

Ways to Make Online School Better While Working! by Kandace Johnson

Are you like me and are wondering right now, "What have I gotten myself into? I'm juggling classes while working a full-time job. It seems like I never have any time for myself or even to do homework!"?

Well, you've come to the right place because I'm going to give you ways that you can overcome stress from school and work! For example, just simply set out a time schedule and follow it. It can involve working less hours, if possible, or even doing your homework during your lunch break. At the end of the day, you must make sure that your schoolwork comes first so you won't fall behind in your classes. Sometimes, it's hard to manage a steady job and do schoolwork at the same time, but nothing is ever too hard if you put your mind to it and work hard on it. It's best that you figure out a way to cope with studying and working so you won't burn out in the long run. I was that student juggling four or more classes at a time while being online and working a full-time job. I could never stay caught up in my classes because I was always at work, but when you're an adult, you have to make some sacrifices that can help you out in the long run. Some other ways that helped me out the most were changing my schedule for work, getting up early to do schoolwork, staying up late to do homework, and working on assignments during lunch. You don't have anything to fear when it comes to being online and working a full-time job; it's all about how disciplined you are and how much of your free time you are willing to sacrifice.

Chandler's Lewis' Top Song and Album Picks (in no particular order):

1. Future "Life is Good" 24. French Montana "No Shopping" 2. Future "used to this" 46. The Weeknd "Often" 25. Lil Wayne "Right Above It" 3. Future and Drake "What a Time To Be Alive" 26. Travis Scott "Goosebumps" 47. Wale and Bryson "Tiller Love" 4. J Cole "Middle Child" 27. Travis Scott "Franchise" 48. Jack Harlow "What's Poppin" 5. Lil Baby "sum to prove" 28. Travis Scott "Highest in the Room" 49. DJ Khaled 6. Lil Baby "Never Recover" 29. Travis Scott "Antidote" "Every chance I get" 7. Drake "Forever" (Eminem, Kanye West, Lil Wayne) 30. 2 Chainz "No lie" 50. Lil Baby "3 Headed Goat" 8. Kanye West "Off the Grid" 51. Chris Brown "Heat" 31. Big Sean "Blessings" 9. Lil Baby "Emotionally Scarred" 32. Bruno Mars "Finesse" 52. Chris Brown "Loyal" 10. Meek Mill (RICO) 53. Future "All Bad" 33. Chris Brown "Go Crazy" 11. NAV "Don't need friends" 54. Meek Mill "Expensive Pain" 34. DJ Khalid "I'm on one" 12. Nicki Minaj "Seeing Green" 55. Nardo Wick "Me or Sum" 35. Future "Low Life 13. Nicki Minaj "No Frauds" 56. Gunna "DS\$EVER" 36. Future "Too much sauce" 14. Eminem "Gnat" 37. J Cole "No Role Modelz 57. Drake "IYRTITL" 15. Eminem "Godzilla" 38. Kendrick Lamar "Humble" 58. Drake "Take Care" 16. NLE "Choppa Bryson" 39. Kid Ink "Hello World" 59. Drake 17. Polo G "Rapstar" "Dark Lane Demo Tapes" 40. Lil Baby "The Bigger Picture" 18. Rick Ross "Stay Schemin" 41. Lil Durk "The Voice" 60. Drake "Chicago Freestyle" 19. Drake "Paris Morton Music" 61. Drake "9AM in Dallas" 42. Lil Uzi "Vert Money Longer" 20. Roddy Ricch "The Box" 43. NAV "Turks" 62. Bryson Tiller 21. Roddy Ricch "Late at Night" "TRAPSOUL" 44. OffSet "Legacy" 22. Young Thug "The London" 45. Quantrelle "Momentum" 23. The Game "100"

Chandler's Lewis' Top Songs by Lil Baby:

- 1. Yes Indeed
- 2. Drip Too Hard
- 3. Close Friends
- 4. Baby
- 5. Never Recover
- 6. Woah
- 7. Sold Our Dates
- 8. Sum 2 Prove
- 9. Emotionally Scarred
- 10. Three Headed Goat
- 11. Heatin Up
- 12. Commercial
- 13. All In
- 14. The Bigger Picture

