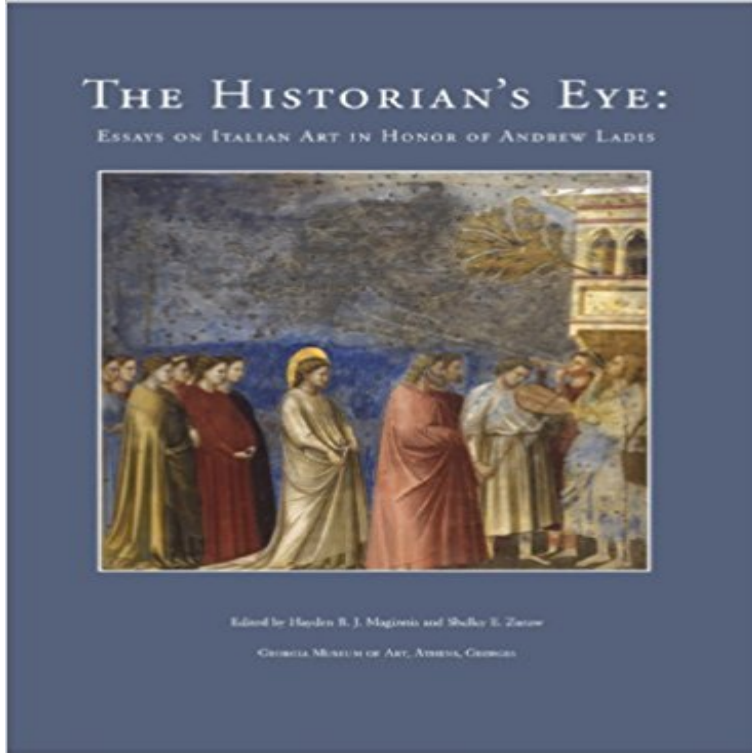


The Historians Eye: Essays on Italian Art in Honor of Andrew Ladis: Georgia Museum of Art, Athens, Georgia, September 7-9, 2006



Between September 7 and 9, 2006, 25 scholars of Italian Renaissance art gathered at the Georgia Museum of Art to honor Andrew Ladis, Franklin Professor of Art History at the University of Georgia's Lamar Dodd School of Art. Sponsored by the museum, the Franklin College of Arts and Sciences, the Lamar Dodd School of Art, the Willson Center for the Humanities and Arts and the President's Venture Fund, the conference represented the fulfillment of more than 10 years of similar gatherings in Athens that Ladis had helped to organize. The scholars and audience that came to Athens in September 2006 had all participated in one or another of these earlier events. They gathered to honor Ladis's scholarship and to celebrate his generosity, his enthusiasm, and his joy at sharing art history with others. The *Historian's Eye: Essays on Italian Art in Honor of Andrew Ladis* comprises many of the papers presented at that conference, from scholars including Paul Barolsky, Norman E. Land, Perri Lee Roberts and the editors of this volume, Hayden B.J. Maginnis and Shelley E. Zuraw. Subjects addressed range from maps of Rome to chalices and guild regulations, the history of the Madonna delle Grazie motif in Renaissance Naples and the echoes of the Divine Comedy in the murals of the Chiostro Verde. The book concludes with a collection of tributes to Ladis by his former students and his academic bibliography. More than the usual compilation of essays resulting from a conference, *The Historian's Eye* is a true Festschrift and a worthy tribute to Ladis as scholar and teacher.

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be, at the very least, educated and certified through a recognised fitness organization (see below). This individual's job will be to assess your level of fitness, figure out what your aims are (or help you establish targets) create a plan and keep you motivated. She or he will push you beyond your comfort level — something tough to do by yourself. A trainer additionally provides:

1. Guidance on achieving your goals
2. Instruction about fundamental nutrition, cardio and bodybuilding
3. Each week a reason to appear at the gym
4. Accountability
5. Methods to assist monitor your improvement

What is a Program Like? Each session typically lasts about an hour. The first meeting is dedicated to assessing body measurements, fitness level, health and workout background and goals. Be ready to step on the scale, have your body fat measured and answer questions that were particular about your goals. After this, you'll spend each session performing cardiovascular exercise, weight-training, flexibility or other activities depending on what your aims are. Your trainer will show you give you tips for getting the most out of each workout, enable you to determine how much weight to use and just how to do the exercises.

What to try to find In a Personal Trainer

1. Education: A personal trainer should be accredited through a recognised personal training organization. The more education your trainer has, the better your workouts will be, although a workout science or other related college degree isn't crucial.
2. CPR: your coach should have an updated qualification in CPR and/or firstaid.
3. Experience: Make sure your trainer has expertise, particularly with regards to your goals. As an example, if you are a bodybuilder, you want some body educated in that area.
4. Details: If you've got a particular clinical issue, injury or illness (such as being pregnant, difficulty becoming pregnant, heart troubles, diabetes, etc.) ensure your trainer has education in these fields and communicate with your doctor.
5. A good-listener: A good trainer ensure he comprehends your aims and should listen carefully to what you say.
6. Attention: A good trainer should be targeted only during your sessions on you.
7. Monitoring improvement: A great coach will often assess your progress and alter things if necessary.

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