



Theatre contest results and recap pg. 3

Full "Just Doo It" photo coverage pg. 6



Thursday, November 7, 2013

Column IV, Issue III

Get Involved

Sweet Treats Stop

First Wednesdays
9:00-10:00 a.m.
Student Life Center, 2nd Floor

Fall Table Games

Tournament
Ping pong, 8-ball, foosball and video games.
Registration period:
September 24-October 5.
Play begins October 12 and continues into November.
For more information contact Student Life.

2013 Office

Christmas Tree

Decorating Contest

Registration Period:
October 31-November 22
Contest Period:
December 2-6.
Judging will take place December 6. Winners will be announced by email on December 6. *1 Christmas tree entry per office. For additional information contact Gregg Miles, Director of Student Life at: 903-463-8693 or email milesg@grayson.edu

November "Late Night Food Event"

Tuesday, November 12
9pm-10pm
Life Center Food Court
Chili Dog Roundup. Free food compliments of Great Western Dining Service and Student Life.

November Student Leadership Series

Monday, November 25
12:15pm-12:45pm
LA 107
Free to all students and employees. This 30 minute informal speaker series gives students an opportunity to listen and interact with business leaders in our community. Hearing their success stories and words of advice are inspirational and motivating to those who attend! Speaker: Bo Harris, North Texas District Sales Manager-Fastenal Company.

Student Government Association

First Mondays
12:15-12:45 p.m.
The HUB

BSM Luncheon

Wednesdays
11:45-12:30 p.m.
Baptist Student Union

BSM Bible Study

Mondays
12:00-1:00 p.m.
Baptist Student Union

Fellowship of Christian Athletes

Tuesdays
6:00 p.m.
Viking Residence Hall Main Lounge

Men of Distinction

Thursdays
12:00-1:00 p.m.
The HUB

Sisters of Destiny

Mondays and Wednesdays
4:00-5:00 p.m.
The HUB

Phi Theta Kappa

Wednesdays
12:30-1:00 pm.
LA 101

GC Collision Repair scores big with frame straightening machine



Marlea Trevino
Viking Sponsor

Members of the Vehicle Measurement and Repairs Procedures class observe classmate Angel Jaramillo making a pull on a frame to correct a bent structure while Professor Bill Gronemeier and Tim Latham supervise.

Toward the end of spring this year, the Grayson Workforce division purchased a key piece of technology that will provide graduates "one of the most desirable skills for a collision repair technology employee," according to Workforce Dean Steve Davis. Working with the frame straightening machine "duplicates training in auto body business environ-

ments," says Bill Gronemeier, Collision Repair professor and the person behind the initiative to purchase the equipment.

The Workforce division's Local Advisory Board, which consists of business partners within our service area, determined that the program needed a frame straightening machine on which to train Grayson graduates. So

Gronemeier requested Carl Perkins funds of \$32,000 in the 2012-2013 grant, which were appropriated to purchase the machine.

Student Timothy Bogle, who also serves as Gronemeier's lab assistant in the basic auto repair class, explains that frame straightening is a "big part" of collision repair and can save a car that would otherwise be

"scrapped."

Straightening a vehicle's frame requires an extended period of time. "It's not like turning on a light switch," says Gronemeier. Just positioning and attaching a vehicle to the equipment consumes an entire day, and pulling and measuring stretches over at least two weeks. Multiple pulls are

cont. pg 2

"Just Doo It" rally earns sizable donations for breast cancer awareness



The third annual "Just Doo It" rally for breast cancer awareness raised thousands of dollars for local women afflicted with or recovering from cancer. Donors and well-wishers showed their support by wearing pink and dawning a doo rag.



Phi Theta Kappa's official knight, Rory Montgomery, was in charge of passing out eyeballs at this year's Hall-o-Fest

TAPS route system expands

Shelle Cassell
Director, Marketing and Public Information

When TAPS launched the Viking Route for Grayson College in 2009, both the school and the regional transportation service were much smaller. Now, both organizations are a lot farther down the road. On Monday, September 30, TAPS launched its largest fixed-route upgrade ever in Grayson County, built on a foundation of bus service created for a growing Grayson College.

With the addition of 17 new stops in Denison, riders on the TAPS system will be able to get from as far south as the 600 block of south Heritage Pkwy (FM 1417) all the way to Durant, Okla.

via the Red River Route. Riders can also connect at Midway Mall to the TexExpress on weekdays and get to the DART Parker Road Station in Plano. But most of the traffic will be getting riders to stops closer to home in Sherman and Denison.

Brad Underwood, TAPS CEO and Executive Director, said the expanded routes have been in the planning stage for the past year. "Our partner, Grayson College, has seen tremendous growth—expansion at both campuses and an increasing student population—and TAPS has been a big part of that growth by getting students to classes by connecting the region to their Main and Van Alstyne campuses," said Underwood.

cont. pg 3

Blood Drive draws a crowd

Brandy Fair
Chair of Fine Arts and Humanities

On October 31 the Texoma Regional Blood Center was on campus in the Life Center for a Blood Drive in conjunction with Hall-o-Fest. The students in three of Dr. Brandy Fair's Business Speech courses hosted the event as their group project for the class. The students created brochures, posters, t-shirts, radio and TV ads, etc. to try and recruit people to come and donate blood.

A total of 195 individuals came on behalf of the groups to participate. Of that, 151 people completed the paperwork/process to donate, and the Texoma Regional Blood Center collected 113 units of blood. This could be a possible 339 lives saved!

The Dark Green Group had the most people (46) attempt to donate on behalf of their team. Group members

Student takes a courageous step

Mayra Gonzalez

Courage is something that we all wish we had, right? The truth is we all have it, but we are afraid to use it. The reality is that we are often caught up with fear and that fear itself withholds us from accomplishing our dreams. Being brave is something we choose to be, because no one else can do it



Nervous excitement reigns as Kasey Britt gives blood included Rachael Carney, Shannen Goff, Ryan McGhee, Kyle McGhee, Taylor Reedy, and Ben Ried.

The staff from the Texoma Regional Blood Center were thrilled by the turnout and surprised by the increasing number of people that turnout for the event year after year.

Planning has already started for next year's drive to determine how to handle the increasing number of donors. Thanks to all those who came out supported the event!

for us. I have decided that I am courageous.

The biggest step of courage in my life was deciding to come to the United States as an illegal immigrant to be reunited with my parents who I hadn't seen for eight years. I had always lived with my grandmother, who had taken care of me and my

cont. pg 8

Dental Assisting

Wednesdays
1:00-2:00 p.m.
The HUB

Speech Club

Every other Wednesday
3:00-4:00 p.m.
The HUB

**Writers Unlimited/
Sigma Kappa Delta**

Second and Fourth Fridays
12:00-1:00 p.m.
Writing Center (Lib 110)

Mu Alpha Theta

Tuesdays
2:00-3:00 p.m.
The HUB

GC Fitness Center

GC students and employees
are eligible to use the facility.
Electronic check-in and valid
GC ID required.

Welding Association

Every other Tuesday
12:00-1:00 p.m.
The HUB

**Vocational Nursing
Student Association**

Tuesday
12:00pm-1:00 p.m.
South Campus

Cultural Diversity

First and Third Thursdays
1:15-2:15 p.m.
The HUB

Clay Club

Tuesdays
6:00-6:30 p.m.
AC 120

**Eta Sigma Delta
(Culinary Honor Society)**

Second Wednesdays
2:30 p.m.
CA 118

Student Ambassadors

Third Mondays
12:00-1:00 p.m.
Lounge outside the HUB

**HALO (Hispanic
American Leadership
Organization)**

Mondays
2:30-3:30 p.m.
The HUB

Delta Phi Delta Art Club

First Wednesday
11:45 a.m.
AC105

**Grayson Nursing
Student Association**

Thursdays
5:00-6:00 p.m.
The HUB

Psychology Club

Tuesdays
12:15-12:45 p.m.
CIS 202

Table Tennis Club

Tuesday & Thursday
12:00-1:00 p.m.
The Life Center, 2nd floor

Cosmetology Club

Mondays
3:45 p.m.
CTC classroom

Criminal Justice Club

Tuesday
12:00-1:00 p.m.
CJ 101

Future Educators

Every other Tuesday
2:00-3:00 p.m.
CIS 200

**TIPSS (Culinary Arts &
Hospitality Management)**

Fourth Monday
2:00-3:00 p.m.
CA Building

Veteran Student Association

Contact Cindy Powell for
details: 903-463-2606

GC Music Club

Every other Friday
12:00-1:00 p.m.
Band Hall

Collision Repair success

(cont. from pg. 1)

stretches over at least two weeks. Multiple pulls are required to straighten the frame, and after each pull, the operator must measure. "If metal is overstressed," Gronemeier cautions, "it won't be strong."

