Clubs & Orgs

Clay Club
- Monday to Friday, 5 - 6 p.m. - Ceramic Room, Arts & Communications
Cosmetology Club
- Monday to Friday, 5 - 6 p.m. - CTC Cultural Diversity Club
- Monday and third Wednesdays - 5 - 6 p.m. - Student Office
DAAC
- Fridays, 2:45 p.m. - HS 202
- Ohio Delta Phi (Art)
- Fridays, 4:20 p.m. - HS 205
Dental Assisting Club
- Tuesdays and Wednesdays, 11:30 - 12:30 p.m. - HS 207
Electrical Technology Club
- Monday to Thursday, 10 - 11 a.m. - HS 205
- Fridays, 4:40 p.m. - HS 207
- Saturdays, 9 a.m. - LA 107
- Thursday, 4 p.m. - Arts & Communications
- Friday, 2 p.m. - Viking Residence Hall Lobby
Future Educators
- Every Tuesday, 12:20 - 12:50 p.m. - CIS 200
- First and third Wednesdays - 5 - 6 p.m. - Viking Residence Hall Lobby
Gay Straight Alliance
- Wednesdays, 11:30 - 12 p.m. - HS 202
Health Tip: Medical
- Wednesdays, 11:30 - 12 p.m. - HS 202
Honors College Club
- Wednesdays, 2:30 p.m. - HS 205
- American Leadership Halo (Hispanic Student Association)
- Wednesdays or Fridays - 2 - 3 p.m. - CA 506, LA 204
- Honors College - 2 - 3 p.m. - LA 207
- Wednesday, 4 p.m. - LA 205
Honor College
- Tuesdays - 10 a.m. - LA 207
- Vikings, - 12 a.m. - LA 207
- Vikings, - 12 a.m. - LA 205
HVCAC Club
- First Thursdays - 3 - 5 p.m. - HS 205
- Third Tuesdays - 6 - 7 p.m. - HS 205
- Third Tuesdays - 6 - 7 p.m. - HS 205
History Club
- Mondays - 12 a.m. - LA 207, Liberal Arts
Honors College Club
- Monday - 12 a.m. - LA 207
- Vikings - 12 a.m. - LA 205
- Vikings - 12 a.m. - LA 207
- Wednesday - 3 - 5 p.m. - HS 205
- Wednesday - 4 - 5 p.m. - HS 205
- Wednesday - 4 - 5 p.m. - HS 205
- Thursday - 4 - 5 p.m. - HS 205
- Thursday - 4 - 5 p.m. - HS 205
I LEA (Criminal Justice)
- Every Tuesday - 12 a.m. - LA 202
- Location THA
Medical Laboratory Technology
- Men of Distinction
- Thursdays, 3 - 7 p.m. - HS 205
- Men of Distinction
- Thursdays, 3 - 7 p.m. - HS 205
- Medical Laboratory Technology
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- Medical Laboratory Technology
- Thursday, 3 - 7 p.m. - HS 205

Local Radio and Veterans Team Up
by Tommy Ellis
Project Coordinator/Veteran Services
Local radio station HOT 107.3 FM recently teamed up with the Veterans Service Office at Grayson College to provide Thanksgiving giving turkeys to some of our student veterans this year. On hand to deliver the turkeys to Billy Treague, Veterans Outreach Specialist, were Alisa Derchevichler FM Station Manager, and Alyssa Hernandez, DJ. Strong supporters and advocates for local veterans, Ms. Herzog stated that HOT 107.3 FM will continue to give back to our community and our student veterans this year. On hand to deliver the turkeys to Billy Treague, Veterans Outreach Specialist, were Alisa Derchevichler FM Station Manager, and Alyssa Hernandez, DJ. Strong supporters and advocates for local veterans, Ms. Herzog stated that HOT 107.3 FM will continue to give back to our community and our student veterans this year.

Visit the Writing Center by Elizabeth Castorina
Student
When it rains, that students do not use the Grayson College Writing Center for help writing papers? Could it be the simple fact that students do not know where it is located and how it works, or is it something more? While stu-dents struggle throughout their English classes, trying to get started on their essay topic, they were later informed about the Writing Center that is located in the Grayson Library in room 110. Sometimes even though information about the center appears in the class syllabus and their teachers have emailed them about how to use this resource, students don't pay attention until they receive a poor grade.

