

## **Germanna Remains a Good Value Despite State-Ordered Tuition Increase for the Spring Semester**

This fall Germanna has set a record for credit class enrollment by breaking the 7,000 mark.

By the end of the May, GCC will likely also have reached an all time high annual total headcount between 14,000 and 15,000, including non-credit Workforce enrollment.

Over a three-year period, Germanna's enrollment has soared by about 30 percent while a state revenue shortfalls have forced one cut after another in funding from Richmond. About \$2.3 million has already been cut from the funds Germanna would have been getting from the state this year, with another cut expected in January or February and still another certain when federal stimulus package funding runs out at the end of the fiscal year.

Meanwhile, continued rapid growth in enrollment at Germanna is virtually certain.

Something had to give. Instead of choosing to slash programs and layoff faculty and staff at a time in our history when community colleges must play a key role in turning the economy around, the State Community College Board decided to approve a \$7.30 per credit hour increase in both in-state and out-of-state tuition effective for the spring semester. In-state tuition will be \$94.03 per credit hour and out-of-state tuition will be \$266.13 per credit hour.

A three-credit class will cost \$22 more next semester.

Germanna President David Sam said the college must find a way to continue to fulfill its mission, which he describes as one of providing hope for a better future for Culpeper and the rest of its service area. Hope for those who have lost their jobs or are underemployed. Hope for those who need to be retrained to compete in a new global economy. And hope for families who cannot afford to pay to send their children all the way through high-priced four-year colleges and universities.

This month that mission was recognized when Kiplingers Magazine's "2009 Best Values List" issue cited Virginia community colleges including Germanna as a best value.

"For help getting an inexpensive four-year degree, you can't beat the community-college system," Kiplinger's said, also citing Florida, Oregon, Pennsylvania, Texas, Washington State and Wyoming."These systems let students transfer community-college credits to a four-year in-state institution and score the same degree as everybody else, at a price that's one-third to two-thirds less."

Even though Germanna remains a good value, President Sam knows there are many who need help in the form of financial aid and scholarships. He's proud of the fact that GCC has increased the processing of requests for aid by 230 over the past two years, but says the college will try to do even more to help students in need.

"We are looking for increased support for our Germanna Educational Foundation for more scholarships," Dr. Sam said. "The state board made a difficult decision and we promise to do all we can to help our students by providing services and programs and by looking for aid and assistance that is not loan-based."



-Michael Zitz

## It's An Employers' Market - Area Employment Experts Give Tips and Cite Trends During Panel Discussion at Germanna Community College

Employers were so desperate for workers in the booming Fredericksburg area three years ago that the application process was a breeze.

"If they could fog a mirror, they were hired," joked Peter Mocarski, acting manager of the Virginia Employment Commission office in Fredericksburg.

Oh, what a difference an economic downturn makes.

These days it's an employers' market, and they have the luxury of being selective, he said during a panel discussion at the Employment Resource Fair held at Germanna Community College's campus in Spotsylvania County on Tuesday.

Potential employees are now sized up the moment they walk in the door for their interview.

"Support staff is watching to see how you greet other people, and how you talk to others in the waiting room," said Amanda Talbert, who heads the Fredericksburg Regional Society for Human Resource Management chapter and is district director for the Virginia SHRM State Council.

Applicants should come prepared for a more extensive interview than in the past, as well as skills assessment tests and background checks, she said. And one of the most important things they can do during that interview is show how skills they honed at their previous job can be transferred to a new position.

"Employers want to know, 'How does this apply to my business?'" Mocarski said.

As an example, he said that someone who worked at W.J. Carpenter, a business near Madison that used to make wooden chicken coops, should say that he operated woodworking machinery or specialized in shipping, rather than "I made wooden chicken coops."

Applicants also should have researched the company before they apply, be honest during the interview, and try to prove that they'll be loyal, reliable and ethical employees if they're hired.

"Don't ask, 'When's lunch? When can I leave?'" Talbert said. "They'll read that as, 'I'm wasting my time with this person.' Instead, say, 'What's the potential for growth at this company? Are there other things I can do here?'"

The unemployment rate in the Fredericksburg area was 5.8 percent in September, which is higher than the region is used to. But that doesn't mean there



*Maartje Potterton looks over her resume with Jon Zitz of Manpower at the Job Resource Fair held at Germanna Community College.*

aren't business sectors that are hiring, said Wayne Waldrop, director of business information services for the Virginia Department of Business Assistance. These include companies requiring people with scientific and technical skills, and health care professionals.