Along with best practices for using the frame straightening machine, students learn safety measures, which are especially important when working with such a powerful piece of equipment, states Tim Latham, who has taught automotive-related courses for over twenty-five years.

Members of the Vehicle Measurement and Repairs Procedures class this semester include Dru Hull, Ian Williams, Brandon En-

glutt, Angel Jaramillo, Rogelio Cruz, Eduardo Weber, Greg Edwards, Cody McFadden, Ransom Staten, Chis Healy, Timothy Bogle, Jeremy Strand, Veronica Walker, and Tony Nichols. Gronemeier offers the class only every three semesters.

While some students in the class are hoping to land their first auto body repair job following graduation, others, like Nichols, who makes a living painting tractors, are taking the class to "sharpen skills" and "get up to date."

Davis notes that there are plans to convert the machine from a manual operation to a computerized version in the near future by purchasing an "add-on" package that is available.

Visit ptkomicronpsi.org for all Phi Theta Kappa updates + Membership Information



SGA is sponsoring the campus-wide food drive to benefit the needy. Clubs, offices and departments are encouraged to collect food for this worthy cause. The GNSA has challenged the entire campus and all of the other clubs to "out-collect" them. Bring your canned food to the Student Life office located on the 2nd floor of the Life Center. The top 2 teams who collect the most will receive a pizza lunch provide by SGA and Student Life. Two local agencies will receive the benefits of this food drive.

Rebecca Jones
Editor

In the fifteenth century, movable type transformed not only the world of printing but the entire organization of society. Where once books were scarce, they could now be printed and proliferated by the thousands.

Information, mass communication: catalysts for countless reformations, revivals, and other significant literary and social movements. At this time (and well into their future) books still had an "aura," a sacred quality, because they were one of our greatest tools for studying the history of civilization.

Needless to say, the way that information is disseminated has changed. No longer do we write letters to our Grandma—we shoot her a quick e-mail instead—and no longer do we rely solely on paper for circulating ideas. Digitization of knowledge is an idea that I love to hate, but even I can see the

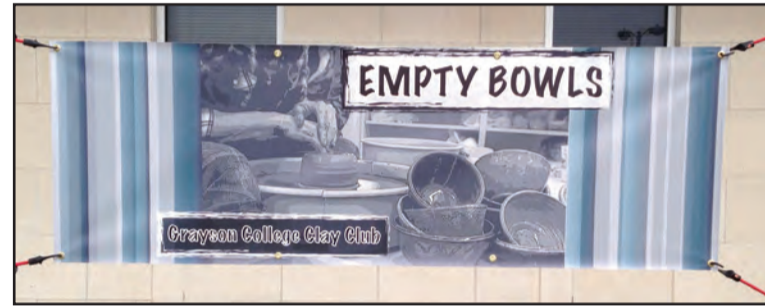
Clay Club to host Empty Bowls event

Mattie McClenny

Are you hungry for a chance to mix food, music and art all in one event? Then join us for our annual Empty Bowls on Thursday, November 21 from 11 a.m. to 1 p.m.

The event allows participants to select a ceramic bowl made by members of Grayson College Clay Club. Then through the generosity and expertise of the culinary arts team you are provided with a delicious bowl of soup for lunch.

The cost is \$10.00/per



bowl and you get to keep the ceramic bowl for yourself or as a gift to someone else.

The music department will be present to provide music during the event. International students will also be hosting their annual International Day. It will be on the 2nd floor of the Life

Center at Grayson.

All proceeds go to benefiting Visions of SugarPlums, a charity serving the children of our area. If you need more information on this event you can contact Kristin Vilbig Erickson at vilbigk@grayson.edu.

Make a Change with the Center for Workplace Learning

The CWL is now offering a photography class and a Picasa class. Learn to use that camera in order to document the special moments in your life. Turn those pictures into art for your home.

For registration information about all of the CWL classes: visit www.cwlgcc.org or call 903-463-8765

Save the Date:

11/9 - Photography Your Way



Reconsidering paper use in a modern society

advantages of transitioning.

What do you do when your teacher or employer gives you packets and binders and truckloads full of paper? Recycle it? Reuse it in your rabbit cage? According to the U.S. Environmental Protection Agency, paper accounts for almost 30% of all the wastes we discard each year, "more than any other material." Chances are those 80-slide PowerPoint Presentations that you printed for History class can look forward to a cozy retirement at your local landfill.

But we waste more than paper and toner when we abuse our printing privileges; raw materials, digital technologies that reduce the need for paper, and time (an invaluable and non-renewable resource) are misused in the process as well.

Popular maxims about the overuse of paper (i.e. "You're killing trees") are mostly based in fact, though the details might surprise you. Paper and pulp companies, in truth, commonly

have their own plantations from which they harvest the materials necessary for production.

The sustainability of their growing practices and industrial waste disposal are an issue best saved for another article, but it is important to consider the energy and manufacturing alternatives possible for this burgeoning industry. With standards for production set so high, it is not surprising that we take reams and reams of copy paper for granted (multiplied by each semester, each course, each instructor, and each student).

In my short span as a student here, I have become familiar with the drawbacks of the school's wireless network, of Blackboard, and of many professors' disdain for the online course management system. While the issue of reliability seems to imperil Blackboard's convenience and functionality, it is nonetheless a tremendous aid for information distribution.

The problem here is that

in many instances, students and professors opt instead to use more conventional methods, like printed handouts, to utilize or disseminate course instruction. This practice is arguably not sustainable. Knowing how to properly employ and maneuver within Blackboard (when the network is in a good mood) is imperative to the process of reducing paper consumption.

As a student, a member of the GCC staff, and a global citizen, one of my main interests in this issue is a question: *How could this time be better spent?*

I hope my discussion of paper production will prompt other useful questions as well. *How else could we be utilizing these natural resources? How does over-use affect our environment? How can I make an impact in my community?*

These are inquiries that demand our attention now as the planet faces crises of overpopulation, climate change, and pollution as never before.

Veterans Week Activities

Monday

7:45 - Honoring Our Flag
In front of the Administration Building
8:00 - Get a Muffin To-Go
Veterans Affairs Office
10:40-11:00 - Honoring our Veterans
Under the Bridge
(PICK UP YOUR FREE LUNCH COUPON)

Tuesday

11:30 - 12:30 Student Veterans Organization
**Lunch Provided in the Viking Room

Wednesday

11:30 - 12:30 Campus Emergency Management
**Lunch Provided in the Viking Room

Thursday

9:00 - 3:00 Hiring Red, White, and You Veterans Job Fair
Grayson Gym
Sponsored by Workforce Solutions Texoma

For more Veterans information, contact Cindy Powell:
903 - 463 - 2606
and check out **pg. 7** for related articles and events

Student Diversity Club to sponsor International Week

Mattie McClenny

In one month, Grayson College will celebrate International week, an event that colleges all over the world celebrate at this time of year.

The purpose is to dedicate a week to sharing different cultures of the world existing on the campus, through educational and recreational activities that will help students understand and embrace other students' cultural background.

Grayson's Cultural Diversity Club has sponsored this event for a few years now.

The club is very committed to promoting a better understanding of all cultures, not only between students at Grayson College, but also to the surrounding community of the Sherman-Denison area.

Students from a local elementary school, The Montessori Academy of North Texas, will be the guests at the event. About thirty young minds will be present to learn and test their knowledge on world cultures.

International Week is celebrated from November 14-22. However, Grayson

College's main events are on November 21. International students of Grayson College, and American students from foreign origins, will set tables and organize fun activities for the community.

This event will take place in the HUB (Student Life Center, 2nd floor) from 11:30 a.m. to 1 p.m. There will be other events announced throughout the week.

We encourage you to visit! There will be a variety of countries represented that day, including Venezuela and Mexico from South

America, South Korea and India from Asia, and countries of Central Africa such as Gabon and Congo.

You will also get to test your knowledge on world cultures through little geography and history quizzes, and by completing puzzles with the world map. A Jeopardy Game will also be hosted by a member of the Cultural Diversity Club for more entertainment and interaction.

