

Read about our Lady Vikings softball team on page 2

Read about Empty Bowls at Gunter High School on page 3

The Viking

Tuesday, November 6, 2018

Volume XI, Issue III

Get Involved

Viking Deadline

Friday, Nov. 16
Send all submissions to the editor, **Kassandra Garcia at Kaegarcia@vikings.grayson.edu**. Remember, anyone can contribute!

Student Leadership Series
TBA

Student and Employee Spirit Day

Every Friday
Wear your GC attire with blue jeans and celebrate the Viking spirit.

Clubs & Orgs

Baptist Student Ministries

Wednesdays, 12:00 p.m.
BSM building

Clay Club

First Thursdays, 5 - 6 p.m.
Ceramic Room, Arts & Communications

Cosmetology Club

Tuesdays bi-weekly
8:30- 9:30 a.m., CTC

Cultural Diversity Club

Second and fourth Mondays
1 - 2 p.m., Int'l Student Office

DAAC

Fridays, 12:45 p.m., HS 202

Delta Phi Delta (Art)

First Tuesdays, 12:15 p.m.
Design Room
Arts & Communications

Dental Assisting Club

Wednesdays, 11:30 - 12 p.m.
HS 205

Electrical Technology Club

TBA
Contact Aimee Flynn
903-463-8684

Eta Sigma Delta

First Tuesdays, 3 p.m.
Culinary Arts Building

FCA

TBA

Future Educators

Every other Tuesday
12:20 - 12:50 p.m., CIS 200

Gamers Guild

First Thursdays, 4:00 p.m.
Design Room,
Arts & Communications

Grayson Nursing Student Association

Wednesday or Friday
11:30 a.m.
Viking Room, Life Center

HALO (Hispanic-American Leadership Organization)

Second and fourth Tuesday
12:00 - 1:00 p.m.
Grayson Room, Cafeteria

History Club

Wednesdays, 2:30 p.m.
LA 207, Liberal Arts

Honors College Club

Thursdays, 12:15 - 1 p.m.
Viking Room, Life Center

HVACR Club

First Thursdays
5:30 p.m.
CTC Room 117

LEA

(Criminal Justice)

Tuesdays
12:30-1:30 p.m.
Location TBA

Men of Distinction

Thursdays, 12 - 1 p.m.
Study Room 5, Library

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Please recycle this paper!

A GRAYSON COLLEGE NEED: FOOD PANTRIES!

By Lavada Burse, Staff Writer

Have you heard that Grayson College has a food pantry for students in need of food? Our college's Phi Theta Kappa chapter, Omicron Psi, in partnership with St. Luke's Episcopal Church in Denison, hosts a food pantry to help provide students who are food insecure at Grayson College with food.

Food insecurity has increased over the years, especially for college students. Any unexpected hardship could leave a student in a position where they may not have food for a few days. That is where the food pantry can help out.

When you think of community college students, food insecurity may not be one of the things that comes to mind. According to Grayson College Government professor



Grayson College Library's previous Construction entry for the college food pantry

and Phi Theta Kappa advisor Mary Linder, the food insecurity rate in Grayson County is 17.9%. The national rate is a little lower at 12.9%. Community college students have been reported as food insecure at a rate of 42%.

Those staggering statistics are why the Phi Theta Kappa 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.

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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 crisscrossing America for the past ten years. During this span, it has been viewed at 281 various venues in over thirty states but had never been exhibited in Texas.

That all changed on Wednesday, September 26, 2018, when the R & L Carrier truck carrying the exhibit from Ohio was escorted onto campus by a host of area vehicles and motorcycles, led by County Sheriff Tom Watt and GC Police Chief Kevin Nugent.

Met by Miss Lake Texoma and the GC Cheerleaders and Mascot, the Eyes of Freedom representatives, Cpl. Mike

Strahle and Mr. Sean Flaharty were welcomed by the GC Pep Band playing the familiar tune of "The Eyes of Texas."

To the cheers of a large contingent of flag-waving patriots, Dr. Regina Organ enthusiastically welcomed the Eyes of Freedom Team to the GC campus.

Eyes of Freedom spokesman Mike Strahle, himself a Purple Heart Marine, extended his gratitude for the warm welcome and told about the Eyes of Freedom's journey that has now added Grayson College to its growing list of exhibit sites. Thanks to Coach Monarch and the student athletes, the truck was unloaded and set up for a three-day exhibit in the Baptist Student Center.



Cpl. Mike Strahle (right) presents the Eyes of Freedom flag to Grayson College with the help of Tommy Ellis (left)



Local law enforcement view exhibit

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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 aid from the federal government!

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

In Financial Avenue's FAFSA course, the Knowl covers everything you need to know about the FAFSA process. From the purpose it serves to filling it out and what to expect after submission, you will learn about the important role the FAFSA plays in

qualifying for financial aid.

