



# GAINESVILLE COLLEGE

A Two-Year Unit of the University System of Georgia

P.O. BOX 1358  
GAINESVILLE, GEORGIA 30503  
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NO. 24

## *Distinguished Professor*

### FROM THE PRESIDENT

Last week when I invited you to see student Angela Shaw's artwork on display in the President's Office, I failed to mention that two art students received awards -- **Angela** and **Francine Dibben**. Francine's work was computer art which, unfortunately, could not be produced in its true quality from our printers. The judges, however, were obviously impressed with her work and recommended it as co-winner. When you see Francine, please congratulate her.

### FROM THE DEAN

Advising/Pre-Registration for Spring Quarter, 1998, will be held from February 23 to March 4.

Mr. Clifton Taulbert will be the Colloquium Series guest speaker on Wednesday, February 25, at 11 a.m. in the CE Auditorium. Faculty, please dismiss your 10 a.m. classes at 10:45 a.m.; 12 noon classes will resume at 12:15 p.m. Instructors of classes that regularly meet at 11 a.m. may either hold classes or dismiss classes to attend.

The Winter Quarter Faculty Meeting is scheduled on Wednesday, February 25, at 3:30 p.m. in CE 109/110. Agenda items are due by February 23.

It is once again time to begin the selection process for our Distinguished Professor for 1998-99. We have many truly outstanding faculty members at Gainesville College, and we encourage all to apply.

Those interested should notify their division/department chair, who should also receive nominations for other candidates in his/her unit. There is no limit to the number of applicants per division/department. An applicant must be employed full time and carry a full time teaching load. The current Distinguished Professor can reapply and be selected for a second year for a maximum of two consecutive years as Distinguished Professor.

The individual selected for the 1998-99 year will receive 1/3rd reassigned time each semester and a \$10,000 stipend during the academic year to help colleagues develop skills in using technology in the classroom, to find creative ways to help students learn, and to work with the Coordinator of Professional Development to provide workshops to enhance teaching effectiveness. Please participate in this process by applying or nominating someone you deem worthy of this honor and responsibility.

#### Timetable:

- May 22 - Deadline for submission of materials by applicants
- June 11 - Committee decision and submission to the Dean.

Additional procedures and the criteria for selection are attached to this issue of *The Log*.



## ANNOUNCEMENTS

Animal Influences: Ceramic Art & Drawings by Ron Meyers, Rich Panico & Ted Saupe, February 16-March 30. Animals provide the common inspiration for the richly diverse expression of each of these artists. Personal and historical interpretations combine to create unique, one-of-a-kind ceramics and drawings.



### February 24 -- a HAPPENING DAY!!!!

8 - 10 a.m. - Alumni Council is providing hot chocolate and capaccino in the Student Center.

11 a.m. - "The Word" (a cappella group), 11 a.m. on the Student Center stage. This unique R & B hip hop group is a show you definitely do not want to miss! Get ready to be entertained by an outstandingly talented vocal group!

12:15 p.m. - GC Fitness Center Grand Opening Ribbon Cutting Ceremony, refreshments, surprises and contests. Fitness Center open from 10 a.m. to 7 p.m.

5 - 6 p.m. - Alumni Council is providing hot chocolate and capaccino in Academic III.

7 - 8:30 p.m. - The night students will be treated to a quick supper of hot chili in the Student Center.

7:30 - 8:30 p.m. - Alumni Council is providing hot chocolate and capaccino in Academic III.

Mini Job Fair in the Student Center from 9:30 a.m. to 1 p.m. in the Student Center on February 25.



GC Colloquium Series presents: Clifton L. Taulbert, acclaimed author of *When We Were Colored* on February 25 at 11 a.m. in the CE Auditorium.



The Intramural Bowling tournament will be Thursday, February 26, 2 - 5 p.m. at the Gainesville Bowling Center. Please submit your team to Jim Kirkland as soon as possible. (Teams will consist of four people.)