Chandler's Lewis' Top Songs by DDG:

- 1. Escape
- 2. Well off
- 3. Lil Baby
- 4. Moonwalking in Calabasas (featuring BlueFace)
- 5. OD
- 6. Arguments
- 7. Hold up
- 8. New Celine
- 9. BGC (featuring BlueFace)

*in no particular order

The Bobcat Bridge of East Georgia State College

by Saheed Adelekan

If you have not heard about the Bobcat Bridge program, then you're in for a real treat. East Georgia State College, as an institution within the University System of Georgia, is a participant in the Embark program. The Embark program was developed within the University System of Georgia to provide a point of contact for students who have previously or currently been classified as a foster child or as being homeless. This program at East Georgia State College is named "The Bobcat Bridge."

As a participant of the Embark program, East Georgia State College established a point of contact in 2014. At that time, the point of contact was the Director of Admissions and the Director of Counseling and Disabilities. Today, the point-of-contact is Ms. Veronica Cheers, and she has held the position since 2019. Ms. Cheers is also the Coordinator of Student Life. The Bobcat Bridge fits nicely within Student Life's scope of activities.

Ms. Cheers stated that "the mission of the program is to bridge the gap between the current status of a student and to enable them to reach their goals." In talking with Ms. Cheers, I learned that Student Life and the Ambassadors work diligently to make sure that the Bobcat Bridge can provide basic needs for students so that they can be successful both academically and personally. When asked about the kinds of donated items that are needed for this mission, Ms. Cheers stated that breakfast food, any type of canned food, dry soup cups, and single serve meals were the most needed. She also stated that canned vegetables and boxed meals were items of need.

Another area of need for the Bobcat Bridge is toiletry items. Donations of bar soap, bodywash, body lotion, toothbrushes, and toothpaste are among items needed. Other items that are needed for students include bleach, laundry detergent, toilet paper, and deodorant. In fact, monetary donations are greatly appreciated. I enjoyed my time with Ms. Cheers learning about the Bobcat Bridge Program on our campus. I highly encourage all staff and students to get involved with service-learning projects that help our EGSC community.

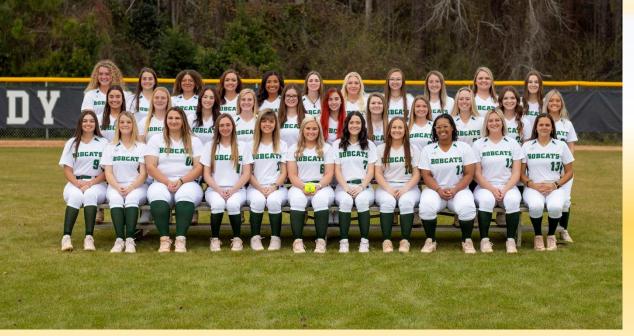
Bernard Ellis

03/05/22

The East Georgia State College Softball Team picked up two more wins over Spartanburg Methodist on Monday, February 28.

In game one of the series, the Lady Bobcats were led by their freshman pitcher Cierra Kinlaw, who got rid of twelve batters in five innings. The Bobcats were behind in the second inning but overcame the deficit to win game one; the final score was 5 to 0. The Bobcats' batters awakened in the fourth inning and regained the momentum that brought home the win for East Georgia. The whole team contributed to the win and showed Spartanburg that they're a force to be reckoned with. A couple of crucial figures helped with the victory; they made some critical hits when East Georgia needed them the most. The team had a never-say-die attitude that paid off because in the bottom of the Seventh inning, the game was tied 5 to 5, which made the game go an extra inning. At the beginning of the eighth inning, Spartanburg wouldn't give up and hit a run to go up 6 to 5, but the Bobcats came right back with a run of their own to tie the game up again. One of East Georgia's players Makenzie Wilkerson came through with a base hit that went up the middle. The hit allowed Sierra Taylor and Taylor Frye to score, and it gave the Bobcats the win at 7 to 6.

