

100 Geecs returns home with an energetic hyperpop set

The Pageant in St. Louis welcomes Machine Girl and 100 Geecs

REBECCA ROBINSON

EDITOR-IN-CHIEF

100 Geecs returned to their home town in St. Louis at The Pageant for their North American tour with opening act Machine Girl on Saturday. 100 Geecs had their sold out audience's complete attention with their wonderfully abrasive style of music.

The tornado warning in St. Louis before the show couldn't deter their fans from waiting in line outside and in the neighboring bar for a chance to get close to the duo. Producers and vocalists Dylan Brady and Laura Les make up 100 Geecs and have grown a cult-like following.

Before the main act Machine Girl took the stage with noisy digital hardcore tunes that the crowd was jamming to from start to finish. It can be hard for opening acts to hold attention but Machine Girl did it perfectly.

Sean Kelly, the drummer, had incredible timing and energy and helped add a fuller sound to the set.

Machine Girl's Matt Stephenson was all over the venue walking around the pit, standing on railing and

being carried around by fans. Stephenson was anywhere their microphone cord would stretch to. After the 30-minute set, it was time for Geecs. The two acts share similar fan bases with those in attendance showing up for both. They could not have accompanied each other better.

Before on stage, The Pageant was filled with the chants of "Gec Gec Gec Gec." The pair entered on stage in their iconic wizard robes including Brady in his comically large yellow, almost cone-like, hat.

100 Geecs kicked off their set with the opening track to their newest album "Dumbest Girl Alive," immediately met with a roaring crowd. The rather rowdy group of fans sang along to song after song no matter how new or old.

100 Geecs' charm is on full display during their live shows. Geecs mixes genres like pop-punk, ska, glitch, rap-rock, nu-metal and other influences into their energetic music. They provide unique visuals and sounds for every show. This show is much bigger and better than the last time I saw them.

At times one out of the pair would attach a GoPro to their mic to provide wacky close up visuals of their face

paired with flashing colors and laughable graphics.

The energy grew and grew as the setlist progressed with songs like "stupid horse" and "money machine." In between songs, Les tells jokes to the crowd and provides playful banter. With catchy hooks and absurd songs like "I got my tooth removed" and "Doritos & Frito's" met with such energy, it's hard not to enjoy yourself.

To my excitement they played one of my favorites "gec 2 Ü" to wrap up the show. Overall 100 Geecs is a unique must see musical experience. Bonus points if you are able to catch them again with Machine Girl.

Final Thoughts:

- **Overall rating:** 9/10
- **Favorite songs played:** "Dumbest Girl Alive," "mememe" and "hey big man"
- **Wish they would have played:** "Sympathy for the Grinch"
- **Travel Note:** The Pageant is a 3 hour and 55 minute drive from the Arkansas State University campus.



PHOTO COURTESY OF INSTAGRAM

100 Geecs released their second studio album and major label debut "10,000 Geecs" March 17 of this year.



Photo by Rebecca Robinson | Editor-in-Chief
Matt Stephenson of Machine Girl.

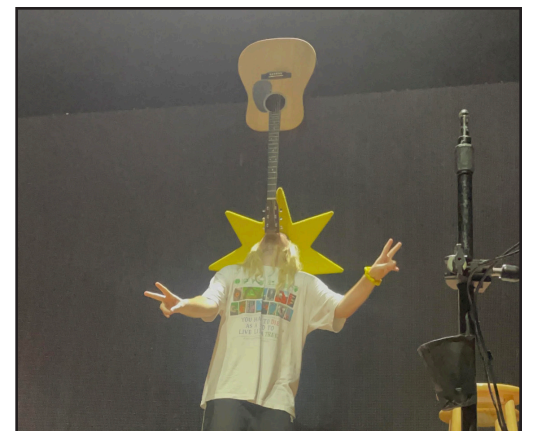


Photo by Rebecca Robinson | Editor-in-Chief
Dylan Brady of 100 Geecs

Judah and the Lion brings "folk-hop" to Little Rock

REBECCA ROBINSON

EDITOR-IN-CHIEF

Judah & the Lion return to Little Rock as the 13th stop during the "Happy Again" tour. The independent band played at The Hall in Little Rock on Friday where lead singer Judah Akers expressed love for the town.

