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FROM THE PRESIDENT

I am excited to be participating in my first graduation exercises as your president. Graduations are such special occasions and should be celebrated and savored. For our students, it is such an important milestone in their lives, and hopefully an event which they will remember fondly and vividly over the years.

Thanks to a generous mother-in-law, I will be traveling in Italy from June 15 to the 23rd. Actually, I arrive home on the 23rd. I am looking forward to the trip since I have never been to Italy. While I am away, Kathy Fuller will be acting president.

For those of you who will have next week off, have a good rest and have some fun. Summer school will be short and I am sure somewhat hectic, but it's our last quarter - let's make it a good one!

For those faculty taking the summer for other activities, we will miss you but hope you enjoy the change of pace from college life. I will look forward to seeing you in August for our first semester!

FROM THE DEAN

Here we are again at the end of another highly productive year. Thanks to all of you for helping to

enrich the academic experience of our students.

Reminders

June 12, 7 p.m. — Graduation at the Georgia Mountains Center (reception at 5:30 p.m.)

June 22 — Registration/Orientation for Summer Quarter '98, 9 a.m. - 3 p.m. and 3-7 p.m. Schedule Adjustments, 9 a.m. - 7 p.m.

June 23 — Classes Start/Late Registration and Schedule Adjustments

June 24 — Late Registration/Schedule Adjustments

June 25 — Late Registration/Schedule Adjustments for night students only.

It is going to be a challenge to help students remember Fall Semester Registration will be held on Friday, August 21. Each of us needs to serve as a walking reminder to students for our new SEMESTER start date.

GAINESVILLE COLLEGE
32ND GRADUATION

FRIDAY, JUNE 12, 1998
7 P.M.

GEORGIA MOUNTAINS CENTER

Reception -
5:30 - 6:30 p.m.



FROM THE STAFF COUNCIL

We are once again encouraging each of you who have colleagues at our sister institutions to contact them, find out if they have a Staff Council or Staff Advisory Council, and if they are official members of the USG Staff Council. If they are not, have them contact Cheryl Harris by email at charris@hermes.gc.peachnet.edu. The next System-wide Staff Conference is scheduled for October 1-2, hosted by Valdosta State. Our continued goal is for 100% participation in the USG Staff Council by all 34 system institutions. Your help in achieving this goal is greatly appreciated. Remember that we are working together for the benefit of all!

The local new At-Large Representatives are: Sarah Booker, Diane Carpenter, Sabine Davis, Francine Dibben, Joy Evans, Tonya Morrow, Leora Myers, Janice Nylander, Debbie Pilgrim, Jason Ponders. Their term begins July 1, 1998.

ALERT

The University System of Georgia, in anticipation of a common application form for all institutions in the future, has established a minimum application fee of \$20. This is \$5 above our current fee and will go into effect July 1, 1998. We have been granted permission to phase it in over the summer. Mail-in applications which come with the \$15 application fee will be accepted until September 1. (This is because all of our current forms list \$15.) We are having new forms printed and walk-ins will begin paying the \$20 beginning July 1. After September 1, all new applicants must pay the \$20 fee. If they mail in the old fee, they will be informed that they owe the additional amount. We will begin processing their applications, but their admission will be contingent upon payment of the total fee.

ANNOUNCEMENTS

The American Diabetes Association's Annual "Kiss a Pig" campaign is continuing. Thanks to Steve Tilley, Frank Sherwood, Michelle S. Brown, Eugene Hendrix, Tom Burns and Marsha Hopkins for washing cars last Thursday — and thanks to all of you who are now sporting clean vehicles because of them.

It is not too late to contribute, the campaign continues until June 20. Please send your contributions to Joan Marler before June 20.



Fitness Center Hours

Monday - Thursday, June 15 - June 18

10 a.m. - 1:30 p.m.

3:30 p.m. - 6:30 p.m.

Friday, June 19 -

10 a.m. - 1:30 p.m.

3:00 p.m. - 5:00 p.m.

Closed Saturday - Monday, June 20-22

Reopens for Summer Quarter Tuesday, June 23

10 a.m. - 7:50 p.m.

1998 Summer Quarter Hours

Monday - Thursday 10 a.m. - 7:50 p.m.

Friday - 10 a.m. - 4:50 p.m.

Sunday - 2 p.m. - 7:50 p.m.

Closed July 3 & 5



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:

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|------------------------|-----------------------|
| 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**.

**TOWER TALK
SUMMER SCHEDULE**



Submission deadline is the Wednesday before the Friday publication date at 5 p.m. Direct your submissions to Leora Myers or email lmyers.

Summer publication dates are:

- | | |
|---------|---------------------------------|
| June 26 | August 7 |
| July 10 | August 21 (which will begin the |
| July 24 | regularly weekly schedule) |



The GC Foundation
is once again sponsoring an
Ice Cream Social
Thursday, July 2
11 a.m. - 1 p.m.



Administration Building Lawn

RINGING OUR BELLS

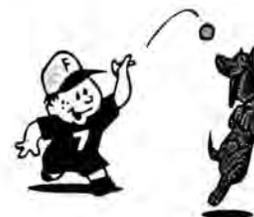
Cheryl Harris and Tonya Morrow attended the University System of Georgia Staff Council meeting held in Macon on Friday, May 22. Cheryl was elected Chair of the USG Staff Council; Bill Filtz of Valdosta State is Chair-elect and Linda Slaney of UGA is Secretary.

Word has it that Frances Meadows gave a wonderful Baccalaureate Address for one of the Hall County High Schools this week.

Sheryl Williams and Margaret McGlaun attended the "Wetlands of North Georgia" conference June 5 at North Georgia College & State University.

Lee Anzola and his mentee Omar Davila (LSA President at Gainesville College), attended the 11th Annual National Conference on Race & Ethnicity in American Higher Education, May 28 - June 1, in Denver, Colorado. This conference was sponsored by The Southwest Center for Human Relations Studies, Public and Community Services, College of Continuing Education at the University of Oklahoma.

Have a safe and fun summer!





Cholesterol & your health: Part 5

LOW-CHOLESTEROL LIFESTYLES

Get control by changing your habits

Reducing your risk of heart disease can be as simple as changing a few habits.

Sometimes easier said than done—they are necessary changes for a healthy life.

Reassuringly a good habit can be just as addicting as a bad one. Here are four ways to reduce your risk of heart disease.

EXERCISE REGULARLY Regular aerobic exercise can increase levels of HDL, which is a protective carrier of cholesterol. There is some evidence indicating that exercise also helps to reduce the “bad” cholesterol components: LDL, VLDL, and triglycerides.

DECREASE BODY FAT Research has shown that individuals who are overfat can decrease cholesterol levels by reducing body weight. Cutting out

extra fat calories, increasing exercise and a diet high in complex carbohydrates can help accomplish this goal.

STOP SMOKING On the average, smoking causes increased total cholesterol and a reduction in protective HDL levels. Smoking is a major risk factor for heart disease in itself.

REDUCE STRESS Stress due to occupation or personal life may temporarily increase serum cholesterol levels. If you feel like you are under a great deal of negative stress, find a way to control it through meditation, exercise or counselling. *This article is not intended to provide individual advice which should be obtained directly from your health care professional.*