

Get Involved

Viking Deadlines

TBA
Send all submissions to the editor at beauchamp@grayson.edu.

Student Leadership Series

TBA
12:15 - 12:45 p.m.
Community leaders are invited to discuss and share their philosophy on leadership in today's competitive work environment. LA 101

Student and Employee Spirit Day

Every Friday
Wear your GC attire with blue jeans and celebrate the Viking spirit.

Clubs & Orgs

Clay Club
First Thursdays, 5 - 6 p.m.
Ceramic Room, Arts & Communications

Cosmetology Club
Mondays bi-weekly
3:30 - 4:30 p.m. CTC

Cultural Diversity Club
First and third Wednesdays
1 - 2 p.m. Int'l Student Office

DAAC
Fridays, 12:45 p.m. HS 202

Delta Phi Delta (Art)
First Tuesdays, 12:15
Design Room
Arts & Communications

Dental Assisting Club
Wednesdays, 11:30 - 12 p.m.
HS 205

Electrical Technology Club
TBA
Contact Aimee Flynn
903-463-8684

Eta Sigma Delta
First Wednesdays, 2 p.m.
Culinary Arts Building

FCA
Third Tuesdays, 6 - 7 p.m.
Viking Residence Hall Lobby

Future Educators
Every other Tuesday
12:20 - 12:50 p.m. CIS 200

Gamers Guild
First Thursdays, 4:00 p.m.
Design Room,
Arts & Communications

Gay Straight Alliance
Tuesdays, 6 p.m.
Bridge, Life Center

Grayson Nursing Student Association
Wednesday or Friday
11:30 a.m.
Viking Room, Life Center

HALO (Hispanic-American Leadership Organization)
Second and fourth Tuesday
12:20 - 12:45 p.m., LA 108

History Club
Wednesdays, 2:30 p.m.
LA 207, Liberal Arts

Honors College Club
Thursdays, 12:15 - 1 p.m.
Viking Room, Life Center

HVACR Club
First Thursdays
5:30 p.m.
CTC Room 117

LEA (Criminal Justice)
Every Tuesday
12:30-1:30 p.m.
Location TBA

Medical Lab Technology
TBA

Men of Distinction
Thursdays, 12 - 1 p.m.
CWL Seminar Room A

Mu Alpha Theta
1st and 3rd Thursdays
1 - 2 p.m.
LA204, Liberal Arts

Feeling Honored: Grayson Phi Theta Kappa chapter celebrates 50 years at Induction



by Shalene White
Student

(Pictured on Left: New inductees light a flame representing knowledge. Pictured on Right: Current acting officers; Director of Honors in Action Logan Beauchamp, Texas Regional President Jonas Arellano, Public Relations Officer Sarah Dilling, VP of Special Projects Shalene White, First VP Stephanie Shearer, Omicron Psi President Rebecca Gillespie.)

Phi Theta Kappa is one of the largest and oldest international honor societies. This organization strongly believes in aiding in their members' success. They build their foundation on the four hallmarks of scholarship, leadership, service and fellowship.

Phi Theta Kappa also offers over 90 million dollars in scholarships. To become a member, a student must have a 3.5 GPA, and must maintain a 3.0. Every semester, the Grayson chapter of Phi Theta Kappa-Omicron Psi holds an induction to celebrate and welcome all new members. The

induction is already a special occasion- I should know; my induction was last fall.

This year, however was especially remarkable; it marks the 50th birthday for the Omicron Psi chapter. Dr. Lynn Tincher-Ladner, president and CEO of Phi Theta Kappa was the keynote speaker for the birthday induction. The officers and advisors ended the induction with a huge surprise. They presented Shelby Via, a Phi Theta Kappa and Grayson College alumni, with an alumni medallion.

Via received this medallion because

she continually gives her time to help the Omicron Psi chapter in any way she possibly can. The prelude to the night was an art show that boasted pieces from all over the world. People from every walk of life sent in pieces of art that depicted what the term 'social movements' meant to them.

The art spectators, also inductees and their families, were also treated to finger foods and cake. The night was an exceptional night for everybody involved; the inductees, the art spectators and the current and past officers.

Local Radio and Veterans Team Up

by Tommy Ellis
Project Coordinator/Veteran Services

Local radio station HOT 107.3 FM recently teamed up with the Veteran Services Office at Grayson College to provide Thanksgiving turkeys to some of our student veterans this year. On hand to deliver the turkeys to Billy Teague, Veterans Outreach Specialist, were Alisa Derichsweiler FM Station Manager, and Alyssa Herzog, Station DJ. Strong supporters and advocates for local veterans, Ms. Herzog stated that HOT 107.3 FM feels strongly about doing everything it can for local veterans and providing Thanksgiving turkeys was "just the right thing to do for all the sacrifices the veterans have made for everyone."

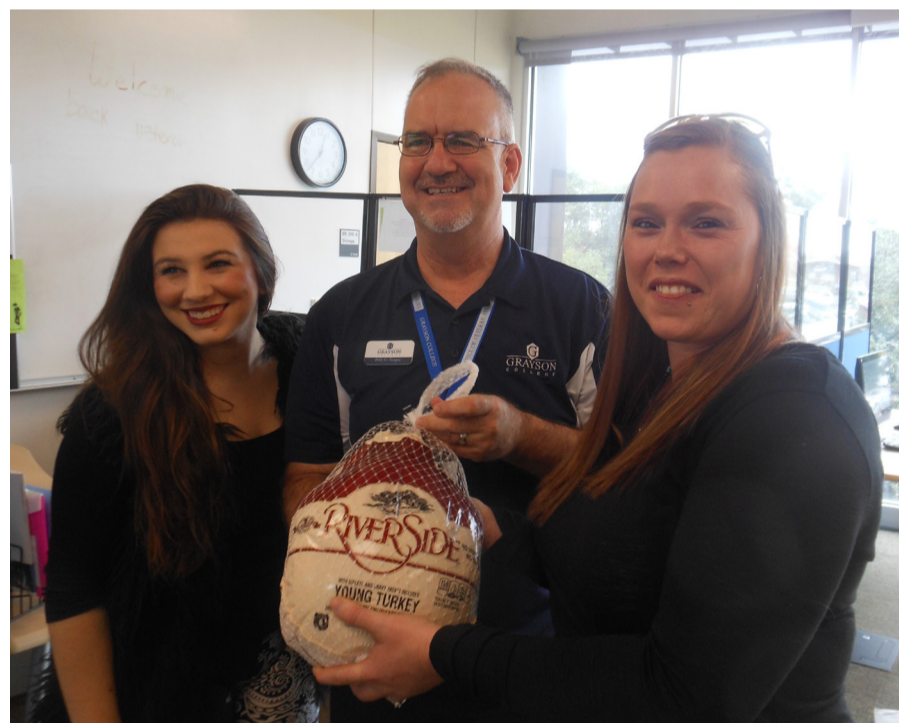


Photo courtesy of Tommy Ellis
(Left to Right: Alyssa Herzog, Billy Teague and Alisa Derichsweiler)

Anne's Journal: Use Your Words



by Anne Dering
I-Lab Instructor

I have been a parent since 2002, when my oldest son was born early one humid morning in August. My husband and I were relatively young, somewhat inexperienced in the parenting world, and so naïve. We were living in New Orleans at the time; James had just finished his Masters in Jazz Studies earlier that year. We were anxious for the impending birth of our firstborn and for any cool breeze to come lighten the thick air of the South. We passed the time by creating an explicit "birth plan" that we then submitted with confidence to the birthing center. We carefully laid out our desires of a natural birth, with no medications, and our fervent desire to avoid all pacifiers and bottled milk. I remember the glint in the nurse's eye - and perhaps a smirk, too - when she read our thoughtful words.