Judah & the Lion is an alternative rock and folk band from Nashville that have described themselves as "folk-hop." The genre-bending group has been to Arkansas a number of times after being formed in 2011. They notably opened for Twenty One Pilots in 2017 at the Simmon's Bank Arena and later headlined The Metroplex. The band has continued to improve their shows throughout their career, always growing and never staying stagnant.

To see them live is to fall in love with them. The band is charming, down-to-earth and light up on stage without taking themselves too seriously. Akers is known to run around on stage with his shirt over his head, a cape on and even pairs

of unique sunglasses. The group is also not afraid to go into the crowd and join their fans. At this show, Akers walked through the crowds, giving fans high fives and taking photos while performing.

The group's stage design is clean and simple with green touches to match the band's current aesthetic. The stage equipment had a green trimming that matched band member Brain Macdonald's overalls and other members' green clothes. This was a bigger stage production than what I have seen previously for the group.

The band had a good mix of new and older songs like "Kickin' da Leaves" and "HAPPY LIFE." Akers opened "Kickin' da Leaves" with a story of how the band played the tune on David Letterman's show and played it 30 seconds too fast because of nerves. On Friday, the band played it nearly perfectly.

Despite Akers mentioning issues with spring allergies, his voice still sounded great. His vocals really shined in "Dance With Ya."

In true Judah & the Lion fashion, the group had a dance cover of a song not their own. This tour's song was "Snap Yo Fingers" by Lil Jon. The crowd erupted in cheers and laughter. They also performed a cover with openers REALFICTION of Lit's song "My Own Worst Enemy" which was met with equally positive crowd reactions.

The show ended on their song "Sportz" where the band brought up three fans that had traveled from Louisiana to see the band. Judah & the Lion left the crowd with three messages: eat more chocolate, be kind always and listen to more Judah & the Lion.

Final Thoughts:

- **Overall rating:** 8.5/10
- **Favorite songs played:** "HAPPY LIFE", "Kickin' da Leaves" and "Dance With Ya"
- **Wish they would have played:** "Twenty-Somethings"
- **Travel Note:** The Hall is a two hour drive from the Arkansas State University campus.



PHOTO COURTESY OF INSTAGRAM

Judah & the Lion released their latest album "revival" June 10 2022. The band is currently on the "Happy Again" tour.

Keep calm with Kara: Finals

KARA CAMPBELL

LIFE EDITOR

With finals approaching, it is very easy to become overwhelmed. Finals are hard; however, you don't have to give in to the stress because spiraling only makes finishing the semester that much more difficult.

1. Stay organized

One of the absolute worst things you can do is not know when your final is. I know people who have slept through their final or shown on the wrong day. To make sure this does not happen use a planner and set an alarm. It will take the very maximum of ten minutes to look at all your dates

2. Use a study room or the library

Something that always helps me to focus is to study anywhere that is not my room. This isn't just a great study tip, if you study in your room, when you stop to relax or go to sleep you will still have all of that stress with you. However, if you go somewhere else, when you go back to your room it can be a place where you can purely relax. This is something I like to do all semester and not just during finals.

3. Take (reasonable) breaks

I totally understand wanting to just power through studying to get it over with, but it isn't the best way to retain information, and it's definitely not the best method for your mental health. Take studying in increments and give yourself time for breaks. Now, it is very important to make sure that your breaks are not too long because it can be very difficult to pull yourself away and get back to work. To make sure this does not happen, set a timer for 30 minutes, or if you've really been hitting the books, then give yourself an hour or an hour and a half. This is one of the best ways to keep yourself from burning out.

