

GCTC Hosts Annual Dinner

The Business Marketing Fundamentals Craft Committee is (l to r) Meg Newcomb, Jan Walton, and Lisa Wilbourn.



By Bonnie Brunt
Student Services Coordinator

The Grenada Career and Technical Center (GCTC) hosted its annual Craft Committee dinner on November 20, 2014, at the GCTC. Each program instructor invited business and community leaders to serve on an advisory committee that met before dinner to discuss ideas and recommendations related to the skilled profession being taught. The purpose of this partnership between the Career and Technical training programs and the business and community leaders is to provide a means for ongoing collaboration, to insure the relevance of instruction to business and industry needs, and to promote public awareness of the Career and Technical programs being offered.

After the advisory committee meetings, the participants enjoyed a delicious dinner catered by Paps with desserts following the meal. Dr. Craven then conducted a drawing for the door prizes. Among the door prizes were an Adirondack chair made and donated by the Construction students and a plant hanger made and donated by the Welding students. Other prizes furnished by GCTC programs included a Cajun turkey, cookie dough, gift cards to Spencer's, surge protector, computer repair certificates, and a lollipop Christmas tree. Following the door prizes Dr. Craven expressed gratitude to all those who attended the dinner and thanked them for their support.

What's Your Reason to Quit?

Are you trying to quit smoking to live a healthier life, be there for your family, or cut down on spending? There are many reasons to quit smoking, and everyone has their own reason that is important to them.

Every day, as you are trying to quit, remind yourself of this reason to give you inspiration and encouragement.

Here are some additional reasons that may inspire you to reach that goal:

- I will live a longer life and my risk of cancer, heart disease, heart attacks, stroke, cataracts, and other diseases will decrease
- I will feel healthier and have more energy
- I will have more money to spend on other things
- I will be able to smell flowers, food, and fresh air
- I will be a hero to my family and set a good example for my kids

Any reason that motivates you to quit smoking is a good reason. To help you achieve your goal, remember help is only a phone call or a click away for any Mississippian who wants to stop smoking. The Mississippi Tobacco Quitline offers free cessation services for those who want to start living a tobacco-free life.

Sue Mashburne is the director of the Mississippi Tobacco-Free Coalition of Grenada, Yalobusha, and Calhoun counties, and has seen hundreds of residents in this area take the first step toward quitting. Mashburne says that "any Mississippian can call the Tobacco Quitline to receive free telephone and online counseling, and some smokers may be eligible for free nicotine replacement therapies", such as nicotine gum or a patch.

Does Quitline counseling help? Nicotine is an incredibly addictive drug, and its cravings can overpower even the strongest will. But those who seek professional help with quitting are about twice as likely to quit for good.

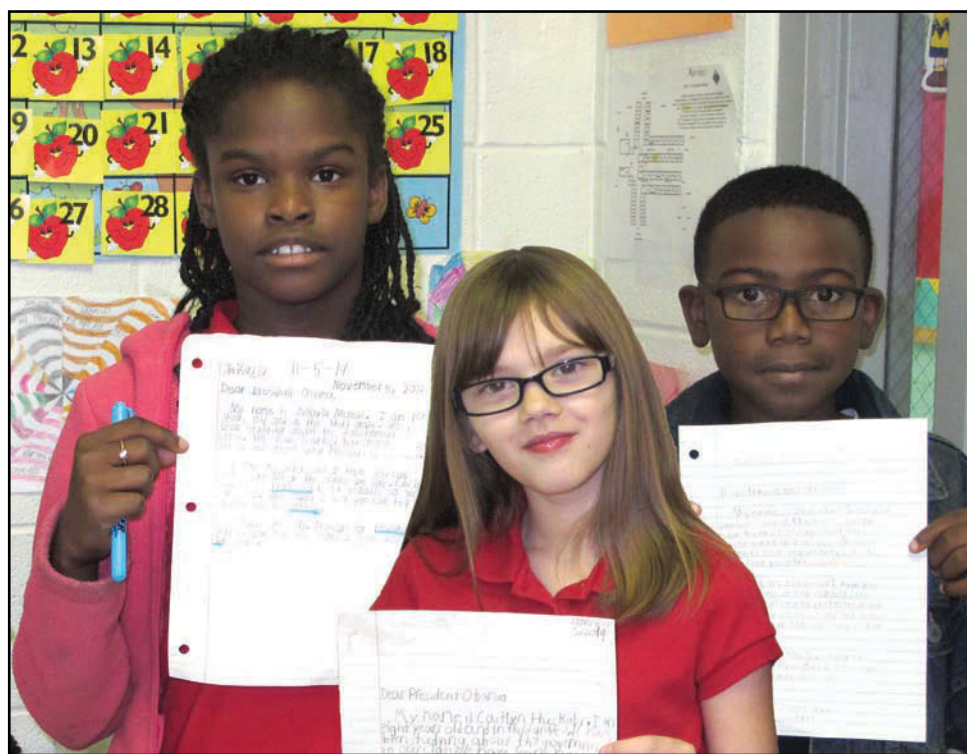
Whatever your reason to quit, the Quitline can help you succeed. Each year, thousands of Mississippians choose to call the Quitline during the Great American Smokeout on the Thursday before Thanksgiving to begin a healthier life. This year, the Smokeout falls on Thursday, November 20. But you don't have to wait until then. The Quitline is available seven days a week, so you can make any day your Quit Day.

Mississippians can call 1-800-QUITNOW or visit www.QuitlineMS.com to take advantage of the services offered by the Mississippi Tobacco Quitline.

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tobacco
FREE

COALITION
OF GRENADA,
YALOBUSHA,
AND CALHOUN,
COUNTIES

GES Class Studies Government



Mrs. Moorman's third grade class has been studying the branches of government during the second nine weeks. As part of the unit on the Executive Branch students (l to r) Kayla Pryor, Caitlyn Huckaby, and Javaion Reed wrote letters to the President.

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