Going for Gold!

by Nick Haas

Culinary Arts Students Taste Success

Culinary Arts students (l to r) Diana Larkins, Nick Haas, Savannah Chacon, Sam Hester, and Juan Orocio stand with pride in front of their delicious creations at a competition in Chicago.

Music Student Performs in San Antonio

Music student Georgia Mulkey enjoys a recent Music Convention in San Antonio.

Photos courtesy of JoAnna Bryant
Transferring to Your Four-Year University

Mu Alpha Theta
1st and 3rd Thursdays 1 - 2 p.m.
LA204, Liberal Arts
Music Club
Every other Friday 7:30 p.m.
CIS 202
Phi Theta Kappa
Wednesday 12:15 - 1:00 p.m.
Viking Room, Life Center
Psychology Club
Tuesday 12:15 - 1:00 p.m.
CIS 202
Radiology Tech Club
1st and 3rd Wednesdays 10:45 - 11:30 a.m.
Viking Room, Life Center
Science Club
First Tuesday of the month 3 p.m.
S 206, Science Building
Student Government Association
First Monday of each month (monthly) 12:15 - 1:15 p.m.
South Campus
Sisters of Destiny
Thursday, 12:15 - 1:00 p.m.
Conference Room, Life Center
Student Ambassadors
Third Mondays, 12 - 1 p.m.
South Campus
TIPPS (Culinary Arts)
First Fridays, 9 - 10:00 a.m.
693 Restaurant, Culinary Arts
Veteran Nursing Student Association
First and 3rd Mondays, 12 - 1 p.m.
South Campus
Veteran Association
First and third Wednesdays, 12 - 1 p.m.
Veterans' Life, Life Center
 Welding Technologies Student Association
First and third Tuesdays, 12:15 - 12:30 p.m.
South Campus
Class of 2017

Please report incorrect information to editor: Anne Dering
Dering@grayson.edu

Phy Theta Kappa

Spring Enrollment is Here!

In early February, Phy Theta Kappa launched its spring enrollment and mailed invitation letters to all eligible Grayson College students. These letters contain the information needed to accept membership into this prestigious honor society.

Membership affords students access to tremendous programming opportunities and a support system that account for a 92% success rate. Additionally, Phy Theta Kappa members are eligible for nearly $100,000 in scholarship opportunities.

This is a chance you want to let pass you by – join today!

Visit the school, Ray could also save some money. In addition to helping students get a feel for what attending the school would be like, some schools will waive the application fee if the student attends an open house that is hosted on campus.

Transfer:
Thirdly, Ray emphasized the importance of applying early.

Schools often have a priority application deadline, and if students apply before the deadline, they may have more scholarships available to them.

Viking Room, Life Center

Grayson College to Host Trauma Affected Veteran Training to Law Enforcement

Continued on page 3

Continued on page 5

Chili's

Please turn to page 3 for more information on Grayson College to Host Trauma Affected Veteran Training to Law Enforcement.
Induction
Inspire Me; Inspire You: Share an Inspirational Quote

"Life isn’t about finding yourself. Life is about creating yourself."

- George Bernard Shaw, Playwright

Shared by Gretchen Huff, Career Services/Advising

Children of Addiction

Addiction fuels our pain.
And teaches us shame.

We seek to break the chain and be forever free.
Daily survival is the key.

We don’t want to be bound
Or constantly looking around.

In love with a struggle.
We just settle for yearning to belong.

Strong-willed, thick-skinned.

Pioneers, forerunners, bravest.
For this struggle we have conquered.
We will not forget.

Inspiration

For more inspiration, be sure to read “Finding Hope in Despair” on page 2.

Our Culinary Competition Journey

by Saim Hester Student

After four months of hard work, the Gray- son College Culinary Arts student team loaded up in one of the Grayson vans on Feb. 1, 2017, for Chicago and the Central Region Stu- dent Culinary Institute Competition for the American Culinary Federation (ACF) (Joliet Junior College).

