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## FROM THE PRESIDENT

On Friday, February 16, the College invited several leaders of the Hispanic community to campus. Those attending were: Captain Gabriel Elias, Salvation Army; Josh Diaz, Gainesville Bank & Trust; Mario Mendez, Northeast Georgia Medical Center and also soccer liaison; Jimmy Hernandez, Northeast Georgia Medical Center; Jose Cortes, GC instructor; Haydee Andersen, *Mexico Lindo*; and Sonia Castano, former GC student and current North Georgia College and State University student on the GC campus. We asked their advice on how to more effectively reach this underserved population informing parents and students about Gainesville College and encouraging high school students to prepare for college. The discussion was most productive and we have several ideas we will be pursuing.

Thanks to a grant from the University System, we will be hiring a Hispanic recruiter. This person will also act as chair of a Hispanic Task Force that we are forming on campus. As plans unfold we will be sharing them with the College community. If you have ideas, please share them with Mike Stoy until our recruiter comes on board. The position is being advertised and we hope to fill it by April. This is a major initiative to move toward our goal of diversifying the campus and providing access to all people of Northeast Georgia.

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At Wednesday's staff meeting, the holidays for the 2001 calendar year were discussed and voted on. In conjunction with the regular holidays, it was requested that the campus be closed on the Wednesday before Thanksgiving inasmuch as there will be no classes and therefore, no students and no faculty on campus. The motion was made to close the campus on Wednesday, November 21 in conjunction with the regular Thanksgiving holiday and that each staff member would take an annual day for that Wednesday before Thanksgiving. The motion carried by an overwhelming majority of staff members present. **I concur and we will, therefore, close the campus on the Wednesday before Thanksgiving, November 21, with each staff member taking an annual day to cover this day.** The vote was also taken to designate December 31 as the day on which each staff member will take an annual day as the campus will be closed for the Christmas holidays. This was a unanimous vote to do so and to which I also concur.

## FROM THE DEAN

I would like to take this opportunity to thank all of the faculty and staff who participated in our recent student exchange program with France. Under the leadership of Chaudron Gille, this program was a great success and provided international education opportunities for our students.

We have just received official notification from the Board of Regents that we will

receive funding to support the development and implementation of educational outreach activities to the Hispanic community. These activities are designed to improve the academic abilities of students in grades K-12 and provide opportunities for increased access to higher education. As part of this project, the College will be hiring a temporary full-time Hispanic Affairs Coordinator. The description for this position can be found on our web page. I would like to recognize and thank Harriett Allison and Belinda Sauret for working with the BOR to obtain this funding for our community.

During the past several months, the Executive Council has been discussing the issue of payment of staff for teaching academic courses. After concluding discussions with impacted units of this campus, the Council has approved the following policy: *Staff may be assigned teaching assignments as part of the normal workload. In such cases, appropriate release time will be provided. Supervisors may allow staff to teach for pay when the class is outside of the normal 40 hour work week.*

#### FROM HUMAN RESOURCE OFFICE

**DIRECT DEPOSIT WILL SOON BE AVAILABLE.** At the February 21 staff meeting, attendees were advised that the option for payroll direct deposit will soon be available to most Gainesville College employees. Those considered eligible for this benefit are all part-time and full-time staff and faculty members. Student workers will not be eligible.

The anticipated start of this benefit is late April or May. A sample of the required sign-up form is included in this issue of *Tower Talk*. Full details of the workings and requirements of participation are outlined on the forms.

Staff members who did not attend the February 21 meeting may pick up the sign-up forms from the Human Resources office. Faculty members will be receiving these forms with their paychecks next week.

The deadline for the return of these forms is **March 15** to the Human Resource Office.

## ANNOUNCEMENTS

**Reminder:** Safety considerations and liability concerns make it necessary to prohibit dogs and other pets on campus. Service animals accompanying persons with disabilities are permitted.

