



# THE Whistle



## ASK AWAY



**What is being done in front of the Carnegie Building?**



According to Frank Lamia, associate director of

Construction Services, the exterior stairs and sidewalks leading up to the building from the Tech Tower Lawn area are being replaced. "The work is being done to remedy safety concerns related to potential tripping and falling hazards on the existing stairs and walkways due to uneven walking surfaces caused by settlement," Lamia added. The project is scheduled to be completed by August.

Have a Tech-related question that you'd like answered? Email it to [editor@comm.gatech.edu](mailto:editor@comm.gatech.edu).

## NEWS BRIEFS

### Hersh to Lead ATDC Startup Accelerator



Entrepreneur and business executive Michael Hersh has been named

general manager of the Advanced Technology Development Center.

<http://c.gatech.edu/12GRBoE>

### Staff, Faculty Receive Dining Hall Discount

Georgia Tech staff and faculty now receive a 10 percent discount at Woodruff, North Avenue, and Brittain dining halls.



<http://c.gatech.edu/12JN050>

### Voice of the Yellow Jackets to Move On



Wes Durham, the voice of Tech's football and men's basketball teams for 18 years, will

no longer call the games. He is pursuing a sports television opportunity.

<http://c.gatech.edu/1100pUK>

## MOOC Matters: Offering Labs Online

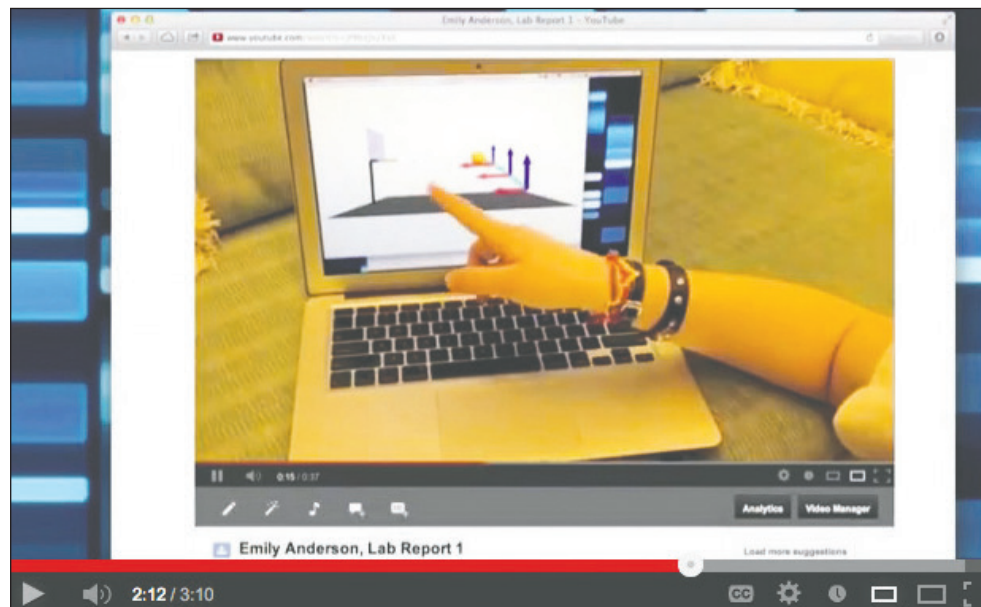
AMELIA PAVLIK  
INSTITUTE COMMUNICATIONS

Figuring out how to offer the lab component of a course has been a challenge for faculty members as they develop massive open online courses (MOOCs) — until now.

Georgia Tech's Introductory Physics MOOC, which launched on May 20, is using video labs to simulate the experience students would typically have in the classroom. This topic has become the focus of one of seven mini innovation hubs that are researching questions related to MOOCs and online learning.

"In some ways, the video labs provide students and instructors with a better experience than being in a traditional lab," said Ed Greco, an instructor in the School of Physics and "champion" of the innovation hub that is examining the question of labs in MOOCs. "The videos single students out in a way that forces them to demonstrate their knowledge in a brief period of time, and it's easier for instructors to hone in on who is getting the material and who isn't."

