



valkyrie

magazine 

WINTER ISSUE
2019



LETTER FROM THE EDITOR:

People often ask me if Valkyrie has a theme, and I never really understand the question. We choose fonts and colors that we try to abide by, but we don't have a theme that dictates what we write. But as I was looking through the magazine, I was reminded of winter. Obviously this was somewhat intentional with our cool toned color palette and the cover photo.

This winter has seemed to last an eternity, with so much rain and so much cold. Especially with the warm front we had recently, everyone is wishing for spring and summer. However, even if it's just the thrill of the potential of getting out of classes for a snow day (which we know will never happen on Berry's watch), or getting to enjoy your favorite seasonal coffee drinks, we can find something to be thankful for in this winter season.

As a junior sometimes wishing I was a soon to be graduating senior, I've had lots of conversations with friends and family about being thankful for the season of life that I am in currently. I've learned there is joy to be found in every season of life, much like we can find joy in this season of the year.

As winter comes to a close, try to not wish your life away. There is so much to experience and to grow from in your life right now, and I hope Valkyrie can be a part of that journey.

Hannah Hardwell, Editor-in-Chief

Cover photo by Benjamin Lawrence Walker
Back cover photo by Bailey Albertson

4

4-5 Hands Free Law
6-7 IRAs: What to Know
8-9 Millions of Victims
10-11 Networking

12

12-13 Video Game Job Opportunities
14-15 Coding for Girls
16-17 How to Get Drone Certified in Georgia
18-19 Science on the Side of Love

20

20-21 We've Got the Funk
22-23 The Best Dessert in Rome
24-25 Spice Up Your Life
26-27 Five Fantastic Fermented Foods
28-29 Matches Made in the Kitchen

30

30-31 Kombucha
32-33 Getting Over 'Gymtimidation'
34-35 Ways to Stay Fit on Campus
36-37 Does Exercise Improve Mental Health?

38

38-39 On the Air
40-41 Scribbles & Squiggles
42-43 A Novel Idea
44-45 Do You Think This is a Game?
46-47 Calligraphy

48

48-49 Fashion Week Pt. 1
50-51 Fashion Week Pt. 2
52-53 Tattoo or Taboo?
54-55 Girls Night Look Book Pt. 1
56-57 Girls Night Look Book Pt. 2



HANDS ON OR HANDS FREE?

House Bill 673 Impacts Georgia Residents

Story and Design by Rachel Summa, Buzz Editor

Last summer, students received a mass email from campus security notifying the Berry community of House Bill 673, also known as the Distracted Driving Law, that requires drivers to use hands-free technology while operating vehicles in Georgia. The Hands-Free Driving Law was put into effect on July 1, 2018. Under this enactment, no person in the state of Georgia can have any type of electronic device in his or her hand while driving. While texting and driving is illegal almost everywhere in the country, each state can have different rules about phone usage while on the road. This new law has posed many controversies for people in Georgia, and the debate continues as to whether or not this law will truly be effective, while upholding the safety of drivers in the state.

There are many ways the Georgia hands free driving law can help citizens practice better safety precautions. In states lacking hands free laws, it is common for people to attempt to text in drive. However, the threat of being caught breaking the law by a police car for just having a phone in hand can be enough to help reduce the temptation for

people to attempt to text while driving.

“Will it be effective to eliminate texting while driving? Probably not eliminate, but drastically reduce texting while driving,” junior Ben Walker said.

Moreover, the fact that the law is in place can help people feel safer because they know that the person they are communicating with is doing so in an unharmed way. Junior Claire Voltarel expressed the ease she feels knowing the friend she is messaging is not driving while doing so. “Knowing that when I call my friend that she’s not looking down on her phone is really comforting to me,” Voltarel said.

“Distractions have always existed while driving. The invention of cell phones was not the beginning of inattentive driving.”



Photo by Bailey Albertson

At the same time, the overall effectiveness of the law is still in question. Many people assert the idea that phone-related distractions are not the only cause of accidents. When asked if he believes most accidents were due to using phones while driving, Walker expressed: “A lot of wrecks are caused by having a phone in your hand or your lap. But no, I don’t think that’s the only reason why, and I don’t think you’re going to see any long term benefits from it to be honest because people are still going to be stupid.”

Also, there are many ways to be distracted while driving besides using a phone while operating a vehicle. Kristen Diliberto, professor of psychology, emphasized how any form of attention diversion while driving, even when using a Bluetooth hands-free device, can hinder one’s safety. “I think the hands-free [law] is only one piece of it...As long as people are still engaging in cell phone conversations, attention is limited,” said Diliberto.

Diliberto also pointed out how distractions have always existed while driving. The invention of cell phones was not the beginning of inattentive driving. For instance, older generations could get sidetracked by

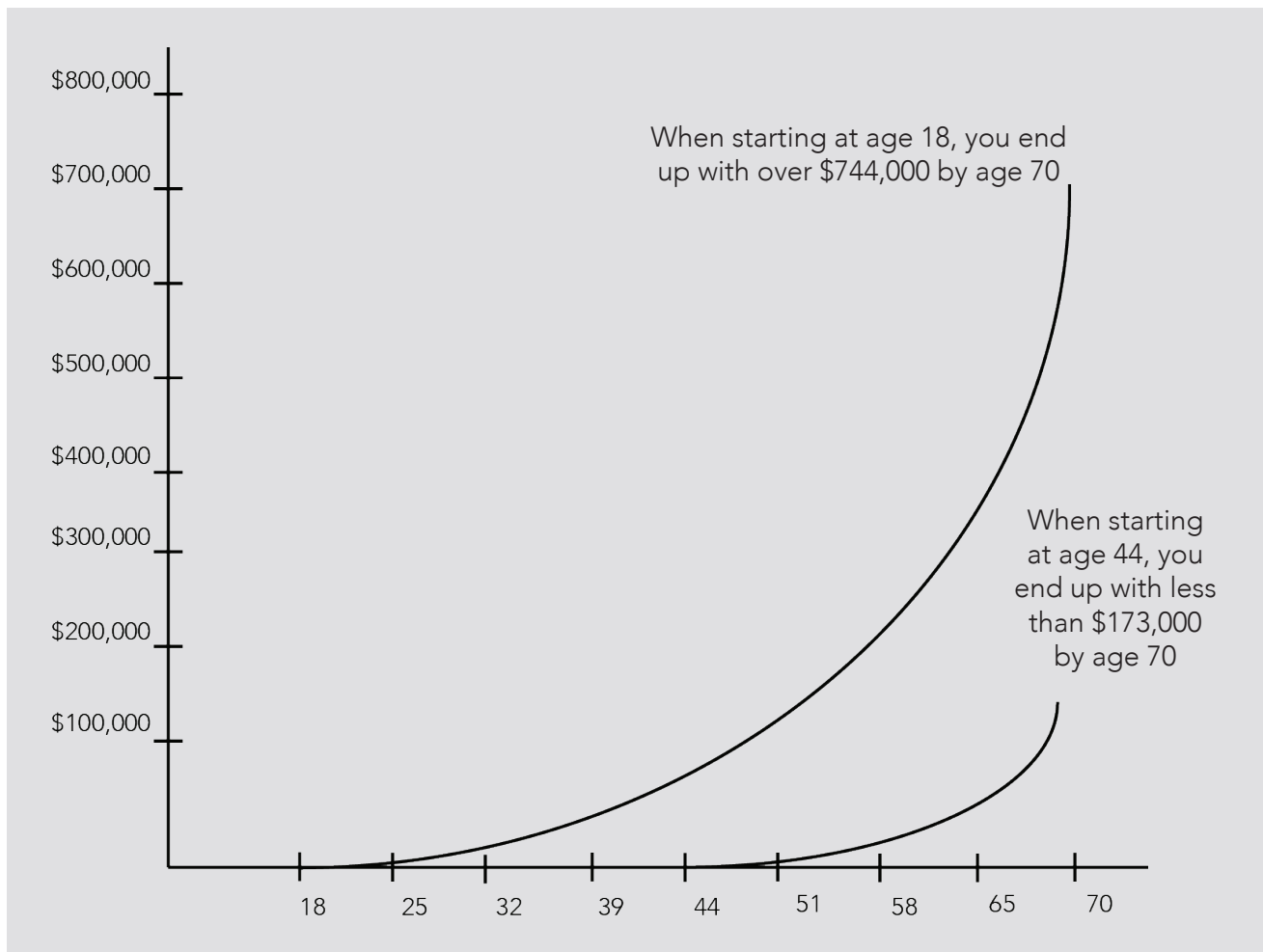
trying to read a billboard or looking at buildings they passed by. Today, due to the advancement of technology, interferences have simply become more sophisticated than they were a generation ago.

Whatever Georgia residents might think of these new regulations, they are obligated to abide by the law as it is in effect. There are many ways for people to be able to follow the new law and still use their phones for actions like navigation and playing music. Ben Walker discussed the devices he has started using recently, like using a mount in his car to hold his phone so he can use navigation apps. He also found an adapter for his phone that allows users to press buttons on the stereo or steering wheel and change songs on their phones.

The Hands Free Law has definitely impacted the way people handle their phones while driving in Georgia. While these laws are going to take some time to get used to, especially for out-of-state students attending Berry, it could be only a matter of time before nearly every state passes laws that try to reduce the dangers of distracted driving.

IRAs: WHAT YOU NEED TO KNOW

Story and Design by Rachel Summa, Buzz Editor
Graphic by Noah Howie, Co-Graphics Editor



If a person put \$1000 a year into a Roth IRA at the age of 18 until retirement at age 70 (a total of \$52,000), at 8% interest per year, the retirement balance at age 70 would be over \$725,000 (tax free).

If the same person waited until age 44 to start the IRA and placed \$2000 a year until age 70 (also for a total of \$52,000) and got the same 8% interest per year, the ending balance would be just under \$173,000 (also tax free). Clearly, starting earlier would result in more than 4 times as much money available for retirement.

In college, it is often hard enough to pay for the necessities like groceries and gas, so saving for retirement is beyond the average young adult's view of the horizon. However, no person is ever too young to start saving for the future. In fact, the earlier someone starts saving, the greater his or her advantages will be later. Some students have been able to save a decent amount of money, but very few have established their own Individual Retirement Account (IRA). Wells Fargo Defines an IRA as "a type of savings account that is designed to help you save for retirement and offers many tax advantages."

Ordinary savings accounts are important in that the money is easily accessible. Everyone should have savings for expenses that are both expected (ex. buying a used car or study abroad trip) and unexpected (repairs for the used car). The downside to regular savings accounts is that they typically get very little interest. At present, most savings accounts get less than 1% interest per year, meaning if you had \$1000 in savings, you would get less than \$10 in interest for the year.

IRAs are specifically made for use in retirement. They are divided into 2 main types: traditional IRAs and Roth IRAs. Traditional IRAs are set up so that the money invested is not taxed when it is placed into the IRA. The money grows and is only taxed when withdrawn for retirement, which is allowed at age 59.5. Roth IRAs are set up so that the money invested is taxed prior to placing it into the IRA. The money grows tax free and the money is not taxed when withdrawn for retirement.

IRAs can be created so that the potential growth is significantly higher than an ordinary savings account. Interest rates for IRAs are dependent upon where the IRA funds are invested, but rates of 5-10% per year are obtainable; most people have their IRAs tied to the stock market in some way. The negatives to IRAs are that the interest is not guaranteed and the funds can only be accessed for retirement (after age 59.5) without suffering penalties from the government.

While retirement seems like a long time away, it is never too early to start looking into ways to prepare financially for this stage of life. Joyce Heames, the dean of the Campbell School of Business, expressed that when a person starts an IRA at a younger age, he or she will see significant impacts

over the course of his or her professional life.

"You take one hundred dollars that you start putting back at age 22, versus waiting until you are 52.....that 30 year difference is going to have significant impact," Heames said.

Junior Margaret Ashton expressed her interest in starting an IRA within the next few years. Ashton wants to establish an IRA soon not only because these accounts are more effective the sooner in life a person establishes one, but also because she would like to eventually live off the grid later in life and believes it will be helpful. "I think it is important because you are investing in your future outside of just the normal retirement options you might have available through your work."

College students should not hesitate when it comes to looking into ways to start investing for the distant future. The relationship between time, money and compounding interest show that it is never too early to establish an IRA. When asked if she believes college students should have IRAs, Dr. Heames answered, "If they can and if they are in the position to do so....the younger you can start it, the more long term impact you are going to have."

Dr. Heames also emphasized how both savings accounts and IRAs are important for people in the workforce after college. They can serve to provide a person with three to six months' worth of living expenses in case that person loses their job. Once someone sets up an IRA, he or she has limited access to that money making other adequate savings very important as well.

