

The HOOPEE BIRD

Wednesday, December 2, 2015

WWW.EGA.EDU

THE VOICE OF THE STUDENTS OF EAST GEORGIA STATE COLLEGE

Volume 40, Number 9

131 College Circle, Swainsboro, Georgia 30401

Price: FREE



Run! Finals!



by Sequoia Sinclair, EGSC Augusta

Or just stay where you are and relax. We all have been told the strategies of test taking. Eat this much, get that much sleep, pick "C" if you don't know the answer, all of which are great tools but may not work for everyone. Now let's discuss getting that psyche ready for data recall.

College is competitive and demands a lot of attention. We all know that negative self-talk is dangerous: "I'm not good enough," "The professor isn't giving me enough time," "If I fail this final, then I am a failure," "I stink at math and I will never be good at it." Self-talk like this, particularly during a test, stifles focus, paralyzes memory recall, and weakens overall test performance.

Do not submit to unserviceable self talk; the observance of ideas is the first step to conquer anxiety. Be mindful of self talk-- address thoughts and decipher between negative or positive notions. Challenge those beliefs. For instance, if you think you are not good enough, it helps to question where the thought may have come from. Did you pick up this idea along the way and now you use it when you're uncomfortable? Is this notion based on real performance or fear? Maybe even make a list of all your accomplishments as opposed to failures. This will give you an accurate visual which may surprise you-- boost your ego even.

Another tool to battle the unpleasant emotions triggered by test taking is to practice acceptance: At this point you

(Continued on Page 2)

INSIDE THIS EDITION...

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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 traded 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 fingertips. 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 Sherrod and me in preparation for the Miss Georgia Pageant. I will never forget trying to teach her how to "walk and turn" in high heels while wearing a swimsuit or how she 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 share today. After she graduated from EGC, I set Rachel up with my



RACHEL AFTER BEING CROWNED MISS EGSC older brother Rocky, and they were a perfect match. She fit right in with my loud, crazy family, and it felt like she had always been one of us. Looking back and knowing what we know now, the signs were there. Rachel was becoming flaky and forgetful, and she seemed to get confused and frustrated easily. She was uncharacteristically clumsy and lethargic and plagued by severe headaches that left her irritable and exhausted. I attributed these issues to possible side effects from her migraine medication, never once thinking the symptoms were indicative of something much worse.

In April of this year, just a few weeks after helping me celebrate my 33rd birthday, Rachel started exhibiting stroke-like symptoms. She was rushed to the hospital where doctors ran countless tests, suggesting possible diagnoses such as encephalitis and Multiple Sclerosis, all of which were eventually

ruled out. Her first brain biopsy happened on May 8. The results were devastating and confirmed our biggest fears: Rachel had brain cancer. The specific type of tumor Rachel has is called Anaplastic Astrocytoma, and the tumor was a Grade III upon her initial diagnosis. According to the American Brain Tumor Association, this type of rare brain tumor forms from astrocytes-- star-shaped cells that make up the "glue-like" tissue of the brain. While surgery is typically the first course of treatment for Anaplastic Astrocytomas, subsequent testing revealed that, due to its location, Rachel's tumor is inoperable.

Rachel's 23rd summer should have been spent hanging out with family and friends on the beach of Tybee Island or relaxing by the pool at her house or mine. Instead, her days were spent in and out of hospitals and doctor offices undergoing countless hours of treatment. Due

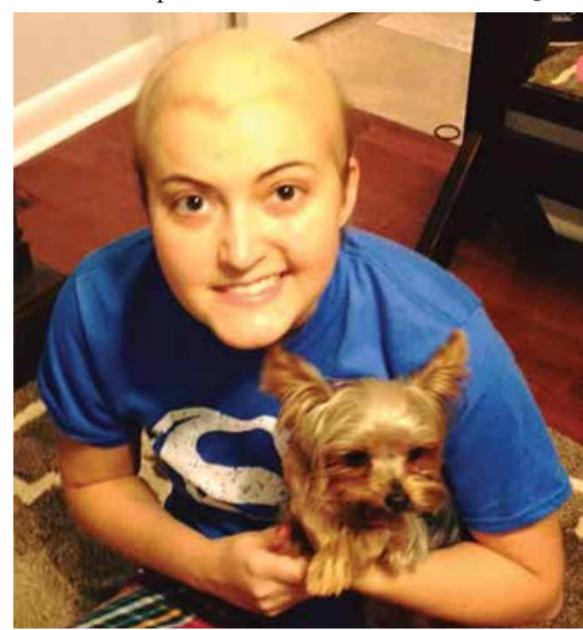
to partial paralysis on her right side and almost no use of her right hand, she has learned to complete most daily tasks left-handed. The tumor has also affected her speech, gait, memory, and several other daily functions, but she works hard during physical and occupational therapy sessions in order to maintain some level of independence. The radiation left her with burns and scars, and the chemo makes her horribly sick and has caused her to lose her hair. Despite all efforts to decrease its size or at the very least prevent further growth, recent testing revealed that the tumor, more aggressive than doctors originally thought, has now progressed to a Grade IV Glioblastoma and is covering approximately one third of her brain.