Stopping only a few minutes at a time to eat, sharpen knives, get gas, and unload the van, the team was back on the road again.

Reaching Chicago mid-day Thursday, checking into the hotel, and having dinner, the team wasn’t the only team to cope with anxiety.

Without any other college teams wanting to compete at the state level, Grayson College Culinary Arts student team members Cap- tain Nick Haas, Diana Larkin, Ian Orocio, Sam Hester, and lavender alternates Savannah Chacón and Carley Staley, competed for the state of Texas. The team was coached by Chef Instructor Scott LaCore, Chef Instructor Bryant and Aunt Chef Pitt (Dallas American Culinary Federation President).

Sacrifice and Preparation

Starting in late September, the team members started practicing for two to three hours twice a week. Juan Orocio of San Antonio, Texas, and Sam Hester of Ardmore, Oklahoma, both drive over an hour and a half to arrive.

Nick Haas had taken on a new job as Executive Chef in Allen at the Belmont and Diana Larkin was working 50+ hours a week. But the team was determined to go to Chicago and bring back the gold medal.

Fundraising was everyone’s job in the Culinary Arts program.

The team, and its co-team, which competed in the Knowl- edge Bowl, professors and students of the Culinary Arts Program, along with TIFS.S.S. President Charles White and As- sistant President Billy Robinson and Eta Delta Sigma, held fun- raisers such as pie sales during Thanksgiving and fudge sales during Christmas.

Roja Ranch House donated money for the trip, and the Garde Manger (fall semester) class made canapés to help raise money for the trip.

Despite of extra sleepiness, I choose to be grateful for my past. . . .

For more inspiration, be sure to read “Finding Hope in Despair” on page 2.

You are not alone.
You have worth.
Your past does not define you.

Addictions Fuel My Future

by Amber Engelke Student

Recently, I stumbled upon a movement called “#oklahomaup” and it sparked my curiosity to learn more.

It was launched by the Meadows Mental Health Poli- cy Institute and implemented in Texas to help fellow Texans realize they are not alone with mental health issues and to end the stigma that surrounds it.

After logging onto www.oklahomaup.org and reading what others had written, I felt normal for once. I realized I wasn’t the only one struggling to cope with anxiety.

I was raised by a drug- addicted mother and an un- versed father. I had to cope with anxiety.

I eventually moved out at the age of sixteen and have been on my own ever since.

My anxiety stems from these experiences of distrust and feeling insufficient for having to keep so many secrets for so long.

One night, I woke up from a nightmare and wrote a poem for all those who are like me. I hope this poem gives someone strength to stand up and open up, even if it is just to one other person.

In fact, according to the Meadows Mental Health Institute, 3 out of 4 Texans have a friend or family member who has experienced a mental health issue. About 88% of Texans agree that stigma surrounding men- tal health issues needs to be removed.

We can help end this stigma by making it “Okay to Say.”

Instead of exuding bitterness, I choose to be grateful for my past. . . .

After being out of high school for ten years, I made the choice to follow my dream to help others, and I am study- ing to be a registered nurse. I have been married now for eight years and have two awesome children, who are so precious.

Instead of exuding bitterness, I choose to be grateful for my past, open-minded person compared to others, and careful with my choices.

What I look forward to and am so proud that we are being proof that we are not a prod- uct of our circumstances.

Addiction fuels our pain.
And teaches us shame.

We seek to break the chain and be forever free.
Daily survival is the key.

We don’t want to be bound
Or constantly looking around.

In love with a struggle.
We just settle for yearning to belong.

Strong-willed, thick-skinned.

Pioneers, forerunners, bravest.
For this struggle we have conquered.
We will not forget.

Addicts of Addiction

Learn at a young age
To be quiet, disappear.
And get in the way.

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Or constantly looking around.

In love with a struggle.
We just settle for yearning to belong.