Waldrop also said his office is seeing an increase in the number of displaced workers interested in going into business for themselves. Requests for help from his office for this jumped 20 percent in 2008 and is up 11 percent this year.

Spotsylvania has become "a collection point" for small-to medium-size businesses related to the area's military bases to locate, said Russell Seymour, the county's director of economic development.

"They're coming and they're staying and growing in our region," he said. "They're realizing the work force is here."

Large distribution companies that haven't looked at the area for a while also are starting to come back and slowly add employees, Russell added.

Help is available in a number of places for people who are either entering the job market for the first time or who had lost a job and are trying to find another. These include the Bay Consortium Workforce Investment Board, which will open an office near Lee's Hill Shopping Center soon, and the Virginia Employment Office at 3501 Lafayette Boulevard and its Reemploy Virginia Office, which opened last month at 4512 Carr Drive in Spotsylvania County's Four-Mile Fork area.

*- Cathy Jett, Free Lance-Star 11/19/2009*

## Job Fair at GCC's Daniel Center

When Minority Whip Rep. Eric Cantor announced he would hold a job fair last week at Germanna Community College's Daniel Center, few would have expected it would become the center of debate about the effectiveness of the stimulus program in creating jobs.

Forty-seven employers, about half of them federal, state or local entities including the FBI and FEMA, set up booths and talked to jobseekers.

The Hill reported that responding to questions from reporters at the event, which drew about 700 people, "Cantor said more people would be employed if the stimulus bill contained more small-business-friendly provisions.

"The economic stimulus package was an 'utter failure,' Cantor told reporters at the event, adding: 'If we would instead focus half the stimulus dollars toward small businesses, I believe we would have seen many more jobs created than were created thus far.' "

But Democrats and liberal Web sites like The Huffington Post and Think Progress called Cantor a hypocrite, saying many of the jobs available at his event at Germanna were the result of stimulus funds. Think Progress even sent a camera crew to the event to do a Michael Moore type report.

Think Progress said: "So far, the stimulus has injected over \$5 billion into Virginia, creating or saving at least 5,900 jobs. The money has helped local governments avoid budget cuts and layoffs, while spurring private investment by funding infrastructure and other critical projects. Many of the employers at Cantor's job fair were a clear demonstration of the success of the stimulus."

Included in the list was "the Culpeper County School system will have a total of \$4.1 million in stimulus funding to work with for the fiscal year 2010. The school system is hiring seven people and the stimulus is helping to retain the over 700 people employed by the system."

Germanna spokesman Mike Zitz said the college doesn't take sides in political debates, but thanked Rep. Cantor for choosing the Daniel Center for the event and added:

"We think it was a good opportunity for people in the Culpeper area to network, make contacts and ask questions of recruiters face to face. Nobody sat down and filled out paper applications, and no one was hired on the spot. But that's not the way things work today. Almost all businesses prefer to take applications and receive resumes online, and it's important to do research and tailor them to each particular business and job and include keywords that will be picked up in computer searches. But it's still key to make that initial personal contact. Sometimes that can make all the difference.

*-The Culpeper Times*



*At left, Kate Beasley, Culpeper-based Branch Manager for staffing agency Adams & Garth, talks to Culpeper resident Tanya Smith, is a job in Washington and looking for one closer to home, during the Job Fair at Germanna's Daniel Center in Culpeper last week.*

## Employment Resource Fair

On November 17th Germanna's Center for Workforce and Community Education partnered with several state agencies and local employment companies to offer an Employment Resource Fair at the Fredericksburg Area Campus in Spotsylvania county. The day began with opening remarks by Danny LeBlanc, the Senior Advisor to the Governor of Virginia for Workforce. This was followed by a panel discussion with distinguished speakers from state, regional, and local entities including: Economic Development, the Bay Consortium Workforce Investment Board, the Virginia Department for Business Assistance, the Society of Human Resource Management, and the Virginia Employment Commission. A menu of workshops were offered in interviewing, applications and resumes, networking and cold calling, and managing finances, as well as hands-on demonstrations of the Virginia Wizard. Germanna's Career Readiness Certificate Coordinator, Cheri Ober, provided valuable information to the attendees and was available to proctor CRC testing that afternoon.