### The University of Leipzig Chamber Choir in Concert

Thursday, February 26 at 8 p.m.  
GC Performing Arts Theatre

Faculty, staff and family are admitted free  
**Reservations are required**  
Call Ann Forziati at X3865 or  
email - aforziat



The Gainesville College family wishes to extend its sympathy to Roger Miller whose step-son passed away.

## PUTTING OUR BEST OARS FORWARD



Barbara Hermann has been nominated by former student, Debbie R. Martin to be included in the 5<sup>th</sup> Edition of *Who's Who Among America's Teachers*.

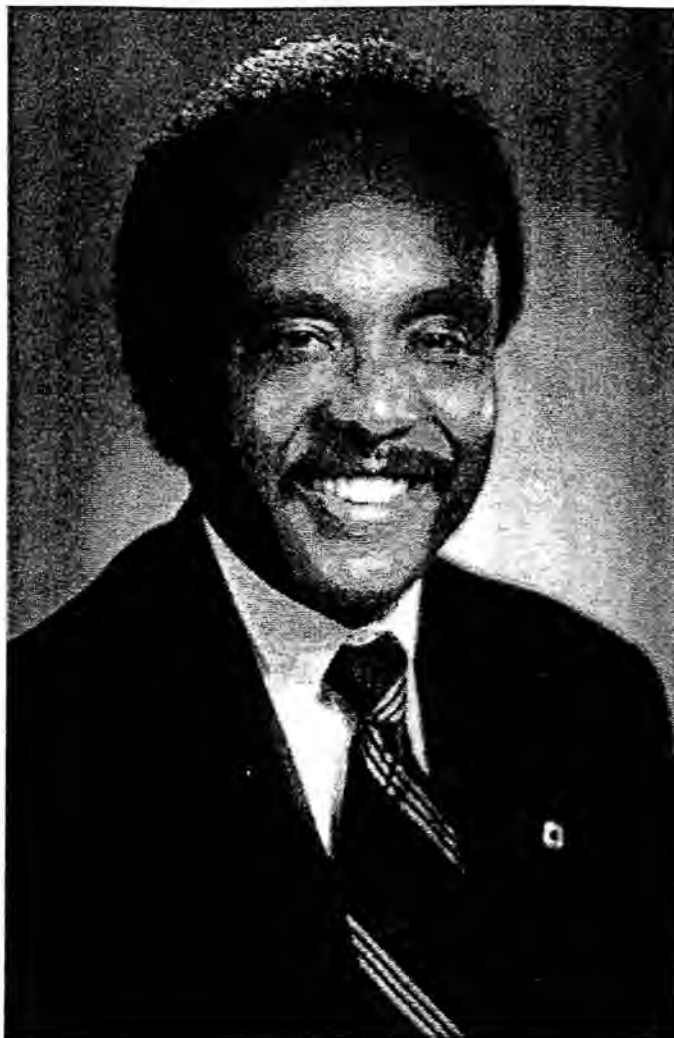
Chaudron Gille has been selected for *Who's Who Among America's Teachers*.

Christine Jonick attended Southwestern Publishing's Innovations in Teaching Accounting Seminar in Orlando, Florida on February 13.

Lee Anzola attended and gave a conference presentation on "Service Learning" at Albany State University Learn and Serve 2000, First Annual Service Learning Conference (in collaboration with the Board of Regents University System of Georgia, Office of the Pre-College Programs) on February 11-13.

Bob Croft's new book *An Anne Tyler Companion*, a reference guide to Tyler's novels and short stories, is being published this month by Greenwood Press.

February 25, 1998




Clifton L. Taulbert is the acclaimed author of *When We Were Colored*, a vivid portrayal of African American community in Glen Allen, Mississippi. This first memoir in Taulbert's trilogy was made into the critically acclaimed motion picture "Once Upon a Time When We Were Colored" in 1996. Taulbert is also author of the Pulitzer Prize nominated *On The Last Train North*, and most recently, *Watching Our Crops Come In*. We are very pleased to welcome Mr. Taulbert back to our campus.

