

## **Gainesville College has a new look!**

The Gainesville College Anchor Logo retires with dignity as the new Gainesville College logo will be officially unveiled at the Inauguration of Dr. Nesbitt on Friday, April 17. A large banner with the new logo will hang above the Inaugural stage and it will be printed in the program.

The logo, which was designed by a local advertising agency, bears an abstract image of the bell tower with the college name and the newly adopted tag line, "Leading the Way." The updated logo has a look of class and integrity about it and is reflective of this institution and what we stand for as we serve the citizens of Northeast Georgia.

New GC letterhead, envelopes, business cards, etc. will be designed and printed within the next two months. Once the new letterhead and envelopes arrive, please use them for all off-campus correspondence and continue to use the anchor letterhead and envelopes for all on-campus correspondence until they are gone.

You can begin using the Bell Tower Logo immediately on brochures, flyers, promotional items, etc.

The logo can be used in its black and white format or in its color format with a hunter green bell tower and line and black copy (exceptions can be discussed with the Public Relations Office). Please call Sloan Jones at X3836 if you have any questions, or need slicks and color specifications.

## **FROM THE PRESIDENT**

*T*hanks to all of you for making this such an extraordinary week for me! The student picnic was fun — thank goodness the weather cooperated; and the GC Women's Organization reception was wonderful, both in fellowship and great gourmet delights. I also appreciated the recognition at the *West Side Story* reception and the Second Tuesday Concert. Who wouldn't feel special being among such a warm and caring college family. I could not be happier as I "officially" become your third president.

## **FROM THE DEAN**

*W*e have received word from the Chancellor's Office that the following faculty members were promoted:

Professor -	John Hamilton
	Jim Hammond
	Tom Sauret
	Brad Strickland
Associate Professor -	Bob Croft
	Lynn Lathem
Assistant Professor -	Amy Adams
	Joan Marler
	Ellen Rehak

Our congratulations to each of you for your outstanding contributions that merited this recognition!

**Inaugural procession** — Faculty, remember to line up today at 1 p.m. in two rooms in Academic Building II:

- Room 107 -- Professor/Associate Professor
- Room 108 -- Assistant Professor/Instructor.

Extended Orientation (job fair and picnic) for evening program students will be held on Tuesday, April 21. NO classes will be held from 7:45 - 8:45 p.m.

A meeting for members of Academic Delivery is scheduled on Wednesday, April 22, at 3:30 p.m. in the Dean's Conference Room.

**FROM THE COMPROLLER**

We have just received a memo from DOAS of a warning from one of the telephone companies in Georgia. The warning is about a telephone scam that is going on throughout the state, where a person ID's themselves as an AT&T technician and says they are testing the lines. This person then asks the called party to press the flash hook, then 9,0,#, and to then hang up. If this is done, the scam artist will get an operator who will complete long distance calls that will be billed to our account. DO NOT FALL FOR THIS SCAM!

**FROM HUMAN RESOURCE DIRECTOR**

**POSITION VACANCY**

**Custodian:** Need dependable, responsible person for vacuuming, sweeping, scrubbing and waxing floors, emptying trash, dusting and cleaning offices, classrooms, restrooms and related responsibilities as required. Applicants should complete a Gainesville College application form in the Personnel Office (located in the Administration Building) by 5 p.m., April 24. AA/EOE

# ANNOUNCEMENTS

## **Name the Newsletter Contest!**

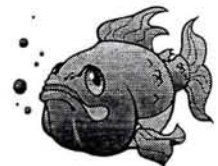
In keeping with the new Bell Tower Logo and image of Gainesville College, you are invited to participate in renaming *The Laker Log*. Please submit your ideas via **email to lmyers** by next Tuesday, April 21, at 5 p.m. The top five names will be on a ballot in next Friday's newsletter for a campus-wide vote. The winner will be announced in the May 1 edition. **Start thinking and send in your suggestions.**

???????????



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!!!!



In honor of the inauguration of Dr. Martha Nesbitt, the Gainesville College J. Harrison Hosch Library is spotlighting its history with an exhibit from now through the end of April showing photos, news features and very interesting facts.





A Brain-Teasing, Crowd-Pleasing, Good Time Romp of a

## Spelling Bee

April 23, 1998

7:00 p.m.

Pearce Auditorium, Brenau University

All proceeds support adult literacy programs  
in Gainesville — Hall County

This is a great event for a good cause — tickets are available in the President's Office at \$5 each.



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](mailto: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.**



Time Management Workshop, 11 a.m. and 5:15 p.m. in the PACE Center, April 21.

**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

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.



Congratulations to Bob and Nancy Upton on the birth of their second child, Anna Elizabeth on Monday, April 13 at 12:30 p.m. Anna weighed in at 6 lbs. 12 oz. and is 20 inches long.

## PUTTING OUR BEST OARS FORWARD

Joan Marler was the guest of Katie Simmons on April 9 as Katie hosted the "Martha Zoeller Show" on WDUN Radio. Joan spoke on the paralegal program and answered questions while on the air.



Byron Drew traveled to Fulton and Tupelo, Mississippi, April 6-9 to participate as a member of a SACS Committee for the two campuses of Itawamba Community College.

Priscilla Rankin and Gail Emmett attended an Acquisitions Training Session of Sirsi Corporation in Huntsville, Alabama on April 7-8.

Joy Evans received the American College Counseling Association's Advocacy for Counseling Award at their annual convention in Indianapolis, Indiana, on March 30. This award is presented annually to recognize the person who has contributed most to counseling advocacy at their state and national levels. Joy received this award for her role as Chair of the University System's Counseling Center Directors Sub-committee for Counseling Center Standards where she helped develop recommended standards for state counseling centers in higher education in Georgia.

# WHEN YOUR ROUTINE BECOMES ROUTINE

Keeping exercise fun and interesting can be tough. When your enthusiasm starts to dwindle you need encouragement. Here's how to deal with the exercise blues.

**Problem: "Exercise is boring."**

**Suggestions:**

**If you are in the first nine weeks of exercise then...**

Try giving exercise a little more time. As you become stronger, you may find that exercise in general and the specific exercise that you are doing will become more fun and less boring.

You may be pushing yourself harder than you need to. Always trying to go faster and further can make exercise painful and unpleasant. This can cause you to rapidly use up your motivation.

Be sure to do your warm-up and cool-down. It is normal for your

body to be a little uncomfortable and sore when you start a new exercise program. Warming up before and cooling down after exercise can help keep the discomfort down and your motivation up.

**If you have been exercising for 10 or more weeks, then...**

Be sure that your choice of exercises, and time to do exercises make your exercising easy. Nothing will sap your energy motivation like trying to do an exercise you do not like or exercising at the wrong time.

Be careful not to push yourself too hard. As you get stronger, you may be tempted to push yourself to go further and faster than needed. This only depletes your motivation and discipline. Progress is natural. Enjoy it. Do not force it.

**Also try the following:**

- ✓ Setting personal goals.
- ✓ Keeping a record of your exercise.
- ✓ Tracking your progress.
- ✓ Rewarding yourself for reaching goals or making progress.
- ✓ Reminding yourself of your commitment to exercise.
- ✓ Taking charge of your excuses.
- ✓ Seeking help from your friends.



**Exercise boredom is a big reason many never get fit. Here's how to stop it.**

---

**Excuse • Answer**

"It's too cold." ..... "I can exercise inside."

"I'm too tired." ..... "I feel good after exercise."

"I can do it tomorrow." .. "I may be wasting earlier work."

---