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Cover photos by Grace Segars, Photo Editor



A CLOSER ENCOUNTER WITH CLIMATE CHANGE

Story by Sylvie Wages, Issues and Impact Editor
Design by Sylvie Wages and Brianna Mitchell,
Assistant Issues and Impact Editor
Graphics by Alyssa Abrams, Graphics Editor



Climate change is a rapidly growing issue that is affecting our society and planet in many ways. Many people want to help combat this issue, but simply do not know how or where to start. Many college students might feel as though they do not have time in their busy schedules to worry about things aside from school and work, and some might feel as though they do not have the time to fight climate change or other issues. However, it is easier than one might think to help fight climate change. People making small differences in their lifestyles can make a huge difference when combined. In this article, we explore the root causes of climate change and realistic ways for students to help combat it.

According to un.org, the burning of fossil fuels accounts for 75 percent of global greenhouse gas emissions and 90 percent of all carbon dioxide emissions. Some of the activities causing these emissions include factory farming, the fashion industry and transportation. These are all man-made industries, so there is no doubt that human activity is what is causing the climate crisis. It is vital that people are proactive in the fight against global warming as it is an issue that the current generation and their children will have to face. That is why it is important that students get involved as they will be the ones facing this problem for the rest of their lives, and if something is not done, it will only get worse.

Zachary Taylor, associate professor of environmental science, shared some input on the climate crisis. “Close to 80 percent of climate change is caused by the increase of carbon dioxide and other gases that are trapping more heat in the atmosphere,” Taylor said. “Certainly, there are some things we can do as individuals to reduce our carbon footprint. We could all eat a little less meat, especially beef. We could walk instead of drive. We could try to turn the lights off. All that stuff is good. Really, to fix the problem, it’s beyond a lot of what we could do.”

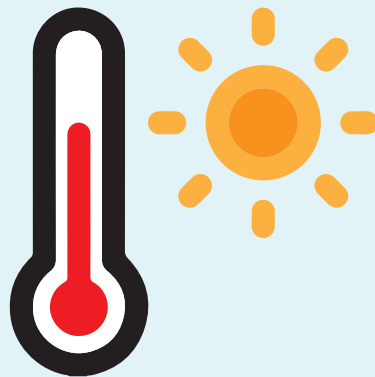
It has come to the point that the issue is so obvious, it is becoming increasingly hard for people to deny it. Thankfully, Taylor said that he does not hear the “it doesn’t exist” argument often anymore. The main question posed now regarding the issue is what should be done about it.

“Now we have a much more nuanced and productive discussion about it, which is what should we do about it,” Taylor said.

Simply spreading awareness about the issue is the first step. The more people who are educated, the more encouraged they’ll be to get involved and take action. “The first step would be to just talk about climate change. Realize that it’s a thing, it’s something to worry about,” Taylor said. “It’s a combination of talking about climate change, and then translating that into action.”

The negative effects of climate change can vary by region. Therefore, making changes in one area can have a great impact, and even inspire others to follow in the same footsteps. It goes without saying that individual efforts are important in the battle against climate change. However, with how serious it has become, bigger steps need to be taken.

“It’s not something we can really handle through individual actions,” Taylor said. “This is a problem that requires larger-scale, systematic work.” He also emphasized the importance of thinking about climate change in mind when voting. “Think about that when you vote, certainly in federal elections, but also local elections.



States and counties and cities can do things to help us as well.” Taylor also touched on how this issue is intertwined with so many others. There is a cause-and-effect relationship for a lot of them, and it is something that affects people, animals, the environment, and the overall atmosphere in a myriad of different ways. “It’s hard to think of too many other things that are so interwoven with everything else,” Taylor said. “One of the things that’s challenging about climate change is that the impacts of it are like this spider that radiates over everything else.”

The good news is that addressing climate change can have a positive influence in so many ways.

“However, the benefits of seriously addressing climate change can do the same thing,” Taylor said. “It can help address environmental justice, help reduce a lot of pollution, improve health quality, improve ecosystem quality, help preserve biodiversity-It can do all these things by really addressing one,” Taylor said.

Jovanelly, associate professor of geology, also shared her thoughts on the issue as well as some ways for students to take action. “The main causes of climate change are anthropogenic sources, and I think the scientific community pretty much agrees on that,” Jovanelly said. “There’s all different types of carbon dioxides, like natural sources, but the one that’s affecting climate change the most is anthropogenic sources.”

Jovanelly shared some advice for students who want to get involved and help fight climate change. “I encourage students to write their legislators and voice their concerns. Sharing knowledge with your state and federal representatives is valued,” Jovanelly said. “You can write something called a position statement. It is no more than 500 words, and it is intended to give your representative some information and background about a subject.”

Climate change is a rapidly growing issue that is negatively impacting humans, animals, and the planet. Everyone can make small changes to their daily habits and lifestyle that can help reduce their carbon footprint. While seriously addressing it is a larger-scale problem, talking about climate change and spreading awareness is a great place to start. Even though the climate crisis is already very serious, it will only get worse if nothing is done about it. It’s important to have hope and take an action-oriented approach in the fight against global warming.

Breaking the Silence on Human Trafficking

Story by Sylvie Wages, Issues and Impact Editor
Design by Sylvie Wages and Brianna Mitchell,
Assistant Issues and Impact Editor
Photo by Jessica Hawxhurst, Photographer
Graphic by Alyssa Abrams, Graphics Editor



Human trafficking affects millions of men, women, and children every year. Victims are often coerced by traffickers by tactics such as force, fraud, or deception. People of all ages, genders, and backgrounds can be targeted. Unfortunately, traffickers often recruit their victims with false promises of a long-term relationship, job, or education opportunities. Human trafficking is modern-day slavery. What can be done to fight it, and warning signs to look out for if you suspect that you or someone you know is being targeted?

Fortunately, there are organizations that are actively fighting against human trafficking. One of them is End Slavery Georgia. Debbie Crumbly, CEO at End Slavery Georgia, shared some input. “One of the main things is to educate people,” Crumbly said. “Chances are everyone knows someone who either has been trafficked or will be trafficked.”

She emphasized the importance of raising awareness. The more people who are educated, the more that can be done to combat this issue. “Knowledge is power, and there are a lot of really good people out there who want to help,” Crumbly said. She explained how End Slavery Georgia offers training and education programs on how to look out for warning signs of traffickers and how to safely intervene. “You’re able to have more and more people rescued, and they have a chance at a future.”

She said that the best advice she could give college students was not only for them to educate themselves and others, but also to normalize talking about this issue. After all, it is very hard to combat an issue when there is a taboo around talking about it. “Educate yourself. Go online and read about this and normalize talking about it,” Crumbly said. “It’s kind of in a taboo state that sexual abuse used to be in. But once you’ve normalized talking about it, then it’s reported more often and people get help.”

Bonner scholar and volunteer, senior Alex Ruble, tells about End Slavery Georgia’s mission. “Their overall mission is to combat human trafficking in the state of Georgia,” Ruble said. This organization is very proactive and always trying to find new ways to help their clients who were victims of human trafficking. “My favorite part is the idea that the things I’m doing are impacting other people, and changing their lives for the better,” Ruble said. “Through our work, we can see how it’s helping clients through the program.”

Ruble explained how End Slavery Georgia helps service and take care of victims through their program. “They take in people who have been trafficked and give them shelter and food,” Ruble said. “They get them into classes so they can be prepared to go back out into the world and be independent and live on their own.” He also emphasized that the safety of the clients comes first and foremost. Staff and volunteers make sure that everything is kept confidential. “Their safety always comes first,” Ruble said. “We’re really just trying our best to make them feel comfortable.”

Ryan Chelsey, Berry College chief of police, shared some helpful advice on how to watch out for warning signs of human traffickers. “I think that one word of caution is to avoid thinking of trafficking in terms of always being an aggressive physical act,” Chelsey said. “Often in movies we see someone snatched from a bus stop, train station, or airport. In reality, this kind of thing can happen, but the act of gaining control over a person is not always a violent physical act.”

Chelsey explained how traffickers tend to target people who seem to be alone, whether that’s physically or emotionally. “They identify and target an individual’s vulnerability,” Chelsey said. “Other targets may be undocumented immigrants, individuals facing poverty, hunger or homelessness, or individuals that have experienced a lack of domestic stability.”

Regarding online safety, traffickers often use the internet to recruit potential targets. “Predators may create fake social media accounts, dating profiles, post fake job opportunities, and create other circumstances in order to connect with a target,” Chelsey said. Moreover, Chelsey touched on the fact that traffickers can be anyone, and for this reason it is important to be vigilant.

“Remember that traffickers can be any race, nationality, gender, or sexual orientation and might be family members, friends, strangers, or people only loosely associated with you.”

Even though it is the second fastest-growing crime and occurs in every region of the world, human trafficking is not talked about enough. One of the first steps in addressing this issue is to spread awareness and educate people on how to look out for warning signs of human trafficking. Because traffickers often target victims using psychological manipulation grooming tactics, the best way to make sure people don’t fall victim is to make sure that they are aware of what to look out for. Another great way to combat human trafficking is to support and get involved with organizations such as End Slavery Georgia that help victims. The more people who are aware and ready to act, the less freedom traffickers will have to operate.

Slowing Down on Fast Fashion

Story by Sylvie Wages, Issues and Impact Editor
Design by Sylvie Wages and Brianna Mitchell,
Issues and Impact Assistant Editor
Graphics by Alyssa Abrams, Graphics Editor
Photos by Ashley Moreno, Photo Editor



Sophomore, Mady Thompson wearing H&M

Fast fashion is a relatively new term being used to describe cheap clothing that is rapidly mass-produced in order to keep up with the latest trends. While it is convenient to consumers in terms of price and being able to keep up with ever-changing fashion trends, it is not worth the detrimental effects that it has on the environment, workers and even animals. This article will explore some of these impacts as well as ways to combat the issue.

Fast fashion is not made for long-term use. They often borrow ideas from celebrities or fashion shows so consumers can wear and sample them while they are in trend. However, because these trends tend to pass quickly and the clothing is cheap and wears fast, it is usually only good for a few wears and then discarded after.

Shopping for clothes used to be more occasional. Materials were of higher quality and therefore more expensive but did not have to be purchased as often. With the abundance of cheaply-made and mass produced styles on the market today, it is no surprise that many individuals choose fast fashion over investing in something better quality clothes.

According to an article from Goodonyou.eco, the fashion industry has become one of largest polluters of clean water, next to agriculture. One of the main materials used in fast fashion is polyester, which is derived from fossil fuels. This not only contributes to global warming, but the shedding of microfibers also adds to the ever-increasing levels of plastic in our oceans.

The bulk of fast fashion is produced in sweatshops. Conditions in sweatshops are very poor, and employees work in extremely dangerous work environments for very little pay. Being exposed to certain chemicals pose a threat to their physical and mental health.

According to Dana Thomas, author of "Fashioniopolis", a book concerning the human rights abuses and environmental impacts of the fashion industry, laborers in Bangladesh, China, Vietnam, and other countries are subjected to brutal and inhumane conditions working in sweatshops.



Sophomore, Rosemary Chesney wearing Forever 21

In addition to people and the environment, the fast fashion industry also affects animals. Because materials used for fast fashion often include toxic dyes and microfibers, these find their way into the water and environment and are ingested by marine and land animals. Moreover, when animal products such as fur and leather are used in the production of the clothing itself, this also poses concerns to animal welfare.

While people might enjoy shopping for and buying fast fashion, it negatively impacts consumers as well. Not only does it encourage a wasteful culture, it also might cause them to buy things they don't need which in turn adversely impacts other people and the environment.

There are many fast fashion brands, but some popular ones include Zara, H&M, Forever 21, Fashion Nova, and SHEIN.

So, what are some ways the impacts of fast fashion can be reduced? One of the biggest ways is for consumers to stop buying it. However, this is easier said than done. Many people do not have money to invest in expensive clothes and choose fast fashion because it is quick and easy. However, there are more affordable options that are not fast fashion. Buying second-hand clothing and shopping from sustainable and ethical fashion brands is one of the best alternatives.

Another great way to reduce the impacts of fast fashion is to practice not buying things you don't need so often. Not only does this help to combat the issue, it also saves money.

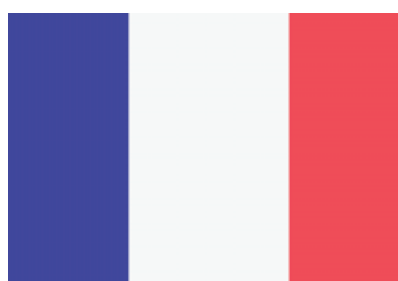
Many people would rather buy fast fashion because it is cheaper, and one can purchase many garments for very little money. However, it is more logical to invest in one or two quality items that will last much longer. While the idea of getting many items for cheap is appealing, it is simply not worth the impacts it has on workers, animals, and the environment. The prices may be inexpensive, but in reality, there is a much bigger cost.

According to globalcitizen.org, some good ways to avoid fast fashion are to shop from sustainable and ethical fashion brands, buy less often and invest in higher quality, and donate or sell clothing instead of discarding it.

An Instagram poll showed that 78% of Berry students buy secondhand clothing frequently, and only 33% consider themselves to be fast fashion consumers. It is a positive that shopping for secondhand clothing is increasing in popularity among young people, and often preferred over buying things firsthand or from fast fashion. Nevertheless, it is still important that students are made aware of the negative impacts of fast fashion so they can spread the word to family and friends who may not be aware of what they're contributing to. Moreover, many people may not be aware that they are fast fashion consumers. That is why it is a good idea to double-check that clothing brands people purchase are ethically and sustainably sourced.

Fast fashion is a serious issue that must be addressed as it is causing irreparable damage to people, animals, and the environment. The best way to solve the problem is to make ethical choices when it comes to purchasing clothing, boycott fast fashion brands and spread awareness.





The Pros and Cons of Bilingualism

Story by Camille Lueder, Writer

Design by Sylvie Wages, Issues and Impact Editor

Graphics by Alyssa Abrams, Graphics Editor

Being bilingual is a trait many people wish to have, but few do. It takes a lot of work to learn a new language and immerse oneself in a new culture. Fortunately, the advantages of being bilingual outweigh the disadvantages. Associate Professor of Spanish at Berry College, Jennifer Corry, started to learn Spanish at age 10. She was taught the language in her school and fell in love with it. By high school, Corry was having full conversations in Spanish. One important reason she decided to keep practicing the language was to have conversations with her friends on the phone that her parents could not understand.

“We liked talking on the phone,” Corry said. “In code so my parents could not understand what I was saying.”

In high school Spanish classes, Corry struggled to understand what her teacher was saying and was often confused in class. However, Corry continued to learn the language and took a trip to Mexico to practice her skills.

“Knowing the language is really helpful,” Corry said. “Because you do not need a tour guide and you can ask the locals questions about the area.”

Today, Corry is fluent in Spanish and loves to share her knowledge with her students. She says the most rewarding part of being bilingual is sharing her experiences with others and teaching her students the language. Corry also says an advantage of being bilingual is being able to read Spanish literature.

“I love to read literature in Spanish,” Corry said. “Because there are words that describe the situation better than words in

English.”

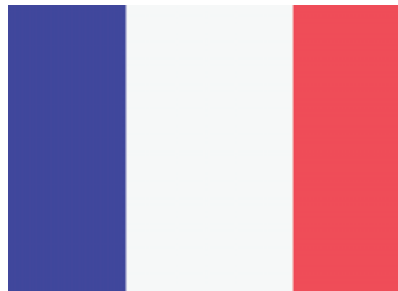
A disadvantage of learning a new language is that it takes time and effort that a lot of people are not willing to commit to. Professor of German at Berry College, Christine Anton, learned how to speak English in grade school in Germany. She started to learn the language in fifth grade and still does not consider herself completely fluent.

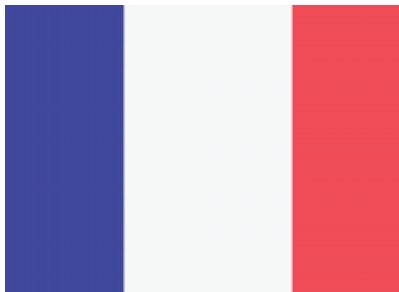
“Learning a language is a lifelong learning experience,” Anton said. “You will never stop and say now I know everything about the language.”

Anton was drawn to the English language because it seemed exotic and fun. She had little difficulties in school learning the language, but when she moved to North Carolina, she struggled to understand the Southern dialect.

“You’re asked to speak the language of the country,” Anton said. “And you don’t feel too comfortable doing it because you didn’t really learn how to speak it.”

One advantage Anton experiences with being bilingual is that she can talk about cultural differences with others. She says there are differences in introducing oneself and the way people interact in public. Anton enjoys learning about cultures and speaking the language allows her to talk and form connections with others who speak the language. Professor of French at Berry College, Vincent Grégoire, also enjoys the advantages of being bilingual.





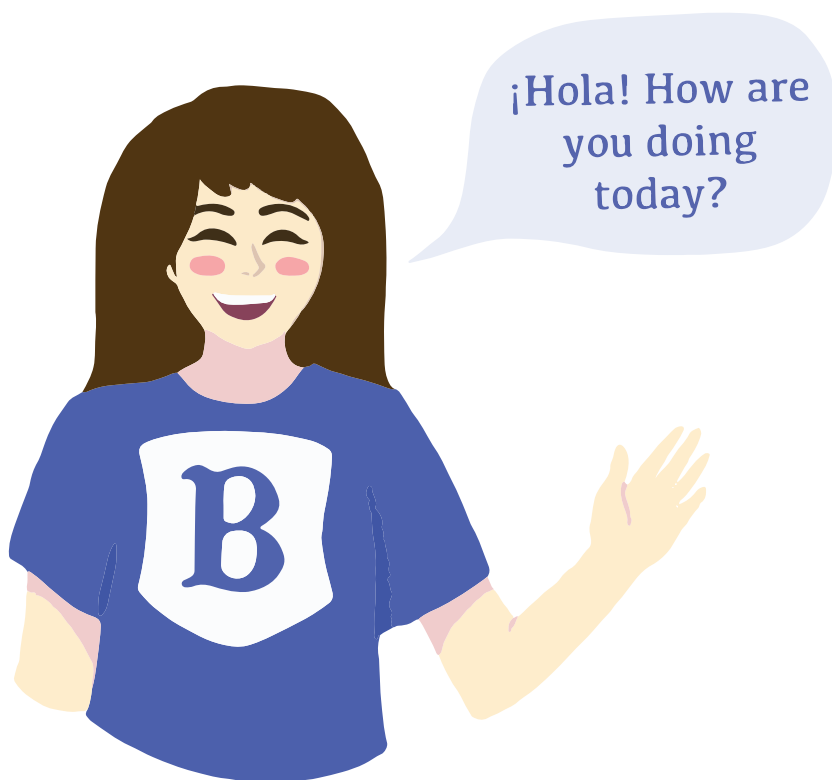
“It’s definitely a plus, it opens your mind,” Grégoire said. “You know two cultures instead of one, so you’re more open-minded, your mind is more flexible if you can speak several languages.”

Grégoire started to learn English at age 12 and became interested in language by his late teens. It was not until he heard English being spoken in Greece, that he realized the value of being bilingual. Grégoire moved to New Jersey to further practice his English but had trouble adapting to a new culture. He said he often mixed up the two languages which caused a lot of confusion.

“In the beginning, there is confusion between the two languages,” Grégoire said. “And using the wrong word or wrong expression.”

Grégoire says he enjoys the process of teaching and discovering new words in the language. Although there are disadvantages when learning a new language, the skill of being able to communicate with native speakers is rewarding.

“It enriches your life knowing a second language,” Grégoire said. “There can be a difference between native speakers. They do not realize that it enriches their life, but it does.”



A Shoutout to the Unsung Heroes

Story by Sylvie Wages, Issues and Impact Editor

Design by Sylvie Wages and Brianna Mitchell, Issues and Impact Assistant Editor

Graphic by Alyssa Abrams, Graphics Editor

Photos by Mads Muraoka, Ashley Moreno, and Aurora Hampton, Photographers



In our society, those in certain positions such as professors, doctors, and politicians tend to receive a lot of recognition and praise while those who are working in jobs such as hospitality, food service, and landscaping are not recognized enough for all the hard work that they do. A lot of their work is done behind the scenes, but our society would not be able to function without the efforts of these individuals. Here at Berry, we see a lot of faculty and staff such as professors and other faculty getting a lot of recognition while others are overlooked. Some examples of these unsung heroes include housekeepers, plumbers, maintenance, groundskeepers, landscapers, and food service workers. It's easy to take for granted how beautiful the land and campus are kept, or how clean and well-kept the buildings are. Without the dedication and hard work of a committed team of staff members, this would not be possible.

Some other examples of unsung heroes include security staff, drivers, pharmacists, and waste collectors.

These are some examples that could apply to people both inside and outside the Berry community that our society could not function without.

J. Todd Bradford, director of facilities at Berry college, shared some knowledge regarding the roles of these staff and how they contribute.

"All of the buildings, grounds, and equipment you see on campus are touched by our staff," Bradford said. "From housekeepers cleaning restrooms and vacuuming floors to HVAC changing filters or replacing worn out mechanical systems, physical plant is a 365-day operation."

The grass grows, the leaves fall, the shrubs need trimming all the time. The physical plant staff is not always seen, but the results of the efforts can be measured by what you see on a daily basis." Some positions at the physical plant include electrical, metal working, masonry, carpentry, plumbing, housekeeping, heating and air conditioning, grounds and landscaping and the water plant.

According to Bradford, each section of the physical plant is staffed with fulltime employees that are professionals in these fields, and the number of employees varies by need. Moreover, students also make up a large portion of the workforce. Lots of hard work goes into making sure the campus is kept as pristine and beautiful as it is. Without the hard work of the landscaping and grounds crew, it would not be the same.

The same is true for all of the buildings around campus, whether it be an academic building, residence hall, or Krannert, which are neatly swept and vacuumed.

Another important group of hardworking staff we must recognize for all their hard work and dedication are the food service workers, whether it be in the dining hall, Viking Court, or Java City. Almost all students as well as other faculty rely on their services every day, whether it be for a meal, a midday snack or an afternoon coffee run.



Sophomore, Olivia Sullivan, Groundskeeper at Berry



It is easy to take these services for granted, especially for students who are navigating busy schedules and just go in and quickly order then pick up their food. A lot of effort goes into stocking shelves, prepping meals, and mixing coffee drinks in a fast-paced work environment. Samuel Cooper, General Manager for the Berry Dining Services, shared some of his thoughts.

