

Libraries. More than books. *By Hannah Bowers, Student*

While Grayson College students frequent the on-campus library and use its services, many students remain unaware of the services and programs offered by their local public libraries. In a poll of twenty-five Grayson students conducted for the purposes of this article on September 10, 2019, over eighty percent of students surveyed said that they “never” or “rarely” visited libraries off campus. Furthermore, ninety-two percent of respondents claimed to have never attended a program or class at their local library. Seventy-six percent of students polled didn’t have a library card at all.

Fortunately for Grayson College students, all of the Sherman Public Library’s programs are available to the general public. “Everything we do [at the library] is open to everyone,” said Reference Librarian and Genealogist Michael Miller. He explained that while a library card is a necessity to check out books, all of the programs and classes offered are available free of cost to anyone who wishes to participate.

Of the numerous programs the Sherman Public Library offers, the programs for children are by far the most popular, according to Miller. The library currently offers story-times for children, ages five and under and their caregivers, on Tuesdays and Wednesdays, as well as a “Baby and Me” story-time group for infants under eighteen months on Mondays.

The library also offers Sonata I and II, beginner’s-level violin classes. Miller explained that this new program is run by the children’s librarian, who plays violin for the



Sherman Public Library. 421 North Travis Street, Sherman, Texas (photo provided by

Sherman Symphony Orchestra. “It’s a great way to get kids to learn about music and see if they’re interested,” Miller added.

The library also offers a Summer Reading Program for children and teens. Children earn prizes for every book or number of pages they read and are also entered into drawings for prizes at the end of the program. Participants can also earn free books for submitting their “reading logs,” Miller added. According to LB Smith,* a frequent patron of the Sherman Public Library, the Summer Reading program encouraged her daughter to read more than she had previously. “I read, like, 2,000 something pages!” her daughter exclaimed.

For those without children, the Sherman Public Library also offers several programs intended for adults, both entertaining and

informational. Free citizenship classes are available twice a week for permanent US residents who are noncitizens. Attendees must be able to read and write basic English. “It’s really busy in there, too,” Miller said about the program. Due to the limited number of seats, it is recommended that attendees reserve a spot in advance. Miller also mentioned that the library offers a number of informational seminars about Medicare and Medicaid several times a month. Patrons interested in these programs should contact the library for details.

For adults looking for a more entertaining evening, Miller strongly recommends the library’s weekly *Dungeons and Dragons* game night. It’s one of the most popular of the library’s adult programs. “The guy who runs it is real experienced. It’s always

a great time for everyone,” Miller said. “D&D Thursdays” are attracting new patrons to the library, as well. Fourteen-year-old Francis Armstrong* said that she enjoys the atmosphere that the weekly game nights has created. “It’s like a little pocket dimension inside Sherman,” she said. “It’s a place where everything just melts away.”

If battling imagined orcs isn’t a patron’s idea of a good time, the library’s newest program will serve as a much tamer alternative. Twice a month on Wednesdays, the Sherman Public Library offers screenings of classic movies. “[The program] is getting off kind of slow, but it’s building,” Miller said in reference to attendance at the movie nights. He then explained that the library only received the license to show the movies in early August, and that the program is still relatively unknown to the public.

For the technologically savvy, the library also offers an adult 3D-pen-drawing evening. Attendees use “3D pens,” a small pen-shaped device that functions similarly to a 3D printer, to make sculptures and shapes.

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Grayson College to host 2019 Mental Health Summit

By Thea Floyd, Student

GC will be hosting the 2019 VA Community Mental Health Summit on September 26th from 9am-1:30pm in the CWL. Representatives from various mental health and veteran organizations will be providing information on their services. Grayson College Student Veterans will also be hosting a panel. This event, while addressed primarily to service members and veterans, is open to the public.

BSM extends worship services

By Angela Perry, Staff Writer



BSM director Austin Lambert leads Bible study (photo provided by author)

Every Wednesday, the Baptist Student Ministry offers a free lunch for everyone on campus. While many people know about their Wednesday lunches, the BSM also provides a lunch and Bible study at 12:15 on Mondays and Tuesdays. In addition, the BSM has just started a worship night called Summit, every Thursday from 7-8pm.

So stop by the Baptist Student Center Thursday night for coffee, worship, and a chance to fellowship with fellow students.

WANT TO SEE YOUR WORK IN THE VIKING?

We are now accepting stories, poems, comics and photos!
Deadline Nov. 1st

Send your work to our editor,
Storm Anderson at
stnanderson@vikings.grayson.edu
Remember, anyone can contribute!

Crush your appetite on campus

By Joshua Sutton, Student

Are you hungry and trying to figure out where or what to eat? Get those macros and eat those calories at Grayson College main campus. The campus has a few options to choose from –the cafeteria, the “Six Ninety One” restaurant, the Baptist Student Center, and food pantry. At any of the locations, students, student-athletes, and faculty are welcome to partake in one of the necessities of life – food.

Cafeteria

The Grayson College Main Campus cafeteria is located just north of the library and west of the bookstore in the Student Life building. Breakfast is served at the cafeteria Monday through Friday from 7-9am. “I usually go in the mornings and get the sausage gravy and biscuits for like \$2.70, really good,” said Jasmine Butler, a student majoring in Nursing and frequent patron of the cafeteria. She rarely misses a morning in the cafeteria for a hot breakfast.

Lunch is served at the cafeteria Monday through Friday from 11-1:30pm. “I prefer the cafeteria,” exclaimed Keegan Byler, who is majoring in General Studies.

(Continued on page 4)

Childhood vaccines, myths and misconceptions *By Sophia Dookran, Student*

Would you want your child or your friend’s child to contract an infectious disease that could cause much pain, anguish, disability, or even death?

Would you want your child or your friend’s child to play with someone at school who has a contagious disease that could cause these adverse effects? Vaccines provide a solution to prevent such things from happening to innocent children.

Vaccines are proven to be safe, effective, and efficient based on hundreds of medical research and expert analysis. Federal law should require children to get vaccinated,

with the exception of those medically exempt by an authorized medical professional.

The top arguments including whether vaccines can cause serious side effects, the lack of necessity to get vaccinated, and the government imposing on personal medical choices can all be debunked with reliable evidence-based research studies.

