



VALKYRIE

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Cover photos by Grace Segars, Photo Editor

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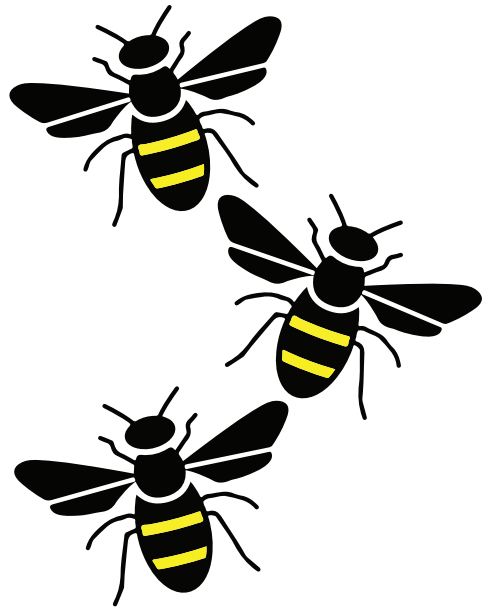
The Animals Most Impacted by Climate Change

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

Climate change is a rapidly progressing issue that is detrimental to people, animals, and the environment in a variety of ways. Bees and other pollinators are very important to the environment. Unfortunately, they are adversely affected by global warming.

According to an article from Ucdavis.edu, by Kat Kerlin, drought conditions caused by global warming dry up the forage such as floral nectar and pollen that bees need to produce honey. This is an issue that affects both natural and managed colonies. Thankfully, beekeepers can provide supplements to assist the bees in these precarious conditions. However, wild bees must fend for themselves.

The impact that climate change has on pollinators is especially concerning as they are so important to the overall well-being of people and the planet.



So many of the foods that people and animals rely on would not be possible without the hard work of honeybees.

Tamie Jovanelly, associate professor of geology at Berry, explained some of the ways that pollinators such as bees are affected.

"Our natural habitat is just changing," Jovanelly said. "So the pollinators need to have things to pollinate, so if you're going through cycles of intense heat or intense drought, these plants aren't going to be there for them to pollinate. You need that symbiotic relationship where you have plants growing and bees there to pollinate, and they need to pollinate so they can make their honey."

In addition to pollinators, the climate crisis is also affecting larger mammals.

"Climate is changing too fast for large mammal populations to adapt," Jovanelly said. "They have to live within this range of temperatures and the habitat is changing so drastically that they can't adapt."

Moreover, Jovanelly explained how specific types of large mammals, such as polar bears, are impacted.

"Polar bears are reliant on sea ice to be thick and abundant for that to be a part of their habitat," Jovanelly said. "That ice sheet is drastically shrinking. Polar bears need an abundance of food, and their populations are changing because the sea temperatures are changing which makes migration patterns for things that they eat different."

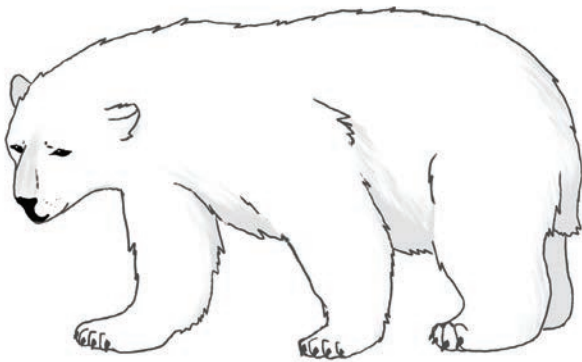


Additionally, Jovanelly gave some advice to people and students who want to help animals impacted and the fight against climate change in general. One course of action she suggested was writing a position statement to inform representatives and legislators about certain issues. “I know enough as an academic to write position statements of which I’ve taken to state and local legislators,” Jovanelly said. “I would encourage Berry College students to do the same thing.

