



Get involved

Sweet Treats Stop

1st Wednesdays
9:00-10:00 a.m. —2nd floor, Student Life Center
Free sweet snacks (cookies, pastries, donuts, puddings etc.) for students and employees. The selection will vary month to month. Quantity limited. Compliments of Great Western Dining Service.

Student Government Association

Mondays (1st Monday of each month)
12:15-12:45 p.m.—The HUB
Student club and organization members are invited as well as all students. SGA is the voice of students at GC. SGA promotes “students leading students.”

BSM Luncheon

Wednesdays
11:45-12:30 p.m. —Baptist Student Union

BSM Bible Study

Mondays
12:00-1:00 p.m. —Baptist Student Union

Fellowship of Christian Athletes

Tuesdays
6:00 p.m.—Viking Residence Hall Main Lounge

Hall-O-Fest

Wednesday, October 31
12:00-1:30 p.m.—Life Center—east patio under the Bridge

Campus-wide activity, costume contest, pumpkin decorating and carving contest, live music, activities, student club appreciation day, free desserts and drink.

GC Fitness Center

GC students and employees are eligible to use the facility with a valid GC ID card. Electronic check-in required, along with the ID card. First-time users complete liability form. Call 903.463.2579 for days and hours of operation.

8 Ball, Foosball, Ping Pong, Table Games and Video Game (s) Tournament

All students and employees are invited to participate. Register in the Student Life Office. Registration period: September 24-October 5. Tournament play begins Friday, October 12. Participants will play the best 2 of 3 games, except for video games, with the winner advancing. The tournament deadline is Friday, November 1. T-shirts will be presented to the winners on or before December 2.

Fall 4 on 4 Flag Football

Tuesdays
12:00-1:00 p.m.—Football/soccer field across from the water tower

Flu Shots

October 8 and 10
12:00-2:00 p.m.—Life Center—The Bridge
\$20 cash, check or credit card
Sponsored by Grayson College Health Science Dept., Grayson County Health Dept., and Student Life

It's My Life Student Leadership Series

4th Monday
12:15-12:45 p.m.—LA 107

Free Heartsaver Certification

October 17
5:00-9:00 p.m.
See ad on pg. 2. Must register online. Sponsored by Phi Theta Kappa

Black Snow

October 17, 10 a.m.
October 18, 7:30 p.m.
Cruce Stark Auditorium
\$3 or free with student ID

Blood Drive

October 31
9:00 a.m.-4:00 p.m.—Life Center

Theatre department prepares for Russian satire *Black Snow* Oct. 17 on creating art



Front row from left to right: Gabe Parker (actor), Arron Hogue (actor), Jasmine Shannon (Co Lighting Design), Jordan Moore (Assistant Stage Manager). Middle row from left to right: Taylor Ginger Roberts (Stage Manager), Brandon Stockton (actor), AJ May (actor), JT Medders (actor), Ryan Ramirez (actor), Jennifer Martz (actor), Dave Eubank (actor). Back row from left to right: Dustin Meadows (crew), Blake Rice (actor), Skyler Alton (actor), Nick Ellis (actor), Brandon Langston (actor), Madison Sisemore (actor), Alex Watkins (actor)

By Robin Robinson

Director of Theatre

The Grayson Theatre department will present the comedy, **BLACK SNOW**, written by Mikhail Bulgakov and adapted by Keith Reddin, October 17-19 in Cruce Stark Auditorium, inside the Arts and Communications Building.

A cast of 14 actors will portray a total of 50 roles in this full-length play about a writer's struggle in Russia to create art.

The lead character, “Sergei Leontievich Maxudov,” played by sophomore Theatre major **Ronald Arron Hogue**, is a writer who discovers his novel can be made into a play.

Black Snow takes the audience on a roller coaster ride as “Sergei” meets the eclectic

world of the theatre.

Characters that Sergei interacts with are producers, other writers, actors, box office managers, critics, and directors.

He meets his match when he is introduced to the infamous director “Ivan Vasilievich,” portrayed by sophomore Theatre and Music major **Blake Rice**.

Black Snow, the novel, was written by Mikhail Bulgakov and is an autobiographical journey of his real dealings with The Moscow Art Theatre in the 1920's.

Characters in the novel are based on real theatrical personalities such as Konstantin Stanislavsky and artists who worked with him.

Stanislavsky was a director who created what is now known as “method” acting and

created what he called “the system” to create honest characters onstage.

He worked with Vladimir Nemirovitch-Danchenko, the managing director, and together they created The Moscow Art Theatre, which still produces plays today.

This satire pokes fun at Stanislavsky by showing the extreme measures he would use with his company to create theatre, as the audience watches through Sergei's eyes how his original story is devastated and changed by these strange people known as “artists.”

Black Snow is the winner of the Joseph Jefferson Award for Best Play.

This production is entered as a participating entry in the Kennedy Center American College Theatre Festival (KCACTF).

The GC Theatre department will perform **Black Snow** at Grayson October 17 at 10 a.m., and October 18 & 19 at 7:30 p.m.

They will then pack the truck and travel to San Angelo, Texas to compete with other colleges in KCACTF (Kennedy Center American College Theater Festival), hosted by Angelo State University.

Tickets for **Black Snow** are only \$3 for this two-hour production or free with a college I.D.

This play is rated PG due to language. Reservations are not necessary.

For more information contact the Grayson Theatre department at theatre@grayson.edu, or 903-463-8609.



McKinney honored for Test Center Certification

Donna McKinney was honored at the National College Testing Association Conference in Nashville this August with a plaque signifying attainment of NCTA Test Center Certification.

