

GET INVOLVED

Viking Deadline
January 28th

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

Phi Theta Kappa
Every Wednesday

12:30 pm - 1:00 pm
Room LA 101

Student Veterans of
America (SVA)

2nd Tuesday of every
month

1:30 pm - 2:00 pm
Veterans Hub
2nd Floor Bridge

Art Club

1st Wednesday of every
month
Design Room AC 105

SVA

Meet & Greet
(There will be hot chocolate bombs!)
Tuesday, Januare 25th
1:00 pm - 2 pm
Veterans Hub
2nd Floor Bridge
(Look for the flags!)

BSM

Navigate
12:00 pm - 12:45 pm

Free Lunch

Wednesdays
12:00 pm - 12:45 pm

Summit

Thursdays
7:00 pm - 8:00 pm

Psychology Club
TBA

Sneak Peak

Find out what the Life Center has in store this December on pg. 4.

See how you can help veterans this Christmas on pg. 4.

How should you dress for your job interview? Read about it on pg. 2.

Read about your homecoming prince and princess on pg. 3.

Read a heart-warming poem about the true meaning of Christmas on pg. 4.

Is foster parenting right for you? Continue the story on pg. 2.

See how COVID has affected the mental health of students and faculty at Trenton High on pg. 3.

Be sure to read the editor's notes on pg. 4.

Congrats to homecoming King, Queen, Prince, and Princess

By Shantee Siebuhr
Student Life and Development

Congratulations to Homcoming King Ryan Murrell and Homcoming Queen Ella Laurence!

Ella Laurence, daughter of Weldon and Emily Laurence, is from Rockwall, Texas. This is her second year here playing softball at Grayson.

She is majoring in Secondary Education and

plans on becoming a coach and teacher in the future.

Ryan Murrell, son of Johnny and Cynthia Gordon, is from Bonham, Texas.

He likes to be with family and friends and enjoys Grayson Cheer and all athletic teams.

He is a Criminal Justice major and is looking to transfer and participate in cheer. His goal is to be in law enforcement.

Cont. on pg. 3



Homecoming King, Ryan Murrell, and Queen, Ella Laurence

Hall-O-Fest's
Creepy Costume
Winners

Best Overall
Costume



Coollest
Costume



Scariest
Costume



Sparkiest
Costume



Is Foster Parenting
the Right Choice for
Your Future?

By Kenna Collett
Student

Foster care is a temporary service provided by states for children who cannot live with their families for reasons such as poverty, drug or alcohol abuse, physical abuse, and death.

During the worldwide pandemic that has recently sent a shock through each family, the number of children in the foster care system has spiked.

There are currently over 324,000 children in foster care, and over 50,000 of these are in

Texas alone.

Working in the foster care system as an employee or as a foster parent is strenuous but important work.

Anna Collett, a former foster parent, is adjusting to her new life with no foster children in her home.

Collett considered becoming a foster parent when she learned about a family who was in need temporarily but the care provided became more permanent after the first few months.

Cont. on pg. 2

THANK YOU FOR YOUR HELP

We wanted to thank everyone who came out for Empty Bowls yesterday. With your help, we raised \$1985 for Visions of SugarPlums, which will be put to good use over the holiday break. We also wanted to thank Culinary Arts for their amazing soups and pastries!

Thank you for
your continued
support!

Thank You!

With your help, Grayson College's 10th annual Empty Bowls event raised \$1985 for Visions of SugarPlums!

What Should You Wear
for a Job Interview?



By Nancy Luthe
Director of Success
Coaches

make it a walking advertisement!

Communication studies indicate that appearance and body language count 55 percent in a first impression.

How you talk or your intonation, pacing and inflection count for 38 percent.

What you say or your verbal content accounts for only 7 percent in a first impression.

That's why it is critical to consider the importance of dressing correctly and using appropriate body language to make a good first impression.

How you dress for a job interview depends on the position for which you are applying.

You may want to research the company culture and dress code in advance. When in doubt it is always better to overdress than underdress for an interview.

Cont. on pg. 2

Job Interview

Con. from pg. 1

Clothing colors have meaning and convey emotion, so you want to send the right message to the hiring manager. Neutral colors are best such as black, navy, gray and brown. For more tips, see The Best Colors to Wear to a Job Interview at: <https://www.indeed.com/career-advice/interviewing/what-colors-to-wear-to-an-interview>.