There are 17,000 students enrolled in the MOOC, 11 of which are a part of a for-credit Georgia Tech version of the course where students have both online and



Students in the Introductory Physics massive open online course are asked to complete five, five-minute video labs as part of the coursework.

on-campus experiences. (More details on the structure of this MOOC will be featured in a future Whistle article.)

All students are asked to complete five labs as part of the course, which will wrap up the last week of July. Each lab requires students to do the following:

- Record a moving object (using any device that will take video).
- Analyze the video using the free video analysis package, Tracker.

- Create models of motion using computer programs written in Python/VPython.
- Compare the observations to the models.
- Create a five-minute video lab report.
- Upload the video to YouTube.

Videos are then graded by fellow classmates based on a six-item rubric that includes questions such as "Does

**MOOC LABS**, continued on page 2

## Event Provides Chance to Reflect on Diversity Attitudes

AMELIA PAVLIK  
INSTITUTE COMMUNICATIONS

In the June 10 issue, Paul Kohn shared that he was looking forward to the Diversity Roundtable because he hoped it would offer a chance to reflect on his attitudes toward diversity. So did the event live up to Kohn's expectations?



Paul Kohn participates in a discussion with his tablemates during the June 5 Diversity Roundtable luncheon.

"I was extremely impressed," said Kohn, vice provost for Enrollment Services. "For example, I was reminded that others may hear your words differently than you mean them."

One moment that stood out in Kohn's mind occurred at the event's luncheon, when a woman shared that colleagues using the word "guys" to refer to men and women was offensive to her.

"The word 'guys' has always been inclusive to me, kind of like 'y'all,'" Kohn said. "But this woman felt like when people said, 'Do you guys want to go to lunch,' it didn't include her. This was one of those aha moments I wouldn't have had if I didn't attend

**DIVERSITY**, continued on page 3

## Campus Community Celebrates Carter's Retirement



Last Tuesday, members of the campus community gathered to celebrate John Carter Jr., president and chief operating officer of the Georgia Tech Foundation Inc., and his 30 years of service to the Institute. He will step down at the end of June. A Tech alumnus, Carter was hired as director of marketing for the Alumni Association in 1983 and was named vice president and executive director two years later. In 1999, he came to the Foundation as vice president and COO, eventually becoming president and COO.

[www.gtf.gatech.edu](http://www.gtf.gatech.edu)

## ARTS &amp; CULTURE

## June 26

Flicks on 5th will feature the movie *Warm Bodies* at 7 p.m. at Fifth Street at Tech Square free of charge.

<https://studentcenter.gatech.edu>

## SEMINARS &amp; LECTURES

## June 25-26

The third annual College Sports and Sustainability Summit offers attendees the chance to develop strategies that can make athletic and sports programs socially, economically, and environmentally responsible. The event will be held at the Wardlaw Center. To register, visit

<http://c.gatech.edu/193XhKk>

## July 9

The next Be Well event will feature Bank at Work seminars and an expo. The expo will be held in the Student Center Ballroom from 11 a.m. to 2 p.m. Seminars will be held from 10:15 a.m. to 2 p.m. in Room 319, Student Center, and will focus on topics ranging from purchasing a car to women and investing. Register at

<http://c.gatech.edu/110tgYS>

## July 12

Natalie Stingelin from Imperial College London will present a lecture titled "Electronic Processes and Phenomena in Organic Materials: A Materials Scientist's Point of View" as part of the Center for Organic Photonics and Electronics Distinguished Lecture Series. The lecture will be held at 4 p.m. in Room G011, Molecular Science and Engineering Building.

