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FROM THE PRESIDENT

I hope that all of you had a happy holiday and are off to a great New Year. This will be a busy term (aren't they all?) with evaluations, the promotions and tenure process, hiring of several new faculty, completion of the first draft of our Self-Study, and approval of our institutional master plan. In addition to teaching and working with students on their academic performance and their personal and leadership development, we will be engaged in campus life activities and in pursuing professional development opportunities.

Let's face these opportunities and challenges with enthusiasm and yet remember the importance of balance in our lives. This balance includes our social, emotional, physical, spiritual and intellectual needs. If everything doesn't get done or if everything is not done to perfection, the world is not coming to an end. Take care of yourselves and let's look forward to celebrating our accomplishments in May!

Dr. Stoy mentioned in the last issue of the *Tower Talk* that our students did exceptionally well on the Regents Test Fall semester. I'd like to add my thank you to the faculty in their efforts to teach reading and writing across the curriculum. In addition, our faculty and staff who work with repeaters are especially to be congratulated. We had the highest overall pass rate for repeaters in the System with a 74.60% pass rate.

The pass rate for our first-time takers was 77.16%. We were fourth in the system: University of Georgia - 92.43%; Georgia Tech - 87.43%; and North Georgia - 83.61%.

We should be proud!

FROM THE DEAN

As of noon on Thursday, January 4, there were 2,980 students registered.

One year ago, we had 2,932 students registered. Thanks to all for helping our students get registered and begin the new semester so smoothly.

Congratulations to Penny Mills who has recently been named Coordinator of Professional Development!

Announcements

Georgia law requires that all public officials and state employees disclose all business transactions occurring during the previous calendar year which the public official or employee has transacted with the State of Georgia and any agency of the State of Georgia for himself or on behalf of any business, or any business in which such public official or employee or any member of his family has a substantial interest. The 2000 State Business Transactions Disclosure Reports are due on January 31, 2001.



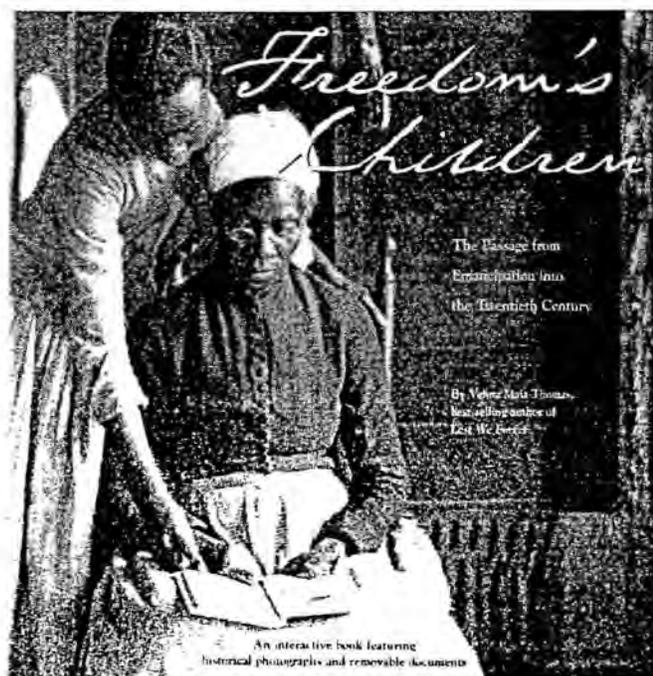
P.O. Box 1358
Gainesville, GA 30503
770-718-3639

The State Business Transactions disclosure reporting form and instruction sheet are available online at www.usg.edu/admin/legal/bus_transact.pdf or you may contact the President's Office to obtain this information.



Thanks to everyone who donated items, bought items, and/or attended the GC Women's Organization Luncheon and Auction on December 15. You all helped to raise \$1,400 of which fifty percent will go to the Gateway House. A very big **THANK YOU** to Ron Arro and Amy Ivester for their special efforts in making the day a success.

Thank you



In celebration of Martin Luther King Day, Gainesville College will present Velma Maia Thomas, author of the award-winning Lest We Forget: The Passage from Africa to Slavery and Emancipation, and Freedom's Children: The Passage from Emancipation to the Great Migration, on **Friday, January 12, 2001** in CE/PA 108 at **12 noon**.

Thomas is creator and curator of the nationally acclaimed Black Holocaust Exhibit in Atlanta. She holds a bachelor's degree in journalism from Howard University and a master's degree in international

affairs from Emory University in Atlanta. She is a writer, historian, genealogist and a member of the Atlanta Association of Black Journalists and the Caucus of Emory Black Alumni. A native of Detroit, Thomas resides in Atlanta with her husband, Rev. Milton Fann, and their son, Olu.

Thomas's books will be available for purchase after the lecture. Thomas will be available to sign copies upon request. For more information, contact Brenda Perry at X3705.

