

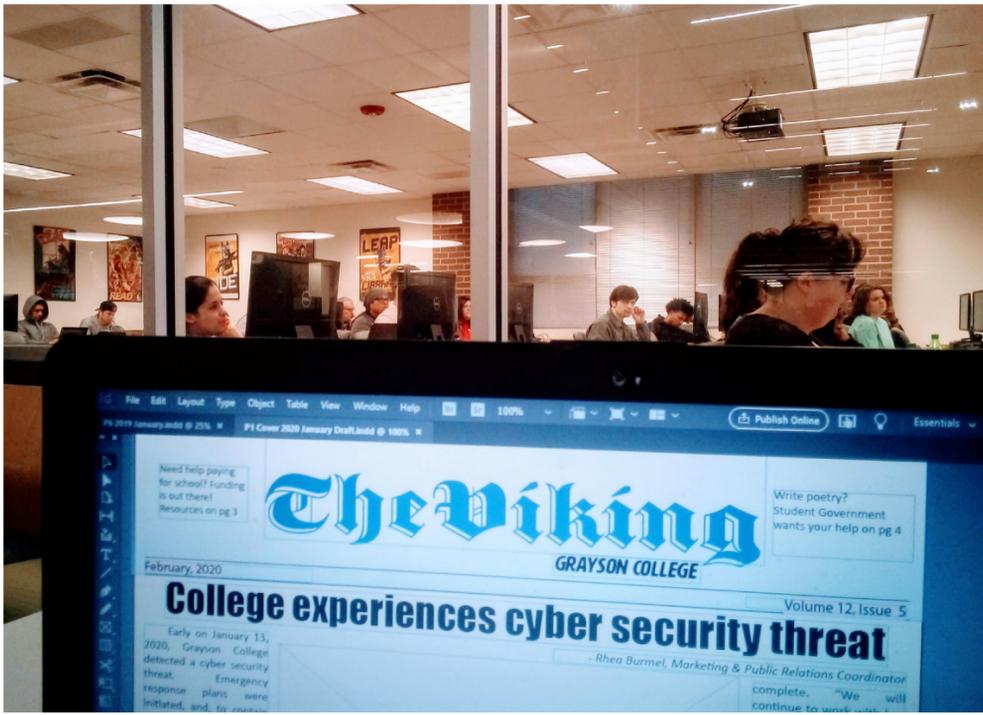
College experiences cyber security threat

- Rhea Burmel, Marketing & Public Relations Coordinator

Early on January 13, 2020, Grayson College detected a cyber security threat. Emergency response plans were initiated, and to contain any potential threat, systems were taken offline. Despite the interruption in service, Grayson faculty and staff continued to teach their classes.

"We understand the additional challenges this created for our students and employees, especially as we begin our spring semester," GC President Dr. Jeremy McMillen said. "We take the privacy of our community seriously. We are grateful for the swift action of our IT team in identifying and isolating the threat."

Teams began working immediately to restore services as quickly as possible. Law enforcement and an independent computer security firm



Students working in the Library Computer Lab, January 28th. (photo by Viking Staff.)

were contacted to help investigate and respond to the incident. The initial investigation does not indicate any personal information was compromised.

Systems officially began coming back online late Friday afternoon. To support students, the College extended the payment deadline for Spring term to

Friday, January 24. Employees worked through the weekend to process documents, update files and make preparations to award financial aid. The College was not open to the public that weekend to allow employees dedicated time to prepare to serve students. GC also held extended hours the following Tuesday and Wednesday from 8am-6pm to accommodate student needs.

The investigation is still ongoing and not yet complete. "We will continue to work with law enforcement and an independent computer security firm," GC Director of Administrative Computing Casey Ticknor said. "At this point, the initial investigation does not indicate any personal information was compromised. As the investigation progresses, we will learn more and update the public as necessary."

The investigation will help Grayson determine how this incident occurred and confirm that all information in its possession remains secure. Grayson is committed to keeping everyone informed throughout this process and will continue to provide updates through e-mail on progress.

Passion Pay - Estefany Zambrado, Student



Photographer Ender Zambrano taking photographs using his Sony A6000 camera. (photo by author)

Passions often become hobbies that we spend time, effort, and even money on simply because we enjoy them. As we face the "adult world," though, these hobbies are often abandoned to pursue a professional career. However, the activities and arts we currently enjoy could be an indicator of the career that is best for us, so we may not need to abandon that hobby after all as we pursue a profession.

Photographers are an excellent example of people who get paid to pursue their art. They have taken what they are passionate about and turned it into the professional career of their dreams.