Certification demonstrates compliance with the NCTA Professional Standards and Guidelines.

Areas reviewed by the NCTA Test Center Certification Committee were the Testing Center's mission statement, annotated floor plan, Testing Center pictures, test integrity, confidentiality procedures, staff training, procedures manual, emergency procedures, program evaluation, contracts,

Testing Center Manager, Testing Center staff, services, and public relations.

McKinney has served as the college's Testing Coordinator for the past fifteen years.

She is a former recipient of the college's Employee of the Year award and was named Outstanding GED Examiner for the State of Texas in 2007.

McKinney has served as President of the Texas Association of Collegiate Testing Personnel and as a member of ACT's Southwest Region COMPASS Advisory Board.



Testing Coordinator Donna McKinney has served in her position 15 years.



Grayson College colleagues participated in the United Way of Grayson County's "Hustle for Health" 5K and 10K on Saturday, August 24 in Sherman. Medal winners included Brent Archer (10K) and David Tercero (5K). This was an example of Grayson College LIVING UNITED and supporting our community. Great job, runners!

Check out

THE VIKING

in full color online at

<http://www.grayson.edu/college-info/the-viking.aspx>, including archived earlier editions.

From the Grayson home page, click on “College Info” and then “The Viking.”

Men of Distinction
Thursdays
12:00-1:00 p.m. —*The HUB*

Sisters of Destiny
Mondays
Wednesdays
4:00-5:00 p.m. —*The HUB*

Phi Theta Kappa
Wednesdays
12:30-1:00 p.m. —*LA 101*

Dental Assisting
Wednesdays
1:00-2:00 p.m. —*The HUB*

Speech Club
Every other Wednesday
3:00-4:00 p.m. —*The HUB*

**Writers Unlimited/
Sigma Kappa Delta**
2nd & 4th Fridays
12:00-1:00 p.m.—*GC Writing Center (Library, Rm. 110)*

Mu Alpha Theta
Tuesdays
2:00-3:00 p.m. —*The HUB*

Welding Association
Every other Tuesday
12:00-1:00 p.m. —*The HUB*

Cultural Diversity
1st & 3rd Thursdays
1:15-2:15 p.m. —*The HUB*

The Clay Club
Tuesdays
6:00 -6:30 p.m.—*AC 120*

**Eta Sigma Delta
(Culinary Honor Society)**
2nd Wednesday
2:30 p.m.—*CA118*

Student Ambassadors
1st Thursday of each month
7:00-7:45 a.m.—*Bridge lounge-outside the HUB*

HALO—Hispanic American Leadership Organization
1st and 3rd Thursdays
8:15 p.m.—*IHOP Sherman*

Delta Phi Delta Art Club
1st Wednesday of each month
11:45 a.m.—*AC105*

Grayson Nursing Student Association
Thursdays (last Thursday of month)
5:00 -6:00 p.m.—*The HUB*

Psychology Club
Tuesdays
12:15-12:45 p.m. —*CIS 202*

Paramedic Student Association
September 20, October 23
5:00 p.m. —*HS 215*

Vocational Student Nursing Association
Tuesdays
12:00-1:00 p.m.—*South Campus*

Cosmetology Club
Mondays
3:45 p.m.—*CTC classroom*

TIPSS (Culinary Arts & Hospitality Management Club)
4th Monday of the month
2:00-3:00 p.m.—*Culinary Arts Building*

Criminal Justice Club (LAE)
Tuesdays
12:00-1:00 p.m.—*CJ 101*

Drug Alcohol Abuse Counseling Club (DAAC)
Mondays
8:20 a.m.-9:00 a.m.—*HS 202*

Radiology Technology Club
15th of each month
5:30 p.m.—*HS 215*

Veterans Student Association
Contact Cindy Powell, Advisor
903.463.2606

Future Educators
Every other Tuesday
2:00-3:00 p.m.—*CIS 200*

Music Club
2nd and 4th Friday
12:00-1:00 p.m.—*Band Hall*

Visit the Student Life link on the college website for current activity and event information or call 903.463.8693.



Above: DAAC (Drug and Alcohol Abuse Counseling) Practicum Students train for CPR certification

Take the class.

Know the skills.

Save a life.

Phi Theta Kappa Presents: **CPR AED Certification classes!**

Phi Theta Kappa is bringing Heartsaver: CPR AED Certification classes right to you! The best part is the classes are totally **FREE!**

Katie Turner will be teaching four courses at Grayson College this semester at various dates and times. Registration for these classes is required and will be conducted online at <http://ptkomicronpsi.org/cpr-class-registration.html>. Class space is limited so register today!

CLASS TIMES AVAILABLE:

- September 27 (12:30PM-4:30PM)
- October 17 (5PM-9PM)
- November 14 (12:30PM-4:30PM)
- December 5 (5PM-9PM)

For more information or questions, please contact Phi Theta Kappa at ptk.omicronpsi@gmail.com

Blood drive in conjunction with Hall-o-Fest on Oct. 31

By Brandy Fair

Speech Professor

On October 31, the Texoma Regional Blood Center will be on campus in the Life Center from 9 a.m. until 4 p.m. for a Blood Drive in conjunction with Hall-o-Fest.

The students in three of Brandy Fair's Business Speech courses are hosting the event as their group project for the class.

The students are responsible for producing brochures, posters, and a third type of advertising to promote the event.

In class, the groups will then present their advertising in a "sales pitch" as to why their materials are the best.

Representatives from Texoma Regional Blood Center will also be weighing in on the groups' work.