When Adam was born via emergency c-section, I was in so much pain that I welcomed the drugs for me and the pacifiers for him. Our first few weeks as new parents were hazy with sleepless nights and deafening from the persistent cries of our colicky baby. It was hard to decipher what the baby wanted or needed based on his changing sobs - did he need to be changed? Fed? Burped? Our only goal was to find the sacred moment or two when the baby was happy, content, and, dare I say, sleeping, so that we could relish those quiet moments. Somehow, we endured this phase in life. As a reward for our survival, we were blessed with our second child. This baby was the exact opposite of Adam. Jasmine was our quiet - so very, very quiet - little darling. We were able to fully recover from the newborn trauma of our first child because we were finally able to get some sleep after our second, easy-going little girl was born.

(Continued on page 3)

Visit the Writing Center

by Elizabeth Castorena
Student

Why is it that students do not use the Grayson College Writing Center for help writing papers? Could it be the simple fact that students do not know where it is located and how it works, or is it something more? While students struggle throughout their English classes, trying to get started on their essay topic, they were later informed about the Writing Center that is located in the Grayson Library in room 110. Sometimes even though information about the center appears in the class syllabus and their teachers have emailed them about how to use this resource, students don't pay attention until they receive a poor grade.

While some students feel that the Writing Center is not advertised as much as the Math Hub, they feel students the need to know that the Writing Center is nothing to be afraid of and that the tutors are always there to help. Taking advantage of this free service should be one of the many places to get help on a student's to-do list. In fact, students have revealed that the help they received while attending the Writing Center has made a letter-grade difference in affect. Stephanie Aldaco, a student at Grayson College who was having trouble with getting started on her paper over analyzing a situation, said that going to the Writing Center was the next step in her writing process. Aldaco said, "Once I walked in there I could feel the friendly environment that was around me". Similarly, Grayson Student Amber Brown has been to the Writing Center multiple times, and she said that it was one of the places she felt was a home to her. The help she received had improved her grades to a higher letter grade. To this day Amber always attends the Writing Center for assistance in writing.

Many students like Aldaco and Brown did not know that it was possible for students to submit papers online at writingcenter@grayson.edu to be reviewed even

(Continued on page 5)

Music Club

Every other Friday
12 - 1 p.m. Band Hall,
Arts & Communications

Paramedic Student Association

October 1, November 3,
December 1, 12 - 1 p.m.
Viking Room, Life Center
(Nov. 3 is 3-4 p.m.)

Phi Theta Kappa

Wednesdays
12:30 - 1:30 p.m.
Viking Room, Life Center

Psychology Club

Tuesdays, 12:15 - 12:50 p.m.
CIS 202

Radiology Tech Club

The 15th of every month
5:30 - 7:30 p.m.
HS 200

Rotaract

2nd and 4th Wednesdays
3 p.m.
Viking Room, Life Center

Science Club

First Tuesday of the month
3 p.m. S 106,
Science Building

Student Government Association

First Mondays (monthly)
12:15 - 12:45 p.m.
Viking Room, Life Center

Sigma Kappa Delta & Writers Unlimited

Every first Friday,
12 - 1 p.m.
Study Room 5, Library

Sisters of Destiny

Thursdays, 12:15 - 1 p.m.
Conference Room, Life Center

Student Ambassadors

Third Mondays, 12 - 1 p.m.
Viking Room, Life Center

TIPPS (Culinary Arts)

First Thursdays, 3 - 4 p.m.
691 Restaurant,
Culinary Arts

Veteran Nursing Student Association

First Mondays, 12 p.m.
South Campus Skills Lab

Veteran Student Association

First and third Wednesdays
12 - 1 p.m.
Veteran's Hub, Life Center

Welding Technologies Association

First and third Tuesdays
12 - 1 p.m. CTC Break Room
First and third Tuesdays
12 - 1 p.m. South Campus

Please report incorrect
listings to the editor:
beauchamp@grayson.edu

Health tips for this school year

by Brandi Jackson

Student

With school freshly started, who has the time to get sick? With the help from experts, you can help keep your family healthy, not just during the school year but all year around. "Since the second week of school, we've had two cases of both strep throat and hand-foot-mouth infection, plus a bad stomach bug," says Megan Hubanks, the Director of Waples Day School in Denison, Texas. She explains, "It's hard for these little guys to come back in contact with so many other children who also have contact with countless people and not get sick.

