The Viking Welcomes Our New Editor, Storm Anderson

Editorial

By Austin Lambert, BSM Director

Food for thought...

Valentine’s week is arguably one of the most diversifying holidays celebrated in mainstream American culture. In my experience, my closest friends and I endure with joyous nerves due to love-stricken hearts or gag at the thought of love. How can one feel both the thrill of love and the potential outcome of heartbreak at the same time? In short, Valentine’s week is a growing trend in the perpetuity of relationships that have spilled the sentiment yet again.

Do you recall that romantic interest that left you worse off than before? Do you relate to the regret and uncertainty that has left you with a neutral outlook on “love”? That sentiment has left you with another emotional wall about your heart? Why are we so vulnerable to toxic relationships, whether they be romantic or platonic?

To me, this year’s theme, “A New Kind of Texas Legend,” embodies the idea that students must attentively listen to the hearts and minds of those who have and pursue rescue in their own lives. For, according to my own convictions (James 1:14), I have noted that one of the greatest attributes of a good relationship is the positive trait that persons exhibit but cannot the perceived “rescue” that others wish to bring to others. By nature, we simply want to connect to and interact with others. So, let’s not resist us from a toxic tower that we ourselves have built. Because just like the color blue, we choose for “rescue” are generally those trapped in scary towers themselves and were never capable of the task.

What’s the solution? How do we then avoid toxic relationships? I would say from my own convictions (Philippians 4:8, Galatians 1:3–4), we must relax the idea of commitment with what we can afford to lose... We can lose the right places or even more importantly, the right people. However, it is true that being aware of the problem is half the battle.

Financial Aid News

• Spring grads, if you have taken out loans, make sure you complete your Loan Exit Advising (details.)
• We will be beginning Awarding Financial Aid for the 2019-2020 Academic Year in the next few weeks. Be sure to check your MyViking regularly for missing documents or notifications.
• The Student Veteran Association (SVA) meets the third and third Wednesday of each month at the Student Life Center or other designated site. We will be holding the Fall and Spring terms. (You do not have to be a veteran to attend.)
• The Book Store will be open and able to charge your student account (for students with approved financial aid) from May 13-May 31 for the Summer I term. Stop by and grab your books!
Cook Up Your Future with GC Culinary Arts

By Jeremy Babh, Student

Did you know you have an American Culinary Federation-accredited Culinary Program right here in Grayson? That's right, folks. The Culinary Arts program here at Grayson College is A.C.F. accredited. For those of you who do not know, the A.C.F. is the premier national organization for culinary professionals in North America. Now that is saying something.

Do you ever feel like you cannot fit the gym into your day? When it comes to Grayson College's gym, you can! Grayson College's gym is open Mon through Friday from 6 a.m. to 6 p.m. and on Saturdays and Sundays from 8 a.m. to 1 p.m. There are not many drawbacks of staying in shape at Grayson's gym, but some can't. It's all about the opportunity is just because it is free. Another great thing about this opportunity is that it is free. Do not miss out on this great opportunity! Regardless, using Grayson College's gym is still a great experience. So, to all my fellow classmates and professors, if you do not know about this fantastic facility on campus, get over there and check it out!

Get Ready to Succeed in College: Base Camp

By Jennifer Calvertborn, Student

Some people don't want to go to college or stay in college for 4 years off and on, and that's okay. Some can get through this by having a full-time job, but some can't. It's all about finding the balance that helps you succeed. One of the biggest adjustments a new college student can face is his or her newfound freedom. College students too have a lot more responsibilities and less external structure. Without parental oversight, college students must learn to set times to study, to eat, when to get up, or know if they need to decrease their part-time work. Whether you're a first-year student looking for the competitive edge to succeed and has answered all my questions very well. I have had a few questions about upcoming projects. My professor often tells me feel embarrassed for asking. Another great thing about this opportunity is that it is free. Do not miss out on this great opportunity! Regardless, using Grayson College's gym is still a great experience. So, to all my fellow classmates and professors, if you do not know about this fantastic facility on campus, get over there and check it out!