We look forward to sharing this with all people at Grayson College.

"DIA DE LOS MUERTOS" EXHIBIT



A work of pencil and ink by Tealie Richardson

Culinary Arts hosts a spooktacular halloween buffet

Hannah Sbarbaro

At the Culinary Building on Tuesday, October 29, the Garde Manager Class put on a Halloween buffet. The Garde Manager Class, also known as the cold kitchen class, works on preparation of hors d'oeuvres and presentation of food.

Every other Tuesday, groups of students prepare and serve a full buffet, via reservation, for a group of people on campus. This past Tuesday they had a Halloween theme. From the moment you walked in the door there were pumpkins, creepy little creatures, and candy

corn. Trails of orange and black ribbon lined the tables and everyone caught himself or herself second glancing at the artificial tarantulas throughout the room.

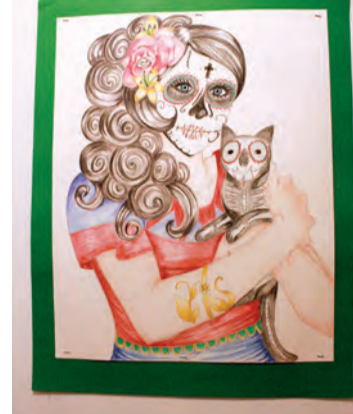
When preparing for the buffet, the students are separated into groups a week prior to the event and they have that whole week in advance to make preparations for the Tuesday buffet.

Monday night, Gail Ulrich, one of the students whose group was in charge of decorating, was carving pumpkin after pumpkin to set the stage for the dining experience. The mound of seeds and pumpkin guts

made the kitchen smell like its own version of a pumpkin patch.

The morning of the buffet, once students had finished arranging their trays of food, the students dressed in their costumes and got ready to serve the spooky food. All of the food had a Halloween-themed name, such as "Eddie Munster cheese" and "Witches Brew" (which was an edamame soup).

Two students who were serving beverages at the buffet, Micah Hayes and Rachel Scribner, were dressed as the crime fighting team Batman and Robin. Every inch of the restaurant was perfectly arranged for Halloween and each bite of food on the buffet was delicious. It was a perfect event to enjoy fantastic fresh food while still getting to celebrate the holiday season.



A work of colored pencil by Gabby Velasquez

A letter from the editor

Rebecca Jones
Editor



Hello students, faculty, and staff. Please allow me to introduce myself. My name is Rebecca Jones and I am your new *Viking* editor. I am also a student in the Computer Maintenance and Networking degree program and a tutor in the Writing Center.

Working on computers is a hobby of mine, but my real passion is educating others. That is why I spent four years at Austin College studying English (my major) and art and working in student publications. There I spent two gloriously exhausting years as editor-in-chief of both the campus newspaper and literary magazine, often struggling to keep a stable staff, let alone meet daily, weekly, and monthly deadlines.

But my mission has always been clear, at least to me: spread the word, make aware. I am writing and publishing today's history, not to be forgotten as a valuable lesson for tomorrow.

My time working for


Austin College's newspaper, the *Observer*, was riddled with misfortune. It was difficult to populate meetings and even more strenuous to actually acquire

articles, even from committed writers. It seemed to me that people were not interested in communicating or disseminating information to their peers.

Here GC greatly diverges. It is extremely inspiring to see a newspaper full of erudite articles, by not only students but staff and faculty, all brimming with energy and insight.

Now that you have heard my sappy story, you will want to know what to expect next. In terms of the *Viking* content that I have lauded above, I can only hope that our inbox continues to refill each month with articles, poems, photos, and works of art from all across the campus. In terms of design, expect a fresh perspective and years of student publications experience.

Upcoming Art Events



Three works by Taylor Holley and Jaxton Hawkins from the "Dia de los Muertos" exhibit up now.

"Dia de los Muertos par alas Mascotas Muertas Exhibition"
Ofrendas, Shrines, Altars, Retablos, Reliquaries, Memorials, Cajitas, etc. for Deceased Pets
Oct 23 to Nov 21, 2013
2nd Floor Gallery, Grayson College Arts & Communications Center

"Exhibit of MFA Work by Chance Dunlap"
November 26, 2013 to January 30, 2014
2nd Floor Gallery, Grayson College Arts & Communications Center

"The Absolute Black & White XIV Exhibit.. Dream Weaver"
February 6 to March 20, 2014
2nd Floor Gallery, Grayson College Arts & Communications Center
Reception: February 14, 6:00 to 8:30 p.m.
Dream Weaver Food Art Show / Silent Auction
Artwork Delivery: February 3
Art Pick-up: March 21

"PB&J (Painties, Bras & Jockstraps) Exhibit for Cancer Awareness"
March 27 to May 20, 2014
2nd Floor Gallery, Grayson College Arts & Communications Center
Reception and **Cancer Awareness Silent Auction**: May 2, 7:00-9:00 p.m.
Artwork Delivery: March 21
Art Pick-up: May 2 after 9 p.m.

A "Trash Fashion Show" is being considered for Spring 2014. The show will feature one-of-a-kind clothing and accessories made of discarded material and trash. Dates and times to be determined. If interested please contact Steve O. Black at 903-463-8662 or blackst@grayson.edu

TAPS expands local routes

"Another important thing to remember," said Underwood, "is that the Viking Routes are not exclusive to Grayson College students." In fact, all TAPS Public Transit routes that are not specifically contracted employee shuttles are available to the general public. "Our motto is 'Everyone Rides,' and that holds true for the expanded Viking Routes. Anyone can pay the fare and ride a TAPS bus to any stop on our fixed-route system."

"TAPS has been a tremendous partner. The availability of free transportation to and from class has made it possible for many of our students to achieve their educational goals," said Shelle Cassell, Director of Marketing and Public Information at Grayson College.

Perhaps the biggest change to the Viking Routes has been the addition of Saturday service. Riders can now use Viking Routes 800

and 900 as late as 11:53 p.m. on Saturday night.

When the bus on Viking Route 600 departs Midway Mall at 7:10 a.m., it will be the first of 23 stops scheduled on a loop that travels south along Texoma Parkway, east on Grand Avenue to Austin College, west on Cherry Street, north on Travis Street through downtown Sherman, and continuing up N. Travis Street to Hwy 691, and west to the Grayson College main campus in Denison. The route makes 11 loops ending the daytime schedule at 5:51 pm.

Viking Route 700 begins at 7:13 a.m. at Creekview Apartments in the 700 block of Heritage Pkwy (FM 1417) in Sherman, and continues north to Taylor Street, then east to Albertson's. From Albertson's the next stop is Sam's Club on Loy Lake Road. The route ends at Midway Mall where riders

(cont. from pg. 1)

can transfer to connecting routes headed to Grayson College. Beginning at 8:00 a.m., Viking Route 700 departs Grayson College and heads to Heritage Pkwy where the loop repeats until 5:46 pm. There are 11 stops on Viking Route 700.

Viking Route 800 connects Grayson College with 20 stop destinations in the City of Denison. The weekday route begins at 7:10 a.m. at Midway Mall, travels north on Texoma Pkwy, across US Hwy 82, then continues north on Woodland Blvd. to Coffin Street, then on to downtown. Stop number 836 drops off and picks up at Burnett Avenue and Main Street at Heritage Park. From there, Viking Route 800 travels to Morton Street where riders can connect to TAPS Public Transit's Red River Route at the Morton Street Plaza Park & Ride lot. The Red River Route offers 7-day-a-week day and night

service to Choctaw Casino and Resort in Durant.

On October 5, riders will be able to travel in Sherman and Denison—and between the two cities—on Saturdays. One of the significant changes to the Viking Route is the addition of Saturday service. Along the 20 stops in Denison riders can get to restaurants, theaters, and key shopping areas, or make connections at Midway Mall to access another 25 stops in Sherman.

Find all Viking Route schedules online at TAPS-bus.com, or pick up a route map and guide at the TAPS main office in Sherman, at the Midway Mall Park & Ride, or at student services on the campuses of Grayson College.

TAPS Public Transit provides public transportation to a seven county area including Clay, Collin, Cooke, Fannin, Grayson, Montague and Wise counties.

Student earns prize in County Fair



"I have to give credit to the grapes themselves," says David Harman, recent winner of second prize in the "Soft Spreads" category at the Grayson County Fair. Harman picked the grapes locally at Munson Vineyard. "The history of the vineyard is surprising!" says Harman. This was his first attempt at competitive jellymaking.

