

THE VALLEY COLLEGE ONLINE GAZETTE

Upcoming Events at Your Campus!

Online students are always welcome on campus, to make use of campus resources and attend events. Check the upcoming "Welcome Back" events below, each with free food and games. Hope to see you there!

Beckley: July 11, 11:30am: Welcome Back Luau!

Martinsburg: July 11, lunchtime: Welcome Back Luncheon!

Princeton: July 11, 12pm: Red, White, & Blue-B-Q!



Left: Pictures from recent events, "Beginning of Summer Lemonade Stand" and "HVAC Technicians Day"

Flood Relief

The June 23 floods devastated many in the Valley community, including Dianne Cordial-Milam, Placement Director at the Beckley campus, who lost her home and everything she owned. The link to her GoFundMe page is listed below, for all who were not affected and are able to lend a few dollars!

[GoFundMe.com/DiannesFloodRelief](https://www.gofundme.com/DiannesFloodRelief)

The following students are now NHA Certified. Give them a round of applause!

- Miranda Austin - CBCS
- Cynthia Cox - CBCS
- Sherry Honaker - CBCS
- Chelsea Mathis - CMAA
- Haley Roberson - CMAA

Congrats to These Recent Graduates!

Brandy Bradford

Loretta Breeding

Eric Cadle

Amanda Cubbage

Dawn Fatkin

Britney Fitzwater

Amanda Hollandsworth

Angela Martocci

Cora McClellan

Gloria Patrisso

Crystal Settle

Angelia Storie

Jonathan Taylor

Tammy Viands

Courtney Welch

Crystal Whittaker

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A List of “Brain Foods” from Your SSC

- **1. Fish** - The high concentrations of Omega-3 fatty acids found in most fish are essential to proper neural function.
- **2. Nuts** - Like fish, many types of nuts such as almonds, pistachios, and walnuts contain high levels of essential fatty acids that help your brain to perform optimally. As an added benefit, nuts contain a good amount of iron and also provide oxygen to the brain which increases your mental alertness and ability to retain information.
- **3. Whole Grains** - Eating lots of refined carbs like white bread and pasta leads to sleepiness, lethargy, and mental dullness. Luckily, whole grains tend to have the opposite effect and can lead to enhanced memory function and even better grades.
- **4. Apples** - The peel of the apple includes a powerful antioxidant called quercetin that enhances memory function.
- **5. Cruciferous Vegetables** - A long-term study conducted by Harvard Medical School revealed that these type vegetables, including broccoli, cauliflower, cabbage, brussels sprouts, and bok choy, had the most positive effect on memory retention. Eating these vegetables raw is the best way to get the optimal nutritional benefit, since cooking them often cooks out the nutrients your body and your brain need most.
- **6. Dark Chocolate** - Both improves memory, and increases blood flow to the brain, increasing alertness and clarity. The darker the chocolate, the more benefits your brain will receive.
- **7. Spinach** - Spinach is chock full of folic acid and has even been shown to reverse memory loss. If you don't like the taste of this dark green stuff, you can always use it in a recipe such as a quiche or smoothie to mask the flavor.
- **8. Berries** - Not only do these flavorful snacks reduce the level of toxins in your bloodstream, but they also contain phytonutrients and antioxidants that improve blood flow to the brain and enhance neural activity as well.



A Letter from Erika Clemons, MFOBC Graduate



I came to Valley College because I wanted to better myself, not only for me but for my daughter, too. Valley College gave me a wonderful opportunity to do so, they offered me wonderful experience and online classes, and because of that I was able to do school and be a mom at the same time!

May 20, 2016, I graduated Medical Front Office Billing and Coding, and I'm now proceeding with the Health Services Administrative program. I was also placed in a wonderful job that I love. I am grateful for that, and the team of Valley giving me a chance to make a great future. Thanks to the Valley College team I have my MFOBC diploma and will have my degree with HSA, I am also sitting for my NHA certification exam, a job and now a wonderful start to my daughter's future as well.

Never give up; always push forward, even when the going gets rough. THANK YOU VALLEY COLLEGE!

**See you on July 11 for your
new Classes!**

