



Avoiding colds

A few easy steps to keep in mind • Pg. 2



Managing dual credit

Balancing high school and college • Pg. 4



Appreciate diversity

There is no limit to learning! • Pg. 6

THE VIKING

Monday, March 16, 2015

Grayson College

Volume V, Issue VI

Get Involved

Sweet Treats Stop

Complimentary sweet pastries, snacks and more, provided by Great Western Dining Service. Hosted by Student Life.

First and Third Wednesdays
9 - 10 a.m.

Life Center, 2nd Floor

Hump Day "Snack Attack"

Complimentary assorted snacks provided by Great Western Dining Service. Hosted by Student Life. Second and Fourth Wednesdays, 1 - 3 p.m.

Life Center, 2nd Floor

Gym & Fitness Center

Hours of operation are listed on the college website and by the Fitness Center door.

"It's My Life" Student Leadership Series

Monday, 23 March

12:15 - 12:45 p.m.

Community leaders are invited to discuss and share their philosophy on leadership in today's competitive work environment. LA 101 Speaker: TBA

Litter Pick-up

Thursday, 19 March 12 p.m.

Hosted by SGA. Meet in front of the BSM.

Saint Patrick's Day Ice Cream Social

Tuesday, 17 March

11 a.m. - 1 p.m.

Ice cream and toppings compliments of Great Western Dining Service. Sponsored by Student Life and the SGA. All students and employees are invited.

Life Center Community Room

Diversity Awareness Week

23 - 27 March

Co-hosted by the Cultural Diversity Club and the Gay Straight Alliance: Nutrition Discussion featuring Dr. Patrice Parsons:

Tuesday, 24 March

1:15 p.m. Room TBA

Documentary Screening: "The Human Family Tree" plus FREE dinner: "Taste the World" provided by the Cultural Diversity Club

Thursday, 26 March

6 p.m. Irma Blackburn

History Club Field Trip: Sherman Museum

27 March, 2 p.m.

Sherman Museum

301 S. Walnut, Sherman

Student Government Association

First Mondays (monthly)

12:15 - 12:45 p.m.

Viking Room, Life Center

Grayson Nursing Student Association

Second Wednesdays

7:45 - 8:45 a.m.

Viking Room, Life Center

Music students attend TMEA conference

Kristin Alexander
Student

Over Valentine's Day weekend, the graduating sophomores of the Grayson College Music Club ventured to San Antonio, Texas to attend TMEA, the Texas Music Educators Association conference. TMEA is the largest music educator's conference in the entire nation and boasts of more than 26,000 attendees. This conference is held every year for the purpose of furthering musicians' inspiration, networking abilities and professional development. Besides this, it also provides opportunities for students and teachers alike to experience lectures from the most renowned music educators in all of the United States.

Last year, the GC Music Club decided to plan this trip as a way to help equip our sophomore musicians to move towards the next step in their education. Almost every lecture attended presented new and fascinating information on subjects such as how the brain sight-reads music, how to over-

come performance anxiety, recording and audio-engineering and music from all over the world.

For instance, I was able to attend the wonderful workshop on performance anxiety. After listening to the speaker, I walked away with several new ideas and techniques to help myself get over this musicians version of "stage fright." It helped me to realize that I am not alone in this fear and that myself and all of the other musicians that struggle with performance anxiety can fight against it together.

For most music schools, attending TMEA is often a required expense. In fact, almost every music school or conservatory in America is represented at this conference. This trip, therefore, not only provided our GC students with the amazing privilege to listen and learn from master teachers, but it also allowed them to ask questions and interact with school representatives from a school they could attend in the future.

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Kristin Alexander

Sophomore cellist Brianna Glen played cellos from around the world, while sophomore pianist James Fleming experimented with a re-engineered electronic piano.

Professor visits Grayson County youth boot camp

Bill Weidner
Director, Electrical Technology Program

Recently, Bill Glass Prison Ministries held its DFW Youth Event (billglass.org). I was assigned to the Grayson County Juvenile Unit in Denison, Texas. I was blessed to attend with my Ministry Mentor Jerry Price. Jerry is 77 years old and has attended over 150+ weekends with Bill Glass. Can you imagine 10 years of weekends spent in prison?

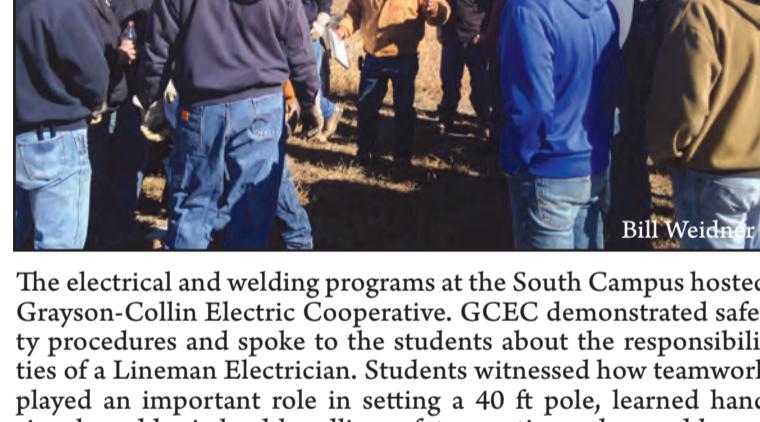
Hebrews 13:3 says, "Re-

member those in prison as if you were their fellow prisoners, and those who are mistreated as if you yourselves were suffering."

We do not get paid to attend nor receive any money for travel, food or lodging. Our ability to attend depends on God's blessings in our life.

The Grayson County unit provides a boot camp for males 12-17 years old. The residents could be from any county in Texas.

