I AM the Storm: Rachel Jane Frederick’s fight for her life

by Taylor Edenfield, Assistant Director of Student Life

2015 promised to be a big year for Rachel Jane Frederick. She was close to finishing her master’s degree in public health at Armstrong State University. She had tracked waiting tables and serving drinks for an office job in medical equipment sales. Rachel’s future was bright, and she had the world at her finger-tips. All of that changed on April 30, and life as we knew it would never be the same.

I met Rachel in the fall of 2010. She was in her freshman year here at East Georgia, and I had just been hired as the Assistant Director of Student Life. She was spunky and sassy, energetic and fun, flashy and loud. On a campus of 1,500 students, Rachel stood out. We clicked instantly, and I took her under my wing. People constantly referred to her as my mini-me, which I took as a compliment.

Rachel was crowned Miss East Georgia College in February of 2011, and over the next several months, Rachel spent countless hours with Ms. Vicki Sherrard and me in preparation for the Miss Georgia Pageant. I will never forget the day when Rachel announced she wanted to “walk and turn” in high heels while strolling a swimming arena or came to life as a sparkly and sequined American flag in her rendition of Robin Williams’ monologue “Old Glory.” It was during this time that Rachel and I began to develop the close, strong friendship that we still have today.

Rachel graduated from EGC, I set Rachel up with my older brother Rocky, Rachel Platten’s “Fight Song.” Rachel and I’ve always been one of us. Rachel had brain cancer. Rachel Jane, however, is not the same. She had just been hired as the Assistant Director of Student Life at East Georgia, and I was in her freshman year here at East Georgia, and I had just been hired as the Assistant Director of Student Life. She was spunky and sassy, energetic and fun, flashy and loud. On a campus of 1,500 students, Rachel stood out. We clicked instantly, and I took her under my wing. People constantly referred to her as my mini-me, which I took as a compliment.

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After being mindful and practicing of acceptance there is no need to avoid: Do NOT ask to postpone the testing day, if you were persuaded. Your lingering anxiety is valid. Even if you are lucky enough to be granted an “incomplete,” you still will have to take the test at some point. Doing such just puts off the inevitable, pushes it to a later time when the material is not fresh and the overload with new courses will pile on. The time you spend trying to persuade your professor to grant an extension should be used thinking of strategies for tackling that in-class essay or those multiple choices. Honestly, are you really going to study during the interim? Please refer back to acceptance. “I think, therefore I am,” a quote by Descartes. I live. Confidence is most crucial to success, no matter what the mind for the final battle. It permeates throughout the day, as you can’t go ahead with anything else, go hand in hand with confidence in those final hours.

By April Parham, EGSC Savannah

We’ve all been there: tossing and turning in bed, trying to figure out how to fall asleep as that kooky cat wall clock unrelentingly ticks away counting down the minutes that elusive quiet phase in the mechanical recesses of your brain will finally arrive. I suppose it is specially felt especially when studying for the day through the haze of self-understanding and sleep not granted.

In one of these demanding exam periods, you find yourself feeling overtaxed and overwhelmed. You think: “I need someone to talk to.”

As one quote postulates, “If you don’t have a friend who will help you feel better when you are down, you are not a friend to yourself. You need to be your own best friend.”

Instead of spending hours searching the internet on the subject of depression, something that seems simple on the surface can in fact be incredibly challenging.

How to succeed at EGSC

by Damian Dooley, EGSC Savannah

With deadlines looming around every corner, it is important to learn how to balance school and your personal life. One way to do this is to be more successful in college. In one of your study breaks, check out the list below.

• Be independent: This semester, you spend a lot of time in college, and the stakes are too high to suffer for someone else. Commit to living by such important principles.
• Discipline: Complete your work, everything from ten-page paper to one-page critiques. Practice managing your time, which will prepare for what lies ahead. Visit the “ACE” and the library and ask for help if you need it.
• Be involved: Take the opportunity to get to know your professors, something that isn’t readily available in the small classes of larger universities. Maybe you’ll work with your professor to learn more about the field of Biology degree here at East Georgia State.

Fall semester: Lessons learned

by Kayla Crosson

How is your semester going? Fair or good? What do you plan to do differently next semester? Go to the ACE and have study sessions.

