



# The Rejuvenator

Newsletter of the UWG Association of Retired Faculty & Staff No. 36 August 2019

## THE ASSOCIATION OF RETIRED FACULTY AND STAFF ANNUAL REUNION

Saturday, September 7, 2019 at 11:30 am  
Sunset Hills Country Club



### ARFS Candidate Slate to be presented at September 7, 2019 Reunion

The ARFS Nominating Committee is pleased to present to the membership our slate of candidates for officers and Coordinating Council Members at Large for the coming year(s). We appreciate all of our candidates for their willingness to have their names placed on this year's ballot. Terms begin at reunion date and end two years later at reunion date.

The ballot shown below is the document each retiree present at our September reunion event will vote on. It includes persons completing their terms as prescribed by ARFS By-Laws:

#### Officers (also members of the Coordinating Council)

President: Kathryn Grams (term 2018-2020)

Vice President: Linda Picklesimer (term 2018-2020)

Past President: Mitch Clifton (term 2018-2020)

Secretary: Bruce Lyon (term 2018-2020)

Treasurer: Jimmy Drew (term 2018-2020)

#### At-Large Members of the Coordinating Council (minimum of six)

Tom Mackel (term 2018-2020)

Karen Smith (term 2018-2020)

Bonnie Bar (term 2019-2021)

Meg Cooper (term 2019-2021)

Bobby Powell (term 2019-2021)

Frank Pritchett (term 2019-2021)

Sally Roberts (term 2019-2021)

Francie Taylor (term 2019-2021)

### 2018-2019 Retirees to be Honored at September 7, 2019 Reunion

Adel M. Abunawass

Bonnie B. Bar

Christine B. Berding

"Tommy" Brown

Stan (Skip) Fite

Vincent Gibson

Michael Ginther

Deborah B. Hardegree

James A. Hembree

Loretta "Jo" Hite

Christopher Winn Huff

Barbara Kawulich

Mary Hutcheson Ledbetter

Ronnie J. Mayfield

Jo Etta Miller

Mark S. Parrish

Dawn Putney

Sally O. Roberts

E. Jane Simpson

Lyn J. Steed

Rita Wardein Tekippe

Bryan Thompson

Bernard Upshaw

Alice Debose Wesley

Diane Wise



## SAVE THE DATE **UWG HOMECOMING IS COMING!**

**October 17-19, 2019**

For more details visit [alumni.westga.edu/homecoming](http://alumni.westga.edu/homecoming)

### *You're Invited!*

#### UWG School of Arts and Humanities Upcoming Event

HOW TO START A REVOLUTION: PROPAGANDA & THE COMING OF THE  
WAR FOR INDEPENDENCE

with Dr. Keith Pacholl, Professor of History



**Wednesday, September 11 | 6:00 pm reception, 6:30 pm talk**  
UWG Newnan Center

We know our Founding Fathers and Mothers as critics of tyranny, defenders of liberty, and champions of freedom. But did you know that they were also masters of propaganda? Join us for an entertaining evening to see how American colonists used print, images, and other material objects to encourage patriotism, discredit opponents, and spark a revolution. [\\*Tickets are not required at the door, but don't forget to RSVP for door prizes.](#)

To register & learn about upcoming events visit [www.westga.edu/academics/coah/sota/featured-events](http://www.westga.edu/academics/coah/sota/featured-events)

### ***UWG will host the November GA-HERO meeting in Newnan!***

GEORGIA's association of Higher Education Retiree Organizations (better known as GA-HERO) will be meeting on the UWG Newnan campus on Friday, **November 8, 2019 from 9:30 am - 2 pm**. Investigators Adam East and Jackson Lawrence with the Sheriff's Department in Carroll County will speak about "Scams/Fraud: The Dimensions of Risk," sharing their experience of how persons have been victimized by various scams and fraud and offering suggestions for reducing risks of attendees becoming similarly victimized. West Georgia is fortunate to have an established and effective retiree council, and we also look forward to learning more about how other retiree groups (at both public and private institutions) are organized and about the benefits they provide. Anyone interested in attending this meeting can get more information in the coming weeks from the following site: <http://ga-hero.org/fall-2019-conference/>



#### ***A Fond Farewell to Kevin Hemphill***

Kevin Hemphill has resigned from his position as Assistant Director of Alumni Relations to pursue his passion in the technology field and is starting his own business - Integrezign! Kevin has been a valued member of our alumni team for over 6 years. He will be greatly missed as he goes on to a new and exciting entrepreneurial adventure. Best Wishes, Kevin!