No person, regardless of age, should hesitate from investing in the future. Establishing an IRA in addition to a savings account, from the ages of 18-23 can help individuals see the benefits of long term investment by the time they are ready to retire. While the future may seem a long way away, it is never too early to strategize financially for later.



Since the beginning of time, millions of men and women have been victims of sexual assault. The rise of the #MeToo movement has led to widespread discussion on what defines sexual assault and has given light to the continued prevalence of this issue in our current society. Not everyone who is a victim of assault wishes to press charges. At the same time, instances of sexual assault can be a psychological weight victims carry for the rest of their lives. If you are ever assaulted, there are many different approaches to take in order to secure justice for yourself.

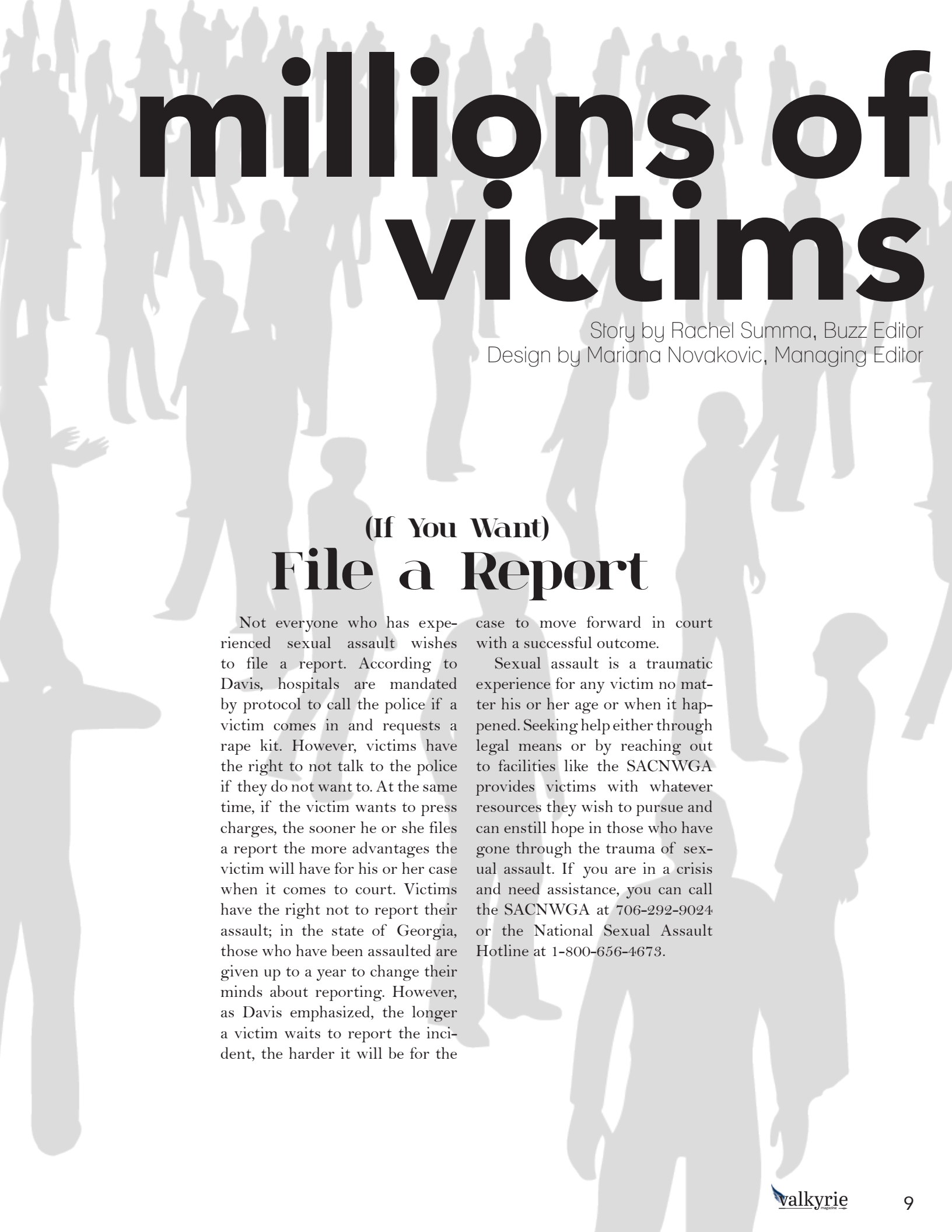
Get Help

The first step is to get help in some way, shape or form. The most obvious help is to call 911 to receive immediate assistance and begin the process of pressing charges if you wish to do so. However, not everyone knows right after they are assaulted whether or not they are going to take legal action. A safe, supportive option is to call a sexual assault center in your area. The National Sexual Assault Hotline (1-800-656-4673) connects victims who contact them to nearby centers where they can receive further help. The main service in Rome, Georgia is the Sexual Assault Center of Northwest Georgia (SACNWGA). According to Kim Davis, the executive director of SACNWGA who oversees day-to-day operations at the facility, services like this one give victims many options for what they ought to do next. "Reaching out is the first step for help," Davis said.

One of the benefits of reporting to a local service like the one here in

Northwest Georgia is that these providers help victims even if they choose not to report. The Sexual Assault Center of Northwest Georgia's first goal is to ensure safety; one of the ways they do that is by providing counseling to victims. You do not have to be a victim of recent assault in order to receive counseling from SACNWGA. This facility can provide assistance to any person who has ever experienced sexual trauma and help them heal and move forward.

The Sexual Assault Center of Northwest Georgia also has protocol with the hospitals and can help victims receive any treatments they feel that they need. Victims should request a medical forensic exam, also known as a rape kit, which can be performed either at the hospital or the SACNWGA. These tests can be used to gather evidence if the victim wishes to press charges against his or her attacker.

A background image showing a large crowd of people in silhouette, walking in various directions. The silhouettes are in shades of gray, creating a sense of a busy, anonymous crowd.

millions of victims

Story by Rachel Summa, Buzz Editor
Design by Mariana Novakovic, Managing Editor

(If You Want) File a Report

Not everyone who has experienced sexual assault wishes to file a report. According to Davis, hospitals are mandated by protocol to call the police if a victim comes in and requests a rape kit. However, victims have the right to not talk to the police if they do not want to. At the same time, if the victim wants to press charges, the sooner he or she files a report the more advantages the victim will have for his or her case when it comes to court. Victims have the right not to report their assault; in the state of Georgia, those who have been assaulted are given up to a year to change their minds about reporting. However, as Davis emphasized, the longer a victim waits to report the incident, the harder it will be for the

case to move forward in court with a successful outcome.

Sexual assault is a traumatic experience for any victim no matter his or her age or when it happened. Seeking help either through legal means or by reaching out to facilities like the SACNWGA provides victims with whatever resources they wish to pursue and can instill hope in those who have gone through the trauma of sexual assault. If you are in a crisis and need assistance, you can call the SACNWGA at 706-292-9024 or the National Sexual Assault Hotline at 1-800-656-4673.

Work the System

Story by Rosie Powers, Asst. Buzz Editor

Design by Mariana Novakovic, Managing Editor



Networking is imperative for all college students seeking jobs, and it continues to be important throughout our professional careers. Networking events allow people to interact, connect and exchange ideas and information. It may lead you in the direction of your dream job.

HOW TO NETWORK:

“We encourage pushing yourself out of your comfort zone by going to a networking specific event,” said junior Abby Mayne, a peer career advisor at Berry’s Career Center. Network specific events with multiple companies present allow you to get your name out and create a first impression upon potential future employers. The first and most difficult step is showing up, and it tells people you made an effort to even come in the first place. An interaction with a professional can go a long way if you are polite and dressed professionally. You can even go the extra mile by bringing a folder with copies of your resume to give to employers.

“Not only are you meeting potential employers, but you’re also polishing your own professionalism with every handshake and person you meet,” Mayne said.

USE YOUR RESOURCES:

Berry provides many opportunities for student success, especially when it comes to finding a job. The Career Center is staffed with people who can help build a resume and cover letter, take professional headshots, create mock interviews and help with job applications. They can even help you determine your major and connect you with internship opportunities.

“The Career Center and the Community Industry Program are two of the major offices on campus that allow opportunities for students,” said senior Abby Collins, the digital marketing coordinator at the Career Center.

Berry hosts an event through the Career Center, called Viking Connections that happens four times a year. There is also the Career and Internship Fair happening on campus in February.

The Career Center and the Community Industry Program co-host Viking Connections. Three times a school year, Berry students are transported via bus to Atlanta to meet employers that are mostly located in the Greater Atlanta Area who are in search of interns and full time employees. The other Viking Connections Event is held in Rome and is called the Northwest Georgia Viking Connections.

“I can personally vouch for the effectiveness of [the Northwest Georgia Viking Connections] because I met the COO and marketing director from a local company who reached out to me afterwards with interest in hiring me as an intern,” Abby Mayne said.

The Career and Internship Fair is an annual event typically held in February where dozens of employers come to meet with students at Berry; some even offer students a job on the spot.

BUILD RELATIONSHIPS:

“Networking isn’t some event you go to. Networking is running into an employer at an event and keeping up with them,” Mayne said. You need to build deeper relationships with the people you’ve made connections with after the fact so that they can help you in the future. Sometimes, the value of a connection you made isn’t realized immediately, but it comes in handy later.

CREATE AN ELEVATOR SPEECH:

Your pitch to potential employers should be 30 seconds to one minute—the same amount of time you would typically spend riding an elevator. Everyone you meet has a background and possible connections that could be helpful in your hunt for a job or internship. This is where you use your communication skills to really stand out and make an impression.

Questions to consider when someone says, “So tell me about yourself:”

- What are the most important details that you want someone to know about you?
- Have you had any internships that would help land you a job?
- Where did you go to school?
- What is your major?
- What are your interests?
- Why are you a good fit for the job?



VIDEO GAME JOB OPPORTUNITIES

Story by David Tran, Asst. STEM Editor,
Design by Mariana Novakovic, Managing Editor

The Beginnings of a Hobby

Video games have been, for a very long time, a very niche market for mostly computer nerds and young children. However, as technology has advanced and video games became relatively more inexpensive alongside the machines used to play them, an emerging generation of newer video game geeks and nerds became more and more prominent. As gaming has become a far more widely accepted medium of entertainment and less stigmatized overtime, far more people, particularly younger persons, have become more and more entangled in the ever developing virtual worlds put before us. As more people become self professed gamers and hobbyists, more people might want to do more than simply play the video games put out in front of them. As the explosive popularity of video games has enabled them to become a mainstay of Western artistic mediums, more people have been called to aid in the creation of them. Thus how and in what ways can someone go from a simple video gamer to someone actively involved in the video game making process?

The Crunch

Arguably the most important aspect of a medium game, crunch refers to how a game works as opposed to how something works in an ingame way. Although this term applies more often to tabletop games and pen and paper role playing games (RPGs), crunch in the sense of video games is coding. Much like any non-electronic game, there must be rules, parameters and mechanics put in place either to facilitate the fun of players. This work falls to the coders of a video game whose skill sets rely almost exclusively in developing the background code of a video game. Coders are the group of folks in a game development team that dedicate themselves to creating the functioning code of a video game in order to make it work. The employability of a coder relies on one other important aspect besides simply knowing a lot about coding and being masochistically patient: experience. If you want to get anywhere as a coder as the job market becomes more and more competitive, a portfolio of your work needs to be readily accessible, whether it's assignments done while in college or in training or actual work you have done for a company. Another

path available to gain extra experience and a portfolio is “modding” your favorite video games.

For those uninitiated to modding, or the idea of modifying a video game, it’s basically shorthand for creating a modification on the video game itself through manipulating the game’s engine or the digital tools used to make the game itself. Now for some games, particularly multiplayer games or games that rely on a constant internet connection, modifying the game is not only seen as cheating but also a violation of the terms and service of a game, thus a bannable offence. However most games, particularly ones where the game developers have released the game engine or game’s code for public use, are not only open to modding, but they are supportive of it. A few decades ago, modding a video game would literally mean changing the hardware or physical parts of a video game in order to change it. Nowadays as more aspects of gaming transfer to more digital means, modding has become far easier and more accessible to dedicated players. Not only does understanding and messing with a game’s code allow you to be better at a game, it also allows you to start manipulating game files to create a more tailored experience to your liking. The real benefits of modding come however when you begin sharing online on modding forums and start gaining attention and notoreity. In this connected day and age, a passion project like a mod can become a gateway towards employment at a major gaming studio. However not all aspects of video games involve complex code and mods, sometimes it takes creativity and artistic flair.

