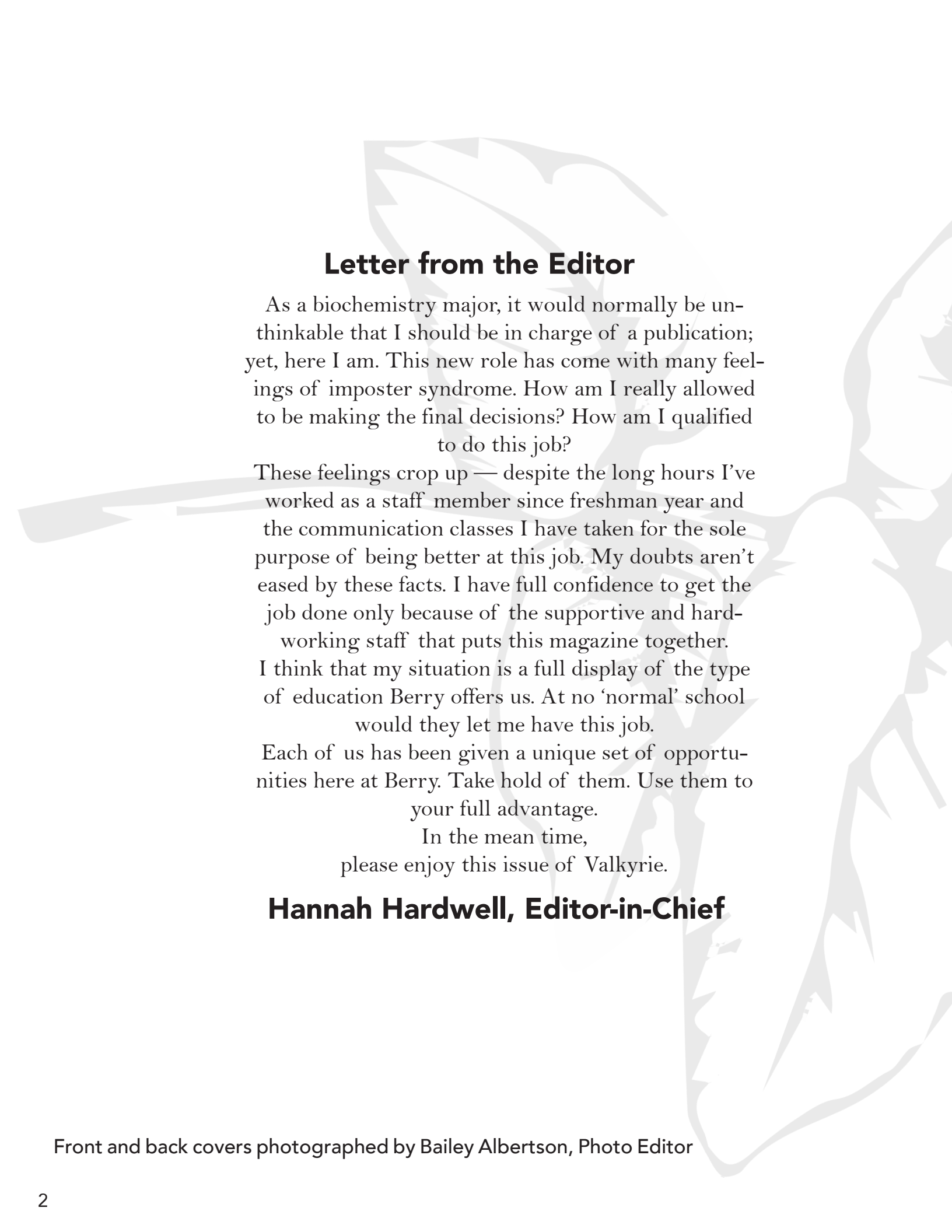




valkyrie

magazine 

**FALL ISSUE
2018**



Letter from the Editor

As a biochemistry major, it would normally be unthinkable that I should be in charge of a publication; yet, here I am. This new role has come with many feelings of imposter syndrome. How am I really allowed to be making the final decisions? How am I qualified to do this job?

These feelings crop up — despite the long hours I've worked as a staff member since freshman year and the communication classes I have taken for the sole purpose of being better at this job. My doubts aren't eased by these facts. I have full confidence to get the job done only because of the supportive and hard-working staff that puts this magazine together. I think that my situation is a full display of the type of education Berry offers us. At no 'normal' school would they let me have this job.

Each of us has been given a unique set of opportunities here at Berry. Take hold of them. Use them to your full advantage.

In the mean time,
please enjoy this issue of Valkyrie.

Hannah Hardwell, Editor-in-Chief

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WHAT'S THE BUZZ ?

The national decline of the bee population has impacted Berry College Student Enterprises.



Photos by Bailey Albertson, Photo Editor

The Berry College student work program provides students with many opportunities for hands-on experience. Berry College Student Enterprises gives student workers the chance to make their own products that Berry can sell to other students and the community. One of Student Enterprises' most popular products is the honey produced by the Berry Bees.

The Berry Bees is a branch of the Berry Farms and has its own hives here on campus. When the flowers start to bloom, the bees pollinate and produce honey that is sold by Student Enterprises later in the summer. This honey is considered as popular as every other product sold by Student Enterprises and sells out relatively quickly. According to staff co-manager Milton Chambers, the limited quantity of honey produced each summer and its own popularity causes the product to sell out very quickly.

However, this past year, the national decline of the bee population has resulted in lower honey production by many bee populations, including the Berry Bees. Last year, this program was just one of the many enterprises that suffered from this decimation. At Berry, the enterprise lost all of their bees and hives during the winter, which delayed their honey production until halfway through the season. Experts are still trying to figure out what has caused this nationwide reduction, and many beekeepers have their own ideas about what could have led to this downturn.

"We've had a couple isolated cases of bees just leaving the hive, which is what's typically known as colony collapse, where the hive just disappears out of nowhere. Our biggest issue has been with this species of beetle, called Small Hive Beetle," said Shelby Koch, Berry Bees general manager.

Koch also expressed her belief that there was no single cause for this decimation. "You hear a lot of talk about colony collapse, but in reality, I think, the issues that bees are facing right now is much more multi-faceted than that," she said. "It's not just this one isolated

colony collapse. In my mind, it's more of a symptom than anything else of a larger problem."

Koch said the Berry Bees have mainly struggled with parasites, causing her team to build a new hive site. However, Koch also believes that bees have been affected by fungi, monocrop agriculture and climate change.

The effect of this problem is not limited to Student Enterprises. Since bees play a vital role in pollination, Berry's campus overall has been impacted by the issue. "If there's no bees to pollinate plants, we're not going to have any food. So, it affects everybody,

not just Student Enterprises," said Chambers.

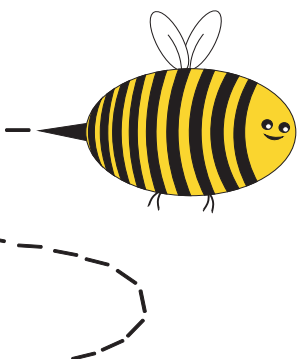
"You definitely saw an impact. It used to be my freshman year, when I first started, you would walk through Kilpatrick Commons, you would walk through campus and you would see our bees...And then once we lost them, you didn't see them on campus anymore, in what is a significant

decline in pollinator activity, which is going to have an impact on our flower and plants," Koch said.

The Berry Bees are very important to both Student Enterprises and the opportunities this program brings students, as well as the wellbeing of the campus's ecosystem. Despite this blow that Student Enterprises and the Berry Bees student work team have experienced, this program continues to be a rewarding learning opportunity for Berry students.

"Sometimes nature takes its course and we lose all of our hives, and I have no control over that. But even in a situation where we might not turn a profit, or we might be close to turning a profit, the students are still getting real-world experience on what happens when you try to run your own business," Chambers said.

Moreover, the Berry Bees provide a great source for improving the quality of Berry's campus overall. "While it hasn't been one of our primary goals, I do strongly believe that having [the bees] on campus is beneficial to our campus ecosystem as a whole," said Koch.



WHAT A WASTE

How College Students Can Eliminate Trash

Story by Rosie Powers, Asst. Buzz Editor

Design by Rachel Summa, Buzz Editor

In early October, the Intergovernmental Panel on Climate Change (IPCC) released a report that stated the earth will reach an unprecedented temperature by 2030, potentially leading to drought, wildfires and floods. According to the IPCC, the earth is nearing a temperature of 1.5 degrees Celsius higher than preindustrial temperatures, a temperature threshold scientists have stressed is crucial to stay within.

“Limiting global warming to 1.5 degrees Celsius would require rapid, far-reaching and unprecedented changes in all aspects of society,” the report states.

This is a call to action. We have to protect our earth and our resources. This is no longer a plea to save the planet for future generations; this is a plea to save the planet for ourselves. 2030 is not far away at all.

Although it seems almost hopeless, any small change you can make to reduce your carbon footprint can help this cause. Do you ever think about how much waste we create by just going about our daily lives? There are many ways to reduce waste in college dorms such as buying bigger bottles, using tumblers and being conscious about the bags we use for grocery shopping.

USE REUSABLE TUMBLERS

Are you sitting here reading this magazine holding a plastic cup with some sort of caffeinated drink in your hand, perhaps a Starbucks coffee? Admit it, your hand is either burning hot from that latte or freezing from the frappe you just ordered. Did you know that Starbucks will give you a 10 cent discount if you bring in a reusable tumbler or buy one from their store and use it? You wouldn't even feel guilty if you did, as there is no plastic straw involved.

USE REUSABLE PLASTIC BAGS

It's time for your weekly grocery store run to buy everything possible for the week ahead. You park your car, shop for everything you need and go to check out. You want to save the environment, so you pull out your reusable shopping bags and help the bagger arrange your groceries into the bags. As you walk out the door, you feel invigorated. You didn't use any plastic bags that could harm the environment or sea animals.

BUY IN BULK

It may be convenient to buy the small versions of dish soap, drinks, or other necessities; however, that creates more waste in the dorm from plastic containers. Having more supplies will also prevent frequent Wal-Mart runs.



Advice for Freshmen Dealing with HOME SICKNESS

Story and Design by Rachel Summa, Buzz Editor
Graphic by Andrea Flores, Co-Graphics Editor



The transition from high school to college is one of the most defining moments in any young adult's life. Nearly every college student will admit to experiencing homesickness at some point over the course of their freshman year. However, change is paramount to growth, and many upperclassmen have much to say about how far they have come since their freshman year, particularly regarding homesickness. Many students in different areas of campus have words of wisdom for freshmen currently adjusting to this new chapter in their lives.

1. Know that Homesickness is Normal

Moving away from home for the first time is a major change for everyone. Students are placed into an entirely new atmosphere that is different from anything they have ever known. Resident Assistant Elisa Jimenez said, "College is different from your norm, and you're just used to everything you've known your whole life." Naturally, adjusting to this new, different phase of life can easily make someone yearn for familiarity. Furthermore, one of the most significant aspects of this transition is that many students do not have the nearby support of their family. When asked what possible causes for homesickness at college were, Peer Educator Callie Whitesell said, "We can feel disconnected from our usual support systems...who would usually help us adapt to these changes." Being in a different place without familial support will inherently lead to homesickness. Freshmen must understand that it is completely natural to feel homesick in this stage of life because of these new circumstances.

2. Do Not Go Home Too Much or Too Soon

In order to adjust to living full time at school, one of the most important pieces of advice given to freshmen is to avoid going home too soon. "Getting some roots in your 'new home' before you go home to visit can help ease the homesickness," Whitesell said. Jimenez also said that students who go home too much will miss everything that is happening at school. Staying at school for the first few weeks will help students adjust to their new lives here at college and will make this transition somewhat easier.