*-Suzanne Broman*



*Danny LeBlanc, Senior Advisor to the Governor of Virginia for Workforce, addresses attendees of the Employment Resource Fair at*

*Dr. Jeanne Wesley moderates the panel discussion. Seated left to right are: Michael Jenkins, Peter Mocariski, Amanda Talbert, Wayne Waldrop, and Russell Seymour.*

*Germanna Community College*



## Local Business Forum at GCC Daniel Technology Center

Germanna Community College hosted a business sales growth seminar in conjunction with the Virginia Department of Business Assistance on November 10th at the Daniel Technology Center in Culpeper.

The free seminar, provided interactive discussions with experts who helped small business owners and managers in the areas of: sales growth, opening new markets, matching businesses with customer needs and learning how to target markets.

Segments included connecting to private and federal markets, selling to the state and federal government, eVA registration and SWAM certification.

The event was sponsored by Germanna's Center for Workforce and Community Education, the Thomas Jefferson Partnership for Economic Development, the Culpeper County Department of Economic Development, and the Culpeper, Madison and Orange county chambers of commerce.

There were presentations by the Virginia Department of Business Assistance, the Procurement Technical Assistance Center, the Virginia Department of Minority Business Enterprise, the U.S. Small Business Administration, the Virginia Economic Bridge, the Virginia Tourism Corporation, the Virginia Department of General Services, and the Virginia Information Technology Agency.

*-Star-Exponent, 11/09/09*

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## State Board Approves Tuition Hikes for Community Colleges

Obtaining a higher education these days is going to cost Germanna Community College students more money when they return to class next spring.

Virginia's State Board of Community Colleges approved a tuition rate increase on Thursday for Virginia's Community Colleges effective at the beginning of the spring 2010 semester for both in-state and out-of-state students.

The \$7.30 per credit hour increase will raise the cost of a typical three-credit community college course by about \$22.

The in-state tuition will go from \$86.73 to \$94.03 per credit hour and out-of state tuition will be \$266.13 per credit hour.

The board approved the tuition increase to allow community colleges — which have absorbed four state funding cuts since 2008 totaling \$105 million — the resources to serve the increasing number of students.

"Virginia's community colleges have seen a steady drop in state funding exacerbated by the recent budget cuts," said Germanna President David A. Sam. "The portion of the cost of educating a GCC student covered by the state has dropped below 50 percent from a high of around 70 percent 40 years ago.

"We face two bad choices: Cut programs and services or raise tuition," Sam said. "We regret this forced choice."

Sam added that Germanna does not have the option of turning students away to contain costs and wouldn't want to do so if it could.

"Virginia's community colleges cannot cap enrollment as universities may. We are needed now more than ever."

Without a tuition increase, Sam said, Virginia community colleges were more likely to be forced to make layoffs at a time when they are already so understaffed and at a time when the recession has made the need for their services greater than ever.

"We have increased our outreach to get more students to apply for financial aid, resulting in a 230 percent increase in applications at GCC from August 2007 to August 2009," Sam said.

Sam added that despite the tuition hike, he and his staff are committed to helping students find ways of funding their education.

"The state board made a difficult decision and we promise to do all we can to help our students by providing services and programs and by looking for aid and assistance that is not loan based."

Glenn DuBois, chancellor for the Virginia Community College System, announced last week the creation of a reengineering taskforce that is charged with finding smarter, more efficient ways of operating Virginia's community colleges.

"Moving forward, we have to look at more than simply seeking new revenue and cutting more programs. This taskforce will examine every part of our business model and ensure we are optimized and getting everything we can out of every dollar that we spend," DuBois said.

*Star-Exponent, 11/16/09*

december2009

## State Health Care Association Honors Kincheloe

Culpeper's Connie R. Kincheloe is one of five people recently recognized for her contributions to health care in the commonwealth.

The Virginia Hospital & Healthcare Association honored Kincheloe, William M. Moss, Shirley Rogers Gibson, John M. Toups and Joseph R. Wilson Nov. 5 during the 2009 Outstanding Service Awards ceremony at The Homestead in Hot Springs.

Kincheloe received the Excellence in Governance Award, which honors people from VHHA member hospitals or health system governing bodies.

"Working with health care professionals has given me a greater appreciation for those who dedicate themselves to improving the quality of peoples' lives," Kincheloe said. "These experiences have made me aware of the importance of eliminating barriers and expanding opportunities so that the best quality medical care is provided to our patients and our communities. ... For me, it has and will continue to be a life-changing experience."

Kincheloe, immediate past board chair for Culpeper Regional Health System, has served on the Culpeper Regional Hospital board since 1999. She also served as chair for two years, vice chair for three years and secretary for three years.

