



VALKYRIE

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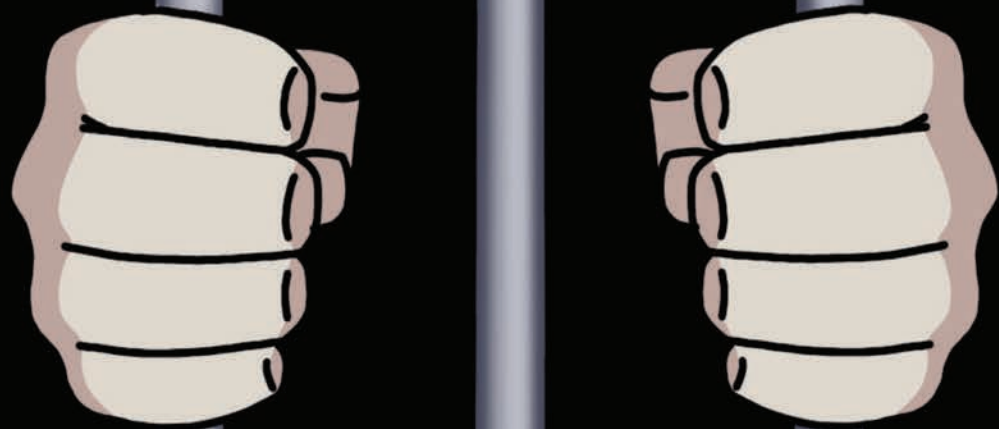
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Style your cowboy boots

Berry Alumna Making a Difference

Grace Snell '22 Promotes Justice Through Journalism

Story and Design by Camille Lueder, Issues & Impact Editor
Graphics by Hayleigh Holcomb, Asst. Graphics Editor



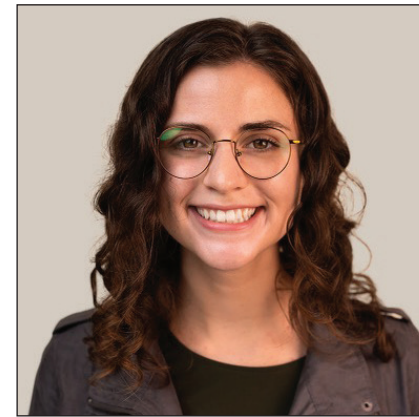
How did you know you wanted to work with death penalty and wrongful conviction cases?

My concern over the role racism can play in the administration of justice started when I moved to St. Louis after my freshman year of high school. For context, Ferguson—where Michael Brown was shot by police—is a suburb of St. Louis, and there's still a lot of racial tension there. My church partnered with another church in the inner city, and I did some volunteer work there. That was the first time I got a glimpse of how disparate the legal outcomes can be for different people depending on where they come from and how much money they have.

Then, once I came to Berry and started brainstorming for my honors thesis, Brian Carroll, Professor of Communication, told me about a death penalty case that had returned to Floyd County after a near-unanimous Supreme Court ruling and three decades of litigation: Timothy Foster's case. The story resonated with me because of the themes it tied together and the questions it raised: Is justice blind? In death penalty cases, who lives? Who dies? And who decides? I decided to tackle the story and it turned out to be both one of the toughest and most meaningful parts of my college experience.

What work did you do for your senior thesis and how does that tie into the work you've done at World Magazine?

I wanted to look at contributing factors to the death penalty, race and justice specifically through journalism. There was a Supreme Court case (Foster v. Chatman), a death penalty case that started in Floyd County back in the 80s. The defendant, who did commit the murder, went to trial and his entire jury was white while he was black. There's something called Batson, which says you can't try a defendant if they don't have a jury of their peers, people who look like them on the jury, which was the case here. I followed the story and searched for the definition of justice and looked at how justice could play out in a case like this. From a journalistic perspective, I looked at how to tell the story in a way that relates to people so they can see what's going on. Instead of just telling the issues with the



Grace Snell - WORLD Magazine

justice system, I showed them through this case.

What work have you done at World Magazine to promote justice?

I've been able to work on longer form podcast projects, one of which is Lawless, which looked at the 2005 Terri Schiavo case. Lawless examined the ethics in this case where someone can't make decisions about their care as well as examining someone's right to life when the law doesn't support them. I worked on another cool project, a story called Free at Last where I talked to a bunch of people who had been personally affected by wrongful convictions. I talked to a man in North Carolina who had been in prison for 10 years for something he didn't do, a man in Florida who'd been on death row for something he didn't do and a defendant in Texas who'd spent 15 years in jail for a murder he didn't commit. I also got to talk to some lawyers and organizations who've helped people in those cases and provided legal assistance to help them overturn those convictions.

How have you seen the impact on the work you've done at World Magazine?

On the one hand, it's work that you don't always get to see the results right away. You're sending something out into the world that you pour your heart into, and you don't always know how it impacts people. I have seen the most meaningful results when people I've interviewed write back and say, thank you for giving me a chance to tell my story or thank you for listening to me. When I did the soldier suicide story, I

interviewed Sergeant First Class, Tim Moriarty, and he wrote back saying, you listened to everything I said, you got it exactly right. That was powerful because it wasn't my story, it was his story, but he didn't have people in his life to tell it to.

What struggles have you faced when dealing with hard cases and how do you cope with those struggles?

One difficult thing is that you're talking to people who have been through difficult life circumstances. I remember getting off the phone one time with the dad who had had his kids taken away by CPS, and he went to a parent training program to try to get back custody of his kids. When I got off the phone with him, it just felt like I had run into a wall. I didn't know how to process that. I've had to set some boundaries of like, this is when I get off work, this is time that I need to spend with my friends or at church or going for a run or something else. Because it's hard to not let that take over your whole life. And the amount of effort it takes to ensure you're getting something right and having humility that I might get something wrong because I'm human, and I can't know it all.

Do you have a mission you hold yourself to and what do you hope to accomplish with your work?

First and foremost, my faith is really important to me, and I want to glorify God by working to the best of my ability. I see my work as a ministry and a way to care for people. I want to tell compelling, truthful stories that inspire other people to better understand the world around them, and to love their neighbors better. Especially right now, there's a lot of confusion over what's true and what's not. In the media, it's hard to know who you can trust and what is real, so to break some of these complicated issues down and help people understand different perspectives, I think that's valuable. I've made it a goal to keep pursuing weighty stories that make people think and feel deeply about issues in our world. One of my journalism mentors, Lee Pitts at the World Journalism Institute, used to remind our class that the point of our storytelling is to "hold the powerful accountable and give a voice to the voiceless."



In the HOLE

Taking on Debt as a Student, Welcome to the Rest of Life.

Story and Design by Star Pompa, Asst. Issues & Impact Editor
Photo by Tanner Huey, Asst. Photo Editor
Graphics by Alyssa Abrams, Graphics Editor

Debt can be scary. It can seem unavoidable and like a herculean task to come back from, but it's not impossible. Life happens. A 2021 Experian study found that debt affects 340 million Americans and college students are in those millions, but it's not just from student loan debt. There are many different kinds of debts and some are unavoidable while others are considered "good" debts, like mortgages.

It's a common misconception that debt is a product of carelessness and recklessness with money or that it can be solved as easily as learning how to budget and spending less money. That is not the case. Most people receive some kind of financial education from their parents, like learning how to create a budget, opening a high-yield savings account,

paying off credit card bills in full every month, etc. However, no amount of preparedness can save one from unexpected emergencies that a savings account can't fully cover. Professor of kinesiology Megan Janke, said, "There

are many large purchases we make - especially during adulthood - that are often difficult without taking on debt like mortgage, student loans, car purchases, etc." Despite Janke being taught tips and tricks on being fiscally conservative she still found herself in debt at different stages of her life.

"It's like playing with monopoly money..." - Addison Howard,

But fear not, debt is the way of life for almost all Americans. According to debt.

org, "It is a necessity in today's economy...An affordable amount of debt helps individuals reach their goals and live comfortably, but if debt is unchecked or uncontrolled, it becomes a debilitating weight." It's knowing how to keep it in check and being intentional with money that will stop the snowballing effect of it and keep you out of the red and safely in the black. Addison Howard, senior, tries to be frugal and keep his spending to a minimum. "My parents have always taught me that debt is something that once you start taking it on, you can't stop," Howard said. However, he has not avoided it completely as he uses a credit card that he pays off monthly in order to build credit. This credit will allow him the freedom to rent or buy housing, buy a car, or take out loans in the future.

As a college student, it can be difficult to navigate the world of newly found financial freedom especially when coupled with trying to set yourself up for success in your final semester. It's easy to put off preparing for after college, but it's not as daunting as it seems. The first step is opening a savings account, preferably a high-yielding one that will accrue interest as it sits in the account, and putting money into it every once in a while. "Your first priority is just trying

to set aside three to six months worth of bills," Maggie Farmer, assistant director of scholarship programs, said, "Set aside a chunk of money." This money that's being set aside can be used to go ahead and pay off any debts from student loans steadily or other forms of debt like medical, auto, and credit card. Now that there is a sum of money that is accessible in case of emergency, the next step is creating a budget and sticking to it.

Creating a budget can be as simple as pen and paper, but for those who prefer something digital there are apps who do essentially the same thing like the Everydollar app. "At Berry, I've gotten practice with the flexbucks," Howard said. "Not necessarily rationing, but with budgeting. It's like playing with monopoly money, but it's still the same thing." A budget is important for making sure you're covering the important costs like bills, rent, and paying off debt. Once those have been figured out, the leftover money can then be divvied up into savings and having fun. It's important to use a budget intentionally and not go over-budget on "wants" like purchasing a brand new entertainment system or car.

Debt can be navigable, all it takes is a bit of patience and research. It's important to know what kinds of debts there are, how they accumulate, and the best way to pay them back. There are websites and podcasts that can make that information more accessible.



Breaking of Victim

the Chains Mentality

Understanding, Healing and Empowering the Mind

Story and Design by Camille Lueder, Issues & Impact Editor

Graphics by Alyssa Abrams, Graphics Editor

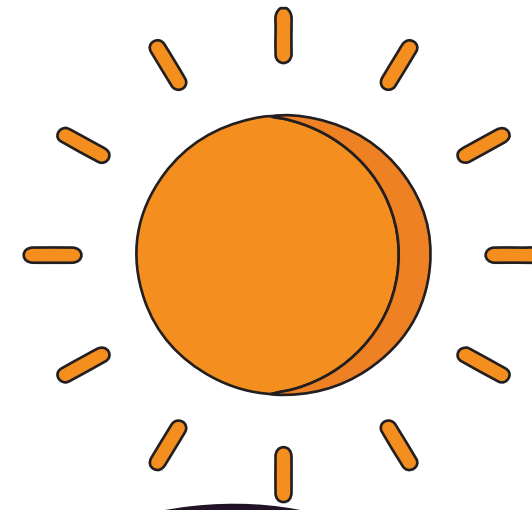
Playing the victim, self-victimization, or having a victim mentality is a mindset in which one views oneself as a victim based on the negative actions of others. A victim mentality develops as a coping mechanism when one feels they have no control over what happens to them. They use blame as their primary strategy to make sense of their failures. Assistant professor of psychology, Kuo Deng, believes when someone experiences a traumatic event, they may develop a victim mentality to understand what has happened to them.

“One of the first reactions people have is ‘why did this happen to me?’” Deng said. “In order to reconcile without someone else’s help, oftentimes they blame others.”

Victim mentalities are easy to develop when one has been a victim of something, such as a traumatic event that was out of their control. Director of Counseling, Carley Price, said one develops that mentality as a way of coping because they don’t know a better way to cope. Victimizing oneself becomes harmful when one cannot move past seeing themselves as a victim to a survivor. B.R.A.V.E Project Coordinator, Ashley Demonbreun-Chapman, describes victim mentality as being “stuck in a certain script in their life,” meaning they see themselves as a victim and are unable to move past that.

“It’s a label, but they become over-identified with that one label... but that label at some point can become limiting for them,” Demonbreun-Chapman said. “That label gives them a place and a way to understand something, but ultimately the label can also be really stifling for their growth.”

There are a few signs of a victim mentality that people can look inside themselves for. Constantly feeling as though people are out to get them, feeling like they have no control over their life, and feeling like they are a victim of everything that happens to them. Depression and anxiety can be a result of having a victim mentality because some people tend to have lower self-esteem and an unstable self-identity. In extreme cases, Price said that narcissistic personality disorder could result from having a victim mentality.



To the outsider looking in, it can seem like a self-victimizer may have a skewed perception of reality, but Price said, “what they’re experiencing is very real to them... in their minds, they are a victim.”

As a friend, family member, or partner of someone who victimizes themselves, it can be beneficial to know how to treat that person. Deng said it’s important to come at it from a loving and supportive place but not enable their behavior. It’s also important to encourage them to seek help and encourage them to change their way of thinking because the person may be experiencing a fragile and vulnerable self-identity.

“A lot of the time people develop that mentality out of trauma,” Price said. “So, validating the pain it caused and the experience is really helpful.”

She also said that having a victim mentality limits one’s interactions, life experiences, and relationships with others. It can not only stifle their own growth, but their growth in relationships and can cause problems for people around them. However, having a victim mentality is not permanent and can be shifted to a new and healthier way to cope, and therapy or counseling can be a good place to start. Deng said getting rid of victimizing tendencies can be a long process, but the first step is being aware of those tendencies.

“Having an awareness that ‘this is my way of thinking about things,’” Price said. “Then you can practice mindfulness by stopping yourself when you think that way then correcting yourself.”

Price said there are many online resources and self-help books that can help people change their way of thinking and address topics such as empowerment and ways to take control over one’s life. One of the most important things one can do to heal is to regain control. Price said the first steps are opening their eyes to what they already have control over such as what they wear and what they eat.

For more information about the victim mentality, visit counselor-recommended websites such as Psych Central and Verywell Mind.



Community Organizations Tackle Rome's Food Insecurity Problem

Story and Design by Star Pompa, Asst. Issues & Impact Editor
Graphics by Alyssa Abrams, Graphics Editor

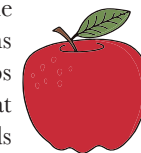
Areas of Rome, Georgia suffer from food insecurity, the inability to procure enough food to meet basic needs. This issue arises from the presence of food deserts, areas in which access to high quality, fresh foods is limited, and food swamps, areas where access to food is more readily available but the options are not high-quality or the healthiest, in both urban and rural cities. Many misidentify this plight with food scarcity, the shortage of food; however, that is not the case in most situations. "There's plenty of food in the world," Brian Campbell, associate professor of anthropology and environmental science and studies, said. "The problem is with the distribution." South Rome is especially affected as there is no transportation and no grocery stores to purchase fresh food from.



In spite of that there are several organizations working to fight against food insecurity in Rome. Northwest GA (NWGA) Hunger Ministries being one of them. They offer several programs that focus on helping different groups of people. One being a food pantry that gives an average of 120 to 150 pounds of food. Those who are affected can sign

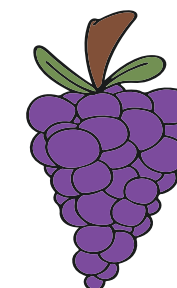
up for this service and can visit the pantry five times a year. Veterans and cancer patients can visit up to 12 times a year. The pantry is set up to mimic the grocery store environment and provides an array of food. They are partnered with the Atlanta Community Food Bank and purchase all their goods from there. This food bank gives the hunger ministries a greater purchasing power which allows them to get more food for less money. Lindsey Kilby, executive director, said, "Money goes so much farther." While the food pantry appreciates food donations, the best way to support would be monetarily.

The NWGA Hunger Ministries also offers a "backpack buddies" program that provides meals to children on the weekends. Unfortunately for many children, eating at school is the only meal they consume. This program packages over 2,000 backpack buddies a week and is extended to children in Rome City and Floyd County schools, Chattooga County schools, and Polk County schools.



Berry's environmental science and studies department's Agricultural Biodiversity Conservation (ABC) program is also combating this

issue. They save rare crop variety seeds and give them to the public along with providing education on growing food for oneself. The program also grows food that is then given to the Community Kitchen, a non-profit soup kitchen organization that provides meals to those in need, or to the Davies Shelter, another group tackling this problem.



The Davies Shelter has a farm where they grow food that is sold to people in the community or also donate to the Community Kitchen.

There are many ways for Berry students to get involved and take on this problem in our community. Donating to those non-profit organizations helps immensely as it allows them to continue to offer support to those in need. A little goes a long way. Another way is to volunteer by signing up with them directly or through Berry's own volunteer service group. The NWGA Hunger Ministries is always looking for volunteers to help with the backpack buddies program, the food pantry, along with their other food insecurity focused projects.

How to Get Your Dream Job

A Four-Year Guide to Achieve Your Career Goals

Story and Design by Camille Lueder, Issues & Impact Editor

Graphics by Hayleigh Holcomb, Asst. Graphics Editor

Photos by Alana Burcaw, Photographer



Hope Willoughby helping senior Callie Widner prepare for her career after Berry.

Achieving one's dream job can be a daunting task that sometimes has no clear path, but steps can be taken in advance to make the future seem less scary. As a freshman in college, one can use the resources that Berry offers such as the Center for Personal and Professional Development and the Lifeworks Suite to craft their dream job attainment plan.

Associate Director of Career Education & Development, Hope Willoughby, said the best thing for students to do freshman year is to learn what resources are available, engage with those resources, and think about how they want to use their four years. She also emphasizes that it's normal and totally okay for students to change their minds about what they want to do.

"What's important is that you realize what you actually like," Willoughby said. "Don't stick with a major or career goal just for the purpose of sticking with it because you're afraid to change."

Dean of Personal and Professional Development, Marc Hunsaker, said the first step of achieving one's career goals is to clarify what those goals are. Students can take the BCC 200 course in a wide range of options including a seven-week course over the summer and a weekend retreat. Another option for students is to meet with the career consultant over their designated school including business, education and human sciences, humanities, arts and social science, and mathematical and natural sciences. A third and valuable resource for students is PathwayU, which aligns students with good-fit career options based on their results from a series of tests.

During a student's sophomore year,

they can take their career building plan a step further by gaining experience in the fields they're interested in. Associate Director of Employer Engagement & Internships, Mecole Ledbetter, said students should narrow down their options by identifying the industry, organizations, and their specific roles of interest. Students can use Lifeworks to get hands-on experience in the field, figure out their likes and dislikes in the workplace, and gain work experience that can be added to their resume.

Willoughby said it's important to document what students are doing by recording what they're involved in and how they feel about certain opportunities.

"When you're trying to think about experiences to put on a resume or answers for job interview questions," Willoughby said. "If you have a record of what you've actually done during your time here, you're going to have an easier time with that."

Conducting informational interviews with professionals in the career field of interest is the next step in solidifying career goals. Informational interviews not only allow students to get more information about careers they're interested in, but it can also help them network with people in their desired field.

"They can conduct an interview that takes anywhere from ten minutes to an hour," Hunsaker said. "And just ask some core questions that are about the person's experience, their perspective, or advice they might give. All the kinds of things you can't find out on the internet."

It's also important to start networking with potential employers and building that base of professionals students have

connected with. Networking during one's junior year can set them up for success when they start applying to jobs senior year.

After one goes through the process of meeting with career counselors, researching potential career options, getting experience in the field, and conducting informational interviews, they can then figure out if their plan is attainable.

"Students can begin to figure out if the dream job is what they thought and if it's feasible or not," Hunsaker said. "I like them to have multiple plans because if something doesn't work, you can pivot."

Seniors should also professionally document their experiences in resumes, cover letters and statements of purpose. Willoughby said seniors should be learning how to tell their story effectively by practicing how to convey the values of one's experiences to a potential employer.

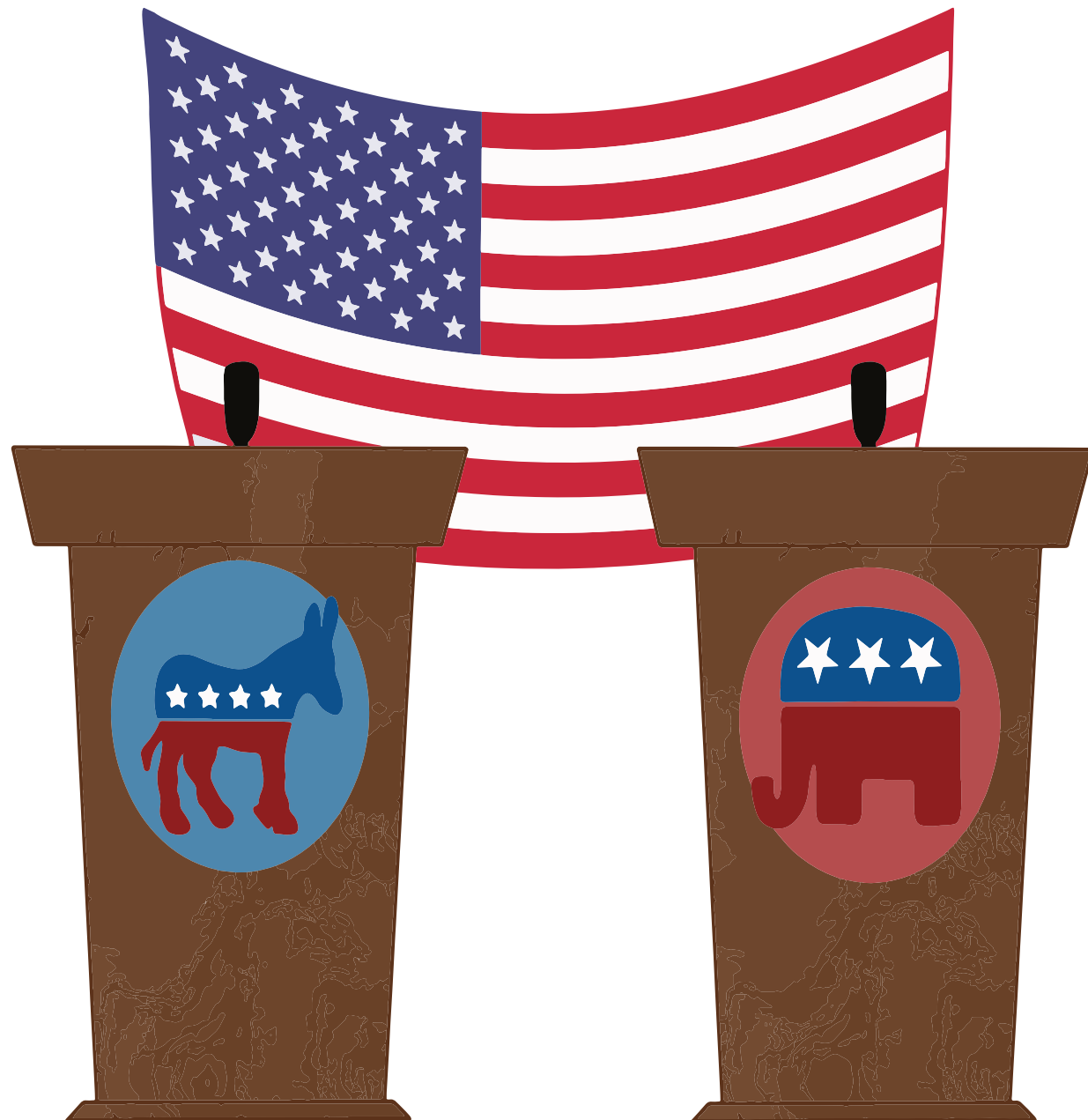
"What you're really focusing on is practicing telling your story," Willoughby said. "So that when you apply for the job, grad program, or fellowship, you're able to articulate how your time at Berry prepared you for this opportunity."