The Fluff

As “crunch” meant the actual code and mechanics of a game, “fluff” is the aspect of a video game that doesn’t necessarily apply to how a game actual works. Rather, fluff is more of a game’s atmosphere and aesthetic rather than hard code or models, which makes fluff more like a covering over a game itself in order to sell you a virtual world rather than a simple game. Video games could simply be a bunch of lines and geometric shapes, however human beings are naturally visual in how they enjoy media, and playing a character that looks humanoid is better than playing a collection of polygons. As such, a virtual world that more closely resembles the real world is more desirable than the bare models that coders generally leave their games. This is where the expertise of a graphic artist comes into play. Coders can make a game work like how it was intended, but it takes graphic designers to make it look like how it was intended. The primary skills needed to be a graphic designer is similar to many other art related positions such as becoming an animator. The basics are basically creating a portfolio and somehow gaining recognition or acclaim for your art

through either commissioned work or simply putting yourself out there through social media. Social media however can be a double edged sword, since putting yourself and your work out publicly will probably restrict you to in a sense limiting what kind of art you will you be hired to create. This is mostly troublesome to those artists who decide to put out risqué or similarly edgy art since desirability to employers involves not causing too much controversy for the company. However, art and code aren’t the only things that make up modern video games. Nowadays, video games have grown more and more focused on becoming similar to movies; this has led to a greater need of writers.

Although writing doesn’t necessarily fit into the traditional sense of fluff, more and more video games have begun to explore deeper storylines and plots as a way to engage players beyond good game mechanics. This has led to an upward trend of video games requiring more and more writers overtime as games like the Witcher 3 and the Last of Us focus more on almost cinematic storytelling rather than dropping a player into a sandbox world. The job of a video game writer in most cases is practically explaining away and enticing players to explore more and more of a game world through special collectible items and excerpts. In North America especially, more and more writers have been called upon to write scripts as modern video games in the North American market are almost always voice acted. However writers may also be called upon to not only plot out a storyline, but also create side plots and brainstorm ideas for mechanics and background information for a game. Like the graphic designers, their job is to flesh out a video game more as a holistic experience rather than an enjoyment of individual parts.

Opportunities Expanding

Ultimately, video games are an ever expanding market and medium, and like television for our grandparents, it’s almost like a monument to our generation as a whole to shape. The occupations listed and described here are probably only a small fraction of what you can contribute for your favorite hobby. Even though most of us will stay as enthusiastic hobbyists rather than develop our own games, better technology and greater availability to developer tools like Unity and Unreal allow gamers with more ambition and dedication to make their suggested ideas and tweaks into reality. Because at the end of the day, video games are usually a collaborative effort, and somehow you can apply your talents to a video game’s development and make something great from it.

CODING FOR GIRLS

Story by Kristin Demorest, STEM Editor
Design by Mariana Novakovic, Managing Editor

What comes to mind when you think about computers and coding? Maybe you don't know much about it; coding is an intelligent and intricate topic. You might think about Steve Jobs, or about Robert Kahn and Vincent Cerf, the inventors of the internet. You might even think of Bill Gates, one of the largest developers of Microsoft. What all of these acclaimed figures have in common is easy—they're all men. Many of the most well known faces in the history of coding and technology have been male, but that doesn't mean that women haven't been there all along. In 2019, it's an accepted fact that women can be just as good as men in this field of work; however, this hasn't always been the mindset of the American public. There are countless genres of study that this could be said for: medicine, court of law and the military. Over the past hundred years, women have astronomically increased their place in the professional and creative workplace. Many people would be surprised to learn that women actually have always had a monumental place in the world of technology— even if that isn't the first thing that comes to mind.

In 1843, long before the thought of the internet even came around, a woman named Ada Lovelace began making the way for women in the world of technological advances. She worked closely with Charles Babbage, the original inventor of what was called “The Engine.” The Engine was one of the earliest models of a sophisticated calculator, what would later be used as a basic model for the first computer. The Engine would process and calculate series of values and mathematical functions and print the results in a table or graph. They later developed more processes for the Engine that could complete more analytical functions. Lovelace is the one who developed the algorithm for processing the mathematical equations, later extending the sequences for more complicated sequences, and later developed the process by which the Engine could manipulate symbols and numbers. She also developed sequences for which musical symbols and series could be translated, replicated, and produced. She was one of the first individuals to consider “computer power” for something outside the realm of mathematics and is considered the first “programmer” in history.

Almost a century later, after much development and improvements from the Engine, a woman named Grace Hopper changed the game of computer sequencing. She spent almost fifteen years developing the world’s first compiler, software designed to change coding from one program language to another. These compilers became one of the primary translators to support many digital devices, allowing high-level programming code to be translated into lower-level code,

such as object picturation and written language code. This advancement thrust the world into the digital age and set motion for the development of modern computers only a few decades later.

Today, most innovative technological firms report that nearly sixty percent of their employees are female. There is also a global nonprofit organization called “Women Who Code,” and it has roughly 167 million members worldwide, both men and women. It is dedicated to promoting the role of female brainpower in developing some of the world’s most advanced technology and code. Clearly women have played a huge part in accelerating the discovery of new programs and sequences. Though it is being realized now more than ever before, it is important to remember that women have actually had their hand on coding all along.



HOW TO GET DRONE CERTIFIED IN GEORGIA

Story by David Tran, Asst. STEM Editor
Design by Mariana Novakovic, Managing Editor



There have been many technological fads that have taken root amongst our ever expanding and advancing technological world. However, in this more advanced day and age where it seems like the next big invention is around the corner, the one technological fad that seems to have taken root for more practical reasons is the drone. Initially drones, or Unmanned Aerial Vehicles (UAVs), were generally not used by the civilian population. Instead it has been the militaries of the world that utilized UAVs in waging war long before this technology began falling into civilian use. The first UAVs were in fact balloons carrying large amounts of explosives dedicated to landing and destroying enemy fortifications. The drone with a camera as we know it isn't invented until the onset of the Israeli War of Attrition in the late 1960's, and a real time camera wasn't installed in that drone until the Yom Kippur War a few years afterwards. Although some diffusion of technology from the military to the civilian populace occurred over many decades, the use of drone technology in civilian activities didn't start becoming more and more standard place until after the dawn of the 21st century. In fact, civilian drones don't start to outnumber military drones until well into the 2010's. This leads to the use of drones in academia--archaeology uses drones for the mapping and finding of ruins--use by search and rescue to find missing persons, and they have even been used to a more limited degree by companies to deliver packages. With the increasing use of drones in the modern world, how does someone become drone certified?

INITIAL TESTING

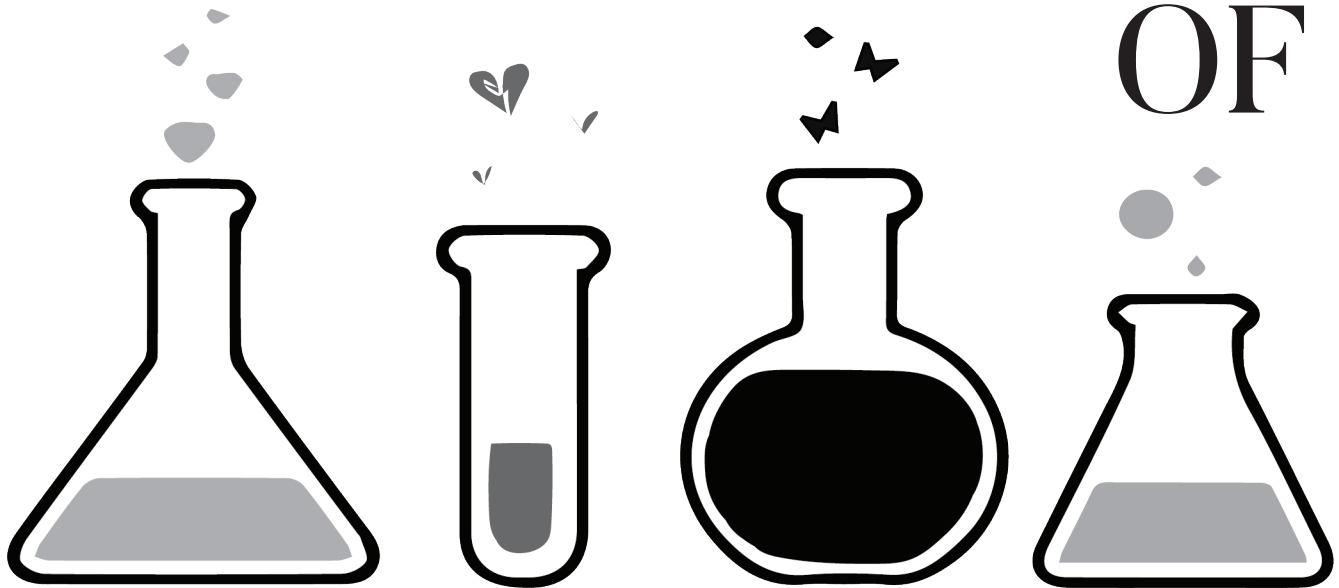
Due to the rarity of use for drones in normal life and drones being seen as nothing more than an overpriced gimmick, things like drone certifications and laws regulating drone use generally didn't exist until very recently. In fact, the Federal Aviation Administration (FAA) didn't start providing a framework for regulating the use of drones for civilian use until the passage of Part 107 on June 21st, 2016. Sadly time travel is not a viable option to bypass drone regulations, so the best bet would then be to simply go through the steps required by the FAA in order to become certified to legally use a drone. Before any testing

can be done, you must be at least 16 years of age, be able to read, write, and understand English, and must be deemed by the FAA to be mentally and physically well enough to be able to remotely pilot a drone. After that, the actual testing for drone use begins with scheduling an appointment at any FAA knowledge testing center around the country in order to take the written Part 107 test. It is generally recommended to take a drone training course due to the variety of topics and depth of knowledge required to pass the written exam. Generally most of these exams cover topics ranging from regulations on small UAVs like drones to what to do in emergency situations to knowing radio procedure and so on. These drone training courses however are not cheap and can run anywhere from \$129 to \$580, and prices are probably more varied than that. After passing the initial exam, the next step is to become officially certified and get your drone registered with the FAA.

CERTIFICATIONS

Now, if you seek to use your drone recreationally, you only need to register it with the FAA and fly under the regulations of Part 107. However, if you wish to use a drone for commercial purposes or for work, certification is required. First you must file an FAA Form 8710-13 through the Integrated Airman Certificate and/or Rating Application system or IACRA. After you register for an account, follow the prompts, and input your exam identification. Within 48 hours, the Transportation Security Administration should be able to do a background check in order to make sure you're legally able to use a drone, and a confirmation email should be sent. Once the confirmation email is sent, you must electronically sign and submit a request to the FAA, and this will allow you to print and download a temporary copy until a permanent one is sent to you in the mail. If you wish to keep your certification, you must take a recurrent test every 2 years in order to test and update your knowledge. Once your certificate comes in the mail, just remember to have it on you while flying, and you should be fine to start flying your drone to make money.

SCIENCE ON THE SIDE OF



L

O

V

E

Story by Kristin Demorest, STEM Editor
Design by Mariana Novakovic, Managing Editor

From the moment we are born, our brains experience feelings of love. You've probably experienced it many times, for many different people throughout your life. Love is a complex feeling that can be felt and expressed in a million ways, and it's probably no surprise that there are different types of love that affect your brain differently. Some would equate romantic feelings to rocket science. Love is actually a biological instinct; an innate function of your brain that scientists have studied for hundreds of years. One of the leading figures of this field of study is Dr. Helen Fisher of Rutgers University, a biological anthropologist who published her book, "Anatomy of Love" in 1992. The research she presented in this book and in the years after has become a foundation for the study of science of love and provides an excellent explanation about what we know of the scientific processes behind feelings of love.

Dr. Fisher first explains the various categories of love that exist within our brains. There are three main types of love that we experience: lust, attraction, and attachment. While there are overlaps within these categories and the possibility to feel more than one for one person at the same time, these are the most differentiable processes that occur. Each of these are driven by a natural desire programmed into our brains as humans. Lust comes from the need for sexual gratification and the need to reproduce. Every species on the planet has an implicit responsibility to reproduce and replace the current generation, even species that do not experience the other categories of love. Attraction is motivated by the human "reward system" of our actions. We have an inherent ability to comprehend that every action has a consequence. When we find someone attractive, things like having a conversation or going on a date with them feel like a reward to us because we find that person attractive and their attention as a prize, so to speak. Finally, attachment is driven by the desire for long-term relationships and bonding with other humans. Relationships are an essential part of human survival, and we unconsciously bond with other humans, starting with your parents when you are born. Humans who aren't able to bond or who struggle with forming relationships are proven to have gaps in neuroprocessing in their brains, but that is an entirely different science.

