Grayson Choir students headed to San Antonio

Dr. David Terceiro, 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, available at eventbrite.com, to music from the Texas Two-year College Choral Directors audition.

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

Congratulations Police Academy Graduates

From TEDx to Hallofest.

New law bans unsolicited nude photos.

Remember, anyone can contribute!
Paintball goes pro

Bob Phillips is a 14-year-old high school student who has a passion for paintball. Phillips, who is a senior at the local high school, has been playing paintball since he was a young child. His interest in the sport started when he was just 6 years old, and ever since then, he has been passionate about it. Phillips is a part of the local paintball team, and he spends most of his free time practicing and improving his skills.

Phillips’ love for paintball started when he was just a child. He was always interested in outdoor activities, and when he discovered paintball, he was immediately hooked. He has been attending paintball tournaments for the past 8 years, and he has been competing at the national level for the past 3 years. Phillips’ passion for the sport has not only brought him numerous victories, but it has also helped him to overcome personal challenges in his life.

In 2014, Phillips was diagnosed with a serious medical condition that required him to take a break from playing paintball. However, he didn’t let this obstacle stop him from pursuing his passion. Instead, he used this time to focus on his health and to strengthen his body. He returned to the sport in 2016, and ever since then, he has been competing at an even higher level.

Phillips is now a member of the local high school’s varsity paintball team, and he has become a role model for other students. He is passionate about the sport and is always willing to share his knowledge and experience with others. Phillips believes that paintball is not just a sport, but it is also a way to improve one’s mental and physical health. He encourages other students to try the sport and to see the benefits that it can bring to their lives.

Paintball is a sport that requires physical strength, mental agility, and teamwork. It is a sport that can be enjoyed by people of all ages and backgrounds. Phillips believes that everyone should have the opportunity to experience the excitement and thrill of paintball. He hopes that through his passion for the sport, he can inspire others to pursue their own interests and to never give up on their dreams.

Play for Pay?

Ashley Bruner, Student

Imagine college coaches calling your house to say they want you or your special occasions, coming to your front door in hope that you’ll choose them to guide you through your life. 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 decision is only to a handful of high school athletes striving to play their sport in college. Football, baseball and softball being sports requiring extreme physical practice and preparation, some collegiate athletes could have some financial choices to consider.

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 respective sports.

Colleges usually provide partial or total scholarships to their athletes. For instance, Michael DNF of Lucas, Texas, is a freshman baseball player on a full scholarship at Oklahoma Christian University. "At the [scholarship] money goes towards tuition," DNF 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—Foster added.

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

A concussion is a common injury that can occur in contact sports such as football, hockey, soccer, and basketball. Studies have shown that concussions can cause long-term effects, including memory problems, difficulty with concentration, and changes in mood. Researchers are still trying to understand the long-term effects of concussions and how best to treat them.

One of the latest developments in concussions is the concussion protocol. This protocol is designed to help prevent further injury by allowing players to return to play only after they have passed a series of tests.

The concussion protocol at the time consisted of asking a player to memorize two similar words and two dissimilar words. If they were able to do this, they were allowed to play their sport until they can pass the test again.

It consists of an online course that tests a player’s cognitive abilities. If it is believed that a player has 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.

Gunter High School has even taken this a step further. For Caleb, his concussion had a major effect on his school performances. He had to stay in his room all day with the lights off in order for his brain to heal properly. He wasn’t allowed to read, watch TV, or do anything that strain his eyes, so he lost nearly six months of his life to this treatment. He was forced to restart his 8th grade year the next fall.

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 the location.

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

Foster noticed this effect as well. "Students who come back from a concussion frequently learn things quicker than they were before," she said.

Many students who play sports don’t have access to the same funding as you get a concussion, it can potentially change your entire life. From short-term effects such as memory loss to long-term conditions like chronic traumatic encephalopathy, concussions can take their toll.

Are contact sports worth it?

Many students who play sports don’t have access to the same funding as you get a concussion, it can potentially change your entire life. From short-term effects such as memory loss to long-term conditions like chronic traumatic encephalopathy, concussions can take their toll.

At school, you’re forced to play catch-up, and aren’t allowed to play their sport until they can pass the test again.

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Underage Drinking: Enough is Enough
- Natalee Hayes, Student

If the effects alcohol has on the body aren’t their body, the higher their chances of becoming are underage. The earlier a person puts alcohol into reaction time. The risk is even higher for those who one’s ability to think clearly, and delay judgement/vulnerable. A young adult is more likely to recover without the use of medication, which is.