Plus, the Knowl shares information on how to accept your financial aid package, as well as how and when to renew the FAFSA for future aid eligibility. Simply stated, this course is jam-packed with the FAFSA know-how you need.

Register today for Financial Avenue and complete the FAFSA course.

FinancialAvenue.org
School/Organization Name:
Grayson College Financial Aid Department

Access Code: GoVikings

SCHOOL: A SILENT KILLER NOW MORE THAN EVER

By Chloey Baker, Student

Stress and anxiety have become common in high school students, but why? Senior at Leonard High School Caitlin Stone said, "The heavy workload, pressure to perform well, and preparation for the future has me constantly on edge at all times. The many assignments that are due in such a short amount of time makes even the smallest task seem impossible."

Stone reported often having 6-7 pages of homework a night, ranging from College English to College Algebra, not including the many tests and essays she must prepare for. "It's a lot," she said. "Sometimes, I have to remind myself to just breathe because I get so anxious."

Growing up, success has been made a priority for most students. Competing for the highest spelling test grade in elementary school has evolved into competing for the

highest class ranking in high school. From the beginning of our educational journey, we have been taught to strive to be the best. Whether it be in the classroom, on the court or field, or wherever our passion lies, setting the bar high can be a healthy form of motivation, but it can also be dangerous.

The average high school student feels so much stress on a day-to-day basis that many of them have even begun to develop signs of anxiety and depression. Stone said, "I need to make a nearly perfect score on my ACT, or I don't feel like I'll get into my dream school. That's really stressful to think your future depends on a test grade. I find myself constantly worrying that I can't even focus on the good things that are going on."

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Advertisement



Total Nutrition has now opened their smoothie café on the 2nd floor of the Student Life Center. Total Nutrition is so happy to be serving our students and staff a great menu. Smoothies, Acai Bowls, Energy Drinks, Grab Snacks, Coffee, Frappuccino, Espresso, Tea, Cold Brew and so much more are available. They opened on October 1st and have already got the attention of so many students and staff.

College students face many day-to-day challenges - staying healthy through diet and exercise, maintain-

ing good mental health, and keeping up relationships can be very difficult for students saddled with daily exams, quizzes, and projects.

Thankfully, a few simple steps can be taken to make healthy living a breeze. Here at Total Nutrition we are here to help everyone stay in tip-top shape. Barry Reed, owner, says his smoothie café menu is made up of awesome healthy items. There is something here for everyone. The word is out, and this place is the buzz of the campus.

Music Club
Every other Friday
1 - 2 p.m., Choir Room,
Arts & Communications

Phi Theta Kappa
Wednesdays
12:30 - 1 p.m.
Viking Room, Life Center

Psychology Club
Thursdays, 12:15 - 1 p.m.
CIS 202

Radiology Tech Club
The 15th of every month
5:30 - 7:30 p.m.
HS 200

Rotaract
Wednesdays
3 - 4 p.m.
Viking Room, Life Center

Science Club
1st and 3rd Fridays
1:00 - 2:00 p.m.
S 106, Science Building

Student Government Association
First Mondays
12:15 - 12:45 p.m.
Viking Room, Life Center

Sisters of Destiny
Every other Thursday,
12:15 - 1 p.m.
Conference Room, Life Center

Student Ambassadors
Third Mondays, 12 - 1 p.m.
Viking Room, Life Center

Student Veterans Association (SVA)
1st and 3rd Wednesdays
Veterans' Hub (2nd floor of
Life Center) 12 - 1:00 p.m.

TIPPS (Culinary Arts)
First Tuesdays, 2 - 3:00 p.m.
691 Restaurant, Culinary Arts

Veteran Nursing Student Association
First Mondays, 12 p.m.
South Campus Skills Lab

Vocational Nursing Student Association
First and third Wednesdays,
12 - 1 p.m.
Veteran's Hub, Life Center

Welding Technologies Association
First and third Tuesdays,
12 - 1 p.m. CTC Break Room
First and third Tuesdays,
12 - 1 p.m. South Campus

Writers Unlimited
Every other Tuesday
12:20-12:50 p.m.
Study Room 5, Library

LADY VIKINGS FRESHMEN CHALLENGE ROSTER

By Lizzy Wilson, Student

Last year at Grayson College, the softball team had a total of thirteen girls on the squad, which is not enough players for a college-level team. Players like first baseman Skylar Shedlock explain last season as "...a season that was full of up and downs but still a fun experience."

This year, returning to the team are a total of four sophomores. These four sophomores are ready for this season to begin. "I really like the team this season. There is a lot of new talent in this team, and all the girls are really fun and easy to get along with," catcher Lolo Degelia explains.

