

Grace's Guide: A Review

YouTube Star to Author

By Jenny Everett

First tip in the book? Deodorant can be perfume. *Grace's Guide: The Art of Pretending To Be a Grown-Up*, by Grace Helbig was published on October 21, 2014 and became the #1 New York Times Best Seller just four days later. Overall, the book was a thoroughly fun read from beginning-to-end, with hilarious antidotes and a mix of entertaining and helpful tips. Rating: 4.5/5 swords.

Grace Helbig is most well-known for her YouTube channels: *It'sGrace* and *DailyGrace*. Helbig also starred in a movie that she executively produced with her best friends and fellow YouTubers, Hannah Hart and Mamrie Hart (no relation), called *Camp Takota* (you may have seen it on Netflix).

The book is set up so it can be read straight through or to find specific tips. The categories are professional, social, love, and lifestyle. Each section contains about five how-to/tip guides. Some of the how to sections include 25 tips to manage your anxiety, how-to hang out with yourself, how to do the walk of shame, and how to cook like a kid for adults. Each how to is followed by a strange saying to help you remember the tips, including the phrases "dimple fax," "safe shipped" and "Asia shaved."

There are also worksheets for readers to fill out if they want.

"Wrap yourself in a blanket and roll around the floor like a human taco. It makes me feel like a dumb child and I don't care it's so fun to let yourself go!" is one of her tips on anxiety. Another tip she suggested for anxiety was to rip up paper. Helbig adds her own twist on it by stating "Maybe only, like, one piece, so environmentalists don't get too anxious." The book reads like a conversation with an older sister, giving you the tips you need to survive through life in this day and age. The book is geared toward the Millennials generation, which is anyone born in the early 1980's to 2000's, but my mom read this book and loved it! She even stated that she had wished she had had a book like this when she was my age; she would have taco blanketed herself all the time.

Grace lifts the mood with her trademark humor and gives legitimate advice ("taxes, just do them"). She includes her own life stories with legitimate help and advice, stating, "I'm no expert. Definitely not in life. But who is?"

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-GRACE HELBIG

Dance Spotlight: Kayla Eastman

By Maria Markman

Kayla Eastman ('15), a recent graduate of Concordia's Sports Management program, has always dreamed of dance as a career. She has returned this semester to complete a Dance minor. Kayla has big plans for her major and minor: "Down the road I plan to open my own dance studio. As of right now, my future includes me just finishing out school and enjoying my time as a dancer for the Minnesota Timberwolves."

That right, Kayla recently auditioned for the 2015-2016 Timberwolves Dance team. "Auditioning for the Timberwolves was completely unforgettable." After three rounds in open auditions Kayla was called as a finalist. She spent a week learning routines, working out, interviewing and posing in a photoshoot (at right). The week lead up to the finals show at Treasure Island Resort and Casino. Kayla's mind was racing as the judges deliberated after their performances "As I stood there waiting to hear my name... I wanted this so bad and I knew I gave it my all. As they started to come to the end of dancers being called I didn't know what to think, until I heard my name."

A lot of hard work and discipline got Kayla to this point. She started dancing at the age of five, competitions started at age seven and continued up through her experience on her high school dance team.

Kayla chose to come to Concordia for two specific reasons, to follow her sister "I have always looked up to her" and because of her plan to make dance a career; she knew she needed to attend a school that offered dance. Throughout her years gaining dance experience, Kayla has had two teachers that stick out. The first is Bobbi

Jo, a studio dance teacher, "[she] brought out my personality and sass. she has never stopped pushing me to work harder and try new things. I would never be the dancer or person I am today without her." Another integral link in Kayla's success is Jan Puffer, Concordia's dance professor. "She is always looking for the best for me and making time out of her busy life to be there when I need her to be. Actually Jan surprised me at my finals show for the Timberwolves, she came to support me and it really meant a lot."

Kayla's advice to incoming dance students at Concordia is to be involved, "Be in the Spring into Dance concert because it is a wonderful experience and try out for the fall musical. It's another form of dance that would be great to have on your resume." Kayla also gives some advice all can learn from: "never give up... there are a million opportunities out there and if one doesn't work it wasn't meant for you. I have tried many things that didn't work out and I am grateful they didn't because then I wouldn't be where I am today."



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