

## Congratulations Police Academy Graduates



- Bill Dixon, Police Academy Director

On October 18th, 16 cadets graduated from the Texoma Regional Police Academy.

There, students completed 20 weeks (830 hours) of instruction on topics such as Penal Code, Patrol Tactics, Firearms, Crisis Intervention and Arrest-Search-Seizure in addition to rigorous physical training.

All 16 cadets passed the Texas Commission on Law Enforcement Peace Officer State Licensing Test on the first try. TRPA retains a first-attempt pass rate of over 97%, one of the best rates in Texas.

Several cadets have already been hired by local agencies and others are in different stages of the hiring process.

The next Academy class will begin in January 2020. Contact the Police Academy at 903-463-8711 for more information.

## Grayson Choir students headed to San Antonio

- Dr. David Tercero, Professor of Music

On Friday, November 8th three Grayson College students attended the Texas Two-year College Choral Directors audition at the Tarrant County College Northeast Campus in Hurst, Texas.

Several students from Tarrant County College, Dallas Eastfield College, and Weatherford College were participating in the audition. The students were judged on their preparedness and ability to sing the selected repertoire.

The music selections represented eclectic styles and genres ranging from the Baroque composer Antonio Lotti's *Crucifixus*, to Texas native Mari

Valverde's *When Thunder Comes*.

Under the tutelage of GC Choir Director Professor Posada, all three Grayson students Mary Ann Moody, Preston Hammond, and Sean Neal passed the audition and will be representing Grayson College at the Texas Music Educators Association convention in San Antonio to perform with the Texas Two-Year All State Choir next semester.

You can see these students, the GC Choir, GC Band, and GC Jazz band at the GC Department Fall Concert on **Tuesday, November 26, at 7:30 p.m.** in the Cruce Stark Auditorium. Free tickets are available at eventbrite.com.



From left to right: Mary Ann Moody, Sean Neal, and Preston Hammond. (photo by author)

If you were in high school choir or band and interested in auditioning for an All-State ensemble, or participating in the GC Viking Band or Choir, contact Dr. Tercero at [tercerod@grayson.edu](mailto:tercerod@grayson.edu)

## Grayson County granted own ACF chapter

- Chris Gaytan, Student



Students and local professionals socialize at the first Red River American Culinary Federation meeting. (photo by author)

This summer, the Culinary department attended the American Culinary Federation/Texas Chef Association state convention. At this event, Grayson County received the news that it would receive its own chapter: the Red River Chapter. Grayson College's own Chef Joanna Bryant will serve as the organization's first director, Chef Carrie Kelley will take the position of Sergeant of Arms, and Rusty Weatherly will serve as Treasurer.

I personally hope that this will serve as a foundation to develop a culinary scene that will inspire the right kind of person to be chefs along with a bridge to connect students and professional, local chefs.

## Misconceptions of Mental Health

- Lauren Newman, Student

"Mental health illnesses, to me, is anything that interferes with everyday functioning," says Brittany Woolard, a counselor at the Local Children's Advocacy Center. Mental health is emotional, social, and psychological well-being. This affects how we feel, think, and act.

As time goes on, if you experience any mental health problems, your mood, thinking, and behavior can be affected. Each person's experience with mental health illnesses is different, making these issues not always as noticeable to peers as people

believe. Results from an online survey sent out to Leonard High School juniors and seniors on September 27, 2019 show local statistics about mental health issues. This survey showed that while 34.5% of these teenagers did not battle with mental health illnesses, 37.9% did, and 27.6% said that they didn't know if they did.

Woolard states, "I don't think there is enough awareness. There is awareness about anxiety and depression, but we need more education about other mental health issues."

(continued on page 3)

### WANT TO SEE YOUR WORK IN THE VIKING?

We are now accepting stories, poems, comics and photos!

Send your work to our editor, **Storm Anderson** at [stnanderson@vikings.grayson.edu](mailto:stnanderson@vikings.grayson.edu)

**Remember, anyone can contribute!**

**Beautiful Choral Music for the Holiday Season!**

Enjoy an enchanting evening event with the North Texas Concert Chorale under the direction of Barbara Hanning

Selections from Handel's Messiah and Other Holiday Favorites

Friday, December 13, 7:30 PM  
Cruce Stark Auditorium  
Grayson College

**Free Admission**  
Donations appreciated and benefit the North Texas Concert Chorale

For more information, visit [www.NTCCsings.org](http://www.NTCCsings.org) or [facebook.com/ntccsings](https://facebook.com/ntccsings)

*North Texas Concert Chorale*

## Are contact sports worth it? - Colton Mercer, Student

A concussion can happen at any time. A concussion occurs when the brain is forced to collide with the side of the skull, causing the brain to bruise. One increases one's risks of having a concussion when they play a sport. What many people don't think about is the effects they have in the long term.

Athletes who play sports can have a concussion and either don't know that they have had one, or deny the symptoms. The symptoms that are commonly overlooked include headaches, dizziness, and forgetting names or schedules. The issue of knowing if one has a concussion or not lies within the fact that it can be hard to detect the damage, explains nurse Mrs. Jeannie Clark.

"It was awful," exclaimed Caleb Wilson, a concussion survivor. Caleb was playing 8th grade football when he experienced a concussion. Caleb was returning a kick off and ran to the 30-yard line, where he got slammed. Unlike many concussion experiences, Caleb didn't black out.

