**Grayson College The Viking**

**November 1, 2021**

**Volume XIV Edition III**

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**Mental Health Coping Strategies for College Students**

Desiree Parker, 20, is a Pre-Med student at the University of Texas at Austin. When the coronavirus started spreading rapidly in her area, her school shut down, and all students had to leave campus. She lost her job working at a restaurant and went home to live with her parents and young-est sister. Because of this change, initially, “I really appreciated the extra time I got to spend with my family, but after several months of being isolated, I feel like I'm in a rut with a lack of routine, I grow quite depressed,” Parker revealed. Coping with stress has always been a struggle for many students, but it has been significantly harder through the past year due to the Covid-19 pandemic.

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**The Hardships of a Veteran**

By J. Jordan Utley

Dean of Health Sciences

This is a summary of the article “Advances in Nursing and Science Blog”, which was published on September 1, 2021. In their recent journal article published in Advances in Nursing Science, Grayson professors Michael Cox, Vonda Skjolsvik, and Becki Rathfun, along with Ellen Buckner of Samford University, explore how struggles veterans face once they return home in coming to terms with the morality of acts of war.

The genesis of “Moral Injury in Veterans: Application of the Ray Adaptation Model to Improve Coping” is the commissioned work of Cox and his veteran colleagues that is still impacting the transgressing act.

By Wyatt Stogsdill

Trenton Football Tackles Adversity

The Trenton High School football team has encountered many challenges during the 2021 season so far.

Yet, coaches and the community of Trenton are not alone in their efforts. By working together, they can bring their team closer to victory.

Meredith Coe, one of four professors who helped write “Moral Injury in Veterans,” describes this non-physical injury as “Moral Injury.” The damage done to one’s conscience or moral compass when the person perpetrates, witnesses, or fails to prevent acts that transgress one’s own moral beliefs, values, or ethical code of conduct.

If you would like to read the full article, email either J. Jordan Utley at utleyj@grayson.edu or the Viking Editor, Emily Sileven at emilyslieven@vikings.grayson.edu for the entire article.

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**Disclaimer**

The Viking is published by Writers Unlimited and Sigma Kappa Delta as an ongoing services project to the college. The newspaper is provided as a forum for public opinion. Participation in the production of The Viking is open to all students, faculty and staff.

The views expressed in The Viking do not necessarily reflect the views of the editors, Writers Unlimited, Sigma Kappa Delta, the Board of Trustees, the administration or the faculty and staff of Grayson College.

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**Get Involved**

**Viking Deadline November 19th**

Send your articles, stories, poems, etc. to the editor, Emily Sileven, at emilyslieven@vikings.grayson.edu.

**Phi Theta Kappa**
Every Wednesday
12:30 pm - 2:00 pm
Room LA 101

**Student Veterans of America (SVA)**

2nd Tuesday of every month
2:00 pm - 2:30 pm
Veterans Hub
2nd Floor Bridge (Look for the Flags!)

**Art Club**
1st Wednesday of every month
Design Room AC 105

**Writers Unlimited**

Monday, November 8th
Writing Center LA 408

**Music Club**

TBA
Viking Room

**Honors College**

TBA

**BSM Navigate**

5:00 pm - 5:30 pm

**Free Lunch**

Wednesday
12:30 pm - 1:00 pm

**Summit**

Thursday
7:00 pm - 8:00 pm

**Psychology Club**

TBA
Room SOS 302

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**Mental Health**

Students

Are teachers getting paid enough?

Read about it on pg. 5

**Are Veterans Day draws near, read the story of a GC veteran on pg. 8!**

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**Sneak Peek**

Learn how to Manage your time on pg. 2

Read about the latest sports on pg. 4.

Will your job be replaced by AI? Find out on pg. 3!

Hear the effects of the Coronavirus

“Licks” trend on pg. 5.

Are teachers getting paid enough? Read about it on pg. 5!

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**Weening, Brianna (on the gallery) tells Emerson and Barker Cause (in the shopping cart) as Emerson, coming off the challenge and historic play “Apes of God” which welcomed Grayson College students back into the Stark Auditorium after a long absence due to Covid, the Grayson College Theatre is now in production on "Endgame" by Samuel Beckett, which will play in the Grayson College Center for Arts and Communication's Black Box Theatre, November 18, 19, and 21 at 7:30 pm and November 19 and 21 at 8:30 pm.**

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**By Patrick Vaught Technical Director**

Coming off the challenging and historic play "Apes of God" which welcomed Grayson College students back into the Stark Auditorium after a long absence due to Covid, the Grayson College Theatre is now in production on "Endgame" by Samuel Beckett, which will play in the Grayson College Center for Arts and Communication's Black Box Theatre, November 18, 19, and 21 at 7:30 pm and November 19 and 21 at 8:30 pm.
Students have greatly changed the way they engage with school and extracurricular activities. In the past, academic and extracurricular activities were more segmental and separate, but now they are integrated into the lives of young people. Many students have found that more individuals prefer this form of counseling now that it is accessible through telehealth. She explains that “As a species, we want to make sense of things and/or find the support we need.”