“Some of the best parts of working for Berry Dining are working on a beautiful campus, serving the great people here at Berry College,” Cooper said. “Students and faculty are like our family here, and we want to make them feel at home. They also do a great job in including us in the campus community. Our team has great comradery, and you will meet truly remarkable people on the Berry Dining team.”

Because a lot of their work is done behind the scenes compared to those who are more in the spotlight, they are often overlooked. However, this is something that should change. Without the labor and dedication of these individuals, the campus and community would not be the same.

“All of our associates are heroes for what they do on a day-to-day basis and they dedicate a lot of time and effort to make sure the campus is fed,” Cooper said. “We will always work hard to improve and serve the Berry community as the people here mean a lot to us.”

It is hard to imagine what the Berry community would be like without the hard work of these staff. So many of the aspects that people enjoy and rely on here at Berry would not be possible without the dedication of these individuals. So, the next time you see one of these unsung heroes thank them for their hard work and dedication.



Rethink Your Recycling

Story by Sylvie Wages, Issues and Impact Editor
Design by Sylvie Wages and Brianna Mitchell, Issues and Impact Assistant Editor
Photos by Mads Muraoka, Photographer
Graphic by Alyssa Abrams, Graphics Editor

Recycling is a concept that is generally viewed in a positive light, but also controversial and argued over. There are a lot of disputes over what can and cannot be recycled, whether what you put into the recycling bin is actually recycled, and whether it is even worth it to recycle. In this article, we will explore some of the misconceptions surrounding recycling as well as receive input from some students and faculty here at Berry.

Sophia Swann, a junior environmental science major, shares some of her thoughts on recycling.

"I think recycling is a great way to reduce waste in landfills," Swann said. "I'm very excited to start helping with the Vikings Recycling Program here on campus. However, with materials like plastic, it can't always be put back into circulation, so it's best if people try to avoid using things like plastic water bottles."

Overall, students who were interviewed had a positive outlook on recycling as a whole and wanted to get more involved.

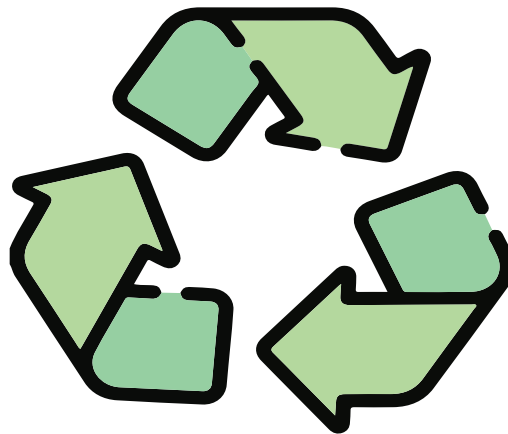
Another student, Jayne Claire Vincent, a sophomore international business major, also shared her initial thoughts on recycling.

"I think that recycling is really great overall, but it depends on the company who is handling or disposing of the recycling," Vincent said.

The Berry website lists some items that can and cannot be recycled. However, according to Zachary Taylor, associate professor of environmental science and studies, this list is outdated. According to the Rome-Floyd recycling website, plastics that can be used include plastics in bottle or jug form, steel and aluminum cans, paper and magazines, cardboard and paperboard. Items that cannot be recycled include other plastic items (e.g. strawberry container), food-soiled containers, waxed paper (e.g. dixie cups) and plastic bags. Plastic bags can be recycled, but they must be taken to a store drop-off.

There are a few guidelines listed on most of the receptacles, however it does not include everything. Moreover, it is easy to confuse what can and can't be recycled especially when it comes to articles such as paper products.

As long as it is not contaminated, materials put into the appropriate receptacles are recycled. For this reason, it is important that students are aware of the guidelines and are careful not to mix trash with their recycling.



For students who are looking to get more involved with recycling, the new Vikings Recycling Program is a great place to start. Senior Noah Guthrie, president of the Eco Club at Berry, explains how this program works.

"The Viking Recycling Program is a student-led recycling collection program," Guthrie said. There is research that suggests that the more convenient you make recycling for students, the more likely they are to actually recycle."

"There's some studies that show if you have something in their hall, they're a lot more likely to recycle because it's more accessible," Guthrie said.

One of the biggest issues regarding recycling is contamination. It only takes a little bit of soiled material to turn an entire batch of recycling into garbage.

"If too much trash is with recycling, the recycling folks just can't use them," Guthrie said. "It's pretty common for the trash truck to come and just take up all the recycling with the trash because if they notice there is a certain amount of trash in those bins they'll just have to take up the recycling and take it to the landfill."

The best way to reduce this issue is to educate students and encourage them to not just recycle, but to make sure they are doing it properly.

"The more that we can raise awareness about the guidelines, the more that students are involved with just putting recycling stuff in the bins. It will do a lot to increase the efficiency of our recycling program," Guthrie said.

Taylor shares some of his input on recycling.

"Recycling is far down the list of things you can do to manage your waste better," Taylor said. "With that whole reduce, reuse, recycle thing, there's a reason reduce and reuse come first."

In many cases, there are certain items that should just be thrown away rather than recycled for the better of the environment as a whole.

“Recycling can be better than throwing stuff away,” Taylor said. “Sometimes, it’s not.”

Taylor emphasized the importance of not buying disposable, single-use items such as plastic water bottles but buying your own bottles instead. It’s better to not use these items to begin with to reduce waste in general. Plastic cannot be fully recycled. It can be recycled then made into something else, but it is not fully biodegradable like other materials such as paper and cardboard.

Taylor said that while recycling has its benefits, the long-term solution to reducing plastic and other waste that is harmful to the environment would be to switch to materials that are more easily biodegradable or compostable. Having canned water instead of bottled water would be an example. While it’s a stretch, doing away with or significantly reducing the use of plastic would be the most environmentally-sound solution.



“Theoretically, some day, we need to make stuff that is designed to be reused easily or compostable,” Taylor said.

Recycling is worth the effort but must be done properly. For this reason, it is important that students educate themselves on what can and cannot be recycled. They also need to make sure that it is not something that is going to contaminate the rest of the recycling. Moreover, it might make more sense to reuse and reduce instead of recycling in many cases. For instance, it is better to do away with single-use plastic as much as possible because it is not biodegradable. Instead, students should choose a reusable water bottle and stay away from items such as plastic straws and utensils.

In addition to recycling at Berry, it is important that Berry students get involved in the surrounding community. One great program is Keep Rome-Floyd Beautiful. Hannah Bagley, the program coordinator, explains what they do in the community.

“There are three different large programs of it: we plant trees, garden, and paint murals,” Bagley said. “We go into schools and provide educational programs regarding pollution and recycling.”

Bagley also expressed concerns regarding recycling contamination and emphasized the importance of making sure items are not dirty before putting them in the recycling bin. Many people are not aware of how easily recycling can be contaminated.

“That’s the biggest challenge I have been faced with,” Bagley said. “It’s just an education breakdown we could prevent.”

It is important that Berry students are educated on how to recycle properly and what products to

avoid. Many students coming together and making smart choices for the environment can make a

huge difference in this community and beyond.





Essential Oils

They just make SCENTS



Story by Ari Winfrey, Asst. STEM Editor
Design by Sarah Adams, STEM Editor, and
Ari Winfrey, Asst. STEM Editor

Graphics by Hayleigh Holcomb, Asst. Graphics Editor
Photos by Grace Segars, Photo Editor

Imagine cinnamon scones baking in the oven and the delicate sweetness of each pastry fills the room. The sharp smell of the flavors all baking in the oven fills you with warmth from your nose to your toes. You make your way to the next room as your mom is doing laundry and a new sensation occurs. The fresh aroma of the freshly cleaned clothes softly sweeps through you. Then you look at the table and your eyes catch a glimpse of what you have already breathed in: a dark, rich cup of coffee. The beautiful essence of all these wonderful things creates an uncontrollable internal smile; a small sense of peace in the midst of the chaotic world. You have but one question on your mind: “Can I make this last?.” The best part is that in a smaller way, yes you can.

From familiar smells that take us back to fond memories, to the classics, like the cozy smokiness of a campfire or pine Christmas trees, that always satisfy our senses, we all love things that smell good. Traditionally, candles work great for this purpose. However, despite the many benefits of the housing at Berry College, the allowance of burning candles is not one of them. One alternative that many students have found to this is using essential oils.

The great outlet of using essential oils is one that is reinforced through our very own Lavender Mountain Dreams. Lavender Mountain Dreams is a student run enterprise that sells lip balm, lotion, soap, essential oil rollers, room sprays and hair oils. They make all of their own products, and make sure to have a shifting selection of scents to cater to the public. They consistently sell their merchandise in the Shipyard, but also attend markets to sell their goods. “I would definitely say that the use and interest in the products are increasing,” Victoria Cochran, General Manager of Lavender Mountain Dreams said, even though she does believe

there to be a growing awareness of the general use of essential oils, there are some misconceptions, or a need for clarity, in the possible uses of essential oils.

When using essential oils there are two main results that people strive for -something to smell good or medicinal benefits. “You have to be very clear and very knowledgeable about the benefits of the scents that you are using,” Cochran said. The line between which scents serve which purpose is often very murky but can always be identified by which category the oils that are used come from. “We do make products that are just made to smell great, so we use what are called fragrance oils,” Cochran said. These types of oils would go into lip balms or clearly marked “fun scents” that are not designed to help someone beneficially. However, there are different sets of oils that have medicinal value. For example, Cochran mentions that eucalyptus, mint, and lavender all have positive benefits on your respiratory system.

Another thing to pay attention to when buying essential oil is if the essential oil is therapeutic grade. “If it is therapeutic grade, which means that it’s 100% pure, each essential oil should be somewhat a different price, because every single essential oil is priced differently,” Cochran said. This is helpful advice if you ever end up having to find your essential oils elsewhere, but it is also helpful to note that all of Lavender Mountain Dreams oils are therapeutic grade. Having the oils therapeutic grade ensures that your diffuser lasts as long as it can, and the smell is of the utmost quality. In addition to selling essential oils, they also sell essential oil rollers. These are products that mix

essential oils with sweet almond oil or jojoba oil so that they can be rubbed on the skin for everyday use. The different uses and concentrations of oils are important to consider when buying essential oils and should be used to carefully review products before you purchase.

These misconceptions may be new to some, but in an Instagram poll it was found that essential oils are not new to Berry students. The question sent out was, “When did you start using essential oils?” with the options of a couple of months ago, one-three years ago, and ever since I can remember. We found that the majority were with the one-three years option with 61 percent, ever since I can remember it was the option 33% of people chose, and then the remaining 6 percent chose within the last month.

For the people who have been using essential oils, it is easy to know what to use for medicine and what to use when you want something to smell nice. “I think most people just like them [essential oils] for the smell, not for the actual benefits,” Ashlyn Davidson, a freshman at Berry said. She then went on to point out some easy everyday uses of these oils. “I use peppermint and “on guard” a lot when I’m sick, and lavender to help me sleep. Whenever I’m dealing with certain symptoms, my mom puts in different oils that she could tell you the meaning for,” Davidson said. Some other oils that have medicinal benefits are chamomile, rosemary, and eucalyptus. Piedmont Healthcare recommends chamomile to help reduce stress, rosemary to help increase focus, and eucalyptus to help clear sinuses.

Essential oils are a great avenue for making something smell amazing or having certain medicinal benefits. There are great products that allow you to use them through a diffuser or on your own skin. Lavender Mountain Dreams is a great resource on campus to get the best possible products and ensure that the oils are therapeutic grade. Wherever you get your products though, make sure to take a moment to breathe it in. The fact modern science has allowed us to recreate such amazing smells on a regular basis and make them last is a small wonder we often overlook. Take the opportunity to recognize a little good in the world and enjoy a beautiful smell today.



To Graze or Not to Graze

Story by Connor Coltrane, Writer
Design by Sarah Adams, STEM Editor,
and Ari Winfrey, Asst. STEM Editor
Photos by Ben Bykowski, Photographer

Cattle, sheep and other grazing animals are a familiar fixture at Berry College and many properties beyond, but should they be? While such animals can help to fertilize fields, prevent forest fires, sequester methane in the soil, make practical use of inedible plants and turn a tidy profit on animal-based products. There is a myriad of potential risks and costs that come with keeping grazing livestock on one's land. Unfortunately, these benefits and drawbacks tend to vary based on weather, location and the exact ins and outs of an owner's land, so there's no one-size-fits-all answer to whether one should own these animals or not. For the benefit of all aspiring owners of agrarian land, here is why you should (or shouldn't) keep grazing animals.

The primary reason landowners keep grazing animals is that it's a lucrative business. This is a well-known fact, especially in America, with beef and wool industries dominating the market. "It's profitable," Jacob Bronkema, the General Manager of Berry Farms' Angus Beef Enterprise said, "It's one of those businesses that costs a lot of money and makes a lot of money, but it's definitely profitable."

"The sheep we raise in Berry are easy hair," Jay Daniel, professor of animal science at Berry College, said, "So we don't get wool from them, but we still make money by selling the lambs."



Raising grazing animals can be a hearty financial investment. However, it's not for the faint of heart. As Bronkema mentioned, the process of raising such animals can be very resource intensive.

"Berry is blessed," Bronkema added "to have as much land as it does. It gives the cows a lot of room to graze while giving the forage time to regrow. Also, sometimes farmers will donate tractors or other equipment for us to use."

Not every farmer, however, is so fortunate. While Berry, according to Daniel, uses a managed, rotating system of grazing for its livestock, Bronkema explains that not all farmers have enough land for such systems. Those farmers would have to make do with what professor Jessica Williamson from Pennsylvania State University terms "Switchback Grazing" (dividing a large pasture into two different sectors and rotating which one the livestock feed from) or simple "Continuous Grazing" (not controlling the graze at all), neither of which are nearly as efficient as managed grazing due to the trampling of forage and the danger of overgrazing sections of land to the point that forage doesn't regrow.

Furthermore, the sad truth is that livestock are unlikely to be able to live entirely by grazing, requiring supplemental food (usually hay), to feed calves and lambs, account for pregnancies and help the animals survive the winter.

Coupled with the costs of the risky labor in raising the livestock, and the expenses involved in building shelters and boundary fencing to keep them contained, keeping even a few sheep or cattle on one's land can be a serious undertaking.

However, grazing livestock has even more benefits than simply their profitable products. For one, they can be a prized asset of the prevention of forest fires. By feeding on brush in an area, they can deprive future wildfires of fuel that they could use to spread, allowing whatever fields or farmlands they feed from a buffer against disaster.

This is less of an issue in Georgia because it is more humid and rainier, but in drier regions out west, this extra bulwark can be a remarkable defense against unruly blazes. Furthermore, the manure of such livestock is still rich with nutrients and can make a potent fertilizer for any crop or garden.

“For beef cows, most of the methane goes right back in the soil...for milking cows, it can be more of a problem, since they’re inside more of the time, but some farmers do spray those cows’ manure back into the soil.”, Bronkema said.

Now, as various authors from Oklahoma State University explain in their article, “Carbon Footprint Comparison Between Grass- and Grain-Finished Beef” there is still widespread debate about whether grazing cattle produces more or less methane than cattle that are prepared for slaughter in “feedlots” concentrated enclosures where the cattle are fattened on grains or corn. Some argue that feedlots use less land area and that the cattle produce less methane due to their grain diet.



Others argue that grazing cattle not only sequester their methane in the soil but also improves societal sustainability by converting land that humans couldn’t farm or plants that humans couldn’t eat into a resource humans could use.

The environmental impact of grazing livestock on one’s property is a complicated issue, but one that

could potentially help one contribute one’s efforts to sustaining the environment.

Ultimately, it’s up to the individual whether one should or should not keep animals to graze on their property. While they could yield a large profit, they still require considerable time, effort and money to care for, even if one has enough land and forage for them to graze. While they can defend against wildfires, the seriousness of this issue varies considerably by region. While they could greatly aid in the cultivation of crops, this benefit is moot unless one plans on growing plants as well. And, while they might have a neutral or positive environmental impact, this is far from certain, and a highly controversial issue. Grazing animals can be greatly rewarding, but it’s a risk and a commitment, not to be taken lightly.

Cattle and sheep are from Berry College.

OPENING THE DOOR FOR ECO FRIENDLY ARCHITECTURE

Story by Camille Lueder, Writer
Design by Sarah Adams, STEM Editor,
and Ari Winfrey, Asst. STEM Editor
Photos by Ashley Moreno, Photographer
Graphics by Hayleigh Holcomb, Graphics Asst. Editor

With technology being more advanced than ever, people have taken the initiative to better the way they consume energy. Eco-friendly, or green, buildings have become popular to integrate as people are becoming more aware of the advantages they provide. The buildings follow a point system that ranks how eco-friendly they are. LEED (Leadership in Energy and Environmental Design) is an organization that produced the green building rating system. Their mission is to transform how buildings are designed and constructed by following the LEED point system. Zachary Taylor, an associate professor of environmental science and studies at Berry College, said only the Morgan and Deerfield residence halls are LEED certified.

“LEED has different levels,” Taylor said. “There’s bronze, silver, gold and very few buildings are platinum.”

The Morgan and Deerfield buildings on campus were able to get enough points to become silver certified.

“The lights are on timers, its better insulated, better HVAC, and its water efficient,” Taylor said. “The covered bike parking even got the buildings a few extra points as well.”

The most recently built residence halls, built in 2006, Morgan and Deerfield serve as the only eco-friendly buildings on campus. However, there are characteristics of some other newer buildings on campus that are eco-friendly. Brian Erb, Vice President for Finance, said that Berry implemented the eco-friendly buildings to be energy efficient.

“Most of the buildings we have built new or renovated over the last 20 years have been designed to be highly energy efficient,” Erb said. “Energy efficiency could include different elements, such as an energy recovery wheel system, such as in McAllister Hall.”

Berry has been replacing the older lighting systems with LED. This will take up far less power and be much more energy efficient. Berry also uses the on-campus reservoir to save energy.

“All our water on campus is from the reservoir on the mountain campus, and is gravity fed to our main campus,” Erb said. “This is very unique to Berry.”



The Jewel Box at Morgan.

The eco club has been promoting eco-friendly solutions to harmful practices such as switching gas run cars for electric and removing the plastic to-go boxes. President of the eco club, Noah Guthrie, a senior and creative writing major, said the club advocated for solar panels to be used on the dorm buildings on campus.

“A while ago we were advocating for solar which was very hard to make any leeway on,” Guthrie said. “We talked about doing that to the townhouses which would be a future project.”

A disadvantage of eco-friendly buildings is that they cost more to produce, and they could not be as functional as hoped.

“There are instances when eco-friendly options may not be as functional depending on where the building is located,” Erb said. “A good example of this is wind or solar power.”

Berry has been using the renovated eco-friendly buildings in everyday campus activities, such as residence halls and classroom space. Not only do eco-friendly buildings help the environment, but they also cost much less to run. Some buildings have solar panels and large windows that allow the building to be self-sufficient. Eco-friendly buildings that are ranked platinum have 80 or more points. These buildings use the least amount of energy and fossil fuels. As people become more environmentally conscious, eco-friendly buildings are growing in importance. People realize the importance of getting off fossil fuels and making their homes more energy efficient. In the future, Berry hopes to utilize eco-friendly buildings.

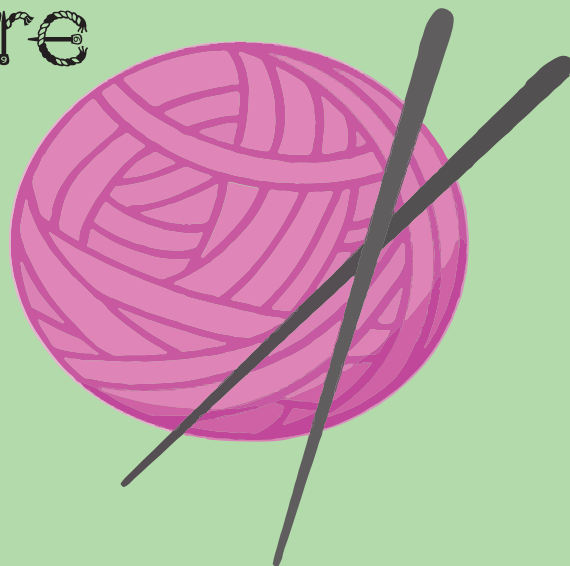
“We intend to build all new buildings to be highly energy efficient,” Erb said.



Morgan serves
as one of the
eco-friendly
buildings
on campus.

Weaving the Future Into Existence

Story by Sarah Adams, STEM Editor
Design by Sarah Adams, STEM Editor and
Ari Winfrey, Asst. STEM Editor
Graphics by Hayleigh Holcomb, Graphics Asst. Editor



When the first breath of winter air hits, what is the first thing we pull out of our closets? That's right! Sweaters. Lots and lots of sweaters. We spend all year hunting down the best, most fashionable sweaters, and when that chilly morning comes, we pull all of them out of the closet and show them off to all our friends. There are so many styles that everyone has their own sweater color and pattern, but have we ever stopped and thought about how sweaters are made and where they come from?

Your first thought is probably of those scenes from the movies of old ladies sitting in their rocking chairs by the fire knitting away while a kitten rolls a ball of yarn across the floor. Or, maybe, you're thinking of that time you went to the store with your grandmother so she could slowly go through each shelf, choosing the best and softest yarn for her next scarf or mittens which might just be for you. No matter what you are thinking or imagining, you are probably not thinking about the dozens of young women working long rows of looms and hundreds of yards of yarn being carefully woven into these patterns that we love so much today.

In fact, you may not know that weaving is one of the oldest activities on Berry College's campus, dating all the way back to 1909 when the Martha Berry school for girls started. "The boys school started in 1902," Scott Beutel, a senior and physics major, said,

"[Berry College] was founded specifically as the Martha Berry School for Boys, then in 1908, President Theodore Roosevelt came to visit and while he was there on campus, [he] mentioned you should have a school for girls. Then in 1909, the girls school was started." Beutel said.



Pictures of looms and supplies from Sunshine Room Textiles at Berry College.



The girls school taught girls to weave and do needlework, and the boys carpentry shop created the looms for them to do their craft. “They wanted to revive the craft the students were doing back home and turn those into a way to make money or some sort of usefulness.” Beutel said.