While some students feel that the Writing Center is not advertised as much as the Math Hub, they feel students the need to know that the Writing Center is nothing to be afraid of and that the tutors are always there to help. Taking advantage of this free service should be one of the many places to get help to a student's do-tasks. In fact, tutors have revealed that the help they received while attending the Writing Center has made a letter-grade difference in affect. Stephanie Aldaco, a student at Grayson College who was having trouble with getting started on her paper over analyzing a situation, said that going to the Writing Center was the next step in her writing process. Aldaco said, "Once I walked in there I could feel the friendly environment that was around me." Many students, like Amber Brown, have been to the Writing Center multiple times, and she said that it was one of the places she felt was a home to her. The help she received had improved her grades to a higher letter grade. To this day Amber always attends the Writing Center for assistance in writing.

Many students like Aldaco and Brown did not know that it was possible for students to submit papers online to writingcenter@grayson.edu to be reviewed even now.

Feeling Honored: Grayson Phi Theta Kappa chapter celebrates 50 years of induction
by Shalene White
Phi Theta Kappa is one of the largest and oldest international honor societies. This organization strongly believes in a chapter and their members succeeding. They build their foundation on the four hallmarks of scholarship, leadership, service and fellowship. Phi Theta Kappa also offers over 90 million dollars in scholarships. To become a member, a student must have a 3.5 GPA, and must maintain a 3.5 GPA. Every semester, the Grayson chapter of Phi Theta Kappa-Omcrison Pi holds an induction ceremony and welcomes and welcomes all new members.

This year, however, was especially remarkable; it marked the 50th birthday for the Omcrison Pi chapter. Dr. Lynn Tincher-Ladner, president and CEO of Phi Theta Kappa was the keynote speaker for the birthday induction. The officers and advisors ended the night by saying that omcrison Pi chapter has already a special occa-sion-1 should know; my induction was the first.

This year, however, was especially remarkable; it marked the 50th birthday for the Omcrison Pi chapter. Dr. Lynn Tincher-Ladner, president and CEO of Phi Theta Kappa was the keynote speaker for the birthday induction. The officers and advisors ended the night by saying that omcrison Pi chapter has already a special occasion. Tincher-Ladner used this moment to appreciate all the sacrifices the veterans have made for everyone.

Anne’s Journal: Use Your Words
by Anne Dering
Lab Instructor
I have been a parent since 2002, when my daughter was born. It was the most beautiful moment in my life. My husband and I were so happy, we could not stop smiling. We were so in love, we could not stop crying. We were so in love, we could not stop crying.

Our first child was born at the end of August, and it was a beautiful day. We were so happy, we could not stop crying. We were so in love, we could not stop crying. We were so in love, we could not stop crying. We were so in love, we could not stop crying.

However, the moment was not all happy. Our baby was born with a birth defect. She was born with a cleft lip, and she was born with a cleft palate. We were so happy, we could not stop crying. We were so in love, we could not stop crying. We were so in love, we could not stop crying. We were so in love, we could not stop crying.

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December 2016/January 2017

Health tips for this school year

By Logan Beauchamp

As students, we often hear the phrase “good hygiene practices” and “good health habits.” But what does that mean? How can we improve the choices we make and the things we do to look after our physical and mental health? Here are some tips that I believe are important for all of us to keep in mind as we navigate through college and beyond.

1. Wash Your Hands Regularly
   - Wash your hands thoroughly with soap and water for at least 20 seconds, especially after using the bathroom or before eating.

2. Get Enough Sleep
   - Aim for 7-9 hours of sleep per night. Lack of sleep can weaken your immune system and increase your risk of illness.

3. Stay Hydrated
   - Drink plenty of water throughout the day. Dehydration can cause fatigue, headache, and other health issues.

4. Eat a Balanced Diet
   - Include a variety of fruits, vegetables, whole grains, and lean proteins in your diet. Avoid excessive sugar, salt, and unhealthy fats.

5. Exercise Regularly
   - Include at least 150 minutes of moderate-intensity aerobic activity each week. Exercise is essential for maintaining a healthy weight and reducing stress.

6. Reduce Stress
   - Practice stress management techniques such as deep breathing, meditation, or yoga. Regular exercise can also help reduce stress levels.

7. Avoid Smoking and Limit Alcohol
   - Smoking and excessive alcohol consumption increase the risk of serious health problems such as cancer, heart disease, and stroke.

8. Stay Up to Date with Vaccinations
   - Make sure you are up to date on all recommended vaccinations, especially for illnesses like influenza and meningococcal disease.

