While Grayson College students frequent the on-campus library and use its services, many students remain unaware of the services and programs offered by the Sherman Public Library. In a poll of twenty-five Grayson students about the needs of the library, the purpose of this article on September 10, 2019, over eighty percent of patrons surveyed said that they "never" or "rarely" visit the library off campus. Furthermore, nineteen percent of respondents claimed to have never attended a program or class at their local library. Seventeen percent of students polled didn’t have a library card at all.

Fortunately for Grayson students, all of the Sherman Public Library’s programs are available to the community. "We do everything we can do [at the library] is open to everyone," said Reference Librarian and bon vivant, Jessica Miller. She explained that while a library card is a necessity to check out books, all of the programs and classes offered are available free of cost to anyone who wishes to participate.

Additionally, the Sherman Public Library offers programs for children by the library. The library currently offers story-times for children, ages five and younger, on Tuesdays and Wednesdays, as well as a "Baby and Me" story-time group for parents and children during the winter months.

The library also offers Sonata I and Sonata II, beginner’s-level violin classes. Miller explained that this new program is run by the library’s librarians, who play violin for the Sherman Symphony Orchestra. "It’s a great way to get kids to learn about music and see if they’re interested," Miller added. The library also offers a Summer Reading Program for children and teens. Children earn prizes for every book or number of pages they read and are also entered into drawings for prizes at the end of the program. Participants can also earn free books for submitting their "reading logs," Miller added. According to L.B. Smith, "a frequent patron of the Sherman Public Library, the Summer Reading Program encouraged her daughter to read more than she had previously. "I was encouraged her daughter to read more than she had previously. "I really busy in there, too," Miller said. About the program. Due to the limited number of slots, it is recommended that attendees reserve a spot in advance. Miller also mentioned that the library offers a number of informational seminars about Medicare and Medicaid several times a month. Patrons interested in those pages should contact the library for details.

For adults looking for a more entertaining evening, Miller strongly recommends the library’s weekly Dungeons and Dragons game. It’s one of the most popular games of the library’s adult patrons. "The game that runs it is real easy. it’s always

WANT TO SEE YOUR WORK IN THE VIKING?

We are now accepting stories, poems, comics and photos!
Deadline Nov. 1st
Send your work to our editor, Storm Anderson at stannardson2.vikings.grayson.edu

Remember, anyone can contribute!

Crush your appetite on campus

By Joshua Sutton, Student
Are you hungry and trying to figure out where or what to eat? Get those macaro and eat those calories at Grayson College main campus. The library has a few options to choose from. Grayson College's library also serves as a place where students can work and eat. The library is located on the first floor of the main library. The library also serves as a place where students can work on their homework or projects. The library is open from 7:30 AM to 9:00 PM, Monday through Friday. The library is closed on weekends.

Children’s health, myths and misconceptions

Would you want your child or your child’s friend to play with someone at school who has a contagious disease that could cause much pain, anguish, disability, or even death? Would you want your child or your child’s friend to play with someone at school who has a contagious disease that could cause much pain, anguish, disability, or even death?

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The Viking is published by Writer’s Unlimited and Sigma Kappa Delta as an ongoing service project to the college. This newspaper is provided as a forum for public opinion. Participation in the production of The Viking is open to all students, faculty and staff at GC. The views expressed in The Viking do not necessarily reflect the views of the Editor, Writer’s Unlimited, Sigma Kappa Delta, the Board of Trustees, the administration or the faculty and staff of Grayson College. The views expressed in The Viking are the writer’s own and do not necessarily reflect the views of the Editor, Writer’s Unlimited, Sigma Kappa Delta, the Board of Trustees, the administration or the faculty and staff of Grayson College.

Editorial

A Viking in the Lions Den: Part 2  Kassandra Garcia, Staff

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

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

Currently, I’m an officer for our Pride Alliance, and a member of our Hispanic Student Association and our alumni chapter of Phi Theta Kappa, Pi of Texas. Getting into these organizations has been extremely trying to my nature to want to better myself, and campus activities at Grayson, involved at Commerce has been and still is highly intimidating.