It was natural that Martha Berry had all the girls learn to weave.” Virginia Gardner Troy, a professor of art history at Berry College, said, “The boys built furniture. The girls did weaving. They were gendered roles that they could go home and use.” Troy later explained that learning to weave provided an income for students during the Great Depression. Weaving was seen as both practical and a craft, but Troy said that over time it has become a lost craft.

As time went on, weaving became a way to get donors on campus, as Martha Berry gave out items her students had made as gifts to potential donors. It wasn’t until 2011, when the Sunshine Rooms Textiles opened, that weaving became an official enterprise on campus. The enterprise specializes in making handwoven products such as potholders, dish towels, coasters, pillows, purses and key chains, which can all be found for sale in the Berry Markets, the Spires, and Shipyard. They have six working looms, which have either been made by Berry students or donated to Berry by donors and alumni. Although their working looms average about fifty years of age, they have other looms displayed in the Hoge building which were originally built by the Martha Berry boys school carpentry shop.

“A big example [of change over time] is our products.” Alexis Paterson, a junior animal science major and the general manager of Sunshine Room Textiles, said, “We have definitely tried to modernize our products. None of our products are exactly the same.” Martha Berry taught her students the Swedish weaving style, and many of the original patterns came from Appalachian weaving. Now, the Sunshine Room Textiles uses a blend of the styles, mainly coming from ideas and styles that students and alumni see elsewhere and bring back to the enterprise.

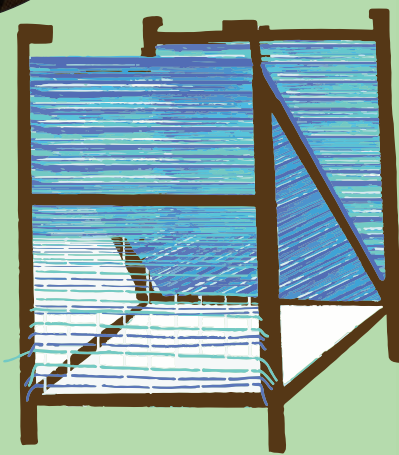
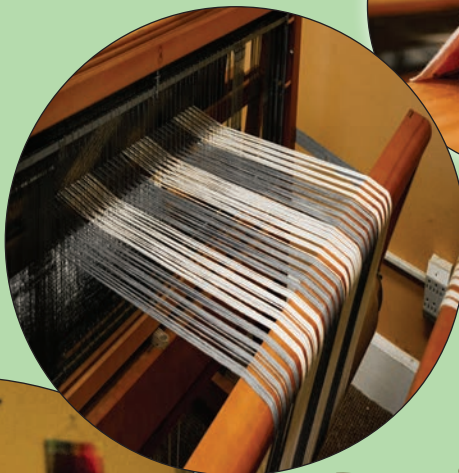
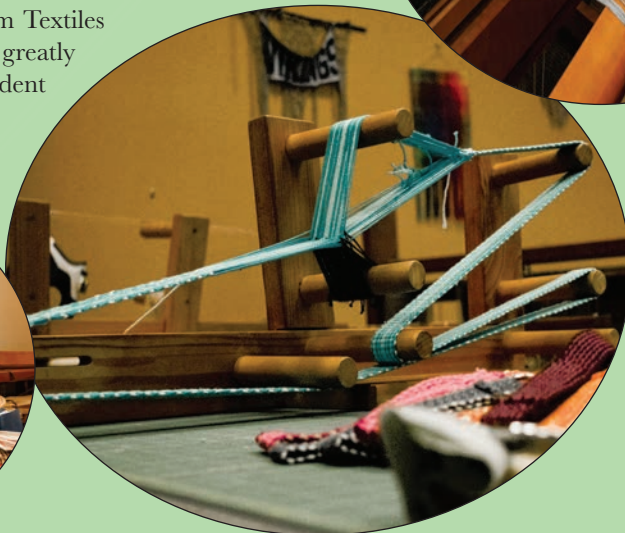
“Over the years, it has become more about production, production, production,” Paterson said, “So more about what we can produce and how fast we can produce it. I guess, we have changed with time as well as our products we make for people, but the techniques we use such as setting up the looms have pretty much stayed the same.”

Working at the Sunshine Room Textiles and learning how to weave has greatly impacted Paterson and other student workers and alumni.

Paterson said, “This job has been a creative outlet for me.” Paterson said, “I am a science major, so I have a lot of analytical classes and things like that. They do more by the book. This job definitely allowed me to let my creativity flow more and definitely challenged me and forced me to grow as a person and hold myself more accountable to making sure things get done and how it gets done.”

So, the next time you wear a sweater, look at the patterns and think about all the work that goes into making it and when you see your grandmother picking out yarn or knitting in her favorite rocking chair by the fire, ask her to show you what she is doing or, maybe, even let you try it. If you want to see the looms working or learn how to use them, stop by the Sunshine Room Textiles in Hoge.

“I describe it as giant
friendship bracelet making.”
Paterson said.



Demand for STEM Jobs

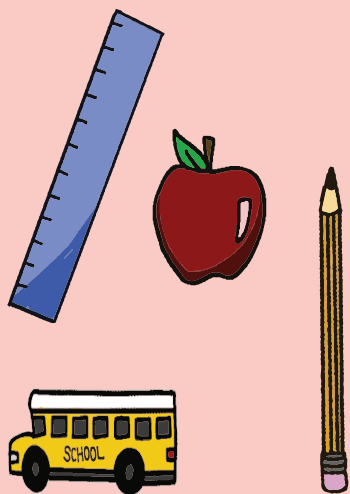
Story and Design by Ari Winfrey, Assistant STEM Editor
Graphics by Hayleigh Holcomb, Graphics Asst. Editor

Science, technology, engineering, and math (STEM) are fields that have become increasingly relevant as people's longing for innovation is growing. As such, the job market in each of these fields is expanding in both the types of jobs and the quantity. Looking at the many options of programs, professions and potential partnerships in such a range of areas can be a quite daunting task. However, at Berry there are many people and programs that have been put into place to take advantage of this growing demand in the STEM fields and help navigate the many paths available.

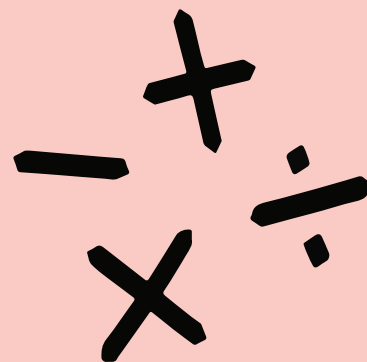
One avenue to enter the STEM field is through the Dual Degree program. This program is a partnership with Georgia Tech and Kennesaw State University that helps Berry students become engineers. They begin at Berry, and in 3 years they take math and science classes that help them learn the skills needed to be an engineer. Engineering courses must come from a technical school which is where partnership comes in. They transfer to one of those schools and then when they graduate, they will have two diplomas. Todd Timberlake, professor of physics and involved in the dual degree program, noted the increasing interest in this program. "We have more and more students complete it successfully. When I first came here (2001) we didn't necessarily send students every year whereas now, over the last several years we have averaged about 10 students a year," he said. This program is extremely beneficial in that students can become engineers without having to attend a technical school right away. Along the way they learn skills that help them become more well-rounded.



The demand for STEM jobs is especially high in the area of teaching. "There is a serious shortage of high school math and science teachers especially in chemistry and physics." Mary Clement, professor of teacher education, said. Clement thinks that the main reason this exists is because of the many misconceptions people have about teaching in college, especially in the STEM fields. Timberlake also said that there is a "tremendous need for physics teachers" and that "teaching as a career deserves a second look." Zacharay Taylor, associate professor of environmental science and studies also recognized misconceptions when he said, "Most people don't know the benefits to becoming a teacher. [There's] Not a whole lot of careers that you can walk into as a fresh college graduate, work 10 months of the year, and make \$50,000." This opportunity for a job with increasing demand is a wonderful way to enter the STEM field and may have many benefits that have been misunderstood.



One specific program that developed out of this tremendous need is STEMTeach. STEMTeach is a program that fosters students who want to teach any STEM subject through providing mentors, experience, and many other benefits. Some benefits Clement specifically mentioned about the program are access to advisement, having organized events that connect students to students and with faculty, assigned teachers as mentors who have had training, and the one every college student is really looking for: money. There are grants for people who want to go into STEM teaching and if they fulfill their commitment, they don't have to pay it back. Even though money may be the most beneficial and tangible outcome, the training for the teacher mentor is extremely influential in helping students navigate the classroom.



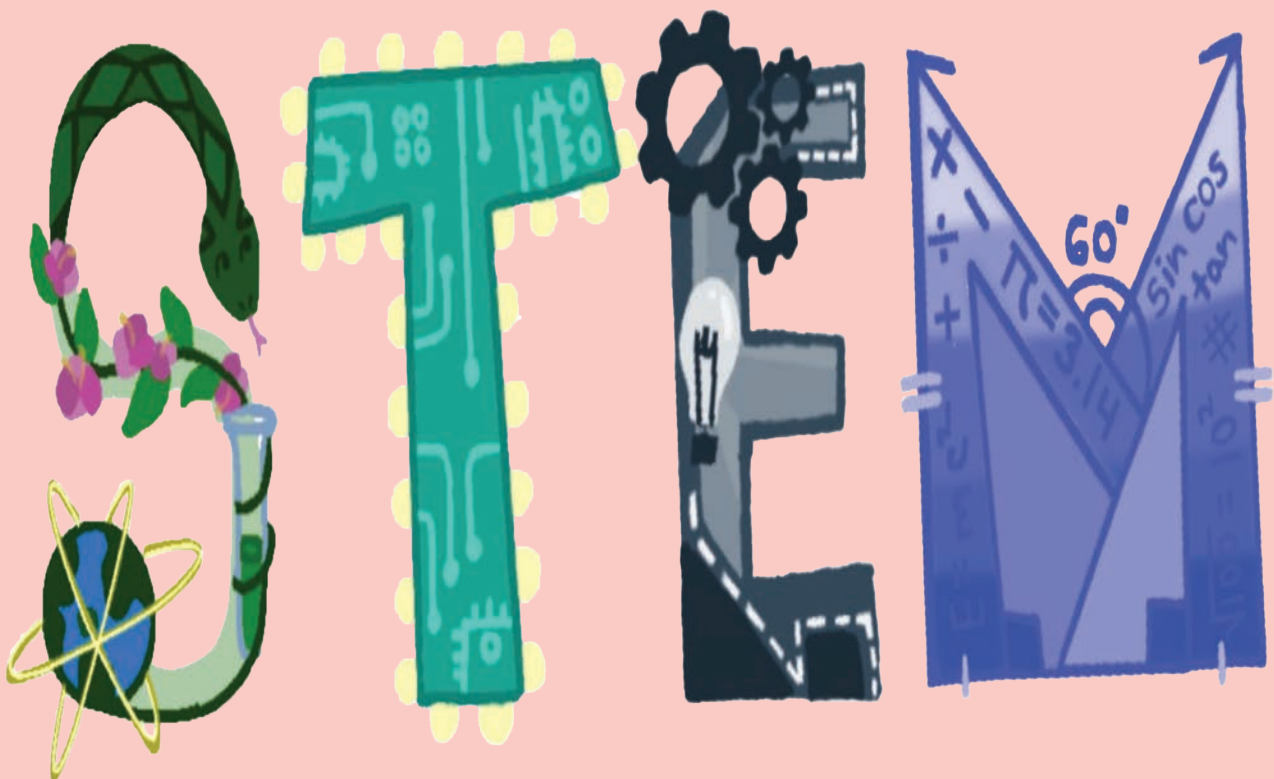
"Hands on experience is extremely important in teaching," Joan Blackwelder, the STEMTeach coordinator, said. She also noted how trained mentors were an important part of getting hands on experience that is enjoyable and realistic. "STEMTeach is a great example of taking something that you are interested in and passionate about, and then give you the skills you need to go out and get a job.," Jill Cochran, an associate professor of math education and director of STEMTeach program said.



Two programs that may be commonly forgotten when thinking about STEM fields are Creative Technologies and Environmental Science. Creative Technologies is a relatively new program that is just now being recognized by colleges and businesses as a legitimate degree. "You do everything from creative artwork to building mechanical things. It has been one of the fields that Berry itself has developed tremendously in the last few years.," Blackwelder said. Environmental science is another program that is growing. "We have more and more interest from students which makes sense because of our campus, and also with things that are going on in the world.," Taylor said. He also noted how people may want to take environmental science classes because of the way it intertwines people and science.

The STEM fields span so many potential jobs that the demand cannot possibly grow across the board. "There are a few fields that are more manufacturing related that tend to be decreasing [in demand] depending on the industry, but there are a lot more that seem to be increasing. Particularly in some more software based, like programming type of jobs.," Cochran said. Blackwelder detailed the reason this happens. "Technology has advanced jobs and given us new possibilities in the STEM fields because now there are new areas that are opened that were not before. But it also eliminates the need for people in some areas because we depend on machines to take the data and process it when before we depended on people.," Blackwelder said. This balance between advancing technology and having it too smart is a tricky one. On one hand, there's advancing technology past human capabilities, and on the other, there's not advancing technology far enough to be beneficial to humanity. This line is one that the STEM field centers around and explains how the increase in demand for STEM jobs is not across the board.

STEM fields provide an amazing opportunity to advance the world and make a difference in creative and innovative waves. The demand is high, especially for teachers, and there are programs at Berry for every diverse interest. So, if someone has an interest in any STEM field, they should jump right in. Right now is the perfect time to get involved.



C O M P U T I N G

Story by Bella Ardell, Writer
Design by Sarah Adams, STEM Editor, Ari Winfrey,
Asst. STEM Editor and Abigail Mohler, Editor-In-Chief
Photos by Jessica Hawxhurst, Photographer



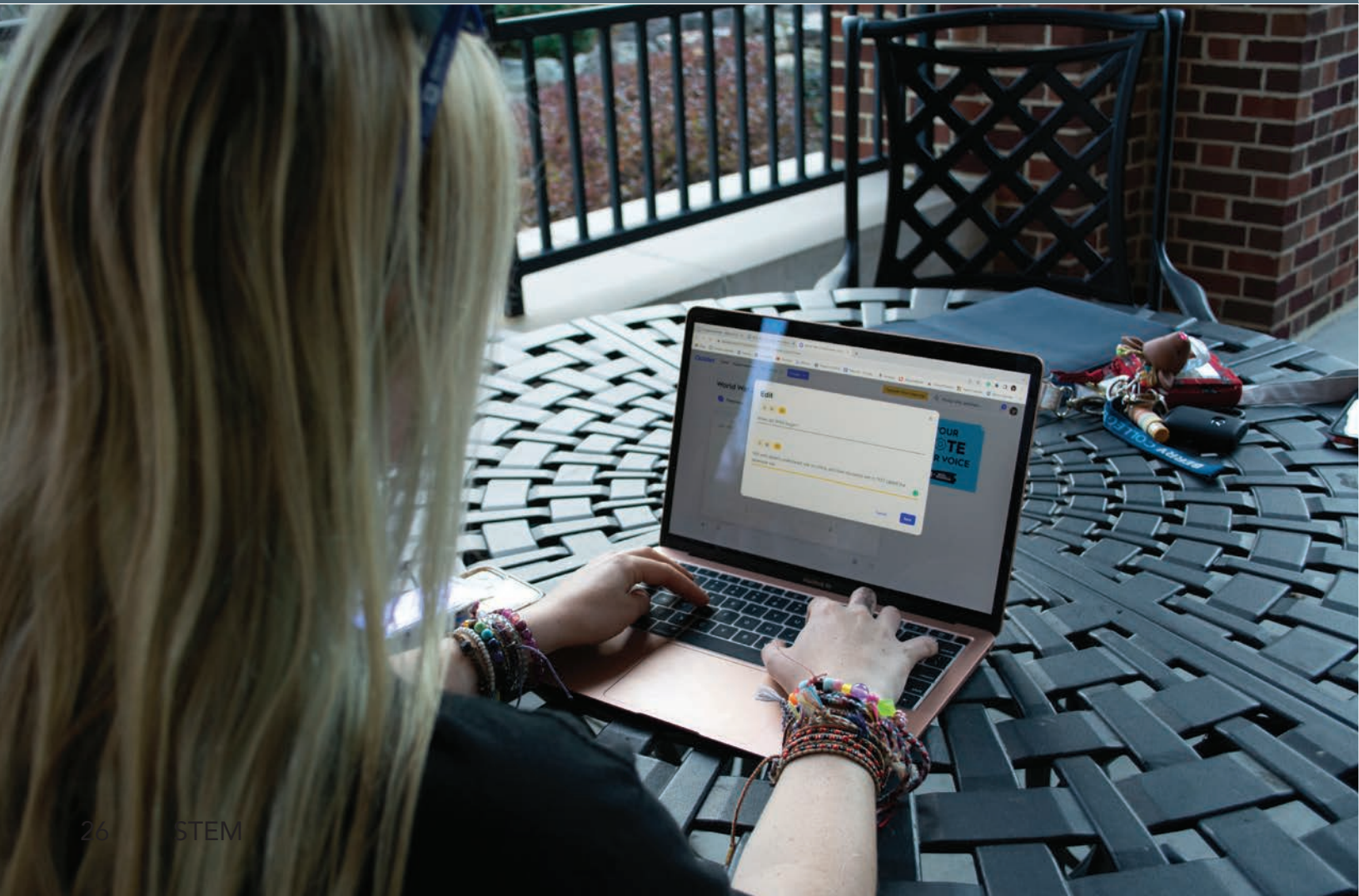
Do you remember when you were young and got your first phone? It probably made you feel as if you were not just a kid but on your way to becoming an adult. Today, technology is used by all generations and is needed for everything, specifically for school. Although, like everything else that people aren't sure about, we have to ask what the right choice in technology is.

There are many computer brands and software, such as Apple and Microsoft, which make it hard to make the necessary decision when buying a computer. Colleges have changed in the past years as technology grows more important in people's lives. Computers are important for both students and teachers to have in order to

do everyday work and assignments. The decision can be answered with two simple questions. What do you need a computer for? Can you afford it?

"It really depends on your needs, and what you're most confident with and what fits with your budget." Penny Evans-Plants, chief information officer, said.

Although, there are some good and bad traits when it comes to the different varieties to choose from. Looking around campus, you would see that everyone has a computer, even if they are different kinds.





“By far Apple is you know king of the hill if you will.” Penny Evans-Plant said. “The majority are using Apple.” Apple is what most of the Berry College population use for their everyday work.

“Obviously if you stick with a big name brand,” Jason Blalock, senior multi-media technician, said. “They have that big name brand for a reason. Odds are you are going to get better support than say a brand that’s new to the market or new to the game.”

It is true that Apple is favored by many for good reasons, such as its life span. Evans-Plant explained that Apple products cost more but at the same time last longer. Apple’s technological advantages seem to have many perks, but it all depends on how much someone can afford. It then becomes a decision if the cost is worth the longer life.

Apple is not the only well-used brand, because personal computers such as the Hewlett-Packard (HP) have joined Mac computers in the ranks and are considered big brands now. The largest brands will always be number one when it comes to what people want to get.

“The bigger name brands have been around for a while, there’s a sense of comfort with them just because they’ve been around,” Blalock said. “You kind of know what you’re getting with them.” Big name brands also have a reason to be so popular and well-known.

Software is another consideration to take into account when buying a computer. It is a fact that at Berry a lot of students use Microsoft for their jobs and homework, because it is provided to us in tuition. It has become a big part of Berry with almost every part of school requiring it. Even still, people may still wonder if there is a better type of software.

“As far as software goes that’s a different topic because it depends on what you’re using the software for,” Blalock said. “There are going to be some brands that may cater more towards certain needs.” Software can have many uses and it depends on what the person’s needs are. There aren’t going to be many large differences in the kind of software someone uses, although for Berry, it is much smarter to use Microsoft, as it is free and needed for email and Word, both of which are a major part of the education system at the school.

No matter the software one uses, the two main kinds of computers on campus are Mac and PC brands. Although, their main difference is how they’re used. “So if you are doing business functions or doing development PC,” Cameron Jordan, assistant vice president for digital marketing and communications, said. “If you’re doing creative video function, design work, layout, photo editing, you know, those sorts of things, then Mac is probably the better option.” It is better to have a Mac if you have creative needs, but a PC is more cost efficient.

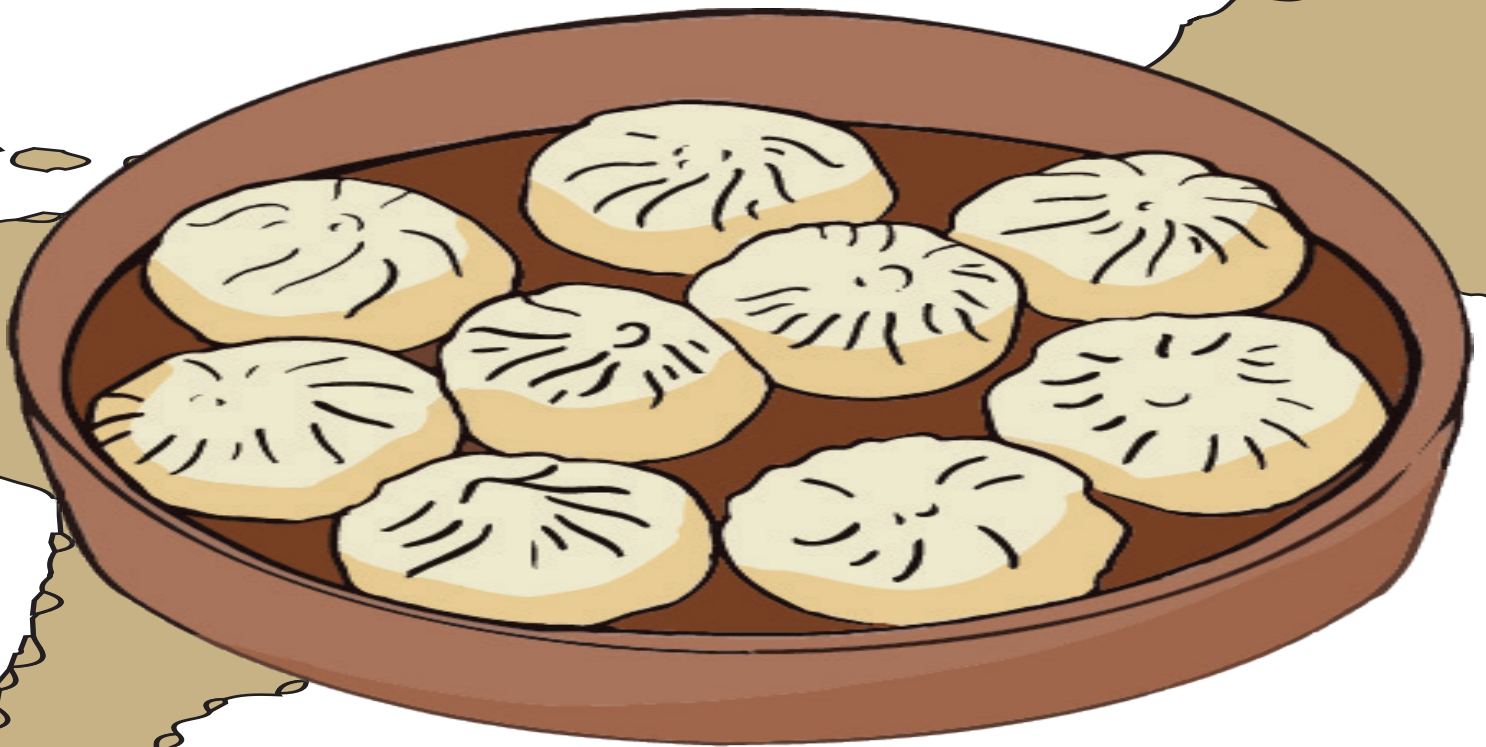
As technology grows, so does the need for it. A powerful change that has rocked the world since Facebook has led to today’s technology based community. “A lot of it comes down to what people are comfortable with and what they have, what they have become accustomed to using, and if they are really comfortable with an Apple, then you know that’s probably the best option for them,” Evans-Plant said.

