



GAINESVILLE COLLEGE

A Two-Year Unit of the University System of Georgia

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FROM THE PRESIDENT

Gainesville College is such a wonderful resource for the community, the state and the University System of Georgia. We often host meetings and events which provide opportunities to bring a variety of people to our campus. Such occasions require planning and work beyond our normal responsibilities, but they give us an opportunity to show what a fine and service-oriented institution we are. I have already received wonderfully positive feedback this year from such groups including the Georgia School Counselors' Region II Association which was on campus in February. Special thanks go to Susan Daniell who was singled out for her efforts on behalf of the Association and to plant operation's staff who provided the set-up. I want to share the closing line of the Region II Chair's letter: *"Gainesville is truly a caring campus!"*

Addendum to last week's Regents' Test results: I do apologize for not giving special credit to the English and Reading faculty whose effectiveness is clearly reflected in the high pass rates which our students received on the Regents' Test. These faculty deserve our sincere gratitude because of their demonstrated commitment to students through their classroom instruction and the individual attention they provide. I know all the faculty and staff join me in a resounding *"thank you"* to the English and Reading faculty.

For those of you who will be on spring break next week, have a relaxing vacation.

FROM THE DEAN

REMINDERS:

Spring registration:

Monday, March 30: 9 a.m. - 5 p.m. (time slots)
and 5-7 p.m. (night/open)

Classes start: Tuesday, March 31

Drop/Add:

Tuesday, March 31: 2 - 4 p.m. and 5 - 6 p.m.
CE Auditorium

Wednesday, April 1: 7:30 - 9 a.m. and 2 - 3 p.m.
CE Auditorium

Thursday, April 2: 5-6 p.m., night students only,
Administration Building

As part of President Clinton's Initiative on Race, "One America in the 21st Century," GC will observe the Campus Week of Dialogue April 6-9. Please take some class time during this week to highlight the variety of individuals and groups who have contributed so richly to your disciplines. Student Government Association leaders will be asked to discuss ways to make campus life more inclusive of our groups — international and non-traditional students, students with disabilities and other minority and majority students. These and other activities that you might wish to initiate are part of our ongoing commitment to make our college community a place where all can thrive.

Here we are at the end of our last Winter Quarter. Faculty, have a wonderful and well-deserved holiday!

FROM THE COMPTROLLER

Mr. Thomas Millwood, an alumnus and past president of the Gainesville College SGA, has accepted the position of Human Resources Director effective April 1, 1998. Mr. Millwood earned his bachelor's degree in Human Resources Management from Brenau University and has gained HR experience in industry. Please help us welcome Mr. Millwood on April 1.



ANNOUNCEMENTS

The Hugh M. Mills, Jr.
Physical Education Complex Dedication
Friday, March 20, 2 PM
Gymnasium Lobby

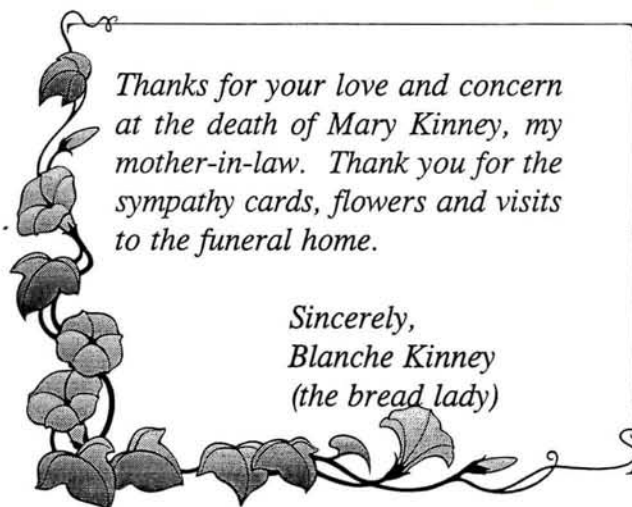
It is time to apply for 1998-99 GC Foundation Dependents' Scholarship. If you are a permanent (full-time or part-time) GC employee who will have an unmarried dependent child (or children) attending GC during the 1998-99 school year, NOW is the time to apply for a GC Foundation Dependents' Scholarship. The Dependents' Scholarship can pay up to half of the mandatory in-state tuition and fees. The amount may be reduced if the student receives other financial aid. To get the 1998-99 Dependents' Scholarship Information Sheet contact the financial aid office X3642 or email achitwoo@hermes.gc.peachnet.edu. **A portion of the information sheet must be completed and returned by Monday, April 20, 1998, as part of the application process.**

The Physical Education Facilities hours for the remainder of March are:

Fitness Center: March 18-19 — 11 a.m. - 7 p.m.
March 20 — 11 a.m. - 4:50 p.m.
March 22-30 — CLOSED

Pool closed from March 18-30.

Facilities will reopen at regular hours March 31.



Thanks for your love and concern at the death of Mary Kinney, my mother-in-law. Thank you for the sympathy cards, flowers and visits to the funeral home.

