Heart of a Matter Ministries: Uniting Services for People in Need

By Emily Skinner

In December of 2019, a homeless woman and her two daughters reached out for help and instantly connected with Tina Gardner, the Executive Director of Heart of a Matter Ministries, currently in Sherman, Texas. Gardner helped provide the family with new beds, food from a local food bank, and gifts for Christmas, all while making an unforgettable impact on their lives by showing them the love and character of Jesus.

This woman who was served is just one of the many people and organizations who are immensely grateful to Gardner and her ministry team for the continued support offered to her and her young children.

Gardner believes God gave her the vision for Heart of a Matter Ministries 6 years ago when she was working as a Court Appointed Special Advocate and serving children and their families through the welfare system. James Hamilton, Executive Director of CASA in Grayson County, writes of her character, "It did not take long to notice her genuine nature to serve and passionate heart for those around her.

Being heart broken by the generational poverty and resources, Gardner realized there was no unity and cooperation between these organizations. This disconnect made it difficult to contact and acquire the necessary assistance for people in need.

But not until 2017, did Gardner finally say "yes" to what she knew was God's commission to unite these programs into a stronger community to greatly improve people's lives.

Cont. on pg. 3

The Healthcare Workforce: Covid Changes and Vaccine Indecision

By Emily Skinner

Tina Gardner is the Executive Director of Heart of a Matter Ministries which offers services for area people in need. She was outside the Create Shade booth at the Sherman Arts Festival.

Although Skinner may have disposed of her N95 mask for 2 weeks or more because there weren't any stock, "Skinner observes. "PPE [Personal Protective Equipment] is in low stock," Skinner explains.

"There have been times that I have worn the same mask that I have used for 2 weeks or more because there weren't any other N95 masks, [prior to Covid], all N95 masks were disposed of between patients."

Although Skinner may not always work with Covid in her day-to-day work, she still has to treat sick, pregnant women who come in contact with Covid and take certain precautions when around these patients. Working with the public in general has become a risk for healthcare workers since the start of the Covid pandemic because they come in contact with someone who is almost every day when working in the hospitals, clinics, and nursing homes.

Most hospitals and nursing homes now have policies in place that isolated a Covid patient from the other patients or residents who are in the hospitals or nursing homes, states Skinner.

Jessica Lee, Assistant Director of Nurses at Settlers Ridge Care Center in Celina, Texas, explains that Covid is not only putting the residents and staff in a major decrease in staffing.

"It has been not only hard to find staff, but when I have found staff, they only stay a short amount of time. Because of being low staffed, [current staff] are having to work long shifts, double shifts, and cover for call-ins, which causes them to be overwhelmed and feel overworked," Lee explains.

Cont. on pg. 3

Homeless Homer Trilogy

By Laura Haworth

Part III

Cont. from Sept. 16 Viking newspaper

"What happened to them?" I asked, my eyes wide.

"There was...there was a fire in your home in Massachusetts. Smoke surrounded me, suffocated me," he said, his voice quaking.

His hand shook as he pointed to the last framed picture, a family portrait.

"They...they all died?" I asked, my eyes full of tears.

"They...they all did!" I asked, my voice a whisper.

"Not Mary, not my wife, but my son...because I didn't have scars," he replied.

"This is Delton Police! Come to the door!" said the loud, male voice.

"Tell me about yourself," on pg. 4

How can the community raise awareness about addictions? Find out on pg. 3

Learn how to answer the infamous question, "Tell me about yourself," on pg. 1 and 4

Learn about the GC food drive success on pg. 5

See how Covid-19 has affected mental health in the Denison/Sherman community on pg. 2

Sneak Peek

The Viking is published by Writers 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 of Grayson College.

The views expressed in The Viking do not necessarily reflect the views of the editor, Writers Unlimited, Sigma Kappa Delta, the Board of Trustees, the administration or the faculty and staff of Grayson College.
Mental Health During Covid-19 by Bevrome Overman Student

When Covid-19 was first detected in the Sherman/Denison community, it was devastating for all aspects of the community: mental health issues, whether initially brought on by financial stress or emotional stress. Danielle remembers exactly where she was when the quarantine announcement was made.

She was rolling silver-wrapped meats in a Restaurant and Brew- house in McKinney, Texas. She is a manager by her managers that there would be no more drive-through orders, which meant no tips for a restaurant server. Danielle’s first thought pro- cess was how I was sup- posed to pay $1,000 rent by doing so- to- go,“ she recalls. “I had to find a second job, but with these online classes, I knew it would be awhile before I could pick one up.” Covid-19 quickly sent her into a state of depression where she turned to food.