No matter the final decision, it only matters that they have the resources to be involved and successful as both staff and students.

FILLING You In

Story and Design by Ashton Hamilton, Food Editor
Graphics by Alyssa Abrams, Graphics Editor

Though cultures may differ across the globe and our ways of life may be vastly different, we cannot deny that something that connects us all is food. Of course food brings us together – it's always been necessary for survival. However, we as humans care not for the bare minimum of what'll keep us alive and running, but how best to enjoy it. Food unites us, and we create dishes that are both similar and different to the ones we are familiar with. In particular, there is one “genre” of food that has made its mark around the globe as a mainstay of different continental cuisines. Though you may have not given much thought to it, the world is full of foods that can all be described as “dumplings” - rich, usually fried foods made of dough and then filled with something enjoyable to bite into. Though the word “dumpling” is more so associated with Asian countries, a lot of common foods could easily be put into this category. All around the world, we as humans seem to adore these little pockets full of deliciousness.





Chinese crab rangoons

Starting from the East and going West, we can think of Asian dumplings such as the Japanese gyoza (stuffed with pork), the Thai sticky rice dumpling (stuffed with chicken), or the Indian samosa (stuffed with meats of any kind and vegetables) that manage to be sweet and savory at the same time. Americans may be more familiar with an Asian dumpling like the crab rangoon, originating from China, as they're usually offered at multiple Chinese take-out restaurants around the country.

As we move on from Asia, we head to Africa to learn about dumplings such as the cinnamon-covered souskluitjies or the steamed dombolos (both from South Africa), or the yam-based dumpling called fufu that's popular in Central and West Africa. These two provide something a little sweeter when compared to the more savory tastes of Asia but remain the same in their purpose of providing a little bite of fried, filled goodness.



Italian *arancini*

Further West, multiple European countries have varieties of dumplings that we might be more familiar with. For example, did you know that Italian ravioli is considered a dumpling? It's true! Alongside ravioli, Italy offers other sorts of dumplings, like arancini (riceballs that are deep fried and filled with cheeses and spices). An argument could even be made for cannolis to be a form of dumpling. Aside from Italy, Europe offers a wide variety of different dumplings – from Denmark, there are ebelskivers (much like pancake balls stuffed with fruit jams), the Russian chicken pelmeni, the British beef pasties, and the Greek tyropitakia, filled with four types of cheese. Clearly, Europe has no lack of dumplings for the world to enjoy, and there are only more to come once we hit both the Americas.

The Americas finish off our tour of dumplings around the world with desserts and entrees alike. Starting off with the US, most of our dumplings come in the form of desserts. For example, we have multiple pastries, such as turnovers or apple dumplings, that consist of fruits baked inside a doughy or flaky shell. Balls of dough fried and served with chicken are a mainstay of the Southern US, and they're so simply called "chicken and dumplings." Funnily enough, if we apply the broad definition of a dumpling to all foods, pizza rolls could be considered a dumpling! Away from the US is Mexico, whose most famous claim to dumpling fame would be the tamale. If we move further south to South America, the empanada is a dumpling native to almost all countries on the continent, and more specific ones like the Peruvian papas rellenas (mashed potato balls stuffed with olives and beef) come to mind.



Argentinian *tamale*

No matter your location in this world or what you may eat for dinner, just know that somewhere, even if they're millions of miles away, someone else will indulge in the simple joy of filling wrapped in a soft, tasty dough. Through food, we connect, and we realize we're all a lot more similar than we'd ever believed.

No Longer Stomaching Food Waste

Story by Ashton Hamilton, Food Editor
Photos by Grace Segars, Photo Editor

The problem of food waste is not one that's unfamiliar to us – sadly, perfectly edible food gets sent away to landfills and goes unused for a variety of reasons, most of which are completely arbitrary. The issue has been prevalent in modern society for as long as we've had what we consider modern society: the Industrial Revolution. The amount of food waste around the world levels to about 104 billion tons a year. That's a lot of food that unfortunately does not go to people who desperately need it and the amount of labor that goes into the production of food wastes more than enough energy. One could ask themselves how we keep allowing this to happen, but the issue is that it's very easy to contribute to the problem without even thinking about it. How can we best combat food waste in the US, and what are the steps we can take in order to stop the problem?

Before discussing what we as college students can do about the problem of food waste, it is best to describe what is exactly meant by “food waste.” According to the non-profit Feeding America's site on the problem, food waste is defined as “safe, high-quality food that is thrown away rather than eaten.” The act of food waste occurs for a plethora of reasons, and these include:

- The throwing away of uneaten food in households rather than donation
- Crops that are left to wither away in fields due to an overabundance or low crop prices
- Troubles in the transportation or manufacturing of food
- “Problem” foods not matching retailer's perfect standards of color and appearance

As superficial as some of these reasons may be, they are leading factors in the loss of perfectly good food in America, and the fact that all this food is going to waste when there are over 34 million people in America who face hunger every single day makes it even worse.

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So, what can we do to help prevent such waste?



Donations

One of the easiest ways to prevent food waste is to donate all uneaten, unspoiled food to food banks where it can be donated to families in need. It kills two birds with one stone – you both get rid of the food you have not eaten without being wasteful, and you get to assist hungry people in getting the food they may not have been able to get otherwise. If you'd want to help, there are multiple food pantries around the Rome community that you could donate to! These include the NWGA Hunger Ministries Bagwell Food Pantry here in Rome. Even though they do not accept donations yet, our campus does have its very own food pantry, The Market, located in the Ladd Center.

Keeping up with government policies

Ever since both USDA and other important non-profits, such as Feeding America, realized the ever-growing problem of food waste, they've been working hard to work with companies and businesses to join initiatives such as becoming what the USDA and EPA have dubbed "U.S. Food Loss and Waste 2030 Champions" - hoping to reduce the amount of food waste by at least a fourth by 2030.

Feeding animals

With a little research, you can see what bits of your food can be used for treats and meals for your furry friends. Not only will it add some variety to their meals, but it can also have some health benefits. Alongside making your pet happy, it takes off the stress of potentially having to throw away perfectly edible food.

Composting

As another way to keep the environment, you can start composting at home to help break down inedible foods you can't donate. Starting a compost at your dorm may not be the easiest but starting one at home doesn't take much more work than getting the needed supplies. Simply gather leaves and twigs, alternating your compostable items and layers of nature and make sure to have a nitrogen source (such as a nitrogen fertilizer) in order to cause decomposition.

All in all, food waste is a problem that weighs heavily on the world's conscience. In order to best stop the problem in its tracks, let's take into consideration just what we do with those bags of chips or loaves of bread we leave half empty.



HIT AND A (FOOD) MYTH

Story and Design by Ashton Hamilton, Food Editor
Graphic by Alyssa Abrams, Graphics Editor

As much as people like to believe themselves to be smart and well-informed about what they put into their own bodies, there will be people who will take advantage of naivety. They push things such as dangerously suspicious foods, dangerous diet fads, and “healthy” foods that end up being nothing more than repackaged trash foods.

PINK SAUCE

Taking TikTok by storm over the summer, “Pink Sauce” was a condiment known for its obvious rosy hue and its subsequent controversy. The creator of Pink Sauce, TikTok user Chef.pii (real name Veronica Shaw) first showed off Pink Sauce in a TikTok around June of 2022. With ingredients like honey, garlic powder, sunflower oil, milk, chili pepper and dragonfruit, the sauce seemed like it was a new spicy alternative for people who tired of their regular barbeque or ranch. Shaw showed videos of her putting the sauce on fried chicken, pizza, and many other foods to show the range of what her new product would go well with.

Controversy arose after multiple people following the rise of this magenta dipping sauce noticed inconsistencies between the color of each bottle – some were noticeably pinker than the others. The consistency of the sauce seemed to change from video to video as well, as in some videos it seemed thicker, while others showed it as runny. Things only got worse after curious users went to the official website and looked at the nutritional facts: not only were there typos on the bottle, but the nutrition label said there were 444 servings of sauce in a bottle at 90 calories per serving. This is not to mention the situations that came with people who bought the sauce. Not only was the price a whopping \$20 for one bottle, but the sauce came packaged in only thin paper packaging; thanks to the ingredients inside, too, the heat of shipping causes bottles to go bad and explode. Confused and highly unsatisfied, people rallied against Shaw and demanded to know more about the process of making the sauce. Shaw assured others that everything was fine and that it was safe for consumption.

What makes the story of Pink Sauce so dangerous was a statement from Shaw herself – when asked about if the sauce was FDA-approved, she said that her sauce “was not a medical product.” Ultimately, this confirmed that she had not sent it in for approval. This raised some red flags and people ultimately decided to advise people not to purchase the sauce as there seemed to be way too many risks, inconsistencies, and overall troubles. However, things seem to have gotten better, as Shaw has struck up a deal with a food company to bring her (in)famous Pink Sauce to store shelves very soon. If it sells well will be something we have to wait and see about, but the internet isn’t likely to forget about Shaw’s condiment concoction anytime soon.



Shaw's TikTok, @chef.pii, advertising her Pink Sauce

JILLY JUICE

On a much more somber note, Jilly Juice was a fermented juice that was advertised as a “cure-all” for multiple different conditions. Made of the combination of water, salt, and fermented cabbage and kale. The juice’s creator, Jillian Mai Thi Epperly, claims that it cures cancer, autism, homosexuality, as well as regrow missing limbs. As one could probably guess, Epperly was not a medical professional, the juice was not FDA-approved, and there is no possibility that a simple mixture of water, salt, and vegetables could provide the cure for things as serious as cancer, or things that don’t need curing, like autism and being gay. As expected, there was immediate backlash on the internet and people petitioned to have Jilly Juice banned from being advertised due to its fake claims. Epperly did not take well to the backlash, claiming that people were “brainwashed” by medical companies to keep them addicted to medications.

She had a website about her treatments and the juices, in which she offered phone consultations for \$70 and offered membership tiers for \$30 annually or \$5 a month. The claims became so loud, prevalent, and got so much negative press that Epperly eventually landed a spot on the immensely popular television show Dr. Phil, where she continued to talk about the benefits of her juice and called all her opponents out for simply being brainwashed again. Dr. Phil, thankfully, called the claims ridiculous, humiliating Epperly on national television. However, the damage had already been done, and multiple people who drank the juice either fell vic-

tim to dehydration or had severe diarrhea. The Federal Trade Commission soon cracked down on her business practices, and let it be known that “It is against the law to make health claims, whether directly or indirectly, through advertising or other means, without adequate scientific support at the time the claims are made, or to exaggerate the benefits of products or services you are promoting.”



Creator of the so-called “miracle cure,” Jillian Mai, appearing on Dr. Phil

“ORGANIC” FOODS



Probably the most well-known food scam, a lot of products labelled as “organic” that try to pass themselves off as healthier options when compared to other foods may not be as wonderful as they seem. In 2017 alone, there were 36-million tons of soybeans that were falsely labeled as “organic” when they had, like most produce that makes it into stores, made contact with pesticides that would automatically take away their status as organic. It is an industry standard for some produce to be labelled as organic for the sake of charging more for the produce, but there is also an entire issue involving simple mislabeling. So, how does one best avoid fake “organic” foods and produce?

In most cases, it would be best to get your produce from places more local to you – this allows for more transparency between farmer and consumer, and more than likely, fraud is easier to catch when the produce isn’t being imported into the States. The frequency of fake organic foods shouldn’t be a reason to completely shut off buying organic things – it’s a simple case of being more careful about seeing where your food comes from. If one isn’t careful, they could be paying way extra for something that isn’t worth the extra money.

Lumina or Swift?

Story and Design by Emma Buoni, Asst. Food Editor
Photos by Grace Segars, Head Photo Editor
Graphics by Alyssa Abrams, Graphics Editor

For college students, coffee is not only a tasty drink, but the primary motivator when it comes to getting all your work done. So it's no surprise that a surplus of coffee shops have popped up around Rome.

Starbucks and Dunkin are all well and good, of course, but those two haven't cemented themselves into popularity like a certain two independent coffee shops have-those two being Lumina Coffee Co., located near the Braves Stadium, and Swift and Finch Coffee, located on Broad Street.

So which do students prefer?

Lumina



Lumina's expanded food menu keeps people in there, featuring sandwiches, salads, and various sides that are extremely popular. Swift and Finch has little else to offer other than bagels and muffins-often times people will run next door to Doug's Deli to grab a meal, but this can be inconvenient for people who don't want to lose their seat or don't have time to run around.

Lumina also has more in the way of convenience when it comes to travel. While both Swift and Finch and Lumina are close by, the latter is closer by a few minutes. Parking isn't the battle it is on Broad Street, and a drive-thru lets you stay in your car if leaving the car sounds like too much work. But senior Rebeckah Sullins thinks that entering the shop is worth it.

"I like it because every time I go in the employees are so sweet," she said. "They always want to talk with you and just seem so genuine."

Swift and Finch



Swift and Finch, however, has something else. Swift and Finch is located on the busy Broad Street, so it needs to draw attention. While the trip to Swift and Finch might be a bit more of a hassle than Lumina, their drinks are universally loved, and junior Savannah Mosley believes the trip is worth it.

"Swift and Finch has really good seasonal drinks and has a very warm atmosphere," she said. "It's very colorful and cozy."

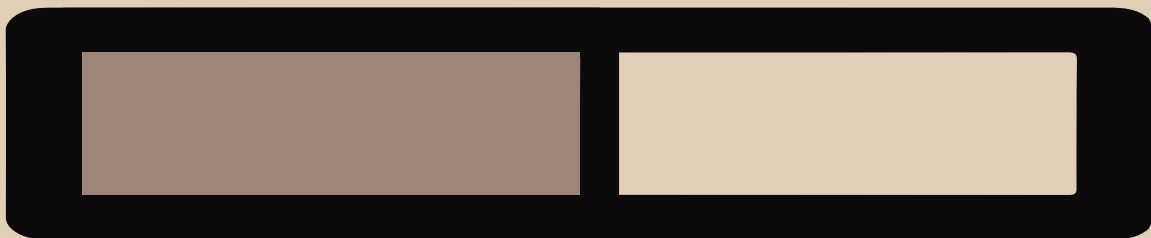
They also heavily invest in aesthetics. Swift and Finch loves to display colorful art on their walls, and focusing on making their atmosphere bright and exciting without making it too much for cramming students. And the location on Broad Street means that after the work is done, you can spend some money on a well-earned treat for yourself from one of the other shops.

Valkyrie took a poll on Instagram to ask which shop they preferred and why, so out of 55 votes, which do people prefer?

Swift and Finch 58%



Lumina 42%



Swift and Finch grabs a win! While you probably prefer one or the other, both coffee shops have their strengths. Senior Nolan Scoretz appreciates both coffee shops, but has his own preferences.

“I prefer Lumina for the coffee, but I like Swift and Finch’s atmosphere more,” he said. “I normally makes my own coffee and I like the beans that Lumina sells.”

So the next time your eyes feel heavy and you need a boost to finish that paper, skip Starbucks and go to Lumina or Swift and Finch.

Film, Food, Fun

Story by Emma Buoni, Asst. Food Editor

Design by Abigail Mohler, Editor-In-Chief

Photos by Emma Reynolds, Asst. Photo Editor; and Grace Segars, Photo Editor

Graphics by Alyssa Abrams, Graphics Editor

One of the perks of film is that everything, absolutely everything, is tailored to fit the world within your screen. People look exactly how they need to, the scenery is perfectly constructed, and the food—well, there's something about animated food that can make anyone hungry.

So next time you want to watch a childhood favorite movie, here are three recipes to try that are even better than popcorn!

RECIPE



Ponyo's Ramen and Ham

Studio Ghibli has a knack for creating food that looks too good to be true, and the simple, made-with-love ramen that Lisa makes for Sōsuke and Ponyo in *Ponyo* is no exception!

Ingredients:

Instant Soup Ramen (Chicken Soup Maruchan is used here!)

1 slice of deli ham

1 egg

Green onions for decoration

1. Place the egg in boiling water for six minutes to get a perfect soft-boiled egg. For a firmer yolk, let it boil for a couple of minutes longer. Place the egg in a bowl of ice water immediately after to make it easier to peel.
2. Follow the instructions of the pack of instant ramen to cook.
3. As the ramen cooks, place the slice of ham in a frying pan and let each side sit for a couple of minutes. This lets the ham get nice and crispy.
3. Put the finished ramen in your bowl of choice, then slice the ham in half and put it in the ramen.
4. Peel your egg and slice it in half as well before adding it to the ramen.
5. Garnish with sliced green onions, and dig in!



RECIPE



Luca's Homemade Pesto

There's a reason that Luca and Alberto go nuts over *Trenette al pesto* in *Luca*. So here's how make your own pesto to give your next pasta dish an extra 'wow' factor!

Ingredients:

2 cups of basil leaves, the fresher the better!
 1/2 cup of grated Parmesean cheese
 1/2 cup of extra virgin olive oil
 1/3 cup of pine nuts
 3 cloves garlic, minced
 Generous salt and pepper to taste

1. Grab your food processor and place the basil and pine nuts inside, and pulse the processor until the ingredients are shredded thoroughly. Pulsing is essentially turning the food processor on and off so it doesn't become clogged. If you don't have a food processor, a blender is okay, and so is a mortar and pestle if you want to get old-fashioned!
2. Add the garlic and grated cheese and pulse several more times until everything is mixed together. You may need to scrape the sides with a spatula to get the mixture together.
3. Slowly pour in the olive oil, pulsing the processor in between until the pesto fully emulsifies.
4. Season generously with salt and pepper.
5. Use as much pesto as you want on whatever you think needs it! Pasta, chicken, eggs, anything your heart desires! Be sure to save any extra pesto in a sealed container in a fridge to keep it from going bad.



RECIPE



Remy's Omelet

Finally, a recipe from a movie that's about nothing but food! While the titular ratatouille may be a bit difficult to make, here's something much simpler.

Ingredients:

3 eggs
 Drizzle of olive oil

Any toppings you want for an omelet! Some popular ones include shredded cheese, ham, mushrooms, spinach, and much, much more!

1. Put a drizzle of olive oil in your pan to prevent the egg from sticking, and then set to medium heat
2. In a separate bowl, beat 3 eggs.
3. Pour the eggs into the pan, and then immediately add your toppings into the mixture
4. After a few minutes, after the eggs have begun to solidify, use the spatula to fold the omelet in half and then let it continue for a few more minutes until the egg in the center is firm. To test, you can stick a fork in the omelet, and if it oozes, it needs more time.
5. Set your omelet on the plate, garnish with a few more toppings if you wish, and enjoy!

Food on screen can look dauntingly perfect, but with these three recipes, you can make picture perfect food in no time at all! So grab your pans, start your stove, and get cooking the way they do on the silver screen!



FOOD OF THE FORESTS

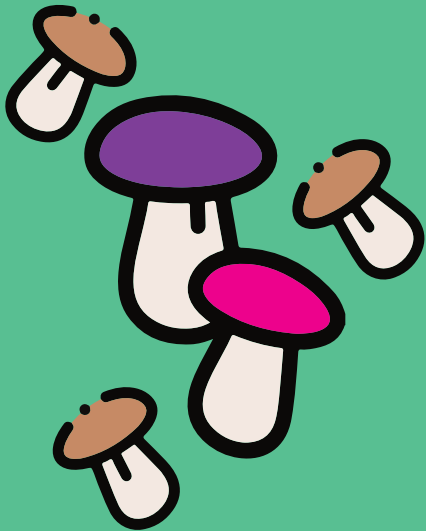
Story and Design by Emma Buoni, Asst. Food Editor
Graphics by Alyssa Abrams, Graphics Editor

When you don't have the money for fresh produce and gardening takes too much time and space, there's a third option that not too many people take advantage of: foraging for wild food.

From berries to bark, the local grounds of Berry College are chock-full of goodies that anyone can enjoy-if you know where to look. Senior Mia Rozeboom certainly knows what she is doing,

and wants to demystify foraging for the average hungry hunter.

"I would describe foraging as being self-sustainable," she said. "Foraging doesn't have to take place in the wilderness, it can be in the city. You can forage for art supplies, food, anything that you find, really. I think dumpster diving could be a form of foraging."



In terms of foraging for wild food, the 27,000 acres of Berry have more than their fair share of goodies. While it may seem daunting to pick up something and take a bite, Rozeboom believes it really is that easy, explaining that she was gathering food at a very young age.

"I was always out in the woods, just taking stuff. I wouldn't get on the computer that much unless I was looking things up," she said. "I would get pinecones, dig out the edible seeds inside them, and eat them. I convinced myself they tasted like birthday cake! I'd be out in the front yard like a little squirrel."