The hard science behind romantic feelings has mostly do with your hormones and endocrine system.

Each type of love is linked to the release of a certain type of hormone, and the release of that hormone from your pituitary gland affects a part of your body. These hormones in those parts of your body trigger a specific response, causing you to act on those hormones being released. Lust causes men's brains to release testosterone and women's brains to release estrogen. These hormones trigger a response in your ovaries or testes, the sexual reproductive glands. Attraction causes a release of dopamine or serotonin, both which trigger responses from your hypothalamus, which controls your Autonomic Nervous System (ANS). The ANS controls processes such as breathing and heartrate, all of which are affected by emotional situations, thus helping your body regulate how you react to said situations, like being attracted to someone. Attachment will cause a release of oxytocin. Oxytocin also affects your hypothalamus, which results in a lot of the same reactions as attraction. This explains why many of the people you are attracted to you also become attached to.

These scientific explanations for your romantic feelings also explain actions that you may not otherwise be able to justify. Dr. Fisher tells a short story in one of her TED Talks about dating. She says that she remembers dating several men that she knew weren't "her type" or that she didn't understand why she had romantic feelings for, but that she still found herself keeping up a relationship with them or calling them after a date went sour. She would tell herself, "no, don't call him, don't call him," but would do it anyways. It's because my brain was working with these hormones that I didn't know were there," she says. Essentially, our body acts on hormones that we can't control, and sometimes don't even know are there. As long as it accomplishes one of the goals of our body, such as sexual gratification or attention from someone, the hormones will keep being released and we will keep repeating those actions. Love is tricky and complicated, but maybe it's also clean-cut and understandable. While we may feel that we can't explain our feelings of love, it's easy to see that it actually can be broken down to a science; and not even rocket science.



LIMBURGER

This cheese is made solely in Germany, but it originated in the Duchy of Limburg. This is perhaps the smelliest of the smelly cheese. This cheese gives off a distinct odor, usually comparable to smelly feet. Despite its awful smell, the flavor of the cheese is quite slight and bland. Be warned if you buy some Limburger cheese, your uncultured roommates might just think you have smelly feet.

We've got the FUNK

Story and Design by Sarah Langford and
Audrey McNew, Co-Food Editors
Photo by Bailey Albertson



RED WINDSOR

This cheese is the perfect cheese not only to eat, but to display. This white cheddar is often marbled with Bordeaux to infuse in both the flavor of the wine and the pink color. This cheese has a calm tangy taste. Red Windsor originates in England, and is cured from pasteurized cow's milk, making the cheese firm, yet crumbly. It is truly the total package, a great taste and a stylish counter top marbled look.



TALEGGIO

Taleggio is an Italian cheese that has been washed. The cheese is made by storing acidic milk on wooden shelves. The cheese is washed in sea water once a week for at least six weeks, but sometimes up to ten to ensure a firm outer crust has formed. Taleggio is undoubtedly a smelly cheese, but what it lacks in good smell, it makes up for in taste. The taste is rather mild, but some say it tastes fruity. It gives off a strong, pungent smell.



CAMEMBERT

This cheese has a faint milky, buttery taste, and an earthy scent. The color is light yellow with a bloomy rind. It originates from France, and was originally made from raw milk, but now it is more commonly made from pasteurized milk. This cheese is described as being faintly sweet, like whole milk, but also very bland. As it matures, it adopts a more buttery flavor.

THE BEST DESSERT IN ROME

Story and Design by
Sarah Langford and Audrey McNew, Co-Food Editors
Photo by Spencer Russell



CITY CREAMERY

This delicious store is a place full of options. From soft-serve ice cream to a full-service coffee bar, they have options for everyone in your friend group. Not to mention their flavor selection is beyond this world, with flavors like blueberry pie and peanut butter. The City Creamery also has bubble tea with strawberry, hazelnut, banana, and ginger flavored teas and strawberry, mango, lychee boba.

JANDY'S FROZEN YOGURT

Jandy's is the top frozen yogurt shop here in Rome. With a multitude of constantly changing flavors, they even have a discount for Berry students. They have cookies-n-cream, cinnamon, watermelon sorbet, sea salt caramel pretzel, and they even offer a few sugar free yogurt flavors so you feel less guilty when you load up on toppings like strawberries, M&Ms, gummy bears, cookie crumbs and chocolate chips.

FRIOS

Frios pops are one of the easiest treats to get here in Rome. They have a wide variety of flavors and have options for many diets, including vegans and those that are lactose intolerant. Frios has all the basic popsicle flavors like strawberry, watermelon, and sour apple, but they also have many more fun flavors like pink lemonade, caramel apple, peanut butter and jelly, key lime pie and even eggnog during the holiday season.

HONEYMOON BAKERY

This sweet shop is located right on Broad Street right next to Harvest Moon Cafe. It is known for its incredible baked goods, made fresh every morning. This is the perfect place to come for an easy and reasonably priced sweet treat. Honeymoon Bakery has caramel cakes, delicious cheesecakes, cannolis, chocolate crinkle cookies, and turtle brownies, just to name a few of the decadent desserts Honeymoon Bakery has to offer.

THE SWEET BAR

This is the most iconic donut shop located right here in Rome. They have a unique variety of donuts from classic glazed to maple bacon. The Sweet Bar offers unique toppings like cherry glaze, oreos, caramel, orange glaze and bacon. They also offer a selection of fillings for donuts like apple jelly, lemon jelly, custard, and peanut butter.

PLACES IN ROME TO GET FREE DESSERT ON YOUR BIRTHDAY:

Dunkin Donuts
Olive Garden
Waffle House
Baskin Robbins
Krispy Kreme
IHOP
Sonic
Wendy's

*some places may require
you sign up for an email
subscription



SPICE UP YOUR LIFE

Story by Sarah Langford
and Audrey McNew, Co-Food Editors
Photo by Madison Scott

Using spices of any sort can be a little scary if you don't know how the spice may change the flavor. Knowing how to properly use any spice can help enhance the level of sophistication in your meals and make it better than it was before.

ROSEMARY:

This spice has a very earthy flavor. It pairs well with produce such as mushrooms or potatoes. It is well paired with garlic powder, oregano, thyme and basil.

BAY LEAVES:

Bay leaves are the perfect ingredient to add to risotto and soups because of their bitterness that enhances other flavors in the dish—it can help increase the acidity of tomatoes in tomato based soups. It pairs nicely with oregano, sage and thyme. It is best used with tomatoes, potatoes and mushrooms.

PAPRIKA:

This spice is perfect for those who like spicy foods, but do not have a high tolerance for them. It is sweet, which helps tone down the spiciness. It pairs well with garlic powder, chili powder, cardamom, cinnamon and cumin. It is best on top of bell peppers, squash, cauliflower, broccoli and potatoes.

NUTMEG:

This sweet spice is the perfect addition to both desserts and main dishes. It is often used in the making of sauces and rice. Put it on broccoli, cabbage, carrots, squash, cauliflower and sweet potatoes to bring out the sweetness in the produce. Pair it with allspice or cloves to get a flavorful combination.

ALLSPICE:

Allspice gives you the earthiness of cloves, while also giving you a hint of sweetness, making it perfect for many dishes including soups, desserts and breads. It goes best with cardamom, nutmeg, cinnamon, cloves and ginger.

BASIL:

Basil is known for its sweet taste. Basil is a common ingredient in salad dressings and marinades for meats. Basil is not to be confused with bay leaves, which are very harsh and bitter. Basil pairs well with rosemary and thyme, but it can be used to spice bell peppers, tomatoes, potatoes and eggplant, unaccompanied.

GINGER:

Ginger has a distinct sweet and warm taste. Ginger can be added to carrots, sweet potatoes and squash to enhance the natural sweetness of these veggies. Common dishes where ginger serves as the main player are rice, curry, or a sweet marinade. Ginger and garlic powder pair very well together to combine their sweet and savory flavors.

TURMERIC:

Turmeric is a peppery, bitter spice, commonly found in rice and curry dishes. Turmeric is added as flavor to foods such as potatoes, cauliflower and cabbages, and it can also add some tasteful dark coloring. Beans, fish and chicken are some heartier foods that turmeric can boost the natural flavorings of.

FIVE FANTASTIC FERMENTED FOODS

By Sarah Langford and Audrey McNew, Co-Food Editors

Photo by Madison Scott



Fermented foods are food items that sit and age with time. The carbohydrates within the food interact with bacteria, yeast, and microbes that cause a chemical reaction and create beneficial probiotic bacteria. This bacteria can help improve digestion and function by boosting immunity; it can also help fight against allergies. While some of these foods may seem a little intimidating, they can actually be quite delicious and add some dynamic to a meal. Next time you have the option to experiment with some sort of fermented food, try it. You never know if you might enjoy it, and you will be taking steps to improve your health.

Kombucha

Kombucha is a fermented black tea. Bacteria and yeast are added to the black tea which allows the fermentation process to begin. Alcohol is a byproduct of the fermentation process; however, it is in very trace amounts, so it will not cause intoxication. Often a natural sugar, like honey, is added to give it a sweeter taste.

Miso

Miso is a fermented Japanese dish with soybeans and barley. Koji is a fungus that does the actual fermentation of the soybeans. Occasionally the barley may be replaced by brown rice. Miso is traditionally served as a soup.

Kimchi

Kimchi is a fermented Korean dish made from fermenting cabbage. Once fermented, the cabbage is added to a rice or ramen bowl. Some common spices that are added to Kimchi are ginger or garlic.

Kefir

Kefir is a fermented milk product. Typically cow, sheep, or goat milk is used to make kefir. Once fermented, kefir has a thinner consistency, making it more like a yogurt drink than yogurt you eat with a spoon. With probiotic yogurt being the most popular fermented food in America today, kefir will most likely continue to grow in popularity, as it offers many benefits, like Vitamin B12 and biotin.

Tempeh

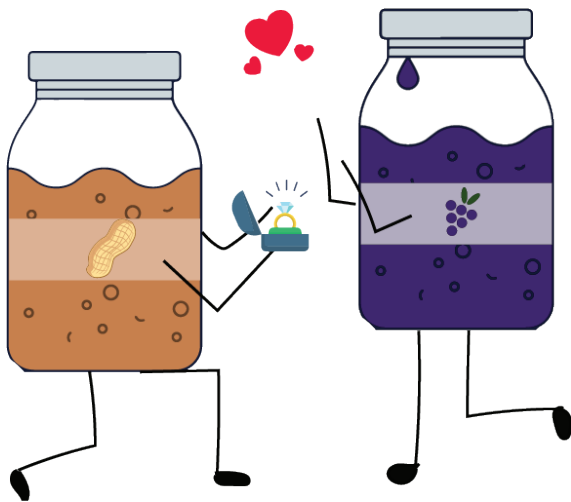
Tempeh is a dense bread made from fermented soy beans. The soy beans are added to a mix of live molds, called tempeh, and are left to sit for a few days until it resembles a dense cake. It is rich in probiotics and proteins. It is often compared to tofu; however, tempeh does not have the light, spongy consistency of tofu.

MATCHES MADE IN THE KITCHEN

By Audrey McNew and Sarah Langford, Co-Food Editors

Graphics by Andrea Flores, Co-Graphics Editor

PEANUT BUTTER & JELLY



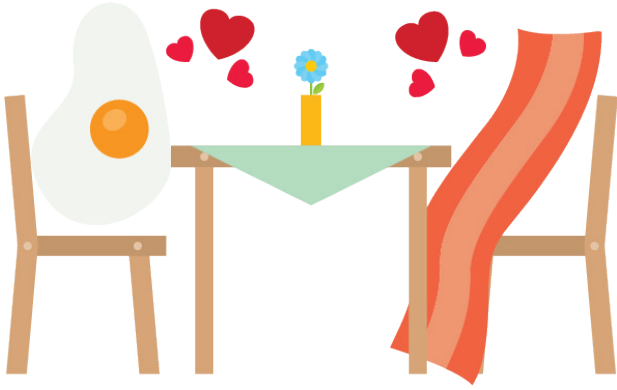
The peanut butter and jelly sandwich is the staple of elementary school lunch box foods. According to historical research performed by Linda Stradley of What's Cooking America, the earliest recipe of a peanut butter and jelly sandwich was published in a cookbook by Julia David Chandler in 1901; however, the sandwich did not gain its popularity until World War II. Peanut butter and jelly were on the soldier's meal ration menu as separate items. One day, a soldier decided to put some jelly on a peanut butter sandwich to make it more palatable. Many other soldiers soon started doing the same. When the war was over, the soldiers returned home with the knowledge of the amazing combination of peanut butter and jelly. Peanut butter and jelly started off as nobody, but look where this sandwich of perfection is today: in the grimy hands of 2nd graders all across America.

