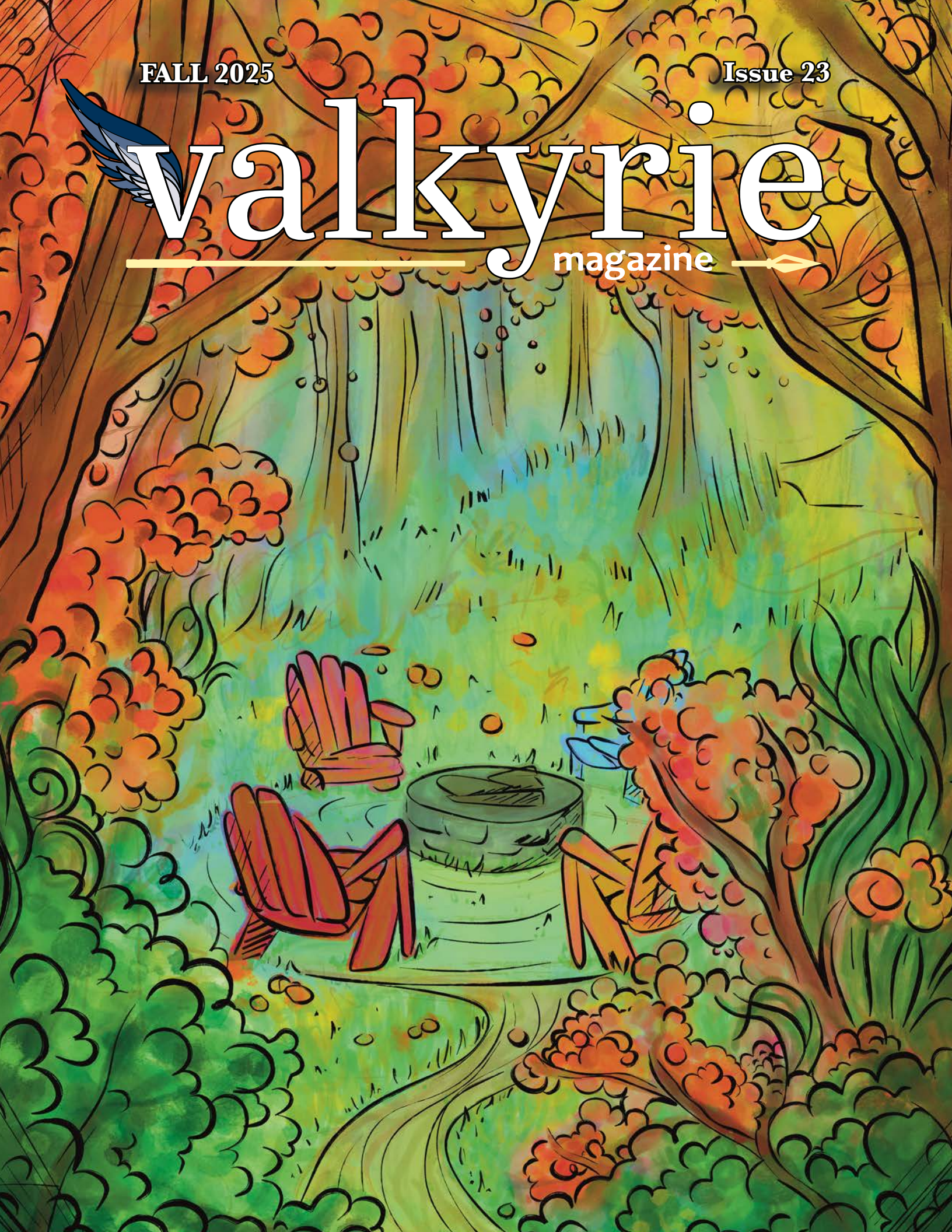


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Savannah Talley, sophomore.

Design and Story by Amanda Hartnett, Issues & Impact Editor

Photos by Maya Slickis, Photographer

Graphics by Anabel Flores, Graphic Artist

The Pressure to Perform

Many students arrive on college campuses eager to make their mark. This is a time to establish yourself in a bigger world than before. For Marcus Muriithi, sophomore class president, that meant making up for lost time. “I wasn’t involved in high school at all. So coming into Berry, I was like, ‘I’m going to be president of everything,’” he said. He continued his first year driven by a desire to make an impression, especially for competitive programs like medical school. But, Muriithi soon found himself in a situation similar to that of many other students. In today’s hyper-competitive world, the temptation to perform in all aspects of life can be difficult to resist. A constant pace develops for many students by leadership responsibilities, academic achievement and personal obligations. When achievements are only superficial, this desire frequently results in an inadequate sense of accomplishment. “On paper, it’s good,” Muriithi said, “but if you didn’t get anything valuable out of that commitment beyond just the title, then it wasn’t even worth it.”

Jonathan Huggins, college chaplain, echoed that sentiment painting a picture of a pace that’s unrealistic. “It’s almost like it’s inhumane,” Huggins said, “It’s not a human pace of life.” With so much on their plate, students are moving at a pace that leads to burnout, anxiety and exhaustion. This demands a reassessment of how they prioritize obligations and practice self-care. Finding balance is essential not only to achieve success but also to maintain well-being.

During the campus involvement fair, where students in leadership positions advertise their groups, a poll was administered to determine the degree of student involvement. When asked about their club involvement, the majority of the 33 students who responded took part in several groups. Five students were involved in just one club, while 12 juggled two. Eight students managed three clubs, and five took on four. Two students were involved in five clubs, and one reported commitment to six. The substantial demands imposed on students are shown by the fact that these numbers simply represent club involvement and

do not take jobs or other obligations into consideration.

The Value of Rest

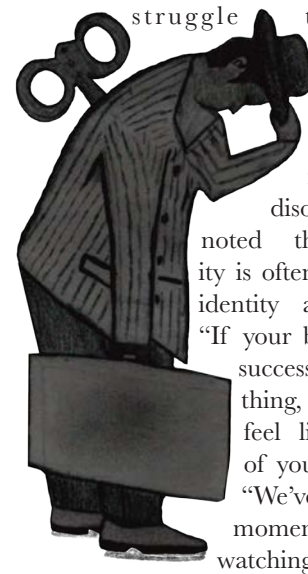
Samantha Class, director of TRIO Student Support Services, described a common dilemma faced by many students. As part of her role supporting students academically and personally, she often hears about the struggle to find balance. “How can I take a minute to myself when I have three essays due and I need to go to work after this?” Class said. “There’s a fine line between being busy with an exciting buzz and feeling like it’s too much.”

Class emphasized how crucial it is to welcome this stage of life as a chance to put oneself first. She described this period as an important opportunity for healthy self-focus and personal growth. “Even doing scary stuff like moving [far from home] for school doesn’t mean you love your family any less.” She said. “You’re doing something for you, and this is the time to do it.” Class noted that without the immediate pressures of a partner, children or a mortgage, students have a unique chance to focus on their own goals and growth.

Alongside the practical need for rest, there is a long-standing cultural and spiritual tradition that emphasizes the importance of taking intentional breaks. “In Jewish and Christian faiths, there’s the principle of Sabbath keeping... a day where you’re not worried about productivity,” Huggins said. “In this time, you can remember that you are a human being, not a ‘human doing.’” Reflecting on life before modern technology highlights how much these advances have infringed on our rest. Huggins also emphasized the psychological importance of consistent sleep. “The brain craves a pattern... inconsistent sleep doesn’t help students,” he said. “The minute this is infringed is when several parts of life begin to deplete. Now that we can stay up, because we have lights, we can stay up all night doing stuff. We do. And that doesn’t really help us.” With the freedom to do more at any hour, many feel pressure to do everything. The very tools that promise efficiency - artificial light, endless access to information, and constant connectivity - often pushes students further from rhythms that support their health.

The Counseling Center echoed this concern. “Once sleep goes, everything goes,” said Whitney Gates, assistant director of counseling. “If you’re feeling constantly tired, resentful and disengaged, that’s a signal you need to readjust.” Gates said students often overlook the basics when they’re overwhelmed. Rebuilding starts from the ground up: getting enough sleep, eating nourishing foods and creating simple routines that support well-being. Without that steady foundation, it becomes harder to manage everything else. But even with a steady routine in place, many students still

struggle to recognize when they’re approaching burnout. For several, rest itself can feel disorienting. Gates noted that productivity is often deeply tied to identity and self-worth. “If your brain has wired success to doing everything, stopping can feel like losing part of yourself,” she said. “We’ve all had those moments where we’re watching Netflix to relax



Emma Loeslein, sophomore, overwhelmed by the pressures of school.

but feel guilty the whole time.”

Authenticity and Purpose

Class said colleges often speak about supporting the “whole student,” but fail to follow through in meaningful ways. “If I had a dollar for every time someone talked about the holistic view of the student, seeing the student as a person and not just a student, I’d be rich,” she said. “They love to talk that way, but the way we interact with and treat students doesn’t always reflect that.”

She noted that college is a luxury not available to everyone, and with that comes a responsibility to support students as full human beings, not just academic performers. When institutions focus on outcomes like grades, leadership roles or post-grad plans, students risk losing sight of their own purpose and authenticity. “Students need space to reflect and figure out what really matters to them, not just what looks good on a resume,” she said.

Gates emphasized the need for authenticity in the work you do. “I often tell juniors and seniors that they are always being looked up to. Saying no is a strong leadership skill. Strong leaders model boundaries. They delegate, prioritize and recognize when they’ve overextended themselves and can pivot when needed.” This also means giving others the chance to take on responsibilities. “We want to create leaders behind us,” she said. “Part of that is taking something off your plate and putting it on theirs.”

Learning to remove things from your list of commitments and giving them to others creates space for intentional commitment. While freedom and commitment may seem like opposing ideas, Huggins suggests otherwise. “Purpose doesn’t come from free-

dom,” Huggins said, “They come from when you commit to things. He gave the example of a school teacher’s schedule: if you’re committed to working from 7 a.m. to 4 p.m., you also need to commit to going to bed by 9 or 10 p.m. Huggins explained that many people get stuck at the stage of freedom, like adolescents unsure of what to do next. “The mature person then decides to commit to meaningful things,” he said. “That’s where they get a sense of purpose in life.” Maintaining those commitments requires discipline and sacrifice, but ultimately provides a sense of purpose and stability.

Advice from Professionals

The demands on college students can feel relentless, but the experience of student-athletes offers a unique perspective on managing a packed schedule. Angel Mason, director of athletics pointed out that student-athletes maintain a higher GPA than the general student body. This success, Mason explained, stems from how athletes manage their time. “You don’t have a lot of random idle time. Because you don’t have idle time, your time is plotted and planned a lot more than most people,” she said.

When the workload becomes overwhelming, the advice is clear: it’s ok to say no. “Anything that you do, you want to be able to do well. The thinner you stretch yourself, the less productive your outcomes are, and it’s not the best representation of you,” Mason said. This way of looking at things reminds us that success is about doing what matters, not just doing more.

Huggins puts it bluntly: “You’re not God.” Students are reminded that they aren’t meant to do everything or carry every responsibility alone. You are not supposed to be perfect.



SOCIAL MEDIA

What's The Real Story?

Story and Design by Lily Ruppert, Issues & Impact Asst. Editor
Photos by Maya Slickis, Photographer

How many times have you checked your phone today? How many times have you checked Instagram, TikTok or Snapchat today? How many times have you had a 3-minute-long interaction, face-to-face, with a stranger today? Odds are, even if you don't have an exact number, the answer for the first two questions is substantially higher than your answer to the third. Technology, primarily social media, dominates our generation's culture as it can shape how we view and interact with the world around us. Social media has the capability to connect us almost instantly with people across the globe, and this prospect excites many people. Community is easier to find and build for those who can't find it in person, as long-distance communication is faster than ever before.

Connecting Quickly—at a Cost

With community becoming more accessible, it may be a person's only source of comfort, leading to a dependency on technology and a detachment from their immediate environment. Quick long-distance communication can also be a double-edged sword. Whitney Gates, assistant director at the Counseling Center, said people now "expect connection to be instant and constant. If someone doesn't reply quickly, it can feel like rejection." This unrealistic expectation has become the foundation of countless relationships and has shaped many peoples' understandings of connection to be more about frequency and visi-

bility rather than depth. These are not the only detriments of social media—even just having access to a small view of everyone's lives can easily become a stressor. "I am almost never on Instagram during summer and winter break, because of envy I feel at the things other people are doing or posting," Julianne Kim, sophomore, said. "I feel as though other people's lives are so much more exciting than mine."

Curating Positivity

Kim, like many students, posts often on her Instagram stories. She said she usually finds herself sharing during moments of humor or frustration (and finding the humor within frustration) because she likes to present herself as an entertaining person. Despite the focus on humor, she finds herself struggling with anxiety over who watches her stories and from the pressure she feels to share her life at times—a struggle shared by many others. Kim said, "I think people are constantly sharing because they desire approval and acceptance. There is such a culture of posting your eventful and happy life, full of friends and vacation and outings." Additionally, she feels pressure to maintain the persona she's created for herself, trying to keep things light and entertaining. Still, she believes that positive posting is the way to go. "If I could change anything," she said, "it would be that people try to share moments of light-heartedness, not always reposting concerning political and global problems. . . People in my generation are so anxious and concerned, and

if they can share one positive thing about their day, it may help them and others."

Building Boundaries

College students are in a unique position with social media because they are in a state called "emerging adulthood." Emerging adulthood is characterized by the gain of many aspects of independence without achieving true independence—many students, despite living without their parents during the school year, still rely on their parents for money, housing during breaks and other dependencies that prevent them from achieving full independence. Students, as emerging adults, are beginning to create their own boundaries. "There is often conflict between college-age students and their parents in terms of what boundaries the student sets up," Alice Guo, associate professor of psychology, said. Overparenting can disrupt the "independent adult" identity a lot of college students are trying to create for themselves, and this violation of the student's boundaries can deteriorate their relationship with their parents.

Social media only makes it easier for parents to "helicopter" over their child and infringe on their autonomy, e.g. tracking their location on the app Life360 or activities through their social media accounts.

Posting with Purpose

However, social media is not an ultimate evil. With responsible usage, there is space online to connect with new friends, interact with new cultures, learn new information and so much more. Sophomore Hutch

Stowe, inspired by others online who have built a large following by posting their daily lifestyle, decided to do the same. "When I started out, I was mainly posting things like fun shorts, motivational speaking, relatable content, or daily thoughts," he said. "However, now that I am currently studying abroad, I am now posting travel content and life abroad through the eyes of an American college student." He is still trying to find his niche, but whenever he posts

himself online, he makes an effort for his online persona to be an extension of himself. Being a digital creator does come with "pressure to post regularly," Stowe said. "I feel that consistency will get me to my goals when it comes to . . . views, following, and partnerships." Additionally, he keeps an eye on engagement to determine what types of content are received best. All of this has an impact on his mental health and connection with his immediate peers. "I stress a lot of the time about what my niche is," he said, adding that he sometimes worries about his friends and family being upset about how often he checks his phone. To absolve this, he has established boundaries for his social media use by setting a daily time limit on Instagram. This way, he can "set aside my work on social media and focus on what matters in real life."

Logging Off

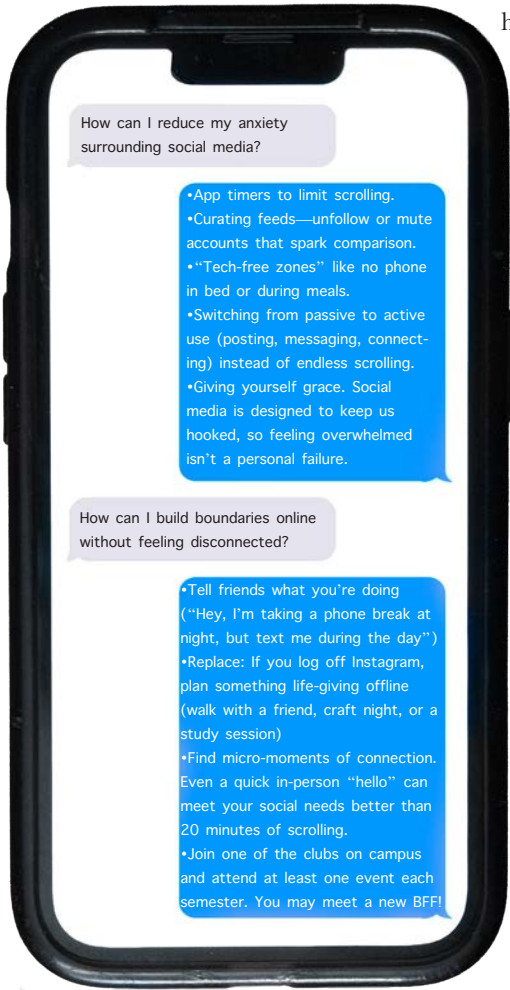
Often it can feel like trying to step away from social media isn't a choice; everyone else uses it to stay connected, so what would happen to your relationship with your friends if you disconnected? Unlike most, Senior Julie Stark has never made a social media account. Her phone, to her, is full of many helpful tools, but social media is not one of them. She has faced pressure from her sister to create an account, but she prefers focusing on her connection with her peers in her immediate surroundings. "I'm sure there are some things I'm missing out on," she said, "but I'm not really worried about that because I feel more connected

with people I know." Stark emphasized the importance, to her, of being present in the moment: "When I'm on my deathbed—and I know that's grim—am I going to look back on all the times I was on my phone?"

Redefining Connection

Gates described social media as "a second job where you're always 'on.' Students talk about feeling like they can't rest because they need to keep up streaks, stories or the group chat. That kind of constant availability can lead to emotional fatigue." With everything else on college students' plates, the added stress of an active, often unacknowledged addiction to technology only aids in a decline in mental health. Learning how to take a moment to evaluate your relationship with social media is the first step toward developing a plan to care for yourself and your mental health. No matter your online habits, take a moment to ask yourself: what does connection mean to me?

*Just 15 more minutes
and I'll go to bed.*



THE RISE OF TRADWIVES

Story and Design by Lily Ruppert, Issues & Impact Asst. Editor

Photos by Maya Slickis, Photographer

She is dressed up in a simple white dress and linen apron, stirring a soup simmering on her stove top, and narrating in a soft, slow voice. Her hair and make-up are perfectly done up, and she balances her peacefully sleeping infant on her hip. She is not a 1950s housewife. She is a TikTok influencer with millions of followers, many of whom are a part of the growing online movement where women embrace the title of “tradwife,” or traditional wife. This title is wrapped up in a very particular aesthetic: meals made from scratch, long dresses and a pristine home. However, alongside this aesthetic comes political and social demands for women to be modest, stay-at-home mothers and to subjugate themselves to men.

The Aesthetic

The tradwife aesthetic emerged on social media around 2020. Women would post themselves baking home-made sourdough, taking nature walks with their small children, tending to chickens or other farm animals and otherwise being the ideal homemaker. Similar aesthetics such as cottagecore grew in popularity during the pandemic because it offered fantastical ideas of a quiet, perfect life. “It serves as a form of escapism,” alumna Chika Lavalley (’25) said. “It’s a reaction to burnout, feminism’s perceived ‘failures,’ or just modern pressures in general. The movement sells this image of comfort, control and simplicity.” Despite its depiction as a peaceful, quaint lifestyle, the tradwife aesthetic “exists only within the confines of a screen—it is an orchestrated fiction, an image carefully curated to appeal to audiences,” Lavalley said. Childrearing is central to the tradwife lifestyle, and children are notoriously dirty, loud and time-consuming. Stay-

at-home moms struggle daily to keep up with the cleaning, socialization, stimulation and cooking that a child requires. It simply is not practical to constantly keep a perfectly tidy home and serve five-star meals for dinner every night, though tradwife content tends to perpetuate this false norm. Influencers such as Nara Smith and Hannah Neeleman popularized the aesthetic through their posts displaying perfect domesticity. They do not share when they mess up a recipe, their child misbehaves or their house is dirty. Viewers only see their lives through a narrow, highly curated lens of effortlessness that simply is not attainable in real life. Lavalley said that these two influencers do not explicitly identify themselves as tradwives, yet their “content contributes to the . . . normalization of tradwife influencers, even if unintentionally.”

College Brides

College students are not immune to tradwife culture. “The aesthetic offers a perfect throwback to the American Dream,” Lavalley said, “at a time when many students feel that dream is unattainable due to economic instability.” Two phrases perfectly capture the appeal tradwife culture has to college students: “Ring by spring” and “graduating with a Mrs. degree.” The phrases are attached to female college students who get married in college and often drop out to be a homemaker for their husbands. Hannah Beth Smith, junior, described the culture as eerie. “I feel like it is so important to have your own name on your degree,” she said. Tradwife culture urges women to submit to their husband to the point that they must rely on them for finances, housing and even social autonomy. If a tradwife’s husband takes a disliking to her friends, she has little say in whether or not she can continue to hang out with them—the husband is the head of the house, and therefore has the final say. Women who drop out of college entirely after marriage face a significant hurdle if they ever decide that they want to pursue a career after all, especially

if they have kids, as they must dedicate so much time running the home while their husbands are at work. Then, because they lack the ability to complete their education or get work experience, if their husband divorces them or passes away, they lose their entire support system and cannot easily make up for that loss themselves. Smith called the tradwife movement “worrisome because they’re cosplaying a lifestyle that women were quite literally forced into,” referring to 1950s housewives, who at the time could not even sign up for a credit card independently.

A False Sense of the Past

The desire to “cosplay” a lifestyle that is entirely misinterpreted is driven by nostalgia, Margaret Ndwandwe, assistant professor of communication, said. “What they are tapping into is a nostalgic, wistful version of a past that is not real.” During times of conflict and discontent, people constantly lean on the past for comfort, but nostalgia is a blinding force. Ndwandwe connected trad culture’s appeal to a theory proposed by Walter Benjamin, a communist scholar in the early 20th century. He spoke about the “art of mechanical reproduction,” wherein essentially original ideas, products and items have what is called an “aura” to it, and as the original is reproduced, the aura is lost. Still, people chase the aura and are disappointed when they are not as enchanted by the reproduction as they expected. Ndwandwe speculated that trad culture revolves around mechanical reproduction. Tradwives are “trying to capture some kind of magic, nostalgia or usefulness” that is simply unattainable.

Traditional Aesthetic and Values

Accompanying trad culture’s nostalgic core is conservative, exclusionary implications. Trad culture is “predominantly white, predominantly Evangelical Christian—although there is a solid Mormon sect,” Ndwandwe said.

“There’s this subtle aesthetic implication that white is right,” she added. Additionally, the culture’s strong emphasis on hierarchy and women’s submission to men is a direct conservative value. “Even in Trump’s phrasing of ‘Make America Great Again’ is this nostalgic sense that there’s a past that’s better than our present reality,” Ndwandwe said. With trad culture’s ties to conservatism come discreet but undeniable undertones of racism, nationalism, homophobia and other such bigotry. Content is made by middle-class white women for middle-class white women. “Missing from these narratives are the working-class families, single mothers,

LGBTQ+ households, non-Christian traditions, women of color, and career-oriented women,” Lavalley said.

The Pipeline

Although the aesthetic has strong ties to conservative beliefs, not every tradwife is a conservative—at least to begin with. However, the aesthetic tends to be a pipeline that introduces many women to right-wing Christian nationalist politics. Smith drew a parallel between the tradwife pipeline and “video game pipelines,” that introduce young men to radical right-wing politics. Social media algorithms drive the pipeline. If a viewer engages with one video about tradwives, the algorithm will push more videos about and related to tradwife culture.

