



GAINESVILLE COLLEGE

A Two-Year Unit of the University System of Georgia

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MARCH 13, 1998

NO. 27

FROM THE PRESIDENT

GC HAS DONE IT AGAIN!!!

1998 Winter Regents' Test Results

First Time Examinees Passing

	GC	2-yr Colleges	System
Reading	92.37	83.09	86.64
Essay	82.20	76.10	80.44

Repeaters

	GC	2-yr Colleges	System
Reading	63.64	43.47	38.12
Essay	66.67	57.04	56.04

These results are another reaffirmation of our wonderful faculty who continually put great emphasis on reading and writing across the curriculum and the academic support of the ACTT Center.

FROM THE DEAN

The last day for students to pay Spring Pre-registration fees is Tuesday, March 17 — the last day of Winter Quarter classes.

Final Exams are scheduled for March 19-20.

A breakfast meeting for members of Academic Delivery will be held on Friday, March 20, at 8:30 a.m. in the FDR.

A reminder — on March 20 at 2 p.m., we will dedicate the Physical Education Complex to Dr. Hugh Mills, Jr., our founding president. Please come!!

The City of Gainesville is participating in a Chamber of Commerce "Red Carpet Tour" to attract new businesses to the area. Planners have requested 100 faculty, staff, and students to serve as guides at Lake Lanier Islands on Wednesday, April 8, from 1:30 - 3:30 p.m. A training session will be held on Tuesday, March 31, at 5:30 p.m. at the Community Service Center, 430 Prior Street (corner of Jesse Jewell Parkway and Prior Street), in Gainesville. Interested faculty and staff should call the Dean's Office and students should call the Student Activities' Office by March 18. Free t-shirts and food for all!

FROM STUDENT ACTIVITIES

March 17 - St. Patrick's Day Give-away, 11 a.m., Student Center. Come for punch, cookies, and cupcakes and the chance of winning gift certificates from Outback Steak House, Damons, Blockbuster, and more!

PANCAKE STUDY BREAK, 7-8:30 p.m., Student Center. Let us treat you to a pancake meal while you are studying for finals!



The Hugh M. Mills, Jr. Physical Education Complex will be dedicated on Friday, March 20 at 2 p.m. in the Gymnasium Lobby. If you would like to attend, please call Sloan Jones at X3836 by Monday, March 17.

PUTTING OUR BEST OARS FORWARD



Brian Kline and Kandis Steele presented at the GSAMS Programming and Training Conference on March 10 in Athens.

Rachelle Wadsworth presented "The Lure of the Titanic" as part of SGA's continuing Mystery Series on February 17 and drew a standing-room-only crowd. Rachelle also participated along with Karen Hawkins and Carol Pinson in DeKalb College's Internationalizing General Education Conference in Atlanta, March 5-6.

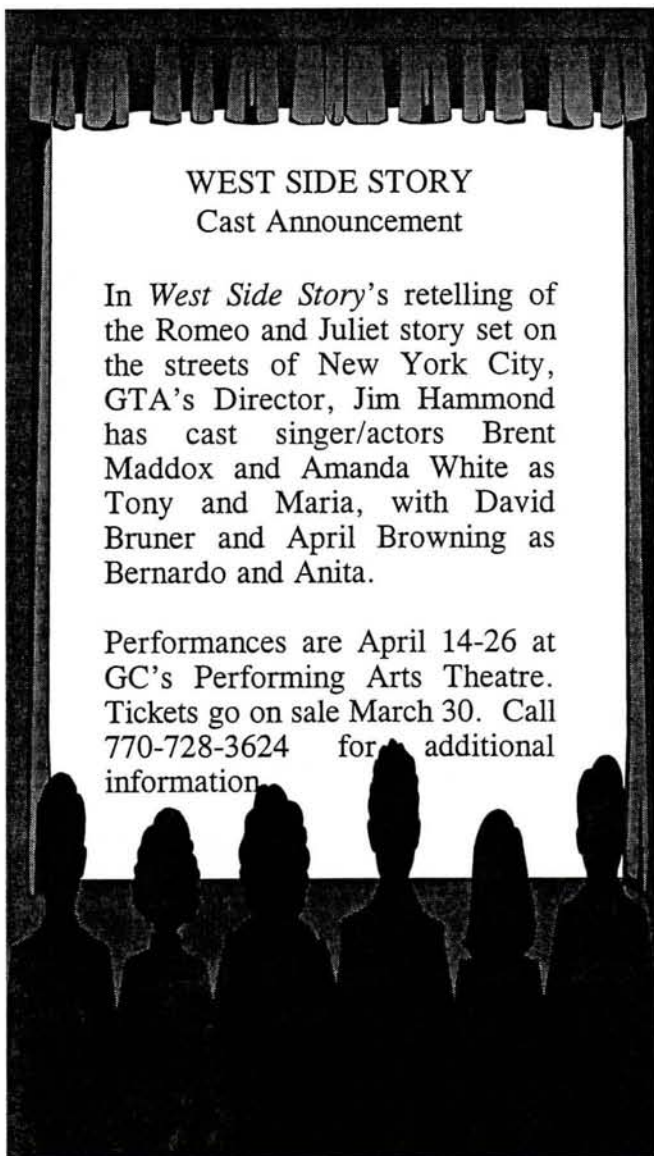
Lisa Watson attended the Georgia Nutrition Council Annual Meeting on March 5-6 at Callaway Gardens.

