Georgia as an instructor in education. She has a Masters in Elementary Education from the University of Alabama, Montgomery, and a BS in Child and Family Development from San Diego State University in California. She is working on her dissertation; if all goes as planned, she will be Dr. Hartman next fall.



When asked who inspired her to choose education as a career, she recalled a college professor from whom she took two classes, social studies and writing. It wasn't necessarily the subjects that sparked Hartman's interest in teaching, but the methods her teacher used to engage students. That's when Hartman decided she wanted to teach and to develop her own style of interactive teaching. She hopes to instill in her students the passion and the ability to teach to every child's need. She feels it is important that all students have the opportunity to succeed, regardless of disadvantages some may face outside the classroom.

When asked what she would change in the education system if she could, Hartman said she knew her response might not be very popular with some people: she would like to see some—not all; she clearly emphasized the word *some*—of the millions of dollars spent on sports get redirected to education. Doing so might boost the quality of education. If no one will agree to that, the next best change would be to give classroom teachers more of a voice in creating and voting on policies that affect their day-to-day lives.

Though Hartman loves the career she has chosen, if things could be different, she might have been an astronaut. She has always been fascinated with space and space travel, but her sensitive stomach kept her from walking that path.

Dr. Ivy Holliman-Way holds a PhD and MA in History and a BA in History and English, all from the University of Georgia. Her love of history blossomed in college when she wanted a better understanding of why the poverty rate was so high in downtown Atlanta. She discovered that many of the causes had roots in the past, deepening her interest in history and in teaching others to value its study. She has taught middle and high school students in Atlanta and college students at UGA. Dr. Way also served as a graduate assistant for the UGA Center for Teaching and Learning and was program coordinator for the University of South Carolina Center for Teaching Excellence in Columbia. She particularly enjoys teaching freshmen; "they all ask 'why' about things instead of just copying the information down off of the board," she explains. In addition, Dr. Way can identify with them as they all try to learn how to use Blackboard Vista and COAST.



Did she ever consider being something other than a professor of history? Dr. Way says that when she was around 4, she was so inspired by Olga Korbut and Nadia Comeneci that she wanted to be a gymnast. She would put her hair up in a pony tail and try to do flips and somersaults. However, she was a horrible athlete, and with the U.S. boycotting the next two Olympics, the dream was gone by the time she reached her teen years. She couldn't have been that horrible, though, because she was tapped to coach the 1995-'96 varsity boys cross country team at Brandon Hall School, a very exclusive college prep academy in Atlanta.

When asked what historical figure she would like to have met, she replied, "I wouldn't mind speaking with Fannie Lou Hamer." Fannie was the youngest of 20 children born into a family of sharecroppers who in the 1960s became an extremely influential grass-roots leader in the civil rights movement. The next logical question was what time period would she like to visit, and her answer was that she would visit the 1920s because women were experiencing a new level of freedom, including the right to vote and to make new rules where fashion was concerned. If Dr. Way could travel anywhere today, she would visit Turkey—because it combines elements of both Europe and Asia.



Cary Knapp joins the College as a Public Services Librarian. She holds a Masters in Library Science from Indiana University and a Masters of Teaching and BFA from University of the Americas in Puebla, Mexico. She brings to the campus over 33 years of experience, including most recently 19 years as Adult Services Librarian at the regional library in Brunswick. What she loves about the library is "working with all types of people, and it is a place where everyone is equal!" She also enjoys interacting with "intelligent, curious people"; the job is never boring. She wants to turn around the misconception of the library as a place where old ladies are always "shushing" someone. The Gould Memorial Library is a fun and vibrant place, which is one of the reasons she is so pleased to work here.

Knapp has traveled extensively and has seen many wondrous things. She would like to revisit the Galapagos Islands, Patagonia, and Kenya, as well as Australia—because she wants to be in the audience for the Jon Stewart Show. Even though working in the libraries is a passion of hers, handed down from her mom who loved to read, Knapp has one other passion, her true passion, which is art. She and her husband are often exhibitors in the art shows on St. Simon Island, where they sell anything from pottery to paintings. Whenever she has spare time, she can usually be found working in her studio.

When asked if she had any inspiring words to pass on, Knapp chose a saying from Bishop Desmond Tutu: "When your dreams turn to dust, vacuum."

Dr. Kathleen Simon joins the nursing faculty as an assistant professor. She holds a DNSC from Boston University; the Doctor of Nursing Science degree is the equivalent of a Ph.D. in nursing, with the curriculum requiring study of a foreign language and writing and defending a dissertation. In her family, college was an expectation rather than a choice, and in the Midwest, not a lot of options were available for women other than studying to be secretaries, teachers, nurses, or home economists. Her mother was an elementary school teacher; Dr.



Simon thought she had seen enough of education to know it probably wasn't for her. She liked science and had done well in it, so without one ounce of previous contact with nursing, she chose that major—and liked it right from the start. She earned a BSN from the University of Wisconsin-Eau Claire and an MS from the University of Minnesota in Minneapolis.

Faced with the decision of where to go after finishing school in Boston, Dr. Simon thought about living in the Midwest; her family was there. But she liked the East Coast better and the South better than the North, so she ended up spending the next 21 years at the Medical University of South Carolina in Charleston. When she saw that CCGA was hiring nursing faculty, she was excited about the opportunity to be a part of the team developing the program; she was ready to move away from the medical university environment where everyone is involved in the health sciences.

For relaxation, Dr. Simon enjoys reading; she leans towards mysteries and historical fiction but likes anything with a good story. She also enjoys needlecraft and quilting.



After teaching part-time for CCGA this past summer, **Shonda Stevens** this semester joins the English faculty with full-time status. She has an MA in English literature from Oklahoma State University in Stillwater and a BS in English from the University of Maryland's University College in Aviano, Italy. She has spent 9 of the last 11 years overseas, living in both Italy and England with her husband while he was stationed in Europe. His assignment to the Federal Law Enforcement Training Center has

now brought the Stevenses to Brunswick and Mrs. Stevens to CCGA.

She studied English and art history as an undergraduate and thought she wanted to be a journalist. However, traveling and studying for three years under a "fantastic professor" changed her outlook and gave her a passion for teaching. Stevens taught both elementary and high school students in England and says, "Never again!" She prefers college students, saying that "they can get really motivated, passionate, and excited" in discussions.

Turkey or Japan would have been her choices of places to reside because of the cultural diversity they offer, but she is also very excited about being part of the changing culture of CCGA. When asked if she could be anyone or change places with anyone, she said she would have loved to be a part of the 1920s artists' community in Paris and to have dinner with Picasso. Until this moment, Stevens had a secret: The love of her life is the "worst behaved animal in the world," her 70-pound pure-bred boxer named Sadie.

Jennifer Zak is CCGA's newly hired Coordinator of Student Disability Services. She was born and raised in Brunswick and has lived in Georgia her whole life; her A.S. is from Coastal Georgia Community College, so she is returning to her alma mater. She chose to study clinical rather than experimental psychology because she preferred the therapy and counseling aspects of the field over doing research. She earned her Master's from Georgia Southern University.



Zak has always been intrigued by people's behavior and interested in psychological disorders. What attracts her to her work is being able to watch people make changes in their lives and to feel better about themselves—and it helps that there is never a dull moment. She is excited about working in the college environment after having worked in a maximum security correctional facility and an outpatient geriatric setting in the past.

Relaxation for Zak means spending time with her wonderful family and close friends and with her two cats, Elvis and John Wayne. She has been back in Brunswick only a little more than a month and has had little time to think about decorating her new office, but she did rearrange the furniture so that her desk would be next to the window. The walls are still bare, though, so it just seemed natural to ask, if she were to have one framed quote hanging on those walls, what would it be? She chose a sentence from *Strength to Love*, a book written in 1963 by Martin Luther King, Jr.: "The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."

College of Coastal Georgia Dean's List Summer Semester 2010

Congratulations to these students who made the Dean's List this past summer! To make the Dean's List, a student must have enrolled either for 12 or more credit hours and earned a GPA of 3.25 or higher or for 10 or 11 credit hours and earned a GPA of 3.50 or higher.