(Integrezign.com)

To sign up for our listserv, please email Debbie Novak at [dnovak@westga.edu](mailto:dnovak@westga.edu). Also, remember that if you've changed your email address, you must notify us so we can update you on the ARFS listserv. Our listserv address is [uwg-arfs-list@westga.edu](mailto:uwg-arfs-list@westga.edu).

## WOLF WELLNESS LAB OPEN TO EVERYONE

COME CHECK IT OUT!



The Mission of the Wolf Wellness Lab is to provide leadership, education, advocacy, and services to develop and promote a culture of health and maximize the well-being of UWG students, faculty, staff, retirees, and the citizens of the surrounding community.

Some of the services offered:

- ◆ Deliver health coaching services to UWG students, faculty, and staff and the surrounding community
- ◆ Offer biometric screening services [DEXA (Dual-energy X-ray absorptiometry), blood pressure, glucose, cholesterol, etc.]
- ◆ Maintain the Wolf Wellness Lab website and other virtual tools, including webinars and online coaching services
- ◆ Design, support, and implement wellness education programs
- ◆ Offer first aid and CPR training and certification courses

The staff at Wolf Wellness Lab believe that health and wellness is more than just physical health. They seek to optimize the individual and collective health of our students, staff, faculty, and the surrounding community.

They offer a wide range of resources on the following topics:

- ◇ Mental Wellness
- ◇ Stress Management
- ◇ Counseling Services
- ◇ Nutrition
- ◇ Sleep Deprivation
- ◇ Smoking Cessation
- ◇ Recipes

And MORE!

The Wolf Wellness Lab is located in the UWG Coliseum Room 2105. As you approach the building, enter the double doors to the left with the Wolf Wellness Lab's logo on it and head down the hall to the 5th door on the right.

For further information, visit [www.westga.edu/academics/education/wolf-wellness-lab](http://www.westga.edu/academics/education/wolf-wellness-lab) or contact Wolf Wellness Lab at [wolfwellness@westga.edu](mailto:wolfwellness@westga.edu) or (678)-839-6194. Monday- Friday 8:00 AM- 5:00 PM.

### The Coordinating Council

The next meeting of the ARFS Coordinating Council is scheduled for Friday, September 20, 2019 at 10:00 am in the Conference Room of the Alumni House. Please feel free to join us for this meeting.

## UWG Retiree Legacy Scholarship Update

ARFS is pleased to announce that the current recipient of the UWG Retiree Legacy Scholarship is William Wortham. Thanks to all who have given so generously to the scholarship fund, raising \$25,000 in a three year period to endow this scholarship! William Wortham is a UWG freshman in the College of Education Health & Community Wellness and a relative of UWG retiree, Dannie Smith.

**The deadline for incoming students is February 1st. Priority will be given to students who meet the deadline, but applicants will be considered until a candidate is selected.** Retirees, if you know of family members who meet the criteria for this scholarship, invite them to apply!

Students need to go to the University of West Georgia scholarship portal and follow the instructions. Find the portal at <http://www.westga.edu/scholarships>. The portal allows students to apply for all UWG scholarships in the database. The computer matches and selects students who have applied with the criteria for all the various scholarships loaded into the database.

### Eligibility Criteria for the UWG Retiree Legacy Scholarship

- Recipients will be full-time graduate or undergraduate students who are retirees of the institution or who are direct descendants or an immediate family relation of a retired faculty or staff member (with a minimum of 10 years of service to the institution).
- Recipients will have minimum cumulative GPA 2.5, with preference given to applicants with higher GPA.
- Preference will be given to applicants with a demonstrated financial need as determined by the UWG Financial Aid Office.

### ***PLEASE NOTE—DONATIONS ARE STILL NEEDED TO SUPPORT THE SCHOLARSHIP!***

If you would like to make a gift, you may donate online ([www.westga.edu/arfs](http://www.westga.edu/arfs)). You may also mail a check to the Alumni House (1601 Maple Street, Carrollton GA 30118). Be sure to indicate on your check that your donation is designated for the UWG Retiree Legacy Scholarship. For additional information/questions, please contact Ketty Cusick, Director of Development, at [kcusick@westga.edu](mailto:kcusick@westga.edu) or 678-839-6501.



### **ARFS Give West!**

Have you given your annual gift?

Save the Date for A-Day:

*Thursday, October 17th*

A Day Celebration at Homecoming:

*Friday, October 18th*

[giving.westga.edu/givewest](http://giving.westga.edu/givewest)