[www.cope.gatech.edu](http://www.cope.gatech.edu)

## TRAINING

## June 25

A van safety driving course will be offered from 9 a.m. to noon in the Environmental Health and Safety Conference Room. All current employees who drive passenger vans to transport nine or more people should take this course. Register at

[trains.gatech.edu](http://trains.gatech.edu)

## June 26 and 28

The Office of Emergency Preparedness will hold classes on Continuity of Operations Planning from 10 a.m. to noon at 811 Marietta St. This course is an elective in the Emergency Preparedness Certificate Program. Register at

[trains.gatech.edu](http://trains.gatech.edu)

## June 27

A defensive driving course will be offered for employees and students from 8:30 a.m. to 4:30 p.m. in the Environmental Health and Safety Conference Room. Register at

[trains.gatech.edu](http://trains.gatech.edu)

Events continued on page 3

## Campus News

## IRI Intros: 3 Questions with Norman Marsolan

RESEARCH COMMUNICATIONS

You probably have heard that Georgia Tech has Interdisciplinary Research Institutes (IRIs) — but do you know much about them?

This article is part of a series to introduce the eight IRIs and their directors. In this issue, Executive Director Norman Marsolan answers questions about the Institute of Paper Science and Technology (IPST).

### How does IPST link the forest bioproducts industry with Tech, and what are IPST's strategic objectives?

The forest yields an abundant raw material — cellulose — for conversion and upgrade through a broad array of scientific disciplines and ingenuity. IPST is not just about paper.

*"IPST is not just about paper. It's about upgrading an available resource for the good of society and the economy."*

In turn, the Institute gains access and insights into an industry processing cellulose — the most abundant polymer on earth — so it can create 21st-century materials and products.

It's about upgrading an available resource for the good of society and the economy.

With four schools, 20 professors, and 50 graduate students collaborating to develop value and opportunity from the forest, IPST provides a two-way portal between industry and Tech. This portal gives this U.S. industry ready access to a leading research university and its breadth and depth of capability.

We are focused on research that covers three areas: operational excellence in pulp and paper processes; biorefining for the creation of sustainable fuels and chemicals from forest biomass; and biomaterials for making new products for new markets. This covers an extensive range of research opportunities that will serve a number of consumer markets.

### How does IPST create opportunities for research?

In recent years, new capabilities have emerged to unlock the vast potential of forest-based cellulose and lignin, and to manipulate them at the nano level to develop cost-effective, biodegradable films, coatings, substrates, and even carbon fiber. IPST facilitates awareness and exploration of those materials across disciplines and throughout the Institute's broad industrial reach, promoting technology transfer. As a result, Tech has gained a window into an abundant, sustainable, renewable raw material rich with possibilities.

Similarly, the multibillion-dollar forest bioproducts industry has much to gain by availing itself of the full range of Institute research opportunities. IPST can help companies, alone or in collaboration, design projects, attract funding, and access research expertise. IPST also offers research services, which include chemical analysis, gasification, microscopy, paper physical analysis, pulp analysis, and chemical recovery.

### Is IPST set up to support interdisciplinary research?

The fact that the Paper Science and Engineering program draws students from four schools promotes our interdisciplinary character. Students participating in this program enroll through Chemical and Biomolecular Engineering, Chemistry



In November 2009, Norman Marsolan was appointed director of the Institute of Paper Science and Technology.

and Biochemistry, Materials Science and Engineering, and Mechanical Engineering. We have also attracted faculty who work collaboratively across research centers such as the Center for Organic Photonics and Electronics and other IRIs, including the Institute for Bioengineering and Bioscience.

The value of our interdisciplinary experience was cited by one of our recent Ph.D. graduates in Chemical and Biomolecular Engineering. She said the emphasis on biomaterials and renewable materials attracted her attention; she believes the skills and perspectives she learned in those areas will be useful no matter what industry she serves.

Describing the benefit of collaborating in an IRI, she referred to the broad diversity of students in the IPST building. She had friends there whom she could approach for materials science, biology, or chemistry perspectives. She is now well connected in many more fields as a result.