Elizabeth Anderson
Titinia Augustus
Pamela Barker
Kimberly Bearden
Alicia Chapman
Katherine Chipman
Cassandra Clough
Patricia Conley
Alexis Cummings
Marilyn Daye
Amanda Dowdy
James Goodwin
Taylor Grant
Kaitlyn Guess
Matthew Hartenstein
Matthew Hawkins
Katelynn Henderson
Keandra Hill
Carol Hudson
Felton Jackson
Melissa Jacobs
Jacob Kapeller
Emily Key
Joshua Kilpatrick
Joyce King
Robert Lancaster

Marni Lord
Stacy Lynch
Jessica Macan
Thomas Martin
Chelsea Mercer
Jessica Mobley
Levi Moore
Jerry Moore
Alison Morse
Tamara Peeples
Stuart Pierson
Sandi Pike
Karen Price
Hilary Pulos
Jason Purcell
Sarenda Simon
Cheralin Smith
Clay Stroud
Rebecca Sullivan
Felicia Sutton
Jeannie Thompson
Ashley Thornton
Jessica Thornton
Mary Trussell
Paula Woodard
Abner Zachry

Phi Theta Kappa Inducts 48 New Members



On September 19th, the College of Coastal Georgia's Phi Theta Kappa Chapter, Omicron Omega, held its Fall 2010 Induction Ceremony in the Alfred W. Jones Science Lecture Room. Our guest speaker was Director of the Camden Center, Mrs. Holly Christensen, who talked about Phi Theta Kappa's Honors Study Topic, "Who Are You?"

After Mrs. Christensen's remarks, Dr. Jennifer Hatchel swore in the new members. To date this semester, 48 students have joined Phi Theta Kappa: Maria Alarcon, Rahma Al Ghafri, Christina Bates, Earnest Boatright, Paul Boatwright, Bethany Browning, Nicole Cabanes, Darby Chancey, Katherine Chipman, Cassandra Clough, Alicia Cole, Briana Cooke, Janice Crews, Stephanie Hopson, April Jackson, Lucious James Jr., Emily Kellar, Harmony Kellerman, Joyce King,

Robert Lancaster, Mark Anthony Linton II, Christina Litzenberg, Jared Lockhart, Jessica Mahaffie, Kathleen Monreal, Ginny O'Quinn, Amanda Patrick, Greta Peebles, Christine Peterson, Jason Purcell, Lourdes Roman, Carmen Ryals, Sherri Shaw, Cassandra Shea, Angela Sherzer, Catherine Smith, Michal Szweczuk, Felicia Sutton, Ashton Taylor, Ashley Tillotson, Christy Turner, Sarah Yates, Chris West, Cassandra Whitten, Ayla Wilson, and Zach Zachry.

After the induction program, refreshments were served.

This fall, Phi Theta Kappa members are working on many activities, including presenting the International Honors Study Topic Seminars, hosting the Fall Georgia Regional Leadership Conference at CCGA October 8 - 9, and providing a Halloween Carnival in Brunswick

for area children on October 30.

Phi Theta Kappa is the international honor society for Coastal Georgia students. To be eligible to join Phi Theta Kappa, students must have earned at least 12 hours of coursework in a degree program with a minimum 3.5 grade-point-average. There are two inductions held each year, one in the fall and one in the spring.

Phi Theta Kappa meets every Thursday at 12:15 p.m. in the DL rooms on both campuses. Brunswick members meet in SB 195, and Camden students, in CC 202.

For further information, students can contact one of the following advisors: Sheila Ledford, Dorothy Edwards, John Kissinger, Dr. Jennifer Hatchel, Holly Sterner, Dr. Gracia Toubia-Stucky, or Dr. Jean Choate.

Campus



Know Your Library

"The library is the temple of learning, and learning has liberated more people than all the wars in history."
~Carl Rowan

BY CARY KNAPP

Have you visited CCGA's Gould Memorial Library lately? If not, you're in for a surprise because the place has changed.

First of all, the name alone has taken on a new meaning. The library is now considered the Learning Center and Information Commons, a relatively new term for this 21st century trend. It extends the idea of the public commons in early American towns and cities—places where citizens gathered to discuss issues, share information, and solve problems.

Our founding fathers understood the importance of information in a democratic society. In 1822, James Madison stated that "a popular government without popular information, or means of acquiring it, is but a prologue to a farce or a tragedy, or perhaps both. Knowledge will forever govern ignorance, and a people who mean to be their own Governors must arm themselves with the power which knowledge gives."

The Information Commons/Learning Center at the Gould

Library enhances the traditional library setting by providing space that incorporates workstations equipped with software supporting a variety of uses, offering workspace for individuals and groups, providing comfortable furniture, with a staff who support activities related to accessing information and using technology.

Check out some of the newer services:

Book Swap. Sometimes you need a break from text books and studying, and a little recreational reading might be just the ticket. The library is collecting used books that can be swapped. Bring in a book (hardback or paperback) and simply exchange it for one on the library's Book Swap shelf.

NetLibrary/Ebooks. Did you know that the library has a NetLibrary? There are over 60,000 full-text books you can read online, and the majority are recent editions. Students can access the NetLibrary both on and off campus; however, to gain access to Ebooks from off campus, you must first stop by the library and set up a free account.

Films on Demand. This is a state-of-the-art streaming digital video platform that offers outstanding up-to-date educational and informational programs for students, faculty, and staff. Over 6,000 video titles are available on topics that range from the humanities to the sciences. Access to Films on Demand is through the GALILEO databases.

New Books. The library has hundreds of new books on its shelves and here are just a few of the more intriguing titles . . .

Jane's Fame: How Jane Austen

Conquered the World by Claire Harman (PR4036 .H37 2010). Harman describes the cultural and sexual fantasies at the heart of Jane's fandom with great skill, making two things strikingly apparent: no reading of Jane is a misreading, and Austen's major effect is to inspire good writing.

Switch: How to Change Things

When Things are Hard by Chip and Dan Heath (BF637 .C4 H43 2010). The authors address motivating employees, family members, and ourselves in their analysis of why we too often fear change. Change is not inherently frightening, but our ability to alter our habits can be complicated by the disjunction between our rational and irrational minds: the self that wants to be swimsuit-season ready and the self that acquiesces to another slice of cake anyway. The trick is to find the balance between our powerful drives and our reason.

Remembering our Childhood: How Memory Betrays Us by Karl Sabbagh (RC455.2 .F35 S33 2009). In this fascinating and often disturbing book, the author looks at psychologists' present understanding of how memory works—and fails to work—particularly in terms of childhood recollections. He shows that, in cases of "recovered memories," the unreliability of memory has had tragic consequences.

Defying Dixie: The Radical Roots of Civil Rights, 1919-1950 by Glenda Elizabeth Gilmore (HN79 .A13 G54 2008). This rich history of that early movement introduces readers to a contentious mix of home-grown radicals, labor activists, newspaper editors, black workers, and intellectuals who employed every strategy imaginable to take Dixie down.

Sinister Yogis by David Gordon White (BL2015 .Y6 W55 2009). Since the 1960s, yoga has become a billion-dollar industry in the West. Marketed as a clear path to self-realization, mind expansion, and taut abs, yoga is also perceived as an ancient and unchanging Indian tradition based on the revelations of sages. But this modern conception of yoga derives from nineteenth-century European spirituality, this book reveals, and the true story of yoga's origins in South Asia is far richer, stranger, and much more entertaining.

The World is Blue: How Our Fate and the Ocean's Are One by Sylvia Earle (GC21 .E28 2009). The author is the most qualified individual on earth to promote saving it. She understands that the ocean is the source of most of the oxygen we breathe, most of the water we drink (rain water), and a large part of the food we eat. She systematically outlines what man has done to the ocean over the last 100 years and the implications for a dire future if we continue on this blind path.

Art and the Freedom of Speech by Randall P. Bezanson (KF4770 .B487 2009). This book analyzes the broad range of Supreme Court cases that concern the protection of art and free speech under the First Amendment. Finding that debates about free expression (whether in speech or art) swirl around sex and cultural blasphemy, the author tracks and interprets the Court's decisions on film, nude dancing, music, painting, and other visual expressions.

Club and Organization News

compiled by Sandra Crum

Get involved in campus activities, learn leadership, meet new people, and add to your resume!

Contact the sponsors of any clubs or organizations that interest you. Access them using the **RED ROVER CCGA Campus Directory of Student Organizations and Involvement**. Don't let the opportunity pass you by!

ASSOCIATION OF COASTAL EDUCATORS (ACE)

Sponsors: *Kent Layton and Kathy Halliwell*

The Association of Coastal Educators is the newly formed student organization for education majors at CCGA. ACE hopes to build an organization that will help CCGA teacher education students grow professionally as well as help education centers in the community. At the end of August, the officers of ACE held a bake sale to raise money for school supplies for Head Start in Brunswick. The money from the bake sale as well as school supply donation boxes allowed ACE to donate \$300 in school supplies to the program.

