

The Viking

GET INVOLVED

Viking Deadline April 1st
Send your articles, stories, poems, etc. to the editor, Emily Sileven, at emsileven@vikings.grayson.edu.

Phi Theta Kappa Every Wednesday 12:30 pm - 1:00 pm Room LA 101

Student Veterans of America (SVA) 2nd Tuesday of every month 1:30 pm - 2:00 pm Veterans Hub 2nd Floor Bridge (Look for the Flags!)

Anime Club Every Thursday 2:00 pm - 3:00 pm Viking Lounge

Sigma Kappa Delta March 22nd at 12:00 pm Writing Center LA 108

BSM Navigate 12:00 pm - 12:45 pm

Free Lunch Wednesdays 12:00 pm - 12:45 pm

Summit Thursdays 7:00 pm - 8:00 pm

Psychology Club Every Monday 12:15 pm Room CIS 202

Trivia with Trigg

Q. 1: According to the ancient Roman calendar, what was the first month of the year?

Q. 2: When was the phrase "March Madness" coined?

Q. 3: Which famous pop-star was born on the first day of March, 1994?

Q. 4: What is the birthstone of March?

Dying to Be Stress-Free

By Tamara McKay Student

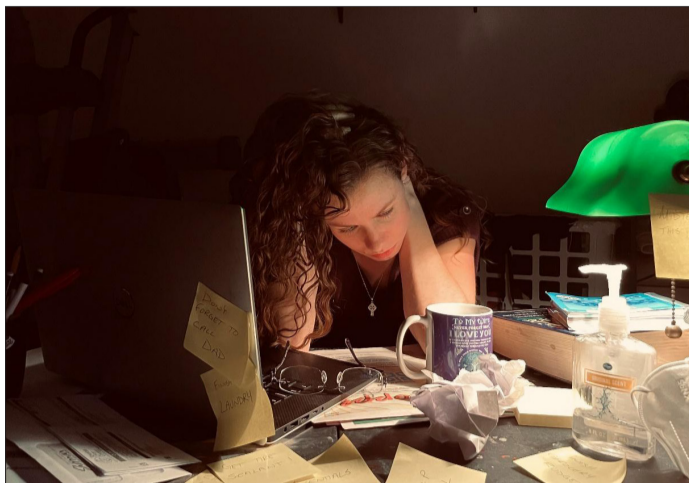
Are you stressed? Everyone is.

Society demands that people be successful and useful all of the time. So that doesn't leave a lot of time for self-care.

"I either sleep too much or too little. Either way, I can feel the effects throughout the day," Grayson College student Jakrislyn Harper comments.

She even spent one class standing in the back just to stay awake after a few nights of staying up too late.

When time can be carved out of their busy days and evenings, most college students have only a few ideas about how to help their stress levels.



Taking a moment to let go of stress, busy Grayson College student Tamara McKay is having a tea break before getting back to her homework.

There are so many aggravations that make stress worse, but just as many strategies to help one combat it.

Do you find yourself losing hair, gaining weight, losing weight, or being forgetful?

Stress is proven to have effects on a person's physical being just as

much as their mental being.

Here are some insights into stress to help you be your best as a college student, as well as in the other aspects of your life.

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Sneak Peek

Learn the signs of dating violence on pg. 2.

Read the stories of college students and their struggles with Covid on pg. 3.

Check out the GC sports schedule on pg. 4

Find out what the BSM is up to on pg. 3.

New Anime Club Meeting Every Thursday



First Anime Club Meeting with Leaders Ryan Dickerson and Samantha Newtin. Club members (left to right) Emily Sileven, Aston Brooks, Shantee Siebuhr, Adam Saris, and Johnathon Siebuhr

By Emily Sileven Viking Editor

Clubs are a great way to get to find people that share the same interest as you or to broaden your horizon in skills and interests. Here at Grayson, there are many different clubs you can join! One such club is the Anime Club.

The Anime Club had its first meeting this February and currently has seven members.

Ryan Dickerson, the Lead Advisor of the club, used to be an advisor in an anime club at Weatherford College.

During that time, he

didn't know much about anime but loved the atmosphere of the club.

"It was an incredible experience learning about a culture I didn't know much about and getting to spend time each week with so many creative personalities.

"There was never a dull moment and they kept me highly entertained," says Dickerson.

At the club, each meeting will consist of watching anime and talking about business within the club. The club meets every Thursday at 2:00 pm at the Viking Lounge.

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Has the College Experience at Grayson Been "Ruined" by Covid?

By Jacob Hendrix Student

With the rising rates in Covid-19, have students at Grayson College been robbed of the "college experience"?

"A screen is not enough for me. . . if it wasn't for my hobbies, I would feel alone right now," says Grayson College general studies major Franklin Rivas.

Seemingly extreme mandates to curb the spread of Covid-19 can deter students from achieving outstanding grades, maintaining regular attendance, and participating in an active social life with their college peers, with an uprising in anxiety and

depression levels.