The events of the last seven months would have been more than enough to cause a normal person to wave the white flag and surrender any hope of a normal future. Rachel Jane, however, is not a normal person. Her

positive spirit is a force to be reckoned with, and she is determined to fight this disease with everything she has. Fortunately, her support system is massive, beginning with her incredible parents Bobo and Jane Frederick, who are her constant companions, primary caretakers, and biggest fans. The outpouring of support from the community has been tremendous, with fundraisers and benefits happening nearly every weekend. Her inspirational story is chronicled on social media, particularly on her Facebook page, "Prayers for Rachel Jane Frederick," which has almost 3,500 followers from all over the country. Referencing Rachel Platten's "Fight Song," Rachel Jane's daily mantra is "I've still got a lot of fight left in me," and she proves that with every twist and turn she encounters on this difficult journey.

The purpose of this story is not to garner sympathy; in fact, the last thing Rachel wants is for people to feel sorry for

(Continued on Page 2)



RACHEL MAY HAVE LOST HER HAIR, BUT NOT HER SMILE



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DEADLINES
News items:
January 6

EDITORIAL POLICY
Letters to the editor must be accompanied by the author's name, phone number and email address. All columns and letters to the editor are the opinion of the author. The views expressed in the Editorial section do not necessarily express those of the *The Hoopee Bird*.

Run...

(From Front)
know the material or you don't. Students have been given study strategies to help in advance with the subject that will be tested on: math, biology etc. After you have come this far, you must trust your judgment and your knowledge. For instance, I do not look at the material 16-18 hours before testing. Let your brain absorb what has been studied while the body rejuvenates. Instead I meditate; I'm not saying I do not have trouble with certain subjects, but I consider myself to be a successful student. Meditation and acceptance have made a huge impact on my academics in a positive way. I do not bring material to class the day of the test. I sit at my desk and breathe to exert confidence from within. This silences the repetitive negative thoughts that try to bubble up in my brain. Meditation also prepares my mind and body for whatever the professor throws my way because I trust my memory.

After being mindful and practicing of acceptance there is no need to avoid: Do NOT ask to postpone the test—doing so just prolongs your anxiety. Even if you are lucky enough to be granted an "Incomplete," you still have to finish the course. 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" is the mindset to live. Confidence is most important; it arms your mind for the final battle. It permeates throughout the classroom and in life. If you can't go hard with anything else, go hard with confidence in those final hours.



RACHEL AND THE AUTHOR

I AM the Storm...

(From Front)
her. You, the readers of this story, can choose to throw this paper away and never think about Rachel Jane Frederick ever again. You can continue living your lives exactly how you always have, praying that something like this never happens to you. However, my hope is that you will use Rachel's story as a catalyst for positive change: to do more good in the world, to care more about the people around you, to truly appreciate every single opportunity you are given, to never take anyone or anything for granted, to never use or take advantage of anyone, to be sympathetic and understanding towards the plight of others, to set goals for yourself and work hard to reach them, to help others reach their goals in any way you can, to stop making excuses and blaming other people, and to realize that every

action you take or choice you make will ultimately affect someone else, whether you are aware of it or not.

These are the lessons I learned from Rachel, and I hate that it took her getting sick for me to fully commit to living by such simple yet vitally important principles.

At age 23, Rachel Jane Frederick is facing an illness that could potentially take her life, and at the very least has and will continue to affect every single aspect of her life. She has a bucket list, but at this point she isn't healthy enough to check any items off, and the reality is she may never be. But Rachel's story is far from over because she still has a lot of fight left in her. As one quote posted on her Facebook page states: "Fate whispers to the warrior, 'You cannot withstand the storm'. The warrior whispers back, 'I AM the storm.'"

Rachel Jane IS the storm.