ASTRONOMY CLUB

Sponsor: *Ntungwa Maasha*

The Astronomy Club of the Golden Isles organizes stargazing sessions (star parties) for its members to study celestial objects. These star parties are usually held on the Brunswick campus when the sky is clear and the seeing is good. They are open to the entire college community and to students from local schools, as well as to interested citizens of Glynn and the neighboring counties. In the remaining months of this semester, the star parties will center on observing Jupiter, the galaxies visible in the northern hemisphere, and the waxing phases of the Moon. If you wish to receive notification about the coming star parties, please email stellarbrown@hotmail.com.

BRUNSWICK ASSOCIATION OF NURSING STUDENTS (BANS)

Sponsor: *Diane Denton*

BANS encourages its members and other students to take an active role in the community as well as on campus. BANS provides insight into the nursing world of which nursing students all want to be a part in the future.

On October 20th, BANS will be hosting a Domestic Violence Forum to support Domestic Violence Awareness. It will begin at noon in the Science Lecture Room (Brunswick campus). Guest speakers will present real life accounts of the effects of domestic violence and information for those who are seeking to escape from this devastating situation. Admission is a toiletry item that will be donated to the local shelter, Amity House, to support the victims of abuse.

On October 25th, BANS will be hosting a Bake Sale on the Brunswick campus. Current nursing students will be providing a variety of goodies for Coastal Georgia students.

For the November 17th meeting, BANS has invited a former CCGA nursing student who is now a Nurse Practitioner to speak. All nursing students are invited to attend and listen to her journey into this incredible field.

NONTRADITIONAL STUDENTS GROUP (NTS)

Sponsor: *Dr. Ntungwa Maasha and Anna Dewart*

The Non-Traditional Students Association usually meets from 12:20 to 1:15 p.m. on the second Thursday of the month in SB 283C. The meetings focus on topics chosen by the members of the association to address the unique circumstances and challenges of students who had a hiatus between high school and college, who have to work part or full time to maintain a family, and who are striving to do well in their courses. The Association's most recent meeting on October 14 featured Christopher M. Meshanko, Coordinator of Career Services. All

non-traditional students are invited to all meetings, and refreshments are served.

CCGA ART CLUB

Sponsor: *Jeff LeMieux*

The CCGA Art Club is now meeting every Thursday from 12:15 to 1:15 p.m. in the 2-D Studio Art room in the Coffin Building. Art club membership is open to all current CCGA students. The purpose of the club is to raise awareness of the visual arts on campus and in the community through regional art museum tours and community projects. The art club hopes to complete a mural at Brunswick Goodwill store offices in the next month or so and is looking for interested participants.

MINORITY ACADEMIC SOCIAL DEVELOPMENT ASSOCIATION (MASDA)

Sponsor: *Zerelda Jackson*

MAP/MASDA meets every Thursday on the second floor of the Andrews Student Affairs building at 12:15 p.m. MAP/MASDA is a multicultural club, and we invite all students to participate. As an organization, we embrace opportunities to educate our students and the community in regards to multicultural awareness, understanding, and tolerance. Our club goals are to promote awareness and increase appreciation of diversity and minority student culture, to act as a resource for students and faculty, and to provide a comfortable social atmosphere that helps improve unity and minority students' success at the College of Coastal Georgia.

On November 3rd, starting at 12:15 p.m., the SAC is where you want to be for Coastal's Got Talent. This is an Open Mic activity for students to showcase their talents to the student body.

MARINERS' LOG

Advisor: *Sharon Bartkovich*

MARINERS' LOG is the College's newspaper, published six times per year. Students can earn elective credit while working on the paper by signing up for JOUR 1000. The staff meets from noon to 1 p.m. every Wednesday in the Publications Suite in the SAC. Writers are always needed, and free-lancing without signing up for the course is negotiable with Ms. Bartkovich. No experience is necessary, but a willingness to learn is a must. Working on the newspaper is a great résumé booster and a super experience.

PROGRAMMING BOARD (PB)

Sponsor: *Andrew Smith*

Programming Board kicked off the year in a big way, hosting comedians Ronnie Jordan and Jay Black as well as performers Daniel D., 61Syx Technique and Plastic Musik. Students on both campuses have come out in record numbers this semester and should continue to do so for the rest of the fall lineup.

Upcoming events include the Hunt Family Fiddlers and Bongo Ball Mania. Programming Board will present the Hunt Family in Brunswick on Saturday, October 23, in the Conference Center Auditorium beginning at 7 p.m. and in the Camden Center Auditorium on Sunday, October 24, at 3 p.m. The Hunt Family Fiddlers are a family of nine who not only specialize in world-class fiddling but are renowned Irish step dancers as well. Their high-energy show is sure to please spectators from all walks of life.

Programming Board is always looking for new members who want to learn how to book acts, set up events, and meet talented performers. To get involved, come to the Programming Board's next meeting on October 20 at 3 p.m. in the SAC Meeting Room or join the Programming Board group on Red Rover at <https://ccga.redroverhq.com>.

RADIOGRAPHERS' CLUB

Sponsors: *Tonda Highsmith and Bonnie Tobias*

The Radiographers' Club has been quite active this fall. On

September 24, we held our annual Krispy Kreme donut sale.

Then the club participated in a "personal product and household supply" drive for Fair Haven, a women's and children's shelter located in Jesup, Georgia. The Brunswick campus as well as the Camden campus assisted with the donation of goods. Many thanks to everyone who made this event successful as delivery date on October 7 supplied a generous supply of various types of household/personal products for the clients of Fair Haven. This non-profit organization accepts all types of donations as they assist women in establishing new residences. Many of the clients leave their homes with no possessions. To inquire about donations, contact Julia Burch, executive director, at 588-9999.

The Program Open House on October 19 was very successful. For their next event, on October 29, club members



Radiography students Elizabeth Troemel, Rebecca Hayslip, Sarah Gunnells, Natalie Tyre, Roshni Patel, and Elena Thornton load up the donations for Fair Haven.

will join with Southeast Georgia Health System in providing Halloween treats for the pediatric ward patients.

PHI THETA KAPPA

Sponsors: *Sheila Ledford, Jean Choate, Dorothy Edwards, Jennifer Hatchel, John Kissinger, Holly Sterner, and Gracia Toubia-Stucky*

Phi Theta Kappa was established in 1910 at Stephens College, a two-year women's college in Missouri, under the name of Kappa Phi Omicron. The society grew quickly and, in 1918, it became known as Phi Theta Kappa and was organized nationally. In 1924, an amendment to the society's constitution was passed to include all two-year colleges, regardless of single-sex or coeducational status. In 1929, Phi Theta Kappa was recognized by the American Association of Junior Colleges as the official honor society of two-year institutions.

Today, College of Coastal Georgia's Omicron Omega Chapter of Phi Theta Kappa is participating in many service projects within the community. These include American Red Cross Heroes Campaign, Relay for Life in Brunswick, bake sales, car washes, hot dog sales, Halloween carnival, canned food drives, World of Books Drive, and Law Day for Elementary students.

Following are the officers for the 2010-2011 school year:

Ashley Bowman, President; Deanna Glass, VP of Events, Camden; Melisa Cox, VP of Scholarship; Jennifer Alexander, VP of Leadership; Talia Rivera, VP of Service; Laura Griggs, Secretary; and Amie Voges, Treasurer.

STUDENT GOVERNMENT ASSOCIATION (SGA)

Sponsor:

SGA provides leadership to advance student interests. SGA members participate in recommending students to represent the student body on administrative committees of the College and of the University System. In the process, students learn leadership and management skills. SGA is open to all students. Elections for the four officer positions are held in the spring each year.



Fitness and Health

Post Traumatic Stress Disorder More Common Than Most People Realize

BY JENNIFER WALKER

In 1986 George Porter, Jr., a Korean War veteran, shot and killed his ex-girlfriend and her new boyfriend in their Florida home. The jury, never told of his military background, found him guilty and sentenced him to death. In December 2009, the Supreme Court threw out the death sentence for Porter, saying that Combat Post Traumatic Stress Disorder—better known as PTSD—must be considered when handing out a verdict.