For many photographers, the

desire to pursue this craft stemmed simply from their love of capturing beautiful moments they wanted to remember forever. Photographer Ender Zambrano said that he has pursued many pastimes, but none was quite as fulfilling. He began by snapping pictures on his iPhone of random moments when he was "enjoying life at its fullest," such as spending time with friends by the lake, but eventually felt that a phone just did not do the moment justice. After purchasing his first mirrorless camera, he began to fall in love with the beauty of capturing life. (Continued on page 4)

Sing your way into Spring

- Shannon Ryan and Andrea Gowans, NTCC



Frosty and NTCC Director Barbra Hanning share a laugh before the winter concert (photo by Andrea Gowans)

North Texas Concert Chorale and Grayson College are partnering again this Spring to bring our community high-quality choral music. The choir meets on Thursday nights at 7:00pm in the choir room of the Arts and Communications Center of Grayson College.

Join us on January 30th if you're interested in singing with this group. We are a multi-generational, 50-member group, with members coming from across the Texoma area.

Our concert in May will feature a mix of fun and classical choral music, including a selection of Aaron Copeland arrangements.

If you'd like more information, please contact us at info@ntccsings.org.

Should we worry about the coronavirus?

As of January 28, only 5 confirmed cases of coronavirus have been reported in the United States, but over 2,000 people are infected and 106 have died worldwide, according to The Associated Press. Symptoms include fever, coughing, and shortness of breath, according to the Center for Disease Control, and can show up between 2-14 days after being exposed to the disease.

The Center for Disease Control suggests taking these measure to reduce your risk:

- wash your hands often with soap and water for at least 20 seconds
- avoid touching your eyes, nose, or mouth with unwashed hands
- avoid close contact with people who are sick

How safe are we? - Mary Shupert, Student

School violence is certainly not a new topic. Columbine High School has been one of the most memorable mass shootings to date, and similar incidents have increased over the last decade. Most recently, two students were left dead following a shooting at a Texas A&M Commerce Homecoming party.

Though this party was an off-campus event, it was still school related. While the scale of violence is not as prodigious or as publicized as at Columbine, the threat still exists. Due to the increase of school violence, police officers are now stationed at learning institutes from grade school to college campuses. How informed are you about safety programs and procedures provided by Grayson College?

Grayson College has their own police department on campus open 8am-5 pm Monday through Friday; however, officers

patrol the campus 24 hours a day.

Upon enrollment at GC, every student should receive the contact information for both the Police Department (903-463-8777) and the on-call patrol officer (903-814-3343.) The on-call officer can also receive text messages to report suspicious activity. Grayson County Sheriff Dispatch (903-893-4388) can transfer calls as well.

Students and faculty members are encouraged to save these contacts in their cellular device because they never know when they might need them.

Grayson PD Chief Kevin Nugent has worked in law enforcement for 27 years, holding the position of Chief for the Grayson College Police Department for 2 years. GC Police Department posts "Detailed Activity Reports" and "Detailed Crime Logs" monthly accessible through the Grayson College website.

(Continued on page 5)



(photo by author)

Student Spotlight: Latesha Cunningham

-Marlene Phillips, Director of Advising and Outreach

Latesha Cunningham moved from Louisiana to Denison some four years ago to be closer to her mom, and she hasn't stopped moving in one way or another since!

In fact, Cunningham has been moving toward her ultimate goal of becoming a nurse for years. She became a mom at age 16, but she didn't let that stop her from completing high school or earning her nurse aide certification. In 2018, four years post-high school, and after working as a Certified Nursing Assistant, Cunningham decided to take the next step in her education and career path. She enrolled in Grayson College's Patient Care Technician (PCT) program.

The PCT program offers successful completers the opportunity to earn four

certifications in healthcare professions: EKG Technician, Phlebotomy Technician, Nurse Aide, and Patient Care Technician. The program is short, but intense with 16 hours of class per week over a 16-week period.

Cunningham's children were aged two and six, and she was working nights at Stone Brook Assisted Living in Denison. It took daily planning and efficiency to make her schedule work. She arrived home at 3:20 am from work, slept until 7am, and then rallied to get her son off to school and drop her daughter off at her aunt's house. She attended class through noon, ate lunch, studied, returned home, spent some time with her children, and then prepared to report for her 5:30pm work shift.

Cunningham doesn't complain or even mention the challenges she faced to stay in school and successfully complete the program in December 2018. Yet she did what so many try and fail to do: she literally did it all! She was a mom, an employee, a co-worker, a caregiver, a student, a classmate, a daughter, a sister, a niece, an aunt, a friend, and the list goes on and on.

Cunningham describes the PCT program as "... good practice, and it lets you know if you are a good candidate for being in the medical field." "Ms. Wilcoxon (the PCT instructor) was a great teacher and very patient. I really enjoyed her class," added Cunningham.

After graduation, Cunningham continued at Stone Brook, but kept her



PCT graduate and nursing student Latesha Cunningham. (photo by author)

sights on a position at the Texoma Regional Blood Center. Then in a moment of serendipity, Cunningham left Stone Brook, and on the same day, the Blood Center called her for an interview. She's been at the Texoma Regional Blood Center since.

Now with three children, including a daughter born shortly after she graduated from the PCT program, Cunningham is continuing her pursuit of a nursing degree at Grayson College.

We are in awe of you, Latesha! Keep moving up!