Grayson theatre wins accolades for "Black Snow" at ACTF

Robin Robinson
Director of Drama
and Theatre

The Grayson College Theatre department attended and competed at the Kennedy Center American College Theatre Festival (KCACTF) Oct 24-26 at Angelo State University by performing the comedy, BLACK SNOW. Grayson was awarded several awards for the production of BLACK SNOW, and the Regional committee of KCACTF has requested that Grayson "hold" its show so that it can be considered as one of the shows to perform at the KCACTF Region 6 Festival held in February, in Shreveport, LA.

"Excellence in Ensemble Acting" was awarded to the cast of BLACK SNOW by the respondent, Georgia McGill, from Queensborough Community College in New York. She also awarded Grayson with "Excellence in Direction" and "Excellence in Sound Design." Each company had the opportunity for a one hour response from McGill following the performance to give feedback and strategies to improve the performance.

Three Grayson actors were nominated to compete as "Irene Ryan Nominees" at the Region 6 Festival in February. Blake Rice, Aaron Hogue, and Brandon Langston will compete with



The production of "Black Snow" has been nominated for consideration to advance for Region and will find out in mid-December if they are selected.

a partner in an acting competition in Shreveport, LA with approximately 200 actors from a six state region Feb 25 - March 1. From those 200 students, 32 semi-finalist will be selected, and then 16 finalists. From the finalists, two will be selected to compete in Washington, D.C. in April at the National Festival to represent Region 6 which is comprised of New Mexico, Texas, Oklahoma, Louisiana, Arkansas, and Missouri.

Grayson had four tech students who served as "honor crew" and helped all schools load in and load out during the festival. Gin-

ger Roberts, Krystina Burns, Jasmine Shannon, and Dustin Meadows had the opportunity to learn from each school's tech director of their strategy for load-in as well as give them a hand.

Each school had four hours to set up scenery, re-focus and cue the lights, and to run a tech rehearsal. After the performance of each show, the set was taken down and put back in the truck.

Two schools performed each day. Grayson's Lighting Designer and Tech Director, Tenna Matthews was in charge of Grayson's load in on Friday morning at 7 a.m.

with the help of designer Thea Albert.

The students of the GC Theatre department represented Grayson College with pride. They even won a spirit

award "24/7" due to a chant they created and a picture they entered. The universities who also competed all commented on wanting the Grayson students to consider coming to their programs due to their talent and work ethic.

"We attend KCACTF for several reasons" states Tenna Matthews, GC Theatre professor. "We attend to showcase our work in front of other colleges and universities and to provide our students exposure of the work of four year schools".

Grayson will know by finals week whether or not they will be asked to bring its production of BLACK SNOW to the Region festival. Regardless if they advance or not, it is a tremendous honor to "hold" the show for consideration and the Grayson Theatre students experienced much success.



Blake Price, Aaron Hogue, and Brandon Langston were nominated for a regional competition early next year.

Living healthy on a college dime

Kasi St. John

So, you have your new place set up just the way you like it, a refrigerator full of mom's home-cooked meals, and you are ready to embark on one of the most important adventures of your life and future—college! Crucial to this new chapter of your life is a healthy lifestyle.

"A student's health plays a crucial role in all aspects of their school work," says Registered Nurse Jami Gray. Where can an already-overwhelmed college student begin their quest for health? Taking steps such as washing your hands can help prevent the spread of germs, which can cause illness, putting you at risk of missing important class time.

Along with disease and illness prevention, another important consideration is a healthy diet. Amanda Tredway is a full-time college student and mother. She says an easy way for her to eat healthier is to prepare five three-hundred-calorie meals the night before and eat them the next day. One of Amanda's go-to meals is grilled chicken with a side of

fruit. This meal is low in fat, full of nutrition, and high in protein. She says eating 5 low calorie meals a day helps keep her full throughout the day, as well as keep her under her daily calorie goal. Tredway offered some additional resources that help her maintain her healthy lifestyle. "One of my classmates is my accountability partner to help me exercise by running 3 times a week before class, and we follow each other on the My Fitness Pal app for encouragement," says Amanda.

The My Fitness Pal app is a free way for anyone with a smart phone to keep track of a healthy lifestyle. It has an option to enter the foods you are eating for automatic calorie calculation. You can set goals, and enter your workout routine to see how many calories you have burned. The app even has a social media feature, letting you follow your friends and write words of encouragement when they accomplish the goals that they set. "Support is an important part of staying focused on health and fitness," says Tredway.

"Asking students to live

healthier lifestyles is a very big task that you are looking at, as if you actually eat healthier, you need to spend more money," says culinary arts professor Rusty Weatherly.

Weatherly also suggests trying to eliminate some of the other processed sugars by cutting out sodas, power drinks, and Starbucks coffee. "These drinks are very expensive in the long run and provide very little nutritional value but eat up discretionary calories. By cutting out some of these extra calories, you can lower your calorie intake dramatically along with the option of saving some cash," he said.



While eating healthy (especially on a college budget) might seem difficult to some, it can really be as simple as a smartphone app and a good support system to get you started. Students need to remember that what works best for one person, may not work best for another and to try different options to see what works best for them.

Neighborhood coffee shop offers more than just "good coffee"

Riley Neal

Savoy, Texas (population 831) may not seem like a typical location for a coffee shop. Yet that is exactly what you'll find in the small, historic brick building on the corner of Hayes and Water in downtown Savoy.

David Gaddy, a local resident and software engineer, had "an idea about bringing the community together." The Bird's Nest Coffee House was the result. In the few short months since its founding, the Bird's Nest has become a social and cultural hotspot in Savoy.

"I wanted to give everyone a place where they can socialize and game, but at the same time, learn and study," said Gaddy, who owns the shop along with his wife, Melanie. "I had the

community in mind more than anything."

Creativity and hours of hard work produced the coffee shop in its current form. Restoration of the historic building required about a year and involved some extensive repairs.

The brick building that now houses the Bird's Nest was constructed in 1892 after a cyclone had destroyed most of Savoy, forcing local business owners to rebuild.

The building was derelict when the Gaddys set out to restore it. While the idea for the name "The Bird's Nest" came partly from the town's high school mascot, the cardinal, it also described the condition of the historic building when the Gaddys acquired it. "It was all tangled and messed-up—very much a 'bird's nest!'" said

Gaddy.

They set to work. "When we got it, the storefront didn't exist at all; it was just plywood. The interior was divided up into little rooms. We tore it all out and opened up the space to make it more conducive to a restaurant-style. It took a lot of weekends!" remarked Gaddy.

The Gaddys finally got to see their dream become reality when the coffee shop opened its doors in April of 2013.

The interior of the coffee shop features an antique-



The coffee shop glows with social activity in the evening

style wooden design and a two-level layout. On the bottom, customers can order drinks and sit at several round tables. A large staircase leads to the top level, where one will find gaming tables, couches, and a balcony overlooking the rest of the shop.

Drinks at the coffee shop range from the very popular Frappe, a sweet frozen drink, to the robust Americano, a mix of espresso and hot water. The Bird's Nest also offers smoothies and small snack items.

Jordan Stone, a Grayson student and Savoy graduate, has been working at the Bird's Nest since opening day. His drink of choice is a Hazelnut Caramel Cold Latte.

According to Stone, a typical day at the Bird's Nest

means "hanging around and enjoying friends. The customers that come in are pretty friendly."

Gaddy said he is content with the current amount of customer traffic the coffee shop gets, but would be thrilled to see business pick up. "It's not [currently] a whole lot and we're probably losing a little money right now... [But] my livelihood is not dependent on the store; I'm a software engineer by trade. This is extra, so if it doesn't make money, it stays in business!"

What does the future hold for the coffee shop? David Gaddy summed it up: "My vision is that it would continue to be the place for people both young and old to visit and enjoy camaraderie, fellowship, and good coffee."

Pumpkin carving contest a success

Becky McMinn

Residence Hall Supervisor

Viking Hall recently had our 3rd annual Pumpkin Party. We had so much fun, and the students were super creative! Plus, scooping out "pumpkin guts" really brings a group together.

We want to thank Elves Christmas Tree Farm of Denison for helping us out again this year with great service and really cool pumpkins. Marshall made buying over 50 pumpkins stress free.

The Viking Resident Leaders helped make this a huge success by setting and cleaning up and raffling off the much-anticipated door prizes. The grand prize winner was Jasmine Shannon with her original artwork "Binkx."