What was your most difficult class? Psychology

What class would you recommend to incoming freshman? Public Speaking

How is your semester going? Good, much better

What was your most difficult class? Math

What class would you recommend to incoming freshman? Student Success

Keshita Thomas

How is your semester going? Great, Fantastic

What do you plan to do next semester? More for college

What was your most difficult class? Math

Clara Blake

How is your semester going? good

What do you plan to do next semester? More for college

What is your most difficult class? Film and Psychology

Keeva Young

How is your semester going? good

What do you plan to do next semester? More for college

What is your most difficult class? College Algebra

What class would you recommend to incoming freshman? Health with Lakesia McSween

What do you plan to do differently next semester? Studying more and being more focused.

Ciara Blake

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What was your most difficult class? Psychology

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Ciara Blake
Need a good book to read? by EGSC Library Staff

Need a book recommendation? Try one of these that we recently reviewed on Goodreads. To see more recommendations, visit our page at https://www.goodreads.com/EGSClibrary.

For fans of Miss Peregrine’s Home for Peculiar Children by Ransom Riggs ★★★★★

Extremely Loud and Incredibly Close by Jonathan Safran Foer ★★★★★

For fans of Eleanor and Park by Rainbow Rowell and Paranormal by Marjorie Major ★★★★★

This new arrival is the story of a precocious boy who goes on a final quest in search of clues left behind by his father who dies on September 11, 2001. This novel deals with the universality of grief and the unique ways people deal with tragedy.

Blankets by Craig Thompson ★★★★★

The Angel Experiment by James Patterson (Maximum Ride #1)

For fans of Extremely Loud and Incredibly Close.

The Curious Incident of the Dog in the Night-Time by Mark Haddon

For fans of The Angel Experiment.

The first in a trilogy, this novel tells about a rumored time traveler who tries to save them all. The text is interspersed with real vintage photography to tell this strange story of things that crop up in the darkness.

Miss Peregrine’s Home for Peculiar Children by Ransom Riggs ★★★★★

The Heisman winner.

December’s Poll Question:

Who they want to see play in Super Bowl 50.

Whether the college playoffs should expand to include 8 teams.

The Heisman winner.

Sports Division would love to hear our fellow students weigh in on this month’s trivia question. To submit a photograph to appear in the next edition, if no correct submission is received by 5 p.m. Friday, December 18, the first two correct answers the following month will be accepted.

Congratulations to EGSC Augusta student Mark White who located two ardent Mark White signs!

4. I am…last in life, first in eternity.

What am I?

1. I am white and small but bigger than dust.

2. I don’t make a sound; but when I am with my first love and first heartbreak.

3. I am…last in life, first in eternity.

What am I?

I reply, “Whoa, lady. That might be the third most interesting thing about this dog—oh!—at first. Your dog makes me laugh!”

Naturally, I approach the caged animal to get a better look, when a frantic woman comes yelling, “Be careful, this dog bites!”

On the side of his cage, a sign reads, “Watch out, I bite!”

The life of the party, December 18, the first student to answer correctly will receive $20 in Bobcat Bucks! Prove that you are a true Bobcat Buck? Prove that you know your East Georgia State College news by being the first student to answer this edition’s trivia question.

To enter, open your Cat mail account and email sharman@ega.edu with “Trivia-December” in the subject. Include your full name, student ID, campus, phone number, and your answer to the trivia question.

Only one submission per student is accepted per edition, and only one win per student per semester. The winner will be notified by email and asked to submit a photograph to appear in the next edition. If no correct submission is received by 5 p.m. Friday, December 18, the first two correct answers the following month will be accepted.

Reminders from the Registrar

Early registration for Spring 2016 going on NOW!

Vocation and Fee Payment Deadline for Spring 2016

January 11

TAP (Tuition Assistance Program) Registration

January 3 – 9

Graduation Practice Friday, December 11, 1 p.m.

Graduation - Saturday, December 12, 10 a.m.

Congratulations, Graduates!
Holidays

The most wonderful time of the year

Home for the holidays?

Garren Young

Which holiday are you most highly anticipating? Christmas

What are some of your family's holiday traditions? Cooking food, making pies, playing music and telling stories about old times

What food or dish is a must have? Macaroni and cheese

Do you have any travel plans for the winter break? No

Kayla Crosson

Which holiday are you most highly anticipating? Christmas

What are some of your family's holiday traditions? Talking long enough to predict what food or dish is a must have?

Do you have any travel plans for the winter break? No

What food or dish is a must have? Chicken wings

Did you know?

by Lisa Cassidy, EGSC Humanities

In A.D. 390, Pope Julius I, bishop of Rome, proclaimed December 25 the official celebration date for the birthday of Christ. All the gifts in the Twelve Days of Christmas were equalled 364 gifts.