*Sincerely,
Blanche Kinney
(the bread lady)*

PUTTING OUR BEST OARS FORWARD



Martha Nesbitt, Kathy Fuller, Sarah Booker, Michelle B. Brown, Diane Carpenter, Margaret Garmon, Cheryl Harris, Marsha Hopkins, Heather Howington, Sloan Jones, Stacy Koffman, Tonya Morrow, Leora Myers, Kandis Steele and Karen Stewart attended the combined Spring Conference of the Georgia Association for Women in Education and the American Association for Women in Community College in Atlanta on March 12-13.

The Ninth District Science and Engineering Fair was held on the GC campus on March 7. Faculty volunteer judges for the fair were Wally Beck, Dot Brock, Linda Brown, Bea Chapman, Caywood Chapman, Lee Clendenning, Susan Doyle, Diane Cook, Julia Cromartie, Delbert Greear, Piotr Hebda, Barbara Hermann, John Hamilton, Alex Lowrey, Ed Mayhew, Mary Mayhew, Garry McGlaun, Jason Ponders, Ellen Rehak, Lewis Rogers, J.B. Sharma, and Jeff Turk. They were joined by GC alumnus Tony Dalton and GC student Jeremy Elrod. Mary McDade provided volunteer office and computer support. Martha Nesbitt presented the winners with their awards.

Valarie Reeves attended the 1998 Annual Meeting of the Georgia Adult Education Association Conference which focused on distance learning.

Francine Dibben participated in a roundtable discussion about the arts, organized by the Greater Hall Chamber of Commerce for Leadership Hall County at Quinlan Visual Arts Center on March 12.

Ellen Pastorino was a guest on the Martha Zoller radio show on March 10 speaking on the issue of adolescent eating disorders.

Gary Steffey attended the First Annual Georgia Oglethorpe Award Conference at Callaway Gardens on March 11-12. The Georgia Oglethorpe Award is the highest level of state recognition that a Georgia Organization (almost any type organization) can receive. It is patterned after the prestigious Malcolm Baldrige National Quality Award.

Kandis Steele attended a seminar on "Identifying and Applying for Federal, Foundation and Corporate Grants" in Atlanta on March 9-10 and also attended a seminar on "Proposal Writing for Faculty and Researchers," both sponsored by FEDIX. Kandis also attended the Southern Regional Faculty and Instructional Development Consortium 19th Annual

Sharing Conference at Kennesaw State University March 15-16.

Byron Drew attended a Copernicus G2 meeting held at Georgia State University on March 17.

J.B. Sharma attended the American Association of Physics Teachers - South Atlantic Section (SACS-AAPT) meeting in Brunswick on March 13-14 where he conducted an invited workshop on "GPS in Physics and Engineering Courses." J.B. was nominated to the SACS-AAPT Executive Committee and next year's spring meeting will be hosted by Gainesville College.

Could You Have Diabetes and Not Know It?



Take the Test. Know the Score.

Sixteen million Americans have diabetes – and millions of them don't even know it! Take this test to see if you are at risk for having diabetes. Diabetes is more common in African Americans, Hispanics/Latinos, and American Indians. If you are a member of one of these ethnic groups, you need to pay special attention to this test.

To find out if you are at risk, write in the points next to each statement that is *true* for you. If a statement is *not true*, put a zero. Add your total score.

1. My weight is equal to or above that listed in the chart. **Yes 5** _____
2. I am under 65 years of age and I get little or no exercise during a usual day. **Yes 5** _____
3. I am between 45 and 64 years of age. **Yes 5** _____
4. I am 65 years old or older. **Yes 9** _____
5. I am a woman who has had a baby weighing more than nine pounds at birth. **Yes 1** _____
6. I have a sister or a brother with diabetes. **Yes 1** _____
7. I have a parent with diabetes. **Yes 1** _____

TOTAL

Scoring 3-9 points

You are probably at low risk for having diabetes **now**. But don't just forget about it—especially if you are Hispanic, African American, American Indian, Asian American, or Pacific Islander. You may be at higher risk in the future. **New guidelines recommend everyone age 45 and over should consider being tested for the disease every three years. However, people at high risk should consider being tested at a younger age.**

Scoring 10 or more points

You are at high risk for having diabetes. Only a doctor can determine if you have diabetes. See a doctor soon and find out for sure.

At-Risk Weight Chart

Height	Weight
feet/inches without shoes	pounds without clothing
4' 10"	129
4' 11"	133
5' 0"	138
5' 1"	143
5' 2"	147
5' 3"	152
5' 4"	157
5' 5"	162
5' 6"	167
5' 7"	172
5' 8"	177
5' 9"	182
5' 10"	188
5' 11"	193
6' 0"	199
6' 1"	204
6' 2"	210
6' 3"	216
6' 4"	221

If you weigh the same or more than the amount listed for your height, you may be at risk for diabetes. This chart is based on a measure called the Body Mass Index (BMI). The chart shows unhealthy weights for men and women age 35 or older at the listed heights. At-risk weights are lower for individuals under age 35.

Diabetes Facts You Should Know

Diabetes is a serious disease that can lead to blindness, heart attacks, strokes, kidney failure, and amputations. It kills more than 187,000 people each year.

Some people with diabetes have symptoms. If you have any of the following symptoms, contact your doctor:

extreme thirst • frequent urination • unexplained weight loss

For more information on diabetes, call the American Diabetes Association at **1-800-DIABETES (1-800-342-2383)**