Continued on page 2



Bill Weidner

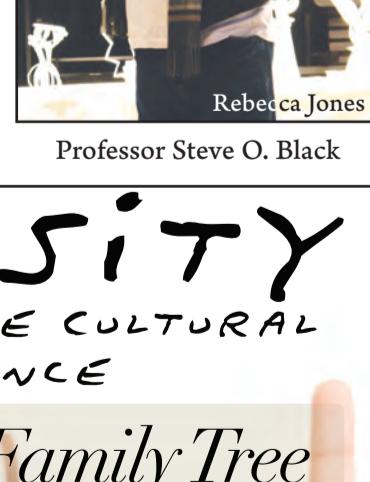
The electrical and welding programs at the South Campus hosted Grayson-Collin Electric Cooperative. GCEC demonstrated safety procedures and spoke to the students about the responsibilities of a Lineman Electrician. Students witnessed how teamwork played an important role in setting a 40 ft pole, learned hand signals and basic load-handling safety practices, observed how a 60 ft pole truck operated while working on the overhead lines and became part of the crew as the GCEC workers demonstrated safety procedures with lifting harnesses, slings and tools used in the trade. Many thanks to Jason Sprowl with GCEC.

to their local community. On top of being a one-full time-professor-department, Professor Black works tirelessly to bring art experiences to all demographics of our community. "Working at a community college, it seemed very important to involve myself and the students in providing service

to our community" Black stated. "This community needs exposure to the arts and there have always been artists in the community."

Mr. Black who is a native Texan, from the Dallas area, has been working at Grayson College for almost 19 years.

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Professor Steve O. Black

Professor Steve Black named Community Service Award winner

Lisa Hebert
Librarian

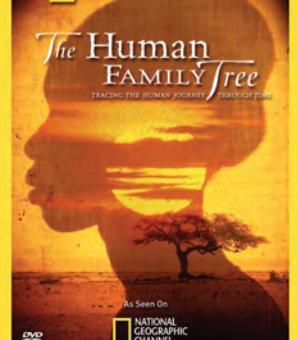
Professor Steve Black was this year's recipient of the Grayson County Rotary Club's Community Service Award. The award recognizes individuals who go "above and beyond" to make a difference through service

to their local community.

On top of being a one-full time-professor-department, Professor Black works tirelessly to bring art experiences to all demographics of our community. "Working at a community college, it seemed very important to involve myself and the students in providing service

Nutrition Discussion with Dr. Patrice Parsons
Celebrating National Nutrition Month
Tuesday, March 24
1:15, Location TBA

Film Screening:



The Human Family Tree
a National Geographic documentary

Free Dinner: "Taste the World"

Thursday, March 26
6 p.m. Irma Blackburn

MORE EVENTS TO COME!

Paramedic Student Association

Dates TBA.

Viking Room, Life Center

Student Ambassadors

Third Mondays, 12 - 1 p.m.

Viking Room, Life Center

For information on becoming a Student Ambassador, contact Rhonda Marroquin (marroquin@grayson.edu)

Men of Distinction

Every Thursday, 12 - 1 p.m.

Viking Room, Life Center

Honors College Club

Every Thursday

12:15 - 1 p.m.

Viking Room, Life Center

DAAC (Drug & Alcohol Counseling)

First Mondays, 8:30 a.m.

Health Science 202

Cosmetology Club

First Mondays

3:30 - 4:30 p.m.

Career Tech Center

Clay Club

Every Tuesday & Thursday

5:30 - 6 p.m.

Ceramic Room, Arts &

Communications

Phi Theta Kappa

Every Wednesday

12:30 - 1 p.m.

Life Center Viking Room

Psychology Club

Every Tuesday

12:15 - 12:50 p.m. CIS 202

Delta Phi Delta (Art)

First Tuesdays

12:15 - 12:45 p.m.

Arts & Communications 105

LAE (Criminal Justice)

Every Tuesday

12:30 - 1:30 p.m.

Location TBA

Sigma Kappa Delta & Writers Unlimited

Second Fridays, 12 - 1 p.m.

Library 110 (Writing Center)

Veteran Student Association

First Mondays

Time TBA

Veteran's Hub

Welding Technologies Association

First and third Mondays

12 - 1 p.m.

Break Room, Career Tech Center

Cultural Diversity Club

First and third Fridays

12 - 1 p.m.

Conference Room, Life Center

Radiology Tech Club

The 15th of each month

5:30 - 7:30 p.m.

HS 200

Music Club

Every other Friday

12 - 1 p.m.

Band Hall, Arts &

Communications

Science Club

Every other Wednesday

12:15 p.m. S 107

Gay Straight Alliance

Every Wednesday

2:30 - 3:30 p.m. LA 110

HALO (Hispanic-American Leadership Organization)

Every other Thursday

12:20 p.m.

Dean's Conference Room, LA Building

Future Educators

Every other Tuesday

12:20 - 12:50 p.m. CIS 200

TIPPS (Culinary Arts)

First Wednesdays, 3 - 4 p.m.

691 Restaurant, CA Building

Eta Sigma Delta

First Wednesdays, 2:30 - 3 p.m.

CA Building

Film Club

Wednesdays, 5 p.m.

Irma Blackburn

History Club

Second & fourth Mondays

1 - 1:30 p.m. LA 207

GC's John M. Moody shares his writing advice

Amanda Like
Professor of English

The novelist and author of "Many Shades of Green" John M. Moody says, "you still see people that do read, [and] the ones that do read have so much better lives."

A recent survey by Pew Internet Research Center found that those reading books of any kind dropped from 78 percent to 75 percent, a shift Pew called statistically insignificant. Then why is it that media foretells the condemning evidence that Millennials no longer read?

"It's a bit sad that more people don't read," Moody says. "The ones that do read see more, and they understand more, and they do more by reading. They can go places in their books... I believe that some of that is lost by the way electronic media has gone. I feel that if people read, they would have a richer life."

John M. Moody, a local writer has published over ten books ranging from murder mysteries to science fiction. As a professor at Grayson, Moody knows a lot about the struggles students have not just with reading but also writing.