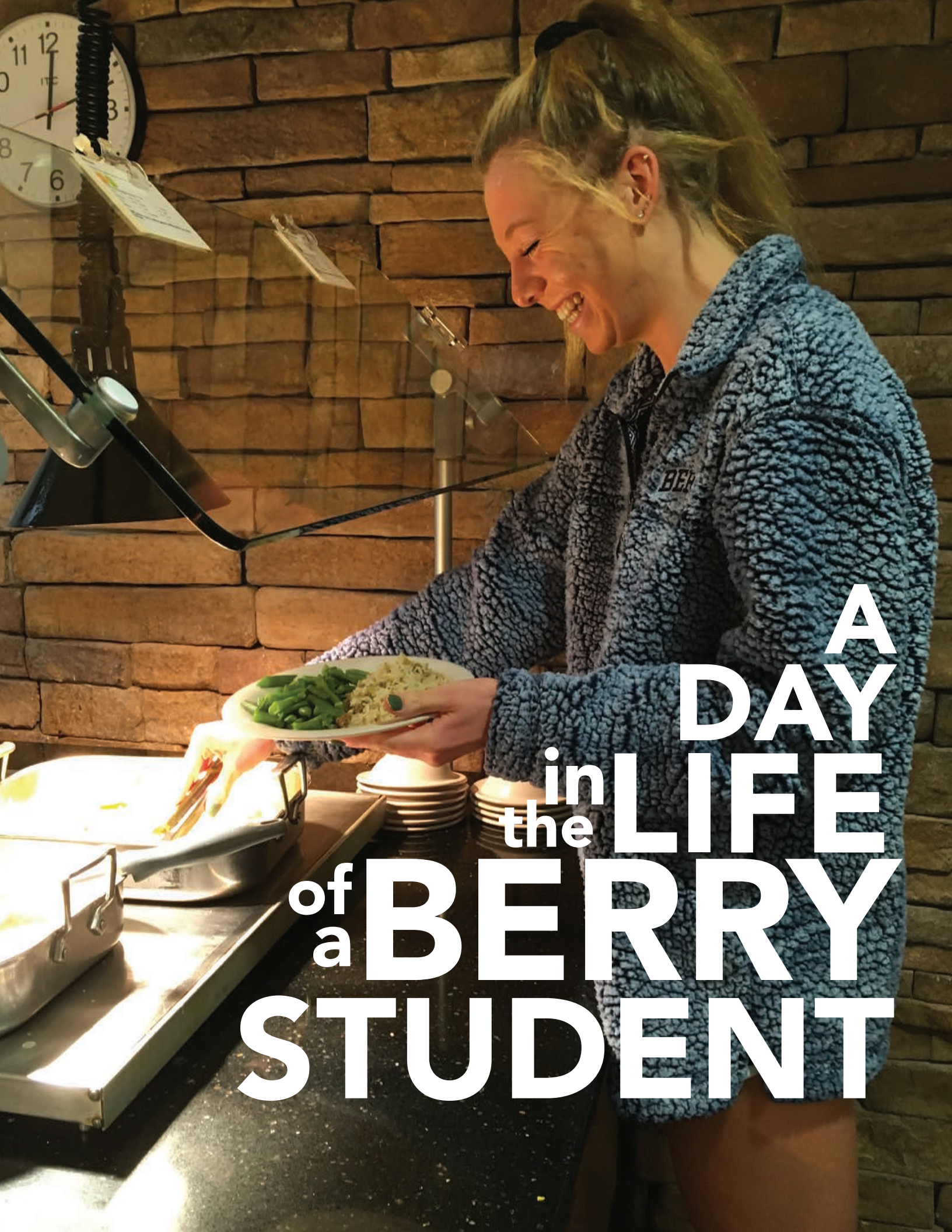
3. Keep Yourself Busy

Many upperclassmen emphasize that staying busy is one of the cures for homesickness, because engaging in multiple activities helps students take their minds off of their yearning for home while simultaneously establishing a place for themselves at school. First Year Mentor Hannah Norman encourages her students to be active especially during their first few weeks. "Being idle is when you think about [home]," Norman said. When her freshmen express their homesickness, Norman would tell them to keep themselves busy. Additionally, Haley Stafford noted that to cope with homesickness her freshman year, she tried to get out of her room by hanging out with her new friends, going to KCAB events, and joining clubs to help her stay busy during this sensitive time. Taking advantage of all that Berry has to offer can help freshmen take their minds off of their longing to go home, and instead think about all of the possibilities they are going to have over the next four years.

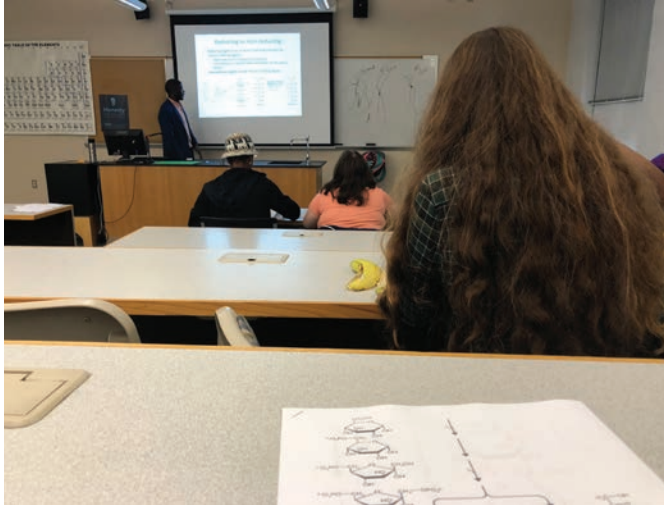
4. Don't Be Afraid to Reach Out to Campus Resources

Freshmen are not the only students at Berry who struggle with homesickness. Berry works to provide resources for students who are dealing with homesickness or other personal issues. Many students dealing with homesickness are encouraged to reach out to their Resident Assistants. Elena Baker expressed her gratitude for her resident assistants during her first few nights at Berry, because they were homesick as well their freshman year, and could give her advice about how to handle her situation. Whitesell said the Peer Educator's office in the Ladd Center can also help provide further initiatives for students who need additional help.

Homesickness is incredibly prevalent among college students. However, there are many different ways to handle this natural feeling during this stage of life. Working to establish a home at Berry by avoiding going home and getting involved with on-campus activities as well as reaching out to campus resources can help make this transition a little easier. College is labeled as one of the best times in a person's life, so students should not let homesickness prevent them from taking advantage of all of the opportunities Berry has to offer.



A
DAY
in
the
of
a
LIFE
BERRY
STUDENT



Students pay close attention to Dr. Quentin Johnson's biochemistry lecture on glycolysis.



Suleima Millan-Salinas (19c) works on a crossword puzzle in the sandbox in the library.



Ben Sinatra (21c) eats lunch outside of d-hall, enjoying the social time with friends and food.



Hannah-Grace Mann (21c) finds study time in between classes in the Pub in Laughlin.



Shelby Newland (21c) and Danna Vega (20c) work on a paper in the Writing Center.

Left: Tori Johnson (21c) grabs a quick dinner in D-hall, filling her plate up with veggies and rice.

VEHICLE MAINTENANCE 101

Story by Kristin Demorest, STEM Editor



Have you ever gotten a flat tire after hitting a curb on campus? Or possibly had your car battery die on the side of the interstate trying to get back home for Thanksgiving break? Maybe you've run out of gas after going a little too far with your gas light on. These things may not have happened to you yet, but are all very common issues college students have with their vehicles. Whether your parents live 20 minutes away or 12 hours away, it's likely that they don't take care of your car maintenance anymore now that you don't live at home. Some college students with vehicles might be able to tell you how to change the oil in their car, but would be hard pressed to actually locate the oil filter. You may not even know that your car has a spare tire and a car jack in it already. Being a safe driver means that you know how to safely maintain all the parts of your car in case of an emergency. Sure, you might know the exact location of the closest Jiffy Lube, but knowing how to take care of your car in an unexpected situation will save you time, money and the embarrassment of having to call your parents or the police when your car is broken down in the middle of the night. Here are a few basic things you should know about keeping your car in check.

One end-all-be-all save is to have some sort of road side assistance service, like AAA. Many car insurances will include road side assistance, but you should always check and know if your particular insurance does. If it doesn't, be sure to invest in one. Even if you never have to use it, the first time you do will make the small monthly payment worth it. Other small precautions you can take include taking your car to get monthly tune ups, getting your tires rotated regularly and making sure to get your oil changed by the recommended date. Keeping small emergency items like a flashlight and rain poncho will make your life easier in case of an emergency. The important thing to remember is that emergencies can happen to anyone and anywhere. It never hurts to be prepared. You may not be a licensed mechanic, but you can prevent your car from having to go see one.

Changing a tire. Many cars made after the year 2000 come equipped with a spare donut tire and a jack kit. The spare tire may be located underneath the car, or under a false floor in the trunk of the car. It will be secured with bolts, which you will have to undo with the long, steel lug wrench (which looks like a big metal L) which is usually kept with the tire. Before doing anything to your tire, make sure you are in a safe area, as far away from heavy traffic as possible. Turn your hazard lights on. First, take off the hubcap covering your tire. The hubcap may or may not be secured down by bolts, if it is not, you can pop off the hubcap

with the lug wrench. If it is, use the lug wrench to take off the bolts, just like you did when taking out the spare tire. Then you will remove the lug nuts from the tire. Once you have the tire free, you'll have to jack the car up, and no, you don't have to have super-human strength to do it. Make sure your vehicle is in park, and always use your emergency brake to ensure that your vehicle won't roll while changing the tire. You'll place the jack underneath the side of the vehicle near the flat tire, and make sure the side of your vehicle rests firmly on the jack. Use the lug wrench to crank the jack up until the tire is about six inches off the ground. Never place any part of your body under the raised vehicle. Remove the flat tire. Grab the tire firmly by its treads and pull straight out. Set the tire on its side so that it doesn't roll away. Mount your spare tire on the bolts, making sure the tire is pushed as far back onto the bolts as it will go. Place the lug nuts back on the bolts and tighten them with the lug wrench. Lower the vehicle back down and remove the jack. Double check that all of the lug nuts are as tight as they can be. Replace the hubcap. Return all of your materials to your car. A spare tire is not designed to run for more than about 100 miles, some for less, so be sure to take your car to a mechanic and have it replaced as soon as possible.

Jumping your car. A dead battery can happen anywhere and everywhere, even if your car is newer, running just fine, and even if you don't leave your car running for a long period of time. Jumper cables are typically not included with a car, but are usually priced below \$20 and are a good investment. You will need another car to use jumper cables. Make sure that both cars are off and in park. Open your hood and locate the battery. It will have a positive and negative terminal, which should be labeled with large positive and negative signs on them. Take the red clip on one end of the jumper cables and place it tightly on the positive terminal of the battery. Take the red clip on the other end of the jumper cables and place it on the positive battery terminal of the other car. Attach one of the black clips firmly to the negative terminal on the battery of the other car. Attach the black clip on your side of the cables on an unpainted piece of metal on your car that is not near the battery. Start the other, working car and let it run for a few minutes. Then, try to start your car. If it doesn't start, turn off your car, wait about five minutes, and try again. If it does start, leave your car running. If the next time you try to run your car it doesn't work, it is likely that your battery needs to be replaced.



THE CHESTNUT COMEBACK

THE AMERICAN CHESTNUT RESTORATION PROJECT: LOCAL AND GLOBAL

Story by David Tran, Asst. STEM Editor
Design By Kristin Demorest, STEM Editor

Photo by Bailey Albertson, Photo Editor

Background/Destruction of American Chestnut

Almost 110 years ago, the American Chestnut Tree, or the *Castanea dentata* dominated the eastern seaboard numbering an estimated amount of 4 billion trees. The tree and its nuts were a staple of the ecosystems and societies that formed on the eastern United States, and it spawned both a cultural icon and a staple food for poor, rural America for centuries. However, the trees were endangered by the increased importation of Japanese-Chinese Chestnuts Trees and by extension the growing of these Asian breeds.

Unknown to the thousands of farmers and consumers who bought or planted these new chestnuts, the Asian trees carried within them a fungal disease known as the Chestnut Blight, or *Cryphonectria Parasitica*, which caused many trees to develop orange-brown cankers and eventually revert to a state of ineffectual growth from the roots until the tree would almost revert back to its roots again. Asian Chestnut Trees held a natural immunity to this blight, but the American Chestnut Tree was completely susceptible to this new disease. This new fungus was discovered in the New York Zoological Garden by a mycologist named William A. Murrill who recognized the threat this new fungal blight held on the rest of the population of American Chestnut Trees. However, by the time that Murrill discovered the threat this fungus posed to the forests of the United States, thousands of infected Asian chestnuts had already been planted by many farmers; thus, leading to a mass epidemic.