Retired Army Reserve Maj. Vaughan Taylor, a lawyer in Jacksonville, NC, claims to have been the first to use PTSD as a legal defense over 25 years ago. He was representing Marine Pfc. Robert Garwood against charges of collaboration with the enemy by serving as an interpreter and go-between for North Vietnamese forces during the war. Garwood had been captured in 1965 by the North Vietnamese and was released in 1973, but he had stayed in Vietnam until 1979.

After a year-long trial, Garwood was acquitted on charges of desertion, but convicted of aiding the enemy. He could have been sentenced to life in prison, but the jury gave him no jail time. Taylor believes that his PTSD defense was a factor in that leniency, that the jury did not buy the prosecutor's argument that PTSD was a "smoke screen" and not a real psychological disorder.

Most people, when they think of PTSD, think of men who have been in the military and who come back from war with all sorts of psychological scars. In recent years, media coverage both by newscasters and in documentaries has created a better understanding of PTSD, but decades ago, during the post-Vietnam era,

quite a few feature films dealt with PTSD, even if the syndrome didn't have a well-established name yet.

Older readers probably recall how disturbed they were by movies like *Coming Home* (1978), *Apocalypse Now* (1979), *The Deer Hunter* (1979), and *Born on the Fourth of July* (1989). In these movies, combat veterans exhibited what is today known to be classic symptoms of PTSD: uncontrollable anger, emotional numbing, denial, keyed-up startle responses, an interest in recreating traumatizing events, and substance abuse.

Combat PTSD is nothing new. It has been suggested by some that even the Greek gods thousands of years ago knew about PTSD, that one point of Homer's *Odyssey* is that Odysseus needed ten years and an epic journey in order to deal with the atrocities of war before returning to civilian life on the island of Ithaca.

Thus, while Combat PTSD is not new, what is new is the acceptance, after years and years of denial, of how many combat veterans suffer from and need treatment for the disorder. What is also new is the recognition that veterans are not the only people suffering from PTSD.

War is only one of many traumatic ordeals that can lead to PTSD. So can abuse, rape, robbery, or a serious accident. It is estimated that 70% of the population will experience a significant trauma in their lives, and as many as one in five of those will develop the disorder. Today, more than 31 million people in the U.S. are struggling with PTSD.

Fortunately, research is contributing to a much better understanding of the disorder. Studies show that a person who has been abused is 31% more likely to develop

Please see **PTSD**, pg. 7

"FACE" FACTS: MAN-NING UP TO SKIN CARE

BY ERIN SNYDER

Let's face it. Women aren't the only ones who are gazing into the mirror every morning. In a recent market research survey conducted by Datamonitor, 73 percent of men said spending time in front of the mirror was "important" or "very important" to them. The old adage that men's skin care doesn't go beyond a bar of soap is a thing of the past, and a new attitude towards men's skin care has made its way to the masses. However, now men are facing for the first time a problem that women have been facing for years: product selection.

Television and magazine ads and the grocery store aisles are boasting a whole new influx of man-products. So men, instead of grabbing the first bottle of face wash from the aisle or using the pink bottle of fruity stuff your girlfriend keeps in the shower (because we know you do), read this article and man up to your skin care. Before long, she'll be taking notice of something other than her half-empty bottle of face wash.

Reason number one you should man up to skin care is that men's skin is different. Most men shave; most women don't. The main purpose of a female face wash is to remove make up, and unless you are sporting the latest guy-liner product, her face wash isn't suiting your needs.

While men who shave have very different needs, they also have other skin concerns like oiliness, dryness, and breakouts that are common for both sexes. Besides finding the best

routine for a good shave, men need to pay attention to the same three steps as women for great skin: cleansing, exfoliating, and moisturizing.

You know it's important to wash your face, but do you know why? Washing loosens up and rinses dirt, oil, and dead skin cells—the three ingredients for a wicked breakout—from your face. The residual buildup can also prevent you from getting a close shave. The best way to wash your face is with warm water, which will open your pores, allowing for a deep clean. It's the best prelude to exfoliation and a good shave.

Shaving is a type of exfoliation. The razor you use to shave will take off, along with stubble, a thin layer of skin cells, but only in the areas you are shaving. Additional exfoliation of dead skin cells is crucial for your best shave.

Using a mild facial scrub (which is basically a gritty face wash) or a scuffing lotion (a liquid that has exfoliating properties applied with a cotton ball) each day will help prevent a build-up of dead skin cells and lift the hairs on your face, ensuring your closest shave possible.

Look for a face wash sporting the key word "scrub" or a liquid toner with salicylic acid as an ingredient. If you have drier, sensitive skin, look for something that indicates the product is mild, for sensitive skin, and fragrance free.

To prevent razor burn, make sure you are using a shaving cream to lubricate your skin and to prevent tug and pull when your razor comes in

contact with your skin. Also, the direction in which you shave counts. Using a sharp razor, you should shave with the direction of your facial hair, not against it. Your direction should change slightly with each area of your face as the direction of facial hair changes.

What you call "razor bumps" are a result of shaving against the grain. When you shave against the direction your beard is growing, you cut the hair off at an angle and leave a sharp point that can become lodged in the skin, becoming an ingrown hair. Shaving with the grain and using plenty of lubricant are the best prevention for razor burn and ingrown hairs.

The third step is making sure your skin has the moisture it needs. Drinking lots of water is the first and foremost way of keeping your skin hydrated. However, a little bit of moisturizer is needed for all skin types. Drier, more sensitive skin does well with a lotion or creamy textured moisturizer. For oily skin types, moisture via oil-free gel or gel-lotion is the best approach.

Men with all skin types should select a daily moisturizer with an SPF (sun protection factor) of at least 25. That level of protection is essential not only for attractive skin but for healthy skin as well. According to the Skin Cancer Foundation, the majority of people diagnosed with melanoma are white men over age 50, and the vast majority of melanoma cases are caused by ultraviolet radiation, i.e., the sun. Picking up good habits now equates to good health later.

There is plenty more to be said about man-ning up to your skin care, but staying loyal to these simple tips will serve you and your skin well. The old "bar of soap" routine may be the easiest route, but the clichés in all the ads do have it right: take care and she's sure to notice.

Please see **Women's Health**, pg. 7

WOMEN'S HEALTH AWARENESS

BY HILARY PULOS

Living a healthy lifestyle can help you look and feel your best. It can also aid in reducing your risk for certain diseases. Some of the basic guidelines for healthier living include drinking an adequate amount of water on a daily basis, following a nutritious diet that includes eating plenty of fresh fruits and vegetables, and exercising daily. Most women have heard these health tips before, but many do not know that preventive screening tests and regular checkups should also be part of that regimen.

Preventive screening tests are used to help spot health problems early. There are various guidelines used to determine which screening tests apply to each individual woman. Regardless of age, every woman should have a general health checkup on a routine basis with basic screening tests such as blood pressure, cholesterol, blood glucose or A1c, height and weight measurements, and a skin exam.

These screening tests are simple but important. For example, there are no warning signs for high cholesterol, but high cholesterol increases the risk for heart disease. A screening test can determine if cholesterol is too high and steps can be taken to reduce future health complications.

Every woman should have a Pap smear and gynecological (GYN) exam beginning at age 20, or earlier if she is sexually active. A Pap smear detects cervical abnormalities and the GYN exam helps check for problems or abnormalities in the female reproductive system. Also, a clinical breast exam should be performed during those appointments.

Older women need additional screening tests, such as a mammogram, bone density scan, and colonoscopy. There are specific ages recommended for each screening test, but the age varies depending on each individual's risk factors. Speak with your doctor to determine when you should have each of these tests performed.

BREAST CANCER

One of the most important screenings for women is that for breast cancer. Each year in the United States, more than 190,000 women are diagnosed with breast cancer. Excluding skin cancer, breast cancer is the most common cancer among women. Breast cancer rarely occurs in men.

Although the shape and size of

breasts vary among individuals, all breasts are composed of lobes, lobules, glands, ducts, fatty tissue, fibrous tissue, and lymph vessels. The tissues of the breasts are made of cells that grow and divide to make new cells. When old or damaged cells die, new cells replace them. Sometimes this ongoing process malfunctions and new cells form and continue to grow even though the body does not need them. This forms a mass of extra cells in the breast called a lump, growth, or tumor.

The exact cause of breast cancer has not been determined, but several risk factors have been identified. Risk factors include, but are not limited to, age, family history, inherited genetic mutations, blood estrogen levels, and amount of physical activity. Having any or several of the risk factors does not necessarily mean a woman will develop breast cancer.