During her tenure as board chair, Kincheloe established the Board Quality Committee and chaired the Planning and Facilities Committee. She's also been credited with contributing to the recent partnership between CRH and the University of Virginia's Medical Center in Charlottesville, and also helped promote a nursing partnership between CRH and Germanna Community College.

Kincheloe was board chair when CRH opened the Powell Wellness Center in 2007, a state-of-the-art outpatient rehabilitation, health and fitness and aquatics facility.

Kincheloe has been a member of the Germanna Community College Educational Foundation since 1993 and a member of the Virginia Foundation for Community College Education. She's served as the Culpeper District representative to the Commonwealth Transportation Board and was on the State Board for Community Colleges, serving as chair in 2004-05.

*-Culpeper Star-Exponent, 11/15/09*



## Middle College Receives Grant Award

The Community Foundation of the Rappahannock River Region awarded Middle College a \$5000 grant on November 23, 2009. A proposal was submitted in early November to the Foundation requesting funds to aid in recruitment and scholarships. This competitive grant process included providing information about the mission of the program which is to help the students achieve their academic, career and personal goals. Middle College achieves this by allowing these individuals without a high school diploma to increase their income and employability by simultaneously pursuing a GED, community college education, and a workforce certification in a college environment at no cost to the student. The proposal also outlined the criteria for enrolling in the Middle College Program as well as the goals for the population served.

"Many of our students felt that college was out of their reach until they enrolled in this program. For many, they are first generation college students and in some cases the first to complete a high school credential. This program shows students that with a college education, their chance for success increases greatly. With the support of the CFRRR, we can continue to show these young adults that Middle College is a good first step in achieving their goals for a brighter future and continuing on to Germanna can take them even further. I express my sincerest thanks to the CRFFF for their support. With their support we can raise the local standard of living for these individuals through access to higher education."

*-Carolyn Bynum*



## Germanna Community College President Makes Plea for Local Funds for New Academic Building on Massaponax Campus

Germanna Community College President David Sam has persuaded the Spotsylvania County Board of Supervisors last night to earmark \$1.2 million to help pay for a new \$28.4 million academic building.

Dr. Sam next plans to visit officials in Fredericksburg and the counties of Stafford, Caroline and King George to ask them for a total of \$1.5 million.

Spotsylvania is being asked for the largest share of the roughly \$2.7 million the college needs because its residents make up the largest percentage of students taking classes at the campus where the new building would be located. In the 2008-2009 school year, 47 percent of Germanna students enrolled at the Fredericksburg Area Campus lived in Spotsylvania.

Dr. Sam's requests would cover the local portion of the cost of building a third academic building at that campus, which is located in the Massaponax area of Spotsylvania.

He conveyed a sense of urgency for the appeal because without a local funding commitment soon, the college won't be able to move forward with the building as part of a higher education bond package approved by the General Assembly in 2007.

Several supervisors expressed support for the college's needs.

Supervisor Hap Connors said: "I see community colleges, especially in this economy and in the future, being more flexible with helping people train for jobs we see coming down the pike"

Supervisor Benjamin Pitts, who graduated from Germanna in 1986, said this is a good project.

"I cannot think of a better way to invest public money than to invest in people," he said.

State bond revenue would cover all but about \$2.7 million of the costs associated with the building. The state requires community colleges to pay the costs of furnishing the structure and expenses involved in site work 3 feet from the building.

Those costs include items such as furniture, lab equipment, parking, lighting, landscaping and stormwater management.

If the project doesn't begin as part of that bond package, Dr. Sam said it would be at least five years before the college gets another opportunity for state funding. It was approved in 2007 based on enrollment growth and need.

The proposed building is slated to be ready for students at the earliest in 2012, Dr. Sam said. A delay would push back any future building to at least 2017.

With enrollment increasing about 30 percent over the past three years, he said such a delay would severely impact students and the community.

### TRYING TO MEET DEMAND

The 45,000-square-foot building would contain 15,000 square feet of classroom space, a 13,000-square-foot learning resource center and 4,700 square feet of office space.

The classroom space would include labs for science and engineering students, two fields in particular demand in the region.

The region's third hospital is expected to open in Spotsylvania next year nearly within sight of the campus, and Spotsylvania economic development officials have been actively recruiting companies that rely on engineers such as defense contracts and companies developing clean energy.

Over the past two years, Dr. Sam has approached each locality informally and has sought private donors to help pay the local portion of the building's cost.