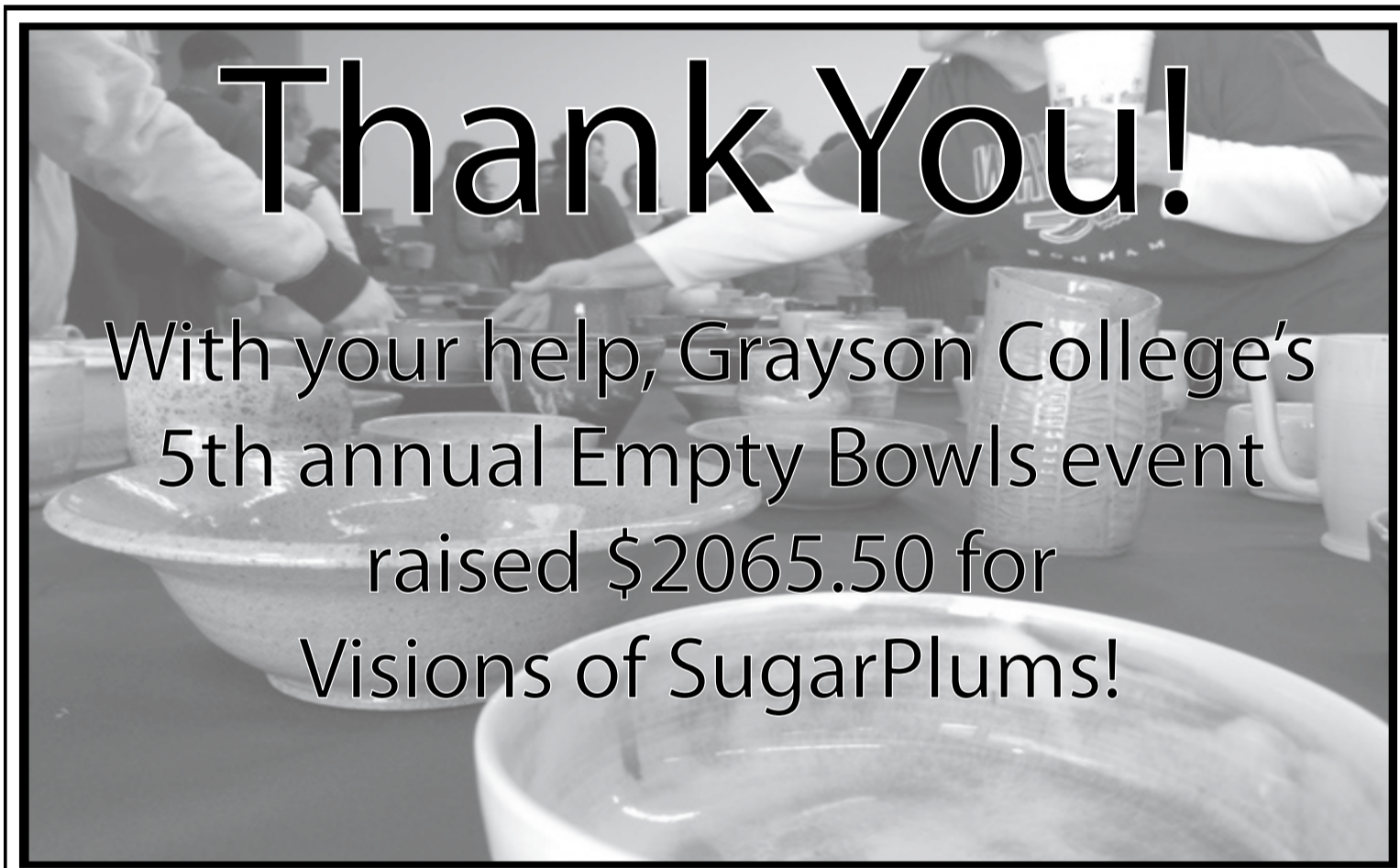
In the handbook of most child at childcare facilities it states that children who are vomiting, have diarrhea, or running a temperature can return to school 24 hours after symptoms have stopped. For extra measure, Jack and Jill Daycare Facility's Director Loretta Kay Luper requires a doctor's slip upon children's returning after being sick for 3 or more days. At both facilities, they don't have an allowed limit of "sick days" for children, but do for the instructors. The teachers at Jack and Jill Daycare rarely get sick unless it's a virus going around says Luper. Hubanks points out that the newer teachers without a built-up immunity from being around children are at a high risk of getting sick than more experienced staff.

When children do get sick, both directors simply recommend using a humidifier for symptoms. Hubanks adds that she uses allergy medicine and an essential oil defuser for her own children. Luper explains that despite her 15 years of experience in child care, "I don't want to diagnose the kids, though. I tell parents to take their kids to the doctor. I'm scared to tell a parent the wrong thing." Hubanks also wants her students to be treated for their illness but not overly treated.

Rosa Spice, now retired, was a LVN who served Grayson County for 30 years and remembers how patients were often over treated with medication. "People demand medication, even when it's not needed. Parents want their children well, but when antibiotics are overused, it hurts the person." Antibiotics kill good bacteria and making harmful ones more resistant in the future. Don't wait until you're sick to take preventive measures. Start by boosting your immune system with vitamins and eating healthy, Spice suggests. With 30 children enrolled in Waples Day School and 42 children attending Jack and Jill, how do these establishments manage to keep sickness at bay? They use simple and proven-effective good hygiene. They demand proper and - often hand washing.

"Between each activity, children and teachers wash their hands. It teaches children good hygiene," says Luper. "Our 2-year-old class loves to sing a song called 'Scrubby Dubby Dub' to help them remember proper hand washing," says Hubanks.

To prevent lice infestations and other spreadable infections, Jack and Jill provides assigned napping blankets and washes them twice a week. After sanitizing, Waples lightly sprays the napping mats and blankets with tea tree oil. Luper and Hubanks both enforce Texas state law in sanitation. They use the 4-step process: Spray items with soapy water, plain water, (drying in between with clean paper towel) and bleach water, and let air dry. "We use it [the 4-step process] especially on toys," shares Hubanks. The sanitizing steps are proof to Hubanks in her 10 years of experience in child care to cut back on hand to mouth infections. Luper says, "We use it every day on everything the children touch. Cleanliness in my daycare is one way to make sure kids are not getting sick from here. Parents need to be aware that their child is sick, and mindful that the illness can be contagious to other children and adults." There's really no perfect way to ensure every family member stays sick free, but we can all agree that learning healthy habits start at a young age.



Letter from the Editor: What I've Learned

by Logan Beauchamp
Editor/Student

For those of you who have never met me, my name is Logan Beauchamp. Last name pronounced Bo-kamp. I've been serving as the editor of Grayson College's *The Viking* for the last three months and it has been a valuable experience that I will carry with me for the rest of my life.

I should start a story where it begins. For several semesters, starting in 2014, I wrote as a student contributor to *The Viking*. I had discovered that I enjoyed writing, and the work that goes along with journalistic endeavors. I would have to say my favorite aspect of this process is that you will rarely see the same thing twice.

I've met interesting people and attended events that I otherwise never would have. I've interviewed an exchange student after her country, Nepal, was struck by a terrible earthquake. I wrote of the adventures I call "social skydiving" in which I put myself outside of my cultural norm and tried to understand the lifestyles of my subjects. The most fun was going to a gay bar and getting to watch a highly entertaining drag show. Probably the best bar I've ever been to as well.

I feel that these experiences in my early work for the paper have actually shaped how I view the world. I have noticed a clear growth in my ability to empathize with others. Every person has a story to tell, if you just take the time to listen.

Moving on from the musings, I have to say that I learned some marketable skills along the way. I learned how to dig for a story and the importance of networking. You would be surprised how often a story can come from a few words in a conversation. I also picked up some time man-

agement skills that have come in handy when trying to balance school and work.

After some time submitting pieces a chance came for me to expand and grow again. My friend and editorial predecessor, Rebecca Jones, decided to step down and find more lucrative work designing ads for the *Herald Democrat*. This left the position open for someone with the gumption to step in and fill the void. So I decided to take a chance and put myself out on a limb. I figured that I wasn't growing much as a writer and that I might as well learn something new.

From day one I had to learn on my feet. If anyone has seen my first paper there is a stark difference in the quality of that and what you now hold in your hands. I can't say that it was a comfortable growth process. There's an old saying that says the obstacles that are placed in front of us are put there to see how badly we want what we're after. I stand by that.

We often spend our lives wanting the easy route and the path is cluttered with those who stopped at the obstacles they came up against. If I was to impart one of the most valuable lessons I learned from this journey it would be to never give up. You can do it. Time and effort makes experts of us all! Exercise grit!

After saying this though, I must admit I did not succeed on my effort alone. There is a long list of those who deserve thanks for being there to offer advice when I needed it the most.

To name a few: Dr. Marlea Trevino, thank you for allowing me this opportunity and pushing me to always give my best; Prof. Mary Linder, thank you for being there when I doubted myself; Rebecca Jones, thank you for being a friend and helping me learn the technical aspects of do-



(Editor Logan Beauchamp)

Photo by Logan Beauchamp

ing this work; Teresa Redd, thank you for serving as contact at the *Herald Democrat*; thanks to all of the staff, faculty, and students who contributed stories, poems, and articles. It was your story that I wanted to be told the most.