"I think we have a lot of strong players, and we definitely have a deep line up, so that's good. I think we'll do really well this season," says pitcher Cassie Potvin. All the sophomores believe that this season will be the season for them and that they will come out as a dominant team in the district this year.

Grayson College's softball team has been practicing since the first week of school and working hard. This year's season will be a lot different, the sophomores think, and Degelia thinks the team will make it further than it did last season. "I really hope we do a lot better than last season... I want us to go to regionals this year," she voices.

On the squad, there is a total of

twenty-four girls on the roster for the upcoming season. With only four



(L-R): Dani Humphrey (Catcher), Skylar Shedlock (First Baseman), Cassie Potvin (Pitcher), Lolo Degelia (Catcher)

sophomores returning this year, that means there are a lot more freshmen than sophomores on the team.

Catcher Dani Humphrey says the number of freshmen on the team was "...very overwhelming at first, especially with trying to learn everyone's name." While feeling overwhelmed by the number of new freshmen on the team, they are also excited for all the new talent that is being brought in by the newcomers. They are excited to get to see all the new talent in the pre-season and fall-time games, and hopefully that can help make the team go further this year.

With there being a small amount of

returning girls on the team, the sophomores need to be able to lead the team, even if there are three times as many freshmen as sophomores. Potvin reflects "...us sophomores really just want to have a positive attitude and be more inclusive..."

The sophomores think that if they keep a positive attitude and set a good example for the freshmen that they can be positive, strong leaders for the team.

This year's Grayson Lady Vikings team truly has lots of potential to come out as champs in the district and maybe even at regionals. The season for them starts in February, and hopefully, that's when everyone will get to watch them be champions.

Fall-time games were Friday, October 5th at Texas A&M University-Commerce in Commerce, Texas; Saturday, October 10th against Texas Wesleyan University in Fort Worth, Texas; Sunday October 21st Southern Arkansas University in Magnolia, Texas; Saturday, October 27th against Texas Wesleyan University in Fort Worth, Texas; ending with the last game on Tuesday, October 30th against University of North Texas in Denton, Texas.

LADY VIKINGS AND NEW COACH PITCH SIX

By Ariel Garcia, Student

The Grayson College Lady Vikings softball team starts a new season this spring. More girls were recruited for this season, and the coaches are thankful that they were able to recruit more pitchers.

The team faced a few obstacles this past season due to the fact they had only one pitcher last year. This upcoming season they have six pitchers to depend on. The new pitching coach this year, Ashley Mills, says, "We have a lot of talent this year and pitchers who really complement each other."

Mills also said that she plans to prepare the girls for the upcoming season with plenty of practice. Compared to the teams Mills saw in a conference last year, our pitchers are believed to become well ranked. The pitchers practice most mornings on the weekdays individually before they start the team practice.

From interviewing a few of these pitchers, it is easy to see how dedicated they are. Freshman pitcher Annalee Diehl said, "I am very excited to be playing at the next level of softball, I have been wanting to do this since I was a little girl." We also have Freshman pitcher Cassie Lawrence, who said she was anticipating this upcoming season and that she felt it was going to be very exciting.

The team faced trouble quite a bit last year because they only had one pitcher. When a pitcher is throwing every game back to back, it can start to tear one's

arm. Diehl said to be a pitcher she has to constantly work if she wants to be good.

Taking off even just a month can dramatically hurt her, and she would have to build her arm up again. Mills said she is thankful for this upcoming season because she has plenty of arms to throw.

If one gets in trouble, such as a team picks up on her pitching or even just the pitcher's arm begins to hurt, she can count on another pitcher to go in and get the job done.

Every pitcher does have their strengths and weaknesses they need to work on. Freshman Angelia Va'a said, "My favorite pitch to throw is my curveball because I love to jam the right-sided hitters." Another pitcher who is very confident in her pitching is Freshman Sarah Azlin. She says that she has very good movement on her ball. From a batter's perspective, the

ball can be traveling towards her and then it will curve into the strike zone.

Azlin mentions, "I am going to contribute positively to the team because everyone swings and misses against my pitches." Both Azlin and Va'a mentioned practices are what are preparing them for this coming season.

Acing a pitch takes time and hard work. Diehl said, "One thing I need to work on is getting my shoulder to step right to the catcher because it will help my accuracy on my pitches." The team has live hitting on the field most days for practice and throws three of the six pitchers a day.

Mills tells the catcher a pitch to have the pitcher throw, and the pitcher throws it. If a pitcher misses, they must do burpees for each pitch missed as punishment. Diehl also mentioned that she is confident in her pitching, but every game cannot have the outcome she wants it to. She is going to have her "A" game some days, just not every day.