It may seem that Grayson College is losing its connection through social interaction due to Covid, leading to a lack of communication and online classes, leaving students or staff online and feeling alone, being scared to reintegrate back to in-person classes.

However, Grayson's programming directors have focused on providing fun and educational opportunities to hopefully fill some of the gaps that students missed over the last two years.

"We are working to provide safe events that meet our students' needs.

"Our students have

Explore Your Career: Step-by-Step Guide

By Corey Leird Career and Pathway Coach

Have you ever considered exploring your career?

Career exploration is a time for reflection of who you are as an individual, what skill sets you possess, considerations to financially support yourself and/or your family, and most importantly what sense of fulfillment do you desire to have for yourself!

As exciting as career exploration should be, it can also be an undertaking that comes as a challenge to some. That is why the Career Center is here for you.

Follow this step by step guide to help you make a more informed decision about your future career:

1. Career Assessment

Take a career assessment provided through Emsi Career Coach on the Career Center webpage.

Understand more about who you are as an

individual. What areas of interest do you hold, strengths you embrace, areas that might need to be improved, and skill sets you harness.

been vocal, and we appreciate it. [But] we can't meet all student needs unless we know what those needs are," emphasizes Shantee Siebuhr, Director of Student Life, and Development at Grayson College.

With technology becoming more accepted by the education system, many teachers and

individual. What areas of interest do you hold, strengths you embrace, areas that might need to be improved, and skill sets you harness.

2. Explore Careers

Explore industries and jobs to gain knowledge in the vast world of work.

Explore career matches offered to you from taking the career assessment.

In addition, explore similar careers to gain additional knowledge of areas with similarity.

Allow the Career Center to assist you with career exploration by scheduling an appointment with Corey Leird, Career and Pathway Coach.

3. Explore Programs

Explore programs offered by Grayson College.

Explore Grayson College pathways. Focus on pathways that align with industries highlighted by the career assessment you completed.

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students are beginning to adjust themselves to classes and organization meetings online.

"I do believe they are getting the same [educational] experience. . . most [students] want online class," says Derek DeYonge, success coach at Grayson College.

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Disclaimer

The Viking is published by Writers Unlimited and Sigma Kappa Delta as an ongoing service project to the college. This newspaper is provided as a forum for public opinion. Participation in the production of The Viking is open to all students, faculty and staff of Grayson College.

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Health

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Dying to Be Stress-Free

Cont. from pg. 1

Firstly, most people do not get the right amount of sleep each night. Adults are supposed to get between 8 and 10 hours of sleep a night, according to Healthline.

But between work, school, family life, and any social engagements there is not a lot of time for sleep.

What do you give up? How do you cope?

Without sleep, the mind is less effective, and the immune system can be diminished, according to Dr. Jennifer Laing, medical doctor and Reiki master.

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing.

Dr. Laing states that “when people deprive themselves of sleep, it buggers the HPA [hypothalamic-pituitary-adrenal] axis [an intricate mechanism that mediates the effects of stressors by regulating numerous physiological processes, such as metabolism, immune responses], and then buggers the microbiome [gut microbiome helps control digestion and benefits the immune system and many other aspects of health], which then buggers 80% of the immune system...and it all goes downhill.”

The amount of sleep a student gets can directly affect their cognitive

abilities as well as their health.

Everyone has heard that they need more sleep, but tactics for sleep are needed.

You can get blue-blocking glasses for looking at your phone in the evening.

Blue-blocking glasses have lenses designed to filter out certain light waves from screen-based entertainment, helping the mind relax and not feel like it's still daytime.

Getting away from all electronic-device screens would be best, but that could take away a pastime that relaxes you, thus negating the anti-stress factor, according to Carla Fanning, Professor of Psychology at Grayson College.

There is good news, though: Naps count as sleep too!

According to Healthline, all sleep is valid, and if you have to grab it in increments, do it.

Even a catnap is enough to avoid a possible sleep-deprivation-related accident.

Sleep deprivation is unavoidable sometimes, says Professor Fanning.

If you have a mind that just won't stop, you may consider using supplements.

“The more natural the better. As far as sleep, if you can go with melatonin or valerian root, it's going to be better [than

heavier sleep aids],” Professor Fanning states.

“In short periods of time, they'd be helpful, but nothing that's going to be years and years.”

Just remember that such supplements are not a lifestyle; they are a tool used temporarily for you to change your sleeping pattern.

Nutrition is known as being important in fighting stress, but how important is it?

If your body is lacking in the nutrition department, you can be fighting with symptoms without knowing it, adding to your stress without even trying.

Harper says she knows that nutrition is important even though it's not something she focuses on.

Everybody needs a certain amount of nutrients per day known as macros and micros.

“Macros” are your basic water, proteins, carbs, and fats. “Micros” are all the letter vitamins, trace metals, and minerals in foods.