Interview clothing can be expensive, but there are options for low-priced clothing. Watch for sales or shop at a consignment shop or thrift store.

Women can also find free clothing for job interviews through the Dallas Dress for Success organization: <https://dallas.dressforsuccess.org/>.

If you struggle in conversation or public speaking, practice your conversation style with others in advance of your interview. You may also sharpen your communication skills with these options:

1. Join a local public speaking group like Toastmasters: <https://www.toastmasters.org/Find-a-Club/00607240-00607240>.

2. Enroll in a speech course at GC.
3. Schedule an appointment with our Career and Pathway Coach, Corey Leird, in the Career Center for a mock job interview: <https://advisingcounseling.as.me/coreyleird>.

In addition to the above guidelines, follow these tips to land that job:

1. Arrive on time for your interview.
2. Turn off your cell phone.
3. Use an email address appropriate for business.
4. Don't wear heavy perfume or cologne.
5. Don't smoke or drink alcohol before the interview.
6. Don't chew gum.
7. Cover tattoos and remove piercings from areas other than earlobes.
8. Introduce yourself, smile, and maintain eye contact.
9. Extend your hand first for the handshake; have a firm grip and be the last to let go.

For more helpful information on how to land that job, schedule an appointment with Corey Leird, the Career and Pathway Coach in the Grayson College Career Center.

You can also find additional interview preparation tips in your Grayson College LinkedIn Learning account: <https://www.linkedin.com/learning/?u=67554106>.

If you are looking for a job, see the postings on Grayson College's Career Coach at: <https://grayson.emsicc.com/work-opportunities?region=Denison,%20TX&radius=100%20miles>.

Foster Parenting

Cont. from pg. 1

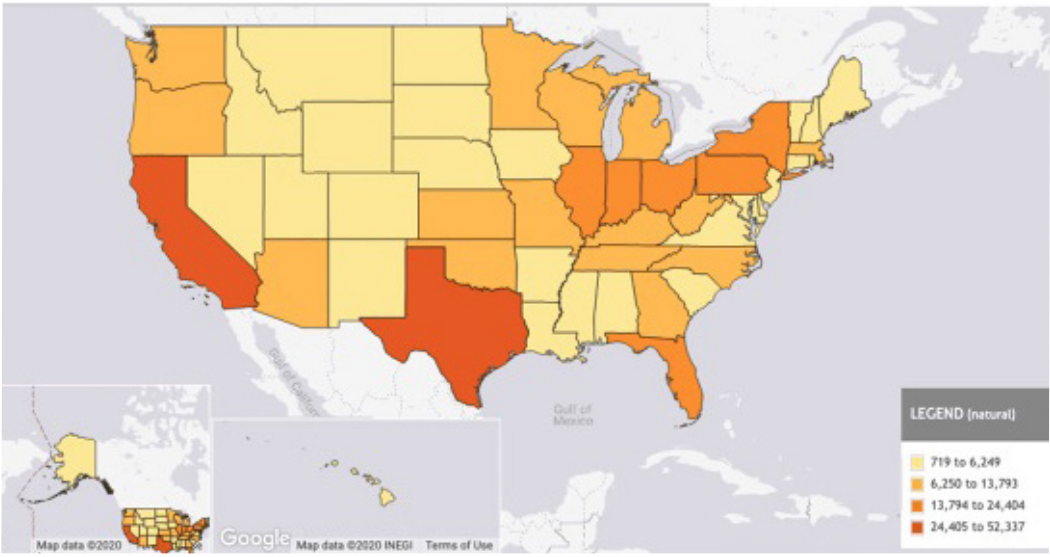


Chart of the number of children who are in foster care from each state specifically. Texas and California have the highest number of children in the foster care system. (<https://datacenter.kidscount.org/updates/show/265-latest-figures-show-more-than-400000-kids-in-foster-care>)

Many times in foster care, the goal is reunification, which is when the goal of placement is for the child/children to ultimately end up with their biological family.

It is crucial to know stepping into foster care that many times the children will not be with the foster family permanently, Collett noted.

In Collett's case, the children fostered had mental issues that affected the living situation of the home.

"Their previous home life affected them in ways we were unable to help. They needed more help than we would ever be able to give them," Collett said.