A tie for 2nd place was shared by Apryl Weber for her Batman pumpkin, and Cody Lenderman



Jasmine Shannon's "Binkx" took top prize in the contest

for his homage to the beards of the World Series Champs, the Boston Red Socks.

This event is always a favorite. Next we are looking forward to a holiday door/room decorating contest, as well as decorating the Main Lounge together for Christmas, when we will donate gifts, new and old, to local charities.



The contest brought out the creative side of Viking Hall residents, bringing in over 20 entries.

Scholarships are waiting for YOU!

Did you do well in SCIENCE and MATH courses in high school? Grayson College has just learned that 62 scholarships will be made available to GC students who earned a 3.0 or higher grade point average (on a 4.0 scale) on their high school transcripts in math and science courses!

YOU may be eligible for a \$2500 scholarship if you are majoring in one of the following career paths at Grayson College!

- Computer Science/Computer Information Systems (CIS)
- Engineering
- Computer Maintenance and Networking Technology
- Computer Assisted Design and Drafting (CADD)

- Heating, Air Conditioning, and Refrigeration Technology
- Biology/Biological Sciences
- Mathematics
- Chemistry
- Geology/Earth Science
- Physics

- Dental Assisting
- Emergency Medical Technology/Technician (EMT/Paramedic)
- Radiologic Technology/Science-Radiographer
- Clinical Medical Laboratory Technician (MLT)



Contact the Grayson College Foundation for details:
Tina Dodson, 903.463.8716 or dodsont@grayson.edu or visit the Grayson College website.

GC is an equal opportunity institution.

www.grayson.edu

Using information interviews to find your career



Gretchen Huff,
Job Placement Specialist

The best way to explore a potential career choice is by speaking with someone who works in that career. Why not do an information interview to learn first-hand about the profession? You may ask questions about job tasks, the business environment and the educational background required.

Ask family and friends if they know someone in the field. Ask your instructors and college career center for recommendations. Call the contacts and ask for an appointment to discuss information on their career. People who like their jobs tend to enjoy talking about them. Emphasize that you want to find out more about the career – you're not looking for a job. Take notes during your time with the professional.

Here are some questions you might ask:

1. What is your typical workday like?
2. What do you like most (and least) about your job?
3. What skills/abilities are most important to succeed in this job?
4. What is your educational background?
5. How did you get started in this field?
6. What courses were most helpful to you and which would you recommend?
7. What is the best way to get started in this field?
8. Do you have any additional advice to help me prepare?

After the interview, review your notes. What was your impression? Did you leave the interview feeling as if you can envision a future in this occupation or were you discouraged – you don't feel you learned enough about the occupation or the job description doesn't sound appealing any longer? You may want to do additional information interviews in this career path or you may want to reexamine your goals and find a different path for your interests.

No matter what you decide, send a thank-you note to anyone you interview. This professional may be a good person to stay in contact and network with when you begin your job search.

It's never too early to begin thinking about your career. For more information on careers, assistance in completing job applications, writing an effective resume, and preparing for an interview, contact Gretchen Huff in Career Services in the Counseling/Advising area, 903-415-2544 or huffg@grayson.edu.

Article courtesy of the National Association of Colleges and Employers.

Tutorials offered help students succeed

Zana Raka

Within the first year of college, approximately 50% of students drop out. Do not be a part of that percentage! Grayson College offers many tutorial opportunities, such as Math Hub (located in the Success Center) and the Writing Center (located in the Library), that are beneficial students who need extra help.

Most students go to college not knowing what to expect. Such students often find themselves having a hard time understanding the material; this is often the case when the professor goes through the information in class very quickly.

"I found myself having to put in extra hours for math because I was not getting the information [from the teacher in class]," says Kati Sizemore, a student at Grayson. "I would sit through lecture for one hour and fifteen minutes, and I would be completely lost, that is, until I started going to the Math Hub. Then, I saw my grade dramatically increase." Tutorials offer students reassurance that the information is, after all, sinking in.

Every professor has a different way of teaching, just as, every student has a different way of learning. Tutors, though, try to find the middle ground. Tutors try to relay the information to best serve the student. As Dayna Ford, Math Hub di-

rector, says, "I try to find out the learning style of the student. Then, I bring out videos and figure out what [the students] are interested in and even put math into their world, e.g., include money."

Likewise, Christiana Horn, tutor in the Writing Center, often starts off her tutorial sessions by working from what the professor has written. She asks questions such as "Do you have an assignment? What exactly is your professor looking for? Let's work from there."

Students often go into tutorials not knowing where to begin. They are sometimes completely lost and do not even want to stay. But, going to tutorials does pay off in the end. Horn had a foreign exchange student come to tutorials at the beginning of the year with rough sentence structure. But towards the end of the semester, the student's writing had developed to the point that Horn even had difficulty trying to find any errors within the essay. "The key is if you come often to tutorials, you'll do well," she says.

Going to tutorials and having information relayed to students from a different perspective strongly helps a student remember the material. "Not only did the tutors help me with math, but they also helped me remember all of the steps. I was able to go into tests and make A's after going to tutorials often," Sizemore says.

Most tutors have a passion for teaching and helping students out. Horn tutors because she also had difficulty with school. She realized that going in for tutorials helped her become a better student. Therefore, she helps out other students and has been tutoring at Grayson for about five years. "The biggest benefit of my job is seeing a smile on a student's face when they finally understand the information," she says.

Tutorials are offered in the Writing Center Monday through Thursday 8 a.m. to 8 p.m. and Fridays 8 a.m. to 12 p.m. The Center also set up an online email address for those students who don't have time to visit in person. The only requirement is an attachment of the assignment and forty-eight hours to process the information. The email address is as follows: writingcenter@grayson.edu.

The Math Hub is open Monday through Thursday 8 a.m. to 8 p.m., Friday 8 a.m. to 2 p.m., and Saturday 10 a.m. to 2 p.m. The only requirement for going to tutorials is to show up and get right to work.

Ford and Horn agree that the biggest improvement within a student is their confidence level at the end of the semester. Because of tutoring, the students are ready to tackle years in college and finally get the degree that they have so passionately wanted. So why be a part of the 50% of students who drop out when you could go to tutorials and earn the grades that you want?



Thinking of transferring to the college or university of your choice?

Need help with applications, deadlines, financial aid forms, etc?

For assistance, make an appointment with Pamela Polk in the Educational Opportunity Center Office located in the Counseling Center here at Grayson College.

PHONE: 903-463-8689

EMAIL: polkp@grayson.edu

OR ppolk@se.edu.

EOC services are free and offered through a grant from the U.S. Department of Education

Are you job searching?



Register for Grayson College's online job board at www.collegecentral.com/grayson.

Students and alumni may view job postings from area employers. Remember to check it out frequently to view new opportunities!

Questions: Contact Gretchen Huff, Job Placement Specialist, huffg@grayson.edu or 903-415-2544.

"Hiring RED, WHITE and YOU!"
Job Fair

On Thursday, November 14th, the Grayson College Gym will be the location of the 2nd joint event sponsored by the Texas Workforce Commission, Workforce Solutions Texoma and other partners.

The 'Hiring Red, White & You!' job fair, designed to connect Texas veterans and their spouses, is open to college students and the community. Area employers will be looking for candidates to fill a variety of positions.

The job fair hours will be held from 9 a.m.-3 p.m. in the Grayson College Gym. Dress for success, network with employers and bring a resume!

Editorial Information

The Viking is published by Writers Unlimited and Sigma Kappa Delta as an ongoing service project to the College. Participation in the production of The Viking is open to all students, faculty, and staff at Grayson College. The newspaper is provided as a forum for public opinion, and views expressed in The Viking do not necessarily reflect the policy of Sigma Kappa Delta, the Board of Trustees, the administration, or the faculty and staff at Grayson College. Material for publication may be submitted to The Viking office (LA105E) or through email to Marlea.Trevino@grayson.edu. Volunteers for production and writing may also visit The Viking office.

Grayson College raises \$6,000 for breast cancer support

Gretchen Huff
Job Placement Specialist

On Tuesday, October 22, Grayson College students, faculty and staff turned out in doo rags and pink to show support for breast cancer awareness. The campus community rallied and raised \$6000 to donate to Women Rock, a non-profit organization that provides monetary support to LOCAL women fighting breast cancer.

Campus breast cancer fighters and survivors were also recognized. Women Rock founder, LuAnn Daniel, provided words of thanks to those present.