Even though local and state governments had attempted to contain or destroy the fungal infection, by 1940 most American Chestnut Trees were wiped out by the blight. Within a few decades, billions of trees had died, and the

lives of many Americans, particularly poorer Americans, had become disrupted due to the loss of a valuable cash crop and food staple. By 1950 the United States Department of Agriculture (USDA) had declared the American Chestnut functionally extinct, meaning that even though some individual trees remained alive, so many of the trees were rendered into a state of ineffectual growth that they would never be able to reproduce or keep their niche in the ecosystem.

Restoration Efforts/An All-American Lazarus

Even though the efforts in containing and preventing the blight were ultimately too little and too late, the efforts to restore the American Chestnut were far more successful. These efforts began in the 1930s across many states; however, many of these efforts were struck with failure due to the loss of funding and revenue due to the Great Depression, World War II or because of the introduction of new diseases to backcrossed tree orchards like the root rot, or *Phytophthora cinnamomi*. A more national and centralized effort began in 1983 when multiple scientists and volunteers created The American Chestnut Foundation (TACF). This new organization sought to do what various projects tried to do before it, the revitalization and revival of the American Chestnut Tree.

After the establishment of the Wagner Research Farm in 1989, the TACF has been making steady progress in the revival of the American Chestnut Tree. Initially they used a method known as backcross breeding, where they would breed Asian and American Chestnut trees together in order to impart blight resistance into the offspring. After multiple generations of breeding the new hybrid species with pure-bred American Chestnut trees, the TACF created

a hybrid tree that was effectively identical to the American Chestnut tree. However, these new trees also had the blight immunity of their Asian ancestor. After many decades of breeding, this method has produced seemingly identical trees to the American Chestnut; however, more breeding and testing is still needed to be done before these trees can be introduced in restoration.

Another more controversial method being used to create blight resistant trees is the genetic engineering of some trees. Although there is a particular public stigma to the idea of genetically modifying organisms, the TACF has vowed that the genome for all trees used in restoration are unable to be copyrighted or owned by a company or person. There is also a clear benefit in genetic modification due to how much less time consuming it is compared to almost waiting decades in order to successfully breed hybrid species that can both be effectively identical while also maintaining resistance to the blight. Genetic manipulation allows for there to be certainty that an individual tree is immune due to the direct splicing of resistance genes into a specific tree. There is also far more certainty in the effect of genetic engineering due to the rather small number of genes being manipulated by researchers compared to the probable thousands of genes being manipulated through crossbreeding.

In the case of the American Chestnut, the gene that grants the intended resistance comes from wheat. This specific gene allows for the detoxification of the chemicals coming from the fungus that cause the cankers which threaten the tree. However before these trees can be released for restoration purposes, rigorous testing must take place from the USDA, Environmental Protection Agency (EPA) and the Food and Drug Administration (FDA). The FDA has to inspect the safety of consuming chestnuts for human beings, the EPA has to investigate any possible effects of releasing these genetically modified trees into the wild, and the USDA must assess any possible ill effects on agriculture and the possible risks that cross pollination might occur consequentially.

Local Involvement/How The Berry Biology Buddies are Bringing Chestnuts Back

The TACF is divided into smaller statewide chapters in order to more efficiently administer and allocate research projects nationally, and the Georgia chapter of the organization is headquartered here at Berry College. Dr. Martin Cipollini, Dana professor of biology, is extensively involved with the organization, and he and his students have been helping to plant and maintain backcrossed chestnut orchards across the state of Georgia. In fact, one of these orchards can be found at the nearby Berry Reservoir, and there four other orchards in the state of Georgia of which Cipollini and his students all help to

observe and maintain. The purpose of the Georgia chapter and the TACF according to Cipollini is the restoration of the tree back to its rightful place, and through many years of work, Berry's biology department has managed to make good progress on the restoration of the American Chestnut.

Much of Berry's efforts in the restoration of chestnuts besides overseeing and maintaining orchards is the continuation of the backcrossed breeding programs and the surveying of former habitats for the trees. Unfortunately for the biology department and the Georgia chapter as a whole, a setback due to climate change has unexpectedly forced the trees northward. The furthest South that any living tree has been found is the Georgia Fall Line, and some statistics have been made showing that the suitable habitats for these trees might mostly be in the northernmost regions of Georgia. There has also been overextension with Dr. Cipollini and his students due to the fact that he and his students cannot manage to oversee all work needed for this project from overseeing, planting and breeding. Also, many of the volunteers are retirees. However, there is something that a typical student can do.

What is needed most for the continuation and success of this project is more able-bodied persons with a lot of time on their hands and passion in their hearts. Though there's probably years of work to be done in many aspects, what can be done now as a volunteer will probably resonate in the restoration of the American Chestnut. There needs to be an effort of a newer and fresher generation in order to restore the chestnut or else this project could fail once again. Very solid progress has been made, but the maintaining and overseeing of orchards and modification projects still requires valuable time and people. That's where the community can come in. Instead of relying on a handful of students and retirees to meet all the demands of this project, the whole Berry and Georgia community should come together to restore the chestnut for ourselves and subsequent generations. With the timeline that's been set up, some of the people who have been working on this project might not be here to see its completion, and it's up to us to keep up the good work in their steads.



TV MYTH -BUSTERS

Story and Design by Kristin Demorest, STEM Editor

Chances are, in this age of streaming galore, everyone of us has binge-watched at least one TV show with some plotline about ground-breaking, state of the art, scientific innovation. Whether it's "Grey's Anatomy" on Netflix, "CSI" on Hulu, or even the classic "Breaking Bad," we've sat on the edge of our seats wondering what medical mystery or serial killer case they can solve through good old-fashioned science. While these scenes are riveting, and seem like they really could happen or actually have happened, have you ever wondered to yourself if it is real? We all do. Most of the scenes that take place on these shows are based off of in-depth research by the producers to make the shows realistic and suspenseful; however, it would be naive not to ignore the fact that these shows can be slightly exaggerated or downright ludicrous from time to time. We've investigated a few of these whirlwind, award-winning TV shows, and found a few things that might have tricked viewers but would never happen in real life.

Take for instance, "Grey's Anatomy." This critically acclaimed drama has been on for 15 seasons, exploring many difficult and controversial topics throughout its many seasons. Though much thought and research has been put into making all of the patient cases feasible, in an interview with the magazine *The Closer*, director Shonda Rhimes said, "Although we're sure many of the things that go on in the show don't really happen, like hooking up in call rooms and trauma procedures, overall "Grey's" goes to great lengths to make it as medically accurate as possible." One great exam-

ple of this occurs very early in the show when the character Dr. Izzie Stevens cuts the wire to a heart device called a LVAD (Left Ventricular Assist Device), which was keeping a patient's heart pumping because he had suffered from bad heart failure. In this particular episode, the doctor was trying to move the patient with the LVAD up on the heart transplant list, so she tried to make his heart fail by cutting off his assist device. The patient lived and did get a donor heart, and Dr. Stevens actually came back to the hospital after a short leave of absence. Long story short, there's no way this could've happened. A medical student on an online discussion page said, "Because of Denny's underlying condition, without the LVAD, he would go into severe heart failure." The patient didn't even receive the donor heart until about 17 hours later, and he would've died almost immediately. On top of that, Dr. Stevens would not only have been fired by the hospital, but would have had her medical license revoked immediately. This is just one of many crazy situations that was exciting to watch but would never occur in a real hospital. So, in sum, "Grey's Anatomy:" busted.

Another great example of a television show that is known for showcasing science is "CSI" is likely the show that started it all, spurring countless spinoffs in cities like Miami, New York, and Los Angeles. The show follows a team of nightshift crime scene detectives, while focusing on the scientific procedures that allow them to solve grueling murder mysteries. Every single episode involves them collecting evidence at crime scenes and linking it to a killer. Most of the techniques

they use are accurate, although far-fetched, like collecting 1/8 of a fingerprint off of the counter and somehow finding a match for it, which is highly unlikely. There are many exaggerated scenes like this, but even more than that there is a general misconception with the entire plot of the show; crime scene investigators and police are not the same. The law enforcement who interrogate suspects and make arrests are not the same people who work in the lab and run DNA tests. They don't have any of the same training. Being a crime scene investigator requires a background in genetics, chemistry, biology or some other discipline, while being a police officer requires a degree from the Police Academy. Not to say that someone couldn't be certified to be both, but it would take a very long time and isn't very likely. Not only this, but "CSI" typically shows a murder investigation solved within days, sometimes even within hours. The work it takes to run one DNA analysis is typically around five days, and the typical murder mystery in real life usually takes years to solve due to this extensive amount of time it takes to run these tests. It's nearly impossible to solve a murder in less than a week unless you were to find the culprit standing over the body with the murder weapon in their hand. So while many of these episodes are thrilling, they're unrealistic and wouldn't happen in real life. So, "CSI:" busted.

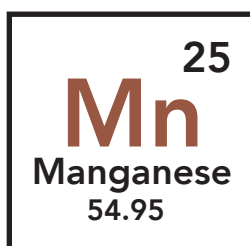
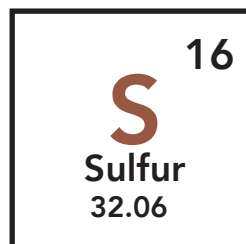
ELEMENTS ARE MY FRIENDS

How the periodic table of elements appears in our everyday lives

Story by Kristin Demorest, STEM Editor

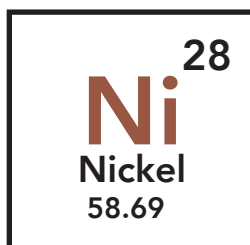
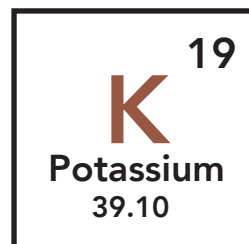
You learn when you're pretty young that everything around us is built of atoms. Every big thing around us you see is made up of smaller parts. We know that. But what you probably don't know is these smaller parts have names; they have characteristics and specific interactions with other smaller parts. These smaller parts are better known as elements, and they can all be found on your periodic table of elements. While you may have even known that everything is built out of atoms, you most likely wouldn't be able to tell someone what elements make up Ibuprofen or your phone screen. You might be surprised what elements are in your everyday life that you don't even know about. Everyone knows the oxygen which we breathe, and that carbon makes up most of the food that we eat. What about chloride? Or argon? They're likely more common than you think, so here are a few elements you use every day that you may not even realize.

Many people associate sulfur with its potent smell, comparable to the smell of rotten eggs. Given this fact, you would probably assume sulfur is something you'd want to avoid, however, you likely use it every single day without the smell. Sulfur has a high reactivity, and is often used in face washes, bar soaps, and acne ointments to react with damaged skin and tear the dead skin away so the spots that are damaged can be repaired. Sulfur is also used in many meat preservatives, due to its ability to kill bacteria. If you've ever bought frozen hamburger meat, it is likely that it contains sulfur. It is also used in many popular cleaning products like Lysol and Clorox.



Manganese is an element most often thought of as a metal that exists in the earth's crust. While it is just that, it has plenty of other functions, many of them taking place in our bodies. It is used in many vitamin supplements, most commonly to build up B1. B1 is a vitamin used to break down large carbohydrates that you consume, making it easier to use them for energy. It is also used in many over the counter medications to treat symptoms of PMS, anemia and osteoporosis. Not only is it used for reactions within our bodies, but is used to power different technologies. Interestingly, it is used as a power source in many different types of batteries. It is the main component in rechargeable batteries, as it can be used to start reactions with Zinc, another component of batteries, over and over again, making it great to hold charge.