While foraging is a fun and cool way to find and try new foods, there is a lot of culture and history that often gets forgotten. Indigenous people grew their own food, but they often foraged for supplemental foods as well, and when the continent was colonized, many of these practices were wiped out along with the people. Despite this, it is important for the knowledge of the land to be remembered and passed on.

"You can't put everything in a supermarket. There's so many plants and traditions that the indigenous people of every continent have discovered that can't be transported, can't be repeated, and can't be grown in a controlled environment," Rozeboom said. "They still need to be carried on, and they need to be respected because food is not something you can always package. Sometimes it is that experience, or it is that item that can't be frozen. Culture is food, and so is foraging."

While foraging is an easy hobby to pick up in an age of infinite Googling and knowledge, there are still ground rules that foragers should follow for their own safety and for the good of the environment.

“I don’t pick something up unless I know what it is 100 percent, or at least the family of it. That’s with plants only-with mushrooms, you can touch any mushroom, that’s not how they hurt you. You can even sometimes nibble on mushrooms without them being deadly. If you see it, Google it,” Rozeboom said. “I try not to take too much either. Animals eat these plants and mushrooms as well, and I’m not doing this for a livelihood.”

For the beginner forager, Rozeboom has a few tips for her favorite snacks.

“I really love wild strawberries. There’s actually a wild strawberry patch before you pull into Mountain Campus. They don’t taste great, but they’re so cute and I’ll always try them. My grandmother used to have a wild strawberry patch, so it’s very nostalgic,” Rozeboom said. “Mushrooms have to be cooked, and if you get chicken-of-the-woods, it’s the exact same texture and taste as chicken. If you treat it as tofu, it sucks up any flavor or seasoning you use on it.”

So don’t be afraid to take a closer look at the world around you to try and find your next favorite food. Stay safe, stay smart, and start snacking!



BURNING OUT



In April of 2020, 71 percent of students reported symptoms of burnout in a study done at The Ohio State University. Despite the excitement of returning to campus it was a 31 point jump from the 40 percent that had been reported earlier that fall of the academic year. A similar study was done by the American Psychological Association who found that adults ages 18 to 23 reported higher stress levels than any other generation.

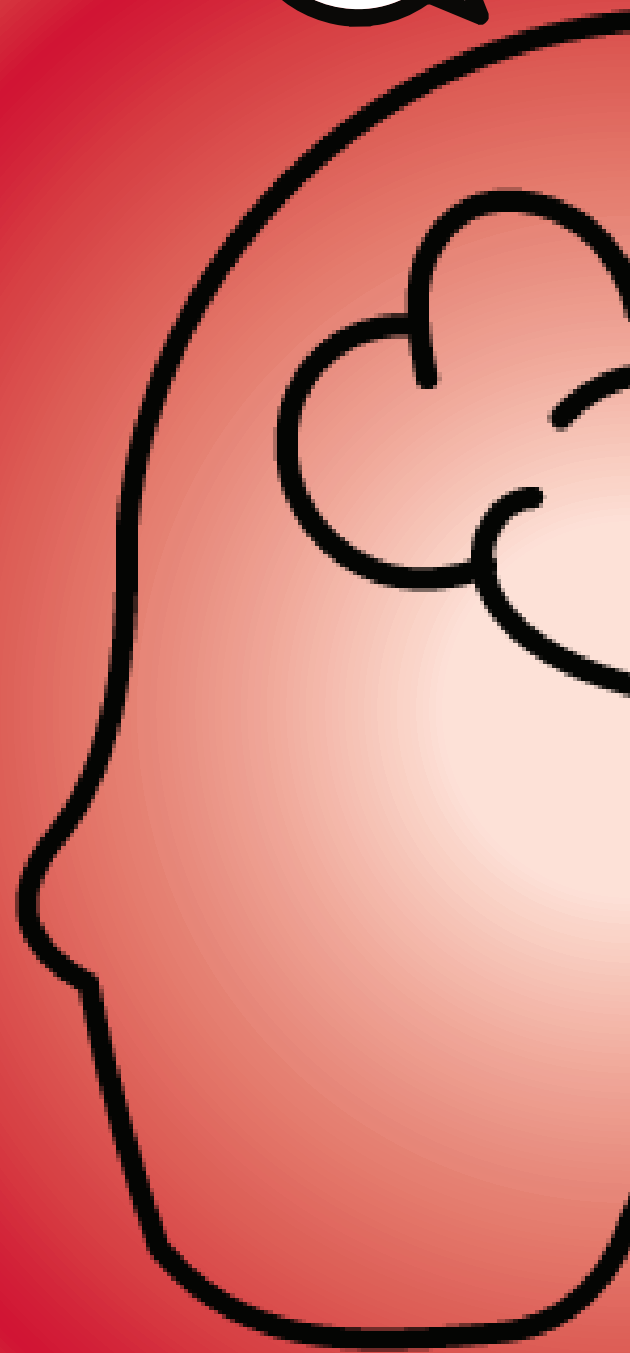
Burnout, while not a technical medical condition, is understood as exhaustion (physical, emotional or mental) with decreased motivation, and an overall more negative attitude. Burnout tends to sneak up on people because they do not recognize the signs. Suddenly, they've become too tired to function. College students tend to exercise habits that lead to burning out faster. Becca Smith, Director of Counseling at Berry College, is familiar with the condition among students.

"One of the biggest things that contributes to burn out is doing something for the future you while the present you suffers," Smith said.

This can take form through a major that a student is not particularly passionate about, or committing to something solely for how it looks on a resume.

"This leads to dreading your work, which leads to procrastination, which leads to more work, more stress, and eventually burnout" said Smith.

When we do too many things it may feel like we are not doing any of them well. This causes frustration and feeling apprehensive towards the things we love that are supposed to make us feel better. As the world keeps turning we get the sense that we will be unable to stop for fear of the repercussions that could come with pulling back.



Story by Hannah Fischer, Asst. Health & Fitness Editor
Design by Reese Chatman, Health & Fitness Editor
Graphics by Alyssa Abrams, Graphics Editor and Abigail Mohler, Editor-in-Chief



This stress, while it may be the push to get through, has negative effects on our bodies long-term. The stress hormones released into the body over time lead to physical symptoms.

Physical exhaustion and insomnia are a major indicator that burnout may be near or you may already be burnt out. The hormonal and neurological system that dictates sleep is disrupted by chronic stress, and continuing to have poor sleep only keeps it that way. Changes in eating habits, headaches and stomachaches are also key indicators. A study published in *Minerva Endocrinology* suggested that stress hormones can reduce appetite and people may also experience nausea, gas and indigestion.

Despite what social media may tell us, self-care will sadly not solve burnout. When addressing what causes burnout in college students, it is not uncommon to find personal life stressors and stressors of change compounded on top of an already full academic workload. Because of that the changes that need to be made are often big ones; this may look like switching a major, stepping back from extracurriculars and reducing the overall mental load. However this is not always an option.

“Communicate with the people that can help you to reduce the guilt you may feel and find small, passive ways to soothe yourself. The goal here is not to add but to find something that doesn’t cost a lot of energy and is calming. Just 15-20 minutes a day of doing something you love, outside of work and school, has been proven to reduce the likelihood of burnout.” Smith said.





Gavin Zielke lunging for a frisbee.

Run, Jump, Catch

Story by Hannah Fischer, Assistant Health & Fitness Editor
Design by Reese Chatman, Health & Fitness Editor
Photos by Mads Muraoka, Photographer

Commonly referred to as ultimate frisbee, though technically called Ultimate, was created in 1968, by two high schoolers in Maplewood New Jersey, with the first game being played in a parking lot between the student newspaper and the student council. In the years following, that game would quickly gain traction and would be played at a collegiate level at places like Rutgers, Princeton and Yale.

The era of counter-culture in which Ultimate was founded is evident in what is called the “Spirit of the Game”, which is foundational to the unique way Ultimate is played. The sport, oddly enough, boasts no formal referees, instead, it relies on the aforementioned Spirit of the Game, which requires players to call their own fouls, count for stalling out loud, and settle disputes amongst themselves. The responsibility to play fairly, while generally expected in sport, is not often expected to be upheld by its players. Ultimate takes a different approach, it states in the USA Ultimates’, Official Rules of Ultimate, that “the integrity of Ultimate depends on each player’s responsibility to uphold the Spirit of the Game, and this responsibility should remain paramount.”

This shared mentality is embedded even in the structure of the players. Michael Johnson, is a junior at Berry College and Berry Bucks teammate and player . “There is little hierarchy amongst the positions because there are only two, cutter and handler,” Johnson said. The names of the positions are fairly self-descriptive, cutters do the majority of running, they cut deeper into the field and opposing team, creating openings for the handlers to throw the disc. Handlers handle the disc, usually remaining in the back, and typically have a better throw. In a team like the Berry Bucks, “One could expect the handlers to be the more experienced players while the cutters are relatively newer to the sport,” Manny Esteves, freshman at Berry College said. All players while on the field are eligible for the disc, there are no off-sides to consider when deciding who to pass to, however, once the disc is caught (of which there are two acceptable ways) that player can no longer move with the disc in hand, and has ten seconds to make a pass (this is called stalling). Like in any good sport, there is an Ultimate lingo. Terms like “flick” and sayings like, “toss some plastic” get thrown around easily, and the Atlanta Hustle (an Ultimate professional team based in Atlanta) seems to be a household name.

The Berry Bucks create a tight-knit community. Often players come from a variety of backgrounds, many having played multiple sports in high school, they join looking for a way to stay active in college without the demands that affiliated teams often have to meet. “Different sports experiences, learning as you go, learning together, creates a bond,” junior Johnathan Deagle said, With the loss of seven seniors, the Berry Bucks have admittedly taken a bit of a hit, falling from 3rd to 4th in the USAU College D-III Men’s league but they are determined to rebuild and return to nationals, “We are going to have to work, nothing is given,” Deagle said.



Gut Feeling

Story by Reese Chatman, Health & Fitness Editor
Design by Hannah Fischer, Asst. Health & Fitness Editor
Graphics by Hayleigh Holcomb and Alyssa Abrams

Eating well is arguably one of the most neglected aspects of the life of a college student. This is for a variety of reasons, such as not having the necessary funds to purchase balanced meals or a dining hall that is lacking in healthy or well balanced food. Additionally, many students are not aware of how they should be treating their bodies, a lack of knowledge that could very well be detrimental to their health.

Ginger Swann who serves as assistant athletic director and has a master's in sports medicine is an expert on nutrition. "Think about dividing a dinner plate into halves. Fill one of the sides with vegetables and fruits while the other half is split into quarters. One quarter should be filled with protein like fish and poultry, beef or beans. The other quarter should be filled with grains or starches like whole wheat bread or pasta, potatoes, brown rice, or whole wheat pasta. This helps with healthy eating guidelines and portions," she said.

Swann also insists on choosing whole, organic foods over processed ones, mostly because they include an excess amount of sugar, sodium and fat, which in turn can lead to health issues including chronic illnesses later in life.

Sleep is another seemingly obvious thing to not avoid. However, it often falls to the very bottom of the totem pole of priorities that college students have, and goes hand in hand with leading a healthy lifestyle. A healthy sleep schedule of six to eight hours each night will work wonders for one's mental health, even going so far as to increase performance in school.

Swann touched on journaling. "It helps with problem solving and even makes you feel happier," Swann said. "Have daily gratitude moments. Be aware and thankful for the people and things in life is an important part of a happy and healthy mind. Build a community of people who are out for your good. Find your passion in your purpose."

Food exists in a symbiotic relationship with exercise. One can simultaneously use both to accomplish their health goals. "I would call the relationship a partnership," Swann said. "As we learn to pay more attention to the natural cues of our body, we can find a good rhythm for eating and exercising. When the focus of eating and exercising is on a healthier existence, one can enjoy the natural consequences of making choices that support the needs of our body."





Cameron Pound is a sophomore who has spent a significant amount of time working out and researching healthy eating habits. “With working out, comes mental health and physical benefits,” Pound said. “But eating right is what really seals the deal.”

Pound has undergone the processes of both bulking and cutting, which are the processes of gaining healthy weight and losing healthy weight, respectively. “A lot of people view bulking as eating as much as you can, which it can be, but that’s not the best way to do it,” Pound said. That’s called dirty bulking. “You need protein to build muscle and dirty bulking tends to be high in fat, which is the wrong kind of weight you want to gain. Bulking entails undergoing what is called a “calorie surplus,” which means consuming more calories than burning, while “cutting” is the opposite.

A period of cutting can be very difficult. Cravings to cave in to previous excessive eating habits can often take over. “I sometimes find it very hard to find good snacking foods,” Pound said. “Fruit and lowfat yogurt are some of my favorites, though. They give you that sustained energy, keep you full, and are just a great healthy option.”

Health issues have caused sophomore Izzy Goninan to be a more picky eater than most.

“I try to avoid most sugar,” Goninan said. “I just don’t think it does your body any good. It gives your body energy units, but without any nutrient value, causing inflammation and AGE’s.” AGE stands for “advanced glycation end-product,” which serves as a bio-marker for processes of aging and development. In other words, AGE’s cause your physical appearance to make you look older.

Goninan more or less identifies as a vegan. “Personally, I avoid dairy and eggs but I do still eat meat,” Goninan said. “In 2020, my friend started eating Paleo, which is similar to how I eat now, with no grains, refined sugars or dairy. During that time, I was looking for a way to make my skin feel better and reduce breakouts and realized that was very doable through what I ate. Since then, I’ve felt a lot happier, especially since I no longer skip breakfast and instead opt to eat what makes me feel good.”

Adventure Is Out There!

Story by Hannah Fischer, Assistant Health & Fitness Editor

Design by Reese Chatman, Health & Fitness Editor

Graphics by Alyssa Abrams, Graphics Editor

Photo by Jessica Hawxhurst, Photographer

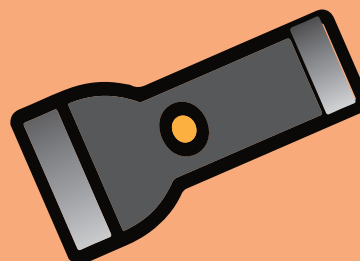


To



In the United States, backpacking took off at the turn of the 20th century. Transcendentalism, which highlighted the divinity of nature, was a new way of thinking and in turn, people began to value the outdoors more. Hiking clubs became popular, and “were remarkable for their eager acceptance and inclusion of women,” writes Silas Chamberlin, in *On the Trail: A History of American Hiking*. The Sierra Club founded by John Muir, a Scottish-American naturalist who helped pass the bills that would create Yosemite National Park, is now one of the most prominent conservationist groups in the country. These clubs also established the long-distance trails still hiked today, like the Appalachian Trail which began in the early 1920s and was finished in the late 1930s.

While Georgia might not boast the tallest mountains, it is an underrated paradise for beginner and aficionado backpackers alike. There are five diverse geographic areas within the state; the Appalachian Plateau, made of heavily wooded ridges sitting above narrow valleys, Piedmont, with its hills, flowing streams, and the red clay soil that characterizes the state. Blue Ridge, which is home to the Blue Ridge Mountains which are the highest in the Appalachian Highlands reaching up to 4,700 feet in elevation, Ridge, and Valley, which features wide open valleys settled between forest-covered ridges, and the Coastal Plain which is flat for the majority.



Through the outdoor recreation department, Berry College students have access to these experiences. They can go backpacking, camping, rock climbing, caving, and paddle boarding (all equipment provided) with or without the help of a guide.

"A time to get away and forget about work and stress for a moment, it is relaxing and fulfilling to be alone with your thoughts," said Victor Morales, assistant director of recreation, and the leader of the majority of these trips.

If one does decide to go with a group these trips are typically made of two types of people, according to Morales, those who have never gone camping before and those who are basically experts at this point. Because of this, the trips usually lean towards being a little more on the beginner side, with guides planning the routes, preparing the meals, and lighting a fire. The campsites are not far from campus, they sit by the side of Victory lake and are available (free and for students only) Friday and Saturday nights by reservation.

Morales suggests spring and fall as ideal times to go as the weather is not all that extreme. "Watching the bonds people make when there are no distractions is one of my favorite things about the trips," Morales said, "plus it is nice to talk to people while you hike, it helps you get out of your head and forget you're tired."

In planning a backpacking trip there are four big things one should consider; trip choices, destination, route, and supplies. There are lots of factors to decide upon when initially planning a trip. What adds the most constraints to a trip are time and distance; if you are limited in time you'll need to plan ahead for how many miles need to be accomplished in a day, or if the length of the route is set how many days it will take. With that, the size of the group may also influence the speed of the hike as you'll have to account for slower members.

After choosing a trail that fits within the parameters you've set for yourself, guidebooks, websites, apps and even word of mouth are good ways to find trails. The next step is to think about the details like campsites, water and the terrain. Finding out where the settled campsites are and thinking ahead to other potential places to stay in case those are too far apart is something to consider. The next important thing is water and figuring out where your source is coming from, especially if it is not easily accessible. Bringing filters and purifiers is a moot point if you cannot access water. The terrain of the trail is another thing to review - the elevation gain, rest spots and look outs are typically all shown on whatever map you use and trip reports let you know if there are any parts of the trail that have been changed due to weather, animals, and or dangerous vegetation. Once all these details are settled, the final thing to think about is supplies. You'll have to obtain permits often if you are camping on federal lands or some areas base entry around a lottery system.

Animals are another thing to think about, if there are bears in the area you'll need to store food so that the animals cannot get to it, bear canisters are effective in preventing this. But there may also be poisonous snakes or other predators to be wary and vigilant of. The food you carry will also need to be cooked so there is also fuel to consider. It is suggested to carry 1.5 to 2.5 pounds of food per person per day and if you are a beginner it doesn't hurt to err on the side of caution and overpack food. The amount of food you have will influence the amount of stove fuel you will also need to bring. A good trick is to lay out all your gear on the floor, this will help you see what you may be missing or what you have in excess that you could get rid of to lose weight.



Lastly, check your gear to make sure it is in good shape and share your itinerary and emergency information with someone you trust and who isn't accompanying you for safety in case you do not return at the expected time. Happy Camping!



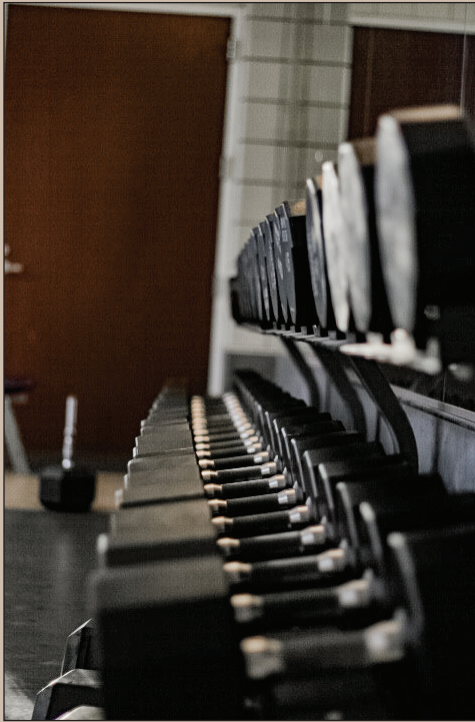
You've Got a Friend In a Personal Trainer

Story and Design by Reese Chatman, Health & Fitness Editor
Photos by Ben Bykowski, Photographer

Working out is at the very center of seemingly everyone's New Year's resolutions year after year. However, it also seems that not everyone is willing to put in the hours to hit the gym consistently. Research has shown time and time again that following New Year's Day and January gym membership enrollment spikes. However, 80% of members cancel them within 5 months. Retention expert Dr. Paul Bedford attributes this phenomenon to a lack of interaction these new members have with staff. These newfound gym rats need a game plan. They need a set of goals and someone to hold them accountable to pursuing them. For many, their solution to this is hiring a personal trainer. Berry is no exception to this. Many seem to not be aware of this, but the athletic department offers free personal training sessions. These sessions are led by Berry students themselves who have worked to undergo personal training certifications. One of Berry's personal trainers is Senior exercise science major Harris Barker, who in the future, wants to be the owner and operator of his own practice. He says,

"I want to one day open my own business that combines conditioning, coaching and physical therapy all into one."

Through Berry's lifeworks program as a personal trainer, Barker is gaining much of the necessary experience he needs to continue to approach that goal.



While the Cage Center undoubtedly has more Berry students than any other demographic, faculty and staff of the community are more than welcome to use the facilities. Harris has had experience training them as well. He says that with such a variety of clients, it is impossible to use the same workout plan across the board.

“It really depends on what the trainee’s set of goals are”, Barker said, “and what I think they might need to work on as well.”

While specific workout plans may vary among his clients, Barker does have all trainees undergo the same set of assessments prior to the beginning of the training program. He calls this a “needs analysis,” which entails tests relating to aerobic ability and any pre-existing conditions the trainee might have.

“We do these tests just in case after we start working out, something happens,” Barker explained, “I need to know what they can and can’t do.”

At the end of the day, Barker said that personal training means more than just coaching.

“My favorite part about what I do is connecting with different types of people”, he said “to me, it’s more than just training.”

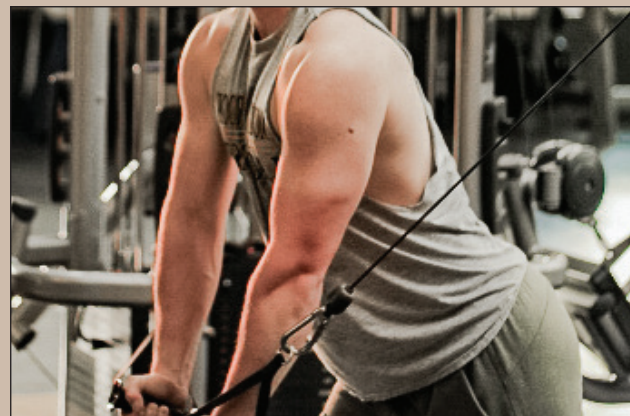
Mary Claire Stockebrand is a junior religion major who has been taking part in Berry’s personal training program for a couple years now as a trainee. Throughout the entirety of last school year, she worked with Barker.

“I was expecting to be a little intimidated and judged at first,” she said, “but he ended up being so kind.”

This served as a relief to Stockebrand, who added that the way she felt prior to meeting Barker seems to be representative of how many workout beginners view having a personal trainer. She also spoke of a brain injury she experienced that past year that left her unable to move most of the left side of her body.