CAMPUS CONNECTIONS

Final exams are next week. Don't panic. Use these tools and strategies so that you are "over prepared" for tests.

Stifling the Sandman: Rethinking your strategy

by April Parham, EGSC Augusta

We've all been there: tossing and turning to the tortuous tempo of a kitty cat wall clock unable to unwind or trigger that elusive reset button in the mechanical recesses of our brains. This misery is especially felt by obligated early risers trying to prepare for the day through the haze of rest undecieved and sleep not granted.

One in three people have admitted to having experienced at least some sort of insomnia episode at least once in

their lifetimes. For many of these individuals, alleviation comes in the form of a sleeping pill, like Ambien, that can have addictive qualities and adverse effects. Some, however, choose a more holistic approach through the use of marijuana. Others use alcohol.

But is this doing more harm than good? Are we receiving the same healthy effects that natural sleep offers our bodies and our mental health when using synthetic substitutes?

How to succeed at EGSC

by Damian Dooley, EGSC Swainsboro

With deadlines looming around every corner, it is difficult to take time to sit back, breathe and figure out how to be more successful in college. In one of your study breaks, check out the list below.

- Be independent: Plan for assignments and tests, schedule study time, and learn not to depend on frequent reminders as you may have in high school.
- Be present: Go to all of your classes, and spend time with people who do the same. Your friends determine how you spend your time while you are in college, and the stakes are too high to suffer for someone else's Xbox addiction.
- Be disciplined: Complete your work, everything from ten-page papers to one-page critiques. Practice managing your time to do your best at EGSC and to prepare for what lies ahead. Visit the "ACE" and the library, and ask for help when you need it.
- Be involved: Take the opportunity to get to know your professors, something that isn't as readily available to students of larger schools. Learn about activities on campus, and find ways to volunteer.

Chat with a Bobcat

by Chazaria Blackshire and Haley Davis, EGSC Swainsboro

At the Fall Festival on the Swainsboro campus earlier this semester, we asked students to tell us about how this semester is going.

Fall semester: Lessons learned

- Kayla Crosson**
How is your semester going? Fair
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
- Camerie Wells**
How is your semester going? Good, much better
What do you plan to do differently next semester? Yes, to do better in all my classes.
What was your most difficult class? Math
What class would you recommend to incoming freshman? Student Success
- Kenitha Thomas**
How is your semester going? Great, Fantastic
What do you plan to do differently next semester? Time management
What was your most difficult class? Math
- Ciara Blake**
How is your semester going? good
What do you plan to do differently next semester? Studying more and being more focused.
What is your most difficult class? Film and Psychology
What class would you recommend to incoming freshmen? Student Success
- Ashley Kennedy**
How is your semester going? good
What do you plan to do differently next semester? to study more
What is your most difficult class? College Algebra
What class would you recommend to incoming freshmen? Health
- Garren Young**
How is your semester going? pretty okay
What do you plan to do differently next semester? to study more and better prepare myself
What is your most difficult class? College Algebra
What class would you recommend to incoming freshmen? Health with Lakesia McSween

It's our time

by Hillary Davis, EGSC Swainsboro

"It's here! Graduation is finally here!" This is what you hear from dozens of students all over campus. Two long, stressful years filled with papers, homework, and endless assignments are finally over. We made it through Statistics. We made it through Composition, Literature, and P.E. We made it through loud dorm neighbors, the occasional rude teacher, and of course, the tears. WE MADE IT!

For some, the long nights and even longer papers are over. For others, this is just the beginning. Many of us will go on to pursue bachelor's and master's degrees at larger universities. Maybe you'll work on your Bachelor of Biology degree here at East Georgia. Maybe you'll go right into your job field. What-

ever your plans are, you can now triumphantly say that you have a college degree. We worked hard for this moment. We deserve to walk with our classmates and celebrate this accomplishment.

For those of you going on to another college or university for a higher degree, be prepared. The higher up the ladder you go, the harder the workload will be. However, it feels like the more complex the journey, the more excited and proud of yourself you will be of how far you have come. We are now one step closer to our dream jobs, to what is referred to as "#lifegoals" in the world of social media. We have bragging rights. We deserve celebratory cake! Why? Because we are the fall 2015 graduates of East Georgia State College!

See you there!