After the hit that caused his concussion, he had no recollection of where he was, and he knew that he was playing football, but he couldn't remember where. When his coach realized that something was wrong, he sent him to see a trainer who then diagnosed him with a concussion and sent him to the hospital.

When an athlete, parent, trainer, or coach thinks that there is even a chance of a concussion, they start concussion protocol, which consists mostly of impact testing, which starts before one has started playing one's sport with a baseline.

It consists of an online course that tests a player's cognitive abilities. If it is believed that a player has endured a concussion, they take the impact test again. If they fail the test, they are diagnosed with a concussion and aren't allowed to play their sport until they can pass the test again.

Concussion protocol is much more specific and explicit now than it was in the past. When Gunter High School Football Lineman Coach Justin McDaniel was in college at Tarleton State University, he had his own experience with concussions.

On the first play of the homecoming football game of his freshman year in college, he got a concussion. After the play, he got up and walked to the opposing team's huddle. His teammates grabbed him and tried to walk him over to the appropriate sideline while he fell to the ground multiple times.

The concussion protocol at the time consisted of asking the player to memorize two similar words and two random ones, and then they would have to recall what the words were after a certain period of time. He couldn't remember, so their trainer diagnosed him with



Gunter Tigers v. Pottsville Cardinals 2019 season game. Represents the risks that we take playing sports. (Photo provided by Marion Cole)

a concussion, after which he was required to have someone check on him as he slept.

"As soon as you felt better, you played." stated Coach McDaniel, a significant difference in treatment approach compared to today.

When a concussed student is present, "The classroom must change." stated Mrs. Foster, a GHS Engineering teacher who has dealt with students in her class who have had concussions. The whole class changes in order to accommodate the injured student, commented Foster. Lights and computers will be dimmed, and the noise level has to be regulated more strictly.

The grades of these students have to be adjusted due to their lack of focus. Doctors prescribe an extension to their classwork that teachers must follow. Some assignments are even exempt for the student altogether, she maintained.

It's not something that they can recover from immediately. Even after the prescribed time, it can take longer for students to get back to where they were academically, if they do. Once they get close to the mental state that they had before, they are forced to play catch-up, Foster added.

For Caleb, his concussion had a major

effect on his school performances. He had to stay in his room all day with the lights out in order for his brain to heal properly. He wasn't allowed to read, watch TV, or do anything else that might strain his brain. He lost nearly six months of his life to this treatment. He was forced to restart his entire 8th grade year.

A range of long-term effects affect both the classroom and the health of athletes who suffer concussions. Caleb's short-term memory has become inconsistent. When he sets something down, he will remember setting it down but forget its location.

The treatment also caused issues of its own. The amount of solitude that Caleb had to endure changed his brain. Two years after the concussion, he was diagnosed with depression.

Foster noticed this effect as well. "Students who come back from a concussion frequently seem much quieter than they were before," she said.

Many students who play sports don't consider the possible consequences. If you get a concussion, it can potentially change your entire life. From short-term effects in school to long-term effects in the real world, concussions take their toll.

## Paintball goes pro - Schuyler Marshall, Student

It's a blistering hot day. You dive into safety, projectiles whizzing past your head. Checking to see the direction from which they're being fired, you can't make it out. So you duck back into cover, the sounds of the objects crashing against your bunker sending fear throughout your body.

Hearing feet clashing against the grass to your side, you peek to the side with your gun, but just as you're ready to shoot, you're bombarded by the projectiles hitting you all over your body. Pain surges. However, instead of seeing blood dripping from your wounds, the neon orange color of a G.I. Sportz 4-STAR paintball appears.

No longer just a fun time to spend with friends on birthdays and in your backyard, tournament paintball is a worldwide sport.

According to Ryan Sapp, owner and founder of All Over Paintball, a paintball pro shop in Allen, Texas, paintball was born from a couple of farmers in the early 80's. One day, they were out in the field, marking their cattle with special guns filled with oily paint. They started shooting the guns at each other, and after that, paintball was born. The sport rapidly became popular, and related companies began to pop up all over the globe.

Sapp's business was founded in 2014 with over 20 years of experience. He wanted to expand his online paintball buy, sell, and trade business to a physical location. He focuses on selling a reliable and backed-up product without the retail mark

up of some online paintball dealers.

From a young age, Jerry Phillips, captain and owner of the tournament paintball team "Shut Up We're Trying" based out of Dallas, Texas, has been obsessed with paintball, which he found because of the toy aisle at a grocery store.

He and his brothers had a great time shooting each other in the back yard, but then they later figured out there were places that they could go and play paintball, as well as more advanced guns.

The sport hooked Phillips from an early age, and he created an this organization three years ago to help other players have a fantastic time experiencing the more-competitive scene of paintball that is tournament paintball.

### Tournament Paintball

When most people think of paintball, a clear image comes to their mind: a large, mixed-terrain area full of bushes and trees. Players are lurking about and then splat, someone is eliminated. Yes, that scenario exists to this day. However, now there is a much more competitive side of paintball.

Tournament paintball is an activity of itself entirely, according to Johnny Luckau, partial owner and manager of Paintball Fit in Waxahachie, Texas. In this variation of the sport, two teams face each other on a smooth, flat surface. Mirrored on each side are inflated cover objects that members can hide behind to "kill" the other team, hopefully

before they eliminate one's own.

Most, if not all, of the players, will be wielding high-powered electric paintball "markers," or guns, shooting 10.2 balls per second down the field. These fast-flying balls of paint-infused plastic will be soaring at just under 300 feet per second towards whatever sorry soul be in their way. If the pellet bursts and displays an array of colors on a player's body, that team member is eliminated and must leave the field so that the rest of the "point," or individual round, can continue.