The Q&A, in its entirety, is available at

<http://c.gatech.edu/12N8qy8>

## President Peterson Wraps Up Annual Summer Tour



From June 8-11, President G.P. "Bud" Peterson visited Brunswick, Savannah, Reidsville, Statesboro, Lake Oconee, Athens, and Lake Lanier as part of his annual summer tour of Georgia. In this photo, Peterson visits Power Partners, an Athens-based manufacturer of transformers. For more photos, visit

<http://c.gatech.edu/12NjuLU>

### MOOC LABS, continued from page 1

the author state the problem and show a result?" and "Is the video easy to follow?"

But, there have been a few challenges when it comes to the labs. For example, many of the students enrolled in the course live in countries that ban YouTube.

"Students living in places like Pakistan and China where they don't have access to YouTube have been pretty frustrated with the lack of an alternative," said Mike Schatz, the professor leading the MOOC. "So we're going to have to think of a way to work around this with future versions of the course."

Then there's the issue of engagement. Schatz estimates that of the thousands of students enrolled, about 1,000 are actually regularly participating in some aspect of the course, whether it's watching lectures, completing homework or quizzes, or participating in the online forum. But he estimates that only 300 to 400 are doing the labs.

Both Schatz and Greco agree that this is an issue that this hub will be considering

as they tweak the course, which they hope to offer again in the fall.

"We're still trying to figure out what we should expect of MOOC students when it comes to things like time spent on assignments and the money we should expect them to pay for a textbook," Greco said. "Once we get a better handle on this, it will help us address the poor retention numbers that MOOCs typically have."

To join the hub, email Greco at [edwin.greco@physics.gatech.edu](mailto:edwin.greco@physics.gatech.edu). For more about the MOOC, email Schatz at [mike.schatz@physics.gatech.edu](mailto:mike.schatz@physics.gatech.edu).

*This article is part of a series about Tech's mini innovation hubs, which are researching questions related to massive open online courses and online learning. In the issues to come, we're featuring a few of the hubs and the progress they've made. On July 10: The Dual Use Hub.*

## Campus Invited to Support First-Year Reading

CENTER FOR ACADEMIC ENRICHMENT

When it comes to the First-Year Reading program, its success relies just as much on faculty and staff support as it does on student participation.

“This year’s book, *Living With Complexity* by Don Norman, was selected to connect with themes in Georgia Tech’s strategic plan, particularly those around design and innovation,” said Steven Girardot, associate vice provost for undergraduate education. “We hope the book stimulates discussion on these topics among faculty, staff, and students.”

The premise of this year’s book is that bad design complicates all aspects of our lives, while good design can “tame” complexity. According to Norman, “Designers have to produce things that tame complexity. But ... we have to take the time to learn the structure and practice the skills. This is how we mastered reading and writing, driving a car, and playing sports, and this is how we can master our complex tools.”

Each year, the First-Year Reading book is selected by a committee comprised of faculty, staff, and students. Incoming freshmen learn about the program and receive their copy of the book over the summer when they attend FASET orientation. They are asked to

complete it by the time fall semester classes begin.

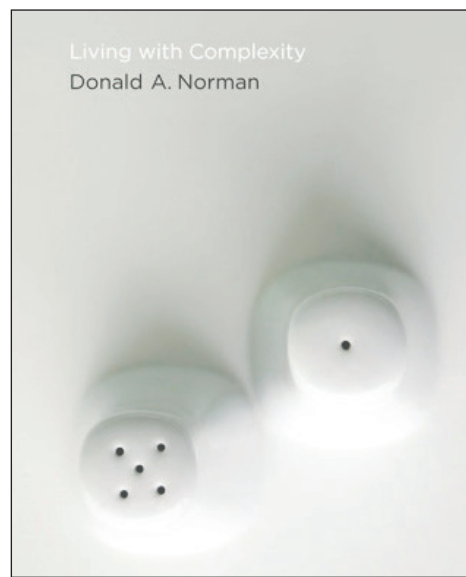
All members of the campus community are encouraged to join the incoming first-year class by reading the book and participating in the related reading groups, speaker series, and student-led forums held during the academic year.

Events are currently being planned and will be updated throughout the semester on the Center for Academic Enrichment website.