The four freshmen pitchers all mentioned that they were confident in their pitching and are looking forward to the upcoming season. Mills also said, "This group of pitchers I have this year have lots of diversity and are all working hard to help out the team and get wins." From the look of it so far, the Lady Vikings are going to have an amazing season coming up this spring.



Sarah Azlin winding up her pitch

COSMETOLOGY HOSTS PRINCE & PRINCESS DAY

By Debra Ann Haggin, Staff Writer

If you're thinking about going to cosmetology school, there's no better place than right here on the campus of Grayson College. It's a great place to get individual training that will meet your need for success.

Charlotte McLain and Rebecca Blackburn are the instructors, and they are industry experts who are extremely knowledgeable about the latest trends. Courses in hair cutting, coloring, chemical restructuring, and styling are the back bone of this program. Also available is the nail technician program, the esthetician program, and the cosmetology instructors program.

Cosmetology programs may be completed in one year or less and are affordable at community college tuition rates as compared to private training programs. Grayson students are well trained in a modern salon environment and earn experience hours with patrons from the community. The salon is located at the Career and Technology Center on the main campus.

Beauty clients have long divulged their innermost secrets and feelings to their stylists for ages. Building long-lasting relationships keeps customers dedicated to their stylist for years to come.

Cosmetology is one of the most marketable fields in today's economy, and it is definitely a career that can be seen as thriving in the future. Cosmologists are needed all around the world, and there are many opportunities in many different fields such as a fashion stylist, platform artist, stylist for film and theater, or maybe a salon owner or manager.

The Shears cosmetology club is another exciting way to build relationships between



A Pampered Princess

princess. As the students pampered the boys and girls with a taste of spa treatment of hair styles, nail service, face glitter, and had fun with makeup. All the children posed for photos, while munching on yummy cookies, complements of the Grayson Culinary Arts Department. Thirty-two children attended, and \$170 was raised in donations, benefiting Surviving Sisters & Brothers Anti-Bullying Program.

October was also acknowledged by students by raising awareness as a group for Breast Cancer Awareness month.

Locks of Love is another mission that the students are passionate about as they encourage

students and the community. The club participates in local charities with fundraising and raising awareness. On September 29th, the club held a Prince and Princess day for ages 4-12. Many came dressed as a prince or

clients to donate ponytails to provide the highest quality hair to create wigs for disadvantaged children suffering from hair loss in hopes of bringing a sense of confidence and normalcy.

I took the plunge and scheduled an appointment for a haircut and style. The required length was 10 inches for my ponytail. Well I was brave and went for 12 for the cutest bob that has forever touched my heart. The best part was it was in my budget, costing only \$8. I have spent a lot of glamor money in my days, but I never walked away with the love and joy I experienced from the students and instructors at Grayson Cosmetology Salon.



Debra Haggin ponders her decision to donate her 12-inch hair

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GRAYSON FOOD PANTRY

Phi Theta Kappa's annual Canstruction event helps support stocking the pantry. Canstruction is a competition that any club, organization, or department can enter. Teams will collect nonperishable items to use to construct a structure that will be judged. The first-place team will receive \$200 and second place \$100. All items collected will go to the food pantry.

This year's builds may begin on Monday, November 12 at 8 am and must be completed by Friday, November 16 at 4 pm. Judging for this event will begin Monday, November 19. For further guidelines and restrictions please

email linderm@grayson.edu.

If you are not able to participate in Canstruction this year, you can still help. Non Perishable donations are always accepted at any time in Room 204 in the Life Center.

If you or anyone you know are in need, please visit the food pantry as well. Recipients will always remain anonymous. You can also visit St. Luke's Episcopal Church Monday through Friday from 9 am-12 pm with a valid ID for food assistance.

CELEBRATING OUR VETERANS THE LEONARD HIGH WAY

By *Haleigh Medders, Student*

Each year Leonard High School holds a Veterans Day program in the high school auditorium. Veterans Day is a public holiday held on November 11, which is the anniversary of the end of World War I. According to Pam McCarley, librarian and organizer of the event, the program is very simple 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 FFA students, who are in their official dress.

They are then greeted at the door by the LHS varsity football team, wearing their letterman jackets and holding American flags as they enter the door way. As the veterans enter the building, they are to sign in under their branch, which include Marines, Army, Navy, Air Force, and Coast Guard.

After signing in, the veterans are invited to socialize with all the other veterans present until the program is about to begin. "Listening to and sharing stories with fellow veterans is something I will always cherish," stated Scott Westbrook, a retired Marine who has attended the program three times.

The cafeteria is then filled with parents, grandparents, friends, family, and students to honor these veterans. "The support of the local community and how they show such patriotism makes me very proud to be a part of this event," stated Westbrook. As the program begins, everybody will rise as the Leonard High School band plays their salute to the services. Each branch will be escorted out individually by the Leonard High School cheerleaders following the branch's flags.

