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GAINESVILLE COLLEGE

A Two-Year Unit of the University System of Georgia

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VOL. 16

JANUARY 30, 1998

NO. 21

FROM THE PRESIDENT

The Annual Foundation Dinner and Meeting last Sunday once again symbolized the tremendous support the College receives from our alumni and from this community. Such strong support has certainly given us the edge in achieving excellence in many areas. It was special having Drs. Mills and Watkins join us for the occasion. We received great press coverage with a picture and write-up in *The Times* which I hope you saw. Special thanks go to Marsha Hopkins, Sloan Jones, Michelle B. Brown, Lynda Gastley and Denise Bell in the Advancement Office for their work in planning and setting up the event. They also put together a great Annual Foundation Report which was dedicated to two of our most outstanding alumni and supporters: LeTrell Simpson and Rich White. Some of you attended and have a copy of the report. If anyone else would like to see a copy, one is located in the Library Reading Room or you can go by the Advancement Office for your own copy.

FROM THE DEAN

GOOD NEWS! Beginning February 1, all 12-month employees can participate in GC's "Get Fit Now" plan as specified below:

1. If the staff member makes the commitment to spend one hour of his/her own time per week working out in the Fitness Center, the College will match that time so that he/she will be able to exercise for two hours per week in the Center.

2. The staff member must arrange fitness time with his/her supervisor.
3. Participants in the program will sign up for a free GC Get Fit Now course (for faculty and staff only) in Continuing Education every quarter/semester.
4. In the Fitness Center, participants will sign in and out on the computer and make the student aide aware of their presence for each workout session.

This is a marvelous opportunity to follow through on at least one of your New Year's resolutions before you settle in to watch the Winter Olympics. Talk with your supervisor and get moving!

Faculty, you are welcome to join too.

FROM STUDENT ACTIVITIES

- Feb. 3 THE LABBE DUO, 11 a.m., Student Center. Award-winning Philo Recording Artists Lilianne Labbe and Don Hinkley combine a rich repertoire of traditional French, Cajun and French-Canadian songs with a wry and winning stage manner to captivate audiences. This Maine duo has performed for over 900 colleges and schools in North America and Europe. They will also provide an in-class workshop at 12 noon - 1 p.m., Acad III, Room132, focusing on the language, history culture, of the Franco-Americans, Quebecois, and Acadians, with hands-on demonstrations of clogging, bones, and spoons. Please bring two matching soup spoons and wear leather-soled shoes.

Feb. 5 CREATIVE CARICATURES, 10 a.m. - 1 p.m., Student Center Stage. This popular activity has almost become a tradition — come by and have your caricature drawn by these talented artists!

ANNOUNCEMENTS

| APRIL 1998 | | | | | | |
|------------|----|----|----|----|-----------|----|
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
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| 26 | 27 | 28 | 29 | 30 | | |

SAVE THE DATE! Friday, April 17, 1998 will be the Inauguration of Gainesville College's Third President, Dr. Martha T. Nesbitt. A formal invitation will follow.



PACE Center Workshop - **TIME MANAGEMENT**, Tuesday, February 3 at 11 a.m. and 5:15 p.m. This will be presented by David Johnston.



PACE Center Workshop - **RÉSUMÉ WRITING & INTERVIEW SKILLS**, Thursday, February 5, 11 a.m. and 5:15 p.m.. This will be presented by Diane Bradley.

The Winter Quarter Initiation Ceremony for Phi Theta Kappa will be held on Wednesday, February 4, at 11 a.m. in the Lower Half of the Faculty Dining Room. Five students will be initiated. They include: Kathryn Lee Andrews, Melanie Lynn Hester, Heather Melissa Murray, Carla DeAnn Patrick, and Lubica Sabadosova. We hope you will join us to honor these outstanding students. Refreshments will be served. Janie Wolf-Smith and Ellen Rehak are advisors.

ΦΘΚ

Gainesville College officially joins the "**Community of Science**" (COS), Monday, February 2. This University System initiative is a wonderful internet resource for all faculty, providing links to information on grant opportunities, to researchers and scholars throughout the U.S., and to a variety of other websites and databases. Although primarily a resource for faculty, the COS website is accessible by anyone on the internet. Feel free to check it out. COS can be easily accessed from the GC Home Page (click "THE WORLD", then click "INTERNET AND THE WWW", then click "Community of Science").

Each faculty member should have received an information packet further explaining COS by Monday, February 2. On that day COS is expected to send each faculty member an email notification that his/her "profile" has been loaded into the system and is now ready to be "updated." These faculty profiles will enable anyone using the internet to learn about specific faculty here at GC. Note that COS will release (i.e., to the public) a faculty profile only after it has been inspected and updated by the faculty member in question. However, updating a faculty profile may be done at any time once the profile has been loaded.

For additional information (especially for faculty who have not received their information packets), please contact Alex Lowrey at X3772.

Professional/
Support Staff
Meeting

Wednesday,
February 4, 1998
3:30 p.m.

CE 109/110

This is the last week to see **Computer Art** by David Koffman, Mike Landers & Tim Nackashi. The exhibition is being held in the Continuing Education Art Gallery and closes February 9, 1998.