Misconception #1: Vaccines cause serious side effects, including autism

Some may argue that vaccines can cause adverse side effects, including death. The Centers for Disease Control and Prevention

(CDC), warns that any vaccine can possibly cause side effects. A low-grade fever and sore arm are among the few mild side effects that could occur after getting a vaccination. Deafness, seizures, brain damage, and anaphylaxis, which is a term for an allergic reaction, are among the severe side effects. However, even when the CDC acknowledges the possibilities and wide range of side effects, severe reactions to vaccines are extremely rare and can occur in one per one million vaccinations. Dr. Sanjay Gupta, who is a reputable neurosurgeon and medical reporter says that “. . .

. you are 100 times more likely to be struck by lightning than to have a serious allergic reaction to [a] vaccine . . .”

The National Vaccine Information Center is among several biased agenda-driven organizations that lack credibility and claim that vaccines may be linked to learning disabilities, such as autism. Specialist of medical science and researcher of epidemiology Dr. Hviid Anders concludes that no evidence was found to support vaccines increasing the risks, triggering, or causing autism or any other related learning disability.

(Continued on page 5)

GCC & NTCC: A harmonious partnership

By Andrea Gowans and Shannon Ryan, NTCC



In Spring of 2019, Grayson College and North Texas Concert Chorale (NTCC) began a partnership that will hopefully be mutually beneficial for years to come.

NTCC is a group of amateur singers who have been bringing high-quality choral music to the Texoma community since it was originally formed in 2001. Over the past two years, the group experienced growth in its membership, leading to a need for a larger rehearsal and performance space. Knowing that Grayson College supports a strong music and arts program, a partnership was sought.

After a few exploratory meetings with Dr. David Tercero, the NTCC Board and its Director, Barbara Hanning, an agreement was reached. Barbara Hanning is now an

adjunct professor for Grayson College.

NTCC holds its rehearsals and performances on the Grayson College campus, and the choir now includes student members from Grayson College, who receive course credit for participation. The 50-member choir is in its second season on the campus, and is preparing for their December concert. They rehearse on Thursday nights at 7:00pm throughout the semester.

NTCC will perform Handel's *Messiah* on Friday, December 13 at 7:30pm in Cruce Stark Auditorium on the Grayson College campus.

If you would like more information about the choir, visit www.ntccsings.org, or find us on Facebook.

Time v. Exercise

By Nick Brown, Staff Writer

Making time for exercise is a difficult task for students with their typically busy lifestyles. But as we all know, the benefits associated with exercise are worth it.

According to Licensed Vocational Nurse Russel Pritchett, a former Army combat medic and current Vocational Nurse at Texoma Medical Center, "[Exercise] is most definitely worth it. I can do the things I want to do, and it makes me feel better mentally and physically!" With those reasons as incentives, Pritchett attends multiple gyms around Grayson County six days a week. This helps him release the stress of a demanding job through positive endorphins associated with exercise.

Even with the benefits, though, how can a college student carve enough time out of their day for a workout session? Aaron Millard, father of two little girls and a general manager of a Domino's store in Bonham, Texas, explains, "[Exercise] has to be part of your daily schedule, no matter how busy you are."

Millard continued, "You can always take forty-five minutes out of your day. The most beneficial part of keeping up a good exercise routine is that, quite simply, it helps keep a good mental health." For Pritchett, he has made exercise part of his routine before he even allows himself to go home for the day. By going to the gym on the way home, Pritchett avoids the temptation of skipping a workout.

By adopting new methods into a workout, such as High Intensity Interval Training, one can make it more efficient in time and progress. (Continued on page 5)

Editorial Information

The Viking is published by Writer's Unlimited and Sigma Kappa Delta as an ongoing service project to the college.

This newspaper is provided as a forum for public opinion. Participation in the production of *The Viking* is open to all students, faculty and staff at GC.

The views expressed in *The Viking* do not necessarily reflect the views of the Editor, Writer's Unlimited, Sigma Kappa Delta, the Board of Trustees, the administration or the faculty and staff of Grayson College.

Submissions and corrections may be sent to the editor, Storm Anderson, by email at stnanderson@vikings.grayson.edu.

Editorial

A Viking in the Lions Den: Part 2

Kassandra Garcia, Staff

Hello again, Vikings! I hope everyone's midterms went well for the first eight weeks. It's hard to believe the semester is already a quarter of the way over. Before we know it, 2020 and the spring semester will be here. However, things certainly do feel slower here at Texas A&M University-Commerce, considering we only have sixteen-week classes. It's been about a month since we began, and more has happened than I expected.

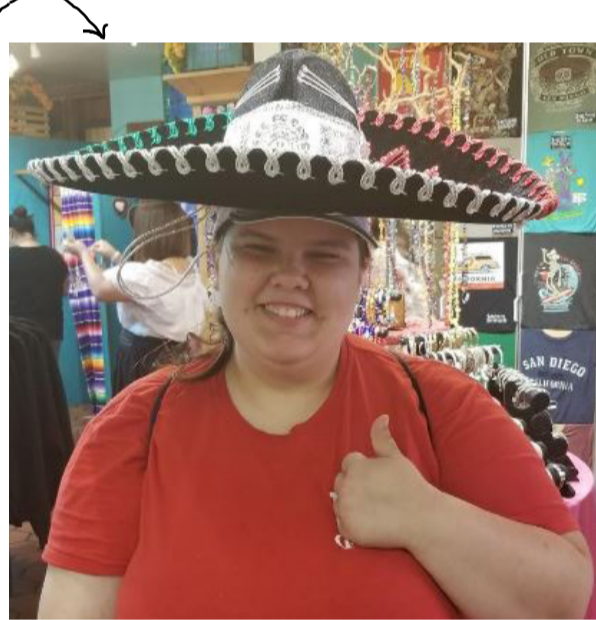
If any of you decide to continue on to a four-year university, I cannot advise you enough to get involved on your campus. Start at Grayson College! If you're involved at Grayson, then you begin to feel like you're a part of something bigger than yourself. You also grow to have more friends and those you consider family. If it scares you to open up at Grayson, I promise it's even more scary at a university. As someone who consistently helped with club and campus activities at Grayson, getting involved at Commerce has been and still is highly intimidating.