This tournament paintball scene is much larger than one might expect. There are all types of tournaments locally, tournaments nationally, and there are even tournaments globally. For example, the NXL World Cup this year will be hosted in Florida, and many teams from all around the world will be flying in to participate.

On the other end, there is a local 10-man tournament fundraising Greg Pauley's medical expenses on November 23rd. Not only are there massive bragging rights affiliated with these tournaments, but there are also item and cash prizes as well that can exceed \$20,000.

Money and bragging rights are not what make tournament paintball special, though. "Tournament paintball doesn't discriminate. There's amputees who play, people in their 50's who play. There is no other hobby or sport that a grown man doesn't have a huge advantage over a child," stated Luckau.

(continued on page 5)

## Play for Pay?

- Ashley Bruner, Student

Imagine college coaches calling your house to say they want you, or on special occasions, coming straight to your front door in hopes you'll choose them to guide you through your athletic career. Excitement and joy fill the room as you, a high school senior, will make one of your first life-changing decisions, by choosing a college at which to play your sport.

This experience happens to only a handful of high school athletes striving to play their sport in college. However, with baseball and softball being sports requiring extensive amounts of equipment, practice wear and preparation, some collegiate athletes could have some financial choices to make.

Controversy centers on whether college athletes are employees of the school and should be able to provide the few items that the university does not and whether athletes are compensated enough for their commitment to their program and school.

Colleges usually provide partial or total scholarships to their athletes. For instance, Michael Difo of Lucas, Texas, is a freshman baseball player on a full scholarship at Oklahoma Christian University. "All the [scholarship] money goes towards tuition," Difo says. When his team travels to "away" games, he is provided with meals and housing.

For a four-year starter on the Northwood University softball team -turned- Gunter High School head coach Leigh Anne Budd explains her college scholarship. The school provided tuition, food and school items such as books, says Budd. (continued on page 5)

## Is modern medicine turning against us? - Kylie Bayrd, Student

“I thought that the doctors were too quick to prescribe medication. They once tried to prescribe one of my children topical ointment for a staph infection without even doing a culture,” Doug Campbell, father of six, revealed.

Antibiotics are used to combat bacteria, which are highly adaptive microbes. The human body has a normal flora, which is the different types of bacteria that live in the body and benefit humans, and pathogenic flora, which are the bacteria that cause disease. There are two types of disease-causing bacteria, gram-negative and gram-positive. Most bacteria are gram-positive, meaning they can be treated by antibiotics, but consistently using antibiotics allows them to grow resistant.

As a child, we are exposed to many illnesses, most being viruses, which can be treated multiple times with the same medication. However, a bacteria cannot always be treated with the same medicine because it can become immune to that treatment. That is why when children catch a bacterial infection, their parents have to make a decision, whether or not they need to be rushed to the doctor.

A factor that plays a major part in making this decision is experience. One Prosper, Texas, mother has come to the conclusion that “only [giving] my children medicine during extreme illnesses... [helps their] bodies... to bodies... to develop immunity naturally.” Kristen Campbell, mother of three, believes that as a new mother, it is more likely that you will bring your child to the

doctor faster.

Krystal Bayrd, a mother of five from Gunter, Texas, disclosed that as a new mother, she was quicker to medicate her child due to fear as opposed to necessity. Making this decision is what ultimately decides whether or not the child will try and fight the illness or if they will fight it with the help of antibiotics, stated Bayrd.

A parent who has had practice is more likely to be confident in their ability to judge whether or not their child needs medical care, Kristen Campbell commented. Being a first-time parent is scary for anyone, and that is why they are more likely to head straight for the doctor, Bayrd stated. Going to the doctor and being prescribed antibiotics every time can be harmful to the immune system.

Campbell stated that she would run her first baby immediately to the doctor at the first sign of illness, and by age three her baby was getting sick more frequently. This is due to her child’s inability to create antibodies, which are created to fight an infection.

By her second child, Campbell had realized that antibiotics were not always necessary, which is why her second child has received antibiotics only twice in her life. Letting the immune system fight infections itself helps build antibodies and strengthens the immune system. Most parents will allow their child to fight an infection but seek medical attention if their child is not better within two to three days, stated Bayrd.

When a parent does decide it is

time for a medical opinion, they often hope that their child will not need medication, Campbell explained. The exception to using antibiotics frequently is with the sick elderly. Timmy Novak, a physician’s assistant, revealed that the age of a patient is how he determines the course of treatment.

Novak stated that because the elderly are “more susceptible to pneumonia and other illness” they are usually prescribed antibiotics faster. The susceptibility of the elderly is why antibiotics are prescribed faster; however, young adults and children are not so vulnerable. A young adult is more likely to recover without the use of medication, which is why most will choose to fight the illness.

With that being said, there is a point that patients of any age need to seek medical attention. Novak stated that “when a patient begins to go downhill rapidly,” that is when he would prescribe antibiotics. People are eager to take antibiotics because they do not know the harmful effects that antibiotics have, Doug Campbell stated.

Using antibiotics when unnecessary breaks down our immune system and makes our body more vulnerable to different diseases. For some people, antibiotics are usually a last resort because of the

negative impact they create, stated Bayrd. Campbell is a firm believer in using rest, fluids, and Vitamin C as a remedy before seeking medical attention, alternatives that can help the body in its fight against infections.