Both of these types of nutrients are integral to the basic building blocks of energy and cellular function in people's bodies and also to the overall effectiveness of the body's processes, according to Anatomy and Physiology by OpenStax.

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Teen Dating Violence: Know the Warning Signs



By Anna Wilson
Student

“I felt that I had to do everything he wanted to do; otherwise, he would get angry with me.

“I was never able to have my own interests or hobbies, so this also contributed to my feelings of being isolated,” reveals Alice*, an abuse survivor.

February is Teen Dating Violence Awareness and Prevention Month.

According to Kristi Heath, a Licensed Professional Counselor (LPC) and the Crisis Intervention Counselor for Anna Middle School, dating violence includes “controlling/manipulative or coercive behaviors towards a dating partner in order to gain and/or maintain a sense of power or control over their dating partner.”

With Valentine's Day having just passed, it is important for young adults and teens, especially, to understand what a healthy relationship looks like and some of the warning signs of a toxic relationship.

Some of the more obvious traits of a toxic relationship include harassment and physical and/or sexual violence.

But some red flags are not so obvious, such as deflecting responsibility and blame, frequent arguments, excessive jealousy, and trying to change each other, according to Heath.

“Early on in relationships, we tend to be hyper-focused on that relationship, so we naturally pull away from others and spend a great deal of time with our partner.

This can lead to the aggressor becoming jealous when their partner reverts back to their normal life when the ‘newness’ of the relationship subsides,” says Heath.

This jealousy can lead to the aggressor isolating their partner from

friends and family and “keeping them all to themselves.”

These traits and behaviors can lead to domestic violence, which is “any incident of threatening behavior, violence, or abuse [psychological, physical, sexual, financial, or emotional] between adults who are or have been intimate partners or family members, regardless of gender or sexuality,” says Heath.

Even though we often think of physical abuse as associated with domestic violence, according to the lead counselor of Denison High School Carrie Boettger, dating violence “doesn't always have to be violent to be abusive. Sometimes it is psychological abuse.”

Those in relationships should be alert to warning signs of several different types of dating violence, starting with physical, emotional, and sexual, which are the three most common or well-known forms.

Such violence can also include economic abuse and stalking, though, which fewer people are aware of, according to Heath.

“Economic abuse is withholding access to education or education/financial stability by encouraging absence from school/employment.

“Stalking is repeated and unwanted contact with a future or previous dating partner which causes safety concerns,” Heath explains.

Part of the problem is a lack of perspective simply due to immaturity.

“Teens often have a difficult time seeing the unhealthy aspects of relationships because they are often new to the whole dating thing.

“Adults have more experience and usually key in on unhealthy signs,” Boettger notes.

Cont. on pg. 3

Stressed: Get Help Now!

By Amy Gutierrez
Student

“When I started college, I was working full time and taking four classes. It was a lot to deal with

“I was overworked, and I couldn't keep up with my classes, so I dropped all my classes and had to find a part-time job,” said Ei Ei, a Burmese sophomore at the University of Arkansas.

Ei Ei was studying accounting at the time and displayed early signs of depression after just finishing her freshman year in college when she was only 19, which caused her to drop out.

The number of college dropouts is increasing every year due to stress, anxiety, and depression.

One out of every five college students feels overwhelmed with stress, according to Gabrielle Applebury in her “Love to Know” article back in 2010.

The number of students who experience stress is alarming: The American Freshman National Norms report found that stress can lead to other



Sophomore electrician student Giovanni Gutierrez is exercising at the Nautilus gym after school to clear his mind.

concerning mental problems and can even result in suicide.

These rising problems show that between 1,100 to 1,400 college students commit suicide each year in the U.S., noted Applebury.

When students feel overwhelmed, it makes it difficult for them to complete assignments on time and balance their social life.

After taking a year off college and spending more time reconnecting with friends and family, Ei Ei's mental health was rapidly getting better.

Shortly after, she found a job that was flexible

with her schedule, and she was finally ready to re-enroll and start all over.

“I've continued to study accounting, and I feel confident that this year will be better for me,” she said.

Family pressures can cause students to stress as well.

Giovanni Gutierrez, a sophomore electrician student at Grayson College, is the first person in his family to ever go to college, so he felt he was under a lot of pressure to become successful because his family was depending on him.

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College Experience

Cont. from pg. 1

“Although now there are more online classes, and students choose them because of Covid-19, I do not see a difference in grades. . . besides math classes,” he adds.

While students are still

able to pursue a degree through online classes, it is difficult for some students to properly learn the subject, and students often go online because they are fearful of Covid-19 or think it is an easier way to get through the course.

This choice to turn to

online courses negatively affects some students primarily learning from the STEM (Science, Technology, Engineering, Math) category because those are the students who need physical teaching to understand the material, according to DeYonge.