In addition, part of the assignment requires each group to have

a minimum of eight people donate for their group, and the group who has the most donors receives extra credit on their project.

Groups will be handing out colored tickets to track who donates for them starting the week before the Blood Drive.

Tickets will be turned in at the event; however, you do not need a ticket to donate.



For more information contact Brandy Fair in AC 108-B or at (903) 463-8734. Please come out and support this event!

Plan ahead for Summer 1, 2014 Study Abroad in Costa Rica

Earn up to 6 hours of foreign language credit in Spanish while living in Costa Rica. **Beginning and Intermediate course credit.** First meeting, Thursday, November 7, 2013 at 7:30 p.m. Liberal Arts Bldg., room 108. If not able to attend, contact Mary Yetta McKelva at 903-463-8623 or mckelvam@grayson.edu.

HALL-O-FEST

Thursday, October 31, 11:30am-1:30pm
Life Center East Patio-Under The Bridge

Celebrate The Fall Season
*Activities /Games *Snacks *Band *Student Club Displays
*Pumpkin Decorating Contest *Costume Contest *Fun And Fellowship

Sponsored By The SGA And Student Life
Call 903 463-8693 For Details

BSM Weekly Luncheon and Program

Every Wednesday
September – November 2013
11:45am – 12:30pm
Free Lunch And Program
Students And Employees Are Invited

Flu Shots!

Students and Employees

Oct. 8th and 10th, 12 -2 p.m.

Location: "The Bridge"

Cost: \$20 (cash, check, credit card, or Medicare Part B)

Sponsored by the Grayson County Health Dept.
Hosted by Student Life

It's My Life Student Leadership Series

In support of the GC Student Government Association and Student Life, Center for Workplace Learning Advisory Board will provide guest speakers monthly to facilitate discussion relating to various leadership topics. The venue will be public forums during lunch in which students, employees and guests will hear business leaders share their philosophy on leadership in today's competitive environment.

September 26, October 28 & November 25, 2013
12:15pm-12:45pm – LA107

BLACK SNOW

A BLACK COMEDY
BY MIKHAIL BULGAKOV
ADAPTED BY KEITH REDDIN

Oct. 17 at 10 am
Oct. 18 and 19 at 7:30 pm

\$3 or Free with Student I.D.

Arts and Communication Center
903.463.8609 theatre@grayson.edu
A Kennedy Center American College Theatre Festival Production

Be a G.S.A!!!

Become a **Grayson Student Ambassador**
We are looking for **NEW** and active members
If you meet the qualifications and are interested call Rhonda Marroquin @ 903-415-2611

Preferred Qualifications:

- Current student enrolled in at least 6 credit hours
- Interested in developing leadership & public relations skills
- Willing to serve as a college representative
- A 2.75 minimum GPA

2012-2013 Current GSA Members
(Left to Right)
Top: Jordan Breaux, David Harman, Blake Bray Middle: Sponsor: Rhonda Marroquin, Dianna Clay
Front: Mary Frazier, Celena Reed, Sara Arellano (Not all members pictured here)

Constitution Day Celebration, 2013

By Cheyenne Arrington

On behalf of Omicron Psi, Grayson College's chapter of Phi Theta Kappa, we would like to thank everyone who attended our Constitution Day celebration!

We had an amazing turnout and enjoyed the opportunity to once again host this annual campus event.

A special thanks goes out to the participating faculty members who gave of their time and expertise to make this event possible.

Constitution Day, which is September 17, is a national holiday established to celebrate the signing of the U.S. Constitution.

This year marked the 226th anniversary of the signing of the U.S. Constitution at the Constitutional Convention in 1787.

Until 2004, this holiday was known as Citizenship Day.

As a result of the enthusiasm of West Virginia Senator Robert Byrd, the name was changed to Constitution Day.

Senator Byrd described himself as a

"defender of the Constitution."

He even carried a pocket-sized copy of the Constitution in his pocket, often using it to educate his fellow congressmen on whether a topic was or was not constitutional.

This year, students, faculty, administrators, and community guests heard Donna Kumler, Chase Machen, Matt Hamilton, and Mary Linder share some fun and interesting information about the creation of this document.

The panel discussed some "fascinating facts" about the Constitution, the circumstances that made this document necessary, and the concept of it being a "Living Constitution."

Guests also took home their very own pocket-sized Constitution, which was a gift from the Omicron Psi Chapter to all who were in attendance.

Omicron Psi members are so pleased to have had the opportunity to host this special event, and we look forward to hosting it again next year!

GC student publishes book on business

By Kay Dishner

Writing Center Asst. Coordinator

Imagine being caught in the mass lay-off and downsizing crises in 2009 and being in the position of Human Resource Manager who had to fire the friends and co-workers you had known and worked with for many years.

Then you realize that your turn is coming, and you are a Texan working and living in Wisconsin, with a husband and baby girl.

First, you panic; then you ask to be relocated to Texas if possible.

Well, it worked and her company moved Christy Close and her family to Sherman, Texas, to work in the company's office here.

However, the relief was short-lived when four months later, February, 2010, Christy became the next victim of company downsizing.

Now both she and her husband were unemployed and looking desperately for a job that would pay enough to cover childcare and living expenses.

What followed was six months of madness, day in and day out, stressed to the max and wondering, "How can this be?"

By August, 2010, Christy had been turned out of several interviews because she lacked a business degree.

So, Christy began to realize her need for further education to be able to participate in the new business world evolving from the country's economic downturn.

Her Paralegal degree,

which had seen her through 16 years of workforce experience, was no longer viable for re-entry into the business world.

Only a further degree could open doors to her future.