In addition to these activities, faculty members and English 1101/1102 and GT 1000 instructors often integrate the book into their lesson plans. (The Center for Academic Enrichment’s website will contain a curriculum guide to assist in this planning by August.)

When Esther Jordan integrated Martin Luther King Jr.’s *I Have a Dream: Writing and Speeches that Changed the World* (the 2011 First-Year Reading book) into her GT 1000 course, she encouraged students to attend several campus events related to the reading.

“And we invited Stephanie Ray, associate dean of students, to speak to our class,” said Jordan, assistant director for programming in the Center for the Enhancement of Teaching and Learning (CETL) and a visiting assistant professor in the School of International Affairs. “She performed a monologue in the voice of Coretta Scott King — which was amazing and really resonated



with students — and then engaged them in a dialogue about the text.”

The First-Year Reading program is coordinated by Nirmal Trivedi, director of academic transition programs in the Center for Academic Enrichment. Faculty and staff interested in integrating the First-Year Reading text into their classes or coordinating programs around the book should contact Trivedi at nirmal.trivedi@gatech.edu for a copy.

[www.enrichment.gatech.edu](http://www.enrichment.gatech.edu)

### TRAINING

#### July 12

The Office of Emergency Preparedness will hold classes on Continuity of Operations Planning from 10 a.m. to noon at 811 Marietta St. This course is an elective in the Emergency Preparedness Certificate Program. Register at [trains.gatech.edu](http://trains.gatech.edu)

### MISCELLANEOUS

#### June 25

John Cressler of the School of Electrical and Computer Engineering will sign his debut novel, *Emeralds of the Alhambra*, at 6:30 p.m. at the Barnes & Noble @ Georgia Tech. <http://c.gatech.edu/19P14vo>

#### July 7-8

The Fall Freshman FASET Orientation program for incoming freshmen and their parents will be held at locations across campus all day, both days. Learn more at <http://c.gatech.edu/193WQ2D>

For a more comprehensive listing of events updated daily, visit [www.gatech.edu/calendar](http://www.gatech.edu/calendar)

## Biomedical Engineering Names Bellamkonda Chair

COLLEGE OF ENGINEERING

Georgia Tech and Emory University have selected Ravi V. Bellamkonda to chair the Wallace H. Coulter Department of Biomedical Engineering, beginning in July.



Ravi Bellamkonda

Bellamkonda is currently the Carol Ann and David D. Flanagan Chair in Biomedical Engineering and a Georgia Cancer Coalition Distinguished Scholar. He also serves as Tech’s associate vice president for research.

“Ravi is an outstanding leader who has proven his dedication to the department,” said Gary S. May, dean

of the College of Engineering. “He is a brilliant researcher and is focused on evolving local and national collaborations to enhance research and education efforts.”

Prior to joining Tech in 2003, Bellamkonda was an associate professor and associate chair for graduate education in the Department of Biomedical Engineering at Case Western Reserve University.

He has also served as a post-doctoral research fellow in the Department of Brain and Cognitive Sciences at the Massachusetts Institute of Technology.

“It is with a great sense of excitement that I look to helping lead this outstanding department and continuing its development as the best in the nation in biomedical engineering research and education,” Bellamkonda said.

[www.bme.gatech.edu](http://www.bme.gatech.edu)

### DIVERSITY, continued from page 1

#### Upcoming Events

Mark your calendars now for these upcoming events:

- *Diversity Symposium*, Sept. 12-13.
- *Welcoming Diversity in the Workplace Training*, Sept. 27, Oct. 15, and Nov. 7 (visit [www.trains.gatech.edu](http://www.trains.gatech.edu) for more information).
- *Annual Martin Luther King Jr. Lecture*, Jan. 15.

this event.”

With a little help from the Diversity Dramatists, a group started by Diversity Consultant Charlotte Hamlin (who spoke during the morning program), attendees had a chance to discuss their own thoughts about diversity-focused issues.

The group performed skits that focused on topics ranging from not hiring someone because she “wasn’t a culture fit” to learning how to work with co-workers with different sexual orientations. Following each skit, faculty and staff had a chance to discuss each topic with those at their tables.