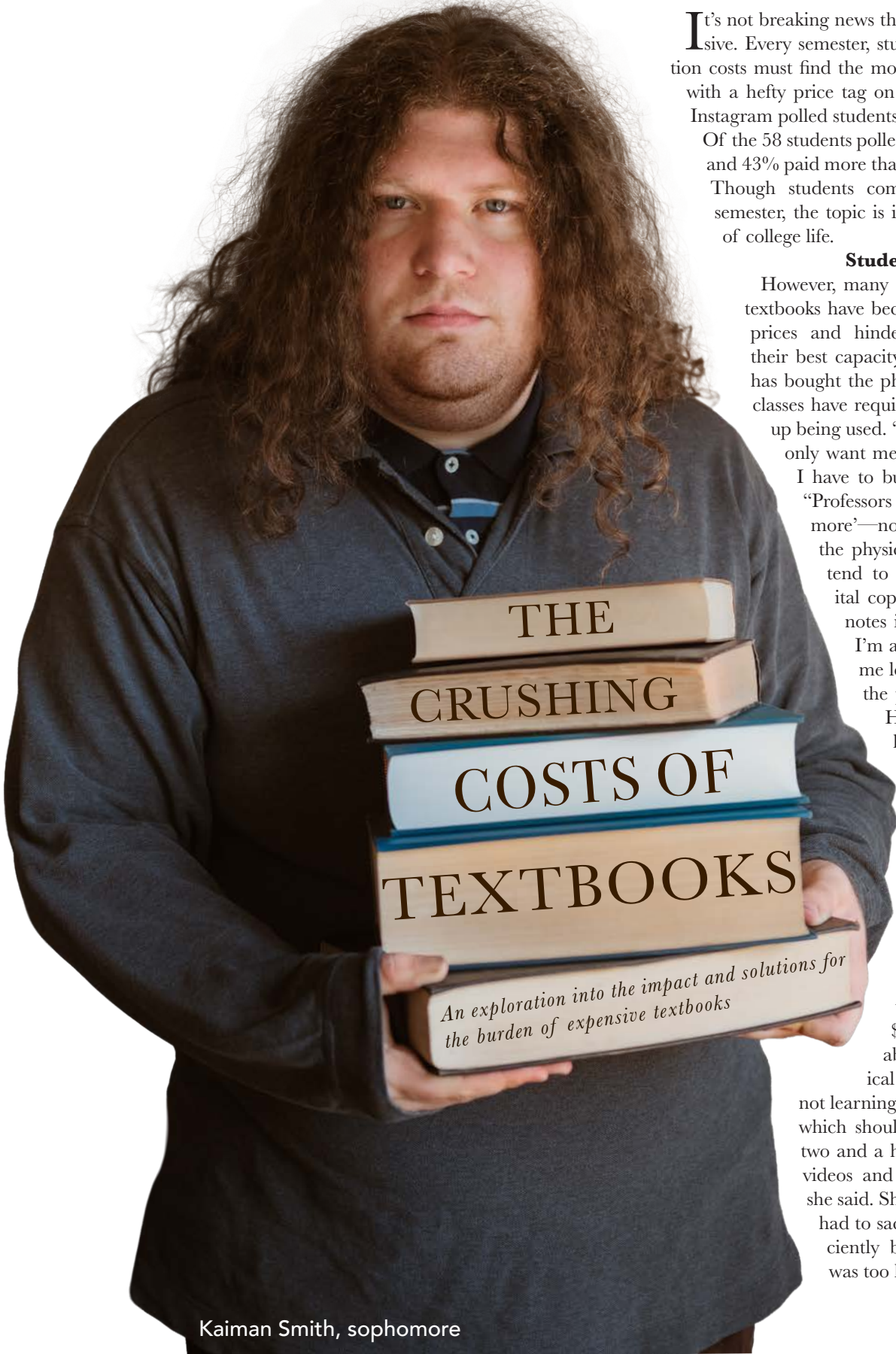
The aesthetic draws people in to engage, and slowly the conservative beliefs behind it take over the viewers page, normalizing ideas they never even actively sought out. One step toward avoiding falling down any pipeline is simply being aware of the signs of and beliefs attached to aesthetics and communities we may not otherwise question. Though trad culture, “sells this image of comfort, control, and simplicity, . . . it’s also connected to far-right ideologies that push the idea of women being submissive to

men or limited to certain roles,” Lavalley said. When a new trend arises, always keep in mind potential implications that may

be sown into the foundations of that trend. Lavalley emphasized how vital it is “to question why certain lifestyles are idolized and who ultimately benefits from those ideals.” Ultimately, trad culture is not just an aesthetic or lifestyle. It is deeply rooted in political ideals that encourage a return to the subjugation of minority demographics.



Emilia Valencia, freshman



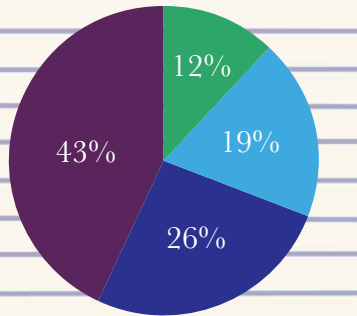
Kaiman Smith, sophomore

It's not breaking news that college textbooks are expensive. Every semester, students already paying high tuition costs must find the money to afford a stack of books with a hefty price tag on it. This September, Valkyrie's Instagram polled students on the cost of their textbooks. Of the 58 students polled, only 12% paid less than \$50, and 43% paid more than \$250 just this semester alone. Though students complain about textbooks every semester, the topic is inevitably brushed off as a fact of college life.

Students' Struggles

However, many students hold the opinion that textbooks have become almost predatory in their prices and hinder students from learning at their best capacity. Sophomore Audrey Godwin has bought the physical copy of every book her classes have required, even when they don't end up being used. "It's frustrating when professors only want me to read a part of a book, but I have to buy the whole thing," she said. "Professors say, 'it spurs you on to read more'—no it doesn't." She values having the physical textbook even though they tend to be more expensive than digital copies. "I like to be able to write notes in the margin," she said, "and I'm a very tactile person, so it helps me learn it and read it when I have the physical copy in front of me." However, she faced an issue with her French 101 class; Foreign language classes pose as a financial burden and frustration for many students because they require an online platform to complete homework. The platform for Godwin's French class, without the physical textbook, costs \$229 for 24-month access. A loose-leaf version of the textbook is an additional \$67. Godwin could not reasonably add on the cost of the physical copy of the textbook, despite not learning well from online text. "French, which should take like an hour, takes me two and a half because I have to stop the videos and write down extensive notes," she said. She is just one of many who have had to sacrifice their ability to learn efficiently because the cost of textbooks was too high.

"How much did your textbooks cost this semester?"



12% \$0-\$50
19% \$50-\$100
26% \$150-\$250
43% \$250-\$350

Survey of 58 Berry students
conducted Sept. 1-2, 2025
through Instagram Stories.

Navigating the Cost-Effectiveness of Online Platforms

Julia Barnes, professor of Spanish, provided her perspective as a professor of many different levels of Spanish. She explained how she—and the department as a whole—have become more conscientious of the costs of class materials. Barnes mentioned how exciting the premise of online courses were for professors when they first came out, but after implementing them into their curriculum, "we became aware of how expensive they are, and how much at the mercy of the publishing company we are." Still, when she learned that the program used for 101 and 102 classes, Panorama, cost \$250 for the online program and required loose-leaf textbook, she was shocked. "I don't know if the professors using Panorama know just how much it costs," she said, then made a note to herself to bring the topic up in the department's next meeting. This would not be the first time the department has worked to change their curriculum materials to be more cost friendly. Barnes spoke about her Spanish 302 class, which focuses on grammar and mechanics. "You could spend a fortune in that class," she said, referring to the high cost of class materials. However, with the intent to make her classes more affordable, Barnes found an online textbook for a fraction of a cost and free supplemental materials to make up for the loss of the high-quality practice materials within the more expensive textbook. Barnes said

it was hard to find a balance, because the more costly textbooks did often have materials that justified the costs, but college students ultimately cannot afford them, and "if our students don't have the books, we don't have a good class."

Unique Course Offerings Could Be More Cost Effective

Todd Timberlake, professor of physics and astronomy, inadvertently lowered textbook prices in his class when he wrote his own. He has written three textbooks for three separate courses, primarily because the subjects he wanted to teach had no conventional textbook to use. One textbook, "Finding Our Place in the Solar System," was adapted from packets of information from a past coworker who taught the course. Though the packets had been used for years, they were not the smoothest model of teaching, as transitions between different writings were stilted. To amend this, Timberlake went on sabbatical and condensed the information in his own writing.

"If our students don't have the books, we don't have a good class."

Julia Barnes

"When I sat down to write it all up, I had years' worth of teaching the course and student feedback to influence the book," he explained. He finds that students seem more likely to take the readings seriously when they're written by the professor of the course. Another textbook he co-authored with a coworker, "Classical Mechanics with Maxia," is used in his computational physics class. This class used to be taught with a different, expensive program, but Maxia is free. "We were trying to get away from the expensive stuff," Timberlake said. When the textbook is published, however, he noted that he has no say in its price beyond his choice in publisher. He chose publishers known more for scholarly books over college textbooks, and this choice does reduce prices, but that is the extent of his influence.

Online Resources Don't Have to Break the Bank

There are some professors who have found textbooks entirely unnecessary for their courses. Jack Vespa, professor of English rhetoric and writing distributes required readings for his classes a different way. "The Canvas site became the all-purpose place to go," he said, describing how he makes all readings accessible through Canvas because "it seemed silly to have students buy books when there's so many texts out there [online]." He implemented free online readings into his classes in the 2010s, before he had come to Berry to teach. The only times he requires a textbook (or, more typically, an anthology) for his class is when he finds the author's input to be highly valuable to the curriculum he is trying to teach. This is not a yearly occurrence, however. More typical readings for his classes include PDFs of short excerpts, online archives of poetry, and "primers." A primer is a summary by Vespa about books he has read and wants his students to take away key information from without making them "slog through the whole book." With this method of instruction, Vespa has noticed "the students come out of the class with a little more rhetorical analysis and tech savviness."

Collaboration of Students and Professors--to the Benefit of Both

Making college classes more affordable is not the student's mission alone. Berry professors are aware of the class costs, and many would appreciate feedback to make their classes more accessible. End of semester course evaluations are valuable resources for students and professors alike and take just a few minutes to fill out. Keep in mind the value of your voice and take the time to tell your professor whether their approach to education was effective for you. Tell them the impact the costs of their textbook may have had on you. Ultimately, the only way to make change is to make the need for change known.

Students Caught Between Religion & Politics

Story and Design by Amanda Hartnett, Issues & Impact Editor
Photos by Sydney Martinez and Maya Slickis, Photographers
Graphics by Anabel Flores, Graphic Artist



Superior Court of Floyd County in downtown Rome.



Frost Chapel located on Mountain Campus

Martha Berry, founder of Berry, was a devout Christian who wove her faith into education. She believed in leading a practical Christian life and envisioned her school as a place for students to worship, learn, and work. Rather than adhering to a single denominational statement of faith, the college has taken an interdenominational approach to Christian values. After about 120 years since it was founded, the student body is diverse in both belief and political outlook. Therefore, the diversity can lead religion and politics to intersect in ways that can feel deeply personal and sometimes divisive.

"I don't quite see students talking as openly about religion... It seems like it's either not as important or too important to talk about," Michael Bailey, associate professor of political science, said. He worries that fear of division can silence meaningful dialogue, a loss for both education and civic engagement. "Our partisanship is increasingly linked with particular extreme religious perspectives... and on the other hand, a kind of almost extreme secular perspective among the Democrats," he said, characterizing a departure from the country's traditional stance of accepting religion while attempting to maintain the separation of church and state. Political disputes in this atmosphere may seem existential rather than policy-driven, influencing how students handle their faith and campus civic involvement.

Guided by Belief

In late October 2025, an anonymous survey was distributed to a wide group of people to learn about how faith and political beliefs influence students' attitudes, decisions, and social interactions at Berry. The findings show the similarities as well as the conflicts that are present in our community today. For example, while some students keep religion and politics apart, others regard faith as essential to their moral and political decisions.

Kathryn Heidelberger, assistant professor of religion and philosophy, explained how faith traditions have the ability to provide comprehensive ethical systems. "Religious values inevitably shape politics," she said. "Religions don't just tell you religious things... they tell you how to live your life, how you should organize yourself in society." For instance, ideas about human dignity or care

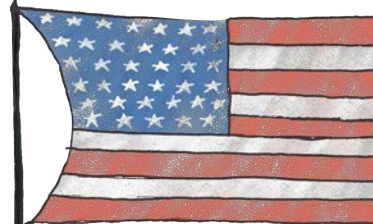
for the vulnerable often translate directly into policy preferences. Heidelberger pointed out that navigating a pluralistic society is a challenge: how can some people use their values to guide decisions without imposing one tradition on everyone?

"The single largest group of anyone in the country is the unaffiliated [when not combining denominations] ... around 30 percent, and among young people, it's higher—closer to 40," Bailey said. "When you look at the percentage of members of Congress who are self-proclaimed unaffiliated, it's closer to 4 or 5 percent... the unaffiliated are massively underrepresented." Because Christianity is the most prevalent religion in the United States of America, Christian perspectives dominate in the coverage of politics.

This difference raises a conflict, especially in colleges. While many young adults identify as religiously unaffiliated, their limited presence in positions of political power means their views are not fully reflected in policy decisions, despite their prominence on campuses.

The survey shows that students are divided, with different groups expressing contrasting views. Some respondents chose to remain anonymous, while others requested full attribution, including name and affiliation. Joseph Loh, a sophomore who is the multi-ethnicity outreach coordinator for Common Worship, said, "My religion has influenced what I believe is right and wrong. It's taught me that greed, oppression, cruelty and bitterness will lead the world to Hell. I was taught that God is Love, and with love comes kindness, self-control, empathy and responsibility. In whatever ways I interact with politics, I approach issues with these values in mind."

Sam Russell, senior, identified as agnostic, said, "I believe strongly in religious freedom, especially in regard to marginalized groups." She highlighted that the country is home to many faiths and was founded with a commitment to religious freedom. She remains committed to pluralism and diversity in the country.





Students gathered at Common Worship at the College Chapel.

ymous atheist said, “I don’t have to run my political beliefs through a god before I decide on them.” They expressed how they aren’t constrained to a religious text to decide to support transgender rights. Another anonymous Christian said, “I’m definitely Christian, but I’ve found a lot of my personal religious beliefs contrasting with a lot of the more conservative views it’s typically steeped in.” The range of views reflect how personal belief systems, whether rooted in religion or not, can lead people to very different conclusions about the same issues.

The cost of speaking your convictions

“Ordinary debates between the two major parties,” Bailey said, “Often take on an intensity that goes beyond policy differences.” The growing divide makes political disagreements almost feel existential. One side may fear threats to personal freedoms, such as LGBTQ rights, while the other worries about challenges to national identity and tradition. It is almost as if when you vote for one individual, you are affiliating yourself with a set of beliefs that cannot be removed.

Furthermore, this existential weight isn’t just about individual choices; it reflects how the parties themselves are fractured along lines of faith. Bailey elaborated, noting that the parties’ separations are often seen in black-and-white terms, even though the reality is far more nuanced. “Each of the parties has become essentially not monolithic... The Democratic Party is more complicated because... near the middle of the Democratic Party is a very pro-secular belief that has to contend with all sorts of other folks who are still very religious.” On the Republican side, religious identity often feels non-negotiable. “The Republican

Party... you can’t be an atheist and hope to rise in the Republican Party very easily... You can be an atheist, you can’t be a public atheist,” Bailey said. These dynamics amplify the pressure students feel when navigating faith and politics on campus.

Caroline Briggs, a sophomore psychology major, mentioned the unspoken assumption that sharing faith means sharing a political identity. “I have felt subtle and direct pressure to vote or think a certain way, especially when religion is involved in the conversation,” she said. “[Christianity is represented in political discourse] but mostly as a tool to justify things like control, exclusion or power.”

Loh’s response seemed to echo Briggs’ comment. “It is obvious that my religion is represented here in America...

While I am a Christian myself, I find this type of power-grabbing from people within my religion disturbing,” he said.

Another anonymous participant in the survey, who identified as Christian, said, “It’s like the Republicans are saying they represent Christians, but I don’t agree. I think

Christianity is going through a hard time right now.”

Their comments reflect the tension some Christians feel between faith and political affiliation. Russell offers another perspective: “Anyone who is not Christian, their religion is used against them.” She suggested that Christian viewpoints are often more prominently represented, leaving other beliefs at a disadvantage.

This raises questions about how students can feel safe expressing themselves when media coverage often portrays speaking up in a negative light. Heidelberger explained how the tension that is felt reflects a group that craves open and honest discussion. “Students

want to talk about controversial issues but fear ‘cancel culture,’” she said. She also observed that there seems to be “generational despair about politics... but some optimism remains,” noting that young adults are often disillusioned by toxic political discourse but still curious about finding better ways to engage. Heidelberger then asked, “What does it look like to take people’s religious convictions seriously instead of dismissing them as unimportant or a threat?” Students often feel their beliefs are dismissed or treated as dangerous in political spaces, which can lead to frustration or disengagement. “People don’t change their minds if you just inundate them with facts. What changes people’s minds is a change of heart, through the relationships you have with people.”

Briggs explained how generalizations about religion and politics are harmful. “When people assume views and beliefs based on how I identify, they stop listening. Faith does not fit neatly into boxes or political categories,” she said. This reflects a broader theme: students want to engage openly about their beliefs, but uncertainty and fear of social backlash can make it difficult to know how or when to speak up.

Shared values in a divided world

Despite the conflicts surrounding faith and politics, many students often agree on principles that center on kindness, fairness and respect. In the survey responses, students consistently described treating others with kindness and care as a guiding principle, regardless of political affiliation. While secular students describe this as an ethical obligation, others relate it to moral or religious principles.

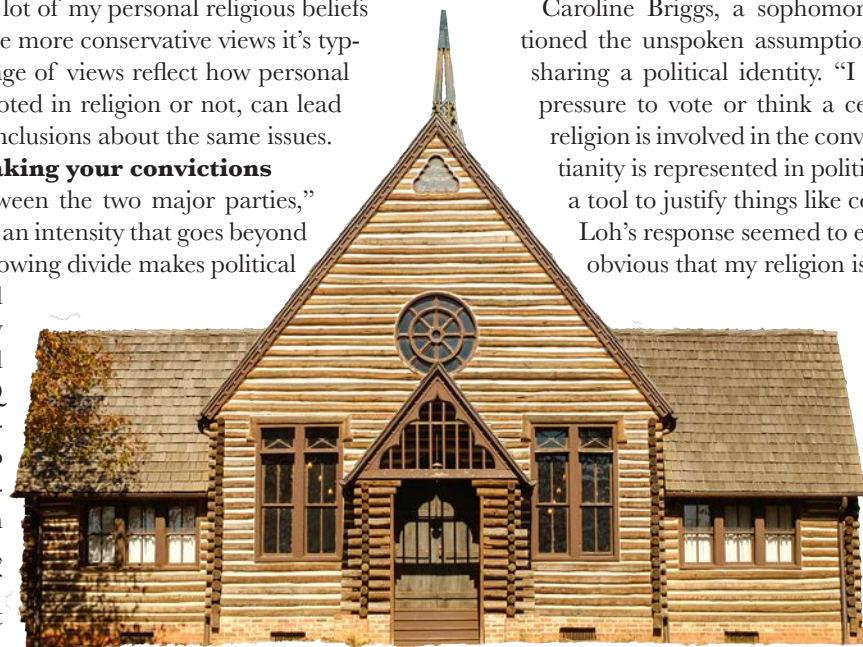
“Empathy, understanding, compassion, love, trying to make life livable for everyone,” one anonymous Christian participant said. Russell expressed a similar belief, emphasizing that communities should be built to support everyone, not just those who can afford it. She stressed inclusivity, saying, “Since there are people with

other beliefs that are just as devout as you are, we cannot determine the ‘correct’ religion. Therefore, we ought to be inclusive and seek understanding.”

Other students echoed this sentiment. Loh said, “Hopefully [my political decisions are shaped by] my understanding of who Jesus is, someone who called me to love my neighbor, and brought the kingdom of God to the Earth... I wish that extending love, justice and grace to all people were easy and widely agreed upon. Unfortunately, some people disagree on how to do these things, and some people don’t seem interested in ideas like love or justice at all. Because of this reality, we have to hold ourselves, our communities, and our nations accountable.” One atheist participant added, “Bodily autonomy and a belief that all humans are deserving of basic rights [are some of my core values].” A Christian survey respondent emphasized the subjectivity inherent in moral guidance, suggesting that living ethically is a matter of personal judgment rather than strict rules.

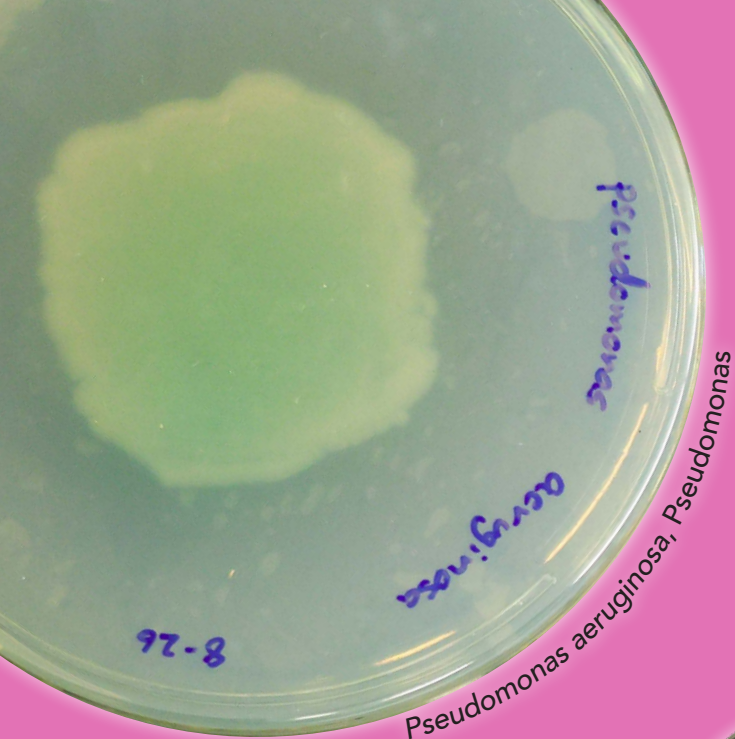
These thoughts, taken together, demonstrate that, despite differences in belief or political stance, several students share a commitment to empathy, fairness, and mutual respect. Their responses indicate a desire to handle differences with compassion, looking for connection and understanding rather than separation.

There are several various religious organizations available to join on campus.