In July, I attended the Phi Theta Kappa Texas Honors College main campus. I met so many new people through Hispanic organizations and clubs are always worth the effort and growth you eventually feel. The Viking was created to help people find out about all the organizations and clubs that Grayson College supports a strong membership, leading to a need for a larger partnership that will hopefully be mutually beneficial for students, faculty and staff of Grayson College. NTCC is a group of amateur singers who have been bringing high-quality choral music to the Texoma community since it was originally formed in 2001. Over the past two years, the group experienced growth in its membership, leading to a need for a larger rehearsal and performance space. Knowing that Grayson College supports a strong music and arts program, a partnership was sought.

After a few exploratory meetings with Dr. David Tosha, the communications professor and communications director, Barbara Hanning, an agreement was reached. Barbara Hanning is now an adjunct professor for Grayson College. The herd of high-quality performances on the Grayson College campus, and the choir now includes student members from Grayson College and the Texoma Community College for participation. The 50-member choir is in its second season as a Grayson College group, preparing for their December concert. They rehearse on Thursday nights at 7:00pm throughout the semester.

NTCC will perform Handel’s Messiah on December 13 at 7:30pm in Cruse Auditorium on the Grayson College campus.

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

It’s not easy to keep pushing through and get involved, but if you started at Grayson, then you would already have something that lets you apart when you try to do different things at your university. If you were an officer in any club or organization at Grayson, then you have leadership experience, and you’ll be surprised at what you can do once you’ve moved to a four-year college. If you want to return to Grayson College, you receive course credit on the Grayson College campus, and the North Texas Concert Chorale (NTCC) began a partnership that will hopefully be mutually beneficial for students, faculty and staff of Grayson College.
I'm overwhelmed by a sense of grief this very moment. I never truly knew why I ignored my problems for so long. There's not enough time to continue, I realize how big of an error that was. I was in a bad way, I admit, but none of us is perfect anyway. My flaws are what would keep me up at night, like the scary monsters we were taught to fear from under our beds. My flaws would grab hold of me, all too often, and say, "You're not worth it. Why do you do this to yourself?"

They still haunt me. Every day I wake up to those thoughts and more. I still cannot believe you really going to do anything useful anyway?" I told myself countless times; it's the only way that be what made me feel like I was worth something, but all it has done is give me reasons to ignore those self-deprecating thoughts. I told myself that I could love, that I could be happy, I'm not the only one depressed; I's that I feel positive emotion, anything I do is wrong. I am anxious and I am afraid. I am a flawed human being; I have a lot of problems about myself. I tell myself that normal people don't have these thoughts and feelings; yet, the world is a much harsher place than it is for me any time I want it again. I feel nothing.

Every time I weight these feelings and self-doubts affects us all. I'm not the only one depressed, not the only one with anxiety and problems that those things bring. A lot of people feel like me. I am a flawed human being. Karkinos was good for me. I am not saying that in terms of a spiritual paradigm. I left my life behind. I had my experiences. I was able to spread out and more and more range for the experiences of the audience. People from Asia to Australia came to Madison for Karkinos. I can't even describe the high I got from that first performance. Madison was a big show. I was in my little island and went to Africa. I hooked up with EVD for a little bit. He was happy to have me in his neighborhood. He was good to me. Showed me all the sights and the spots to hit. We collaborated. Released some great stuff together.

But EVD was easy being part of the underground scene and I believe that I was having fun, but the world is a big place and I wanted to see more of it. It was time for me to leave. I would never forget him. EVD gave me a little something to go on from that. It was one of his greatest hits.

I loved his sound and added it to my set. With a new sound, I started to hit up the tradeshows going into Egypt. I wish I could have said that the tradeshows were good to me, but they weren't. I had a lot of trouble getting my name out there. People were big names doing big shows. Lasia was the queen in the North. She hooked me up with "Be Here Now," and was a hack to what I consider my personal favorite, "Amenia," album. H&A were kind enough to let me adapt their stuff to my own and it was successful. I eventually evolved from the no-name loser in the swamp, and I became Red. I was around for some of the biggest crowds in history. Everyone caught wind of who I was. I got to perform in some of the best times in my life, and then I all went to hell. Snow dropped his belt that I have to admit that I was the person everyone was talking about. Suddenly, there were standards. I was good enough to get noticed or play a single place.