Lee Anzola, Theresa Dove-Waters, Brandon Haag, Penny Mills, and Jerry Spiceland participated in a Mandala Movement Workshop at the Center for Multicultural Awareness, Abraham Baldwin Agricultural College, March 5-7. The workshop series is intended to enhance diversity efforts on campuses in the University System.

WEST SIDE STORY Cast Announcement

In *West Side Story's* retelling of the Romeo and Juliet story set on the streets of New York City, GTA's Director, Jim Hammond has cast singer/actors Brent Maddox and Amanda White as Tony and Maria, with David Bruner and April Browning as Bernardo and Anita.

Performances are April 14-26 at GC's Performing Arts Theatre. Tickets go on sale March 30. Call 770-728-3624 for additional information.





National Nutrition Month March

EATING NATURE'S WAY

Test your nutrition knowledge • Part 3

1. Which of the following is not high in fat?

- a) pickles
- b) olives
- c) avocados

2. Which nutrient is more abundant in whole fruits and vegetables than in juices?

- a) vitamin C
- b) fiber
- c) vitamin A

3. All cuts of meat are high in fat.

- a) True
- b) False

4. Which of the following is high in fiber?

- a) sourdough bread
- b) pumpnickel bread
- c) whole grain bread

5. People who eat 1,600 calories per day should limit their total fat intake to how much?

- a) 23 grams
- b) 48 grams
- c) 93 grams

Answers:

1. a. Pickles contain almost no fat, while olives and avocados get most of their calories from fat.

2. b. Most of the fiber in fruit and vegetables is in the skin and pulp which are often "strained out" of juices.

3. b. False. Lean choices include beef sirloin, pork tenderloin, and most cuts of veal.

4. c. Breads that are chewy or dark in color are not necessarily high in fiber. The highest fiber breads are made from whole wheat and other whole grains.

5. b. Fat intake should be limited to 30 percent of total calories. Use this shortcut method to figure out grams of fat. Start with the total number of calories you consume in one day (e.g. 1,600), drop the last two digits and multiply ($16 \times 3 = 48$). The result is the maximum number of grams of fat you should eat in a day.





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A Cooperative Venture of Gainesville College • Brenau University • The Community • Professional Company

March 2, 1998

Contact: Francine Dibben 770-718-3606
Box Office: Becky Smith 770-718-3624

Calendar Listing: April 2

WEST SIDE STORY Stage Tour

On April 2, come backstage and meet Gainesville Theatre Alliance's artistic team working on *West Side Story* for a behind-the-scenes Stage Tour. Sponsored by Gainesville Theatre Alliance and its volunteer supporters in Theatre Wings, the Stage Tour will begin at 6:00pm, led by Director Jim Hammond, in the Gainesville College Performing Arts Center in Oakwood. Light refreshments and a brief Theatre Wings meeting will follow at about 7:00pm. There is no charge for the Stage Tour. The public may also stay afterwards and observe a rehearsal of Gainesville Theatre Alliance's *West Side Story*.

Gainesville Theatre Alliance (GTA) is a collaboration of Gainesville College, Brenau University, the Community represented by Theatre Wings, and Theatre Professionals.