February 18, 1998

**MEMORANDUM**

TO: Laker Log

FROM: Bob Howington   
Vice President for Business and Finance

While we have been fortunate in recent years to receive state allocations for two new buildings and now the third on the drawing board, we realize some of our original buildings are maturing. Requests have been made for funds to allow for upgrades and renovations to some of the buildings. The Vice Chancellor of Facilities recently signed contracts for us that will provide engineering services to:

- 1 - Prepare specifications and bid documents for the re-roofing of the Music building
- 2 - Prepare specifications and bid documents for phase I upgrade of the air-conditioning system of Academic II building.

These projects and others will eventually be completed. In the interim, as we must continue to use the buildings, you may notice items that need minor repair.

Report such needs to Mrs. Sexton in Plant Operations via e-mail. If you wish to copy Mr. Spiceland that will be fine.

The e-mail will provide a record of the request and be helpful in prioritizing and follow-up on the request.

BOARD OF REGENTS'  
DISTINGUISHED PROFESSOR FOR TEACHING AND LEARNING

**Gainesville College**

**Gainesville College Criteria for Selection**

1. Each nominee must write a double-spaced, typed personal statement describing a key contribution made as an undergraduate teacher. (The nominee must possess clearly established records of outstanding teaching and demonstrated proficiency in the use of various teaching techniques, including technology-based applications.) Nominees' statements should also describe their scholarly approach to teaching including the following:

- any step taken to evaluate and improve teaching
- innovative techniques he/she has developed to evaluate student learning and to provide feedback
- a course created or a curriculum he/she revised
- examples of effective advising and mentoring techniques
- innovative teaching techniques shared with other teachers
- innovative teaching techniques utilizing technology
- how the learning process extends beyond the classroom
- creative ways that research or public service has been used to illuminate teaching
- reasons why he/she is interested in this type of recognition and responsibility.

2. A one-page curriculum vitae (resume) must be attached. The judges need a concise presentation of the nominee's education, teaching experience, other teaching awards, publications, service, and other significant contributions. Priority should be given to activities and awards that focus on teaching.

3. The nominee's current Self-Reporting Form must be attached.

4. One or two letters may be written by current or former undergraduate students, two letters must be written by peers, and one letter from the division/department chair. Other letters also may come from anyone else on campus, in the community, or in his/her profession who supports the nomination. Letters should reflect a balance of perspectives on the nominee's success in and dedication to teaching and how the nominee fulfills the program's criteria. Letters should be recent and relevant to the criteria.

**Procedures**

1. Those interested in applying should notify their division/department chair, who should also receive nominations for other possible candidates in his/her unit.

2. There is no limit to the number of applicants per division/department.

3. An applicant must be employed fulltime and carry a fulltime teaching load.

4. The current Distinguished Professor can reapply and be selected for a second year for a maximum of two consecutive years as Distinguished Professor.



**TAKE TEN**

*Take-and-Save*

by James Peterson, Ph.D., FACSM

**1** Eat more vegetables in the cabbage family. Several studies show that cruciferous vegetables may protect against colorectal, stomach, and respiratory cancers. Among the cruciferous vegetables are broccoli, cauliflower, Brussels sprouts, all cabbages, and kale.

**2** Add more high fiber foods to your diet. People who eat a diet high in fiber reduce their risk of colon cancer. Fiber occurs in whole grains, fruits, and vegetables. Examples are peaches, strawberries, potatoes, spinach, tomatoes, wheat and bran cereals, rice, popcorn, and whole wheat bread.

**3** Eat foods with Vitamin A. This vitamin offers a measure of protection against cancers of the esophagus, larynx, and lung. Fresh foods with beta-carotene—like carrots, peaches, apricots, squash, and broccoli—are the best source of Vitamin A, not vitamin pills.