It's unlikely that graduates will get their dream job right out of college and getting from point A to point B in one's career plan can be discouraging at times. Hunsaker said the best way to stay motivated while working a mediocre job is to find meaning in one's work.

"In order for work to be meaningful, it needs to be both personally meaningful, so it fits with who a person is and their values, skills, and interests," Hunsaker said. "But it also has to be impactful for the world beyond themselves."

A Look at The 2024 Presidential Election

Story and Design by Camille Lueder, Issues & Impact Editor
Graphics by Hayleigh Holcomb, Asst. Graphics Editor
Photos by Tanner Huey, Asst. Photo Editor



An American flag flies high at Berry College.

Déjà vu might be one feeling American citizens have as the United States approaches its 2024 presidential election on Nov. 5th. With the same two candidates running from the previous election cycle, voters could feel nervous or underwhelmed about the “2020 rematch,” according to Assistant Professor of Political Science, Abbie Vegter.

“Participation in our system is key for democracy,” Vegter said. “When you participate, you feel better about our system and trust our system more... So, to see such low levels of interest and excitement for this particular election makes me nervous.”

According to The Daily, a New York Times daily news podcast, Vegter said the conditions of the 2024 election look more like 2016 instead of 2020. In 2016, both Hillary Clinton and Donald Trump had low levels of favorability, and both Democrats and Republicans were dissatisfied with the candidates.

“A lot of people stayed home in 2016,” Vegter said. “The Clinton campaign failed to mobilize a lot of key Democratic coalition groups... Black voters in America, who were a key base for Biden in 2020, are souring on him slightly... Young people who turned out in massive numbers for him in 2020, that excitement is gone in 2024.”

From the Democratic party, the Joe Biden campaign will highlight women’s rights, reproductive rights, and the health of democracy as the key issues. In the 2022 midterms, Democrats were successful when they were able to make the election about abortion, so he’s expected to use that issue again in 2024. Biden also continually brings up the events of Jan. 6th, 2021, and Trump’s

role that day, explaining how it was the biggest threat to democracy since the Civil War, Vegter said. Associate Professor of Political Science, Eric Sands, said Biden’s campaign is focused on maintaining stability for the county.

“Biden has been somewhere along the lines of ‘stay the course,’” Sands said. “We’ve done pretty well under my leadership, so if you want stability, if you want sanity then stay with me.”

From the Republican party, the Donald Trump campaign will make this election about immigration and the economy, and with both of those two issues, the Trump campaign has an edge.

“There is a lot happening at our Southern border that is slightly chaotic, and there’s a lot of concern about what’s happening there, whether that concern is valid or not,” Vegter said. “Voters feel like it’s a bad situation... They feel like the Biden administration is to blame.”

Of course, there is always a perception difference based on what is happening vs what people think is happening. The candidates have an advantage in using domestic issues to build their campaigns regardless of whether the information is totally factual. Just like immigration, there is a difference between real economic issues and perceived economic issues. Vegter said the economy is doing well, contrary to what most Americans think.

“Even though the economy itself is not doing that bad,” Vegter said. “Because Americans feel like it’s doing bad, they’re going to blame Biden for that.”

As Trump is still facing multiple lawsuits and felonies, his current strategy is to delay the trials until the election is over. That way if he does get elected,

he’ll be immune from being sent to jail or tried again while in term. In the case that Trump is convicted before the election, the Republican party would have to choose an alternate.

“Honestly, I have no idea who they would choose,” Sands said. “I don’t know who would be satisfactory to the Trump block, but also satisfactory to mainline Republicans.”

Another key issue is foreign policy, especially surrounding the wars both in Ukraine and Gaza. Biden has been supportive of Ukraine in the war by providing them with money and weapons, while the hard-right Republicans may oppose continuing to support the war. Sands said for both parties, it can be difficult to determine who to support and how much support to give in the Israeli-Palestinian war. SGA President, Ben Keller, encourages students to do research beforehand on the candidate’s values and take voting seriously.

“Look into these candidates and find issues that really reflect your morals and values that you can also find in the candidates,” Keller said.

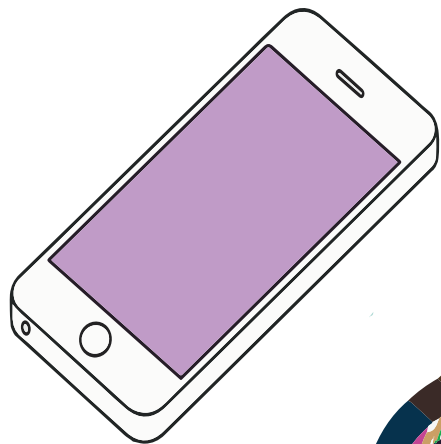
Vegter encourages her students to be aware of key dates and prepare in advance if one may need an absentee ballot. Sands prepares to vote by learning about the candidates through their campaign biographies, researching their careers and background, reading opinion articles, and focusing on where they stand on key issues. He encourages Berry students to talk to each other and their professors about the upcoming election.

“Voting doesn’t have to be a purely private activity,” Sands said. “There’s nothing wrong with talking to other people and getting information about the election.”

BRAIN DRAIN?

DOES SCREEN TIME HURT YOUR COGNITIVE ABILITIES?

Story by Brianna Mitchell, STEM Editor
Design by Brianna Mitchell and Audra Berends,
Assistant STEM Editor
Graphics by Hayleigh Holcomb, Asst. Graphics Editor



Screens are a major part of our daily lives. Whether it's a phone, laptop, TV, tablet, or smartwatch, you could probably glance around right now and find at least a few in your field of vision, without even having to move. The age we live in is decidedly digital; we can shop, socialize, entertain, communicate and more, all within the realm of a touchscreen. Most of us have been told before how bad too much screentime is or been lectured about how our generation is "always on our phones". The overwhelming impression we hear is always that screens are bad.

In recent years, however, the "brain game" has emerged which has challenged that notion. The idea of the brain game is that by doing simplistic, fun activities on a brain game app, you can specifically improve areas of your cognition such as memory, reaction time, etc. However, the claims these apps make are pretty big. Can these games really help you to strengthen your mind?

Jackson Colvett, assistant professor of psychology, shed some light on the situation by sitting down with Valkyrie for a brief interview. He first explained that, according to the views held by the general public, brain games apps are thought to be a good way to improve your working memory.

"Working memory is a trait, it predicts all sorts of good outcomes: your educational attainment, your ability to solve problems, your ability to just effectively take in information and quickly solve things," Colvett said.

However, as Dr. Colvett continued to explain, the reputation of brain game apps does not necessarily line up with reality. He pointed out that it is important to pay attention to what type of training the app is specifically claiming to offer.

"The terminology that sometimes gets used is 'near transfer' and 'far transfer'. 'Near transfer' is more like [the idea that] practicing a task makes you better at that task. That's sort of the idea that if you do this sort of game that the app has you do, you're going to get better at that game. But it's not the...sort of the promise of brain training, which is 'far transfer'.

"Will getting better at this skill, will training on this, expand out to your real life, outside of the app? ...that's where I think the evidence has not been seen yet, really. A lot of the evidence points toward the idea that the brain training games are effective at helping you get better at the game, but there is relatively little

evidence seeing the brain training games have a far transfer into daily life," Colvett said.

Colvett pointed out that some of the perceived benefits of brain training games may come from a Placebo effect and confirmation bias, since participants can engage in excessive self-monitoring to analyze themselves for improved cognition.

However, Colvett did express approval of the concept behind brain training and the act of diversifying your mental activities. "There is some good evidence [for benefits], not for the specific brain training, but for doing apps that are asking you to try new things. There's a lot of good evidence—not necessarily 'I'm going to train my working memory and get better at working memory' --- but rather, putting yourself in situations that ask you to think about things in different ways," Colvett said. He made the distinction between brain games being helpful for a specific trait, and brain games a generally beneficial activity. "[You can] learn new skills, problem-solve in different ways...but the biggest thing is rather than maybe sort of saying that 'I'm going to make my memory better by training this', it's more 'I'm going to be more healthy mentally, and healthy brain-wise by being the kind of person who is trying new things, learning new skills', Colvett said. "That has benefits that expand beyond the skill you learn."

Upon asking about healthy screentime boundaries, Colvett said, "There's a good middle amount to have. There's nothing wrong with doing things you enjoy, even things like scrolling on social media, playing video games. In and of themselves, if those are things that lead towards you relaxing, they start you disengaging when you're stressed out, then those can be very positive...I would try to frame it from the perspective of 'when do we start to say things are disruptive or disordered?...Is it stopping you from doing the things that you have goals of doing?'"

Colvett continued to explain what the drawbacks of too much screentime really entail. "There's nothing inherently bad about a screen or a screen-based activity as compared to other things [but]...it's good to get a variety of things. A screen time is fine in moderation as long as it's mixed with social time and outside time and reading and things of that nature. So, all things in moderation," Colvett said.

"Can I do activities that are helpful to me, that make me feel cognitively sharper, that make me feel healthier, and, on the other hand of too much screen time, not do things that are making me feel worse? There's a lot of value in being thoughtful and trying new things, doing things that might sort of contribute to having a healthier mental state," Colvett said.

So, going forward, think about things you can do to give your brain a boost. While a brain game won't make you smarter overnight, it is good to spilt up your time from scrolling endlessly and do some different activities, whether that be on a screen or in real life.

MARTHA BERRY HAD a FARM...

Story and Design by Audra Berends, Asst. STEM Editor
Photos by Alana Burcaw, Photographer
Graphics by Alyssa Abrams, Graphics Editor



Students observing sunflower seedlings during a greenhouse lab.

Did you know that half of the habitable land on earth is used as agricultural land? That's a ton!

Agriculture is deeply woven into our everyday lives from the food we eat, to the hardwood floors we walk on. And as students on the world's largest college campus, we have the unique opportunity to take a foundations course dedicated to agriculture. It is called Intro to Agriculture and covers both plants and animals in agriculture. Professor Aridany Suarez-Trujillo, animal science professor, explained that agriculture is the production of all the animals and plants that can be used not only for food production, but also for materials. Junior Lunden Davis has high praise for the foundations science course.

"I think that it was kind of my favorite foundation course I've ever taken at Berry. It was just so fun. It was such a great intro into that field," Davis said.

She explained that most of her interest was found in the labs, with her favorites being the sunflower growing project, the sheep lab, and the horse-back riding lab.

The first seven weeks of the course are focused on plants and their role in agriculture, whereas the second seven weeks look at the animal agriculture industry. To accompany the in-class discussion, there are unique labs with hands-on opportunities for students. In the first seven weeks of the course, students get access to the greenhouse by the Ford Buildings. The professor and greenhouse manager guide everyone through labs in which they get to take home houseplants from propagation, conduct a sunflower research project from seed to flowering plant, grow tomato plants from seed, and study types of soil. Since most Berry students don't even know about the greenhouse at all, these labs provide a great opportunity to get up close and personal with the greenhouse and the student enterprise Season's Harvest.

The second seven weeks of the class switch over to the animal industry within agriculture. Suarez-Trujillo also discussed the misinformation being spread by social media about animal agriculture. "Everybody on social media talks about animal welfare, but they don't actually know how animals are produced and cared for in farms," Suarez-Trujillo said. He also stated that Berry's goal for providing the class is to make conscious consumers of its students. In the animal portion of the class, students learn about how each animal is produced, or how they produce products themselves, like chickens.



Students collecting data for their plant research project.

The animal labs allow students to visit the dairy and milk a Jersey cow, learn how to handle lambs, palpate a pregnant beef cow, ride horses, and see baby dairy cows. These fun, uncommon experiences separate agriculture from many of the other foundations science classes. "We got to see baby lambs. I will never forget that!" Davis said.

If students enjoy the class and want to be more involved in the agricultural industries on campus, there are lifeworks opportunities in the beef unit, dairy unit, horse barn, sheep unit, and greenhouse. While agriculture may be an industry that we take for granted, Berry provides a great opportunity to see it in action on campus and become better, more knowledgeable consumers.



Agriculture students learning how to ride horses in lab.



Burnt Out: How Prescribed Burns Help Stop Wildfires

Story and Design by Brianna Mitchell, STEM Editor
Graphics by Alyssa Abrams, Graphics Editor
Photos contributed by Martin Cipollini, Professor
of Biology
Photo by Tanner Huey, Asst. Photo Editor



New longleaf pine growth after prescribed burning.



Berry students helping with a prescribed burn.

What is the point of a prescribed burn? Doesn't it seem counterproductive to set a fire in a forest on purpose? These are the questions many in the Berry community ask as we again smell smoke in the air and receive another reminder email. I recently sat down with Martin Cipollini, professor of biology at Berry College, to ask him to explain the phenomenon and answer some questions about the process.

Martin Cipollini works with the Longleaf pine program at Berry College and organizes many of the burns that occur on campus. "The area of the world we are in was historically a frequent fire habitat. Fires would normally sweep through our forest here every three to five years," Cipollini said.

"Starting around the 1920s or so, including right here at Berry College, fire suppression started taking place. There was a big program through the U.S. forest service. Martha Berry worked with a forest foundation that was all about suppressing fire, and she and others at the time just did not have an appreciation of the natural role of fires in the habitat. The ecosystems and the biological systems that developed at that time, including the long leaf pine ecosystem, were promoted by fire. Their biodiversity was linked to fire. So you have fire tolerant species, fire dependent species, species of organisms—both plants and animals that like open, dry habitats, lots of grasses and plants---this was all promoted by the natural wildfires, and also human-set wildfires. This area was home to Native Americans for a millennia before the Cherokees arrived, and the Cherokees continued to use fire as well. So our forests here were traditionally, historically burned, and that promoted biodiversity," Cipollini said.

He continued to explain the significance of prescribed burns to a Berry ecosystem. "The pinnacle of all that is the mount longleaf pine ecosystem, where some of those may have burned every year actually. This longleaf pine habitat, the species itself, longleaf pine, is very fire tolerant and fire dependent. It is the most fire tolerant, fire dependent species of tree," Cipollini said.

"When you suppress the fire as we did for decades at Berry, that habitat closes in and it changes dramatically; you get a lot of fire intolerant hardwoods that come in, the forest canopy closes, and the forest understory essentially disappears---it gets covered with thick litter and sticks and leaves and build up and all sorts of things---and essentially it kills off practically all of the forest understory diversity. That's how we found the longleaf pine when I started getting

involved," Cipollini said.

Cipollini explained that he became involved with the project in the late 1990s and that they are working to restore fire as a natural component of the habitat. "We started our first burns in 2003, so this is over twenty years now that we've been trying to implement prescribed burning; we've been planting and doing other things, but prescribed burning has been the principle avenue by which we have been working towards restoring those habitats," Cipollini said.

He spoke some more about the project, calling it a "collaboration with our forestry department, land resources department and the nature conservancy". Cipollini's responsibilities for the project include planning the burns related to the longleaf pine and helping train students to help out in the prescribed burns. He also helps with the burns himself, but made sure to clarify that "Just because there's smoke in the air doesn't mean I did it!"

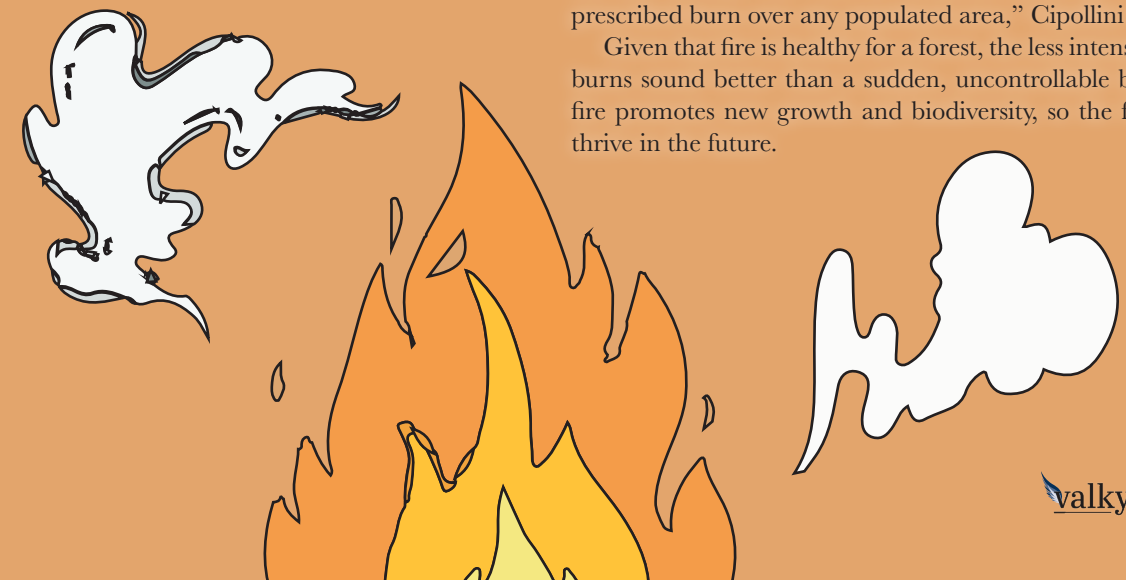
There are three different types of burns, as Cipollini explained. "First is what's called a site preparation burn; so in order to facilitate access to the area and to prep sites for planting trees, you do a site prep burn. The other thing is what's called hazard reduction burns, and this is where fuel has built up over decades or years [in an area] and by assessing the fuel conditions at that particular location---these are especially locations that are near to buildings ---you will want to reduce the hazards around that area [by burning]. The third has to do with biodiversity and/or game management. So just assessing the conditions, the species that are present...you make the decision that this particular area is ready to be burned or should not be burned, and it's to promote wildlife, either game species or non-game species," Cipollini said.

As far as the risks of prescribed burning, Cipollini was adamant that the method is preferred to natural forest fires. "We think of it as, yes, of course there's some risk, but what we're trying to do is mitigate risks and reduce the problem. Can you imagine for example, if a wildlife just breaks out in a really hot, dry period in the middle of summer? All of a sudden you have people having to run out there in the heat of the summer to try to put out a raging wildfire. That's really risky; it's much better to have the habitat burn in the wintertime with equipped personnel, cooler temperatures, better conditions, less smoke problems, you name it. The mitigation of risks is really what prescribed fire is all about," Cipollini said.

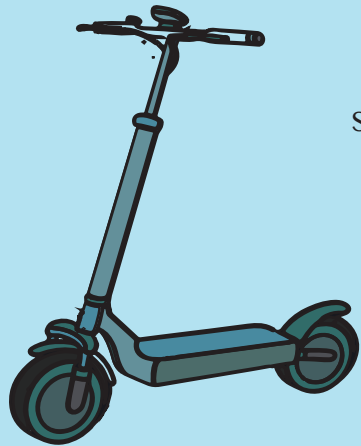
He also acknowledged the concerns that some may have over the issue of air pollution due to the smoke in the air, and named some steps the team takes to ensure everyone's safety. "There's a typical burn season here, it starts in October and ends in May. We have not traditionally burned in the summer; that has mostly to do with smog issues, of smoke issues. In summer, the smoke levels are high, and temperatures are high, and it just makes for a greater problem of smoke," Cipollini said.

"There is also the fact that whenever we burn, we have to specifically select conditions that meet the ETA criteria for particulate matter. Computer models are used to predict and model what will happen, and we do our best to make sure that the minimum levels are not exceeded during a prescribed burn over any populated area," Cipollini said.

Given that fire is healthy for a forest, the less intense, planned prescribed burns sound better than a sudden, uncontrollable blaze. On top of that, fire promotes new growth and biodiversity, so the forest will continue to thrive in the future.



THE NEED FOR SPEED



Story and Design by Audra Berends, Asst. STEM Editor
Graphics by Alyssa Abrams, Graphics Editor and
Hayleigh Holcomb, Asst. Graphics Editor
Photos by Alana Burcaw, Photographer



Interest in electric scooters has grown rapidly on the Berry campus. Last year, Student Bryan Thomas invested in an electric scooter made by TurboAnt. Due to the tricky parking situation and distanced location of his dorm at Ford, he decided that his commute would be much easier with an electric scooter. After having the scooter for a while, Thomas has found he really enjoys it.

"I like it a lot," he said. "It's kind of fun to just ride around on it." He uses it to get around quickly if he's late or if he just doesn't feel like walking on a given day.

Unfortunately, electric scooters do have some issues to keep in mind. Firstly, they are a hefty investment for college students with prices ranging from \$200-\$500. Electric scooters are also not waterproof, which can be inconvenient during rainy times of the year. These vehicles can also require some yearly maintenance like replacing the battery. Lastly, anyone with an electric vehicle needs to be prepared for the patience and discipline that comes with charging it. But despite all these negative factors, Thomas still had good things to say.

"I like its benefits more than its drawbacks," he said. He stated that the scooter will go up to 22 miles per hour on a downhill and the charge lasts 2 trips to and from Ford.

