

## Student Counseling goes high-tech with biofeedback system



**BIOFEEDBACK:** Dr. Mac Martin explains to student Kelly Lawson what her readings on the screen indicate while connected to the system.

Student Counseling staff now have the capability to measure how anxious a student is, help to reduce the severity of a headache and even tell students how their bodies exhibit stress.

Dr. Mac Martin, director of Student Counseling, can accomplish this and much more with the new Biofeedback System in Barnes Hall. Patients connected to the machine via electrodes have their vital signs displayed on a computer monitor which she reads.

The equipment consists of computer hardware and software, and electrodes which measure heart, muscle tension, brainwave, skin conductance and temperature, and respiration rates. Patients view a screen showing their readings on all of these measures and learn to moderate their body's functioning based on the feedback from onscreen.

"If you can see what your body is doing, you can train yourself in things like relaxation and stress management and you know if it is working because you can see the readout," Martin said. "It is useful for many things including test anxiety, headaches, muscle spasm or other muscle pain, blood pressure, general anxiety and breathing training."

Martin said the technology will have other uses.

"It could be used for classroom instruction such as nursing," Martin said. "The possibilities are there. The biofeedback device may be used by students and any interested faculty or staff. 🏠"

**CAMPUS LANDMARK:** A piece of North Georgia history, the 1902 three-inch breech gun, or cannon, returned to its old home on the university's Retreat Triangle this month after a four-year absence, and a \$4,500 restoration project, sponsored by the North Georgia Parents' Association. The wooden wheels on the cannon had deteriorated and the NGPA, under the leadership of Barney Poole, raised the funds to replicate the wheels with two die-cast aluminum replacements. The NGPA donated \$2,000 with additional contributions coming from alumni and students. The cannon has been on campus since at least 1969, according to Col. Tom Palmer, commandant of cadets, who was a student at the time. The other cannon, a 75 mm pack howitzer, now outside the military science department, will still "sound" reveille and retreat when it is fired every weekday. The century-old cannon will be on display at the triangle until a permanent home is found. Retired Master Sgt. Al Nowak, commandant's office, pressure washed the triangle's brick foundation after the cannon was set up.



## Campus in Action

**Dr. Robert Fuller**, physics, was awarded his Ph.D. in geography from the University of Georgia on May 10. His dissertation was titled "Fuzzy Classification and Post-Processing of Satellite Imagery to Derive Watershed Model Parameter Values."

**Dr. Mac Martin**, student counseling, and **Karen Roop**, development, both had original work published in the spring 2003 issue of the NGCSU Mountain Laurels literary magazine. Martin's poem, "Corwin's Mirror," and Roop's award-winning "¿Habla Inglés?" may be read online at [www.ngcsu.edu/Univ\\_Rel/mag.htm](http://www.ngcsu.edu/Univ_Rel/mag.htm)

**Dr. John C. Yeoman**, business administration, was elected president of the Atlanta Society of Financial Analysts at its annual meeting on June 4. The organization has over 1,000 members and it is the sixth largest financial analyst society in the United States.

**Dr. John Cruthirds**, department head for mathematics & computer science, is the interim dean of the School of Arts & Letters for the month of July before **Dr. Robert Lyman**, chairperson for the Department of Psychology at the University of Alabama, officially starts as head administrator of the NGCSU school on Aug. 1.

*There's still time to order a North Georgia license plate, which will be issued in 2004. July 31 is the deadline to order the newly designed tag. Five hundred must be ordered for the state to produce the license plates. Go to NGCSU's home page online and use the new tag emblem in the bottom right corner to access more information, including the MV-9C order form from the Department of Motor Vehicle Safety. Contact Pam Stoffel in advance-ment, ext. 2873, to find out more information.*

## Forsyth residents show interest in university classes and degree programs

A survey of Forsyth County residents resulted in more than 900 responses about college and university courses offered in the local area.

Dr. Donna Gessell, director of Graduate Studies and External Programs, said information gathered by the recent survey will help the university plan for higher education classrooms needed in Forsyth County and for the academic programs offered to local residents interested in enrolling in courses leading to college degrees.