EVENTS AT EGSC

- Dec. 4...**Last day of classes, all campuses.
...First Friday at the Morgan House, 5:30 p.m. – 7:30 p.m.
- Dec. 5...**National SAT (hosted by Admissions), Room C236, 7 a.m.
- Dec. 7 – 10...**Final Exams
- Dec. 9...**Women's Basketball Game vs Denmark Technical College Gym, 6 p.m.
- Dec. 11...**Graduation practice, Gym, 2 p.m.
- Dec. 12...**Fall 2015 Graduation Ceremony Gym, 10 a.m.
- Dec. 23 – Jan. 3...**Winter Break, all campuses closed.
- Jan. 11...**Spring 2016 classes begin full-term and session I, all campuses.
...Women's Basketball game vs. Albany Technical College, Gym, 5:30 p.m.
...Men's Basketball game vs. Albany Technical College, Gym, 7:30 p.m.
- Jan. 13...**Women's Basketball game vs. Darton State College, Gym, 5:30 p.m.
...Men's Basketball game vs. South Georgia State College, 7:30 p.m.
- Jan. 18...**Martin Luther King, Jr. Day, all campuses closed.

The Hoopee Bird East Georgia State College

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First Fridays at

of East Georgia State College

the First Friday of every month!

Solution to Crossword:

L	O	D	G	E		H	E	L	M		T	I	O		
A	M	C	E	R		P	E	A	R		H	U	N	T	
E	M	C	E	R		A	L	G	A		G	N	A	T	
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Solution to Sudoku:

7	8	3	5	6	1	4	2	9
4	2	1	9	3	8	6	5	7
6	5	9	7	4	2	8	3	1
1	7	6	8	5	9	2	4	3
2	9	5	4	1	3	7	6	8
8	3	4	6	2	7	9	1	5
9	4	2	3	8	5	1	7	6
3	6	8	1	7	4	5	9	2
5	1	7	2	9	6	3	8	4

LEVITY, LANGUAGE AND LIFE

SUDOKU

Edited by Margie E. Burke

Difficulty : Easy

			2	9				
3			1					
	4	2		8	5			6
		4						5
2						7	6	
				9		4		
6		9	7		2	8		1
			6	1		2	9	

HOW TO SOLVE:
Each row must contain the numbers 1 to 9; each column must contain the numbers 1 to 9; and each set of 3 by 3 boxes must contain the numbers 1 to 9.

(Answer appears elsewhere in this issue)

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The Crossword

by Margie E. Burke

ACROSS

- 1 Mud dauber, e.g.
- 5 Kind of traffic
- 9 Blasé
- 14 Distinctive flair
- 15 Bookbinding leather
- 16 Antipasto morsel
- 17 Zero, on a court
- 18 Place to play
- 19 Pitt/Freeman flick
- 20 Holler
- 22 Type of computer program subroutine
- 24 Doo-wop staple
- 26 Stallion, once
- 27 Wee hour
- 28 Send packing
- 29 Guitar part
- 32 Stretched out
- 36 Come together
- 37 Ward worker
- 40 Apple variety
- 41 Smooth operators
- 42 "To Autumn," e.g.
- 43 Casting need
- 45 Bring home
- 46 "Lulu" composer
- 47 Remedy
- 51 Word operation
- 55 Beginning from
- 56 Host
- 57 Pond organism
- 59 Buzzing pest
- 60 Change, as the Constitution

1	2	3	4	5	6	7	8	9	10	11	12	13	
14				15				16					
17				18				19					
20				21		22		23					
24				25			26						
			27				28			29	30	31	
32	33	34			35				36				
37								38	39				
40													
42				43	44			45					
				46				47			48	49	50
51	52	53				54			55				
56					57			58		59			
60						61							
63							64					65	

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- | | | |
|-------------------------|---------------------------|----------------------------|
| 61 Brandy flavor | 10 Heads-up | 36 Perfect |
| 62 Track down | 11 Aria singer | 38 Break bread |
| 63 Some like it hot | 12 Balanced | 39 Required things |
| 64 Bridge site | 13 Mar, in a way | 43 Correct |
| 65 Jackson 5 member | 21 Salad bar utensil | 44 Before, to a sonneteer |
| | 23 Hide-hair link | 46 Amalgam |
| | 25 "Cool!" | 47 More than fancy |
| | 28 Not domesticated | 48 Lassitude |
| DOWN | 29 Salon job | 49 Hardly worth mentioning |
| 1 Born in Cardiff, e.g. | 30 "Anything ___?" | 50 Heated conflict |
| 2 Island greeting | 31 Hidden valley | 51 Cold cuts, e.g. |
| 3 Enjoy | 32 Proof word | 52 Bullets, e.g. |
| 4 Lung affliction | 33 Detective's need | 53 Bumped off |
| 5 Give it a go | 34 Eye amorously | 54 Delight |
| 6 Ancient | 35 Samuel Morse invention | 58 Escort's offering |
| 7 Barely cooked | | |
| 8 Poll category | | |
| 9 Disturb | | |