So how did we go from clunky, unpredictable hoverboards in 2016 to sleek, fast electric scooters? Professor and director of Hackberry lab, Zane Cochran, has a rich history with personal electric vehicles and explained that his first

experience with them was with the hoverboard. It was a difficult design challenge coming up with a way to make something so small, but power it with electricity. As technology improved, lithium ion batteries solved this problem. They have much better power density than any other batteries, meaning that they can hold much more electricity in a small space. But since hoverboards were utilizing early versions of these batteries, there were problems with hoverboards catching on fire. When the battery dumps energy out too fast, it heats up and catches on fire, which can also happen if batteries are charged too quickly. This is called thermal runaway. As a result, interest groups started stepping in to demand increased safety with these batteries. Since hoverboards were popular, the safety has improved drastically. There are now temperature sensors added to batteries to prevent these situations. Zane believes that technology will keep improving both safety and function of these vehicles.

"I think we will see the safety of these things improve even from where we are today," he said. Zane also explained the reason why these personal electric vehicles can go so fast. Recently, the motors have been changed from brush motors to brushless motors. As a result, there is no physical contact with the motor, which leads to less friction and heat and more rotational energy. The advancements in technology for personal electric vehicles are amazing, but do the scooter's high speeds and volatile battery put others at risk?

The short answer is yes. Any vehicle can crash and endanger both the rider and other people. So how do we fix this on Berry's campus? Thomas argues that the people around the scooterers should be more careful.

"I would say the safety is more with the people who aren't on the scooter," he said. "I think the safest thing would be to implement bike lanes." He also said that as long as you are monitoring your speed and not going too fast, it is safe. Other solutions could involve bells on all bikes and scooters, helmets, or even more education about

the phrases "on your left" and "on your right." So, while these vehicles can be dangerous, having other modes of transportation on campus is vital because not every student has a car. Zane looks upon the future of electric scooters with hope and interest and expects to see prices drop as they become more accessible.

"I think we are going to learn a lot over the next couple of years as we see it pop up more," he said.



Katrina Nabobson, Junior, riding her electric scooter.



Graphics inspired by characters from the comic books published by Marvel Comics.

HOW SCIENTIFIC IS SCI-FI?

Story and Design by Brianna Mitchell, STEM Editor
Graphics by Alyssa Abrams, Graphics Editor

One of modern fiction's most popular genres is sci-fi, also known as science fiction. It is known that these fantastical tales are in fact fictional, but are they based on any scientific reality? Science, after all, is in the name. Many people enjoy entertaining the ideas of superpowered heroes, futuristic technology, and aliens walking among us, and while some concepts are more outlandish than others, there are hints of truth in some pieces of sci-fi media.

In terms of superheroes, Science Illustrated magazine published an article called "The Science Behind Spiderman" that delved into the theoretical physics and quantitative biology behind the story of the famously masked hero. According to Science Illustrated, a professor of physics at the University of Minnesota was consulted for the film "The Amazing Spider-Man" to create a fictional equation relating to cell regeneration and human mortality, used in the plot of the film as a means by which the evil villain, Lizard, brings his plans to fruition. It was based it on the real-life Gompertz equation, as well as the Reliability Theory of Aging and Longevity. This cinematic collaboration is an example of how real life science influences the exaggerated science of fiction.

Courtney Cooper, visiting assistant professor of Environmental Science and Studies here at Berry, also had some insight on the depiction of environmental apocalypses in science fiction. When asked about which movies or books come to mind that involve environmental themes, Cooper named "Independence Day" and "Dune", as well as the novel "The Water Knife".

Cooper called environmental sci-fi stories "creative" and expressed approval of the "blending science and art". She continued to explain her thoughts about how this type of fiction can be used for educational purposes, but also needs to be taken for what it is: fiction. "We need to recognize that they're movies; it's Hollywood... [but] I sometimes use 'Independence Day', or clips of it, to teach about abrupt climate change...we hope a lot of those scenarios don't come true, but we have some that are kind of unfolding," Cooper said.

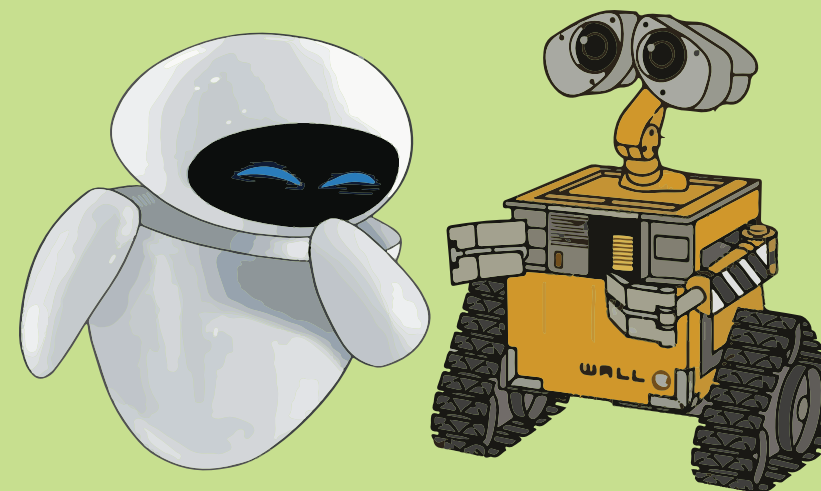
When asked what kind of scenarios she believes could be unfolding, Cooper mentioned and explained abrupt climate change. "The ideas of abrupt climate change—the idea that if we had an event where our ice sheets disintegrated more quickly, we would have more rapid sea level rise that would change our whole global climate in a way that could make Earth uninhabitable...and at this point, we've mostly said that's an apocalyptic doomsday scenario, but there are times

where you do wonder, with some of the science that's coming out, if it's based in some form of reality," Cooper said.

Another couple of movies that may come to mind on the subject of pollution and environmentalism are Pixar's "WALL-E" and James Cameron's blockbuster, "Avatar". Both of these films depict the displacement of humanity and the depletion of Earth's natural resources due to pollution or climate change. When asked about how these phenomenon effect people in real life, Cooper said "It's very local and contextual depending on who you are. A lot of what I study is people, so we know that there are these things called disparities or disproportionalities. For some people, we can buy our way out of pollution, so it's not really a problem at this point. But... other people that are moving off of small island nations, or the sea levels are rising and they're no longer able to live the places they did." Nobody has had to migrate to space like the humans in "WALL-E", but it is interesting that there are some similairites to scientific occurences in reality.

"Those kind of things... used to sound like dystopic realities---none of us living in Georgia where we live can imagine the sea coming over our houses, but the sea level rise is certainly a thing that acutely affects many," Cooper said.

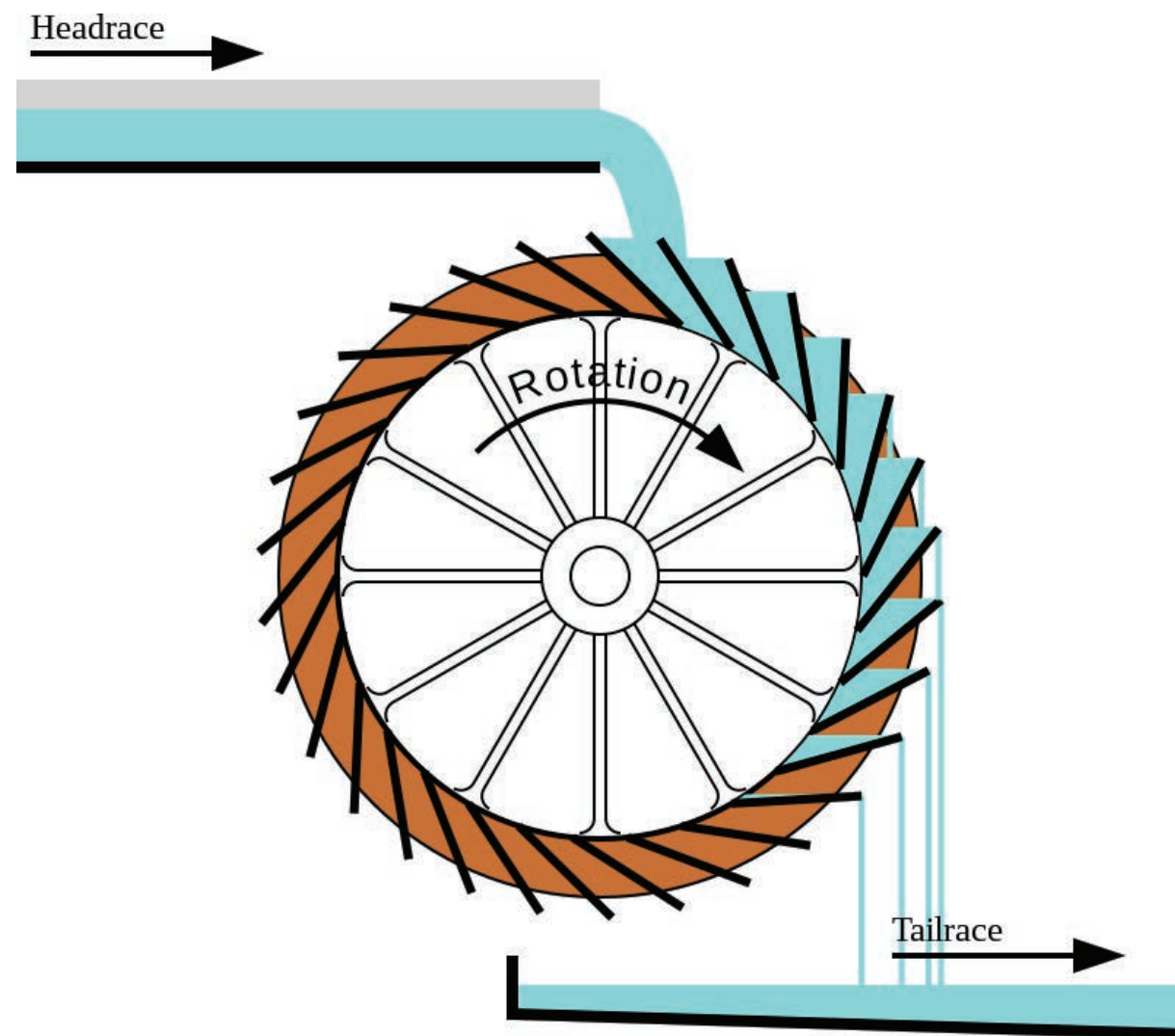
Superhuman equations and environmental dystopias do not even touch the tip of the iceberg of the plethora of scientific subjects in the sci-fi genre, but even with these topics it is obvious that the blend of science and fiction can create some entertaining and thought-provoking, ideas.



Graphics inspired by characters from the 2008 film "WALL-E", created by Pixar Animation Studios and Walt Disney Pictures.

MECHANICS OF THE MILL

Story and Design by Audra Berends, Asst. STEM Editor
Photos courtesy of Berry College Digital Archives



Graphic by Malcolm.boura

Did you know that Berry College has a remarkable piece of ancient technology on Mountain Campus? Out of the inventions of people in 4000 BC, Berry College has a water wheel called the Old Mill. According to Rachel McLucas, Curator at The Martha Berry Museum, the Old Mill was constructed in 1930 and is considered part of the series of gifts from Henry and Clara Ford to the Berry schools. At this point in time, Berry was becoming a four year college and starting to look like the Berry we know today. The Old Mill was constructed to help with production of cornmeal to use both on campus and as a product to sell. The Old Mill is a water-powered, overshot wheel, meaning that water flows from a source above the wheel. The water used to operate the mill comes from the Berry College Reservoir through pipes, which was also a gift from Henry Ford. The 42 foot wheel was originally built by Berry students under supervision of a man named Green Berry Goodson, who was the long-time operator of the Old Mill. Currently the Old Mill is operated by Bruce Nicholson who has been operating the mill since 1990. The Old Mill was also completely rebuilt in 1977, except for a few steel parts, due to overall degradation.

So how does the Old Mill work? Again, the Old Mill is an overshot water wheel, which is a gravity waterwheel. According to tidemillinstitute.org, there are also undershot and breast waterwheels. Water flows through a canal above the wheel and falls into the “buckets” that are all around the outside of the wheel. The wheel is then pushed downward by the weight of the water in each bucket. The water is then dumped out at the bottom of the revolution and the wheel goes around for another spin. In this rotation pattern, there is kinetic energy, the energy of motion, present in the use of water. You may be wondering? How does the water get to the top of the 42 foot high wheel? Bruce Nicholson explains the process.



The construction of the Old Mill. Photo courtesy of the Berry College Digital Archives.

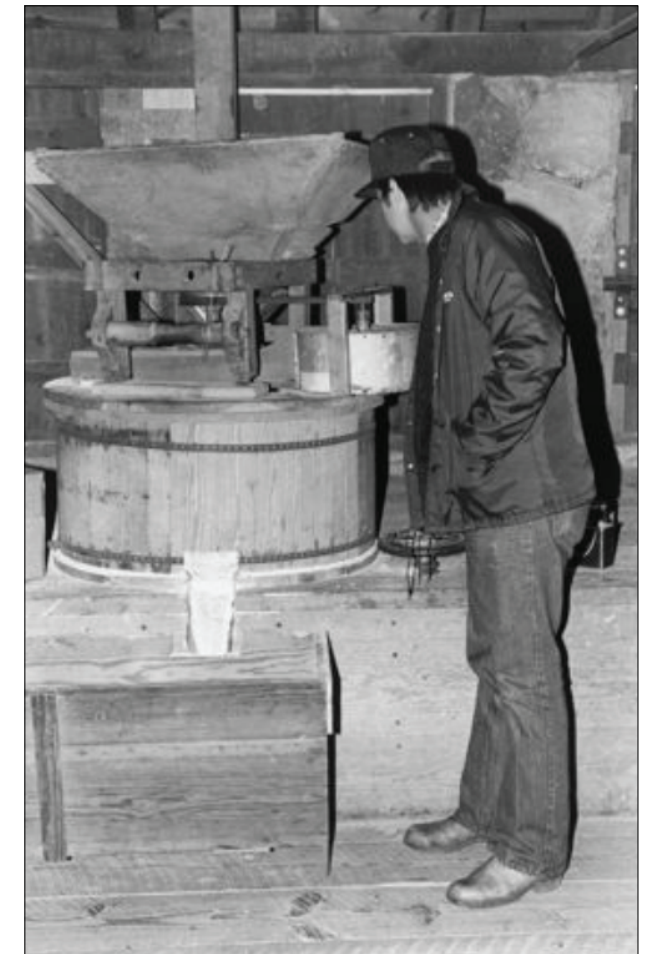


Photo courtesy of the Berry College Digital Archives.

The water that flows down over the top of the wheel actually comes from the reservoir on campus. The reservoir is higher in elevation than the wheel causing it to flow down through pipes to the base of the Old Mill. There is then a pipe up to the top of the mill that has a valve. Once turned on, the pressure from the reservoir down to the Old Mill forces the water up the rock column and hoists it over the top of the wheel. This is called a gravity feed. Inside of the mill are gears and two grinding stones that are powered by the motion of the mill. Nicholson is in charge of the tradition of grinding cornmeal for Mountain Day, which is done for about a week leading up to it. According to him, they usually sell 400-500 bags of yellow cornmeal. After 34 years of working on the Old Mill, Nicholson says he “just enjoys doing it.”

Today, the Old Mill isn't in use, except for the unique cornmeal grinding tradition. The Old Mill also draws its own crowd to Berry and has a fan-base of people interested in water-powered mills. One group called SPOOM, the Society for the Preservation of Old Mills, has visited the Old Mill and was amazed at its height. In relation to this interest, Rachel McLucas stated that, “[the Old Mill] is such an iconic symbol of the schools. It is now an aesthetic addition to the campus that has really promoted Berry in ways beyond anything we could imagine.”

Food in the Digital Age

Story by Sylvie Wages, Editor-In-Chief
Design by Lauren Yelverton, Food Editor and Abbie King, Asst. Food Editor
Graphics by Alyssa Abrams, Graphics Editor

The world of food and its influence is known far and wide for its ability to bring different people of all ages and walks of life to come together for a variety of occasions. While it has been able to do this for several years, the introduction of social media has influenced food and its variety in several unique ways on different platforms.

From pure entertainment to gaining inspiration, the food-related content on social media is endless. Sophomore Madison Hole said she finds joy in viewing the countless different food content found on Instagram. In particular, she enjoys seeing diverse recipes that have been enhanced by the nature of autonomous sensory meridian response (also known as ASMR.) The creator she enjoys watching the most is Ben Chow who specializes in creating and showcasing deep fried food. Madison said that she constantly views his content because it is shown often in her feed. Though Madison does not do well with the hearing aspect of these videos, she expressed that she enjoys seeing the process behind making it. She admires the hoe unique the recipes are and wants try to make some on her own. Social media, though often criticized for the negative influence it has on younger audiences, has brought a new way for food-ies worldwide to indulge in their interests.



Photo courtesy of
@jamieoliver on Instagram

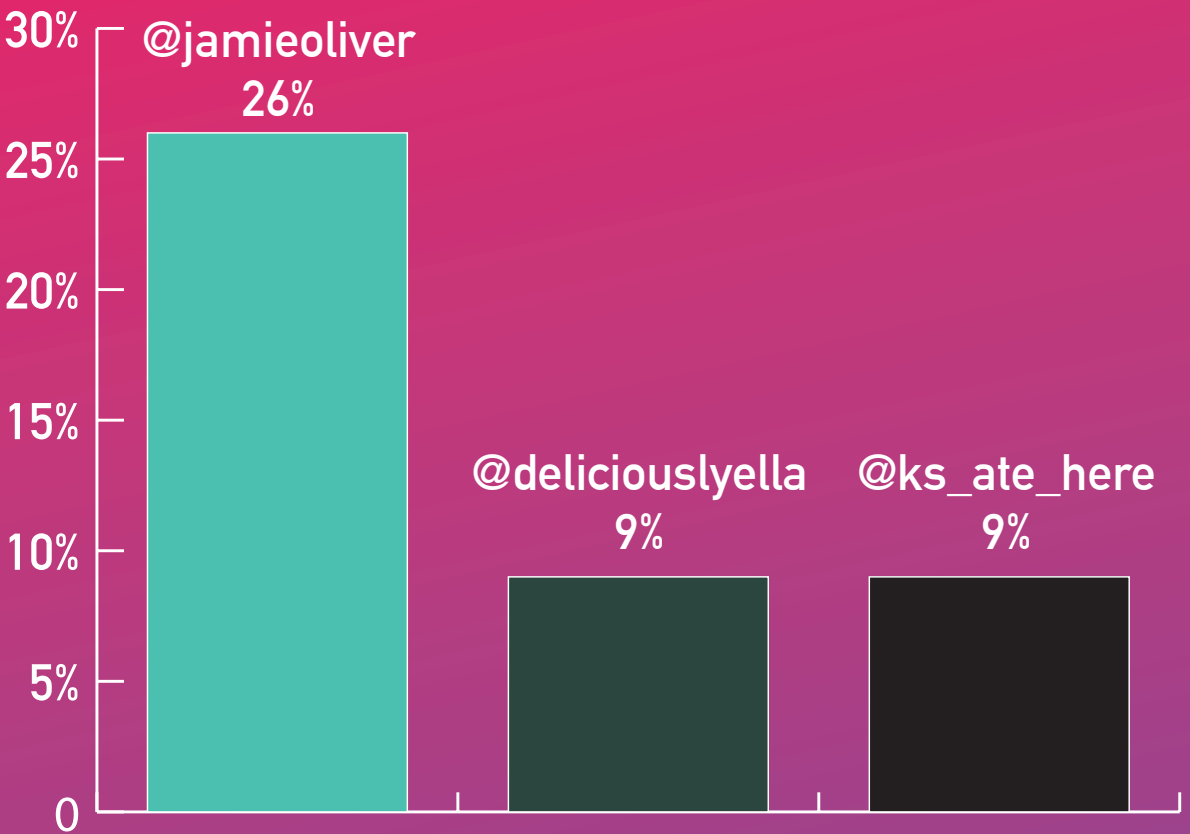


Photo courtesy of
@deliciouslyella on Instagram

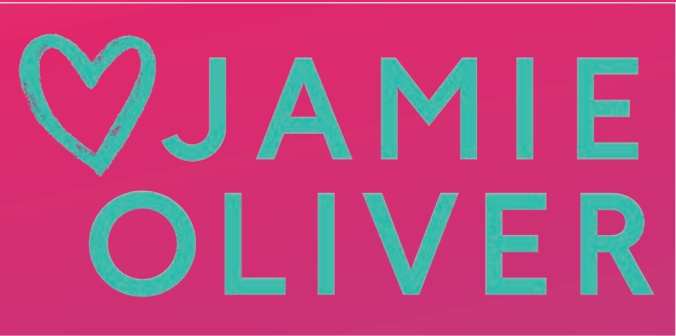


Photo courtesy of
@ks_ate_here on Instagram

However, the food side of social media does not just appeal to a younger audience. Members of any generation enjoy this content as well as create it. Hope Wiloughby, Associate Director of Career Education and Development, explained that she views most food content through Instagram and Tiktok. She said that she enjoys viewing a variety of accounts and websites to get inspiration. She also said that she loves to view comedic food content in which different food influencers have parodies about terrible recipes. She talked about the importance of being able to view different types of food content that cater to people with allergies or other dietary restrictions. Not long ago, it was much more difficult to find certain recipes to fit your health restrictions and dietary needs. With the ongoing demand for this content and increasing popularity of social media, users are just a click away from finding delicious and healthy meal ideas.