However, when being prescribed antibiotics, it is important to use the correct dosage and to finish it as prescribed. If antibiotics are stopped when symptoms go away or are not taken at the correct dosage, that can cause bacterial resistance. It is also important that antibiotics are not saved and reused in the event that the bacteria comes back. This practice can also cause bacterial resistance, Novak stated.

A parent’s decision on when to bring their child to the doctor is usually based off of when they would go. Novak stated that the amount of time he waits is how long both he and his children fight an infection alone before seeking medical attention. This is due to the fact that children are “...younger and healthier [so] they have an easier chance of fighting [the infection]” said Novak.

It is important to consult a doctor when ill and talking about whether or not antibiotics are necessary.

*(Continued from “Mental Health”, page 1)*

A person does not need to be diagnosed to have a mental health issue. Woolard states, “I believe that each person is the expert on themselves. If they decide that it’s a problem for them, then it’s a problem for them.”

Debi Maerz, a grandmother who has struggled with mental health issues throughout multiple stages of life, claims to have what she calls “a blue gene.” Maerz knows what her triggers are and how to avoid them. “I love listening to old country music, but it makes me sad. That’s why I listen to uplifting music all of the time, it keeps my spirits up,” claims Maerz.

Mental health issues are not always noticeable by others. Many do not fully understand mental health issues or even what issues may fall into this category. Woolard adds, “There are a lot of misconceptions about bipolar, schizophrenia, ADHD, etc. People with mental health issues don’t always show all the signs and there is no ‘you have to be this exact way’ to be dealing with an issue.”

In a survey sent to LHS, participants were asked if they told their family and friends of their mental health concerns. Only 30% did. It can be difficult for someone to step up and reach out for help. Woolard states, “The first step in counseling is creating a safe space and allowing that person to feel heard.” The more awareness there is for mental health issues, the easier it will be for people to seek help.

Twenty years ago, when Maerz and Angel Shaw (a mother who struggled with depression in high school and later postpartum depression) spoke up about their mental health issues, they didn’t get much support. Maerz states, “You really figure out who is there for you. I had many friends and family members tell me to get over it, but I had my husband and two good friends to guide me along. I will never forget when one of my friends

## Underage Drinking: Enough is Enough - Natalee Hayes, Student

September 28, 2019, AT&T Stadium. The University of Arkansas is taking on Texas A&M University-tailgate parties, barbeque, and lots of music, leading up to an afternoon of football. What could possibly go wrong?

One beer leads to another until one underage man can barely hold himself upright as he makes his way to his seat on the third level of the stadium. As he takes a step to be seated for the game, his foot slips, and he is sent tumbling down the rows of chairs and fans.

He is suddenly stopped by a thin strip of railing at the bottom of the seating platform. Had he kept falling, he would’ve fallen right over the edge and plummeted to his death.

This story comes from spectator and Licensed Vocational Nurse Casey Layman. “This man never thought that anything bad would happen... Alcohol was the sole cause of the incident.” She believes that people often only attach a negative connotation to alcohol whenever it is drunk in the extreme, not even realizing the harmful effects it has on the body.

But alcohol has a slew of effects other than just the morning hangover. It can impair memory, affect ones’ ability to think clearly, and delay judgement/ reaction time. The risk is even higher for those who are underage. The earlier a person puts alcohol into their body, the higher their chances of becoming dependent on the substance. Layman explains.

If the effects alcohol has on the body aren’t

enough to scare someone, the mental effects should be. Layman stated, “Alcohol is a depressant, which can lead to suicidal thoughts and/or sexual behavior. This is a real problem. Not only is it (drinking underage) against the law, but there is so much evidence showing it is not healthy.”

“I encounter kids in Juvenile Detention for drinking every day,” said Juvenile Supervision Officer Jeremiah Lamarche. Officer Lamarche has been a part of the staff at the Gainesville State School for 3 and a half years. From the inside of the facility he sees all kinds of juveniles in for all kinds of reasons.

Regarding solving this underage drinking epidemic, he replied, “It is impossible to rid the problem completely. . . . A start would be more strict punishment, punishing not only the teen but whoever is providing the alcohol as well.”

The majority of the time a juvenile will be put on probation for 12 to 18 months after they have been arrested, varying from case to case. This might seem like a lax punishment, considering the impact alcohol has had on teens. “More often than not, kids start with petty crimes and work their way up to bigger crimes.. I would say about 90% of the time,” Lamarche added. “While I am not completely against teens drinking, all kids deserve to have fun as long as it is done safely. Every kid will be faced with alcohol temptation at some point. Kids should be able to experience that in a safe supervised manner. Being taught how to be responsible, no driving and keep the cell phones put away.”

said, ‘I know right now you have no hope, so I’m holding hope for you until you can.’”

Many people do not receive support when they tell their friends and family, resulting in their not wanting to reach further and receive help. Results from the LHS survey show that only 19.2% of students sought out any help from adults, school counselors, etc. “I don’t like to look at mental health issues as a label,” says Maerz, “I need help getting through the day. The umbrella over mental health is a stigma that seems to keep people from asking for help.”

Both Mearz and Shaw claim that counseling helped them. Both were clients to two different counselors throughout their lifetimes and claim that separate counselors were able to help in their different stages of life. “Keep in mind, the counselor you choose to see does not have to be the counselor you choose to continue seeing. Find what’s best for you. You have the choice to do a trial,” says Woolard, “In rural areas, unfortunately there aren’t a lot of options when it comes to counseling and therapy.”