SPAGHETTI AND MEATBALLS

According to the Auguste Escoffier School of Culinary Arts, the spaghetti and meatballs that you know did not originate in Italy. While spaghetti and meatballs does exist in Italy, it is not what we think of as spaghetti and meatballs. In Italy, spaghetti and meatballs are made from fish, turkey, or really any other available meat; however here in America, it is likely that the spaghetti and meatballs that you are used to eating are made of ground beef. The ground beef in spaghetti and meat balls started with several Italian immigrants moving to America and attempting to re-create their favorite dish from their native country. However, they were shocked to see how high food prices were in America and settled for the cheapest meat, ground beef. Thus, the spaghetti and meatballs the American way was born, made with ground beef: the American meat.



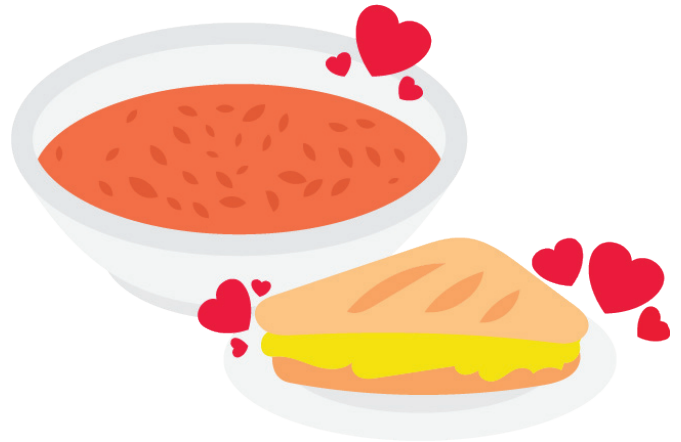
BACON AND EGGS



Edward Bernays, the nephew of the famous psychologist Sigmund Freud is credited with first placing bacon and eggs on the same plate. Bernays had been hired by many companies, such as Dixie Cups and the Aluminum Company of America to get people to buy their products. One day he was asked by the Beech-Nut Packing Company to get people to buy more bacon. In order to accomplish this, Bernays went to the doctor that served his company and asked him to do research on whether eating a heavier breakfast was healthy for Americans. The doctor's research confirmed that it was beneficial to eat a heavier breakfast, and he shared his findings with 5000 other doctors, who agreed with his findings. The study was published in many newspapers and magazines. Next time you are enjoying bacon and eggs together, remember that the pair only came to be because the Beech-Nut Packing Company wanted you to buy more bacon. This account was published by Eric Colleary, a public historian that researches culinary history, on his website [The American Table](http://TheAmericanTable.com).

GRILLED CHEESE AND TOMATO SOUP

A grilled cheese sandwich and tomato soup are a winter time, sit by the fire, and feel warm kind of food combo. According to a pamphlet published by the National Canners Association in 1949, the pairing of grilled cheese and tomato soup was first made by some lunch ladies in a school cafeteria after World War II. During this time, most teachers at the school were required to help cook lunch for the students. The teachers and cafeteria workers wanted something that required only a little amount of time to make. Another advantage to this cheesy and soupy combo was that it met the 2 ounce meal requirement that schools were required to serve students. The teachers liked it because the students were getting Vitamin C from the tomato, and the students liked it for the cheesy goodness that a perfect grilled cheese is.



Kombucha

This new beverage is a healthy alternative to juice or soda, as it is sweet and fizzy, while providing many health benefits.

Commentary and Design by Nancy Belle Hansford, Health & Fitness Editor
Photo by Spencer Russell



Kombucha is produced by combining multiple ingredients, none of which sound particularly appetizing, yet companies have found a way to produce sweet and flavorful drinks that are becoming increasingly popular.

When I bought my first bottle of kombucha, I read the nutrition label and was unfamiliar with ingredients, such as “Lactobacillus Bacterium: 1 Billion Organisms, S. Boulardii: 1 Billion Organisms.” These scientific sounding words are simply bacteria and yeasts that are combined in the tea to give the drink its fizzy consistency and fermented taste.

Kombucha can be made at home for personal consumption or produced in the masses for companies to sell by fermenting black, or green, tea with bacteria and yeast. Fruit juices and purees are added to create different flavors, like cranberry, watermelon, mango, and more. According to Wikipedia, kombucha became available to purchase in the late 1990s. Some common brands at our local grocery stores include GT’s Synergy, Buchi, Humm, and KeVita.

Why are people starting to buy these fermented tea drinks?

One common theme I have found is that kombucha is marketed to promote a healthy lifestyle—physically, mentally and spiritually. GT’s Synergy Kombucha, a popular brand, says their fermented tea “provides revitalizing nourishment to reinvigorate the mind, body, and soul” in their mission statement. People are beginning to focus on health in a holistic manner, and kombucha targets this kind of audience with statements like these.

Your immune system benefits from drinking kombucha because of the probiotic bacteria, which is made during the fermentation process. This healthy bacteria aids in digestion and inflammation, as well. Additionally, kombucha that is made from green tea provides antioxidants, which can control blood sugar levels and

speed up your metabolism. Even with all of the health benefits, kombucha still manages to taste like a delicious, carbonated fruit juice and serves as an alternative to soda or juice, both of which are loaded with sugar.

Spiritually and mentally, GT’s Synergy tries to inspire people to be the best version of themselves. By placing words of enlightenment, which can be sent in by customers, on each bottle of kombucha, people have a positive message to read every time they buy a drink. For example, one bottle I bought said, “Our truest hearts are infinite. Our truest love is immeasurable.” Uplifting quotes promote positive thinking and overall mental well-being.

What started out as a small, niche product for “environmentally friendly vegans” is now booming as a trendy beverage for anyone searching for a tasty, yet healthy drink. Just in the few years that I have been drinking kombucha, I have seen numerous new brands appear in attempt to meet the rising demands. Flavor options have also skyrocketed, giving consumers many options.

My favorite brand is GT’s Synergy because there is no added sugar, resulting in a stronger fermented taste. They offer flavors such as Mystic Mango, Gingerberry, and Guava Goddess, all of which are delicious. KeVita, another notable brand, offers Peach Pineapple, Ginger, and more.

With all of the brands and flavors of kombucha, you can surely find one that satisfies your taste buds. It is important, when shopping for food, to find foods that taste good, while making you feel good, and this is the goal of kombucha.

GETTING OVER ‘GYMTIMIDATION’

Working out is an amazing way to reduce stress and stay in shape, yet we let our insecurities and intimidation of others stand in the way of going to the gym.

Story by Nancy Belle Hansford, Health & Fitness Editor

Design by Jordan Leitch, Asst. Health & Fitness Editor

Sometimes the hardest part about working out isn't adding weight to your squat max or doing one extra rep, but instead, building the confidence to start going to the gym. Women's Health Magazine coined the term "gymtimidation" and it is a real feeling. Whether you have experience in the gym or not, you can overcome this insecurity, just as many Berry students have done.

Cyrena Bedoian and Sam Heard, both sophomores on the Berry College Volleyball team, experience gymtimidation, even though they are student athletes on a very successful team. By being athletic, you are not immune to the feeling of inferiority when you go to the gym. Shelby Newland, a Sophomore English major admits she sometimes feels intimidated by others when weightlifting.

Shelby Newland

Why did you start regularly going to the gym?: I had some health concerns with my back and so I wanted to make sure I was stronger because working out isn't just about aesthetics or strength. It's about health.

When you started training, did you ever feel intimidated by others in the gym?: Absolutely. Because I had no clue what I was doing. One thing I think is important to remember is that people are just as focused on themselves as you are on yourself.

Do you believe "gymtimidation" is real?: I absolutely do believe in gymtimidation. I think that anyone coming into an unfamiliar space can feel really uncomfortable, and when coming into a gym you do feel like there is a performative aspect to it, which can make you really self-conscious.

What have you done to get over this intimidation?: A part of it just comes with comfort. Just having someone that teaches you how to use all of these terrifying machines because when you feel safe, you feel a lot more confident. It is uncomfortable because it is unfamiliar; if you build familiarity, you become much more comfortable. Being taught how to safely use these machines and some go-to weightlifting moves builds so much confidence.

What advice do you have for people who do not feel comfortable going to the gym, but want to start working out?: Maybe you have a friend that you are comfortable with or maybe you see someone in the gym who is really killing it, you can ask them. Also, work out in what makes you comfortable.

What do you say to the people who don't have trainers and are too scared to come to the gym?: How do you learn to cook something you don't know how to cook? It's 2019, we go to YouTube. There are so many amazing fitness trainers on YouTube that can give you the instruction you need to come in The Cage and be a little bit more confident.



Shelby Newland

Cyrena Bedoian

When did you start going to the gym?: I started working out, went and had an actual fitness trainer, when I was 12. So, I guess you would say lifting weights since 12.

Why did you start going to the gym?: I wanted to be bigger and stronger for my sports. I was playing volleyball and track at the time. I just wanted to be at the top of my game, I guess.

Do you think "gymtimidation" is real?: Yes, especially in the free weight area. I feel like you have to have a plan before you walk over there. You've got to look like you know what to do. Or else it is so intimidating. Like, I won't even approach the machines, if I don't know how to use them because I don't want to embarrass myself.

How have you overcome this?: Usually to get myself familiar with the gym, I will go and scope out a time when no one is here, so when I come back another time, I actually have a plan and I know where everything is. That way I know what I am doing.

What do you say to the people who don't have trainers and are too scared to come to the gym?: I'd say, Google a workout. Sometimes I'll do that. Like search what you want to work out and come in with a plan. Or bring a friend!



Cyrena Bedoian

Sam Heard

When did you start going to the gym?: My senior year of high school.

Why did you start going to the gym?: To get ready for preseason. [The Berry College Volleyball team's preseason is the week before classes start in August.]

Do you think "gymtimidation" is real?: Yeah. Just like, when there are people who are way more fit than I am right now. Comparing myself to them, I feel like I can't lift as much as them, but then once I start lifting I really don't care.

How have you overcome this?: That's a great question. I was kind of forced to, being on the volleyball team. I have to be in good shape and we had preseason challenges I had to get through. I realized if I didn't start working out, I wouldn't make it through preseason, so I just jumped in.

What advice do you have for people who do not feel comfortable going to the gym, but want to start working out?: Just bring some friends and stop worrying about what other people are doing. Just focus on what you went there to do.



Sam Heard

While "gymtimidation" definitely exists, overcoming it is simple, as long as you are determined and put your desire to work out above any insecurities you have. Taking a friend, or a group of friends, will give you the boost of confidence needed to take the first step. Additionally, put-

ting in headphones with your favorite music helps block out your surroundings, so that you can focus solely on your workout plan. The more you put yourself outside of your comfort zone and overcome "gymtimidation," the more you build your confidence and strength.

WAYS TO STAY FIT ON CAMPUS

Story and Design by Nancy Belle Hansford, Health & Fitness Editor, and Jordan Leitch, Asst. Health & Fitness Editor

Exercising is easy at Berry College because of the Cage Center and its many classes, Valhalla Stadium and the numerous outdoor trails that provide a place to stay in shape.

THE CAGE CENTER

One common barrier that stands in the way of students working out is the inconvenience of having to drive to a gym or park. Luckily at Berry, our fitness facility, The Cage Center, is in a central location, right beside Valhalla Stadium. Students are welcome to run on the track or do a stadium workout at Valhalla, which is a great way to incorporate cardio into your routine.

Oftentimes people find a gym, but leave due to lack of equipment, which is not a problem at The Cage. Our gym is stocked with numerous treadmills, ellipticals and rowing machines, so that you never have to wait in line. There are many weights available to us in the free weights section of the gym, along with adjustable benches, so that you will have all the resources you need to complete your workout.

Additionally, the Cage has a pool that you can use throughout the week. Swimming is excellent for no impact cardio and strength building because it works nearly every main muscle in your body. Since the fitness center has both a gym and a pool, it is easy to add variety to your routine. Cross training is an effective way to stay fit without overworking specific muscles.