Not to worry.
Not to feel different.
Not to be hungry.
Hungry for love.

Hungry for stability.
Wanting to make our dreams a possibility.

Addiction won’t leave us
When we grow up, but we become pioneers:

Strong-willed, thick-skinned.

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Children of Addiction

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Most students are terrifed when they're starting college. It's a scary place, especially for a non-traditional college student. I graduated high school in 1990. You would think that I would be before most of the Grayson student population was even born, and yet, you would be wrong. However, I decided to go back to school despite being out of the academic world for twenty-four years. I student, one who thought she wasn't good enough to be going back to school at the age of 42. What Hébert saw was someone completely different. She saw a strong, able, and intelligent woman. She pushed me to do my best and work at the top of my potential.

Because of her gentle, yet stern push into the college kaleidoscope, I am now in the Darkside, an international honor society. Also, instead of only going after associates degree, I am now double majoring and pursuing a Masters in English and journalism.

Lisa Hébert, director of the Grayson Student Library, always sees the best in people. In the beginning of my college journey, I saw an unsure, timid student. I decided to try my hand at a work-study position. I was fortunate enough to get a job in the Grayson College Library and meet one of the most interesting and amazing women I've ever known.

When I arrived at her office to interview, we hit it off immediately. She agreed to let me start working at the library. This afforded me the chance to get to know her even better.

Lisa Hébert, director of the Grayson College Library?

Continued from page 2

As the first meeting of the 2017-18 academic year, the Grayson College Main Campus will include everything from a Student Veterans Office (VSO) of Grayson College, a formal military ball is being considered for later in the year. Meeting every two months, the council is comprised not only of students, although it includes representatives of the community, as well, who are also strong advocates of and for veteran student population.

 programs, activities, and funding for the many Grayson College veterans. For everyone at Grayson College, it’s important to understand the high standards of excellence that embody Grayson College! Send your nominations to The Viking editor, Anne Dainer, via email at Daring@dgrayson.edu.

A benefit of being a veteran student is that you can take advantage of several educational opportunities around the area.

The recent University Transfer Day, hosted in the Student Life Center, was a success, with twenty-two schools represented for students to preview.

Rotaract meetings are held the 2nd and 4th Thursdays from 3-4 p.m. in the Viking room next to GPC. For more information, contact the faculty sponsor, Jean Foreman, either through email: Sonnen@grayson.edu, or by calling her office phone: 903-486-8606. This year, the meeting is scheduled for March 23rd and will feature tips from Alvin Bailey on time management. All students are welcome.

Advisory Council Plans Vet Activities

Transferring to Your Four-Year University

The local UU church, Red River Universalists, was founded in 1870 with their belief that all people are deserving of salvation. Each UU has a different relation-ship with none at all. What you believe is not as important as the spiritual journey of discovery you take to get there.

What are Unitarian Universalisms?

Most people have never heard about this denomination, despite its long history. Unitarians came out of the Protestant Reformation in Eu-rope, and the Church of England in the 16th-century Romania.

Universalists rose in popular-ity in America around the 1700s with their belief that all people are deserving of salvation.

This belief was considered ex-tremely liberal at the time, and the Church of England banned that liberal bent to this day.

These two denominations united in 1861 to become the Unitarian Universalists (UU) today. Over time, the organization opened its doors to many paths of faith practices, in keeping with the Universal principle of salvation for all.

While Unitarianism began as a Christian denomination and some UUs identify as Christians today, most would refer to them-selves as Humanists or a number of other designations.

The local UU Church in Sherman, Texas, was celebrating its 20th anniversary this year. Originally begun in Sherman in the Grand Avenue Presbyterian Church, they have been a part of the community for over 100 years. The facility has plenty of parking and has recently been reno-vated.

They accept members from every walk of life. UUs have no one creed, for they do so without excluding some people from their practices.