Percentage of 72 Berry students who were polled on if they have viewed any of these Instagram accounts



What Staff Eats In a Day

Story by Lauren Yelverton, Food Editor

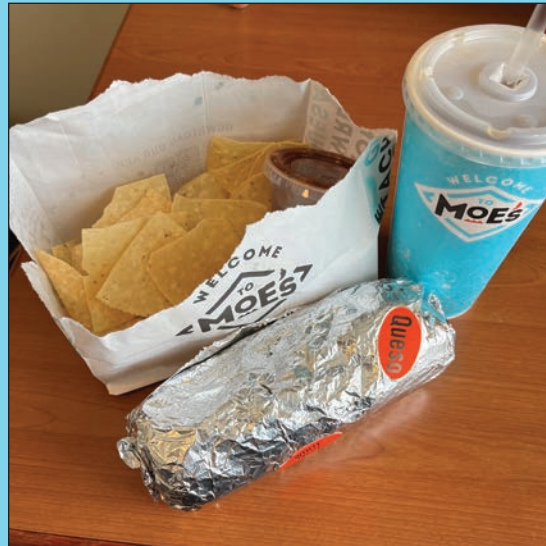
Design by Lauren Yelverton, Food Editor, and Abbie King, Asst. Food Editor

Photos Courtesy of Camille Lueder, Issues and Impact Editor and Oliva Pope, Writer

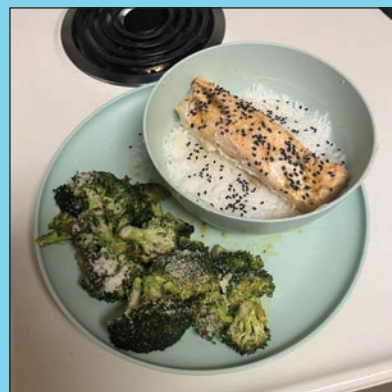
Many people consume a wide variety of different foods on a daily basis, depending on their preferences. But did you know that what people choose to eat can reveal information about their personality, allowing people to gain more insight into that person's behaviors? Juliet A. Boghossian, a behavioral food expert and founder of Food-ology, has dedicated herself to studying this phenomenon. According to Boghossian's Food-ology website, the food that people eat shows that "we all possess unique behaviors instinctively... behaviors that can reveal themselves through our eating habits." In order to allow readers to get to know our staff's food preferences better, two Valkyrie Magazine staff members – Camille Lueder, the Issues and Impact Editor, and Olivia Pope, one of Valkyrie Magazine's writers – have both described what they eat in a day.



▲When it comes to breakfast, Lueder chose to consume a delicious yet simple meal consisting of eggs and toast, a side of strawberries and blueberries, and coffee to drink.



▲For lunch, Lueder went out to Moe's Southwest Grill and ordered a burrito, chips and salsa, and sweet tea for her beverage.



◀To conclude the day, Lueder ate a bowl of salmon and rice with broccoli on the side, and had a simple drink of water.

Lueder said that she most enjoyed the lunch she had at Moe's Southwest Grill.



▲On the other hand, Pope said that she doesn't usually eat breakfast, instead choosing to eat an early lunch. For her early lunch, Pope went to the P.O.D. Market and ordered a Frito Grande bowl from Freshens.



▲Before going on a run later in the day, Pope had a quick snack consisting of crackers and cream cheese.



▲For dinner, Pope went on a picnic with one of her friends and had a sandwich, a side of cantaloupe, and Welch's nonalcoholic rosé to drink.



▲For her last meal of the day, Pope had an after-dinner snack of Welch's Berries and Cherries fruit snacks.

Pope's favorite meal of the day was dinner because of the fun picnic that she had with her friend.

Do foods chosen to eat during the day provide a deeper insight into individual personalities?

Gluten-free Goodies: Alternatives to Popular foods

Story by Connor Coltrane, Writer
Design by Lauren Yelverton, Food Editor
Graphics by Hayleigh Holcomb, Graphics Editor

We’ve all at least heard the word “gluten,” before. We’ve also particularly seen the words “gluten-free” floating through the air, uttered by dieticians or slapped onto the labels of foods in a store. But, when it comes to down to the wire, many may find themselves hard-pressed to name what gluten is, or what could possibly be so bad about having it in one’s food. A cynical outsider might assume it’s another one of those esoteric buzzwords like “trans-fats” and “carbohydrates,” thrown about all too often to help market pricier health foods. However, like many of those buzzwords, (though not all, carbohydrates are hardly bad in a vacuum), if one were to do a little digging, or consult with someone who really shouldn’t eat gluten, one would find genuine importance in the labelling of (lack of) gluten.

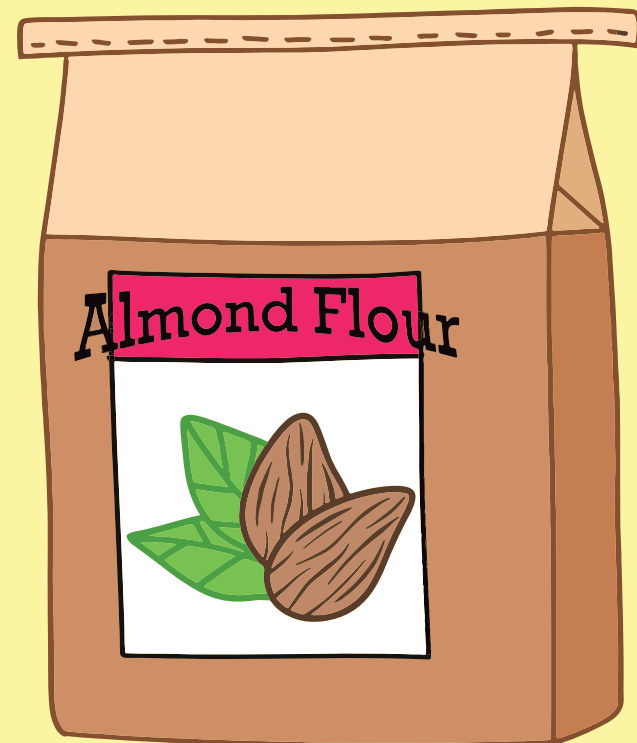
As senior Rae Laury explained, gluten is a protein found in wheat, barley, rye, and many other grains. Naturally, it can be found in high amounts in products that use such grains, including commercial breads and pastries. While this protein is safe for most people, there are some with a bodily intolerance to gluten. The exact reasons for this vary.

“For me,” said junior Grace Woodell, “it’s a moderate allergy.” While she isn’t necessarily at risk of serious harm for eating gluten, eating it can cause sickness, exhaustion, and pain. More severe allergies, of course, can do more harm than simple lethargy for a day. Then, there’s the matter of celiac, a much more threatening condition.

“It can permanently damage your stomach lining,” said sophomore Lyla Johnson, “destroying your body’s ability to take in nutrition.” This means that for those who suffer from celiac, gluten poses a very serious risk to their long-term health. And of course, sometimes it can be dangerously difficult to tell the difference.

“I don’t have the money to test for celiac,” Laury said, “so I don’t risk it.”

This means that even those who seem to suffer a slight gluten intolerance often need to greatly prioritize eating alternatives to minimize risk. But where and how does one minimize the gluten in one’s diet?



“Fruit...meat...and some granolas,” as Johnson pointed out, are all naturally free of gluten, and can still provide the necessary proteins or nutrients one requires. And, if one wants carbs or starch in one’s cooking, Laury pointed out that “rice, corn, and potatoes” can make wonderful substitutions, as they are also naturally gluten free. There are also a variety of brands that specialize in gluten-free foods that one can find in some stores. They include Udi’s gluten-free foods, Mountain Valley Bread, Schär Bread, Banza chickpea-based pasta, and many more. If the baking bug hits you, Laury also recommends King Arthur gluten-free flour as an ingredient that won’t dry out your pastries like almond or coconut flour might. That said, these brands are not always ideal for the gluten-intolerant.

As Woodell put it, many gluten-free foods taste “like a sponge,” or can be unpleasantly “crumbly.” More importantly than taste, however, these brands are also often significantly more alternative than the typical commercial options. “Just the other day,” Woodell said, “I paid seven dollars for six tortillas.”

Of course, students at Berry College have some options already covered under their meal plans. Berry’s dining hall now offers gluten-free desserts, as well as a section set aside for gluten-free cereals, bread, and waffle mix. However, despite these options, many gluten intolerant students are still reluctant to eat in the dining hall. According to Woodell, cross-contamination of gluten into other foods is all too common in dining hall, to the point that eating almost anything there will leave her “feeling a little sick,” and some more sensitive to gluten than her “can’t eat there at all.” It’s not simply a matter of accidental cross-contamination either; many options for food that aren’t explicitly gluten-free use gluten that diners may not know about because it isn’t labeled.

“It’s getting better,” Woodell said, as these gluten-free options are rather recent developments. However, Woodell emphasizes that if other foods were labeled as having or not having gluten, and if employees could be trained to avoid cross-contamination where possible, that could improve the situation for the gluten-sensitive immensely. Of course, a lack of training in this regard is hardly an issue restricted to Berry.

“I wish more stores trained their employees on food intolerances,” Laury said, remembering how many times they’ve been falsely sold gluten-free products that still contained gluten. While, as Johnson explained, some people refuse to eat gluten because they think it’s healthier (a notion with little evidence), most people who don’t eat it can’t do to very real and serious health concerns.

“We’re not trying to be difficult or unreasonable,” Laury said, “but more workers need to understand that food mix-ups or mislabeling has “real consequences for real people.”

"Berry" Popular Baking Shows

Story by Princess Anderson, Writer
Design by Lauren Yelverton, Food Editor and Abbie King, Asst. Food Editor
Photos by Alana Burcaw, Photographer
Graphics by Alyssa Abrams, Graphics Editor

Television is a favorite form of entertainment for people all over. Whether it be sports, romcoms, the news, or reality TV, there are all sorts of different genres for a variety of audiences to enjoy. However, one unique category of television that often appeals to those who love cooking or describe themselves as “foodies” is baking shows. There are different types of shows even within this subgenre that range from being very competitive to more on the fun side. Nonetheless, for those who enjoy watching baking shows at Berry College, both types seem to achieve the same goal. Those who were interviewed here at Berry agreed that the baking shows they enjoyed were both entertaining and inspiring to watch.

In other words, baking shows come in different flavors, and this can be seen in the different shows that Berry students and faculty enjoy. Sophomore Abbie King explained that she enjoyed a more seasonal exclusive baking show called “Halloween Baking Championship” in which contestants showed off their baking expertise by creating terrifying yet delicious baked treats to earn the approval of judges such as Carla Hall, Zac Young, Sandra Lee, and other guests. Sophomore Sydney Michelle said that she mainly enjoyed baking shows such as “Cake Wars.” She went on to explain how she liked the more competitive yet entertaining atmosphere. In this particular show, competitors race against the clock to fix the perfect dessert. “I watch shows like that with my dad on occasion,” she said.

Kimberly Field-Springer, associate professor of communications, said that her favorite baking show is “Nailed It.” She went on to say that her two daughters also enjoy the show.

According to an Instagram survey, we found that baking shows such as “The Great British Bake Off” were the most frequently watched out of four other popular baking shows with an 81% approval rating. However, for shows such as “Nailed It”, they were not as well-known with an approval rating of only 29% among Berry students.

Statistics aside, it can be concluded that baking shows are a fun and timeless form of entertainment among the Berry community and beyond. Whether it be the most popular, the more competitive, or the more niche baking shows, they all provide their view-

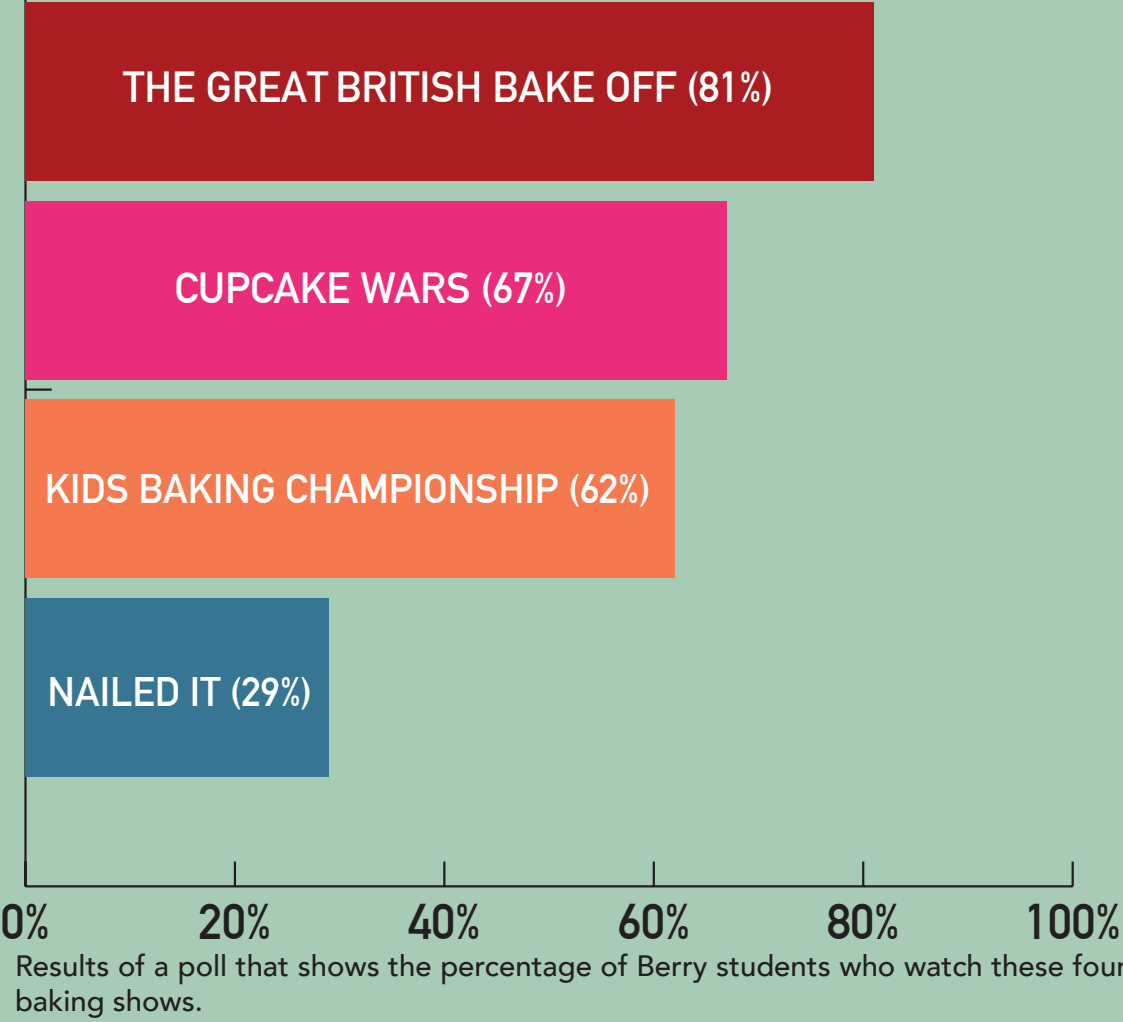
ers with quality entertainment and new ideas for their own baking endeavors. These shows have proven to be enjoyed by a wide audience including those who bake often themselves as well as those who just enjoy eating what others have made. Whether you want to learn more about cake decorating or just want to kick back and enjoy some reality television on a weekend with family or friends, baking shows could become your new favorite pastime.



The Great British Bake Off is the most popular baking show among Berry students.



Asiel Castillo, freshman, watches The Great British Bake Off.



Sweet Summer Delights

Story and Design by Lauren Yelverton, Food Editor and Abbie King, Asst. Food Editor
 Photos by Abbie King
 Graphics by Hayleigh Holcomb, Graphics Editor

STRAWBERRY LEMONADE Cupcakes:

For the Cupcakes:

1 box vanilla cake mix
 ¾ cup strawberry lemonade mix
 Vegetable oil (optional: swap for butter)
 Water (optional: swap for milk)
 Eggs
 Red food coloring (optional)

1. Preheat your oven to 375° F.
2. Place paper baking cups into each spot in a muffin pan.
3. Mix the cake batter according to the instructions on the box, substituting the vegetable oil for butter and/or the water for milk if you want a more “from scratch” taste. Mix in the concentrate and the optional food coloring.
4. Divide the batter among the baking cups, and bake for 13 to 18 minutes
5. Let the cupcakes cool in the pan for about 10 minutes before removing and allow to cool completely.



For the Frosting:

½ cup strawberries
 1 tbsp water
 1 cup unsalted butter
 A splash of vanilla extract
 A pinch of salt
 4 cups powdered sugar

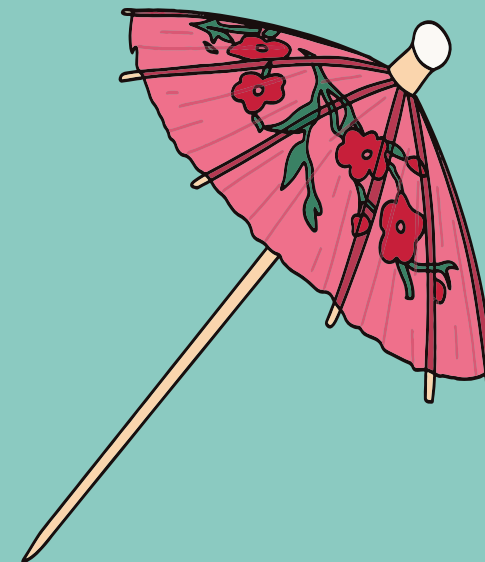
1. Slice the strawberries and place them in a small saucepan. Add water and cook over medium heat, stirring frequently. Cook until the strawberries are soft, then use a fork to mash the strawberries.
2. Cook the mashed strawberries, while stirring frequently, until they thicken.
3. Remove from heat and allow to cool to room temperature.
4. In a large bowl, beat together the softened unsalted butter, 1 cup of powdered sugar, and the vanilla and salt. Gradually add in the rest of the powdered sugar.
5. Add the cooled strawberries, and stir until completely combined, taking care to not over mix.
6. Use the frosting to decorate your cupcakes.



RASPBERRY PEACH PUNCH:

4 yellow peaches
 1 cup pineapple juice
 1 cup raspberries
 Ice cubes
 1.25 liters lemonade, chilled
 Optional: fresh mint sprigs, to serve

1. Chop 3 peaches. Process the chopped peaches and pineapple juice in a food processor until smooth. Pour into a sieve over a bowl.
2. Place ½ a cup of raspberries in a bowl and lightly crush them with a fork. Thinly slice the remaining peach.
3. In a large pitcher, add in ice cubes, peach slices and purée, and the crushed and whole raspberries. Pour in the lemonade and stir to combine.



CHERRY Ice Cream:

Courtesy of The Nelson Family, Adairsville, Ga

2 16oz jars maraschino cherries
 3 12oz cans Carnation evaporated milk
 2 cups sugar
 1 gallon of whole milk
 4 tbsp almond flavoring
 1 tbsp vanilla flavoring

1. Chop up the cherries and keep the juice.
2. Mix together the cherry juice, evaporated milk, sugar, almond and vanilla flavoring, and a small amount of whole milk.
3. Warm the mixture over a stovetop on low, making sure to NOT let the mixture boil. Once warmed, add in the cherries.
4. Pour the mixture into an ice cream machine canister and stir in the remaining milk.
5. Place the canister into the ice cream machine, follow the machines instructions to begin churning the ice cream. Don't forget to layer ice and salt around the canister.



Grandma's Kitchen: Classic Cookie Recipes

Story and Design by Lauren Yelverton, Food Editor and Abbie King, Asst. Food Editor
Photos by Abbie King, Asst. Food Editor
Graphics by Hayleigh Holcomb, Graphics Editor

Baking cookies can bring a certain sense of childhood nostalgia to a person. Imagine, you're baking cookies with your parents or grandparents, the sweet smell of sugary dough filling the air as they bake. But most importantly, you are making

irreplaceable memories with your loved ones, something you will never forget. Here are three classic cookie recipes that will hopefully bring back that sense of nostalgia for those who bake them.

Chocolate Chip Cookies

1/2 cup shortening
1/2 cup butter
1/2 cup sugar
1 cup packed brown sugar
1/2 tsp baking soda
2 eggs
1 tsp vanilla
2 1/2 cups all-purpose flour
Chocolate chips

1. Pre-heat your oven to 375° F.
2. Beat shortening and butter in a large mixing bowl.
3. Add in sugar, brown sugar, and baking soda. Beat until combined.
4. Beat in eggs and vanilla.
5. Beat in flour one cup at a time.
6. Stir in the chocolate chips.
7. Drop rounded teaspoons of cookie dough on a cookie sheet. Bake for at least ten minutes.



Chocolate Chip Cookies

Snickerdoodle Cookies

1/2 cup butter
1 cup sugar
1/4 tsp baking soda
1/4 cream of tartar
1 egg
1/2 tsp vanilla
1 1/2 cups all-purpose flour
2 tbsp sugar
1 tsp ground cinnamon

1. Preheat your oven to 375° F.
2. Beat the butter. Beat in 1 cup of sugar, baking soda, and cream of tartar.
3. Beat in the egg and vanilla.
4. Beat in as much flour as possible and stir in the rest.
5. Cover and chill for 1 hour.
6. Stir together 2 tbsp of sugar and the cinnamon.
7. Shape the cookie dough into 1-inch balls and roll the balls in the sugar-cinnamon mixture.
8. Place on a cookie sheet and bake for 10 to 11 minutes.



Snickerdoodle Cookies

Sugar Cookies

- 1/3 cup butter
1/3 cup shortening
3/4 cup sugar
1 tsp baking powder
1 egg
1 tsp vanilla
2 cups all-purpose flour
Optional: 2 cups powdered sugar, 1 tsp vanilla extract, and 3 to 4 tbsp of milk or water
1. Preheat your oven to 375° F.
 2. Beat butter and shortening together.
 3. Add sugar, baking powder, and a dash of salt. Beat until combined.
 4. Beat in egg and vanilla.
 5. Beat in 1 cup of flour at a time.
 6. Divide the dough into two balls. Cover and chill in the refrigerator.
 7. On a lightly floured surface, roll out one dough ball to 1/4 inch thickness.
 8. Cut out cookies with cookie cutters, biscuit cutters, or just a knife and place on a cookie sheet.
 9. Bake for 7 to 8 minutes, or until the edges are firm.
 10. Repeat with other dough ball.
 11. Optional: Stir together powdered sugar and vanilla. Add milk or water until the icing reaches your desired consistency. Add colors if you want and decorate your cookies.



Sugar Cookies

Hydrate or Die-Drate

Story by Rosemary Chesney, Asst. Health & Fitness Editor
Design by Reese Chatman, Health & Fitness Editor
Graphics by Hayleigh Holcomb, Asst. Graphics Editor

Everyone knows it's important to stay hydrated, yet according to a study by Health Promotion Perspective 75% of Americans experience chronic dehydration. The same study also showed, through a sample study done on 245 college students, that 58.7% of students consume less than the recommended number of cups of water a day. If we all know it's important to drink water, why aren't we doing it?