“The programming really kept things moving throughout the day,” Kohn said. “And the interactive nature of both the morning and lunch programs were just what we needed to stay engaged.”

The one area that Kohn wished there had been more discussion about was the status divides on campus among faculty, staff, and students.

“There can be very real tension among these groups, and I think it’s just as important for us to discuss these issues as it is to discuss topics such as race and sexual orientation,” he added.

During the luncheon, Pearl Alexander, senior director for people strategies for the Office of Human Resources (OHR), provided a progress report on OHR’s diversity efforts.

“You raised questions, and we’re answering them,” she said.

Some of this year’s highlights include offering:

- Brown bag lunches focused on topics such as bullying and incivility.
- Training sessions such as the Fierce Conversations program.
- Reading circles, such as the recent event for female faculty and staff members to discuss Sheryl Sandberg’s *Lean In: Women, Work, and the Will to Lead*.

Alexander and Cheryl Cofield, director for culture, diversity, and inclusion in OHR, also announced the creation of the following employee resource groups (ERGs): African Heritage; Hispanic/Latino; Gay, Lesbian, Bisexual, Transgender, Questioning, Ally; Introvert; Veterans; and Women. Stay tuned to future issues for more information about the ERGs.

## CLASSIFIEDS

### AUTOMOBILES

Ford Focus ZX3 Hatchback 2D, 2001, 90,000 miles. Well-maintained, good condition, fun to drive, smoke and pet free, and clean title. Manual, five-speed, radio/CD. \$3,750 OBO. Contact 404-423-2742 or koert01@gmail.com.

2011 Toyota Prius. 8,000 miles. \$23,500. Red with beige cloth interior. Perfect condition, transferable warranty/maintenance plan. ONLY reason we’re selling is because we’ve gone electric. Rooftop luggage system also available (\$500). Contact rustin.meyer@psych.gatech.edu or call (765) 532-6436.

2004 Ford F-150 (full cab), all the options, 74,000 miles, new tires – great buy! \$9,000. Call Jeff at 404-694-2742.

2007 Prius, 79,000 miles. Excellent condition, smoke and pet free. Clean title. Backup camera, bluetooth connection, radio/CD/aux music system. Very fuel efficient. \$13,000 OBO. Contact 402-594-4466 or globtrotty@gmail.com.

### REAL ESTATE/ ROOMMATES

Beautiful 4BR/3BA for rent. 2,200 sq. ft. Easy access to Emory University, CDC, and Georgia Tech. Hardwood floors, open floor plan, many windows. 0.5 acre, top-of-the-hill lot. Sought-after Oak Grove Elementary School district. Wonderful neighborhood. Minutes to I-85/I-285, shops, and restaurants. Email pinar@isye.gatech.edu.

Classifieds continued on page 4

## Labbe Finds 'Perfect Fit' as Fire Marshal

AMELIA PAVLIK  
INSTITUTE COMMUNICATIONS

Most people run away from a fire — and then there's Larry Labbe.

"I'll hear the sirens, and my adrenaline will start to pump," said Labbe, Georgia Tech's fire marshal who spent years fighting fires for Cherokee County. "It's like a knee-jerk reaction that I still want to be part of the team making a difference."

Labbe likes to say that fire service found him. Both his uncle and grandfather were firefighters. So when Labbe was working for Kroger and had to complete volunteer hours as part of the company's tuition reimbursement program, it

*"In all of the fires that I fought, there was only one where I felt like I was risking my life. That was the one time where the risk was probably much greater than the reward."*

seemed logical to become a volunteer firefighter, which evolved into a full-time job.

"There were times I would fight as many as three fires in one shift — I loved being able to help others," he said. "But my mind wasn't being challenged, and for

me, that's a huge part of career enrichment."

After a stint in the Cherokee County Fire Marshal's Office, Labbe applied for his current position and began work in 2010.