Christy's need for further education became her way up and out of a no-win situation, just as it has for countless adults coming to Grayson College.

She came to Grayson College Fall 2010 and enrolled in our Business Management Certification course.

At first, she was doubtful about learning anything new because she had been working in the business world for so many years.

However, she soon learned that her business vocabulary needed updating, as well as business practices that had evolved during the recent downturn in the economy.

In other words, Christy was sharpening her old skills and learning new ones that would better position her for the job she wanted.

One of Christy's goals was to recycle her skill sets into new, appropriate skills for the current job force.

Her experiences as an HR Manager became the materials she used for writing assignments and were so well-received by professors, Christy began to realize she had some valuable information that would benefit others entering the workforce.

Thus, a new career was born. At the encouragement of her English professor, Jean



Above: Professors Donna Kumler, Matt Hamilton, Chase Machen, and Mary Linder shared fun and interesting information about how the Constitution was created as they observed Constitution Day 2013.



Student Life staff picture for 2013-2014. Left to right Megan Mahan, Todd Richard, Daniel Rivera, Matt Brown, GM, Brett Hall, Blake Bray, Mark Mayo, Josh Roberts. Not pictured Ernie Taylor.

Welding Technologies Association is smokin'

By Greg Beckley

Director of Welding

The Grayson College Welding Technologies Association is a student run organization that aids students and other organizations on projects that require metal fabrication.

Examples of the projects are: the statue bought by Lisa Hebert, made at the Welding Rodeo to be placed in the Veterans garden, the barbecue cooker built for Culinary Arts, and the modifications to the Dodge 1 ton.

The club also plays a role in raising funds for scholarships through the very popular event, The Welding Rodeo.

This one event has been instrumental in bringing clubs, programs, faculty, staff, businesses and high schools together for a cause.

Our plans for the near future are to continue to build smokers to be raffled, which have added up to \$6000 each to the club account.

The members of the club will have opportunity to join in this and other projects to be completed this semester. These items will be posted



Welding Technologies Association builds smokers to raffle. Members built this one for Culinary Arts and modified the Dodge 1 ton in the background.

on the local job board, so those interested need to watch the board and sign up.

Sorensen, Christy joined the campus Writer's Unlimited group and began work on writing a book to inform others of problem-solving practices for new business managers.

Her work was born out of years of experience and knowledge, and with the help of Sorensen and Wade Graves, Christy has published a book and launched a new career.

Employee Relations 101 by Christy Close is a book of "How To for New Managers," and its pages are filled with great advice and memorable examples of managing employees in the workplace.

Along with her book, Christy has launched a new career as a Business Manager Trainer and is conducting classes for colleges, universities, businesses and corporations.

In a recent interview with Channel 10 News, conducted on our Grayson Campus, Christy told how coming to Grayson College changed her life and her future and gave her the courage to start a new career.

Life has become very busy for Christy, as well as fulfilling and productive.

When she held a book signing in our library last week, Christy said she was living a dream.



Christy Close signed her book *Employee Relations 101* for fans at Grayson Library.

So, what is your dream? Bring it to Grayson College, and watch your dream come true.

Enjoy gourmet menus

... at budget prices in GC's student-run restaurant.

**Six
Ninety-One**



Reservations for Wednesday and Friday lunch service: 903.415.2605

“Just Doo It” ’13 for Women Rock!

By Kay Dishner

Writing Center Asst. Coordinator

It’s almost October and time to once again rally our Grayson College campus resources, faculty, staff, and students to help our local women who are battling breast cancer.

This will be our third annual “Just Doo It” campaign to raise money for “Women Rock,” a local, non-profit organization that provides funding, breast cancer screenings, and mentoring for women facing this life-altering battle.

Last year’s rally enabled us to present \$4,200 to “Women Rock” to begin their building fund for a Cancer House for women in our area battling breast cancer.

This year our goal is \$6,500 to add to the building fund. So, get all friends and co-workers together, and make a plan to be winners of our first place prize for raising the most funds.

The rally to turn in our donations and

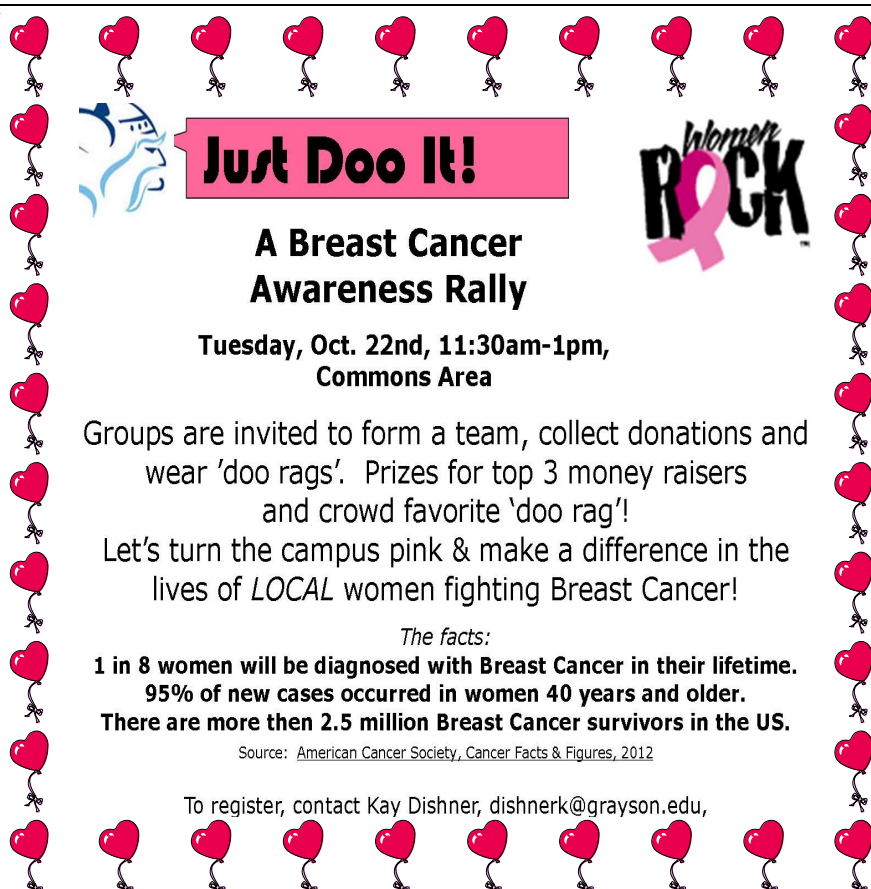
celebrate will be Tuesday, October 22, 2013, from 11:30 to 1:00 in the Commons area under the bridge.