Currently, I'm an officer for our Pride Alliance, and a member of our Hispanic Student Association and our alumni chapter of Phi Theta Kappa, Pi of Texas. Getting into these organizations has been extremely trying to my nature as an introvert. It's hard to commit yourself to something you start off knowing nothing about, but I promise you student

organizations and clubs are always worth the experience and growth you eventually feel. Just being in these three organizations here makes me feel proud of myself for stepping out of my comfort zone.

I am already reaping the benefits from them as well, as I get to help operate a Drag Show from behind the scenes in October, and I have met so many new people through Hispanic Heritage Month events. Because of my involvement at Grayson, I made multiple families and life-long memories, and my hope is to do the same out here. I cannot stress enough how important it is to network and put yourself out there. You, my dear Vikings, chose to come to this incredible two-year college. No matter what brought you here, I promise you are meant to be here.

Grayson is so much cheaper than a university. You can hear people say it over and over, but you don't realize just how much that matters until you have to pay \$9,000 or more just for one semester of your schooling. I'm still trying to pay my bill as we speak. I could never, even for one second, regret the two years I spent in a community college instead of going straight to a university. Like I said, engaging at a university is even more scary. You're competing with an even bigger number of students, and you're trying to stand out among thousands of other people.



It isn't easy to keep pushing through and engaging; however, if you started at Grayson, then you would already have something that sets you apart when you try to do different things at your university. If you were an officer in any club or organization at Grayson, then you have leadership experience, and you'll be seen before those that don't. If you went to resume and scholarship workshops or worked on campus, then you're also separating yourself from people who did not have those experiences.

Build yourself up, tell yourself that you can do it, and you will make time for what matters. I'm here if you guys ever need me, and I'm still on campus every Wednesday and Friday for Phi Theta Kappa!

Storm's Soapbox:

Why I changed *The Viking* format.

Storm Anderson, Editor

Did you know that any student, faculty or staff of Grayson College can contribute to *The Viking*?

It's a point I've been repetitive about. It just makes *The Viking* so rare.

At many postsecondary institutions, including other community colleges, the student paper only includes works by English or Journalism majors. More lenient newspapers may open staff positions to students in graphic design or marketing, but you're still left with a large portion of the student body unable to contribute. This, of course, isn't the idea behind the restrictions (the idea being

to build the portfolios of those students), but I can't help but feel it does those campuses a disservice.

I was told when I became the editor that it was my paper. I'm not sure I agree. *The Viking* was created to be a forum for public opinion. It isn't really mine. It's ours.

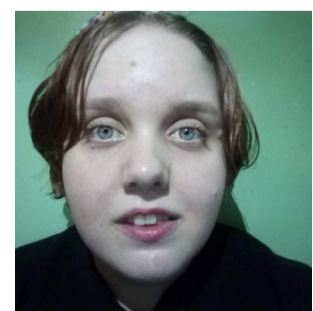
This philosophy was the motivating factor of the redesign. If *The Viking* is going to be accessible for everyone to write for, then it should be accessible for everyone to read.

In July, I attended the Phi Theta Kappa Texas Honors Institute. While there I met Dr. Nick Rangel, a communications professor at Houston Community College main campus. I mentioned to him my hopes of making the newspaper easier to read for students with dyslexia, and he very graciously offered me several tips and suggestions to achieve this goal. **Thank you, Dr. Rangel!**

All the fonts in this paper are now sans-serif (serifs are the decorative pieces on

fonts like Times New Roman) and larger than pre-September issues of *The Viking*. The club and organizations column has been moved to its own page to make it easier for students to cross check meeting times. While *The Viking* has always allowed short stories and poems, we are hoping for them to have their own dedicated page in future editions, beginning with this issue. We are also now accepting comics.

My hope is that these changes continue *The*



Viking's mission of being a spotlight of campus news and creativity.

If you would like to contribute to this mission, the next deadline for submissions is November 1.

Prose

I am a flawed human being. *By Kalyпсо Smith, Student*

I'm overwhelmed by a sense of grief this very moment.

I never truly knew why I ignored my problems for so long, but as time continues to pass, I realize how big of an error that was.

I am a flawed human being, but none of us is perfect anyway. My flaws are what would keep me up at night, like the scary monsters we were taught to fear from under our beds. My flaws would grab me, look me in the eye, and say, "You're not worth it. Why do you even try?"

They still haunt me. Every day I wake up to those thoughts and more. I wake up thinking, "Are you really going to do anything useful anyway?" I told myself continuing my education would be what made me feel like I was finally worth something, but all it has done is give me reasons to

ignore those self-deprecating thoughts. I told myself that I could love, that I could be happy; I'm not happy, though.

I cling to the fleeting moments that I feel that positive emotion, but it just fades. I am depressed. I am anxiety ridden. I am a flawed human being. I sit and make this about myself. I tell myself that normal people don't have these thoughts and feelings; yet the rational part of my brain laughs in my face every time.

Everyone has the same thoughts and feelings. Self-doubt affects us all. I'm not the only one depressed, I'm not the only one with anxiety. Those thoughts always bring a sliver of hope forward. I must choose to take that sliver and run with it any time I want to feel happiness again.

Otherwise, I must sit and face

myself once more. Ignoring my problems is when I take that sliver and run, but addressing them is when I face myself.

It feels awful. The immediate hit of agony and sorrow. I can feel the metaphoric blades in my body any time I face myself. I am my own worst enemy. I am a flawed human being.

I am worthless...or maybe not? I have fought these emotions for so long that I know fighting is what's best even though it doesn't feel like it. If I fight the negativity that has seeped into my bones, then I have fought my most inner self. My most inner self is a child, curled up in a ball, alone in a dark corner, crying for her mommy. What she wouldn't give to be loved and comforted. She is the single most vulnerable part of me.

I resent her every day.

She's that part that was too scared to be who she really is, to feel the anguish she denied herself, and to stupidly let in the wrong people. I have not even begun to acknowledge this never-ending pain, but the fact that I am choosing to address it right here, in this moment, is what gives me hope to be who I was meant to be: a flawed, but beautiful, human being.

(Editor's Note: Did you know Grayson offers Counseling on the Main Campus? You can see a personal counselor by visiting the Advising and Counseling Office in the Student Services and Administration Building. Hours are 8am-6pm on Monday and Tuesday or 8am-4pm Wednesday-Friday.)

Fiction

Going Viral *By Avery Wageman, Admissions*

Look, before we get started, I want you to know why I'm doing this, all right?