Game two was a big win for the Lady Bobcats. Britney Foster's excellent pitching took the mound and struck out ten batters. It felt like our team never stopped hitting the ball during the game because at the end, the Bobcats got another victory and won 7 to 1 in seven innings. A few Lady Bobcats were exceptional by providing base hits when East Georgia needed them the most; Ashleigh Miles and Lexi McQuaig helped The Bobcats win, and they lead in the GCAA Conference standings.



EGSC Softball Stays at the Top of the GCAA Conference by Bernard Ellis

(4/1/22) The Lady Bobcats Softball Team dominated South Georgia State College during one of the final weeks of the softball season and are trying their absolute hardest to be the best team in the Georgia Collegiate Athletic Association (GCAA) Conference.

The Bobcats came out on top after the first game of the series by winning 6 to 3. The Bobcats had some excellent pitching that was almost perfect from some key players. The vital win helped build morale for The Lady Bobcats. Some of their players demonstrated some great hitting that showed how powerful the team is as a whole. Some crucial moments involved the team gaining two more runs on this special day; the crew showed great determination by wining this game and delivering two more runs for the Lady Bobcats. They had some great base hitting and dominated as a team. The first win in this six game series definitely helped their overall record. With only one loss in the conference, the win in game one was a necessary victory to continue being the best.

In-game two, the Lady Bobcats proved yet again that their team dominates; with excellent hitting from The Lady Bobcats, their performance shows just how potent their hitters are. With four RBIs, a double, and a home run, they couldn't be stopped! Lady Bobcats went the distance again to win 9 to 5. The team's record is now seven wins and one loss in the conference, which keeps them in their first place slot.

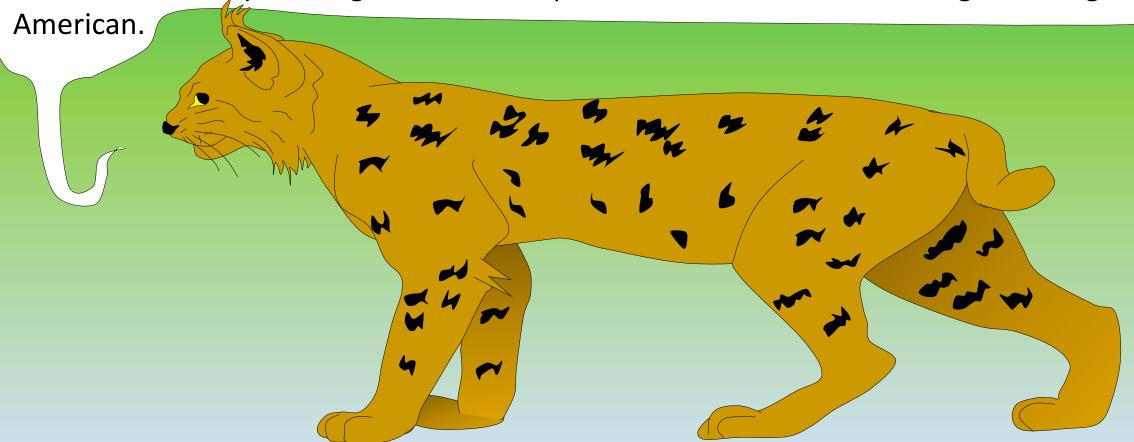
Gavyn Austin Speaks with Wilder Coleman about the EGSC Experience

Good morning EGSC, I hope all is well and the semester is going well for everyone. I am doing two things with this entry. First off, I held an interview with a former EGSC student Wilder Coleman, who is also now the IT guy for East Georgia; we talked for a couple of hours about his path to get where he is now and what all he faced getting to where he is now. Secondly, I would also like to give him the recognition he deserves for everything he does for EGSC. Mr. Coleman has been working for East Georgia for 25 years, and a lot of important events in his life happened at East Georgia as well. For example, he had his wedding at East Georgia in 1998. I asked him about his experience at East Georgia State College when he went here, and he said, "East Georgia was a great school to be at. From the faculty to the people, I made a lot of great friends at East Georgia, and it has many great resources to help students who struggle in college, like the Academic Success Center for example. I am truly a proud alumnus from East Georgia, and I am a proud member of the wonderful faculty who I work beside every day."