**THE OARS ARE AT
REST THIS WEEK**



| | |
|-----------------------|----|
| Duhling, Sallie | 3 |
| Marsha Hopkins | 3 |
| Tarr, Brian | 4 |
| Brown, Dennis | 5 |
| Pinson, Carol | 7 |
| McGlaun, Garry | 8 |
| Nodine, Pat | 9 |
| Wood, Valerie | 14 |
| Smith, Susan Aycock | 16 |
| Brown, Michelle B. | 18 |
| Greavu, Genie | 18 |
| Corn, Nathan | 22 |
| Preston, Gary | 22 |
| Kluczykowski, Monique | 24 |
| Langston, Linda | 24 |
| Ponders, Jason | 24 |
| Perry, Bronda | 25 |
| Darracott, Marion | 25 |
| Freeman, J.B. | 27 |
| Booker, Sarah | 28 |
| Forziati, Ann | 28 |

'I WANT RESULTS—NOW!'

FITNESS FROM EXERCISE IS ONLY DAYS AWAY BUT FIRST YOU MUST BEGIN

HAVE YOU EVER STARTED AN EXERCISE PROGRAM ONLY TO WATCH IT SLIP AWAY?

"About 50% of those motivated enough to start an exercise program drop out within the first six months," said Edward McAuley professor of kinesiology at the University of Illinois, who teaches sports and exercise psychology. One reason may be that you haven't had the chance to develop self-confidence in your ability to continue with it over the long term.

According to McAuley for the best results you should do at least 20-40 minutes of light to moderate aerobic exercise three times a week. But if you are like most of us the best intentions don't always happen. Only about 20% of adults stick to their program. About 40% exercise infrequently, and about 40% don't exercise at all. The most sedentary group are adults 45 to 64 years old.

WHY WE STOP EXERCISING

According to McAuley, "It should be remembered that initial involvement in an exercise program may not be a particularly pleasant, fun or enjoyable experience." The most common reasons for quitting are time constraints and lack of motivation. "It's not that people can't go out and exercise for 20 minutes, but it's that they find a reason not to."

What you need is to emphasize the gains you are making through exercise, McAuley said. Build your self confidence, gear your exercise program to see results from day one. Look for progress and celebrate any improvement.

GETTING PAST THE THREE MONTH HUMP

Based on a five-month study, McAuley concluded that the first three months of a program are the crucial period for deciding the longevity of an exercise program. If the exercise program is conducted with attention to developing self-confidence, you are much less likely to drop out during the following months, he said.



"People with a belief in their ability to exercise, even in the face of obstacles, exercise more often and perceive the exercise to be less physically demanding," McAuley said. With time, exercise will become a fulfilling part of your life.



| January 1998 | | | | | | |
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February 1998

| March 1998 | | | | | | |
|------------|----|----|----|----|----|----|
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| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

| Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|---|---|---|--|--|--|---|
| 1 | 2 Spring? Groundhog Day  | 3 The Labbe' Duo, 11am, Student Center | 4 D. S. Liaison Mtg 2 pm, DCR Phi Theta Kappa Initiation, 11 am FDR Prof/Support Staff Mtg 3:30 p.m., CE 109 | 5 "Résumé Writing/ Interview Skills" workshop, 11 am & 5:15 pm PACE Center Creative Caricatures, 10 am - 1 pm, SC | 6 "A Parade of American Music" 11 am, CE lobby | 7 |
| 8 | 9 Regents' Test, 2:30 pm, CE 108 Dr. Robin Morris, Regents Ctr for Learning Disorders, 3 pm, Lanier AB | 10 "Speed Reading" Workshop, 11 am & 5:15 pm, PACE | 11 Academic Council (Del/Supp) Meeting, 3:30 pm, DCR | 12 PingPong Tourn., 11 am, SC / Sweet Surprise! 7-8:30 pm, SC GCWO Meeting, 3 pm, FDR | 13 | 14  |
| 15 | 16 Play: "Our Town", 7:30 pm, Pearce Auditorium | 17 Debate: Creationism vs. Evolutionism, 11 am SC Play: "Our Town" | 18 D.S. Advisors' Meeting, 3 pm, PCR Play: "Our Town" | 19 PROBE FAIR, 10 am - 12 noon, Lanier A-C Gallery talk & reception, 11am Play: "Our Town" | 20 Regional Science Olympiad (GC Host) Faculty/Staff Appreciation Lunch, 11 am - 1 pm, FDR Play: "Our Town" | 21 Play: "Our Town" |
| 22 Play: "Our Town" 2:30 pm, Pearce Auditorium | 23 Spring Advise/Pre- Registration (Feb 23 - March 4) | 24 GC Fitness Center Grand Opening Black History Month, "The Word" 11 am SC Hot Chili!, 7-8:30 pm SC | 25 Clifton Taulbert, 11am, CE 108 Mini Job Fair, 9:30 am - 1 pm, Student Ctr Faculty Meeting, 3:30 pm, CE 109 | 26 Leipzig Chamber Choir, 8:00 pm PA | 27 | 28 |
| | | Alumni Council is providing Hot Chocolate and Capaccino in Student Ctr from 8-10 am and in Academic III from 5-6 pm and 7:30 - 8:30 pm - on Feb 24 | | | Animal Influences: Ceramic Art & Drawings by Ron Meyers, Rich Panico & Ted Saupe | |