Fourteen campus teams registered to fundraise and compete for fun prizes. Teams were: Culinary Arts & Hospitality Student Group – TIPSS, Future Educators, Dental Assisting – Dental Darlins', South Campus, Paramedic Student Association, Welding Technologies Student Association, Grayson Nursing Student Association, Men of Distinction, Student Ambassadors, Radiology Club, Library, Student Life, Business Office, and Financial Aid.

The team raising the most money, TIPSS-Culinary Arts & Hospitality Student Group, earned the grand prize of 'Lunch with the President,' Jeremy McMillen. This team's efforts raised \$1500 for the cause!

Second place team, Future Educators, won box lunches for 10. Third place team, Dental Darlins', won a gift basket from Women Rock. 'Best Doo Rags' prizes were awarded to: Grayson Nursing Student Association and Dental Assisting.

A fun event this year was the 'donations in the bucket' contest. Change was collected in buckets with the names of President McMillen, Dean Stanzo, Dean Davis, and Chief MacPherson.

The winner (or loser) of the 'pie in the face contest' was Dr. McMillen. His Administrative Assistant, Linda Blount, had the honor of



The "Just Doo It" campaign yearly unifies students, faculty, and staff for a great cause: support and awareness for those in the battle with breast cancer.

smashing the pie in his face.

The rally concluded with a symbolic balloon release. Those whose lives were touched with breast cancer wrote names of loved ones on pink balloons and released them to the sky, a symbol of cancer vanishing.

Community Sponsors included Virginia Cook Real-

tors, Landmark Bank, and Chapman Inc. In-kind sponsors included: Balloonatics of Denison, Great Western Dining and Bon Appetit.

A special thank you to Dr. McMillen for taking a pie in the face for the cause and his kind words as an emcee.

Thank you, also, to Gregg Miles and GC Maintenance

for the event set-up.

'Just Doo It!' was a proud moment for GC! The college rallied together to spread breast cancer awareness, serve our community and make a difference in the lives of others.

Faculty, staff, and students celebrate the success of the "Just Doo It" campaign

Kay Dishner
Viking Sponsor

The weather was stormy outside, but inside the Culinary Arts Dining Room everyone was full of pride and celebration as we fellowshiped over lunch with LuAnn Daniels, Director of "Women Rock" and four of her board members, and the Culinary Arts team that raised the most money for the rally.

Our President, Jeremy McMillan proudly handed out certificates of appreciation to our sponsors and a check for \$6100 to support women's breast cancer screenings through "Women Rock." Dr. McMillan expressed his pride in our student body for their enthusiastic support of the "Just Doo It" rally and their hard work in raising money for the cause. The team from Culinary Arts raised a record-breaking \$1500 for the rally and were honored, along with sponsors at our celebration luncheon.

The wrap party was a huge success, as was our 2013 "Just Doo It" rally and all of us are looking forward to our 4th Annual rally in 2014.



President McMillan proudly presented the Women Rock group with a check for \$6100, funds raised by campus groups and community donations in conjunction with the "Just Doo It" breast cancer awareness campaign.



Lisa Heberts (center) emotional expression of gratitude to Kay Dishner (left) and Women Rock moved many to tears.



The Culinary Arts team managed to raise \$1500 for the cause, winning the campus-wide contest.

93.1 KMKT, Mad Rock 102.5 and 97.5 KLAK partner with Texas Laundry & Cleaning for the 2013 Share the Warmth Coat Drive

Sherman, TX - October 11, 2013 --- 93.1 KMKT, Mad Rock 102.5, 97.5 KLAK, Texas Laundry & Cleaning and KXII News present the 2013 Share the Warmth Coat Drive brought to you by Ashley furniture Home Store in Sherman. In the past five years Texas Laundry & Cleaning has helped collect over 4,000 new and gently used coats that were cleaned, repaired and presented to thousands of kids and adults in need throughout the North Texas area.

Starting October 14th through November 15th sponsors of this event will be accepting donations of new or gently used coats for kids of all ages, along with teens and adults. Coats will be cleaned and distributed to local agencies in Grayson, Cooke, Collin and Fannin Counties.

The Share the Warmth Coat Drive will benefit: Abigail's Arms, Collin County Boys & Girls Club, Cooke County Boys & Girls Club, Denison Boys & Girls Club, Fannin County Child Advocacy Center, Fannin County Family Crisis Center, Four Rivers Outreach, Inc. of Grayson County, Grayson County Crisis Center, Grayson County Shelter, North Texas Youth Connection, Salvation Army of Grayson County, Sherman Boys & Girls Club, and V.I.S.T.O in Gainesville.

Coats can be dropped off at 30 different drop-off locations in the area. For additional details and location addresses go to: www.sharethewarmthcoatdrive.com.

Next Media radio stations -93.1 KMKT, 97.5 KLAK, Mad Rock 102.5- are your Hometown Radio Stations the soundtrack to life in North Texas and Southeast Oklahoma. The onair personalities touch the lives of thousands of people every day over the airwaves, online, and at hundreds of community events every year. The neighborhood of loyal listeners are consumers who turn to the stations for music, entertainment, news, weather, traffic and information on products and services.

93.1 KMKT, 97.5 KLAK, Mad Rock 102.5
1700 N. Redbud Blvd. Ste. 185 McKinney, TX 75069 • One Grand Center, 1800 Teague Blvd. Sherman, TX 75090
www.hometownradiostations.com - 972.542.9755/903.463.6800



Six students from the South Campus attended the Doo Rag Rally with the theme "Wild About the Cure." Our English wanted to participate in the fight for the cure and support the Women Rock program. With our poster in hand, our donations in our pockets, and our doo rags on our heads, we drove to Sherman for the pink event.

Thanks to the work of many the event appeared to be super successful and lots of fun. Thanks for helping with the cure.
-Jo Bell, South Campus, Eng 310/320

Never stop showing respect: local Guard honors fallen Vets

Maegan Stowe

With Veterans Day just around the corner, it is easy for Americans to be reminded to honor the men and women who have given their lives for our freedom. But why is this not an everyday task? Why must American citizens be reminded once a year to give honor to War Heroes? Shouldn't this be something that is done frequently?

In the words of Mike Lambert, the State of Texas's Patriot Guard Captain, "Many people support our troops but do not know how to show it...The PGR [Patriot Guard Riders] is the fuel driving the engine of Patriotism in America."

In 2005, a group of people gathered together in protest at funerals of American War Heroes in Kansas. Many

Americans were appalled at this and joined together to shelter the families of the fallen heroes to prevent the deceased soldiers from being dishonored.

This began the organization of The Patriot Guard Riders. Captain Lambert shared that the PGR started with just 15 motorcycle riders and now has over 300,000 members nationwide.

Veteran and Patriot Guard Rider James Hayes joined the Patriot Guard to show respect for the soldiers who had passed away and to honor the United States. "Being a part of the Patriot Guard is rewarding in the satisfaction that families are honored and that the soldiers are not forgotten," Hayes says.

Other than attending funerals of American Soldiers, the Patriot Guard is

involved in the Snowball Express and Sky Ball. Texas State Deputy of the Patriot Guard Larry Key explained that the Snowball Express is a program that is run and sponsored by many organizations in the United States.

The organizations all come together in December of each year and bring families of fallen heroes into Dallas and give the families an all-expense-paid four-day celebration. The mission of the Snow Ball Express is to humbly serve the families of America's fallen military service members who have made the ultimate sacrifice since 9/11. The Patriot Guard's role in the Snow Ball Express is to escort the children to the different destinations throughout the day.

Sky Ball, the largest fundraiser in the Southwest, supports Wounded Warriors

and many other military veteran support groups, according to Captain Lambert. Military service members and the nation's veterans are invited to the Sky Ball, a night in which they will be honored. This year will be the eleventh anniversary of the Sky Ball. The Patriot Guard's role is to escort guests to the Ball's location.

Many of the Patriot Guard members love to see students being involved with the guard. "It's an honor that a younger generation will take time to understand the sacrifice that American Heroes made for not only their families but for future generations as well," says Hayes. If you are interested in joining the Patriot Guard, all you have to do is sign up online at PatriotGuard.org. Then go to TXPGR.org and sign up for email notifica-

tions of upcoming missions. There are no expenses for joining the Patriot Guard.

Missions are what the Patriot Guard refers to as going to stand for the fallen soldiers at their funerals. Though most of the Patriot Guard ride motorcycles on missions, it is not a requirement. Motorcycles are just a way to get from one place to the next.



