Seven Weeks in Alaska

by Brett Cook

The first colloquium speaker of the year gave a presentation at 11 a.m. Thursday, Oct. 8 in the Continuing Education/Performing Arts Center auditorium. Cyclist and outdoorsman, Paul Adkins, gave his account of “A Wild Ride” which was featured in the January edition of National Geographic.

Adkins and Roman Dial have been on many exciting biking trips including tours across the US, the Arctic Circle and San Francisco. They began to feel the need to try something more extensive in biking and eventually came up with the idea of biking across the Alaskan mountain range. The feat had never been attempted before and would be a great opportunity for the outdoorsmen.

The first issue the two men faced was getting sponsors to support their journey. By this time their group had grown to three including a mutual friend Carl Tobbin. The group knew that they wanted their adventure documented. After a short time of considering they decided National Geographic would be a perfect match. Luckily the magazine had featured biking in a considerable amount of time, and they jumped at the opportunity. Starbucks’ Coffee Shop also provided the team with funding. National Geographic sent Bill Hatcher, a photographer on the trip too, and the number of bikers had now reached its limit of four.

The men flew into Alaska on a small airplane and landed in a remote area. They traveled more in the first two days than they did in the entire week. The group decided to carry food from seven to 10 days at a time. They also had to carry all of the necessary provisions of tools and clothing. “The lighter you travel the more effortless it is,” said Adkins.

Embarking on what would be a seven-week journey, weight was a definite factor.

Most of their traveling led them through rough terrain and hardly any signs of mankind. There were hardly any trails for them to use and animals made most of the ones they did travel by. They crossed over many rivers. Most of them small, but some which had to be navigated by a small inflatable boat. When a group of men attempts to move all of their equipment across a river along with themselves it can become an all day entanglement. After crossing the large rivers it was generally time to set up camp. At the end of their immense journey they had crossed 110 rivers, including the Delta.

The lodging for the crew consisted of a tent. However a couple of times they were lucky enough to stumble upon deserted cabins used by hunters. They slept in the exact same circle every night, which became a ritual. Every morning was started with a nice pot of Starbuck’s coffee.

The team did not experience many difficulties other than an occasional flat tire. Adkins was the fix it man due to his knowledge of bikes and their functions. They had designed their biking equipment to meet requirements they decided on. Going over many passes and wilderness the right bike customization was crucial. It was estimated that about 80 percent of their travels were done on bike. Some of the areas they went through were impossible to ride.

With the dramatic changes in the weather and the rough terrain, it was apparent that the men were dedicated to achieving their goal. “Everywhere in Alaska feels like the most perfect place in the world,” said Adkins. When their journey came to an end they has covered 755 miles, yet that could not compare to the life long memories they had made.

A lot of people showed up to participate and watch the event. Travis Boyette, a racer in the 18-32 said “great idea, and it is nice of the school to let the race be here.” SORBA is responsible for the race series and the race at GC. This is SORBA’s first year sponsoring a race. They hope to attract new members to the organization to join in activities such as trail preservation, making new trails and “Pay Dirt.” Pay Dirt is a work program that SORBA has for trail work. For every 10 hours a racer works, he or she will get points added onto their standings in the race series. SORBA seemed very happy with the turnout of the race and looks forward to coming back.

School will be out for the Thanksgiving Holiday.
November 25th-27th
Have a great Holiday!
What is the Point of Attendance Policies?
by Eric Franklin

We all have classes that have strict attendance policies. There are many reasons for them, but we still have to ask, “What’s the point?”

Many teachers express exceptional reasons for having an attendance policy. Math teacher, Gina Reed stated that “after missing five classes, it’s hard for a student to catch up with the rest of the class in their studies.” This is a valid point.

On the other side of the argument are those who believe that these attendance policies are simply pointless. Deadlines for other classes, meetings, and other appointments cause us to occasionally miss a class or two. Things like these that are hard or impossible to avoid only add onto our days missed and cause us even more stress, which most of us already have enough of.

Sometimes keeping up with the absences is work in itself with four or more classes. Near the end of the semester, at the times of final exams, people tend to miss more classes so that they can study for another course, but they have to go back and check the number of days missed to see which ones they can skip.

The question on how to handle any kind of attendance policy may not be soon answered. So for right now, all we can do is try not to miss our classes and hope that we do not go over the limit of days we can miss.