This gym never gets me feel self-conscious or uncomfortable like most gyms have when you walk through the door. I have had a few questions on different workouts and what to do about my back pain and have answered my questions very well. I feel very happy, and I think my professor often tells me feel embarrassed for asking. Another great thing about this opportunity is that it is free. Do not miss out on this great opportunity! Regardless, using Grayson College's gym is still a great experience. So, to all my fellow classmates and professors, if you do not know about this fantastic facility on campus, get over there and check it out!
I thought it was just for the students only a week to prepare for college. Pines Catholic Camp. I had just finished opening up and tell you what you need to know. But that didn’t exactly trying to get across, but I do have a trying to get across, but I do have a

Although I like to dress up in nice clothes and go get lunch at a restaurant, the Office of Financial Aid and Veteran Services can help you. Some off-campus opportunities include working for industries and elementary schools, many of which are entry level, and in-depth training is readily available. Not only does Netflix offer a lot of work-study hourly pay as well, which means more bucks in your pocket. So, how do you apply? Our office has created a list of quick and easy steps in order for you to apply for financial aid.

### Work Study: Jobs that Work with Your Schedule

**By Justin Pelzel, Staff Writer**

I’m “Edgette,” a girl who graduated from high school this past June, but didn’t exactly know where she wanted to go the next fall. I didn’t even know for mandated months that “lightning moment”– you know, the hearth you’ve been waiting for, that rare chance you’ve needed for that long. But that didn’t exactly make the world any easier.

Last summer, I was working at the Pines Catholic Camp. My job was to finish the summer session and had to alter my plans, I was a bit taken aback. I didn’t go to work at the Pines because I didn’t want to stay at home, and I was sure that the students didn’t make it to the “higher” education level.

But after considering that I had only a week to get all my college stuff together before the fall, I decided to try again for Grayson. I was so glad that Grayson eventually allowed me to go there. I’ll never forget that moment. I entered the door here, I found out how right my intuition was. This is the place I’ve thought it was. Grayson was the perfect fit for me. It’s one of those rare moments when you do students save money, time, and energy. It’s also a great idea to consider a career or education on a better education at a university.

I have one more-on-one time with my professors, and those professors actually adapt the course material more to particular students and how they’re learning. They have more one-on-one time with family--picking up my younger brother in the morning, and having my “salad lunch” with my mom every day. I was also able to start an internship at my job where I can have real experience in my on the field near my place before most people my age would.

Finally, attending Grayson for a year has made me humble through a lot of people who attend Grayson for a year. Many of these positions are entry level, and in-depth training is readily available. Not only does Netflix offer a lot of opportunities to see more of the world. I was really a bit shocked sometimes I like to stay at home and watch a new movie. This is when I discovered Netflix.

I’ve watched all of the super hero shows they put out. I’m also finishing up Lucifer, a T.V. series that used to be on Fox. Lucky for my luck, it’s still only in Season Four. Not only does Netflix offer a lot of new programs and movies, it’s also a great way to learn about different things. It would have been really difficult for me to learn what I’ve known about the popular kid, Reese. In high school, want to spend the time with my girlfriend. Meanwhile, the coat that Brooks will be paid. Also, he can borrow Reese’s car, a BMW i8.

### Enjoying the Journey at the Right Choice for Everyone: Grayson College

**By Justin Pelzel, Staff Writer**

### Netflix: The Perfect Date From Perfect

### College Resources

### Transfer Military Training into Credit Hours: Advanced Manufacturing Pathway with Karla Tompkins

By Cassandra Tovar and Wayne Ryan, Financial Aid Advisor

Hello to new members! Karla Tompkins is the new Veterans Project Coordinator for the College Credit For Heroes Phase VII Grant. She has served in the military for over 20 years, a combination of National Guard, Army Reserve and active duty. Kassandra Garcia

Kassandra Garcia, 2015-2019 Viking Editor and Deputy Managing Editor. Good luck, everyone, and the office of Financial Aid will be there to help you on your Viking journey as a potential Work Study candidate!
Eight-Week Classes: Survey Says...

By True Shaw, Staff Writer

Eight-week classes are not a new concept at Grayson College, but in the past few semesters, the number of eight-week classes offered and the ratio of eight-week to sixteen-week classes has increased. The end of this semester marks the end of the first year since this increase. A recent survey by The Viking of staff and student members indicated a positive attitude towards this eight-week format, as well as reservations about the program overall.

“I’ve heard of a lot of positive feedback about this format,” said Grayson’s success coaches, who are integrally involved in the student success team. “I think that she’s seen the positive effect that eight-week classes have on enrollment. Every term they will come to register for only two terms instead of four and they will be able to knock out two eight-week classes. They think, ‘I should be able to get that degree in two years’.”

Eight-week classes are good for the school is that it helps students stay on track and get their degree quicker.

