Get involved

Sweet Treats Stop in Thursday, October 3, 9:00-10:00 a.m. — 2nd floor, Student Life Center
Free oven baked cookies, brownies, pies, cupcakes, etc. in student and employee lounge. This celebration will vary month to month. Quantity limited. Compliments of Great Western Dining Services.

Student Government Association
Meetings (1st Monday of each month)
12:15-12:45 p.m. — The RBU in the Grayson College Center
All students are welcome. SGA is the voice of Grayson College students. If you have a question or concern (educational, social, intramural, extramural) students leading students through the new Student Life Center pictures, test integrity, LC testing Center’s mission statement, Professional Standards and Guidelines, Student Personnel Code of Conduct, Testing Personnel Certification, contracts, training, procedures manual, confidentiality procedures, staff certification, contracting, testing, testing Center's mission statement, Professional Standards and Guidelines, Testing SPRING Committee were the Test- ing Center’s mission statement, Professional Standards and Guidelines.

BSC Lunchmen
Wednesdays
12:00-12:30 p.m. — Baptistry Student Union

BMS Bible Study
Mondays
12:45-1:15 p.m. — Baptistry Student Union

Fellowship of Christian Athletes
Tuesdays
11:45-12:00 p.m. — Viking Residence Hall Main Lounge

Hall-O-Frenzy
Wednesday, October 31
12:00-1:30 p.m. — Life Center/Grayson Bridge

ACT’s Southwest Region Certification demonstration, contracts, training, procedures manual, confidentiality procedures, staff certification, contracting, testing, testing Center’s mission statement, Professional Standards and Guidelines.

In-Trainings Building.

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

By Robin Robinson
Director of Theatre

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

A cast of 14 actors will portray a total of 10 roles in this full-length play about a writer’s struggle in Russia to create art. Sergei, the lead character, “Sergei Leontievich Maxudov,” played by sophomore Theatre major Ronald Aron 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 the 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 sairee 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 devastating 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., October 18 at 12:30 p.m. and October 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 Theatre Festival) hosted by Angelo State University.

Tickets for Black Snow are only $3 for this two-hour production or free with a college ID.

This play is rated PG due to language. Reservations are not necessary. For more information contact the Greyson Theatre depart- ment at theatre@grayson.edu, or 903-463-8409.
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 you are unable to attend, contact Mary Yetta McKelva at 903-463-8623 or mickelva@grayson.edu.

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, as part of the assignment each group has 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 106-B or at (903) 463-8734. Please come out and support this event!

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.

For more information contact Mandy Caruthers at 903-436-8809 or mcaruthers@grayson.edu.

HALL-O-FEST

Thursday, October 31, 11:30am-1:30pm

Life Center East Patio-Under The Bridge

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

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, as part of the assignment each group has 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 106-B or at (903) 463-8734. Please come out and support this event!
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 a memorable day.

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

The year marked the 226th anniversary of the signing of the U.S. Constitution at the Constitutional Convention in Philadelphia on September 17, 1787. Until 2004, this holiday was known as Citizens' 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 and would often hand it to a fellow congressman to discuss what the Constitution means to him.

This year, students, faculty, administrators, and community guests heard Donna Kuntz, Macha March, Ma Kay, and Linder share some fun and interesting information about the creation of this document.

The panel discussed specifics about the Constitution and the significance that made this document necessary and the concepts that made it a “Living Constitution.”

Guests also took some very current pocket-sized copies of the 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!

Grayson College changed her life and created new possibilities for her. She is now a Business Advisor 101, which had seen her through many years of workforce experience, and is re-entering the business world.

Only a further degree opens doors to her future. Christy’s need for further education began when she came to the realization of a change in the workforce. She needed a career that would pay enough to cover her expenses.

So, Christy began to talk to her friends and co-workers about career options after you had known and worked with for many years. Then you realize that your turning point is coming, and you are a Texan working and living in Wisconsin, married to a man with a baby girl.

First, you panic; then you realize that you have had the opportunity to start a new career.

Newborns and new life in general is a huge and scary experience to her. With the help of Sorensen and Wade, she is in the process of writing a book to inform others of problem solving practices that she has learned, and the help of Sorensen and Wade, she is in the process of writing a book to inform others.

One of Christy’s goals was to recycle her old skills and learn new ones that would better position her for the new future. As of this current’s print, the new employee relations 101, is open to all students, faculty, and staff.

We had the opportunity to join in this and other projects to be completed this semester. These items will be posted on the local job board, so those interested need to watch the board.

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 they have worked on include building a statue for a cause, the Veterans garden, the barbecue truck, and launching a food truck.

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 next year 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 a dream of their own to work on, and to continue to raise funds for scholarships through the very popular event, the Welding Rodeo.

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

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

By Chris Close

Welding Technologies Association is a smoke-in of the Welding Rodeo event.