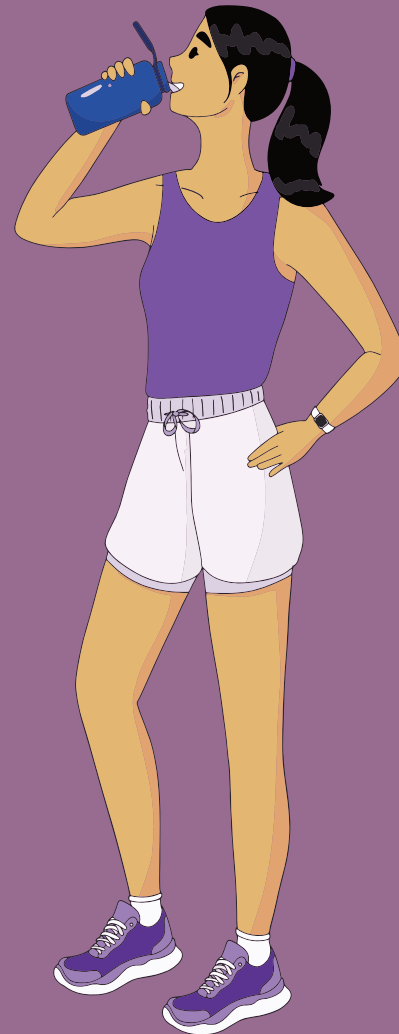
Dehydration has a number of effects on one's body. Headaches, nausea and fatigue are just a few of the symptoms of dehydration. Senior Grace Price is a registered spin instructor, currently working at the Cage. She explains the importance of water consumption.

"If you're not drinking enough water after you complete a workout, you will be incredibly sore," Price said. "As I've instructed more classes, I've become more cognoscente of how when I drink more water, I'm less sore."

Dehydration can have more than just physical effects, however. A study done by the Georgia Institute of Technology explained that dehydration can have serious cognitive effects as well. Dehydration can affect people's attention, coordination, and problem-solving abilities.

"I'm always getting water during Spin class and encouraging other students to get water," Price said. "Your body runs on water, and it's what you need. There's nothing unimportant about it."

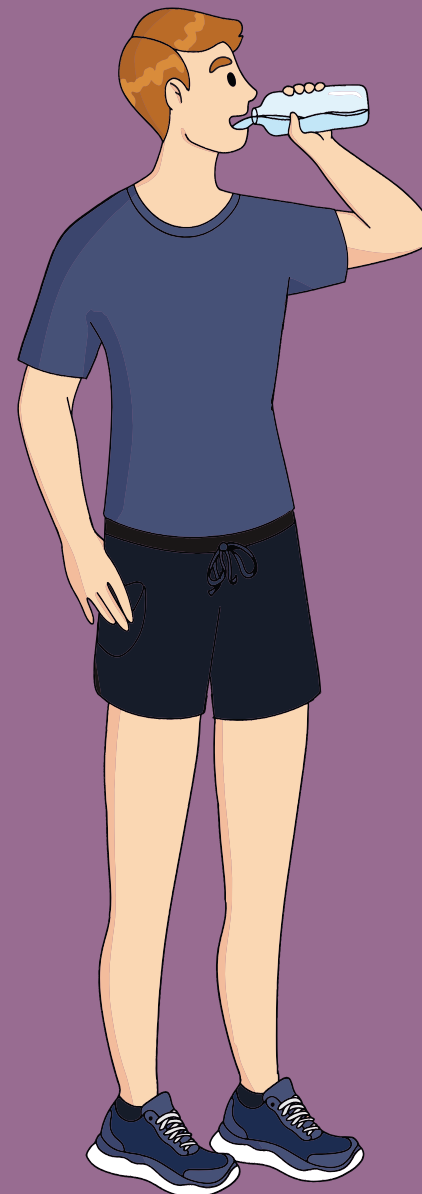
As college students, one of the main complaints is "I'm tired." Turns out, according to the Longhorn Wellness Center, dehydration can affect energy levels as well. Water consumption can even impact anxiety levels. Chemicals being off balance in your brain affect anxiety and mood swings, which is partially caused by hydration. Junior Mady Thompson is a seasoned half-marathon runner and talks about how hydration affects her.



"Hydration is not only critical to running but to your daily life," Thompson said. "Whenever I slack from drinking water, I tend to be more tired and anxious throughout the day."

Now that we all know pivotal it is to stay hydrated, what are some ways to ensure proper water consumption? Price describes one practical step she's taken to ensure she stays hydrated while working out. As an avid caffeine consumer, she has created the habit of drinking a sip of water between drinks of anything caffeinated.

"You'll always see me with a caffeinated drink," Price said. "Forcing myself to drink a sip of water between sips of an energy drink helps me to be more aware of my hydration levels."



Another practical way to stay hydrated is by investing in a fancy or fun water bottle. If your water bottle is more appealing to your eyes, then you are naturally more tempted to drink out of it. Spending money on a water bottle also entices you more to use it because you've invested in it.

A third method of keeping yourself on track with hydration is using water apps or alarms. Thompson describes how she sets an alarm every day to remind her to drink all the water she fills in her water bottle.

"Some days can super busy, so if I don't set an alarm, I most likely would forget about my water drinking goals," Thompson said.

Dangers of the Digital World

Story by Rosemary Chesney, Asst. Health & Fitness Editor
Design by Reese Chatman, Health & Fitness Editor
Graphics by Alyssa Abrams, Graphics Editor

From coast to coast, nearly every person under the age of 30 in the USA has a TikTok, Snapchat, or at least an Instagram account. The emergence of social media has truly swept the nation and become a vital part of how young people communicate with each other, find people to date, or just spend their free time. According to the Pew Research Center, 76% of people between the ages of 18-29 in the USA report using Instagram, 75% use Snapchat, and 55% use TikTok.

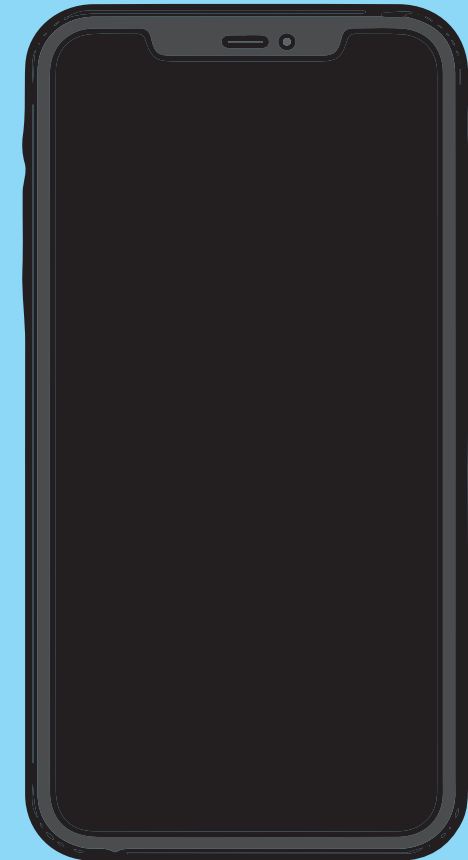
Is this abundance of social media in young people's lives a good thing? According to abcnews.com, women's rates of depression during their lifetimes climbed from 26.2% in 2017 to 36.7% in 2023. Depression rates for young people have especially jumped up and about 1/3rd of people between the ages of 18-29 report having been diagnosed with clinical depression at some point in their lives. This correlates to social media usage which, although it predates 2017, has climbed since then. What are some of the dangers of social media?



First off, social media can be addictive. Scrolling through social media or receiving a “like” on a post has the same effect on your mind as other pleasurable activities such as food or sex. Because you don’t know what the content is until you open the app, the spontaneous result causes a dopamine release in one’s brain which is often referred to as the “pleasure chemical.” Junior Elizabeth Chandler talks about the habit of Instagram scrolling for her.

“I think the number one thing is doomscrolling and executive dysfunction using Instagram as an escape,” Chandler said. “I have lost days of time of my life to doomscrolling, and at certain periods, it probably counts as an addiction.”

Secondly, social media can put too much focus on online interactions. For example, if you post a picture and don’t receive the amount of likes you were expecting, this may cause a sense of disappointment within yourself. Comparing your number of likes to other people is also a danger here. This may cause lower self-esteem, distractions, or even anxiety and depression.



Thirdly, social media fosters comparison, especially among girls. Filters are often used for just a laugh, but they can also be used to distort a picture and create an illusion of perfection. Many young girls form the idea that they don’t look how they’re supposed to because of the hours spent scrolling through their Instagram feed gazing at pictures of other girls. Junior Holly Jordan explains how Instagram scrolling has affected her.

“I definitely think Instagram causes a lot of comparison,” she said. “Many of the images of other girls you see while scrolling create unrealistic expectations of how you are supposed to look.”

Fourthly, social media can entice FOMO, or fear of missing out. Back in the pre-smart phone and social media era, if a bunch of your classmates were hanging out without you, you wouldn’t know unless someone mentioned it the next day. With the whole digital world at your fingertips, however, people experience feelings of exclusion, loneliness, and anxiety when others post instantly about having a good time without them.

All in all, social media has some clear dangers to one’s mental health. While it can be used for great things such as connecting with long distance friends or promoting a business, it can also negatively impact one’s mental health when used in excess. Being aware of these dangers is the first step to using social media in a way that has a positive impact on one’s emotions and overall well-being.



Fitness Tracking 101

Design by Reese Chatman, Health & Fitness Editor

Story by Olivia Pope, Writer

Photos by Ashley Moreno, Photo Editor

Graphics by Alyssa Abrams, Graphics Editor

Berry students are a regularly active population and tracking workouts has become the norm. Strava, iFIT, and the Apple Watch App are just a few of the popular apps used by Berry students to track their fitness. Strava is a tracking app that is popular among runners and is known for the feature where the user can see their friends' workouts. iFIT is a paid workout app where the user can watch workout videos; it is known for interconvertibility with their fitness equipment. The Apple Watch app is the app that goes with the Apple Watch and has become increasingly popular in recent years for fitness tracking, as the company has been working to increase the accuracy and user-friendliness of the watch and app.

Freshman Animal Science major, Audra Donnell, says that she loves high intensity workouts, such as HIIT, and has recently found a passion for running. She uses the Apple Watch to track her workouts and runs. She says she uses this app because it easily tracks her mileage, calories burned, pace, and many other features. "It is so easy! My watch counts down to start then tracks my workout. It also has a huge variety of workouts available and it tracks according to the specific workout." Audra says she has used this app for about a year and is still discovering hidden features that the app provides. She said that she has tried iFIT before, but wasn't fond of how she had to have her phone on her during the entirety of the workout.



Senior, Grace Price, drinks water while instructing her spin class.

Freshman Economics and History major, MacKenzie Smith, uses a variety of fitness apps. Kenzie loves cardio, especially running, along with weightlifting and strength-building exercises. She has used Strava and iFIT before, but currently prefers the Apple Watch app. When looking for a fitness app, she looks for features such as GPS tracking and calories burned—so she knows how to maintain a balanced diet. She says that her favorite feature of the Apple Watch app is the ability to input goals into the app and it will calculate progress and keep you motivated to push forward towards set goals. She has been using the Apple Watch app for 2 years now, but used Strava previously, but finds the Apple Watch app to be more convenient because of the interconnectivity with her Apple Watch.

Contrary to other interviewed students, Junior Communications major, Ian Lazenby uses Strava to track his workouts. He says that he has recently taken running seriously and is even training for a half marathon. Ian says he prefers this app because of the ability to follow friends, even being able to tag friends in workouts, as well as the accurate tracking and progress graph that Strava provides for personal workouts. He started using this app at the start of his running training, about 2 months ago. He says that he appreciates how user-friendly the app is.

Overall, there are many popular fitness-tracking apps that are popular among Berry students. Tracking workouts helps students see progress made through training. As an avid Strava user myself, I can attest that it is an incentive to run and workout when I can look back and see how much faster and stronger I have become over past years. Fitness apps only are increasing in popularity, which means more students are taking their fitness into their own hands.



The cross country team running on the track at Valhalla during practice.

Finding Peace Amidst Chaos

Story by Rosemary Chesney, Asst. Health & Fitness Editor

Design by Reese Chatman, Health & Fitness Editor

Graphics by Alyssa Abrams, Graphics Editor

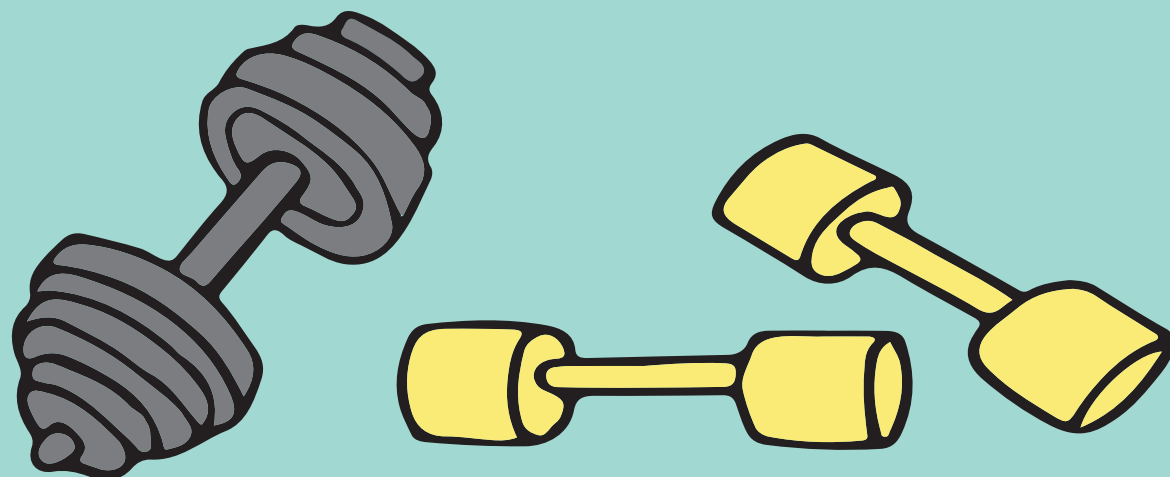
College can be a whirlwind world where every day feels like a new rollercoaster ride. For some, yoga becomes a beacon of peace. It's not just about striking a pose; it's about diving deep into a world of self-discovery and experiencing real rest. Let's explore why yoga isn't just a fad.

1. Getting in Tune with Body and Soul

Yoga is a way of checking in, not just physically but also emotionally. With each inhale and exhale, each stretch and twist, you sync up your mind, body, and soul. According to healthline.com, it's like pressing the reset button on your brain and finding that sweet spot of inner peace to keep you grounded.

2. Stress-Busting Magic

Between juggling classes, work shifts, and a buzzing social life, stress is most college girls' constant companion. But yoga gives you the tools to kick stress to the curb. Whether you're flowing through a power-packed vinyasa or sinking into a restorative pose, those mindful breaths and moments of stillness help you find your zen—even when the world feels like it's spinning out of control.



3. Flexibility, Inside and Out

Sure, yoga gives you killer abs and toned arms, but it's more than just looking good. It's about feeling strong and confident in your own skin. Whether you're striking a warrior pose or balancing in tree pose, you're building strength, flexibility, and resilience—one asana at a time.

4. Riding the Emotional Rollercoaster

Being in your twenties is like riding an emotional rollercoaster, and yoga can be a safety harness. It's where you can unravel your thoughts and feelings, letting go of negativity and embracing a sense of inner peace. Through practices like meditation and self-reflection, you learn to navigate life's ups and downs with a little more grace and a lot less drama.

5. Seeking Meaning in the Madness

In a world that often feels shallow and fast-paced, yoga offers you a chance to slow down and dive deep. It's not just about striking a pose for Instagram; it's about delving into ancient wisdom and connecting with something greater than yourself. Whether you're chanting mantras or exploring yogic philosophy, yoga is a journey of self-discovery and spiritual growth.

6. Building Bonds on the Mat

Yoga isn't just a solo journey for you; it's a community coming together to support and uplift each other. Whether you're flowing through a class with friends or attending a yoga retreat solo, you're surrounded by people who get you and share your passion for wellness and self-care. In a world that can feel isolating, yoga reminds you that you're never alone.



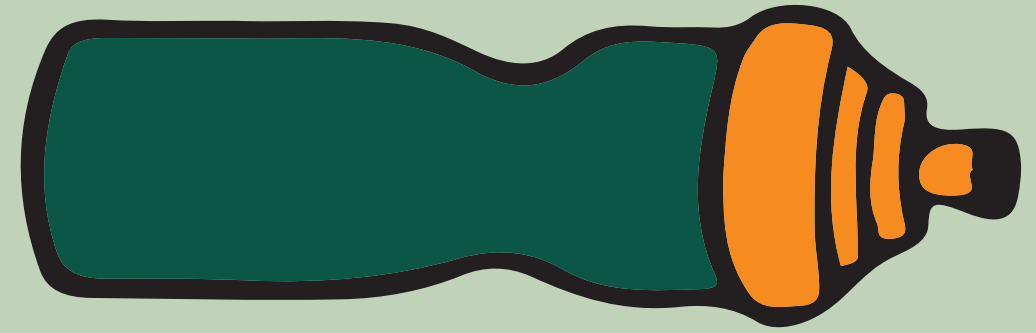
Prioritizing Your Health

Design by Reese Chatman, Health and Fitness Editor
Story by Olivia Pope, Writer
Graphics by Alyssa Abrams, Graphics Editor

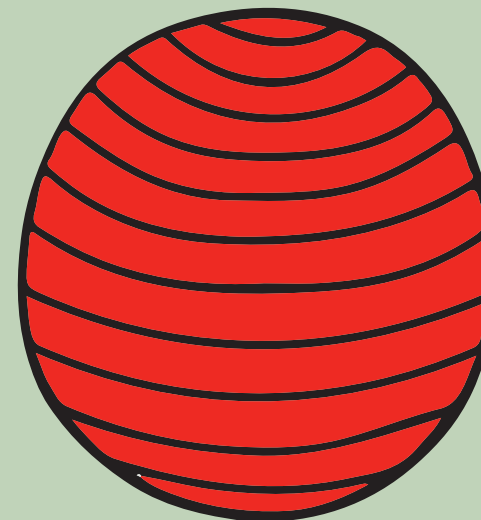
For college students, finding time to work out with a busy schedule is an ongoing struggle. When exams, homework, and friend obligations pile up, exercise is often the first thing to be dropped from their schedules. As this cycle continues, they often feel more anxious, stressed, and burnt-out—the feelings that were supposed to be fixed by exercising. Exercise is an essential part of feeling our best and staying healthy. According to the Mayo Clinic, exercise boosts energy and helps combat depression and anxiety. Exercise is also essential for a healthy heart because it boosts high-density lipoprotein (HDL) cholesterol, the healthy type of cholesterol.



Although it can be difficult, many Berry students still prioritize exercise. There are often students running or walking around campus and the Cage Center is always busy. Freshman Will Hoogendyk, a communications major, says that the hardest part about fitting exercise into a busy schedule is waking up early. Will joined the Berry rowing team last semester and says he has seen great progress since. He says that once you get into the habit of going, exercise becomes much easier and more routine. Because the rowing team helped Will to prioritize working out, he highly recommends joining the team. The team meets on Monday, Wednesday, and Friday at 6:00 am-7:30 am in the Cage Center gym. Though the early start seems unfeasible to many, getting an early start to a workout is a wonderful way to kick-start the day.



Senior Ronan Schurig, a dual-degree engineering major, says that finding a workout partner is key in staying motivated, especially for beginners. They help keep you accountable as well as encourage and motivate you. He also says that it is important to not worry about dieting. A simple change of adding exercise to your routine can do wonders. He says that if you really want to motivate yourself, then joining a workout club or intramural is a great way to workout in disguise, as well as hang out with friends. Berry College has many intramurals for students ranging from beach volleyball to basketball. Clubs are a fantastic way to stay active and meet friends. Ronan's favorite ways to exercise are by doing full body workouts and calisthenics are some of his favorite workouts—both workouts that can be done in the Cage Center.



Though our busy lives often take over, it is important to not let exercise be neglected. Personally, I make a daily detailed plan of workouts (whether gym or running) at the beginning of the week, as well as the time that I will work out. This ensures that I not only will exercise but will also reach my weekly running mileage and increase in strength by working out. This helps me mentally and physically, as well as gives me more energy throughout the day. Exercise is an extremely important part of life that should not be neglected.

Nostalgic Video Games Of Our Childhood

Story and Design by Mikenna Gaukel, Arts & Culture Editor
Graphics by Hayleigh Holcomb, Asst. Graphics Editor

The first PlayStation was released in 1994 and shifted the gaming industry forever when it heralded the industry away from cartridges and into CDs. The birth of the Wii console in 2006 broadened the entire video-game console industry and expanded its audience. Most Berry students grew up playing games on their Wii or Playstation, but before we move forward we have to go back.

The first video games can be traced back to the 1940s when the Westinghouse display at the World's Fair designed a computer that allowed its users to play the game Nim, a simple game where the players have to avoid being the last one to pick up a matchstick. Flashing forward to 1976, Atari released the Atari 2600, a video computer system that featured a joystick, interchangeable cartridges, games in color, and switches for selecting various games. While the Atari was not the first game console, it sky-rocketed its popularity and influenced other competitors.

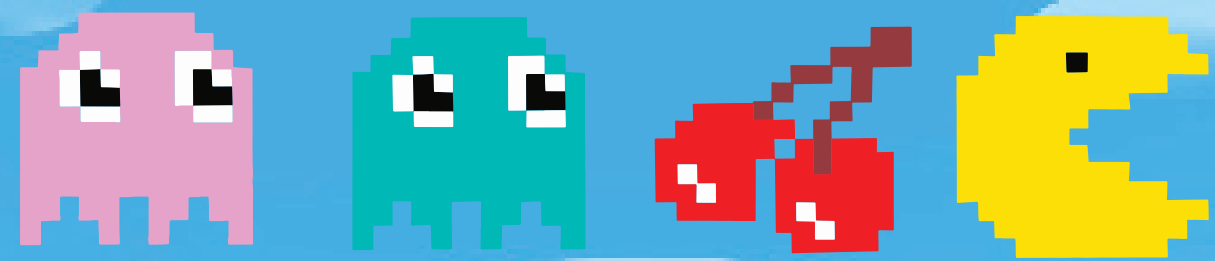
The industry shifted once again with Nintendo's release of the Game Boy in 1989. Once again, this was not the first handheld gaming device, but what drew audiences in was its good gameplay, its long-lasting battery, and how easy it was to use.