"I see the same problems that I was having with the

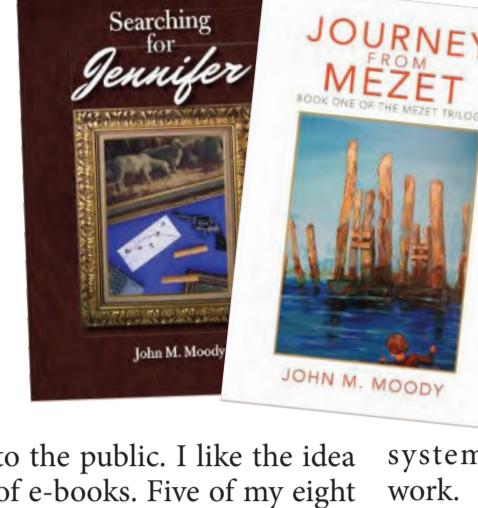
same students I instruct," Moody says. "I try to give them everything I can, because there is a saying that a teacher teaches everything they know and the student takes it a step further."

Moody not only teaches at Grayson, but also writes novels in his spare time. Long before he was writing novels, he started his writing interests during college.

"I was taking a natural history class," Moody says. "My professor had us write a journal to write specific things. I kept a field journal as I went out on geology and paleontology field trips. Some of the things I wrote down were historical and got me started writing my first three books about an adventure of a young man who wanted to inform others about his adventures."

As a writer, Moody is no stranger to the trials of the modern day author. From the competitive market of publishing to the movement to e-publishing, things are certainly changing for writers.

"I think e-publishing is great," Moody says. "I think it's the trend of the future. It would be nice to be involved with a major publisher because they have the resources that would get your information out there



to the public. I like the idea of e-books. Five of my eight books are in e-book format. The three I didn't put in e-book format was due to [the fact that] the subject matter is actually a protest against electronic books."

As trends continue to evolve in writing, so must the goals and aspirations of both the readers and writers. When asked what a successful career would look like for a writer, Moody had this to say.

"I consider myself a success," Moody says. "Even though I am not published under a well-known publisher, and I don't have a famous book. I feel that just from the people that correspond to me and tell me what they read and liked that gives me the feeling of success. It's all a money thing I think. I think that the publishing part has gone that if you don't make a lot of money with a book

they don't think you're successful. It would be great, but I can be successful without that."

As any writer with a day job knows, one must always have a support system for everything to work.

"I've had a support base, several ladies, and my sister also, that have encouraged me and told me to keep going. With a job and writing on the side, I'm always doing something. I couldn't have done this without a lot of people supporting me. I have an aunt who is going to be 90 pretty soon, and she loves my books," Moody says.

Even as the media continues to print headlines of the declining rates of readers and the ever changing climate of the publishing world, Moody has one bit of advice for writers out there trying to publish their own work. "A writer is supposed to write so people can read it. When people give me feedback and say that they have enjoyed that, well that's enough for any writer."

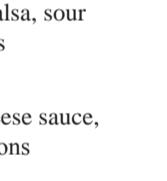
GC prison visit

Continued from page 1

entral Texas. He is 16 years old and wants to join the Navy. His parents are married and he has nine sisters and 12 brothers.

All of these young men wanted to overcome their fears and allow Christ to begin a work in their life. Their dreams and near future unfortunately rests in other people's hands. Each one had a choice and a circumstance that brought them to Denison, Texas. Could this be different if someone took time to say "I love you" everyday? Pray for the boys at Denison and make sure you are allowing Christ to work through you.

Bill Weidner is the Director of Electrical Technology Program and leads the South Campus Bible Study.



CULINARY ARTS CONCESSION STAND

Open for all baseball and softball games.

Signature Hot Dogs: \$5.75

Texas Dog
BBQ beef, sweet BBQ sauce, fried onions, sweet pickle relish

River Dog
Tortilla strips, cheddar & nacho cheese, salsa, sour cream, jalapeños

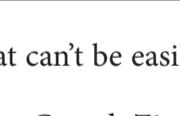
Viking Dog
Pretzel bun, sauerkraut, hot mustard, caramelized onion

Philly Dog
Hoagie bun, cheese sauce, peppers and onions

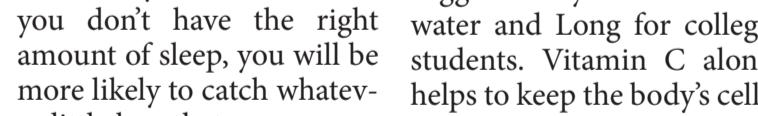
Snacks:

Combo - \$7
(Sig. Dog, Chips, Drink)
Plain Hot Dog - \$2.50
Frito Chili Pie - \$3.00
Nachos - \$3.00
Pickles - \$1.50
Sunflower seeds - \$1.00
Peanuts - \$2.00
Popcorn - \$2.00
Freshly baked cookies - \$1.00

Soda \$1.50
Gatorade \$1.50
Coffee \$1.00
Iced Tea \$1.50
Hot Chocolate \$1.25
Water \$1.00



* Most games fall on weekdays, the Concession Stand will be open to the public, staff, faculty and students.



an average day of living. It gives the body time to build up the immune system that it needs to fight infections when they come, so when you don't have the right amount of sleep, you will be more likely to catch whatever little bug that comes your way.

Everyone knows the "golden rule" of sleep: eight hours per night keeps one happy and healthy, though most of the world doesn't know how to actually follow it.

Everyone knows the "golden rule" of sleep: eight hours per night keeps one happy and healthy, though most of the world doesn't know how to actually follow it.

Some serious side effects of sleep deprivation are the various heart-related problems such as heart disease, heart attack, heart failure and irregular heart beat, along with other bodily issues like higher chances of stroke and diabetes.

Consuming vitamins and minerals: Another easy but important way to stay healthy is to take certain vitamins and minerals each day. Either take the supplement pills or make minor changes in dietary habits to include foods that are rich in the specific vitamin or mineral, because they help the body to replenish what

it lost that can't be easily replaced.