Thankfully, there are organizations working to help preserve the honeybee population such as Berry Bees here on campus. Hannah Kim, Berry Bees team member, explains what this enterprise does. “Our overall mission at Berry Bees is to offer hands on opportunities for students to experience beekeeping and their relevance to our lifestyle,” Kim said. “This includes pollinating habits, honey making and the business aspects of maintaining them as agricultural livestock. We also provide a deeper look into how bees function as a significant role in the environment and explore ways we can support.” Kim also shared some insight into how Berry Bees helps preserve the honeybee population. “Berry Bees contributes to preserving the honeybee population by spreading awareness about our role in their decline,” Kim said. “Actions such as using chemical pesticides or keeping monoculture lawns are the most common cases that negatively affect bees and other pollinators. We encourage the public to support their local beekeepers and the indigenous plants that grow naturally on their property. Hopefully, we’ll be able to extend our abilities to save wild swarms.”

Moreover, she gave some suggestions on how Berry students can help save the bees. “We’d like to encourage everyone to shop locally and limit their use of chemical herbicides and pesticides,” Kim said. “Also, explore what you can grow and diversify your garden.”

While climate change and its impact on certain animals is a larger-scale issue, smaller actions and raising awareness can still make a difference as well as inspire others. It’s important that students are educated on these issues so they can start making changes at the local level and spread awareness to their peers.



Grant Huepert, Junior, Berry Bees Worker



THINKING ABOUT YOUR DRINKING WATER



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



Do you know where your water comes from? Christopher Peterson, the waterworks supervisor and water plant operator at Berry College, says knowing your drinking water is important. Due to increasing population as well as frequent droughts, clean water is becoming increasingly more scarce in the state of Georgia, according to the Environmental Protection Agency. However, exactly what types of H₂O does the phrase “clean water” refer to?

“To me, [clean water] refers to all water, the water in the lakes, the rivers, the streams, not just drinking water,” Peterson said. He emphasized that keeping all types of water clean is important. “The best thing we can do is to preserve the quality of those sources of water, so when we withdraw water from the lakes and the rivers and the streams, the treatment process can produce safe drinking water,” Peterson said. “We have to protect the source water.”

Nature is interconnected, and even one dirty creek could pollute and cause consequences for the usage of multiple sources of clean drinking water. The idea of protecting the entirety of nature’s supply of source water, however, can seem like a daunting task. Luckily, Peterson also offered advice on how to start the process of changing water systems for the better.

“Every water system is required to put out an annual water quality report,” Peterson said. “It details where your drinking water comes from. People tend to disregard that information; they don’t really pay attention to it. It would be helpful if people knew and were more aware of where their drinking water comes from.”



Education about local water practices can help individuals make an impact in multiple ways. “Once they’re better informed, they can participate in decisions their community is making about how to spend money, and learn how to raise that money to improve their water infrastructure,” Peterson said.

Getting the facts down can be a practical start to making a substantial difference. The empowerment that comes from knowledge of the surrounding situation lets an individual be informed to appropriately evaluate the problem at hand, and taking a look at the annual water quality report online could be a good place to start.

Peterson also offered some more information about the water infrastructure around Berry’s campus. “Berry College owns a public water system, and it is licensed and approved by the state of Georgia, and the EPD,” Peterson said. The EPD, or Environmental Protection Division, is a part of the Georgia Department of Natural Resources, a state agency that defends the air, land, and water of the state of Georgia, according to the EPD “We answer to the EPD to ensure the drinking water quality according to the Safe Drinking Water Act,” Peterson said.

“The college is the owner of the public water system,” Peterson said.

All Berry students are sure to know about the college’s reservoir that supplies drinking water across the campus. Possum Trot Reservoir is not only the focal point of one of mountain campus’ scenic hiking trails; it is also the supplier of the campus’ drinking water, and an excellent place to learn more about how to become involved in the provision of clean drinking water for Georgia.



Reservoir, Source of Berry Water



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

Food scarcity is an issue that affects people worldwide. There are a variety of factors that play into this issue such as poverty, environmental issues such as drought, and economic changes. These problems often cause a shortage or affect people's ability to be able to afford the food they need for themselves and their families. Thankfully, there are organizations working to help combat this problem.

According to Health.gov, some other factors that might contribute to food insecurity include income, employment, race or ethnicity, and disability. Some possible factors contributing to these disparities among certain people might also include neighborhood conditions or a lack of transportation. For instance, there might not be access to healthy or nutritious food in certain areas that lack supermarkets or grocery stores. Many neighborhoods just have convenience stores instead, and these unfortunately sell lower-quality foods for even higher prices.

One local organization that is working to combat this problem is the Journey Community Food Pantry which is partnered with End Slavery Georgia. This program works to provide food for the Rome-Floyd community as well as provide education on nutrition.