While Covid-19 may have not “ruined” the college experience for “regular” students, special college populations seem to have been more adversely affected.

Justin Parker, Veteran Services Coordinator at Grayson, says that “3 out of 4 of my Veteran

students have dropped out recently due to attendance issues that may revolve around Covid-19, or they used it for an excuse.”

Now coming into the spring semester with a new variant of Covid, all students can expect mandates to get intensified.

The stress of attending class, wondering if their peers are vaccinated or not, could bring attendance issues, especially for Veteran students due to fear of contracting Covid-19, explains Parker.

Cont. on pg. 3

Q. 1 Answer

In the Ancient Roman calendar, March was the first month of the year.

Health

March 7, 2022

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Dying to Be Stress-Free

Cont. from pg. 2

But nutrition is not always at the forefront of college students' minds when they have little time to put forth an effort toward nutrition.

"I mean, yeah, definitely it's [nutrition] important [to controlling your stress]," Harper admits.

The fix starts with assessment. Just pay a bit more attention to what you're eating for a few days.

After you can distinguish a pattern, then you can drop a few of the healthier choices and substitute healthier ones.

Remember this isn't about dropping all of the delightfully unhealthy foods and living on salad. Everyone should be able to enjoy their favorites.

However, Dr. Laing warns that "eating healthy is not cheap, and there are empty [grocery] shelves [due to supply chain breakdowns right now]...

"but if one cannot eat healthfully, then be mindful of what you're eating...Don't feed an emotion."

Assessing what you eat and being purposeful in what you ingest is more important than self-medicating with junk food.

Now for the adventurous part. A lot of students are picky about what they will eat.

Trying new and healthy foods will change your nutrition world, even trying food that you may not have liked before.

Perhaps disliked foods were prepared in a way that made them unpalatable, but that is only one possible method of food production.

There are so many options for the preparation of all of the foods you may have disliked or never tried before. Your next favorite could be out there waiting for you.

If you cannot be a food adventurer just yet, keep it in mind for the future, and know that you can use over-the-counter multivitamins and products to supplement nutrients and fiber in your diet for a quick fix on helping your body and managing your stress levels.

On to a more active subject. If you're reading your textbooks, studying your notes, and sitting in lectures for a lot of your day, you may benefit from exercise to help your stress levels.

Most students don't get enough exercise.

Dr. Laing shares some insight from a medical conference: "[The Speaker] was talking about what could deal with weight management... blood sugar, youthfulness, and help with sex drive and performance, and it was just a simple word: exercise."

While exercise helps to fight obesity and heart disease, it can also boost mood. Exercise and sunshine are keys to fighting depression, stress, and anxiety, emphasizes Dr. Laing.

Exercise does not need to be daunting; it can be as calm or intense as you need.

You can try out yoga at a local studio or with an online video.

Dr. Laing believes that a simple walk can do wonders for the body and mind.

If you're into sweating, though, you may want to try classes at your local gym or some intense YouTube workouts.

Your brain releases endorphins when you exercise, giving you a positive feeling to cut through the stress and help get you through the day, all while benefiting your body, according to the Mayo Clinic.

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Covid's Effects on Your Peers: They Feel Your Pain

By Phillip Brown Student

We all have struggled through Covid throughout these last few years. But just know: you are not alone in your struggles.



Adriana Brown, senior Business major at Midwestern State University:

"The biggest impact Covid has had on me academically has been the inconvenience it has been getting the professors I need to help me be successful in the classroom, as well as what a strain it has been to keep up with professors who record lectures instead of having an online presence.

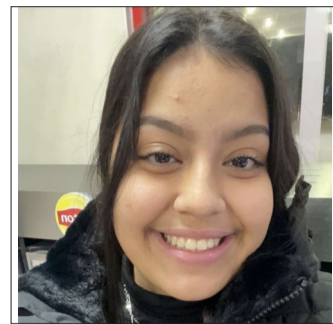
"I have frequently contacted other students to help teach me the course materials because a professor would refer back to them.

"It takes so much more time to fully understand and learn the materials and to look for another person to explain in words I can wrap my head around.

"However, I also discovered during the pandemic how flexible it has been to not have to be in the classroom at a certain time but be able to go to doctor appointments or even go on trips with my family and just Zoom into the classroom.

"I did like the learn-at-your-own pace format because depending on the class, I could be done with a unit in two weeks

if I just continued it and did not stop."



Carla Ledesma, sophomore Teaching major at Grayson College:

"Covid-19 has impacted us all in inexplicable ways.

"I felt the greatest facet of my life affected was that pertaining to university social life.

"As for going completely online in school, my workload never changed (if anything it compounded), and thus I felt more and more isolated even in the times I didn't have to be.

"Acclimating to live lectures after having tasted the luxury of online/recorded lectures in which we have the liberty to pause, play and rewind has proven to be a slight hurdle."