But he said the bad economy has severely impacted his ability to generate funding.

"In the dark times we're in, it's hard for anybody to provide those dollars," he said.

As a stop-gap measure Germanna's college board approved allocating \$800,000 of its local funds toward the project in case they are needed.

Germanna's Educational Foundation may apply for a loan to move the project forward, but would need commitments from the localities or private donors for the \$2.7 million.

*-Staff & Free Lance-Star reports*



## Germanna Plans Three-Level Parking Garage with New Academic Building at Fredericksburg Campus

Germanna plans to build a three-level parking garage to accompany the third academic building at its Fredericksburg-area campus, which could mean higher fees, Vice President for Administrative Affairs Rick Brehm said.

The garage would have 575 spaces to help with the parking shortage at the campus, Brehm told the Local College Board at its November 19 meeting.

The college "will almost certainly" need to pass the cost of the garage to students through general fees, Brehm said.

The Fredericksburg-area campus, located in the Massaponax area of Spotsylvania County 150 spaces short of parking needs for the current enrollment, Brehm said.

When a third building is completed, even with the parking garage, the campus still will be more than 100 spaces short of the number needed to accommodate students and staff, said college spokesman Mike Zitz.

The college hopes to build a \$28.4 million academic building that would include 15,000 square feet of classroom space for engineering and science labs, a 13,000-square-foot learning resource center and 4,700 square feet of office space. That cost doesn't include the parking garage.

Germanna President David Sam estimated it could be in use by 2012 or 2013, assuming funding becomes available.

State bond revenue would cover all but about \$2.7 million of the costs associated with the building. The college is seeking the remainder from the localities served by Germanna.

Spotsylvania has agreed to contribute \$1.2 million--the largest portion of the \$2.7 million--because it is the jurisdiction with the largest enrollment.

Fredericksburg and the counties of Stafford, Caroline and King George are being asked to cover the remaining \$1.5 million.

Brehm said the cost of the parking spaces for the three-level garage is currently estimated at \$15,000 to \$18,000 per space. He anticipates getting a public-private partnership offer for the project within the next few months.

Also at Thursday's meeting, it was announced that the college crossed the 7,000 enrollment mark for the first time this fall. The fall enrollment of 7,003 includes 4,710 part-time students.

Those numbers do not include people enrolled in non-credit classes.

*-Pamela Gould, The Free Lance-Star 11/21/2009*

## Germanna Tests the Limits of Financial Literacy

"Community college students need to know how to manage their money wisely. It's a basic life skill," said Chris Honenberger, CEO of ClearPoint Credit Counseling Solutions and a former Germanna board member. Honenberger said ClearPoint's Financial Firsts, a money management primer, was designed to help college students succeed.

"One of the biggest reasons people drop out of college, or put their education on hold, is because of money," explained Honenberger. "If we can help students manage their money wisely, we can help them get their degrees, which will in turn help them find good paying jobs."

ClearPoint developed Financial Firsts from a financial education course for youth that had been running in California for the past few years. They redesigned it with the community college student in mind, and beta tested it this fall at Germanna's Fredericksburg campus. About 20 students participated in the pilot.

"Initially it was a challenge getting young people to recognize that this course might be something they need," said Russell James, Dean of Germanna's Business and Workforce Services. "But after the first class, the students couldn't wait to come back for more."

The five two-hour sessions covered topics from budgeting, to reading a credit report, to interviewing for

a job and buying a car. Multi-media tools and class interaction helped bring what are

sometimes considered stale subjects to life. Many students found the videos entertaining, including one featuring interviewing dos and don'ts.

Students were given a pre-test to measure their financial knowledge at the beginning of the course. The class average was 65%. Upon completion, students scored significantly better at 89%. Moreover, student feedback about the course was overwhelmingly positive. "The vast majority of comments were requests for more detail, and to make the course longer," said Ann Estes, ClearPoint's President - Atlantic.

ClearPoint hopes that community colleges across The Commonwealth will hear about the success of the Germanna pilot and seek to provide financial education for their students. "We believe wise money management should be a part of every student's core competencies when they graduate from college," said Honenberger. "And we hope every community college in Virginia agrees."

*- Russell James, Dean, Business and Workforce Services*



## A Letter from Paola Bertens - Our Holland Exchange Person

Dear Friends,

For two weeks I was a very lucky Dutch girl to enjoy your hospitality, lovely conversations, big lunches and dinners and...well, the list of your kindnesses goes on and on. I'd been to America before, but never to Virginia. And now, of course, I cannot only describe my experiences, but my love for new friends from Virginia.