Preslie Watson, a Leonard High School varsity cheerleader, declared, "I really enjoy escorting the veterans, as well as the pride in escorting my



LISD senior Haleigh Medders and her grandfather, retired Marine Warren Westbrook

grandfather each year." As all the veterans make it to their seats, the program begins.

As this program takes place, those present will hear from Brad Maxwell, Leonard ISD superintendent, and Bill Watson, school board president, as well as Regina Blain, Sarah Day, Tammy Hutchins, and Chris Mason, who are all principals of the LISD campuses. The next speakers will include Kenleigh Stevens, Madelyn Butler, Nakita Harris, Billy Watson, and Brooke Blackerby, all of whom are the class presidents of Leonard High School.

They will recite the important documents that celebrate America's freedoms on this holiday, and these significant speakers will also communicate their thanks to the veterans.

Before wrapping up the ceremony, the school will then cover more details. The superintendent will have everyone recognize the high school students who plan to join the military. "Each year we are proud to have 2-5 students stand up to be recognized to be a part of the future military," stated McCarley.

Lastly, the veterans are given a chance to share their stories and experiences with the student body and local community. "I love hearing their stories, hearing all that they have been through and what they sacrificed. It makes me appreciate the life I get to live," stated Watson.

As the program comes to an end, the veterans are escorted out of the gym by the cheerleaders. The veterans are then welcome to take photos and visit with families. The Leonard High School staff then welcomes the veterans and their families into the school's library to enjoy a home-cooked lunch made by the faculty. As the families enjoy this meal and socialize, they are always honored to hear the stories and share experiences with each other individually.

This program is to inform the student body of the history of the holiday and remind them of the sacrifices made. The Leonard High School students and faculty show such gratitude towards the veterans, and the veterans appreciate the patriotism and are proud to participate in such an event. Thank you, veterans, for everything you have done, and sacrificed for this country.

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SILENT KILLER

The pressure to ace every exam, make a perfect grade on the ACT and SAT, and get into their dream school has many students literally on the verge of a mental breakdown. Sarah Fielden, assistant volleyball coach at Leonard High School, commented on this stress, stating, "I think this demand and pressure for college readiness is just overwhelming kids to the point where they are doing whatever it takes, no matter the cost, to be successful."

Unfortunately, according to Fielden, students see the pressure to be perfect not as obsessive, but as necessary. Due to the amount of stress students often feel to meet the high expectations set for them, Dr. LaVelle Hendricks, Student Affairs Coordinator at Texas A&M-Commerce, reported students may suffer from anxiety, depression, sleep deprivation, loss of appetite, and self-esteem issues.

While these symptoms are hard on students' body and emotional well-being, they can also negatively affect students' relationships with the people around them. Senior at LHS and track state champion Kenleigh Stevens said, "When it comes time to turn in grades at the end of the six weeks, I have a lot of anxiety, but my anxiety doesn't just affect me; it affects the people around me. When I get anxious, I get very pushy. I'm very mean. I'm easily set off, so the people around me know when I am stressing about school."

The Netflix documentary *Take Your Pills* talks about the recent increase in demand for the prescription drugs Adderall and Vyvanse by high school and college students. The need to succeed is so high, students are taking the pills, even if they don't have ADD or ADHD to keep them awake and energized for late-night cram sessions, even if it means possibly damaging their bodies. Hendricks speculated, "Students believe that these pills will increase focus and result in a higher grade, but in reality, it is just causing a dangerous addiction. Some are also taking them to get their minds off of things and get some relief, even if it's only for a short time."

Rodney Boggs, parent of Kenleigh and one other child in the Leonard school district, observed, "There's times now when I have to calm Kenleigh down because she puts so much pressure on herself. I have to talk to her and get her back in the right frame of mind." Students are under more pressure now than ever due to the increase in academic and societal standards.

According to Fielden, schools are emphasizing the amount of work assigned, and society has fabricated a vision of "this is perfect, this is right, this is what you should do." Stone agreed, saying, "I feel like everyone expects our generation to graduate high school, go to college, get a degree, and begin our careers. It's like our whole lives are planned for us, and we don't even get an opinion about it. And if someone doesn't follow suit, they're a disgrace to society."



Leonard High School sophomore Emma Dailey suffers from stress

The majority of all high school students say they have experienced some kind of stress due to school, some more than others. According to the website *True Stress Management*, six in every ten students reported being so stressed that they couldn't complete their homework in many instances. These statistics suggest that stress negatively affects how students feel and perform academically. Fielden commented, "When I noticed students seeming overly stressed, it seemed to take a toll on their overall lifestyle in general. Relationships, eating, emotional stability-- all of it began to struggle."