Barnwell Chapel

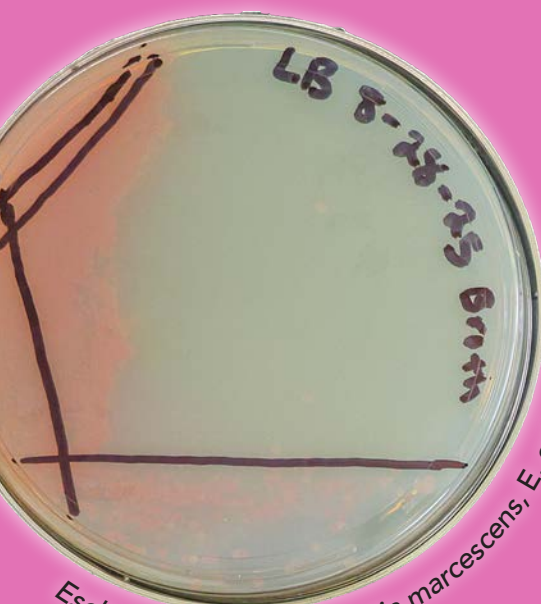




Pseudomonas aeruginosa, Pseudomonas



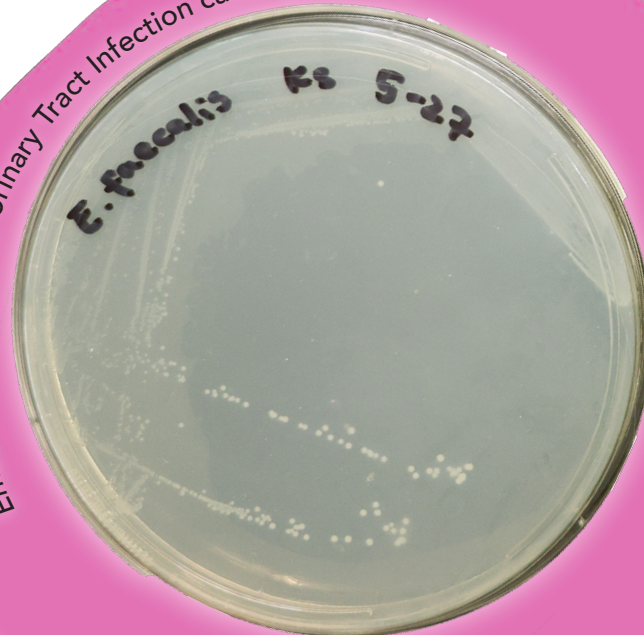
Forehead Culture



Escherichia coli and Serratia marcescens, E. coli and Pink Mold



Staphylococcus aureus, Staph



Enterococcus faecalis, Urinary Tract Infection causing bacteria

CULTURES

Microbiology at Berry College

Story and Design by Katelyn Wilburn, STEM Editor & Addie Hill, STEM Asst. Editor
Photos by Sydney Martinez, Photographer
Graphics by Hayleigh Holcomb, Graphics Editor

Bacteria culture plates are used at Berry to improve student's education with hands-on experience in microbiology, developing skills that will further their career path in STEM fields. Berry offers three courses that cover specifically microbiology, which are Fundamentals of Microbiology, primarily for nursing students, Microbiology, for science majors and Veterinary Microbiology. These courses go over the process of making a culture plate and the importance of aseptic fields when working with bacteria in labs and within medical systems.

Bacteria are often grown in petri dishes, the agar poured and cured, which is created by a student prep team before each use. Using an inoculating loop sterilized by a Bunsen burner, they sample each bacterium and gently streak the bacteria onto the surface of the chosen plate. The chosen bacteria are then studied on its growth within the petri dish to teach students the needed conditions for bacteria to thrive.

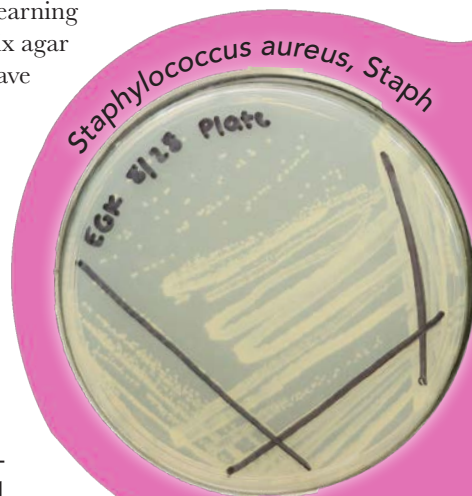
"It's important for anyone who's going into healthcare [...] to learn how to do culture bacteria and how to move bacteria from one place to another aseptically." DeLacy Rhodes, associate professor of biology said.

Berry also gives students the opportunity to work within the labs, prepping agar plates for usage later. This provides students, who specifically want to work in a lab setting, a new confidence when participating in microbiological study.

"It's very important that we have labs because we [...] give students hands-on experience which I think is a really good thing about Berry." Lillian Harris, senior and microbiology prep assistant said.

The prep team primarily pours the plates before classes, learning the specifics on how to mix agar and properly use an autoclave machine, defined by the National Cancer Institute as "a device that uses steam under high pressure to sterilize medical and laboratory supplies and equipment."

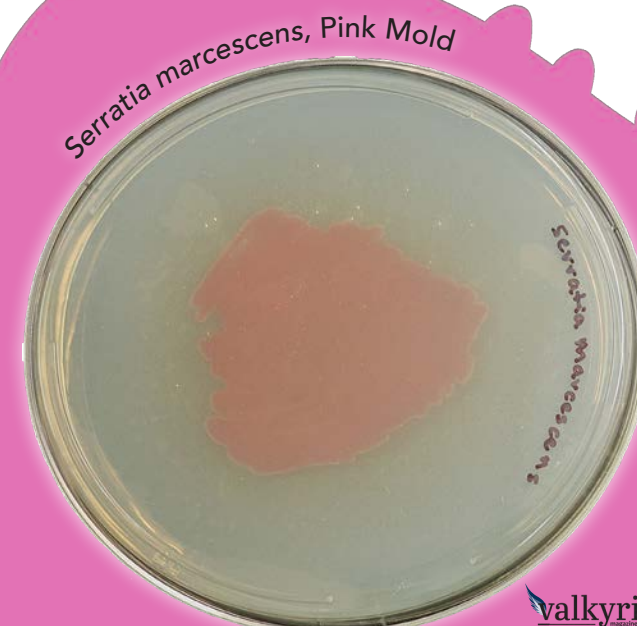
Learning these techniques gives students interested in fields concerning bacteria unique experience before graduation. In doing so, they will be prepared to face the professional environment.



Staphylococcus aureus, Staph



Staphylococcus aureus Streak, Staph



Serratia marcescens, Pink Mold



Oh, Deer!

When wildlife meets campus life

Story and Design by Katelyn Wilburn, STEM Editor and Addie Hill, STEM Asst. Editor
Photos by Sydney Martinez, Photographer
Graphics by Hayleigh Holcomb, Graphics Editor

Deer at Berry have been around for ages. Their non-chalant demeanor when passing by students is unique to the school, as the animals seem to be safe and sound within the private sanctuary. Since the population of deer is so high, many questions are raised surrounding their health and their interactions with the campus community.

Berry is considered a sanctuary for the deer to roam upon, but there are many places in the property labeled as Wildlife Management Areas (WMA). There are four different managed hunts for deer; two archery seasons, and three firearms hunts. The last hunt in specialty, which is specifically for women, disabled people, veterans and elderly people. The quota system runs on lottery, people entering and whoever gets drawn is allowed to hunt on Berry's WMA. Managed hunts are extremely important to deer at Berry because there are not many natural predators that keep the population low. Due to this, deer population in Georgia is extremely high, making vegetation scarce.

"We don't have as many hunters now and as a result, deer populations have really exploded and particularly at a place like Berry, where they do have protected areas." Chris Mowry, professor of biology said. "We think over the years that they have learned where to escape hunting pressure."

Chris Mowry is the founder of the Atlanta Coyote Project and examines the behavior of coyotes on campus and in several other areas. He reiterates the importance of coyotes in Georgia to lower their population. Coyotes are not significant predators for deer, but at Berry there are areas deemed 'dumping grounds' where coyotes can grab a free meal without working as hard as usual.

Georgia Department of Natural Resources coordinates with Berry to ensure WMA hunting runs cohesively with the community. Allison Melcher, senior wildlife biologist in game management, explained the health of the deer population at Berry College.

"Our regulations are set in coordination with Berry College and how much

access they're willing to give to people on the WMA." Said Melcher. "In general, the deer population at Berry is very healthy, so that's why quota is pretty high. It's one of the highest in the region."

Disease is still probable among deer, especially in high density areas.

"Another thing too could be disease issues when you have really high deer populations." Said Melcher. "When they're in close proximity to each other and they're feeding over the same areas, we do tend to see some diseases pop up in situations like that."

There are many other ways that deer can contact disease. When individuals feed deer in their hunting areas, they risk the spread of diseases.

"A lot of times, those diseases come more when people are feeding deer and you've got corn sites or a bait site." Said Melcher. "They're swapping spit a lot because they aren't grazing."

When deer graze together, they don't usually eat from the same exact patch of grass. That means there is less of a chance that any illness will swap between them.

Overall, the deer population at Berry is healthy, but there are precautions students can take when interacting with the delightful creatures. For starters, being careful when driving in breeding season is highly important, along with not feeding the deer.

Deer are charming creatures; fawns, harts and does all make Berry unique. To ensure the health of the deer and their environment, it is best to watch them from a distance. Drive safe on roads, don't feed them your leftover lunch and admire their elegant beauty while on campus.

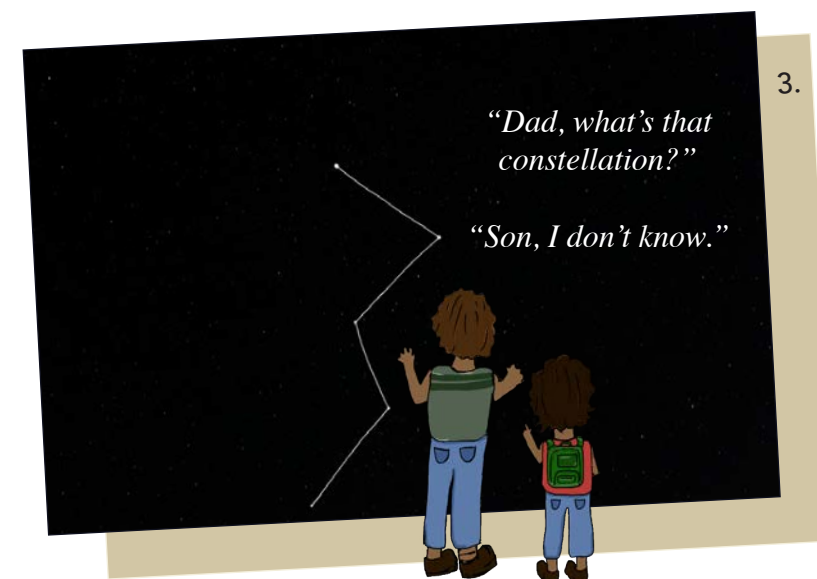
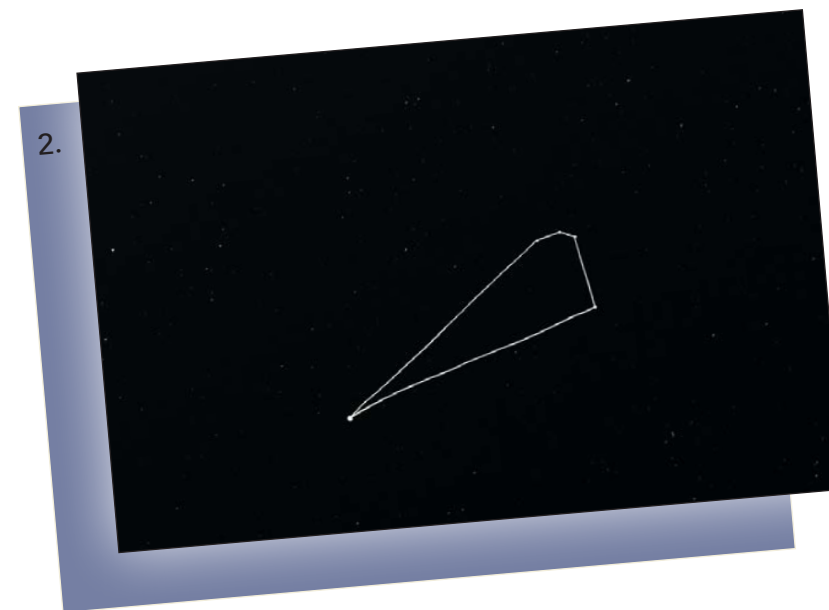
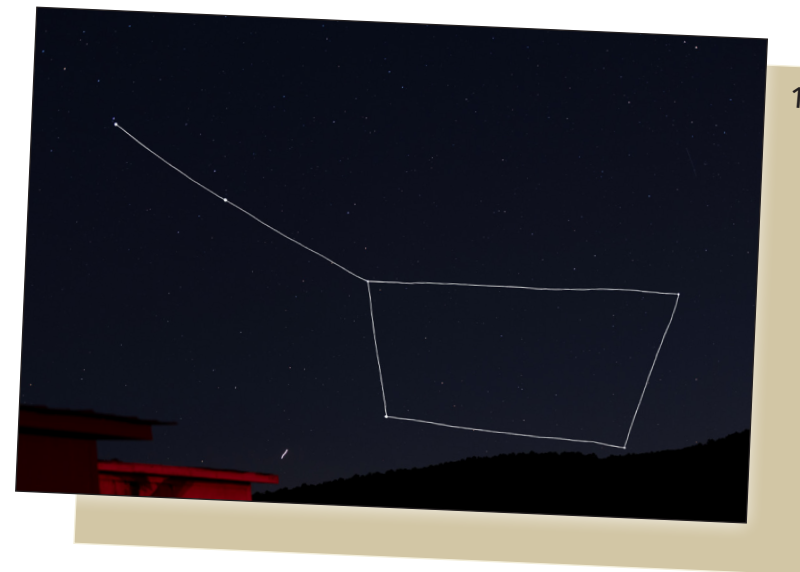
A series of photos depicting a Berry deer trotting



CONNECT The Dots

Design by Katelyn Willburn, STEM Editor and Addie Hill, STEM Asst. Editor
Photos by Sydney Martinez, Photographer
Graphics by Hayleigh Holcomb, Graphics Editor

Want to know if you are a pro stargazer?
See if you can identify these constellations.
Scan the QR code to check your answers on
our website.



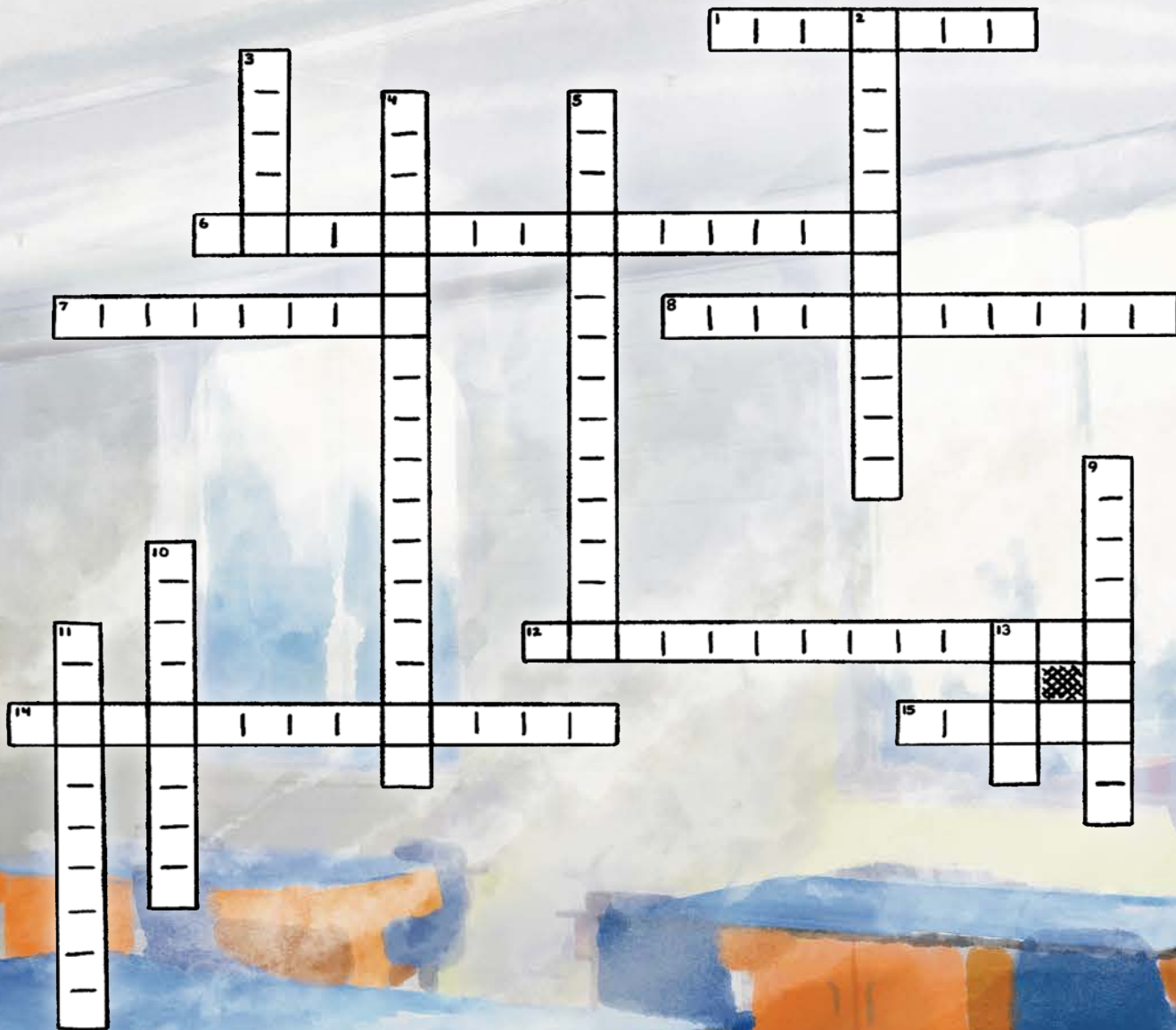
Brain Cells, Assemble!

Design by Katelyn Wilburn, STEM Editor and Addie Hill, STEM Asst. Editor
Graphics by Hayleigh Holcomb, Graphics Editor

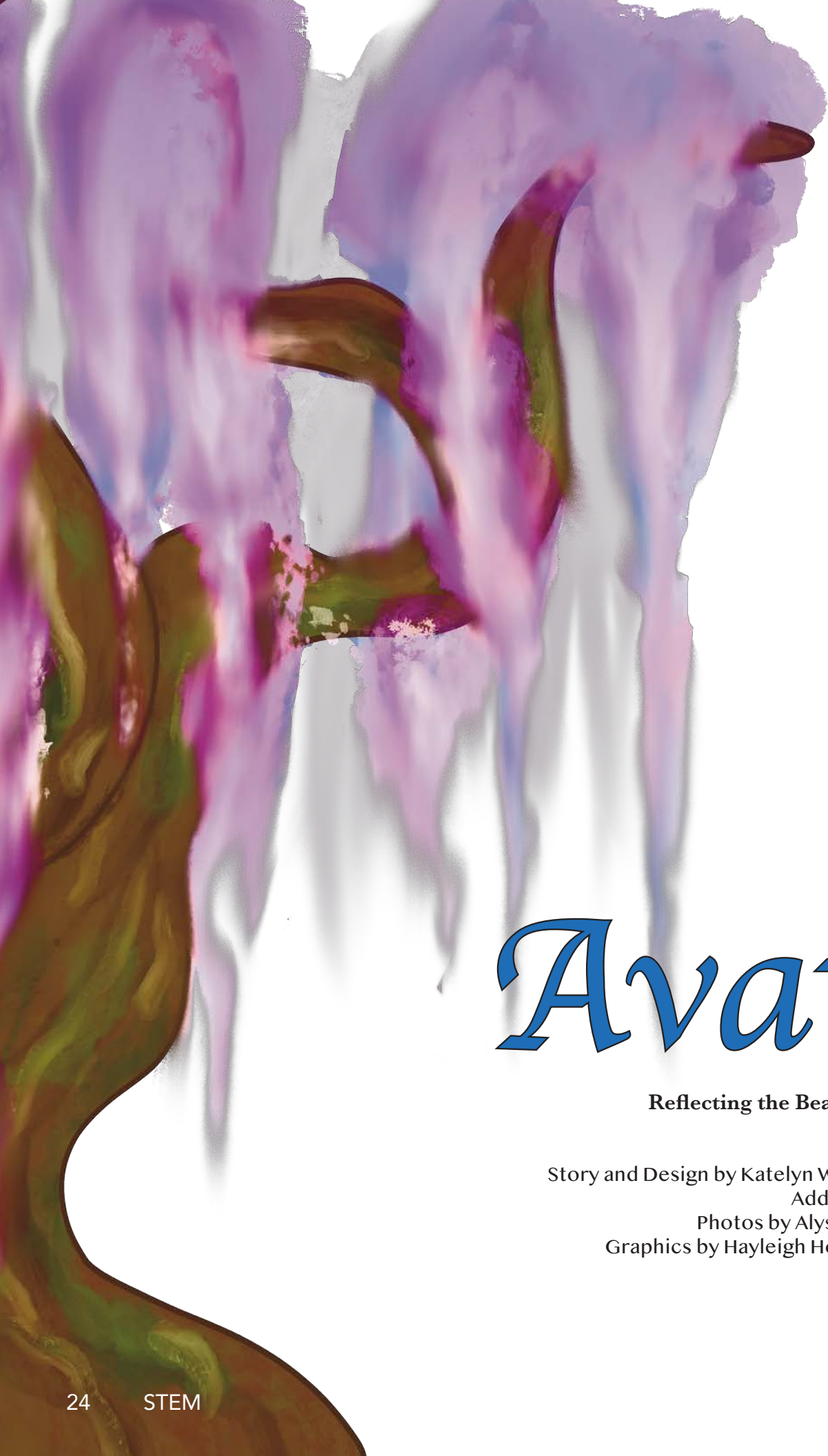
Even though the Berry Community is working tirelessly to better the science world, they have some pretty funny jokes too. Want to see if you can match their humor? Fill in the blanks on this clever crossword puzzle, and use the QR code at the bottom for the answers.

- Across**
- 1. I am a god and a planet, and I am used to measure temperature. What am I?
 - 6. Who appreciates the little things?
 - 7. What did the photon take for its stomachache?
 - 8. Where do hippos go to university?
 - 12. I went on an ice-skating trip with a group of psychiatrists. I've never seen so many _____.
 - 14. What would you call a sociologist who is just okay at their job?
 - 15. What was the charge when NaCl was arrested?

- Down**
- 2. How does Ivan Pavlov make his hair soft?
 - 3. Where do bad rainbows go?
 - 4. What does WTF mean in ABA?
 - 5. Why did the methodological behaviorist cross the road?
 - 9. I speak without a mouth and hear without ears. I have no body, but I come alive with electricity. What am I?
 - 10. What do you call an impolite biomolecule?
 - 11. What's the most magnetized animal?
 - 13. What chemical doesn't like to follow?