I'm old. Older than Methuselah old. I've been on this blue marble longer than most people can even comprehend. Maybe it's just me, but I feel like people have forgotten who I was.

I used to be somebody.

No, really, I was a somebody back in the day. People knew who I was the minute I came into town. It was great. The place would go crazy, I would go crazy, and when I left, people would know that I had been there because...well, it was me! I was iconic! Sure, yeah, I had my competition with EVD and Karkinos, but it was a different time. It was a different place. What I had to offer was unlike anything else the world had ever seen before. And the places that hadn't seen me yet? They would as soon as I finished my gig. They knew I was coming. I was unstoppable.

Every tired and worn-out cliché about how the world was my oyster? Yeah, all true. I had everything that a gal like me could ever want. I had hundreds of thousands of people talking about me, wanting to know more about me, wanting to know how I knocked everyone dead!

My name was known throughout the world. Okay, that one is kind of a lie. My name doesn't translate well at all. Seriously, it's a mess. In France, I was known as La Femme, Spain called me Muerte, England gave me the moniker of The Touch. Everywhere else called me something else. Do you know what a pain branding is when your name gets mixed up across the globe? The inconsistency alone nearly ruined me.

But I'm getting ahead of myself.

My name is Red. I'm not very impressive at first glance. I'm small. The word petite doesn't do me justice. I get ignored a lot because of my stature. But it's when I get on the stage that I become bigger than life. See, when I was starting out, I was a no-name punk who played out in the swamps. I'm not joking. I played in the swamps. Those were hard days. Between never being able to catch a ride anywhere to not having a decent audience, I was stuck.

At first, I thought it was me. Because, come on, it's what every artist thinks when they're not getting the big venues or moving up. I thought my set was no good.

But then I experienced a big shake-up. The world that I was living in was changing. Pangea

split up, and everyone was going everywhere. I had to say goodbye to a lot of good friends of mine, but it was for the best. We all wanted to break out and become bigger than the stars themselves. EVD stayed close by. Karkinos went east to Greece. Karkinos did well there but EVD remained an underground act.

I found a cozy spot in Madagascar.

Madagascar was good for me. I'm not saying that in terms of a tropical paradise but in terms of experience. I was able to spread out. I got more and more range for my set. I finally started to get an audience! People from Asia to Australia were coming to Madagascar to see me!

I can't even describe the high I got from that first performance. Then I got discovered. I left my little island and went to Africa. I hooked up with EVD for a little bit. He was happy to have me in his neighborhood. He was good to me. Showed me all the sights and the spots to hit. We collaborated. Released some great stuff together.

But EVD was happy being part of the underground scene and I wasn't. Don't get me wrong, I had fun, but the world is a big place and I wanted to see more of it. It was hard to leave, but I swore that I would never forget him. EVD gave me a little something to remember him by, his "Fever" album. It was one of his greatest hits.

I loved his sound and added it to my set. With a new sound, I started to hit up the tradeshow line going into Egypt. I wish I could have said that the tradeshows were good to me, but they weren't. I had a lot of competition. There were big names doing big shows.

Lassa was the queen in the North. Sump was big in central Africa. H&A were unstoppable along the Ivory Coast.

Not gonna lie, I struggled. It's hard to get your name out there when you're competing with the big guys. I had to change up my routine. No more kid stuff. I got my shit together the second I reached France. It was everything that I dreamed it would be. France was the first place that I got a foothold in the world. They called me La Femme. It wasn't the name that I wanted to use but my real full name is hard to pronounce. It didn't matter much to me, though. I was finally getting ready to have my big European debut.

And then I got upstaged by Phil & Sis. It wasn't fair! It was my gig! It was my venue! I had a bunch of French soldiers in droves waiting

to see me and...and then I was done for. They stole my show. Phil & Sis are hacks, and you can quote me on that. They operated on shock and awe. They didn't have any style or class. It was all gore, and I don't know about you, but I can't stand that kind of stuff. They lacked artistic vision, but I didn't. The people reacted to their stuff, and I had to get with the times. I needed to be better than they were and shock audiences better than they could.

I worked on my set again. I refined and fine-tuned. I had EVD's "Fever," Karkinos gave me her "Anemia" album, H&A were kind enough to let me adapt their stuff as long as I always gave credit. I evolved from the no-name loser in the swamp, and I became Red.

I hit my stride in the eighteenth century. The world was my stage, and I was the player everyone saw. I was everywhere. I was playing for some of the biggest crowds in history. Everyone caught wind of who I was. I even got to perform for royalty.

Those were some of the best times in my life, and then it all went to hell. Snow dropped his "Broad Street" album in Soho, and that was all anyone talked about. Suddenly, there were standards. What we were doing wasn't good enough to get noticed or play a single place.

It set a lot of us back. EVD and Karkinos were doing fine but everyone else? Shot to hell. We were screwed. It was back to the drawing board for me. I went South...waaaaaay South. Hopped on a ship to South America, and I stayed there for the longest time. I needed peace and quiet to find my true self, the self that I knew that I could be if I just found the right set.

I thrived in the South.

The places I played at weren't as impressive as they used to be, but it got the job done and gave me more experience. I needed to be more versatile. I couldn't stay the same anymore. In an industry where it's change or perish, I needed to change. So, I did. I grew more complex in what I was doing. Where everyone else was going with shock and awe, I needed to work my way up to that. I couldn't go and do a big show with one big number. I needed a series of serious power moves. It took me the better part of the nineteenth and twentieth century to do it.

In that time, my friends were breaking out and going toe to toe with the mainstream crowd. They changed as much as I did. Karkinos rebranded herself as Cancer. She

had so many subgenres under her belt that I have to admit that I was super jealous. EVD finally broke out of the underground scene and decided to show the world what he could do. He changed his name to Ebola. Kinda weird but it suited him just fine.

But then get this: people started to get turned off of the mainstream scene. Like, they just stopped listening to it. It was alternative all the way. And with that came my comeback tour. *People were practically asking me to do a revival.*

How could I ever deny them? The dawn of the new millennium was my time to shine. The world was my stage. I played my set long and hard and I went viral. People never knew what hit them. I was knocking them dead. I was a somebody again.

My name is Red.

I am a **virus**. I am known for my remix of "Fever" and "Anemia" and my original hits of "Paranoia," "Insomnia," "Hypersensitivity," "Hemophilia," "Paralysis," "Insanity," "Necrosis," and my personal favorite, "T.O.F." aka "Total Organ Failure."