The children ended up being put in a home with a family member. Collett said that this placement "was the best thing for our family. Foster care put a lot of stress on every member of our family."

Although foster care is helpful for many children, it might not always be the right choice for a particular foster parent and his or her family.

CASA Sara*, a CASA worker (Court Applied Special Advocate) in the foster care system, explained the duties of her

role: "I can give the children extra gifts on Christmas, take them out on their birthdays, and I can make them just feel special," she explained.

If becoming a foster parent is out of one's comfort zone, then becoming a CASA worker might be a way one can contribute.

CASA workers gather information from everyone in the child's life and use this data to report to the judge to advocate for the child's best interests.

Collett noted that CASA Sara improved her family's foster experience, and Collett had the impression that she was able to make each of the children feel extra special.

Volunteers working as CASAs are important and necessary to ensure that the foster system runs smoothly.

In other foster care circumstances, families are looking to adopt the children who are placed in their homes. This situation is called Fostering to Adopt.

Melissa Young, a former foster parent, was in a Foster to Adopt case.

She took in two young children, one boy and one girl, and kept them

for nine months, looking to adopt.

But after nine months of adjusting to the life of raising two new children, getting the Young home to the standards of foster care, and loving the children, the children decided that they were not interested in being adopted.

"It broke our hearts, but I knew that if the children did not want to be adopted, then it was not meant to be," Young explained.

The foster system is full of stories of success and reunification and stories of the system putting extra pressure on families, both having life-long impacts on everyone involved.

Foster care enables families of infertility to have children, gives other families a second chance, and allows all young children the opportunity to reach success.

Such families create opportunities and ensure that the children's needs are always prioritized.

Consider the options, and see what part of the system is right for you!

Vikings Were Bad Axe This Homecoming

Vikings had quite a week of activities for Homecoming 2021: Bad Axe shirts, stuff-a-plush, axe throwing, Viking rally, and wrapping up with a student bonfire and tailgating! Vikings sure know how to have fun.

We are already looking forward to next year!



Vikings making stuffed animals at the Life Center



Vikings throwing axes in the GC parking lot near the bookstore



Vikings gathered together at the bonfire on the night before homecoming



Vikings posing together with their stuffed animals at the Life Center

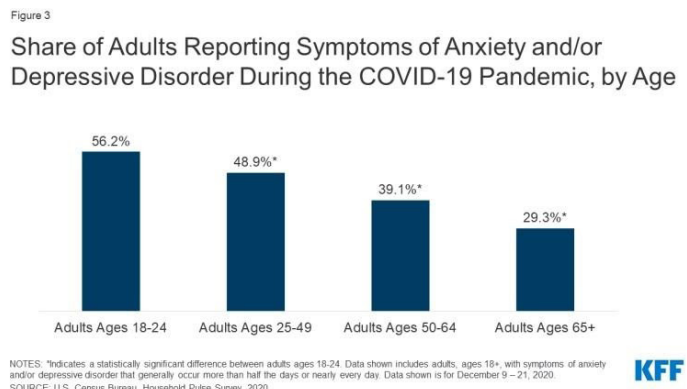


Grayson cheerleaders and pep band performing at the Viking Rally

**BSM
FREE LUNCH**

**@12PM
EVERY WEDNESDAY**

COVID’s Effects on Mental Health at Trenton High School



The Statistics of Anxiety and Depressions amongst different age groups (<https://www.kff.org/coronavirus-covid-19/issue-brief/the-implications-of-covid-19-for-mental-health-and-substance-use/>)
By Kenzie Wommack Student

The ongoing pandemic dramatically changed the lives of many individuals in our nation, state, and community, taking a toll on the mental health of all Americans, specifically high schoolers and teachers at Trenton High School.

While many feared for the physical health of their loved ones and themselves, the pandemic silently exacerbated the crisis of mental health.

Amy Shaw, counselor at Trenton High School, observed, “The number of students who have needed professional help has increased since the pandemic began,” likely due to being socially separated and isolated.

*Nancy Williams, a senior at Trenton High School, has begun therapy sessions since COVID 19.

“The pandemic affected me negatively because of the isolation and being separated from my friends for so long,” she shared.

Quarantine took away students’ social activity, like participation in sports and various club events.

Shaw speculated that because there were no social rewards for passing classes, the motivation, interest, attendance, and mental health of students significantly decreased.

