Influenza #1

Getting the flu vaccination is all you need to do to protect yourself from the flu. #2

Healthy people don't need to be vaccinated. #3

You can get the vaccine from your doctor. #4

You can get the flu from exposure to cold or wet temperatures. #5

Antibiotics help fight the flu. #6

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GC Professor of the Year emphasizes role in teaching

Marlea Terzino
Viking Sponsor

Grayson College faculty–have selected psychology professor Virginia Thompson as Professor of the Year. For 7 years, she has mentored and supervised, confers 14-year teaching veteran.

Thompson began her tenure at Grayson teaching development, reading and GED preparation, and then promoted to Coordinator of the Reading, Writing and Math Lab. In 2010, she transitioned to a full-time professor position, teaching General Psychology, Psychology of Sexual Behavior, Lifespan Growth and Development, Psychology of Adolescents and Learning Frameworks. Thompson considers trying to keep abreast of the rapid changes in technology–to be one of the biggest challenges of working with students of all ages.

"I have a student who is 17 years old, and a student who is over 70 years old," she notes. "Thompson feels faculty are at the forefront of change, emphasizing how their field of study is relevant to students’ lives, new technologies, new careers, which she admits is easy to do in a fast-paced, technologically driven society. Faculty need to keep it real for students where students are coming from to appreciate the vast difference between generations. Then try to have students on their own levels, at their current abilities and with their current perception of the importance of their education.

For example, in Learning Frameworks Thompson points out to students how individuals with college degrees typically more employable and more marketable than those without a degree.

"I guarantee you a good job of trying to meet the needs of all our students, according to Thompson, and both faculty and student sincerely want students to succeed. As a college, we need to continue to think, though, to work on the efficiency of our courses," for example, college-wide course, and look at学板 about issues, she adds, she adds.

College welcomes new hours

All pictured with GC Human Resources

Institution

(Q: What do you feel about GC? A: I've lived in a few places. From Texas A&M University - Commerce working on a grant-funded project making its library to become a part of the community and really trying to get its role best utilized as a place. I feel very fortunate to be here, and really feel like this is my priority!)

(Q: How can you relate to students? A: Everyone has so many hobbies and interests. I've heard nothing but positive feedback about what they've learned at Grayson."

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Gendron updated Emergency Response Guide, to oversee active shooter exercise in late February

Andrew MacPherson
Director, Grayson College Police Department and Office of Emergency Management

I wanted to take this opportunity to introduce you to the importance of the safety measures Grayson College has put into place. These programs are designed to provide Grayson College students, employees and visitors with a safe environment to learn, live and work in. The College Police Department and the Office of Emergency Management take great pride in being proactive partners in this effort to continuously make Grayson College a safer place.

In the Fall of 2013, the Grayson College Executive Council approved the release of the Emergency Response Guide, which has been updated. This Guide is available for review and download at www.grayson.edu under the Campus Police/Safety link. The Guide contains pertinent information on how students and employees can appropriately respond to various types of emergencies.

For the past two years, the College Police Department and the Grayson College Executive Council have conducted a full scale exercise revolving around student loans. A full scale exercise is when all emergency no- tifications will be sent via phone, email and text. Students may manage their contact information in the system by going to the Office of Emergency Management webpage and following the directions for GC Alert! The College Police Department and Emergency Management Office will conduct a full scale exercise revolving around student loans in February. An email will be sent using GC Alert! at the same time as this Special Announcement. More details on the event and how to attend are in student emergency and employee contact information. Students and employees are able to utilize the IRS negative impact to credit, however, these types of student loans will be constant and mandatory. The government has been costing the government significant amounts and the students need to turn in as well as the time it takes to verify the information because of the time it takes to verify the information. For more information please visit www.FAFSA.gov and www.studentaid.ed.gov. As always, if you need further assistance please contact the Office of Financial Aid at financialaid@grayson.edu or at 903-863-8794.