It's pretty well known that bananas contain potassium, and that it's good for you, but do many people actually know why? Well, it's because these fun-shaped, potassium-bearing, yellow fruits help with fluid balance in our bodies. They create charged gates due to potassium's positive charge, which control the flow of water molecules to specific parts of our body, making sure no one part of our body is too hydrated or too dehydrated. Potassium also has many physical uses, because of its strong bonding abilities. It is often a large component of cement, which is used for sidewalks, parking garages, stadiums, and more.



Nickel is probably an easier element to identify, simply because one of its popular uses is actually named after the element. If you have a nickel in your pocket, you have the element. Technically it is made out of an alloy, which is a mix of nickel and other metals, as are quarters and dimes. However, for the most part, it is elemental nickel, which gives the coins their shiny silver quality. Most silverware and some stainless steel plates and cups are made up of an alloy including nickel. Nickel is used in most piping for large water plants because nickel resists water corrosion unlike many other metals. So if you have fresh water running from your sink, odds are your pipes are made of some kind of metal mixed with nickel.

4 SIMPLE & EASY MASON JAR RECIPES

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

1. BURRITO BOWL

Ingredients:

- 1/4 cup rice
- 1/4 cup chopped chicken
- 1/4 cup romaine lettuce
- 1/8 cup Rotel tomatoes
- 1/6 cup cheese of your choice (we recommend mozzarella or Mexican shredded cheese)
- 1/3 cup corn
- 1/3 cup black beans
- cilantro

Instructions:

1. Cook rice following instructions (it may be easier to buy precooked rice) and add about half of the Rotel to the rice.
2. Add any seasonings you'd like.
3. Layer the ingredients with tomatoes, cilantro, romaine and any other dressing you put on. Then, starting at the bottom, layer the rest of the ingredients, ending with lettuce and cheese on top.





2. CAPRESE SALAD

Ingredients:

- 1 cup tomato
- 1 cup fresh mozzarella balls
- 2 cups mixed spring lettuce
- 1 small red onion, diced
- 1 tbsp balsamic vinaigrette

Instructions:

1. Place a mixture of the mozzarella balls, tomato and onion on the bottom of the jar.
2. Place spring lettuce mix on top.
3. When ready to eat, pour dressing over the top and enjoy.

3. MAPLE FRENCH TOAST OVERNIGHT OATS

Ingredients:

- 1 cup plain oatmeal
- 1/2 banana, mashed
- 1/2 tsp cinnamon
- 1/4 tsp vanilla extract
- 1 tbsp maple syrup
- 1 cup milk

Instructions:

1. Mash 1/2 banana in mason jar
2. Mix in the rest of ingredients in any preferred order and let it sit in fridge overnight.
3. Serve with fruit of choice and enjoy.

4. VANILLA ICE CREAM

Ingredients:

- 1 cup heavy cream
- 1 1/2 tbsp sugar
- 1/2 tsp vanilla extract
- Pinch of salt

Instructions

1. Pour cream, sugar, vanilla, and salt into mason jar and secure lid tightly.
2. Shake the mason jar until the cream thickens, about 5-6 minutes. It should have yogurt like consistency
3. Freeze for at least 3 hours and enjoy.



Grocery Store Price War

...because saving 10 cents is important

Story By Sarah Langford and Audrey McNew, Co-Food Editors

Photo by Spencer Russell

PUBLIX

Bananas: \$0.65 per lb

Bread: \$2.69

Butter: \$2.76

Eggs: \$1.80

Milk: \$2.99 per gal

Total: \$10.89

Pros:

- Highest quality produce
- BOGO

Cons:

- Most expensive on list

ALDI

Bananas: \$0.44 per lb

Bread: \$1.29

Butter: \$2.09

Eggs: \$1.55

Milk: \$2.59 per gal

Total: \$7.96

Pros:

- Environmentally conscious

Cons:

- Only select brand name items
- Produce does not always appear fresh

WALMART

Bananas: \$0.47 per lb

Bread: \$1.18

Butter: \$2.18

Eggs: \$1.78

Milk: \$2.03 per gal

Total: \$7.64

Pros:

- Cheapest on the list
- Multi-purpose trip

Cons:

- You get what you pay for (i.e. high quantity for lower quality)

KROGER

Bananas: \$0.55 per lb

Bread: \$1.88

Butter: \$2.79

Eggs: \$1.89

Milk: \$1.79 per gal

Total: \$8.90

Pros:

- Offers a reward card for sales, and you can also use this to save \$0.03 on gas

Cons:

- Furthest away
- Organic produce is the least tasty here

A black, glossy plate with a wide rim and a subtle concentric ring design is centered on a light-colored wooden surface with horizontal grain. The plate's surface reflects light, creating bright highlights and soft shadows. The text is centered on the plate's surface.

10 DELICIOUS MEALS IN ROME FOR UNDER \$10

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

If you are in an Italian mood, but are not looking to spend a lot of money, this is a great tasty option.

This is a fun local place with a cool vibe, and if you're looking for a good sandwich this can be a go-to.

With yellow rice and a delicious white sauce, this is a Rome favorite and is very popular amongst Berry students.

A buffet... Do you need anything else to convince you?

For a college student, free chips and salsa are a win.

This is a convenient and quick grab and go, and is especially great for long study days when you're already at Swift & Finch.

If you're looking to watch a game and get a hearty and filling meal, Jefferson's is it.

Pizza can be a great idea on the weekend, but have you ever thought about it on Tuesday night for trivia? That's an even better idea.

Soho has good hibachi, and often you leave with leftovers for another meal.

One of the best Thai food places in Rome,
and not too far away from Berry.

SNACK ATTACK

Story By Sarah Langford and Audrey McNew, Co-Food Editors



Photo By Bailey Albertson, Photo Editor

Jack Heerema (21c)

What is your favorite late night snack?

"I love the Cookout chili cheese fries, mostly because they don't have any beans in their chili, and I do not like beans in my chili."

Why would you say this is your favorite snack out of everything?

"I did not grow up eating chili, but when I was in high school, I would go out and eat with my sister at a restaurant called Skyline Chili and ended up thinking that it was pretty good. From there my love for beanless chili emerged."



Photo By Madison Morris

Marilyn Bermudez (22c)

What is your favorite late night snack?

"My favorite late night snack is probably oranges."

Why would you say this is your favorite snack out of everything?

"I like eating oranges because they are a healthy fruit, and they fill you up during desperate times."



Photo By Madison Morris

Alex McDonald (20c)

What is your favorite late night snack?

"I love to eat ice cream in my dorm room. I always have ice cream in the fridge".

Why would you say this is your favorite snack out of everything?

"I love eating ice cream as a late night snack with my roommate Tanner Pickett (20c) because it combines perfectly with movie night."



Photo By Madison Morris

Ellie Harmon (19c)

What is your favorite late night snack?

"My favorite snack is Dino Chicken Nuggets".

Why would you say this is your favorite snack out of everything?

"I like dino chicken nuggets because, why not?"

DORM SNACK HACKS

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

Photos by Madison Morris, Asst. Photo Editor

A Quick-Fix Mocha

Need:

- Coffee
- Hot chocolate mix

To-do:

1. Make your coffee, in whatever way you prefer, we chose to use a Keurig
2. Once coffee is done, mix in half-packet until all powder is dissolved
3. Enjoy



Flat Iron Grilled Cheese

Need:

- Hair flat iron
- Cheese
- Bread

To Do:

1. Clean off your flat iron with a Lysol wipe
2. Heat up flat iron to a medium to high heat
3. Create your sandwich and then place in between the plates and lightly press
5. Rotate iron to get all sides and when cheese is fully melted, it is ready





Easy Chocolate Fondue

Need:

- Mug
- Regular sized milk chocolate bar
- Milk
- Food to dip in the chocolate

To-do:

1. Break up full sized chocolate bar into the mug
2. Pour enough milk into the mug to cover the bottom
3. Place the mug in the microwave
4. Microwave in intervals of 30 seconds until melted
5. Prepare and enjoy fondue with selected treats



Snack Mix

Need:

- Left over snacks
- Preferred Container

To-do:

1. Find all half eaten bags of chips, goldfish, trail mix, or whatever your favorite snack is
2. Put all your remains of favorite snacks in a bowl or container
3. Enjoy your personalized trail mix of all your favorite foods



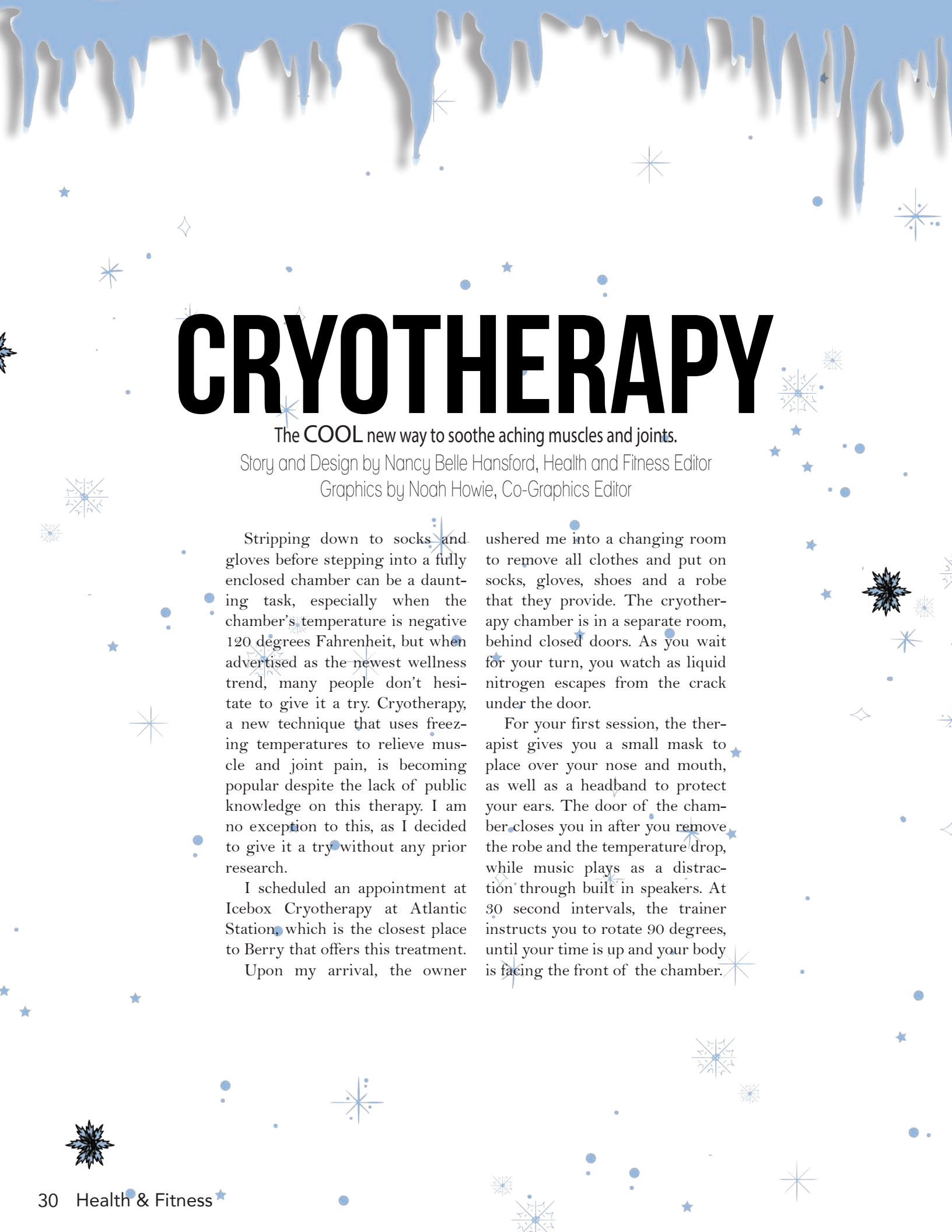
Paper Bag Popcorn

Need:

- Popcorn kernels
- Brown paper bags
- Salt or other popcorn flavoring

To-do:

1. Put one forth cup of popcorn kernels in a paper bag
2. Place in microwave on high for a minute and a half to two minutes or until consistent popping stops
3. Add in your salt or popcorn flavoring and enjoy



CRYOTHERAPY

The **COOL** new way to soothe aching muscles and joints.