I have heard from many other students and faculty about how East Georgia is a great place to start your college journey because of its inexpensive tuition fees, its various options for helping struggling students, and its great faculty who define East Georgia. The motto "Go East, Go Anywhere" has meaning behind it, and I believe that I, along with many people, appreciate all that is done by EGSC faculty and staff. I also want to personally thank Mr. Coleman for all he does for the school. He helped create the new East Georgia website, and he makes sure everything runs properly when it comes to I.T. He doesn't have the easiest job, and I feel as though we should all personally thank him for what he does. He also told me, "My campus experience in Swainsboro was magnificent! They have a beautiful campus with many ponds, fountains, and facilities. It's a beautiful campus and school to be a part of." This interview really opened my eyes and helped me realize how truly great our school is! The respect I have for the faculty and staff has grown tremendously since my first day at East Georgia State College. Thank you, and I hope you all have a great day! GO BOBCATS!

Gas Prices Are on the Rise by Jayden Thomas

All around the United States, the gas price is four dollars a gallon for the first time since 2008. The invasion of Ukraine by Russia affected this price markup. The all-time high for gas prices in the United States is \$4.11 a gallon, and that was on July 17, 2008. Only time will tell when the price of gas will be cheaper and affordable to the average working-class



Gavyn Austin's Experience as an East Georgia Student

Hello, East Georgia. In this entry, I am giving my personal testimony with being a student at EGSC. My name is Gavyn Austin, and I am a freshman at EGSC on Augusta University's Summerville Campus. I think East Georgia is a terrific school because of its resources and helpful faculty. One thing that brought me to EGSC was its affordable tuition fee. I am getting my first two years of college out of the way before I transfer to another college. I have grown to be pretty fond of East Georgia, and I have made some pretty awesome relationships and bonds in the short time that I have been here. I love the atmosphere of the campus, East Georgia's support system, and the help I receive from different resources. The only thing that I think could be improved at our school is the fact that some processes take too long because I personally believe that it takes too long to register and to receive student loan money and financial aid like FAFSA, which is federally-supplied financial aid based on income.





Jayden Thomas Interviews Superman

Jayden: Hey, it's an honor for me to be able to speak with you today.

Superman: No problem, always happy to help.

Jayden: I know you're a busy man, so I'll only ask you five questions.

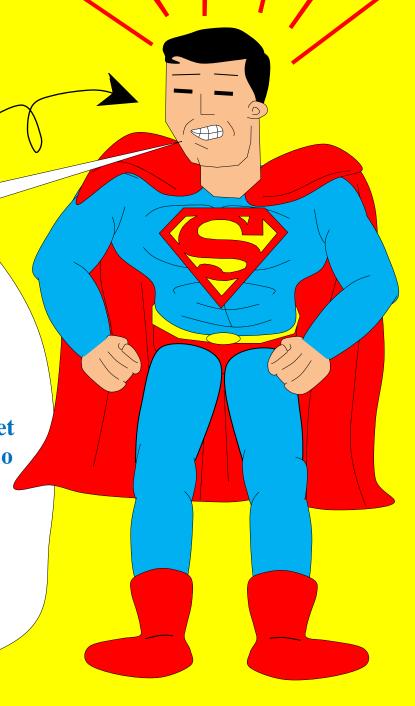
Superman: Okay, I'm ready.

Jayden: First question – what was it like for you growing up in Smallville, Kansas when you're actually an alien from Krypton?

Superman: As you may know, I came to Earth from Krypton when I was a kid. It took some time for me to fit in. Having powers and trying to keep my identity secret is a hassle, but I wouldn't have it any other way because it made me the person who I am today.

Jayden: Follow up question - what's your favorite superpower that you have?