9. Get Regular Checkups
   - Schedule regular checkups with your primary care provider to catch any potential health issues early.

10. Practice Safe Sex
    - Use protection and discuss any concerns or questions you may have with your sexual partner.

By following these tips, you can improve your overall health and reduce your risk of illness and disease. Remember, taking care of yourself is not just important for your physical health, but also for your mental well-being and academic success. So take care of yourself and make healthy choices every day!
When they were stopped, they were.. Read more.
Mechanical Engineering - The Truth

by Triston Ramos Student

If you’re interested in mechanics, technology, physics, or even how machines work, then mechanical engineering is a career to consider. Engineering is commonly thought to have too many mathematical equations and lots of science, but it’s more than that. Charles King, a mechanical engineer for Boeing says, “It’s mechanical engineering not for everyone. However, for those who believe they don’t know how much math and science we use in our jobs.” There’s skepticism because engineering students need to learn the basics. It’s important to know when and how we use it all.

After graduating college and entering the workforce, mechanical engineers usually have everything they need to know provided to them from other engineers. Computer programs are also widely used by all engineers and deciding the job or task difficulty would be AUTOCAD and other mechanical design programs. Measurement, formulas, materials, and many other extensions are included in these programs to help students and engineers create detailed and accurate layouts. So, have an interest in 3D computer design programs? Mechanical engineering is the way to go!

In 2009, roughly 240,000 mechanical engineers were employed in the United States. That is 1 from every 78,000 in 2015, according to the Bureau of Labor Statistics. Not only is there a lot of demand for engineers, there is also decent pay. At least 50% of mechanical engineers are making $83,000 a year. That’s around $40 per hour! The pay is good, but enjoying the job is what matters the most.

A big reason for students to learn in mechanics is because dependence on the company, many students will get their bachelor’s degree and start a job in the workforce. These students may be the ones who you will see a degree in civil engineering. Civil engineering is another example. If a mechanical engineer helps design those machines. They make sure that the job is the right one and that students have a chance to meet the students they have

It allowed people from all walks of life into the college the night was spectacular, due to the fact that it allowed students like me, it allowed us to enjoy a fancy meal and feel like royalty for a night.

A very appropriate name for this event, the sponsors and donors do. Visitors were also able to meet the director of the foundation, Randy Truxal, Kathy Hendrick the Grayson College Board of Trustees and the Grayson College Foundation Directors and the Grayson College Foundation Directors.

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Wednesday Noon Lunch: GC students as well as faculty/staff are invited to the BSM Wednesday Lunches held throughout the semester. We play games to relieve stress and to help students get away from their classes, 2:55 pm to 4:00 pm followed by a brief program featuring music and speakers from area churches and/or the GC community. There is no charge for this event.

Noon Time Bible Studies: Bible study groups will be meeting on Monday and Tuesday at 12:15-12:45 pm throughout the semester. Lunch is provided.

The BSM building is located between the Sports & Recreation Center and the Campus Police buildings.

For more information concerning how you can get involved in BSM - please stop by our building (open Monday – Thursday, 4:00 pm) email us at bmst101@airmail.net, or call us at 903-463-8798/903-465-2207. All students on campus are welcome to participate in BSM activities regardless of religious preference.

GCC Counseling Center Welcomes You!

by Barbara Malone

The Office of Counseling and Academic Advising is in the Administration Building. The current staff of the Grayson College Counseling Center include Licensed Professional Counselors and a Student Practicum Counselor. All of our staff are generalists and the center is able to make personal counseling available to all students.

The GCCC is under the supervision of Barbara Malone, a Licensed Professional Counselor-Supervisor with 22 years counseling experience. “We’re pleased to extend our counseling services to students,” said Malone. “It takes courage to address problem areas and examine painful feelings. Starting counseling is taking the first step in resolving difficulties.”

This year Practicum Student Counselor, Becki Rathfon, began collaborating with the center and seeing clients on an alternating basis. A native of Grayson College, Becki Rathfon is currently pursuing her Masters in Clinical Mental Health Counseling at SOSU and brings her background from a CACREP University to Grayson. She plans to pursue licensure and become a Licensed Professional Counselor. Becki is dedicated to helping others find a difference, helping others, and offering an attentive ear.