### FEBRUARY IS BLACK HISTORY MONTH

In celebration of Black History month, the John Harrison Hosch Library is displaying a collection of authentic artifacts (on loan from Julia Cromartie); the Student Center is displaying artifacts from the Beulah Rucker Museum, a stamp collection, a display of dolls, black history IQ test and books by Black authors; the cafeteria will serve soul food on February 23 and 28 consisting of fried chicken, baked ham, collards/turnip greens, black-eyed peas, candied yams, corn bread and peach cobbler.

A concert by **The Stephens Family** (mother and two daughters) singing gospel songs of years gone by will be held on Friday, **February 23 at 12 noon in the CE/PA Auditorium**. This is local talent at its best. They will be accompanied by Jimmy Evans, Musical Director at Antioch Baptist Church in Gainesville.

**Carl Brashear** will present his life story on Wednesday, **February 28, at 12 noon in CE108**. Brashear's life story and indomitable spirit are legendary in navy circles. Before retiring, he became the first African-American Master Diver, despite a crippling injury. In 1998, he became one of only seven enlisted men in history to be enshrined in naval archives, with a 164-page volume transcribing an oral history of his life and career.

Brashear's life inspired Bill Cosby, who produced the recently-released major motion picture "Men of Honor," featuring Robert DeNiro and Cuba Gooding, Jr., who portrays Brashear.



### BOWLING RESULTS!

Thanks to everyone who participated.

Congratulations to:

**Carol Wallace** - high game  
**Kelies "Worm" Hicks** - high series  
**Mary Hamby** - low game and low series  
 (but had the most fun.)

Team #1 - Ron Arro  
 Jerry Spiceland  
 Judy Forbes  
 Dennis Brown

Team #2 - Jimmy Kirkland  
 Kelies Hicks  
 Tom Burson  
 Eddie Morgan

Team #3 - Jackie Mauldin  
 Marsha Hopkins  
 Leora Myers  
 Carol Wallace

**SOFTBALL** organization meeting: Monday, February 26 at 12 noon in the gym. Rosters are due March 1 at 12 noon. Games will be played on Mondays, Wednesdays and Fridays at 12 noon. Season officially begins on Monday, March 5. State Tournament is April 20-22 at Valdosta State University.

**GOLF** - Play unlimited rounds of 9-hole golf at Hidden Hollow Golf Club (9-hole course) between March 5 and April 9. (The fee for 9 holes and cart is \$9.90.) Turn in top 4 rounds to Intramural Director by Tuesday, April 10. The top 20 will play 9 holes on Monday, April 16. Tee times from 1 - 3 p.m.

### STUDENT ACTIVITIES:

February 23 - 25: State Basketball Tournament at Georgia Tech  
 March 1: Midterm Massages, SC, noon  
 March 2: Eight-ball Tournament, Game room, noon  
 March 5: Mardi Gras Celebration, SC, noon  
 March 6: Extended Orientation, SC, 6:30-7:30 p.m.  
 March 7: Mini-triathlon, gym, 12:15 p.m.  
 March 8: Preparing for the Regents' Test, 1 p.m. and 5 p.m., Student Center Lanier C

### INTRAMURAL SWIM MEET



Wednesday, March 7  
 Warmup at 12 noon, Start at 12:15 p.m.  
 Open to students,  
**faculty and staff too.**

Swimmers may compete in up to 4 events - there are 25's (1 length) of each competitive stroke, 50's (2 lengths) of each stroke, 200 yd freestyle (8 lengths), 100 individual medley (1 length of each stroke), and relays. Ribbons awarded for all events, T-shirts to the first 24 entries. Entry forms in PE office and Fitness Center. Age groups are 5 year categories - (example: 30-34, 35-39 . . .) We need older age groups, and you'll place higher!

### Xnelo

high-energy pop alternative  
 from Indianapolis  
**Student Center**  
**February 26**  
**12 Noon - 1 p.m.**  
 And  
**6:30 7:30 p.m.**



### GCWO SPRING MEETING

Wednesday, February 28  
 3 p.m.