Superman: Between my heat vision, super strength, arctic breath, super-speed, X-ray vision, and super-hearing, my favorite superpower is my explosive super flare. I don't use this power often because I need to recharge for twenty-hours after I use that ability.



Jayden: That's very interesting. How do you like living in Metropolis?

Superman: I'm enjoying my time in Metropolis. It's way bigger than Smallville. The only bad part is the high crime rate, but I am here to contain and stop crime.

Jayden: Why did you choose to be a journalist named "Clark Kent" during the day?

Superman: I wanted to have a job that is near crime so I can be aware of the criminals in the city. The job does not pay well, but I do it for the joy of it and to help my community.

Jayden: Last question, how has it been for you talking with me today?

Superman: I've enjoyed myself. It felt good to feel like a normal person during this interview because I normally get treated like I'm a human being when I'm Clark Kent, but I don't usually get treated that way when I'm Superman, so it was a breath of fresh air to be treated as a normal person when I'm dressed as a superhero. Thank you.

Jayden- No, thank you.



Some Ways to Save Money while in College by Kandice Johnson In this article, I'm going to be explaining the different ways you can keep money in your pocket and not be a "broke college" student." First off, it starts with your words. Believe it or not, but whatever words you put out into the world actually become real. Stop using the word "broke" because you aren't actually broke; you're just in a financial bind. If you change your words around and start thinking positively about your situation, things should change. It starts with you first. Sometimes while you're in college, you may have to pay for your own books or take out loans for tuition. If you're lucky, you might have a full ride, in terms of receiving scholarship money, so you don't have to worry about those things. For the people who don't have scholarships, you may be working long hours in order to save up enough money so you don't have to live paycheck-to-paycheck. It's a good idea to start a savings account. It doesn't have to be through a bank, but if you have one through a bank, then that's good too. I started off by putting some money from every check I received into a shoebox. You don't have to put all your money in; it can simply just be five dollars here or ten dollars there. No matter what you put into it, it'll all eventually add up. Try not to touch it. Think of it as saving up for a rainy day.



Another way to save money while you're in college is to try not to eat out as much. It might be hard at first but stick with it. You can do it! I still sometimes have problems with eating out. Cooking and buying your own food from the grocery store is a great way to save. The final way to save money and get out of debt is to curb your spending. I know it's hard when you see something you like and you just want to get it. Don't get it. Instead, think about your goals and what you want to do with your savings. The things you want will always be there, so just spend your money on the things that you need. I'm not saying just flat-out stop spending on yourself; just don't spend as much as usual. Sometimes when you're shopping, you can overspend. If you want to go shopping, then just manage your budget. Think about the bills and things you have to pay off first and then, subtract that amount of money from what you make. If you have enough money left to play with, then by all means, spoil yourself but don't forget your goals and what you want to accomplish in order to get out of your financial hole and live debt-free.



Best Friends Yasmine Leon and Lisa
Johnson celebrate the coming of spring
2022 by visiting Forsyth Park, Savannah
Georgia.

NEW ORLEANS — The Great Kansas Comeback, as it will forever be known in the history books, is about more than just one stifling, scintillating, 20-minute stretch of Jayhawks basketball.



Commentary on the Eighth Annual Augusta Blues Festival by Saheed Adelekan

Hopefully, you didn't miss this huge event! On Friday April 15th at 7:00pm, the Augusta Bell Auditorium hosted the eighth annual Augusta Blues Festival. For the past two years, this festival has been on hold due to COVID-19, but now, it's back. Musical artists from around the country shared some of the best Rhythm and Blues music ever with their fans. If you're a true fan of Blues music, you know the name "Pokey Bear," and even if the name doesn't ring a bell, you've likely heard of his infamous song "Sidepiece." He's a fifty-year-old blues artist from Louisiana. This artist brought the house down!

Another serious Blues singer is Sir Charles Jones. Jones was born in Akron, Ohio. When he was young, his family moved to Birmingham, Alabama, where he was raised. It was in Birmingham where his singing career started. Jones taught himself how to write his own music, as well as arranging and producing it. He performed music from his latest album release entitled "The Chosen One."

