**School: A Silent Killer Now More Than Ever**

By Chloey Baker, Staff Writer

Stress and anxiety have become common in high school students, and why? Senior at Lion Tail, Mary Stone said, “The heavy workload, pressure to perform well, and the stress of life have me constantly on edge at all times.” Many of these students have constant anxiety that may seem impossible.

Stress can often fill up 6-7 pages of homework a night, ranging from College English to College Algebra. In my opinion, most of these students can accept it but an issue that needs to be fixed is the quality of the work.

“Let’s just do it,” she said. Sometimes, I have to remind myself to just breathe because I get so anxious.”

Without this resource, the student next to you in class may not have anything to eat today. This year our donation numbers are lower than normal. Without this resource, the student next to you in class may not have anything to eat today.

**EYES OF FREEDOM MEMORIAL JOURNEYS HERE**

By Tommy Ellis, Veteran Project Coordinator

The nationally acclaimed Eyes of Freedom Memorial, created in 2008 by Ohio artist Anita Miller, has been crossing America for the past ten years. During this span, it has been featured at 28 various venues in over thirty states but had never been exhibited in Texas.

On all those occasions, Wednesday, September 26, 2018, the R & J Carrier truck carrying the exhibit from Ohio was greeted by a student campus by a host of area representatives, Cpl. Mike Struble and Mr. Sean Flaharty, Blue Angel Marine, extend the Eyes of Freedom Journey’s here.

To the cheers of a large audience, Eyes of Freedom spokeman Mike Struble, himself a Purple Heart Marine, extended an Ol’ Texas welcome and told about the Eyes of Freedom’s journey that has now added Grayson College to its growing list of exhibitions. Thank you so much for coming, Coach Monarch and the student athletes; the truck was unloaded and set up for a exhibit in the Baptist Student Union.

**INTRODUCING THE FAFSA**

Filling out and submitting the Free Application for Federal Student Aid, better known as the FAFSA, is an imperative step in getting financial aid for college. And it’s not just said by the federal government.

Getting state aid and sometimes school aid is also dependent upon completing the FAFSA.

In Financial Avenue’s FAFSA course, students learn everything you need to know about the FAFSA.

From the purpose it serves to the benefits you will receive after submission, you will learn how to use this important tool the FAFSA plays in qualifying for financial aid.

Plus, the Knows shares information on how to accept your financial aid package, as well as how to utilize the FAFSA online to find new the FAFSA for future aid eligibility.

The course is jam-packed with the FAFSA information you will need.

Register today for Financial Avenue’s FAFSA course.

FinancialAvenue.org

School/Organization Name: Grayson College

Federal Student Aid Department

Access Code: GoVikings

**GRAYSON COLLEGE NEED: FOOD PANTRIES!**

By Lavada Burris, Staff Writer

Have you heard of Grayson Col-

lege’s Food Pantry? For the year, students who are food insecure at a rate of 42%. This staggering statistic is why the Phi Theta Kappa (PTK) food pantry is a valuable campus resource that must be preserved.

This year our donation numbers are lower than normal. Without this resource, the student next to you in class may not have anything to eat today.

**Continued on page 4**
Cosmetology hosts Prince & Princess Day

By Debra Ann Haggin, Staff Writer

If you’re thinking about going to cosmetology school, this is the perfect time to find out more about the campus of Grayson College. It’s a great place to get individual training that will meet your needs.

Charlotte McLain and Rebecca Blackburn are two of the main instructors and are extremely knowledgeable about the latest trends in cosmetology. They are very involved in technical understanding and styling. They are both experienced and have been teaching at campus for a few years. Mills also mentioned that they have a good working relationship with each other and are both very friendly.

The students at Grayson College think that the campus is a great place to learn and they are planning to stay there for the next several years. They are already looking forward to attending the upcoming events and are excited to continue their education.

The Greyson Lady Stitch softball team is ready for a successful season this year. The team has been working hard during the off-season and is excited to be back on the field. They have a strong group of returning players and an influx of new talent.

The Lady Stitch softball team is made up of both returning players and new recruits. The returning players have been working hard during the off-season and are excited to get back on the field. The new recruits have been working hard as well and are eager to make an impact on the team. The team has high expectations for the upcoming season and is looking forward to proving themselves on the field.

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The Cosmetology program at Grayson College is one of the most marketable careers available. The students are passionate about their careers and are dedicated to their stylist for years to come. The students are able to work in a modern salon environment and earn experience that they can bring to the field.

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Celebrating our Veterans the Leonard High Way

By Haleigh Medders, Student

Each year Leonard High School hosts a Veterans Day program in the high school auditorium and Leonard ISD will honor the service of those who have served our country. This year’s program took place at 9:20 A.M. on Monday, November 11, which is the anniversary of the end of World War I. According to Pam McCarty, librarian and organizer of the event, the program provides the opportunity for both students and veterans to get prepared for because everyone knows their part and what is needed. At this program, veterans will be escorted from their vehicles to the high school auditorium doors by the Leonard FIFA students who are in their official dress.

The cafeteria is then filled with parents, friends, and family members of the veterans who have attended the program three times. As they enter the building, the cafeteria staff and faculty will be ready to greet them with lots of love and support. The veterans are then seated at the tables with their family and friends, where refreshments are provided.

After signing in, the veterans are invited to view a slideshow prior to the ceremony. The slideshow includes images of the various branches of the military, their insignia, and the history of each branch. It also includes images of veterans from the past and present.

The ceremony begins with the Pledge of Allegiance and the singing of the national anthem. This is followed by a prayer, which is led by the pastor of the local church. The prayer is followed by the reading of a letter by a local school student.

The superintendent will have everyone recognize the high school students who take part in the ceremony. Each year a few students will also stand up to be recognized as a part of the future military, stated McCarty.

The majority of all high school students are affected by some form of stress due to school, some more than others. According to the website True Stress Management, six in every ten students reported being stressed that they couldn’t complete their home work or studies. A majority of students also suggest that stress negatively affects how they think and feel, their grades, their overall health and well-being.

At the end of the ceremony, the veterans are invited to tour the school and view the various displays and programs that are available. They are also invited to visit with the students and faculty who have prepared the program for them.

Empty Bowls, Full Hearts

Blaize Stairs, junior art student at Gunter High, shapes the base of her bowl.

By Alyssa Jarrell, Student

November 6, 2018

Continued from page 1

Preslie Watson, a Leonard High School varsity cheerleader, declared, "I love being in the stands cheering on. This event is silent Killer

The pressure to ace every exam, to make a perfect grade on the ACT and SAT, to make a perfect grade on the ACT and SAT, to be the top student in every class, to be the top student in every class, to be at the top of their game at every sports event, is overwhelming. This is the type of stress that" makes me very proud to be a part of this event," stated Watson.

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This year, joining almost sixty exhibitors was the Eyes of Freedom Memorial that will be traveling the country. This exhibit brought in many new faces to the campus of Grayson College. The display features artifacts from very different eras and conveniently located next door.

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