Debbie Crumbly, CEO of the Journey Community Food pantry, talked about their mission, services and volunteers.

"The food Pantry focuses on serving individuals facing hunger in Floyd and Chattooga County," Crumbly said. "Our primary audience is anyone in need of food."

Crumbly went on to explain some of the more specific services they offer for certain populations, such as those struggling with homelessness or health issues.

"We have a program here for homeless," Crumbly said. "We have specific types of food that they can use back at their tent."

Another population the pantry will be focusing on soon is senior citizens.

"We were just approved for a special federal program that we will be starting next month that will target senior citizens sixty and above that qualify for a lower income," Crumbly said. "What we're finding with a lot of them is they're having to make decisions about medication that is life or death to them over food."

Crumbly explained that this is part of the organization's efforts to expand and offer services that are specialized for certain clients in addition to all that they already offer.

"We're trying to put some programs into place that specialize with those who are diabetic," Crumbly said. "We have special high-protein foods for those that are undergoing cancer treatment. So, we're able to address a few of the specialty needs as well."

Moreover, Crumbly explained that a lot of the progress and expansions that the organization has made would not have been possible without the hard work and help of Berry volunteers.

"The help that Berry volunteers have given us has absolutely been wonderful, and a lot of that has contributed to our capability of expanding our services," Crumbly said.

One student who has helped with these efforts is Alex Ruble, Berry Bonner scholar senior and communications major. He also shared some information regarding what volunteering typically looks like and more on the food pantry's mission. The Bonner scholarship at Berry is a program that focuses on partnering and serving with several organizations in the Rome-Floyd community.

"At a typical day at the food pantry, I arrive at the location, and I help to create the carts," Ruble said. "We fill them with food and other necessities. We make sure they have meat and vegetables in each cart. When people come to get food, they'll sign in, they park, then we'll come out and load up their car."

Ruble explained how volunteering at the food pantry has been a great experience.

“My favorite part is getting to talk to the people we serve, and just understanding their story or background,” Ruble said. “Getting to talk to them and building relationships with people that come regularly has been a cool opportunity.”

Ruble also shared some information Berry students should know regarding the issue of food scarcity.

“Thinking about what other Berry students should know about food scarcity, it’s a lot more prevalent than I realized before serving,” Ruble said.

Food scarcity exists everywhere. However, it is overlooked and not talked about enough. It’s important that Berry students looking to help combat this issue are aware of how they can get involved. Crumbly gave some suggestions.

“Students should definitely think about volunteering,” Crumbly said. “We have multiple opportunities here. Another thing is if they have projects they want to do through the school, food drives.”

While food scarcity is an issue that is far from solved, getting involved with or supporting organizations who are fighting against it is a step in the right direction. Moreover, knowledge is power. It is important that students spread awareness regarding this issue and ways that they can help to their friends, family, and peers. Together, we can make a difference.



Berry College Food Pantry



A Highlight of the Center for Personal and Professional Development

Story by Sylvie Wages, Issues and Impact Editor
Design by Sylvie Wages, Issues and Impact Editor and
Brianna Mitchell, Issues and Impact Assistant Editor
Photos by Mads Muraoka, Photo Editor

The Center for Personal and Professional Development at Berry offers a wide variety of services for Berry College students. The center also offers services for Berry College alumni.

Senior Caroline Lanier, economics major and student worker at the Center for Personal and Professional Development, explained the services they provide.

“We’re here to help students with personal and professional development during their time at Berry, and actually beyond,” Lanier said. “So, we offer services with anything from deciding your major to writing resumes and cover letters, to job applications, practicing interviews—all of those things are under CPPD.”

Lanier went on to explain how the CPPD is divided into three main sectors that work together to support students.

“Under CPPD is the lifeworks sector of Berry as well as career development and employer engagement, so each of these pieces fall under one big umbrella of the Center for Personal and Professional Development.”

Lanier also explained how some students are confused regarding the difference between Lifeworks and career development.

“Lifeworks is more so the side of Berry that’s just the student work program, where as career development is helping students navigate their career journey,” Lanier said. “Employer engagement helps with employers who are going to help students get internships or jobs post-grad.”

Moreover, CPPD offers services to help students better understand their personalities and what careers might be the best fit for them.