Zyin Tatum, freshman Music major at Grayson College:

"Covid shut down my school, and we had to do online classes, and it was hard because the books were at the school that we needed, but we couldn't go back to the school.

"The hardest thing to overcome since Covid is procrastinating and sleeping during class.

"Before Covid, I would have class all day and walk to and from the lessons and so did not have the opportunity to sleep in or not do the assignment till it was due or I would be cramped for the next project."

Teen Dating Violence:

Cont. from pg. 2

But even when they know the signs, some victims will not leave the relationship.

"The problem is not necessarily seeing or understanding the red flags in the relationship but choosing to stay with the aggressor because they love them and will overlook any toxic traits and abusive behaviors," states Alice.

So what does a healthy relationship look like?

According to both Heath and Boettger, a healthy relationship is based on "trust, honesty, and open communication" with one's partner.

Being able to talk to one's partner about one's concerns and frustrations and not being afraid to speak up when there is a problem are keys to a successful relationship.

But it is not always easy to tell the person one deeply cares about that there is a problem or when one feels uncomfortable with something such as drinking or being around other people who have been drinking.

Alice explains, "In my previous relationship there wasn't any communication, and I didn't feel that I could speak up about things that I was uncomfortable with.

"This made it easy for my partner to push through my boundaries and take advantage of me."

Boettger emphasizes the importance for teens in particular to independently explore interests "because [they] are still figuring out who [they] are," and a supportive partner will encourage rather than undermine such exploration.

If you see someone in an abusive relationship, listen when a friend or family member comes to you for help, and ask them what they need at that moment.

Go to a responsible adult for help if you do not know how to help in the situation, or offer the National Domestic Violence hotline (800-799-7233) and text number (88788) so they can have someone to talk to without feeling judged.

What is Your Story?

Howdy from the BSM!

We want to take a moment to invite you to one of the best events on Campus every single week.

Every Thursday night at 7 pm, college students gather in the BSM for a time of fellowship, worship, and teaching.

We call this movement Summit and we would love to invite you to check it out.

Every Thursday this semester we are unpacking a series we call "Kingdom Stories." The question we are asking you is "What is your story?"

Did you know "your story" is part of a story that

is unimaginably bigger than your lifetime on planet earth?

We learn this as we look at countless figures throughout human history.

Biblically, we see this in the lives of shepherds, soldiers, fishers, academics, and even rebels.

So college students, come join us as we spend the rest of the semester examining these Kingdom Stories from Biblical texts and seek to answer questions about our stories as we learn.

Summit is an awesome way to find authentic community, hope, and direction with others who are seeking the

Q. 3 Answer

Justin Bieber was born on **March 1st, 1994.**

same thing.

For more information visit us at www.graysonbsm.com.

We look forward to seeing you this Thursday and to all the other wonderful programs we have going on!



Get Connected!
Join our weekly Phi Theta Kappa meetings
Wednesdays @ 12:30 PM
Liberal Arts 101

**Certified Nurse Aide
CNA-Emergency Certification
Patient Care Technician
Phlebotomy Technician
Real Estate Sales Agent**

Scholarships!

for low-income Texas residents with at least 1 dependent OR Texas residents impacted by COVID-19

More info at:
grayson.edu/cwl

Scholarship funding provided by the Texas Higher Education Coordinating Board's Texas Reskilling and Upskilling for Education (TRUE) grant & Texas Workforce Commission's Self-Sufficiency Fund grant.

Sports

Upcoming GC Games

Baseball

GC Vikings vs. Weatherford College

March 9th at:

12:00 pm (7 inning game)

3:00 pm (9 inning game)

GC Vikings vs. Vernon College

March 19th at:

12:00 pm and 2:00 pm

GC Vikings vs. Murray State College

March 21st at 2:00 pm

Softball

GC Vikings vs. Weatherford College

March 12th at:

12:00 pm and 2:00 pm

GC Vikings vs. Vernon College

March 16th at:

1:00 pm and 3:00 pm

GC Vikings vs. North Central Texas College

March 23rd at:

1:00 pm and 3:00 pm

Find more games at gcvikings.com/sports/!

College Experience

Cont. from pg. 3

While many Grayson students seem to currently prefer online classes, according to DeYonge, some students want in-person classes because of their learning abilities being hands-on.

Referring to the Veteran students' attendance during the pandemic, Parker says, "My students like being hands-on; it's how they learn. . .

"When they cannot be hands-on, it affects the way they learn, and a lot of times they stop signing in to class altogether."

For some special college populations at Grayson, they are not capable of completing learning curricula without being physically present, causing attendance to worsen from fear of Covid-19, he emphasizes.



Grayson College General Studies major Franklin Rivas

With the change of Grayson students being online and hallways becoming emptier every year of the pandemic, the lack of a traditional social life can distort a student's college experience, the longer students feel normal being at home, distance from their peers.