FITNESS CLASSES

If running on a treadmill, lifting weights or swimming is not something you enjoy, there are numerous fitness classes offered at Berry that can help you work out in a fun, yet still effective way. Berry offers classes in the Cage, such as barre, core, kettlebells, TRX, yoga, and Zumba. Organized fitness classes are usually very expensive but at Berry, they are offered at no additional price. These classes are a fun way to stay active and make friends.



Take advantage of the many opportunities Berry has to keep students active. There are organized classes, state of the art facilities, and outdoor trails that provide plenty of options to students looking to stay in shape.

OUTDOOR RECREATION

Another way to stay active with your friends is to rent gear from Outdoor Recreation and participate in fun sports. For no charge, you can rent basketballs, volleyballs, soccer balls and racquetball equipment to use all around campus. All you have to do is give the Outdoor Recreation employee your student ID and choose what you want to rent. The Cage has three racquetball courts available for use during all Cage hours.

OUTDOOR EXERCISE

Berry has 26,000 acres of with many geographical features, such as mountains and lakes, which prompts many students to spend time outside. Instead of simply hanging in an Eno or studying on a picnic blanket, both of which are fun and relaxing, you can try taking advantage of our beautiful campus to stay active, instead. The most popular trail, Viking Trail, is three miles long and is paved for those who want to run, walk, or bike.

Students have access to fifteen trails on campus, ranging from level 1 to 5. You can run, walk, or bike on these trails throughout the year. The hike to the House of Dreams is 5.2 miles roundtrip and the beautiful outlook at the top is a great reward for your hike. Outdoor Recreation leads many hiking and biking trips on these trails, which are usually free for students. For those looking to get off campus, they also lead trips to local hiking, camping and caving spots, for little to no price.

Exercising outside is a wonderful way to get fresh air, appreciate the nature our campus has to offer, and increase Vitamin D levels. We get Vitamin D from the sun, yet deficiencies in this vitamin is

very common, resulting in excess fatigue. We can avoid this by increasing our time outdoors. A good way to boost the amount of time you spend outside is to replace your gym time with an outdoor workout, which will actually be more efficient anyways. As temperatures rise, people sweat more during outdoor exercise, which makes your workout more effective. Sweating is great for your skin and your body, as you release toxins.

Sometimes you need to switch up your workout routine to stay motivated and work new muscles, which is why you should take advantage of the many opportunities Berry has to stay active. Whether you want to be inside or outside, this campus has the resources and facilities to help you stay in shape all year long.

DOES EXERCISE IMPROVE MENTAL HEALTH?



Story by Nancy Belle Hansford, Health & Fitness Editor
Design by Jordan Leitch, Asst. Health & Fitness Editor

Exercise is most commonly viewed as a means of losing weight or building muscle, but staying physically active does much more than that. Exercising regularly improves mental health by reducing stress, increasing endorphins, and building confidence.

Mental and physical stress are intrinsically linked. Mental stress can weigh heavily on your body and result in tight muscles or aching joints. After being hunched over your desk or cramming notes for hours in preparation for a final exam, your body tightens up and your stress affects both your mind and your body. Exercise, such as running, swimming, and yoga, loosens your muscles and provides a sense of relaxation.

These forms of physical activity, and any other form of cardiovascular training, are known as aerobic exercise. According to Harvard Health Publishing, aerobic exercise is “key for your head, just as it is for your heart.” While cardio is often used to lose weight, it also benefits mental health by reducing stress in the brain, while simultaneously producing endorphins. Endorphins boost your mood, which can alleviate symptoms of anxiety and depression.

Another way to distract yourself from the many outside factors that make life hard is to listen to music or podcasts while you exercise. By focusing on music or your breathing pattern, you allow yourself to escape and let go of your worries.

Exercise is more than just a way to lose weight or stay in shape; being physically active reduces stress, improves sleep and combats depression and anxiety by increasing endorphin levels and boosting your confidence.

Additionally, exercise that directly correlates to decreased stress is the improvement of sleep. Getting an appropriate amount of good sleep is crucial for staying productive and positive during the day. Exercise can normalize your sleep patterns because you exert yourself while working out and can achieve a deeper sleep when you finally go to bed. Good sleep will help you juggle everything in your life.

Engaging in physical activity gives you the opportunity to step away from your studies and other stresses in your life. Yoga, in particular, places emphasis on breathing, so that you are aware of your body and feel relief as you breathe deeply. Focusing on breathing allows your brain to forget about the upcoming exam or the drama with friends. While yoga is a more relaxing way to focus on breathing, running provides the same opportunity. By focusing on your breathing pattern during a run, you are allowing your mind to focus on something other than your worries, which reduces stress.

Not only can you experience immediate relief from mental and physical stress from exercise, the benefits are long term. The American Psychology Association uses research to prove exercise can help with long term depression and anxiety.

Confidence, which plays a large role in mental health, tends to increase in physically active people, as well. Exercise results in a feeling of productivity and accomplishment. Additionally, exercise and a healthy diet tend to slim people up, so they feel better about their image, which leads to more confidence. How you perceive yourself directly correlates to your confidence level. If you feel productive and in shape, you will probably have more confidence, which will improve your overall mood.

Being active does not mean you have to go to

the gym or engage in vigorous exercise every day. You can reap the benefits by simply going on a short hike or going on a mild jog. The most important thing to remember is to just keep your body moving because you will see an improvement in mood, as a result of decreased stress and deeper sleep. By gaining confidence you will feel empowered to accomplish so much more and you may find yourself to be more productive. Even in times where you feel too overwhelmed and busy to make time for exercise, you should squeeze in a little bit of activity, so that you can stay happy.





ON THE AIR

Story and Design by Kaitlan Koehler, Arts & Music Editor, and Melanie Gonzalez, Asst. Arts & Music Editor
Graphics by Noah Howie, Co-Graphics Editor

Just like any other medium, podcasts are used to tell stories, entertain or inform. Whether a comedic series, news recap or fictional story, podcasts have something for everyone and have been making an impression in the world of media and technology.

Podcasts have been around since before the advent of the iPhone, but have become more and more popular recently due to their portability and convenience. They can be listened to on car rides, on walks, while cooking, at work or literally anywhere else with just a cell phone. They combine elements of social media, radio, and television together to create a unique auditory experience. They are extremely fun and easy to listen to, especially since podcasts typically have a relaxed, conversational feel to them.

In addition, most podcasts are free to listen to, although some apps require payment in order to access all features they offer and have more freedom over your listening preferences.

Some people might not have a good idea of what a podcast is, but may associate it with radio, audiobooks and talk shows. The word “podcasts” comes from the combination of the words iPod and broadcast.

It’s much like blogging, but uses audio instead of writing to

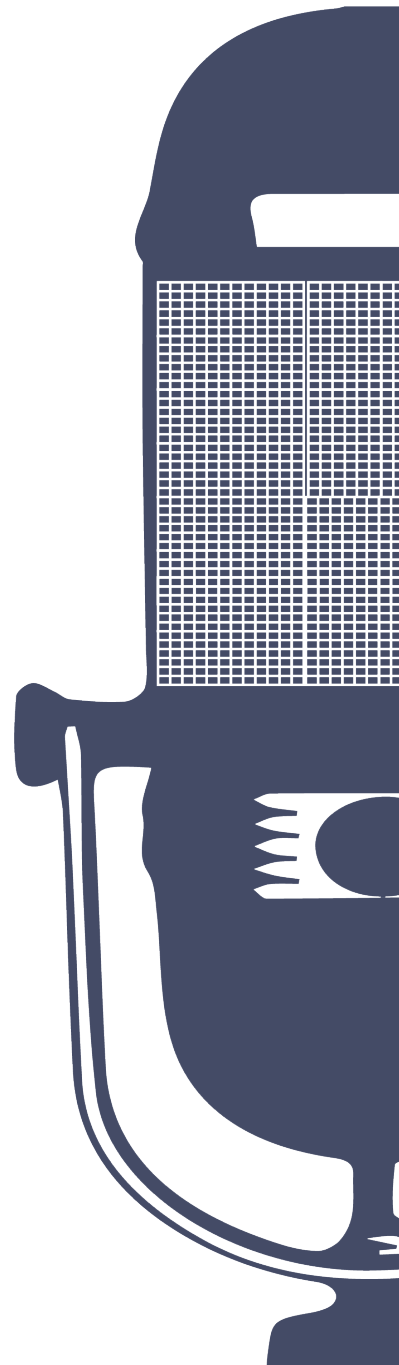
talk about certain subjects. Most podcasts update weekly, and listeners can download or subscribe to the ones they enjoy most.

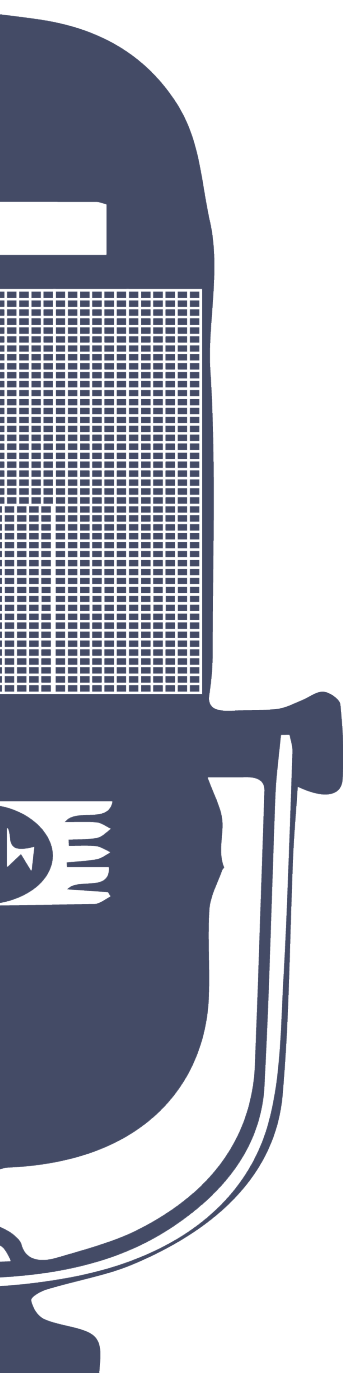
Podcasts cover loads of different genres and subjects. More popular ones tend to be comedies, mysteries, fiction or politics. True crime podcasts are incredibly popular, much like true crime shows on streaming platforms, like Netflix’s *Making a Murderer* and *Evil Genius*. They can be similar to TV shows, since some podcasts set up regular seasons containing a set number of episodes. There are thousands of podcasts out there and together, they cover almost every topic and genre imaginable.

Some podcasts have become so popular that some have even been adapted into television shows or books.

It’s very easy to produce podcasts, so anyone can do it. It only takes a laptop or a phone, a recording software like Audacity and a microphone in order to get to podcasting in no time.

Podcasts are offered on several platforms and some companies have made specific apps for them. You can find them on Apple Podcasts, Google Podcasts, Spotify, SoundCloud, Pandora and most other audio apps.





SERIAL

Sarah Koenig

A highly popular series, Serial is a podcast that focuses on elements of investigative journalism. It currently has three seasons, the first one focusing on the events surrounding the 1999 Baltimore murder of Hae Min Lee, the second one focusing on the controversy of Bowe Bergdahl, and the third being an inside look into the U.S. criminal justice system.

MY BROTHER, MY BROTHER AND ME

Justin, Travis and Griffin McElroy

Each week, the McElroy brothers provide people with comedic advice that probably shouldn't be taken too seriously. They occasionally have special guests. People like Lin-Manuel Miranda, John and Hank Green, and "Weird Al" Yankovic have appeared on the podcast.

WELCOME TO NIGHT VALE

Joseph Fink & Jeffrey Cranor

This podcast is a fictional radio show that reports on the news of the desert town Night Vale, and the strange, paranormal occurrences that happen within it. This podcast is entertaining, suspenseful, and will possibly be adapted into a television show in the future.

MY FAVORITE MURDER

Karen Kilgariff & Georgia Hardstark

If you have a fascination with true crime, this is the podcast for you. Each week, the hosts select a story having to do with survival, mysteries, murder, hauntings and other dark genres, and discuss it with a humorous touch.

GALS ON THE GO

Danielle Carolan & Brooke Miccio

Hosts Danielle Carolan and Brooke Miccio talk about their fun adventures as full-time students. They cover topics like traveling, dating in college, study tips and much more. It's relatable and useful for any college student.



SCRIBBLES & SQUIGGLES

It might seem silly to think that doodles will reveal some deep personal truth about you, but almost everything you do can reveal traits of your subconscious mind.