Your interest in my country and myself were pleasant surprises. And I was again impressed by the American way of life. A big part of my stay with Judi Bartlett was a real American experience, reminding me of what we see on television in The Netherlands. Being a part of it made me appreciate how you survive hectic schedules. Experiencing this, I'm glad I had a choice several years ago to trade my own hectic lifestyle as a practicing lawyer and take on a more relaxed one with my family and work as a teacher. The experience also reminded me of what The Netherlands has to offer.

Even more, your kindness amazed me again and again. You drove me from one place to another, entertained me with your lovely conversations, trusting me with your secrets. Taking me out for a lovely cup of tea, great lunches and dinners, including delicious homemade ones---which may account for the 10 additional pounds!

Many times you showed me around at school, but also outside the school to see the University, Court, churches, Child Help, Congress and cities.

You also allowed me to be present in your classrooms, to be a part of WOW and Delta Kappa Gamma Society International. If there is one thing I regret, it is that I did not become a member of this last mentioned group.

You took me shopping, invited me to dance and to help the homeless.

And all this not only by Judi's colleagues, but also with friends from outside the school.

I was spoiled by all your lovely gifts. I had to buy an extra suitcase and tried to walk on board the airplane with a much too heavy bag as though it just weighed five pounds. But it must have weighed over 35 pounds. You should have seen me!

In the end it was impossible to accept all your invitations. I got invitations from people to come to dinner, watch baseball games, shopping, etc., but there just wasn't enough time to accept all of your kind invitations. Besides seeing Judi again, these are good reasons to come back again.

What I admire the most is that you all welcomed me into your day-to-day lives, letting me be a part of them, sharing your interests with me. It is impossible to remember everyone properly in this short article. I want to thank you all for everything you shared with me. Germanna people, I love all of you.

My special thanks goes, of course, to Judi Bartlett. She is the one who made these two weeks such a success. She invited me to be her guest and I have to say I couldn't have had a better hostess. Not only Judi, but also her family—Alan, Britney, Witley and Junior and her little crazy doggy Q-tip—made me feel at home. Judi made sure that I saw a lot of different schools and things done there, but she also showed me Jamestown and Washington D.C. and let me take part in her family's Church, which was really a great adventure, too. Britney and I experienced hiking in the fantastic environment of Prince Park. Judi is a great woman, and may never doubt her capacities as a hostess again. It is not the cooking, Judi, but your way of make me feel at home. I'll never will forget that and I am glad I can do something back, when you come over to visit my country.

I have learned so much from everyone, even more than I can describe. And although I am very glad to be home again with my two kids and husband, I would go again in a minute if I had the chance.

In the meantime, you all are welcome in Holland and don't hesitate to contact me ([paola.bertens@roceindhoven.nl](mailto:paola.bertens@roceindhoven.nl)).

Thank you all, lovely people of Virginia.

Yours sincerely, Paola Bertens

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## COLLEGE COUNCIL MEETING • October 23, 2009

- Discussions:**
- President's Council Report: Climate Survey Results
  - Quarterly Reports Submitted by Committees
  - Promotion of College Council

If you did not have the opportunity to attend the last College Council meeting, a copy of the minutes can be found on the shared drive at *S:\Public\College Advisory Councils & Committee Membership Lists\College Council*.

Please join us for the next College Council meeting on Friday, December 4th at 1pm in room 114 at the LGC.

If you have an issue or concern that you would like to have addressed at one of the meetings, please call me or LaZalia Richardson, or send us an e-mail at [sbroman@germanna.edu](mailto:sbroman@germanna.edu) or [lrichardson@germanna.edu](mailto:lrichardson@germanna.edu).

-Suzanne L. Broman

december2009



## Winter Festival

### Featuring: The Twelve Days of Winter by Deborah Lee Rose

The Drama Club would like to invite you and your family to a Winter Festival that will be held this Friday, December 4 in FAC 2 room 105 A & B the program will start at 6:30pm and end at 8:30pm.

We hope that you and your children will be able to come out for this event. We have LOTS of fun things planned, including: face painting, Bingo, decorating your own snowflake and more. A light dinner will be served along with the reenactment of the Twelve Days of Winter by the Drama Club.

There will be lots of fun and lots of prizes to be won.