Another featured artist at this festival was none other than Theodis Ealy, the oldest Blues singer of the event, but don't let age hold you back from looking into this great legend's music because he was the showstopper of the night! All-in-all, it was a great evening of heartwarming, soulful music.

John W. Colston's Piece about The Georgia Department of Agriculture

The Georgia Department of Agriculture (GDA) administers a variety of programs which all have a primary goal, which is to maintain the state's viable farm industry and to protect the consuming public. The role of GDA is to protect and promote agriculture and consumers' interests in order to ensure an abundance of safe food and fiber. In other words, the GDA provides support for Georgia farmers and the products they produce.

If you just ride through Georgia, you will see some amazing farmland and agricultural products, such as fruits and vegetables. Thanks to the climate in Georgia, farmers can grow almost anything. In the state of Georgia, there are more than 9.95 million acres of farmland that are used to grow sweet onions, peaches, peanuts, peppers, broccoli, cabbage, and tomatoes.

Did you know that Georgia is the number one state in the United States for producing and growing chickens, pecans, blueberries, watermelon, cucumbers, tomatoes, cantaloupes, rye, and cabbage? Trust me when I tell you that those foods are not all that Georgia's farms can produce. Living in Emanuel County, I know that you don't have to travel far to notice the tall, green pine trees that are grown for production. These trees are harvested and carried to area mills to be turned into wood chips for your flowerbeds and into lumber for the building of homes and businesses, so the next time you travel around Georgia, look at all of the farmland that is being used to produce all of the things that we need to live, grow, and enjoy life. The next time you meet a farmer, thank them for helping people survive.

Coping With Stress in College by Essence Jackson

Focusing on studies, reaching your goals, and maintaining mental health can be difficult, but they must be your top priorities. Being in college is an exciting time, and it's also a wonderful time for independence and responsibility. Even though college can be stressful, it is possible to enjoy life and to grow from the college experience. To help you support your mental health, it is important you seek therapy and treatment.

- 1. Rest: Avoid staying up late, and make sure you get at least seven to eight hours of sleep.
- 2. **Self-care**: In the morning, enjoy a cup of coffee and read a book. Meditate in the evening, take a walk, and listen to a motivating podcast. At night, put down your phone and eat a healthy dinner.
- 3, Find connections: Surround yourself with people that you can trust to help you feel safe and calm.
- 4. **Have an outlet to alleviate stress:** Things like a school club, hobby, or physical exercise can be some outlets to relieve stress.

Flavor of Georgia Food Product Contest Held at the University of Georgia by Christal Thomas

Athens, Georgia was the center of great food on April 21st, 2022 at the Classic Center. Over 148 contestants competed to have their dishes named as "the best of the best foods in Georgia." Flavor of Georgia showcases delicious, innovative market-ready prototypes and commercially-available food products.

Created by the University of Georgia's Center for Agribusiness and Economic Development, the contest succeeded in helping increase exposure, publicity, business contacts, and sales for finalists. Entries were judged on technical aspects such as: flavor, texture, and ingredient profile. Potential market volume, consumer appeal, and how well the product represents Georgia were also considered in the judging.

Flavor of Georgia is more than just a contest because the event helps to promote the variety and successes of food entrepreneurs all over the state. Ever since the contest started in 2007, more than 1,500 products have been submitted. Because of the overwhelming publicity, participating businesses have experienced a tremendous increase in product sales, business contacts, and publicity. The publicity increases the awareness of great businesses who are creating wonderful foods. Even participants in the contest have reported boosts in their annual sales by about 20% on average. The Flavor of Georgia contest contributes more than \$5.6 million in annual revenue for the Georgia economy. Now, that's good eating!

If you are a chef who wants to enter this great contest, contact the University of Georgia Center for Agribusiness and Economic Development at: https://flavorofgeorgia.caes.uga.edu/registration.html

STUDY TIPS Student Success Coaching



Sign up for an appointment today, don't let that grade pass you by. https://direc.to/hzTM for one-on-one coaching