The pandemic not only affected students, but mental health also had a noticeable impact on teachers at Trenton High School as well.

*Michelle Parker, English teacher at Trenton High School, voiced that she is more aware of mental health after the pandemic. Teaching during the pandemic was substantially more stressful than before.

She recalled, “Collecting assignments was almost impossible at times. A large portion of students did not complete assignments while they were out of school in quarantine.”

Shaw agreed that the

pandemic made teaching exponentially more difficult because teachers had to lower their expectations regarding due dates and knowledge retention because students missed crucial learning time in the spring of 2020.

Parker definitely struggled to keep expectations high: “I felt like I was just spinning my wheels and could not make any progress toward the end goal.”

However, help is available. “There is always someone out there who wants to help,” Nancy proclaimed.

At Trenton High School, students are provided with counseling services from a licensed counselor associated with Children’s Medical Center.

The sessions are free to any student, Shaw stated. To continue to fight the battle on mental health, Shaw emphasized basic self-care like eating nutritiously, getting the right amount of sleep, and exercising.

Nancy is thankful for the push to get the help that the pandemic gave her.

“COVID 19 was extremely helpful because I became self-aware. I realized how much my mental health depended upon other people, and from there, I was able to seek professional help,” she explained.

She now realizes the most important step to improving mental health is talking about it and seeking help.

Speaking about mental health can be frightening and awkward, Shaw admitted, but Trenton High School is dedicated to providing help for the students who are in need.

Regardless of what a person is going through, there are resources.

Nancy concluded, “While I have seen the effects the pandemic has put on mental health, I have also seen the resources available at Trenton High School. It makes me proud and hopeful.”

Phi Theta Kappa

MEMBERSHIP DEADLINE EXTENDED

Join by December 10

Meet your homecoming Prince and Princess

Cont. from pg. 1

Congratulations to the homecoming prince and princess as well!

Dax Melton is from Dallas, Texas. She is a student athletic trainer.

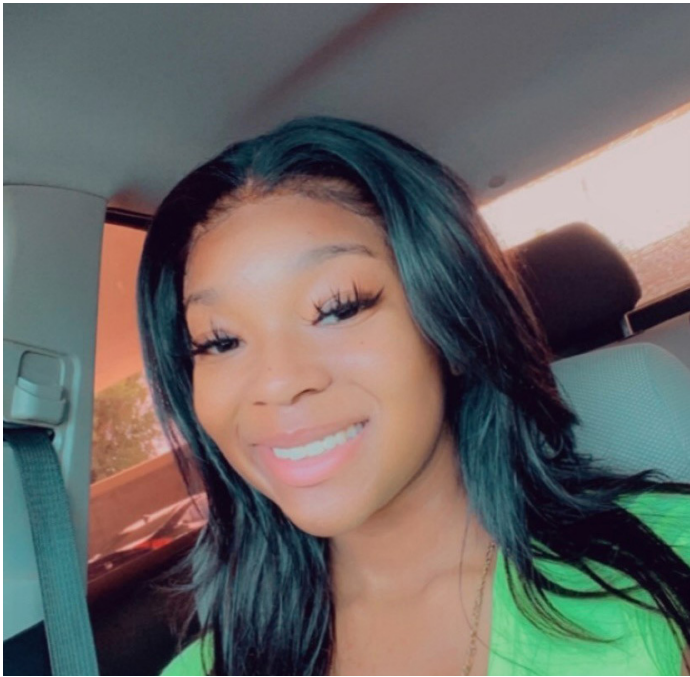
Dax enjoys spending money on things that she doesn’t need, watching movies and trying new food.

She believes in living life to the fullest because you only get to live it once!

Last, but certainly not least is our homecoming prince, Dax Dathe!

Dax Dathe, son of Chuck and Brandi Dathe, is from Round Rock, Texas and graduated from Stony Point High School.

Dax played for a year and a half at the University of Houston and is now committed to Texas Tech University to continue his baseball career and pursue a degree in kinesiology.



Homecoming Princess Dax Melton



Homecoming Prince Dax Dathe

Home for the Holidays

By Meagan Hubbard
SVA President

The holidays are upon us and thoughts of Christmas delights send our taste buds into a tizzy.

The smell of fresh-cut Frazier instantly triggers the sense of home for the holidays. The twinkle of the Christmas star brings feelings of warmth and joy to us all.