UUs practice love and accept-ance, inviting Buddhists, Hindus, Muslims, Christians, Jews, agnos-tics, atheists, and Pagans to wor-ship. The services are not god-centered, but instead preach the value of be-ing a good person in this world. Each attendee shares a relation-ship with the god they worship, or with none at all.

What believe is not as important as the spiritual journey of discov-ery for all.

If you are not sure of your spiritual be-liefs or are questioning, this is an excellent source of inspiration for your own spiritual journey. Visitors and members have the opportunity to explore many paths to spirituality and choose the one that is right for them. Church services mirror many aspects of a traditional church service, while maintaining unique differences in their doctrines.

UU’s follow seven core principles that apply to every person, regard-less of their theism:

1. The inherent worth and dignity of every person -1.2. Justice, equity and compassion in human relationships.-1.3. Acceptance of one another and the existence of other religions, ideas, or spiritual practices -2.4. The right of conscience and the freedom to change one’s beliefs or筒beliefs-2.5. The purpose of community cooperation in the face of human needs -3.6. The goal of world community cooperation in the face of human needs -3.7. The concept of a higher power or spirits in nature -4. Dispelling the Four-Year University What is Unitarian Universalism?

Continued from page 4
The Lego Batman Movie® represents the first attempt since Batman Begins to make Batman move on with life, love, and family.

The Lego Batman Movie®, released in 2017, offers a fresh perspective on the iconic DC Comics character. Directed by Chris McKay, the movie combines live-action sequences with animation, bringing a unique blend of humor and action to the big screen. The film follows Batman as he teams up with a group of Mineralos, an army ofülügur and loyal followers, to assemble a Lego version of the Dynamic Duo.

The storyline is a testament to the character's evolution, as we see Batman transitioning from a brooding vigilante to a more playful and versatile superhero. The movie also introduces a new element to the Batman mythos, with the introduction of a Lego version of the Joker, who has a new love interest and a unique spin on his classic arch nemesis.

The Lego Batman Movie® is a great choice for families, offering something for everyone. Whether you're a fan of the original Batman movies or just looking for a fun, action-packed adventure, the Lego Batman Movie® is a must-see. It's not just for kids, but for anyone who wants to see a fresh take on the Caped Crusader.
Morgan receiving the Presidential Citizens Medal from Bill Clinton in Lego at once idiotically goofy and jaw-droppingly awesome, costume to create his signature look, to an action climax to Robin’s ripping the pants off of Batman’s Reggae Man silliness.

It is at once a roast, a love letter, and a fresh take on who Batman is and what he can be.

Grayson College Library’s annual Black History Month display hits a little closer to home this year than normally.

The Grayson College Library’s annual Black History Month display hits a little closer to home this year than normally.

Young school children learn about Rosa Parks and of Virginia, Hébert decided to create Morgan in the display. Hébert asked Barrax to loan the library display any memorabilia that she might have of her grandmother, which was quite a bit. Hébert also introduced Barrax to Charles Leslie, Grayson’s African-American Initiative Coordinator, who is in charge of Grayson’s Black History Month celebration.

Even though Barrax Court didn’t like the idea of public speaking, she put her fears aside to do a presentation at the event on February 23rd.

This anecdote just goes to show that all it takes is for one person to get the cog in motion. Eventually, it will turn into a well-oiled machine and take on a life of its own.

Continued from page 5

My guest ordered the cod dish. The plate held cod drizzled in a cream sauce on asparagus links. My guest also noted this dish was excellent for the time of year and scarcity of fish restaurants in our area.

The dessert choices were Bow Tie Cake and S’mores Cheesecake. The Bow Tie cake was layered with chocolate cake, chocolate mouse, white chocolate cream, and vanilla cake. Together these flavors created in a symphony of tastes that were rich in both flavor and texture. The S’mores Cheesecake was something completely new.

This dish was composed of a crumbly pie crust, soft cheesecake, and a melted marshmallow on top. If that does not have your mouth watering, I don’t know what will.