Joke of the Month

by The Hoopee Bird Editorial Staff

I was at the airport the other day (this is not an airport joke, so hang in with me), and I see a dog in a crate-cage. On the side of his cage, a sign reads, "Watch out, I bite!" Naturally, I approach the caged animal to get a better look, when a frantic woman comes yellin', "Be careful, this dog bites!" I reply, "Whoa, lady. That might be the third most interesting thing about this dog—at best. Your dog makes signs!"



Need a good book to read?

by EGSC Library Staff

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

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

For fans of *The Angel Experiment* (Maximum Ride #1) by James Patterson

The first in a trilogy, this novel tells about a rumored house full of children with strange abilities and the boy who tries to save them all. The text is interspersed with real vintage photography to tell this strange story of things that creep in the shadows.

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

For fans of *The Curious Incident of the Dog in the Night-time* by Mark Haddon

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 ★★★★★

For fans of *Eleanor and Park* by Rainbow Rowell and *Persepolis* by Marjane Satrapi

Set in Wisconsin during the winter, this beautifully illustrated graphic novel is a coming of age story about first love and first heartbreak.

Have a book to recommend? Email us at library@ega.edu, or stop by and tell us!

Riddle me this...

A critical thinking corner sponsored by Beta Iota Beta, the EGSC chapter of Phi Theta Kappa.

PTK is the international honor society for colleges offering two-year degrees, and its mission is to encourage academic achievement and to provide opportunities through leadership and service. For more information on our chapter, contact faculty advisor Jessica Palumbo (jpalumbo@ega.edu) or Dr. Sandra Sharman (sharman@ega.edu).

1. I am white and small but bigger than dust.
I don't make a sound; but when I am with my friends, we can make noise.
When I am hot, I double or triple in size.
What am I?
- Submitted by Kyungeun Lee
2. You revolve your life around the data I provide.
I pace the steps you make as well as the steps you plan to make.
In vast proportions I am sluggish, in slight proportions I am swift.
I tick at my own pace and only screech when I am told.
What am I?
- Submitted by Maisie Nilsson
3. I am...last in life,
First in eternity,
I am the sound of bees,
I am in the middle of the sea.
I am the fifth and a member of five.
You have known me since early school.
I can be found at the end of the hive.
What am I?
- Submitted by William Hobbs

Hoopee Bird Trivia for Bobcat Bucks



Want to win \$20 in Bobcat Bucks? Prove that you know your East Georgia State College news by being the first student to answer this edition's trivia question:

In last month's publication, Volume 40, Number 8, what Georgia city is listed as Ray Guy's place of birth?

To enter, open your Catmail account and email hoopee@ega.edu with "Trivia-December" as the subject. Include your full name, student ID, campus, phone number, and your answer to the trivia question.

Only one submission per student is allowed 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.



WHITE

White wins November trivia

Congratulations to EGSC Augusta student Mark White who located two articles credited to the editorial staff in our October edition.

SPORTS

December's Poll Question:

The Hoopee Bird Sports Division would love to hear our fellow students weigh in on the monthly poll question. Make a selection (or provide your own answer), open your Catmail, send an email to hoopee@ega.edu, write your choice and brief justification in the body of the email, and we will be glad to publish your take!

Next semester, students will return to school talking about:

- A. The Heisman winner.
- B. Whether the college playoffs should expand to include 8 teams.
- C. Who they want to see play in Super Bowl 50.
- D. LeBron James
- E. Steph Curry
- F. Other.



Congratulations, Graduates!

Early Registration for Spring 2016 going on NOW!

Tuition and Fee Payment Deadline for Spring 2016 January 21

TAP (Tuition Assistance Program) Registration January 3 - 9

Graduation Practice Friday, December 11, 2 p.m.

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



FREE PERFORMANCE

ALMOST, MAINE

SATURDAY, DEC. 5 7:30 P.M.

SUDIE A. FULLFORD COMMUNITY LEARNING CENTER

PRESENTED BY THE ROBERT FELINE PLAYMAKERS

HOLIDAYS

The most wonderful time of the year

by Hillary Davis, EGSC Swainsboro

Immediately after Halloween is over, everyone prepares for Christmas. Yes, we all know 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.