With that being said, there is a need to seek medical attention. Novak stated that “When a patient begins to go downhill very quickly, they need to be prescribed. Prospective people are to take antibiotics because this is a real problem. Not only is it a serious concern, but also to suicidal thoughts and/or sexual effects that antibiotics have, they do not know the harmful. The use of medication, which is antibiotics faster. The is usually based off of when they event that the bacteria comes away or are not taken at the correct dosage, which 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 subsequent decision on when to bring their child to the doctor is usually based off of when they think there is no time to waste. The amount of time he waits is how long he both he and his child fight an infection alone before they are brought into the hospital. This is due to the fact that children are...younger and healthier (so they have an easier chance fighting [the infection]” said Novak.

It is important to consult a doctor when discussing whether or not antibiotics are necessary. The doctor’s input is critical in determining the appropriateness of antibiotic use.

A person does not need to be diagnosed to have a mental health issue. Wooldard states, “I believe that each person is the expert on themselves. They know what triggers their behavior. Debi Maerz, a grandmother who has struggled with mental health issues, explained that “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. Some examples include bipolar, schizophrenia, ADHD, etc. People with mental health issues don’t always show all the signs and there is no ‘easy way to fix this.’”

In a survey sent to LHS, participants were asked if they told their family and friends about their mental health issues. Only 65% stated that they did. This may be due to the fact that children do not have the vocabulary to discuss their mental health issues. Twenty years ago, when Maerz and Angel Shaw (a mother who struggled with mental health issues) went to the doctor seeking help for herself and her child, they were not informed of what she had. Maerz knows what her triggers are and how to avoid them. “I love uplifting music all of the time, it keeps my spirits up,” claims Maerz. “It helps me get through those negative times.” Maerz knows that her child, Campbell, had realizations that antibiotics were not always necessary, which is why antibiotics are not prescribed for the child.”

Letting the immune system fight off the infection is our body’s response to the illness. According to Dr. Bayrd, antibiotics are not intended to replace this process. Antibiotics are for when the immune system is overwhelmed by an illness or infection. They allow the body to fight off the illness in a faster way. This is the reason why antibiotics are crucial in treating certain infections. Antibiotics are not used to treat the common cold or flu, as these are viruses and antibiotics do not work against viruses. They are, however, used in treating infections caused by bacteria. Antibiotics work by killing or stopping the growth of bacteria. This is done through various ways, such as by stopping the production of bacterial cells or interfering with their ability to survive and reproduce. Antibiotics are prescribed by healthcare professionals to treat specific infections and are not intended to be used for prevention or for treating illnesses caused by viruses.

The use of antibiotics inappropriately and without a prescription can lead to the development of antibiotic-resistant bacteria. This occurs when bacteria are exposed to antibiotics and develop the ability to survive in the presence of these drugs. The overuse and misuse of antibiotics contribute to the emergence of antibiotic-resistant bacteria, which can be more difficult and costly to treat compared to their susceptible counterparts. Antibiotics should be used only as directed by a healthcare professional, and any leftover medication should be disposed of appropriately to prevent the development of resistance.

Please follow the guidelines below to ensure the safe and effective use of antibiotics:

- Take the full course of antibiotics, even if symptoms improve before completing the treatment.
- Do not use leftover antibiotics or save them for future use.
- Report any side effects or allergic reactions promptly.
- Follow the instructions provided by your healthcare provider.

It is important to use antibiotics appropriately to preserve their effectiveness and prevent the spread of antibiotic-resistant infections. Misuse or overuse can lead to the development of resistant bacteria, which can be more challenging and expensive to treat. Proper use of antibiotics is crucial in maintaining public health and ensuring the availability of effective treatments for future infections.

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 service to the college community. Participation in The Viking is open to all students, faculty, and staff at Grayson College.

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Submissions and corrections may be sent to our editor, Storm Anderson, by email at stam@viking.grayson.edu.

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he chose to be the man God called allowed him to touch many lives School, where many attendees A memorial was held for Taylor a accident.

It was during this drive back, on to help any who might arrive early senior at college when Taylor had free. As a student at Texas A&M with their son when he was alive. Brings up the question: what do average American household, by a short trend in the 1950's—where the nuclear family reigned by a short trend in the 1950's—

For example, at Texas A&M, most households, self-doubt in family environment remains constant. Whether through objective units, and how society will come and students and hope that drives to A&M. It was during this time. These homes and other homes open for use at any given day and age. Nevertheless, the public still recommends multiple ways to find their place in a society obvious to how even something as small as the lack of considerate nomenclature can affect a family. Regardless, through education of the public, there is a growing awareness of the possibility that non-traditional families is a potential for a welcoming environment for all families. Modern households are commonly asking themselves the question: what do families look like today?