*The Student Activities and the Drama club are helping with the gift donations for the preschool children in the Head Start program. Anyone who brings in one or more item (hats, gloves, toothpaste, toothbrushes, small toys or coloring books) to the Winter Festival will be entered in to win a \$10 gift card at 5 Below.*

-Tamira A. Goodstein

## “Second Annual” Germanna Holiday Potluck Luncheon

Save the date! Friday, December 11, 2009 from 11:30 a.m. – 1:00 p.m. we will hold the “Second Annual” Germanna Holiday Potluck Luncheon at the Fredericksburg Area Campus, Phase II, Rooms 105 A & B. Everyone is welcome!

A sign-up sheet entitled “Holiday Potluck Luncheon Signup Sheet-2009” is available for your use on the Public S:/ drive. Sandwiches and beverages will be provided.

Come and join your co-workers and friends as together we welcome in the winter holiday season!!

## START THE NEW YEAR OUT RIGHT Culpeper Regional Health System and Germanna Announce “Drop It...2010 Healthy Living Challenge”

Culpeper Regional Health System in partnership with Germanna Community College announces “Drop It...2010 Healthy Living Challenge,” a free 12-week program beginning with an educational lecture and a health fair kick-off designed to help our community become healthier in the new year.

“Culpeper Regional Health System and Germanna Community College are invested in the health of this community, and we are committed to helping everyone, who chooses to do so, lead a healthier life,” says Sandy Boone, Powell Wellness Center Director.

Beginning on January 25, the challenge, which is open to all ages, is to lose weight and become healthier by establishing a balanced diet along with an exercise program. Each week contestants will have the opportunity to participate in free events, such as exercise and nutrition classes. The last weigh-in on April 12, will determine the three adults and three teens who will win prizes for greatest percentages of weight lost. Children who finish and turn in their Bingo card of healthy activities will be entered in a drawing for a chance to win one of three prizes.

To motivate participants, Dr. Rowley, a Senior Fellow at the Institute for Alternative Futures in Alexandria, VA, will speak on VA’s Health Crisis, No More “Weighting.” His lecture on January 19 at the GCC Daniel Technology Center in Culpeper, VA is open to the public and will help to motivate community members in a positive way.

The Culpeper Regional Health System health fair will be held on January 23 also at the Daniel Technology Center and will help kick-off the challenge. With over 30 booths providing free health screenings, activities for children and registration for the challenge, the event will offer information to help all individuals meet their personal goals.

All members of our region are invited to participate in the free activities. Registration for the weight loss challenge is required, and for each pound a participant loses, a designated amount will be donated to benefit allied and nursing health programs in our region up to \$500,000. More Information on this exciting endeavor will follow.

-A. Hogarth, Culpeper Hospital

**Drop it!**  
... The 2010 Healthy Living Challenge



december2009

# welcome!



## Judy Tea

Tutoring Services is delighted to welcome Judy Tea, our new Online Academic Support Specialist. Judy is a graduate of the University of California, Riverside, and she recently worked for the Environmental Systems Research Institute in Redlands, California. She moved to Fredericksburg in August to join her fiancée, who is a political science professor at the University of Mary Washington. Judy is already busy working on ideas for creating vibrant online tutorials and assessments for our students. Although she has only been at Germanna for a week, she is already updating our website, assisting students with IT classes, and developing supplemental instructional materials. Welcome Judy!

-Ann Lyons

# information

## Donate a Gift to a Preschool Child in the Head Start Program

Provide a gift to a preschool child in Head Start who lives in Fredericksburg, Spotsylvania or Stafford.

Student Activities and the Drama club is collecting hats, gloves, toothpaste, toothbrushes, small toys or coloring books for children in the Head Start program. Drop off donated items to the Counseling Office on any campus. The deadline is **December 10th**.

Each box will go to a boy or girl who is between the ages of 3 and 5. If you have any questions please email Student Activities ([studentactivities@germanna.edu](mailto:studentactivities@germanna.edu))

-Tamira A. Goodstein

## Faculty Senate Sponsors Raffle

The Faculty Senate is sponsoring a raffle for a 42" VIZIO flat screen TV. The dates of the raffle are now until **December 11**, with the drawing taking place in the foyer of FAC-1 on December 12, the last date of classes for the fall semester.

Raffle tickets are \$1.00 each or six for \$5.00 and tickets may be purchased from any full time teaching faculty.

Proceeds from the raffle will be donated to the Gossweiler Student Emergency Fund (75%) and the remaining 25% will be used to fund other activities of the Faculty Senate. This is a perfect way to give yourself a great Christmas gift for only a \$1.00.!