“Within career development, the biggest portion that’s going to be helping students is navigating things as they go,” Lanier said. “So, for freshmen, we can do things like looking at what careers might align with your major or even talking about what major fits for you and doing surveys to better understand your personality.”

At the CPPD, both staff and students help advise. The staff consist of career consultants who are knowledgeable about anything from choosing a major to grad school.

There are also peer career advisors who are students working under career development. They help students with resumes, cover letters, mock interviews, looking for jobs, and interview tips. Marc Hunsaker, Dean of the Center for Personal and Professional Development at Berry College, also talked about the services they provide and their mission.

“Our mission statement is that we partner to prepare the whole student for all of life,” Hunsaker said. “That means that we’re not just interested in helping you figure out what you want to do and how to get there, but we’re interested in addressing questions of identity—who am I, what am I good at, how do I define success, those kinds of things as well as questions of purpose.”

Hunsaker also explained how personal and professional development play into CPPD.

“Helping students figure out why they want to do these things—why are they important—what kind of difference do I want to make in the world—those kind of things put the ‘personal’ in personal and professional,” Hunsaker said. “Professional development is kind of the merger of the two of those things.”

Hunsaker also emphasized the importance of teaching students valuable communication skills and how to talk about their experiences.

“We help students articulate and understand how they’re developing skills that are valuable for them, how to talk about their Berry experiences in a way that employers and graduate schools can resonate with and understand,” Hunsaker said. “Through lifeworks, we offer students with a range of experiences.”

He explained how the student work and career development sectors of CPPD are connected to each other.

“We basically oversee the career development side of things, then the lifeworks program,” Hunsaker said. “Both of these are our main focus. That’s the idea of the center is that they should be even more interconnected than they have.”

Furthermore, Hunsaker talked about how Berry stands out from many other colleges and universities in the way that they go out of their way to help students prepare for their futures and careers.

“At a lot of colleges, it’s left up to the student to figure out their college experience,” Hunsaker said. “It’s like, we’re going to make sure that you get a diploma, but not that you know what to do with it. What I like about Berry is you’re going to get a great academic education, but when it comes to your personal and professional development, we’re not going to leave that up to you, or to chance.” At Berry, CPPD works to make sure that the students’ personal and professional development is integrated into their lifeworks and academics as well.

“We’re going to embed that into the college experience, whether that be through lifeworks or hopefully through learning professional development in the courses you’re taking,” Hunsaker said.

Another important aspect of the CPPD is partnering with the academic staff to better serve students and other clients.



“When we talk about working with students, that’s what we do, but we also realize that in order to be truly impactful, we have to partner with our academic friends,” Hunsaker said. “We try to help them as much as we can as well as embed it in the curriculum.”

The CPPD at Berry is an office that can support and empower students from their freshmen to senior year, and even after. It’s important that students are aware of the variety of services that they provide. They can use these to enhance their academic and lifeworks experiences as well as for their lives after college, whether that be for graduate school or a future career. Not only can these skills help students with their personal and professional growth, these services can also help students to make new connections and open them to new opportunities. The CPPD offers services that can help support and guide students no matter where they are in their academic or career journey.



A Closer Look at Feral Cat Colonies



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

If you've spent any time at Berry outside the dining hall or around Memorial Library, you've probably caught a glimpse of one of the campus' feline friends roaming around. Georgia, like many other places around the country, has a large population of feral cat colonies. TNR, also known as Trap-Neuter-Release, is a popular solution to this problem. It is a method that involves trapping cats, neutering or spaying them at a local veterinary office, and then returning them to their original locations, according to neighborhoodcats.org. The site also says that it is the most effective manner to deal with the ever-increasing populations of stray cats.

However, many veterinary and animal science professionals disagree with the common tactic. Miranda Knight, Clinical Assistant Animal Science professor, provided some insight in an interview as to what happens to feral cats found at the college.

"We work with Animal Control and Floyd Felines to appropriately remove those cats as best as possible, and if they're able to be rehomed and rehabilitated then we work with those organizations," Knight said. "They are trained on how to properly trap them and humanely care for them."

She also shed some light on the question of if TNR is as effective as it is believed to be. "It's a very controversial topic, because in theory, it's a great way to try to ethically manage abandoned cats, but it's hard to implement effectively. That's what a lot of the research shows, that it's really difficult to have an effective decrease in population. The goal of maintaining a cat colony is to increase the welfare of those cats, and eventually hopefully over time their numbers decrease, and they go away," Knight said.