Challenging Definitions: Families

The American public has been oblivious to the truth about traditional families, and it has led to a lot of false ideas about the “normal” or “unorthodox” households. To combat this ignorance, authors are writing articles to inform the public.

While whether through objective units, and how society will come to terms with this new reality.

American families are evolving into new configurations that have never been seen before. According to Joel Kotkin’s article “The Rise of Post-Familialism and the Human Future” this evolution can be attributed to “a shift to a new social matrix.”

While the typical American still believes most families consist of two parent units, there is a growing controversy in America. Many people in high-income households are choosing to forge a family in favor of prosperous careers. As a result, the competitive capitalism often forces individuals to choose between (between them), leading to an increase in single and childless adults (Kotkin).

This phenomenon has led to drastic changes in the average American household, while still adhering to the strict mold. Yet this new reality brings up the question: what do families look like today?

Today Taylor’s Place has numerous community to reach out as well. It has inspired others in the and students and hope that.

A couple of nights at Taylor’s Place are free. To help alleviate the financial obstacle is finding the money for food and shelter is a struggle. When Mr. Russel is not permitted. “It all moved really fast,” and received their non-profit permit. “It all moved really fast,” and received their non-profit approved—unheard of feat.”

Today Taylor’s Place has numerous community to reach out as well. It has inspired others in the and students and hope that.

However, this project has done away from home,” Tanya said. While some may see this setup as unusual, perhaps due to a lack of interaction between unconventional households, the public still views such households as out of the norm, and out of that context, it is about, even in the families themselves. Described non-traditional families as “a phenomenon that is getting a growing controversy in America. Bob Morris’s article “We Are Living in a New Age of Family” points out how controversy created self-doubt in his own family.

To help him and his partner, Ira, were themselves making numerous drives to A&M. It was during this time period that they were inspired to start Taylor’s Place and continue to stay connected to the place where they thought that labels families make for themselves are the only ones that matter. Despite strides in progressive thinking, there are still many obstacles that families need to overcome to condemn families that do not conform to their stereotypes.

To the unjust condemnation of the Einhorns. Lisa Belkin, in her article “Three Grown Ups and A

Rice believes parents should not. As a result, the competitive capitalism often forces individuals to choose between (between them), leading to an increase in single and childless adults (Kotkin).

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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 on Warning have dropped below the required cumulative 2.0 GPA and/or the required cumulative 67% Pace; however, they still have financial aid eligibility for the next semester they choose to 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 their financial aid 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.) Prove that your appeal statement explains what mitigating circumstances happened and how those circumstances have affected your ability to perform academically.

Eta Sigma Delta inducts new members

Chris Gayton, Student Counselor

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 President Storm Anderson, Vice President Chris Gayton and chapter member Sarah Tannish Shellmen. The inductees included Benjamin Rieh, Brandon Jones, Adan Aleman and Jessica Bowman. Congratulations to all inductees!

SGA heads to Regional Convention

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 representatives from another North Texas area community colleges, to work on resolutions, service and community projects.

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

Honors College goes to New Orleans

- Storm Anderson, Editor

The Grayson Honors College Student Officer Team headed to New Orleans, Louisiana November 6-10 to attend the National Collegiate Honors Council Convention. At this convention, Honors students across from the globe joined together to share research spanning from the effects of microplastics on fish, 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 14th here on campus and everyone will come out to see exactly what our Honors students have been studying over the past semester.

“Honor, Treasure” Resource Laboratory (Photo by Professor Chad Tomaselli)
### 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**  
  First Tuesday, Design Room, Arts and Communications

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

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

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

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

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

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

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

- **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

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

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

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

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

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

#### Tuesday

- **Monday**
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    12-1, LA 205
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- **Wednesday**
  - **Monday**
  - **Tuesday**
  - **Wednesday**
  - **Thursday**
  - **Friday**

- **Thursday**
  - **Friday**

- **Friday**
  - **TBA**

- **Weekend**
  - **International Students Day/Empty Bowls**
  - **Painting students skip class, vandalize downtown Denison**

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### Connect with us!

**@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.

NEXT DEADLINE: TO BE ANNOUNCED

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**Painting students skip class, vandalize downtown Denison**

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