Playing video games is a phenomena that wove its way into the fabric of our society, and now almost every child grows up playing some sort of video game. After polling a sample of over 50 Berry college students, ages 19 to 22, 61% reported that they played video games a few times a week as a child. Back in the early 2000s, it was average

that children spent around 30 minutes to an hour a day playing video games. Since then, it has increased to one to three hours.

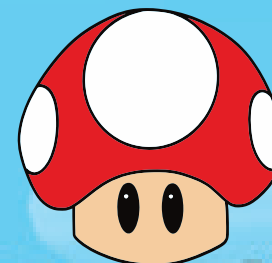
The popularity of video games has not diminished, but as we look back, there are certain games we would now refer to as feeling nostalgic. The first ones to come to mind are usually games such as Super Mario, Zelda, Pac-Man, Wii Sports, and Guitar Hero. What is it about these games that makes them feel so nostalgic to the students at Berry?

According to a study done by the University of Southampton, nostalgia is an emotion that is triggered by something like a familiar sight or smell that brings the person back to a certain time in their life. When feeling nostalgic, one is typically brought back to a fond time in their life such as one's childhood or a personal memory with a loved one.



According to the survey I took of Berry students, growing up, 93% of them played Wii Sports, 42% played Super Mario, 32% played Guitar Hero, and 22% played Zelda. These games all consumed a great part of our childhood, so it is no surprise that so many of these games now bring that feeling of nostalgia to us. Everything from the graphics, the music, and the characters can trigger those memories of waking up on a Saturday to hop on your Wii or Xbox to play your favorite video game for hours upon end.

Nostalgia is something that is made over time and is felt differently by everyone. Who knows that video games will feel nostalgic for the generations to come. Video games have come a long way since their humble beginnings in the 1940's, and different games feel nostalgic for different people depending on their experiences. Games continue to bring joy to kids and adults all over the world, but we will always have a special place in our hearts for the ones that raised us.



BATTLE OF THE SCREENS

The Evolution of Entertainment Consumption in the Era of Streaming Services vs. Movie Theatres

Story by Olivia Pope, Writer, and Mikenna Gaukel, Arts & Culture Editor
Design by Mikenna Gaukel, Arts & Culture Editor
Graphics by Alyssa Abrams, Graphic Editor

There has been a debate in recent years about which is better: streaming movies and TV shows or going to the movie theater. The rise in popularity of streaming platforms such as Netflix, Hulu, Disney +, and many others has been increasing steadily over the years, but the global pandemic is what really skyrocketed the industry. Since everyone was stuck in their homes, no one was able to go out to movie theaters, and theaters have been struggling ever since.

However, what is the consensus of Berry students for the debate between streaming and movie theaters? “I like streaming services better than the movie theater because you can eat your own snacks without breaking the rules!” said freshman marketing major Hannah Stuver. She said that she would rather watch a movie on a streaming service, such as Netflix- which is her favorite, rather than watching a movie in the theater. When asked how often she visits the theater, Hannah said that she visits about once a year, as opposed to watching movies on streaming services, which she watches twice a week. Streaming services such as Netflix are constantly and consistently releasing new shows and movies that have captured people’s interests all over the world. There are many advantages to watching movies on streaming services, such as the fact that you can do it from the comfort of your own home. You can pause the movie whenever you’d like and eat anything without paying for expensive snacks and not worrying about other people disrupting it. College students tend to emphasize the fact that the theater is very expensive and is a turn-off for many college-aged people and are notorious for pinching pennies.

But there are still pros to going to see a movie in theaters. Another freshman, Mackenzie Smith, an economics and history double major, said that she would rather watch a movie in the theater, but only if the movie is worth watching. “I really like to go to the movies with friends. The experience is really fun with the surround sound,” Smith said. Smith went on to say that streaming services lose the novelty of the movie because

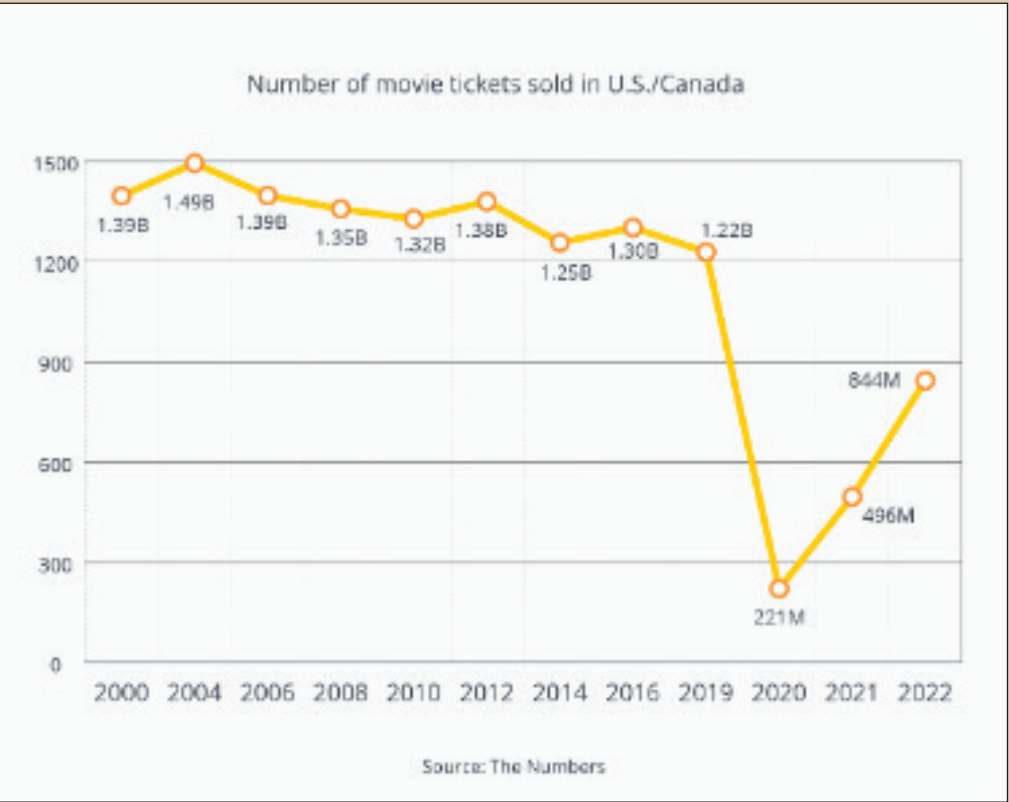
you can watch it unlimited times, as opposed to watching it in the theater where the experience of the movie only happens once. Going to the movie theater can be an event, meant for socializing with friends or loved ones; the experience of the theater is part of the enjoyment, and you cannot replicate it at home unless you have a home theater.



Though both interviewed students still attend theater, movie theater sales have declined over the past few years. As mentioned earlier, COVID-19 struck the movie theater industry hard. As seen in the chart, the number of tickets sold went from around 1.22 billion to only 22.1 million, a very drastic drop in numbers. The numbers still have not been able to reach the height it had back in 2019, and some people might partially attribute it to the fact that there have not been many interesting movies being released. Mackenzie also mentioned that the decrease in ticket sales could be explained by the lack of good movies, furthering this opinion.

However, there are certain individuals who still insist on going to the movie theaters. Defying the stats freshman Amber Cornett, a biology major, said that she recently visited the movie theater every week for 2 months straight. She went on to say that theater gift cards were all she wanted for her birthday. “I love to watch old movies on the big screen. You can’t beat the big screen and surround sound,” Cornett said.

Despite the many challenges, ticket sales seem to be on the rise and could very well reach the levels that they were before the virus caused sales to decrease. Given the mixed reviews of theater attendance by Berry college students, the future of theaters is uncertain, but the movie theater will always be loved by many, even as streaming services become increasingly popular.



This photo contains the number of tickets sold yearly from 2000 to 2022.

Berry's Guide to How to Put On a Musical

Story by Connor Coltrane, Writer
Design by Mikenna Gaukel, Arts & Culture Editor
Graphics by Hayleigh Holcomb, Asst. Graphics Editor
Photos by Tanner Huey, Asst. Photo Editor



Musical theatre is one of the most often misunderstood art forms of all. Most people who hear about it instantly picture some grandiose Broadway production, expensive, poppy, loud and proud, and just a little bit silly between songs. But, as visiting professor of theatre Jennifer Bradford cautions, “If it’s your first experience with a musical, give yourself four or five more.” Musical theatre is a highly diverse medium, it can be lighthearted and funny, heavy and dramatic, subtle, over-the-top, and everything in between. As Bradford continues, rejecting musicals due to one experience is “like watching one comedy and deciding you don’t like comedies.”

Behind every musical play, though, there’s invariably a vast crew who work months on end to make sure the end project is an experience the audience won’t forget, and the plays in Berry College are no exception. The students and staff at Berry’s theatre program meticulously refine the ins and outs of a show every season. Costumes, choreography, props, sets, music, acting, all of these and more need to be directed and produced and harmonized into a single performance. Not this happens overnight, of course, the process of making sure the show is ready can take about half a year.

When asked about the production process, Alice Bristow, associate professor and director of theatre, explains with the example of their spring 2024 play, *A Gentleman’s Guide to Love and Murder*. First, the play was selected a year before in a “Season Selection” meeting among the faculty. Then, every night from November to January, a string of design meetings every week to discuss the aesthetics of the play, including sets and costumes, including researching the time period and sketching out designs. Then, once the designs are finished, out go calls for auditions.

The auditioning stage presents a number of challenges. As Bradford explains, possible actors are not just selected for who has the best acting abilities; there are quite a few other factors to consider. For one, dancing ability. Dancing is a difficult skill that’s all too important for a musical, it’s the reason why they tend to require six weeks of rehearsals instead of the normal four or five. Singing is similarly important. However, it’s not always as simple as choosing the best singer or dancer. According to Bradford, “We try to find a balance between those with a lot of experience and those who’ve just started out.” For many, Berry’s theatre program is their first brush with acting, singing, or dancing, and so often, the directors might want to take this chance to foster such new talent.



(L to R) Mary Claire Page rehearsing her role as Sibella Hayward with Kate Dempsey



(L to R) Mary Claire Page, Ella Hazel Rambin, and Kate Dempsey enjoy rehearsal for *A Gentleman’s Guide To Murder*.

Furthermore, sometimes there aren’t enough people in the “auditioning pool” for all of the roles the play calls for. This is one of the greatest early challenges a play can face; too few people auditioning, and the director has to comb through the script for roles to either combine for the cast or simply cut altogether. Even if a sizeable number of people audition and qualify, the demographics the roles require, including gender, race, and general appearance may not align with the play as written, requiring further retooling to fit the available cast.

However, once the cast is finally selected, they finally can begin rehearsals, and these take much more than simply rehearsing lines. Wren Gerac, the assistant stage manager for *Gentleman’s Guide*, breaks down the numerous other factors that need to be remembered by the cast and crew. Choreography is a big concern, of course, as is blocking, the movement of actors across the stage. Of particular concern for *A Gentleman’s Guide to Love and Murder* are scene transitions. Movement of props and furniture between scenes is difficult, but a particular sticking point is costume quick changes. Because the story is a dark comedy about the ninth in line for an Earldom unexpectedly inheriting the title, all of the other eight in line have to die, and they’re all played by one actor! This means all eight of this actor’s costumes must be custom-made with Velcro, zippers, and whatever else might help slip out of one and into the next without slowing down the play. All of this and more are rehearsed over six weeks, five days a week, and four hours a day.

That’s not even including the technical aspects, lighting, sound, sets, costumes, music. As Wren says, “building sets is hard,” and when you have a limited budget and deadline, often-times the crew need to make sacrifices to the original vision in favor of something more achievable. All this eventually comes to a head in tech week, where all of the cast and crew come together for three-dress rehearsals, making sure every aspect of the final product can run smoothly. Furthermore, unlike film or other noninteractive art, there are no do-overs in a theatre performance. The participants need to have the play memorized, but they also need to be willing and able to think on their feet; to improvise when something doesn’t go quite as expected and incorporate it into the show.

Working in the musical theatre process is a time-consuming and demanding task. Despite all these difficulties, however, the crew behind Berry’s musical theatre program remain as steadfast and committed as ever. “Everyone’s putting in the work,” says Gerac, dedicating all of these hours of their lives to putting on a show. As Bristow puts it, whatever other reasons there might be to participate, the people in the theatre department are doing it, because they “enjoy telling stories.” Above all, the theatre is a chance for this group of like-minded creative types of all different stripes to tell a story together.

Student Press Excellence

Story and Design by Mikenna Gaukel, Arts & Culture Editor
Graphics by Alyssa Abrams, Graphics Editor
Photos by Ashley Moreno, Photo Editor



Student-run publications are an integral part of college campuses all over the world; providing its student body with information about what the happenings around campus are as well as what new developments students should be aware of. They also offer a way for students to express their creative freedom and freedom of speech. Berry College has four separate student publications: Valkyrie, the lifestyle magazine you are currently reading, Viking Fusion, the campus broadcast station, the Campus Carrier, the newspaper, and Ramifications, the literary and arts magazine.

The Campus Carrier is in charge of providing our student body with the latest news in written form both physically, with the physical newspapers deposited around campus, and digitally, on the Viking Fusion webpage. The Editor-in-Chief, Senior Communications major Katelynn Singleton, spoke about her position in the Campus Carrier and her journey. “Everyone on staff was so sweet,” Singleton said. “They helped me get more confident in my abilities.”

Singleton started her career at the Campus Carrier as a staff writer, being placed there her Freshman year through the LifeWorks system. She then made her way to the Deputy News Editor position her second semester of Freshman year, leading up to her acquiring the News Editor position, until she finally reached the head position of Editor-in-chief. She described the Carrier as feeling like a family. “If you go into the office on our work nights, we are loud and obnoxious and we treat each other like siblings,” Singleton said. Not only does the publication work tirelessly to provide the campus with the news, it also creates a community where everyone feels comfortable and is able to have fun.

Viking Fusion also has been known for providing a sense of community to those involved. Freshman Biology major Katie Scaramuzzo, a videographer, talked about her favorite parts of working for Viking Fusion. “Everyone is so

welcoming and loving and we just have a really good time,” Scaramuzzo said. “I think that just tops everything else for me. The job itself is cool, I like getting to record and share stories but I just like the community. I feel like it’s a home.”

Viking Fusion consists of three different teams, the news team, the production team, and the public relations (PR) team. Each works relentlessly all year, either recording and editing news stories, writing and filming productions and short films, or planning events and running social media accounts. They also offer podcasts and short YouTube shows that are recorded and posted throughout the year just for entertainment purposes.



Junior Gavin Zielke works at Viking Fusion as the Studio Assistant Coordinator.



Camille Lueder, Issues and Impact Editor for Valkyrie Magazine, is seen editing spreads for the Spring issue.



The Viking Fusion studio has won an abundance of awards over the years, including but not limited to the CMA Pinnacle Awards: College Media Group: Div. III & IV, the CMA Pinnacle Awards: Four-Year TV Station of the Year: Div. II & III, and the CMA Pinnacle Awards: Best Podcast Div. III and IV for 2023 alone. The program upholds a standard of excellence which is shown through their efforts and the benefits that follow.

Excluding Valkyrie, Ramifications is the final student publications program here at Berry. It is a 32-page literary and arts magazine that showcases the student’s creative expression through poetry, fiction and non-fiction pieces, visual art, and even musical compositions. Singleton spoke again about just how important Ramifications is to the Berry College community. “Ramifications is so important in fostering creativity and making sure that is still a focus,” Singleton said. “Like, we are college students, obviously, but you want to allow yourself to be creative.” They have been publishing on campus for over 50 years and strive to give the students of Berry College a voice and a community.

All the publications on campus serve their purpose and improve the Berry College culture. They are an important asset for student expression as well as giving back to the Berry community. Whether it be news, entertainment, literature, or art, Berry has many impressive student-run publications.



Dating Diaries: Dating Culture at Berry College

Story and Design by Cheyenne Anderson, Asst. Arts & Culture Editor
Photos by Ashley Moreno, Photo Editor
Graphics by Hayleigh Holcomb, Asst. Graphics Editor

At around 2,300 students, the student body at Berry College is a small, tight-knit community. In many ways, this is a benefit to our school. But, in some other (admittedly more minor) ways, Berry's small student body can be a downside.

The spring semester at Berry includes many fun events: Casino Night, Spring Formal, and more. Valentine's Day is another event occurring during the spring semester, though it is not exclusive to Berry College. Generally speaking, there are always mixed feelings about this holiday. There are usually people, whether in relationships or not, who simply love the idea of love; they love Valentine's Day and everything it stands for. Then, there are others who may not be as fond of the day for reasons of their own. Personal

feelings aside, there is no avoiding it; Valentine's Day is inevitable.

Valentine's Day is a unique instance where the modest student body at Berry is both a benefit and a downside. For some students - sophomore Isabella Bane, for example - Berry is where they met their significant other. Bane says she met her partner in their shared history class, where "he was the only one who laughed at [her] jokes." Their proximity due to



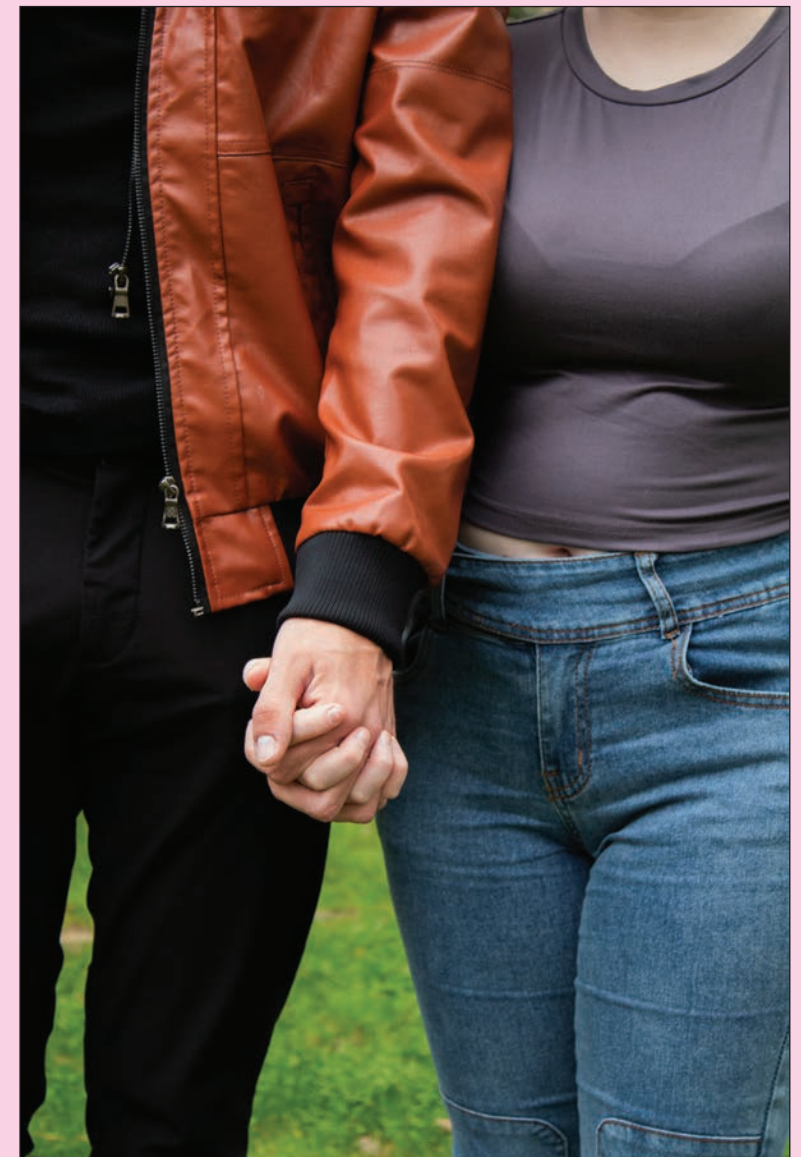
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attending the same school also allowed them to find time to celebrate the holiday despite their busy schedules that week. Another student, freshman Max McClain, shared how Berry impacted their relationship with their partner: "If not for Berry, we would have never met. It's also nice that we're all friends with the same people and can suffer through homework and exams together."

Other students find the close community at Berry to be a hindrance to their dating life. Sophia Newell, a sophomore, describes the dating culture here as "kind of weird and hard because it's such a small campus and everyone knows each other." Despite being in a relationship, Bane agrees with this assessment; she refers to the environment as "toxic" and says she has been warned against dating on campus because of the potential fallout of breaking up. In fact, most students who participated in a Google Forms survey had negative opinions about Berry's dating culture, regardless of their current relationship status.

The community of Berry College is truly like no other. But, that does not mean it is without its flaws, even if those include something more trivial like dating.



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BERRY'S BUBBLES: POPULAR SOCIAL SPOTS ON AND OFF OF CAMPUS

Story and Design by Cheyenne Anderson, Asst. Arts & Culture Editor
Photos by Tanner Huey, Asst. Photo Editor
Graphics by Alyssa Abrams, Graphics Editor

No Berry College student is a stranger to the beautiful community here, creatively called the Berry Bubble. But, students may be unaware of the mini bubbles they have formed with their friends, both on and off campus. We students have found our home at Berry and have all found a place where we prefer to spend our time. The beautiful and vast 27,000-acre campus leaves plenty of choices for students to find their mini-bubble. Some are shared, maybe between friends or teams. Some may be more isolated but just as treasured. What makes these places special is not necessarily the location, but the feelings and memories that tether individuals to them.