College counseling is always free, but there are other options. Some places accept insurance, but for those who don’t have insurance or do not want to use insurance, there are companies that have specific sliding scales. These sliding scales are based on how much the client can pay at that point in time.

The Child and Family Guidance in Sherman works on a sliding scale. There are also LPC interns (who are fully licensed interns) which does not require insurance and is less costly. “If you are looking for a counselor, try *Psychology Today* which is online, or don’t be afraid to just google local places,” adds Woolard.

## Editorial Information

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

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

**The views expressed in *The Viking* do not 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 our editor, Storm Anderson, by email at [stnanderson@viking.grayson.edu](mailto:stnanderson@viking.grayson.edu).

**Corrections:**  
In the November 2019 issue, the article “CDC to host International Students’ Day” was incorrectly credited to the Cultural Diversity Club rather than author Liu Chi Cong. We apologize for this error.

## Challenging Definitions: Families

- Anna Rodriguez, Student

The American public has been oblivious to the truth about traditional families, and it has led to the unjust condemnation of “unorthodox” households. To combat this ignorance, authors are writing articles to inform the public.

Whether through objective explanations or passionate stories, the desire to create a more tolerant and accepting environment remains constant. This nation is entering the age of post-familialism, calling into question the definition of family, unfamiliarity with non-traditional households, self-doubt in family units, and how society will come to terms with this new reality.

America’s families are evolving into something that has never been seen before. According to Joel Kotkin’s article “The Rise of Post-Familialism: Humanities Future?” this evolution can be attributed to “a shift to a new social model.”

While the typical American still believes most families consist of two biological parents and children, it is a myth brought on by a short trend in the 1950’s—where the nuclear family reigned supreme.

However, many people in high-income societies are now choosing to forgo building a family in favor of prosperous careers: “[T]he nature of modern competitive capitalism often forces individuals to choose [between them],” leading to an increase in single and childless adults (Kotkin).

This familial phenomenon has led to drastic changes in the average American household, which is no longer defined by a strict mold. Yet this new reality brings up the question: what do families look like now?

To get a glimpse into the complexity of modern households, look no further than the Einhorns. Lisa Belkin, in her article “Three Grown Ups and A Baby,” depicts the lives of three caretakers of a child named Griffin Einhorn. The mother, Carol Einhorn, “conceived through in vitro fertilization with sperm from (George) Russel...a close friend,” and together they help raise Griffin.

Mr. Russel stays at the Einhorn’s apartment three days a week and helps around the house when needed. When Mr. Russel is not at the apartment, he is with his domestic partner, David Nimmons, on President’s Street, just a short walk away.

While some may see this setup as unusual, perhaps due to a lack of interaction with unconventional households, families with this kind of fluidity are increasingly common.

Belkin concludes by insisting that “there is no single answer to what defines a family or what defines love” because families are a diverse spectrum. These new families are a diverse blend of siblings from previous marriages, cohabitation, LGBTQ+ members, and adopted children. While they are not tied together by blood, they are still bonded by love and support.

Nevertheless, the public still views such households as out of the norm, and out of that confusion arises doubt, even in the families themselves.

Despite non-traditional families being commonplace, they are still a growing controversy in America. Bob Morris’s article “We Are Family” illustrates how this controversy created self-doubt in his own family.

Morris and his partner, Ira, were

invited to a concert at his nephew’s school called “Grandparents and Special Friends Day.” Before the event began, Ira asked how he should introduce himself, “As Ian’s Uncle Bobby’s husband?” expressing concern about bewildering other attendees (Morris).

As the author recalls this event, he comes to the conclusion that the nomenclature of today does not put into consideration the complexity of households in this day and age.

Morris notes a similar phenomenon occurring with the Woodsons (a lesbian couple) who have had to consistently explain that their child was conceived through a donor, which is something a traditional family would not have to endure.

Whether intentional or not, this kind of disrespect is typical today, causing families to feel ashamed and out of place.

Fortunately, with the rise of progressive nomenclature, there is hope for a better future. Morris himself praises the principal of the school for using the phrase ‘special friends’ when naming the event, remarking that it is an all-inclusive term respecting modern families.

At the end of the concert, Morris’s nephew came down from the stage and introduced Ira to others as “My Ira,” serving as a reminder that the labels families make for themselves are the only ones that should matter.

Despite strides in progressive thinking, there are still many people who will go as far as to condemn families that do not conform to their stereotypes.

In her article “New “Non-Traditional” Families,” Kate Rice recommends multiple ways to cope with different family

structures. She notes that trying to avoid non-traditional families is nearly impossible since children in schools are constantly interacting with peers from backgrounds different from their own. No matter how hard parents may try to shield their children from the world, the reality is that society needs to acknowledge different types of families, whether they agree with them or not.

Rice believes parents should respect other families since children are heavily influenced by the actions of their parents. The author encourages parents to “[d]raw maps of families” to display “the variety of family structures” in order to educate their children (Rice). It may seem elementary, but it’s an easy way to inform children about families without including hateful bias. This creates an opportunity for children to develop their own beliefs.

In the end, treating non-traditional families with courtesy, and keeping an open mind is vital to raising more tolerant and accepting generations to come.

In summary, families that were once considered unusual have become the dominant standard in the United States. The rise of post-familism reveals the nation’s desire for a new familial structure as the nation departs from the nuclear family model.