Student Liaison Lavine Buras agrees with this sentiment. “If we didn’t have eight-week classes, I think that eight-week classes might not be an option for me,” she said. “I would probably get behind or not have eight-week classes for the core, which is the reason I came to Grayson College.”

Sarah Dilling presents one of her standout achievements, the Bronze Medal in the American Culinary Federation’s Student Chef of the Year competition.

Sarah had an hour to prepare a meal using one key ingredient: Artichoke.

Sarah describes it this way. “I was able to get it into the kitchen, cut it up, and use it creatively to make two dishes. It was a new ingredient for me, and it was a fun challenge.”

The meal that this Hendricks, Minnesota native created used one key ingredient: Artichoke. “I think that I would really like to try this again next year,” she said. “I love the challenge of working with one ingredient.”

Grayson College Alumna Sarah Dilling, One of the Top 12 Student Chefs in U.S.

By Marlene Phillips, Director of Advising and Outreach-UTL

It began just five years ago. Sarah Dilling was just 15 years old and attending the Summer Youth Program’s Cooking Camp and fell in love with cooking. That summer, she won the Bronze Medal in the American Culinary Federation’s Student Chef of the Year Central Region Competition.

“Hey Grayson, are you aware that eight-week classes are a great option for you to take this coming year?” she said, explaining that eight-week classes will let her get through her classes a semester or two quicker than she otherwise would. As a working parent, eight-week classes helped her manage her time and allowed her to focus on a few subjects at once.

By Jeramy Babb, Student

She then won “Chef Educator of The Year” at age 14 with a Grayson College Summer Youth Program called “Chef Dilling, who was doing it so well,” and she was also named “as a huge opportunity,” and says that she is looking forward to what that can mean for her career in the culinary arts when she attended the youth camp. She and her mother also frequently support their local YWCA and Smokehouse, and they brewed beer.

The city recently announced that it will be hosting a round of culinary classes, which are free for students who are part of the culinary program.

Hey Grayson, are you aware that eight-week classes are a great option for you to take this coming year? Sarah Dilling is a culinary arts student at Grayson College who recently won “Chef Educator of the Year” at age 14 with a Grayson College Summer Youth Program called “Chef Dilling.”

The student chefs of GC Culinary Arts program are winners again! For the third time in five years, the student chefs of Grayson College were winners in the American Culinary Federation’s Baron H. Galand Knowledge Bowl.

The students are excited to gain more and more culinary knowledge as the program progresses.

In the recent survey about opinions on eight-week classes, eight-week classes were considered to have a positive effect on student success, but some students expressed concerns about the format. However, most students responded by saying that they would feel better about moving to a completely eight-week term if they were able to work with other students who share their same interests.

Both students and staff mentioned how they liked that students were able to get their degrees faster. Some said that students would thrive in a semester-based program but that others may prefer the eight-week format.

Several students also responded by saying that there were certain classes they didn’t want to take in eight-week format, such as math courses or subjects important to their major or that they struggled in. “I would panic and try to get all of my classes done in eight-week terms as fast as possible,” one freshman student said when asked about how he would react to the suggestion of completely eight-week terms. “For subjects I’m strong in, like math and English, I think eight-week classes are great,” the same student said, going on to say that for classes that he struggled in, he valued the extra time that sixteen-week classes gave him.

According to Coach Bryant, “It en-

encourages teamwork, learning, and a path to opportunity and success. After camp, a 15-year-old student enrolled in the Culinary Arts program. She took advantage of the opportunity to attend Grayson College and complete her culinary education. Chef Bryant was pleased with the outcome, saying that there were still many more things that could be done. "Eight-week classes were created for the core, but they can’t be used for anything else," said Bryant.

Grayson College Alumna Sarah Dilling was one of the Top 12 Student Chefs in U.S. She is currently working in a high-end restaurant in Dallas and has been named Chef Educator of the Year by the American Culinary Federation (ACF) for the Central Region.

Sarah Dilling is the student chef of the Year in Texas last year. At this point, the ACF awards the Student Chef of the Year to the student who has the best overall performance in the culinary program. Sarah won the award for her culinary skills, her approach to giving her students the best possible experience, and for her passion for teaching. She is currently working at a high-end restaurant in Dallas and has been named Chef Educator of the Year by the American Culinary Federation (ACF) for the Central Region.

Grayson College Alumna Sarah Dilling was one of the Top 12 Student Chefs in U.S. She is currently working in a high-end restaurant in Dallas and has been named Chef Educator of the Year by the American Culinary Federation (ACF) for the Central Region.