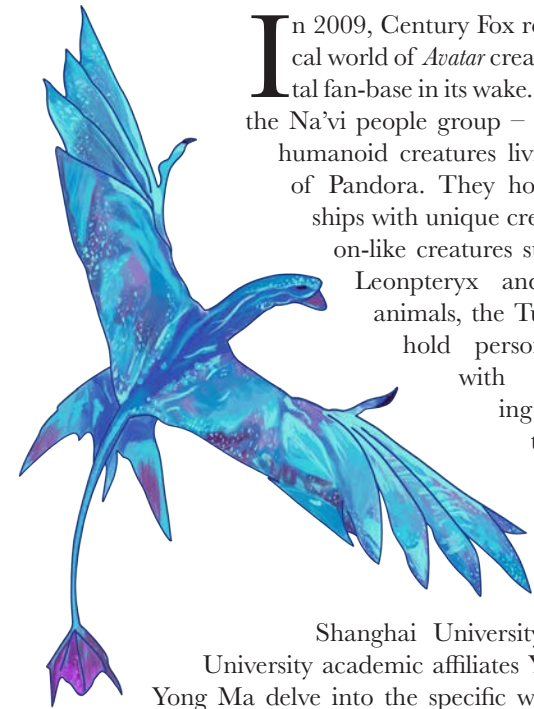
Answers



Avatar

Reflecting the Beauty of Human-Animal Relationships

Story and Design by Katelyn Wilburn, STEM Editor and Addie Hill, STEM Asst. Editor
Photos by Alyssa Elmore, Photo Editor
Graphics by Hayleigh Holcomb, Graphics Editor



In 2009, Century Fox released the magical world of *Avatar* creating a monumental fan-base in its wake. The film features the Na'vi people group – blue, six-foot tall humanoid creatures living in the world of Pandora. They hold vital relationships with unique creatures, like dragon-like creatures such as the Great Leonopteryx and large marine animals, the Tulkun. The Na'vi hold personal connections with their surrounding organisms, and their mutualistic relationships are a reflection of the modern world we live in today.

Shanghai University and Donghua University academic affiliates Yongping Fu and Yong Ma delve into the specific ways these movies portray human-animal relationships in the Canada Clausius Scientific Press Philosophy Journal. In comparing *Avatar* to other science-fiction films such as *Interstellar* Fu and Ma point out the new perspective that the Na'vi bring to pop culture. The movie's protagonist, Jake, journeys to the Omatikaya Na'vi clan using his deceased twin brother's Na'vi avatar. Originally, he and the scientists traveling with him aimed to mine a valuable resource from Pandora, seeking to utilize the Na'vi resources for human purposes. The authors point out how the movie plot transforms Jake's mind from a human-centric perspective towards a heart for nature.

This idea develops throughout the movie with the introduction of neural connections, or Tsaheylu. As a Na'vi bonds with a specific creature, their braids connect with a similar appendage on the animal, symbolizing a deep fellowship. Towards the end of the movie, Jake eventually realizes the sacredness of nature in the Pandora world. When conflict comes to a rise, Jake decides to help the Na'vi and does so by bonding with Toruk – a powerful dragon-like creature who holds great reverence with the Omatikaya clan. Towards the end of the movie, it is revealed that Jake is the sixth person in the history of the tribe to bond with Toruk, showcasing a colossal achievement as the first human Na'vi avatar to do so.

At Berry, the principles from “Avatar” are reflected in the extensive care given to the horses on campus. The Gunby Equine Center, which houses horses for academic teaching and the equestrian team, offers students chances to bond with and learn about these beautiful creatures.

“The way that the Avatar bonded with the animal has that

connection of one animal to their certain person. I think what we say empirically, there's not data to support it, but we just know, some animals are closer to one housemate than the other. What drives it is really hard to say. I don't know if we know what drives that connection, where you'll have that preferential connection,” animal science lecturer Miranda Knight said.

Just as the Toruk was displayed as a large, awe-inspiring creature that was able to bond with Jake, horses display a similar connection to humans. The large, intelligent animals present cases of deep connection with humans, even being used as

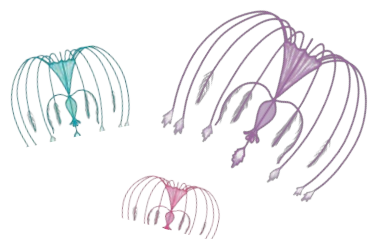
The level of trust that you have to have with them, and then, therefore they have to have the same level of trust in you -Willa Rose

they have to have that same level of trust in you, because they have to trust that you're going to tell them to do the right thing.”

The *Avatar* movies allow us to reflect on the importance of nature in our own lives, promoting awareness of the world around us. The themes seen in the franchise are displayed at Berry, showing how humans can bond and work with large and majestic creatures. These ideas are explored in the second movie, *Avatar: The Way of the Water*, as the plot develops the ideas of bonding with wunorthodox companions.



Ansley Scheiblauber, freshman, riding a horse during an equestrian team scrimmage in the fall.



The movie *Avatar: The Way of the Water*, released in 2022, offered a beautiful sequel to the *Avatar* film. When Jake, Neytiri, and their family are forced to move from their home with the Omatikaya, they navigate the Metkayina clan: a Na'vi tribe located near the ocean. Whereas the first film shed light on forest ecosystems and their role in society, the sequel cinematically explores relationships with aquatic organisms.

In the first

film, the Na'vi's relationship with the forest is persistent; the Omatikaya clan holds sacred values regarding the life of the animals and plants throughout the landscape. Anthony Rose of the Gorilla Foundation, a nonprofit organization dedicated to preserving the gorilla species, describes these bonds to have multiple layers of benefits for both parties – characterizing them as an example of biosynergy. In the second movie, these ideals are continued, but with a newfound emphasis on aquatic beings. As the ocean becomes more than just a setting; it is a living character. The Na'vi's bond with creatures such as the tulkun illuminates the shared empathy between human-like creatures and marine life. This reminds the viewers that the environment within the sea is inseparable from the life above water.

This has the audience reflect on personal experiences with animals that could align with the fantasy world of *Avatar*. There is an emotional depth, as animals are used in therapy for individuals struggling with mental health. This is portrayed in the way that Jake's son, Lo'Ak, creates a special bond with one of the Metkayina spiritual ancestors. Tulkun, a large whale creature, roams the waters of Pandora as a majestic and powerful creature. He exists as a sapient being, with his kind possessing their own forms of culture and civilization. The whales hold close relationships with the Metkayina clan, yet Tulkun is introduced as a lone whale.



Bond Beyond Species

Upon further development, it is revealed that Tulkun is cast as an outsider by his tribe. Since he has experienced a difficult past, he develops an emotional connection with Lo'Ak, who also feels the weight of ostracization. Though the two's bond does not take place in the same way Jake and Toruk's did in the first movie regarding a neural bond, there is an even deeper emotional depth involved. Lo'Ak and Tulkun form a relationship and communicate based on their shared experiences rather than a cerebral connection, showcasing the variety of ways humans psychologically benefit from their bonds with special animals. The way specific people can form a deep bond with a specific animal is seen in the film, surpassing surface-level connection and cinematically displaying the raw importance that human-animal relationships have.

Students at Berry College can and have experienced this bond, particularly in the form of Emotional Support Animals (ESA), a domestic animal that can help relieve the stress of a person's mental state. These animals tend to form deep bonds with their human counterparts and are often associated with comfort. Since ESAs typically help those struggling with anxiety, depression, or PTSD, the relationships they create with humans may go beyond that of the average pet.

Katrina Meehan, director for accessibility resources, explains the role of ESAs as a clear motivator for students struggling to get out of bed in the morning.

"Students who have Major Depressive Disorder might find themselves not even able to get out of bed, where an emotional support animal, like a cat or a dog, would require them to get up and feed them," Meehan said. "A dog would require them to take them out in the morning, or go to the bathroom, get them food water, really start their days."

This is an example of how animals and humans work together cohesively to provide for equally needed responsibilities. While the human makes sure their pet is happy and healthy, the pet can also tend to the emotional well-being of their owner,

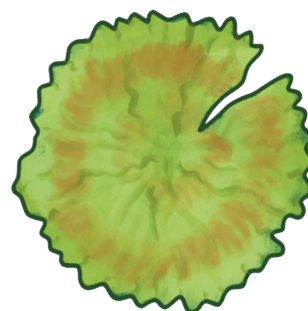
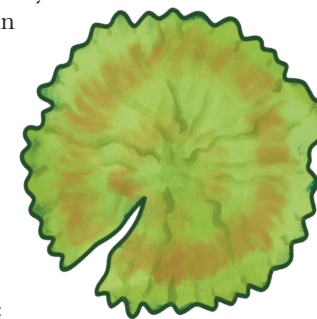
creating a relationship that thrives off shared responsibility.

On a research side of this, there had been many controversial ideas on how specifically marine life can help individuals with autism spectrum disorder (ASD). A study conducted by Nazaret Hernández-Espeso in 2021 explained the effects of dolphin assisted therapy for children with ASD. This study had the participants of four dolphins, and 48 children between the ages of 4 to 5 years old. They evaluated the before and after of the therapeutic interventions, in order to deter-

mine if they held significant benefits. In the concluding statements of the article, it summarizes the overall significance of marine therapy, explaining that "The results showed improvements in social and communicative skills in both groups." This means that aquatic therapy, even involving marine life can be beneficial for individuals who need help interacting with their environment. Social communication is such an important skill to have in one's repertoire, and the opportunity to work on something that might

feel intimidating in an exciting way is exactly what animals bring to the table. Someone who is nervous to speak to others, or struggles to maintain everyday activities, can have a playful pet by their side to relieve tensions.

Avatar: The Way of the Water sheds light on the beauty of human-animal relationships and the ways people can find companionship in a friend of another species. This is reflected in the way ESAs are used in day-to-day life, along with other forms of animal therapy that can contribute to the overall well-being of humanity. As the third movie in the *Avatar* series, *Avatar: Fire and Ash*, sets to air December 19th, 2025, viewers can only await the skillfully portrayed bonds between humans and animal, as well as how the movie will continue themes of unity, natural bonds and deep love in the reflection of our own world.



Fancy Drawings

How Visual Appeal Affects Our Meals

Story by Connor Coltrane, Writer
Design by Abbie King, Food Editor

Photos by Sydney Martinez and Maya Slickis, Photographers
Graphics by Hayleigh Holcomb, Graphics Editor

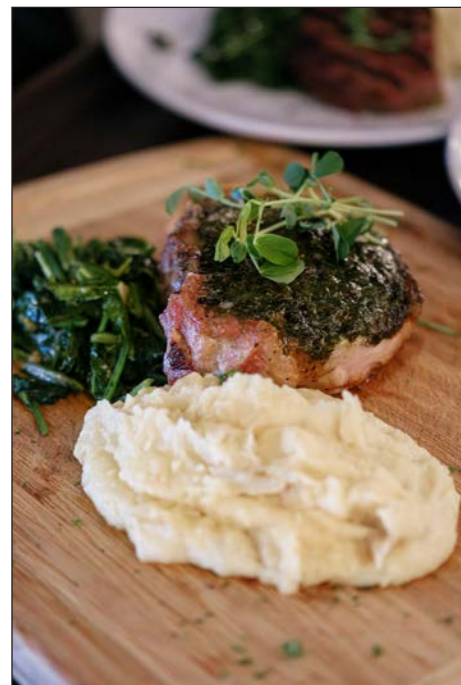
The culinary industry is not for the faint of heart. Every meal you order at a restaurant, every bulk-order for your wedding or party, every take-home treat for a more private dine at home, is the product of hours of painstaking effort and quality control and attention to detail far beyond what may be obvious to the consumer. “We’re more critical than the guests would be,” James Barber, director of operations for Collective Hospitality, said. Collective Hospitality is the company behind many of Rome’s local eating establishments, including Aventine, Honeymoon Bakery and Blossom Hill BBQ. Few areas of the culinary industry exemplify this unspoken effort and quality control better than the visual presentation of food. Lerissa Johnson, Collective Hos-

pitality’s pastry sous-chef said, “you eat with your eyes first.” The look of the food is the first impression, possibly even a live advertisement, in the case of bakeries or coffee shops with prominent display cases. Such first impressions can set the course for the entire dining experience, so getting it just right is crucial.

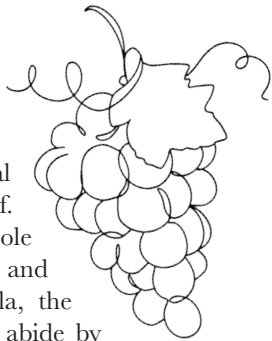
There are several factors that go into determining just how a meal is going to be prepared, presented and served. Perhaps the foremost of these factors, however, is practicality. At Honeymoon Bakery, for instance, most of their designs are restricted to the pastry itself; since they are often put in a pastry case to go, they can’t afford to surround the pastry with decorations or put it on a plate full of zig-zagging sauces like one might find in Aventine. As Barber pointed out, any designs used for Collective Hospitality’s establishments need to be possible for the “boots on the ground.” The fact is that what a highly specialized and trained pastry chef with years of experience could reliably sculpt from icing or sugar may be beyond what a fresh-faced new baker can achieve, and if a restaurant wants consistency in their output, they need to have visual culinary designs that any of their staff could reliably produce. Taylor Rickett, Collective Hospitality’s retail manager, said, “consistency...is a big part of my job.” Little details such as making sure the “lines on the pastries line up,” go a long way in helping advertise what Honeymoon Bakery is offering and present an air of professional competency; a sense of trust that the bakers know what they’re doing.

The exact nature of the visual presentation of an item depends heavily not only on these practical considerations, but also on the exact atmosphere or impression an establishment wants to make. In a fine dining establishment such as local mediterranean restaurant La Scala, the ritual of serving the food can be just as important

as the visual appeal of the food itself. According to Cole Alexander, senior and server at La Scala, the service staff must abide by strict procedures to ensure that customers “feel like the money they’re spending is worth it.” Even for something as simple as serving wine, they are trained to keep their distance, hold the bottle a certain way and generally let the buyer feel “they have the power here.” When the diners feel like they’re getting special treatment, Alexander said, “they feel better about their purchase.” Even when catering events with less room for personalized ritual, La Scala endeavors to present a “bountiful aspect” to their char-



Iowa Premium Filet Mignon with sides from La Scala Mediterranean Bistro.



Blossom Hill BBQ’s General Manager Hannah Shropshire and Chef de Cuisine Maurice Reed answering questions on what the visual appeal of food means for business.

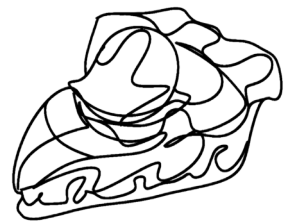
cuterie boards, ensuring that the salami, capicola, jams, mustards or other sundries “highlight,” each other’s unique qualities without “affecting” each other by coming into contact, presenting an image of plenty but also of choice. “The food is wasted if nobody eats,” Alexander said, highlighting again just how important such visual appeal is for catering public events.

But bakeries or fine dining restaurants are expected to have meticulously arranged food. After all, such establishments are usually serving special occasions such as weddings or anniversaries, and they’re selling an experience to make those occasions feel special. But what about more casual establishments for more regular occasions? As it turns out, visual appeal is still just as important even for such businesses. At Blossom Hill BBQ, for instance, while they are a more casual restaurant than Aventine or La Scala, they still aim for a certain image, perhaps akin to La Scala’s “bountiful aspect,” if a bit greasier and meatier. Blossom Hill’s general manager Hannah Shropshire said if “somebody walks by” and sees their Big Tex Burger on a plate, if a customer’s reaction is “what is that?!” the burger’s height and volume have done their job. And even for their other, less voluminous items, they aim to, in the words of their chef de cuisine

Maurice Reed, take their items a little “outside the box.” Whether that means serving milkshakes with little shortbread cookies, drinks in re-usable metal cups or simply pureeing fresh fruit into their cocktails, such little details make even their casual items feel like indulgences. Even just using fresh, locally sourced ingredients for their food makes a huge difference. As Shropshire said, “fresh product looks better,” and such little touches can not only help the visual appeal, but the gustatory as well. Visual appeal is not the only way to make good food, but when cooks take pride in their work and add those little flourishes, it helps turn the act of eating from a biological necessity to an experience to be savored.



A Southwest Salad with Pulled Pork from Blossom Hill BBQ.



A Key Lime Pie from Honeymoon Bakery.



HIDDEN VEGGIES

Story and Design by Ireland Massey, Food Asst. Editor
 Photos by Sydney Martinez, Photographer
 Graphics by Hayleigh Holcomb, Graphics Editor

Vegetables are a necessary inclusion for our diets, and yet many of us struggle to incorporate them into our daily meals. They can be steamed, sauteed, roasted and blended, but most of the time when we have vegetables in our dishes, they are merely a bland side rather than a delicious

inclusion. We limit what they can be by pushing them to the side. Whether you are a vegetable hater or an avid vegetable lover, these three hidden veggie recipes are guaranteed to be tasty enough to change your mind on what vegetables can be.

SWEET POTATO CHILI

Serves: 4 Prep Time: 10 minutes Cook Time: 35 Minutes

- 1 tbsp. Olive Oil
- 1 Onion, chopped
- 2 Sweet Potatoes, peeled and chopped
- 1 Green Bell Pepper, diced
- 4 Garlic Cloves, minced
- 2 tbsp. Chili Powder
- 2 tsp. Smoked Paprika
- 2 tsp. Cumin
- 1 tsp. Oregano
- 1 tsp. Salt
- ½ tsp. Black Pepper
- 2 c. Vegetable Broth
- 2 15 oz. can Black Beans, rinsed and drained
- 1 28 oz. can diced Tomatoes
- 1 4.5oz can chopped Green Chilis

1. In a large pot over medium-high heat, add the olive oil. Add the onions, sweet potatoes, bell pepper and garlic. Stir to combine and cook until the onions are translucent and the vegetables are soft, or about 5-7 minutes.
2. Add the chili powder, smoked paprika, cumin, oregano, salt and pepper and stir to coat the vegetables.
3. Pour the vegetable broth, black beans, diced tomatoes and chopped green chilis. Stir to combine and bring mixture to a boil.
4. Cover the pot and reduce the heat to a simmer. Cook for 30-35 minutes, stirring a couple of times until the vegetables continue to soften and the mixture thickens.
5. Allow it to slightly cool before serving. If you would like, garnish with cilantro, avocado, and/or sour cream.



VEGGIE CHOCOLATE MUFFINS

Serves: 12 Prep Time: 10 minutes Cook Time: 20 Minutes

- 1 c. All-Purpose Flour or 1 ¼ c. Almond Flour
- ¼ c. Unsweetened Cocoa Powder
- 1 tsp. Baking Powder
- ½ tsp. Baking Soda
- ¼ tsp. Salt
- ⅓ c. Pure Maple Syrup
- ¼ c. Coconut Oil
- 2 Eggs
- 1 tsp. Vanilla Extract
- 1 c. Carrot, shredded
- 1 c. Spinach
- ⅓ c. Beets, cooked
- 1 Banana
- ¼ c. Milk
- ½ c. Mini Chocolate Chips, optional



1. Preheat your oven to 350°F. Line a muffin tin with liners or grease with non-stick cooking spray.
2. In a large mixing bowl, combine the flour, cocoa powder, baking powder, baking soda and salt. Whisk together until well combined and set aside.
3. In a blender, combine the maple syrup, coconut oil, eggs, vanilla extract, spinach, shredded carrot, cooked beets, ripe banana and milk. Blend on high speed until the mixture is smooth and well-combined.
4. Pour the blended wet ingredients into the bowl with the dry ingredients. Use a spatula to gently fold the wet and dry ingredients together until just combined. If desired, fold in the chocolate chips until evenly distributed throughout the batter.
5. Spoon the batter in the prepared muffin tin, filling each cup around ¾ full. Bake for 18-20 minutes, or until a toothpick inserted into the center of a muffin comes out clean.

HIDDEN VEGGIE PIZZA SAUCE

Serves: 8 Prep Time: 10 minutes Cook Time: 12 Minutes

- 2 tsp. Olive Oil
- 1 Zucchini, chopped
- 1 Carrot, chopped
- 1 Bell Pepper, chopped
- 1 Onion, chopped
- ½ c. Spinach
- 2 Garlic Cloves, minced
- 15 oz. can Tomato Sauce
- 1 tsp. Italian Seasoning
- 1 tsp. dried Basil
- ⅛ tsp. Salt



1. Heat the olive oil in a medium saucepan over medium low heat. Add the chopped vegetables and cook, stirring often, for 5 minutes or until softened.
2. Add the garlic and cook, stirring, for 30 seconds.
3. Add the tomato sauce, Italian seasoning, dried basil and salt. Bring to a boil, cover and reduce heat to a low simmer. Simmer for 5 minutes.
4. Let cool slightly and then transfer to a blender to puree until smooth, or use an immersion blender to puree in the pot.
5. Use sauce on homemade pizzas or as a dip for grilled cheese sandwiches, pizza bites, etc.



It looks like there are some sneaky veggies hiding all over the page. Find the beet, garlic, spinach, onions, sweet potato, bell pepper and mushroom scattered amongst the recipes.

If all Come Eat!

All the Fixin's for a Southern Meal

Story and Design by Abbie King, Food Editor
Photos by Sydney Martinez, Photographer
Graphics by Hayleigh Holcomb, Graphics Editor

Southern recipes are often family recipes, passed down from one generation to the next. They are designed to feed many with what is in the pantry, and are meant to be eaten around the table with family and friends. The recipes here are a tribute to the many women in my life that have passed their recipes and cooking know-how down to me through the years. In

their original form, most of these recipes follow the “bit of this, pinch of that and cook it till it's just right” rule, but here, you can follow along with measurements. I hope you get as much joy out of making this meal with your loved ones as I do with mine.



Grandma Kim's Apple Hand Pies

Inspired by the Cookbook of Kim Fowler, Fairmount, Ga.

Serves: 8 Prep Time: 1 hour Cook Time: 28-30 min.

Pie Dough, store bought or handmade
4 Golden Delicious Apples, peeled and diced
1 tsp. Cinnamon
¾ tsp. Nutmeg
¼ c. Sugar
½ c. Brown Sugar
2 tbsp. Flour
1 tbsp. Lemon Juice
1 Egg Yolk
2 tbsp. Water
Raw Sugar

1. Preheat your oven to 375°F and line two baking sheets with parchment paper.
2. In a large bowl, mix together the chopped apples, sugars, spices, flour and lemon juice.
3. Roll out your pie dough to ¼ inch thickness, then cut with a large circle cutter. Repeat until all the dough is cut.
4. Mix together the egg yolk with 2 tbsp. water to make an egg wash.
5. To fill the dough, scoop 2-3 tbsp. of the apples onto one layer, brush the edges with the egg wash, then place a second layer of dough on top. Use a fork to pinch the edges of the doughs together, then make small slices along the top. Repeat until all pies are made.
6. Brush the top of the pies with the egg wash and sprinkle with turbinado sugar.
7. Bake for 28-32 minutes or until the dough is golden brown.

Nana's Biscuits and Gravy

From the Cookbook of Evelyn King, Adairsville, Ga.

Serves: 10-12 Prep Time: 5-10 min. Cook Time: 20-25 min.

Biscuits:

2 c. Self-rising Flour
¼ c. Crisco or Butter
1 c. Milk or Buttermilk

1. Preheat your oven to 400°F and line a baking pan with parchment paper.
2. Use a dough blender or two forks to mash together 2 cups of self-rising flour with crisco or butter, then mix in 1 cup of milk until well combined.
3. Coat your hands in flour and pinch off a golf ball sized amount of dough. Roll the dough between your hands to form a ball and press flat, placing the dough on the prepared pan.
4. Bake for 15-20 minutes or until cooked through.

Gravy:

⅓ c. Crisco
¼ c. All-purpose Flour
2 c. Milk
Salt
Pepper

1. In a skillet or sauce pan, melt the crisco over medium heat.
2. Whisk in ¼ cup all-purpose flour and cook for 3-4 minutes. Season with salt and pepper.
3. While whisking, slowly add half of the milk until the flour is dissolved, then whisk in the remaining milk.
4. Bring the gravy to a simmer and cook for 5-10 minutes until it thickens to your liking, whisking frequently.
5. Serve hot and poured over the biscuits.