Christmas wouldn't be Christmas without Black Friday. Before the sun sets the day after Thanksgiving, people are lined up inside and outside of stores to buy

the ridiculously discounted items. The goal is to gather your whole family (siblings, cousins, grandparents, aunt-two-times-removed, etc.) and head to your local Wal-Mart.

The day after Thanksgiving is also the socially acceptable day to put your Christmas lights up outside and decorate your yard with giant blow-up snowmen, reindeer, and nativity scenes. You've probably had the tree and the entire interior of your house decorated 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 family can get together and laugh and eat and have a jolly old time. Many will celebrate the birth of Jesus, others will just celebrate. Then, on Christmas 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 Christmas shoe boxes, or the ones who are receiving their first ever Christmas present, and the expressions on their faces! Perhaps the most appreciated holiday characteristic is the act of compassion. Whether it's from a boss, teachers, parents, or even strangers, this holiday seems to bring about a sense of togetherness throughout the nation. Perhaps that is why it is called "the most wonderful time of the year."



Home for the holidays?

Garron 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? Traveling to see some of my extended family.

Ashley Kennedy

Which holiday are you most highly anticipating? Christmas

What are some of your family's holiday traditions? I don't have any.

What food or dish is a must have? chicken wings

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 hol-

iday traditions? open gifts, exchange gifts

What food or dish is a must-have? chicken and greens

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

Kenitha Thomas

Which holiday are you most highly anticipating? New Year's

What are some of your family's holiday tradition? Talking being goofy

What food or dish is a must-have? Sweet potato pie

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

Camerie Wells

Which holiday are you most highly anticipating? Christmas

What are some of your family's holiday traditions? Lighting candles

What food or dish is a must have? Ham and mac and cheese

Do you have any travel plans for the winter break? no, going home to be with my family

Did you know?

by Lisa Cassidy, EGSC Humanities

In A.D. 350, 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 would equal 364 gifts.

The Germans made the first artificial Christmas trees out of dyed goose feathers.

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

Dec. 26 – Jan. 1 ... Happy Kwanzaa! This holiday was created 50 years ago.

Jan. 1 ... Happy New Year! Poet Robert Burns wrote "Auld Lang Syne" in 1788.

Five things to do on Winter Break

by Damian Dooley, EGSC Swainsboro

Of all the many things you could do on Winter Break, reading a book may not be the very first activity that comes to mind. 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 my top five most fun things to do on Winter Break:

1. Family Time - This is one of the obvious things to do on every break; 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 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 make great pictures, so 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!

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 of 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 some of the material.
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. Make up examples.
7. Read and rewrite notes.
8. Take a break between notes so you don't over study.
9. Study in small groups.
10. Take practice tests if available.

East Georgia's "voice of the students" wants to hear from you!

If you are interested in writing for *The Hoopie Bird*, contact one of our faculty advisors:

SWAINSBORO: Jessica Palumbo, jpalumbo@ega.edu

STATESBORO: Dr. Ren Denton, gdenton@ega.edu

AUGUSTA: Lindy Blount, lvblount@ega.edu

STUDENT SPOTLIGHT

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.

Xaishia Sutton

Hometown: Swainsboro, Ga.

Why do you serve as an Ambassador? I serve as an Ambassador because I love helping others and being a role model.

Future Plans: To attend Valdosta State University to major in Marketing and minor in Advertising.

Why did you choose EGSC? I chose to attend East

Georgia State College because it's in my hometown, I love the friendly atmosphere, and I wanted to spend two more years with my family.

Interesting fact about you: I have a little sister who also attends EGSC, and everyone thinks we're twins when we're actually two years apart.



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 between the student body and the administration 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 activities on campus. You can follow SGA on Facebook and Instagram.

Breanna Stidem

Hometown: Statesboro, Ga.

High school: Statesboro High School

Program of study: Exercise and Health Science

The last time you were inspired: The last time I was inspired was when I saw a documentary on Steve Jobs, and from that documentary I gathered that "your greatness lies outside of your box," From that I realized that I cannot just be average, I have to go and give an extra mile.

Why you serve in SGA: I serve in SGA because I feel that, if you want to see a change, you should be a part of the change. I also feel that you should want to represent something bigger than yourself.

Favorite aspect of life at EGSC: I would have to say that my favorite part of EGSC is that because of the size it gives you the opportunity to establish a relationship with your professors, faculty, and the staff.