Suicide rates are higher in the fall and spring, during school months, than in the summer. Statistics from a recent *Psychology Today* article state, "The average monthly number of emergency mental health intakes for school-aged children declined from 185 in May [2018], to 102 in June, and then down to 74 and 66, respectively, in July and August. In September the rate started its climb back up again. Overall, the rate of such visits during the school months was slightly more than twice what it was in July and August."

These rates show how school-related issues are causing some students to feel overwhelmed or hopeless, resulting in life-threatening measures. To attempt to lessen the stress and anxiety students are feeling, Hendricks suggests having some type of physical regimen that he or she is engaged in each and every day.

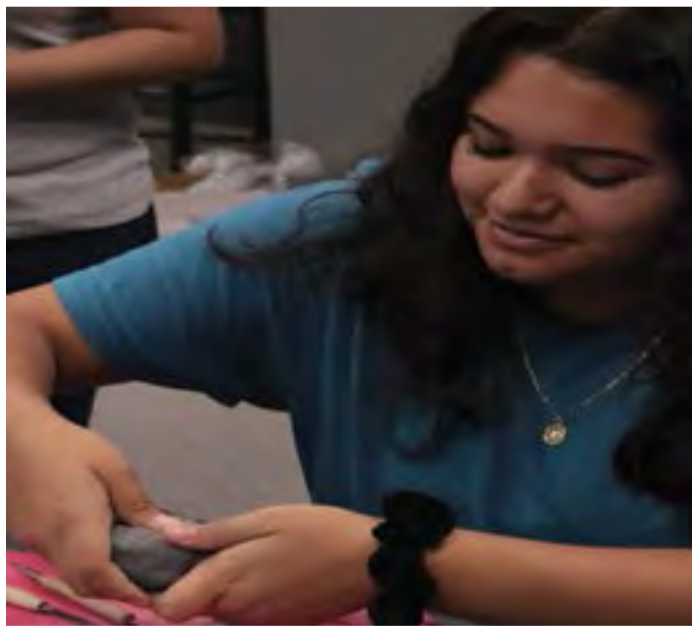
Exercise is important in relieving any type of stress or anxiety. Hendricks also encourages someone who feels as though he or she is under a tremendous amount of stress to find someone they can talk to-- a family member, friend, confidant-- or to seek some type of mental health counseling. "The thing to remember is when a person is under a tremendous amount of stress, it is strength, not a weakness to seek out assistance. I hope everyone always remembers that," said Hendricks.

EMPTY BOWLS, FULL HEARTS

By *Alyssa Jarrell, Student*

Freshly fired plain, white bowls line the perimeters of Carla Wade's ceramics classroom, where her high school students form dozens upon dozens of clay pinch pot bowls. Though the bowls remain empty now, in a few months, they will be dressed in soup, salads, and desserts to benefit the Gunter community in the first-ever "Empty Bowls" event.

Gunter, Texas is a 3A town nestled along Highway 289 between Sherman and Frisco. Despite its miniscule size, Gunter still faces the same food insecurities as those found in many other larger cities across the nation and globe. Wade, a first-year Art I and Art II teacher at Gunter High School, sought to raise awareness for families who had battled hunger in her community.



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

Wade first heard about the Empty Bowls project during a conversation with a fellow ceramics teacher. In their discussion, she learned that art students would be tasked with making ceramic bowls that would be sold to raise money for the local food bank. "[We] will improve the quality of life with each dollar earned through this fundraiser," she remarked.

Together with the high school art students and a dream, Wade contacted the local food bank to help expand the "Empty Bowls" project beyond the school and open it to the town itself. It's fascinating to watch how "art can move people...[as] they integrate artwork and school work into solving real-world problems," Dianne Gravely, Director of the Gunter Valley Church of Christ food pantry, gushed. Her sister and fellow volunteer, Charlotte Boelens, agreed, "We are so excited for this progress and to work with the school as well as the community."

With the September food pantry serving 64 people, the staff believe many area residents will be needing more support after the harsh winter months, according to the Gunter Food Pantry. Soup sponsor and local business owner of Gunter's Hometown Mercantile boutique Lisa Marks is excited to get her business's name out during the event, but more than that, "[She is] overwhelmed with the love and support the Gunter community has shown so early into the project." Regardless of the town or its population, there is always a need for better living conditions, and with Wade's ingenuity, many once-barren bowls will be filled.

Strolling through the art room at Gunter High, it's clear that each bowl is its own creation, with the diverse sizes, tones, colors, and general vibes of every masterpiece provided by the individual artists. "It's a terrific opportunity to use your abilities to help others in need," Sarah Beth Jackson, a freshman at GHS, noted as she added the finishing glaze to her olive soup bowl.