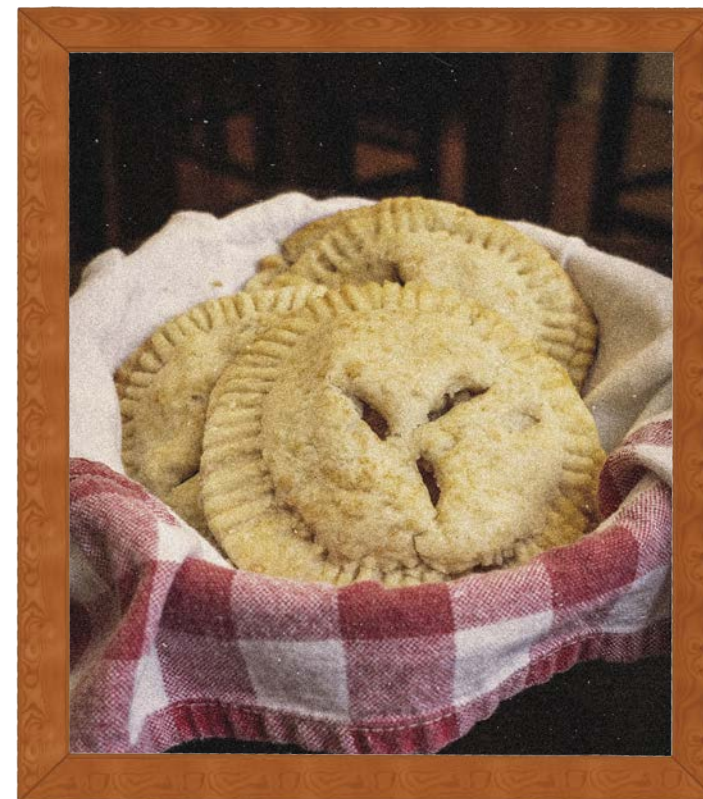
Maw-maw's Fried Potatoes

From the Cookbook of Bonnell Fowler, Fairmount, Ga.

Serves: 7-8 Prep Time: 5-10 min. Cook Time: 35-45 min.

5 lbs. White Irish Potatoes
½ stick Butter
Cooking Oil
Salt

1. Peel and dice the potatoes into chunks.
2. Heat an electric skillet to 325°F and add the butter. Add the potatoes and salt as desired. Pour just enough oil into the skillet to partially cover the potato chunks.
3. Cover the electric skillet with a lid and let the potatoes cook for 40 minutes or until they start to get soft, stirring often. Add more oil if you see that the potatoes are sticking to the pan. The key is to let the potatoes cook slowly, so don't try to rush them but also don't let them burn.
4. Turn up the skillet to 375°- 400°F and leave the lid on for a couple more minutes.
5. Remove the lid to allow the moisture to be released and stir frequently for 3-4 more minutes before serving.



Apple Hand Pies

Mama's Cube Steak

From the Cookbook of Amanda King, Fairmount, Ga.

Serves: 4-6 Prep Time: 10-15 min. Cook Time: 10 min.

2 lbs. Cube Steak
1 c. Milk
1 Egg
1 ½ c. All-purpose Flour
Seasoned Salt
Paprika
Pepper
½ c. Canola or Vegetable Oil

1. In one dish, beat together the milk and eggs. In another, whisk together the flour, seasoned salt, paprika, and pepper. Have one clean plate set aside to set the breaded steaks on.
2. Working with one steak at a time, place the steaks in the flour mixture, coating both sides, dunk the steak in the egg mixture, coating both sides, then place back in the flour mixture, coating both sides. Place on the clean plate and continue with the rest of the steaks.
3. Heat the oil in a large skillet over medium-high heat. Cook the steaks 2-3 pieces at a time, cooking on both sides until the crust is golden brown, or until the meat is as done as you want. Place the cooked steaks on a paper towel-lined plate to soak up the oil.



Cube Steak with Biscuits, Gravy and Fried Potatoes



ITCHEN GADGETS

Story and Design by Abbie King, Food Editor and Ireland Massey, Food Asst. Editor
Photos by Sydney Martinez, Photographer
Graphics by Hayleigh Holcomb, Graphics Editor

Many dorms at Berry have kitchens. Whether in your room, your friend's or your residence hall, there is always a space for you to make your own food. Here are some gadgets that we think may make your college cooking easier and some that are just plain cool to have.

Bread Whisk

This bread whisk, or a Danish dough whisk, may be designed to mix together dense doughs, but it can also perfectly mix up cookie dough, brownie batter and so much more. Its loops are made of a stiff wire that won't bend against a stick of butter, and the handle is long enough that your knuckles don't scrape against the bowl as you mix. While you could also use an electric mixer, this dough whisk is easy to clean and easy to store, making it perfect to keep in a small room.



A bread whisk being used to whip up a batch of chocolate chip cookies.

Ice Cream Maker

There's something special about making your own ice cream. While traditional ice cream makers can work just fine, they aren't something you want to use indoors and it can take a while to freeze in the Georgia heat. You'd also have to buy at least one bag of ice and sit with it to keep putting ice and salt on top of the spinning container. This ice cream maker is relatively easy to use, and it doesn't require you to sit with it while the ice cream freezes. Just make sure you keep pints stocked in the freezer, as this gadget cannot make sweet treats on a whim.



A tub of homemade berry ice cream fresh from the maker.

Electric Kettle

Sometimes after a long day you just want to curl up on a couch with a comforting cup of tea. Maybe it has been particularly cold and you want a warm mug of hot chocolate to hold while you watch your favorite movie. Either way, an electric kettle makes it easy to boil water quickly and easily, and without the need for a stove. Simply plug this gadget into an outlet and you will have your comforting drink in five minutes or less.



Hot water being poured from an electric kettle to make a cup of tea.

Waffle Maker

Waffles make for a great breakfast. Or lunch. Or dinner. As seen with the waffle station at D-Hall being open for every meal, the comforting aroma of a warm waffle with maple syrup can make all your troubles go away. While a regular sized waffle maker would be hard to store in a dorm kitchen, a mini waffle maker is a perfectly sized gadget for you to enjoy a homemade waffle at any time of the day. As a fun bonus, you can also find a mini waffle maker with different shapes and patterns.



A fresh fluffy waffle from a mini waffle maker.

Rice Cooker

There are many things you can make with a rice cooker. Recipes for rice pudding, jambalaya, fried rice and more can be modified to work for a rice cooker. If you don't feel like eating rice, you don't have to cook it with this gadget. You can make macaroni and cheese, pancakes and even a pot roast using one rice cooker. It is an incredibly versatile gadget perfect for making your own easy meals when you don't feel like walking to Krannert.



A rice cooker keeping a meal hot and ready for dinner.

PREP YOUR WEEK

Story and Design by Abbie King, Food Editor and Ireland Massey, Food Asst. Editor
Photos by Sydney Martinez, Photographer
Graphics by Hayleigh Holcomb, Graphics Editor

College is a busy time for everyone. Between classes, jobs, clubs and assignments, it becomes very easy to ignore our needs to please our color-coded schedules. While you could ignore your hunger because you accidentally skipped a meal, that is not a healthy or safe thing to do. One

way to get around the curb of being busy is finding time to meal prep for the week. From breakfast to dinner, here are three simple recipes that can last you until the next time you can take a break to eat.



PINWHEEL SANDWICHES

Serves: 5-7 Prep Time: 15 min.

Tortilla Wraps
Lunch Meat
Cheese
Mayonnaise
Mustard
Spinach
Carrots
Cucumbers



1. Lay out your wrap and spread the condiment of your choice on it. We used mayonnaise and mustard.
2. Lay the lunch meat and cheese of your choice on top of the wrap. We used turkey, ham and salami for the meats, and colby jack for the cheese.
3. Add other desired ingredients to the pinwheels, such as spinach, carrot slices and cucumbers. This is really a meal you can make all your own.
4. Cut the wrap and all its ingredients into strips and roll each strip up to make the pinwheels
5. Store in an airtight container in the fridge for up to a week.



QUICK TIP

To make your prep work even easier, find recipes that work with your kitchen gadgets. You can make a bulk batch of rice in a rice cooker, cook chicken for the week in an airfryer or pressure cooker, and even prep all of your veggies with a food processor.

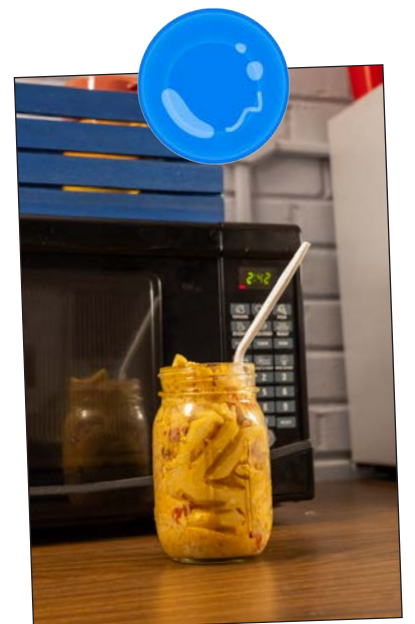
EGG MUFFINS

Serves: 7-8 Prep Time: 15-20 min.
Cook Time: 20-22 min.

8 large Eggs
1 Bell Pepper, diced
1 Small bunch of Green Onions, sliced
1/2 lb. Sausage, browned
Shredded Colby Jack Cheese
Splash of Milk
Salt
Pepper
Cooking Spray or Oil



1. Preheat your oven to 350°F, and prep a muffin tin by heavily coating each cup in cooking spray or oil.
 2. In a large bowl, whisk the eggs to break the yolks. Add in the bell pepper, green onions, sausage, cheese, milk, salt and pepper to taste. You can add or take away any ingredients.
 3. Scoop or pour the egg mixture into the prepared muffin tin until each cup is a little over half way full.
 4. Bake in the oven for 20-22 minutes, or until the edges of the muffins are golden brown and a toothpick inserted into the muffin comes out clean.
- Store in the fridge for up to a week, or freeze for up to 3 months.



BAKED FETA PASTA

Serves 5-7 Prep Time: 10 min.
Cook Time: 35-40 min.

1 pint of Cherry Tomatoes
1 Shallot, quartered
3-4 cloves of Garlic, smashed
1 block of Feta Cheese
3 sprigs of Fresh Thyme
Olive Oil
Salt
Pepper
A pinch of Red Pepper Flakes
12 oz. of Pasta

1. Preheat your oven to 400°F.
2. In an oven safe baking dish, add your tomatoes, shallot and garlic. Coat with olive oil, salt, pepper and red pepper flakes, and mix.
3. To the middle of the dish, add the block of feta cheese and coat the top with olive oil. Place the sprigs of thyme around the cheese.
4. Bake in the oven for 35-40 minutes, or until the tomatoes have burst and the cheese is golden brown and bubbly.
5. While the sauce is baking, cook your pasta and strain out all but 1/2 cup of the pasta water.
6. Once the sauce is done, remove the sprigs of thyme, add the pasta water and stir, then mix in the pasta.
7. Store in separate containers or a large one for up to a week.

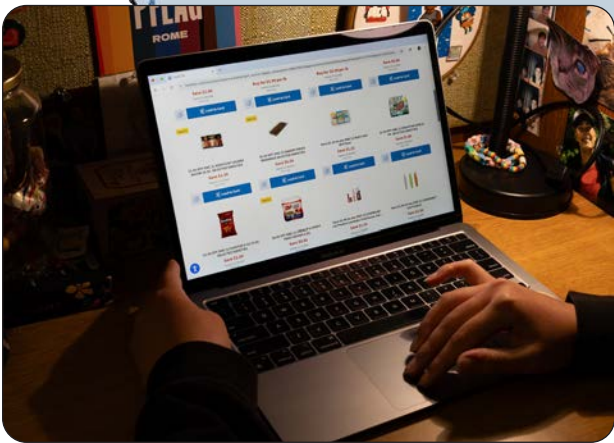
A College Student's Guide to COUPONING

Story by Josh Danis, Writer
Design by Ireland Massey, Food Asst. Editor
Photos by Sydney Martinez, Photographer
Graphics by Hayleigh Holcomb, Graphics Editor



Coupons aren't just for Sunday papers or reality TV. If you find yourself balancing tuition, rent and living off a "meal plan" that looks a lot like ramen, then coupons are probably your best solution for an easy way to stretch a thin budget without having to live like a 19th-century pauper. Even better? Most deals are digital now, and the best savers blend a little old-school clipping with apps, timing and a basic sense of prices.

GO DIGITAL



A student scrolling on the Foods Co. website to find grocery items on sale.

First, build your toolkit: start with one grocery store or restaurant where you shop most. Create a loyalty account and add your email; don't forget to check whether the place offers special discounts or perks for college students. That's where you'll find weekly digital coupons, "just for you" offers and surprise weekend promos. Turn on notifications so you don't miss any flash deals. Paper isn't dead, but digital is faster.

BE SELECTIVE



Secondly, pick two or three cash-back apps, not 10. Apps like Receipt-Pal and Ibotta pay you after a purchase for specific items or categories. Choose ones that accept receipt uploads from multiple retailers. Each Sunday, spend 10 minutes clipping the top offers in your store app and loading a few manufacturer coupons from brand sites. Skip the rest. Hoarding hundreds of coupons leads to buying things you don't need. Plan meals around sales, not the other way around. Check the weekly ad first, then pick three flexible dishes that share ingredients: a roasted-vegetable sheet pan, pasta made with the same veggies, and a frittata to finish leftovers. You'll spend less and waste less.

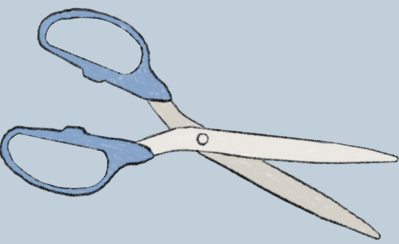
TIME IT WELL



Publix offers physical coupons in their stores. Deals can be found everywhere if you take time to look.

Another major tip is to time your buy. Set a monthly calendar reminder to cash out so rewards don't collect dust. Most grocery sales run on a six-week cycle. Pantry goods, toiletries, and cleaning supplies drop to a rock-bottom price, then float back up. If detergent falls from \$12.99 to \$8.99 and you've got a \$2 manufacturer coupon plus a \$2 store coupon; that's the moment to stock up. Buy two or three, not 20. Also, shop early in the week for ad items before they're gone, and shop late at night or early morning for markdowns.

CUT OUT CLUTTER



Expired coupons clutter your wallet and your brain. Do a 15-minute weekly reset to delete or move offers. In a best case you'll have your sales price + store coupon + cash back. Add in a student discount and you've built a stack that actually matters. In the worst case, you'll grab items you'll never use because the deal looks good. Unless you're donating that extra cereal, it's not saving.

WRITE DEALS DOWN



Another good idea is to make a quick "price book." It can be a note on your phone listing your 15 most common buys like milk, eggs, pasta, etc., plus the best price you've paid relative to the regular price. Keep a simple folder system: "This Week," "Next Week," "Household," "Food." When you know your baseline, a "sale" becomes math, not guesswork.

Finally, the biggest thing people neglect is the student advantage. Your edge is flexibility. You can shop off-peak, pivot your meal plan, and split bulk buys with roommates. Combine that with your newly formed 10-minute weekly routine, and you'll build a habit that pays every month. Coupons aren't magic, and you don't need a binder the size of a textbook. You need a plan, a couple of apps, maybe some paper, a basic price sense and the discipline to buy what you actually use. Do that, and you'll see it on the receipt: fewer impulse buys, smaller totals and more money left for the stuff you came to college to chase.

One more coupon and I should be good.



Beginners Guide to the Gym



The Cage Center offers various machines to help build stamina, strengthen muscles, and more.

Story and Design by Sophia Eaton, Health & Fitness Editor and

Grace Feenstra, Health & Fitness Asst. Editor

Photos by Jessie Martinez, Photographer

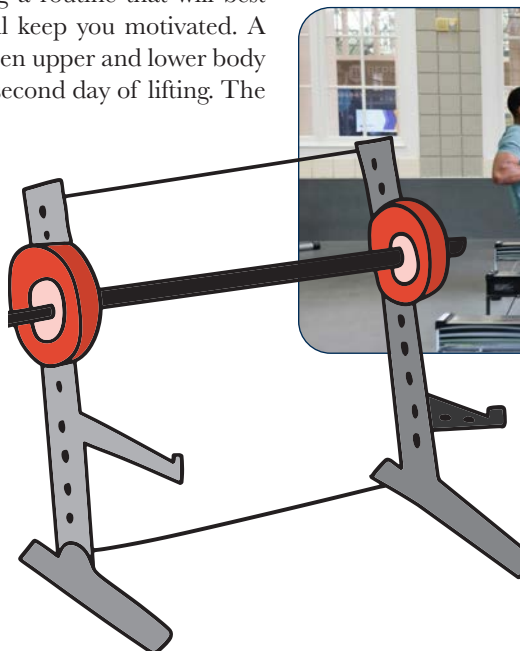
Graphics by Anabel Flores, Graphics Artist

When you first get to the gym, there is not a single right way to begin because it “varies on an individual’s goals.” However, to prepare your body for any movement, the best things you can do, according to personal trainer supervisor Caleb Johnson, is “light cardio to get the body warmed up and dynamic stretching to loosen up some tight muscle groups and muscle groups that are to be trained.” Warming up is a key part of having healthy workouts, as it helps prevent injury and strain on the muscles you are working on.

Workout

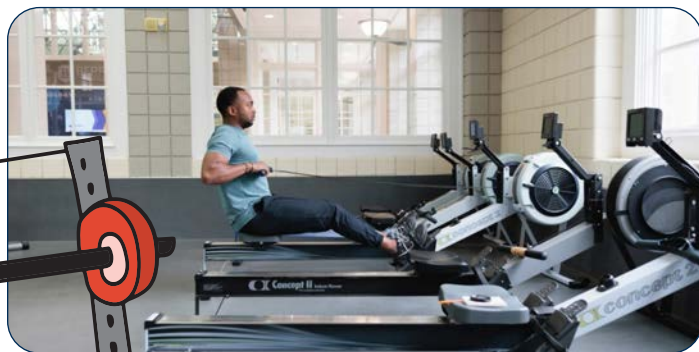
There is no best workout schedule. Every beginner has different goals, so your focus should be on finding a routine that will best fit with your lifestyle, goals, and that will keep you motivated. A common lifting schedule alternates between upper and lower body training with an active rest day after the second day of lifting. The cycle repeats twice a week.

Another common lifting schedule is the full-body split, in which an individual would train the whole body in one session, with rest days in between, “repeating this three times a week.” When it comes to the exercises themselves, Johnson said, “It is important to focus on trying new exercises and routines to find out what you enjoy and what works for you.” A few good places to start would be on the “cardio machines, free weights, weight machines, stretching and body weight exercises.”



Cooldown

The final step to any workout is recovery. Johnson said that “after a tough workout, you be sure to cool down with some light stretching or light cardio, to consume protein and carbohydrates, and to drink lots of water.” Taking these small steps after a workout makes a big difference. The cooldown period helps decrease your heart rate, improve mobility and fuels muscle repair, while staying hydrated will support the entire recovery process. These healthy habits “prime your body for recovery and the next workout to come.”



James Keith, senior, using the row machine, which targets the leg, arm, and back muscles.

Viking Advice

JOSTIN PRIEST



Photo Courtesy of Grace Feenstra

First-year student Jostin Priest starts every gym session with stretching and cardio. It is a staple in his gym routine. Even when working a muscle group that day he always makes sure to hit cardio. He first started going to the gym his sophomore year of high school but has been struggling to gain back his routine since starting college and having to learn new things about the Cage. The main thing that he struggles with, however, is pushing through when things get tough. Setting goals are important but hitting them especially when you are tired adds a different level of difficulty. “Pushing through the tiredness to run a 5k every day after working at a summer camp was extremely hard, but I knew I had to push through to achieve my goal and receive the long-term benefits,” Priest said. The satisfactory feeling was what kept him going. The motivation to keep hitting your goals and getting better.

STUART WATSON



Photo Courtesy of Sophia Eaton

Stuart Watson, junior, said that when he first walks into the gym, he does dynamic stretches focusing on the muscle groups he is working on that day. Involving safe movement before putting strain on the muscles. His schedule consists of push, pull and legs and every other day he does cardio and has one rest day per week. Watson first started going to the gym in high school. When he first started going to the Cage, he started going by himself but did eventually got in contact with one of the personal trainers. Watson said that the main thing he struggles with is muscle development and being able to focus on one specific muscle and developing that one muscle. The advice he would give to freshman that are new to the gym is, “Focus on your movement and form more than the weight that you are doing, because if you just focus on weight then you will end up ego lifting and that will get you nowhere.” Ego lifting can cause injury and stop or slow down the progression.



Max Alberston, sophomore, working out in the shoulder press machine. This exercise targets the shoulder and chest muscles.

Balance Beyond Anxiety



Story and Design by Sophia Eaton, Health & Fitness Editor and
Grace Feenstra, Health & Fitness Asst. Editor
Photos by Jessie Martinez, Photographer

Lex Gallimore, sophomore, doing tree pose to practice balance.

Anxiety doesn't always announce itself with a breakdown. Sometimes, it creeps in quietly, before a final exam, in a crowded cafeteria or just moments before kickoff. For students and athletes alike, the pressure to perform can trigger racing thoughts, tense muscles and shallow breathing. Izzy Khoo, sophomore, knows that feeling well. "Sports were the first time I really experienced anxiety," Khoo said. "Before games, I would feel nervous, and the same thing would happen before exams or in social situations. But definitely sporting events were the biggest trigger." Khoo experienced this when playing soccer in middle school. Her solution began with solitude. Before games, she carved out quiet moments to listen to music, pray or sit in silence. That practice eventually led her to yoga, first at the YMCA with her mother, and later on campus between lectures. "Yoga gave me a chance to reset my mind and take a little break," she said. "With everything going on in school, having something not school-re-

What is she doing?