Necessary Evil for Self Discipline
by Jennifer L. Ponders

To everything there is a good and a bad point. When looking at the attendance policy, people say, “It is my choice on whether or not I go to class. I paid for them.” This statement is true, but there is still an underlying factor. The attendance policy is a way to help build students responsibility to attend classes.

In his attendance policy, students who miss more than two classes without a reasonable excuse cannot drop their lowest test grade. After four absences, the students qualify for dropping the class.

One’s attendance in class demonstrates how important their future is to them. “I believe that if your education means a lot, then you will take personal responsibility to be there,” states Dorinda Lovell, a student at GC. Obviously, there are a great number of absences. The attendance policy is to increase attendance and to encourage students to be in the classroom.

Who shot JFK?

by Jennifer Rickett

On Nov. 16 at Gainesville College Bob Harris is delivering his lecture on the death of JFK. “He explains in specific, verifiable detail how and why Oswald’s story was employed as propaganda, preventing legitimate investigations which would have revealed a more complex and disturbing reality.” Harris literally rewritten the history of one of the most important events of this century in his video and lecture presentation. “Invited to more colleges than any other political speaker in America (1992-97)”, Harris will present his narrative at 11 a.m. Monday, Nov. 16 at Gainesville College in the Continuing Education building.

G.C. Thought’s

What do you think about the new food service?

“I think the food is better, but it’s still too expensive for a cafeteria.”
- Heather Herbermann, art

“I can still go to Checker’s and get twice as much.”
-Kenneth Evans, biology

“The quality of the food has improved, the service has improved, and the prices are reasonable.”
- Valerie Savage, public relations

“I don’t mind paying a higher price because the food is better.”
"Melting Pot" Classes Offered at GC
by Jennifer L. Ponders

J.B. Sharma is a physics teacher at Gainesville College. He is bringing in an innovated style of learning called Learning Communities.

Two courses will be linked together to make students aware of interconnections that exist in courses, according to Sharma.

In the Sept. 1998 publication of the CPD News, Sharma states, "Traditionally students take courses in different subject area and are left to make the connections on their own. A learning community gives students an added dimension beyond the prescribed course work."

Professors will join classes by using joint lectures, and projects, field trips during the semester, common writing assignments, utilizing the "virtual" classroom on the World Wide Web through programs like "Top Class." They will also set up a community web page.

This project is being funded by the Distinguished Professor Project. Then Sharma will bid for grants to continue this project.

This new style of learning is open to all students at Gainesville College. Sharma believes that it will help students by "exemplifying the tradition of Liberal Arts Education."

Currently Sharma and Beata Hebda are testing the Learning Communities with the connection of physics and math. This combination focuses on careers in math science.

In the spring semester five more communities will be added. Classes will designate a connection with another class during registration for students to choose from.

The communities will be: political science will join with science to relay Latin politics and culture. English composition will join with world history to show literary perspective on history. Computer science will join with writing and will enhance technical writing in science. Music appreciation will join with writing to teach critical thinking in music and writing. Math modeling, environmental science, biology, and statistics will combine to explore patterns in nature.

Pool Exercises That Don't Require Swimming...
by Glenn Preston

It makes perfect sense that most people who take up physical activity to improve their health turn to walking. All you have to do is step outside in a pair of comfortable shoes, and you're ready to go. But for those with joint aches because of arthritis or who have knee, foot, or ankle problems as a result of, say, excess weight, working out in the water might be a better bet. It makes for good aerobic exercise that works all the major muscle groups without the joint-jarring impact of walking, running, and other weight-bearing activities.

Two things tend to keep people away from pools - the inconvenience of getting to one and being a poor swimmer. But only the inconvenience factor need be overcome. That's because it's perfectly possible to get a vigorous workout without lifting a foot off the pool floor.

Consider, for instance, water-walking. Done at a brisk pace for at least 20 minutes in chest-deep water, water walking while swinging the arms works the heart muscle just as well as in the gym. And so does the water. Water-walking is a sport that's gaining popularity. Some facilities provide pool lanes and times for that activity.

Water aerobics - an aerobics class in the water instead of a gym - works well, too. It is conducted under the supervision of instructors at many YMCA's, YWCA's and other health clubs. This exercise can accommodate people with varying degrees of fitness. The Gainesville College physical fitness department offers this course for credit and it is offered as a non-credit course through continuing education.

Of course, if you prefer to swim laps, go right ahead - provided you can keep your heart rate elevated. That's the only way you'll get the full cardiovascular benefit. Any stroke is fine as long as it's not the stroke, which is designed more to conserve rather than to expand energy.