Nursing is big on campus, but there are alternatives

-Jennifer Tapia, Student

Nursing offers a competitive salary and endless opportunities for advancement and flexible work locations. But for that assurance comes many years of hard work and studying.

"Every semester at Grayson College, an estimated 160 students apply to the nursing program, but only 60 get approved," states Joanna Barnes, Dean of Health Sciences. A nursing program is undoubtedly competitive,

no matter which school one looks into, so many students get discouraged during the process and pursue other career paths.

Curtis Groseclose, Director of EMS Education at Grayson, explains why nursing is such a popular choice for students. "Many students are not aware of other health science degrees. They choose nursing because it carries the honor of being the highest-paying and most-respected

[health care career], and so most students do not even consider other programs," he says. Some students, though, are afraid of failure and so look for an easier career route. Adults who are starting college for the first time look for programs that offer employment directly after graduation.

Paige Powell, who earned a bachelor's degree in Exercise Science from the University of Texas at Arlington, is currently in nursing school at Grayson College. "I applied for nursing school at first but did not get in. So I chose something else [as a major] that I was not interested in. I am in nursing school now because that is where the money is. There is no other health science degree that pays this well," Powell reflects. "I wish I would have known the struggle to succeed in nursing school back then. I would have changed my mind and looked at other health care options more in depth." Many students want to enter the medical field, not just for the money but because of the intrinsic rewards. Numerous other

health care jobs can be equally rewarding.

Holding an associate degree in Nursing merits a pay of about \$28.75 an hour whereas an associate degree in Respiratory Therapy pays a comparable \$26 an hour in this area. Grayson College doesn't offer educational programs for, meaning that filling these positions from local employment pool may be challenging. Health care facilities will sometimes have to pay for their employees to get the proper training.

A look at Texoma Medical Center's online job postings shows openings for registered respiratory therapists, medical assistants, and surgical technicians--programs Grayson College doesn't offer but Collin College, just south of Grayson, does. "In late bloomers, on other health science programs assess the need for that additional programs due to the proximity of other schools to our area [Collin College, North Central Texas College, Southeastern Oklahoma State

University]," says Groseclose. "If there was a critical need, then offering these programs would be a definite benefit to our school and the area."

Sam Christian, a recent graduate of the nursing program at Grayson College, says that offering these additional health care programs would benefit the area of Grayson County and the college. "Adding a respiratory therapy and medical assistant program would provide more professionally trained staff at local hospitals, and the college would see fewer students transferring out after getting prerequisites done," she reflects. "I do think we are educating high school students, or even other students, on other health science programs that pay well. Many people want in the medical field because it is rewarding, and it is never a dying field. You can find work in any part of the State world."



Paige Powell, PCT at Baylor Scott & White Medical Center, McKinney and current nursing student at Grayson College (photo by author)

What you study is a Major decision

-Danyel Winkler, Student

Choosing a major can be a very stressful decision. Choose wrong and you may have to start over your coursework from the beginning. Jill Avery, a Collin College sophomore psychology major, encourages students to do an adequate amount of researching before deciding: "Make sure you are looking into all possibilities before deciding. One does not want to make a decision in the moment and change their mind once they are in that career role." Avery explained that she spent several months researching before choosing psychology as a major. She even "discussed options with the administration office when signing up for courses." Having someone to "reassure you in your decision is helpful and



Students talk to university representatives at the Transfer Fair on Jan. 23, 2020. (photo by Viking Staff)

encouraging."

On job posting websites such as Indeed, you can research the salaries in the surrounding areas and the number of job openings. Money may be an important factor when making your decision, especially if you

are looking for a career that will support your family. Another topic to look into while choosing a major is the average cost of required courses. Megan Neal, a nurse at Medical City Dallas hospital, commented that she enjoys caring for her

patients and does not know what she would do if she had chosen a different career. When planning for her future, Neal stated that she "researched the salaries to make sure I would be able to support the children and supply for their daily needs."

Shay Nichole graduated from Southern New Hampshire University five years ago with a bachelor's degree in business management. She commented, "Finding an affordable college was the hard part, not the class work... I chose my major based on the classes I could afford."

Business management fit into her schedule as her job at the Marriott Hotel reimbursed her for the classes she successfully completed. Earning her degree helped her get a manager position at the

hotel. Some employers offer to reimburse for classes, but only classes that benefit the company. This may also affect a student's decision. Does one want to stay within their current company and move up? Or do they want to start over in a new direction?

While you may feel you know your calling, it is still worth the effort to do your research before deciding on a major. It is always better to take your time and make the proper decision rather than majoring in the first field that comes to mind. Starting over is always an option, but it's one that takes time.

Ensure that you are making the right decision: do your research and work with your success coach. They are always happy to help point you in the right direction!

Grayson College Foundation 2020/2021 Scholarship Application Priority Deadline March 20, 2020

- Cynthia Perez, Grayson College Foundation

The Grayson College Foundation scholarship process just got easier for current and future Grayson College students. As of January 2020, individuals seeking scholarship assistance for the 2020/2021 academic year can take advantage of a new software platform to apply for Grayson College Foundation scholarships.