Lambert said that the real honor is standing in the flag line to show honor and respect to the family.

What Vet's Day means to me

Sherri Ferguson

What does Veteran's Day mean to me? It gives me a chance to look back on the veterans in my life, such as my Grandfather, Husband, and Brother-in-law. I have several friends who served in the military profession as well. Veteran's Day gives me a chance to celebrate the sacrifices they made for me and the rest of our country. It allows me to say thank you to all of them, even the ones who are no longer on this earth.

My Grandfather served in World War II with the US Army. I can remember some of the stories he told me and my brothers about his time in services. Each time we would sit down and listen intently as he would talk of how hard it was being away from his family, how hard it was to make certain decisions to save his life or the lives of his fellow soldiers.

Each time I would watch the changes that would come over his face. These expressions let me know he suffered a lot and that my brothers and I were blessed to have him in our lives.

I met my Husband toward the end of his military career in the US Air Force. He served twenty years, with some of those years overseas. I did not get to know the man he was before he went overseas but the man I know him to be today is a

strong one. He too sacrificed a lot while serving his country. He had two sons who spent a lot of time growing up without him being there each day. He endured sights that no person should ever have to see.

My Brother-in-law recently ended his career with the US Army. I was able to see how the war can change a man through his experience overseas. Before he left to go fight he was an ornery sort of grown up kid. He loved playing tricks on his friends and family. His smile would make you wonder what he was thinking or what he was up to.

But when he came home he no longer had that smile nor does he play any tricks. There is another side to him, a side that has seen and lost so much. He is now a different man, but is still loved by so many.

So Veteran's Day lets me celebrate the lives of my Grandfather, Husband, and Brother-in-law. I can honor them with a day that is set aside for others to share in the celebration just for that reason. It is a day that they can know that I am proud of all they have done, given, and accomplished in their military careers. It is a day I can rejoice in knowing, even though they may have changed in different ways, they are still the people I have grown to love.

GC named military friendly school

Kay Dishner

Writing Center Coord.

Grayson College was named to the 2014 Military Friendly Schools list by Victory Media, a media entity for military personnel transitioning into civilian life. The list honors the top 20 percent of colleges, universities and trade schools in the United States that are doing the most to embrace America's military service members, veterans, and spouses as students and to ensure their success on campus.

"Inclusion on the 2014 list of Military Friendly Schools shows Grayson College's commitment to providing a supportive environment for military students," said Sean Collins, vice president at Victory Media and a nine-year Navy veteran. "The need for education is growing and our mission is to provide the military community with transparent, world-class resources to assist in their search for schools."

GC is one of 1,868 colleges, universities and trade

schools highlighted in the annual Guide to Military Friendly Schools, distributed in print and digital format to hundreds of thousands of active and former military personnel in October. They also are featured on The Military Friendly Schools website at www.militaryfriendlyschools.com. The website includes the list, interactive tools and search functionality to help military students find the best school to suit their unique needs and preferences.

"Grayson College and other schools on this year's list exhibit leading practices in the recruitment and retention of students with military experience," Collins said. "These schools have world-class programs and policies for student support on campus, academic accreditation, credit policies, flexibility and other services to those who served."

Now in its fifth year, the 2014 list of Military Friendly Schools was compiled through extensive research and a data-driven survey of more than 10,000 schools

Poet's Corner

Reflections of an 18-Year Dream

By Jan Crumpton

Dedicated to my son, a Marine, who spent 8 years fighting for my Freedom

The reflection in the mirror is framing a man
Square shoulders and jaw line is where it began.
But the mirror reveals something deeper within.
Perhaps it's those weeks of intense discipline.

The first weeks were filled with much blood, sweat & tears.
My young selfish mind could only feel fear.
But the look in the mirror reminds me today
That by overcoming self doubt I found a new way.

I learned that real COURAGE is something you share
With all of mankind...it's contagious to care.
Then there's Honor, Commitment...two words that prove true
Each time I pledge allegiance to the Red, White and Blue.

The look in my mirror today tells it all.
I'm a transformed Marine standing honorably tall.
My eyes look much stronger, more determined and sure
That my purpose in living is LOVE...God's greatest cure!

HIS WAY... (notes from a journey)

Kay Dishner

Writing Center Coord.

"Without hope, the people will perish." (Prov. 29:18)



In times like the ones we are all facing now, it becomes easier to retreat in fear and frustration from the "high cost of living," than to take the "road less traveled" and face the giants that are throwing us down. It becomes a real test of our character when we make either choice.

If we retreat into fear of the future and frustration with now, we open the door for anger to become

the force that drives us to hopeless despair. When the people lose hope, there can be no future because hopelessness paralyzes us into only the existence of today, and robs us of the strength or will to work for a better tomorrow. It is simply because we lay aside our faith in an Almighty God who "works all things together for good for those who love Him and who are the called according to His purpose."

Or, if we, like David, will face our giants with faith in God and His purpose, God will use us to slay the giants

and free the people to fight and win against the enemies of: failing economy, wars, terrorists filled with hate, failing health care, failing education, broken-down infrastructure, and debt so enormous the whole nation has had to learn new numbers in order to count it.

So, let us all take up the freedom song of Martin Luther King, "We shall Overcome" which will save our nation, our communities, our families, and ourselves. Do not forget that we serve a Mighty God! and we can overcome and restore liberty and justice to our land.



nationwide approved for Veterans Affairs tuition funding. The survey results were independently tested by Ernst & Young LLP based upon the weightings and methodology established by Victory Media, a service-disabled, veteran-owned small business that has served the military community since 2001.

Each year, schools taking the survey are held to a higher standard than the previous year via improved methodology, criteria and weightings developed with the assistance of an Academic Advisory Board consisting of educators from schools across the country.

STAND DOWN!

SUPPLIES NEEDED FOR HOMELESS VETERANS

NEW:

- WASH CLOTHES • BODY SIZE TOWELS**
- TRAVEL KITS • BODY WASH • LOTION**
- DEODERENT • MOUTH WASH •**
- RAZORS AND SHAVING CREAM •**
- TOOTH BRUSHES AND TOOTHPASTE •**
- SHAMPOO AND CONDITIONER •**
- COMBS/BRUSHES • TOE NAIL**
- CLIPPERS • WHITE TUBE SOCKS**

COLLECTION DATES AND SITE:

NOW TO NOV 22

DR. DONNA KUMLER

LA 106B

THANK YOU

FOR ADDITIONAL INFORMATION CONTACT JACKSON RAINBOW AT 903-819-3663

One brave decision can lead to another: her story (cont. from pg. 1)

Mayra Gonzalez

two older siblings after our parents left to seek a better future in the United States. Although, before leaving they made the promise that one day we would all be reunited again. A promise that they kept.

As a result of my parents' promise, I had to start my journey to the U.S.: a journey that was going to change every aspect of me, starting with my future, my culture, and most of all, my life. Although I was still a kid, the decision of leaving was completely mine. In my mind I had already decided to leave, because living in a poor country like El Salvador wasn't the most pleasant thing. But it was the only thing I knew; I had never thought of a bigger world outside of mine. In my heart I didn't want to leave because that meant leaving my precious grandma. The woman that had been there with me through every step in my life physically and emotionally, so I that wouldn't feel the absence of my parents much. Grandma knew that one day she would have to let go of us. Although, she never thought it would be so soon and just like little birds we left her nest one by one.

I will never forget the last words that grandma said to me, "Ve mi niña, tienes que ser muy fuerte y lograras todo lo que te propongas." Which means, "Go on my



child, that by being brave and you will accomplish everything you desire." And after those words, she hugged me and turned away. Fighting the tears, I took a deep breath and left with the people that would help me cross to the US.

I still have a vivid memory of the difficulties I had to through just to get here. I remember traveling with a little girl named Paty. She was younger than I was and I was still only a little girl with only being ten years old. Paty and I found so much in common. We were both under the same situation and conditions. We were both alone and only had each other. I remember her crying all the time, and I would have to be the bigger person and comfort her. "Solo abrazame," "Just hug me," She would say. We suffered from hunger to lack of sleep, which made our situation even more difficult to bear.

We were always under the care of an adult, but there were times when we were left alone and the fear of being alone didn't allowed me to go to sleep. I had to protect Paty and let her know that I was there for her. She was scared of officials that could send us back and her fear was mine too.