"Especially intriguing are the times people report that they are interested in taking classes," Gessell said. "More than 33 percent of respondents indicated that they would attend a program offered eight hours a day every other Friday and Saturday, and 46 percent said they would attend a program offered eight hours a day every other Saturday and Sunday."

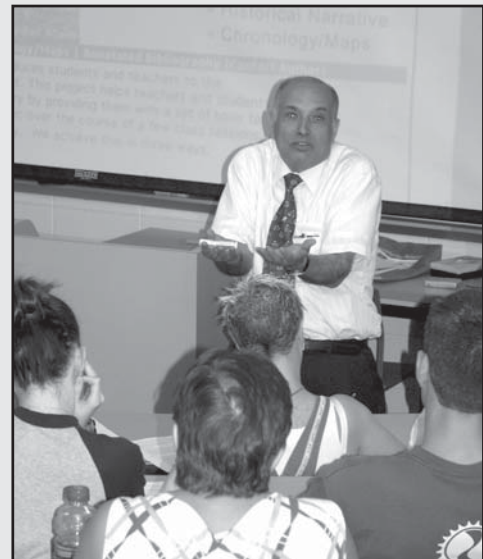
Although intensive weekend programs are not yet listed on the Forsyth program's class schedule, Gessell said university administrators at NGCSU and at Gainesville College are considering providing weekend courses plus those academic areas of study requested by the county's interested citizens.

The courses most often requested include teacher education, languages, computer sciences, English, business, mathematics and psychology. The most requested academic degree programs are business, teacher education, computer sciences, nursing, psychology and languages. The most popular times for scheduling classes, as reported by the survey respondents were: Weekdays 6-10 p.m.; Saturdays 8-noon; and Weekdays 4-8 p.m.

Gessell said that 30,300 surveys were sent by mail to local residential addresses, with 943 completed surveys returned.

Mike Weaver, a former principal of all three Forsyth County high schools, works part-time as an on-site coordinator for NGCSU programs. ▲

**PEACE TALKER:** The Reverend Fahed Abu-Akel, the former moderator of the United States Presbyterian church, spoke at the university June 10 on the history of the Israeli-Palestinian conflict. He shared with the audience in a packed Newton Oakes classroom his unique viewpoint as a Palestinian Arab Christian. "You and I as Americans at this point in history, we must understand their conflict and the people. And as a great power, our country must promote peacemaking between Israelis and Palestinians," Abu-Akel said. "I would say for the next several years the Palestine issue is going to corner America on the issue of injustice more than any other issue in recent history." Dr. Jeffrey Sommers, history, coordinated the visit.



## NGCSU gains new BOR representative

Patrick S. Pittard of Lakemont, Ga. was appointed to the Board of Regents on May 20 as the representative for the ninth congressional district, in which NGCSU lies.

Pittard currently is a Distinguished Executive-in-Residence at the Terry School of Business at UGA. He is also the retired chairman of the Board of Heidrick and Struggles International, Inc, the world's premier provider of executive-level search and leadership consulting services.

The governor appoints members to the BOR, who each serve seven years. The board is comprised of 18 members and oversees the University System of Georgia's 34 institutions of higher education.

## Harris continues as BOR chair

Former Georgia Gov. Joe Frank Harris was elected June 11 to a second one-year term as chair of the Board of Regents. He is the first former governor to have held a seat on the board or served as its chair.

Harris' second consecutive term as the board's chair will be for the fiscal year 2004 starting July 1.

He was appointed to the Board of Regents in 1999.

During his first year as chair the board met the 11 goals in its Strategic Plan, forging strong partnerships with other agencies and focusing on the future needs of the state.

"I am honored to have been asked to serve as the board's chair for another year," Harris said.