Story and Design by Nancy Belle Hansford, Health and Fitness Editor

Graphics by Noah Howie, Co-Graphics Editor

Stripping down to socks and gloves before stepping into a fully enclosed chamber can be a daunting task, especially when the chamber's temperature is negative 120 degrees Fahrenheit, but when advertised as the newest wellness trend, many people don't hesitate to give it a try. Cryotherapy, a new technique that uses freezing temperatures to relieve muscle and joint pain, is becoming popular despite the lack of public knowledge on this therapy. I am no exception to this, as I decided to give it a try without any prior research.

I scheduled an appointment at Icebox Cryotherapy at Atlantic Station, which is the closest place to Berry that offers this treatment.

Upon my arrival, the owner

ushered me into a changing room to remove all clothes and put on socks, gloves, shoes and a robe that they provide. The cryotherapy chamber is in a separate room, behind closed doors. As you wait for your turn, you watch as liquid nitrogen escapes from the crack under the door.

For your first session, the therapist gives you a small mask to place over your nose and mouth, as well as a headband to protect your ears. The door of the chamber closes you in after you remove the robe and the temperature drops, while music plays as a distraction through built-in speakers. At 30-second intervals, the trainer instructs you to rotate 90 degrees, until your time is up and your body is facing the front of the chamber.

WHAT TO EXPECT:

1. Your muscles loosen up considerably. Just as advertised, my aching joints and muscles experienced relief. Cryotherapy is similar to an ice bath, which is a popular practice for most athletes, but it takes it to the extreme. Schedule your appointment when you are extra sore from a hard workout or in pain from a recent muscle injury. I struggle with lower back pain as a result from a bulging disk, which leads to sore muscles throughout my back. This pain is the reason I scheduled the appointment and was willing to try this new treatment. A couple days before my visit, I began lifting weights at my gym to make my body sore. Going into the treatment with tight muscles and achy joints allows you to see a more drastic result from the session.

2. Expect a boost in endorphins. The cold rejuvenates you and the relief you feel from your aching muscles causes an increase in energy and gives you a mood boost. After stepping out of the chamber and walking into the lobby, I felt as if I had run a marathon, except this feeling was better because no running was actually involved.

3. You will probably feel hungry after your session. According to Icehouse Cryotherapy, a three-minute full body cryotherapy session burns 500-800 calories. This calorie burning comes from your body's attempt to warm you up, which increases your metabolic rate during your session and even after you leave the chamber. After my session, I devoured an entrée at California Pizza Kitchen and five scoops of ice cream from Jeni's.

4. You might experience a feeling of panic, but taking deep, steady breaths is a great way to stay calm. I am borderline claustrophobic, so being trapped inside a freezing box is not my ideal way to spend a Saturday. To stay calm I closed my eyes and focused on keeping a steady breathing pattern. Additionally, this will help you not panic when you feel as if the frigid temperatures are causing you to lose your breath. As your body reacts to the cold, your blood rushes to your heart and you may feel your heart beat speed up. Do not panic. Just keep breathing and try not to think about it because this is a completely normal response to the temperature.

CHOOSING A MILK SUBSTITUTE

By Nancy Belle Hansford, Health and Fitness Editor

Photos by Maddie Scott, Photographer

Whether you are vegan, lactose intolerant, or just trying a new diet, going dairy free can be simple because of the numerous dairy substitutes available in stores. While some people, myself included, cannot help their inability to digest products like milk, cheese, and ice cream, others willingly give up dairy for health or ethical reasons.

Many people argue the dairy-free diet does not provide sufficient amounts of calcium, which is crucial to maintain strong bones. However, milk is not the only good source of calcium. Bok choy, collards, and fortified soy milk are all common sources of calcium. In addition, milk contains high levels of saturated fat and sugar, which can increase your chances of developing heart disease and ovarian cancer, according to the Harvard School of Public Health.

Cutting dairy out of your diet sounds daunting, but if you take it one step at a time and are willing to try new things, it can actually be fun. One easy way of going dairy free is to start using milk substitutes, such as soy, almond and coconut milk. You can use non-dairy milk in a variety of ways, including smoothies, lattes or even mashed potatoes. In almost any recipe that uses milk, you can substitute a dairy free milk for the same result.

After deciding to replace milk with a substitute, you must think about which substitute you would like to use. There are countless milk alternatives available at the grocery store, but the most common are soy, almond and coconut milk. Many people have the concern that these “milks” will be too watery or taste strongly of almonds, coconut, or soy. If you are worried for the same reasons, the best way to overcome it is to try as many substitutes as you can and decide which works best for you.

My usual at Starbucks is a green tea latte with almond milk, but I have tried all of the milks they offer. They have soy milk, which tastes the most similar to regular milk, which is why I did not stick with it. The coconut milk is the best tasting option at Starbucks because it is sweeter and feels very light; however, the sugar content is the highest of their milk substitutes. Lastly, I tried almond milk. It was a good balance between the thick, milky taste of soy milk and the light, sweetness of coconut milk. It contains less sugar than the coconut milk and less calories than soy milk, so I started ordering my latte with almond milk.

Not only should you choose the dairy free milk that tastes the best to you, you should also consider the health pros and cons of each.



ALMOND

Almond milk is a low calorie alternative containing only 30-60 calories in an 8-ounce serving. It contains no saturated fats, but has monosaturated fat, which is great for weight loss and management. You also get Vitamin A and Vitamin D from drinking almond milk, but you sacrifice protein and carbohydrates, which are both important nutrients. In one serving, most almond milks only contain 1 gram of protein and 1 gram of carbohydrates.



COCONUT

Coconut milk is another low calorie milk substitute with roughly 50 calories per 8-ounces in the unsweetened kind. This non-dairy milk contains five grams of fat, almost all of it being saturated, which can be linked to heart problems. In contrast, coconut milk does not have any protein and only two grams of carbohydrates.



SOY

Soy milk is a protein packed milk alternative, with 7-12 grams of protein per 8-ounce serving. It contains hardly any saturated fat, which will help decrease risk for heart disease. It also contains less calories than cow's milk, but more than other milk substitutes with roughly 80-100 calories per 8-ounce serving. When drinking soy milk, you must be careful not to drink it in excess because too much soy can disrupt hormones, especially in women.

New technology gets people back on their feet

The ExoSym Kinetic Orthosis, a new medical innovation, serves as an alternative to amputation by using prosthetic technology.

By Nancy Belle Hansford, Health and Fitness Editor

What is it?

Getting your life back after a serious injury is difficult and not always a reality, but the ExoSym Kinetic Orthosis is giving people with injured or salvaged lower limbs the chance to do things they never thought would be possible. While some people sustain injuries that only require temporary treatment, others, myself included, have lifelong conditions or injuries that affect daily life and make amputation, in comparison, seem like a better alternative. Thankfully, the ExoSym brings hope to people who experience this kind of pain.

Ryan Blanck originally designed these braces to help injured servicemen and women, but recently began offering this device to civilian candidates. The ExoSym Kinetic Orthosis uses prosthetic technology to remove pressure from your lower leg and foot by redistributing it to other parts of your body. There are many parts to the brace that are all tailored specifically to individuals based on their size and type of injury. For this reason, patients go to the Hangar Clinic in Gig Harbor, WA for an evaluation, fitting, and challenging training program that teaches everyday tasks, as well as hard physical activities.

Part of the evaluation process is trying on a mock device to predict whether or not you will benefit from the ExoSym, which you will know within the first couple of steps you take in them. Going into my appointment, I had been experiencing more pain than usual and was using a walking boot at school, but when I put on the mock device, I felt immediate relief.

The next step of the process is the fitting, in which Blanck makes molds of the patient's feet and calves to acquire the measurements needed for production. He uses the next few days to craft the foot plate, the strut system, and the upper section of the device that uses "socket design concepts" from prosthetic devices. During the fitting, he makes adjustments to width, length, and every other detail so that the ExoSym fits perfectly.

The training sessions usually last one week and begin with Jared Williamson, the physical therapist at the clinic, teaching patients how to walk with the ExoSym. The material used to produce the device is carbon fiber, making them extremely strong and, inadvertently, rigid, which eliminates all mobility from

the knees to toes. A person wearing an ExoSym cannot move any part of their lower extremity, so Blanck constructs a foam wedge to place below the heel of the device to recreate the rolling motion of walking.

Learning to rely on a foam wedge for all of your steps can be challenging, which is why Williamson starts by training his clients to walk before working their way up to climbing stairs, running, and jumping. During training, I faced obstacle courses that improved my balance and completed workout circuits that tested my endurance and core strength.

Williamson stresses the importance of core strength to prevent injuries that may occur from the redistribution of pressure that is an effect of the prosthetic technology. The last day of training is an intense hike at the harbor with steep hills, tough terrain, and obstacles that force you to trust your devices to do things that previously would have caused pain. By accomplishing this hike, I gained trust in my new devices, as well as confidence in myself, to complete tasks that would normally be impossible.

My Story

I was born with bilateral congenital talipes equinovarus, a deformity of the feet, in which the foot appears rotated at the ankle. I had reconstructive surgery on both feet twice, by the time I was two-years-old and a third surgery on my right foot during freshman year of high school. Walking or standing for long amounts of time always resulted in pain and running was never an option. If I accidentally overused my feet, I would have to use a walking boot or crutches for one or two weeks until it settled down. Before having my ExoSyms, I asked about the possibility of amputation to my mom, out of frustration with doctor visits and foot pain, yet these devices relieved my pain and opened the door for endless opportunities. Prior to getting my ExoSyms, I would not have been able to work a job that required me to be on my feet for more than 30 minutes at a time, but now I work six hour shifts, standing, at Dunkin' Donuts. I have been able to accomplish bucket list items that I never dreamed of being possible, like hiking to the bottom of the Grand Canyon and back to the top.

I am just one of the many lives Ryan Blanck and Jared Williamson have changed and they continue to



Photos by Madison Morris, Asst. Photo Editor

help people every day with these incredible devices. Beth Shaver, the second civilian to receive the ExoSym, was injured in a soccer game at the age of 23 and complications from her multiple surgeries left her with severe pain. She lost her ability to walk and began considering amputation. “I am blessed every day for how the ExoSym has changed my life,” said Shaver. She went from not being able to walk to completing a 120-mile adventure race in 2014, just one year after receiving her device.

Shaver is an inspiration to many people, myself included, as she tells her story via her blog “Exosymplyamazing,” which serves as a platform to educate and motivate people with the device. She shares tips and tricks on fashion and footwear with the device, as well as personal stories to motivate people to stay positive and reach their goals.

While I was in Washington for my initial fitting, I was lucky enough to meet Shaver and many other incredible people who have experienced the miracle of the ExoSym. Hearing stories from fellow patients gave me perspective on the hardships other people face every

day and made me proud to be an owner of my devices. I get excited every time someone asks about my device because it gives me the opportunity to spread awareness of the ExoSym. If my mom had not spent hours researching on the computer, I would not have my ExoSyms, which have given me the opportunity to train in Washington alongside very inspiring patients, reach goals previously unrealistic, and not have to have more surgeries in the future. I aim to spread awareness so that people, like Shaver and myself, can find the ExoSym and start the process of getting their life back.

WORKING OUT WITHOUT LEAVING YOUR DORM ROOM

By Nancy Belle Hansford, Health and Fitness Editor
Photos by Madison Morris, Asst. Photo Editor

Whether you are cramming for finals or are just comfortable in your bed, finding the motivation to workout may be difficult. However, staying active is extremely important, even if you think you are too busy. Exercise positively affects mood, sleep quality and productivity.

Exercise produces endorphins, which will boost your mood and help combat stress and anxiety. I always leave the gym feeling a lot better than when I arrived. This is true because when I am finished with my workout, I get to relax, and the better explanation is that my body produces endorphins when I exercise which boosts my mood. If you are experiencing a lot of bad days, which is very common when the weather turns cold, working out can serve as a powerful tool to bring positivity into your day.