Vitamin C and Zinc are the top two supplements suggested by both Goodwater and Long for college students. Vitamin C alone helps to keep the body's cells from getting sick and thereby keeping you from getting sick.

Zinc is a little different, being the one mineral to make such a big difference. Although zinc also carries the responsibility of providing more antioxidants, it isn't as highly celebrated as it should be. The most talked about food sources for Zinc are cooked oysters, spinach and cocoa powder, though there are plenty of other super foods for those students more adventurous in their food choices.

Staying healthy doesn't have to be as hard for college students as it is sometimes made out to seem. You just have to follow the three main guidelines and your health will be easy to take care of, even when your classmates seem to be forever stuck under the weather.

Kalani Holloway

Student

Cold season is once again upon us, which means the constant battle for college students to stay healthy is raging. From bouts with the common cold to the flu, every student needs advice on what to do to stay ahead of the sick game. As we all know, it can be hard to be out of school sick; you don't know what's going on in class and the make-up work is hard to do. You welcome any tip that you can use to avoid getting trapped in your room.

Washing your hands: It may seem silly that something as insignificant as washing your hands frequently can be so helpful in the battle against the common cold, especially since it's such a common habit, but hand washing is the number one defense against this invisible enemy. When you don't wash your hands but then proceed to touch your nose, eyes, food, door handles and other items, you spread the germs.

If hand washing is such a necessity, then is there a

special way to wash your hands? Ginger Goodwater, a long-term Pathologist Liaison for North Park Hospital in Frisco, Texas, suggests these tips:

1) Get the water as warm as you can possibly stand.

2) Get a generous amount of soap to scrub all over your hands.

3) While you are scrubbing with the soap, sing your ABCs all the way through TWICE and rinse thoroughly.

4) And lastly, don't touch the faucet when you are done. You'll just get germs back. Instead, use your elbow or forearm, and be sure to not touch the door handle on your way out."

Getting enough sleep: This is the one topic that always seems to get laughed off the stage because who has the time between classes, jobs and homework to actually get the sleep needed to stay healthy in the busy college student life? But sleep is incredibly important to every college student.

Sleep allows the body to heal up the exhausted feelings coming from every body part emanating from

Up-Cycled Thrift Store Paintings, a review

Cheyenne Wells
Student

We tend to think of artistic talent as measured by what one can create themselves, from a blank canvas, from nothing. But I think that sometimes, one's true skill is shown by how one adds to, or improves upon what already exists. We are all ourselves additions to something already created, and our purpose is to discover how we are to impact and add meaning and beauty to the work of art we are all a part of.

Walking into the *Up-Cycled Thrift Store Painting Exhibit*, I was blown away by what changes had been made, turning already "finished" paintings into mere backgrounds for new art. Some changes were subtle, and others more drastic. Likewise, while the final product was simple for a few paintings, others were very complex.

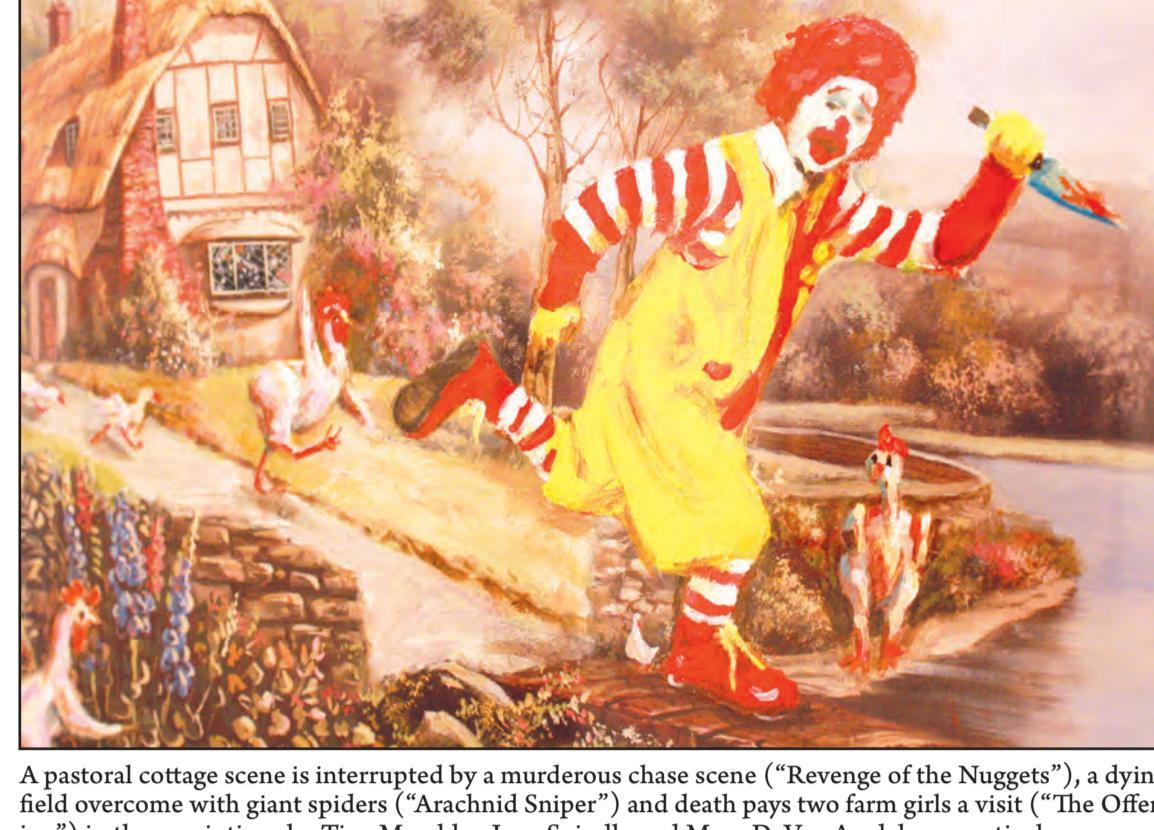
Regardless, each painting seemed to tell something of its painter, and that's what held me there, looking long and hard at each addition to the exhibit. Humor, beauty, depth. Whether the meaning was obvious, or I was left wondering about it, I found

myself wandering back and forth through all the pieces more than once.