Women of all ages should perform a self-breast examination on a routine basis. Women should look for common warning signs, such as any change in the size or shape of the breast, a lump or knot, dimpling of the skin, any other skin changes around the breast, nipple changes, or discharge from the nipple. If any of these symptoms are noted, a doctor's visit is needed right away. Beginning at age 20, it is recommended that women have regularly scheduled clinical breast exams performed by a healthcare professional.

The U.S. government recently changed their mammogram guidelines, causing concern among healthcare advocates and medical professionals. The new government guidelines recommend that women delay getting routine mammograms until age 50 and lessen the frequency of mammograms to every two years. The government guidelines also recommend that women should not be taught how to perform breast self-exams.

Both the American Congress of Obstetricians and Gynecologists and the American Cancer Society still recommend yearly mammograms starting at age 40. The earlier breast cancer is detected, the better the chance of survival.

OSTEOPOROSIS

Unfortunately, most people are not aware they have osteoporosis until a bone breaks or fractures. Osteoporosis is a disease characterized by fragile bones, which increases the possibility of fractures and breaks. There are

usually no warning signs or symptoms for osteoporosis. Women have a higher risk than men of developing the disease. It is estimated that there are currently 8 million women and 2 million men

with osteoporosis in the United States.

Adults have over 200 bones in their bodies. Bones support the body and protect organs. Muscles use bones to help move the body.

Throughout life, the body continuously makes new bone and breaks down old bone. This process is called remodeling and involves bone deposit and resorption.

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Breast Cancer

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overcome whatever challenge is keeping us from doing our part in the fight against breast cancer.

1) Each year in October, Breast Cancer Awareness Month inspires people as well as corporations to be involved in the fight. Yoplait, the National Presenting Sponsor for the 2010 Susan G. Komen Race for the Cure®, sponsors an additional effort as well. Save Lids to Save Lives® takes place throughout September and October. During this time, customers are encouraged to save the pink lids on their yogurt containers and send them to Yoplait.

For each pink lid mailed in by customers, Yoplait donates ten cents to the Komen for the Cure® foundation. They guarantee a minimum donation of \$500,000, but will donate up to \$1.6 million if you get active now and start sending in your lids.

2) Not a yogurt fan? Why not sign up for a walk or race? Maybe your schedule is too packed now for you to run on Saturday, October 23, when the 2010 Komen North Florida Race for the Cure® is being held at the Jacksonville campgrounds. But what about February 13, 2011, when the fourth annual "26.2 with Donna" will be held on in Jacksonville?

Few things are more inspiring than being part of the race that carries the distinction of being "The National Marathon to Finish Breast Cancer." One hundred percent of the

proceeds go directly to breast cancer research at Mayo Clinic and to women living with breast cancer. All of this happens through The Donna Foundation, started by Donna Deegan, First Coast News anchor and three-time breast cancer survivor.

If the marathon sounds like too much, you can sign up for the half-marathon or get a team together to complete the marathon as a relay. It takes only a few minutes to get registered online at www.breastcancerwalk.com, where you can find all the details needed to turn your small effort now into a big difference later. And if the running part is holding you back, you can find information on Avon's "In It to End It" walks at www.avonwalk.org.

3) Another way to take action is to become an advocate in the Susan G. Komen Advocacy alliance. At www.komenadvocacy.org, you can multiply the power of one by sending letters to congressmen and policymakers on national, state, and local levels. No writing skills are needed as the website provides prewritten letters and suggestions on how you can personalize your letters. In this way, you can weigh in on legislation, policies, and community action relating to the fight. Only basic information along with the click of a mouse is necessary to show your support.

4) While you are online, you may want to make a donation to www.komen.org. Donations are

accepted in \$25 increments, and 87 percent of your donation will go directly to cancer-fighting efforts. The remainder supports additional fundraising and advocacy efforts and pays the administrative workers required to process these kinds of efforts.

5) Want to "sport" your support? Go shopping at www.shopkomen.com. Twenty five percent of your purchase is donated to Susan G. Komen for the Cure®.

6) Are you looking to make a difference with your degree? Apply for a job! Check out www.komen.org or one of their affiliate sites for job openings. Put your cancer-fighting skills to work for a non-profit organization.

7) Maybe you have your own idea of how to fight cancer. Start your own effort! All the information you need you will find at www.info-komen.org. Get inspired by the ideas, printable handouts, and step-by-step directions this site has to offer. You'll find everything you need to make your mission happen.

When Nancy Brinker promised her dying sister she would do everything in her power to end breast cancer, she did not stop where her individual time, money, and commitment ended. Instead she encouraged others to join her, extending her capabilities far beyond the means of one person.

Ms. Bartkovich understands how that multiplying works. She returned from Denver with a sash that says "EVERY THREE MINUTES"—because every three minutes, another woman in the United States is diagnosed with breast cancer. Beginning during the walk's opening ceremonies at 6:30 Saturday morning and lasting through Sunday afternoon's closing ceremonies, another walker or worker was given one of the sashes every three minutes.

Bartkovich found her sash outside her tent Sunday morning and wore the sash that day. At the closing ceremonies, she and 669 other participants were wearing a sash for the 670 women across the country who had been diagnosed that weekend. This year, 194,280 women in the U.S. will learn they have breast cancer. Every 68 seconds, someone in the world will lose his or her fight to breast cancer.

Astute readers will recall that I said eight suggestions, and I have provided only seven so far. For the final suggestion, just as Bartkovich has passed along to me the drive and inspiration to join the fight against breast cancer, I encourage the readers of this article to do the same. Pass this article along to another and extend the fight against breast cancer by one. Let your power of one multiply!



Sharon Bartkovich (far right) and her three sisters celebrate in Breckenridge, Colorado, at the close of their Avon "In It To End It" Breast Cancer Walk. They walked 39.3 miles on June 26 and 27 and raised over \$8,700 in the fight against breast cancer.

PTSD

PTSD than someone who has been in a serious accident. A rape victim is almost 50% more likely to develop PTSD compared to someone who suffered another form of sexual abuse. Women are twice as likely to develop PTSD as men because they are more often the gender being raped or physically abused. But men are 30% more likely to be in a traumatic situation than women, given the nature of their jobs. Men far outnumber women on police forces, in the military, and in fire fighting, professions where witnessing traumatic situations is unavoidable.

Though it is still unknown why some people get PTSD and others don't, scientists have discovered that PTSD is likely caused by a mix of several factors: inherited tendency to psychiatric illnesses; the severity of traumatic experiences, especially in early childhood; temperament; and, last, the way the brain responds to stress, how it regulates chemicals and hormones.

PTSD can make it hard for a person to function in everyday life. Symptoms of PTSD are similar, regardless of the traumatic experience causing the disorder. They can include sleep problems, flashbacks, and social detachment. The person may feel isolated, alone, angry, and disconnected from loved ones. The disorder also may impair a person's ability to think rationally during states of high excitement. PTSD often co-exists with other psychiatric disorders such as depression, substance abuse or dependence, phobias, behavior disorders, and memory problems.

Sufferers may begin to exhibit symptoms a few days after an event, but in some victims, the symptoms do not appear for weeks, months, or even years. That delay can make it very difficult to trace the symptoms back to the traumatic event.

The Mayo Clinic has split the

symptoms of PTSD into three categories. This categorization helps in classifying those who have PTSD, but some may experience symptoms from all three of the categories.

The first category is Intrusive Memories, which can include flashbacks in which the person relives the horrible event or dreams about what happened.

The second category is known as Avoidance and Emotional Numbing. A person who feels emotionally numb may avoid talking about what happened or avoid activities he or she once enjoyed. The person may have trouble concentrating, may experience memory problems, or may feel hopeless about the future.

Anxiety and Increased Emotional Arousal is the third category. This group of symptoms includes irritability, overwhelming guilt or shame, self-destructive behavior, and insomnia. The person may be easily startled. He or she may hear or see things that are not there.

All of these symptoms can come and go. A person may have no symptoms until something triggers a memory of the traumatic event. For instance, a car's backfiring may trigger the combat veteran's memories of gunfire. A knife might trigger the memories of a stabbing victim or witness. Something as commonplace as a plate of spaghetti or lasagna might trigger the memories of a child who witnessed the atrocities of war or bombings.

People generally do not recover from PTSD without professional help. Particularly if a person is experiencing depression or suicidal thoughts, a psychiatrist can be very effective in helping the person regain the control he or she feels has been lost.