Sleep quality is also positively impacted by exercise, which is very important for staying healthy and productive, both mentally and physically. If you are active during the day, it will be easier to fall asleep when it gets late at night. On days I do not exercise, I feel restless when it is time to fall asleep, lying awake in bed, scrolling mindlessly through Instagram until my eyes start to feel heavy. On days where I lift weights at The Cage Athletic Center or go on a hike to the House of Dreams, my body is tired, so I easily drift off into sleep. Addi-

tionally, studies show exercising during the day will allow your body to spend more time in deep sleep, which is the most rejuvenating part of the sleep process.

Some argue that studying gets in the way of exercising regularly, but I argue that people should set aside time everyday to be active to promote overall wellbeing and productivity. Going to the gym or doing exercises in your room can serve as great study breaks to get your blood flowing and mentally reset after sitting for so long. My back hurts if I sit for too long, so I break away from studying to do quick 15 minute workouts to give my back a break from sitting in the hard, wooden chairs in Dana. Exercising will make you feel great about yourself because you left your room and did something positive for your body, which will give you a productive mindset when you sit down to continue studying.

While I love going to The Cage to get my exercise in for the day, it sometimes seems too time consuming to leave the dorm. However, this does not mean you have to forfeit a workout; there are plenty of ways to stay active without going to the gym or buying any equipment.



PLANKS

I love doing planks so much that I try to do a plank circuit every night. If I am being completely honest, this does not happen every night, but the intention is there. I am trying to make it a habit because planks are great for strengthening your core, without putting stress on your lower back. Doctors always say that engaging the core is the best way to reduce back pain, but many ab exercises can be damaging to your back. When doing a proper plank, make sure your back is flat; it should look like a tabletop. You can either hold yourself up with your arms or your forearms - whichever is most comfortable. If you want a more intense ab exercise, slowly raise one leg to become parallel with your torso. Alternate legs without shifting your back.

LUNGES

Lunges are another great body weight exercise that requires no equipment and little space. You can work your hips, glutes, hamstrings and core in one exercise. Good form is critical, as bad form can lead to injuries. Your thigh should be parallel to the floor, while your opposite shin is vertical. The knee that is up should not cross your toes on that leg because it will apply unnecessary pressure to your knee that can lead to pain in the future.



DIPS

A common misconception about working out is that you have to be using weights. Many effective exercises require no equipment and work your muscles just as much. I love incorporating dips into my workout routine because it uses my triceps, which are not as strong as I would like. I can easily do these in my room using a chair or box. For beginners, bending your knees will make the exercise easier, but when you gain strength, try straightening your legs completely.

SPOTIFY LIGHT

MEET SOME OF BERRY'S TALENTED MUSICAL ARTISTS



ALEX HODGES

Sophomore • Communications/Music
Spotify: CannonandtheBoxes
Genre: Indie Rock/Alternative Country

LEWIS DENVER

Sophomore • Creative Technology

Alex: We have singles and EPs on Spotify and SoundCloud. We have three or four official EPs released and about 20 songs. We also try to play live when we can. I play a lot of different instruments, but most of the time I play bass. We just like to share music and talk about relative things that matter to young people. We try to appeal to everyone and convey a good message if we can.

Lewis: I play lead guitar. Kurt Vile is one of my biggest influences because he was inspired by country music as well and creates indie rock. It's very much in the same style as Cannon, our band leader. His music is a little more psychedelic. Ours is a little more folksy.

Getting Started:

Alex: I've known Cannon since forever. Our parents met here at Berry so we've known each other a long time. We've been playing music ever since we were able, but the band started when we were in high school and we were looking for something to do. Lewis joined the party last year as a guitarist.

Lewis: My sister wanted a guitar for her seventh birthday, so my dad got her this crazy cheap acoustic guitar. It was total garbage, but she banged around on it for two weeks, didn't learn anything, and then my brother came to town and started playing it. He knew all these chords, and he showed me a couple. I picked it up after a while and started playing it. Then my aunt gave me an electric guitar, and that's when I really started playing.

Future Plans:

Alex: As far as the band, we hope to go on tour in December on the East Coast. If Cannon keeps writing material, we'll keep recording it.

Lewis: I always want to be doing music, and I want to try and play in as many bands as possible, but I don't really want to make a career out of it. Music is sort of a side thing.



DARA SPARKS

Sophomore • English Literature
Spotify: Saif Sang • Genre: Indie

I'm a Christian, so all my music is a response to what the Lord did the first year I was here at Berry. All of my songs are basically worship songs and just proclaiming what happened that year through my relationship with Christ. I am a worship coordinator for Common Worship, a group on campus that leads worship and uses students to lead, and I wrote those songs for this ministry and people really liked them. I just kept writing more and it was really cool to write songs out of response to what the campus needed spiritually.

I play guitar, and I actually played guitar in all of my tracks, which is different because people normally have their producers play the guitar for them. There are a lot of organic sounds in my songs (like birds, wind, or campfire sounds) and those are really special to me because it brings me back to where I wrote the songs. I wrote these songs around a campfire, or in the middle of the woods, so the fact that I have those sounds is really cool to me and I'm glad I was able to include that.

Getting Started:

I have been writing songs my whole life. I started writing music when I was around five, and they were all really bad. One of my musical inspirations is Bon Iver, whose style really inspired the way that I look at music. Phoebe Bridgers also inspired a lot of my style. United Pursuit, a worship organization that started in my hometown, affected my growth in music as well. I grew up listening to them as well as going to their house concerts.

I've been writing for a long time and I never thought I was good enough to perform. Then when I did last year, people really liked it. After that performance, opportunity after opportunity occurred and now I'm releasing music. My first EP is releasing Nov. 30, 2018. I'm still going up to Nashville with my producer and finishing up some songs.

Future Plans:

I've already written a few songs that aren't going to be on this EP, but I just want to be taken where the Lord leads me and see if I'm supposed to release more after this. It just seems like everything fell into place for the EP to be published, and I never expected to ever release music in my life. I'll just kind of go with the flow. All I know is that I'll probably be writing songs for the rest of my life.

LEAH BURNETT

Sophomore • Psychology
Spotify: Leah Burnett • Genre: Indie Acoustic

The reason I make music is because I love to write and it's kind of my form of self therapy. I really just do it for me, and I've been doing it for my whole life. When I was little, I loved Taylor Swift. She was my inspiration when I taught myself guitar. Now, I just love any singer-songwriter who's just not afraid to authentically sing about their story and their life, like Corey Kilgannon. I have a 5-song EP, which is like a mini album, and I have a single, which is a really simple acoustic original. Sometimes I'll post things on SoundCloud. I can also play piano and cajon.

Getting Started:

My mom is a musician, so she's been one of my inspirations growing up in a lot of ways, not just music. I grew up in a very musical home and I just taught myself to play guitar when I was in third grade and started writing songs. Two summers ago, I decided I actually wanted to produce them and find a way to get them recorded because I would play at a lot of open mics and restaurants and things around town. I really wanted them to be recorded so people could listen to them and I could share them, and I found a way to do that.

Future Plans:

I'm going to keep pursuing it for sure. I'm not planning on making it my main career, but I am going to keep getting it out there and writing and hopefully doing more recording in the future.





One Man's Trash



Another Man's Treasure

An introduction to upcycling

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

Photo by Maddie Scott, Photographer

Graphics by Andrea Flores, Co-Graphics Editor



Upcycling is defined as the process of changing old or discarded materials into something useful and often beautiful. Materials are reconstructed directly into something new and often higher quality. This makes it an environmentally and financially friendly option since the action reduces waste substantially.

This can be useful for college students on a budget who are looking to adorn their rooms with practical and nifty furniture. Upcycling is a cheap and fun alternative to buying decorations for your dorm. You don't necessarily have to run to the store to buy new things for your dorm

room when you can always repurpose inexpensive items that to which you can add your own spin.

Old used furniture can be found at antique shops, thrift stores or flea markets for good prices. Even the most unlikely items could be turned into beautiful furnishings. For example, an old cabinet that has some missing drawers could be repainted and used as a table with some empty spaces for fun photos, cute collectibles, and more. An old picture frame

could be turned into a nice cork board for pinning photos and notes.

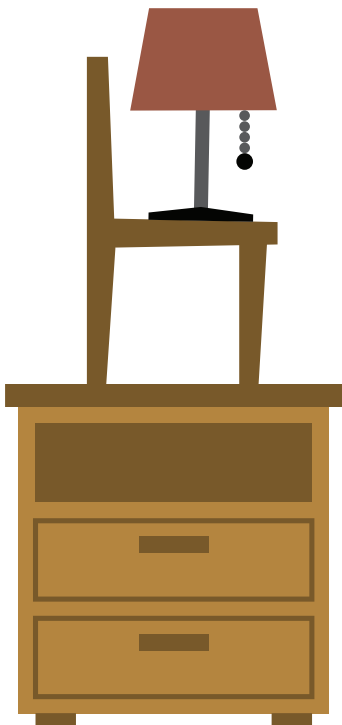
Vintage suitcases and trunks have become a popular item to upcycle because of its many uses. For instance, you could take several old, cheap suitcases, and stack them on top of one another and use them as a bedside table in your dorm or apartment. A run down and out of style trunk can be painted and fixed up to make it fit nicely into a modern living room.

A single trip to Walmart or Hobby Lobby has everything you need to start your project. Painting is the most popular method of transforming something. Fabric has many uses and is often used to cover old cushions or worn surfaces. Wax or varnish can also be added to give your creation a sleek finishing touch.

Many students throw away furniture at the end of the year rather than drag it home. This furniture can be repurposed and improved for the next school year. Before you toss your old decorations and hit the store, see if you can use what you already have.

The pieces that you make could simply be used for decoration or they could also have an element of functionality. Either way, use your imagination to create something you really love.

Upcycling is just like any other art and it's not limited to just furniture. You can give it a try, make mistakes, learn along the way, and usually, you'll come out with a great piece of furniture that you'll be proud to set up in any room.



Capitoline Wolf

Location: 601 Broad Street

The Capitoline Wolf depicts the well known image of the twins Romulus and Remus being cared for by the she wolf. This statue has a fascinating history, since it was given to Rome, Georgia as a gift by Italian dictator Benito Mussolini in 1929. During World War II, it was considered controversial and was threatened to be destroyed, so the Rome City Commission stored the statue away in 1940 until it was brought back in 1952. It now sits in front of Rome City Hall.



Admiral John H. Towers Memorial

Location: 601 Broad Street

This memorial is dedicated to John “Jack” Henry Towers, who was born in 1885 in Rome, Georgia. Inscriptions around his statue detail his achievements, such as gaining the titles of Naval Aviator and Chief of the Bureau of Aeronautics. He is also a member of several Halls of Fame, including the International Aviation and Georgia Aviation Hall of Fame. The bronze statue stands outside Rome City Hall on Broad Street.



Ellen Axson Wilson Statue

Location: Town Green, West 1st St, East end of the Chief John Ross Memorial Bridge



Although she might not be immediately recognizable, Ellen Axson Wilson is an important figure to Rome, Georgia. She grew up in Rome with a great love for art and married President Woodrow Wilson. She became influential in shaping the role of the First Lady in the White House until she died in 1914. Her statue can be found behind the Town Green Fountain on Broad Street. People pass by every day, watching her look over the Oostanaula River with her palette in hand.

All Roads Lead to Rome



● ● ● ● ● Story and Design by Kaitlan Koehler, Arts & Music Editor, and Melanie Gonzalez, Asst. Arts & Music Editor
Photos by Spencer Russell, Photographer

If you've never gotten familiar with the Rome area, this self-guided tour of the historical landmarks in town can help you experience the culture and beauty of our city. The landmarks mentioned here are all within walking distance of downtown Rome, making it an easy to access and fun outing that doesn't cost a penny.