Perhaps what is even more captivating than the works of art themselves is what they say about us all as humans. These were ideas I couldn't have come up with, pictures I would never have envisioned staring at the pre-painted canvases. If I had taken part in this exhibit, I'm sure my own painting would have been very different than anything already presented. If you had participated, so would yours.

This exhibit, in its own way, portrays beautifully, terrifyingly, wonderfully, how each of us contributes to the world around us. Not the world we create, but the world we add to. The world we improve upon. Even if that wasn't the intent of the exhibit, it's worth pondering as you look. Or maybe you'd rather just enjoy the artwork itself.

There's nothing wrong with that, the artwork itself is splendid, and the monsters, aliens, and whimsy will hold your imagination and attention. A new exhibit honoring the new-old Steampunk tradition will be up March 19. ♦



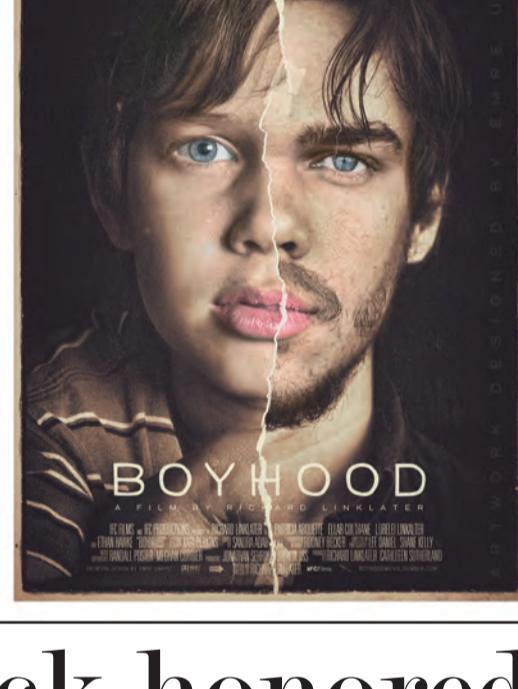
A pastoral cottage scene is interrupted by a murderous chase scene ("Revenge of the Nuggets"), a dying field overcome with giant spiders ("Arachnid Sniper") and death pays two farm girls a visit ("The Offering") in these paintings by Tina Meschko, Joey Spindle and Mary D. Van Arsdale respectively.



FILM CLUB PRESENTS BOYHOOD

"Filmed over 12 years with the same cast, Richard Linklater's *BOYHOOD* is a groundbreaking story of growing up as seen through the eyes of a child named Mason (Ellar Coltrane), who literally grows up on screen before our eyes. Starring Ethan Hawke and Patricia Arquette as Mason's parents and newcomer Lorelei Linklater as his sister Samantha, *BOYHOOD* charts the rocky terrain of childhood like no other film has before." -IFC Films

**WEDNESDAY.
MARCH 18 @ 5 P.M.
IRMA BLACKBURN**



TMEA conference



Kristin Alexander

Day four of the conference: all the GC student musicians who were able to attend gained valuable knowledge and experience.

Continued from page 1

Besides a vast number of attendees, TMEA also boasts a large number of exhibitors, many of whom our students were able to talk with and learn from. The exhibit hall was open, allowing our students to sample a wide range of instruments, sheet music, educational workbooks and even upcoming music technology. For example, Brianna Glen, a cellist and current sophomore that will graduate in May, was able to play and compare the sound of cellos from all around the world. James Fleming, another graduating sophomore, got to experience a piano that had been completely reengineered inside to be electronic, while still sounding and feeling like a real piano.

This trip was not completely limited to music, however, as our students were also able to tour the amazing history and sights of San Antonio, Texas. Besides touring probably the most important sight in Texas – the Alamo – GC students stayed at the Historic Menger Hotel, walked along the River Walk and visited century old churches and cathedrals. All in all, TMEA weekend was an experience that Grayson College music students will not soon forget. With the experiences and new information learned in short that weekend, our musicians now feel more equipped and excited to pursue their goals in music. ♦

Steve O. Black honored

Continued from page 1

He worked for several years in psychiatric wards, such as Baylor, in the behavior modification field. He held a position with the Arizona Commission on Arts and was responsible for one square mile on a Navajo Reservation in his early career. He worked in Page, Arizona, as an artist in residence, setting up workshops with K-12 students and teaching adult art classes.

Teaching came to his life by accident, but he is totally engrossed in this profession. It is more than a profession, more a calling, or rather a passion. "The ability to create diverse works of art as a college professor and impact students' lives is important," stated Professor Black.

Making an impact not

only in the community, students are fortunate to have Black as their professor. Several of his students have gone on to renowned success in the art world. A few of those students would attest to his life changing skill as teacher; Jesse Reinhardt teaches at New Mexico University, Chris Douglas is teaching in West Austin, Chance Dunlap is teaching at SOSU, Tanya Davis had a show in a New York gallery and several past graduates are teaching painting classes at Painting with a Twist in Sherman.

When asking about who influenced him, he told the story of his high school freshman teacher Scottie Darr, who took him under his wing and gave him more exposure to art through spe-

cific assignments. He opened Professor Black's world up to oils and canvas. "I would love to be able to say to him, thank you for introducing me to the arts." Another influence, who mentored him was Bob "Daddo" Wade, known nationally for his art pieces, which includes the GIANT BOOT.

A few pieces that have inspired or really moved Black, especially seeing them in person, are Van Gogh's "Starry Night" and Dali's "Persistance of Memory." Professor Black stated that his work in this area and community on and off campus makes him fulfilled and happy. I proclaim we are the happy ones, as we get to learn, share and experience life through the artist's eye of Professor Steve Black. ♦

Photo of the Month



Submitted anonymously. Taken in Colorado, USA.