(Lawrence made the first artificial Christmas trees out of dyed orange feathers.

Dec. 25: Merry Christmas! Alabama was the first state in the US to recognize Christmas as an official holiday in 1836.

Dec. 26: Happy Kwanzaa! This holiday was created 50 years ago.


Ten tips for acing your finals

by Chazaria Blackshire, EGSC Swainsboro

It is that time of the year again that inspires fear: finals week. As you study, think on this quote: "Failure is not the opposite of success; it is part of success." Use the tips below to identify your weak areas before your exam, and you will be on your way to celebrating success over winter break.

1. Do not procrastinate.
2. Ask your professors for clarification if you are confused about something.
3. Highlight major topics and subtopics.
4. Know and understand the vocabulary (make flash cards).
5. Know all the formulas (because you never know what will be on the test).
6. Read and reread notes.
7. Study in small groups.
8. Take practice tests if available.

Meet an EGSC Student Ambassador:

Ambassadors of East Georgia State College promote collegiate pride in EGSC and help facilitate awareness of campus programs and services. As the "Image of the College," they represent EGSC at a variety of events such as career days, recruiting activities, alumni functions, special visitation days, high school student activities, seminars, and receptions.

Kayla Crosson

by Damian Dooley, EGSC Swainsboro

Of all the many things you could do this winter, you couldn't do them all. Making a list of things to do might also be too much of a hassle once break begins, so here are a few things you can consider as you prepare for that much-needed vacation when fall classes end. These are top five must do break things:

1. Family Time - This is one of the best things you can do after spending months with your head in the books, catch up with your loved ones.
2. Winter Job - Yes, a winter job is not ideal, but it would definitely help a broke college student get some extra money in his pocket. Extra cash is always a great thing.
3. Snow Days - If it snows during winter break, then put your warm mittens on and get ready to make hot snowballs because playing in the snow is always fun no matter how old you are.
4. Adventure Time - Go out and explore during the Winter Break. Go hiking or grab a mountain bike. Adventures that go beyond the everyday must be made. Show off your new hobby on Instagram.
5. Rest & Relax - This is a "break," so take the much needed time to relax and get your rest. You'll need it when you go back to work in January!

Meet an SGA Member:

The Student Government Association was established to provide students with a means to express their needs and ideas and to strive for a better understanding of the student body and faculty of the college. SGA's motto is "We are the influence," and they are the campus organization governing student activities and representing the students in college affairs. SGA sponsors the annual talent show, the Miss EGSC Scholarship Pageant, and many other campus activities. To follow SGA on Facebook and Instagram.

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Kayla Crosson

Humans are the only species that have the ability to love.

Brenna Stidem

by Hilyard Davis, EGSC Statesboro

Immediately after Hal-low-en, everyone prepares for Christmas. Yes, we all know that Thanksgiving comes before Christmas, but let's face the facts: Thanksgiving is basically a pre-Christmas dinner. We could call it "The Dinner before Christmas," really. Ham and mashed potatoes aren't going to be Christmas without Black Friday. Before the sun sets the day after Thanksgiving, people are lined up inside and outside of stores to buy all of the ridiculously dis-counted items. The goal is to gather your whole family, siblings, cousins, extended family and grand-parents, aunt-two-tim, uncles, nephews, nieces, and head to your local Wal-Mart.

The day after Thanksgiv-ing is also the socially-acceptable day to put your Christmas lights up outside and decorate your yard with giant blow-up snowman, rein-deers and other showers. You've probably had the tree and the entire inte-rior of your house decor-ated since November 1st, and that's okay. I love Christmas lights so much that I keep them up in my living room year round.

Christmas is a time when the whole fam-i-ly can get together and laugh and eat and have a jolly old time. Many will celebrate the birth of Jesus, others will just cel-ebrate. Then, on Christ-mas day, you get to open your gifts as well as see the expressions on the faces of those you bought gifts for. Even better than that is the thought that passes through your mind about the children who are receiving Christ-mas shoes, or the ones who are receiving their first ever Christmas present, and the expres-sions on their faces! Per-haps the most appreci-ated holiday characteristic of them all. Whether it's a boss, teacher, parents, or even strangers, this holi-day seems to bring about positive things throughout the nation. Perhaps that is why it is called "the most won-derful time of the year."