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## FROM THE PRESIDENT

Change and continuity are two constant themes in our lives and in the life of the College. Our family is changing. In addition to the retirees we honored earlier, Karen Hawkins and Ellen Pastorino are leaving to pursue other opportunities. We will miss them but, nevertheless, wish them well in their new endeavors. Both have contributed significantly to the betterment of the College and their legacies will be remembered and continued. The continuity which we cherish is the sense of family which will help us face future challenges and respond to new opportunities. As new members join our family, we want to embrace them so that they will appreciate and contribute to the caring environment which we value so highly.

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Thanks to all of you who supported my candidacy for the American Diabetes Association Kiss-A-Pig contest. While I wasn't the winning candidate (which was really my preference), we did make a good showing and raised over \$500.00 for this worthy cause. My campaign manager, Joan Marler, worked really hard and I want to publicly thank her for a successful campaign.

Congratulations to William Wilborn in winning the Damon's gift certificate and

Katie Simmon's daughter, Laura, for winning the Beanie Baby Pig.

## FROM THE DEAN

As we near the end of our last Summer Quarter registration period (and my one hundredth registration) our enrollment is holding at around 1315. All signs indicate that we will have a hot and productive term. Thanks to all of you for helping our students get off to a good start.

Academic Council will meet on June 30 at 1:30 p.m. in the President's Conference Room.

Best wishes for a safe and sparkling Independence Day Holiday!



## ANNOUNCEMENTS

NEEDED: TIME magazine issues of June 22, June 29, July 6 and July 13 are needed by Tish Searcy to use with her Regents' students. She needs three copies of each if you are willing to share. Please give her a call at X3628.

## Fitness Center Hours

(I.D. & Towel required!)

Monday-Thursday	10 a.m. - 7:45 p.m.
Friday	10 a.m. - 4:45 p.m.
Saturday	Closed
Sunday	2 - 7:45 p.m.

## Gymnasium Hours

Mon. & Wed. -	8 a.m. - 4:30 p.m.
Tues. & Thurs. -	8 a.m. - 7:45 p.m.
Saturday	Closed
Sunday	2 - 5:50 p.m.

## Pool

Tues. & Thurs.	5 - 7:45 p.m.
Sunday	2 - 5:50 p.m.

**Please note:** Locker Rooms will be locked 15 minutes after Fitness Center and pool close.

I.D. is required to use facilities.

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. This award recognizes a member of the College staff for extraordinary loyalty, dedication, and service to the College.

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.**

*Thank you to all of the faculty and staff members!!! I am very grateful to each and every one who expressed their concern and support for me during my extended illness. Thank you for the phone calls, cards, flowers, gifts and most of all your prayers. My children and I are also very thankful for the kind contributions towards the hospital expenses and time lost at work. I am so very fortunate to have such great support from my Gainesville College family.*

*Thank you again for everything.*

*Denise, Brandi and  
Samantha Bell*



**The GC Foundation**  
is once again sponsoring an  
**Ice Cream Social**  
(Baskin-Robbins Ice Cream)

**Thursday, July 2**  
**11 a.m. - 1 p.m.**

**Administration Building Lawn**

(If raining, it will be held inside Administration Building.)



## 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:

July 10

July 24

August 7

August 21 (which will begin the regularly weekly schedule)



The Gainesville College family wishes to extend its sympathy to Mary Pennington and family in the death of her brother, Michael Fitzgerald.



### Ringing our bells



Christine Jonick attended and gave a conference presentation at the Board of Regents Teaching and Learning Institute at Callaway Gardens, June 7 -12.



Campus is closed Friday, July 3, in celebration of Independence Day. Have a safe holiday!



## JULY

Mary McDade	5
Joy Evans	6
Peggy Strickland	6
Julia Davies	7
Gina Reed	10
Jim Hammond	12
Barbara Hermann	14
Teresa Leckie	14
Michelle S. Brown	17
Tim Buchanan	18
Laura Lee Motes	18
Bea Chapman	28
Heather Howington	29
Ed Jones	30
Stacy Koffman	31

by James Peterson, Ph.D., FACSM

**1 Size up your situation.** Evaluate all aspects of the environment that affect your ability to exercise safely, including air temperature, humidity, wind velocity, and solar radiation. To the extent that you can change your environmental conditions, you should consider changing the site or time that you exercise (e.g., exercise early in the morning or late in the evening when it's cool, exercise in a shaded area, etc.).

**2 Steer clear of potentially dangerous circumstances.** Avoid intense aerobic exercise when it is very hot and humid outside. In a situation of higher humidity, sweat simply doesn't evaporate as rapidly. As a result, your body is unable to cool itself as efficiently as it does in dry, hot weather. You can experience a variety of heat-related symptoms, including cramps, fatigue, exhaustion, or even stroke.

**3 Keep it loose.** Wear loose, lightweight clothing so that your body heat can escape more easily. Do not wear rubberized

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## Ways to Avoid a Heat-Related Condition While Exercising

ACSM'S HEALTH & FITNESS JOURNAL

clothing in a futile effort to sweat more to lose weight. Wearing a rubber sweat suit during exercise can be dangerous because it will cause your core temperature to rise rapidly while simultaneously preventing your perspiration from evaporating to cool you down.

**4 Fill up with fluids.** Drink plenty of fluids before, during, and after exercising. For example, drink 2½ cups of fluid up to an hour before you exercise and then another 1½ cups 15 minutes before exercising. While exercising, try to drink a cup (6-8 ounces) of water every 15 minutes. Drink another two cups of water for every pound of body weight that you may have

lost as soon as you can after exercising.

**5 Water is best.** Drink fluids that are relatively cool (40 to 50°F). Because such fluids leave your stomach faster, you'll cool down faster. Avoid caffeinated drinks or alcohol, both of which act as diuretics. With few exceptions, water is the replacement drink of choice.

**6 Don't wait until it's too late.** Keep in mind that how thirsty you are is not a good indicator of whether your body needs water. You should drink even when you're not thirsty. In fact, in terms of heat-related injuries, it may be too late if you wait to drink fluids until you feel thirsty.

**7 Acclimate to the heat.** Spend at least three days acclimating yourself to hot weather. Use common sense when you do finally begin to work out (i.e., initially limit your exercise bout to 15 minutes or less at a less-than-normal level of intensity; then progressively exercise for either longer

periods or at a higher level of intensity). Keep in mind that for many individuals who are relatively unaccustomed to the heat, full acclimation may take a couple of weeks.

**8 Forsake extra salt.** Don't take salt before working out. Salt raises your risk of dehydration by increasing your need to replace body fluids. Unless the exercise bout lasts at least 90 minutes, little or no advantage is achieved by consuming commercially marketed (salt-enhanced) sports drinks.

**9 Be medically smart.** If you take medication, check with your doctor before exercising. Some medications (e.g., beta-blockers, alpha-agonists, vasodilators, diuretics, etc.) can interfere with your body's ability to regulate its internal temperature.

**10 Avoid taking an undue risk.** Consider your risk of incurring a heat-related problem. For example, the following factors are among those that increase the likelihood of a heat illness or injury: alcohol use, obesity, hypertension, diabetes, and aging.

*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.*



**Gainesville College**  
Post Office Box 1358  
Gainesville, Georgia 30503

**Glenn A. Preston**  
Fitness Center Director/Facilities Coordinator  
Physical Education

e-mail address: glpresto@hermes.gc.peachnet.edu (770) 718-3799  
FAX (770) 718-3859