The GC Theatre Dept and the GC Culinary Dept will present



Dinner & Theatre in One Evening!

May 1 & 2 @ 6:30pm

May 3 @ 1pm

\$15 includes dinner and show!

Black Box Theatre inside Arts and Communication Bld

Contact the GC Theatre Dept

903-463-8609

theatre@grayson.edu

G
GRAYSON
COLLEGE

The spring 2015 Student Life staff



Rebecca Jones

(L to R): Codie Johnson, Wes Milner, Ronnie Rice, Daniel Rivera, Gregg Miles (Director), Ernie Taylor, Max Owens, Donald O'Connor, Todd Richard and James Konda.

The nine Student Life staff members pictured at left provides exceptional customer service to Grayson College students and employees, both at the Life Center and at the Fitness Center. These dedicated, part-time employees firmly believe that they assist student learning on an ongoing basis by encouraging students to become engaged in the quality programs and services provided by the Student Life Department.

Individual student engagement and overall student success is the focus of the Student Life Department. ♦

Managing dual-credit

Kristen Gentzler
Student

Mandy Montieth, a senior at Van Alstyne High School, participates in a relatively new concept, dual-credit courses. "I have always enjoyed the idea of earning college credit as a student in high school. It is really exciting that I have a chance to get a jump start on my higher education," she says.

Dual credit is a form of college classes that a high school student may take. The student receives both high school credit and college credit for every class that he or she takes and completes with a passing grade of an A or B. Dual credit is an affordable way, cheaper than a four-year university, to earn college hours that transfer to higher education institutions. Dual credit allows students to get basic classes required in college out of the way quickly, requiring them to take and pay for fewer classes.

Although college courses are offered to many students in high school, they are not suited for every 17 or 18-year-old. Professor Laura Harvey, a dual-credit teacher who has taught high school students, knows that dual credit is not a fit for everyone. "With dual credit comes an issue of readiness; not all students are fit to handle the amount of work. Time management is a big part of balancing college work and has to be learned quickly to make a passing grade and excel in dual-credit classes," she says.

Many high school students who take advantage of this opportunity tend to be around sixteen to seventeen years old. Harvey says that

although many students attempt dual credit, time management and maturity factor into whether the student is really ready to take college classes as a high school student.

Taking college credit as a high school student can be either demanding or unchallenging. Mandy knows that her dual credit requires a lot of work and time out of her tight six-period schedule that includes band, calculus, and anatomy and physiology. "The high school work... may be due the next day, but then you have a college paper that's due in a week, and you have to make sure to not procrastinate." Students such as Shelby Littlefield, a dual-credit student taking four college classes out of her six high school class periods, agrees that dual-credit classes keep students constantly working. She says that dual credit makes her high school work harder to stay on top of. By focusing on a dual-credit biology, Littlefield might forget she has a Spanish test later that day.

Although students like Littlefield and Montieth believe that dual credit is difficult, other students taking a light load find it easy to balance their time between college work and high school. Kendall Henderson, a student enrolled in two dual-credit classes out of her six class periods this semester, believes that this year dual credit is easier to balance with high school work. "I have two fewer high school classes this year, so the high school classes don't really take much extra time outside of class. I can put most of my effort into my dual-credit courses which are extremely easy subjects for

me," she says. Henderson continues, "my dual-credit Algebra is very easy for me; and I love it and I don't have homework in it. My dual-credit English just requires a little time reading the night before class and sometimes writing a paper, but it doesn't require too much extra time."

Littlefield has a special approach to how she carefully balances her high school class work with her four dual-credit classes: "Since I don't have many high school classes, I try to get all my high school work done during the school day when my dual-credit professors aren't here. Then, I do all my college work at home." Henderson handles homework completely differently. "Last year, we had so much homework in the dual-credit class [American History] that it took up all my time and gave me very little time left to put in on the seven other [high school] classes I had. This year, however, my two dual-credit classes that I have require much less time outside of class, so I don't feel nearly as stressed as I was last year." This year, Henderson finishes most of her college work in class.

Although dual credit has been considered both easy and difficult, students, along with professors, agree that it carries benefits. Harvey says, "dual credit teaches students to manage time and to get their work done." Littlefield also believes that there is a benefit from taking college classes as a high school student: "Dual credit is benefiting me...It has also made me gain more knowledge about real-life events and how to handle them." ♦

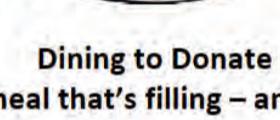
Peer Tutoring is located in the Testing Center (SC 115)

Tutors are trained and CRLA certified

Tutoring is scheduled by appointment. Sessions are one hour per week.

Tutoring Center hours:
M-Tr: 8 AM - 8 PM
F: 8 AM - 4 PM

To request a tutor come by or contact Jeffri Johnson Hodge at hodgej@grayson.edu.



Dining to Donate
Enjoy a meal that's filling – and fulfilling.

Dine at Dickey's Barbecue and 15% of your bill will be donated to the Relay For Life of Grayson County!

Present this flyer when you check out (or just tell them you are there to support Relay For Life of Grayson County) on the following days:

Thursday, January 22
Thursday, February 19
Thursday, March 19
Thursday, April 23

ALL DAY
Dine In, Carry Out, and Drive-Thru



Dickey's Barbecue Pit is located inside the Exxon Lone Star gas station at the corner of Lamar and N Hwy 75 in Sherman.

GC WANTS YOU

TO NAME THE NEW CAMPUS COFFEE SHOP



SUGGESTIONS CAN BE SUBMITTED TO THE LIBRARY CIRCULATION DESK

NAME THE COFFEE SHOP!

Your Name: _____

Your Suggestion: _____

Your E-mail: _____

Your Phone #: _____

Clip this ad and place it in a suggestion box (library or bookstore) or e-mail info to jonesre@grayson.edu

Career Connections Career Fair

Thursday, April 2, 2015, 10am-2pm

GC Sports & Recreation Center



Dress up, bring resumes & network with employers!