“I couldn’t walk or even roll over, she said, “I just really needed to get my strength and coordination back. Barker helped me with workouts that would both work around and help improve upon my injury. He played a huge role in my recovery.”

To reiterate Barker’s sentiment, “it’s more than just training,” it appears that even through the eyes of trainees, personal training can even be life altering, providing Stockebrand among so many others the right game plan to overcome what might seem like an impossible obstacle. With more relationships similar to that of Harris and Stockebrand, maybe that aforementioned gym dropout rate will slowly decline, and as a result, more fulfilled New Year’s resolutions and above all, healthier lives.



ROME ON THE RED CARPET

Story by Camille Lueder, Writer

Design by Lauren Yelverton, Arts and Culture Editor, and Carolina Mendoza, Assistant Arts and Culture Editor

Photos by Mads Muraoka, Photographer

Graphic by Hayleigh Holcomb, Assistant Graphics Editor

About 70 miles from Atlanta, Rome, Georgia has been a popular filming location since 1910. From Victorian era architecture to rolling hills and rivers, Rome has something to offer any production company. According to their website, “The Georgia’s Rome Office of Tourism works with film scouts to identify the area that is the perfect location for your film.” Camera-Ready Liaison, Ann Hortman, has worked with Floyd County since 2010 when the Camera-Ready program started. Her role is to assist production companies with anything they might need and guide them to filming locations around Rome.

“Over the past 12 years, we have built relationships with location scouts, location managers and producers,” Hortman said. “They call us directly, asking about specific locations they are looking for.”

Rome has been promoting itself through the Camera-Ready program as well as being a film guide for the state. Hortman said that the location manager for “Black Widow” came to Rome because her husband had worked here on “Sweet Home Alabama.” Rome has a wide variety of locations that attract production companies.

“The Robert Redden Footbridge and the Bob Moore Bridge have both been used in several productions,” Hortman said. “Downtown Rome has been featured in many productions as well as Myrtle Hill Cemetary.”

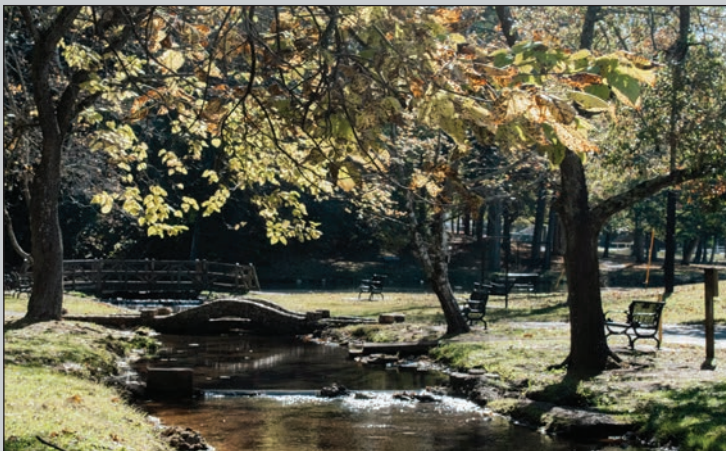
The Georgia’s Rome Office of Tourism issues film permits to companies and helps identify locations for base camp. They also recommend hotels and catering if it is needed. One of Hortman’s roles is to provide a list of local services who are willing to work with film crews.

“Our office acts as the matchmaker between the productions and locations, public safety, public works, private property owners, and so on,” Hortman said.

Working closely with The Georgia’s Rome Office of Tourism, Berry College is also a hub for filming. Being close to Atlanta and having many different looking locations, draws production companies to Berry. Assistant professor of communication; filmmaking and cinematic arts, Curt Hersey, said Berry is of value to production companies because of its unusual features.

“One factor is its proximity to Atlanta,” Hersey said. “You’ve got a good mix of historic locations, natural features like rivers, hills and mountain-esque kind of features when you’re thinking of filming locations.”

The proximity to Atlanta makes it easier for companies to get their actors, crew, and equipment to Rome without using their entire travel budget.



Cave Springs, Georgia



Myrtle Hill Cemetery

Director of public relations and contact for media and film inquiries, Chris Kozelle, works with production companies who are interested in filming at Berry College. Her role is to be the main point of contact for film scouts and to discuss with directors and producers if filming at Berry will work for them. "Once a company decides that they do want to film here, and it's approved by everybody at Berry," Kozelle said. "Then I am on set and their liaison full time that they are here."

The decision for a company to film at Berry is ultimately decided by President Briggs. Depending on where the filming will take place, Berry faculty and staff will also have to approve the project. Kozelle said the approval process is usually not long. Because of Berry's unique architecture and landscapes, companies find the location and reach out from there.

"Because of our unusual architecture for Georgia, the Ford buildings specifically, we are in a database that film companies have access to," Kozelle said. "They just type in mental hospital and then all these pictures from all over the state show up, and Berry has a bunch of pictures in this database."

If film scouts are looking for a particular scene that the city of Rome may not be able to offer, the tourism office will direct them to Berry. Aside from the natural beauty of Berry, there is also a

variety of architecture such as log cabins, historic buildings, Georgian and gothic style buildings, and plantation style. This can allow filming to take place in one central location and limit travel costs for the companies, which would be appealing.

"That's very attractive to have so many different options in one place," Hersey said. "The Hoge Building is kind of an old plantation look and then you have Oak Hill as well, or if they're looking for nature, we have large fields and the Old Mill."

Berry welcomes production companies to the campus because it is a great point of pride for the school. Kozelle said it is exciting to tell people that popular movies and TV shows were filmed where Berry students, faculty and staff live and work. Berry also tries to get students involved in the filming process if they can. Some production companies will ask for extras or student production assistants. Kozelle will sometimes bring her public relations students into the project by helping her scout locations, logistics and might even get to be on set.

"When we had Kevin Bacon's TV series, 'The Following', we had several students on campus who were extras or stand ins during the shooting," Kozelle said. "And then we had several who were production assistants."



Martha Berry Museum



Ford Building

History Of

Story by Connor Coltrane, Writer

Design by Lauren Yelverton, Arts and Culture Editor

Photos by Jessica Hawxhurst, Photographer and Mads Muraoka, Photographer



In October, the students of Berry prepared for one of the college's most time-honored traditions, Mountain Day. In celebration of Martha Berry's birthday, Berry College hosts a host of activities and festivities in the space of a weekend, including the Mountain Day Olympics, the Mountain Day Talent Show, the Berry Farmer's Market, Marthapalooza and the crown jewel of this tradition, the Grand March. These activities make for an excellent bonding experience and tradition for current students, but that's not their only purpose. Alumni, old or new, from all walks of life, are invited each year to attend, reconnecting to their Berry roots and bonding with the present student body. "Alumni weren't really allowed on campus in 2020," said Kayla Riles, from the KCAB, "and because of Covid, we barely had a Mountain Day." But, while the Covid-19 pandemic put a pause on these activities for a while, they are back in full force. These traditions have evolved much in the more-than-a-century Berry has been around, so there may be some new surprises for both seasoned upperclassmen and fresh-faced freshmen.

In the past, the Grand March followed several traditions. On Mountain Campus, students would link hands and march up and down the open slope, dressed in special colors of clothes based on gender and year. During this dance, each student would drop a number of pennies equal to their age in years into a bucket which, in the founding of Mountain Day, would fund Martha Berry's philanthropic efforts. But, while the March is staying mostly the same this year, Berry College has made one critical change, the class and gender colors are no longer required. Riles said that students can come as they are to make this tradition more accessible to students. Anna-belle Norton, a current student who has attended Mountain Day, mentions that she doesn't wear much pink, so [she] had to buy the right shirt at the last minute, so this new decision will, at the very least, remove one hurdle to attending the Grand March for students.

But Mountain Day has more to offer than the Grand March. The Mountain Day Olympics, for instance, offers students a chance to engage in all sorts of active athletic activities, like an Elementary School Field Day, Kayla Riles said.



Mountain Day

But, like the Grand March, Berry has elected to make a few new changes to this activity. Most critically, Berry will no longer be separating the teams from different residence halls into male and female teams. “Women can do anything men can do,” Riles says, “and with this new policy in place, students will get to compete as one dorm.”

Furthermore, the Mountain Day Talent Show may now to more numerous and more varied prospective performers. “We’re now thinking we’ll choose 10 or 15 acts,” Riles said, “we have much greater time slot, so we’re trying to fit in as many as we can.” They’ve also been hoping to incorporate a greater variety of acts into their performance than just one singer with a guitar. So, with this wider window of opportunity, those who go to the Mountain Day Talent Show will get to see more talent, and more talents, than ever before.

While the Berry College Farmer’s Market tends to favor student enterprises, it still grants access to a variety of local businesses that students may not even know exist. The wares of the Market are as diverse as they are dazzling and delicious, and they give both Berry’s businesses and local Rome vendors a chance to show students what they’ve got.

Marthapalooza might be the most well-known event of Mountain Day, and for good reason. This fall fair gives Berry students access to a number of games and rides that draw in hundreds of students every year. While it was one of the events hit the hardest by COVID-19, this year’s festival will offer an afternoon of fun just for children and Alumni and stay open to all students late into the night.

All these activities and more form a tradition that has been with Berry since its inception. “Martha Berry wanted to give the students a chance to just have a grand old time on her birthday,” said Kayla Riles. This tradition honors the legacy of Martha Berry and her service to her students and community, but it’s more than that. Mountain Day is a celebration of Berry College itself. It’s a tradition that brings Berry’s students, old and young, enrolled or graduated, together to bond over the school that shaped them all. Mountain Day will continue to give Berry students, both past and present, a chance to celebrate everything Martha Berry has done for them.





Yakkers Anonymous



Story by Camille Lueder, Writer

Design by Lauren Yelverton, Arts and Culture Editor, and Carolina Mendoza,

Assistant Arts and Culture Editor

Photos by Aurora Hampton, Photographer



From left: Freshman Anna Yard and Ava Wright share the latest YikYak post.

Anonymity on the internet has been an aspect of social media that both intrigues and scares people. Yik Yak is a social media platform that is built off of being totally anonymous. The app was initially launched in 2013 then relaunched in 2021. For the Berry College community, Yik Yak was used heavily after the relaunch. Junior Julie Petty said that students use the app to communicate without anyone knowing their true identity.

“I love seeing other people’s thoughts,” Petty said. “It’s kind of trendy, and then you see people post random things about what’s happening on campus and it gets you interested.”

Petty said that they find the app helpful by knowing what events are coming up on campus. Yik Yak has been used by many students as a way of keeping in the know about what is happening on campus. Users also frequently ask questions about certain events such as time, dress code and location. Other users can respond to the posts and help people out. Petty said they like the fact that Yik Yak is completely anonymous.

“You can see other people’s opinions and there’s not the fear of finding out who it is,” Petty said. “People can share their opinions without being judged.”

However, since the app is anonymous, rumors are often spread. Yik Yak makes it easy to spread rumors about students as well as faculty on campus.

“Rumors are highly spread through Yik Yak,” Petty said. “There are some people on there who want to stir up some problems.”

There is no real way to tell if rumors are true on the app since users do not know who started it. Petty said that nothing is reliable on Yik Yak, and users should not believe everything they see. Users have experienced some safety concerns about the app.

“There are some situations where there are unsafe things that happen on Yik Yak, like the spreading of rumors,” Petty said. “But not anything threatening.”

Since the app is completely anonymous, users would expect to often find hurtful posts. However, people tend to just post funny and random comments. Associate professor of psychology, Victor Bissonnette, said he was surprised to find the lack of negative behavior on the app.

“I would expect pretty rude behavior occasionally on here and I think that probably happens,” Bissonnette said. “But my first impression was there wasn’t very much of that, I didn’t see very much trolling.”

The app is intriguing in the fact that it is hyper localized as well as totally anonymous. There are not many other social media platforms that compare to Yik Yak. Unlike Instagram and Facebook, Yik Yak has no user profiles and private accounts. There is also a five-mile radius within the app in which all the posts originate from. Bissonnette compared Yik Yak to Snapchat because both platforms are more casual than others.



“Snapchat is a little more temporary, it’s more that kind of off the top of your head, kind of reflection,” Bissonnette said. “It’s more about being real... and that is what this is more about.”

Bissonnette said Yik Yak is a moment-to-moment reflection that captures someone’s everyday reality. This is not looked at as a scary thing, but when the anonymity part is added, it has the potential to make Yik Yak a dangerous place.

“The danger of course is the anonymity,” Bissonnette said. “The process is called deindividuation. And deindividuation is where you are kind of liberated from your social norms.”

Deindividuation can affect the way people talk and act on the internet, especially in an anonymous setting. Users can act proactively as well as bully others through the app. Bissonnette said it depends on who the user is and how they use the app which determines how much negativity will be present.

“If they are not doing that,” Bissonnette said. “Then the anonymity frees people to not have the normal judgmental effects of worrying about how they appear, worrying about being vulnerable.”

Yik Yak can be a space where users let their guard down and can be themselves free from judgement. It can help people express thoughts that they would not normally say.

“The anonymity can be a really good thing,” Bissonnette said. “That it frees me to say I’m vulnerable today, I’m struggling today.”

Yik Yak is mostly used to share harmless information and fun comments throughout the day. Users find entertainment in scrolling through posts and reading comments. Senior Brody Wallace said that college students are drawn to the app because they can post freely.

“Just to post random funny things that come to your head,” Wallace said. “You just post your random funny thoughts on Yik Yak.”

Wallace said that Yik Yak is mostly popular among college students and once someone graduates, they will not use the app anymore. But this year, Berry students have been less active on the platform.







Songs Popularized By Social Media

Story and Design by Lauren Yelverton, Arts and Culture Editor

Photo by Ashley Moreno, Photographer

Graphics by Alyssa Abrams, Graphics Editor

TikTok, movies and television shows have all been a crucial part of the upbringing of our generation. Most, if not all of us can recall sitting in front of the television as a child, watching everything from Disney movies to various cartoons. As we grew older, phones came into our lives, as did TikTok, which we spend hours on end mindlessly scrolling through. All these sources have consisted of songs that have become part of our lives in one way or another.

TikTok has become a significant part of the culture of our generation, and with that comes the rising popularity of many songs used on this platform. Songs that have risen in popularity due to TikTok range from Olivia Rodrigo's "Good 4 U" to "Running Up That Hill" by Kate Bush and even "Castaways" from the children's television show "The Backyardigans." According to the website [businessmirror.com](https://www.businessmirror.com), Olivia Rodrigo's "Good 4 U" has gone viral on TikTok since beauty creators use the song to show themselves applying makeup looks.

Many songs have also been made popular by other forms of media, such as television shows and movies. Kate Bush's "Running Up That Hill," for example, was originally brought to our generations' attention from season four of the popular show "Stranger Things." The pop-

ular medical drama "Grey's Anatomy" has used The Fray's song "How to Save a Life" on multiple occasions during its eighteen-season runtime and has made it instantly recognizable to any fans of the show. In fact, according to the website [Bustle](https://www.bustle.com), "How to Save a Life" may not have gotten as much recognition as it did if it was not for television shows featuring it. Movie-wise, "Don't You (Forget About Me)" by Simple Minds was originally made popular by the movie "The Breakfast Club" and resurfaced due to its use in "Pitch Perfect" when it was released in 2012. Post Malone and Swae Lee's song "Sunflower" was made popular in the smash-hit superhero film "Spider-Man: Into the Spider-Verse" which became a hit for children and adults alike. The film ultimately caused "Sunflower" to become the number one song in the United States not long after its release, according to [Rolling Stone](https://www.rollingstone.com).

Ultimately, multiple songs that are a significant part of this generation's culture have been made popular on platforms such as TikTok, television shows, and movies. This is relevant to our generation because a lot of people around our age learn about songs that they enjoy from these platforms, and they may not have known these songs existed if it weren't for these popular sources of media.



Incorporation of Video Essays in a School Setting

Story by Bella Ardell, Writer

Design by Lauren Yelverton, Arts and Culture Editor

Photo by Mads Muraoka, Photographer

Graphics by Alyssa Abrams, Graphics Editor, and Abigail Mohler, Editor-In-Chief

School is changing from its use of technology to how people show their work. Video essays, though they seem uncommon, are far more common than people think. They can be found in anyone's random search of the internet, as well as the content of school classes. Is the rising trend of video essays something we should help along? A few people at Berry have something to say about that.

"I use it for entertainment purposes, watching things like Angry Video Game Nerd or silly cat or dog videos," Daniel Sipocz, associate professor of communication, said. "There is also the purpose of things like CrashCourse."

CrashCourse is a YouTube channel many will remember from high school. It might not have seemed like it, but it was a video essay.

"A video essay is a visual encapsulation of an essay that's been written, and what I mean by this is like they're all formatted just like an academic paper is written," Mathewson Parks, a communication senior, said.

Like CrashCourse, many videos today on YouTube can be counted as video essays if they have the correct structure. Our education system and the simple videos our teacher give us to watch so we have extra help are clear evidence of this.

Although some students may wonder if it would be a bet-

ter choice to turn in a video essay rather than a normal one, there is a way to find out. It all depends on the student's current type of class, learning style, and most importantly their preference. Learning style has a large impact on this choice.

"So you know, there's people out there that can write really eloquently and there's people that can speak eloquently so I guess that is also a factor." Charles Lundsberg, web content manager, said. "If you are good at doing presentations, you can present yourself well and paint yourself well, I think that's effective. Different than standing up and giving a speech. Whereas written form, if you can write well, if you have good grammar. I think they both can be effective."

Education should always be done in a way that helps the students best. Although a video essay may seem like a wise choice now, the type of class is still important.

"I think history classes, humanities classes as a whole where things are looked at in more of a subjective angle," Parks said. "I think the function of a video essay is to make a certain point, make a certain argument, kind of drive home a thesis. So I think using them for classes where you're trying to just talk about ideas is a great way to present ideas." History classes are not known as hands-on classes which makes video essays perfect for them.





Parks spoke of how the music and video evidence are very important when it comes to this specific type of essay. He explained how it allows the viewers to experience everything that the video is trying to communicate instead of just what was heard.

It all started with the rise of PowerPoint, where there are unique traditions between each slide and color to pull the audience in. This technological advance is the reason we use what we do today. Paper essays will still always be one the main ways to present information in school, although both versions of the essay are the same process.

“If you’re making the essay you’re still going through that process of doing your research, your gathering your information, processing, synthesizing, and figuring out what points you need to make,” Sipocz said. “It’s very similar to writing a paper.”

A video essay is a unique kind of presentation and not everyone can make one. Only the students with the necessary skill are able to do it. The skill set isn’t the only important factor when it comes to making them.

“So making them, it’s a long process,” Sipocz said. “It’s time consuming even as you become more skilled or more proficient. You kind of have a process that still takes a considerable amount of time, particularly the editing phase.”

Yet with all the effort it takes, video essays are still common. They are more seen on YouTube and less used in

classes, but it has a chance of coming to the classroom with the changing times today.

“I think particularly for the environment today and in the way students have been learning especially during the pandemic, that video essays are probably something that are growing and are a great way of connecting with students to help students learn.”

Video essays can even be a person’s career or how they make money. Like YouTube channels, both educational and ones about random interesting subjects.

Video essays, either kind, are a great way to help students communicate with each other. An image or video will almost always have a larger impact on someone’s mind as it stimulates the person’s brain. With the impact they have, video essays will never go away, especially as they grow more popular.



CLASSICS CONNECTING TO CINEMA

Story by Connor Coltrane, Writer

Design by Lauren Yelverton, Arts and Culture Editor

Graphic by Hayleigh Holcomb, Assistant Graphics Editor

Adapting classic literature to film is a practice almost as old as film itself, and with good reason. Film adaptations of these stories hold several benefits for audiences, studios, filmmakers and authors. Many, however, don't take kindly to the practice, seeing the results of adapting these stories as watered-down, commodified versions that offer nothing that the book couldn't provide. Are they wrong? Not necessarily. Done properly, though, a movie of classic literature can bring these classic works to a new generation while remaining true to the book's roots.

The biggest reason by far why studios and filmmakers adapt classic literature can be summed up in a single word: accessibility. "Literature is a much more limited audience [than film]," said English and Rhetoric Instructor John Kwist of Berry College (with a research interest in film). Professor Mark Taylor, assistant professor Mia Escott, and others agree with the well-known fact that people are more willing to watch movies than read books. "You have to carefully visualize and engage with books," Kwist said, "actively watching a film requires the same engagement," it's not as strictly required as it is for literature. This doesn't mean films are necessarily less intellectual or challenging than books, but it does mean that, in our busy, fast-paced world, they're more easily consumable. Thus, adapting classic literature to film helps keep these stories alive, Taylor said.

There's another reason why studios will often make such movies: cost efficiency. According to Curt Hersey, assistant professor of communications; filmmaking and cinematic arts, "Developing [intellectual property] is costly and risky," while great literature, even if it's not as widely accessed as films, is already widely appreciated and pre-marketed. Thus, adapting a work of classic literature is an expedient and reliable use of resources by a studio. To some, this perspective might sound cynical or greedy, but there's genuine reasoning behind this. "The job of studio executives is to make sure that they don't lose money," Hersey said, and studios that bleed too much money are much less likely to be able to stay afloat or fund the production of movies at all.

Indeed, many of the potential problems or difficulties with adapting literature come down to pragmatic concerns. "Most movies," Kwist said, "have a running time of only two hours," while many classic works are several hundred pages long and, The total time for *Hamlet* is usually four hours. As a result, much of the material in many of these books needs to be cut from the movie, and directors need to be very discriminating as to what parts of the original material need to be included. Furthermore, film is a fundamentally different medium than books, or even plays. "Film, being a visual medium, has no third-person narrator or god's-eye view," Hersey said, "much of the internal experiences and lives of characters need to be conveyed through actions."



However, these differences in media can afford film a number of benefits as well. Like theatre, film can compress lush, page-long descriptions into a single set and convey the complex thoughts and feelings of characters through well-done performances. *Unlike* plays, films aren't confined to a single stage or set. "The biggest tool that filmmakers have is editing," Kwist said. Editing allows the makers of films to juggle numerous plot threads and scenes on different locations in a way that only books can somewhat do themselves. This allows for a greater economy of screen time and spotlight than would otherwise be achievable, making it easier to fit the essentials of a book into the two-hour running time.