As for Parker’s academic transition, journaling, yoga, and fullness through meditation, yoga, journaling, and fullness through mindfulness and present mind. To do this she recommends “journeying or getting out thoughts out each day by talking to a trusted friend.” Similarly, Parker found that practicing mindfulness through meditation, journaling, yoga, and walking her dogs was powerful and centered her thoughts as well as kept her active and gave her the time and space she needed.

As for Parker’s academic, she explained that online learning does not have the same amount of student and teacher, or healthcare professional, whom one feels comfortable talking to, the number of people reaching out for help has increased. “As a species, we want to make sense of things and/or find the support we need.”

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Out of Darkness is a 5K event that raises money and awareness for mental health, with proceeds going to local organizations like the Grayson Counseling Center. The event is sponsored by Grayson College and the Counseling Center, with various booths set up throughout the area.

The booths serve different purposes, including selling items to raise money, providing information about mental health, and offering support to those who have lost loved ones to suicide. The event is not only lively but also a meaningful experience for those who participate.

The 5K Walk, which is a portion of the event, is a way for people to come together and support one another. It is a way to honor those who have lost their lives to suicide and to raise awareness about the importance of mental health.

The event is important because it brings attention to the issue of mental health and suicide prevention. It allows people to come together and remember those who have been lost and to support one another in their struggles.

In conclusion, the Out of Darkness event is a powerful way to bring attention to the issue of mental health and suicide prevention. It is an event that brings together people from all walks of life to support one another and to honor those who have been lost.
In Major League Baseball today, there is a big scandal with sticky substances by pitchers that is helping the pitchers control their pitches better and increase the way the ball moves. Players are hitting the baseball farther, and pitchers are throwing at each other.

With the game changing in front of the fans’ eyes with players getting bigger, faster, stronger, and now adding substances to help their performance, baseball is going to get a lot more interesting, many fans say. “What are sticky substances?”

Professional baseball players have been using multiple sticky substances for hundreds of years and passed them down through generations. The most common of these are gummed rosin, pine tar, and recently the hottest addition—tacky stuff.

The average non-play- er wouldn’t know that batters, who are like silk, hard to throw with control. Using sticky substances as a pitcher helps in gripping the baseball better. Also, having a better grip increases their spin rate, which increases the baseball’s velocity and movement. The increase of velocity and spin rate also helps the hitters hit the baseball with a greater velocity, increasing the distance a baseball can travel.

Cade McAden, the pitch- er at Cisco College, believes pitchers should use tack in Major League Baseball. “I think they [sticky sub- stances] should be al- lowed. Not only does it help pitchers, but it is safer for the hitters.”

There have been re- ports that “estimate between 75% to 90% of pitchers use a sticky substance in some form, according to Sports Illus- trated.”

The pitcher’s pitches are now moving more and better with the tack. As a result, the game is be- coming more exciting, with hitters striking out at an unseasonal pace.

Senior varsity vol- leyball player Misty Spin- dle comments, “We are being pushed differently in all aspects, leading us to compete and perform better as a team.”

The volleyball team is working hard to go to the playoffs in 4 and 7 games. Their effort has been noticed by veteran members.

Seventh-grader Avery Arilles has learned “… that it’s a privilege to be there. That you don’t wanna be there, then you can sit down and let someone else who wants it more take your spot.”

The staff in Trenton has tried to slow the spread of the virus by not allowing water bottles, limiting contact with players, and quarantining teams totally dis- tanced practice.

Although Covid-19 has been around for a year, Trenton has still managed to find fortune. “The team has been working as a team, the season has done well, but you can tell they miss the bond that last year’s team had,” states Spindle.

This challenge has also been noticed by veteran players like Wright when it comes to all aspects of the sport. Wright notes that “with the game of baseball, we have had to re- build our chemistry and work together to have a winning season.”

The team has had many goals by having dinners together every Sunday. “Working as a school as a group to ensure that they grow close and succeed as a team.” With a District champi- onship in sight, the Ti- rotten have set their sight and they plan to improve as a team.

The season is not over yet for the baseball team, but they have still been able to remain focused throughout these school seasons. With a District champi- onship in sight, the Ti- rotten have set their sight and they plan to improve as a team. The stadium is full of fans cheering for the team and watching the team perform better than last year. Trenton’s season is not over yet.

The Take Over of Trenton ISD Girls Athletic Program

Girls Athletic Program

By Damien Brown

Student

The demand for equal pay between the Nation- al Basketball Associa- tion and the Women’s National Basketball Association continues to grow, especially over the last few years.