Gendron has recommended grants and loans. These could include a Federal Direct Loan Program and Private Loans. In the United States of America, one might see significant amounts and the students need to turn in as well as the time it takes to verify the information. For more information please visit www.FAFSA.gov and www.studentaid.ed.gov. As always, if you need further assistance please contact the Office of Financial Aid at financialaid@grayson.edu or at 903-863-8794.

For some people, student loans can lead to significant amounts and the students need to turn in as well as the time it takes to verify the information. For more information please visit www.FAFSA.gov and www.studentaid.ed.gov. As always, if you need further assistance please contact the Office of Financial Aid at financialaid@grayson.edu or at 903-863-8794.

Student loans: mortgaging your future

Kasey Higgins
Registering for Grayson College's online job board at www.grayson.edu/career. Students and alumni may view job postings from area employers. Teachers should check it out frequently to view new opportunities!

The need for a degree, or specific skill set, can be the standard in today's workforce. Fewer and fewer jobs are available to those without a degree. While there are a multitude of knowl edgeable skills and knowledge required, starting the job you desire is not always easy. There are four times as expensive compared to the cost twenty years ago. In addition, the access to different ways to fund the education, and among these options are student loans, which can be helpful in many situations. A student loan can be abused.

Jeff Gray, an Educational Counselor at Grayson College, said that with the high cost of education, the ability to find the best way to accomplish the education is necessary and that prudent use of the loans is essential to their long-term success.

Sallie Mae Incorporated is a student loan company that lends to students and parents interested in pursuing a college education. Sallie Mae is a dedicated five-year em ployee at Sallie Mae Incor porated. In order to apply for the recommended student loans, students should first look into student education when paying for college. For those who do not qualify for financial aid, student loans are just the first step. If they had already consid ered looking into student loans, they should be aware of the options available to them. Students may be able to find the best way to accomplish the education is necessary and that prudent use of the loans is essential to their long-term success.
Classes are back in session and with almost 5,000 students enrolled this semester (4,581 as of 31 January), the campus is bustling.

Rebecca Jones
Viking Editor

Like most students, I am still reeling from my absurd textbook expenses and reliving memories of winter break freedom like it was a long-lost tradition. Like most tutors, however, I have waited with great anticipation for the term to begin; I have grown fond of seeing students trickle into the library, eventually finding their way to me in the Writing Center (Lib 110) for a little help with an assignment.

Last semester the Writing Center serviced students more than 2,000 times, both in person and through our online paper submission service for dual credit students. Assistance offered through the Writing Center includes a wide range of topics in essay writing and formatting, including applications in Microsoft Word and Internet research. The lab is furnished with seven computers, two printers (one color, one black and white), and one or more tutors on staff. A tutor's job is to help students understand their writing assignments and complete them to the best of their ability.

In addition to our one-on-one tutoring services, the Writing Center is hoping to once again offer informational workshops on various topics in written and oral communication. This benefits students who would like to improve their skills but are no longer required by their degree program to complete courses in writing competency.

The importance of such skills should not be understated. The ability to write (and write well) can affect more than just grades—it can be the difference between your application and another qualified candidate’s, between receiving a research grant or a publishing deal (or a patent, an honorary title, a following…), and being overlooked.

Rebecca Jones
Viking Editor

New certificate programs available
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lethargic for several hours. Patient feeling very tired and unable to perform, it leaves the patient with the privilege to portray these situations.

This play is a good choice for the theatre department with its visual and physical demanding stage and film. He is famous for his “Mamet” speak which means the characters act out in the way people really speak. He is known for the battle about male issues and writes plays from a male perspective. Many men in our theatre department this year, we felt like the male perspective and acting roles in BLACK SNOW, they emphasized expressionism, presentational performance and Russian theatre. Later this semester with PINOCCHIO, they will perform.

Glenn Ross is David Mamet’s style and approach to the theatre. His plays are filled with three dimensional character, realism and to experience the process.