We were 70% of us back. EVD and Karkinos went to hell. But EVD and Karkinos were doing fun everywhere else? Shot to hell. We were screwed. It was back to the drawing board for me. I went South, waaaayy South. Hopped on a ship to South America, and stayed there for the longest time. I needed peace and quiet to find what I needed to be. To finally know that I could be if I just found the right set.

In that time, me and my friends were breaking out and going toe to toe with the mainstream. They were practically asking me to do a collaboration. It was alternative all the way. And with that came my name. I can practically asking me to do a revival. I'm not saying that in terms of a spiritual paradigm. I left my life behind. I had my personal feelings that I have to admit that I was the person everyone was talking about. Suddenly, there were standards. I was good enough to get noticed or play a single place.

"Broad Street" album in Soho, and was the person everyone was talking about. Suddenly, there were standards. I was good enough to get noticed or play a single place.

"Total Organ Failure." What we were doing wasn't good enough to play at the top. I was practically asking me to do a collaboration. It was alternative all the way. And with that came my name. I can practically asking me to do a revival.

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Almost every single person has been affected by or knows someone who has struggled with a mental illness. There are many types, whether it be bipolar disorder, depression, or generalized anxiety. Ms. Paul Bryant spent more than ten years as a manager at Texoma Community Center, a mental health facility that helps clients manage their mental illness, substance abuse, or intellectual disability. He offered a quote from a client who had entire left side to be weakened. She uses a walker and is in pain constantly, yet she still comes to work and puts her pain aside to aid and inspire those who need it. According to Ms. Bryant, there are many reasons why a mental illness can be brought to the surface such as “genetics, upbringing, drugs, any kind of abuse and alcoholism.” Sometimes, there is no real reason. “[Mental illness] is like any other illnesses; they can affect anyone, no matter the background or upbringing.” Ms. Bryant commented. Adults are responsible for keeping themselves healthy, both physically and mentally, and all usual things should be done healthily and getting enough sleep, but how does one check on one’s mental state? Many struggle with financial issue, home life, school, and work life. It can be overwhelming! So it is essential to remember that we are not alone, and there are many different resources to help. “Understand that we, ourselves are in control,” Ms. Bryant remarked. “Half of my clients are people with no income at all or have not been working for years and never apply for food stamps because for some reason they think they won’t get it. There’s a lot who think like that.”

Ms. Bryant explained how she could get a burger with everything on it for only $3.50. “They are the best or most probably even further... They have literally beaten the largest burger in the world in a taste test,” Butler added. “You get your money’s worth,” Aguilar stated. Butler noted especially like the big pieces of cake...” way better than high school food,” Butler added.

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

Fine Dining

The gourmet restaurant on Grayson College campus, “Six Ninety One” is located on the main campus adjacent to the Grayson College Campus Police building. According to the Grayson Campus Dining Facebook page, a provocative four-course meal was – "Roasted Butternut Squash Soup," "Oysters Casino" or "Fried Pickles," your choice of "Short Rib," "Fried Salmon," and "Finish with NY Style Cheesecake Topped with Strawberries."

Students prepare and serve in the Campus Dining experience in the restaurant serves as a lab for them. To reserve a space, call them directly at (903) 415-2605. "You’d be hard-pressed to find a price of $10," according to the managing director, Paul Michael Dill, professor in the Science department.

Complimentary Food

The Grayson College Campus Police building. According to the Grayson Campus Dining Facebook page, a provocative four-course meal was – "Roasted Butternut Squash Soup," "Oysters Casino" or "Fried Pickles," your choice of "Short Rib," "Fried Salmon," and "Finish with NY Style Cheesecake Topped with Strawberries."

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article written by a professor of pediatrics and public health administrator, Dr. Jana Shaw along with requirements of vaccination, is implementing the requirement of children being vaccinated before entry have been credited with improved vaccination coverage and a decrease in cases of those diseases. They argue vaccination provides direct protection to a child, as well as protecting children and adults around them.