Mental Health during Covid-19

The pandemic had on the general mental toll has this pan- demic had on the general mental toll has this pan- demic had on the general mental toll has this panned much, [that] we were shut down. By participating in one of the 8 mission teams, vol- unteers will be available to help connect the community.

The Giving Heart Auction on Oct. 9, where artists and craftsmen can display their gifts, talents, and wares, will give back. Heart of a Matter Ministries desires to recognize the unique skills and cre- ative art and build

The Creator Studio, located in the heart of Sherman, Texas, has been honored to work with Gardner on many projects. The team’s mission is to bring heaven to earth as it is in heaven, by bringing heaven to earth. Gardner believes God has given each of us unique gifts, talents, and skills, that He asks us to use by bringing heaven to earth. Gardner says, “I saw ministries uniting to help others in need, neighbors sharing meat with other neighbors, the changes in local and national programs, and taking supplies, and taking development of products.” Callahan had other kind of marketing, looking at any consequences from Covid-19 played a crucial role in these changes. She was forced to get the PPP (Paycheck Protec- tion Program) loan from the government because they were unable to pay a $1,000 penalty.

Denny Callahan, owner and manager of a restaur- ant in Sherman, Texas, says, “At the first sign of Covid-19, employee at- tendance started to drop. People were afraid to go out and eat thinking the community supported us so much, [that] we were able to keep our doors open on full time and not lay any employees off.”

“Since Covid-19 first came around, I was un- sure of what I could do and what we could do with my company.” “I had my manag- ers come down with Covid-19, and he was out for weeks. He learned he could stay open and did curbside for my cus- tomers. I had to get the PPP [Paycheck Protec- tion Program] loan from the government because they were unable to pay a $1,000 penalty.”

Neans adds, “I had trouble getting products if I could order [them] because of shipping. One of my vendors during Covid-19 lost because of the changes in local and national programs and taking supplies, and taking development of products.” Callahan had other kind of marketing, looking at any consequences from Covid-19 played a crucial role in these changes. She was forced to get the PPP (Paycheck Protec- tion Program) loan from the government because they were unable to pay a $1,000 penalty.

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Office Lake Brown en-
countered additional stress due to the pandem-
ic in an already-stressful job when trying to help in the growing number of mental health crises, spe-
cifically when people believe they were in danger of hurting themselves.

Lake Brown stated, "One major disconnect was that most people in a mental crisis situation just want to see if others are being sin-
cere or not when trying to talk about the crisis, so to speak." Referring to officers having to wear fa-
cial coverings, "It's hard to know if you're [the officer] being sin-
cere or not." This has been a com-
mmon issue when referring to dealing with strangers in times like these when those strang-
ers are wearing masks, getting fired or frowning.

The beginning of quar-
tantine might have been launched from becoming a stay-at-home worker, getting fired from a job, or getting the coronavi-
rus itself.

Dr. Pamela Evans of Cerebral Psychotherapy in Prosper, Texas states that this situation has also affected children who never had to live a life of quar-
tantine.

"Everyone, including children, had to adjust to learning and living a life of quarantine," she said. "Everyone needed some adjustment for mental health, whether that was between losing your job, starting to wear a mask, or developing stress or anxiety.

When Deidre Daniel is doing better, the emotional and fitness stress she felt at the beginning of the pandemic still impacts her life. "Every day I wake up thankful that I am still here and got through the whirlwind of quarantine and Covid-19," she said.

As Covid-19 has made an impact on everyone's life but more so on the employees in the health-care sector. The rise of the Delta variant has ac-
tually helped the health-
care system by enforcing standard health protocols like wearing masks and protocols for handling.

When Covid-19 hit, nurses were struggling because of the increased demand that they were burning out faster than new ones could be hired. Once the Delta variant arrived, it seemed like there was no end to new Covid-19 cases, and nurses could see the increased care demands. However, the nurses knew they needed to stay in their jobs to help those who were being affected by this variant. Nurses be-
came part of the patient's life because they were there from the time they were admitted to the time they were discharged or when the patient died.

Since the Delta variant arrived, there has been a shortage of nurses. Iszy Jordan, a nurse at Tenosa Medical Center Covid Unit, said, "We are tired and overloaded. We don't have enough hospi-
tal beds, respiratory ma-
Ches, nurses, and doc-
tors to cover the load." According to the Center for Disease Prevention and Control, "The Delta variant causes many in-
fec tions and spreads fast-
er than the early forms. It may cause more than [double] as many in-
fec tions.