Faculty/Staff Dining Room

**Good News!** The mailroom has new up-to-date equipment which will facilitate large mailings. If you have a large mailing coming up, please call Ron Arro, X3895, to alert him as well as finding out what you need to do to prepare your mailing.

### HOLIDAY SCHEDULE 2001 Calendar Year

**New Year's Day** -

January 1, 2001 - Monday

**Martin Luther King Day** -

January 15, 2001 - Monday

**Memorial Day** -

May 28, 2001 - Monday

**Independence Day** -

July 4, 2001 - Wednesday

**Labor Day** -

September 3, 2001, Monday

**Thanksgiving** -

November 21 - Wednesday (staff must take annual leave)

November 22-23 - Thursday and Friday

**Christmas** -

December 24, 25, 26, 27, 28 - Monday, Tuesday, Wednesday, Thursday, and Friday

December 31 - Monday (staff must take annual leave)

### THE BIG BAND SHOW 2001



#### The GC Jazz Band, Combo & Chorale

March 8, 9, 10 at the GC Ed Cabell Theatre, 7:30 p.m.  
Box office opens: February 26. For tickets, call X3624. Free to faculty and staff and their immediate families and to GC students with ID cards.

## Ringling our Bells

Chaudron Gille would like to thank everyone who contributed to the successful visit by our French sister school last week. The group was very impressed with the warm welcome they received. Thank you to the host families: Joan Marler, Rebecca Homan, John Hamilton, Tom & Belinda Sauret, Piotr & Beata Hebda, Peggy Strickland, Carol Pinson, Katie Simmons and Martha Nesbitt. To John O'Sullivan for giving one of our lectures, Sloan Jones for flowers for our reception, Katie Simmons for arranging our site visit, and to Eugene Hendrix for his help with the logistics. I would also like to thank the Humanities Division, the Business Division, SIFE, the Cross-Cultural Connections Club, Student Activities, the Bookstore and the Foundation for their support. Without you all, it would not have been possible.

Diane Cook attended the regents Advisory Committee for Psychology meeting February 15 and the Southeastern Conference on the Teaching of Psychology February 16 in Kennesaw.

Lee Anzola received national recognition in the College Board's 2001 Outreach Program Handbook. This national publication provides key information detailing pre-college outreach programs across the nation. It was based on the National Survey of Outreach Programs conducted in 1999-2000. The programs listed are PREP (Post-Secondary Readiness Enrichment Program), Seventh Grade Campus Visitation Initiative, and Summer Scholars Institute.

David Johnston visited Mercer University on February 15 to attend the quarterly Executive Board Meeting of the Georgia College Personnel Association. GCPA has been an advocate for student affairs professionals in post-secondary settings since 1969. David is this association's membership database manager.

TOWER TALK is published weekly while school is in session. Submissions for publication should be emailed to [Imyers@gc.peachnet.edu](mailto:Imyers@gc.peachnet.edu) or sent to Leora Myers, President's Office, to be received by 5 p.m. the Wednesday before the Friday publication.



The Gainesville College family extends our heartfelt sympathy to Jerry McGee whose stepfather, Lee Aikins passed away February 18.