Is eating meat right for you?



Bethany Braden
Student

I have struggled with my weight for a long time and do so now. Since I have had my fifteen month old daughter, I have tried diet and exercise and had little success. I have even tried diet pills. I often questioned if swearing off meat for a bit would help me drop the baby weight. In the end, I modified my initial choice to forego meat eating, but by carefully reviewing my food habits, I learned to make good choices that led to healthy weight loss through careful consideration of the many choices surrounding the debate about eating meat.

Back in January 2012, I was struggling with my weight. I was a stay at home mom and did not really get out much. I had just gotten out of a long relationship and decided it was time for me to focus on myself, to improve my health, improve my outlook on life and improve the way I looked. For one month, I made the personal choice to become a

"lacto-ovo-vegetarian" by following guidelines from Harvard Medical School, meaning I cut out all meat and substituted my protein with other foods, such as beans, but continued to eat eggs and dairy products.

In that month, I dropped a whopping 18 pounds. I was doing all the right things, eating right, drinking water and exercising. For the next nine months, I continued to exercise and eat right, but also ate meat, and lost a total of 54 pounds. I was in the best shape of my life and felt great.

I would like to think that cutting out meat was the stepping stone that I needed to drop the pounds. But is this method of eating for everyone? What are the benefits of changing what we eat? Does changing my way of eating mean that I cannot have meat? These are all questions that deserve an answer.

Ethical Considerations

Maybe someone has decided to become vegan or vegetarian for ethical rea-

sons, such as they think it is wrong to kill animals. This is something that we all should really think about. We would have to give up more than just food. According to Lisa Levinson, "what you eat is only part of it." Vegans do not have anything to do with harming animals or using them in any way. So if one were vegan they would have to give up wearing certain clothing, shoes, etc. and even most beauty products, due to the fact that most products are tested on animals.

Social Considerations

Some make the decision to not eat meat based on social reasons. For example, Laura Fraser humorously admits that she "couldn't identify with any oppressed minority group," and she had to either choose "meat or men," in which she decided to become a vegetarian to create an identity and relate to others. I could definitely attempt to become a vegetarian if others that I hung out with were doing the same, to make it easier when we

all eat out. However, I do not think that one should change their diet to please others.

I could also see if you are with someone who is a vegan or vegetarian, to try and make cooking and shopping a little easier, which I can relate to. My household is full of meat eaters but I do not eat as much meat. Since I do the shopping and plan out meals ahead of time, the rest of my family has become semi-vegetarians, that way everyone in my home is satisfied.

Health Considerations

From my experience, I can honestly say that being a vegetarian or vegan is not for everyone and is restricted. Harvard Medical School describes how vegan and vegetarian diets "can be healthy, but they can lack certain nutrients." It is a lot of work and takes thorough planning. Vegans have to decide how they will get their protein, iron, calcium and vitamin B12, because our body needs these nutrients. Those who do not eat

meat have to figure out the amount of iron in the foods that they eat and where they will get their other nutrients, such as protein, calcium, and vitamin B12, to meet daily values.

There are many health benefits to converting to vegetarianism, which is the most appealing reason to make the personal choice. According to the National Library of Medicine, you can reduce the risk of obesity, heart disease, lower blood pressure and lessen the risk of type 2 diabetes by sticking to a vegetarian diet.

Vegetarians also eat fewer calories, less calories from fat and ingest more fiber, potassium and vitamin C. Kathy McManus with the Department of Nutrition at the Brigham and Women's Hospital claims that eating these special diets can lower body mass index, risk for cancer and can prolong life. This information alone is a legitimate reason to eat better by reducing meat consumption or becoming a vegetarian. ♦

VIKING COLOR RUN

5K & 1-Mile Run/Jog/Walk

Saturday, May 2nd

Benefiting Grayson College Future Educators Club for community service events & scholarships for future teachers

Packet Pick-Up 8:15 AM → **Starting Times** 9:00 AM - 5K
10:00 AM - 1 Mile

5K - \$25.00 early registration ends 4/3
- \$30.00 registration ends 4/30

1 Mile - \$15.00 early registration ends 4/3
- \$20.00 registration ends 4/30

5K awards (chipped timing)
1st place male overall
1st place female overall
1st, 2nd, 3rd place for the following for male & female:
1-9, 10-14, 15-19, 20-24, 24-29,
30-34, 35-39, 40-44, 45-49, 50-54,
55-59, 60-64, 65-69, 70-99

1 Mile Awards - Run/Walk (not chip timed)
1st place male overall
1st place female overall

Special powder paint clouds at various times in the race

from thecolorrun.com



T.V. Munson Viticulture Center
9356 State Hwy 691 Denison, TX



5K awards (chipped timing)
1st place male overall
1st place female overall
1st, 2nd, 3rd place for the following for male & female:
1-9, 10-14, 15-19, 20-24, 24-29,
30-34, 35-39, 40-44, 45-49, 50-54,
55-59, 60-64, 65-69, 70-99

1 Mile Awards - Run/Walk (not chip timed)

1st place male overall
1st place female overall



Photos by Chris Phutully

History Club wants YOU!

Logan Beauchamp
Student

ATTENTION ALL HISTORY LOVERS! Have you ever thought to yourself, gee, *I sure wish there was a club for me?* Well I have good news for you my friends. I, as President of the Grayson College History Club, have the supreme pleasure of telling you that such a club does in fact exist on campus.

This club, the GCHC for short, is for you. If you are seeking a group of history-minded individuals with whom you may share intense discourse, or just the casual conversation, on your favorite period of history, or even talk about the signifi-

cance of said events, then please join us.

We, as a club, hope to not only help you learn about history but to also experience it through field trips, discussions, club-sponsored movie nights, speakers and so much more. So if you, the reader, find yourself with a passion for history please come to our meetings, because we would be glad to have you.