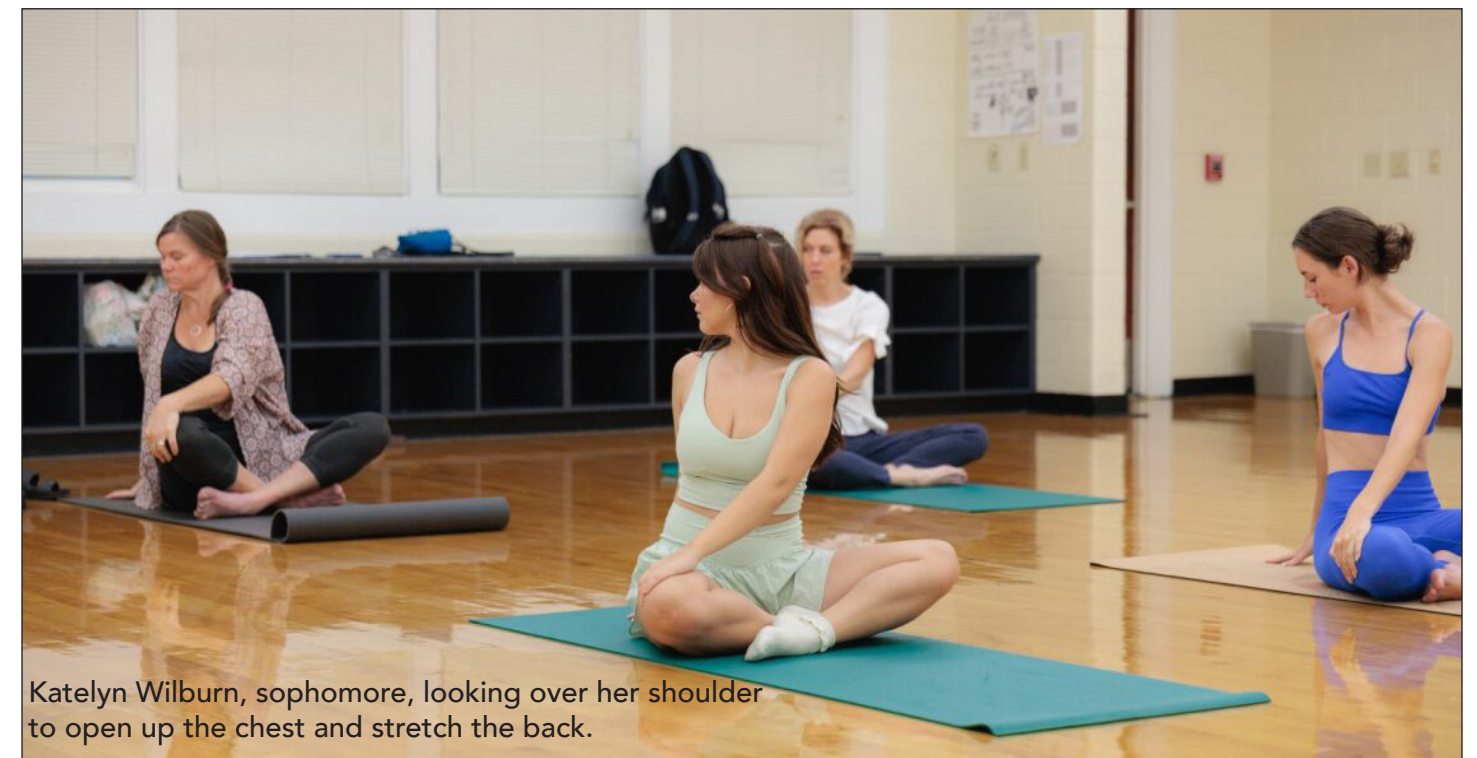
lated was really nice." Yoga, long praised for its physical benefits, is increasingly recognized as a tool for mental health. Beth Hughes, a yoga therapist, said it's a combination of movement, breathwork and meditation that helps regulate stress hormones and calm the nervous system. "When people feel anxious, their body reacts as if it's in danger," Hughes said. "Heart rate increases, breathing becomes shallow, and the body tenses. Movement helps release that tension." Hughes emphasized that yoga's power lies not just in stretching, but in its focus on breath and meditation. "In my research, meditation was as effective as supplements in reducing anxiety," she said. "Once you learn how to meditate or practice yoga, it stays with you. It's like planting a seed; it's always there to help you." For those with moderate to severe anxiety, she recommends starting with a certified instructor rather than online videos to ensure safety and support. Berry offers yoga classes throughout the academic year, giving students a chance to decompress between lectures and assignments. Held in the Cage, the classes are open to all experience levels and emphasize breathwork, mindfulness and gentle movement. They are held on Tuesdays and Thursdays at 11:00 am and 4:30pm. Instructors are certified and trained to guide students safely through poses and breathing techniques.

Yoga isn't the only option. Walking, swimming, dancing and other forms of



Students in a zumba class at the Cage.

movement can also help. The key is finding something enjoyable and sustainable for you. Khoo said yoga helped her feel more in control of her anxiety and offered a sense of peace she hadn't found elsewhere. "It helped me manage stress better," she said. "After class, I felt calmer, like I had a little more control." While movement isn't a cure-all, it can be a powerful tool. For students juggling academics, athletics, and social pressures, creating space for stillness and motion may be the first step toward balance.



Katelyn Wilburn, sophomore, looking over her shoulder to open up the chest and stretch the back.



Karlee Armstrong, '25



Ryan Jurell, junior



Canon Amstead, junior



Braxton Benham, '25



Jayda Wood, '25

Hoops & Hype

Story and Design by Sophia Eaton, Health & Fitness Editor
Photos by Jessie Martinez, Photographer

At Berry College, basketball is more than a sport; it's a culture, a community and a source of pure joy for both players and fans. For student-athlete Grant Stubbs, junior, the game has shaped who he is on and off the court, grounding him in teamwork, discipline and a genuine love for the moment the ball swishes through the net.

"My favorite part of the game is scoring and celebrating with my teammates," he explained. Whether it's a perfect pass that leads to a bucket, a defensive stop or a big moment the team rallies around, the energy is contagious. Basketball at Berry is passionate. And the fans feel it too. Even at the Division III level, the atmosphere inside the Cage is loud, electric, and unexpectedly powerful. "The crowd gets loud, especially after timeouts," he said. "It's always a great atmosphere in the Cage, and I truly appreciate that as a player." Basketball has shaped Stubbs' character, teaching him discipline, positivity, leadership and how to be a great teammate. "Someone will remember the type of person you were more than how many points you scored," he reflected. If you want to be a part of the culture and excitement of basketball, a great way to do that is by joining an intermural basketball team. Intermural Sports such as basketball create friendships, rivalries, and some of the most memorable moments of campus life.



Grant Sikes, junior, is on an intermural basketball team. Sikes said, "I always heard people talking about intramurals in college, honestly, this was the part of college I was looking most forward to." That excitement made joining the intramural basketball league a natural choice. Intramurals, as he explained, offers something uniquely special. "Every game is super competitive, but when it ends, everyone goes back to being friends," he said. Many of his closest friendships at Berry have formed through intramurals, where competition actually brings players together.

Games are organized with official schedules, referees, rankings, playoffs and even a championship game. This gives the league the feel of a true basketball season. Students can join or create teams through the IMLeagues app, which provides sign-ups and important deadlines. His own 3v3 team formed through his Ultimate Frisbee group. For students looking for a fun, competitive, and social way to get active, intramural basketball offers the perfect blend. As he puts it: "Nothing fosters community like friendly competition."

BERRY WOMEN'S BASKETBALL SCHEDULE					
NOV. 7	NOV. 22	DEC. 3	JAN. 16	FEB. 8	
NOV. 15	NOV. 25	DEC. 6	JAN. 18	FEB. 13	
NOV. 16	DEC. 15	JAN. 9	JAN. 23	FEB. 15	
NOV. 21	DEC. 19	JAN. 11	JAN. 25	FEB. 21	
HOME		NEUTRAL		AWAY	

Schedules provided by the Sports Information Department

BERRY BASKETBALL 2025-26 SCHEDULE			
CENTENARY 11/7 7PM	CENTRE 1/16 8PM		
MARYVILLE 11/8 3PM	SEWANEE 1/18 2PM		
ASBURY 11/14 TBA	MILLSAPS 1/23 8:30PM		
TRANSYLVANIA 11/15 TBA	RHODES 1/25 3PM		
COVENANT 11/18 7PM	MILLSAPS 1/30 8PM		
HANOVER 11/22 2PM	RHODES 2/1 2PM		
OGLETHORPE 12/3 8PM	CENTRE 2/6 8PM		
EMORY 12/7 2PM	SEWANEE 2/8 3PM		
LAGRANGE 12/13 4PM	SOUTHWESTERN 2/13 8PM		
BELHAVEN 12/17 4PM	TRINITY 2/15 2PM		
SPALDING 12/20 5PM	OGLETHORPE 2/21 3PM		
BELHAVEN 1/3 4PM	SAA QUARTERS 2/26 TBA		
SOUTHWESTERN 1/9 8:30PM	SAA SEMIS 2/27 TBA		
TRINITY 1/11 3PM	SAA FINALS 2/28 TBA		

PATHWAYS & PEDALS

Story by Grace Feenstra, Health & Fitness Asst. Editor
Design by Star Pompa, Editor-in-Chief
Photos by Jessie Martinez, Photographer and Alyssa Elmore, Photo Editor
Graphics by Anabel Flores, Graphic Artist

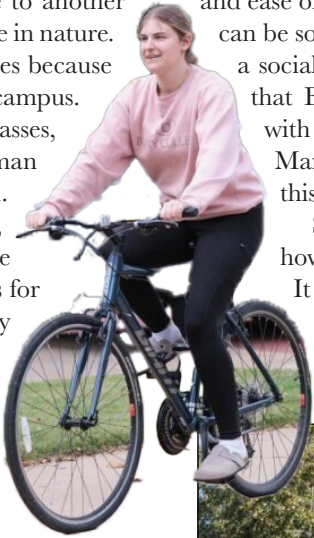
Biking and walking are a huge part of Berry's culture, not only does it get students from one place to another but allows for some time to reflect and take in nature. Freshman Sofie Mclean enjoys walking to her classes because it allows her to take in fresh air and the beauty of campus. It also provides her with some exercise between classes, where she sits all day. The same can be said for freshman Keegan Rook, who bikes around campus very often. He enjoys looking at the scenery between classes, but biking also takes the stress off of him being late to class. Biking, for him, is very efficient and allows for quick travel between classes. Especially when he only has ten minutes to get from class to class and may not be able to make it if he was walking.

Courtney Cooper, assistant professor of environmental science and studies, believes that walk-

Sophia Satterfield, freshman, riding her bike on main campus.

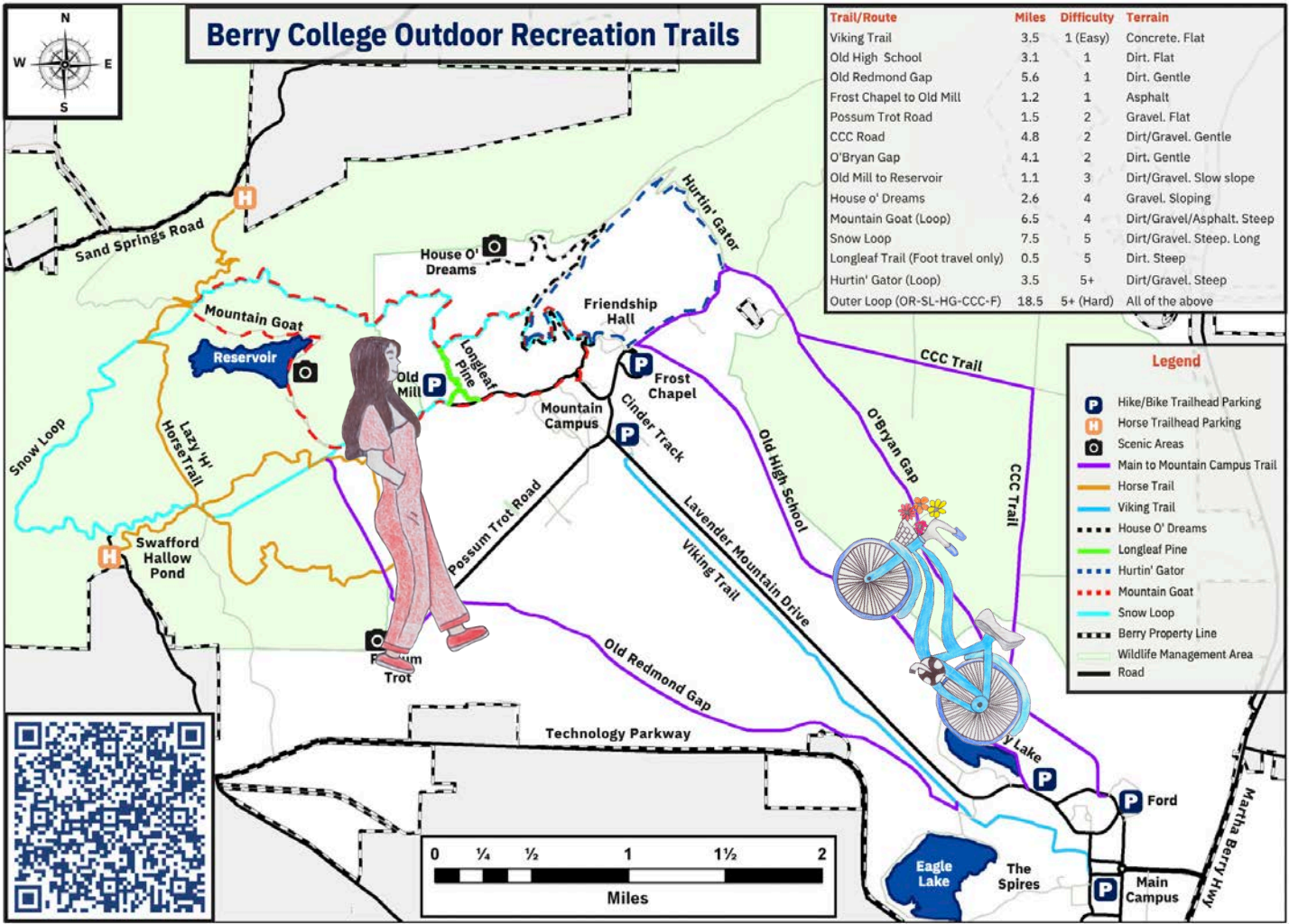
ing and biking are the best forms of exercise due to the low impact and ease of the two. It also helps with mental health because you can be social and bring a friend, but if you need time alone and a social battery recharge, it is also great for that. She wishes that Berry had more trails that were accessible to biking, with clear signage and just more space to enjoy the activity. Many students alongside her are actively working to make this dream a reality.

So before you hop in your car to drive to class, think of how it may benefit you to bike or walk to your destination. It could be the only way to get exercise on a busy day or simply taking time to reflect while looking at nature. Either way biking and walking are a great way to take a moment for yourself.



A group of students walking towards their class in the Cage Center.

Trails on Campus



Map produced by Berry College Land Resources Department, November 2022.

Where to Park?

Berry has several bike racks all over campus. You can find them by residence halls and academic buildings. No matter where you are, your bike has a place. Don't forget your lock and remember where you parked.



A TASTE OF TRUE BALANCE

Story, Design and Photos by
Sophia Eaton, Health & Fitness Editor
Graphics by Anabel Flores,
Graphic Artist

Seasoned chicken and rice



Turkey Meatloaf with sauteed onions & kale and refried beans



Through the crazy lives of college students, especially one's navigating eating restrictions, and a desire for healthy, quality and appetizing food the True Balance station has become a notable fixture in the dining hall. It is designed to be completely allergen-free, and it serves as a reassuring option for students with food restrictions. An anonymous student explained, "I feel peace of mind when eating at True Balance because it is cooked separately from all of the other dishes." Hannah Blasdel, freshman, shared that, as someone with allergies, "Sometimes it's the only thing I can eat and be completely sure I am safe to eat it."

True Balance is one of the healthier choices on campus because meals are made on-site and kept allergen-free. Blasdel said, "It means they can't just buy the food pre-made... it

leads me to believe there are less additives." The station always provides a basic balanced plate of protein, carbs and vegetables.

The station's proteins received the most praise. The anonymous student noted, "They often do very well on the protein, changing it every day." Blasdel's favorite meal was "barbecue chicken with mac-and-cheese and mixed vegetables... it was delicious."

However, both students agreed that there is room for improvement. The most common request was for more variety. "It would be nice to have slightly more diversity in the choices," The anonymous student said, mentioning that the current setup of one protein, one carb, and one vegetable can feel limiting. Vegetables were also a frequent complaint, described as "soggy or not very flavorful" due to the grill-top cooking method.

Seasoned Chicken with red potatoes





Reese Basham's view of the stage during the Sabrina Carpenter Concert.

Photo courtesy of Reese Basham

CROWDS, CHORDS & COLLEGE LIFE

Story and Design by Cheyenne Anderson, Arts & Culture Editor

Music has a way of bringing people together, and this is especially true of live musical performances. Listening to music live is an entirely different experience from listening to the same song on the radio. From the choreography to the crowd to the stage effects, concerts are truly unique experiences. A couple of members of the Berry community recently had the opportunity to attend various concerts, leaving them with unforgettable experiences and memories.

Addison Howard, Berry alumnus, '24, attended two concerts within the last year: Twenty One Pilots and Quinnie. The two concerts had understandably different energies. Twenty One Pilots, a more mainstream band than Quinnie, held their concert at Ameris Bank Amphitheater, an outdoor venue in Alpharetta. On the other hand, Quinnie held her concert in a small, intimate venue in Atlanta. A primary reason for the differences in the overall experience of both concerts stems from the difference in venue.

Though Howard had seen Twenty One Pilots in concert numerous times before, many elements made this concert a truly unforgettable experience for him. Despite the high volume of people, he said, "everybody is so welcoming, so open and free to dance or whatever." Additionally, Howard had the opportunity to attend the show with his sister, to whom he introduced Twenty One Pilots' music years ago. He described it as a full circle moment and said, "It was cool to go with her and see the music through her eyes."

Quinnie's concert had a much more intimate vibe, according to Howard. The smaller venue worked well for the type of music she creates, which Howard described as "music for mermaids – very underwater, very mellow, very chill." Howard also found that the smaller venue created an overall better experience,



Photo courtesy of Reese Basham

Reese Basham attending the Sabrina Carpenter Concert at Madison Square Garden.

saying, "it [was] more immersive, and it was easier to kind of get lost in the music."

Reese Basham, sophomore, had the opportunity to travel to New York City to see Sabrina Carpenter perform at Madison Square Garden. For Basham, this was a once-in-a-lifetime experience. She said, "[Madison Square Garden] is such an iconic venue that I've always wanted to see a concert at." Basham said Sabrina Carpenter is one of her favorite artists, making the experience even more memorable. The notoriety of Madison Square Garden had a major impact on the overall vibe



Photo courtesy of Addison Howard

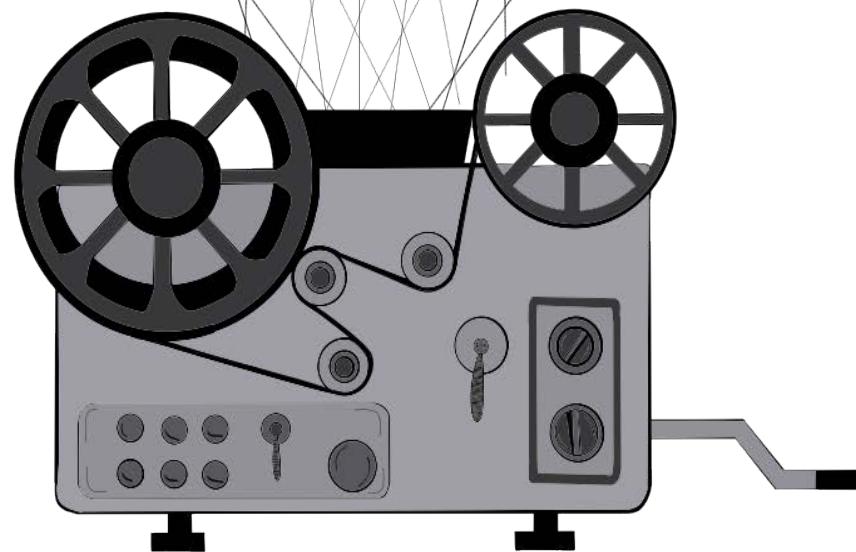
Addison Howard and his sister attending the Twenty One Pilots concert.

of the concert. Basham said, "The crowd was so vibrant and excited, more than I would have expected."

For both Howard and Basham, seeing these artists live changed their view of the artists and their music. Howard, who had limited knowledge of Quinnie's music prior to the concert, said, "It gave me a bit more appreciation for her artistry and for her talent." For Basham, seeing Sabrina Carpenter perform her music live gave her a different look into her personality. She said, "The way Sabrina performed, obviously, a lot of it is so choreographed . . . but there were also a lot of moments where I felt like it was just her as a person that came through, and those [are] always the moments that stick out to me at concerts." Ultimately, whether in an intimate venue or a world-renowned arena, live concerts offer a unique connection between artist and audience that transforms music into lasting memories.

The Film Phenomenon

Story and Design by Bella Ardell, Arts & Culture Asst. Editor
 Photos by Alyssa Elmore, Photo Editor
 Graphics by Sawyer Lignugaris, Graphics Asst. Editor



Video games, one of the many varieties of nerd continues to move into film. Bringing both excitement and disappointment from fans, the question of quality continues to be debated.

It's a debate that's been around since the 1980's. Curt Hersey, professor of communication, said the first game to film adaption was *Pac-Man*, a cartoon TV show about the Pac-Man family. Since then, there have been many more pieces of game inspired media that have popped up, some being loved while others have been quickly forgotten like *Super Mario Bros.* from 1993.

One of the most popular adaptations has been *The Last of Us* TV series that came out in 2023. The reason being an intricate storyline that brings excitement to long-term fans.

Hersey spoke about a scene where Ellie, one of the main protagonists, must fight off a man in a restaurant to escape to safety, he said it was exciting because he knew about the events from the game. Directors can change scenes in some way to create interest and distinction between the game and series. This adds another layer of intrigue for the fans.

Junior Mitchell Ryder said a good film adaptation can also be made from games with less plot line. Using *Five Nights at Freddy's* as an example, he shared how the original game is more about game play rather than experiencing an interesting story. Yet, this freedom and the large amount of lore that the game had gave the director potential to create an entertaining plot.

Regarding the qualities of a good film adaption, Hersey mentioned well-written characters with an arch and relationships that the viewers care about. Using *The Last of Us* film as an example, he spoke about how the deaths in the show affected him because he felt connected to the characters.

This would make a great movie.



Ryder said another important part of a game to movie adaptation is keeping with the source material but still being understandable to the game fans and casual viewers. Movies do this by introducing the world, rather than assuming the audience already knows about it.

According to him, *A Minecraft Movie* did the opposite of this by having unexplained internet jokes that disconnected non-fan viewers from the film.

Another problem with the movie was the casting of characters. The use of a pop-

ular actor like Jack Black took away from the film because he didn't match the characters that the fans knew.

Despite game quality and director creativity being components to these movies, Hersey argued more for the importance of creativity because people "crave quality, not just familiarity" when it comes to good media. He added how a well-done game-inspired movie has the same qualities as a good movie which includes an interesting world and interesting characters.

Although many video game movies have succeeded, many have also failed. Senior Chris Bryan said one of these reasons is consumerism and the drive to make more films to make more money. The drive of consumerism makes these films lose both their originality and the good value the game had because the shift of content from one media to another don't always translate well.

Despite the difficulty, there are opportunities to create a good movie adaptation such as focusing on horror games where good directors are the key to quality. For example the *Resident Evil* film coming out in 2026.

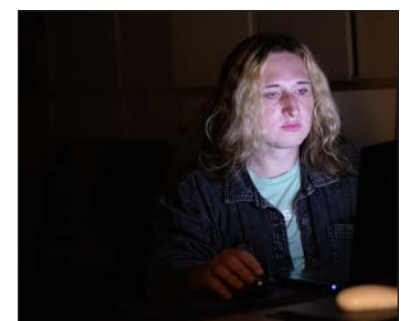
According to Ryder, to have the



Senior Nicole Melvin watching a film.

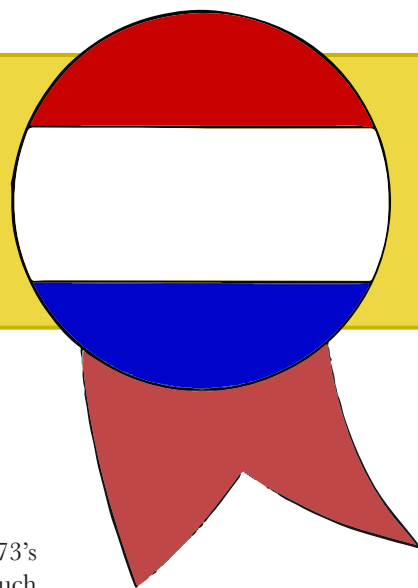
"Crave quality, not just familiarity."