However, the men and women deployed during the holidays are lacking these simple joys. These brave souls have forgone the traditional celebrations to fight for the freedoms that Americans hold so dear.

Troops have left home for centuries knowing that they would possibly never return to their family home for the holidays. They did this with no expectation of anything in return.

An occasional Christmas card read in a tent in the Vietnamese jungle or in the mountain terrain of the Middle East fueled the Christmas spirit for so many.

The thought of once

again seeing their loved ones under the mistletoe gave them all the courage to continue the daily fight.

When troops are deployed during the holidays, everything possible is done to boost the morale of the men and women serving our country.

Military bases are lit up with sparkling lights, and Christmas music tunes play joyfully in the exchange and commissary - all to bring feelings of joy to service members and their families while stationed so far from home.

This Christmas season I encourage you to participate in Wreaths Across America, Toys for Tots, or send a Christmas card to the local veterans home in Bonham, Texas.

Your thoughtfulness could be the equivalent of the card read in a tent in a war zone so many years ago. Remember those who have given so much so that you might spend another holiday season with your family.

Fall 2021 Graduating Veterans and Dependents



Join us for a Graduation Celebration

Veteran’s Hub 2nd Floor of the Bridge

Friday, December 10, 2021
11 am - 1 pm

There will be refreshments

Come and go as you please!

What’s Happening Around GC



It's a Merry VIKING Holiday

TUESDAY, NOVEMBER 30TH - 10:30AM-2:30PM

Join us in the Life Center to Deck the Halls! Enter the Ugly Holiday Sweater Contest and cookie decorating contest!

LIFE CENTER, 2ND FLOOR - 7PM

Wrap up the night with Holiday movies, hot chocolate and cookies! Santa will visit with presents for the first 50 students!



WHAT MAKES CHRISTMAS SPECIAL

By Laura Haworth
Library Cataloguer

*When we say the word “Christmas”
we think of the tree and the presents below,
Shiny new boxes, in paper and bow.
But it’s not just a day of receiving, you know.*

*It’s the season of showing the best of ourselves.
Make the days special by working like elves.
Fill boxes with toys, put food on the shelves,
Treating each other as all of one tree.*


*The reason it’s special is obvious to me:
The spirit of Christmas lies in the heart,
A gift to leave open, to give from the start,
To bring those together that may not feel a part
of a world where there’s peace and harmony.*

**Merry Christmas to all,
and all a Good Night!**



GRAYSON PATHWAYS TO SUCCESS
GPS
PASSION. PURPOSE. PATHWAY.

Editor’s Notes



By Emily Sileven
Viking Editor

Hello Vikings! Hopefully you enjoyed all, if not, one of the Bad Axe festivities. Out of all of the activities, the axe throwing looked like the most exciting one. Unfortunately, my schedule was tight that week, but I did get myself a cool T-shirt!


It’s insane how not only the semester, but the whole year is coming to a close as we finish finals and prepare for Christmas. I don’t know about you, but I am excited for Christmas break.

As this year closes, I will leave you with a question: What is your favorite memory at Grayson College?

For me, mine was once I finished my physics exam, I went straight towards the Life Center to watch *Hocus Pocus* and meet all sorts of people there.

Email me with your memory at emnsileven@vikings.grayson.edu, and I will create a board in the next issue of all your memories.


Once again, if you would like to submit an article, meme, poem, whatever, I would love to place your creation in the next issue. Just email me at emnsileven@vikings.grayson.edu!



Come join the BSM at Summit

Thursdays at 7 pm - 8 pm

We’ll have worship and a chance to win prizes!



Grayson College Foundation Scholarships

Open to all Grayson College Students
Priority Deadline: March 30, 2022
Learn more and apply at Grayson.edu/Foundation

JOIN STUDENT LIFE & DEVELOPMENT IN THE 1ST ANNUAL Sneaky Santa

Some say Santa isn't real, but us Vikings know that isn't true!

Join by visiting tinyurl.com/GCSneakySanta (takes you to Elfster)

Deadline to sign up is Monday, November 29th

Names are drawn on Tuesday, November 30th

Gift pick up day is Tuesday, December 7th at 6:30pm in the Life Center

Get to know your fellow Vikings, spread some holiday cheer, and just have fun!

For questions, contact Shantee Siebuhr (siebuhrs@grayson.edu)