4. Find a study buddy

To keep yourself on track and have a little bit of fun you can grab a friend and power through together. I always enjoy studying with my friends because we hold each other accountable, and they can realize when I'm struggling and let me know that it's time to take a break. This makes breaks more fun too because you can all find a stopping point together and just hang out. I always like to reward myself by bringing a quick card game and playing

when we all need a break.

5. Alternate topics

Another great way to stay on task and keep from burning out is by alternating study topics. Once I've stared at the same topic for too long, I start to either zone out or I just get so bored that I cannot look at it any longer. Swapping to one of your subjects that is also having a test soon can help you to make sure that you don't have to cram and it also helps give you a little bit of a rest from the other topic and still stay productive.

6. Eat and drink water

Make sure that you are still eating and drinking regularly. This is something I struggle with during finals. I'll get so wrapped up in studying that I either forget to eat or I'm too tired to walk to the Union.

7. Breathe

This may sound obvious, but breathing is an excellent way to destress. One simple exercise that you can do is something called box breathing. This is when you inhale for four seconds, hold it for four seconds, breathe out for four seconds, hold it for four seconds and finally exhale again. Another exercise you can try is 4-7-8 breathing. To do this breathe in for four counts, hold it for seven



PHOTO COURTESY OF UOPEOPLE

counts, and breathe out for eight counts. Do this three or four times for the best results.

8. Exercise

If you are like me, then you are going to have a lot of nervous energy that you are going to want to get out. Exercising is a great way to do this. Whether it is hitting the gym or just taking a quick walk, it is a great way to get out your nervous energy in a way that is good for both your

mental and physical health.

9. Listen to music

One way to make studying more fun is to listen to some music. Whether it's classical or early 2000's, make sure it is something that you can focus with and something that makes you feel happy. This will help you keep calm and maybe even enjoy it a little bit.

10. Don't cram the night before

Finally, the most important

piece of advice is **DON'T CRAM THE NIGHT BEFORE**. Cramming is not effective for memorization for most people. If you are one of those lucky people, that is great, do what works for you; however, most people do not have this ability. You will want to give yourself plenty of time to study, especially if it is a comprehensive final. Know your limits, and start as soon as possible.

THIS WEEK'S POP PICK

KARA CAMPBELL | LIFE EDITOR

“THAT’S NOT HOW THIS WORKS” BY CHARLIE PUTH



PHOTO COURTESY OF SPOTIFY

On April 14th, Charlie Puth released two versions of his new single “That’s Not How This Works.” The first version features Sabrina Carpenter, and the second version features Dan + Shay. Puth sings the same part in each version then the second part features its respective guest(s). I found it very interesting that he chose to release both versions at once because artists usually release separate versions at different times. The new single has that classic pop song feel and talks about how a relationship has ended but the ex-partner keeps coming back to them and basically going back and forth on ending the relationship.

While the emotions and message of the song may be more serious, it is a very easy to listen to song which is something that I always appreciate. I like a song that I can listen to no matter what I am feeling. As a Sabrina Carpenter fan, the first version is a clear favorite for me. However, Dan + Shay also did a great job and gave their version a little bit of country flair. Both versions are very interesting and fun to listen to.

Overall, I would give both versions an 8/10. While I love Sabrina, I think both versions have a very interesting sound in their own way. They are both definitely worth a listen.

Protein Oatmeal

BRAYDEN MORSE | SPORTS EDITOR



1. Add ½ cup of your choice of oatmeal to a bowl.
2. Add ½ cup of water into the bowl.
3. Microwave for one minute.

4. Add your choice of flavor of protein powder (regular or vegan).
 5. Add two tablespoons of peanut butter or almond butter into the bowl.
 6. Add ½ cup of water into the bowl and mix up until there is a smooth and creamy texture.
- Nutrition facts: 500 calories, 42 grams of protein, 34 grams of carbohydrates, 22.5 grams of fat