Sadly, I am resigning from the editorship at the end of this semester and this is the last paper, to my knowledge, that I will be producing for Grayson College. There is so much more I wish I could write, but I seem to be running out of space. I want everyone to know not to be afraid to pursue their dreams. Life is a journey of self-discovery and you cannot grow if you are doing the same old thing every day. Try to see the story of other people's lives and learn something. Goodbye and GOOD LUCK ON FINALS!

December 2016/January 2017

Anne's Journal: Use Your Words

(Continued from page 1)

Eventually, Adam stopped crying, learned to talk, and Jasmine toddled behind him. Life brought them a few more siblings to play with and love. For the sake of full disclosure, when our kids began to learn how to talk, they all went through a fussing stage.

Our kids had (still have, really) these strong emotions - high highs or low lows. When they were happy, they were giddy. When they were sad, they wept. When they didn't know how to express their anger or disappointment, they fussed. This behavior was extremely tiresome. It was as if the colicky behavior of the newborn had re-manifested itself in our little kids. We had to demand that they use their words. When they came to us worked up about an injustice from a sibling or a squabble over a toy, their words ran together like mushy alphabet soup. "It's not fair he took my car but she pulled my pillow away from me" followed by "heat the last yogurt and its my turn to feed the fish" which inevitably ended up with "she won't stop looking at me but the kids are pretending she's touching my hair". Enough was enough. We finally laid down the law with a firm, "No fussing in the house. When you fuss, it sounds like gibberish. Use your words. We don't speak gibberish in this house. We speak English." This simple rule helped them to talk to each other, to share their thoughts and feelings. It's not perfect, by any stretch of the imagination, but, it does help most of the time. As I recall these first years of parenting, I realize that the fussing and temper tantrums are not limited to babies. Adults - even I - do it, too.

We have a right to feel our feelings. We can feel sad or happy about things that happen in our personal life or in the world

around us. When the events are unfair or hurtful, it's easy to lash out. But is that the best course of action? Even adults get fussy. I've been guilty of it. But is it productive? I know that I need to practice using my words.

Feelings of disappointment, anger, sadness, and pain can be a part of our lives, sometimes a daily part. We hope that most, if not all, of our day is filled with joys and laughter. Instead, reality dictates that our expectations of a particular situation, or even of other people, might fall short of what or who we imagined they'd be. We order an ice cream cone, and as we take that first lick, our fervent tongue accidentally pushes the scoop onto the floor. If we were three years old, the gut reaction is to pout, cry, and throw a tantrum. I confess that I feel those urges well up inside when I drop a tantalizing treat. What's harder is if the hurt feelings are not from a lost dessert but from a losing situation or because of the actions of another person, especially a friend or loved one. I, too, may have cried a tear or two when I spilled my cookies-and-cream milkshake, but tears have streamed down my cheeks when a friend hurt my heart or lied to me. I have been a victim of minor injustices from the hand of a stranger. In the heat of the moment, I have FELT like screaming, punching, fighting. What would that have truly accomplished?

It's far better to use our words. Write a letter; talk about the situation with a friend, a pastor, or a counselor. Learn and develop methods to find a solution to your problem. Use your words to find a remedy. Life can be so much better when we use our words.

Why students work while in college

by Stephanie Aldaco

Student

Photo courtesy of Stephanie Aldaco

At Grayson College, there are many students who work while attending school. Having to go to college and work can be stressful, which could lead to those students not pass any of their classes.

Jesus Smith, a freshman at North Central Texas College, has been working at his job for about three years now but he has never thought the job was difficult. He started college this fall, and since then, he hasn't been able to focus on doing his best at work. He has been very busy with school that he hasn't noticed he has been slacking off at work. Smith has always been a hard worker since he has been at McDonald's, but with school every day, for at least two hours, he is more focused on school than anything else. Smith says, "It does get a bit hard sometimes with work and school, but I have to get them accomplished."

A college student's life is already stressful with mid-term, exams, and quizzes. Freshman college students don't understand what college will be like. They have been told it's nothing like high school. The students imagine it differently, but all that's changed according to Mario Gutierrez is that students aren't in the same classroom as their former classmates, they don't often know anyone at college at all, and the teachers can either be lenient or strict. As a junior in Collin College, Gutierrez talks about how college gets a bit tough during freshman year, but after that college goes smoothly. Even when one is working, college and work may seem tough at first, but as the semester goes on, one will see that one's focus is on college. Yes, work is important, but that doesn't mean one needs to let one's grades get low. When Gutierrez was a freshman in college, he only worked part time instead of full time. He would rather focus on his studies than anything else.

Abby Long, a junior at Texas Woman's University, says, "I work to earn my own money, but to also show my parents that I am responsible, also that I can be in college and work on my own." Long is always at work or at the college three times a week and stays at the college for at least four to eight hours. Her work schedule is flexible, but she says that at first, she couldn't work and go to school at the same time. Long cut her work hours down until she could go back to original hours. Long gone back to working her original hours, which is at least 40 hours or more. She still has time to do homework after work or during work. Long might get a bit stressed out with working and attending school, but she says at the end she gets both done and on time.

Working and attending school can be difficult at times, but having a job and attending school can also show that one as a college student can have responsibilities that one can handle.



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The importance of socializing in college

by Jackie Valadez

Student

Remember back when we were younger, and making friends and beginning took no hard work? In a sense, we took it for granted. Friends came at a simple gesture of "hey want to play tag" and towards the recess playground we would scramble. Now we find yourself preparing for our first year of college which requires leaving the comfortable high school environment where had their set group of friends they had grown up with to going to a place where no familiar faces are to be seen. For many high school seniors prospect of joining a college comes off like one is just another number added to the pile of others. It's a scary thought, leaving everything that was second nature to us, but on the other side of the scariness, the outcome is full of benefits for our future. Making friends is key for us to start off fresh and leave behind all those flaws that we didn't like so much about ourselves in high school; this is a chance to start over. So here are some tips to help us start off on this new journey; put ourselves out there we never know who has their eyes on us.

Senior Taylor Prosser remarks that "I'm excited to meet new people" because coming from a small town such as Gunter, we are forced to make friends with whoever is around us, but going to a bigger school, there will be a variety of people who one encounters that one should have the self-confidence to put themselves "out there" to make friends with.

One can start off small by getting their class schedule, going to each class, and seeing who it is that one sits by, and then begin to make small talk with them. With the small talk, one can introduce oneself and see who it is that they best connect with. It's easy to make friends by meeting them through a class because one must encounter and deal with them all year long; Students who aren't used to a classroom environment sometimes struggle mentally in correcting with other students. As Grayson College Professor Marlea Trevino exclaimed, "I get kids who are homeschooled who aren't used to this environment, and those are the ones that tend to be a tad bit more difficult." However eventually most homeschooled students do well in colleges in branching out during class and interacting and become less closed off from the world. They seem to enjoy themselves, observes Trevino what one must keep in mind is that some students would rather be alone because they do well academically that way and that is okay. Be open to making friends because with this it could very well change one's character.