"This job has just been the perfect fit for me," Labbe added. "There's so much variety in what I do everyday; I'm constantly challenged."

Read on to learn more about Labbe and his time at Tech.

### What's an average day like for you?

I assist with fire safety-related planning for everything from campus events to partnerships between Atlanta Fire Rescue and campus. I also teach GT1000 and am responsible for the fire safety training offered on campus. And I'm currently pursuing a four-year executive fire officer certification program through the National Fire Academy, which I will complete in July.

### What would you like people on campus to know about your job and office?

My office is a state-deputized fire marshal's office, and part of the Tech community. We offer a variety of fire prevention programs, through training and collaboration. We enjoy working with all the colleges and departments on campus.

### What is the greatest challenge associated with your job?

Trying to figure out the best way to share fire safety messages with different audiences. For example, the way I communicate a message to a college freshmen is very different from the way I'd share it with a 15-year veteran researcher.

### What is the one piece of technology you couldn't live without?

My iPhone. I move from place to place based on what my iCal tells me to do, and I rely on the work-related apps (such as a light meter app) that I have on the phone.

### Which do you prefer: Facebook, Twitter, or a world without any of it?

Facebook. It's been so helpful in terms of reconnecting with people I went to school



Larry Labbe at his favorite spot on campus — the Fifth Street Bridge.

with when I was younger.

### Where is your favorite spot on campus?

I love the Fifth Street Bridge. Tech managed to do something different with a typical hard structure like a bridge. We reclaimed it with nature.

### What is the greatest risk you've taken?

In all of the fires that I fought, there was only one where I felt like I was risking my life. That was the one time where the risk was probably much greater than the reward. But thankfully, we all made it out safely.

### What's the best advice you've heard?

Never turn your back on a fire.

### Where is your favorite place to eat lunch?

Six Feet Under, and I order the fish tacos.

### Tell us something unique about yourself.

I was the Southern Polytechnic State University basketball team mascot for a couple of years.

2BR/1BA house with den for rent in westside Atlanta area. Quiet dead-end street. Large, beautiful yard. Well-maintained. Easy access to Tech, Buckhead, I-75, and I-285. \$990/mo. Available now. Email [juan@gatech.edu](mailto:juan@gatech.edu) or call 404-316-2896.

3BR/2BA peaceful, furnished, waterfront cottage along the southern outer banks (Morehead City, N.C.). \$750/week. Wi-Fi, central A/C, W/D, hammock, 400 ft. dock, and boat slip. No smoking or pets. For more info, visit <http://travel.ajc.com/ads/158> or email [jud.ready@gatech.edu](mailto:jud.ready@gatech.edu).

1BR/1BA apartment in [www.virginia-highlands-apts.com](http://www.virginia-highlands-apts.com). One block from Piedmont Park. Quiet third floor with W/D, dishwasher, alarm, balcony, off-street parking, pool, barbecue, and fitness. Available now. \$945/mo. Email [jellybean00@hotmail.com](mailto:jellybean00@hotmail.com).

Beautiful 5BR/3.5BA, 4,200 sq. ft. house for rent in a swim/tennis community. 20 min. to Tech, five min. to Silver Comet Trail. Large private backyard, lake view, basement, sunroom, and covered deck. Email [roshan@gatech.edu](mailto:roshan@gatech.edu) or call 404-291-5785.

2BR/2.5BA condo for sale just off Howell Mill Road. Great for couple who wants to live close to Georgia Tech. Gated with off-street parking. Available now. \$5K discount for Tech employees/students without agent. Email [carol@kennemore.net](mailto:carol@kennemore.net).

Hilton Head timeshare available Aug. 30 to Sept. 6. 2 BR/2BA condo on the beach at the Marriott Grand Ocean Resort. \$1,400 for the week. 50 percent deposit to reserve. Call Bob at 770-978-6179.

2BR/1BA bungalow for rent. Minutes to Tech, quiet in-town neighborhood (NW ATL), HW floors, newly renovated, central HVAC, gas stove, DW, disposal, alarm system, large deck in fenced backyard, W/D, pets OK. \$975/mo. Contact [suzanne.bock@gatech.edu](mailto:suzanne.bock@gatech.edu).