Myrtle Hill Cemetery Cheney Angel

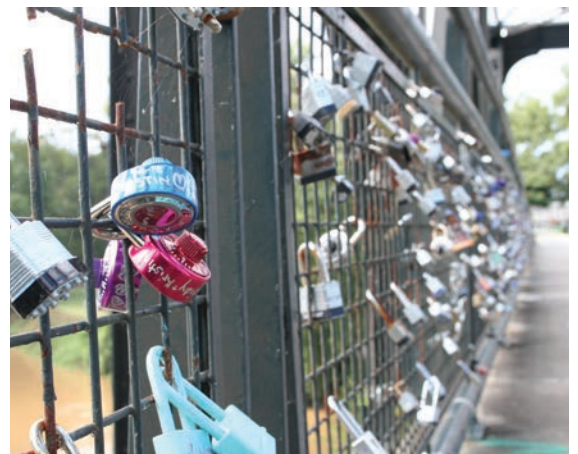
Location: 20 Myrtle St SW

This beautiful cemetery looking over downtown Rome is the second oldest cemetery in Rome and is even included in the National Register of Historic Places. Over 35 species of trees can be found in the cemetery and there are several burials from the time of the Civil War as well as burials from both World Wars. Myrtle Hill has been the site of the Battle of Hightower in the 18th century and of Fort Stovall during the Civil War, when it was used to defend Rome from Union troops. Ellen Axson Wilson, the former first lady of Woodrow Wilson, is also buried here. The angel statue pictured marks the graves of Frances, Walter, G.W. and Alla Cheney and can be found on the north side of the cemetery.

Robert Redden Footbridge

Location: By Unity Point, Heritage Park Trail

Every night, people pass by this bridge and admire the red, white, and blue lights forming the American flag. The sides of the footbridge are covered in colorful padlocks left by local couples as symbols of their everlasting love. Once a railway, the Robert Redden Footbridge is now a part of Rome's Heritage Trail hiking system. It passes over the intersection of the Oostanaula, Etowah and Coosa Rivers and once rotated in order to let steamboats pass.



D.I.Y^(uletide) Gifts

• Cheap and Easy Christmas Gift Ideas •

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

Story by Kaitlan Koehler

Graphics by Noah Howie, Co-Graphics Editor

1 Handwarmers

When it drops below freezing at Berry, a reusable home-made handwarmer can make a great gift. Choose a fabric you love and cut it into two identical shapes about the size of your hand. You can save money by recycling an old sweater or worn pair of socks. If you wish, you can also add details like ribbons and monograms to make it more personal. Place the sides of the fabric together and sew around the edges, leaving a gap an inch or two wide. Use this hole to flip your handwarmer inside out, leaving the edges neat and secure. Now, fill your handwarmer about halfway with dry rice and sew up the hole. If the idea of sewing anything seems a bit daunting, don't worry. Fabric tape is an easy alternative that can be found at any craft store. To use your handwarmer, simply heat it in your microwave for 20-30 seconds and pop it in your pocket.

3 Gift Cards

College students are always grateful for free money, but gift cards can still be a boring present. Fortunately, there are many ways that (cost next to nothing) to personalize a gift card. One way is to use scrapbook paper to make a cute, gift card-sized envelope. Layering different patterns and colors can make your envelope really pop, and you can tie a matching ribbon

around it for a final touch.

Another gift card holder idea is to make a wrapped candy to hold your card. Simply take a cardboard toilet paper tube, place your card inside and wrap it in cute tissue paper or fabric. Tie off the ends with ribbon and you have a memorable gift for a friend. They will be delighted that you put a little extra time into their gift.



2 Bath Bombs

Bath bombs are a fun and popular gift that are surprisingly easy to make yourself. To make a batch you'll need:

- 8 ounces baking soda
- 4 ounces Epsom salt
- 4 ounces corn starch
- 4 ounces citric acid
- 2 1/2 tablespoons vegetable oil
- 1 tablespoon water
- 2 teaspoons essential oils (for scent)

In a bowl, mix the dry ingredients together and stir well. In separate container, mix the liquid ingredients. Then slowly and carefully combine them, stirring as you pour. Slow down if your mixture starts to bubble. Now, press them into molds of your choice and let them dry. You can add holiday scents like cinnamon, peppermint, or cocoa to your bath bombs for a Christmasy touch or mix in sprinkles for more color.

4 Mason Jars

Mason jars are useful because they can be filled with anything, and there are endless ways to decorate them. Simple Christmas decorations can be made with paper, felt, ribbon, and other cheap craft supplies. For a more elegant jar, try lace, glitter and burlap. Plaid and miniature pinecones will give your jar a more rustic feel. Painting can make a jar even prettier, whether doing a detailed scene or a simple frosted glaze.

You can also turn a jar into a snow globe by gluing toy reindeer, dollhouse Christmas trees, and other wintery decorations to the base and adding a layer of fake snow or glitter.

1



2



3



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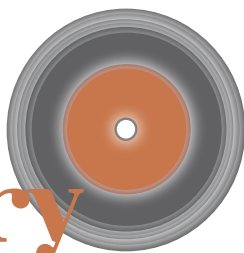
For the Record

.....

Here are a few of the best examples of songs from some of the most classic genres to get you started.

Story and Design by Kaitlan Koehler, Arts and Music Editor, and Melanie Gonzalez, Asst. Arts and Music Editor
Photo by Luke Koferl

Country



Ring of Fire - Johnny Cash
 Cruise - Florida Georgia Line
 Before He Cheats- Carrie Underwood
 Jolene - Dolly Parton
 Ready to Run - Dixie Chicks



80s Pop

- Thriller - Michael Jackson (Album: Thriller, Billie Jean)
- The Way You Make Me Feel - Michael Jackson
- Take On Me - a-ha
- Sweet Dreams - Eurythmics
- Never Gonna Give You Up - Rick Astley



Rock

The Rise and Fall of Ziggy Stardust and the Spiders from Mars - David Bowie (Album: Starman, Ziggy Stardust)
 Abbey Road - The Beatles (Album)
 Livin' On A Prayer - Jon Bon Jovi
 Separate Ways - Journey
 I Love Rock n' Roll - Joan Jett & The Blackhearts



Electro

Discovery - Daft Punk (Album: One More Time, Harder Better Faster Stronger)
 Evacuate the Dancefloor - Cascada
 Wake Me Up - Avicii
 Stay - Zedd
 Lean On - Major Lazer (feat. MO & DJ Snake)



Pop

- 1989 - Taylor Swift (Album: Wildest Dreams, Blank Space)
- No Tears Left to Cry - Ariana Grande
- Counting Stars - OneRepublic
- Shape of You - Ed Sheeran
- Bad at Love - Halsey

The 10^{step} Korean Skincare Routine

Story by Parker Page Trau, Style Editor
Graphics by Noah Howie, Co-Graphics Editor



Oil Cleanser

This first step washes away all the dirt and sweat that your face has collected throughout the day, paving the way for a deeper cleanse. Oil cleansers work wonders for removing stubborn and waterproof



Face Wash

Dirt and debris can be washed away by your favorite water or gel based cleanser. This is one of the most crucial steps. Even if you are overwhelmed by seemingly complicated skincare routines, washing your face is just basic hygiene.



Exfoliate

Exfoliating gets rid of all the old, dead skin cells to make way for all those new, healthy skin cells. As good as exfoliating is for all skin types, it can be dangerous if you go overboard, so only do it twice a week. Overdoing it can cause damage to your skin.



Toner

This magic liquid also serves to tighten pores and prep your skin for all the other products in your routine.



Essence

An essence is a combination of a serum and moisturizer. While they are hydrating, they are much more lightweight than your average face lotion. They also contain special benefits depending on what that particular product is targeting.



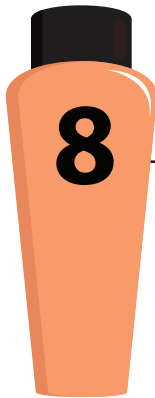
Serum

This step can serve many different purposes depending on what your skin needs. There are lots of choices for serums, so before purchasing one, do some research on your skin type to know what your skin would benefit the most from. Remember, your skin is as unique as you.



Mask

This is another step that you do not need to do every day, but rather one or two times a week. You are probably familiar with the concept of a face mask and how they can benefit specific areas, but as a refresher, a mask is like a boost of nourishment for your skin.

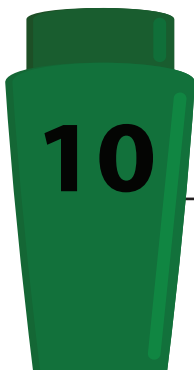


Eye Cream

The skin around your eyes is much more sensitive than the rest of your face, so it does best when you use products specifically catered to it. Eye creams are more than anti-aging, they brighten and moisturize so that you look alert and well rested, even for your 8:00 a.m. class.

Moisturizer

Those of you with oilier skin types may be tempted to skip this step as an attempt to dry up that extra sebum, but do not. When you let your skin dry out, it tries to balance that out by creating more oil, and you will end up with more breakouts.



SPF

If you are going outside that day, SPF (whether it is in your foundation, BB cream, moisturizer, or regular old sunscreen) is essential to protect yourself from damage that might not be immediately noticeable, but will have consequences later on.

THE VOCABULARY OF SKINCARE

Terms Your Complexion Would Like You To Know

Story by Parker Page Trau, Assistant Style Editor

Toner

Toner is an astringent that helps reduce oiliness and tightens pores.

Emulsion

Emulsion is a water-based face lotion that helps keep skin moisturized. It is a light way to supplement your routine with extra hydration that doesn't leave your skin feeling sticky.

Essence

Essence is a concentrated formula that controls wrinkles and targets specific skin concerns by moisturizing, tightening and evening skin tone.

Serum

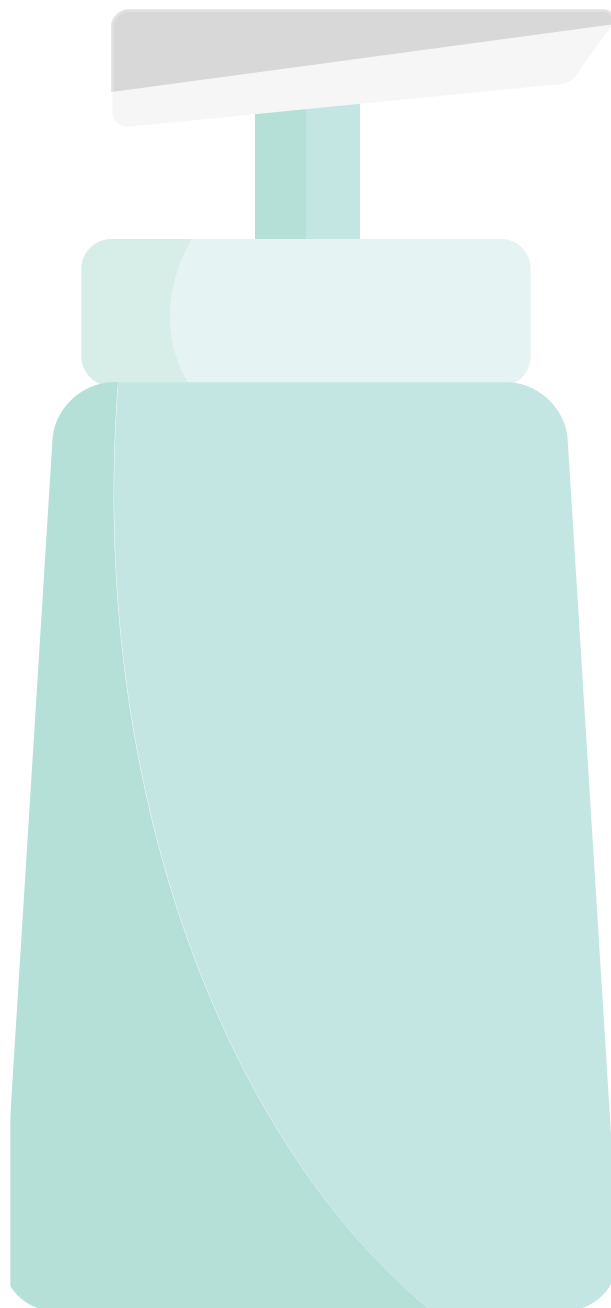
Serums can provide treatments for varying skin troubles and conditions, depending on what you want out of your skin. From acne control to giving your skin a luminous glow, serums offer an extra boost of focused care.