Let’s make this year the best event we can bring together. Wear pink and a Doo Rag to identify with and support our “fighters” and “winners” as they battle for life.

Grayson is a great place to be and a wonderful resource for our community... so let’s “show off” for our college!

This year’s goal:

\$6,500!



Just Doo It!

A Breast Cancer Awareness Rally

Tuesday, Oct. 22nd, 11:30am-1pm, Commons Area

Groups are invited to form a team, collect donations and wear ‘doo rags’. Prizes for top 3 money raisers and crowd favorite ‘doo rag’!

Let’s turn the campus pink & make a difference in the lives of LOCAL women fighting Breast Cancer!

The facts:

1 in 8 women will be diagnosed with Breast Cancer in their lifetime.
95% of new cases occurred in women 40 years and older.
There are more than 2.5 million Breast Cancer survivors in the US.

Source: American Cancer Society, Cancer Facts & Figures, 2012

To register, contact Kay Dishner, dishnerk@grayson.edu,

Grayson Hair and Nail Salon
 903.463.8744

Tuesday-Thursday

8:30-11 a.m., 1-3:30 p.m., 5:30-8 p.m.

Friday 8:30-12 noon

Poets' Corner

How Many?

Mentally, I want you to put yourself into a classroom. There are students all around you, and the instructor is about to ask all of you to participate in a “put your hands up” survey. This article is your instructor.

“How many of you are single parents?”

As hands rise all around the room, there is no uneasy feeling of being the only one. The survey starts off easy.

“Keep your hands in the air until you come across a question that does not pertain to you. How many of you have more than one child at home? How many of you can barely survive on the income you have or already work more than one job? How many of you have children who are in school, sports, and other activities? How many of you do not receive or receive very little child support? How many of you live in a place that is not big enough or nice enough to truly meet your family’s needs?”

Now, think about the size of the classroom. How many hands to you think are still up? Is your hand still high in the air? The questions start to get more personal, and even the hands that are still up become less noticeable.

“How many of you get help from the state like food stamps or Medicaid? How many of you still struggle even with that help? How many of you have gone out and applied for loans and or credit cards in order to buy clothes, food, or other household needs? How many of you now struggle to pay those back?”

Getting personal enough yet? Is your hand still up? Can you imagine that others in the classroom are still holding their hands up?

“How many of you have had to comfort your child when they are upset over an absent parent? How many of you have made excuses for that parent? How many of you in turn have cried in private over your feelings of inadequacy? How many of you take medication to help deal with the depression and stress that comes with this life?”

Are you still bravely holding your hand up? Does this apply to you?

“How many of you have considered, tried, or are currently going to counseling in search of help? How many of you self-medicate with alcohol (or other things)? How many of you have had to deal with your child’s anger problems? How many of you have a child with a learning disability? How many of you do not feel you are home enough to help with homework, cooking meals, or keeping up with house cleaning? How many of you do not get enough sleep? How many of you fake a smile almost every day and wonder who notices?”

Now, if your hand is still up, are you imagining that you are the only one? Can you feel the eyes of everyone else looking at you? Some seem sympathetic, some judgmental, and some just blank stares.

“Do you feel alone? Are you embarrassed? Are you tired? Do you have tears forming in your eyes as you fight to keep them from falling?”

As you look around the classroom in your mind and realize that there are no other hands being held in the air, do you want to put yours down? Imagine the instructor standing at the front of the class, a woman in her mid to late thirties, dressed professionally, hair and makeup done, and well educated. Now, imagine that her hand is still up. Look at her eye closer. Can you see the tears forming that she too is fighting to hold back? Can you see that her hand is no longer high in the air but more by her side as if she hopes no one notices?

As alone as you may feel in your life with the day-to-day struggles that you face, sometimes you have to take a step back and see that someone, somewhere, has been through hell and back just the same as you. Take comfort from the fact that as you sit in this classroom, unsure of how you will ever make it to graduation, there is a person standing in front of you who has in fact made it. It is in fact possible. This person stands before you as an example of the possibilities that you have already begun to make realities. You are not alone. You are not the only one still holding your hand up.

“How many of you can have an open mind and believe that someone other than you struggles just as much if not even more than you?”

-----Jamie Wagoner

★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★
 ★ **Free X-Rays and Dental Impressions!** ★

★ **Fridays: 8, 9, 10, 11 a.m.** ★

★ **Call for appointment** ★

★ Wendy Renfro,
 ★ Director of Dental Assisting
 ★ 903.415.2529
 ★ RenfroW@grayson.edu



Write for

The Viking!