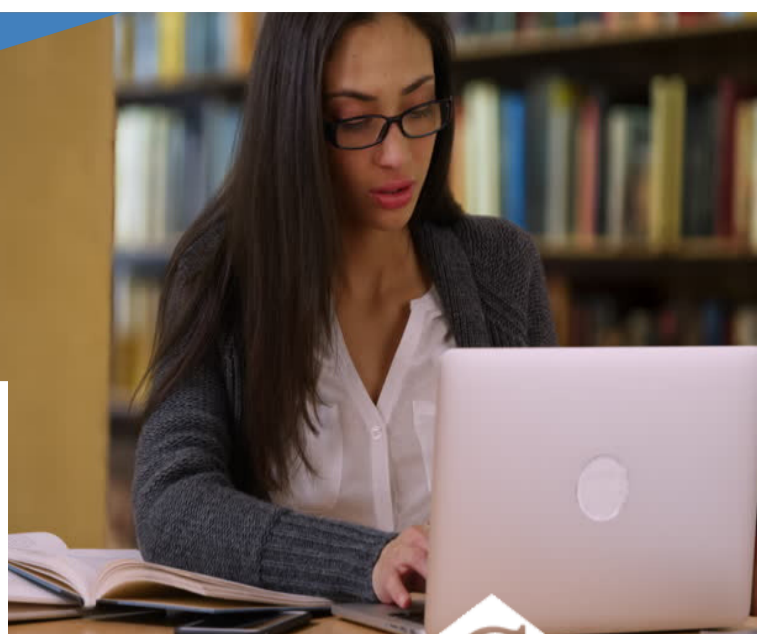
I have played across the globe. There isn't a single person who hasn't heard of me and what I can do. It took me a while to perfect my set, but I did it. There is no cure for me. I am a killer.

Now, you're probably wondering why I'm telling you this. My reason is actually really simple: Humanity is dying. Hard to accept, I know but I really did it! All on my own, I closed borders. I'm the reason mass graves came back into style. Humanity poured billions of dollars into discovering what made me tick. They removed their safeguards to get at me. Put up trauma centers at every hot spot I was at. Pandemic alerts were going off at every hour. I loved it. They announced my presence like a rock star.

And it still wasn't enough to stop me.

Human experimentation? Culling livestock? Burning bodies? All that was fuel to my fire. I ravaged the earth. I brought governments to their knees. Everyone knows who I am now. And you, the last tiny vestige of humanity, are crawling into your grave. You should know that I consider it a high honor to be the person who takes your life. Out of everyone I've ever infected over the years, you held out the longest, and I just wanted to say, you've been a great audience.

Thank you and goodnight.



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Miller Barber Viking Challenge returns

By Kathy Hendrick, Grayson College Foundation

The 23rd Annual Miller Barber Viking Challenge will be held on Monday, October 14, which is also Columbus Day. It will be held at the Tanglewood Golf Course with tee off at 1pm. Lunch is provided at noon. Registration fee includes lunch, a shirt, cap, and goodies. Prizes will be awarded to the winning teams... and the worst team.

The proceeds from the tournament benefit student scholarships. We invite you to join us. Get a team together and come play! Grayson College employees and students receive a special discount!

Contact Kathy Hendrick at 903-463-8716 or hendrickk@grayson.edu

Grayson College Foundation implementing new application program

By Cynthia Perez, Grayson College Foundation

The Grayson College Foundation is in the process of implementing a new scholarship management and awarding software program called AwardSpring. The new application program will make it easier for current and prospective students to apply for scholarship assistance to attend Grayson College during the 2020-2021 academic year.

The AwardSpring system will serve as a repository for all Grayson College Foundation annual and endowed scholarships. The streamlined application process will provide a simple, stress-free way for current and prospective Grayson College students to apply for scholarship assistance by completing one scholarship application.

Once the implementation process is completed, the Foundation will announce the opening of the 2020/2021 application process and application submission deadlines through social media, campus electronic media, the Grayson College website and the college newspaper.

Are you neglecting your mental health?

By Clarissa Langlois, Student

Almost every single person has been affected by or knows someone who has struggled with a mental illness. There are many types, whether it be bipolar disorder, depression, or generalized anxiety.

Ms. Paula Bryant spent more than seven years as a case manager at Texoma Community Center, a mental health facility that helps clients manage their mental illness, substance abuse, or intellectual disability. She suffered from a stroke that caused her entire left side to be weakened. She uses a walker and is in pain constantly, yet she still comes to work and puts her pain aside to aid and inspire those who need it.

According to Ms. Bryant, there are many reasons why a mental illness can be brought to the surface such as "genetics, upbringing, drugs, any kind of abuse and alcoholism." Sometimes, there is no real reason. "[Mental illness] is like any other illnesses; they can affect anyone, no matter the background or upbringing." Ms. Bryant commented.

Adults are responsible for keeping themselves healthy, both physically and mentally, and all usually do this by getting check-ups, eating healthfully and getting enough sleep, but how does one check on one's mental state? Many struggle with financial issue, home life, school, and work life. It can be overwhelming! So it is essential to remember that we are not alone, and there are many different resources to help.

"Understand that [we, ourselves] are in control," Ms. Bryant remarked. "Half of my clients are people with no income at all or have not been working for years and never apply for food stamps because for some reason they think they won't get it. There's a lot who think like that. There is a smartphone app [Your Texas Benefits]...just download it and

fill out the questions and [they] can see what all [they] qualify for."

Joel Thomas, a mental health first aid specialist at Texoma Community Center, is a Navy veteran who is on a mission to educate. He is no stranger to the concept of changing lives: he worked with Job Corps and countless other organizations that are designed to help those in need. Currently, Mr. Thomas holds classes that teach people the signs of mental illness and how to properly handle situations out in the community. "We do trainings with law enforcement, public officials, and resource officers in schools, including teachers in colleges," Mr. Thomas replied. "We actually have open enrollment for anyone in the community that wants to take [mental health first aid] training. We have open enrollment each month. College students actually have more access to it because we are going to train the professors and faculty [at] Grayson and Austin College as well as any technical schools in Grayson, Fannin or Cooke County."