For instance, why not rush? Rushing is when one goes out to find which fraternity or sorority group one would like to join. Consider which criteria one would like for them to meet for one to consider joining them. As for Emily Price, Texas Tech University Freshman, she went into rush week totally blind, not having a clue as

to what she was looking for; but what she was able to keep true, was sticking to what felt more comfortable for her, where she wouldn't be enclosed. While stressing and being bombarded by young women who knew just about every detail on each sorority, she was able to choose the one, Pi Beta Phi. Pi Beta Phi is the top sorority for grades on the campus of Texas Tech University. Joining this group was good for Price because she knows that it will help her keep her grades up because the sorority had a six weeks' period during which the newbies would have to test to determine whether if they met Pi Beta Phi's academic standards. She passed the test, and with this, she found herself attending Bible studies and just random gatherings they all choose to put together. Although she was a member and everything felt as it was all falling into place, Price felt as though all the members had already known each other. But she wasn't aware that after getting to know them over the short period of time, they had all felt the way she had about starting over. With this, a sisterhood was found, one that would last a lifetime, also one that would help throughout college life this year. Become new again. Change aspects you didn't like about yourself in high school. Make friends whom you can go out to lunch with or even shop with, hang out outside of classes with because who knows? Your best friend could be right before your eyes.

The Do's and Don'ts of College Debt



(Photo courtesy of publicdomainpictures.net)

by Avery Reed

Dual-Credit Student/Gunter High School

College students share an empty wallet. Most of these young adults have struggled searching through the couch cushions to find spare change. When students discover the hardships of being broke, they begin to realize what the term “debt” means. And as a college student, there’s no doubt one will end up in debt. However, there are ways to help students avoid owing great sums upon graduation.

Debt is defined as being in the state of owing money. Unfortunately, most college students don’t have a vast amount of money saved to start with. Emily Price, a freshman attending Texas Tech University, describes her money situation as “I feel as if I’m spending money in my sleep.” Price, along with others, has already made several mistakes with her money, and is already falling into debt after their first couple of months at college. She does not have a job, uses a credit card, and spends a great deal of money on items she doesn’t need. “It’s not all my fault. You’re basically forced to pay for things in college,” she explains. Many college students can agree this statement, due to the fact at some colleges one must pay for parking, books, and housing. Price is attending a pricey university without the help of many scholarships, and has “already ran out of cash.” She could help herself out by applying for a job and keep track of the money she spends on a weekly basis. While Price is stuck in debt, former Texas A&M University of Commerce student, Reagan Reed, shows us how to thrive without falling into debt.

Reed recently graduated from Texas A&M University at Commerce with little to no debt. How did she do this? “I wanted to avoid accumulating a lot of student debt right out of high school,” she explains. With this mindset, she was determined to get the grades and make money before she set off for college. Achieving the right high school grades led to her receiving the Texas A&M University-Commerce Honors College Scholarship, which provided her with “a debt-free education.” However, even when she was granted this funding, it didn’t stop her from working. “I continued working up to 38 hours a week at a part-time job while taking anywhere from 18-21 hours a semester,” she says. Reed suggests that college students work at a part-time job, even if they don’t need to, because “working while taking classes helps students develop time management skills, budgeting skills, and a strong work ethic.” Reed could easily tell when her peers struggled with money. “The majority of my friends rely on their financial aid refund check to help with their problems,” she observes.

For those students who have yet to visit their campus’s financial aid counselor, financial aid is a money contribution provided to people who need assistance with paying expenses. Mary Roffino, a financial aid advisor at University of Texas at Dallas, has witnessed a substantial number of students wrestling debt. “Overall there’s more than 71% students in the country struggling with debt,” she comments. Her main priority is to help college students earn money and try to stay as debt free as possible. On the other hand, she wants students to attempt not to fully rely on financial aid in case they do not make the requirements for it. “It’s hard to stay out of debt especially for kids that are just now learning to be on their own, especially if they don’t have a job...spend all of their money on useless items...and if they have no idea how much they’re actually spending,” she explains. Financial aid is here to help kids make college more affordable. So before they go into debt and feel as if they have zero options, they can go to a financial aid advisor for help.

No one easily flies by in college without running into money dilemmas. No one wants to graduate college and then have to carry a financial burden of credit card and student debt. But by taking the time to develop practical money skills, it will benefit students later in life.

A Scholarly Dinner

by Shalene White

Student

Every year, the Grayson College Foundation hosts a dinner. The Foundation organizes this affair to give the scholarship recipients a chance to meet their sponsors and thank them in person. This past November, the occasion was held at the Hilton Garden Inn at Texoma. The Executive Director Randy Truxal, Kathy Hendrick-the Director of the foundation, and countless others created a very elegant event. The dinner was called 2016 “Supporting the Dream.” A very appropriate name considering all the work and dedication that the Grayson College Foundation, the sponsors and donors put into helping students achieve their success through scholarships.

The night was started off with some hors d'oeuvres and mingling out in the foyer of the hotel. The appetizer spread was pretty amazing. It offered different cheeses; some that were fruit flavored. There was also different bite-sized fruits one could enjoy while waiting. Once the doors were opened and people were allowed into the ballroom, the table arrangements were breath taking. The sophisticated tables were the home of a tasty meal. The guests were fortunate to have the opportunity to listen to Dr. Jeremy McMillen, the president of



Photo courtesy of Shalene White (President McMillen speaks to scholarship recipients.)

Grayson College. Dr. McMillen expressed his gratitude for all the foundation, sponsors and donors do. Visitors were also able to witness the recognition of newly established scholars. If that wasn’t enough excitement for the night, they also were entertained by the music of Joshua Steward, the recipient of the Dan O’Shea Memorial Scholarship in Musical

Arts.

Most of the students enjoyed the dinner and the entertainment. Lisa Cline, an RN student at Grayson College, expressed her delight with her experience. “What an enjoyable evening!” Cline stated, “The food was wonderful and meeting our sponsors was very inspiring.” For me, the night was spectacular, due to the fact that I don’t get to have many dining experiences like the scholarship dinner. The night was a huge success. It allowed people from all spectrums of the scholarship to partake in the activity. It enabled sponsors to meet the students they have put their faith into, and the students to meet the faces behind that names that are helping them achieve their dreams. For the broke college students like me, it allowed us to enjoy a fancy meal and feel like royalty for a night.

Mechanical Engineering-The Truth

by Triston Ramos

Student

If you’re interested in mechanics, technology, physics, or even how machines work/are made, then mechanical engineering is a career to consider. Engineering is commonly thought to have way too many mathematical equations and lots of science, but that’s not all true. Charles King, a mechanical engineer for Boeing says, “It’s [mechanical engineering] not for everyone. However, I believe most people don’t know how little math and science we use in our jobs.” There’s skepticism because engineering students need to learn the basics. It’s important to know when and how it all began.