*From Board of Regents News*



**AWARD WINNER:** Deborah Barbone, director of the NGCSU Office of Financial Aid, was named the recipient of the Donald E. Payton Lifetime Achievement

Award. The honor is awarded by the Georgia Association of Student Financial Aid Administrators and is the highest honor a financial aid professional in the state can receive. The award has only been given 10 times in the association's 35-year history. Barbone began her career at Floyd College, moved to UGA and served at the Georgia Student Finance Commission. She has served at NGCSU for 12 years. "Deborah has been a mentor and role model for new financial aid administrators, including myself," said Suzanne Buttram, GCSU's financial aid director. "Her commitment to this profession speaks volumes."

## Two new campus facilities are under way

The Offices of Physical Plant and Materials Management have moved to temporary locations while plans for new facilities are developed. Major renovations will take place late this summer in their old home to develop the new Military Leadership Center. It will house the Office of the Commandant and the Department of Military Science.

Physical plant and materials management will have new facilities constructed concurrently on Sunset Drive.

The Office of the Physical Plant moved to the vacant NGCSU faculty-housing units on Sunset Drive in May.

Materials Management, with the need for a warehouse and loading docks, relocated in early June to an off-campus facility in the Lumpkin County Industrial Park at 125 Ethan Allen Drive, directly behind Chestatee Ford and the old Ethan Allen Building. The new location is approximately eight miles from the North Georgia campus.

All areas of Materials Management moved, including procurement, warehouse, central receiving and asset management. The telephone numbers will stay the same and daily deliveries will be made to the campus.

Items normally shipped to Central Receiving at North Georgia with the 360 S. Chestatee St. address should now use: 125 Ethan Allen Drive, Dahlonega, Ga. 30533. This includes purchases made using the VISA card.

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**Digest**

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President Nathaniel Hansford recognizes Dr. Linda August for her 31 years of service.

**North Georgia 2003 retirees**

**Dr. Linda August**  
assistant professor of sociology - 31 years

**Janet Burkett**  
associate librarian - 15 years

**Stanley Caldwell**  
air conditioning mechanic - 29 years

**Jewell Gilreath**  
carpenter - 19 years

**Dr. Kathleen Gruenhagen**  
professor of teacher education - 16 years

**Beverly Lawson Grizzle**  
senior accounting assistant - 29 years

**Donald Hoyt Ravan**  
air conditioning foreman - 28 years

**Dr. Steve Ross**  
director of graduate studies - 25 years

**Dr. Kathy Sisk**  
dean of arts & letters - 22 years

**Anna Marie Smith**  
sr secretary for psychology & sociology - 5 years

**Carolyn Williams**  
coordinator of office services - 10 years

**Accreditation continues for physical therapy**

The Commission on Accreditation in Physical Therapy Education has approved continued accreditation of NGCSU's graduate physical therapy education program. The 11-year-old program, enrolling 72 students this academic year, was the second graduate program at the university.

The CAPTE report stated that "through the process of self study, revision, and submission of Progress Reports, the program has met all of the requirements for compliance with the intent of the 1998 Evaluative Criteria for Accreditation of Education Programs for the Preparation of Physical Therapists." Physical therapy's next self-study report and on-site review won't take place again until 2009. Drs. Bob Laird and Frank Fearon wrote and submitted North Georgia's program report, and Fearon served as the review coordinator.



**APPLYING KNOWLEDGE:** Dr. Frank Fearon conducts clinical work with second year physical therapy students, Alexis Gaines (center) and Kamilah Saddler.

**LEADING THE WAY:** Bruce Howerton, NGCSU vice president for Advancement, tackles the "destroyed bridge" obstacle on the Leadership Reaction Course with advancement professionals from around the state. North Georgia hosted the summer Georgia Education Advancement Council conference June 5-6. Jeff Boggan (left), director of Development, spots Howerton on the obstacle. Development, foundation, alumni and communication professionals from private and public colleges and universities in Georgia took part in the conference. Four of the Blue Ridge Rifle cadets performed for the group and the visitors had the opportunity to go through the obstacles at Pine Valley. These activities and NGCSU Leadership Initiative Director Bob Thomas' presentation on servant leadership helped demonstrate the development of North Georgia's mission of leadership.