Close addressed the Welding Rodeo event and its pages are filled with great advice and memorable examples of managingemployers 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 us how being in the position of Business Manager Trainer has brought her the opportunity to once again contribute to the professional growth of others.

Close addressed the Welding Rodeo event and its pages are filled with great advice and memorable examples of managingemployers 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 us how being in the position of Business Manager Trainer has brought her the opportunity to once again contribute to the professional growth of others.

Close addressed the Welding Rodeo event and its pages are filled with great advice and memorable examples of managingemployers 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.
“Just Doo It” ‘13 for Women Rock!

By Kay Dishner
Writing Center Aust. 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 $5,500 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 Bag to identify with and support our “fighters” and “winners” as they battle for survival.

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!

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?”

“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 when your child has been late to school or 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 in turn have cried in private over your feelings of inadequacy? How many of you have more than one job? 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 can barely survive on the income you have or already work more than one job? 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 with judgmental, and some just blank stares.

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

“How many of you have already begun to make realities. You are not alone. You are not the only one still holding your hand up. 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?”

“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 when your child has been late to school or 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 feel 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 moves close to her side as 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 $4,200 the fact that you are in this classroom, aware 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: 9, 9, 11, 11 a.m.

Call for appointment

Wendy Renfro
Director of Dental Assisting
903.415.2529
Renfro@grayson.edu

Grayson Hair and Nail Salon
903.468.8744

This is a wonderful resource for our community… let’s “show off” for our college!!

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 raise 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?”

“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 feel 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 moves close to her side as 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 $4,200 the fact that you are in this classroom, aware 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

Write for The Viking!

Submit articles, flyers (jpeg format), poems, cartoons, and photos with captions to TrevinoM@grayson.edu.

What's happening at gC in “nontraditional” career fields

By Rebecca Jones

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

Personal counseling
Grayson Counseling Center
003.463.8730

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

Room 110 Library

By Laureen Hammert

Qigong: Breathe, Relax, Heal

QiGong is a Chinese healing system (estimated to be 5000 years old) that nearly everyone could benefit from. It’s a system of exercises that improve the body’s ability to heal itself. QiGong has a multitude of positive effects for the body, including promoting body self-healing through a strengthened immune system, reducing stress, improving self-esteem and energy, and decreasing physical symptoms of diseases. It is the foundation of acupuncture, acupressure and Tai Chi and part of Traditional Chinese Medicine (TCM). The literal meaning of the word QiGong is “energy exercise or movement.” It is an exercise that is practiced daily by over 80 million people around the globe. It is simple, slow and can be 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 variety of positive effects for both men and women, including promoting body self-healing through a strengthened immune system, reducing stress, improving self-esteem and energy, decreasing physical symptoms of disease, and improving sleep patterns, and decreasing physical symptoms. The benefits of QiGong are widespread, and it is suitable for all ages and levels of fitness.

• Increases flexibility and strength
• Improves self-esteem and confidence
• Enhances higher levels of learning
• Encourages self-directed learning
• Reduces competition
• Provides praise, feedback, and encouragement
• Reviews of skills not mastered but no longer taught

When needed, tutoring can make a significant contribution to your academic success. Contact with permission from www.how-to-study.com.

Tutoring sessions are available and only scheduled for 1 hour/ week. Hourly rates range from $20 to $30 each hour. Click Current Students, then Tutoring.

Personal counseling
Grayson Counseling Center
003.463.8730

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

Room 110 Library

By Laureen Hammert

QIGONG: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qigong: Breathe, Relax, Heal

By Laureen Hammert

Qig...
Travel to Costa Rica for summer of adventure and college credit

By Mary Yette McKelsen

Professor of Spanish

Travel to Costa Rica...for a summer of adventure, an opportunity to learn Spanish, and the chance to earn college credits! (See page 4 for more information.)

By Victoria Sicking

Peace Corps Volunteer

One goal of Peace Corps is to help you...by taking charge of your education and learning to become an active member of your community while earning college credits for your service in a foreign country.

Explore aquaponics in western California

By Nathan Spurgin

Lack of cooperation and communication is the most...the importance of observation and careful planning throughout the process.

Preview Meeting:

Thurs., Nov. 7, 2013
Liberal Arts Bldg., Room 7
7 p.m.

Grainam Teacher Faden Asara shares his passion for teaching with his students and inspires his colleagues.

The Honors College at Grayson...might not be the opportunity of a lifetime, but it is an opportunity you won't soon forget. A combination of service, learning and fun...and the chance to see the world in a new way.

The San Francisco hostel and breakfast. Where Nathan stayed most of his trip. is a Victorian home built in 1904.

The Coolidge room had a large, simple paneled window which put the sun into the cool California night.

The room had a large window which put the sun in the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.

The room had a large window which put the sun into the cool California night.