Through the new AwardSpring scholarship system, applicants can apply for all available scholarships by completing a single scholarship application. The system is integrated with the college's Student Information System and will auto-populate the applicant's demographic and academic data and automatically match applicants to scholarships based on the

answers to the qualification questions. Once the scholarship application has been submitted, the applicant can review the scholarships they have been matched to.

A student guide is available online to assist applicants through the application process: <https://www.grayson.edu/Scholarships/Award-Spring-Student-Guide.pdf>

The scholarship application is accessible via www.grayson.edu/ by clicking on the Admissions & Aid tab Scholarships

Apply for GC Scholarships
Click on the yellow "sign in with your school account" and use your GC email and password to access the application.

Workforce Solutions Texoma offers funding for high-demand programs

- Wayne Ryon, Financial Aid

Workforce Solutions Texoma has funding available for the following programs:

- Welding
- HVAC (Heating Ventilation and Air Conditioning)
- Electrician
- IMT (Industrial Maintenance Tech)
- AMP (Advanced Manufacturing Program)
- Patient Care Tech
- Pharmacy Tech
- Dental Assisting
- RN (Registered Nursing)
- LVN (Licensed Vocational Nursing)

For more information and to apply, go to

<http://www.workforcesolutionstexoma.com/training-orientation/>

Workforce Solutions Texoma offers orientations every Monday, 3:30pm at the Denison office located at 2415 S. Austin Ave. Suite 105 Denison, TX 75020.

Workforce Solutions Texoma has locations in Bonham, Denison, and Gainesville to serve the counties of Fannin, Grayson and Cooke.

To locate contact information for each office, go to

<https://www.workforcesolutionstexoma.com/#locations>

Grayson College Faculty Association funds Student Success initiatives

- Viking Staff

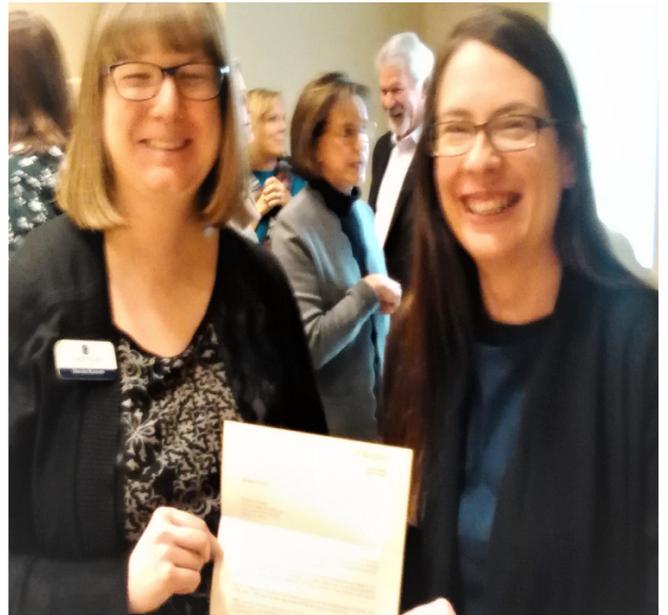
In January, the Grayson College Faculty Association reached its goal of raising \$5,000 to endow a student scholarship through the Grayson College Foundation. Contributions were made by numerous faculty members over several semesters to reach this goal, according to Association President Dwayne Barber. "We want the Grayson community to know that our faculty support students not only through challenging them with rigorous classes, but also by ensuring they have the financial means to continue to pursue their goals," stated Association Secretary Marlea Treviño.

Recognizing that food insecurity is an ever-present impediment to productive classroom learning, the Association also approved a donation in November to the Grab and Go student food pantry, located in the former GC Perks location on the second floor of the Life Center.

Scholarship Workshop

Grayson Honors College Club will host a Scholarship Workshop Feb. 20 from 12:20-1pm in the Viking Room.

This workshop is free and open to all Grayson students.



Above and left : Adult Education and EMT faculty receive grants from the Regensburger Foundation on Dec. 6, 2019. (Photos provided by Janis Thompson)

Editorial

The key to college success? Keep your focus

- Blayne Clower, Student

People go to college in order to pursue an education that will allow them to become productive members of society in fields all around the world. Since colleges are about helping people achieve their goals, it makes sense that students who are in college would make every effort to perform at their highest level in terms of their academics. However, many students go to college and find that their expanded freedom and lack of structure allow them to take a different route .

College, while about education and learning, also has a social aspect. Many college students will be thrust into social situations that they have not been in before and will have the opportunity to make decisions they never could. Friendships and relationships are developed along the way, but these relationships can either help or hurt a student's college experience. The outcome of these situations will rely on where

a student chooses to put their focus.

Students who go to college can find different ways to get involved in campus activities like clubs, including student government, student ministry, and the various honor societies. Melissa Carlisle, the head of housing at Grayson College, believes that "students need to be more involved to maintain their focus throughout college...whether it's on-campus activities or off campus, staying involved in your school builds friendships and connections that can also help you stay focused by studying in groups or getting help."