**4** Choose foods with Vitamin C. This vitamin may help protect against cancers of the esophagus and stomach. Vitamin C can be found naturally in

# 10 Steps to Reduced Cancer Risk

ACSM'S HEALTH & FITNESS JOURNAL

several fresh fruits and vegetables including grapefruit, cantaloupe, oranges, strawberries, red and green peppers, broccoli, and tomatoes.

**5** Keep your weight (body fat) within appropriate limits and get adequate exercise. Obesity has been linked to cancers of the uterus, gallbladder, breast, and colon. Regular exercise and a lower caloric intake can help control weight. Data indicate that physical activity may lower the risk of colon cancer and breast cancer. The amount of physical activity needed to achieve these effects is unknown. It is good advice to follow the Surgeon General's suggestion to engage in moderate amounts of physical activity (e.g., 30 minutes

of brisk walking or raking leaves, 15 minutes of running, or 45 minutes of playing volleyball) on most, if not all, days of the week.

**6** Trim fat from your diet, especially highly saturated animal fats. A high fat diet increases the risk of breast, colon, and prostate cancer. American men whose diets are rich in animal fats (especially red meats) face nearly an 80% greater risk of developing potentially fatal prostate cancer than do men with lower intake of such foods. You can cut your overall intake of fats by eating lean meats, fish, skinned poultry, and low fat dairy products.

**7** Reduce your dietary intake of salt-cured, smoked, nitrite-cured foods. Cancers of the esophagus and stomach are common in countries where foods of this type are eaten in large quantities. Foods such as bacon, ham, hot dogs, or salt-cured fish should be eaten only periodically.

**8** Stop smoking. As unbelievable as it may seem, almost 46 million American adults continue to smoke. Smoking is the

biggest cancer risk factor of all and the main cause of lung cancer. Smoking at home also means more respiratory and allergic ailments for children. Furthermore, pregnant women who smoke can harm their babies. Chewing tobaccos are also harmful because they raise the risk of mouth and throat cancers.

**9** Limit your intake of alcohol. If you drink too much, your risk of liver cancer increases. Smoking and drinking alcohol in combination greatly increase the risk of cancers of the mouth, throat, larynx, and esophagus. If you must drink alcohol, you should limit your intake to a moderate level (i.e., one or two drinks daily).

**10** Respect the rays of the sun. Too much sun causes skin cancer and other damage to the skin. One in six Americans will develop skin cancer. Protect yourself with sunscreen that has a Sun Protective Factor (SPF) rating of 15 or higher. Wear long sleeves and a hat, especially during midday hours from 11 a.m. to 3 p.m. Don't use indoor sunlamps, tanning parlors, or pills for tanning. If you see changes in a mole on your body or a sore that does not heal, see your physician.

*James Peterson, Ph.D., FACSM is a freelance writer and consultant in sports medicine. From 1990 until 1995, Dr. Peterson was director of sports medicine with StairMaster. Until that time, he was professor of physical education at the United States Military Academy.*



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You are invited to a special viewing of the  
motion picture movie

# “Once Upon A Time When We Were Colored”

at Gainesville College on  
February 23, 1998 from 11 a.m. to 1 p.m. in the  
Continuing Education Building, Room 108

and

**a public presentation by Mr. Clifton Taulbert on  
February 25, 1998 at 11 a.m.**

The movie, “Once Upon A Time When We Were Colored,” is based on the Pulitzer Prize-nominated book of the same title by acclaimed author, Mr. Clifton Taulbert. Both the book and the movie vividly portray an African American community in Glen Allen, Mississippi. We would also like to invite you to a public lecture by Mr. Taulbert on February 25, 1998.

Additionally, Mr. Taulbert will be a guest presenter at the Gainesville College Lanier Writer’s Workshop, a conference for young writers from area high schools on February 26. To register for the Lanier Writer’s Workshop, call Tom Sauret at 770-718-3674.



For additional information, contact  
Major Nelson (770-718-3749),  
Theresa Dove-Waters (770-718-3851),  
or Tom Sauret (770-718-3674).