The students have begun to realize that they can make a real difference in their own community as they continue crafting bowls, approximately 200 in total, to help feed a local family.

Senior at Gunter High Quinn Harris* went as far as to say, "Empty Bowls is about so much more than firing a kiln and painting pots. I genuinely feel more connected to the community and its well-being." Harris is in the process of using a matte glaze and burnt-orange paint to accentuate the unique triangular patterns on his bowl. Though all the students' bowls are different, every bowl will go towards helping Gunter families in need.

The event will take place on April 9 from 9 a.m. to 12 p.m. at Gunter High School's cafeteria located at 1102 N 8th Street, Gunter, Texas. The "Empty Bowls" staff welcome anyone who is available to come and support the Gunter community. RSVP to Carla Wade as soon as possible through email at cwade@gunterisd.org. Donations are welcome within the event or directly to the Gunter Food Pantry at <http://www.valleycoc.com/give>.

For more information, please email info@valleycoc.com and/or cwade@gunterisd.org, or visit the food pantry in person at their main location, 121 E College Street, Gunter, Texas.



Donate items for the April 2019 Empty Bowls event to Gunter High School (above).

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EYES OF FREEDOM MEMORIAL

During the Opening Ceremony, emceed by Grayson student veteran Colt Floyd on Thursday morning in the Cruce Stark Auditorium, guests heard from a number of dignitaries who shared their delight with the Eyes of Freedom's finally making it to the North Texas area. Dr. Jeremy McMillen, President of Grayson College, Denison Mayor Janet Gott, Sherman Mayor David Plyler, County Judge Bill Magers and Horace Groff representing the Oliver Dewey Mayor Foundation, all combined to give a huge Texas welcome to the Eyes of Freedom Team.

The U. S. Flag that had flown over the U. S. Capitol and made available by U. S. Congressman John Ratcliffe's office was presented to Cpl. Strahle by Dr. McMillen. The State of Texas Flag, made available by the combined efforts of the State Representatives and Texas State Senator Craig Estes' offices, was presented by County Sheriff Tom Watt. However, it was the presentation of "cowboy hats" by Mr. Groff to both Strahle and Flaharty that made them feel like they had truly arrived in Texas.

The exhibit depicting full-sized artworks of twenty-three young soldiers from Ohio who were killed



in Iraq included a very new addition, "The Silent Battle," by the same artist. The sculpture, showing a young soldier dealing with PTSD and veteran suicides, draws much-needed attention to the two issues that continue to haunt soldiers returning from combat.

Hundreds of area individuals lined

"The Silent Battle" statue is observed (above)

Patrons view the exhibit (below)



up each day to view the somber memorial, and all came to realize that these young men who were

husbands, brothers, sons and friends, all had made the ultimate sacrifice and as such, deserve all the honor and respect that a grateful nation can provide. During the Closing Ceremony, Mike Strahle presented Grayson College with a very special gift: the Eyes of Freedom flag that had been on display with the exhibit and had been signed by many of the guests viewing this remarkable memorial was offered as a token of appreciation to the host.

The signed flag demonstrates the community's immense love, honor, respect and gratitude for the military and all veterans, as well as our very own Grayson College student veterans. The flag is on permanent display in the Veterans' Hub on the 2nd Floor of the Life Center.

For those who were not fortunate enough to see this Memorial while here at Grayson College or for those who would like to view it a second time, there may still be another opportunity.

Tentative plans call for the Memorial to be at the George W. Bush Presidential Library in Dallas some time during the next year.

To learn more about the Eyes of Freedom Memorial and to monitor its exhibition schedule, simply logon

to: eyesoffreedom.org.

2018 VETERANS EXPO RESOUNDING SUCCESS

By Tommy Ellis, Veteran Project Coordinator

The annual Texoma Veterans Resources EXPO is always a very special and well-attended event for area veterans, as well as the entire community. However, it was extra special this year, and it showed in attendance and enthusiasm as well over 200 guests visited and talked with experts and representatives from a wide range of service providers.

From service dogs and equine therapy to home loans, and various types of medical services including hypnotherapy and recreational therapy, attendees were treated to an interesting mix of services and products, all concerned with improving the lives of veterans and their dependents.

This year, joining almost sixty other exhibitors was the Eyes of Freedom Memorial that was finishing up a three-day exhibit on the college campus. This exhibit brought many new faces to the campus who in turn visited the EXPO, conveniently located next door.

Also new this year, thanks to Tyson's, everyone was treated to free hamburgers and hot dogs cooked by the friendly folks from Heart to Heart Hospice. Southern Maid Donuts in Denison even provided a wide assortment of pastries for the early arrivals.