GC can benefit from Becki's enthusiasm for the security and passion for the specific needs. She plans to offer free counseling to GC students for the current semester and the 2017 academic year. Becki has the chance to talk confidentially with someone who can help you learn coping skills and new ways of looking at situations. Some students benefit from one of our more problem-solving, while some may warrant multiple counseling sessions.

Almost anyone can benefit from counseling. College students, in particular, may face these common concerns:

- Low self-esteem
- Controlling and distressing feelings
- Depression
- Anxiety
- Stress
- Substance abuse
- Problems with eating and body image
- Relationship problems
- Academic performance
- Adapting to college life

All counseling sessions are confidential. Only you can give consent for us to release information about you. Any information that you provide, as well as counseling records, are strictly confidential, except in life-threatening situations, or in cases of suspected child or elder abuse.

Our counselors:

- Are accepting of cultural differences, including race, ability, gender, religious affiliation and sexual orientation.
- Will maintain the highest ethical and legal standards of confidentiality.
- Will be open to discussing any of your concerns.
- Are interested in listening to you.
- Currently, registered students can come to the GCCC to schedule an appointment, or they may contact Becki at rathfonb@grayson.edu. At the first appointment, the counselor and student will decide what type of counseling will be most beneficial. Students requiring immediate help can be seen on an emergency basis on the same day. Sometimes all you need is a safe, caring ear to talk to.

The Writing Center

(Continued from page 1)

through their professors had mentioned this re- source. Emailing their papers was an easy access option for them both since they each maintain a computer and printer for all their writing needs. At the Writing Center, students have access to a computer and online resources.

The Writing Center’s hours from Monday through Thursday is from 8 am to 2 pm and Friday from 9 am - 2pm. These hours are also located in the CDL building in room 107 Monday through Thursday from 6 pm - 9pm. These hours are convenient for either morning or evening classes. At the center, students have access to a computer and printer for all their writing needs. While many students like Alamo were scared to access the Writing Center, her thoughts have changed since the first time she received help from the Writing Center’s staff. Like Brown, she now feels comfortable with the tutors available to help improve her papers. They both talked about how the Writing Center should be advertised more to incoming freshmen who are learning to

Get around campus regarding the help there is available to students.

(Continued from this page)
A Review of Aaron Bucy’s Full Report: The Memoirs of a Rural Texas Peace Officer


After graduating from Grayson College Police Academy in 2010, Aaron Bucy began working as a police officer in Grayson/Fannin County. During the years that followed, he was frequently asked to tell his “crazy police stories” again and again, which inspired him to set down some of his more memorable experiences as a rookie and an officer.

Full Report: The Memoirs of a Rural Texas Peace Officer, told in the testimonial style of veteran of Chris Kyle’s American Sniper, provides insight into what officers think that dash-cam or videos don’t capture—decision-making processes that often happen very quickly and relies on unceasing observation of the smallest details. In thirty short chapters, Bucy narrates various experiences of his when riding alone or with a partner on patrol in the various small towns of the Texoma area.

Bucy often ends his tales with words of advice for rookie school athletic director, principal, and head football coach. He also narrates various times that he was frequently asked to tell his “crazy police stories” again and again, which inspired him to set down some of his more memorable experiences as a rookie and an officer.

As before, I cannot wait to go back! The meal was another success!

The taste of both the meat and crusts were so perfect, the outside was just right, and the inside was very moist. Needless to say, the appetizers were great.

The main course was expertly cooked to perfection and the potatoes were lightly glazed with a sweet brandy sauce. The cranberry and orange sauce on the side made it easy to mix flavors and choose which ones worked best with the different parts of the dish. This meal was very different, but nothing short of delightful.

The dessert (as usual) is my favorite part of the meal. I ordered the “tuxedo mousse cake” while my friend ordered the “cheesecake” while my friend ordered the “cheesecake”. You may be able to notice from the pictures taken that we were not able to wait too long before grabbing a meal. The pie crust was a marble mix of short and sweet that was a pleasure to eat. The pie crust delicious. Some pie crusts can be too chewy or crunchy, but this pie crust was a lovely mix of both. My friend’s dish looked both moist and rich and in his own words, “It is so good!” Overall, the meal was another success!

As before, I cannot wait to go back! The food was outstanding. The meat was expertly cooked to perfection and the potatoes were lightly glazed with a sweet brandy sauce. The cranberry and orange sauce on the side made it easy to mix flavors and choose which ones worked best with the different parts of the dish. This meal was very different, but nothing short of delightful.

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