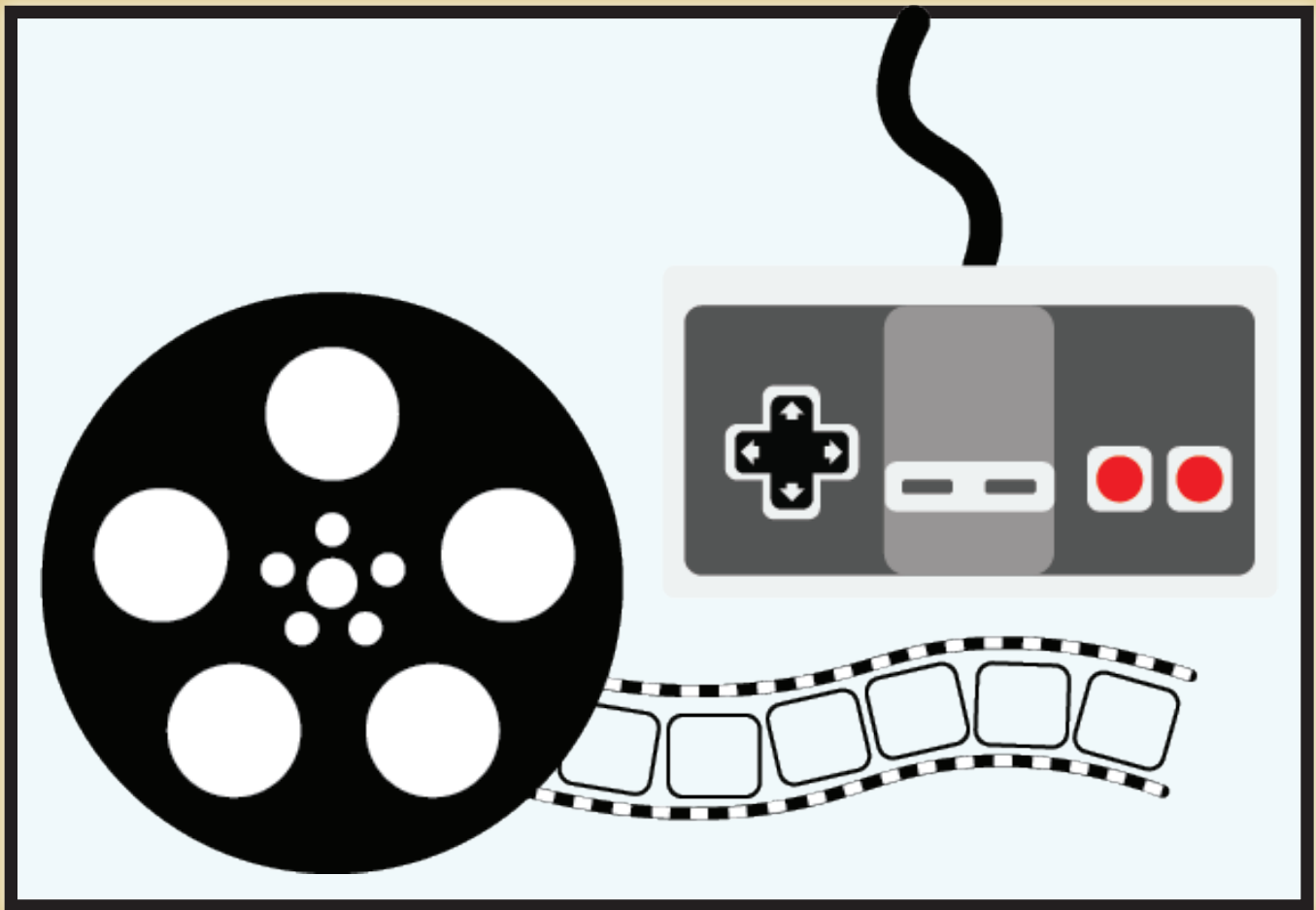
Much of the success or failure of an adaptation, then, lies not in the medium of film or literature themselves, but in the execution. It's easy, Taylor said, for filmmakers to take the easy way out and approach the story from a modern perspective. Failing to properly research the cultural context and differences between the modern day and the time at which the book was written risks creating a pale imitation of the original story featuring modern people dressed in funny clothing. Some filmmakers adapt the original story beat-for-beat, line for line, and this approach has its merits. Kwist cites the film of James Joyce's *The Dead* as one faithful example, which uses the story as a shooting script. Kwist said. Escott, for one, is a fan of the classics who always prefers it when Shakespeare adaptations keep the original language. However, in quoting Shakespeare line-for-line, for instance, one keeps much of the original authenticity, but risks alienating audiences. Furthermore, without a proper understanding of the substance behind the words, the adaptation still risks falling flat.

Other adaptations, however, take full advantage of their modern status and visual medium and reinvent the story, Kwist said. He cited the film of *Children of Men* as an example, describing it as totally different from the novel, but staying true to the story's themes. In a similar vein, he mentioned the film adaptations of *American Psycho* as a skilled adaptation and *Silence of the Lambs* as a much tighter movie despite their necessary omissions of aspects from their book counterparts. Furthermore, as Escott pointed out, a more deliberately loose interpretation of the original text can allow for greater diversity than might be allowed otherwise. "As a black woman who teaches Shakespeare," Escott said, "I want filmmakers to know that anyone could have talent."

As with following the text beat-for-beat, this can't be done effectively without an understanding of the context and substance of the work itself. Kwist said that Kenneth Branagh's *Frankenstein* did not work, due to focusing too much on gory and graphic "big splash scenes," when the book itself is much more philosophical. However, in the hands of a filmmaker who truly understands the original book, it's possible for a film of a classic book to both make the classic stories accessible to modern audiences, *and* to innovate in a way that takes full advantage of the film medium.

"People compare the movies to the books," Hersey said, "when it's really unfair." The books and films are separate entities, and while a poor adaptation risks watering down a classic work's substance or alienating the audience, a good adaptation can not only keep an old story alive, but allow it to thrive anew.

★ MISSING ★ MEDIA



Story, Design and Graphics by
Abigail Mohler, Editor-In-Chief

REWARD IF FOUND

The world of media ebbs and flows, intending to keep content that brings in the most profit or draws in the largest number of subscribers. It is a game that companies play for their benefit, which often leads to decisions that harm the customer in the long term. However, this is the world of business, and it is ever-growing.

Throughout the streaming or gaming business, content comes and goes. Curt Hersey, associate professor of communication; filmmaking and cinematic arts at Berry College, discussed the history and process that these companies go through.

“These companies are becoming larger and larger to where they do not care if they make a profit, such as Amazon,” Hersey said. “They become competition, and other companies want out of the media content business. That is what is happening with AT&T. That is why they are selling HBO Max to Discovery.”

Discovery used to be known for its educational content, but, in recent years, they have been known for reality television since it is cheaper and faster to create. HBO has always been known as a prestige business with high-quality content, which is why their motto has been, “It’s not TV, it’s HBO.” However, as these two vastly different companies merge, they must decide what content to keep and what to remove.

Combining reality television with high-quality television is an odd combination. Things such as *Batwoman*, which has already been filmed, may never see the light of day. Other content, including animated content that was already available on public streaming platforms, is being removed entirely. Hersey referred to this loss of content as orphaned media, which is content that had previously been on a certain platform but no longer exists in any context since it is not valuable enough to keep. Lost media is the umbrella term that encapsulates orphaned media and media that is missing or is no longer available to the public. Disney’s vault is a great example of lost media because it is full of media that, although not missing, has been removed from the public for a certain amount of time. Many streaming sites use this technique to keep subscribers without having to constantly make new content. This process is what HBO and Discovery must engage in now that the merge has shaken things up.

While the world of streaming has content that is constantly being circulated, certain things are removed and never seen again.

“Over half of the movies made since the 1930s don’t exist,” Hersey said.

Many of the first films were made on nitrate reels which easily burst into flames. These are now kept in abandoned salt mines but will most likely never be brought back out. As the digital world grows and streaming emerges, old media such as the use of VHS, DVD, and even Blu-ray Disc are no longer as common. Many companies did not think it was worth the effort to turn these into digital downloads, therefore surrendering them as lost media. Companies like Disney have old content that did not age well, with racist remarks and other inappropriate subjects that were also surrendered. These titles include things such as *Cry Baby Lane*, a Nickelodeon horror TV show from the 2000s.

In the digital world we live in now, where content is exclusively released digitally, the only way to consume certain media is through streaming. If content is removed from streaming platforms, it is lost forever. While we may understand why some content will never be seen again, there are still niche audiences who would give anything to retrieve lost media. There is an audience for virtually every form of media, and they suffer more than the company does when it is taken away. Will Herrington, a senior business major, is concerned about access to games.

“[Companies should] make content more available, Microsoft is the only platform doing this,” Herrington said. “All of their games are able to be played on all systems both physically and digitally.”

In his free time, Herrington enjoys playing video games. The concept of lost media is not only known to film and television consumers but also to video gamers, and it is a hot topic right now as Nintendo is making changes to older platforms.

Nintendo recently announced that they are closing the Wii U and 3DS eShops, the virtual stores of the respected platforms. This means that any content that is not a physical copy will be inaccessible starting in March of 2023. But that is the world of video games.

“Video game systems have an end of life,” Hersey said.

In a more positive light gaming companies typically use the backward compatibility concept. Once a game is downloaded it is on that device forever, even after the virtual store has closed and it can’t be downloaded anymore. However, this is where a larger fear for fans comes in- what happens when we cannot access things that we have already purchased? But for now, this is not a problem. Therefore, people can sell old iPhones for high prices solely to be able to play *Flappy Bird*, a mobile game that blew up in popularity in the mid 2010s. The same could be said about old video game consoles with lost games on them. Russell Hendley, a Senior Filmmaking major, expressed his concern on the subject with the Nintendo 3DS.

“The 3DS is very unique for its double screens,” Hendley said. “It makes the games very difficult to port to other consoles, so it’s nearly impossible to play these games ever again unless you can track down a whole system with the games preinstalled.”

This also affects the second-hand video game market, as older games become substantially overpriced. Luckily, physical copies cannot easily become lost media.

Overall, lost media is a real concern in this digital age for certain niche audiences. Whether it is someone wanting to play *Flappy Bird* or watch *Cry Baby Lane*, many consumers are willing to pay large amounts of money or pirate certain media to be able to revel in media that others cannot. While these may sound like drastic measures, fans of media are certainly dedicated to their hobbies. Many fans, such as Herrington and Hendley, believe it is better to buy physical copies whenever possible because of their permanence. Both Herrington and Hendley also agreed that consumers do not benefit from lost media and that both streaming services and video game companies should make all content available for everyone.

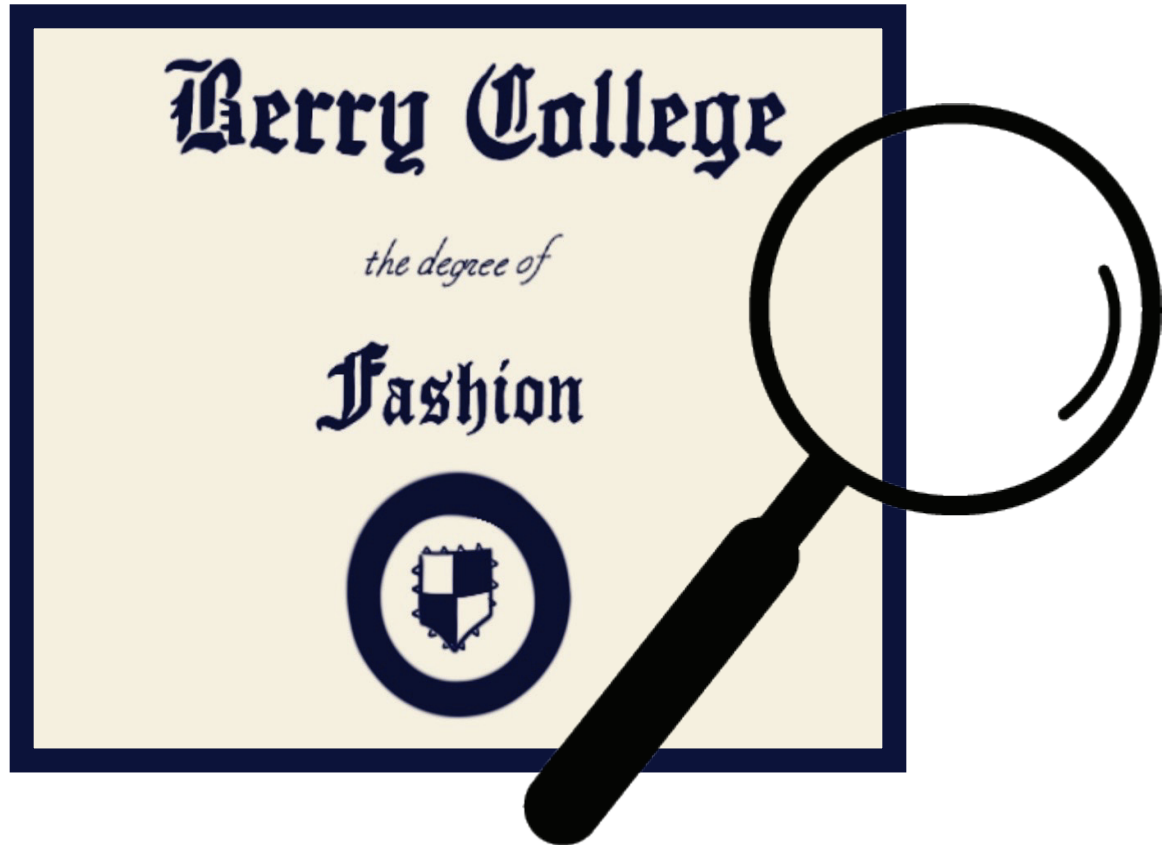
FASHIONABLE FACULTY

A HUNT FOR THE BEST
DRESSED PROFESSOR

Story by Audrey Bennett, Asst. Style Editor

Photos by Ben Bykowski, Photographer; Aurora Hampton, Photographer; Grace Segars, Photographer

Graphics by Alyssa Abrams, Graphics Editor; Abigail Mohler, Editor-In-Chief

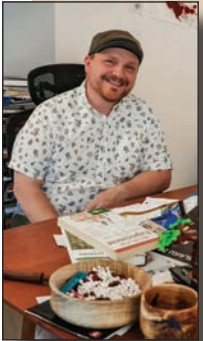


Willoughby, Hope



Hope Willoughby, lecturer of communication and assistant director of forensics, defines her style as a modern twist on classic professional attire. “The way I dress right now I would say is smart casual,” she said. “I don’t like to dress too formally or professionally. I always look for some kind of playful element to toss in, whether that’s a graphic tee or ripped jeans with something that’s professional. It’s just something that brings it down from that level of business professional to make it feel more like me.” Willoughby knows how overwhelming it can be to maintain individual style, and she gives advice to students who want to home in on their aesthetic. “I created an inspiration board, and I have it saved on Instagram,” she said. “When I like someone’s style, I save that to one of my collections on Instagram, and it allows you to envision what your overall aesthetic is.” In all, Willoughby views clothes as a medium for expression, but also as something that is welcoming to all who interact with her. “While I want what I wear to be an expression of my identity, it is not my entire identity,” she said. “I think one advantage to how I try to dress is that in trying to appear more approachable, I want to invite people into actually talk to me and not just make assumptions about me based on how they see me dress.”

Delzer, Matt



Matt Delzer, lecturer of communication and director of forensics, finds humor in his students’ praise of his style. “I think it’s funny when students compliment my outfits,” he said. “Students keep a running tally of what all of my shirts are and if I’ve worn them before.” Perhaps Delzer’s most iconic fashion choice is his hat. “I can’t walk into a class without a hat on. One time I walked into class without one of my hats on, and the class freaked out so much that I had to go back up to my office and get the hat,” he said. “I have a long foyer in my house, and they’re literally just lining the walls. I’ve got probably twenty or so right now.” Delzer describes his style as something not to be taken too seriously, and he keeps his students in the forefront of his mind when it comes to his dress. “I mostly will go into a store and look for the most ridiculous thing I can find, and then I just go for that,” he said. “One thing that I’ve found is that I mostly teach speech classes where everyone is terrified, and by creating a more relaxed persona in front of the room, that’s a small way to make a more inviting environment.”

Papazian, Michael

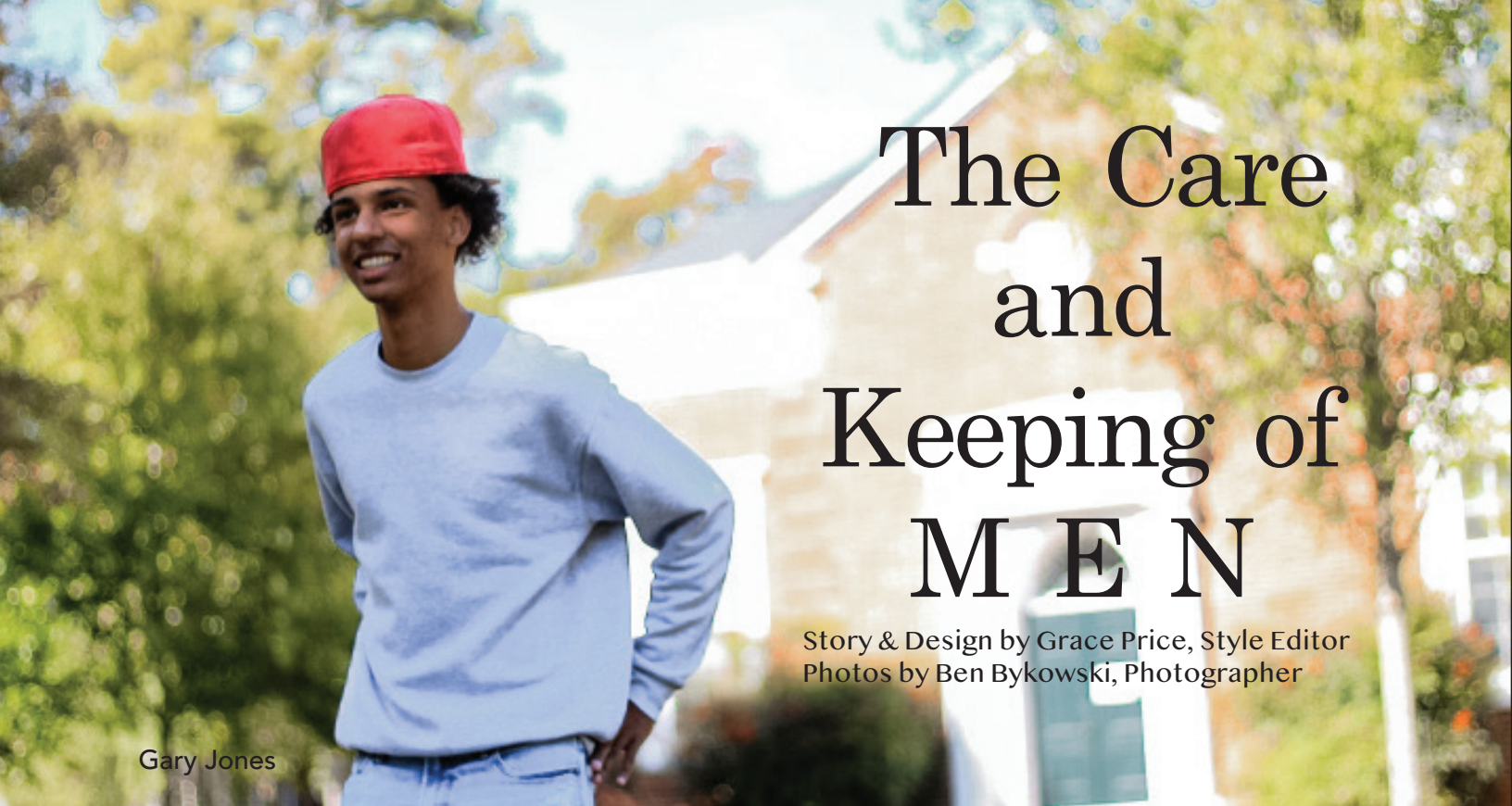


Michael Papazian, professor of religion and philosophy, is quite humble when it comes to his academic style. “Sometimes I’m surprised when students make comments because I don’t really think of myself as being a good dresser,” he said. Papazian forms his fashion choices around comfort for both him and his students. “I prefer not to wear a tie if I don’t have to because it’s too confining, especially when I’m in class,” he said. “I kind of move around a lot, and I like to be free. I tend to wear open collars and sweaters, really anything that’s comfortable to wear. I don’t want to be too formal because I might be less approachable, so that’s my basic philosophy.” This idea comes through in perhaps one of Professor Papazian’s more recognizable sartorial choices: his sweaters. “I think part of it is that I’m originally from the north, so I have a lot of sweaters just because sweater weather is much longer than here,” he said. “When I first came down here, I kind of missed that I couldn’t wear sweaters as much. When it does get a little bit cooler, I like to break them out.” In all, Papazian values a polished look. “I don’t mean to be superficial, but I do think that the way people present themselves is important, so I do try to be mindful of the way I dress,” he said. “I don’t spend too much money on it, but I like to look professional.”

Field-Springer, Kimberly



Kimberly Field-Springer, associate professor of communication, describes her style as incredibly versatile. “I don’t like to fit in a box,” she said. “There are days when I want to be able to wear business professional, but I’ve also gone to class and taught in my workout clothes. I want to be able to wear what I need to wear to get whatever it is that I want to get done.” Aside from functionality, Field-Springer views her style as a form of self-expression. “I feel like your dress is like how you want to brand yourself,” she said. “For me, I have so many facets to my identity. I’m a mom, I’m a teacher, I’m a health nut, I’m a scholar and I like to be creative.” She also offers advice to students about how to navigate their style and follow her example of individuality. “I think the big thing is to figure out who you are and wear what makes you comfortable, because when you’re comfortable, that’s when your own self-worth and value comes out,” Field-Springer said. Although Professor Field-Springer enjoys self-expression through her clothes, she makes it clear that fashion is not what defines her. “Not only do I dress well, but the CDC has cited some of my work, the World Health Organization has cited my work, my most recent article is in Health Communication on the #MeToo movement, I have a doctorate, and I went to school for ten years” she said. “My best accessory is my brain.”



The Care and Keeping of MEN

Story & Design by Grace Price, Style Editor
Photos by Ben Bykowski, Photographer

Gary Jones

There is no true horror like knowing a man who uses five in one shampoo. You walk down the mens beauty aisles, hoping that no one still buys the 20 ounces bottles on either side of you that give you flashbacks of middle school. You shudder at the thought and cry out when you realize someone you befriended still uses the infamous bottle of five in one.