Les Castro from Faithful Friends Ministry and his service dog, Pepper, demonstrated the attributes of a well-trained service dog while Oliver McElroy II, a professional hypnotherapist, demonstrated his

skills as a hypnotist to the enjoyment of everyone.

The exhibitor traveling the

deserving veteran that will allow him greater mobility and freedom.

The EXPO this year was greatly



Veterans learn about career opportunities at Texoma Veterans EXPO

farthest was the Department of Homeland Security (Border Patrol) whose representatives came from Laredo to recruit veterans for immediate employment. Another exhibitor, Quilts of Valor (QOV), traveled from Mineola to exhibit at the EXPO, to partner with Eyes of Freedom and to present a local deserving veteran with his "special quilt."

The EXPO's special moment came when an electric scooter was donated and presented by a deceased veteran's family to another

improved as it

was the result of the collaborative efforts of not only the Texas Veterans Commission and Grayson College's Veteran Services Office, but the Military Veteran Peer Network (MVPN) joined in as a third host.

Normally, the MVPN hosts a similar event at the VFW in Sherman, but by the three organizations joining together, a bigger and better event for everyone was realized. A side benefit that has on-going value is that the EXPO provides an ideal venue for service providers to network with many other providers to

learn about specific areas of expertise and services for veterans.

The veterans of North Texas are the ultimate beneficiaries of all the service providers' knowing about the unique services of all the other organizations. The EXPO was further enhanced with the military vehicle display (thanks to RRM-VPA) parked at the entrance to the EXPO, which was lined with U. S. flags provided by the Whitesboro Rotary Club.

The Sons of the American Revolution dressed in authentic regalia captured everyone's attention as they posted the Colors which was followed by two Grayson music students', Jordan Somers and Madison Wineinger, perfect Acapella performance of the National Anthem.

The value and worth of the 2018 Texoma Veterans Resources EXPO was validated by both exhibitors and veteran attendees alike, who all agreed that "This was the best event like this that I've ever attended. Thank you."

Whether it was the day (Saturday), the special attractions (Eyes of Freedom Memorial and military vehicle display), the great free food, the variety and mix of exhibitors, lots of door prizes or the exhibitor demonstrations, the Event's organizers agreed that every effort will be made to replicate everything again next year for the 2019 Texoma Veterans Resources EXPO. The goal? Texoma Veterans Resources EXPO: Bigger and better in 2019.

DID YOU KNOW?

By Tommy Ellis, Veteran Project Coordinator

- Veterans Day began as Armistice Day in 1919, marking the end of WWI.
- World War I officially ended on the 11th hour on 11th day of the 11th month.
- Veterans Day is ALWAYS on November 11.
- Veterans Day is an official United States public holiday observed annually to honor all honorably discharged military veterans.
- Congress passed a resolution in 1926 for an annual observance, making Nov. 11 (Armistice Day) a national holiday beginning in 1938.
- President Dwight D. Eisenhower, born in Denison, Texas, signed legislation in 1954 changing Armistice Day to Veterans Day.
- Veterans Day is a celebration to honor America's veterans for their patriotism, love of country and willingness to serve and to make the

ultimate sacrifice.

To the staff of the Veteran Services Office, Veterans Day means:

Marlina Reese, "I learned love of country and respect for our flag from my grandpa, Cpl. Jesse F. Hernandez, who served in WWII. On Veterans Day, I'm honoring him and all veterans for their service."

Craig Greenwood, "A day to reflect and honor those men and women who served in order to preserve our values and way of life."

Rolanda Bryant, "A day to say 'THANK YOU' to all veterans."

Emily Dillion, "A day to remember why my dad and brothers are always gone."

Tommy Ellis, "A special day honoring vets, their service never to be taken for granted."

VETERANS DAY ACTIVITIES

By Tommy Ellis, Veteran Project Coordinator

- Wednesday, Nov 7**, Noon- Lunch, (Baptist Student Center)
- Thursday, Nov. 8** from 10 a.m. – 3 p.m. Red, White and You Job Fair (Midway Mall)
- Saturday, Nov. 10** at 10 a.m. Veterans Day Parade (Downtown Sherman)
- Saturday, Nov. 10** at 2 p.m. Veterans Day Parade (Downtown Denison)
- Monday, Nov. 12**, Noon – Phi Theta Kappa Lunch, (Veterans Hub)
- November (all month)** Veterans Exhibit (GC Library's 1st Floor Display Case)
- Wednesday, Nov. 14** at 1:30 p.m., SVAC Meeting will recognize student veterans

FOR MORE INFORMATION:

STOP BY THE VETERANS SERVICES OFFICE ON THE 2ND FLOOR OF THE LIFE CENTER BUILDING ON THE MAIN CAMPUS.

OR, CALL 903-415-2632 FOR MORE VETERANS-RELATED INFORMATION.