Once more, the chefs at Six Ninety-One have displayed their fantastic capabilities and potential! I encourage all those interested to make a reservation as soon as possible.

I know I am already looking forward to my next visit.

The Shears Club members (cosmetology students) encourage all to come visit them in the salon for your hair, nails, and skin needs. Also, they will have a sack lunch event on Thursday, March 23rd. Sack lunch will be taken pre-orders now. Lunch will be pulled a pork sandwich, chips, and a drink for $5.

For more information on prices of the services offered, to make reservations, and to pre-order your sack lunch, call 903-883-8744.
Touring the Music Department
by Kyle Mormon
Student/Staff Writer
I have always dreamed of being a famous musician. It's how I found those dreams to be quite irrational, especially after having children.

Sometimes, though, as Dr. David Tercero gave me a tour of the music faculty and the music program on the Grayson College campus, I felt like I was handling my musical aspirations was set aside.

The entire building is a Pandora's Box of surprises and delights. Initially, walking around or near the music facility was intimidating, and the music program in the programs and majors tab of the Grayson College website, in place to do it! Plus, therein lies a recording studio to awaiting those who demand knowledge about other miscellaneous club-related activities.

I entered through the double doors to the Arts and Communications building, surrounded by visual arts displays, the music program in the programs and majors tab of the Grayson College website, in place to do it! Plus, therein lies a recording studio to awaiting those who demand knowledge about other miscellaneous club-related activities.

As I entered through the double doors, the Arts and Communications building, surrounded by visual arts displays, the music program in the programs and majors tab of the Grayson College website, in place to do it!

During any pause or intermission, I could hear the professor jovially commenting, "Heck, I'm not majoring in music..." I have always dreamt of being a famous musician. It's how I found those dreams to be quite irrational, especially after having children.

The ecstasy felt after finding out how surprises and delightful subtleties. The entire building is a Pandora's Box of surprises and delights. Initially, walking around or near the music facility was intimidating, and the music program in the programs and majors tab of the Grayson College website, in place to do it!

"Okay, one old basilisk to find, " she announces aloud to the silent dunes.

"Sit back down this instant, Miss Sanford!" Professor Green threatens, two fingers in front of my face. "F--- this noise, dude!"

Sheba starts up the engine and cranks into gear, "Yeaaa. Want to give it a read and see if any-...

I feel everyone's stare and the heated glare of fury. "shove it."

"Well I can give at least give props to Professor Green, then she, and finally me. Sheba scowls. "Will dude, what's keeping you? Pack up your gear, and let's quit this garbage fire."

I feel everyone's stare and the heated glare of fury. "shove it."

"Just in case I start to actually pay attention instead of being stuck in your head with your stories, " she playfully pushes me, nearly making me slide on the sloping dune.

"So, why the big production?" I ask as we make our way out of the building, even with all her ranting. Either she dares to involve themselves or doesn't really care to.

"Sho we look here to see how mad Sheba really is."

"No, that's how he can say, "There isn't any need for more friggin' food. I'm too grumpy to start thinking about editing."

"See, you better refuges as well?"

"I ask with a hopeful hint of sarcasm, "Well, I'm not sure we have the parking space."

"I am the only close parking spot out here in the parking lot."

"Sho she slams her door and tosses her bag into the cluttered back seat of the Saab."

Sheba shams her door and tosses her bag into the cluttered back seat of the Saab. Everything is in place. In the case where we march out to the parking lot."Well, didl Roosevelt or who-

"Sheba stands concentrated with her eyes fixed at the her feet, allowing me to slide with ease down the sloping dune.

In a puff of sand, she finds herself in the hooting shadow of the dune. She had stood upon mere moments ago, reaching for her head and mask.

She removes her head gear to get a better look in the slightly dimmed hallway, and she has tunnels to the ground for her better comfort as she removes and places the pack she carries.

Rumaging through the pack, she peruses what she had pulled out a dull silver can and drinks down the entire pack.