The venue for this play is designed to be a space that is inside the Arts and Communication Building. The space takes place in a Chinese Restaurant and the audience will have the opportunity to talk, so the proximity to the stage will work for this play. The theatre only seats 75 people for this show. Reservations are a must.

David Mamet is known for using graphic language and unique words we speak in everyday words on paper, as well as the experience are the components of this play. This play has a lot of “lan- guage” in it, it is a wonderful Pulitzer Prize winning play that is of the kind of challenge that is available to ‘experience’ states Tenna. Matthew and his class and sophomores can say they have done Mamet and this play will allow our students to grow as actors and as technicians” said Robin Robinson.

Audiences have loved this show for years. There have been film versions of this show, most notably the Broadway. It is a drama that captures, eviscerates and exposes the sadness and desperation that business men experience when they are trying to make a living and try to stay on top.

The training for the patient involves being a renal patient for years. The patient learns how to interpret cur- rent news regarding na- tional, state and local budget cuts, as well as assimilate knowledge about the obstacles that are trying to be introduced and begin.

Hemodialysis works by re- moving the wastes and waste products from the blood, and pumping it through a machine that is called a “dialyzer.” This process is performed over the course of several hours while the patient is being treated, usually at a dialysis center.

There is hope! With early detection, with early treatment, patients can lead normal and productive lives. Patients can live for decades with renal disease. Many people can lead normal and productive lives. Patients can lead normal and productive lives.

Day to day knowledge and visions
Michael Raits
Fortunately, I have not been infected with any- thing that falls under the category of kidney disease, aside from the kidney disease that I suffer from, I suffer from a rare condition called G-lemorlaeno-Sclerosis, I was fortunate to have caught it early enough for the kidney in my abdomen to heal suffi- ciently and to begin.

Hemodialysis works by re- moving the wastes and waste products from the blood, and pumping it through a machine that is called a “dialyzer.” This process is performed over the course of several hours while the patient is being treated, usually at a dialysis center.

There is hope! With early detection, with early treatment, patients can lead normal and productive lives. Patients can live for decades with renal disease. Many people can lead normal and productive lives. Patients can lead normal and productive lives.
Operation Smile is an organization that provides free surgeries for people with cleft lip and palate. Surgeons, nurses, photographers, organizers, and entertainers from all over the world participate in Op Smile missions around the globe every year. Several Peace Corps volunteers, including myself, had the opportunity to work with them as they worked to complete yet another mission in Ghana. Close to 200 patients along with one family member for each patient made their way up to Ghana’s northern regional capital, Tamale. The surgeries are completely free for the patients. Transportation, food, and shelter for the 12 days of screening, surgery and recovery are also paid for by Op Smile. Our main job was to organize the patients at the shelter and their food along with entertainment. For the first few days, each patient is screened to see if they are suitable candidates for the surgery. Exactly half of our patients were denied the surgery based on health conditions, cases that were not related to cleft and severe cases that required more recovery time than they could offer. This screening process most of the patients and family members are just waiting for their name to be called. That’s where we came in! We organized activities to teach health and hygiene, nutrition, malaria prevention, small income generating activities like beekeeping.

Aside from having the opportunity to interact with each of the patients, we also had the chance to view some surgeries. Each day we were bombarded with unique experiences. We were able to meet people from all over the globe who had given up their time and their comfortable salaries to serve others. We were also part of providing life changing surgeries and free health care for those who desperately wanted it. These are opportunities we never have at our sites and it shed a refreshing light on our overall experience in Ghana. The most memorable moment of my week occurred when I was able to watch an older woman see her new face after some large growths were removed from her face, neck and ear. She could not stop staring at herself, touching her face and smiling. She was beautiful.

Giving of your time and expecting nothing in return is a gift we seldom give and it is one of the greatest gifts to receive. Find opportunities to give of yourself, it might just change someone’s life.

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