Students who are involved in their school actually invest time in other people attending the school, which helps them realize that they are in school to gain friendships as well as get an education along the way. All college students will go through low points and times of struggle, but it will be the relationships that they have built that will get them through these tough times, notes Carlisle.

This is why Amy Sanders, a parent of a Grayson College student, thinks that the most important thing college students can do is "think about the damage that could be done if they do not stay focused. Students should choose between what is more important and schedule as much as they can in order to help them stay focused."

Sanders knows that college students, including her child, have the power to make many decisions that will impact their future: attending class, doing their assignments, and participating in social activities. These decisions seem like they should be easy for students to make, but this social pressure and the freedom of choices that have been newly introduced, makes these decisions a little more complicated. The bottom line is that college students should always take into consideration what the outcomes of their decisions will be, whether those decisions are good or bad, because this will allow them to stay on track.

Overall, college will present many challenges for students both in and out of the classroom. Students can combat challenges by focusing on their end goals and investing their time wisely.

(Editor's Note: Check the backpage for a list of clubs and their meeting times.)



Clubs and organizations are a great way to get involved on campus! Phi Theta Kappans hold a meeting. Jan. 22, 2020. (Photo by Professor Mary Linder).

Student Government hosts Poetry Contest

- GCSGA

The Grayson College Student Government Association is looking for the most original poem to lead us into this new decade.

Poem must be at least 3 stanzas, but may be rhyming or non-rhyming. The theme should cover 2020 Vision. The winner will receive a Grayson College Bookstore gift card. Winning submission will be entered into the Texas Junior College Student Government Association statewide poetry competition set for April 24, 2020.

Deadline: Feb. 28th.

For more information or submissions, send to Senator Makayla Hill at machill@vikings.grayson.edu.

Must be a Grayson student (full or part-time) to enter.

Editorial

A Viking in the Lions Den: Part 3

- *Kassandra Garcia, Viking Staff*

My fellow Vikings, by the time you read this, you'll be tackling your spring term. Congratulations on surviving the fall, and if you just started, welcome to Grayson! I'm currently writing to you guys from my last week of my fall term at Texas A&M Commerce, otherwise known as finals week. So far I have finished two classes and I have four more to go!



I paid off the last of my fall tuition last week, and I'm getting ready to take out loans for the first time for my spring term. I wasn't kidding when I said community college is a blessing based off of price alone. The new semester means a new \$9,000 bill, and I'm missing Grayson's cost of attendance more than ever. The completion of the rest of my semester did leave me with a few more tips to give, though.

If transferring to a university is your first time to be completely away from home, then I suggest bringing your memories with you. I live in an apartment on campus, and my walls are covered in photos of my family, friends, Grayson's Financial Aid Office from when I worked there, and our campus chapter of Phi Theta Kappa. Among those pictures, I also have a card signed by all of my coworkers, my two associate degrees framed on the wall, and my Phi Theta Kappa membership framed on the wall.

Surrounding myself with these memories is how I'm able to wake up and remind myself how far I've already come, and it helps encourage me to keep going.

When it comes to studying, I will always recommend finding someone to study with. Going to your campus library also makes it easier because studying from your dorm or home generally includes many more distractions. I say study with someone else, though, because when there's someone else there, then you are not holding yourself accountable alone; they're holding you accountable too. You don't have to be in the same classes. Leading up to this week, I've had three of my friends pull me out of my funk by studying with me. One of them even took my phone hostage. I didn't see how important these concepts were until I was almost done with my third month here at Commerce.

When given the option, consider a roommate. You'll be taking a lot of risks if your university doesn't have a system that lets you get to know people first before deciding on a roommate, but if it's a risk you're willing to take, do it. My roommate has come to be my rock, and our talks are something that I look forward to every week. We have completely different schedules, so we tend to only be home at the same time maybe two or three times in a seven-day period. That is fairly common, though. Many people don't see their roommates that often.

If you're a person who watches TV, you also have the ability to combine the streaming services that you and your roommate have. For example, I have Netflix and our TV, she has Hulu and our HDMI cord, and we both have access to a Disney+ account.

One thing that you can never forget is to take care of yourself mentally and physically. I'm the type of person who only attempts to take care of myself mentally, but I know that I need to work with both. There is no point in doing all the activities, classes, and clubs if you're just going to cause yourself to crash and burn due to the lack of self-care. Self-care can be as simple as watching a show that you really like for an hour or two. Or, it could be jogging around your campus for 15 minutes. Small steps will always be better than none, and as a fellow college student, I certainly know that struggle. My self-care is watching comedians, for example, and I even took to seeing one of our campus counselors (which is completely free). Everyone does self-care differently, and I hope it is something every Viking is already working on or attempting to start.