Mental health first aid training positively impacts the community because it opens doors and erases the stigma so "[we] can help people get what they need sooner than later," Mr. Thomas states. When a person decides they want to take charge of their mental health, Mr. Thomas recommends that they develop their own "recovery wellness plan." A recovery wellness plan is deciding what each person would like to work on and how to manage and alleviate stressors, whether we take charge by taking medication, meditating, developing coping skills, or attending individual/group counseling. An individual knows one's own body better than anyone else and knows what recovery method will work best.

(Continued from "Curb your appetite" page 1)

Butler explained "... I'll go in there like after this class [Anatomy and Physiology 1] and go get me a burger." The cafeteria faculty knows to start preparing her meal as soon as they see her walk into the cafeteria.

Dinner is served at the cafeteria Monday through Friday from 5-6pm. "The chicken fried steak is delicious," said Rori Aguilar, a student majoring in Nursing and patron of the cafeteria and the Baptist Student Center. Brandon Taylor, the assistant women's basketball coach, clarified that those who want to eat in between the scheduled courses can use the snack bar. The snack bar and its grill are open Monday through Friday 7:30am to 6:30pm.

Patrons comment on the affordability and the taste of the cafeteria. "I like eating here because it's cheap and it's good. You go anywhere else [off campus], you're going to pay twice as what you pay here and it's still just as good," stated Jared Haggard, who is majoring in General Studies. Butler

explained how she could get a burger with everything on it for only \$3.50. "They are the best in Grayson County, probably even further... They have literally beaten every burger I have ever tasted in real life," Butler added. "You get your money's worth," Aguilar stated. Byler noted he especially likes the big pieces of cake, "...way better than high school food," Byler added.

Grayson College athletes need a specific nutritional plan, Coach Taylor noted. The menu is based on health and nutrition, he explained. The athletic faculty discussed the athletic nutrition with the food service director during the summer, and the director designed the menu with their input the best she could, Taylor added.

Fine Dining

The gourmet restaurant on Grayson College main campus, "Six Ninety One" is opened on most Wednesdays and Fridays for lunch with seating between 11:15am-1:00pm. The restaurant is located within the Culinary Arts building, just north of the Grayson

College Campus Police building. According to the Grayson Culinary Arts Facebook page, a previous four-course meal was – "Roasted Butternut Squash Soup," your choice of "Oysters Casino" or "Fried Pickles," your choice of "Short Ribs" or "Butter Poached Salmon," and finished with "NY Style Cheesecake Topped with Strawberries."

Students prepare and serve in the food. The experience in the restaurant serves as a lab for them.

To reserve a seat you may call them directly at (903) 415-2605. "You'd be hard-pressed to find a meal of that quality around here period, but especially for that price [of \$10]," said patron Michael Dill, professor in the Science department.

Complimentary Food

Swing over to the Baptist Student Ministry on Wednesdays for free lunch. The Baptist Student Center is located on the east side of the main campus adjacent to the Grayson College Campus Police building. "A different church every week comes in... [and] serves free



Nursing student Rori Aguilar enjoys his meal in the cafeteria. (photo provided by author)

lunch from 12-1," said head of the Grayson College Debra Clark, Ministry food pantry and Assistant to the Baptist Government professor at Student Ministry Director. Grayson College, explained "We love for the people to that current students could come in!" Clark said. There enroll on Canvas for the "GC are music and plenty of Scoop" to get updated students, faculty, and staff information about the food to fellowship with, along pantry. Students and faculty with an inspirational can draw from the food message provided by the pantry that offers all kinds church that week. Clark of non-perishable foods, added the ministry also has subject to donations, added a list of places in the Linder.

community that offer food Grayson College Main assistance. Campus offers multiple

Food in the Pantry

Grayson College Main of students and faculty with Campus has a food pantry different budget ranges. for students who have some Aguilar made the point, "It's empty shelves in their not my mom's cooking, but kitchen or are looking for if I can't have hers, I'll gladly some non-perishable eat here on campus." nourishment. Mary Linder,

(Continued from "Childhood" page 1)

The very first article to claim that the MMR (measles, mumps, and rubella) vaccine was linked to autism was published in 1998 by researcher Andrew Wakefield and his colleagues in the medical journal called, *The Lancet*. The article by Wakefield was found to be a complete fraud and was retracted a whopping 12 years after it was published, giving people the opportunity to become fearful and worrisome during those 12 years.

Vaccines are deemed to be safe by trustworthy organizations and entities. The United States Department of Health and Human Services states that vaccines are among the safest medical preventative care there is. According to researchers Walter A. Orenstein and Rafi Ahmen, nearly 100% of medical scientists agree that vaccines are safe and that parents should be required to vaccinate their children. Medical doctor Paul A. Offit, and pharmacist Heather Monk Bodenshtab have noted that children are exposed to more bacteria, viruses, toxins, and other harmful substances on a daily basis than they would be with a vaccine. The ingredients in vaccines, such as aluminum, are safe in the small amounts they are used in. Aluminum is found in plants, soil, and even in breastmilk. In fact, children who drink breastmilk or formula are exposed to much more aluminum than they are exposed to in vaccines. The reputable World Health Organization states that "vaccines are necessary . . ." and that "vaccines are safe."

Misconception #2: Vaccines are unnecessary

The argument that there is no reason to vaccinate against diseases that have essentially disappeared is also the topic of discussion among many. The CDC reports that there were only 57 cases of diphtheria between 1980 and 2016 in the United States, and of those cases only 9 deaths occurred. The CDC also reports that there were only 64 cases of tetanus in the United States since 1989, and only 11 deaths occurred out of those cases. Based on these statistics, some people may not see the point of getting vaccinated.

Despite these low and diminishing reported cases, the diseases that vaccines prevent, apart from smallpox, have not entirely disappeared; therefore, vaccination is still very necessary. Even though some of these diseases are not reported in the United States, there have been reported cases of polio in other countries such as Afghanistan, Pakistan, Nigeria, and Iran. If people from the United States travel to and from these countries and they are not vaccinated, they can pose as a serious risk to themselves and to others by contracting and spreading

infectious diseases.

Dr. Manisha Patel and his colleagues testify in an article published in the CDC's Morbidity and Mortality Weekly Report that measles were completely eliminated in the United States in 2000. They also reported the reverse rise in cases stating that there are 704 cases of measles in the United States as of April 26, 2019. Researcher for the CDC Dr. Jennifer Zipprich and her colleagues warn that people can be exposed to measles in highly populated venues, ". . . such as tourist attractions and airports" and that outbreaks ". . . illustrates the continued importance of ensuring high vaccination coverage in the United States."