Curt Hersey



Melvin playing Minecraft on her gaming computer.

Musical Memories Of Childhood



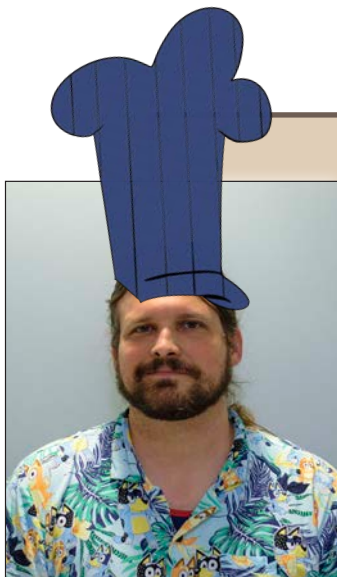
Story and Design by Bella Ardell, Arts & Culture Asst. Editor
Photos by Alyssa Elmore, Photo Editor
Graphics by Sawyer Lignugaris, Graphics Asst. Editor

Music has always been a catchy way to remember information, which can be seen with 1973's *Schoolhouse Rock*, a TV series full of short music videos that explained various subjects, such as grammar, history and science. Although the series has since been canceled, it now lives in the mind of past viewers and on DVD.

Elizabeth Risinger

Favorite Song: "I'm Just a Bill"

Senior Elizabeth Risinger's first experience with *Schoolhouse Rock* happened in the second grade. She remembered watching the music videos at school with her classmates on an alphabet carpet. The music had such an impact that last summer she decided to show her younger brother a few of the songs, one of which was "I'm Just a Bill." After teaching her brother, they sang it so much that it annoyed their parents. Even now in school she remembers the songs about grammar like "Conjunction Junction" and uses them to help with her creative writing degree.



Clint Peters

Favorite Song: "Conjunction Junction"

Clint Peters, associate professor of English, first recollected the television series when he was eight or nine. He said the music videos would play on TV, specifically during the Saturday Morning Children's Program. The "I'm Just a Bill" song was the most memorable to him and his younger self because he remembered being intrigued in how laws got made. He also watched *Schoolhouse Rock* in elementary school, as well as during one of his high school English classes. Even now, some songs have stuck with him like "Conjunction Junction," but he believes that a few of the other grammar songs have subconsciously assisted with his own writing and work.

Aleesa Edwards

Favorite Song: "The Preamble"

Freshman Aleesa Edwards remembered *Schoolhouse Rock* from as early as first grade. She talked about a wide range of song genres she enjoyed, from grammar to science. One of her favorite science songs was "Interplanet Janet." One specific memory she had was when her parents did ABC Mouse with her when she was young and they would play songs that related to the current lesson. In high school, she remembered making various teachers play during class. One of the many songs that have stuck with her is "The Preamble" which according to her is the "only reason she knows it."



Do you remember
"Schoolhouse Rock?"

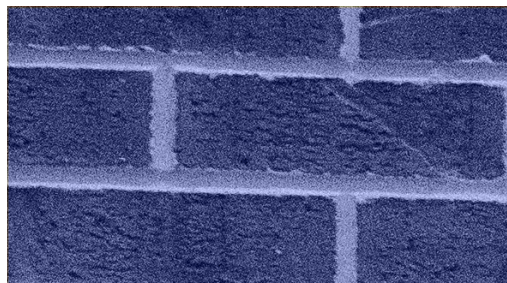
No

Yes

19%

81%

Poll taken on Yik Yak with 249 votes.



NEW LOOK, SAME SPIRIT

Story and Design by Cheyenne Anderson,
Arts & Culture Editor
Photos by Alyssa Elmore, Photo Editor
Graphics by Sawyer Lignugaris,
Graphics Asst. Editor



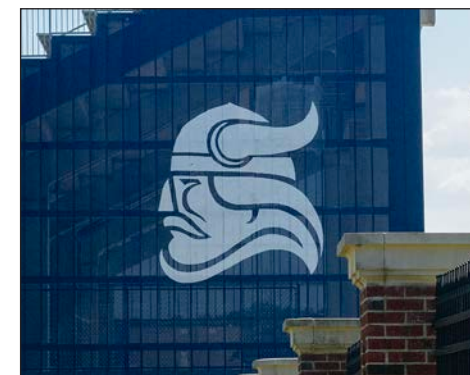
Last spring, Berry began the process of implementing an updated logo for the athletic department. Previously a right-facing Viking head within a circular halo, the new logo features a more modernized Viking head enclosed in the Berry shield. According to Angel Mason, director of athletics, the primary reasoning behind the redesign was simply that the previous logo – being over 20 years old – was outdated, and it was merely time for an update.

Mason was directly involved throughout the whole process of designing the new logo. One considerable issue she noticed is that there was no consistent style or branding across campus or in other places where the logo was used. For instance, both the halo and actual Viking head would change colors inconsistently depending on where it was used, and even sometimes faced different directions, as shown in the images below.

Creating a logo with a consistent branding and matching style guide was important to Mason when addressing this redesign. She also wanted to create a logo that is more consistent with Berry’s overall branding and honored Berry’s history, which is why the shield is included



The old logo from the entryway of Valhalla, facing right (above), and the Valhalla bleachers, facing left (below).

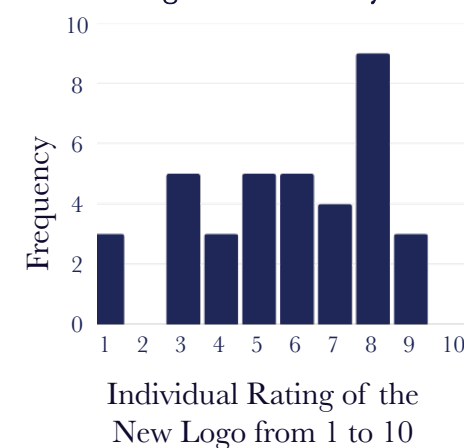


in the redesign. She says, “Athletics is a visible representation of the college with traveling, with connections to alumni, with doing special events, so making sure that the imagery connected back to the college was a big part of it.”

After the announcement of the new logo, the Berry community held highly varying opinions of its design and overall existence. In an anonymous Google Forms survey, 37 students had the chance to share their thoughts on the new logo in comparison to the old logo. One said the new logo is “too plain,” and another student said the old logo “had more personality.” Other students were more positive, saying it “translates the Viking symbol in a modern style.” In the same survey, students were asked to rate the new logo on a scale from 1 to 10, and the average of the responses is around 5.3 out of 10. Mason expected these mixed reactions to the new logo. She said, “No matter what you do, when you change something on a campus like ours, where we do believe in having dialogue around things, there’s just times where you’re not going to make everybody happy with the decisions that you’re making.”

Katelyn Hines, freshman, said she is mostly neutral in her opinion of the new logo; she ultimately prefers the old logo but believes the new one is well-designed for its intended purpose, but like many others, was initially confused about what that purpose was. She said, “With a little context or a message sent out, I think it would have been more understood. I just knew [the logo] was one way and then it was a different way, and I didn’t really see the transition in the middle.”

Students’ Opinions of the New Logo Based on Anonymous Google Forms Survey



Athletics is a visible representation of the college . . . so making sure that the imagery connected back to the college was a big part of it.

- Angel Mason

The process for replacing the old logo with the redesigned version across campus started over the summer with the Cage Center and Krannert and continues into the 2025-2026 academic year. Shane West, assistant director of athletics, said the whole process will likely take multiple years to complete because they are not going to “get rid of good products.” Some features of certain facilities, such as the turf at Valhalla Stadium, still have years left in their lifetime and therefore do not need to be replaced while they are still functional. Over time, as things naturally need to be replaced, the new logo will continue to be implemented in place of the old one. For now, the logo is in an expected transition period, which West estimates will last anywhere from four to six years to fully complete.



The new logo installed on the wall next to the entrance of the arena.

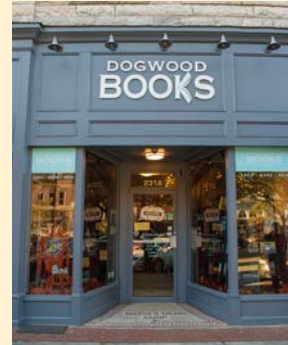
Bookstores of Broad Street

Story and Design by Bella Ardell, Arts & Culture Asst. Editor
Photos by Alyssa Elmore, Photo Editor
Graphics by Sawyer Lignugaris, Graphics Asst. Editor

THE
PURPLE
PLAIN
— Bates

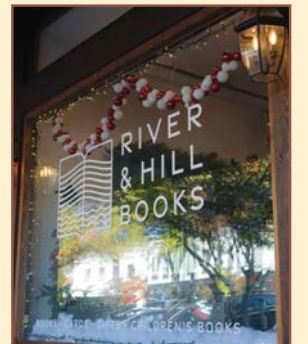
BEER | Wordsworth and the
Human Heart

THE
HOUSE
OF
FICTION



Dogwood Books, which opened in 2007, got its name from the dogwood tree found in the south. It was opened with the goal of helping the community which it does by donating secondhand books to different Rome schools. The store had been a dream of the owner, Kenneth Studdard, who created an atmosphere “conductive to just relax and enjoy books.” As a way of promoting, he can be heard on the Rome’s local talk show *Later This Morning in Rome* talking about his store and announcing special events the store plans to hold. Dogwood holds author readings and signings once a month, which are announced on the store’s instagram. With author visits and a relaxing space, Dogwood is a fun place to visit with other book loving friends.

River & Hill Books, opened in 2024, was started for the purpose of being Rome’s first new indie bookstore, a store that constantly beings in new books and tailors the stock to what the community wants to read. It was named after the three rivers and seven hills found in Rome. The owner, Claire McWhorter, started the store with the vision of connecting with the Rome community which she does by suggesting books to returning customers and saying hi to every new face. The atmosphere of the store is described as “cozy, warm, and inviting,” with many places to sit and read. The store holds many events that include story time for children, book bedazzling, a book club and more. These events can be found on the store’s social media and website. No matter the purpose, River & Hill is for anyone who loves books or just wants to meet new people.



Scrap-Happy:

Valkyrie's Beginner-Friendly Guide to Scrapbooking

Story and Design by Cheyenne Anderson, Arts & Culture Editor
Photos by Alyssa Elmore, Photo Editor
Graphics by Sawyer Lignugaris, Graphics Asst. Editor

The art of scrapbooking dates back to the 16th century with commonplace books, which were personal journals where people recorded quotes, recipes, poems, observations and more. Friendship albums and autograph books emerged in the 18th century, which people filled with handwritten notes, drawings and mementos from friends and family. As printing became more accessible in the 20th century, people began collecting magazine clippings, postcards and travel souvenirs. Around 1980, the hobby of scrapbooking gained popularity and became more structured. Similarly, the rise of modern technology popularized digital scrapbooking. Today, the act of scrapbooking includes artistic

expression, memory preservation and storytelling. While there is no right or wrong way to create a scrapbook, this guide will walk you through a typical scrapbooking process, and it will provide individual tips for each step that are helpful for beginner and advanced scrapbookers alike.

Step 1: Choose Your Theme

The first step in creating your own scrapbook is to decide on a theme. A scrapbook can feature nearly anything from a wedding or vacation to a yearly review, or even best friends or pets. Scrapbooks are inherently personal, so you can choose to include almost anything you want within the pages — the possibilities are endless. Having a theme can help manage these possibilities and give you a strong sense of direction for your scrapbook.

Step 2: Gather Your Supplies

Once you have selected your theme, the next step is to begin gathering your supplies. There are some basic supplies necessary for nearly any scrapbook, such as a blank notebook or binder, cardstock or decorative paper, scissors, glue or tape, pens, pencils, markers, photos and other memorabilia. Depending on your theme or personal preferences, you can also use other materials, including stickers, stamps, adhesive embellishments, washi tape and more. As with the theme, the possibilities for supplies and decorations are endless and completely personal.



Valkyrie's Pro Tip: You do not necessarily have to gather everything all at once. Sometimes, it is best to start small and build your supplies up as you go. This can help avoid overly cluttered pages.



Step 3: Organize Your Photos and Memorabilia

Next, sort your gathered photos and other memorabilia into groups. You can sort them by date, event, theme or any other commonality. You do not necessarily have to include everything you printed or gathered; sorting them into groups will help you decide what you want to add to your scrapbook.



Valkyrie's Pro Tip: Print your photos in various sizes and crops for visual interest. Using a glossy or matte finish photo can also change the effect of a page.

Step 4: Plan Your Layouts

Once you finish sorting your photos and memorabilia, begin planning how you want each of your pages to look. On scrap paper, sketch out different page layouts and determine where you want to place your materials. You can also arrange your materials on the page without adhering them to decide if you like a certain layout. You should also determine if you will include handwriting or journaling and plan specific colors, patterns and decorations.



Valkyrie Pro Tip: You use Pinterest or Instagram to find inspiration for page layouts. There are also free scrapbooking templates available online that can be a useful starting point.



Step 5: Create Your Pages

After you have decided on the look of your pages, it is time to start putting them together. Layer your papers and photos, add your embellishments and include captions or journaling. Include handwritten notes, doodles, quotes and other details that reflect you and your mood. You can also mix different fonts or handwriting styles for a more dynamic look.



Valkyrie Pro Tip: Try not to get caught up in making it look perfect — scrapbooking is about creativity and storytelling, and imperfections make your scrapbook unique to you.



Minds Behind the Headlines

Story and Design by Cheyenne Anderson, Arts & Culture Editor
Photos by Alyssa Elmore, Photo Editor
Graphics by Sawyer Lignugaris, Graphics Asst. Editor

Student journalism plays a vital role in capturing the heart of campus life—reporting on events, amplifying voices, and holding institutions accountable. At Berry, the *Campus Carrier* continues this tradition with a team of passionate students who bring stories to life each week. Each

person plays a critical role in the success of the publication; no job is too small, and every job is necessary. Together, these efforts ensure the *Campus Carrier* remains a cornerstone of Berry's community and voice.

Carson Bonner, editor-in-chief

Every team needs a leader — someone to guide them, someone to turn to when they need help. Carson Bonner, senior, fills this role for *the Carrier*. As the editor-in-chief, she is responsible for overseeing the day-to-day work of the staff, which includes keeping them on track with deadlines as well as editing all of the written pieces *the Carrier* runs to ensure they follow AP style. Additionally, Bonner meets once a month with President Mazumder to discuss what is happening across campus. This year, Bonner had some specific goals for *the Carrier* as a publication. She said, “We started our email edition this past spring, and I really want to see it grow. . . And [we] wanted more diverse content, wanted to add a couple things that we haven’t really seen in the past to make the paper less monotonous.” Another important responsibility for any editor-in-chief is to examine the success of the publication, for which Bonner has varying measures. She said she feels satisfied at the end of the year if there is nothing else she wishes they had done with *the Carrier*. Also, she said, “I’m really proud of the strides they [the staff] have taken in becoming better writers.” So, for Bonner, success is measured just not in the success of the publication, but in the individual success and growth of her team members.



Sorah Emory, reporter

Without news, there is no need for a newspaper, and without reporters, there is no one to report the news. Sorah Emory, freshman, serves as a reporter for the news section of *the Carrier*. Though seemingly a small job, the truth is that a print publication such as *the Carrier* would not be possible without Emory and the other reporters. Her main responsibilities include gathering story ideas, finding sources for interviews and writing articles for her section. Because of her specific placement within the news section of the paper, Emory faces some challenges other reporters might not have to deal with. She said, “I have to be very neutral and unbiased . . . the biggest part of it is making sure I’m delivering accurate news and statements.” As a freshman, Emory was assigned to *the Carrier* through the LifeWorks program due to her experience with her high school yearbook. Her experience thus far has been overall positive — she said she has settled into a routine and feels supported by her fellow staff members, saying, “Whenever I reach out, someone’s always there to help me.” Her experience reflects the spirit of the *Campus Carrier*, where every role matters and the staff works not just as colleagues, but as a close-knit family committed to supporting one another.

Faith Crockett, digital media editor & email editor

Despite the jokes made about “personality hires,” the perceived personality of a brand — or publication — is a crucial factor in its success. As the digital media and email editor, Faith Crockett, junior, is heavily involved in creating personality for *the Carrier*. She oversees all social media, which includes Instagram, Facebook and a newly created TikTok, and is also in charge of the email edition of *the Carrier*, a condensed version of the print publication. Crockett says her main goal for this year was to improve the reach of *the Carrier* through social media. She said, “I wanted more video-based content because I think that’s what most people are interacting with and watching.” To reach this goal, Crockett has focused on producing content for both Instagram and TikTok that reaches a broader audience and pushes stories from *the Carrier*. But, for Crockett, her work is a big part of her everyday life. She said, “I’m constantly on the job. So, no matter where I’m at — if I’m at an event for fun — I’m also there for *the Carrier*. If I’m in D-hall and something happens, suddenly I’m working.” But *the Carrier* would not be in quite the same place without her work and dedication.



Totally 80s!

The Intersection of 1980s Fashion and the Popularity of *Stranger Things*

Story and Design by Katrina Houck, Style Editor
Graphics by Sawyer Lignugaris, Graphics Asst. Editor

Fashion trends tend to move in cycles. Clothes come back in style after several years of being shunned from popular culture, either rightfully so or to the chagrin of people embarrassed enough to wear a particular article of clothing in its prime. That being said, it has been 45 years since the dawn of the 1980s, and certainly that is enough time for certain styles to cycle back into mainstream fashion. But are these trends from the '80s popular because it's time for their return according to the rules of fashion, or is it due to outside influences such as the hit Netflix series *Stranger Things*?

Stranger Things is a television show that released on Netflix in 2016, and it has spanned four seasons with the fifth and final season set to release in three installments on November 26th, December 25th, and December 31st, 2025. The show revolves around a group of four boys growing up in a small Indiana town in the 1980s, but in the exposition one of the boys mysteriously goes missing. Not long after, a young girl with telekinetic powers appears, and she bands together with the boys and a plethora of other characters to solve the mysteries happening in their town.

So, what does a mystery, thriller, science-fiction show about teenagers have to do with fashion? Well, since the show is based in the years 1983 through 1987, the wardrobe department has the extremely important job of making sure that each character – whether they are part of the main cast or an extra – has an outfit reflective of the specific year each season is set in. The costume designers for the show need to avoid anachronisms at all costs to fully immerse the audience into the era, and they can do that by dressing each character in particular trends that promote synchro-

nistic accuracy. Alice Bristow, associate professor and director of theatre, said “it’s not just about the clothing, but it’s the whole picture... shoes and hair, jewelry – big earrings.” Dressing a character in accurate clothes is important, but it is only one factor in making the characters appear as if they are actually from the 1980s. A staple of '80s looks was big, curly hair and with that, perms have started to make a comeback



Photo courtesy of Sandra Meek.

into the mainstream. Grace Sorrells, junior, said “I was so excited for the big curly hair trends to come back because I can wear my hair natural and it looks on trend.” Emerging from the 2000s and early 2010s, where women would make their hair as sleek and straight as possible, the embrace of bigger, natural hair aligns with the release of the first seasons of *Stranger Things*.

Also, a lot of wardrobe items from *Stranger Things* have made their way back into current trends, such as bomber jackets, high-rise jeans, Converse, and scrunchies. Even '80s style shirts that reference the show have become huge trends within the past few years. Senior Ellie Browne said “when the fourth season came out and everybody was in love with Eddie, Hellfire Club took over.” Eddie Munson, a character introduced in the fourth season as an outcast, led a Dungeons and Dragons club called “the Hellfire Club,” with a matching t-shirt. After season four was released, he quickly became a fan favorite and tons of people bought their own Hellfire Club t-shirts. Those shirts are color-block and three-quarter length sleeves, which are more examples of popular clothing attributes in the '80s. Another character, Maxine Mayfield, who was introduced in season two, also has a unique style that has impacted the fashion styles of the youth. Soli Fleury, sophomore, said that “specifically she wears a striped shirt, and in 2019 everyone was going crazy for that– including me.” While a striped shirt specifically does not scream '80s, Max's entire tomboy aesthetic really took off, especially among tweens and teens in the late 2010s.

These outfit choices are not just conjured up in the minds of fashionistas dedicated to perfectly capturing the 1980s. The wardrobe department pulled inspiration from media released in the '80s, such as *A Christmas Story*, *E.T. the Extra-Terrestrial*, and *Akira*, and based some outfits off of those. Joyce Byers' sailor outfit in season one is a direct homage to Randy's sailor outfit in *A Christmas Story*. So, not just kids that grew up watching *Stranger Things*, but also kids who grew up surrounded with '80s music, movies, and TV shows that their parents loved

may have been influenced by the fashion trends of the era. Browne said, “my dad was thrilled that I was as in love with *Stranger Things* as he was, and it just made me even more interested.” She said her dad attended high school in the '80s, so he loved the show because it made him reminiscent of that time. She had grown up on 1980s music and movies before she saw *Stranger Things* because of her dad, but that prior love of the decade and connection with her dad made her appreciate the show and '80s culture as a whole so much more.

Mainstream fashion is not the only part of the fashion world impacted by trends from the 1980s either. Rave culture is heavily influenced by signature staples of the decade like fishnets and neon colors. Rave outfits are not worn everyday, but that means even special occasion outfits are reminiscent of those trends. The '80s saw a rise in feminism, which included more women working in offices and high-power positions. Sandra Meek, Dana professor in English and creative writing, said that “the big shoulders, especially paired with the

tighter waist, does emphasize the female form, but the idea was the power suit... it was a feminist move.” While many may

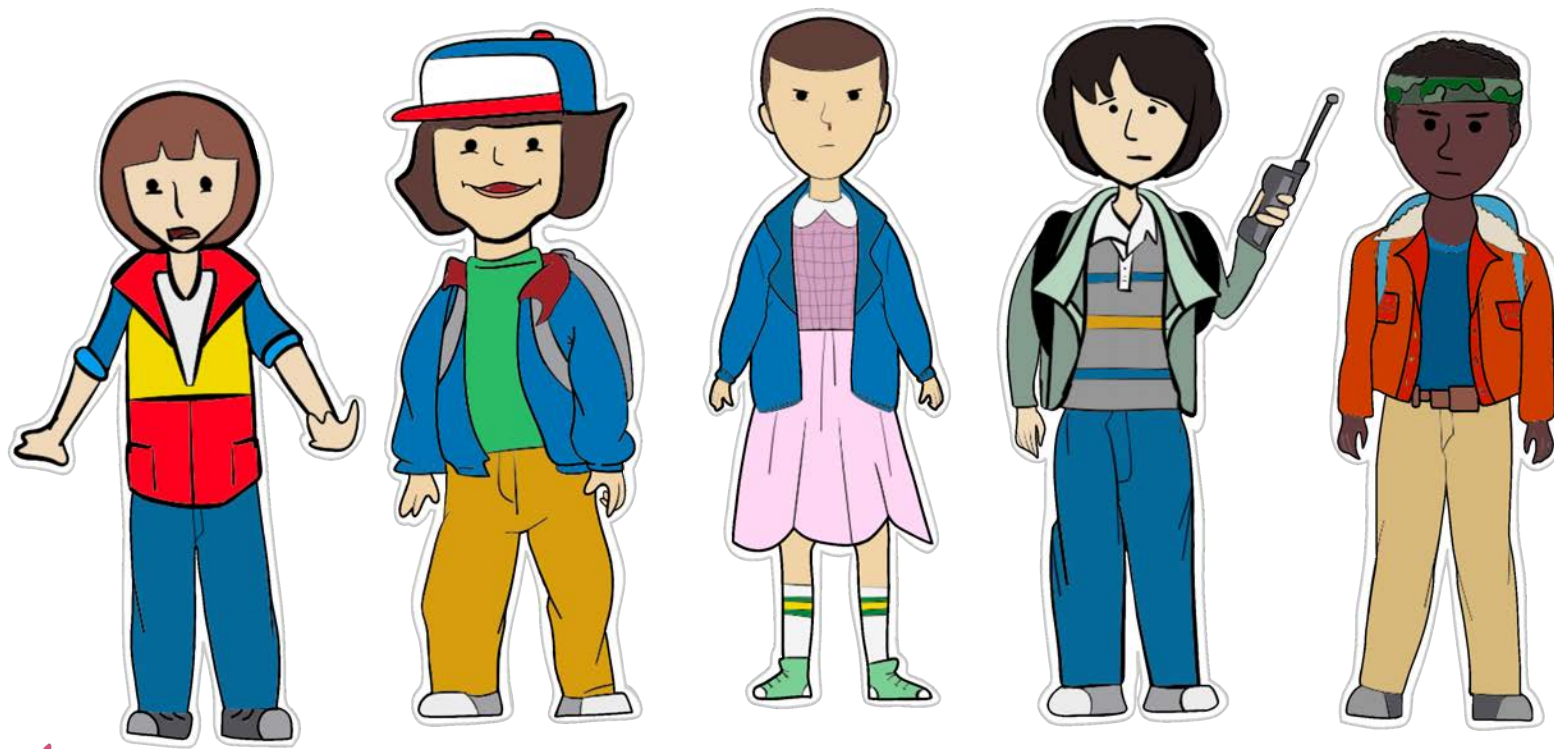
“It’s not just about the clothing, but it’s the whole picture... shoes and hair, jewelry– big earrings.”