Sonja Borah, a pharma-
cist at Sam's Club in Sher-
ton, Texas, has admin-
istered a lot of vaccines. She has seen an influx in individuals requesting vaccines since the Delta variant arrived 8 weeks ago. She says, "Since the Delta variant started eight weeks ago, we have seen about a 50% increase in Covid vaccines."
She says, "Due to the Delta variant, more shots have been needed. Some hospitals may not have enough resources and a workforce to resist the spread if a new strain or phenotype emerges. Many communities are experiencing shortages of vaccines. However, the Delta variant has brought greater attention to the pandemic, with more people getting vaccinated in order to continue working for the company. Unfortunately, these companies will no longer pay for sick time if an employee is positive for Covid if they are not vaccinated, these patients stress.

The healthcare system has been greatly impacted by Covid. However, with the Delta variant, its impact had a worse effect on the system as a whole. Some hospitals may not have enough resources and a workforce to resist the spread. At the same time, the addict is being inappropriately or illegally, with everyone around them, watching, notes Knutson. The hard truth is that people go through these rough patches and abuse drugs to cope with what’s happening in their lives, states Knutson.

The family members decide whether to help the addict, with the addict, and the best thing they can do is be there for them during these hard times. Addicts can reach out to family and friends for help. There are many resources, and there are also numerous factors that contribute to their staying clean.

"Someone mandates them to go get help. Most of the time it’s not their choice," Knutson explains. "The family is already someone will come into a rehabilitation facility and say they have a problem and need help, states Knutson. Most of the time, there is an external factor, or the addict is on their third Driving While Intoxicated charge and wants to go to rehabilitation to make it look better in court, explains Knutson.

There are rehab centers, but you have to do that for yourself. You can’t just do it for anybody else. You have to decide that you want to do it to stay alive," says Hall.

"There are AA meetings and Celebrate Recovery that are free to everyone, but residential rehabilitations require insurance that many addicts don’t have. The mental health system is the only free outlet that will help addicts, but these facilities are all severely overloaded and running out of money, explains Knutson."

It’s important to talk to a professional if you or someone you know is struggling with addiction. The Career Center is in the Student Affairs building and let Corey Leidt know if you have any questions or concerns.

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**Addiction**

Cont. from pg 3

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The most hurtful thing one can do to an addict is make turn one’s back on them. The addict already feels like a failure, so saying this is only going to make it worse, states Knutson. Can one say, “Don’t come around my house when you are drinking?” Yes, one can, says Knutson. Family and friends can set that boundary with the addict to establish control of the situation.

The public needs to become more educated about addiction and how to help addicts in their communities. Bringing awareness to addiction will improve the world positively for years to come, explains Grisolia.

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**Guido to Answering the #1 Question**

Cont. from pg 1

To keep things simple, just remember your vow, and if you only have to remember three Es and an I.

1. **Enthusiasm** - Start off your response by thanking the interviewer for their time and expressing your enthusiasm at being considered for the position.
2. **Education** - Next mention the fantastic educational accommodations you’ve received at Grayson College, of course, and the credentials you’ve acquired or will soon earn.
3. **Experience** - Relate any previous experience, don’t forget to volunteer work, to the position you’re applying to.
4. **Skills** - Be sure to point out any specific skills, knowledge or skills you’ve acquired through your experience.
5. **Interests** - Tell them about your interests and how they relate to the job.

We’re not talking about your fantastic Pokemon card collection or your love for the Jonas Brothers. We’re talking about your specific interests and how they relate to work.

If you don’t know your interests, no problem! Stop into the Career Center at the Student Affairs building and let Corey Leidt guide you on inter-

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By Gavin Jarabek

By Brent Riddle

By Brenda Madore

By Gavin Jarabek

The price of lumber has never been higher because as it is today, two-by-fours are more than three times their normal price. The high lumber costs are just one of the many problems that the building industry has faced over the past year. The effects of the pandemic, the increase in demand for new homes, and the supply chain issues have all contributed to the high prices of lumber. The high cost of lumber has affected nearly every division in the college and all departments. Tisdale spoke on operations ranging from crude oil to corn have shown an increase in price, but nothing compares to the change in price of lumber.

Lumber futures in the market have more than tripled in April 2020 and have been steadily rising since then. Many expected the price of lumber to increase, not even sawmills, lumber dealers, or manufacturers anyone else who makes a profit from rising prices. When the pandemic started, sawmills like many other companies, had to either shut down completely or run on the bare necessities needed to operate.

Before the lockdown, the United States was projected to have quite a busy homebuilding season, but when the global economy came to a stop in early 2020, new housing construction in the States plummeted.

Lumber dealers started liquidating their products, and speculators began to short lumber futures. But TXCH, a real estate agent with Easy Life Realty in Sherman, Texas, stated that no one expected the increased amount of home renovation taking place while we were all stuck in lockdown. Low mortgage rates drove demand for sub- urban housing away from the virus pit of big cit- ies, despite the recently slowed building of new homes earlier in the year, explained Ersch.