Paty always went to me whenever she was scared. She always looked at me with those eyes full of fear and sadness, which made

me the need to protect her and to find bravery within me to help her and not lose hope.

There were times when I wanted to run back home and wished I had never left. However, I had to keep going because to be reunited with my parents and siblings was what I wanted the most. The vision of a new world that was waiting for me to explore kept me going.

After a long month, which to me it seemed like each day was an eternity; we finally arrived in US soil. I finally met my parents and hugged my siblings who I had missed so much. At that moment I knew that everything I had been worth it. I realized how much courage it took me to not give up.

The journey was wearisome, but overcoming the language barrier was even more difficult. The fact that I knew nothing and didn't understand a single word of English frustrated me. I had to start school right away so that I could become legalized and not knowing the language was definitely the biggest obstacle. I remember feeling lost when people would talk to me and I couldn't respond. One day I was home alone and wanted to order a pizza from Dominos. I reach the phone and called the number. I ordered what I wanted without any problems, but when they asked, "What kind of crust do you want?" and other different questions, I couldn't help but to hang up. It was then that I decided to put all my effort into learning Eng-

lish so that I could understand and explore the new world I was in.

Attending school helped a lot with my English, and I did all I could to try to take in every single word I would hear. I was always reading books, watching videos, or even just playing games. I remember spending hours with the program of Rosetta Stone repeating the English lessons over and over again. This made people start to notice my improvements. In a year I had learned to speak, read, and write English just like I could in Spanish. I was having conversations with random people in public places like introducing myself to others saying, "Hi, how are you? Or it's a beautiful day today." It took so much discipline, courage, and desire to accomplish the things I wanted.

Trying to adapt in a new country is not easy but, it is not impossible either. I was lucky enough to arrive at a young age when my knowledge was barely waking up. People say that is because I'm smart that's why I catch things fast, but I know that is not true because I know what I have to struggle with to learn. They don't know the nights that I've spent praying and studying just so that could pass a class. I know that courage is the key to success, and it's what gives us the desire to be good enough for our own happiness and prosperity. Bravery is something that is going to be shown if you really have it. I decided that I love my self too much to just

let my life go to waste and not do something of profit now that I have everything in my hands to do so. This way of thinking brought me to the point of desiring great things and to full fill my American dream.

The people around us are going to notice our courage not by doing so much for others but by seeing what we can do for ourselves. I chose to love myself first so that I could express love to others. The desire to accomplish more things in my life gave me the need to be good enough for others. As a result of that, I decided to be the first one in my family to finish high school and attend college to become a Registered Nurse.

Deciding to be a nurse has been difficult, but I have to accomplish the new dream I have set for myself, which is to travel the world with my church group in medical mission trips to poor countries to help those in need. I know it takes a lot of courage to decide to leave your home and family dedicate your life to God and others, but it's one more sacrifice I am willing to make.

I was afraid of going to college but I reminded myself that I have always taken chances and have always had courage to do things in my life ("The most courageous thing is still to think for yourself. Aloud (Coco Chanel).") I strongly believe that thinking for myself first helps me gain courage to try to help others because I want to be a better me for others.

Report from Ghana: Grassroots Soccer educates about HIV

Victoria Sicking
Peace Corps Volunteer

When I was home visiting my family this August, my counterpart, Fareed, along with 15 other volunteers and counterparts, went for a training through a program called Grassroots Soccer.

Representatives from their headquarters in South Africa came to give a five day intensive training on teaching HIV and AIDS through activities like soccer. HIV is a big problem in Africa and in Ghana every school is required to include HIV/AIDS instruction in their schedules. I have been a guest during some of these

instruction hours and unfortunately, it mostly comprises writing notes on the chalkboard while students copy them...not really something the students are able to participate in or look forward to.



This program is exactly the opposite. There is no chalkboard or classroom, just fresh air, an open field, and interactive activities. When we meet they are no longer students, but members of a team. We had a lot of interest from the two schools in my community.

More than 100 students signed up! However, because the program requires us to meet early before school, we only have about 25 students who have been coming regularly.

It consists of 11 activities on what HIV is and how it attacks our bodies, ways to contract HIV, protecting yourself from HIV, and how to love and support persons who are HIV positive.

My favorite part of the activities is that they give the students opportunities to ask questions about sensitive issues that are not culturally appropriate to discuss here, even with your parents. The program is intensive, and through repeti-

tion and practical activities it forces them to know the information very well. They realize the prevalence and dangers of HIV and want the ones they love to be protected, so through these activities they are able to build up the confidence to share what they have learned with their friends and family members.

Students from all backgrounds participate in the program; some with educated parents, some with parents who are farmers and some have no parents.

Girls and boys alike, from elementary school to JHS are team members. Some students are clever, and talkative, while others are usually shy.

Through participating in Grassroots Soccer all the students involved have seized the opportunity to learn something that can better themselves; not only regarding HIV, but also how to be a member of a team, and to have the confidence to speak boldly about things you believe in. It's interesting how something that was initially a small task, like learning about HIV/AIDS, can lead to such noticeable changes in a person.



Grayson College: a truly multicultural campus

Mugisha Nitunga

International students are those who travel to a country different from their own, usually in early adulthood, for the purpose of tertiary study. The United States is among the most popular destinations for international students. Each year, foreign students come to study in different colleges in the United States, such as Grayson College.

Grayson College contains different types of international students: Students with an F-1 visa, a non-immigrant, full-time student visa that allows foreigners to pursue education in the United States; and international students in English as a Second Language programs (ESL) for those who just want to learn English. Students with F-1 visas are the most common at Grayson College. More than 50 different countries of Africa (Gabon, Kenya, Congo, Benin, Togo etc.), Asia (China, Korea, Vietnam etc.), or

South and North America (Venezuela, Panamas, Mexico etc.) are represented. They are supervised by Bradley McClenny, International Students Advisor.

Gaining an educational foundation is one of the most common reasons for people to choose a college or to travel and study in another country. In fact, education is an important part of life, and most people want the best for their future.

In some countries of Africa, many parents think that their children can have a better education if they study in America. Sometimes those who came from the same country have similar reasons for attending school here. For example, in Gabon, a country located in Central Africa, there is a small business managed by an American woman, Dr. Kathleen L. Dahir, who helps Gabonese students to study in America, especially at Grayson College. Jimmy Kondoa, a student at Grayson from Kenya, said that there is no particular rea-

son for him to study here. "Grayson is just a school like others...I come to gain knowledge and skills too for my future profession or career," he said.

One of the most popular reasons to study at Grayson College is that the tuition is less expensive for foreign students compared to that of other schools in America. Another Grayson student, Najla Marrouche Briceno from Venezuela, says: "[Grayson] has people from many parts of the world, so I can learn different cultures."

Bradley McClenny, the international student advisor, says that Grayson is more advantageous for international students because it is a small school that gives the opportunity to students to connect with people and embrace different cultures. Although studying at Grayson College is advantageous for foreign students, they face some issues. Kondoa says, "Both American and African [students] have accents while talking, hence the communication bar-

rier...sidelining among students in class and school compound." In fact, most of the international students are more or less having trouble communicating with Americans. In general, the cause of this trouble in communication is due to the American English accent, structure of English, uses of phrases and idioms, language styles, and also cultures. "Language barriers affect slightly my academic performance," says Shimika Nitunga, an international student from Gabon.

On the other hand, it is excellent for people from different cultures to live together. Even American students benefit. Evani Thomas, an American student at Grayson, says, "Meeting foreign students has been a great experience. Learning about their language, cultures, everyday experience is awesome...It is fascinating getting to know them. They are all very enthusiastic and focused on their studies." Cecelia Pletan, also an American student at

Study Abroad in Costa Rica

Plan ahead for Summer 1, 2014

Earn up to 6 hours of foreign language credit in Spanish while living in Costa Rica. Beginning and Intermediate course credit.

First meeting, Thursday, November 7, 2013 at 7:30 p.m. Liberal Arts Bldg, room 108. If not able to attend, contact Mary Yetta McKelva at 903-463-8623 or mckelvam@grayson.edu

Grayson, says, "International students are almost always kind and genuine, even when typical Americans are not". However, as McClenny says, "Diversity is important to know, and I expect more foreign students to come to Grayson."

Assuredly, traveling from another country to study is an extraordinary experience, but sometimes it is very difficult. All foreign students are facing practically the same adaptation issues with language barriers and the difficulty of making new friends throughout their tertiary study.