# Gainesville College Payroll Direct Deposit Program

- **AVAILABLE TO:** Full-time and Part-time Faculty/Staff paid on monthly or biweekly basis. Student workers are **not** eligible. The target date to implement this benefit is late April or early May and is in part determined by our banking advisors.
- **LONG TERM:** Direct deposit is designed to be a long-term arrangement to directly submit net payroll earnings into a banking account designated by each employee. Week-to-week or month-to-month changes in direct deposit participation will **not** be allowed.
- **REQUIRED INFORMATION/INITIAL SET-UP:** Participation in this program is voluntary on the part of the employee, however in introducing this benefit for the first time, all eligible employees will be required to complete a Direct Deposit form indicating their desire to participate or not. During this implementation, all forms must be turned into Human Resources no later than March 15, 2001. Failure to submit a form and other required information by 3/15/01 means the employee will continue to receive a "live" check.
- Participation requires sharing your bank account information with us in the form of a deposit slip. This sensitive information will be stored in locked file cabinets.
- **ON-GOING:** Employees will **not** be allowed to alternate receiving "direct deposit" one pay period and "live" paychecks the next. Once the choice is made, employees are expected to remain in the chosen status long-term. **However, changes in your bank, or any banking account numbers must be reported to us immediately.**
- Sign-up to elect or cancel participation in direct deposit for existing employees will typically be offered during our annual November Open Enrollment period for all other benefits, to be effective January 1 of the following year.
- Participating employees will continue to receive a payment advice that matches the information currently received with "live" paychecks.
- **STIPULATIONS:** Participating employees will be allowed to direct deposit into **one** banking account number. The option to deposit into multiple accounts will **not** be available at this time.
- There will **not** be an option to have just a portion of the earnings directly deposited, and the remainder issued to the employee in the form of a "live" check. The entire check must either be handled as direct deposit or actual check.
- **TIMING:** The direct deposit process requires that a strict payroll production schedule must be observed to necessitate our transmissions to your account. Therefore, persons who fail to submit their proper time sheet and/or leave records by the close of business each Friday at the end of each pay period will not receive their check or direct deposit until the following scheduled pay period.
- **IMPORTANT:** It is the sole responsibility of every employee on direct deposit to immediately provide a new direct deposit form when any banking account information changes. Failure to do so in a timely manner creates the potential for your funds to be deposited into an outdated account on your behalf. The resulting situation would mean a delay in receiving/accessing your funds up to several days. In such instances of the employee's failure to timely notify HR of account changes, no "on-demand" checks will be issued by the payroll department.

I have read and understand the above information regarding Direct Deposit. I agree to the procedures listed. The attached form & deposit slip indicate my desire to participate, or not participate (no deposit slip needed).

\_\_\_\_\_  
(Print Name)

\_\_\_\_\_  
(Signature)

\_\_\_\_\_  
(Date)

## Enrollment Form

# Take Advantage of Direct Deposit Today.

Now you can have your pay deposited into your account without ever having to go to your bank. We can arrange it for you through our Direct Deposit program. Your paycheck is credited to your account on payday.

### *It's convenient.*

You don't have to worry about getting to the bank because we send your deposit electronically and give you a written payroll statement including your wages, taxes, deductions, etc.

### *It's fast.*

As soon as it's time for you to be paid, your money is deposited electronically. The delay between receiving your pay and getting it into your account is eliminated.

### *It's safe.*

Since there's no paper check to worry about, there's no chance that it can be lost or stolen.

### *It's free.*

There's no charge for the service.

If you'd like to take advantage of Direct Deposit simply fill out the attached form and return it today. Even if you do not choose to use the service, please mark and return the card today.

We are pleased to provide this service to our employees, and we hope you will decide to take advantage of the convenience, speed and safety of Direct Deposit.

Thank you.

**YES** I want the convenience and safety of having my pay deposited directly to my bank account each payday. I understand that I can terminate the direct deposit of payroll arrangement simply by giving written notice.

**NO** I do not wish to take advantage of this service at this time. (Please sign and return this form even if you do not want the service.)

NAME	SOCIAL SECURITY NO.
EMPLOYER	DIVISION
MY BANK'S NAME	CITY WHERE I WORK
BANK NUMBER (First grouping of numbers printed at the bottom of your check; either 8 or 9 digits.)	<input type="text"/>
PLEASE CHECK ONE:	
<input type="checkbox"/> DEPOSIT INTO MY CHECKING ACCOUNT	ACCOUNT NUMBER
<input type="checkbox"/> DEPOSIT INTO MY SAVINGS ACCOUNT	ACCOUNT NUMBER
I authorize credit entries <input type="checkbox"/> to be made to my account.	
DATE	SIGN HERE

# THE BACKBONE OF FITNESS

Your back is the most important set of bones in your body



**If you've** ever had back pain, you're not unusual. Eighty percent of all adults have back pain, but almost all of them are preventable.