The campus will be closed Monday, January 15, in observance of Dr. Martin Luther King, Jr. Day. In celebration of the life of Dr. King, it is suggested that you have "A day on — not a day off." Do something for the community in which you live.



Schedule: Deliver Works to Art Gallery
January 18, 1 - 5 p.m.
January 19, 10 a.m. - 3 p.m.

Notification to Entrants mailed by January 24
Works not accepted to be picked up by January 31.
(Last year all work was accepted and hung.)

Applications may be picked up in the GC Art Gallery.
For more information call: 770-718-3874

Entry Fee: \$25 for up to 3 works of art.

Works must be ready to hang. Late entries will not be accepted. Only original works/ no slide entries.

Cash prizes: 1st place - \$200
2nd place - \$100
3rd place - \$50

Reception and Awards Ceremony:
February 1, 6:30 p.m

COLLOQUIUM SERIES PRESENTS:



**Douglas Bachtel, "Is Atlanta Coming?"
January 24 at noon in CE 108.**

Mr. Bachtel is editor of *The Georgia County Guide*, a professor of housing and consumer economics at the University of Georgia and a former editor of *The Journal of The Community Development Society* and *The Southern Journal of Rural Society*. He has a Ph.D. in Rural Sociology and an M.S. in Anthropology.

Your invitation to the **GC Foundation's 34th Annual Meeting, February 1, 6:30 p.m.** should be arriving soon. Please mark your calendar and plan to attend. The auctioneer is Philip Wilheit and it should prove to be an interesting evening.



Congratulations to Warren and Lee Rogers on the birth of son, William Warren Rogers, III, who arrived on December 20, weighing in at 7 lbs. 3 ozs.

Ringling our Bells

As noted in the December 1 issue of *Tower Talk*, student Tracy Wade gave a presentation at the annual Georgia Sociological Association meeting and received a notice on December 5, that her undergrad paper "The Chameleon Effect . . ." won the Student Paper Competition. Tracy will receive a monetary award and a certificate for her hard work. Congratulations, Tracy!

Francine Dibben traveled with UGA adult education faculty and fellow graduate students to New Market, Tennessee, on December 1 & 2, to hear about work currently being done for and by immigrant populations at the Highlander Center. They learned about methods of facilitating experiential learning,

which for decades has produced leader-activists in the labor and civil rights movements in the South.

Recently, Emmanuel College's Information Technology Department along with an interested computer science faculty member paid a visit to Gainesville College to learn how they could model their own computer and network infrastructure after ours. Areas of specific interest to Emmanuel were "home grown" innovations developed here on campus, and in the form of user account creation and automation of many common place tasks. Gainesville College's Information Technology Department has remained at the forefront of innovations in technology that make it shine to other schools attempting to deploy their own networks. The recent visit from Emmanuel College is another indicator that GC is looked to as a technology leader in the state.



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| Todd Smith | 3 |
| Chris Semerjian | 6 |
| Angela Megaw | 7 |
| Jerry McGee | 20 |
| Martha James | 21 |
| Delbert Greear | 22 |
| Leonard Hughes | 22 |
| Betty McLaughlin | 23 |
| Tammy Brookover | 24 |
| Alissia Scott | 25 |
| Janyce Cole | 25 |
| Steve Blair | 29 |

TOWER TALK is published weekly while school is in session. Submissions for publication should be e-mailed to lm Myers@hermes.gc.peachnet.edu or sent to Leora Myers, President's Office, to be received by 5 p.m. the Wednesday before the Friday publication.

SPRING SEMESTER 2001
SPORTS/EVENTS

BASKETBALL

Organizational Meeting: Monday,
Jan. 8 at 12:00 Noon—Gym

Rosters: Due Thursday, Jan. 11 by
12:00 Noon

Games: Played on Mondays,
Wednesdays & Fridays at 12:00
Noon. Season officially begins
Wed., Jan. 17

State Tournament: Feb. 23—25 at
Georgia Tech

BOWLING

When: Wednesday, Feb. 14

Time: 2:00— 5:00 p.m.

Where: Gainesville Bowling Ctr.

Registration Deadline: Tuesday,
Jan 16 in the P.E. office (718-3645)

Limited to first 120 people to sign
up.

SOFTBALL

Organizational Meeting:
Monday, Feb. 26 at 12:00
Noon—Gym

Rosters: Due Thursday,
March 1 by 12:00 Noon

Games: Played on Mondays,
Wednesdays & Fridays at
12:00 Noon. Season officially
begins on Monday, March 5.

State Tournament: April 20—
22 at Valdosta State Univ.

GOLF

What: Play unlimited rounds
of 9 hole golf between March 5
and April 9. Turn in top 4
rounds to Intramural Director
by Tuesday, April 10

Where: Hidden Hollow Golf
Club (9 hole course)

Fee: \$9.90 for 9 holes w/cart

Tournament: Top 20 play 9
holes on Monday, April 16.
Tee times from 1:00-3:00 p.m.

FISHING TOURNAMENT

Where: Lower Pond

When: Wednesday, April 25

Time: 12:00 Noon-7:00 p.m.

