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FROM THE PRESIDENT

At its last meeting, the Faculty Senate requested enforcement of the campus smoking policy. I wish there was a clear and easy way to do this, but none comes to mind. Everyone on campus needs to be aware of the smoking policy and do what he/she can to enforce it. This includes stopping students who are smoking anywhere but in or adjacent to the designated smoking shelters, and gently reminding them of the College's policy. If all of us do this, students will much more likely adhere to the rules.

The Executive Committee and I do not want to encourage this unhealthy habit, but with consideration of smokers, we will be looking at establishing a designated smoking area near the Science, Engineering and Technology building. This will give students and other smokers several areas on campus to smoke and to deposit their cigarette butts.

I would request that all faculty read the policy to or remind their classes of the policy. I am concerned, and many share this concern, that as I walk across campus, I see cigarette butts scattered along the walkways. **Smoking while walking across campus is prohibited.** Perhaps a reminder that if the policy is not effective, then very serious consideration will be given to establishing the campus as a tobacco-free environment.

FROM THE DEAN

Gainesville College, Dalton College, North Georgia College and State University, and the University of Georgia have formed a consortium to develop and implement reproducible pilot projects to improve access to higher education for Latino students. To assist these schools with implementation, the legislature has allocated \$375,000. For Gainesville College, Harriett Allison and Belinda Sauret will be taking the lead in project design and implementation.

Part-time instructors teaching full-term courses will be paid on February 28, March 28, and upon the submission of final grades. We are currently working on part-time contracts which should be available around January 22.

FROM THE FACULTY SENATE

The Faculty Senate has at last completed its review of all faculty-proposed changes to the handbook that were brought before the Senate. The approved changes appear in red in the on-line version of the handbook. The bulk of these changes are minor, but a few are quite substantial. The Dean's office has enumerated most of the major changes in *Tower Talk* as they have been made over the last 2 ½ months. Your senator can also provide you with an overview of the changes the Senate has recommended for the handbook. No additional changes will

be made to the on-line draft of the handbook until after the faculty has met to discuss the handbook on January 30, 2001.

The Senate would like to request that all faculty members review the on-line draft of the handbook prior to the January 30 faculty meeting. On the 30th, when we discuss the handbook, it is the hope of the Senate that the discussion will be at a point where we can call for a vote to approve the Faculty Handbook. If the Senate can do anything to help you prepare for a discussion of the handbook on the 30th or if you have any questions, please contact your senator.

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.

STUDENT ACTIVITIES:

- January 22: Tom Bresadola, Hypnotist, SC, noon
- January 23: Overcoming Test Anxiety, PACE Center, 11 a.m. and/or 5:15 p.m.
- January 25: Souper Bowl, SC, 6:30 - 8:30 p.m.
- January 29: Psychic Fair, SC, 10:30 a.m. - 1 p.m.

ANNOUNCEMENTS

CONGRATULATIONS to PAMELA JACKSON, 2001 Academic Recognition Day Representative for Gainesville College. Finalists for this prestigious award are: Benjamin Cede, Jessica Milligan, Elie Viviant, Iryna Ivashcuk, Qixing Zheng, Rocio Quinones. Congratulations to all of you!

SIFE YARD SALE
Saturday, January 27
 (Rain date: February 3)

Accepting any and all items (especially crafts and books). Call Katie Simmons, X3683, for additional information.



LAST DAY TO SIGN UP FOR INTRAMURAL BOWLING



BOWLING
February 14
2 - 5 p.m.
Gainesville Bowling Center

Registration deadline: Friday, January 19, in the Physical Education Office (X3645)

Limited to first 120 people to sign up.

STAFF MEMBERS: The Staff Council will be meeting on Wednesday, January 31. If you have a concern you would like the Council to discuss and/or look into, please talk to one of your representatives and get it put on the Agenda. Gail Emmett (X3840) is secretary, Leora Myers (X3610) is Chair. And Michelle S. Brown (X3622) is chair-elect.



Bells were quiet this week



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

TOWER TALK is published weekly while school is in session. Submissions for publication should be e-mailed to lmyers@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.

Limber Your Muscles

...AND YOUR ARTERIES!

As we age, often our body stiffens. However, new findings show that physical activity may decrease the artery stiffening that usually accompanies aging.

This is the first study, as far as we know, showing that a high level of physical conditioning is associated with a reduced index of arterial stiffness, announces Edward G. Lakatta, chief of the Laboratory of Cardiovascular Science at the Gerontology Research Center in Baltimore, Maryland.

Lakatta and his coworkers studied 14 men, from 54- to 75-years-old, who had high levels of aerobic capacity. These men averaged 30 miles a week of running, as well as competing regularly in distance running events.

Researchers also studied 146 male and female volunteers from 21- to 96- years old, who did not exercise on a regular basis. The scientists found arterial stiffness was approximately 30 percent lower in endurance-trained exercisers than in their non-active

peers. These findings suggest that improving aerobic capacity may slow the progressive stiffening of the arterial tree.

Stiffening of the arteries may be partially a result of the artery wall thickening. This may also result from a replacement of elastin with a less compliant protein. Elastin is a protein essential to elasticity in the artery wall.

As we age, our arteries may not flex as much when blood surges through after each heart-beat. The hardening of the arteries may result in our blood pressure rising immediately after our heart contracts, and decreasing between heart-beats.

As the blood surges, it bounces

off the walls of the hardened arteries. In healthy individuals, the study found an increase in arterial stiffness as the participants grew older. However, the more each person exercised regularly the less this was a problem.

Learn to limber up those muscles. As you do, you'll also be limbering up your arteries which is good for your heart.

This article is not intended for individual advice which should be obtained from your health care professional.



The scientists found arterial stiffness was about 30 percent lower in endurance-trained exercisers



New AEROBIC CLASSES - Spring Semester 2001

CLASSES BEGIN

wednesday, January 16th

Date	Time	Class	Place	Instructor
Monday, wednesday	12:00 p.m.- 1:00 p.m.	Step/Hi-Lo	Fitness Center	Elaine Bryan
Monday, wednesday	7:30 p.m.- 8:30 p.m.	Step/Hi-Lo	Fitness Center	Katie Allen
Monday	6:00 p.m.- 6:45 p.m.	Water Aerobics	Pool	Paige Rochester
wednesday	5:30 p.m.- 6:15 p.m.	Water Aerobics	Pool	Paige Rochester



THE POOL HAS RE-OPENED and IT LOOKS GREAT!!!

POOL HOURS

Monday - Friday	6:00 a.m. - 7:45 a.m.
Monday, Wednesday, Friday	12:00 p.m. - 12:50 p.m.
Tuesday, Thursday	4:00 p.m. - 7:45 p.m.
Saturday	12:00 p.m. - 2:45 p.m.