"Covid can prevent students from having a better social life and relationships with one another. I've definitely seen the social life of students

decrease," observes DeYonge.

With strict mandates, it is difficult for a student to find peers or a new friendship while having to worry about the virus.

This fear inhibits students from having the ability to reach out to a friend or peer, who may be working from home, instead of in-person when they need to talk to someone, reflects DeYonge.

"80% of college students report that Covid-19 has negatively impacted their mental health," according to Active Minds.org's Student Spring Survey of 2020.

Active Minds surveyed 2,086 college students about the impact of Covid-19 on their mental health in April 2020, finding some students may not have the "college experience" socially and are likely to develop a habit of anxiety or depression due to the Covid-19 pandemic.

Changing to online classes, students can feel more alone every day,

isolated from their college peers.

Franklin suggests that the Grayson College experience no longer includes a thriving social life, which improves the "college experience."

While it is true students can receive education when classes and organizations meetings go online, they lose out on relationships and moments within a college that are necessary to a healthy college lifestyle, Rivas explains.

The pandemic came unexpectedly. Many colleges, including Grayson College, did not know how to respond to the virus and how it would affect the students, faculty, and staff.

"Covid-19 has presented many barriers to students that we couldn't have anticipated on such a large scale, from access to technology to isolation and mental health concerns.

"As an institution, it was the primary goal to make sure that everyone stayed healthy and safe,

while still meeting the unique needs of each situation," says Siebuhr.

With mandates and social distancing leading to online isolation, it has been hard for the faculty and staff to respond to Covid-19, especially when the students are distanced from each other.

But students need to reach out to college staff about their needs, urges Siebuhr.

"We can't meet all student needs unless we know what those needs are. Many students are struggling to reintegrate into an in-person world.

"Meetings, face-to-face courses, outings, and events -- it can be overwhelming, and it is causing anxiety among our students, even for some of our faculty and staff."

With directors who care about the students, the college experience at Grayson can be filled with joy only if the students want to reach out and make their time at Grayson a fulfilling college experience.

Q. 2 Answer

Although the term "March Madness" has been used since the '30s, CBS broadcaster Brent Musberger used the term referring to the NCAA Tournament in 1982, which made the term popular.

Anime Club

Cont. from pg. 1

The only requirement to join the Anime Club is to be a Grayson College student, faculty, or staff member.

If you want to bring a friend or guest to a meeting, contact Dickerson at dickersonr@grayson.edu to confirm that your guest may attend.

In the future, the club would like to expand its horizons and include a "Pokemon GO: Raid Hour" at the club.

This event would take place at 6:00 pm on the second floor of the Life Center.

If you would like to join the club, contact Ryan Dickerson at dickersonr@grayson.edu, call him at 903-463-8694, or go to his office in the Counseling and Social Services, which is near the Grab-N-Go Food Pantry.

Join the BSM for Summit!



Every Thursday from 7:00 pm - 8:00 pm, the BSM comes together to worship at Summit.

There will be prizes, prayers, and praise!

Stressed: Get Help Now!

Cont. from pg. 2

"I was never an athletic person...during my sophomore year in college, I wanted to drop out, but I knew this wasn't an option, so I decided to become a powerlifter as a way to reduce stress, and now I'm heading to my junior feeling better than ever," said Gutierrez.

Finding an activity to do outside of school has helped him better perform in school and maintain a healthy balanced schedule.

If students don't find effective ways to cope with the stresses of their lives, their health is bound to suffer.

"Watching my son go through health issues as he progressed through school hurt. He has always been smart, but his physical change really triggered me.

"He became really skinny as stress wouldn't let him eat," said Elvira Sanchez, the mother of

a college student attending Austin College.

With her being a struggling single mom, her son felt forced to get a full-time job and go to school at the same time, which was hard to balance.

She finally decided to seek financial help so her son could take a break and focus on school.

The health of their students is important not only to their families, but colleges share the same concern.

Students need to find a way to manage their stress in a healthy way and seek help immediately as it can cause other health issues, not only mental but physical ones.

The counselors at Grayson are trained to help students deal with the stressors in their lives so that they can stay in school.

"There are many reasons that students tell

me that they withdraw from college: financial reasons, family emergencies or obligations, health issues, not happy with their major, feeling like they do not belong, not really wanting to go to college, but someone pushed them into it, unexpected happenings in life, moving, military, fear of failing, etc.

We are lucky at Grayson College to have the Counseling Center with Licensed Professional Counselors to help students with mental health issues or anxiety," said Lewanda Diaz, a Grayson College advisor.

Seeking help is the most important way a student can contribute to having a successful year in college if they are struggling with stress and mental health.

Furthermore, finding ways to balance a schedule and make time for other activities can make a positive change in a student's life.

For more help, visit the counseling office located on the main campus at Grayson College.

Get in the Know

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A Dating Website for Farmers: Do City Folks Really Not Get It?