All in all, I feel like I learn something new every day. My
(Continued on pg 5)

(Continued from Passion Pay pg 1)

Felix Soriano, a photographer for 5 years, had a similar start to his career. "It all started on my iPhone," he states. He began by capturing the beauty in the scenery that surrounded him. Although he did not pick up a camera with the intention of making a career out of it, it was his passion for perfecting the art that pushed him into pursuing photography at a professional level.

No matter how passionate a person may be, no photographer, or artist in general, begins their work having mastered every skill. Soriano emphasizes the role of community when refining his craft. Whatever the craft or skill may be, it is important to surround oneself with others who can provide guidance and support. Soriano states that even after many years in photography, he still likes to collaborate with other photographers, exchange ideas, and grow together. Photographer Nathaly Velez, who recently began pursuing professional photography, says that perseverance is key for perfecting the craft. "Every day I would find a window of time to just go outside and take pictures," she says. The best way to grow as a photographer is to attempt new methods. For some, collaboration will provide the greatest growth, while individual experimentation with different shooting styles might work best for others. However, the artist will never know until they try.

Soriano, Velez, and Zambrano started where a lot of photography students may find themselves today - unsure if they could successfully turn their passion into a career. However, they have been able to do so and they have great insight to offer. Being fairly new to professional photography, Velez offered wise words to those who desire to turn their hobby into a career by saying, "Don't get frustrated... and don't be afraid to start small." She states that every photoshoot is a great opportunity to learn even if you are not making a lot of money at first. When asked about important factors to consider when going into business, Zambrano emphasized the importance of finances. "It being your passion, you're going to want to spend money on it. Be wise about what you invest in." Soriano had a slightly different approach to the subject and simply encourages new photographers to "never put profits over your passion." He believes that the best way to make money is to "perfect your craft, and people will be attracted to the quality of your work."

Making career decisions can be an intimidating task for any college student. However, the possibilities are endless, and your current passions could be a great indicator of careers to consider. As exemplified by photographers Zambrano, Soriano, and Velez, careers can be discovered within the hobbies, pastimes, or arts you are passionate about.

Editorial Information

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.

Submissions and corrections may be sent to the editor, Storm Anderson, by email at stnanderson@vikings.grayson.edu.

(Continued from How Safe pg 1)

Chief Nugent encourages the GC community to visit the website, so they can stay informed about the current campus police-involved activity.

He comments, they receive a lot of calls for alarms and medical services. Officer Jackie Thomas, who has been with GC PD for 11 months after retiring from the Denison Police Department with over 30 years of service, states, he receives a lot of calls to unlock doors.

According to the "Activity Reports," from January 2019 to September 2019, the PD responded to 35 alarms (including fire), 125 building and room unlock calls, 10 medical emergency calls, and issued 58 warnings (reasons unknown). Even though the amount of criminal offenses is significantly less than for more general "activities," there is still a presence of crime on campus. The "Criminal Logs" dating January 2019 through September 2019 indicate: 3 assaults, 2 simple assaults, 1 criminal trespass, 3 criminal mischief, 2 theft, 1 vehicle burglary, and 5 drug-and alcohol-related cases.

When it comes to keeping students informed about campus safety, Chief Nugent remarks, "I believe that we should always look to improve our services..." Grayson College uses a "GC Alerts" to distribute mass warning notifications. There is no

charge to sign up for "GC Alerts," and you can opt out at any time. A list of available safety programs can be found on the college's web page. Campus Safety and Personal Awareness, Civilian Response to an Active Shooter (CRASE), and "See Something Say Something" are only some of the safety programs Grayson College has available. Go to www.grayson.edu to view the entire list, including instructions on how to participate.

Grayson College has students who attend classes on campus and students who complete their classes via the internet. Even though the virtual students do not frequently visit the campus, they should still be aware of the safety information provided. How important is campus safety to GC students, and how informed are they, though?

Sabrina McClinton, a sophomore history major, is on campus a couple of hours a week and stated, "I do believe the safety of the campus should be the college's first priority." Upon receiving a college ID, students are given a card explaining what to do if they witness an active shooter, but what other information should the administration provide? McClinton reveals, "The only thing I received was a small card...other than that, nothing. I don't think this is enough."

Amy Spindle, a

sophomore math major at GC, comments, "I was not given safety information when I enrolled; however, I am an online student, so maybe that is why. I would have loved to receive information about procedures in case I was on campus in the future."

When it comes to concerns about campus safety, Spindle says, "Shooting in general is a concern...sexual attacks are also happening, not on our campus but around the globe...it would be neat if the college offered free self-defense classes or even classes on how to handle certain situations to the students. I think if more students were prepared, less attacks would happen, and it could possibly save someone's life."

Know your surroundings, have a plan, and take the time to familiarize yourself with the safety procedures because you might need that knowledge one day.

For more information on the safety services provided by Grayson College, go to www.grayson.edu. Under the Student Life tab, click on Police and Campus Safety.

Grayson College Police Department is a vital part of campus safety, there to Protect and Serve. The next time you are on campus and you come across these fine men and women in uniform, extend your hand and thank them for their service!