Sitting on her pack, she takes time to reflect, gathering her strength and wits for what the next decider she was being hopped soon: her task at hand.

While keeping the canteen in her left hand, she has her head down and her leather bound journal with the words "Tracker Amani.""Okay, one old basilisk to find, " she announces aloud to the silent dunes. "Start out towards the next dune, she muses, "... Now where is it hiding?" and flips the pages of the journal.

"Sheba," Amani springes up. "She has the back of her neck prickles suddenly.

She feels the wind around her begin to die down. With deft hands, she replaces the items she had pulled from her back pack.

"Great, you have me hear?" Quiz your note scratch ing and let's get some grum, she commands, grabbing her bag and starting for the door. "No, I just have a few minutes, Miss Sanford!" warns Professor Green, red in the face. "The lightly packed room is still timidity look ing and let's get some grum, she commands, grabbing her bag and starting for the door. "No, I just have a few minutes, Miss Sanford!" warns Professor Green, red in the face.

"So, what is it?" I ask with a hopeful hint of sarcasm,

"Sheba scowls. "What's keeping you? Pack up your gear, and let's quit this garbage fire."

"I feel everyone's stare and the heated glare of fury. "shove it."

"I say, trailing off into intense focus while trying to figure out where to take the story next.

"Finishing up that story you've been messing with, " I ask with a hopeful hint of sarcasm,

"Yeah. Want to give it a read and see if any-...

"I am the only close parking spot out here in the parking lot.

"Well, didl Roosevelt or who-

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"Yeah. Want to give it a read and see if any-...
Advisory Council Plans Vet Activities

Continued from page 4

This particular foray into the unknown was astounding to me. I feel now a combination of disappointment that I was not involved in such a seemingly stellar program before turning in my transfer applications and fervor to promote this hidden gem, to explore the great investment made by the college for the pleasure of any student with the diligence to learn and evolve.

Again, if you enjoy music, let these people mold your brain into an object of beauty. I wish I could have in the time I was here.

photos courtesy of Kyle Alman

Culinary Knowledge Bowl
by Lauren Alman

Student

The Banu H. Garland Knowledge Bowl is a distinguished competition of culinary knowledge.

It has been an honor to be a part of the Grayson College team this year. I have never been involved in a competition like this before, so I was very nervous.

My teammates and I spent the last nine months preparing with mock games, books, thousands of flashcards, and studying—and a lot of studying! We took our flashcards and books up to Chicago and diagrammed in as much studying as possible before and during the competition.

The first day of the competition was an exam; each team member’s score was averaged together for that team’s “seeding,” or placement, in the next day’s matches.

Our team seeded seventh, which meant that we would face the team who seeded second for our first round.

This was a first-time experience for all but one of our team members, so the first game was more about feeling out the competition and trying not to be intimidated.

Our second round went much better. We accumulated over 300 points and left the game area confident that we had won a medal.

After the games, we enjoyed the educational classes available through the American Culinary Federation. This was an interesting experience not only filled with education on chocolate sculpting, sorbet mathematics and menu costing (to name a few), but also a great opportunity for networking.

In preparation for the competition, the students participated in ten intense rehearsals over four days at the convention with the guest conductor and clinician, Dr. Richard Bjella, Director of Choral Studies at Texas Tech University.

The week was capped off with the Texas Two-Year All-State Choir Concert held at the convention center in the Stars at Night Ballroom on Saturday, February 11th at 7:30 pm.

What is Unitarian Universalism?

Continued from page 4

7. Respect for the interdependency of all existence which we call nature.

*from uua.org

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For more information, please visit uua.org or the local UU church website at rruu.org.

*From uua.org* "Conversations and Calories"

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Continued from page 7

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Continued from page 4

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Continued from page 7

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Continued from page 4

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Continued from page 7

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Continued from page 7

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Continued from page 7

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Continued from page 7

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Continued from page 7

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