Modern households are complicated and are struggling to find their place in a society oblivious to how even something as small as the lack of considerate nomenclature can affect a family. Regardless, through education of the public and progressive thinking there is potential for a welcoming environment for all families.

## Taylor’s Place

- Lexi Thern, Student

After their son, Taylor, passed away in a tragic car accident in 2011, TJ and Tanya Gillespie found that their biggest regret was not being able to spend more time with their son when he was alive.

As a student at Texas A&M University at College Station, Taylor and his family didn’t always have the financial ability for them to visit during his college years. So Mr. and Mrs. Gillespie made the decision after Taylor’s death to help ensure that other families would not be faced with the same regrets and moved to College Station, opening their home for anyone visiting to stay, completely free.

This soon-to-be organization was aptly named “Taylor’s Place.”

This story started during Taylor’s senior at college when Taylor had just finished his visit home to see his parents in Leonard, Texas over Christmas break. A senior and a commander in A&M’s Corps of Cadets, he was heading back early to help any who might arrive early as well.

It was during this drive back, on the night of January 9, 2011, that Taylor hit a patch of black ice and spun out of control. He died in the accident.

A memorial was held for Taylor a week later at Leonard High School, where many attendees flooded the gym. “Taylor’s smile, big heart, and love for the Lord allowed him to touch many lives throughout his 21 years. In a world where conformity prevails, he chose to be the man God called him to be, and because of his servant’s heart, he remains an inspiration to us all” was printed in his obituary.

Over the next couple of months, TJ and Tanya Gillespie found

themselves making numerous drives to A&M. It was during this time that they were inspired to start Taylor’s Place and continue to stay connected to the place and people that Taylor had loved so much.

“[Mostly we were thinking:] if we didn’t do this, what would we do?” Tanya stated. “We always enjoyed ‘Aggieland’ and loved to visit Taylor whenever we could. Due to finances, our visits were not as frequent as we would have liked, so we are empathetic to other families faced with this same struggle.”

Within two weeks of making their decision, the Gillespies had bought a house in College Station and received their non-profit permit. “It all moved really fast,” TJ commented. “Within 10 days of submitting the permit, we were approved - unheard of feat.”

To help alleviate the financial burden of traveling, once a semester, families can spend a couple of nights at Taylor’s Place while they visit their A&M students. Cadets also have a local place to call home. They are always welcome to come over for a good home-cooked meal and a listening ear.

Tanya and TJ often host dinner on Friday nights and other activities throughout the school year, encouraging students to use the house as a place to host organizational parties or Corps projects. “We welcome families and students and hope that Taylor’s Place can serve as a home away from home,” Tanya said.

However, this project has done more than just help individuals; it has inspired others in the community to reach out as well. Today Taylor’s Place has numerous

homes open for use at any given time. These homes and other assistances are provided by friends and family who were so moved by the Gillespies’ example that they desired to become a part of the organization.

“We were both [hesitant and grateful] for the help. The biggest thing we’ve learned is to accept help when given,” TJ explained. As both Gillespies hold full-time jobs outside of the organization, the support of others helps them keep the non-profit running smoothly.

Over the years since 2011, TJ and Tanya have served hundreds of Texas Aggies and their families, but this expense has all come out of their own pocket. “Our biggest obstacle is finding the money for everything,” Tanya elaborated. “We’ve never been comfortable asking people for help, but this situation has definitely made us grow in that area.”

Though it is difficult fundraising for the nonprofit, the Gillespies have recently managed to move to a bigger house with the sole purpose of being able to host even more people and events. However, despite the additional rooms and the support of the community, the Gillespie home is overflowing most weekends, particularly during football season.

The Gillespies’ story is an emboldening tale to take a tragedy and use it as a drive to benefit others and prevent those people from having the same regrets. So if you decide to make the drive to College Station, sleep well knowing there is a door open, a bed waiting, and a meal cooking for you at Taylor’s Place.

## Work Study Opportunities

- Wayne Ryon, Financial Aid Advisor

***Are you looking for a job, but finding it hard to find one that will work with your class schedule?***

You should look into being a workstudy. As a workstudy at Grayson College your class schedule comes first.

If you are interested, you can find the application on your MyViking under the Document Tracking tab or by going to <https://www.grayson.edu/FinancialAid>.

You can sign and submit the completed form through your MyViking or email it to [financialaid@grayson.edu](mailto:financialaid@grayson.edu), fax to 903-463-3908, or bring to the Financial Aid Office located on main campus in the Student Affairs Building.

**To qualify for workstudy you must:**

Have a completed 2019-2020 FAFSA.

Complete all required documents. Have unmet need in your student financial aid budget.

Be enrolled in at least 6 credit hours.

Be meeting Satisfactory Academic Progress.

Be able to work at least 19 hours per week.

*If you have any questions about the workstudy program you may email the Financial Aid Office at [financialaid@grayson.edu](mailto:financialaid@grayson.edu) or call 903-463-8794.*

## Knowing your financial aid eligibility - Wayne Ryon and Alisha Danner, Financial Aid Advisors

With finals just around the corner, it is time for the Financial Aid Office to run Satisfactory Academic Progress (SAP). When the department runs SAP, a student's financial aid status will be updated for the next semester they attend to one of the following statuses: good standing, warning, or suspension.

### Financial Aid Statuses

Students who are on **Good Standing** have at least a 2.0 cumulative GPA, at least a 67% Pace (cumulative attempted hours divided by cumulative earned hours), and have not exceeded 150% of their program length. These students are eligible to continue to receive financial aid.

