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## FROM THE PRESIDENT

Gainesville College continues to be visible in building bridges to and within the community. Another Summer Scholars Institute held its graduation on campus last week with about 180 students successfully completing the four week program, an achievement which should assist them in their academic studies, promote their self-discipline and build their self-esteem. Tomorrow, Saturday, the College will be hosting the annual Info Fair to bring together and serve the diverse population in our community. *The Times* has published both an article and an editorial praising the Info Fair as a community builder. Many thanks to Lee Anzola and all those people at the College from instructors in the Summer Scholars program to those who handled the logistical arrangements, who enhance our leadership in building community.

A special thanks to you faculty who taught summer school. We completed our final quarter with success even though it was condensed. I know your break will be short, but I hope it is sweet!

## FROM THE DEAN

Thanks to the tremendous efforts of faculty and staff, our first semester pre-registration was highly successful! As of Thursday morning,

we are holding at 2101 students. Many thanks also to the Chairs who so diligently monitored the enrollment in courses. As a result, new classes have been added to the fall schedule to accommodate the needs of our students.

As you know, we are heading into the briefest summer/fall intersession ever. Please take some time to relax before we zoom into what can be our best fall term ever. You will be receiving details about Fall Start-Up next week. Kandis Steele has planned interesting and informative activities for both faculty and staff.

## ANNOUNCEMENTS



CHANGING FACES ---  
DIFFERENT PLACES

Please welcome the following people to the Gainesville College family:

Harriett Allison - Asst Professor - ESOL  
Beth Flowers - Admissions and Records  
Counselor

Jana Jones - Admissions and Records  
Counselors

Kristin Kelly - Asst Professor - English  
James Konzelman - Asst Professor -  
Chemistry

Joliece McClenden - Extension Librarian  
Angela Megaw - Reference Librarian

Michael Ryan - Asst Professor -  
Economics

Eric Saxton - Media Services Manager



Additional August birthdays

Danny Lau - 8/12

Eric Saxton - 8/15

Thanks to all faculty and staff members for your prayers and support about my heart condition. While doing pre-op tests, the doctors discovered that my heart valve had improved, thereby not requiring the open heart surgery planned for mid-August. It means a lot to me that others here at GC really care.

Thanks again.

Dale & Kay Crandall



Mr. Gilbert Chung, former National Champion of Malaysia in Badminton conducted a lecture/clinic in Jim Kirkland's Badminton night class. Mr. Chung, now in his 50's recently won his age division at the Georgia Games.



The 7<sup>th</sup> Annual Stray Pet Walk/Run to benefit the Humane Society of Hall County is scheduled for Saturday, August 15, located at the American Legion. The 5K starts at 8:30 a.m. and the 1 mile walk starts at 9 a.m. Registration the morning of the race is \$15. For more information or registration forms, contact the Humane Society at 770-532-6617 or Penny Mills at X3652 or Barbara Hermann at X3689.



FOR FALL SEMESTER  
THE WEEK OF AUGUST 16, 1998

- August 18 - New Personnel Luncheon and Orientation\*
- August 19 - Campus-wide Breakfast\* with the President's State of the College Address and the Eleanor Crawford Award and Service Awards Presentations.
- August 20 - Workshops and campus-wide picnic \*
- August 21 - New student orientations
- August 24 - Fall Semester begins!

\* Events sponsored by the Gainesville College Foundation.



The Gainesville College family wishes to extend its sympathy to Erdine Donovan whose mother, Emma Jane Page, passed away on July 25 and to Joel Paul whose mother also recently passed away.

The next edition of the **TOWER TALK** will be August 21 and will begin the regular weekly schedule.



The bells were quiet this week.



**Avoiding post-wedding weight gain**

# **DON'T SAY "I DO" TO MORE CALORIES**

**G**etting married and gaining weight seem inevitable. Seven out of ten people gain at least ten pounds in their first two years of marriage. But you don't have to.

After the first year, priorities can begin to change. The healthy life you religiously followed before may start to be replaced with old habits. Sometimes we fall back into eating habits learned from our parents, if they are not healthful it means trouble. Here's how to keep the extra pounds off.

## **Exercise together**

Not only will you burn calories, you'll also have fun together. Certain exercises are especially good for this such as walking. Some couples say they have their best conversations on the stair climbing machines and exercise bikes. Working out together reinforces your relationship and each other.

But don't make the exercise competitive. Usually one person has a more competitive nature than the other. If you expect your spouse to perform up to your level, you'll both get

discouraged. Or worse, you'll end up fighting about the very thing that could have drawn you closer.

Instead, set goals together. Work as a team. One couple put a map on their bedroom wall with a big "X" over their city. Every mile they jogged or biked they drew on their map till they reached Yellow Stone National Park. Their reward to each other was a camping trip at Yellow Stone.

## **Dinner table spats**

Trying to please each other, either by cooking a lot or by eating all that is set before you will probably result in weight gain.

The problems can begin in several different ways. If you do

most of the cooking and were involved in family meal preparation prior to marriage, you may be inclined to cook food in larger-than-necessary quantities.

If you have little experience cooking, you may lean on a cookbook with new recipes to impress your spouse, which is good unless it causes them to eat too much. The other extreme is that the couple may eat too many fast foods.

One final note: starving just before your wedding day is a bad idea. The weight won't stay off and worse, you could seriously hurt your health.

## **Good nutritional habits for couples to work on together**

- Avoid too many fried foods, sweet desserts and fast foods.
- Try to include more fruits and vegetables (a habit few single people maintain).
- Limit the consumption of alcohol, which is high in calories.
- Grill, bake, broil or boil meats instead of frying them.
- Experiment with herbs and spices for seasoning instead of butter, margarine or bacon drippings.
- Try to use portion control. Cook or provide only enough for two people.
- Do not keep junk food around the house.
- Increase the amount of exercise.
- Shop carefully. Use a list and do not shop on an empty stomach. This also will help the family budget.

The bottom line is to eat a wide variety of foods for a more nutritious diet. It is better to avoid putting the weight on in the first place than to have to take it off later.



***“Let Lanier Tech service your car this summer”***

The Auto Tech class at Lanier Tech is available this summer to work on your car. Listed below are the services they will be able to provide. If you would like to take advantage of the opportunity to receive quality car service at an exceptionally low cost, please call Michael Amis at 531-6364 to make an appointment. Work will be scheduled according to student availability and instructional needs.

Work will be provided in the following service areas:

- Suspension and Steering
- Alignment (2 and 4 wheel)
- Starting and Charging (Alternator) Systems
- Air Conditioning/Heating Systems

***The Auto Tech class at Lanier Tech thanks you for your support!***