After graduating college and entering the workforce, mechanical engineers usually have everything they need to know provided to them from other engineers. Computer programs are also widely used by all engineers and make doing the job or task less difficult. AUTOCAD and other mechanical design programs are used frequently by mechanical engineers. Measurements, formulas, materials, and many other extensions are included in these programs to help students and engineers create detailed and accurate layouts. So, have an interest in 3D computer design programs? Mechanical engineering may be the way to go!

In 2009, roughly 240,000 mechanical engineers were employed in the United States. That number had only increased to about 278,000 in 2015, according to the Bureau of Labor Statistics. Not only is there a bit of a demand for engineers, there is also decent pay. At least 50% of mechanical engineers are making \$83,000 a year. That’s around \$40 per hour! The pay is good, but enjoying

the job is what matters the most.

A great thing for engineering students to know is: internships. Depending on the company, many engineering students can begin a paid internship as soon as their junior year. It’s a great way to gain experience and earn extra cash. And as a college student, that is a wonderful thing. They provide experience that’ll make finding a job much easier, and pay close to \$16 per hour. A member from the American Society of Mechanical Engineers says, “Internships are great for these students. The student is given an opportunity to have a job lined up before graduation. The company providing the internship may want to hire that student once he or she graduates.”

A mechanical engineering degree also overlaps with many other engineering disciplines or degrees. A degree such as aerospace engineering can overlap in a lot of ways. For example, aircraft have machines inside of them that are created by engineers with knowledge in mechanics, fluids, thermodynamics, and even the materials needed. So, basically a mechanical engineer helps design those machines. Civil engineering is another example. If a group of civil engineers are- say designing an airport, then that airport needs air conditioning, pipelines, escalators, elevators, etc. That’s when mechanical engineers are needed to provide their expertise.

If you’re looking to be part of the advancement in technology, almost any discipline of engineering would be the perfect choice. However, mechanical engineering is one of the broadest of the disciplines and that makes it special. A wide variety of jobs are given to mechanical engineers. A mechanical engineer may pursue a field in composites, mechatronics, or even nanotechnology. To narrow it down, jobs working with or designing products, industrial equipment, heating and cooling systems, aircraft, watercraft, robotics, medical devices, weapons, etc.

There are some things to consider before claiming the title ‘Mechanical Engineer’. Sam from Quora says, “Disassembly and assembly is very useful, making it work the way it did before. Also thinking and speaking in specifications helps in many situations like projects for school, projects for work, and the presentation of those. Knowing a bit about electronics and computers comes in handy too.” These examples provide a useful outline for students wanting to pursue this degree.



Thank you, Grayson College, for supporting our community during the 2017 United Way Campus Campaign!

Total pledges and donations: \$15,855.00

Campus Resources

Gym & Fitness Center
Open to all students and staff with a college ID.
Monday - Friday
6 a.m. - 6 p.m.

BSM Weekly Luncheon Program
Free lunch for students and employees.
Wednesdays
11:45 a.m. - 12:30 p.m.

Sweet Treats Stop
Complimentary sweet pastries, snacks and more, provided by Great Western Dining Service.
Sponsored by Student Life.
First and Third Wednesdays
9 - 10 a.m.
Life Center, 2nd Floor

Hump Day Snack Attack
Complimentary assorted snacks provided by Great Western Dining Service.
Hosted by Student Life.
Second and Fourth Wednesdays, 1 - 3 p.m.
Life Center, 2nd Floor

Mindfulness Workshop
Tools, Techniques, and evidence-based methods to help you regulate stress.
Nov. 29 - 30.
Tuesdays, 10 - 11 a.m.
Wednesdays, 8:15 - 9:15 a.m.

Please report incorrect listings to the editor:
beauchamp@grayson.edu

Baptist Student Ministry: Fall Activities

Wednesday Noon Luncheons: GC students as well as faculty/staff are invited to the BSM Wednesday Luncheons held throughout the semester. We plan to serve the meal, provided by area churches, at 11:30 am and at 12:15 pm followed by a brief program featuring music and speakers from area churches and/or the GC community. There is no charge for this event.

Noon Time Bible Studies: Bible study groups will be meeting on Monday and Tuesday at 12:15-12:45 pm throughout the semester. Lunch is provided.

The BSM building is located between the Sports & Recreation Center and the Campus Police buildings.

For more information concerning how you can get involved in BSM – please stop by our building (open from 8:00 am – 4:00 pm), email us at bsm6101@airmail.net, or call us at 903-463-8798/903-465-2207. All students on campus are welcome to participate in BSM activities regardless of religious preference.



Photo Courtesy of the Baptist Student Ministry

GC Counseling Center Welcomes You!

by Barbara Malone
Counselor/ Supervisor

The Office of Counseling and Academic Advising is in the Administration Building. The current staff of the Grayson College Counseling Center include Licensed Professional Counselors and a Student Practicum Counselor. All of our staff are generalists and the center is able to make personal counseling available to all students.

The GCCC is under the supervision of Barbara Malone, a Licensed Professional Counselor-Supervisor with 22 years counseling experience. “We’re pleased to extend our counseling services to students,” said Malone, adding, “It takes courage to address problem areas and examine painful feelings. Entering counseling is taking the first step in resolving difficulties.”

This year Practicum Student Counselor, Becki Rathfon, began collaborating with the center and seeing clients on. An alumni of Grayson College, Becki Rathfon is currently pursuing her Masters in Clinical Mental Health Counseling at SOSU and brings her background from a CACREP University to Grayson. She plans to pursue licensure and become a Licensed Professional Counselor. Becki is dedicated to making a difference, helping others, and offering an attentive ear.

GC students can benefit from Becki’s enthusiasm for the field of counseling and passion for therapeutic listening. She plans to offer free counseling to GC students for the current semester and the 2017 academic year.

Counseling is a chance to talk confidentially with someone who can help you learn coping skills and new ways of looking at situations. Some students benefit from one or two sessions of problem-solving, while some concerns may warrant multiple counseling sessions.

Almost anyone can benefit from counseling. College students, in particular, may face these common concerns:

- Low self-esteem
- Confusing and distressing feelings
- Depression
- Anxiety
- Stress
- Substance abuse
- Problems with eating and body image
- Relationship problems
- Academic performance
- Adapting to college life

All counseling sessions are confidential. Only you can give consent for us to release information about you. Any information that you provide, as well as counseling records, are strictly confidential, except in life-threatening situations, or in cases of suspected child or elder abuse.

Our counselors:

- Are accepting of cultural differences, including race, ability, gender, religious affiliation and sexual orientation.
- Will maintain the highest ethical and legal standards of confidentiality.
- Will be open to discussing any of your concerns.
- Are interested in listening to you.

Currently, registered students can come to the GCCC to schedule an appointment, or they may contact Becki at rathfonb@grayson.edu. At the first appointment, the counselor and student will decide what type of counseling will be most beneficial. Students requiring immediate help can be seen on an emergency basis on the same day. Sometimes all you need is a safe, caring place to talk.

Need Food?

Not everyone is able to say “yes” to this question. Texas has the second highest food insecurity rate in the nation. Phi Theta Kappa helps combat food insecurity on campus by operating a food pantry for Grayson College students. For more information email Mary Linder at linderm@grayson.edu.