## **PUBLIC HEALTH EMERGENCY LEAVE** - Policy Number: 4.52 Effective Date: 06/10/07

*Application:* All state employees, including employees of agencies exempt from coverage of the Virginia Personnel Act and, as noted, wage employees.

*Policy:* It is the policy of the Commonwealth to protect the health of state employees and the public and to provide continuity of services to the citizens of the Commonwealth during times of pandemic illness.

**Go to for info:** [http://www.dhrm.state.va.us/hrpolicy/web/Pol4\\_52.pdf](http://www.dhrm.state.va.us/hrpolicy/web/Pol4_52.pdf)



## Swine flu ebbing, but unpredictable, So keep your guard up! Excerpts from November 18, 2009 article in newspaper, The Virginian-Pilot

Dr. Edward Oldfield, an expert on infectious diseases and professor of immunology at Eastern Virginia Medical School, agreed to answer questions about the current swine flu situation.

**Q. How has this pandemic flu compared with past strains?**

A. Looks like this particular pandemic strain is quite infectious, but the overall severity may prove less than the seasonal flu. We rate the flu pandemics 1 through 5, like hurricanes. If anything, this is a category 1 or less, the equivalent of a tropical storm. As anyone in Tidewater knows, a tropical storm can cause significant problems. But the overall mortality is less than the seasonal flu.

**Q. What are you seeing at hospitals?**

A. The pediatric hospital has had much more activity than the adult hospitals. We have seen the numbers decline at Norfolk General and across Sentara hospitals during the past two weeks. We are hoping we are over the peak. But don't let your guard down. Get the vaccine.

**Q. How soon would you expect to see another wave of the pandemic H1N1?**

A. A lot of people see that the activity is going down and they think, "I don't need the vaccine." I think that's not true. I think you will see recurring waves of this virus. I think by the end of November we will have seen a significant decrease in the pandemic strain, but we may see future waves even this season.

**Q. How soon would you expect to see another wave of the pandemic H1N1?**

A. It's unpredictable. Many people feel it could come back in the January-February time frame with the seasonal flu.

**Q. We've had four confirmed deaths from the pandemic H1N1 in this region (Tidewater). How, exactly, does the flu kill people?**

A. There are three ways any influenza can cause significant illness.

One is the virus can directly affect cells in the lungs to produce pneumonia, which can cause death. Another way is your body produces something called cytokines - these are your body's natural defenses. Sometimes your body goes overboard and causes an excess of that, a cytokine storm. It's like your own defenses go haywire. Those are the people who get very sick, very quickly. The lungs fill with fluid and are damaged. The third way is you can get a secondary bacterial infection that damages the lungs. It looks like about 20 to 30 percent of the serious cases have had a secondary infection.

*By Elizabeth Simpson, the Virginian-Pilot © November 18, 2009*

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## What You Can Do to Stay Healthy

- Stay informed. <http://www.cdc.gov/H1N1FLU/> will be updated regularly as information becomes available.
- Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- Take everyday actions to stay healthy.

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after use.

Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.

Avoid touching your eyes, nose or mouth. Germs spread that way.

Stay home if you get sick. The CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.

- Find healthy ways to deal with stress and anxiety.
- Call 1-800-CDC-INFO for more information.



# calendar

## december

- 4**      **Winter Festival** - 6:30pm, FAC 2 Room 105 A & B
- 4**      **College Council Meeting** - 1pm LGC Room 114
- 11**     **“Second Annual” Germanna Holiday Potluck Luncheon** 11:30 am-1:00 pm, FAC2 Rooms 105 A & B

## january 2010

- 14**     **Engineering Event at GCC** - 5:00 to 8:00 pm, FAC 2, Rooms 105 A and B. Presentations from UVA representatives and Mark Gibson will be about Germanna’s newly approved engineering program and how it ties into UVA’s Produced in Virginia Engineering Program.
- 23**     **The Culpeper Regional Health System Health Fair** - at DTC and will help kick-off the **“Drop It...2010 Healthy Living Challenge,”** a free 12-week program designed to help our community become healthier in the new year. With over 30 booths providing free health screenings, activities for children and registration for the challenge, the event will offer information to help all individuals meet their personal goals. Abra Hogarth 540-829-4307.

*\*Watch your Germanna email for information detailing the dates, times and locations for **Virginia’s Health Crisis, No More “Weighting”** presented by William R. Rowley, M.D., a Senior Fellow at the Institute for Alternative Futures in Alexandria, VA.*