A moderate speed crawl, breast stroke, or back stroke, by contrast, will burn about as many calories per minute as traditional aerobics.

It's not essential that your stroke be perfect, but the more technically correct it is, the better the workout you'll get.

Warm up with several slow laps before you really get going, just as you're supposed to walk for a few minutes before you jog. And "cool down" with several slow laps at the end.

Ironically, swimming's benefit as a non-weight-bearing exercise is also one of its limitations. Because it doesn't make you bear down your own weight, it doesn't "work" the bones in such a way as to help guard against osteoporosis. But the benefits it offers in terms of cardiovascular fitness, muscle toning, and weight control should prompt land lubbers for whom walking, jogging, or biking are not good options to investigate the pool programs available in their area.

For other fitness ideas visit the Fitness Center!!!

Poets, Story Writers, and Essayists wanted for the Gainesville College Writing Contest.

Submit your:
Poetry
Short Stories
Informal Essays

and
Essays on Literature
by December 11th
12:00 noon Academic II, room 171

1st Place $100
2nd Place $75
3rd Place $50

in EACH category

Rules:
1. Stories and essays must be typed, double spaced; poetry must be single spaced and submitted on a floppy disk in either WORD or WORDPERFECT format.
2. Entries must have the author's name, address, phone number, and social security number on the last page of the submission.
3. Limit of two stories or essays and five poems per person.
4. Winners will be notified through the mail by February 1st, 1999. Prizes will be awarded Spring Semester 1999.
5. First and second place winners in each category will be submitted to the Southern Literary Festival Competition.

Contact Ms. Squell in Academic II or call 710-718-5774 for further details.

Puzzled is on Page five. Go check it out and see if you can master it without looking at the answers for help!!!
GC, Caught up in Renaissance Fever
by Brett Cook and Eric Franklin

At 11 a.m. Thursday, Oct. 22, the annual Renaissance Festival was held on campus at Gainesville College, next to the student center. The event was sponsored by the student government association.

Featured at the festival were singers, comedians, sword fighters, and jugglers. Many of the performers were from the Georgia Renaissance Festival and perform here at school on a yearly basis.

The singing couple from Lochanside, are married and live in couple upstate New York. The two come down to Georgia twice a year to perform in the Georgia Renaissance festival held in Atlanta. This is the third year that the performers have come here on campus. “Every year our crowd here grows more” said one of the performers.

Others who were here at the school were sword fighters, and they gave demonstrations of the weapons used in medieval times and showed their effectiveness. The crowd was intrigued by the mock fight that the two did. “I was amazed by the talent that these two guys showed” said sophomore Mandy Foster. Who watched the action taking place.

One other performer was the comedian Benedict DeFowler who comes here from the Georgia Renaissance Festival to show what comedy was like in the middle ages. Audience participation plays a major role in his act. Several GC students took part in his sketch. Everyone had a good time and the talent displayed was amazing.
The Compass

**Stalking**

Stalking is a crime. You are invading another's privacy when you stalk them. For someone to be so obsessed over someone else is absolutely insane. You don't know if they are crazy but about you that they could possibly be harmful to you. Most people are not aware that their are stalkers and that a simple obsession can turn into a detriment to your safety.

When you have feelings for someone and you want to give them a call to see if there is a spark and they're response is no you would probably drop it. And if they show interest later that's great. But stalkers don't give up. They want you and will not stop until they get you. Let's call them persistent people. "I won't stop until you're mine," is a line that I got over two years ago. This man still to the day, drives by my house, hides in the woods behind my house, and God only knows what else he does.

If you think you could possibly have a stalker then a restraint order can easily be issued. Go to your local magistrate court and ask what you can do to protect yourself further.

Do not let things that you think are petty go unannounced. I don't want to see any of you on lists for missing persons. Be smart in all your actions and remember that there are crazy people out there.

**A FEW SUGGESTIONS:**

**Know your surroundings**
**If you have a car phone, keep it charged for emergencies.**  
**Walk with someone if you go anywhere after dark (school, work, etc.)**  
**If you notice anyone that looks suspicious then let others know**

The above view is an opinion. Anyone in this situation should check with their local law enforcement agency.