Students who are placed on **Warning** have dropped below the required cumulative 2.0 GPA and/or the required cumulative 67% Pace; however, they will still have financial aid eligibility for the next semester they attend. A warning semester is an opportunity for a student to bring their GPA and/or Pace back to the required minimums.

A student who is placed on **Suspension** is no longer eligible for financial aid. A student can be placed on suspension after the warning semester for the following: their GPA is still below a 2.0, their Pace is less than 67%, or they reached their Maximum Time Frame (150% of their program length).

### Appeals

A student placed on suspension has the option to file an appeal if they have mitigating circumstances. A mitigating circumstance is something that was out of the student's control that hindered them from successfully completing their classes and meeting SAP requirements. This could be a death of a family member, an illness, or hospitalization of the student or family member or other extenuating circumstances.

Requirements to file an appeal are:

- 1.) Complete Appeal form with the Office of Financial Aid.
- 2.) Provide a typed statement to the committee explaining what mitigating circumstances happened and how those circumstances have

improved to now make the student successful in accomplishing their academic goals.

3.) Supply supporting documents for the mitigating circumstances for each failed and/or withdrawn semester in the statement to the committee.

4.) An Academic Success Plan with a degree audit for the degree the student is pursuing that is completed with a success coach. The degree audit lets the committee know how many classes are remaining towards the degree of choice and any other relevant information they may need to add.

5.) Provide an acceptance letter for special programs they are entering into, if an acceptance is required for that program.

Once all of the required documents are submitted, the appeal will go before the appeals committee for review. The appeals committee has up to 45 days to make their decision. After a decision has been made, the student can view this information on their MyViking under the Appeal Decision document on the Document Tracking tab, and a letter will be emailed to them.

### Academic Success

If an appeal has been approved, the student's financial aid status will be changed from suspension to academic success plan. The student may be eligible for financial aid if they meet the terms of their appeal. The terms are explained in the appeal approval letter that is emailed to the student.

A student on an academic success plan for GPA and/or Pace will remain on their plan until they regain GPA and Pace to the required minimums.

A student who is on an academic success plan for Maximum Timeframe will remain on a plan if they meet their terms and/or until they complete their degree that they filed the appeal for.

For more information regarding Satisfactory Academic Progress, contact the Financial Aid Office, call us at (903)463-8794, or email us at [financialaid@grayson.edu](mailto:financialaid@grayson.edu).

## Eta Sigma Delta inducts new members - Chris Gaytan, Student

The Eta Sigma Delta chapter at Grayson College welcomed 4 new members into their honor society this Fall. Eta Sigma Delta serves as an honor society for outstanding students in Culinary Arts and Hospitality Programs. This induction was presided over by Chapter President Shelby Armstrong, Vice President Chris Gaytan and chapter member Tamisha Shellmen. The inductees included Benjamin Ried, Brandon Jones, Adan Aleman and Jessica Bowmen. Congratulations to all inductees!

## SGA heads to Regional Convention

- Student Government Association



L-R: SGA PR Officer Liu Chi Cong, VP Kristian Enbysk, President Zayla Pope, Advisor OL Kelly, and Senator Chris Gaytan (photo by GCSGA).

On November 16, the Grayson College Student Government Association attended the Region 2 Texas Junior College Student Government Association Fall Conference at Mountain View College. GCSGA joined, along with student representatives from other North Texas area community colleges, to work on resolutions, service projects, and committees to be implemented across the state.

Grayson Student Body Vice President Kristian Enbysk also represents our college as the Region 2 Vice President. "Our Executive Board worked tirelessly to put this conference together for the benefit of our students," Enbysk explained. "Props to Mountain View College for being outstanding hosts!"

## Honors College goes to New Orleans - Storm Anderson, Editor



L-R: Honors College President Storm Anderson, VP Alison Earnhart, Treasurer Rosario Labrada (Photo by Professor Chad Tomaselli)

The Grayson Honors College Officer Team headed to New Orleans, Louisiana November 6-10 to attend the National Collegiate Honors Council Convention.

At this convention, Honors students from across the globe joined together to share research spanning from the effects of microplastics on flies, the history of the Holocaust through music, friendship as depicted in horror films, and much more.

This convention reinforced what our officer team has known all along. Many attribute being an Honors student to matter of intelligence.

But, Honors classes are more than that.

Many fear the idea of Honors courses as they seem like they are much harder work. Yet, Honors courses are really about fostering creativity and love of learning across the academic disciplines.

We were inspired by the many projects our fellow Honors students presented in New Orleans and hope to inspire our Grayson students just the same.

The Honors College Fall Symposium will be held on November 21. We hope everyone will come out to see exactly what our Honors students have been studying over the past semester.

(Continued from "Play for Pay")

For many athletes the school provides a decent amount of equipment to assist them while they are competing at the collegiate level.

Baseball and softball are sports that require more equipment than other sports, including football or basketball. Equipment can vary from, pants, socks and cleats to gloves, bats and helmets. For college, "I had my own equipment when I signed so I was able to just use that," explains Budd. In this case, her equipment lasted long enough and was in a good-enough condition to carry her through her college career. Although her program did not provide the equipment, for Budd, it was a previous expense that had been taken care of.

However, John Smith, a high school baseball player who is verbally committed to a large division two college, is scrambling for a way to provide his own equipment. His current high school provides everything except his cleats and baseball glove. Simple items such as socks and practice wear, will add up quickly, though. Expensive purchases like a bat and bag might be too much for the unemployed student to handle.

