



GAINESVILLE COLLEGE

A Two-Year Unit of the University System of Georgia

P.O. BOX 1358
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In memoriam:

*We shall not cease from exploration
and the end of all our exploring
shall be to arrive where we started
and know the place for the first time.*

"Little Gidding" by T. S. Eliot

**Edmond A. Mayhew
1942-1998**

FROM THE PRESIDENT

This week's *Laker Log* is dedicated to the memory of Ed Mayhew. Ed was a unique individual who put commitment into action, whether that was protecting the environment or helping students succeed in his classes. What a loss for all of us but most especially for Mary and their children. Our thoughts and prayers are with them.

In our grief, let's also celebrate his life and contributions. The memorial service for Dr. Ed Mayhew will be held on Friday, April 10, at 1 p.m. in the College Memorial Garden. (In case of rain, the service will be held in the CE Lobby.) All faculty, staff and students are welcome.



INAUGURATION

WEEK ACTIVITIES

Monday, April 13

Student Picnic
11 a.m.
Student Center Lawn



Sponsored by the GC Student Government Association

Tuesday, April 14



2nd Tuesday Concert
Scott Plato and Kelly Via
11 a.m. in CE Lobby



Please come and enjoy a combination of classical guitar and piccolo/flute.

Opening Night of

"West Side Story"

Play runs April 14-28, 1998
Box Office 770-718-3624



Wednesday, April 15

**Inaugural Tea
President's Office
2-3 p.m.**

There will be a special presentation at 2:30 p.m.

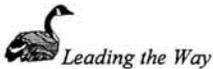
Sponsored by the GC Women's Organization



Thursday, April 16

**Doris deSha Art Exhibit Reception
GC Art Gallery
6 - 7:30 p.m.**

Exhibit runs from April 7 - 26, 1998



Friday, April 17

**Inauguration of Martha Tovell Nesbitt
as the Third President of
Gainesville College
1:30 p.m.
in the Hugh Mills Physical Education Complex**

Reception immediately following.

(No classes from 12 noon on)




ANNOUNCEMENTS

The Faculty Senate will meet on Monday, April 13, at 2:15 p.m. in the Business Conference Room of Academic III.

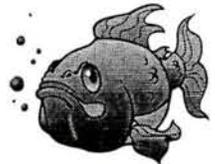


The Red Cross has asked for our help in accepting monetary donations for disaster relief. Please consider making a contribution to help the 209 affected residences in the North Hall/White County area. The Student Activities Office will be collecting donations until Monday, April 13. Please make checks out to **Red Cross**, designating Local Disaster Services. Receipts will be provided.



The lower pond will be open for fishing on Friday, April 17; Saturday, April 18 and Sunday, April 19 for faculty, staff and immediate family. Please release all small bass and small catfish. Small panfish should be thrown out.

**PLEASE CATCH ALL
BIG CATFISH!!!!**



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.**



ATTENTION NIGHT STUDENTS, SPRING GRADUATES, AND ANYONE SEEKING FULL-TIME PROFESSIONAL EMPLOYMENT!!!

JOB FAIR and Spring Picnic

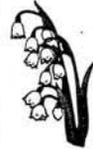
April 21, 1998
7:30 - 8:45 p.m.
Student Center

Classes will be canceled by the Dean from 7:45 - 8:45 p.m. These simultaneous events are hosted by the PACE Center and the Office of Student Activities to encourage students and recruiters to talk with each other about employment opportunities in a relaxed and casual atmosphere.



SPIRE, a national honor society for non-traditional students which recognizes the unique achievements of adult and non-traditional students on campuses of America's two-year institutions of higher learning, has selected six students to become members. They are: Melissa Baughcum, Denise Bell, Rebecca Doster, Kimberly McIntosh, Kimberly Savage and Alicia Thomas.

A reception will be given in their honor on May 1 at 12 noon in the Student Activities Building, Lanier C. Please mark your calendar for this event.



The Gainesville College family wishes to extend its sympathy to Diane Carpenter whose father passed away March 31.



PUTTING OUR BEST OARS FORWARD



Christine Jonick attended and gave a presentation at the Association for Business Communication Southeastern Conference in Tunica, Mississippi, on April 3.

Beata Hebda, Shari Prevost and Ellen Rehak attended the Conference of the Southeastern Section of the Mathematical Association of America in Charleston, South Carolina, on March 12-14. Shari and Beata made a presentation at the conference.

Shari Prevost attended and gave a talk at the AMS Eastern Sectional Meeting at Temple University in Philadelphia, Pennsylvania, on April 3-5.

Lois Lynn and Katie Simmons attended the 26th Annual Meeting of the Georgia Association of Economics and Finance (GAEF) held April 3-4 in Macon. Katie was elected President of GAEF for the 1998-1999 Academic Year and will be hosting next year's conference in Gainesville.

Genie Greavu-Comely, Evie Robbins, Tish Searcy and Peggy Strickland attended NADE (National Association of Developmental Educators) in Atlanta on March 4-6.

Carol Pinson attended the Southeastern Regional Conference of NACADA at Jekyll Island, March 1-3; Carol attended NADE in Atlanta on March 5.

GET WITH THE PROGRAM

The four keys to sticking with your exercise plan

Why do 50% of the people who start exercise programs drop out before realizing the health benefits they were looking for? Here are the four keys to seeing the results you want and avoiding the exercise blues for lasting results.

Have fun

Choose an activity that itself is satisfying, not just for the benefits it promises. You'll be more likely to stick with it after the newness has worn off. Emphasize the 'want' rather than 'should' in your choices of activity. Satisfaction comes from achieving a level of competence, or from simply performing the activity.



Find a friend

It's okay to grit your teeth and be determined to do it on your own, but the support network is important, whether it's at home, in the exercise class or in the work environment. To keep your progress consistent, be accountable to a friend. Your friend will encourage you to continue when you don't feel like it.



Write it down

Knowing exactly how much exercise you are getting as well as how often makes it harder to slack off. Without a record, it is easy to overestimate your activity level and to let other things interfere.



Make it important

People who make the exercise a priority rather than an "add-on" are likely to integrate it into their lives and keep it there. Having a regular workout time also helps. A flexible workout schedule often backfires—once a person has missed one session, it's easier to miss others.