Thankfully, the men at Berry have refuted this stereotype. These men take care of their hair and beards with specific products and practices tailored to their specific needs. These men take care of their hair for two reasons; to make themselves happy and to look good. So, what do they have to say about men's hair?

Sophomore Owen Vinson had a hair awakening his senior year of high school. After having his hair styled at Elvis' Barbershop in Murfreesboro, Tennessee, Vinson learned how to maintain his hair and what products he needs to use. Vinson was introduced to his now secret weapon: matte wax. To style his hair, Vinson explains that he "combs it back greaser-style", adds the wax, and then messes his hair up with a towel.

"I like the volume," he explained, "and I like having my hair messy."

Junior Gary Jones adjusts his hair routine depending on the day. For a typical day, he likes to brush his hair in the shower, put in conditioner, and scrunch his hair with a towel. Jones explained that his hairstyle came about

through trial and error, but he was inspired by the likes of Lenny Kravitz and Bruno Mars when it came to perfecting his look.

"Kelly Oubre inspired me when I dyed my hair," he said.

Both the basketball star and Jones have curly hair with undercuts, and Jones is currently growing out the blonde in his hair. Jones also explained that when he was younger, he learned how to style his hair from his uncle.

"My uncle owns a salon off the beltline in Atlanta, and he recommended products to me," Jones said.

Beyond styling, Jones wears ball caps almost every day for one simple reason: "I just like the way they look."

Jones owns multiple flat bill ball caps and keeps them on rotation depending on which one of his teams he wants to support, and what he is wearing that day. Jones buys hats everywhere he goes and doesn't have a screening process for whether he will add a hat to his collection.

"I buy them when they look cool," Jones said.

Out of his collection, Jones does have a few favorite hats. His two favorites are his Atlanta Braves hat, and his black and metallic Chicago hat. He also favors the black hats from his clothing brand "Melanin."

Like Jones, Senior Reed Couch has a large collection of ball caps that he wears every day. Because Couch grew up playing baseball, he's always worn ball caps. Now as a senior in college, Couch owns 40 ball caps, and wears them simply because they are a good look for him.



Reagan Miller



Reed Couch

Owen Vinson

“I’ve had a lot of people compliment me on them,” Couch said. “I think if people give you compliments on something and you don’t take them and at least expand on it and use it in your own style, then you’re kind of screwing yourself over.”

Besides baseball caps, Couch owns eight baker boy caps. Reminiscent of the Roaring 20’s, these hats are a more polished and formal option for Couch and other ball cap fans.

Even though his hat collection is extensive, Couch likes keeping his hair routine on the simpler side. He combs through his hair with his fingers and adds gel when he wants a more formal look.

“I think if people give you compliments on something and you don’t take them and at least expand on it and use it in your own style, then you’re kind of screwing yourself over.”

- Reed Couch

Despite this, Couch has many pertinent opinions on current hair trends, and what trends need to stay in the past.

“The mullet trend is very unfortunate,” Couch said. “I can’t stand that the mullet is back.”

Even though Couch dislikes the mullet, there are a few current trends that he does approve of. Couch has seen a lot of fades and undercuts trending for young men. This haircut, which Couch has dubbed “The Peak Blinders” is an edgier take on the military high and tight. This style, traditionally worn by petty criminals in the U.K. and Australia post WWI, is being made popular partly by the BBC show “Peak Blinders.”





“It’s a trend that was popular back in the day, and a lot of people are trying to expand their own style and go back to things that were trendy.”
- Reed Couch



“A thicker, darker beard is correlated with higher levels of testosterone, and in turn, more masculine traits. I don’t think it makes you more manly, but it can make you seem to be more manly.”
- Reagan Miller

Besides mullets and revamped high and tights, Couch has noticed other trends with historical roots that are showing up today. One of these is the “Top Gun Mustache”, worn by Miles Teller in the movie “Top Gun: Maverick.”

“It’s a trend that was popular back in the day,” Couch explains, “and a lot of people are trying to expand their own style and go back to things that were trendy.”

Sophomore Reagan Miller, a beard and mustache man, agrees with Couch.

“Staches are really back in high order,” Miller said, “and I honestly don’t know why.” Miller takes beard care seriously, and his routine starts with using a straight razor to shave and a beard shampoo.

“I put beard oil in it, brush it with a beard brush, and then put beard balm in it so it keeps its shape.” Miller said.

Miller isn’t sure what facial hair trend will appear next; however, he does think that beards will change as people’s perception of themselves change.

“People with longer beards are often focused on coming off more manly,” Miller said. “A thicker, darker beard is correlated with higher levels of testosterone, and in turn, more masculine traits. I don’t think it makes you more manly, but it can make you seem to be more manly.”

All things considered, the care and the keeping of men’s hair requires more than a generic bottle of five in one. The more nuanced the routine and the more specialized the products, the better the result. Good hair and beards and hats can make or break someone’s style and someone’s confidence, and these men use their hair to express themselves and look their best.





How to Dress Like a Viking

Story, Design & Makeup by Grace Price, Style Editor
Photos by Ben Bykowski, Photographer
Graphics by Alyssa Abrams, Graphics Editor

Davis Lial, Freshman

For most of Berry's existence, our mascot has been Victor the Viking. From horned helmets to Victor's face on t-shirts, Berry students do their best to show their support for their fellow Vikings. At our home sports games, Berry's stands are filled with blue and silver. But to no one's surprise, active-wear and plastic helmets aren't historically accurate. So, is there a way that one can enter Valhalla Stadium and truly dress like a Viking?

For some background, the term "Vikings" is the modern name for sea-faring people from Scandinavia. These people were active in trading and piracy from 750 to 1100 A.D. The Vikings were known for their brutality. They'd take money, cattle, and food from the settlements they destroyed. Unlike most armies of the time, Vikings traveled by boat. According to the conversation, this allowed them to take their enemies by surprise because they had the ability to attack from beaches and riverbanks.

Unlike their stereotype, Vikings were rather refined, and took their personal hygiene and appearance seriously. This was criticized by Anglo-Saxons and Christians alike, who claimed that their behavior was vain and objectional. As explained by the World History Encyclopedia, the Vikings had a daily personal hygiene regimen and set aside Saturday for bathing and washing clothes. On top of this, every single Viking carried a comb. Whether made from bone, antler, ivory, or wood, they were used many times a day and kept in special cases in their pockets and purses.

When it comes to clothing, World History Encyclopedia explains that most Vikings wore items made of wool, linen, and animal hides. Those that could afford it even wore silks. Women would wear a smock, covered by a strap dress and a cloak. These dresses would be adorned with animal fur, broaches, and beading. Men wore tunics and trousers, with a cloak tied over their dominant arm. Jewelry was also important to the Vikings, with the wealthy wearing pieces made of silver, gold, gemstones, and polished glass. Lower class Vikings wore jewelry made of non-precious metals like tin, lead, iron, and copper. Their shoes were made of animal hide or leather. In battle, Viking warriors and shield maidens would wear shirts made of mail or leather, as well as iron helmets, a bladed weapon, and a shield.



In Viking culture, it was typical for men and women to wear makeup. The most popular product was kohl, a dark-colored powder eyeliner. This was made many ways, some of which using burnt almonds, lead, oxidized copper, ash, and ochre. The eyeliner was meant to protect the eyes from the sun while giving them an intimidating look in battle. Arab traveler Ibrahim Al-Tartushi, who wrote about the Vikings at Hedeby in 950AD explained, "There is also an artificial make-up for the eyes, when they use it beauty never fades, on the contrary it increases in men and women as well."

There are many proposed reasons for why Vikings took their personal appearance so seriously. The most popular theory is that because these people never knew when they could die, they wanted to look their best so they would not be ashamed in the presence of their gods and ancestors when they passed. When Vikings heroes died, they were expected to go to Valhalla, still wearing the same weapons and armor. According to World History Encyclopedia, a soul's appearance had "cosmic significance in maintaining order". It was supposed that if this cosmic order was maintained, it would delay the coming of Ragnarök, the Viking apocalypse.

From their cleanliness to their makeup, the Vikings are ancient fashion icons. Not only is this reflected in movies and TV shows about Vikings, but also in the costumes and mascots we see in the Western world today.

As a Berry Viking, it might not be convenient to wear a linen tunic or dress when at The Cage Center or Valhalla Stadium. However, donning some black eyeliner before a ballgame is a simple and effective way to reflect the people our mascot is named after.



THE LIPSTICK EFFECT

Story by Grace Price, Style Editor
Design by Grace Price and Abigail Mohler, Editor-in-Chief



“Yesterday, December 7, 1941—a date which will live in infamy—the United States of America was suddenly and deliberately attacked by the naval and air forces of the Empire of Japan.”

These words spoken by President Franklin D. Roosevelt marked the beginning of a new era for the United States. The nation was mourning, suffering from the effects of the Depression, and now thrust into a war overnight.

This era in American history molded the “Greatest Generation.” These people rose up and protected their freedom and their fellow man from threats abroad. Their strength was unmatched, and their sacrifices are still remembered today.

Because most able-bodied men were drafted and fighting on a different continent, women were expected to step up and take over the jobs that these men were forced to leave. American women were stepping into the workforce and learning to keep the home front afloat.

Because of the need for workers, the U.S. government started advertising campaigns to promote women joining the workforce. The most famous of these campaigns were the images of “Rosie the Riveter” proudly flexing her arms in support of her country, and proclaiming, “We Can Do It!” In these recruitment posters, America saw dolled up women working in factories and joining the military with smiling faces. These women all sported full faces of makeup, with prominent, bright lipstick. There are many reasons for why this phenomenon and its effects occurred, but now it is referred to as “The Lipstick Effect”

According to economist Adam Hayes, “The lipstick effect describes the observation that consumers will still tend to buy small luxury items even during an economic downturn (Hayes).” For the women of the 40s, lipstick was an item of comfort. Christy Snider, associate professor of history, explained that these “relatively inexpensive items made you remember better times.”

Snider elaborated on this idea, and how lipstick symbolized both femininity and progress. First, during this time in history, “there was a big fear that women who do these types of jobs might lose their femininity.” To combat this, the “We Can Do It” posters that were famous during the era showed women with a full face of makeup and perfect hair. They were doing masculine jobs but still looked traditionally feminine. Also, using spokeswomen that were objectively beautiful helped convince women that they could do the jobs that America’s men had left behind.

In the paper “Making Up for War: Sexuality and Citizenship in Wartime Culture”, author Page Dougherty Delano delves into the idea of the progressive woman and her makeup. She writes, “Cosmetics were not only a widespread practice of American women but also of use in displaying the “modern” woman internationally.” Makeup was self-expression in an affordable feminine form. It symbolized women changing and growing during that tumultuous time. Delano added with, “Nevertheless, brazenness, impudence and courage require embodiment, and the evidence of such agency in memoirs and fiction indicates that makeup was a sign of an intensified sense of self during World War II.” Throughout the war, lipstick was a symbol of feminine courage and reminder of progress.

Another reason that lipstick sales soared was because red lipstick was considered patriotic. Just days after the attacks at Pearl Harbor, New York Times fashion writer Kiley Taylor wrote, “This Christmas of all Christmases you will want to look your prettiest. Your mouth will be a bright inviting flash of color if you choose the right lipstick. Experts tell you to choose one that is strong and red.” This advice was truly heeded, as reflected in the sheer amount of 40’s that features a woman with red lipstick.

In the book “Helmets and Lipstick,” WWII Nurse Ruth Haskell writes, “A fresh application of makeup, my helmet at a jaunty angle, and I was ready for anything.” Lipstick was a source of strength for the women of the time. Pretty women were patriotic women and patriotic women were strong women.

Even now, when the U.S. is facing a recession, we can see the Lipstick Effect in action. According to Statista.com, makeup sales dramatically increased during the COVID-19 pandemic. For example, magnetic lash liner sales went up 1000%, cream bronzer sales went up 118.8%, and the soap for the “Soap Brow” trend went up 50.6%.

In times of hardship, as Hayes eluded, small comforts can have the biggest impact. Whether it’s a war, a pandemic, or even finals week, a touch of lipstick can make a world of difference.



FOUNDING

to NOW

A HISTORY OF BERRY'S STUDENT STYLE

Story by Audrey Bennett, Asst. Style Editor
Photos Courtesy of Berry College Archives
and by Ashley Moreno, Photographer



The men's uniform remained the same, while the women's skirts were shortened to knee-length instead of ankle-length. However, men had some freedom with their dress when participated in sporting events. They often wore overalls, sweaters with collars underneath, crewnecks, tank tops and shorts.

1940s



Students no longer had to abide by a dress code, so they were met with a lot more freedom in terms of their style. Women typically wore light colored collared dresses, some of which featured patterns like polka dots, plaid and floral. In terms of outer wear, many women wore sweaters and jackets over their dresses. Smaller pieces included pearls, high socks and tennis shoes. Men usually wore button up shirts or t-shirts with pullover sweaters and dress pants. Denim and bomber jackets were also popular, and even though the dress code was no longer required, some men still chose to wear suits.

1960s

1902 - 1939

When Berry College was founded in 1902, there was a strict dress code. At the time, the school was only available to men. They wore a simple uniform consisting of a white dress shirt, a black blazer and pants, a tie and black dress shoes. Women were admitted to the school in 1909, and their uniform consisted of a white collared shirt, a black blazer, an ankle-length black skirt, black tights and black shoes. These uniforms remained static until the 1940s.



1950s

Berry students still had a dress code, but it looked different than past years. Women wore light colored collared dresses and black shoes, while men had a few more options. They could wear overalls, or they could wear collared shirts or sweaters with dress pants.



This decade gave women even more freedom as they were prominently wearing denim pants and shorts. Throughout this decade, sweaters, t-shirts, tennis shoes and skirts remained popular. Dresses, on the other hand, declined in popularity among female students. Men continued wearing t-shirts and button ups. There is also a noticeable rise in denim jackets, hoodies, baseball caps, thick rimmed glasses, wide collared shirts and chains. One can also see an increase in the display of clothing brands among male students, a major example being Lacoste. Kathryn Nobles, adjunct instructor of music, is a Berry College alumnus. She joined the faculty in 1986 and is still able to recall the details pertaining to Berry students' style, something that she feels is cyclical.

"We wore jeans, we wore t-shirts, and we wore sweat-shirts. There were also bell bottoms and big belts in the late 70s and early 80s," she said. "It just keeps coming back around."



Not much changed from the 1990s to the 2000s, in terms of students' style. Women continued to wear tank tops, bigger jeans, t-shirts, athletic wear, sweaters and overalls. Many female students also wore small chain necklaces and wide headbands. Popular brands displayed included Abercrombie and Old Navy. Men were fond of argyle sweaters, t-shirts, athletic wear, wide pants, hoodies, pajamas and especially Hawaiian shirts. The most noticeable display of branding in men's fashion during this era was Nike.



1980s

2000s

1970s

Female students' fashion took a significant turn with the popularity of pants as opposed to an overwhelming majority of dresses and skirts in the past. T-shirts, paisley and floral collared shirts, short collared dresses and plaid skirts were mainstream as well. Men's dress was casual, featuring t-shirts, rugby shirts, jackets, turtlenecks, dress pants, wide leg pants, denim and cable-knit sweaters.



1990s

Female students in the 1990s began to dress in a more masculine manner. For instance, long shorts, big t-shirts and graphic tees, crewnecks and baseball caps rose and popularity. High waisted jeans, turtlenecks, small tank tops, belts, and overalls made several appearances as well. Men typically wore rugby shirts, sweaters with eccentric patterns, plaid button ups, t-shirts and jeans.



Now

Current student style at Berry can be described as wildly individual. Now, every student boasts a unique perspective on fashion. Sandra Meek, dana professor of English and creative writing, began working at Berry in 1996 and reflects on the way students' style has shifted.

"Berry, as a whole, is still conservative in their dress, but there is a lot more individuality now." In all, Berry's student population has travelled through a wide range of styles and have arrived at a time of originality and self-expression.

TAKING FASHION TO THE MAX

Story by Audrey Bennett, Asst. Style Editor

Photos by Aurora Hampton, Photographer; Ashley Moreno, Photographer

Maximalist fashion has become extremely prevalent in today's society. Whether it be a star-studded movie premier or a high-end gala, larger than life fashion is sure to be present. The word maximalism is often perceived as dealing with substantial size, but in fashion, that isn't always the case. While clothes can have large silhouettes, they can also be maximalist in terms of mixing crazy patterns or using bright colors. In short, maximalism in fashion is the opposite of minimalism in fashion, where the cut is simple, patterns are scarce, and the colors stand on their own. The fashion industry hosts several labels that bring maximalism to the forefront of their designs like Schiaparelli and Iris Van Herpen, whose over the top creations have taken the red carpet by storm. But the red carpet isn't the only place where maximalist fashion thrives. In fact, Berry's campus is home to unique stylists of its very own.

Junior, Myles Mason, finds maximalist fashion as a way to express himself.

"My style is very different because I have a lot of



Junior Myles Mason shows off his creativity.

different moods and personalities for myself," Mason said.

In terms of his own unique style, Mason finds maximalism in specific genres and colors.

"I really love a fancy kind of look," he said, "The indie vintage look with a pop of color is more my style."

The maximalist fashion bug hasn't bitten just the students of Berry, but the faculty as well. Alice Bristow, associate professor of theatre, finds the fun in maximalism.

"Everything is heightened, and it's almost a costume," she said.

Maximalism is all about the entertainment factor, but it can be quite technical as well. Zane Cochran, clinical assistant professor of creative technologies, puts a remarkable spin on maximalist fashion by incorporating technology in the form of LED lights. He calls it the PIXI Project.

"It is a series of dresses, but it is based around this concept that we can embed technology into clothing that allows us to express ourselves in ways that have never been previously explored," Cochran said.

Like Mason, Cochran views fashion as a form of self-expression.

"The PIXI project was about the idea of creating an article of clothing that can be completely customized for every changing moment of the day based on the wearer's inclinations, their attitudes, and their feelings in that moment," he said.

Fashion, especially maximalist fashion, can come from anywhere. Designers and wearers alike draw inspiration from a variety of subjects. For Mason, inspiration for his daring outfits comes from pop culture figures. "I love Dua Lipa," he said,

"I love her aesthetic, her looks, and her high sense of fashion. She has so much fun with it. I love that she can find her confidence in everything. I would say the same thing for Bella Hadid."

Professor Cochran takes a different approach to inspiration.

"Interestingly enough, a lot of my inspiration for the fashion that I've worked on has not been from fashion designers," he said, "It's actually been from interactive art installations. I did some work in Seoul, Korea where I was

able to interact with these outdoor interactive installations and the way people were able to immerse themselves into them. I came away thinking, 'That's cool, but what if I could wear that?'"

Cochran values the insight of others as well.

"I see the world in one way, but innovation is based on bringing in people who have lots of different ideas," he said, "I've been empowered by looking at the interests that some of my students have and the designs that they've worked on."

It is clear that maximalism can stem from both people and objects, but it can also result from circumstances.

"Fashion is an art, and artists express a reaction to what's going on in the world," Bristow said, "If you look at the 1940s, we had consumption laws about how much fabric you could use, so the ladies' dresses were slimmer. You couldn't use more than four yards in either a suit or a dress. Then after the war, what happens with the 1950s is that the new look is big skirts."

Maximalist fashion can be fun, but it is not without its shortcomings. People often view these clothes as too over the top or unnecessary, making it complicated at times for both designers and individuals who consider themselves maximalists. Mason and Cochran have each had their fair share of difficulties when it comes to the unique qualities of their clothes.

"At home when I tried to experiment, it was really difficult because I would always get strange looks from people, and my friends would ask me why I was dressing like this. It felt like the whole world was telling me that I didn't belong," Mason said.

Like Mason, Cochran has also faced judgement from the rest of the world, and he chooses to view it as an opportunity for growth.

"At the end of the day, if I create things that are universally accepted, oftentimes I look at it as maybe I've not pushed it far enough," he said, "I think it's okay to put others' concerns in context. There can be value that's derived from that. I think that criticism and critique should always be borne in the sense that how do we improve and innovate?"

Even though, there are some that look down on maximalism, Bristow feels that the trend is here to stay.

"If you look at the 1400s, 1500s, 1600s, and 1700s, it's all very decorative," she said, "Then you get to the early 1800s and it's not decorative, but then you get to the later 1800s and it's very decorative again. Then you get to the early 1900s, and it's not. It just comes in waves. It's not really anything new."

Facing judgement from the rest of the world as a result of maximalist fashion is a very real issue, but it



Zane Cochran's PIXI Project shines.

seems to do more good than harm in the sense that it acts as a creative outlet and fosters confidence. Still, it can be scary to step out of one's comfort zone and into the maximalist fashion world.

"You don't have to feel bad for looking good and feeling good," Mason said, "Embrace how good you feel. Embrace how powerful fashion can make you feel." Bristow shared similar sentiments.

"Just go for it," she said, "Don't be afraid of fashion."

Professor Cochran offered encouragement as well.

"I think to some extent, students need to embrace the uniqueness they can bring to the field," he said, "If they fail, take that as an opportunity to fail forward. It's only through those repeated failures that they're going to find success."

Trying out maximalist fashion is certainly intimidating, but what better place to try it out than Berry. Mason said it best.

"When I came to Berry, I met amazing people," he said, "I can put on these outfits and these big makeup looks and walk the streets, and everyone looks at me, smiles, and compliments me. It's been life changing to be able to explore this part of myself at Berry, and I will always be grateful."

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LETTER FROM THE EDITORS

Maybe you feel like an eagle, wild and free, or you are climbing up a treacherous mountain just waiting for the view at the top. Whether you are trying to stay afloat in a raging river of assignments or you are chasing the sunset with your closest friends, we are all surviving the adventure that is college. As you read this issue that we put so much heart into, we hope that you can sit back, breathe in the moment and enjoy the adventure written within.

Our hope is that in the future, the pages of this magazine will bring back to life this part of your own adventure. It will flood your mind with all of the mountain-top feelings and free-as-an-eagle moments. Our challenge to you, dear reader, is that adventure is out there, go and chase it.

We want to thank our wonderful staff for working so diligently and our readers who inspire us in our work. Thank you, happy reading!

ABIGAIL MOHLER, EDITOR-IN-CHIEF

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