Submit articles, flyers (jpeg format), poems, cartoons, and photos with captions to

TrevinoM@grayson.edu.

Next deadline:

Wed., Oct. 30, 2013



5 Resume tips

Courtesy of the National Association of Colleges and Employers

Make it easy to read: Use a plain font in 10-12 point type.

Focus on information that is relevant to the employer and the job.

Keep your resume short: In general, a new grad's resume should be one side of a single page, but can run longer if your experiences and skills are relevant to the job.

Include keywords taken directly from the job description.

Quantify your results, if possible.

Assistance is available for students in the Career Services office for one-on-one sessions for completing job applications, writing an effective resume, preparing for an interview and developing job search strategies.

For questions, contact Gretchen Huff, Job Placement Specialist, huffg@grayson.edu or 903-415-2544.

If you are job searching, check out Grayson College's online job board through College Central Network and view job postings from area employers. To register, visit www.collegecentral.com/grayson. Check it out frequently to view new job opportunities.

Source: Job Outlook 2013
Courtesy of the National Association of Colleges and Employers

QiGong: Breathe, Relax, Heal

By Lauren Hummert

CWL Enrollment Specialist

This is an interview with the Center for Workplace Learning's QiGong instructor, Maria Silen.

What is QiGong?

QiGong is a Chinese healing system (estimated to be 5000 years old), and it is the foundation for acupuncture, acupressure and Tai Chi and part of Traditional Chinese Medicine (TCM). The literal meaning of the word QiGong is "energy exercise or moving meditation." It is an exercise that is practiced daily by over 80 million people around the globe. It combines slow movements with deep breathing; it is a simple daily exercise for maintaining good health, which anyone can master.

What inspired you to start practicing, and how long have you been doing it?

In 1996, QiGong was introduced to me through my husband. I thought the practice looked very relaxing and would be helpful, so I took my first class. Later, I experienced that the practice helped and supported me to handle my daily life. The practice harmonized and improved my well-being, and many health issues dissolved or disappeared. From there on, it became a lifestyle. I decided it was too important not to share this knowledge and practice, so I studied for 3 years to become a certified instructor. Since 2002, I have been teaching workshops and giving classes and courses in both the United States and Sweden.

Can anyone take these classes?

Anyone can master these exercises. The practice is performed standing or sitting in a chair, depending on the condition of the participant. QiGong can be practiced any time, anywhere, and no props are necessary.

What are some of the health benefits of QiGong?

QiGong has a multitude of positive effects for the body, mind and soul, including promoting body self-healing through a strengthened immune system, reducing stress, becoming more alert and energized, improving sleep patterns, and decreasing physical pain. It can also help relieve allergies, asthma, migraines, anxiety and increase a sense of relaxation and calm.

Maria also teaches meditation and yoga at the CWL.

To register for classes, visit www.cwlgcc.org or call 903-463-8765.

For more information about QiGong, visit www.qigonginstitute.org or www.nga.org.

GC offers funding for students in "nontraditional" career fields

By Rebecca Jones

In the last several years, the Texas Higher Education Coordinating Board (THECB) has awarded money to many schools through the Carl D. Perkins grant program to serve a unique purpose: providing incentives for men and women to join nontraditional fields of employment.

Benefits include educational assistance funds, which can furnish students with books and supplies, as well as a bit of relief from the economic anxieties that preparing for school can arouse.

Work environments dominated by 75% or more of one sex are considered nontraditional for the gender minority.

These include nursing or home health care for men and welding or other maintenance jobs for women, among many others.

According to Steve Davis, Dean of Workforce Education at Grayson College, the school is accountable for the participation and completion rates of students in nontraditional fields.

Davis, a male nurse himself, has set out to meet and exceed state measures by setting aside a discretionary fund within the Perkins grant program to help students gain footing in their chosen area of study.

The college's ability to provide financial assistance is dependent upon a few major criteria. "[W]e want new students," Davis said, who have never attended Grayson or declared a major in a nontraditional field.

"Right now we are giving that

scholarship... to five women in the police academy," Davis explained.

"[W]e awarded them educational assistance funds to help pay their tuition, their fees, their books, their firearms, [and] their ammunition" in order to support enrollment.

Completion assistance, aid given in a student's second semester, is also available as funds permit.

Why pursue a nontraditional employment role?

While many first consider reasons *not* to seek these types of jobs ("too physically demanding," "too effeminate"), the advantages are difficult to deny.

For many women, it means a significant pay increase; for both sexes, it can offer greater job availability, as many are in the service industry and cannot be easily outsourced.

For more information, contact Enrollment and Academic Advisor Charles Leslie.

<https://grayson.emscareercoach.com/>

Tutoring for you? Find out now!

By Jeffri Hodge

Director of Tutoring and Disability Services

The purpose of tutoring is to help students help themselves and to assist or guide them to the point at which they become independent, successful learners.

At Grayson College, tutoring is available in the Testing/Tutoring Center (SC115) and the Math Hub (SC114).

How do you know if you need tutoring? Here are some of the most important reasons:

- Professor or counselor recommends tutoring
- Grades are dropping
- Homework seems increasingly difficult
- Extreme anxiety before tests
- Self-esteem is dropping
- Loss of interest in learning
- Feelings of wanting to give up
- Resistance to doing schoolwork
- Reluctance to go to school

What are the benefits of tutoring? Here are some of the benefits:

- Provides personalized attention
- Improves grades
- Increases knowledge and understand-

- ing of subjects
- Increases motivation to succeed
- Provides intensive practice
- Allows progress at own pace
- Leads to better use of study time
- Improves self-esteem and confidence
- Encourages higher levels of learning
- Encourages self-directed learning
- Reduces competition
- Provides praise, feedback, and encouragement
- Provides review of skills not mastered but no longer taught

When needed, tutoring can make a great contribution to your academic success!