Alice Bristow

look back at shoulder pads and cringe, they gave an illusion of power for women, who previously were not taken that seriously in their places of work.

All in all, fashion trends almost always

circulate throughout the decades, but recently trends have been shifting even quicker. However, lots of the comebacks of '80s pieces have lined up with *Stranger Things*' popularity. Is it pure coincidence, or does a TV show actually have a large enough grip on the fashion industry to impact what clothing is deemed trendy at a given time? While *Stranger Things* is certainly not the only reason that particular 1980s fashion trends have returned, it definitely plays a role in the popularity of specific wardrobe items. Will there be another rise in '80s style clothing when season five releases? Only time will tell, but if there is, it will not be a surprise.



Beyond the Tee

The Diversity of Men's Fashion

Story and Photos by Ava Lightsey, Style Asst. Editor
Design by Star Pompa, Editor-in-Chief

Through the years, the fashion industry has changed drastically. However, most of society focuses on the female evolution of fashion specifically. From vests to athletic tees, and jorts to sweatpants, the men's fashion industry is one of the most diverse aspects of human appearance.

Though many individuals opt for the "leisurewear" route, others take a more profound, niche approach to how they look in daily life. Many students make style their own introduction. With the start of classes this August, several of these students have shown how they truly express themselves with their personalities shining through their clothing and accessories.

One of these individuals is Roger Thomas, senior, and his Hawaiian shirts. He uses it as a statement of his own style and personality around campus and beyond. When asked about what he keeps in his closet, he said, "I usually try to aim for a versatile wardrobe, I usually have like jeans and a Hawaiian button up." Throughout his college journey, his staple Hawaiian shirts have stuck with him. "It's got buttons instead of just being a regular t-shirt and that elevates it quite a bit," Thomas said, "Styles and fashion have kind of relaxed in recent years, where it's just like, you know, you have pants and a t-shirt and you're fine. Sometimes that could even be pajama pants and a hoodie, and everyone considers it acceptable. So just to look a little nicer than usual is pretty easy, but not a lot of people actually take the initiative to take the single step to look nicer than the majority of people on campus." Through Thomas'



Photo courtesy of Nico Klementzos

Roger Thomas', senior, Viking Fusion headshot.

discovery of his own personal style, he has begun to find all the "hot spots" to get his hands on some unique Hawaiian shirts, such as the Coca-Cola themed shirt. He mentioned notable places such as Belk and Walmart are the best places to find affordable and stylish shirts. He makes it a priority to grab some on any vacations he goes on. Along with his iconic Hawaiian shirts, he said that when the seasons roll over, he brings out another staple item that is always in his closet rotation. "Once it gets to late

fall, winter and early spring, it switches to flannels and boots. Still with jeans," he said, "Every time the seasons change, I pretty much take all the Hawaiian shirts, move them to the back of the closet, and bring out all the flannels to the front, and that is the rotation. Cycles change and so does what you wear." He can spot the diversity and reasoning for different styles from all walks of Berry life. He said, "You'll most likely see athletes wearing sports clothes, like a sweatshirt or a hoodie. They use it as a utility item, like wrestlers may have to cut weight to be in a certain weight class." Not only that, but he gave a generalized overview of the purpose of male clothing in general: "I feel like men's clothes is a lot more utilitarian than women's clothing. Men often wear, like, cargo shorts and stuff as well, because you know, we have to carry a lot in our pockets." Overall, the male fashion industry can vary from athletics to style preference, and to practicality. Everyone on campus has a different day-to-day lifestyle and their clothing and accessories can easily reflect that. Allowing for personal style to shine can not only allow for a stunning introduction to the person on the outside but gives a glimpse into their daily life.

Throughout the annual Solidarity Week celebration, students find ways to express themselves and show off their culture and individuality. This year, students came together to create a fashion show that highlights creativity and diversity. Several students came to show off their personal styles with items already in their wardrobe, others came in with handmade outfits and some came dressed in a costume to show their interests and personality. This demonstration of all walks of life being presented on the catwalk was a representation of all the things students may miss by just looking at someone around campus.

During the male section of the fashion show, there were several presentations of street-style clothing, cultural staples and fashion that is not able to be seen on a daily basis. Freshman Diego Reyes wore an all-white suit with added floral touches to the shoulder, adding a hint of flair to the outfit. At the show he waved the Mexican flag to show off his cultural background. This

was one of the most prominent ways that an individual showed their culture on the catwalk, loud and proud. Many people came together that night to celebrate him and all the others that put themselves on the stage, demonstrating the community that Berry has built for all walks of life.

Male Fashion During Solidarity Week



Kory Adams, sophomore, struts down the runway as the crowd cheers him on.



Diego Reyes, freshman, waving the Mexican flag above him.

Berry's Baggage

Story and Design by Katrina Houck, Style Editor
Photos by Maya Slickis and Laila Anderson, Photographers
Graphics by Sawyer Lignugaris, Graphics Asst. Editor

Price keeps a notebook with him to document every workout he does and has kept track of his progress since the beginning of his workout journey.

He keeps wound wash, Band-Aids, and athletic tape in the small pocket of his bag for any injuries or cuts he gets mid-workout.

He always has creatine monohydrate (a supplement) and pre-workout powder that he adds to his water for extra fuel and energy.

He also has a camera to record himself working out and camera accessories like attachments and mounts to get different angles, which he posts on his workout TikTok page @thepriceisright16.



Jeremy Price,
Freshman
Gym Bag

Shelby Songstad,
Sophomore
Backpack



Songstad always carries her iPad and MacBook in her bookbag for easy access to Canvas and VikingWeb.

She keeps a notebook in her bookbag at all times for handwritten notes.

Songstad has a multi-pocket pencil pouch to keep all her pens and highlighters organized.

She keeps her headphones and chargers in one of the front pockets to make sure she is always prepared for any study scenario or impromptu library visit.

She also has the books *A Poet's Companion* and *A Vintage Book of Contemporary American Poetry* that she uses in her intermediate poetry class.





Will Meadows
Junior
Backpack

Meadows always has his MacBook with him because of his classes. As a filmmaking major, he uses a lot of digital programs.

He keeps a notebook for his German class that he originally took as a graduation requirement. However, he ended up liking it and added the language as a minor.

Meadows also carries a textbook for his anthropology class with him.

He keeps his Owala water bottle in the side pocket to stay hydrated throughout the day.

In her purse, Berkbigler has a handmade coin purse that she got on a study abroad trip to Peru.

She keeps a tin of Buc-ees peppermints because she believes they are the best kind.

She always keeps Crazy Aaron's Thinking Putty on hand as an ADHD reliever and something to fidget with.

She has a tube of shea butter cream to keep her skin moisturized and fresh throughout the day.

Berkbigler also has lots of lip balm and lip gloss to keep her lips from getting dry and chapped.



Taylor Berkbigler
Senior
Purse

Dress to IMPRESS

Story and Design by Ava Lightsey, Style Asst. Editor

What is one of the first impressions an interviewer can get the minute they see you? Your choice of clothing. Here's how to dress to score the job that you have always wanted. Your appearance is an aspect that matters most upon making a good first impression on your team.

#1: Cut the jeans.

With the amount of casual-wear jeans get in today's modern society, interviewers could see that as a "lack of effort" or not caring about the seriousness of obtaining a job. With this in mind, it could easily take away from the amount of skill and drive you genuinely bring to the table and may even cost you the opportunity you have. Rather than wearing the classic jean pants, opt for either slacks, khakis, dress pants, or skirts (for women). Depending on the interviewer and the job at hand, picking the right attire could be crucial for your future at the company. No one wants to leave a bad first impression. Planning the outfit in advance can help lower the chances of you throwing on your beloved blue jeans. Overall, ditching the jeans for a good pair of slacks will be a strong reflection on your habits during your interview.

#2: Know the job you are interviewing for.

With several different types of jobs being available to both college students and beyond, there will most likely be different dress codes and formality required for each one. For example, to interview for a job at your local fast-food restaurant, the proper attire may consist of a pair of khakis and a short sleeve polo shirt for the guys, and a nicer sweater top for the gals. On the contrary, for a corporate job, one would be best wearing a good pair of dress pants and dress shoes, a button up & collared shirt, and a pair of heels or dress shoes. When you dress for the part, they're going to believe you have what it takes to fill the part. It shows you have a basic understanding of what you are getting yourself into and that you are willing to take it head on. Knowing the kind of place you will be working and basing your interview attire off of that gives one a bonus in the hiring process.

#3: Keep it Classic.

If worst comes to worst, go with what you know. Ask yourself, "If I was hiring someone for my position, what would I like to see them dressed in for my first impressions?" Keeping it classic depends on the job you're applying for. If it's an office job, you may want to go with a nice suit, dress, skirt or pantsuit. This will elevate your appearance and make you look sophisticated. Don't forget about your shoes and make sure you wear a nice pair of dress shoes or heels. This lets hiring managers know that you pay attention to detail. A well-crated outfits signals that you take the opportunity seriously and respect the company's professional culture. When in doubt, remember that a clean, coordinated look can speak volumes before you even say a word.

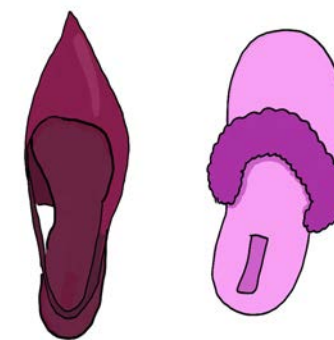
#4 Stay modest.

The first time a potential manager sees of you is during the interview. Not dressing modestly to an interview may automatically send red flags to the manager and may impact your hire-ability no matter how much you prepare and how much previous experience you may have. This is due to it being perceived as a lack of respect for the company and the process. Staying modest not only helps you maintain professionalism and humble reflection of oneself, but also shows that you are prepared and know the type of job you are getting into. It shows the seriousness you have when applying and interviewing. Having these skills and the awareness of how you dress for specific situations lets managers know that you have a higher level of thinking as well as a drive for professionalism. It is a safe way to secure yourself a spot on the team.

#5: Dress like YOU.

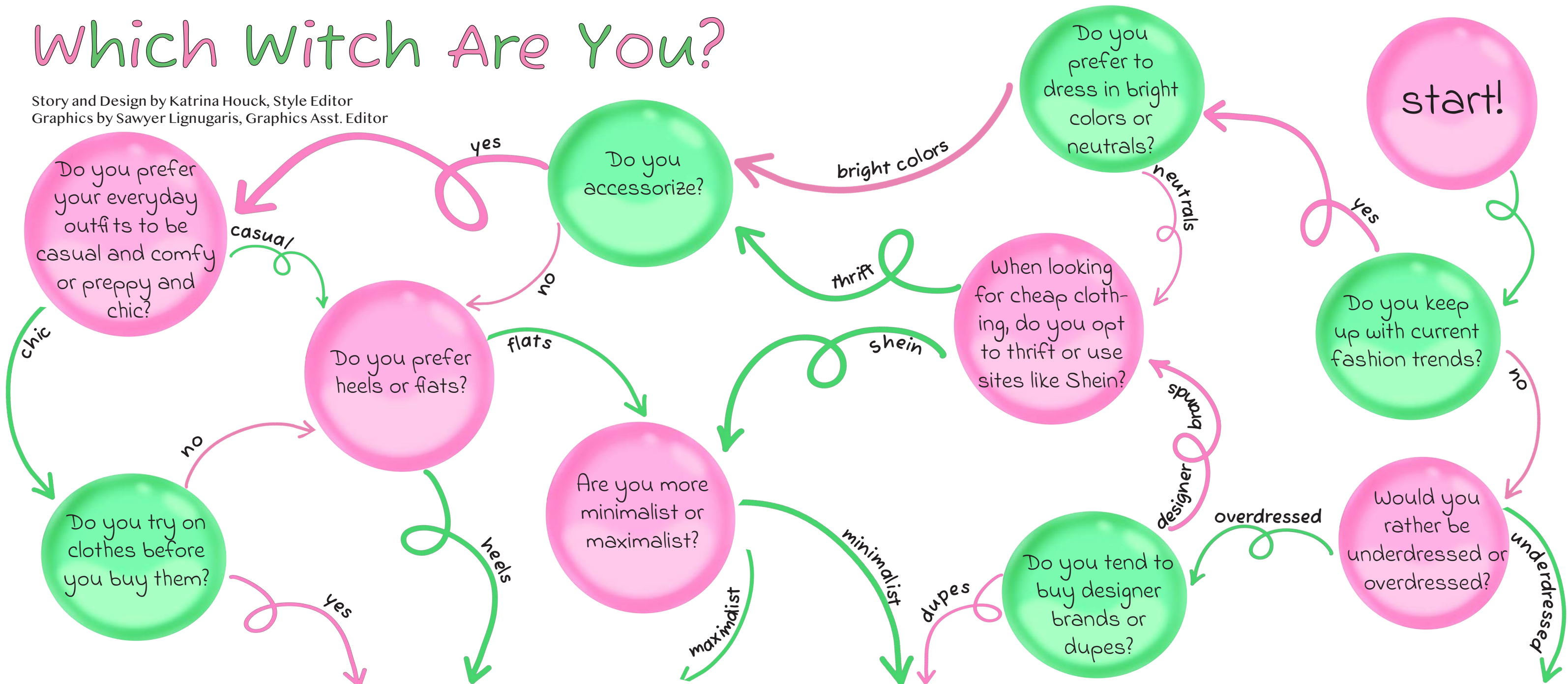
This is one of the most important aspects to dressing your best for an interview. Not only does this let the interviewer or manager see what kind of personality you may have, but also your drive and dedication to receiving this job. If you pick something that represents you are able to share a little bit of yourself through how you look on the outside. This can be done with clothes, but also with accessories, jewelry, handbags, etc. Embracing your personal attributes helps the interviewer see more than just a potential hire, but as a person with more to them than their resume. Incorporating your personality and letting those around you get to know what makes you unique can also help note your skills and traits that could easily be favorable.

The heel will help me get a job, but the slipper is so comfortable. Decisions are hard.



Which Witch Are You?

Story and Design by Katrina Houck, Style Editor
Graphics by Sawyer Lignugaris, Graphics Asst. Editor



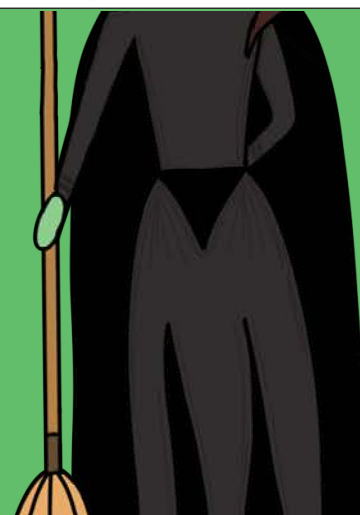
You are G(a)linda!

Your fashion tastes tend to revolve around what is currently trending, and you always have the cutest outfits for every occasion. Your bright outfits communicate your bubbly personality before you utter a single word, and you use accessories to add flair to your outfits. Even when your outfits go with the crowd, you can always find a way to stand out!



You are Elphaba!

Your fashion tastes revolve around what you know and love, rather than what is currently popular. No matter where you are going, your outfits are built to last and provide optimal comfort for each occasion. Your clothes are rather unique and can serve as great conversation starters! The muted colors of your outfits allow your natural beauty to shine through even brighter!



Composition Notebook

Back 2 School Shopping

Story by Ava Lightsey, Style Asst. Editor
Design and Graphics by Star Pompa, Editor-in-Chief

As summer comes to a close, a new season begins, one that finds you looking to your wardrobe for new clothes the upcoming school year. Something that fits you: combining comfort, confidence and a hint of personality. However, with the cost of clothes, it may be a little pricy to get what is new and fresh on the market. With a little bit of digging, you may find ways to get the next big thing that will make people go “Wow.” When going through your journey to find your new and improved personal style, use these tips to save some money and still look good.

Check for Online Details

Most times for the back to school season, a lot of online stores will give special prices on their items for students, from elementary to college. One of the first things to check is if your favorite online store is holding a sale for the newest, hottest looks. Who knows, your new favorite shirt or pair of jeans could be on sale at your fingertips. It never hurts to look from the comfort of your own home.

Stop by Your Local Boutiques

Especially at small, local boutiques, there are a handful of stores that will have a “back to school” deals and a certain percentage off of post-season items. Racking up the winter essentials in the summer time while everything is on sale is a good way to save time and money down the road.

Ask Your Friends and Neighbors

At the start of the academic year, people find themselves looking for a new style. With many people getting rid of their old clothes., ask a friend or neighbor to take a peek in their closet. This is a great place to start looking for clothes you can give new life to.



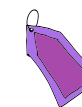
Places to Shop in Rome

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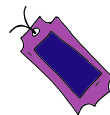
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Providence Thrift Store



old navy



Goodwill Thrift Store & Donation



T.J. Maxx



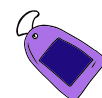
Ross Dress for Less



Kohl's

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American Eagle



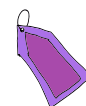
Apricot Lane Boutique



Paula's Boutique on Broad



Snazzy Rags

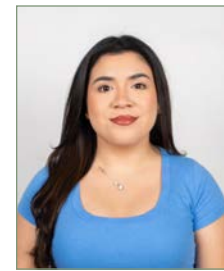
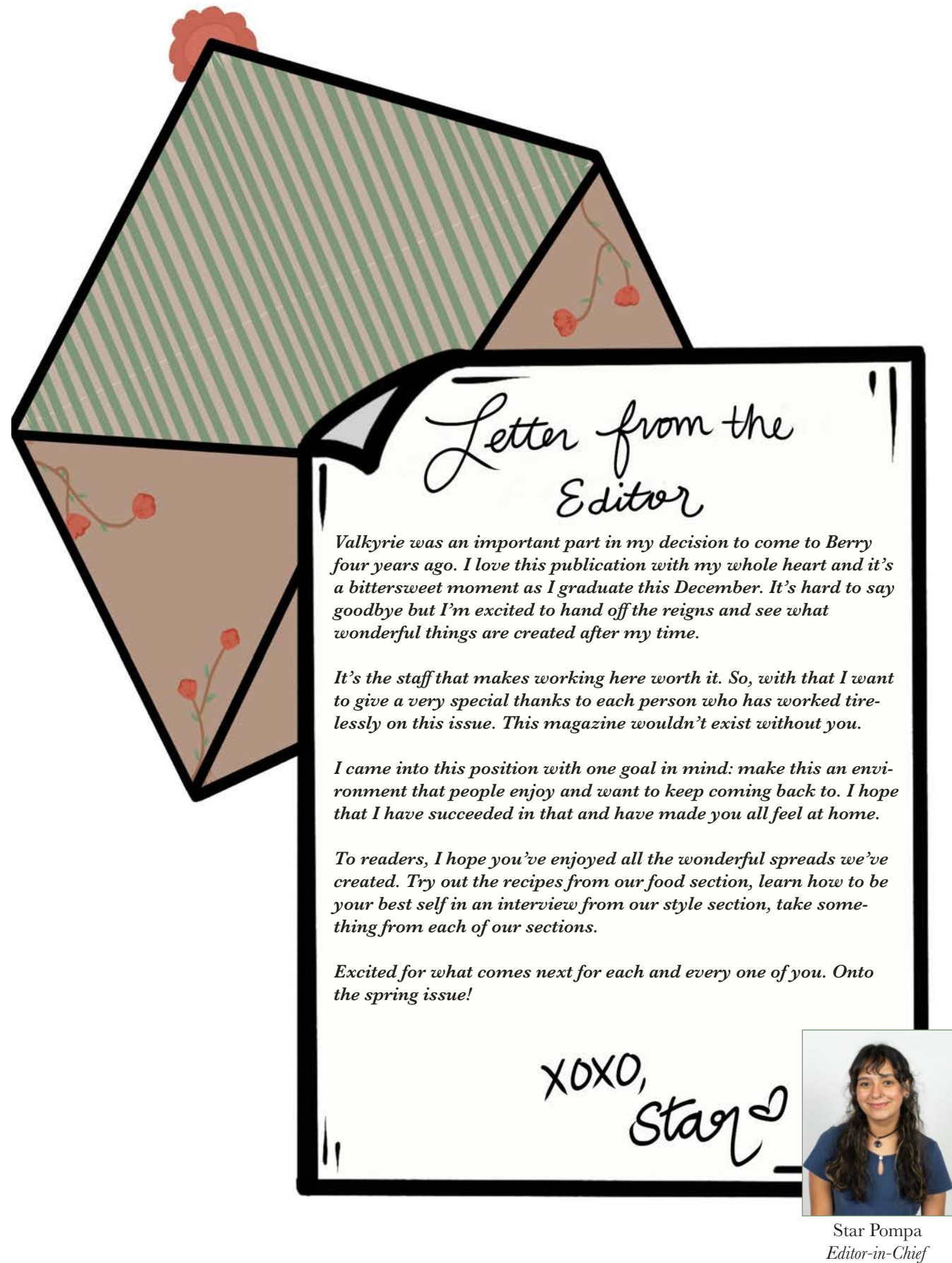


Rusty Threads



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It only took us three months, but I think we're finally done.



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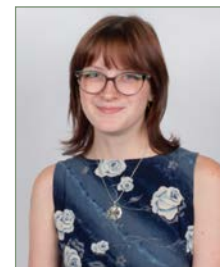
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Writer

Berry College Valkyrie

valkyriemagazine.com

Berry College

Mt. Berry, Georgia 30149

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