The Writing Center

(Continued from page 1)

though their professors had mentioned this resource. Emailing their papers was an easy access option for them both since they each maintain a part-time jobs, and sometimes the hours of the Writing Center are not flexible. Students should get to know about ways to get help without having a face-to-face meeting with a tutor.

Wende Andrew, a Writing Center Consultant, said that sometimes they see around twenty students a day or more, depending on whether it is a busy time in the semester. She also talked about the help that is provided at the Writing Center with essays, lab reports, scholarship letters, and speeches. Andrew also talked about how teachers highly recommend the Writing Center and how receiving help can be noticed in grade differences. Brown said that attending the Writing Center was extremely true because her grade in English went from a C to a B.

Although the Writing Center’s goal is for students to receive help, the tutors will not tell students word for word what to fix and what not to fix. The goal of the Writing Center is to help the student become a better writer. Aldaco said that the help she received was very useful even though it was not word for word. She later figured out that this was what college was like- enough help is given to a certain point, but not word for word. Brown agreed that this help is the best way, and it has taught her to be more careful while writing future papers and deciding when to get assistance in the future.

The Writing Center’s hours from Monday through Thursday from 8 am to 6pm and Friday from 9am -2pm. They are also located in the CIS building in room 107 Monday through Thursday from 6 pm- 8pm. These hours are convenient for either morning or afternoon classes. At the center, students have access to a computer and printer for all their writing needs.

While many students like Aldaco were scared to access the Writing Center, her thoughts have changed since the first time that she received help on her paper. Like Brown, she now feels comfortable with the tutors available to help improve her papers. They both talked about how the Writing Center should be advertised more to incoming freshmen who are learning to



get around campus regarding the help there is for them to become successful while attending Grayson College.

Many new freshmen at Grayson College like Brown and Aldaco have learned that it is nothing to be ashamed of if one receives help from others, nor become shy while asking for help. Tutors like Andrew are at the Writing Center to

(Photo courtesy of Elizabeth Castorena) help every student succeed in all writing classes and with all writing needs.

Next time you are struggling getting started on your paper, remember the Writing Center is there to assist you in becoming as successful at communication as possible. Take a look into the Writing Center. You will not regret it!

Grayson College Career Services

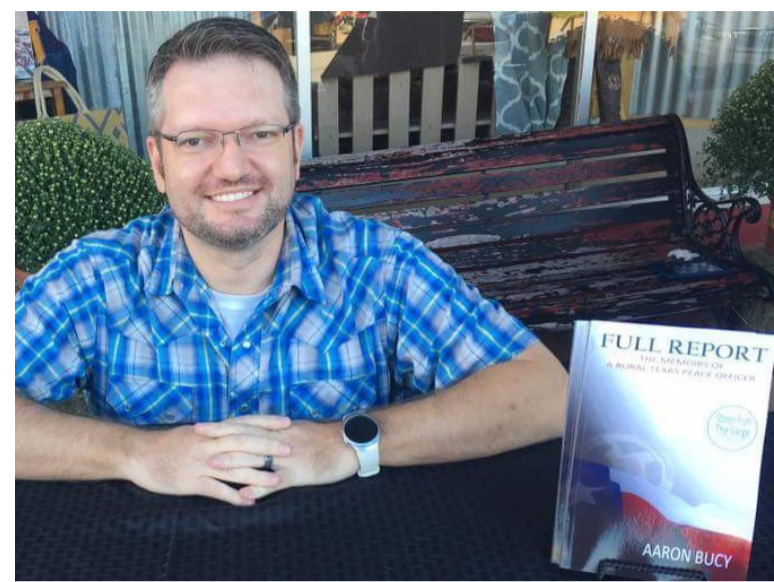
Assistance is available for:
resume writing, cover letters, completing job applications, interview preparation, developing job search strategies & more!

Preparation can make the difference
in YOU getting the job!

For an appointment, contact Gretchen Huff,
Job Placement Specialist, huffg@grayson.edu (903) 415-2544.
Located in the Advising area.



A Review of Aaron Bucy's Full Report: The Memoirs of a Rural Texas Peace Officer



(Photo courtesy of Dr. Marlea Trevino)

(Pictured Above: Author Aaron Bucy with his book *Full Report*.)

by Dr. Marlea Trevino
Professor/Advisor

From Island Entertainment Media, 2016, Paperback:
ISBN-10: 0-9974658-5-9 ISBN-13: 978-0-9974658-5-3,
Retail: \$15

After graduating from Grayson College Police Academy in 2010, Aaron Bucy began working as a police officer in Grayson/Fannin County. During the years that followed, he was frequently asked to tell his “crazy police stories” again and again, which inspired him to set down some of his more memorable experiences as a rookie and an officer.

Full Report: The Memoirs of a Rural Texas Peace Officer, told in the testosterone-fueled vernacular of Chris Kyle's *American Sniper*, provides insight into what officers think that dash-cam or videos don't capture--that decision-making process that often happens very quickly and relies on unceasing observation of the smallest details. In thirty short chapters, Bucy narrates various experiences of his when riding alone or with a partner on patrol in the various small towns of the Texoma area.

Skipping around through those first five years of his service, Bucy lets the reader into his typically negative thoughts about the suspects he detains and often arrests. He focuses on how various offenders often dig themselves in deeper through “stupid” behavior like driving erratically with suspended licenses. He assigns these often-lying individuals monikers like “Chuckles the Clown,” “Keystone Light,” “Cowboy,” “Ragin’ Reggie,” “Droopy Dog,” “Oscar the Grouch,” “Pee-Pee Herman,” and “Mad Dog.”

With his 32-oz. Dr. Pepper at the ready, Bucy starts each shift prepared to be surprised. As he details chases, stops, arrests, and the taking down and cuffing suspects, he dwells on the hi jinx of area teens with the typical drug and alcohol offenses, poignant stories about a rookie whose murder he witnessed, and a close call with a driver high on marijuana and alcohol, as well as crime fighting with an officer and friend who is a humble, highly decorated war hero. Bucy emphasizes that no one is immune from law breaking, recounting an incident involving a local high school athletic director, principal, and head football coach.

Bucy often ends his tales with words of advice for rookies, for example, noting how he maintains his personal safety, especially when detaining suspects alone. He points out the merits of some of his police tools, such as his Tahoe, which he considers to be a vehicle particularly suited to the rural environment. But he also notes problems with the response times of rural volunteer fire departments and the frequent lack of clear communication between law enforcement branches due to being on different radio frequencies.

Full Report has received positive reviews from area attorneys, members of law enforcement, and their families. The Grayson College library has ordered copies, but the book is also available through Amazon, Barnes and Noble, and Books a Million. Bucy is currently working on a crime mystery novel based on a Texas investigator who finds himself working a case with a friend while on vacation.

