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FROM THE PRESIDENT

Gainesville College received its institutional report of the USG Student Opinion Survey which compares our results with national norms in two-year colleges and with those of the University System. Macon State and Clayton State used the two year survey as well as the four year since the large majority of their students are freshmen and sophomores. This totaled 16 survey results for USG.

We are number one! On many questions, Gainesville College ranked 1st among our sister two-year institutions including the one which reflected overall student satisfaction with the college. Some others where we ranked first especially reflect the quality and caring environment of GC:

- attitude of teaching staff toward students
- attitude of the College nonteaching staff toward students
- College catalog/admissions publications
- racial harmony on campus
- computer services
- recreational and intramural programs and services
- purposes for which student activity fees are used
- personal security/safety at this College.

There are others where students ranked us number one and many where we ranked in the top two or three. There are very few areas where we ranked in the bottom half, and we will be focusing on improving these. But, overall, we need to congratulate each other on this wonderful report card!

Copies will soon be available in each Vice President's office, academic and student development units, and the library.



Attached to this issue of *Tower Talk* is the official list of strategic goals for the College. These goals will guide our planning, our budgeting, the initiatives we undertake, and the assessment of all areas of the College, including personnel evaluations. Beginning even this summer, but especially in fall semester, we will be developing action plans with specific expected results and assessment procedures. This should serve us well in our quest for continuous improvement and the processes for Institutional Effectiveness required for SACS.

I want to again thank the Strategic Planning Council for their hard work. This Council will continue with its current members through next year, and then will begin a rotation of membership, with approximately 1/3 rotating off each year. The Council will monitor the College's planning and assessment processes.


**GC Student Art Show
Opening Reception
Thursday, June 4, 1998
GC Art Gallery
7 p.m.**

Join the celebration of Gainesville College Art Majors as they have selected their best works for this exhibition.

The American Cancer Society Relay for Life will be held on June 5 & 6. The Gainesville College team is captained by Sarah Booker. This annual event will be held at the Johnson High School Track. If you would like to walk in the relay or be a sponsor through a tax deductible donation, please call Sarah at X3892 or send her an email at sbooker. Luminaries which will be burned during the Survivor Walk in memory of a cancer victim or in honor of a cancer survivor are also available \$5.



Spring Concert
featuring
the GC Chorale and the GC Jazz Band

Thursday, June 4, 1998
GC CE/Performing Arts Center
8 p.m. 

Fitness Center Activities:

June 1 - 5 - Indoor Triathlon, team and individual
5000 meters - rowing
5 miles - recumbent bike
3.1 miles - running

June 4 - 3 mile run and 1 mile walk
7 a.m. - 3 mile run
7:05 a.m. - 1 mile walk
(predict your 1 mile time)

A vast majority of the run and walk route will be on GC trails. These events are for GC students, employees and dependents and Laker Society members only. T-shirts will be given to all competitors. Come get a run or walk in before class and before it gets really hot.

June 5 - Power Lifting Meet
11 a.m. - 1 p.m.
Lifts consist of the Squat, Bench Press & Deadlift.

YOUR NOMINATIONS ARE NEEDED

**ELEANOR CRAWFORD
AWARD**

The Gainesville College Alumni Association would like to invite you to submit nominations for the Annual Eleanor Crawford Award which will be presented at the Faculty/Staff breakfast in the fall. This award recognizes a member of the College staff for extraordinary loyalty, dedication, and service to the College.

Those NOT eligible for consideration are faculty members and previous recipients of the Award:

1990 - Clara Phelps	1993 - Peggy Stevens
Earl Poole	1994 - Roger Brady
1991 - Frances Meadows	1995 - Steve Langston
1992 - Ervin Crow	1996 - Blanche Kinney
	1997 - Gloria Brown

If you wish to nominate someone for this award, please write a brief statement about the person and send it to Michelle B. Brown - Alumni Office. Nominations submitted the past two years will automatically be reconsidered. The **deadline** for nominations is **Tuesday, June 30.**



KISS-A-PIG

Dr. Nesbitt is one of several community leaders who has volunteered to be a candidate for the American Diabetes Association's Annual fundraiser called "Kiss A Pig." We are calling on all GC Faculty/Staff to please consider **donating \$1** or more to her campaign. Please send your contributions through campus mail before June 20 to Joan Marler in Academic III.

Also, we are having a CAR WASH on Thursday, June 4 from 11 a.m. to 1 p.m. in the Student Center parking lot near the new gameroom. Asking \$5 minimum donation for a clean car.

RINGING OUR BELLS

Kandis Steele attended the 4th Annual Lilly Conference on "College and University Teaching: South" at the Georgia Center in Athens on May 22-24.

Anne Bessac was an artist-in-resident at the University of Indianapolis from March 23-27. An exhibit of her recent woodcuts and etchings were shown in their gallery concurrently with her visit. On April 30 and May 1, Anne attended a workshop at the School of Art and Design at Georgia State University which featured a model demonstration of teaching the Arts of Africa, Oceania, and the Americas by means of the World Wide Web and distance-learning.

Mary Mayhew, Alex Lowrey, and Caywood Chapman attended a Project Kaleidoscope Workshop — Enhancing Learning-Centered Environments: The Biology of the Future at William Jewell College in Liberty, Missouri. They were the only two-year college team of the twenty institutions participating in the NSF sponsored workshop May 22-24.

Theresa Dove-Waters has been selected to serve on the Northeast Georgia Girl Scout Council Strategic Planning Task Force. Hall County along with 24 other counties are included in the Northeast jurisdiction. The task force will address questions concerning the future of Girl Scouting in this area. The committee is expected to meet over a six months period with a goal of completing the task by early 1999.