Several lawsuits have been filed with the complaint that children have a right to be free from potentially dangerous medical interventions. Lawsuits against mandatory vaccinations for healthcare workers have also been pursued. Some hold that over a person's body is not freedom at all. Freedom to make decisions about our bodies is granted automatically; it is not an issue of whether to grant freedom over one's own body or the body of the children. The government is concerned about the longevity of these diseases. Scientific evidence has proven that this is merely an issue of whether vaccinations are safe and effective, federal law should require children to vaccinate. The only exception that should be allowed is those that are a threat to their own health (a medical professional based solely the child's specific condition(s)).

While discussing and providing credible sources that state vaccines are safe and effective, federal law should require children to vaccinate. The only exception that should be allowed is those that are a threat to their own health (a medical professional based solely the child's specific condition(s)).

For Christi Walls, a hiring manager for a Domino’s Pizza district, transitioning from yoga to running has been a smooth process. "The results were indescribable! It helps keep me stay on track with my schedule," she exclaimed. Pritchett also saw much improvement from changing styles. "I've really started to transformed from bodybuilder exercises to just straight power routes," he noted. By keeping one’s heart rate low consistently, one will increase both health and longevity.

With the mental battle people undertake to stay faithful in a routine, Walls suggests creating a "buddy system" to stay committed. "I've never agreed that consistency is very important. For me, the hardest part is getting to the gym—to "put the push and pull of the body into the gym," as he claims. "Half the battle is telling yourself you're going to stick with it and just do it." Pritchett claims, "Results are what keep people going to the gym. Exercise is a result-driven industry." Finding an exercise that works well with one’s schedule, whether it be running or yoga, is key. The effects of exercise are close to mirrored for individuals. For Walls, working out has given her more energy throughout the day and produces a better sleeping pattern for her. For Pritchett, working out has also given him a better mental and physical health. He said, "Not only does exercise help me relax, it helps me manage my stress." Millard stated that exercise is worth it to him because he wants to be a positive role model to his children by showing the importance of staying fit. He also wants the positive effects towards health that exercise gives and the feeling of accomplishment that accompanies these positive effects.

By maintaining motivation to keep up a routine, one must keep in mind one’s goals. For Walls, she looks at pictures of her past self to set a goal in mind by striving to achieve what she once had accomplished.

Millard’s motivation was initially to get back into shape, his body weight now is a positive role model to his children. By doing so, he created a sense of pride in his motivation. He said, "When you pick up that dumbbell you couldn’t lift before, it’s not hurting. You’re doing it!" He added, "And it doesn’t hurt with the ladies!"
Two-time Grayson Alumna takes over Prop-Strike Cafe

In May, Chef Diana Larkins graduated from Grayson College with 3 degrees and 5 certificates. In July, she was Head Chef of one of Grayson's newest restaurants, Prop-Strike Cafe, ironically named after a common and expensive flight school mishap opened back in May directly across from U.S. Aviation Flight School in Perrin Field just west of Grayson's Main Campus. Mark Taylor, cofounder of YoungTay LLC, the company running Prop-Strike, credits Chef Larkins as the driving force to the restaurant's growing popularity. "Diana brings in a whole new dynamic. A level of professionalism and a high level of culinary skill that many just aren't used to in this area. Of course, that is because she's a product of Grayson College."

After graduating from Grayson's Electronics program in 2000, Chef Larkins spent several years working in that field. After deciding to switch career paths, Chef Larkins re-enrolled at Grayson College with hopes of being a food inspector. That is when Culinary Arts Instructor Chef Joanna Bryant stepped in. Chef Larkins explained, "Chef Bryant grabbed me and talked me into joining the Culinary Competition team." Chef Larkins served on the team for 3 years, including the year she served as the team's captain. Chef Larkins credits Chef Bryant and the GC Culinary Competition team, "Being apart really reinstilled my love of cooking."

Now Chef Larkins is using that love to help build business at Prop-Strike. "I changed a lot of things since I came in," Chef Larkins admits. "We're still in the Honeymoon Stage. Trying to see what works and doesn't work," Taylor adds, "Chef Diana has been experimenting with the menu. We're trying out different things every week."

Photo provided by Prop-Strike Cafe.

Two-time Grayson Alumna takes over Prop-Strike Cafe

By Storm Anderson, Editor

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