Editorial

GC American Sign Language Association has big plans

Hello Grayson College! - Stephen Linn, Viking Staff

This spring semester is shaping up to be quite interesting. Our first week back in class was wrought with tech problems as our campus IT team dealt with a cybersecurity breach; however, it seems things are working towards a resolution of that issue. Praise God!

On to other news, campus clubs and organizations have started up already! Phi Theta Kappa (the campus honor society), the Student Government Association, and SKD/Writers Unlimited are among the clubs who have met at least once by now, and the BSM has resumed their free Wednesday meals and Bible Studies. But guess what other, recently approved organization is up and running? The Grayson College ASL/Deaf Association!

That's right folks, we're BACK and ready for a new semester of learning ASL! "What is ASL?" you may ask. Those letters stand for American Sign Language: the number one sign language used by America's Deaf population. This semester we will have a variety of topics to cover, and it's all centered on learning to communicate with the Deaf people in our lives. If you don't know anyone who is Deaf or uses sign language, you can still come and get prepared for the day when you do! What better way to enter the year of perfect vision than to learn to speak in a beautiful visual language?

Over the course of the spring semester, members of GC ASL will not only be learning how to communicate in sign, but we will also have field trips to local Deaf socials where we can apply what we have learned. Additionally, we will be working on learning how to sign the Star-Spangled Banner for a sports game (sport and date to be determined). The club meets every Monday from 12-1pm in the Liberal Arts building, room 107. Do you have a class that goes until 12:15? No problem! Swing by after class! Just found out about the club on the last week of February? Come on in! Starting late in the semester is better than not starting at all!

We have a lot of great things planned for this year, so come join us! For more information, contact stalinn@vikings.grayson.edu

(Continued from Lion's Den pg. 4)

Phi Theta Kappa family here at Grayson keeps me going just as much as my apartment walls, roommate, and friends do. I love going to community college and university at the same time, quite honestly.

I'm certainly busy a lot, but being busy is something I have always enjoyed. I once again hope that I am able to meet with you all and I am always available at the weekly chapter meetings of Phi Theta Kappa (Wednesdays, 12:30-1pm, in The Viking Room by the Life Center ping pong tables) or as I'm walking around campus. Have a great spring semester, everyone!

Where is your stress meter? - Amy Spindle, Student

When asked, several Grayson County adults ranging in ages 18-60 stated their "stressors" were "work," "college," "finances," "home-life," "traffic," "other people's opinions," "politics," "health," and "not enough time."

Surgical Tech Carol Lavender claimed "90% of doctor's visits are attributed to stress," and "75% of the illnesses the individual has are caused by stress." Lavender said, "The impact that stress has on the body is astronomical." When people are stressed, it can cause depression and anxiety, which can lead to headaches and sleep deprivation. If it's a long-term situation and you are stressed for a long period of time, it can cause high blood pressure, which can lead to heart disease. Stress can have such a toll on the body that it can even cause death, according to Lavender.

Just as stress is perceived differently by each of us, stress affects us all in ways that are unique to us. One person may experience headaches, while another may find stomach upset is a common reaction, and a third may experience any of a number of other symptoms. While we all react to stress in our own ways, there is a long list of commonly experienced effects of stress that range from mild to life-threatening. Stress can affect immunity, which can impact virtually all areas of health. Stress can affect moods in many ways as well, explained Lavender.

Because the vast majority of health problems are caused or influenced by stress, it's important to understand how stress affects your body and learn effective stress management techniques to make stress work for you rather than against you, said Lavender.

Rebecca Stanley, who is majoring in Early Childhood Education at Grayson College, tends to stress over having enough time and waiting so long to do assignments. She said, "I feel like I could ask for help more often. I could use a break from time to time. I could use some down time, and I really need to set aside 'me time' at least once a month."

Another Grayson College student majoring in Nursing, Blayne Clower, who stresses over money and college work, commented, "I do think it is possible for

some of these [stressors] to be maintained by managing your time and scheduling to the best of your abilities."

The good news is that stress can be effectively managed in many different ways. The best stress-management plans usually include a combination of stress relievers. This addresses stress physically and psychologically and helps you to develop resilience and coping skills, according to Lavender.

Quick stress relievers like breathing exercises, for example, may not build one's resilience to future stress or minimize the stressors that you face, but they can help calm the body's physiology once the stress response is triggered, stated Lavender.

Another way to manage stress it to take yoga, tai chi, and qigong. These three ancient arts combine rhythmic breathing with a series of postures or flowing movement, and the physical aspects of these practices offer a mental focus that helps distract you from racing thoughts.

Lavender uses some of these techniques with her patients. Lavender's technique is when she is with a patient who is dealing with a large amount of stress, she simply takes their hands and asks them to take a deep breath and exhale it and have them do this 3-4 times.

Lavender listed a few lifestyle choices you can make to manage or prevent the feeling of being overwhelmed:

- Exercise.
- Reduce intake of alcohol, drugs, and caffeine.
- Eat healthy foods.