Psychotherapy may include cognitive therapy, during which talking about the trauma can ultimately change a person's self-destructive thought patterns. For

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other PTSD sufferers, psychiatrists may use exposure therapy, where a person comes face to face with the trauma and learns to cope with it.

There is also a technique called Eye Movement Desensitization and Reprocessing. EMDR combines exposure therapy with a series of guided eye movements that help the victim process traumatic memories.

One more technique a psychiatrist may use is cognitive behavior therapy, which combines cognitive and behavior therapies to help the victim replace negative beliefs and behaviors with positive ones.

Along with psychotherapy, the psychiatrist may prescribe antidepressant or anti-anxiety drugs that will help the person cope. Another drug, prazosin, has been shown to be effective in suppressing nightmares and reducing sleep disorders in most PTSD patients.

While psychotherapy usually helps a person regain control and subdue his or her fears, those suffering from PTSD especially need the love and support of their family members. If allowed to, PTSD symptoms can destroy a family. Often those closest to the person suffering from PTSD need counseling, too, and help in dealing with the loved one's symptoms. The family need to take care of themselves as well as the PTSD sufferer; they need to continue with activities that relax or recharge them.

A person can overcome PTSD, but probably not alone. If anything positive can be said about any war, at least the explosive growth in the number of PTSD sufferers returning from Iraq and Afghanistan has resulted in equally explosive growth in research into the disorder. That research will benefit all sufferers.

There is hope. Day by day, piece by piece, those seeking help in dealing with the disorder do slowly return to their former selves.



Women's health

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Bones store minerals, such as calcium. Calcium is needed for bones to be hard and strong. Other parts of your body also need calcium to function.

When your diet does not contain the amount of calcium that your body needs, calcium is taken from your bones and released into your bloodstream. When bone resorption is faster than bone deposit, bone mass is lessened and the bone becomes more porous. As the bone becomes more porous, it also becomes more fragile.

There are steps you can take to maximize bone strength and health. Include adequate amounts of calcium in your diet. Vitamin D is also important because it helps bones use calcium. Weight-bearing and muscle-building exercises are important elements in making bones stronger. Also, physical activities, such as running, dancing, and climbing stairs help build stronger bones.

Peak bone mass is reached before age 30, so children and teens should follow the same advice for healthy bones. Most experts recommend a bone density test starting at age 65, but certain risk factors and some medications indicate the need for testing at an earlier age.

ENDOMETRIOSIS

Endometriosis is a medical condition of the female reproductive system and is estimated to affect 10 percent of women of reproductive age. The female reproductive system consists of the ovaries, uterus, fallopian tubes, and vagina. The lining of the uterus is called the endometrium.

Each month, the endometrium grows and undergoes changes in response to hormones. If a pregnancy occurs, a fertilized egg attaches and burrows into the endometrium. If no pregnancy

occurs, the lining is shed during menstruation.

In women with endometriosis, tissue like that of the endometrium grows outside the uterus in other areas of the body. These spots of tissue are referred to as implants or lesions and are typically located in the pelvic cavity on the ovaries, fallopian tubes, bladder, and bowel.

Although highly uncommon, some women have these lesions in critical areas, such as the lungs, spine, and brain. These lesions respond to hormone changes just like the tissue of the endometrium; each month they grow and thicken then break down and bleed. The tissue and blood have no way of leaving the body, which results in pain, scar tissue, and other related problems. Untreated, endometriosis can lead to infertility.

The cause of endometriosis is unknown, but some studies show a link to estrogen levels. The most common symptom of endometriosis is pain in the pelvic area, but other symptoms may include exhaustion, bloated belly, heavy or irregular bleeding, infertility, and diarrhea or constipation.

POLYCYSTIC OVARIAN SYNDROME (PCOS)

Another problem estimated to affect 10 percent of women in the United States is PCOS, but it is commonly misdiagnosed, so many women do not know they have it. PCOS is a complicated disorder where a woman's hormones are out of balance. Symptoms can begin in the teen years and are often overlooked simply as signs of stress or dismissed as common complaints that most females experience during adolescence. Additionally, other health conditions might mimic PCOS symptoms and make diagnosis difficult.

The syndrome is characterized by

a multitude of symptoms and affects each woman differently. Even though two women in the same family may have PCOS, each may have completely different symptoms as determined by their individual lifestyles.

Women with PCOS typically have abnormal levels of androgens and some degree of insulin resistance. Together, these hormones wreak havoc on a woman's body in a tormenting cycle. PCOS symptoms include, but are not limited to, acne, hair loss, hirsutism, unexplained weight gain, heart palpitations, polycystic ovaries, and irregular, painful periods.

One symptom alone does not conclude a diagnosis of PCOS. Seeing a doctor and getting medical tests are necessary for proper diagnosis. PCOS can increase a woman's risk for problems such as diabetes, early heart attack, early stroke, and uterine cancer. PCOS is also a leading cause of infertility.

Although doctors are continually learning more about the condition, the exact cause of polycystic ovarian syndrome is still unknown. There is no cure, but with proper medical advice and education, PCOS can be managed.

Taking an active role in your health and increasing your health awareness will ensure you get the best care possible. Keep a record of your symptoms and medical tests. Do your own research, educate yourself, and stay informed. It is important to communicate all of your concerns during doctors' visits, so make a list of questions to ask your doctor.

If you don't understand something, ask your doctor to explain it further. Get a second opinion if you are not satisfied. Be your own health advocate to be the healthiest you.

Deadlines for submitting your art, photos, prose, and poetry to *Seaswells*

Tuesday, Nov. 23 Contest submissions
Friday, Dec. 3 General submissions

VAMPIRES: WHAT'S REAL? WHAT'S NOT?

BY MONICA KRATZ

There are creatures that come out only at night. They fly, they sleep during the day, and they hunger for delicious, warm blood. What are these creatures? To anyone living in the South, it is clear that what is being described is *Culex nigripalpus*, the dreaded blood-sucking mosquito.

But to those seriously afraid of the dark or seriously in love with the *Twilight* saga, the same description would fit another fantastic creature, the vampire. These bloodsuckers have gained much notoriety as being dark and gruesome, causing much fear of going out at night. Only very recently have vampires become sparkly and handsome.

What started the madness with vampires, and why are people so afraid of them? Some people act like vampires and strongly believe they are vampires. What evidence has led them to this conclusion?

The modern vampire craze dates back to Bram Stoker's *Dracula*, published in 1897. Stoker's novel drew on earlier myths of werewolves and other legendary demons. In 1922, German film director F. W. Murnau produced an unauthorized version of Stoker's novel and called it *Nosferatu*. Murnau had to change details like names—Count Dracula became Count Orlok, and Jonathan Harker became Thomas Hutter—because the studio was unable to obtain rights to *Dracula*.

The film is about a young real estate agent (Hutter) who is commissioned by Count Orlok to help him find a new place to live. After spending the night in Orlok's castle in Transylvania, Hutter wakes up to find fresh punctures on his neck that he assumes came from mosquitoes. That night, Orlok signs the papers to purchase a house right across the street from where Hutter lives.

The next day, while exploring the

castle, Hutter discovers the coffin where Orlok rests during the day. Hutter escapes the castle and returns home, and Orlok moves into the house across the street. Subsequently, many mysterious deaths in the town are attributed to the plague, but Hutter's wife, Ellen, suspects the plague is not the cause. She learns that the only way to kill a vampire is for a woman pure in heart to give her blood to him willingly so that he loses track of time.

Ellen sends her husband away one evening, and she invites Orlok into her home. Orlok is so engrossed in drinking her blood that he forgets about the coming day. A rooster crows and Orlok tries to flee, but he vanishes in a puff of smoke, the first case of death by sunlight in the history of vampire fiction. The movie ends with Ellen's dying in the arms of her grief-stricken husband.

Nosferatu was the only film ever made by Prana Film. The company went bankrupt after Stoker's estate won a lawsuit for copyright infringement. All prints of the film were supposed to be destroyed, but copies had already been distributed and duplicated all over the world. In 2010, Murnau's silent film was ranked #21 in *Empire* magazine's "The 100 Best Films of World Cinema."

Nosferatu was the catalyst that brought forth a collection of vampire films and television shows such as the *Twilight* saga and *Buffy the Vampire Slayer*. These modern phenomena have put a new spin on the myth of vampires, as they now know martial arts and have the tendency to "glisten" in the sun light. These new myths make vampires less menacing and more attractive. Being a vampire has become so appealing that some people even believe that they are vampires.