Many collegiate programs require their athletes to be at different types of practices for countless hours in the day, removing the possibility for a part-time job. Juggling school and baseball or softball requires a young student's complete focus and dedication, so the thought of having to handle a job on top of the two could push their current stress over the top.

Countless universities are unable to provide what they wish they could for their athletes, whereas others are fully equipped with a large budget to allow their athletes comfort in knowing they do not have to purchase expensive items.

In Difo's case, OCU is able to provide the equipment he might not have or allow him to use better products than he currently owns.

Colleges providing their athletes with extra compensation might improve their recruitment process or the program's ability to keep their athletes in the game, along with assisting their athletes in life outside of the sport. However, if the collegiate programs continue to choose not to pay their players, there will still be athletes who choose to play regardless, due to their love for the game.

(Continued from "Paintball...")

Tournament paintball is a special place where people of all shapes, all genders, all sizes, all ages, all varying athletic abilities, height, and every other variable can unite and find common ground with everyone else. Luckau exclaimed that "it all comes down to how hard they work...."

Tournament paintball is a sport focused on team-work and diligent practice. Many enjoy it throughout their life and it helps them mature in many ways. "Even if you don't start that way [working with other people well], you can learn to work with other people well and you can see it have a good influence on the rest of your life in other aspects," stated Luckau. You may have been paintballing at a friend's birthday party, but you haven't tried the true beauty that is paintball until you have played in the environment that is tournament paintball.

## Clubs & Organizations 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

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

**Delta Phi Delta Art**  
First Tuesday, Design Room, Arts  
and Communications

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

### Tuesday

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

**TIPPS Culinary Arts**  
First Tuesdays, 2-3pm, 691 Res-  
taurant

**Writers Unlimited/SKD**  
Bi-weekly, 12:20-12:50pm, Night-  
ingale Room, Library

**Baptist Student  
Ministries**  
12pm, BSM Building

**Black Print**  
1pm Nightingale Room, Library

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

### Wednesday

**HALO** Hispanic American Leadership  
Organization  
Bi-weekly, 1-2pm Viking Room

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

**Student Veterans Association**  
First and Third Wednesdays, 12-  
1pm, Veterans Hub

**Honors College Club**  
12:15pm, Viking Room

**Psychology Club**  
12:15-1pm CIS 202

### Thursday

**Student Government Association**  
1pm, Viking Room

**Science Club**  
Bi-weekly, 3pm, SCI106

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

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

### Friday

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

**Electrical Technology**

### TBA

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

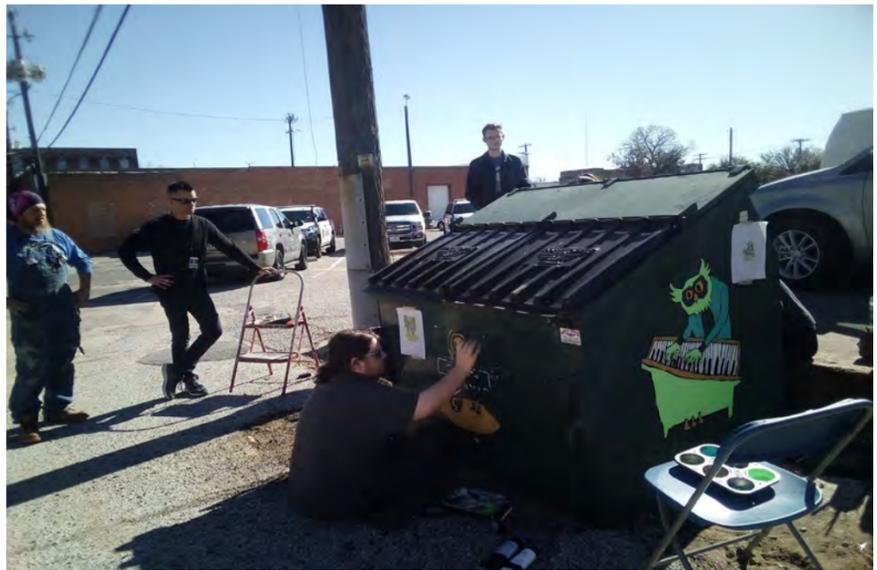
**Men of Distinction**



Top left: ASL  
Top center: Black Print  
Top right: Honors College  
Far left: Culinary Arts  
Left: Men of Distinction,  
Sisters of Destiny, Student  
Veterans Association,  
HALO  
(photos provided by Laura  
Branigan)

## Canstruction

## Painting students skip class, vandalize downtown Denison



This headline was a joke, please do not report us. (photos provided by editor)

## International Students Day/Empty Bowls



Above: Kristian Embysk showcases goods from Panama.  
Top Right: Liu Chi Cong poses with his table showcasing China.  
Right: Ceramic students contributed many works of art to this year's Empty Bowls Event.  
(photos by Laura Branigan.)



**IMPROVE STUDY HABITS**  
FREE - ONLINE - INSTANT - 24/7

Start a session instantly or schedule one for later and meet virtually with our tutors. Also, master your writing process in our writing lab or submit an essay for a trained coach to review.

www.grayson.upswing.io

## WANT TO SEE YOUR WORK IN THE VIKING?

**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 [stnanderson@viking.grayson.edu](mailto:stnanderson@viking.grayson.edu).

**NEXT DEADLINE: TO BE ANNOUNCED**