Double Cleanse

This is a two-step face washing method where an oil cleaner is used to remove makeup and dirt. Then, a foaming or water-based cleaner is used to clean deep into pores and wash away oil, sebum and bacteria.

Acids

Acids are found in many skincare products, and have a wide variety of uses depending on the type. For example, salicylic acid is used to treat acne, while hyaluronic acid is used to moisturize.



Skin barrier

Your skin barrier is the outer most layer of your skin that is made up of cells and lipids. It has many important jobs such as keeping moisture and essential electrolytes while keeping out germs and toxins. When formulating your skincare routine, it is important to consider what products and practices may damage this important barrier.

Vitamins

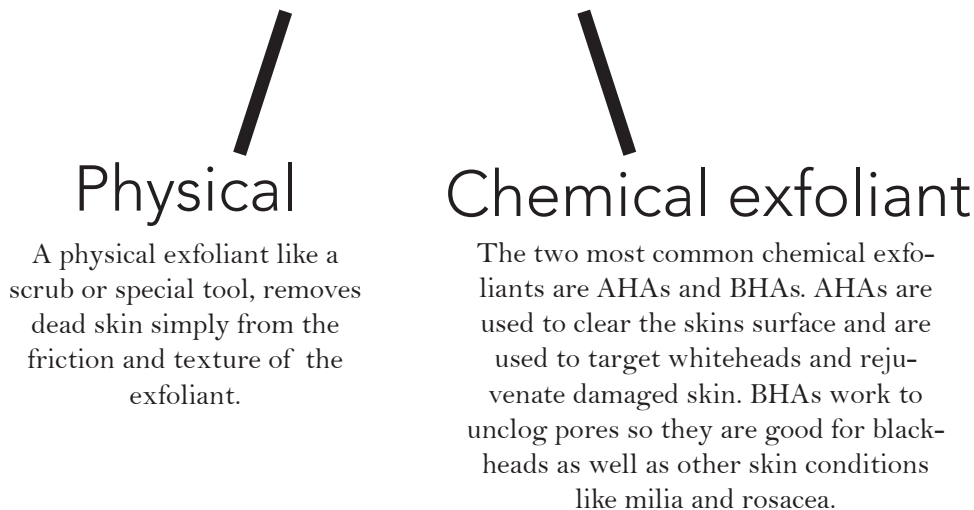
Vitamins are found in serums, essences, and other products, that serve many different purposes. Like the vitamins you look for in your diet, the vitamins in your skincare do different things to keep your skin healthy. For example, vitamin C is full of antioxidants that even and brighten skin tone, while vitamin A protects your skin from damage by free radicals.

Spot treatment

Spot treatments target acne by being very potent and containing powerful ingredients like benzol peroxide. Spot treatments are so named because they are only applied to smaller troubled areas, as applying them to the entire face may cause dryness and irritation.

Exfoliant

An exfoliant is a product that is used to remove dead skin cells. The two types of which are physical and chemical.



Physical

A physical exfoliant like a scrub or special tool, removes dead skin simply from the friction and texture of the exfoliant.

Chemical exfoliant

The two most common chemical exfoliants are AHAs and BHAs. AHAs are used to clear the skins surface and are used to target whiteheads and rejuvenate damaged skin. BHAs work to unclog pores so they are good for blackheads as well as other skin conditions like milia and rosacea.

A black and white photograph of a person's legs from the mid-thigh down to the feet. They are wearing white knee-high socks with a repeating pattern of a cartoon girl with blonde pigtails, wearing a purple dress and a grey hat. They are also wearing grey, strappy, flat sandals. The background is a blurred outdoor setting with a sidewalk and some foliage.

FORGIVABLE FASHION FAUX PAS

1. Denim on Denim

You have been warned of this for as long as you have been dressing yourself, but this style law has a loophole. Matching your denim jacket and denim skirt can be a great look if the material is close enough to the same color and texture can create the 90s set of your dreams.

2. Socks and Sandals

Have you been on Berry's campus as it begins to get colder? This is one student body that loves their Birkenstocks and Chacos and the chilly weather certainly isn't going to stop them from wearing their favorite footwear. Making the sock portion of this infamous combo fun or festive is a great way to take this fashion felony down to a misdemeanor.

3. Mixing Patterns

This rule is one that is made to be broken. Patterns on patterns can be used to create an eye-catching outfit. However, tread lightly brave fashionista because pairing more bold and adventurous patterns together will certainly make you the center of attention, even if not in a positive way. Try balancing a less intense print with a more dramatic one so you stand out.

4. Bold Eyes and Bold Lips

This makeup rule your mom told you as soon as you showed the slightest interest in makeup needs to go the same way as putting lead in your lipstick. Look at any beauty guru's Instagram and see that the guideline is dead as dirt. Never be afraid to rock a dark smoky eye and red lip again.

5. Mixing Silver and Gold

This jewelry no-no has kept our favorite earrings and necklaces apart for too long. It's time we end this needless segregation of these two metallic staples. With the rise of rose gold, we have learned to be more accepting of mixing different shiny hues, so why not shake things up and pair these classics together.

6. Navy and Black

Speaking of bringing classics together, these two neutrals have been known to clash in the past, but that doesn't mean they should be banned from ever mingling. Black and blue can create some lovely, cool toned looks, especially in cold weather outfits. However, one must be cautious with how dark your navy is and make sure it is distinct enough to look intentional. Otherwise, you may look like you got dressed in the dark.

7. Faux Fur and Leather

In 2018, it's impossible to avoid the cold, hard facts behind the cruelty of fur farms, but just because you are woke doesn't mean you should deprive yourself of a fuzzy, fluffy jacket. And leather? Come on, who has the cash for authentic leather every time you want to rock and roll, right? The stigma around artificial texture is so contrived and when there are so many more ethical and financially smarter alternatives, it is futile to argue for the real thing. After all, less expensive doesn't necessarily mean cheap.

Canvas: standing the test of time

Story and Illustrations by
Camille Hanner, Asst. Style Editor

Trends come and go, but canvas has made a reoccurring appearance for decades. If you are looking for an easy and durable way to upgrade your wardrobe that won't be tossed into next year's donation pile, look for fun ways to incorporate canvas into your day-wear. Known for its durability, canvas has been a popular fabric for thousands of years. The name 'canvas' is derived from the Arabic word for cannabis, which means hemp in Latin. Hemp is the oldest fiber-yielding plant. Ancient Chinese from 3,000 B.C. were utilizing this fiber for cloth production. Modern canvas is normally woven from cotton or linen, yet the longevity of the fabric is still globally accepted and enjoyed. Men looking to advance their fashion sense can find great canvas pieces to enhance their wardrobes.



Ways to incorporate canvas into everyday wear.



Bags

A recent fun trend has been a rather convenient one, too. No more worrying about keeping up with loose papers and hiding keys and wallets. Messenger bags and briefcases are becoming handy additions to mens' closets.

Watches

These are another staple item for men that have been a consistent trending accessory for centuries. This time, bands made from canvas are becoming a classy addition.

Jackets

From working outside on a cold winter day to dressing up for an evening in Atlanta, a canvas jacket's versatility is almost as impressive as its endurance.

Shoes

Lately, my brother has come to have more shoes than I do. Men are fast becoming as obsessed with their footwear as women.

Canvas shoes are also used as a nice alternative for day time or night time wear shoes.



MOVIE MAKEOVER MAGIC

YOUR FAVORITE DRAB-TO-FAB HOLLYWOOD TRANSFORMATIONS

Story by Parker Page Trau, Style Editor
Photos by Maddie Scott, Photographer

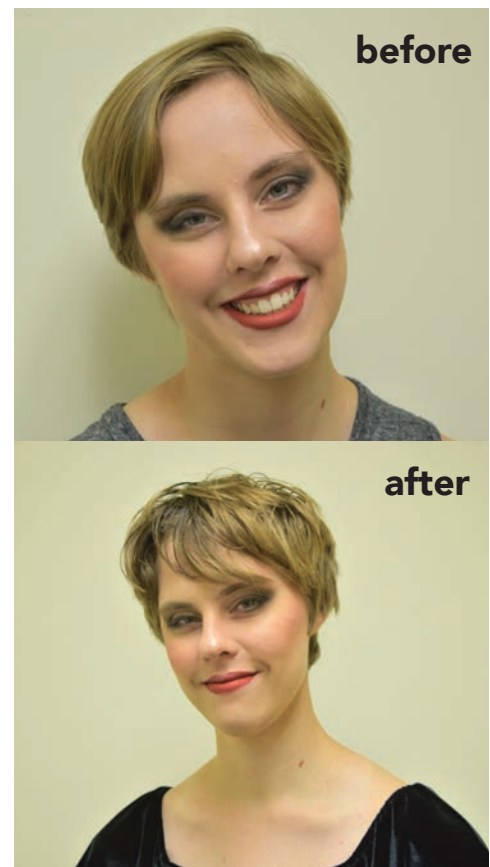
When we look at these makeovers in the context of film, Hollywood movie magic and professional makeup artists are the ones to credit. It may not be as easy as trying a new shade of lipstick, but obtaining similar transformations is not impossible. A real life glow-up is something that happens over time. It takes great amounts of patience and self-love.

The hardest part?

Learning to accept yourself as you are now. As daunting as all of that seems, it is possible for everyone, and not just those who can afford high-end cosmetics and skin care.

Grease

Sandy's preppy to hardcore metamorphosis is one of the most iconic moments in the film leaving us all slack jawed along with John Travolta. In this look Sandy trades her neutral makeup for a bold red lip and intense smoky eye, but this makeover was less about makeup and more about attitude. The Sandy transformation represents how you can always change the status quo and defy other people's expectations of you. Sandy shows us how to shake things up when you are sick of being what others say you are.



Model Brennan Saucier



before



after

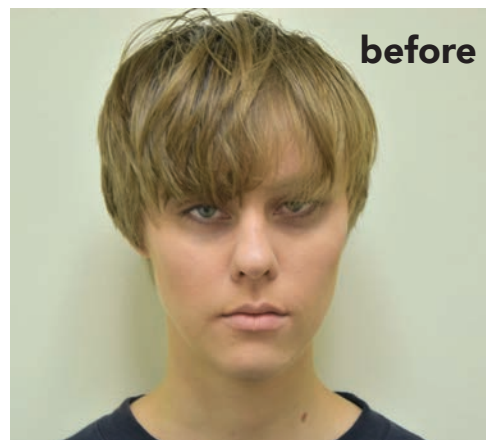
Model Karina Rangel

The Princess Diaries

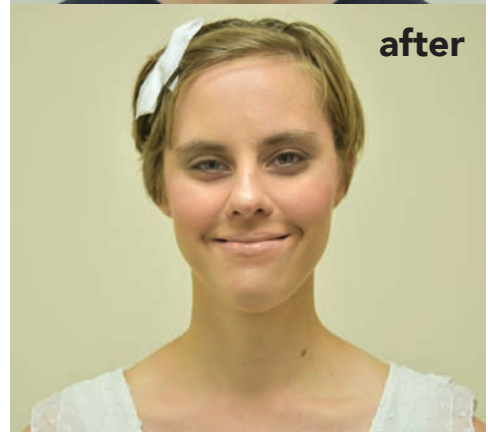
There is so much more to princess Mia's glow-up than straightened hair and contacts. This makeover was one of confidence. Like Mia we are all beautiful from the beginning and sometimes all we need is a little pampering to shine. Textured hair and glasses are not the problem, and you should never think that they are, but Mia is hiding behind them. No one should ever feel like they need to hide behind the things society tells us aren't desirable.

The Breakfast Club

Allison, or "The Basket Case," gets a makeover by Molly Ringwald in this classic '80s film. She goes from bare-faced to glowing in her transformation. Her hair is pushed back to reveal her gorgeous face now highlighted with minimal makeup. The new look is soft and sweet in contrast to the dark and harsh aura she surrounded herself with in the beginning of the film. Despite the subtlety of the changes, Allison's guarded, and intense shell is cracked wide open to reveal a graceful, delicate interior. This transformation is all about the vulnerability of allowing people to see who you really are, and unleashing the mask you wear to protect yourself.



before



after

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