Unsurprisingly, the Memorial Library is a spot where most students spend their time. With its late hours and easy access to Java City and the Pod, there is hardly a more convenient space to “be productive and see all of [your] friends at once,” in the words of freshman Samantha Brown. The Memorial Library is a truly well-rounded space. Anyone and everyone can find a place there, whether between stacks of books, in the quiet zone, or somewhere like the Academic Success Center. The Memorial Library is also a place for cultivating friendships. Brown said one of her favorite memories in the library is when she and her friends had a paper airplane contest during a study break. A place that was maybe initially for studying, which many people still do there, is now its own little community within Berry’s campus.

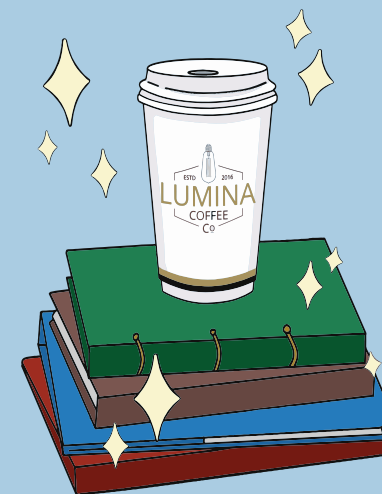
Another favorite place on campus, and fittingly so, is the Krannert Student Center. Specifically, a group of

chairs in the lobby is known to some students as “Chicken Corner.” The origin of Chicken Corner cannot be traced to one specific person, but that does not change the fact that many students cherish its existence. Freshman Mackenzie Smith says for her, “This space [is] nice as an incoming freshman because I never really felt alone in my journey.” Its location within the student center also makes it convenient for people to convene. Smith says people she knows are constantly passing through and that while there are other places she could see her friends, there are none with such “convenience and nostalgia.” The memories of Chicken Corner are truly what gives it life. What seems to be a random grouping of chairs to some is a “sweet community” to others.



Students studying in the Memorial Library.

Study groups getting serious in the Memorial Library.



Many students have chosen to bring their car to Berry, meaning there are many places off campus where they can choose to spend their time. One popular place is Lumina Coffee Company, an adorable cafe just over a mile from campus. The unique environment of Lumina is a primary contributor to its popularity amongst Berry students. Lindsey Macdiarmid, a junior here at Berry, says it has its own “authentic flare” similar to a Starbucks. The great food and coffee are pleasant bonuses. She also notes that while the cafe is often busy, the energy there remains

calm, which helps her focus and get things done. And, of course, she has her own fond memories associated with Lumina. Macdiarmid mentioned some of her favorite memories are Bible studies she has done in the cafe.

There are plenty of other places students choose to spend their time; with such a vast campus and extensive community surrounding it, there are innumerable places to find your mini Berry Bubble.



SWERVE OFF THE PATH ART STUDIO

Story and Design by Cheyenne Anderson, Asst. Arts & Culture Editor
 Photos by Tanner Huey, Asst. Photo Editor
 Graphics by Hayleigh Holcomb, Asst. Graphics Editor

Just under four miles from the campus of Berry College, hidden in the charm of downtown Rome, sits an adorable storefront that is the home of Swerve Off the Path, an art studio co-owned by Holly Chaffin and Val Featherston. Opened in 2015, Swerve offers a variety of services, including but not limited to Sip and Paint, pottery painting, classes, workshops, and individual lessons. Holly and Val each attended Berry College, graduating with a Bachelor's degree in Fine Arts and a Master's degree in Art Education, and a Fine Arts degree

from Berry College, respectively, before continuing their education at other universities and beginning their teaching careers.

For Val, her time at Berry College deeply impacted her career as an artist. Jerry Leichens, a former ceramics professor at Berry College, was dedicated to Val and his other students, pouring into them during their time at Berry. Though she does not have a favorite memory from her time here, she said the mentorship of Leichens has stuck with her so many years later.



The back patio of Swerve for those who need more space to work.

priceless to Val. It is a space she always wanted for anyone and everyone to be creative and make art. It is also a space that allows her to continue with her passion for teaching art without teaching full-time. She recalled her struggles when first starting Swerve; at the time, she was still teaching full-time while remodeling the space on Broad Street that eventually became their studio. She said the help of their friends and family during this time made all the difference. Though Holly and Val could not avoid the challenges of opening their studio, the people around them were an invaluable help to lessen them.

If Val were to offer advice to the current students at Berry College, it would be to not get tunnel vision. She urges students to not focus solely on their major but also on other areas of study, art-related or otherwise. There is truly no way of knowing what there is to learn during our time here. She says we never know when we might learn something in one area that could benefit or apply to our major.



The front facade of Swerve, located on Broad Street in downtown Rome.

90'S CHARACTERS WHO DID IT BEST

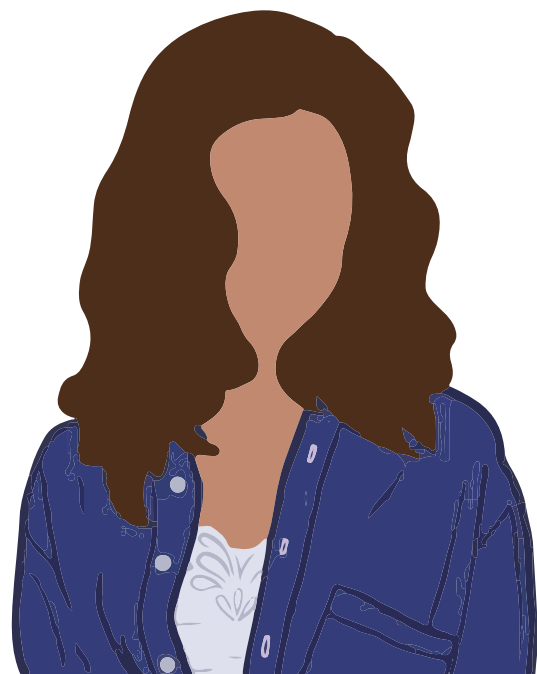
Story and Design by Abby Grace Shrader, Style Editor
Graphics by Alyssa Abrams, Graphics Editor

The fashion world does not stand still, and what is seen as fashionable one day can be cringy the next. It can get to the point that trying to put together outfits is overwhelming. How can you dress trendy when what is trendy is constantly changing? One day your closet is full of skinny jeans, the next mom jeans. But before you throw them all away, remember, what is seen as out of style one day can always make its way back around. Long-forgotten styles are always being revived. Currently, fashion trends from the 90s are back in full swing, and you can see it everywhere you look. On the runway and off, women are wearing slip dresses, biker shorts, velvet dresses, clunky army boots, and more. While most people get their outfit inspiration from opening up a copy of Vogue or scrolling online, you can actually find the best 90s outfits by turning to iconic movies and shows from that time. Look no further, because below are 5 of the best-dressed 90s characters to base your next look after.

1. Rachel Green

You cannot think of iconic movies and tv shows of the 90s without thinking of *Friends*, and you cannot think of 90's fashion without thinking of Rachel Green. The character of Rachel is synonymous with that decade's beauty. Every other week, "the Rachel" haircut, which Jennifer Aniston made famous during the first season of *Friends*, is trending on TikTok. It is shoulder length, with golden highlights, and many choppy layers. In addition to her iconic hairstyle, her outfits have entire Pinterest boards dedicated to them. Here are some staples of a signature Rachel Green look you can easily recreate for when you're headed to work at Ralph Lauren or hanging out at Central Perk with your pals:

- A short, black skirt
- Black tights
- Black flats
- A cropped baby tee
- A button up denim shirt to wear over it



2. Kat Stratford

10 Things I Hate About You is regarded as one of the most popular teen movies of the 90's. Kat Stratford, played by Julia Stiles, was the artistic type, who was more interested in playing electric guitar than being serenaded on the football field. Because of this, her style was less feminine and more edgy, but still 100% 90's. To recreate her look, raid your mom's closet for:

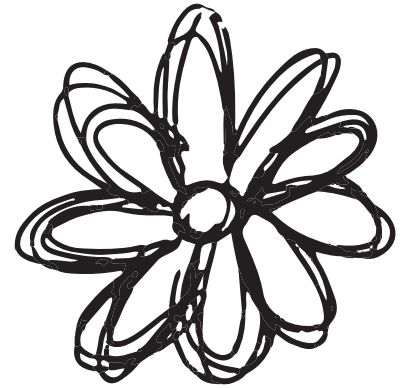
- An ankle length skirt
- Chunky platform sandals or Doc Martins
- A cropped long-sleeve solid-color shirt
- A black leather jacket
- A hair crimper



3. Carrie Bradshaw

This list would not be complete without including fashion icon Carrie Bradshaw, the main character of *Sex and the City*. *Sex and the City* has a cult-following in the fashion world, as its main characters are usually dressed head to toe in designer clothes. Carrie Bradshaw, played by Sarah Jessica Parker, has been known for over four decades for her over the top outfits that usually don't match. Next time you go strutting down Broadway to meet your Mr. Big, wear:

- A knee-length, solid color dress
- Layered necklaces (the more, the better)
- Your highest heels
- A fur coat
- A big belt



4. Cher

No, not that Cher - Cher from *Clueless*! While Cher, played by Alicia Silverstone, spends most of the movie not knowing what to do with her life, people have wanted her wardrobe for decades. I mean, having an app that puts together your outfit every morning sounds pretty cool. While she is most recognized by her yellow and black checkered two-piece set, she has many looks that are the epitome of 90's fashion. Here is a layered outfit you can put together for a fun Saturday spent driving around in your convertible and walking around the mall with your besties:

- A white button-down shirt
- A short, checkered dress
- A cropped sweater vest
- Tall, knee-length white socks
- Chunky black loafers
- A black beret



5. Sally Albright

For perfect fall fashion, look no further than Meg Ryan's 90's wardrobe in the iconic rom-com, *When Harry Met Sally*. Whether she is walking around Central Park with Harry or ordering an uber specific dish at a crowded diner, she is always dressed in neutral, warm, and timeless pieces. To recreate a Sally look, try crimping your hair and putting together the following outfit:

- A red turtleneck
- Straight-legged black dress pants
- Short black boots
- A gray blazer
- A black tote bag

The Cup Craze

How the Stanley Cup, Owala and Hydroflask have taken over Berry

Story and Design by Lindsey MacDiarmid, Asst. Style Editor
Graphics by Alyssa Abrams, Graphics Editor
Edited by Abby Grace Shrader, Style Editor

In recent years, there has been a significant emphasis on owning the trendiest water bottle or cup, as widely depicted in various media outlets. This trend traces back to the VSCO Girl and Hydroflask era, and it has now evolved to the immensely popular Stanley Cup. The Stanley Cup has consistently been in high demand, swiftly flying off the shelves of major retailers such as Target, Dick’s Sporting Goods, and others over the past year. It has garnered viral attention on platforms like TikTok and has forged partnerships with major brands like Starbucks. In every Berry classroom, students have their favorite reusable water bottle sitting on their desk. In addition to being better for the environment, many students carry their cups with them to remain hydrated and healthy. The cute, colorful cups also give students an opportunity to express themselves. You may be a Stanley Cup person or a Hydroflax person, but never both. It has almost become a competition, and students remain loyal to their current fave.

While the Stanley Cup has maintained its position as a top-tier cup brand, there’s speculation about whether it will be overshadowed by the emerging Owala water bottle. In the new year, the Owala has been gaining traction in popularity,

with many arguing its superiority over the Stanley Cup. To gauge public opinion, we put up an Instagram poll for Berry students to determine their preferred water bottle brand, and the results were surprising. Notably, Owala claimed the top spot, with Hydroflask surpassing Stanley in rankings. Additionally, we interviewed several students on campus to gather their personal reviews of these cups. Finally, we will dive into the strengths and weaknesses of each brand, aiming to assist you in selecting the perfect cup for you.

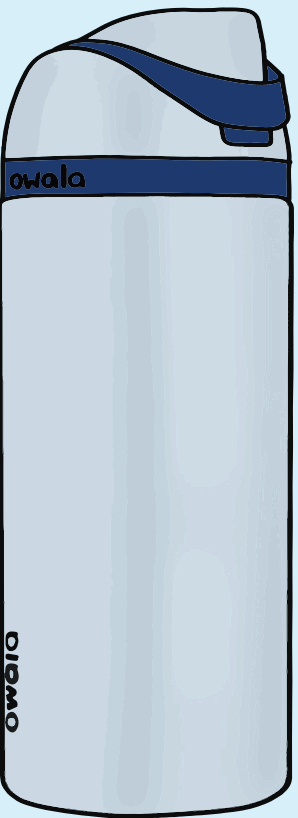
Some were questioned on where their loyalties lie. “I love how big my Stanley is and that the top is so easy to take apart to clean. You can also use a straw or just sip out of it,” said Kara Schmit, Sophomore. Schmidt brings up a valid point. For busy Berry students, convenience matters. But how do the cups compare? “I like that my Owala waterbottle does not spill as much as my Stanley Cup and that it is multiple colors instead of just one,” said Kate Whittle, Junior.

Through a poll posted on Valkyrie’s Instagram story, 52 Berry students voted on which cup they most preferred.

BERRY STUDENTS, WHICH DO YOU PREFER?

48% - Owala
29% - Hydro Flask
23% - Stanley Cup

So, which should you grab the next time you are at T.J. Maxx or shopping on Amazon? Weigh the widely accepted pros and cons and see which works best for you!



Pros for Owala:

- Multicolor lids and bottle allow for a more fun and vibrant waterbottle
- The lid is one of the best aspects. The lock serves as a holder. The lid also has a straw feature to sip out of or a drinking feature like a normal plastic water bottle.
- It does not spill and it for the most part drop friendly.

Cons for Owala:

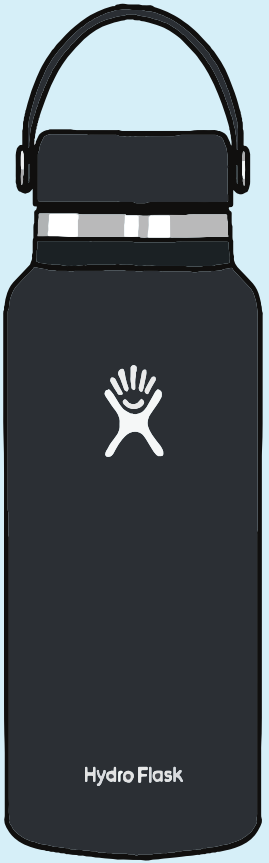
- Can dent and scratch .
- There is not a prominent handle like The Stanley Cup.
- It does not have all the publicity like The Stanley and Hydroflask.

Pros for The Stanley Cup:

- Extremely well known and popular across social media.
- Collabs with brands like Starbucks.
- Big handle that allows easy carrying.
- The brand created multiple sizes and styles to allow diversity.

Cons for The Stanley Cup:

- The cups do not fit in most cup holders.
- The cup also does not fit in backpack waterbottle holders.
- One of the worst features is that it leaks and spills water ver easily becasue of the open straw and no way to close it fully.



Pros for Hydroflask:

- One of the OG viral cups that sparked a lot of fame across social media.
- The brand itself has a lot of products. Very similar to Yeti in brand expansion.
- The lid allows for easy carrying.
- Fits in most car cup holders and backpack waterbottle holder

Cons for Hydroflask:

- Dents and chips easily when dropped.
- Stigma around the cup and being a “Hydroflask girl”. Sometimes viewed as “cringy.”
- Has lost popularity throughout the years with the rise of The Stanley and Owala.

ALBUMS AND AESTHETICS: THE ERAS

TOUR OF BERRY COLLEGE DORMS



Story and Design by Abby Grace Shrader, Style Editor
Graphics by Alyssa Abrams, Graphics Editor

Who’s Taylor Swift anyway? Ew. Just kidding, it is basically impossible to not know the 12-time Grammy winner whose songs are constantly at the top of the charts. Swift is seen as one of the biggest and most influential celebrities in the world. Currently, she has a net worth of \$1.1 billion, following the massive success of her latest world tour. She is an American singer-songwriter who began her professional career at just fourteen years old. Over the course of her career, she has built an impressive discography, with (as of March 2024) 14 albums. Her albums span over multiple genres and each have a unique theme. In her latest stadium tour, Swift celebrated her albums with The Eras Tour. The Eras Tour is Swift’s 6th tour and has consisted of 152 shows across 5 continents. It is scheduled to last from March 17, 2023 in Glendale, Arizona to December 8, 2024 in Vancouver, Canada. The Eras Tour features songs from every one of Swift’s 14 albums, with specific costumes and sets designed to match each specific era of her career. The Eras Tour, Swift’s first tour since COVID 19, was intended to celebrate Swift re-releasing her albums that were owned by Scooter Braun’s company, Ithaca Holdings. In June 2019, Braun’s company acquired the rights to the first 6 of Swift’s albums - “Taylor Swift” (2006), “Fearless” (2008), “Speak Now” (2010), “Red” (2012), “1989” (2014), and ‘Reputation’ (2017). In an interview on “Late Night” with Seth Myers in 2022, Swift explained this journey.

Swift said, “I’ve always wanted to own my own music since I started making music. You probably don’t know this, but most of your favorite artists do not own their music. There was something that happened years ago where I had made it very clear that I wanted to be able to buy my music. That opportunity was not given to me, and it was sold to someone else. And so I figured, I was the one who made this music first. I can just make it again. So that’s what we’re doing.”

To take back these albums, Swift has slowly been re-recording these albums and releasing with new covers and new titles, like “Red (Taylor’s Version)” or “Speak Now (Taylor’s Version). On these new albums, she also includes songs from the vault, which were written at the time of the original albums, but did not make the initial cut. This creates a lot of excitement around each re-recorded album, as fans are excited to hear new music that fits the same aesthetic.

She summed it up by stating in the same video, “So when something says in parentheses Taylor’s Version next to it, that means I own it, which is exciting!”

Swift’s Eras Tour, celebrating these re-recordings, was a massive success with unprecedented ticket sales around the globe. For example, over 22 million Swifties (that’s what Taylor Swift fans refer to themselves as online) virtually queued for Swift’s Singapore tickets. Many Berry College students traveled to Atlanta or Nashville to watch Swift perform multiple songs from the different eras of her career.

Junior Ella Parris attended Swift’s night 1 show in Nashville. She said, “The most special thing that happened was Taylor announcing ‘Speak Now (Taylor’s Version).’ This is my favorite album so that was the best surprise I could have gotten.”

Parris was one of a few thousand Swifties who got to experience the reveal of a re-recording live. When asked how she felt about Swift recording past albums, Parris said, “She went through a lot over the course of her career. When her songs were taken away from her, I imagine she felt as if a part of her was taken away. She’s shared her life through these albums, and I think it shows a lot of bravery for her to re-record them. These rerecordings are for her, but they’ve also given a lot to the fans. With her now being in control of her albums, she can do what she always wanted. She is making music history, and I love that she includes us fans along the way.”

When talking to fellow Swifties, the same question is usually brought up fairly quickly. What era are you? For Swifties, their favorite era is not just the album that they liked the most songs on, but the album that they identified with the most. Each of Swift’s eras have a distinct aesthetic that goes along with them. When attending the Era tour, Swifties may have dressed in purple to celebrate “Speak Now (Taylor’s Version)” or in black for “Reputation.” Each album reflects a different era of Taylor’s life, with specific haircuts, makeup, colors, and outfits to go along with them. Each era is distinct.

Parris said, “I had a ‘Speak Now’ necklace, mirrorball earrings for ‘Folklore,’ and a snake ring for ‘Reputation.’ It was so fun to see all the people dressed up. Everyone had glitter, gorgeous outfits, and friendship bracelets. I love how that became a part of this tour...it was so fun trading friendship bracelets with the people around me!”

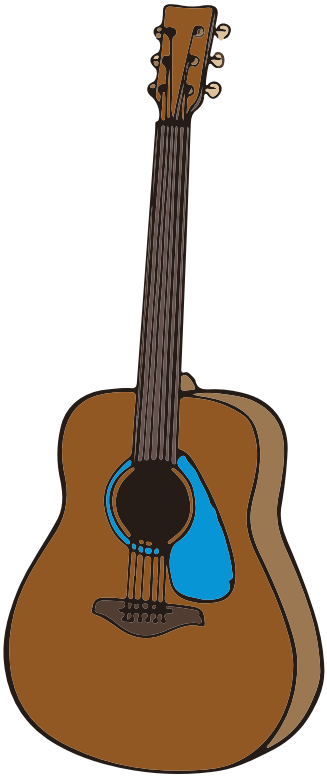


Photo courtesy of Ella Parris

If Swifties can buy merch for their favorite eras and dress as their favorite eras, then why not decorate their dorms for their favorite era as well? A dorm is a Berry student’s safe space, their haven away from the stress of classes and exams. It is the one spot on campus that they can make their own. They get to decide how much color goes on the walls, what bedding they will sleep in every night, and the overall layout. While every other aspect of campus is out of their control, their dorms become their self-made sanctuary. The next couple pages will act as a guide for Swifties to turn their rooms into their favorite Taylor Swift album. No matter what era is your favorite, there are plenty of ways you can transform your room. From pillows to posters, you can make the whole place shimmer.



Among Swifties, the name of Swift’s first album is referred to as different names - Debut and/or Self-Titled. It was released on October 24, 2006. This album, while it did not boost Swift into immediate success, did establish Swift in her original genre - country. All of the songs heavily featured an acoustic guitar and Swift’s exaggerated twang. Her most popular song from this album was “Tim McGraw” which caught the attention of the country music industry. Other popular songs include “Our Song” and “Teardrops on My Guitar.” Swift’s look for this album included crimped, wavy hair, white sundresses, and lots of denim. If this era was a dorm at Berry College, it would be one of the Year of Service Cottages, with their log cabin walls and wrap-around porches. To turn your dorm room into a small town, country oasis, try covering your bed with all white bedding, only using a couple turquoise throw pillows as a pop of color. If you’re just a girl, trying to find a place in this world, throw a lacy quilt over the foot of the bed. For the walls, put up some artwork that includes cowboy boots, big sycamore trees, grassy fields, or white horses. As 16-year-old Swift would do, prop up an acoustic guitar wherever you have room.