Copied with permission from www.how-to-study.com.

Tutoring sessions are by appointment only and are scheduled for 1 hour/week/course on the same day and time each week continuing for the remainder of the semester.

Tutor Request Forms are in the Testing/Tutoring Center or on-line at www.grayson.edu. Click Current Students, then Tutoring.

Personal counseling

Grayson Counseling Center 903.463.8730

Math Hub Schedule

Mon.-Thurs. 8 a.m.-8 p.m.

Fri. 8 a.m.-2 p.m.

Sat. 10 a.m.-2 p.m.

Room 113 Success Center



Dayna Ford, Coordinator

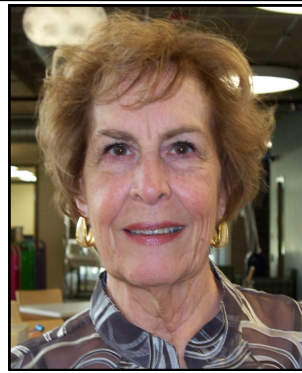
Writing Center

Mon.-Thurs. 8 a.m.-3 p.m., 5-8 p.m.

Fri. 8 a.m.-12 p.m.

Bring a copy of your assignment so the tutor can help you better!

Room 110 Library



Kay Dishner, Asst. Coordinator

Need a job? Need an employee?

www.collegecentral.com/grayson

Are you job searching?

Grayson College has an online job board where students and alumni may view job postings from area employers.

Register at www.collegecentral.com/grayson.

Check it out frequently to view new jobs!

Career Services can help with your job search: resume writing, cover letters, completing job applications, interview preparation, developing job search strategies & more!

Preparation can make the difference in YOU getting the job!

Contact Gretchen Huff, Job Placement Specialist, in Advising in the Administrative Building. huffg@grayson.edu, 903-415-2544.



Travel to Costa Rica for summer of adventure and college credit

By Mary Yetta McKelva

Professor of Spanish

Travel to Costa Rica...

for a summer of adventure for an opportunity to learn Spanish

to earn up to six hours' foreign language credit in four weeks...

One of the most memorable experiences you can have is living and learning a language in another country. J

June 2014 will be the sixth year for Grayson College to offer Beginner and Intermediate Spanish courses at the Intercultural Spanish Language Institute and Cultural Center in Costa Rica.

Experience living abroad and become part of the international community while earning transferable college credit in Spanish.

Grayson College Spanish Professor Mary Yetta McKelva will accompany the group and over-

see the language program.

Students will attend class four hours each day of the week and live with a Costa Rican family.

The school is located in Heredia, about 20 miles from San José. Heredia is a medium-sized city that still maintains a typical Latin American "pueblo" feel.

Students may attend cultural events offered at the school and may serve as a volunteer for environmental projects and literacy improvement efforts in the public schools.

The group will take weekend excursions to the beautiful rain forests, beaches and volcanoes throughout Costa Rica.

Cost: The basic program fee is approximately \$3,500 for a 4-week stay. The price includes round-trip airfare from Dallas to San José, Costa Rica; airport transfers; your room and board with two meals a day with a Costa Rican family, one weekend group excursion and services of



Orchids like these abound in Costa Rica. Students at the Intercultural Spanish Language Institute and Cultural Center will experience the sights and sounds and culture of Latin America.

view meeting will be held Thursday, November 7, 2013, Liberal Arts Bldg., room 108 at 7:30 p.m. If you are unable to attend, please call Professor McKelva at (903) 463-8623 or e-mail mckelvam@grayson.edu.

For a complete overview of the program, staff, home stay selection process, excursion descriptions, and a photo gallery of the school, visit the web site at <http://www.interculturacostarica.com>.

on-site staff in Costa Rica. Grayson College enrollment fees will be paid directly to the college at the time of registration for Summer I. Only air fare is paid ahead of time – mid February.

Eligibility: If you are a stu-

dent in good standing at one of Texas' community colleges, you are eligible to enroll in this program through Grayson College. You do not have to have any prior knowledge of Spanish to attend. You can be a beginner!

Interested? The first pre-

Preview Meeting:

Thurs., Nov. 7, 2013

Liberal Arts Bldg., Room 108

7 p.m.



Ghana update: The teaching community

By Victoria Sicking

Peace Corps Volunteer

One goal of Peace Corps is capacity building. More important than constructing a new building, providing computers or library books is transferring useful skills to the community.

One of the best tools I have to accomplish this goal is my counterpart, Fareed Asare.

Every volunteer is either assigned a counterpart or seeks one out in their community.

This person should be well respected, have expertise in the field the volunteer has been assigned to (in Ghana, either education, health, or agriculture), and be willing to learn new skills and teach them to others.

They must also have an exceptional amount of patience.

Fareed has had to endure my endless questions about why things are done the way they are, how to get "the stink" out of my clothes, how to kill mice, where to find the closest toilet, how to say words in twi, the best ways to discipline my students without caning them, and how to prepare banku, fufuo, and kontumere stew.

Aside from making sure I survive, he has attended numerous workshops with me and on his own on topics like school gardening, beekeeping, behav-

ior change, and HIV/AIDS.

Without support from Fareed, we would have never been able to start a school garden. I also would not have had the language skills to lead trainings on beekeeping or HIV/AIDS without him.