## MISCELLANEOUS

Rudolph the Red Nosed Reindeer illuminated village set of four buildings and miniature characters from claymation film. Made by Hawthorne Village. \$100 for set. Email [akpavlik@gmail.com](mailto:akpavlik@gmail.com) for photos.

Baldwin Pianovelle PS1500 digital console piano with bench. Dark rosewood finish. More than 400 studio-quality sounds including pianos, organs, strings, brass, bass, and percussion. Multitrack MIDI playback and recording. \$975. Email [radaman316@gmail.com](mailto:radaman316@gmail.com).

Sleeper couch/sofa bed, IKEA EKTORP (navy blue removable cover), converts into full-size bed. Bought new a year ago. \$399 (price new \$799). Email [pss3@mail.gatech.edu](mailto:pss3@mail.gatech.edu) or call 678-462-6367.

Free to good home: 2-year-old guinea pig. Current owner is allergic. Comes with cage, water bottle, house, etc. Please call 678-332-9923 or email [lthornberg@yahoo.com](mailto:lthornberg@yahoo.com).

Moving sale: 2-year-old IKEA queen-size mattress in good condition, \$100. Rarely used stand-up mixer, \$30. Old, but still working, juicer, \$45 OBO. Other miscellaneous items like wireless router, DSL modem, PC speakers, webcam, and PC keyboard. Email [lorjor268@yahoo.com](mailto:lorjor268@yahoo.com).

Ads run for at least three issues in the order in which they are received. Submit your 35-word-or-less ad to [editor@comm.gatech.edu](mailto:editor@comm.gatech.edu).

## 7 Strategies for Managing Stress at Work

AMELIA PAVLIK  
INSTITUTE COMMUNICATIONS

Whether it's an impending deadline or a cranky co-worker, stressors are common in the workplace. But if you don't know how to cope with them, they can wreak havoc on much more than your productivity at work.

### Mark Your Calendar

The next Be Well event will be held on July 9 and will feature Bank at Work seminars and an expo. Seminars will focus on topics ranging from purchasing a car to women and investing. Register at

<http://c.gatech.edu/110tgYS>

A recent Be Well seminar, hosted by the Office of Human Resources, focused on providing Georgia Tech faculty and staff with strategies to manage stress at work.

According to the interactive presentation, which featured members of Kaiser Permanente's Educational Theatre Program (learn more at [www.etpga.org](http://www.etpga.org)), symptoms of stress include muscle

tension, insomnia, upset stomach, headaches, sadness, and increased blood pressure.

And if you don't deal with stress, it can lead to depression and can aggravate existing health conditions including diabetes, fibromyalgia, arthritis, and asthma.

Through the skits, which highlighted various stressful work situations, the Kaiser team shared the following strategies for keeping stress under control:

- **Don't keep it bottled up inside.**
- **Work smarter, not harder.** For example, if you're crunched for time, and faxing a form will work just as well as hand-delivering it — fax it.
- **Set realistic expectations.** If someone is asking you for help, don't say you'll get back to them in five minutes if it's really going to take you an hour. Remember that it's also OK to say "no."
- **Embrace progress, not perfection.** See mistakes as an opportunity to grow.
- **Communicate.** The earlier you can communicate, for example, needing time off from work or a certain number of copies for a meeting, the better.
- **Reframe.** Step back and take a deep breath.



During a recent Be Well seminar, members of Kaiser Permanente's Educational Theatre Program used interactive skits to provide Tech employees with strategies to cope with stress.

Deal with your stressors, but don't just have a ranting vent session. Change the way you look at situations so that you're not just getting frustrated and seeing the negative.

- **Do something you enjoy.** Get involved with activities that are physically, intellectually, and/or spiritually engaging and don't involve the pressure of competition or accountability.

For more information, visit

[www.ohr.gatech.edu/bewell](http://www.ohr.gatech.edu/bewell)