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**A Matter of Priorities**

**by Trp. Payne**

**ACROSS**

1. Have pains  (5)  
6. Author Hunter  
10. --- good example  
14. Shoelace tip  
19. Burden  
20. --- de-camp  
21. Yokos family  
23. It gets in your ears  
31. Conveyed a warning  
34. In that manner

**DOWN**

1. Truck-stop sights  
2. Polyvalent language  
3. Get --- (prove problematic)  
4. Female ruff  
5. Give a whirl  
6. Simplist  
7. Having ivy, perhaps  
8. Big fusses  
9. Comfort giver  
11. --- arrest  
12. Grabbed  
13. Wannabes  
15. Constellation of societal values  
16. Whoreper  
17. Exxon, north of the border  
18. Kind of idol

---

**The answers to the puzzle are on page three so you can see if you are right on your guessing.**
SIFE Team Announces Custom Calendar Sale

The GC SIFE Team will once again be offering custom calendars for sale. These 1999 calendars customized with up to 12 of your own pictures will go on sale Nov. 1. They will be ready for pick-up by Dec. 1 in time for Christmas. These are of the same quality as other custom calendars. Cost: $20 for one or $38 for two.

These calendars are suggested for Christmas gifts for parents, grandparents and friends, or, make your pet into a "pin-up" with a custom pet calendar. Preserve those special pieces of artwork or memories for treasured family occasions.

Look for the custom calendar table in the ACTT center or send an e-mail to one of the SIFE officers. Or, you can contact SIFE advisor Katie Simmons at 3683 for more information.

All proceeds from the SIFE Custom Calendar Sale will be used to fund the GC SIFE team special events. The funds are used to fund cash prizes for the GC Student Business Plan Contest, the GC Business Essay Contest, and for special community outreach activities like book donations to White Sulphur Elementary School on Make A Difference Day.

"Guys and Gals of GC Calendars"

How would you like to decide who gets into the "Guys and Gals of GC" Calendar? For each month of the calendar we will have at least three pictures to choose from. Vote for your favorite picture by putting money in the bucket that corresponds with the picture you like best. The picture that receives the most money for that month will be in the calendar.

All proceeds go the Summer Scholars. Summer Scholars is a program to help eighth and ninth graders with reading, writing, language skills, communication, science, and math. These students give up three summers in a row to be in the program. The program runs on private donations and state grants only. So every penny you put forth helps immensely and we get the best looking calendar around. Look for the photos in the Student Center soon. Details: Susan Kynast, Service Chair, SGA.

Gainesville Theatre Alliance

Gainesville Theatre Alliance is preparing for A Christmas Carol. The musical can be seen at the Georgia Mountains Center from Nov. 20-Dec. 6. Tickets range from $5 to $20 each. Tickets will go on sale Nov. 2. Free nights for Gainesville College students with ID are Preview Thursday, Nov. 19; Monday, Nov. 23; Tuesday, Nov. 24 and Dec. 1 and Wednesday, Dec. 2. All other performances are $3. For guests accompanying GC students, tickets are $18-20 for adults, $16-18 for seniors and $11-13 for children and students at other institutions.

CALENDAR OF EVENTS

November

5th 0% Vitamin A
10th Healthy Choice (7-8:30 p.m.)
16th Speaker: Bob Harris, "Who Shot JFK?"
11 a.m.-12 p.m., CE Auditorium
19th-Dec. 6th Play: "A Christmas Carol"
7:30 p.m. Georgia Mountains Center
23rd Chili Night Delight (7-8:30 p.m.)
25th-27th School's Out for Thanksgiving Holiday

Rick Pruett Tire of Buford
1580 Buford Hwy.
392-0611

Rick Pruett Tire of Gainesville
2301 Brown's Bridge Rd.
534-3541

Rick Pruett Tire of Cumming
664 Atlanta Hwy.
889-0081

Rick Pruett Tire of Oakwood
3413 Mundy Mill Rd.
503-0203

Rick Pruett Tire of Lakeshore
361 Shallowford Rd.
532-3541

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by Katie Cofer

1. Artist: A Tribe Called Quest
   Album: "The Love Movement"
2. Artist: Marilyn Manson
   Album: "Mechanical Animals"
3. Artist: Beck
   Album: "Mutations"
4. Artist: Fatboy Slim
   Album: "You've Come A Long Way Baby"
5. Artist: Korn
   Album: "Follow the Leader"
6. Artist: Beastie Boys
   Album: "Hello Nasty"
7. Artist: Lenny Kravitz
   Album: "5"
8. Artist: Hole
   Album: "Celebrity Skin"
9. Artist: Fun Loving Criminals
   Album: "100% Colombian"
10. Artist: Photek
    Album: "Form and Function"

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