FEARLESS

The original “Fearless” album was released on November 11, 2008, but Swift re-released her second album as “Fearless (Taylor’s Version)” on April 9, 2021. This was the first album that she chose to take ownership of through re-recording it. Through time passed between the albums’ releases, both albums have the same aesthetic. Swift’s biggest songs from this era include “Love Story” and “You Belong With Me” and “Mr. Perfectly Fine.” Here, Swift establishes herself as an autobiographical songwriter, as they are love stories reflecting her personal relationships. This is Swift’s golden album, with a lot of glitter. For Swifties who also see themselves as a princess (even though this ain’t a fairytale), they clothe themselves in shimmering shades of gold. This era is full of heart hands, long blonde hair, and Romeo and Juliet. If this album was a dorm on Berry College’s campus, there is no doubt that it would be the Ford complex, with its detailed towers and winding staircases. If you just want to dance in a storm in your best dress, fearless, then look no further for some tips for making your dorm “Fearless.” First, gold metal everything - mirrors, shelves, and lamps. Next, let your creativity shine by hanging gold stars from the ceiling or displaying pressed flowers beside your vinyl records. Finally, hang artwork featuring gold, glittery butterflies, stars, suns, and/or guitars.



This album was first released on October 25, 2010, but was re-released on July 7, 2023, 13 years later. Swift’s third album was largely inspired by her growth as a person and as an artist. Swift wrote in an Instagram post, “I first made ‘Speak Now,’ completely self-written, between the ages of 18 and 20.” Beloved songs from this era include “Mine” and “Mean.” The song “Dear John” is rumored to be about her tumultuous with John Mayer during the time this album was first written. This era of ups and downs was filled with purple. If this era was a dorm, it would also be Ford, as it would be the perfect place to have the time of your life fighting dragons. To recreate this aesthetic, fill your dorm room with shades of purple - your bedding, your curtains, and your rug. Hang posters on your wall of fireworks and castles. Make your space truly enchanted by hanging fairy lights.

RED



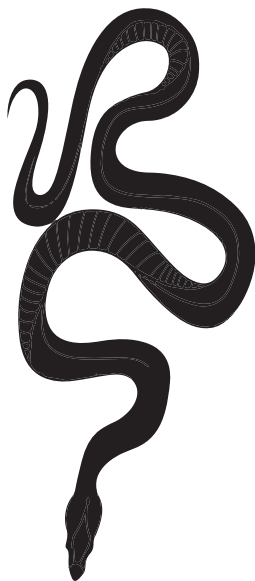
According to Swift, the title of this album was inspired by the extreme, red emotions that were evoked by the unhealthy relationships during this time in her life. “Red” was released on October 22, 2012, when Swift was 22 herself. “Red (Taylor’s Version)” was released on November 12, 2021. This era is full of falling leaves in shades of red, orange, and yellow, long drives down winding roads, and plenty of red scarves. The red scarf is one of the most iconic symbols of this album, as it is mentioned in Swift’s song “All Too Well,” in which she details her emotional relationship with Jake Gyllenhaal, and states that she left her scarf at his sister’s house, which he still has. In 2012, Gyllenhaal was spotted wearing one of Swift’s scarves, which Swifties believe to be the scarf mentioned in the song. In her re-recorded album, Swift released a 10 minute long version of “All Too Well.” Some other popular songs from this era include “22” and “We Are Never Ever Getting Back Together” and “I Knew You Were Trouble.” If “Red” is your favorite era, find some cable-knit bedding in Swift’s iconic red. Then, hang some wall art that features cherries, red lipstick marks, red sports cars, and heart-shaped sunglasses. This aesthetic would work best in Morgan or Deerfield Halls, with their stone accents and tall trees. Though it cannot be fall year round, this aesthetic can make your room feel as cozy as a cup of apple cider.

1989

Named after the year she was born, Swift’s 5th album, first released on October 27, 2014 and released as a re-recording on the same day in 2023, marked the performer’s full transition into the pop genre. Gone are the days of cowboy boots and pickup trucks. They are replaced by sky scrapers and poleroid pictures. Top songs in this era were “Style” (which is believed to be about Harry Styles) and “Blank Space.” This era fits best in Centennial, whose tall ceilings and grand windows can make even Berry apartments feel like New York City. On a free wall, hang poleroid pictures of everyone who has visted the apartment, even if you now have bad blood, and write their names with a sharpie. Hang photographs of skycrapers. To incorporate the new album art of “1989 (Taylor’s Version),” choose sea foam and navy for most of your bedding and rugs. Complete the aesthetic by placing a sunset lamp in the corner, then you will truly feel like you are in a wonderland.

reputation

The old Taylor can’t come to the phone right now. Why? Cause she’s dead! This list would be incomplete without Swift’s revenge album. Throughout her impressive career, Swift has found herself in the middle of celebrity drama. One of her most iconic feuds has been with none other than Kayne West, who famously stormed on to the stage at the 2009 MTV Music Video Awards and interrupted Swift mid-acceptance speech for Best Female Video. He claimed the award belonged to Beyonce. In 2016, West released “Famous,” a song in which he called Swift out by name. Swift denied giving him permission to use her name in a negative way, which prompted West’s wife, Kim Kardashian, to release a series of Snapchat videos that featured an edited phone call of Swift granting West permission to make the song. These videos caused the public to turn on Swift, leaving snake emojis in the comment sections of all her posts. #TaylorSwiftIsOverParty trended on Twitter for weeks. “Reputation” was released on November 10, 2017 as a direct response to the year-long scrutiny she had faced by the public. This album was a significant change from her previous work, featuring techno beats and rap verses. Top songs include “Look What You Made Me Do” and “Getaway Car.” With this album, Swift was able to control the narrative of her scandals and take back her reputation. The aesthetic of this album was completely different from anything she had done before and anything she has done since. This aesthetic fits best in Oak Hill, as it is the only dorm separated from the rest of campus. If any residence hall needs to reclaim its rep, it is Oak Hill. Try to use as much green, silver, and black as possible, as these are the main colors of the album. Get a pillow that resembles snake skin and hang tapestries with serpents on them. People had been calling Swift a snake, so Reputation’s music videos are full of snake imagery. Buy black out curtains that make your dorm as dark as possible to feel the vibe of the album.

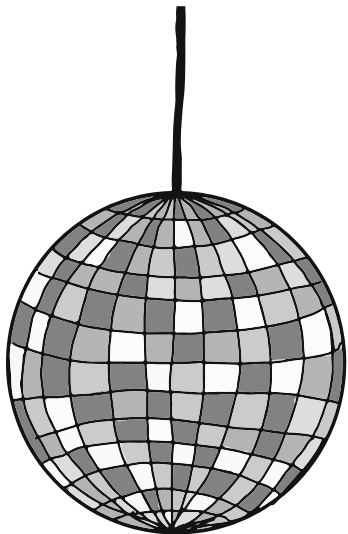


Lover

“Lover” was the first album fully owned by Swift, after she had been released by Republic Records. The album dropped on August 23, 2019 and debuted as number 1 on the US Billboard 200. This album marks the beginning of a new era for Swift, as this album and all released afterwards will not have to be re-recorded, since they are already under her ownership. “Lover” was intended to be a love letter to love itself, and features many songs revolving around infatuation, lust, commitment, and heartache. Songs from this album include “Cruel Summer” and “ME! Feat. Brendon Urie.” The aesthetic of this album is all about love and fun, with lots of purple pink skies. The aesthetic of this album could work in any dorm, but I think Thomas Berry, with its cozy living rooms and double bedrooms, could easily be turned into a lover’s escape. Use bedding that is in soft shades of pink and choose throw pillows that are light purple and blue. Hang artwork of cotton candy clouds at sunset and cats wearing crowns. This era is all about fun, with lots of glitter and bright, vivid colors.



folklore evermore



While these are two different albums, they are often referred to as sister albums, as they were released very close together and have almost identical aesthetics. “Evermore” was released on December 11, 2020, just two days before Swift’s 31st birthday, and “Folklore” was released just 5 months later. Both were surprise albums, only announced 16 hours before they were dropped at midnight. The big difference between the two albums is that “Evermore” is more calming while “Folklore” is very hopeful. While Swift usually writes songs about her own life, most songs from this album (like “Cowboy Like Me” and “Champagne Problems”) feature fictional characters. The aesthetic of both of these albums is very muted, with lots of flannels and deserted forests. So, put your hair into a messy braid, throw on your cardigan, and fill your dorm room with hand made quilts and handwritten notes from your friends. This aesthetic would work best in the Winshape dorms on Mountain Campus, as these albums were written during a period of solitude and reflection, when Swift took a break from touring and performing. Loft your bed and place your desk under it, creating a peaceful place to do your work. Try hanging curtains around it and hanging fairy lights inside to make it feel like your own little world. Oh, and don’t forget to hang up a mirrorball to shine just for you.

Midnights

Swift’s latest album was dropped on October 21, 2022. “Midnights” made a massive impact, opening with 1.5 million units sold and sitting at number 1 for 5 weeks. This album was filled with songs inspired by Swift’s many sleepless nights. It is also speculated to be a ‘break up album’ from Swift’s 5-year-long relationship with British actor Joe Alwyn. Because of this, the aesthetic of this album is darker, with its most featured color being royal blue. This album fits best in one of the Townhouses on campus, where you can bejewel the rooms by hanging as many disco balls as you wouldw like. Use bedding that is royal blue and silver, and even throw in a pillow made of sequins. Take polaroids of you and your friends all dressed up for Casino Night and tape them to the walls. Hang art that features stars, lighters, and clocks. Soon enough, this room will be the perfect hang out for every restless night.

At the 66th Annual Grammy Awards on February 4, 2024, after winning Best Pop Vocal Album for “Midnights,” Swift announced her newest album. It was called “The Tortured Poets Department” and Swift referred to it as her lifeline. Since the album has yet to be released, it is unclear what the aesthetic of this new era will be, but knowing Swift, it will be just as iconic and memorable as all her other eras.

The Perfect Slick Back:

How to achieve the trending slick back hairstyle

Story, Design and Photos by Lindsey MacDiarmid, Asst. Style Editor



Slick-Back Hairstyle and Bubble Braid

On TikTok, Instagram, and Pinterest there has been a big rage in the hair community. The infamous slick back style has taken everyone by storm. Whether you are athlete trying to spice up your game day do, or just want a cute way to wear your hair out of your face, the slick back will be your best friend.

To achieve the perfect slick back, there are a few key tools and products you will need. First off, finding the perfect gel or cream for your hair type is key. If you have thicker hair, a gel would be better for holding all of your hair. Some good gels are eco style olive oil gel, curl talk by not your mother's and odelé flex hair gel. For cream, dae's cactus fruit 3-in-1 is amazing. Secondly, having the right brush is essential for taming all the hair and achieving that slicked back sensation. Any type of boar bristle brush is perfect. And finally, having some sort of

tool to achieve the perfect part is key as well.

Now that you have all the tools, you can go as simple or complex with your slick back hair. The easiest to start with is a simple slick back ponytail. First, gather all of your hair, place gel around the face framing pieces and the back, and then tie it together with a ponytail holder. While it is in the ponytail holder, take your brush and smooth out your whole head. You will need to take out the ponytail and retie it so it is neat and slicked back as much as possible. Next, you can elevate your ponytail to a braided pony or a bubble braid. These are pretty self explanatory. Finally, you can turn your pony into a bun. On the next page are some examples of the perfect part you want in your hair as well as an example of a bubble braid, normal braid, and bun.



Slick-Back Hairstyle and Braid

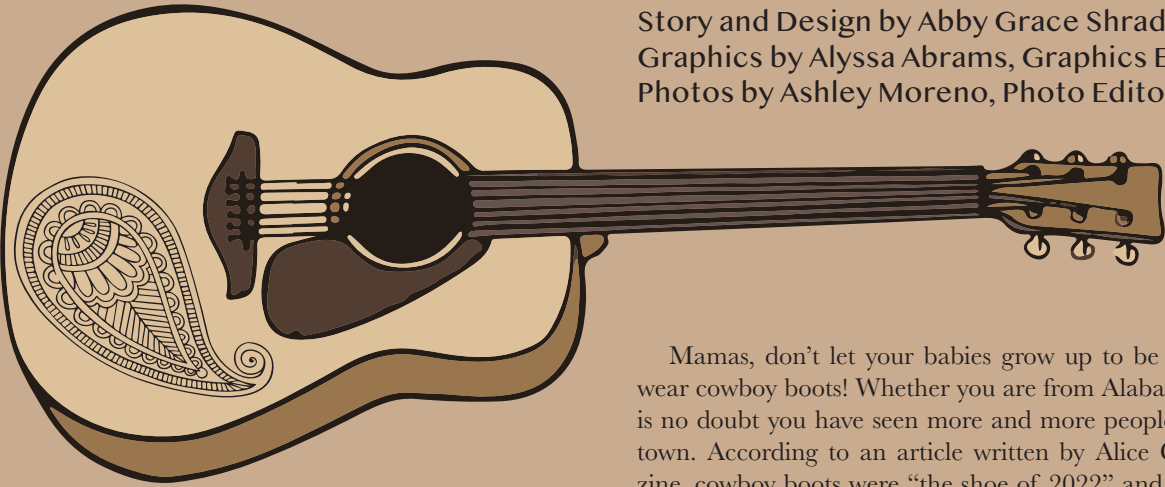


Top-View of Slick-Back Hairstyle



Slick-Back Hair and Bun

HOW TO STYLE YOUR COWBOY BOOTS

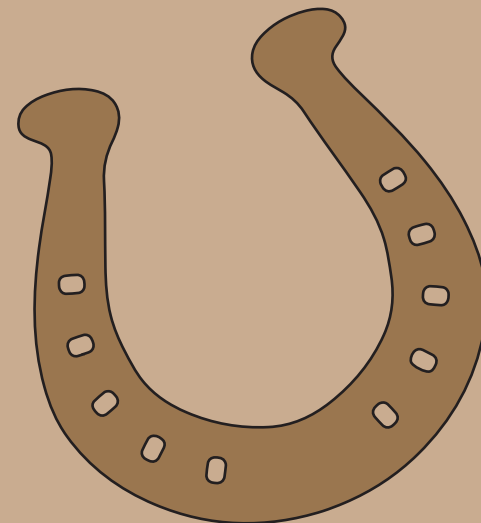


Story and Design by Abby Grace Shrader, Style Editor
Graphics by Alyssa Abrams, Graphics Editor
Photos by Ashley Moreno, Photo Editor

Mamas, don't let your babies grow up to be cowboys, just let them wear cowboy boots! Whether you are from Alabama or California, there is no doubt you have seen more and more people boot scooting around town. According to an article written by Alice Cary for Vogue Magazine, cowboy boots were "the shoe of 2022" and in an article by Danny Parisi for Glossy, "Thanks to 'Barbie' and 'Yellowstone,' cowboy boots and Western wear are everywhere" in 2023. Additionally, Taylor Swift wore cowboy boots with many of her outfits while traveling the world during her Era's tour.

Now that some time has passed, you may have a pair sitting in your closet, with no idea how to style them. Do you have to wear a flannel, boot cut jeans, and a cowboy hat to pull them off? According to a poll taken on Valkyrie's Instagram account, 70% of Berry students believe that cowboy boots are "cute" as opposed to "cringe" and a whopping 91% believe that cowboy boots can be fashionable.

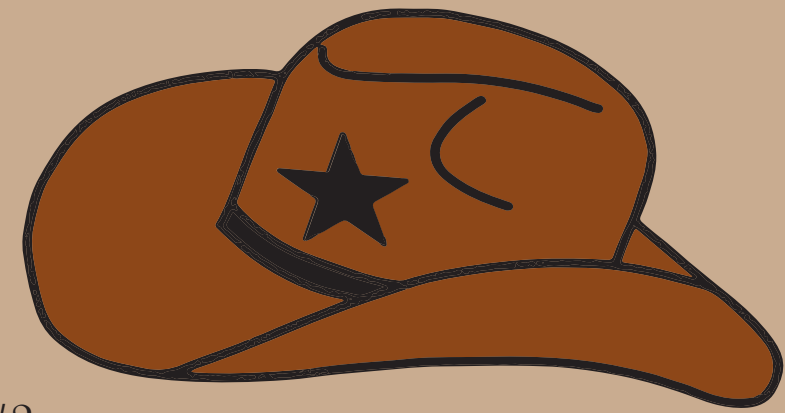
But how do you make your outfits look straight off your Pinterest feed? Is there a way to make them look cute for roaming around Rome, not the rodeo? Well, these boots were made for walkin' - and styling - not sitting in your closet! So grab your hat and put together some of these cowgirl-approved outfits, or see the outfits pictured for inspiration. Don't be afraid to break out the camo or the leather - you may end up falling head over boots for your new Southwestern look.



Outfit #1:

Pairing your boots with a cute sundress, you are sure to be a cowboy's sweetheart! If you want to feel like Miley Cyrus in The Climb music video or Taylor Swift in her debut era, then you may want to go for a softer, feminine look with your boots. Whether you are going shopping downtown or having a picnic at Deerfield, this look is sure to have you looking like an all American girl. Hit up your favorite store for:

- A flowy, white sundress
- Tan boots you can tie ribbons on the side
- A straw hat



Outfit #2:

For most girls, the best excuse for wearing cowboy boots is going to a country music concert. Here you will find a sea of cowboy boots in your classic shades of brown and black, but also in vibrant ruby reds, serpent greens, and Patsy Cline shades of blue. But what kind of outfit can you put together with things already in your closet? For a comfy, cute concert fit, try pairing the items below with your favorite pair of boots. Then you can boot scoot boogie all night long!

- An oversized graphic t-shirt (bonus points if it has cowboys or your favorite country artist on it!)
- OR a baby tee
- Denim shorts or a denim skirt
- Layered turquoise jewelry
- A cowboy hat to match your boots
- OR a wide, flat-brimmed hat



Outfit #3:

If your Spotify playlist is more Jelly Roll than Loretta Lynn, you may not want to pair your boots with a denim skirt. To embrace your inner rockstar, try styling your cowboy boots with items that you would pair with heels. For a night spent walking around Broad Street, channel your inner Dolly Parton "Rockstar" album. Pair your black (or white) knee-high boots with:

- A black dress
- OR a black mini skirt and corset top
- A leather jacket
- A fringed handbag
- A felt hat

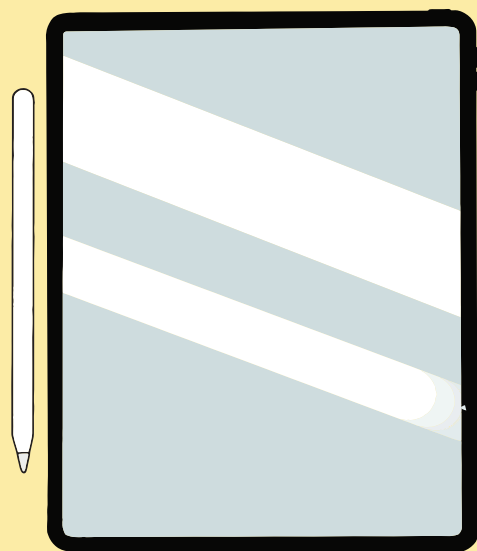
Must-Buys for College Students in 2024

Story and Design by Lindsey MacDiarmid, Asst. Style Editor
Graphics by Hayleigh Holcomb, Asst. Graphics Editor

Between 2023 and 2024, there have been a ton of things trending across social media and online about what people should be buying, especially college. There have been a bunch of hacks about how to upgrade your dorm life or home away from home. From innovative storage solutions to budget-friendly decor ideas, the online world has been buzzing with creative suggestions.

Additionally, trends in tech gadgets tailored for student needs have gained significant popularity, with recommendations ranging from productivity tools to entertainment devices. Social media influencers and content creators have played a big role in popularizing these trends by showing their effectiveness and practicality to a wide audience. The next few paragraphs will discuss some popular must-haves for college students this year!

When it comes to tech gadgets and tech hacks, one of the biggest trends and must-haves for college students would be an iPad. Laptops are great and do almost everything we could possibly need. But, the iPad and iPad pencil upgrades bring education and note-taking to a whole new level. Another item that is essential to have are noise-canceling headphones. Beats, Sony, and Apple are all great brands with a variety of prices to help you get your study grind on uninterrupted.



While technology and dorm hacks are great, college students are always looking for the latest trends in fashion and clothing. Perfecting your ideal everyday class fit can be hard sometimes. You want to be comfy, yet still cute. TikTok and Instagram do a great job of showing what is trending. Whether it is information on dupes, the real things, or how to style, you can always find what you need on social media. When it comes to women's fashion, a lot of athleisure has been trending. For example, Free People's athletic wear brand, FP Movement, has been a really big hit. Unfortunately, it is on the pricier side and tends to be very expensive. A lot of places like Target, TJ Maxx, Marshall's, and Old Navy have dupes that are budget friendly and look and feel almost the same. Some other trending brands have been Aerie, Alo Yoga, Madewell, and Grey Bandit. These brands have been positively promoted by a lot of TikTok influences.

Moving on to fashionable footwear, Nike, Adidas, and Ugg have all made their comeback into being popular footwear. Ugg took this year by storm with the new platform mini Ugg. This shoe has been flying off the shelves and also been created as a dupe by many different brands. Adidas Samba's and Nike Dunk's have also been really popular for both men and women. These shoes have been advertised as go-to shoes when you are on the go but want to spice up your look. These are definitely considered a college staple. Shoe brands like Veja, OnClouds, and Hoka have also gained immense popularity and can be great college staples.



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Letter from the Editors

No matter what, Spring semester at Berry is always unforgettable. It is beautiful to watch the seasons shift and see the lovely trees and flowers blooming across our gorgeous campus. It is the perfect time to study outside or take a walk on Viking Trail with friends. However, it is all too easy to get caught up in the craziness of college life and forget to stop and smell the roses every now and then.

Our goal with this magazine was not only to give readers a chance to relax and enjoy themselves at the end of a fun yet tiring semester, but also to give them a chance to reflect on and hopefully revisit some of the memories that they made along the way. This magazine brings together many different aspects of Berry's close-knit community and captures the beauty that is our campus in the Springtime. Who knows—as you're flipping through, you might see yourself or someone you know featured.

Whether you're looking for the perfect cookie recipe, a new place to hang out in Rome, or want to learn about how to get your dream job, we're sure we have an article or spread that you'll love. Most importantly, we hope that you enjoy reading this magazine as much as we loved putting it together. We once again want to thank our talented staff for all their hard work and dedication throughout the process. Our team worked very diligently to make this issue as incredible as it is. Happy reading!

Sylvie Wages, Editor-In-Chief

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