Design by Kaitlan Koehler, Arts & Music Editor
Story & Photos by Melanie Gonzalez, Asst. Arts & Music Editor



It happens to everyone. You're sitting in class, listening to a lecture, when your mind starts to wander. The next thing you know, you're scribbling things and making little drawings on your paper. Even though this could clearly be understood as just a way to relieve boredom, doodling can actually be interpreted in all kinds of ways.

According to the design blog 99 Designs, for example, if you like to draw patterns and shapes that take up most of the page, it might mean that you are more outgoing. If you draw smaller things, it could mean that you are someone who would rather take things in than get involved in certain situations. Or if you like to draw on the left side of your page, it could mean that you like to dwell on the past while if you draw on the very top of your page, you could be considered a free-thinker who values their own opinion over others.

Doodling is actually a form of fidgeting that has been

shown to help somewhat with stress relief, focus, and creativity. When we are trying to pay attention to something for long periods of time, we tend to zone out. This is because our brain can easily get overwhelmed when taking in lots of information or when trying to focus on one thing for a long time, so we like to take small breaks. Doodling provides this kind of break, allowing you to focus a bit better when you go back to listening and absorbing important information. Doodling can also help people to convey their emotions if they have a hard time putting it into words, or provides a creative outlet to generate new and interesting ideas.

Some interpretations of common doodles are shown below, but it's good to keep in mind that although doodles can have some significance and can reveal certain aspects of someone's personality, sometimes a drawing is just a drawing.

Checkerboards and Geometric Shapes

If you often draw grids or checkerboards, that may indicate that you are a patient and/or determined person. It could also mean that you are in the process of trying to solve a particular problem or situation in your life. If you draw shapes, this could mean that you are typically a very cautious person and that you are fond of sharing your opinions. Cubes in particular can mean that you are more of an analytical person and that you appreciate order in life.

Flowers

Doodling fun images like flowers, clouds or a sun can indicate that you are in a good mood, that you have a generally positive attitude, or that you have an affectionate personality. But if you draw more droopy looking flowers as compared to lively ones, it might mean that it takes you awhile to get comfortable around those you don't know. Flowers with pointy petals instead of rounded ones reveal a person's defensive nature.

Flying Creatures/Transportation

Drawing butterflies or bees indicates a desire to be free and to not be tied down. Drawing planes, cars or boats in your notebook could mean that you want to escape or go somewhere different, whether literally or figuratively. It can also mean that you want to escape a certain situation.

People/Faces

If you like to draw people, this might mean that you are typically in control and feel that you can attain your goals. Faces can be more obvious, because whichever emotion is shown on the face is usually going to be the emotion the person is feeling. But faces can also give away how someone perceives others. If there is more detail being added to certain parts of the face, it can also be telling. For example, more attention to the eyes can signify that you might feel like people are constantly looking at you or watching over you.



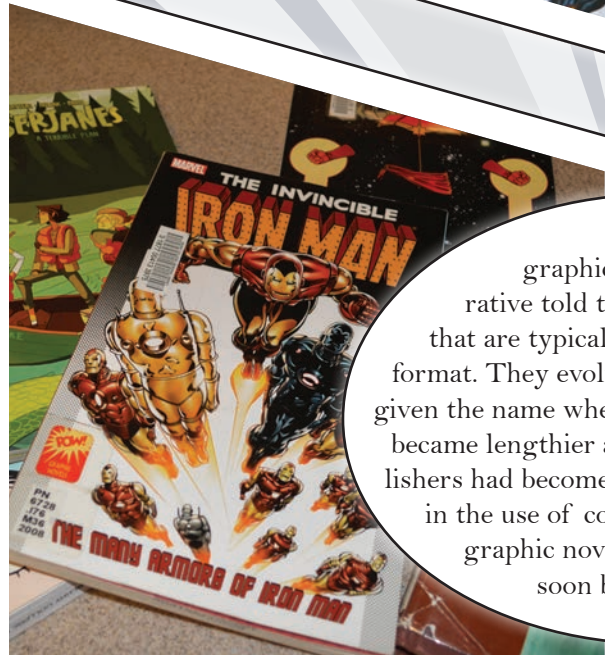
A NOVEL IDEA

Story and Design by Kaitlan Koehler, Arts & Music Editor, and
Melanie Gonzalez, Asst. Arts & Music Editor

The idea to use drawings or pictures to tell stories has been around for thousands of years. Cavemen drew animals on cave walls, ancient Egyptians wrote in hieroglyphs and early newspapers made political cartoons. Today, comics and graphic novels are widespread media for both entertainment and politics.

Drawings remain one of the most useful tools to get a message across to a wide variety of people. They are especially helpful in addressing modern-day issues. Political cartoons are still sometimes published in newspapers because they can better express the artist's opinions and help readers understand their meaning.

Many people tend to get comic books and graphic novels confused with each other. Comic books immediately bring to mind images of superheroes and action and have a connotation of being childish or low culture, which is certainly untrue. When combined with text, graphics have the ability to detail scenes that words alone simply cannot portray and make deep topics easier to understand. Graphic novels are often thought to be purely fiction, but they can be any genre. *Maus* by Art Spiegelman, for example, is a famous graphic novel based on the experiences of a Holocaust survivor.

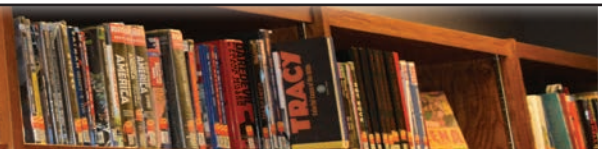


A graphic novel is a narrative told through illustrations that are typically drawn in comic strip format. They evolved from comics, and were given the name when some comic books simply became lengthier and more text-heavy. Publishers had become more and more interested in the use of comics to tell a story, and graphic novels were an idea that soon became reality.



Graphic novels can also come in digital formats, usually called webcomics. Webcomics usually follow a set release schedule that updates pages much faster than traditional comics. There is often much more variety in webcomics than traditional graphic novels since the digital format makes it easier for aspiring artists to publish their own comics.

Berry College has its own section in the library dedicated to graphic novels, where anyone can check them out and enjoy the variety of styles and stories within them.



DO YOU THINK THIS IS A GAME?

Design by Kaitlan Koehler, Arts & Music Editor
Story by Melanie Gonzalez, Asst. Arts & Music Editor

There has been a debate for several years now that argues whether video games should be considered art. Of course, the elements inside a game are artistic in nature, like illustration or animation, but do those elements make the game itself “art”?

The most common thing that is considered in this argument is the influence of the player. Roger Ebert, a famous film critic, is well-known for publishing a post titled “Video Games Can Never Be Art.” He expressed that games that have rules and can be interacted with cannot truly qualify as art. He also says that “one obvious difference between art and games is that you can win a game.”

Another point often brought up against video games is that many games are created simply for profit. However, art can also fall under the same reasoning and many games are made with an artistic vision to tell a story and evoke emotions in the player.

Within a video game, you can encounter several elements of art. Artistic styles, themes and layouts are all typically combined to provide a story for the player. In high quality games, everything from character designs to typefaces are meticulously selected

to portray the overall message. Some video games even allow the player to add their own creativity. Minecraft is a highly popular video game in which players can create anything they like out of blocks, but it remains more than just an art platform by incorporating classic survival features.

Art is freeform in nature. Anything can be art if that is what you make it or as long as the viewer can appreciate it as that. It is something determined by the imagination of the person pursuing it. If someone says that videogames are art, then for them, it is true. Not everyone has to agree. Famous artists from the past faced some harsh critiques whenever they created something new, because people did not feel that what they made fit the traditional conventions of art that existed at the time. Artists like Pablo Picasso and Andy Warhol wanted to break out of this preset way to think about art. It could be argued that video games are doing the same.

While it may be true that video games will never be considered a form of high art, the amount of creativity, skill and time put into making them certainly makes them an art form.



WHAT DO YOU THINK?

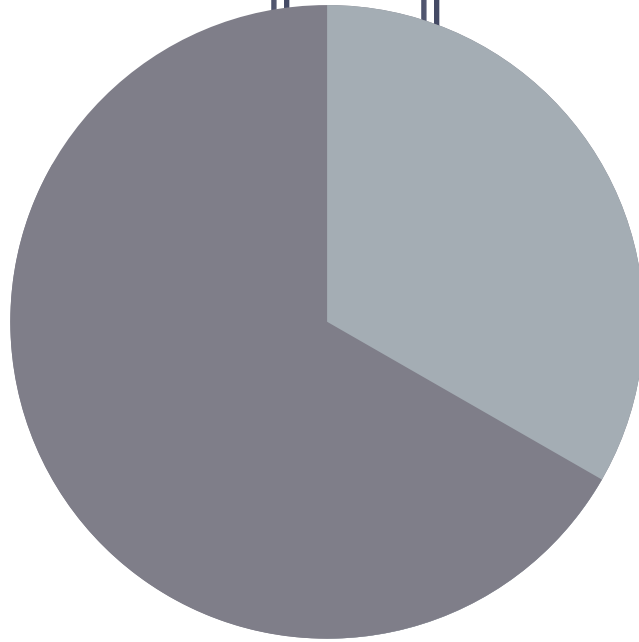
Are video games art? Everyone may have a different answer to the question, but we can all agree that video games are fun. These are the results of a poll of our own Berry College students.

67%

consider video games an art form.

33%

think video games do not count as art.



Simply



C A L L I G R A P H Y

Story by Melanie Gonzalez, Asst. Arts & Music Editor
Design by Kaitlan Koehler, Arts & Music Editor

What do you think of when you hear the word “calligraphy”? Maybe you think of the elaborate “The” that Spongebob made when he was trying to finish his essay or maybe you think of modern wedding invitations. There are many different forms of calligraphy, but the ones we will address are traditional and modern calligraphy. What is the difference between them and is one better than the other?

What characterizes most all calligraphy is that downward strokes are thick, created by putting more pressure on your pen, while upward strokes are thin, created by lessening the pressure. The main thing that distinguishes modern calligraphy from the traditional is that you simply do not have to follow any specific set of rules. With the traditional styles, everything has to look and be a certain way. With modern styles, your letters don’t have to be perfect and you can get as creative as you want. You can make your letters look flowy or blocky, small or large, or elongate or squish them. You don’t even have to follow the thick-thin guideline. What you say goes.

Professional calligraphy artists tend to know more about the traditional styles, but oftentimes use those styles as inspiration to create their own unique designs.

The best thing about calligraphy is that anyone can do it. Although a picture of a feather quill and a pot of ink might pop into your head, don’t panic. Even though advanced calligraphy artists like to have dip pens on hand (the classic calligraphy pens that have a nib and nib holder), you can easily start practicing with a pen or pencil. This style is usually called faux calligraphy, since you write out the word normally and then add extra lines and fill them in to imitate downstrokes. Crayola markers are a great tool once you learn the strokes because you can control the thickness of the lines just by pressing down. Highlighters with chiseled tips can also be used to create colorful calligraphy-like designs by taking advantage of the slanted writing. Finally, if you feel really invested in continuing this type of art, there are many supplies and tools that will help your calligraphy appear more professional, such as pens, brushes and paper, that can be bought at any craft store.

For more information, websites like The Postman’s Knock and Crooked Calligraphy offer calligraphy guides, courses, and tips to help with the learning process, among others.



Faux Calligraphy

Faux calligraphy just takes four simple steps. First, choose your word. Any word looks great when written in calligraphy, even if it's untraditional, so choose any word you like. Second, write your word in a simple cursive or calligraphy-like font. Third, create outlines to imitate calligraphy, making the areas with downward pen strokes thicker.

Fourth, fill in the spaces and enjoy your faux calligraphy.

MY SISTER WON'T STOP WATCHING FASHION WEEK.

Story and Illustrations by Camille Hanner, Style Co-Editor

HISTORY

In 1903, a popular store in New York known as Ehrich Brothers put on the first fashion show in the United States. The hope was to get middle-class women into their shop. Soon, big department stores adopted the idea and were hosting their own fashion shows by 1910.

1943- New York City held the very first fashion week. Looking at this date might be a clue as to why this would occur. The world at war posed a major obstacle for fashion enthusiasts to make their usual runs to Paris for the latest trends. Instead, American dressmakers created Americans a substitute for French fashion during World War II.

Until 1994, the fashion show was moved every year to a different location, from parks to hotels. Since then, the location is kept in the same place for a period of time before being moved after several years.

WHY DO FASHION SHOWS EXIST?

Throughout the 1800s, professional dressmakers created expensive gowns known as “haute couture,” which means “high fashion.” These detailed outfits were an important part of high society in France.