Breath focus. In this simple, powerful technique, you take long, slow, deep breaths, which is commonly known as abdominal or belly breathing.

Talk to someone.

Prioritize and make time for yourself.

Because each person is unique, what works to manage stress for one person may not work for another. If none of these techniques helps, you may want to talk to a healthcare professional. At Grayson College we have a student support office, located in the Student Affairs Building. You can email Tomyra Britt at brittto@grayson.edu or call 903-463-8689 for assistance.

Storm's Soapbox

You should join *The Viking* staff!

- Storm Anderson, Viking Editor

Dear Reader,

Happy Cupid Season! I hope this note finds you well.

This time of year has always been my favorite, but it's more so now. You see, this time last year was when I discovered I had been selected as *The Viking Editor* for 2019-20. At the time, I thought I had a relatively good estimation of the responsibilities, and I had a detailed idea of the direction I wanted to take *The Viking* in.

Like with everything in life though, there have been expected and unexpected hurdles. Adobe InDesign is the Actual Devil. The first page always has one obvious mistake. I don't understand how photos work. I can't not procrastinate on my editorial until 2am the morning my final draft is due under the delusion I'm trying to provide submitters more page room despite knowing I could simply make another page.

Despite this, the only thing that has kept me enrolled in Grayson has been the paper. Seeing so many people enjoy something I've put so much effort into creates a joy I truly hope everyone gets to experience at least once. Perhaps that's why I'm so obnoxious trying to recruit new writers/photographers/comic creators.

Joking aside, being a member of Writer's Unlimited/*The Viking* staff has given me stability and encouragement I didn't realize I was lacking.

Any Viking is welcome to submit to *The Viking*, and I always encourage you all to do so. But if you're free on Tuesdays, I really hope you'll consider stopping by our meetings. (We do more than write!)

Our first meeting of the spring with be on Feb. 4 at 12:15pm in the Library's Nightingale Room and we meet every other week.

Hope to see you!

Baptist Student Ministry Updates

- Angela Perry, Viking Staff

The Baptist Student Ministry (BSM) is located across the parking lot from the Student Success Center, and right between the campus police and the gym. If you've never been there, you should know that they offer an abundance of programs that are available to everyone on campus. You don't have to be Baptist or Christian to come participate.

They offer a free lunch every Wednesday from 12-1pm with music, a short devotional, and prize giveaways. On Monday and Tuesday at 12:15pm, they offer another free lunch and Bible study.

Last semester, the BSM began Summit, a Worship Night every Thursday at 7pm. This semester, Summit will start Feb 6.

The BSM will also begin hosting a Sunday night Bible study starting on Feb 9 at 7pm. They will have free pizza the first night, so make sure to come check it out!

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: FEB 28



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CLUB MEETING CALENDAR

Monday

Cultural Diversity Club
Second and fourth Monday,
12:50-1:30pm, Int'l Student Life
Office

ASL/Deaf Association
12-1, LA 107

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

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

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

Tuesday

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

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

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

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

Black Print
1pm Nightingale Room, Library

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

Wednesday

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

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

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

Honors College Club
12:15pm, Viking Room

Psychology Club
12:15-1pm CIS 202

Thursday

Student Government Association
1pm, Viking Room

Science Club
Bi-weekly, 3pm, SCI106

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

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

Friday

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

Electrical Technology

TBA

**Grayson Nursing Student
Association**

Men of Distinction



Above Left: Jackie Butler(left) and Dr. Jeremy McMillian(right) Former Grayson College science professor Jackie Butler gratefully responds to being named the college's first Professor Emerita, having been nominated for that honor by the Grayson Faculty Association and then approved by the Board of Trustees. Butler currently serves as an elected member of the Grayson Board of Trustees. "We are very proud to have been a part of this positive recognition for one of our gifted faculty members," stated Association President Dwayne Barber. (photo by Rhea Burmel)



Above Right: Phi Theta Kappas participate in their annual Gift Wrapping Fundraiser. (photo by Laura Branigan)



Above and Left: Students having a good time at Hey Day Night, Jan. 21. (photos by Zayla Pope)
Below: Grayson students speak to a representative from Stephen F. Austin State University during the Transfer Fair, Jan.23. (photo by Viking Staff)



Above: Ceramics student Elizabeth Jones working on a pottery wheel.
Left: Representatives from Student Government, Phi Theta Kappa, and the ASL Association dance at Club Fair, Jan. 28.
Below: Student Peyton Snow speaks to 2020 Census representatives at the Club Fair, Jan. 28. (photos by Viking Staff)



Above Left: Jesse Borrero takes a shot.
Above: Student Julianna Blanton reserves a study room from Librarian Rose Lerma.
Left: Greyson Johnson calls his shot while Dylan Harmon looks on. (photos by Viking Staff)

WANT TO SEE YOUR WORK IN THE VIKING?

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

Send your work to our editor, **Storm Anderson** at stnanderson@vikings.grayson.

Remember, anyone can contribute!

NEXT DEADLINE: FEB. 28