The old myths surrounding vampires are very much storybook stuff. The part that involves a stake through the heart to kill a vampire

may go back to a historical tyrant, Vlad the Impaler, who was the original Dracula, meaning "the son of Dracul." When Vlad came to power in Wallachia, he took revenge on the aristocrats whom he blamed for the deaths of his father and brother by impaling them. A wooden stake was driven through their bodies in a way that no vital organs were pierced, and the stakes were then planted in the ground. It could take days for the victims to die, and the smell of their rotting flesh lasted much longer.

Interestingly, the vampire myth is much more complicated than just a stake through the heart. The stake must be either wood or silver, and the vampire hunter must then stuff the head with garlic cloves and sever it from the body. The head and body then must be burnt in two separate places and the ashes scattered in separate locations. If these exact instructions are not followed, the vampire will return to the condition it had before being destroyed.

Another part of the myth is that vampires drink blood and that they have sharp fangs to help puncture holes in the slender necks of young female victims in order to draw blood out. Why do they do that?

"Real" vampires are born with an energy imbalance; some days, they have virtually no life force, while on other days, they are hyperactive. When they are drained, they must feed that hunger. And while fresh blood is supposedly the highest known source of the life force, real vampires can absorb energy in a variety of ways—including sex.

Certainly people with energy imbalances are not rare. Everyone knows at least one person who just seems to suck the life force out of the people surrounding him or her. Lots of people walk around practically in a stupor some days and hyper-kinetic another. Those swings may mean they are manic depressive or that they are suffering from PMS—but not that they are vampires.

Could there be a kernel of truth in the idea that drinking blood restores a person's life force? Sometimes, tiredness has a medical cause: iron deficiency. One symptom of iron deficiency is chronic fatigue, and sometimes the deficiency is so severe that whole blood transfusions are needed.

But the fangs part of the myth? No, some people just have big canine teeth—or they have a set of caps put on their canines to make them look more like mythical vampires.

Vampires supposedly come out only at night because sunlight incinerates them. Research has shown that roughly one in ten people is a "night owl." On a biochemical level, night owls differ from the other 90 percent of the population. They have inverted circadian rhythms, making it difficult for them to adjust to daytime schedules; they frequently work nights. Many night owls are photosensitive, so they avoid sunlight because they burn easily, and they tend to have excellent night vision.

Other people who may appear to be night owls actually suffer from treatable conditions, like Chronic Fatigue Syndrome (CFS) and insomnia. CFS sufferers, according to Web M.D., feel so tired that they cannot perform daily activities. Their symptoms include sleeplessness, fever, muscle or joint pain, headaches, and tender lymph nodes in the neck or armpits. Insomniacs have trouble falling or staying asleep and they feel tired upon waking. One can recover from CFS and insomnia—but real vampires are vampires forever.

One last myth is that vampires cannot eat garlic. Maybe the "vampire" is simply allergic to garlic. Not eating it for a while and taking some Benadryl should take care of the hives or swelling.

It is easy to see how people could begin to think of themselves as vampires; all of the "symptoms" exist to some extent in the general

population. But at least two doctors have gone so far as to suggest that everyone has a little bit of the vampire in him- or herself.

Dr. Lawrence Wilson is a nutritionist who lives in Prescott, Arizona. Dr. Paul Eck is a biochemist and founder of Analytical Research Laboratories. Their theory deals with energy vampires, what they call psychic vampirism—and in a creepy way, it makes sense.

Wilson and Eck view life as a constant exchange of energy. People are always either giving up or obtaining energy. In healthy relationships, the exchange is very gentle. However, "energy vampires" habitually suck the energy from others in two ways: intimidation and seduction.

In intimidation, the "vampire" upsets the victim's psychic equilibrium with verbal or physical threats. Parents, teachers, doctors, dictators, police—all use intimidation to some extent to get their way. Intimidation might be quite subtle, as in pushing someone's buttons, or it could be quite blatant, as in a police officer's pointing a gun.

Wilson notes that there are hundreds of ways to make others conform to what the vampire wants: "These range from confusing others, lording it over others, physically constraining others in some way, embarrassing, harassing, fault-finding, put-downs of thousands of kinds, ignoring those who want your attention, or favoring others over one. Depriving others of funds, for example, or worse, of physical necessities such as food, water, shelter, health care, warmth, sex, and hundreds of other needs or wants are other common ways to intimidate others."

With seduction, the "energy vampire" upsets the victim with flattery, with praise that the other person knows, consciously or unconsciously, is neither honest nor real. Men and women are equally

adept at using seduction to get their ways with each other. Politicians are another good example, seducing voters with false promises.

Victims of energy vampires feel depleted or used—as if the blood has been sucked out of them. Voters are angry when they realize that they gave up their power to the seducer. Parents may get their way by nagging, scolding, yelling, inventing crazy rules, being inconsistent in discipline, dishonoring, or flattering, but children realize they have been manipulated.

Vampires—real or not? Are there dark figures who live in creepy castles and come out only at night, waiting for the visit of an unsuspecting victim so they can feed? Maybe. There are some eccentric people out there, people who dress in black, wear capes, sleep in boxes, and even get their teeth capped—but generally they are harmless.

There are also troubled people who call themselves or who are called vampires. One website on vampirism points out that they "have been attracted by the cultural myths about the vampire: supernatural powers (because they feel powerless), overwhelming sexuality (because most of them have sexual issues and no true relationships), immortality (because they fear aging and death)." They may need a therapist.

For most people in the 21st century, "real" vampires exist only in Hollywood films.

Some people may stay up all night, but that behavior does not mean they sleep in coffins and "want to suck your blood." Then again, they might just suck the energy right out of their victims. However, if Count Orlok's great-great-great-grandson introduces himself in a bar and says he just wants to be your friend, be sure to watch your neck.



Sports

Sports in Brief

Soccer Club

The CCGA Soccer Club had its first meeting and practice on October 1 at the athletic field on the Brunswick campus. The club is excited to enter its first full year of play and is always looking for more members. Practice times will be posted, and the club will soon begin playing in tournaments in the Southeast. If you're interested in joining, search for the CCGA soccer club on facebook or red rover at <https://ccga.redroverhq.com>.

Intramurals Athletics

Intramural offerings have started well for the fall semester. Volleyball was well attended, as five teams made it out for the three-night outdoor tournament. "Team Whatever" won the highly contested championship game for their first intramural championship.

Intramural basketball made the jump to a full 5-on-5 format, which has led to an increase in participation. In total, seven teams competed in the three-night tournament.

The first night of the newest offering, dodgeball, was Monday, October 4; because of fall break the next night was Monday, October 18. A champion will be crowned on the 25th.

The always popular flag football tournament starts back up on Friday, October 22nd. Several teams are expected to vie for the championship this fall, including at least one from the Camden Center. Fans are encouraged to come out and watch the games, which run continuously from 2 - 4 p.m. on game days.

If you still want to play intramurals this semester and haven't had a chance to sign-up, there is still time. For team sign-up sheets or more information, contact coordinator of student engagement Andrew Smith at 912-279-5813 or email him at asmith@ccga.edu.

Coastal Georgia Athletics: A New "First" Every Day

BY IVORY PITTS

At 50, a lot of people start to think about retirement, about slowing down and taking it easy. The only "first's" they are contemplating are their first knee replacement, their first AARP membership card, or their first senior coffee at McDonald's.

Coastal Georgia turns 50 next year, but instead of slowing down, the College seems to be setting a new speed record every day. The campus doesn't even look the same in the evening as it did in the morning.

In athletics, that frenetic pace is keeping Dr. William "Bee" Carlton, CCGA's Director of Athletics, and Vanessa Bell, secretary for the athletic department, very busy. For the first time in its 50-year history, six CCGA teams are playing four sports this year, and in the next three or four years, seven more teams are expected to compete for the first time.

Dr. Carlton recognizes the immensity of the challenges: "As the Athletic Director of the College of Coastal Georgia, the mission is to be sure that we get all of our athletic programs off the ground, to make sure that we have recruited outstanding student athletes, and to make sure that they get the best possible experience that they can have." Building first-class facilities for training and competing is also going to be necessary, Dr. "Bee" explained, in order to create an athletic program that will make both the college and the community proud.