Dressmakers pieced together exquisite and often peculiar, hand-stitched gowns for upper-class citizens to attend social events and functions. Such seamstresses would often host “fashion parades” in their Paris couture shops. Americans developed this idea into what we know today as a “fashion show.”



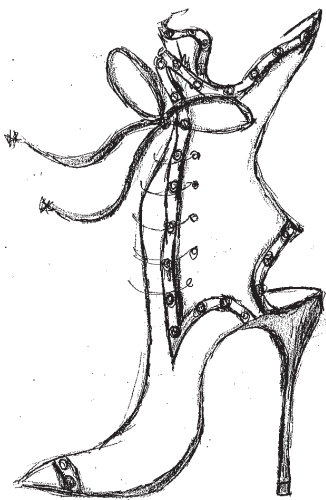
FASHION SHOWS TODAY

Today, fashion shows incorporate major designers such as Marc Jacobs, Calvin Klein, and the Michael Kors Collection which are each known for each of their own authentic style.

Modern shows display the newest styles and options for these major brands, and are immediately available for purchase following the show. Attendants can seize their favorite pieces and those tuned in online can attain items available electronically as well.

Many of the social elite see fashion week as an art form. These major designers are another form of artists, and purchasing the gowns and items created for the show is no different to many people than purchasing artwork from an art gallery.

Current events are also highlighted at the show, such as the inclusion of materials emphasizing the #MeToo movement from renowned designer Gabriela Hearst in the fall 2018 New York fashion week.



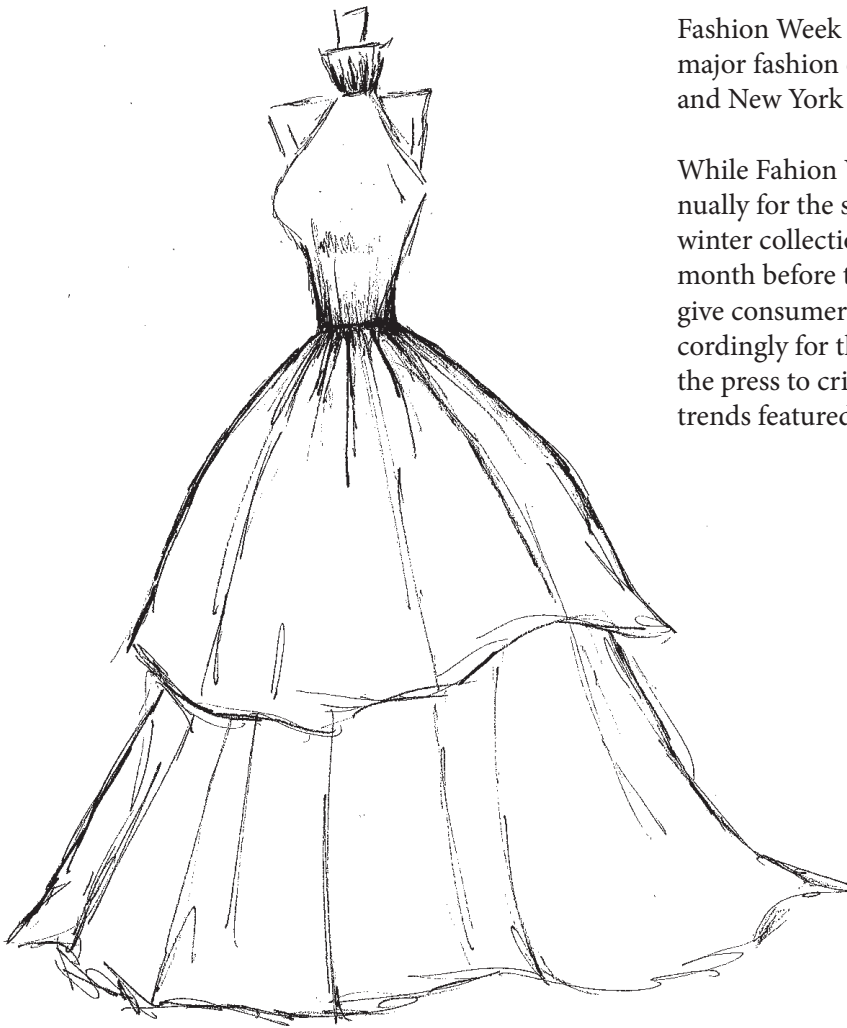
THE “BIG FOUR”

Milan. London. Paris. New York.

What are the “Big Four?”

Fashion Week has come to be known for the four major fashion events held in Paris, Milan, London, and New York twice a year.

While Fashion Week is held at each location biannually for the spring/summer season and autumn/winter collections. These shows are held several months before the season actually takes place to give consumers the opportunity to prepare accordingly for the season, as well as a chance for the press to critique and spread awareness of the trends featured in the show.



What's so great about it?

Fashion week is enjoyed by so many because of its unique qualities and exciting production. The world watches in awe as people, though no different than any other, walk down runways and are transformed in living art. They are both accepted by the art draped over their bodies and even incorporated into the piece. Their hair and makeup done just right to achieve the designer's (or should i say artist) vision.

Fashion week is a celebration of culture and innovative creations.

The world can't help but look on as the top creative minds of our generation are given their opportunity to showcase their newest creations.

So those in doubt of the real talent and prestige of fashion week may roll their eyes next time Sister grabs the television remote and adamantly demands that her program is of the utmost importance. However, maybe now it will be a little easier to appease her and let her witness a little history. Anyways, fashion week is but twice a year.



TATTOO OR TABOO ?

Story by Parker Page Trau, Style Editor

Many Berry students have a tattoo or even multiple, and even more are considering getting one. In the state of Georgia, you must be 18 to get a tattoo without having the written consent of a legal guardian, and many young adults consider a tattoo as a way to exercise their new rights as a legal adult. Some get tattoos in memoriam of loved ones, to express themselves, to remind them of values they hold close or to celebrate something important to them. Three Berry students are showing off their body art and offering some advice to those who may be considering this commitment.

SARA ARMS



I've been into decorating and accessorizing since I was a child with plastic Disney princess heels and face paint. "Decorating" my body with tattoos always seemed like an eventuality for me.

My first tattoo was a matching tattoo on my foot of two stars that I got with my lifelong friend. When we were little, we went to a telescope viewing event where one of the telescopes pointed towards a star that, until stronger telescopes revealed it was two stars, astronomers believed it was one star because they were that close in proximity. We joked after that if we were stars, we would be them.

My second tattoo (not pictured) is my favorite. It is a diamond with rose line art. I chose rose imagery because roses are perennial flowers. Every year (given they're cared for properly) they grow back. One of my fears growing up was becoming jaded and cynical, and the idea of the rose on my body as a symbol of continual rebirth after trauma was (and still is) a powerful daily reminder.

My third and most visible tattoo is a Hosta leaf. I grew up Catholic, and I've always had a dedication to Mary. In doing some research, Hosta plants were rumored to grow at the feet of Mary during the Assumption [this refers to when Mary was taken up into heaven at the end of her life on earth, according to Catholic tradition]. This is also a special tattoo because I went with my family to get it, and my mother and my sister got their first tattoos that day.

Metaphorically speaking, if your body is a temple, you are who it is dedicated to. While all of my tattoos have intense meaning, your tattoos are just that—yours. And you are free to decorate it as you seem fit. My tattoos travel with me everywhere I go. Like old journals that you fill with anecdotes and polaroid pictures, my tattoos carry the experiences I've had with them. Their meanings are fortified with every experience that reminds me of why I got them. If you are thinking about getting a tattoo, choose something you want to be reminded of every day. Every tattoo is a symbol of different chapters in my life and seeing them puts where I am in perspective.



NIKKIE GILMER

I've always been fascinated by tattoos and body art, so I knew I wanted a ton by the time I turned 18.

So, my tattoo has a lot of meaning behind it. The phrase *Petit à Petit* is French for the phrase Little By Little. When I was growing up my family went through a lot of hard times and my Mom always said that we should get through everything one day at a time, little by little. So, I actually asked the tattoo artist to copy her handwriting for the actual tattoo. The swirls, or filigree as I like to call it is reminiscent of a design I would draw on my arms and legs while still in high school as a way to cope with stress. I wanted those both to be incorporated in my first tattoo.

Do your research...find an artist that you're comfortable with and make an appointment. Good shops don't always have walk in appointments.

I definitely feel like the desire to have a tattoo is enough. Meaning is nice, but hey it's your body and you should get to decide what you do with it.

JW PERRY

I wanted to have a physical reminder of what my tattoo represents to me in my life.

Mine stands for the second law of thermodynamics. Much like the second law deals with entropy and the natural decline into chaos, so does our lives. Even at our most basic cellular levels, we are naturally moving towards chaos. My tattoo reminds me that, much like in any system, we must put in the energy to keep our systems and lives from moving from order to disorder. They naturally do it and will not stop, so we are responsible for making the most of it and putting in the energy to be happy.

I am going to get one more tattoo in memory of my dad.

I would advise someone to get something that means more than a picture. Something that represents an idea that they aren't going to outgrow, because we all continue to grow and change.



Girls Night Look Book

Story by Parker Page Trau, Co-Style Editor
Design by Hannah Hardwell, Editor-in-Chief





What is the best remedy for a broken heart? What about a stressful week at work or school? The answer is always a girls' night. A girls' night out is a cure-all for anything weighing you down. Taking time during your weekend to connect with your support system and just let loose. But this isn't just to make you forget your troubles, it's also a way to celebrate anything from an A in a class to a promotion at work.

Here are some great ideas for you and your gals to look as good as you feel. These looks are sure to have everyone agreeing that you are total squad goals.

Models from left to right: Reanna Huskey, Bella Lee and Kendall Aronson





LOOKS FOR YOUR NIGHT OUT:

1

JUMPSUIT:

This one piece look is making a total comeback and is a unique alternative to a dress.

2

SANDAL HEELS:

Heels? Or Sandals? Why not both? These shoes are a great multipurpose addition to your going out outfit.

3

HOOP EARRINGS:

Hoops really have a special power to level up your look no matter what you are wearing. That's why they continue to be a staple in so many wardrobes.

MATCH YOUR LIPSTICK TO YOUR OUTFIT:

This is a fun way to pull your whole look together. It's a great way to get a double use out of your lipstick; to emphasize and accessorize.

4

LAYERED DRESS:

Layering a jacket over your dress is the perfect way to give your outfit a more casual feel. It says "I know I look good, but nbd right?"

5

ANKLE BOOTS:

The best part about booties is that you can wear them for any season. They are perfect for the warmer months when you are missing your trusty boots, but want to dress season appropriate.

6

CLASSIC RED LIP:

Is there anything else to say? It's the oldest trick in the book and its obvious why we keep coming back to it.

7

OFF THE SHOULDER DRESS:

This classic is a certified head turn and will never disappoint in making you look fabulous.

8

LOW HEELS:

What a super way to dance the night away with out the strain of higher heels. These assure you that you will be up and moving all night without feeling flat.

9

GLITTER EYE MAKEUP:

Loose glitter or pressed glitter has become very popular these last very years and why not? It is so fun and makes you look like the treasure you are.

STAFF



Hannah Hardwell,
Editor-in-Chief



Mariana Novakovic,
Managing Editor



Katilan Koehler,
Arts & Music Editor



Melanie Gonzalez,
Asst. Arts & Music Editor



Nancy Belle Hansford,
Health & Fitness Editor



Sarah Langford,
Food Co-Editor



Audrey McNew,
Food Co-Editor



Parker Page Trau,
Style Editor



Camille Hanner,
Asst. Style Editor



Kristin Demorest,
STEM Editor

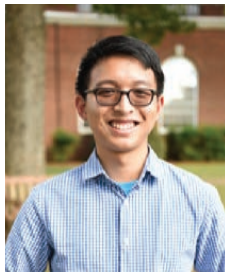


Sarah Storey,
Public Relations Director



Jordan Leitch,
Asst. Health & Fitness
Editor





David Tran,
Asst. STEM Editor



Rachel Summa,
Buzz Editor



Rosie Powers,
Asst. Buzz Editor



Bailey Albertson,
Photo Editor



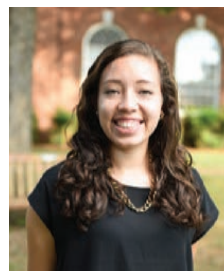
Madison Morris,
Asst. Photo Editor



Spencer Russell,
Photographer



Madison Scott,
Photographer



Andrea Flores,
Co-Graphics Editor



Noah Howie,
Co-Graphics Editor



Meredyth Brown,
Copy Editor





@bcvalkyrie



Berry College Valkyrie

**Berry College
Mt. Berry, Georgia 30149
© 2018**