Often times, students go to the beach or take road trips to get away and relax. However, heading to the beach doesn’t have to be your only option for Spring Break fun. Have you ever considered camping, volunteering or outdoor adventure trips? These inexpensive alternatives can save you money and be a rewarding experience.

This year, students, faculty, and staff at UWG will be taking trips to Cumberland Island and Great Smoky Mountains National Park. Located in St. Mary’s, Georgia, Cumberland Island is the largest barrier island. From its wild horses to its sea turtles, Cumberland Island is definitely a great outdoor experience. Students will engage in project-oriented tasks such as tackling issues with accessibility and trail maintenance. Similar to Cumberland Island, Great Smoky Mountains National Park is home to wildlife and hiker trails. These parks allow students to explore and make a difference by building trails, park signs and picnic pavilions. Students also get the opportunity to foster a sense of environmental stewardship and connect with other students who pose similar interests. The trip costs includes: Meals, Lodging, Travel, and Guided Leadership. There is a limit of 12 students to each site so take charge of how you are going to spend your spring break. The deadline for registration is March 17, 2010. If interested, please contact Tara Mostowy, Coordinator of Outdoor Recreation at 678.839.5380 or tmostowy@westga.edu.
Faculty/Staff Spotlight

Denise Parham

Denise Parham is a Nurse Practitioner in the Department of Health Services and has been affiliated with the university since 1994. Married with three sons and two daughters, Mrs. Parham is the proud grandparent of seven grandchildren. She says in her spare time, she loves to walk for health and fitness, read, attend plays, watch movies, travel and spend time with her family. Her favorite places to travel are Florida, Bahamas, Mexico and anywhere there is either mountains or a beach.

Mrs. Parham is a valuable asset to the Health Services department. “I’ve done further studies and procedures that were not available prior to my arrival and have perfected them.” She models her work ethics after her favorite quote, “when you know better, you should do better.”

For Parham, her time spent at UWG has been an opportunity of a lifetime. She enjoys working with young people and feels that West Georgia is a blessed place to be involved. Mrs. Parham considers herself to be a spiritual and loving individual. She holds several positions at her church and within the community. She is the co-founder of a youth ministry, Youth Leaders of Today, Parade Chair of the Carroll County branch of NAACP and is active with the Prison Outreach Ministry in Haralson County.

Her motto in life comes from a verse in the Holy Bible, “I can do all things through Christ which strengtheneth me.” Philippians 4:13.

Student Spotlight

Shams Reaz

Sophomore, Shams Reaz came to the U.S. in June 2009 to pursue a Bachelor of Science degree in Bio-chemistry. Upon his arrival, he earned twenty-eight credit hours under a British curriculum in his native country of Bangladesh. Drawn to the Department of Chemistry, Shams says the professors are helpful, and UWG is a flexible institution. He is currently a member of the International Club and Muslim Student Association.

He plans to achieve a level two tutor certification in the EXCEL Center and reach his goal of completing research with Dr. Ray called “Synthesis of Medicinal Agent,” where he is trying to find a drug effective against tumors.

Though Shams is serious about his work, he also loves to have fun. He enjoys reading books, hanging out with friends and watching movies. “Brave Heart” is his favorite movie me because according to Shams “[it] signifies a passion to achieve a goal.” One of his greatest accomplishments is receiving the Daily Star in high school. He received one of the highest grades based on four subjects: physics, chemistry, biology and further pure mathematics.

With patience and hard work, Shams believes anything is possible. His motto in life is “time and tide wait for none.”

Shams plans to attend graduate school and continue his education in pharmacology in hopes of one day doing his own research and serving pharmaceutical industries.

Latino Cultural Society Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>March 13</td>
<td>Community Service Bingo</td>
<td>Cottage Landing Retirement Home</td>
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<tr>
<td>March 16</td>
<td>Bake Sale</td>
<td>Outside the Library</td>
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<tr>
<td>March 17</td>
<td>Game Night in Spanish</td>
<td>Campus Center 108.2</td>
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Latin American Film Series

March 8th; TLC 1203 @ 7:00 p.m.
Che (Part Two)

In 1956, Ernesto ‘Che” Guevara (Benicio Del Toro) and a band of Castro-led Cuban exiles mobilize an army to topple the regime of dictator Fulgencio Batista.

Conversations About Culture Series

March 10th Executive Dining Room (EDR) @11:30-1:00 p.m.

Multicultural Festival

March 18th; Love Valley @ 12:00p.m.– 6:00p.m

MAP Academic Award Ceremony

March 31st; Campus Center Ballroom @ 7:00 p.m.