Restaurants began to remodel to accommodate outside seating and doing some in-store renovations to be virus-free, he noted. Nita Sudderth of JP Heart Lumber Co. in Sherman, Texas, took note of a boom in sales in March of 2020. She has worked for this company for three years and a half years at the position she occupied. This remodeling surge that happened while everyone was locked up in their houses.

Sudderth speculated she first noticed the dramatic increase in the price of lumber in March 2020, but the company she works for was for not nega- tively affected by this in- crease. JP Ehart had to increase their staff because of the high demand, and they had more business than ever. Eventually, the ef- fects of other companies shutting down did affect some of the outsourcing they did for certain housing materials that they don’t produce themselves like siding, but overall, the pandemic has helped their business more than hurt it. Sudderth pro- claimed.

A few weeks ago, there was a food drive being hosted at Grayson Col- lege to help students, faculty, or anybody living near Denison and Sher- man county who needed food due to food- rain times. People from all over campus came out to volunteer, such as students, faculty, social work interns, and even the campus police. The food drive resulted in helping nearly 600 peo- ple, making it a huge success. To all the people who helped, your help was so important to us as it is today. Two-by-fours are more than three times their normal price. The high lumber costs are just one of the many problems that the building industry has faced over the past year. The effects of the pandemic, the increase in demand for new homes, and the supply chain issues have all contributed to the high prices of lumber.

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Lumber futures in the market have more than tripled in April 2020 and have been steadily rising since then. Many expected the price of lumber to increase, not even sawmills, lumber dealers, or manufacturers anyone else who makes a profit from rising prices. When the pandemic started, sawmills like many other companies, had to either shut down completely or run on the bare necessities needed to operate.

Before the lockdown, the United States was projected to have quite a busy homebuilding season, but when the global economy came to a stop in early 2020, new housing construction in the States plummeted.

Lumber dealers started liquidating their products, and speculators began to short lumber futures. But TXCH, a real estate agent with Easy Life Realty in Sherman, Texas, stated that no one expected the increased amount of home renovation taking place while we were all stuck in lockdown. Low mortgage rates drove demand for sub- urban housing away from the virus pit of big cit- ies, despite the recently slowed building of new homes earlier in the year, explained Ersch.

Restaurants began to remodel to accommodate outside seating and doing some in-store renovations to be virus-free, he noted. Nita Sudderth of JP Heart Lumber Co. in Sherman, Texas, took note of a boom in sales in March of 2020. She has worked for this company for three years and a half years at the position she occupied. This remodeling surge that happened while everyone was locked up in their houses.

Sudderth speculated she first noticed the dramatic increase in the price of lumber in March 2020, but the company she works for was for not nega- tively affected by this in- crease. JP Ehart had to increase their staff because of the high demand, and they had more business than ever. Eventually, the ef- fects of other companies shutting down did affect some of the outsourcing they did for certain housing materials that they don’t produce themselves like siding, but overall, the pandemic has helped their business more than hurt it. Sudderth pro- claimed.
Local Business

Cont. from pg. 5

Plywood and lumber began to fly off the shelves, and large home improvement companies such as Lowe's and Home Depot had their share price rise on the market even higher due to the unique activity outside of big cities due to the pandemic. The distributors of lumber are making a fortune on all the products that are available, and related jobs are opening back up for many parts of the country outside of big cities due to the pandemic.

Mark Schleuse of Schleuse Construction and Remodeling in Pottsboro, Texas, said there was no change in his business due to the pandemic. He still has the same number of projects as he always does.

The biggest trouble he had was getting hold of certain manufactured products used to build houses. Sheetrock, wooden siding, wooden studs, concrete slabs, and paint are a few examples of materials that were hard to come by. Some of these materials like paint and different cuts of wood are still hard to get on or off the market for some time now, though the flow was getting a hold.

As Shelton explained, Riddle’s belief that the expansion will be huge simply isn’t the case, though. After learning that the tollway was going to look like 377 or 289, Riddle was more open to the idea. "People are often scared of change. But when area residents see that this new Spur 121 project will cut the traffic in half on roads such as State Highway 289 and U.S. 377, most will welcome the road and be thankful for the new relief corridor."

Loaner Laptop Program

If you are a student who is looking for a boost to help with their academic journey, then the Loaner Laptop program may be right for you!

The Loaner Laptop Program is a new program that is still in the works, but is available for GC students to use.

If you would like to try the program, please contact one of the following below:

For students enrolled in credit programs, contact Barbara Malone at maloneb@grayson.edu

For students enrolled in noncredit programs, contact Marlene Phillips at phillipsm@grayson.edu