"Most people think a back injury, is a result of a particular incident," said Kathy Gulick, assistant director of Northern Iowa's Wellness Promotion Office. The truth is most back problems are caused by years of abuse.

Gulick said, "We hardly need to be reminded of the seriousness of back injuries." They can be very painful and sometimes irreversible. But you can take preventative measures to avoid back problems.

## Exercise for a stronger back

Regular exercise strengthens back muscles. Toning your abdominal muscles and improving flexibility are the best ways to avoid back injuries.

With back pain there is no quick fix. Pain killers may take the pain away, but medication does not stop the cause of the pain. Pain sufferers should consult a health care professional. In severe cases physical therapy may be needed.

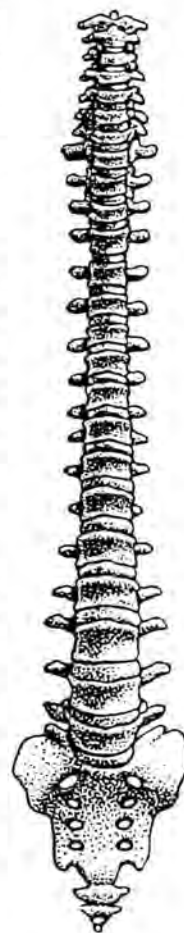
Sleeping positions can also affect the back—sleeping on your side offers the least amount of stress. And too many pillows may put stress on the neck, which can also result in back pain.

## Your back & the office

Working often causes back problems, especially if you work at a desk all day. Evaluate your work space. Check the height of your chair and desk. Chronic back problems can sometimes be alleviated by simply changing the environment. You should be able to sit comfortably and work at your desk without straining. Look for lower back support in your chair and a firm cushion on the seat. If you find your workspace inadequate, make changes. You'll feel better and be more productive.

Stress can aggravate back problems. Exercise reduces stress and, in turn, that will help your back. Also, try stretching, relaxation and a good night's sleep to avoid back problems. Extra weight can contribute to back pain. Good nutrition and exercise to avoid being overweight can help prevent future back problems.

*This article is not intended to provide individual advice which should be obtained directly from your health care professional.*



**PART 1**

February 2001

S	M	T	W	T	F	S
				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			

# March 2001

April 2001

S	M	T	W	T	F	S
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
An Artistic Discovery March 7 through April 4				1  Midterm Massages, 12N, SC	2 Eight-ball Tourney, Gamerroom, 12N  Leadership Lun- cheon, 12N, CE110	3
4	5  Mardi Gras Celebration, SC 12 N	6  Extended Orientation, SC, 6:30-7:30pm	7 Mini-Triathlon, gym, 12:15pm  Panel: Women in Non-traditional Careers, 12N, A2, Rm112	8 Legislative Video Conf., CE109, 8am An Artistic Discovery, opening reception, 6:30pm Big Band Show, theatre, 7:30pm	9  Big Band Show, GC Theatre, 7:30pm	10  Big Band Show, GC Theatre, 7:30pm
11	12  SPRING BREAK	13  SPRING BREAK	14  SPRING BREAK	15  SPRING BREAK	16  SPRING BREAK	17 No Saturday classes   St. Patrick's Day
18	19 "Fit for Life" with Phil Beedle, 12 N CE108  Regents Test, 2:30 and 7:30 pm	20 Spring begins  Regents Test, 2:30 and 7:30pm	21  Spring Fling, SC, 10:30am - 1:30pm	22 10 wk session ends  Dollar Dinner, SC, 6:30-8:30pm	23 10 wk session final exams  Sand Volleyball Tourney, 12 N, PeachPit	24  GC Open House 9- 11am, SC
25	26 Blood Drive, gym, 9am - 2pm	27	28 Forum on Domestic Violence, 12 N, A2, Rm 173  Power Lift Meet, Fitness Ctr, 12:15pm	29 Résumé Writing and Interviewing, 11am and 5:15pm, PACE Ctr	30	31  Art Fest 2001, CE Parking Lot