Registration: Register by Mon-
day, April 23

ELIGIBILITY

All Gainesville College students
and Lanier Tech students who
pay the activity fee. Any faculty
and staff employed by Gainesville
College.

REGISTRATION

To register for any event, please
come by or call the P.E. office.

Glenn Preston
Intramural Director

Phone: 770-718-3645
Fax: 770-718-3898

Email: glpresto@hermes.gc.peachnet.edu

WHY NEW YEAR'S RESOLUTIONS FAIL

Don't make resolutions. Make a plan and you'll succeed

How many times have you made resolutions that lasted just about the same amount of time it takes to read this sentence. Don't feel bad. Out of 10 people, eight won't keep their resolutions for more than one month.

Most resolutions involve some sort of fitness. Whether it is starting to work out, losing weight or changing a diet, they are most often directed at making us feel better about ourselves.

But why are these goals likely to fail? Much of the problem comes from a lack of planning what the obstacles will be and how to avoid them, according to Don Williamson, PhD, Louisiana State University. Here are the keys to making your resolutions last.

Pat yourself on the back When you drink, eat or smoke, it feels good and satisfies a physical craving. When you try to break bad habits, you don't get such immediate good feelings. It's hard to stick to your resolutions, because the benefits are delayed. It takes time to see the benefits from losing weight or abstaining from alcohol or drugs.

Avoid tempting areas If you've always smoked drunk or eaten at a specific place or time, then you must avoid those places and find something else to do at that time.

Don't trick yourself It's easy to fool yourself into believing you're in control of bad habits. Sometimes you cover up the facts by saying you'll just have one drink or one cigarette or one piece of candy. Unfortunately, the time between the drinks or cigarettes gets smaller and smaller, and soon you're back where you started.

Talk to friends Many of your family members and friends will support a change in behavior immediately, but as time goes by that support disappears, and you will have to face the problems alone.

Don't hide You sneak a drink or a dish of ice cream and tell yourself you're doing fine. You fool yourself into believing you're doing better than you are. It's better to have an occasional lapse and face up to it than to lie to yourself.

Stay around positive people Although some of those around you want you to change, others don't. They will try to tempt you into breaking your resolutions.

Leave negative situations In some cases, family members don't want you to change, because they would have to face their own addictive behavior. For example, a husband who is a problem drinker and a wife who has an eating disorder. He buys her candy and she keeps the liquor cabinet full.

Look at this list. Then make a plan, not a resolution. Talk to your family and friends. Get their help in making the necessary changes in the way you live. Will power only takes you so far. You need a team to get to where you want to go.

Finally, don't be discouraged by an occasional slip-up. If you find yourself drinking or smoking or eating too much, just accept the fact that you slipped, and pick up again with your resolve to change.

FITNESS CENTER HOURS
SPRING SEMESTER 2001

| | |
|--------------------|---|
| Monday - Thursday: | 6:00 a.m. - 7:45 a.m. 12:00 p.m. - 8:45 p.m. |
| Friday: | 6:00 a.m. - 7:45 a.m. 10:00 a.m. - 3:45 p.m. |
| Saturday: | 9:00 a.m. - 11:45 a.m. |

NEW YEAR NEW YOU

New year diets CAN change habits



Memories of broken New Year's resolutions to lose weight can leave you with a "what's-the-use" attitude. But this year, instead of quick-loss plans, try changing eating habits for a healthier diet that will last a lifetime.

If you want to lose weight, remember you didn't gain it overnight—you won't lose it overnight either.

"Drastic weight-loss plans are unhealthy, and research indicates people are more likely to regain the weight faster," said Melissa Mixon, PhD, Mississippi State University.

The most lasting method of losing weight is

to adopt healthier eating habits and exercise. Reducing fat and increasing fruits and vegetables in the diet are the best places to start. In addition to healthier diets, increased exercise will help you drop extra pounds at a faster, safer rate.

Do not eliminate any major food group, such as bread, starches or dairy products, as part of your weight-loss plan.

You can lose weight and still eat three meals a day with one or two snacks between meals. If the meals are skipped, you will be hungrier at meal time, and as a result more likely to overeat.

Instead, eat small quantities evenly spaced throughout the day. The body is able to more efficiently convert the food to energy rather than storing it as fat.

Mixon warned that one of the hazards of choosing some fad or quick-loss diets is that lifetime eating habits are not changed. When a dieter returns to eating normally, extra pounds return rapidly.

Dieting should not set one family member apart from the others. Healthy eating is good for everyone. Preparing two meals — one for a dieter and one for non-dieters— makes the diet harder to stick with for any length of time.

Eat slowly and select foods that require a lot of chewing. Salads are a good choice if low-calorie, low-fat dressings are used.

Avoid keeping high-calorie foods around the house. Stock fruits, raw vegetables, cheese and crackers.

Most people need some type of support system. Find a friend that will help you stick with your new found diet.