GC PERKS

HOLIDAY DRINKS

(Hot or Cold)

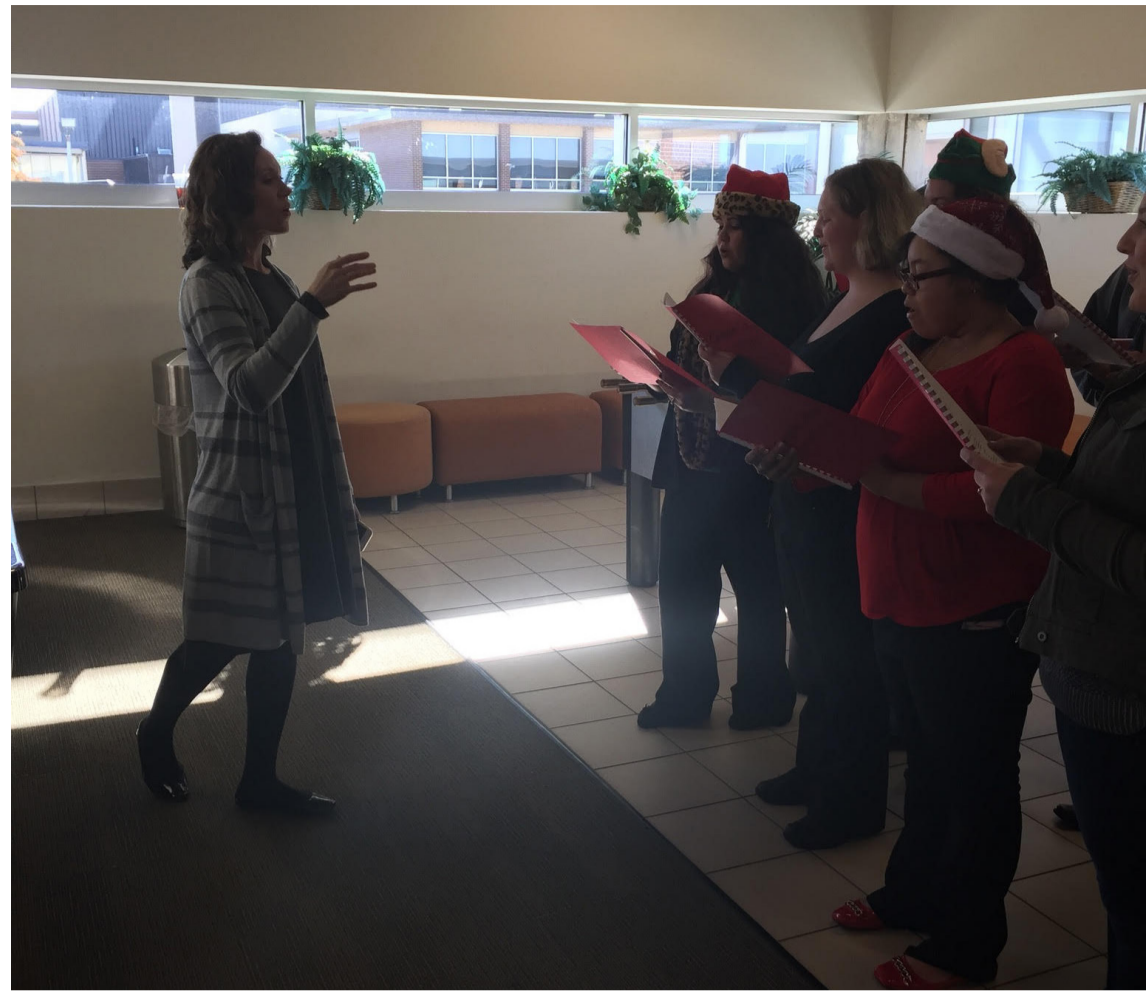


HALF PRICE

1:30-2:30 PM

Monday-Thursday

Grayson Choir carols to the campus



(Choir Director Prof. Austin conducts carolers.)

(Photo courtesy of Tanya Bays)

Toys for Tots accepting donations

by Prof. Mary Linder

Advisor

With the start of the holiday season, it's time once again to launch our campus Toys for Tots drive. Phi Theta Kappa is proud to sponsor this on our campus each year so we can serve as a community drop-off location.

We have placed boxes in the Administration Building, on the first floor of the Liberal Arts Building, on the first floor entrance to the Library/Life Center (under The Bridge), and in the BSM. Will you please consider donating a new, unwrapped toy to help in our efforts to make this holiday season a brighter one for children in need in our community? Boxes will remain out until Friday, December 9.



Please donate a new, unwrapped toy to help local children have a wonderful holiday season! We will be collecting toys at this location until Friday, December 9.

691 Review: A Treat to Eat

by Charlotte Huckestein

Student

The holidays are near and so are the tasty treats! But why wait until Christmas to eat a scrumptious meal? I recently enjoyed another flavorful lunch at 691 Restaurant. This student-run restaurant is located on Grayson Campus near Campus Police. Reservations can be made for Wednesdays and Fridays from 11:30 to 12:30. A three course meal including an appetizer, main course, and dessert, are included under one low price. Do not wait and do not forget bring a friend!

Since the menu changes from week to week, I was able to try some new savory foods with a close friend of mine. Some of my readers may remember that I ordered a salad at my last visit. I again ordered a salad, but it was nothing like the first. This salad included a romaine lettuce wedge, freshly made ranch dressing, tomato wedges, crispy pork belly strips, and croutons. I absolutely loved the dressing that was on this salad. The creamy texture coupled with the mild saltiness of the mixture was exquisite. I had not previously tried pork belly, but I quickly found that this piece of the dish was an excellent bacon replacement. The meat was both sweet and salty with a light crunch that made every bite an absolute pleasure. The croutons were very good as well. While I do not generally like croutons due to how rock-solid they usually are, I found these croutons exceedingly pleasant. They were crisp, but not too crunchy, buttery, but not salty.

The tastes of both the meat and croutons comfortably complemented each other so as not to make the overall dish seem briny. My friend ordered the crab cakes which he said were, “Really good. They're crunchy on

the outside, but nice and soft on the inside.” Needless to say, the appetizers were great!

The main course was an absolutely novel experience. My friend and I both ordered the “venison filet” that came with mixed fingerling potatoes, cranberry & orange, brandy sauce, and fried spinach. This dish was nothing like I had ever previously encountered. The meat was expertly cooked to perfection and the potatoes were lightly glazed with a sweet brandy sauce. The cranberry and orange sauce on the side made it easy to mix flavors and choose which ones worked best with the different parts of the dish. This meal was very different, but nothing short of delightful.

The dessert (as usual) is my favorite part of the meal. I ordered the “lemon drop cheesecake” while my friend ordered the “tuxedo mousse cake”. You may be able to notice from the pictures taken that we were not able to wait to try our dishes before snapping a picture. The cake was a marble mix of tart and sweet that was a pleasure to eat! The pie crust excellent. Some pie crusts can be too chewy or crunchy, but this pie crust was a lovely mix of both. My friend's dish looked both moist and rich and in his own words, “It is so good!” Overall, the meal was another success!

As before, I cannot wait to go back! The hardworking students shown made sure our glasses were full, our taste buds were happy, and our stomachs were full. They are part of the reason I enjoy eating at 691. I recommend 691 Restaurant to everyone and anyone. Do not miss out on a wonderful meal in a charming facility for a great price.