By Talon Andrews
Student

Why do some people (“city folk”) laugh when someone mentions “FarmersOnly.com” or when a commercial for the site appears on television?

Should “country folk” not be allowed to have a dating website that would perhaps entice someone of their liking to join?

FarmersOnly.com is geared toward single farmers or country folk, but what do actual farmers really think about this site?

While the answer may depend on the person’s age or who is being asked, a local small-town couple found dating success with FarmersOnly.com.

In 2005, FarmersOnly.com was founded by Jerry Miller, and the site has gained over 5 million subscribers since then, according to an article in *The Guardian*.

Despite little advertisement, singles in the target group still knew that the dating site existed.

Rebekah Terrell was one of these small-town women looking for a life partner.

FarmersOnly.com had piqued her interest when she heard about it from her aunt.

She had tried other online dating sites like Tinder and Match.com, but the men who subscribed and were featured appeared to not share any common interests with her.

Rebekah had been on the site about a week when she found her soon-to-be future husband. Also new to the site was fellow participant Jake Terrell.

Rebekah is from Celina, Texas, and she grew up in a small school where everyone knew each other.



Rebekah and Jake Terrell met through the dating website FarmersOnly.com

Unfortunately, dating was hard because she was related to most of the boys in town.

Jake grew up on a farm in a small town in Oklahoma, and dating for him was even harder because there were only a handful of girls in his small school.

Jake and Rebekah talked online for a couple of months before meeting in person.

“My first thought before meeting Bekah was that she would not like me,” said Jake.

Meeting people for the first time can certainly be scary, especially if one has only ever talked via telephone.

“I wanted to try something fun and out of my comfort zone,” Rebekah stated.

Both Jake and Rebekah had unsettling thoughts on how a meeting could go wrong but still ended up going through with it.

Rebekah’s mom, Krista Ringo, was extremely nervous for her daughter to drive 3 ½ hours to meet someone she knew only online.

“I had told Rebekah that I needed to know about him ... I needed his driver’s license number, his address, his phone number ... anything that helps me find out about him,” she recalled.

Jake’s parents had a little different reaction, mostly because they are parents of a young man.

Jake’s dad’s concern was that Jake was leaving

work early during the middle of harvest and so was not very thrilled. “He was leaving harvest to go meet a girl he has never met... at the time we did not even think it would work out,” related Greg Terrell.

Jake’s mom, Roslynn, on the other hand, was just excited to hear her son had a date.

“I think it shocked me more than anything, but in a good way,” she said.

Seven years later, Rebekah’s mom and Jake’s parents love the new family that’s been created as a result of this online-dating connection.

While Jake and Rebekah are in their late 20’s now, a local crop farmer in his early 40s is not as enthusiastic about this nontraditional dating forum.

Jared Light thinks the site named after his profession is degrading and hopes his children, now 14 and 16, won’t have to resort to using the site to find companionship.

As the years went on, Jake and Rebekah created a family of five.

They have two wonderful daughters and an outgoing little boy. Rebekah wants to continue growing the family, but Jake thinks his family is perfect as is.

They certainly will never live down their story of meeting on FarmersOnly.com, but it definitely makes for a good story to tell their kids when they are older.

Q. 4 Answer

There are actually two birthstones for March. These stones are Aquamarine and Bloodstone.

Explore Careers

Cont. from pg. 1

Connect with the Career Center to gain knowledge on the level of education and pathway required to have success in the particular field you express interest in.

4. Decide

It’s time to decide what pathway to take.

At this point, you should have some identified knowledge for you to decide on a career path.

Make the best-informed decision you can using information gained from the career

assessment, knowledge gained researching industries, job market insight, and engaging with the Career Center.

5. Connect, Commit, Complete

Connect with the Career Center to help finalize your career planning. Commit with your Success Coach to place you on the right pathway. Complete your pathway to success.

The Career Center is here to help you with your career!

Corey Leird, Career and Pathway Coach is avail-

able to assist in the Career Center Monday - Friday 8:00 am to 5:00 pm by appointment or walk-in afternoons by contacting through, careers@grayson.edu or 903-415-2593.



Schedule an appointment at the Career Center



Career Center Webpage

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Scholarship funding provided by the Texas Higher Education Coordinating Board’s Texas Reskilling and Upskilling for Education (TRUE) grant & Texas Workforce Commission’s Self-Sufficiency Fund grant.

Dying to Be Stress-Free

Cont. from pg. 3

One of the worst ways to deal with stress is self-medicating, in Professor Fanning’s opinion.

Most substances that are commonly used by stressed people (alcohol, marijuana, and cocaine) seem to help for a short period of time but actually elicit a feedback response from your body that causes you to feel more down and anxious than before.

People can feel like substances are helping for a short time, but it’s a cycle of use and dependence that leads to more stress, in the long run, warns Professor Fanning.

Sometimes stress cannot be fixed by physical means or by yourself, believes Professor Fanning. You may need help from someone who can offer an outside perspective on your time management or self-image.