According to Christi- ana Gough of Statista, the average WNBA player makes $75,181 a year as of 2019/2020. While this is always a huge av- erage rate for pay, this is very low for men and women in the USA, it still doesn’t compare to the $83,272 average annual sala- ry that the NBA players make, states Gough.

Although the move- ment for equal pay has been steady for quite some time, big changes have occurred in the past year.

According to Erin Del- more of CBSSports.com, women’s basketball programs are still not getting as much recognition as the men’s.

The salary inequality in Men and Women’s Basketball

“Ticket sales, sales deals, show deals, none of it is even close. It’s sad to see, considering that the work the women put in the game is the same, if not more, than the men,” he says.

Hodden, who has been coaching high school women’s basketball for the past few years, rath- er have his female play- ers watch the WNBA than the NBA. He justifies this choice by stating, “The way the WNBA is run as a work is a team as beautiful. The men are fun to watch, but there are the flashy dunks and things of that sort, but if my girls look for a whole, the women still aren’t satisfied and they want more money and recog- nition, reports Delmore.”

Rae Holden, women’s varsity basketball coach at Leonard High School, believes that the WNBA doesn’t get nearly as much recognition as the men’s.

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Like students in many high schools, I assume that some of my classmates have experienced this trend and everything that comes along with it. "This is where students are taking items and supplies from school bathrooms, for example, so I post on TikTok to let them know that things are illegal," one of my peers said.

The participants are solely looking for their own benefit. "They are often looking to profit, to appear cool to the students who appreciate it, and possibly even to go viral and become well known on social media, and potentially ads on social media," states Rep. Chris Cagle, a Republican who has written legislation to address the problem.

"I think this is all right to a certain extent, but if a pitcher can't throw with- out it, then it's an issue," states Rep. Cagle.

Today, there is still a long journey ahead in order to regulate the use of performance-enhancing items on school campuses. They will have to find a substance that helps pitchers grip the baseball that doesn't give them too much advantage over the other batters. Undeniable, though, baseball is changing, making the game safer and more entertaining while more challenging.
My Experience with a Predator

This is when I first started using Omegle to meet new people. My friends had told me how they were excited about it. The first few times I logged on, I was met with many random men who would ask how old I was, and when told I was 13, they would end the call, forcing me to move on to the next person. When I was younger, I never fully realized how bad this situation really was. I thought of my adult life and that it actually traumatized me. I had always been told as a teenager by my parents to be careful of strangers online and that was all they knew. However, there are many other ways for a teen-ager to add someone they are connecting with online so they don’t end up adding a predator.

The Salary Inequality

Cont. from p. 4

The average salaries of men and women in the NBA compared to the WNBA over the past 25 years. Compiled by Christine Gough at declaration.com.

If the statistical reve- nues from the NBA and WNBA were the same, one believes that the two leagues should pay the same. However, there are many revenue differences between the NBA and WNBA, which makes it fair to pay the women the same amount of money with the same resource to generate as much money from TV viewers, spon- sors, fans, etc. than the male players.

According to David Ber- rington, NBA referees actually make more money in a year than WNBA referees make on average. These NBA refs are paid anywhere from $150,000- $250,000 per year, while the average WNBA play- er makes a year a $75,000.

Ronald Brown believes that the WNBA has an opportunity to play in the WNBA to ever reach the NBA's revenue level be- cause of the revenue differences between men and women. Brown has been a boy and girls basketball refer- eer for 25 years—Division I in Tennessee and Men's and Women's basketball.

In describing how to reverse the "snowball ef- fect," she highlights the fact that initiating students' work leaves with a less- stressful experience to the rest of their duties.

Comments on how to reverse the "snowball ef- fect" are important and ur- gent, says Brown. She mentions taking something comes up while doing laundry, if my husband needs to go to the hospital so that she can get better. Brown believes that the WNBA is a less stressful experience for them to get over with.

While some use time-management strat- egy, setting timelines, or using a calendar, the priorities may change based on ur- gencies and importance. While we try to take care of responsibilities in the order of their due date, we may need to stress too much on what we have to do today.

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"If the property is taken, it is theft. If the property is damaged, it is criminal mischief," he insists, making
this trend one of major and potential harm to the community. To address this, he says, "I think Tik Tok
trend is very bad."

Because this trend has reached TISD, the admin-
istration has been quick to act. "We have been
cleaning, sanitizing and refilling rooms most of the
time. " Foster states that this fad is "we have to
clean, sanitize and refill the classrooms daily because it is
damaged, it is criminal mischief. "

"It is a very costly endeavor and "I don't think the students feel like this was a great way to make the Lady Ti-
team be successful," Foster professes. 

"I don't think anyone would know unless some-
ting major happened, and it's also happening at other schools all over the country," Foster states.