Mrs. Bell added that it was very important to have good coaching. With a perspective that can only be gained through years and years of service in the athletic department,

she explained what makes a good coach. He or she is "someone who can be student friendly and who has the best interests of the student at heart—academically and on the courts or fields." A good coach, she said, makes himself available to the students and can also be the disciplinarian who keeps them on the right track.

Tennis coach Reinaldo Valor is ready to accept the many challenges of building a team from the ground up. These challenges include "not having the facilities available, the residence halls not being in place just yet, and student-athletes living off campus without transportation." He sees the challenges in a positive light, stating that "situations like these are things that will make this team stronger, bring them together, and make them appreciate when the facilities finally come together."

Coach Valor has been working with college athletes for the past six years. He isn't going to get rich, coaching a college team, but he said the satisfaction he gets from helping a student advance to the next level is great compensation.

Valor came to CCGA when he learned that there was an opening for an assistant tennis coach. He landed the job and was soon promoted to head coach when that person left.

Looking at the prospects for the 2010 CCGA tennis team, Valor acknowledged that the team is quite young, but he believes the team is still going to be solid.

Mike Cook brings a similar level of energy, excitement, and encouragement to his job as CCGA's first golf coach. Cook said that one of his challenges is that CCGA does not have enough academic programs like sports

management that are geared toward athletics. Not having on-campus housing has also made recruiting players somewhat difficult.

Still, Coach Cook is very excited about the new team, seeing that Georgia is one of the nation's top recruiting states in golf. Having so much talent practically in his backyard has simplified recruiting.

"All of our golfers were elite players on their own teams coming out of high school," Cook noted. Coach added that the whole team had played junior golf competitively and carried minor handicaps. Yet only one of them, Shiloh Snow, has ever played in a college tournament. "We are all freshmen, with the exception of Snow," Cook quipped.

Coach Cook's goal is for the men and women on CCGA's golf team to qualify for the NJCAA National Golf Tournament in May of 2011. He has told the team that he would like to see their scores improve from fall to spring and that he expects them to work hard on their games over the winter.

Cook says that his mission is to develop one of the finest men's and women's golf programs around, "one that talented athletes choose over an NCAA Division I school."

Coach Cook says that the potential for Coastal Georgia and the community is great. "I have been getting tremendous support locally and even statewide," he mentioned. "I get email from all over the world from kids interested in our program, and it has existed for only nine months now."

Cook believes that the construction here on campus is unbelievable and says that "President Hepburn will put us on the map—already has—and will get us where we need to be."

Early registration for spring semester ends November 23.

Payment due December 1.

No schedules will be held for students who report "pending" financial aid awards.

Seaswells Sweet Swap

October 27th & 28th —

Brunswick

Under the Tent

October 28th —

Camden Rotunda

Bring us your art, photos, prose,

and poetry!

Trade for chocolate.

College of Coastal Georgia 2009 CAMPUS SECURITY ANNUAL REPORT (for August 2010 reporting requirement)

The purpose of the College of Coastal Georgia Police Department is to maintain a secure environment and to serve its jurisdiction with a pro-active approach to the prevention of crime. The Department meets all the requirements set by state law governing police agencies and has the primary jurisdiction on the campuses. State certified police officers are on duty at both the Brunswick Campus and Camden Center. The officers are on patrol and available 24 hours a day, 7 days a week.

It is the policy of the College of Coastal Georgia that all emergencies and campus crimes be reported to the on-duty officer to enable prompt documentation and/or action. To report a campus emergency or crime during regular college business hours (8:00 a.m. - 5:00 p.m. Monday through Friday), one should call 262-2336 (on Brunswick Campus) or 510-3306 (at Camden Center). One may summon the officer by cell phone (258-3133, Brunswick; 552-5277, Camden) at other times.

Use of the campus facilities is by authorization only, but the public is invited to enjoy such public areas as the College Library and Par Course. Security and safety considerations are taken into account in the planning and upkeep of the campus buildings and grounds.

The College Police Department enjoys a good working relationship with the other police jurisdictions that it interrelates with. Mutual aid agreements with the Brunswick, Glynn County, Kingsland, and St. Marys police departments allow for direct radio communications and support between the agencies. Any off-campus participation in criminality by individuals or groups related to the College is monitored through networking between the College Police Department and outside agencies.

Prevention of crime is the focus of the Campus Police. A security surveillance camera system is in use on the property. Parking lots, points of sale, and other high liability areas are monitored to ensure the safety of the college community. Officers proactively patrol the campus in marked patrol vehicles, in ATV's, and on foot.

Prevention programs include quarterly crime prevention informational speeches given relative to prevention generally; specific sexual assault awareness and prevention programs; and the use of various media for the dissemination of crime prevention information. Alerts for serious incidents will be made by email, outdoor mass notification system, loud speaker, telephone, meeting, or a combination as appropriate, to allow participants to gain information for their protection. The Office of Counseling and Student Support offers counseling and referral in the event of an occurrence of sexual assault on campus. Sexual offenses are considered very serious, and victims will be treated with ultimate respect and consideration. Offenders will be dealt with appropriately and seriously as circumstances dictate.

It should be noted, that even with the very low incidence of crime on campus, one should lock up valuables (including vehicles and gym lockers) and be aware of personal safety and security. Several petty thefts that have occurred on campus recently could have been prevented if reasonable measures had been employed by the victim.

The possession and use of illegal drugs is prohibited on campus. Regarding the Drug-free Post Secondary Education Act of 1990, the College of Coastal Georgia has adopted and published a drug-free campus policy that is included in the student handbook (p. 23) and staff handbook. The College Police Department strictly enforces this policy. It also enforces prohibitions against underage possession and consumption of alcohol on the campus grounds and other areas under the control of the college.

The Office of Counseling and Student Support provides counseling for a variety of student concerns, provides student success seminars, provides referrals for students needing additional resources, and participates in drug awareness with Student Life. Disability Services are also a part of this department.

Below is a listing of the crime statistics for the previous three years enumerating any activity involving the listed categories:

INCIDENT TYPE	1/01-12/31/07	1/01-12/31/08	1/01-12/31/09
Murder	0	0	0
Sexual Offenses:			
a) Forcible			
1) Rape	0	0	0
2) Sexual Battery	0	0	0
b) Non-forcible	0	0	0
Robbery	0	0	0
Aggravated Assault	0	0	0
Burglary	0	0	3
Motor Vehicle Theft	0	0	1
Liquor Law Violations	1	0	0
1-disc. referral			
Drug Abuse	3	5	2
Violations	2-arrests	2-arrests,	2-disc. referrals
1-disc. referral		3-disc. referrals	
Weapons Possession	2	3	0
2-arrests		2 arrests,	
1-disc. referral		1-disc. referral	
Hate Crimes	0	0	0
Manslaughter	0	0	0
Arson	0	0	1

NOTE: The Camden Center had no incidents in the above categories.

Fifteen (15) larceny incidents were reported at the Brunswick Campus for the period of 1/01/09-12/31/09. Although larceny is not required to be reported, we hope that by advising our participants of these occurrences, we can reduce petty theft by removing opportunity. One can assist the Campus Police by locking up valuables and taking other reasonable measures to prevent crime on campus, such as reporting suspicious behavior.

NOTE: For crime statistic information specific to neighboring areas of the campus, please contact the Brunswick and Glynn County police departments (Brunswick Campus) or the Kingsland Police Department (Camden Center). For crime statistics in the city of Brunswick, visit <http://www.crimemapping.com/Map.aspx?aid=494a8527-d8ac-4b9e-b57f-872ba2ff0d7e> for an interactive crime mapping webpage.

NOTE: For information regarding registered sex offenders in Georgia, see <http://www.state.ga.us/gbi/>; for Glynn County - www.glynncountysheriff.org.

You may have noticed emergency call boxes in both the Coffin Building and main parking lots on the Brunswick campus and the student and staff parking lots at the Camden Center. These emergency call boxes have been installed for your safety and convenience in each lot.

Upon activation (press the button), the on-duty CCGA Police Officer will be contacted by his/her cell phone. These call boxes allow direct voice interchange between the party in need of assistance and the officer. Please use this emergency system only for appropriate emergency situations.



Phi Theta Kappa's Free

Halloween Carnival

Saturday, October 30
10 a.m. - 2 p.m.

on the Patio of the Student Activity Center

for children of CCGA students, faculty, and friends

GAMES, FOOD, COSTUME CONTEST, CAKE WALK, PRIZES and best of all, A HAUNTED HOUSE

So much fun it's SCARY