You could try every little trick on this list and still be floundering in your stress. There are people to help with that.

You may need to talk to your success coach, a mentor, or a trusted friend.

If you are having trouble and nothing seems to work, you may need a doctor’s intervention.

Professor Fanning advises, “You have to know when something is medical.

“If you have a chemical

imbalance, you’re going to need some medication that helps with that.”

Everyone is unique, so their management of stress will be just as unique.

Harper shares her method of managing stress: “Acknowledge it, release it: I need this moment to think about this. If I can’t change it, I let it go.”

You must find what method works best for you, and don’t be afraid to take some time to decompress.

It may be that you clean a space that was bothering you. You may escape into a game so that you can feel exhilarated.

You may be off in another world, reading or writing another such world for someone else to enjoy. Perhaps you scroll Facebook or watch a show.

Those little escapes can keep you going, so don’t neglect yourself by denying yourself moments to let the stresses go for a while.

For relaxing, Professor Fanning suggests, “It very much depends on the person... so find out what works best for you, and try to integrate those things as much as possible...not so you’re avoiding it [what is stressing you]; you’re just taking a little break from it.”



GRAYSON COLLEGE
BSM

What's Happening At GC

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March 7, 2022

YUMMY!



Make a reservation today at Grayson's student restaurant, Six Ninety One. Email Chef Joanna Bryant at bryantj@grayson.edu.

Get Connected!

Join our weekly Phi Theta Kappa meetings
Wednesdays @ 12:30 PM
Liberal Arts 101



POKÉMON



WEDNESDAYS

6:00 PM
RAID HOUR

MEET @ LIFE CENTER, 2ND FLOOR TV ROOM
FRIENDS & FAMILY WELCOME!

EDITOR'S NOTES



By Emily Sileven
Viking Editor

Hello GC Vikings! I hope your classes are going well. For me, this semester has been truly special.

Over these last two semesters, I have been able to explore the campus and find some great places to study.

If you are looking for a calm place to rest where you can hang out with fellow students or study for a test in peace, I have found the BSM to be my little sanctuary.

They are open almost the entire day and the people there are the sweetest.

Another great place to study is at the Life Center near the Veterans Hub. Again, there is little to nobody there during the course of the day.

This was my favorite place to study and work on my Physics homework.

Also, if you are (or are not) looking for a club to join, I highly recommend the Anime Club.

Although it is a fairly new club, it has been quite an experience. I won't spoil anything, but if you want to join, meetings are on Thursdays from 2:00 pm - 3:00 pm.

If you haven't done so already, I highly encourage you to take one of the Career Center's workshops in person.

I recently did two workshops and they were amazing! Definitely worth going to.

Lastly, *The Viking* is in looking for a new editor for the next academic year. It's a fun job and gives you the excuse to explore and make friends with people all over campus. Also, you get good discounts at the bookstore!

If you're interested, contact Marlea Trevino at trevinom@grayson.edu

Career Center Schedule

March 7th

Career Exploration Workshop

Join for an informative session on Career Exploration to help you decide your major.

In Person: 9:00 am-10:00 am in the Career Center (Student Affairs Building)

Or

Zoom: 12:00 pm – 1:00 pm (Visit Career Events on the Career Center's website for Zoom link)

*late registration fee applies after March 7th

March 8th

Coffee and Career

Join in person for coffee, donuts, and conversation with the Career and Pathway Coach.

8:00 am-9:00 am in the Career Center (Student Affairs Building)

March 10th

Career Exploration Workshop

Join for an informative session on Career Exploration to help you decide your major.

In Person: 9:00 am-10:00 am in the Career Center (Student Affairs Building)

Or

Zoom: 12:00 pm – 1:00 pm (Visit Career Events on the Career Center's website for Zoom link)

March 22nd

Coffee and Career

Join in person for coffee, donuts, and conversation with the Career and Pathway Coach.

8:00 am-9:00 am in the Career Center (Student Affairs Building)

March 23rd

Resume Workshop

Learn how to prepare a professional resume and receive your leather portfolio binder.

In Person: 9:00 am-10:00 am in the Career Center (Student Affairs Building)

Or

Zoom: 12:00 pm – 1:00 pm (Visit Career Events on the Career Center's website for Zoom link)

March 24th

Interview Workshop

Learn how to prepare for a professional interview and receive your professional pen.

In Person: 9:00 am-10:00 am in the Career Center (Student Affairs Building)

Or

Zoom: 12:00 pm – 1:00 pm (Visit Career Events on the Career Center's website for Zoom link)

March 29th

Job Search Workshop

Learn how to advance your search for your dream job.

In Person: 9:00 am-10:00 am in the Career Center (Student Affairs Building)

Or

Zoom: 12:00 pm – 1:00 pm (Visit Career Events on the Career Center's website for Zoom link)