June

Beata Hebda	1
Judy Forbes	4
Bob Howington	7
Karen Stewart	9
Lynda Gastley	10
Jimmy Kirkland	11
Gloria Brown	12
Brenda Perry	14
Eugene Hendrix	14
Janie Wolf-Smith	24
Tina Carter	27
Meg Graham	28
Nellie Sellers	29
Donna Grizzle	30





GAINESVILLE COLLEGE STRATEGIC GOALS

1. To meet the Postsecondary needs of Northeast Georgia
 - ❖ Additional programs
 - ❖ Collaboration with other institutions
 - ❖ Flexible delivery
2. To increase diversity on all levels
 - ❖ Class instruction
 - ❖ Students
 - ❖ Faculty and staff
 - ❖ Extra curricular activities
3. To enhance the warm and friendly human relations with a focus on students.
4. To remain a leader in incorporating technology
 - ❖ Instruction
 - ❖ Academic support
 - ❖ Administrative support
5. To continue developing sources of funding
 - ❖ Align with System priorities
 - ❖ Develop alternative sources
6. To maintain academic standards of excellence with accountability
 - ❖ Students
 - ❖ Community
 - ❖ System
 - ❖ State
7. To provide support to facilitate student development and success at all levels
 - ❖ Academic support
 - ❖ Student support
 - ❖ Student development
8. To Increase scholarships available to students
 - ❖ Talented students - in academics, in drama, in art, in music, etc.
 - ❖ Financially needy students
9. To promote the professional development of faculty and staff
 - ❖ Travel
 - ❖ Center for Professional Development
 - ❖ Tuition reimbursement
10. To upgrade and maintain safe and aesthetically pleasing physical facilities.
11. To promote access to higher education through expanding outreach activities to the community.
 - ❖ Raising educational aspirations
 - ❖ Raising educational preparation
12. To maintain sound fiscal standards.
 - ❖ University System of Georgia Policies
 - ❖ State Regulations
 - ❖ Federal Guidelines
13. To enhance the College's reputation as a cultural center for Northeast Georgia
14. To continue the College's emphasis on the Economic Development of Northeast Georgia
 - ❖ Workforce development
 - ❖ Collaboration with Lanier Tech
 - ❖ Early Childhood Education
 - ❖ Public Service

May 1998						
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31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

July 1998						
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1	2	3	4 7pm - Student Art Exhibit Reception, CE 8pm - Spring Concert, Chorale and Jazz Band, CE	5	6
7	8 Classes end	9 Finals	10 Finals	11 Finals	12  5:30 - 6:30pm - Reception 7 pm Graduation, GA Mtns Ctr	13
14  Flag Day	15	16	17	18	19 No <i>Tower Talk</i> issue	20
21  Father's Day	22 New Student Orientation, 9:30 & 11am, Lanier ABC 4-7:30 pm - Alumni Council Beautification Day	23 Classes start - 1 st & Full Sessions	24	25	26	27
28	29	30 Academic Council (Del/Supp), 1:30 pm, PCR		A Visual Celebration of Gainesville College Art Majors Exhibit in the GC Art Gallery from June 4 until September 11. 		

Why Should You Weight Train?

Many people think that weight training is only for athletes and others who hold jobs that require heavy physical work. Strength is an important component of physical fitness and it can enhance a person's health and well-being throughout life, no matter your occupation or favorite leisure activity. As a matter of fact, strength seems to be the most important health-related component of physical fitness in the older-adult population. Whereas proper cardiorespiratory endurance helps maintain a healthy heart, good strength levels do more toward independent living than any other fitness component. Research has shown leg strength improvements as high as 200% in previously inactive adults over age 90. So it's never too late to start a weight training program.

What are the benefits?

Weight training is valuable in improving personal appearance and self-image and can be helpful in developing sports skills. But one of the most significant benefits of weight training is its relationship to human metabolism. A primary result of weight training is an increase in muscle mass or size, known as muscle hypertrophy. As muscle size increases, so does resting metabolic rate, or the amount of energy an individual requires during nonactive conditions to sustain proper body function. In other words, now you burn more calories at rest.

Another very important benefit is an increase in bone density, which can help in the prevention of osteoporosis. This disorder primarily affects middle-aged and elderly people, especially women. The female hormone estrogen protects against bone mineral loss during young adulthood. When estrogen levels decline after menopause (or because of a disruption in the menstrual cycle) bone mineral content declines as well. That's why it's important to build up bone density while you're young - so you have more to lose as you age.

How much is enough?

Everyone has different goals when it comes to weight training; bodybuilding, toning, strength, etc, and each goal must be reached through a specific training regimen. I can't cover every training program in this article, but I will give some general recommendations. If you want to increase muscular strength, do 3 to 5 sets up to 8 reps. If muscular endurance (toning) is your goal, do 2 to 3 sets of 10 to 15 repetitions. Three training sessions per week on nonconsecutive days would be an ideal arrangement for proper development.

If time is a concern or you are training for health-fitness purposes, the American College of Sports Medicine recommends a minimum of one set of 8 to 12 repetitions performed to near fatigue, if <50-60 years of age; 10 to 15 repetitions performed to near fatigue, if >50-60 years of age, using 8 to 10 exercises that involve the major muscle groups of the body. Training sessions should be conducted 2 - 3 times per week. The recommendation is based on research showing that this training generated 70% to 80% of the improvements reported on other programs using three sets of about 10 repetitions.

If you are interested in beginning a weight training program, but aren't sure how to get started, please call Glenn Preston 718-3799, and I'll be more than happy to design a program to meet your specific needs.

As you can see there are numerous benefits from weight training, but I think Andrew, my nine year old son put it in a nutshell. He saw the title of this article on the computer screen and proceeded to write; "Because it's good exercise and it helps you to be strong." Good advice son.