Vonda Skjolsvik, a Grayson College nursing professor with over 25 years of clinical experience, states that, "Measles can kill adults and infants today even with all of our modern medicine. If you can vaccinate something that is going to kill you, then why would you not choose to vaccinate?" She warns us that we are going to see a resurgence of diseases that kill people if more and more people continue to opt out of vaccinations.

Vaccines completely eliminated smallpox and have eliminated other diseases as well. Due to the complete success in smallpox vaccinations, children are no longer vaccinated against this communicable disease. Logic would only seem that if we continue to vaccinate children then all communicable diseases would eventually be eradicated. Orenstein and Ahmed state in their research article that in the 20th century vaccine-preventable diseases have either been eliminated or reduced significantly by 99% due to the effective practice of vaccination. This is yet another major reason why vaccines should be mandated – for the complete elimination of threatening communicable diseases.

Misconception #3: The government is imposing on personal medical choices

Many people believe that the government should not impose on personal medical choices; for that reason, there should not be a mandate for vaccinating children. Many believe that decisions for children regarding any kind of medical care should be authorized by their parents or guardians. Even though vaccinations are required for school and daycare entry, all states offer medical exemptions to the mandate, and some state laws offer exemptions for religious and/or philosophical reasons.

State laws that mandate vaccinations for school entry, childcare entry, and for healthcare workers provide the best protection against disease outbreaks. According to an

(Continued from "Time v. Exercise" page 2)

For Christi Wallis, a hiring manager for a Domino's Pizza district, progressing from yoga to running has improved her exercise routine. "The results were ridiculous! It helps keep me stay on track with my schedule." Wallis claimed. Pritchett also saw much improvement from changing styles. He stated that "I transformed from bodybuilder exercises to just straight power routines." He noted, by keeping one's heart rate low consistently, one will increase health both physically and mentally.

With the mental battle people

undertake to stay faithful in a routine, Wallis suggests implementing a "buddy system" to stay accountable. Millard agreed that consistency is very difficult. According to Millard, the hardest part is getting to the gym—to put "the push and pull of life" away for forty-five minutes per day. He added, "Half the battle is telling yourself you're going to [exercise] and not let yourself not do it." Pritchett claims, "Results are what keep people going to the gym. Exercise is a results-driven industry." Finding an exercise that works well with one's schedule, will give one results.

The effects of exercise are close

to mirrored for individuals. For Wallis, working out has given her more energy throughout the day and provides a better sleeping pattern for her. For Pritchett, working out has also given him a better mental and physical health. He said, "Not only does exercise help me relax; it helps me sleep." Millard stated that exercise is worth it to him because he wants to be a positive role model for his children by showing the importance of staying fit. He also wants the positive effects towards health that exercise gives and the feeling of accomplishment that accompanies these positive effects.

Several lawsuits have been filed with the complaint that children have a right to be free from potentially dangerous medical interventions. Lawsuits against mandatory vaccinations for healthcare works have also been pursued. Some argue that control over a person's body is not freedom at all. Freedom to make decisions about your own body should be granted automatically; however, it is not an issue of whether to grant freedom over one's own body or the body of their children. The government is concerned about the safety of all individuals from debilitating and potentially deadly communicable, or contagious, diseases. The preservation of good health of the public has traditionally been the responsibility of the government and is meant to protect them from these diseases.

In another matter related to public health, the government currently requires all states to report anyone who has been newly diagnosed with the human immunodeficiency virus (HIV) to the CDC because the data is necessary to monitor the epidemic, with some states requiring the infected individual to report it to their sexual partners. These kinds of requirements and the requirements of vaccination is dictated by the CDC. Right in their name gives the straightforward and

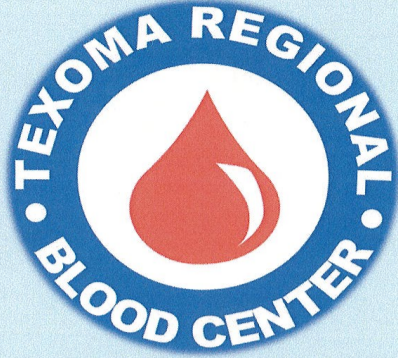
logical explanation as to why instances such as these need to be mandated – for disease control and prevention – not just for the individual, but for their community and everyone else surrounding them. It is the responsibility for each citizen to do what is best for themselves, their family, and the people around them.

Closing Thoughts

The heated debate on requiring children to get vaccinated has been on the rise throughout the past few decades as new technologies allow us to easily access information quickly from an abundance of sources, whether factual or not. Skjolsvik agrees that the majority of people who choose not to vaccinate is either not receiving enough education or is receiving the wrong education about vaccines.

Severe reactions to vaccines rarely occur based on statistical data collected by the CDC and other trusted entities. The purpose of vaccination remains the same, which is to prevent, reduce, and eliminate the number of cases of vaccine-preventable infectious diseases. Scientific evidence has proven that this is merely an issue of infringing on personal rights; it is for the safety and concern of all people.

After discussing and providing credible sources that state vaccines are safe and effective, federal law should require children to get vaccinated. The only exception that should be allowed is those that are medically exempt by an authorized medical professional based solely on the child's specific condition(s). The future of our generation relies on this public matter to be supported with the aid of a federal mandate. This will ensure a prospective forthcoming of the complete eradication of vaccine-preventable communicable diseases, not only in the United States but worldwide.