These meetings take place on the second and fourth Mondays of the month at 1 p.m. in room 207 of the Liberal Arts Building. I look forward to seeing you there my fellow history lover, and may history look kindly upon you. ♦

PUBLIC READING

Sigma Kappa Delta presents

The Hunger Games

read by students

April 7 @ 8 a.m.

Coffee Bar

Life Center Second Floor



History Club

Grayson College

INTERESTED IN HISTORY?

Meetings 2nd & 4th Mondays, 1:00 P.M. LA 207

History Club

Grayson College

INTERESTED IN HISTORY?

Meetings 2nd & 4th Mondays, 1:00 P.M. LA 207

Acknowledging differences

Rebecca Jones
Editor

Did you know that more than 40 students on the GC campus hail from countries all around the world? Or that approximately 57 percent of current students work toward workforce rather than academic degrees? It might even surprise you to learn that only around 38 percent of students at GC are male.

Regardless of where we fall into these data, every student is unique and brings a different perspective to the table. But do we really take the time to appreciate our differences? Or do they fall by the wayside in our efforts to 'fit in'?

something truly valuable from our peers (courtesy of the book "52 Activities for Improving Cross-Cultural Communication" by Donna M. Stringer and Patricia A. Cassiday).

- **Be aware of your own biases** because they may unconsciously affect your actions. Prejudices, wherever they may arise from, can inhibit us from visiting new places and discovering what others have to offer. Part of this process requires us to "slow down" and "check [our] assumptions" before we make snap judgments that can sabotage our interactions.

- **Practice flexibility** in everyday communication. We can begin by recognizing the way we prefer to interface with others and opening ourselves to different modes of operation. We should also "allow others to communicate in a range of ways" without imposing criticism. Social and cultural normative behaviors may help people identify with

each other in some cases, but they can also seriously limit our ability to connect with those outside of the 'norm.'

- To avoid unnecessary conflict, it is important to clearly "state your intent" and often helpful to "assume positive intentions" from those you interact with. Did your professor mean to humiliate you when they recommended that you find a tutor? Did your new friend mean to insult you when they suggested that you take better care of your vehicle? The answer is almost certainly no. Just by inferring positive intentions, as well as "[sharing] the impact of [their] behaviors on you" and encouraging them to do the same, we can begin to build more honest and meaningful bonds with others.

The importance of listening cannot be understated. Because of our differences, there is really no limit to what we can teach each other if we open our minds. ♦



Join Relay For Life at the Revs Game

March 20th, 2015

Doors Open at 6pm and Kick-Off at 7pm

Allen Event Center- 200 E. Stacy Rd. Allen, TX

SHOW YOUR PURPLE PRIDE

In effort to raise awareness for cancer, the American Cancer Society has teamed up with the Texas Revolution to not only provide discount entertainment but, to raise funds to help fight cancer!

Due to this partnership, you can purchase \$20 Tickets and Relay for Life Event will receive a \$5 contribution for each ticket purchased!

Cancer Survivor's will be treated to a VIP experience pre-game and at half-time so wear your Survivor Relay Gear!

Visit the link to purchase your tickets today. Book early for the best seats.

https://texasrevs.formstack.com/forms/beat_cancer



Grayson Café Now Hiring

All associates will be trained for the coffee café as well as the bookstore

Basic Qualifications

- Maintain regular and consistent attendance and punctuality, with or without reasonable accommodation
- Available to work flexible hours that may include early mornings, evenings and weekends
- Meet store operating policies and standards, including providing quality beverages and food products, cash handling and store safety and security, with or without reasonable accommodation
- Engage with and understand our customers, including discovering and responding to customer needs through clear and pleasant communication
- Comply with standard Follett dress code – duty specific
- Prepare food and beverages to standard recipes or customized for customers, including recipe changes such as temperature, quantity of ingredients or substituted ingredients

Required Knowledge, Skills & Abilities

- Ability to learn quickly
- Ability to understand and carry out oral and written instructions and request clarification when needed
- Strong interpersonal skills
- Ability to work as part of a team
- Ability to build relationships
- Ability to provide world class customer service

APPLY ONLINE AT FOLLETT.COM/CAREERS

SEARCH DENTON TX AND SELECT GRAYSON COLLEGE BOOKSTORE

Summary of Experience

- Barista experience preferred, but not required



THE GLOBAL GUIDE TO HAND GESTURES

Body language can be a funny thing. Depending on where you are in the world, certain gestures can either mean you're making a new mate, or landing yourself in hot water. Here's a guide to what means what, and where.*

THE OKAY

Australia, USA, UK, Canada
Indicates satisfaction.

Brazil
If the okay sign is turned upside down it is considered a rude gesture, equivalent to the one finger salute.



THE HORN FINGERS

THE FINGERS ALL TOGETHER

Italy
'What is this?' or 'What do you want?' - usually done with a flick of the wrist.

Democratic Republic of the Congo
A sign for a small amount of something.

Turkey
Indicates that something is beautiful or well.

Egypt
A motion to show you'll only be a minute.



THE THUMBS UP

THE CROSSED FINGERS

Australia, USA, UK, Canada
To cross one's fingers is to wish for good luck.

Vietnam
Crossed fingers are said to resemble female genitalia, hence this gesture is seen as lewd.



THE 'V' SIGN

The Huffington Post

New coffee shop

Rebecca Jones
Editor

mirror the bookstore's current hours, but are subject to change.

Coffee lovers rejoice! Follett, the company that manages our campus bookstore, has taken over construction of a coffee shop on the second floor of the Student Life Center on the main campus.

The new coffee bar will not only proudly serve Starbucks coffee, but also bagels, kolaches and other pastries. The bar's hours are likely to

What is better than drinking a quality cup of coffee on campus? Being a part of the process! The space should facilitate student-teacher interaction and discussion. Follett will be looking for applicants to work both in the cafe and bookstore. Plus, the bar's name will be chosen from suggestions from the students and staff. ♦