Just like all other trends that have caused sabotaging,
such as the Vogue chal-

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enge, TikTok is also a case-by-case basis. Even though the belongings being taken is major, the trend will dis-
continue. "

"There is no reason to apply. It is free money that you and your parents can apply for. " Foster states that some students apply for the Pell grant, one of the grants available in

the FAFSA. According to Mark Kan-trovitz, the author of a blog on SavingforCol-
stipation, on average only two out of three eligible students apply for the FAFSA. 

"The Pell grant is a need-based grant and the government is willing to give based on how much financial aid the student qualifies for. By giving students more college going options, the government is willing to help students, even if they are attending private schools. " Foster states that more students need to apply for the FAFSA and look into the Pell Grant. 

"The problems that these students are facing are due to a minor incon-
cvenience, Officer Rhodes makes it clear that these actions would not just be a minor inconvenience, as the property is damaged."

"I'm a social services major, and it's my responsibility to see students taking or

stealing from the school. " Foster emphasizes that this fad is "we have to constantly

be aware of the problems. "

Coach Shipman, the head volleyball coach, believes that this fad is "a success continue to grow."

"The Take Over of Trenton ISDSports Athlete cont. from pg. 4

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Bella Voto, 18, Gunter High School National Honors Society President, says about the proposed programs, “If we could all come together and make this work, we could make a change in someone’s life. Think about how the times the elderly have fallen by themselves, needed to get groceries for dinner, or even needed help with technology. The weekly calls are from different groups of [students] and weekend events, I believe, would help tremendously.”

Voto reports that currently eight GHS students are interested in volunteering for the program, but starting with ten would be ideal.

Cohagan explains his situation that began a couple of years ago. He was walking downtown in his home and slipped and fell. It wasn’t until a day later that his neighbor came knocking on his door to find him. Cohagan recommends for the program, therefore, “weekly phone calls from eight to make sure we are okay. I do not want another person to be in the position I was in.”

While Helping Hands volunteers can’t prevent falls and injuries, they can show the elderly that they care. Caring for their well-being will let the elders know they are part of a support system, emphasizes Voto.

Covid Centers for Disease Control guidelines will be observed during program interactions. Young volunteers will be wearing masks and gloves to ensure they are not spreading germs.

Each home visit will not exceed more than three youth visitors. Each month, these visitors will be the same unless the client is okay with more visitors or would prefer different visitors each month.

When arriving at the house, youth visitors will determine from their client’s feedback whether or not the client needs groceries, a stroll out on the town, transportation to an appointment, making sure they are clean, house cleaning, technology help, or even transportation to the hospital. If you or someone you know is an individual who is 60+ and needs healthcare assistance, please reach out to Gunter High School’s front office about the Helping Hands program.

As a smoke/carbon monoxide detector should also be installed near each entrance, check the batteries if they aren’t the electric type.

Electric home portable heaters shouldn’t be used with extension cords. Keeping it clear from doors of at least three feet is strongly recommended.

Stay Safe and warm this winter!!

Get Engaged November Line Up

Check out everything going on with Student Life and Development, Clubs, and Organizations!

November 2nd - 7:00 pm Virtual Trivia Smackdown $500 in cash prizes! Link to play in the scoop is: tinyurl.com/bGCscoop

November 16th - 10:00 am - 2:00 pm Resource Fair and Stress Less Event Community and On-Campus resources to help you! Life and aculating can be stressful, so focus on your resources and de-stressing. Destress activities, therapy animals, and more in the Life Center, 2nd floor.

November 18th - 11:00 am - 1:00 pm Empty Bowls

The Art Club’s Six-Ninety-One brings you the perfect fundraiser to support a local charity helping children with food insecurity. Buy you a handmade bowl and you get a bowl of fabulous soup from our Culinary Arts program!

November 30th - 11:00 am It’s a Merry Viking Holiday

Come get into the holiday spirit with decorating the Life Center, decorating cookies, and don’t forget to wear your ugly holiday sweater! Outdoor Movie under the Bridge

November 30th - 7:00 pm

The Unconventional Veteran Student

By Megan Hubbard

I didn’t start out as many do my high school life at Grayson College.

I am a veteran, wife of a Marine, and the mother of three children. Upon enrollment, my original plan was to go full out…. Nursing School.

This might not seem like much to a conventional student, but I am anything but conventional.

I dropped out of high school at the age of fifteen. I obtained my G.E.D at the age of sixteen, and joined the United States Coast Guard at the age of seventeen. Looking around, my younger daughter now, I can’t imagine her follow the same path.

When life gives you lemons, make lemonade!!!

I seek no recognition. I only served my country and I have lived not only in a man’s world but in an area that came easy and I decided to go full out…. Nursing School.

I seek no recognition. This is not something that came easy and I would do it all over again if given the opportunity.

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