GRAYSON COLLEGE
BLOOD DRIVE
ON
MONDAY, SEPT 30TH
9:00AM TO 3:00PM
Saving Lives In Your Community Because Of You Since 1975

Clubs & Orgs Meeting Calendar

Monday

Cultural Diversity Club
Second and fourth
Monday, 12:50-1:30p.m,
Int'l Student Life Office

ASL/Deaf Association*
12-1, LA 205

TBA

Electrical Technology

Grayson Nursing Student Association
Contact Sophia Dookran
sophiad03@yahoo.com

Men of Distinction

Tuesday

Cosmetology Club
Bi-weekly, 8:30-9:30am, CTC

Eta Sigma Delta
First Tuesdays, 3pm, Culinary
Arts Building

LEA Criminal Justice 12:30-
1:30pm, TBA

TIPPS Culinary Arts
First Tuesdays, 2-3 pm, 691
Restaurant

Writers Unlimited/SKD
Bi-weekly, 12:20-12:50pm
Nightingale Room,
Library

Wednesday

Baptist Student Ministries
12pm, BSM Building

Black Print
1pm Nightingale Room,
Library

Delta Phi Delta Art
12:30-1pm, Design Room,
Arts and Communications

Dental Assisting Club
11:30-12pm, HS 205

HALO Hispanic
American Leadership
Organization
Second and fourth
Wednesday, 1-2pm,
Viking Room

Phi Theta Kappa
12:30-1pm, Viking Room

Student Veterans Association
First and Third Wednesdays,

Thursday

Honors College Club
12:15pm, Viking Room

Psychology Club
12:15-1pm CIS 202

Student Government Association
1pm, Viking Room

Sisters of Destiny
Second and fourth Thursday,
12:15-1pm, Nightingale
Room, Library

Friday

Music Club
Bi-weekly, 10am,
Choir Room, Arts and
Communications

Spirit Day!
Wear your Grayson Gear
and celebrate your Viking
spirit!

*** VIKING UPDATE** Last issue, *The Viking* ran an editorial by staff writer Stephen Linn titled "Connecting Cultures: My Experience Learning American Sign Language" which pushed for the formation of an organization to bridge the gap between the hearing and Deaf on campus.

Following the publication of the September issue, Education professor Dr. Jennifer Quong stepped in as the advisor for this organization.

This organization is currently going through the process of becoming officially recognized through the Student Government Association. Therefore, the name of this organization is not yet official.



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Walk-ins Welcome! Call to Book: 903-463-8744

(Continued from "Libraries." page 1)

Miller also mentioned that the library recently acquired a new 3D printer, but that it's not yet available for patrons to use. "Right now we're still figuring out how to use it," Miller said, adding that once library staff felt confident in their ability to use the new technology, it would become available for public use.

Beyond the programs, a number of services are also available to visitors to the library without a library card. The recent renovations to the library allowed staff to add new features to the library's interior, Miller explained. The snack room in the atrium and reading nooks lining the sides of the library's interior are two of the most prominent new additions. The library also added several charging stations for cell phones and other small devices.

Miller also emphasized the free book center in the snack room. These books are available to anyone who would like them, and patrons are encouraged to leave a book for the next visitor. Miller explained, "If for some reason they can't get a library card, they can use that [service instead]."

Two-time Grayson Alumna takes over Prop-Strike Cafe

By Storm Anderson, Editor

In May, Chef Diana Larkins graduated from Grayson College with 3 degrees and 5 certificates. In July, she was Head Chef of one of Grayson's newest restaurants.

Prop-Strike Cafe, ironically named after a common and expensive flight school mishap, opened back in May directly across from U.S. Aviation Flight School in Perrin Field just west of Grayson's Main Campus. Mark Taylor, cofounder of YoungTay LLC, the company running Prop-Strike, credits Chef Larkins as the driving force to the restaurant's growing popularity, "Diana brings in a whole new dynamic. A level of professionalism and a high



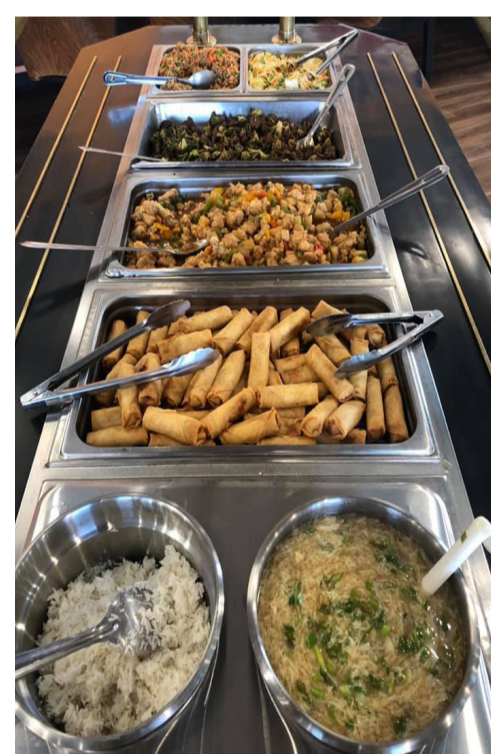
Chef Larkins poses with one of her dishes. (Photo provided by Prop-Strike Cafe.)

level of culinary skill that many just aren't used to in this area. Of course, that is because she's a product of Grayson College."

After graduating from Grayson's Electronics program in 2000, Chef Larkins spent several years working in that field. After deciding to switch career paths, Chef Larkins re-enrolled at Grayson College with hopes of being a food inspector. That is when Culinary Arts instructor Chef Joanna Bryant stepped in. Chef Larkins explained, "Chef Bryant grabbed me and talked me into joining the Culinary Competition team." Chef Larkins served on the team for 3 years, including the year she served as the team's captain. Chef Larkins credits Chef Bryant and the GC Culinary Competition team, "Being apart really reinstalled my love of cooking." Now Chef Larkins is using that love to help build business at Prop-Strike Cafe. "I changed a lot of things since I came it," Chef Larkins admits.

"We're still in the Honeymoon Stage. Trying to see what works and doesn't work," Taylor adds, "Chef Diana has been experimenting with the menu. We're trying out different things every week."

Chef Larkins thanks Grayson College for helping her to succeed in her career field. "Grayson is a great school! I love it a lot. That's why I went back."



(Photo provided by Prop-Strike Cafe.)

Want to try what Chef Diana Larkins is cooking up?

Prop-Strike Cafe is located at 5300 Airport Dr. Denison, TX near the Grayson Main Campus. They're open Thursday-Friday 7am-3pm and Saturdays 8am-3pm.

You can find their weekly menu by visiting them on Facebook at www.facebook.com/PropStrikeCafe

YOUR WORK? IN THIS PAPER? IT'S MORE LIKELY THAN YOU THINK!

Who can submit: Any student, faculty or staff member of Grayson College can contribute.

What can be submitted: We accept original non-fiction and fiction stories, poems, prose, captioned photos and comics.

How: Submit your work to our editor, **Storm Anderson**, at standerson@viking.grayson.edu.

NEXT DEADLINE: NOVEMBER 1