People in the community have often told us that we couldn't, but we found support in each other and proved them wrong.

I am not the only person he does not hesitate to offer assistance to.

Fareed is the one of the youngest teachers on the staff, but all the teachers, young and old, come to him for advice.

When there is an argument in the staff room, he is always the one to make everyone laugh and forget what they were arguing about.

Some of the teachers have lost the respect of the students by not coming to school, preparing for their lessons, or caning students for no apparent reason, yet they're always coming to ask Sir Fareed to hold extra classes for them in math and science because every day he is there when it is time for his lesson, and he is passionate about what he is teaching.

He has been an inspiration for me to lend a helping hand when someone is in need and to not let other people's words get

me down.

When I am feeling defeated, he always tells me, "In everything you do, tell yourself that you are the very best at it. Then it never matters what anyone else is thinking."

Peace Corps has given me the opportunity to meet new people and learn new skills that will shape me for the rest of my life.

It has also given my counterpart access to new ideas that can aid his country.

At the same time, attending workshops around Ghana has allowed him to see how beautiful his country is and has encouraged him to also continue traveling, even beyond Ghana, to learn more about how different cultures are influencing others to live in this world we all share.



Ghanan teacher Fareed Asare shares his passion for teaching with his students and inspires his colleagues.

Exploring aquaponics in northern California

By Nathan Spurgin

Lack of cooperation and communication is the most daunting obstacle to sustainability in all of our endeavors.

Being a part of the Honors College at Grayson has afforded me the opportunity to explore first-hand the challenge of system integration in both education and agriculture.

It began with the idea of an interdisciplinary project that would challenge the status quo of curricular division in order to foster an appreciation of what could be accomplished through combined knowledge and effort.

Aquaponics, the integration of aquaculture and hydroponics, seemed like a perfect fit. It encompasses engineering, microbiology, chemistry, physics, geology, agriculture, and the culinary arts.

Dr. Jean Sorensen, English professor and Honors College Coordinator, was an invaluable mentor throughout the proposal process.

Through the Honors College, she would offer me the opportunity to learn even more about aquaponics during a weekend training course, "Closed-Loop Aquaponics with Applied Permaculture," from NorCal Aquaponics.

This meant I was going to northern California to study with Max Meyers, an experienced system designer and a creator of permaculture-based aquaponics systems.

The excitement began to stir in my belly as the departure date neared.

The marvel of flight, once the coveted dream of a few intrepid visionaries, now seems a melancholic duty to the desen-

sitized regulars. To me it's still fresh; to me it's still fascinating to rise above the earth and watch our cities disappear—to juxtapose our insignificance with our great potential.

The west coast pivoted across my view from the plane window as we turned around over the Pacific and descended into San Francisco International Airport.

I crossed the Golden Gate as I made my way out of the city, stopping on the other side to take in the massive steel beams and cables that stretch over the bay. They shivered in the ocean wind.

It was blowing in a fog between the hills of Napa Valley. They were rolling, golden hills contrasting with deep green trees and blue skies above the fog.

Grapes gave way to hops as I neared Mendocino County, and the floral scent hung crisp in the air.

I was headed for Ukiah, the county seat.

A few blocks from downtown, the Sanford House sat surrounded by a garden of flowers and herbs, with a little vegetable patch to one side and a koi pond on the other.

From my window in the Calvin Coolidge room, I saw Darcy's pet tortoise patrolling backyard.

Darcy and her husband, Bob, had opened their Victorian home to visitors as a bed and breakfast some years back.

I wondered if I'd be one of the last guests; I noticed the realty sign on my way in.

Later when I asked Darcy where her husband was, she told me he had died. As far as I know, she still receives visitors on her own.



The Sanford House Bed and Breakfast, where Nathan stayed most of his trip, is a Victorian home built in 1904.

The Coolidge room had a large, single-paned window nearly as long as the bed. I put the window up and fell asleep in the cool California night air.

My alarm never had a chance to sound; the next morning I was awake and excited to start the aquaponics training conference.

Downstairs Darcy was preparing a hearty breakfast with eggs from her chickens and a fruit smoothie topped with fresh-picked mint.

The Saturday Afternoon Dancehall, two blocks away, is where we would meet for the next few days to discuss in depth the processes and meth-

ods aquaponics offers for sustainable, soilless food production systems based on the nutrients obtained from fish effluent.

I wondered how comprehensive we could be in the short time we had. The answer was "very."

After some brief introductions, we started in fast and maintained the pace the entire time.

Many of the other participants lived in the bay area.

John had plans to convert a San Francisco greenhouse into a small aquaponics business.

Jake was sleeping in the bed of his truck at the Solar

Institute just outside of town.

James had a full-sized van that had been transformed into a bio-fueled RV—he was from all over.

Nancy and her son, Benjamin, came down from Oregon with a mind for raising the delicate, and expensive, arctic char.

Some came as hobbyists; others were entrepreneurs looking for a new enterprise, but we all shared an interest in and respect for nature.

Max rolled his wheelchair back and forth across the hardwood floors, speaking loud and fast as he explained the big picture of aquaponics—the synergistic and symbiotic relationships of the manmade ecosystem.

A truly closed-loop system is a living model of the conservation of energy in which there is no such thing as systemic waste, the outputs of one process becoming the inputs of another.

It is the modus operandi of nature that we seek to imitate, yet pale in comparison to.

It was these short-comings of modernity that occupied my mind that night at the Sanford House. Still, I never fall asleep so fast as I did that night.



Fog blew in as Nathan crossed the Golden Gate bridge.