"Ideally, we don't have feral cats. Feral cats are non-native predators of wildlife, so they can significantly impact the wildlife population," Knight said. She went on to talk about the effects the feral lifestyle has on the cats themselves as well. "The welfare of those animals isn't great, because they're going to be exposed to poor environmental conditions, freezing weather, and starvation if they don't have a source of food. They're exposed to a lot of diseases," Knight said.

"Also, there's human health implications, because feral cats can transmit diseases to people. Some diseases that are talked about more often would be rabies...toxoplasmosis would be another parasitic disease we can get from cats, bartonella, which is like cat scratch fever, there's a whole list of things that are human health risks as well."

"Also, there's human health implications, because feral cats can transmit diseases to people. Some diseases that are talked about more often would be rabies...toxoplasmosis would be another parasitic disease we can get from cats," Knight said. She continued to explain the various diseases the animals can pass on to humans. "Bartonella, which is like cat scratch fever, there's a whole list of things that are human health risks as well," Knight said.

In the end, TNR just doesn't combat cat colony issues like it is generally thought to. A report by the UF/IFAS Extension at the University of Florida stated 71% to 94% of cats need to be neutered to cause an effectual decline in colony population over time. These numbers are higher than the percentage of cats the TNR field neuters in actuality, so because of this, the populations only continue to grow. There is also the issue of humans taking advantage of TNR, and dropping off their own unwanted pets there. "People will illegally abandon cats in areas [where TNR is active] because they think they are going to get fed and taken care of, so it's hard to decrease those numbers," Knight said.





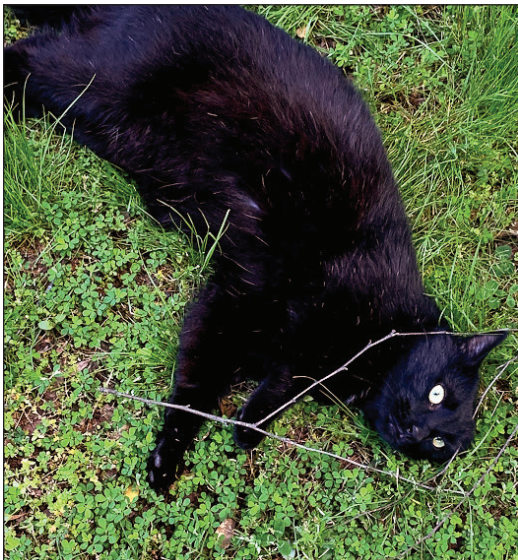
For alternatives to TNR, one of the options is simply trying to get the cats adopted into loving homes. “If they’re adoptable, they try really hard to adopt out cats,” Knight said. “If the cat is adoptable, friendly, can be rehabilitated, healthy, they really do try to adopt them out. Some of that’s locally, but [Floyd Animal Control], takes a lot of animals to areas where they can increase their adoption rate. In the north-east, whereas our animal control, whether it’s dogs or cats is kind of overflowing, there are lots of potential homes and not as many animals.”

“Some of the feral cats, maybe whether it’s disease or not being able to be rehabilitated or acclimated, they may not be adopted. So I think in those scenarios, they return them to the colony,” Knight said.

“Some of the feral cats, maybe whether it’s disease or not being able to be rehabilitated or acclimated, they may not be adopted. So I think in those scenarios, they return them to the colony,” Knight said.

There also could be other methods of controlling feral cat populations; these are gaining interest as they are continually being researched. An article from the American Veterinary Medical Association says that “control of free-roaming abandoned and feral cats may be improved” when “an environmentally safe, easily administered, and effective nonsurgical contraceptive is developed.”

Students should not interact with them and handle them because of the human health risks, particularly the rabies.



“At Berry, we don’t maintain feral cats, and I encourage students to not try to handle or pet them,” Knight said. She also mentioned that feeding the cats is discouraged and prohibited. So, the next time you see a cat walking around campus, appreciate it from a distance, and resist the urge to pet. The best thing you can do to help cats and other animals like them is to get involved with a local animal shelter and try to educate yourself on the issues at hand, particularly as to what practices are in place in your local community.

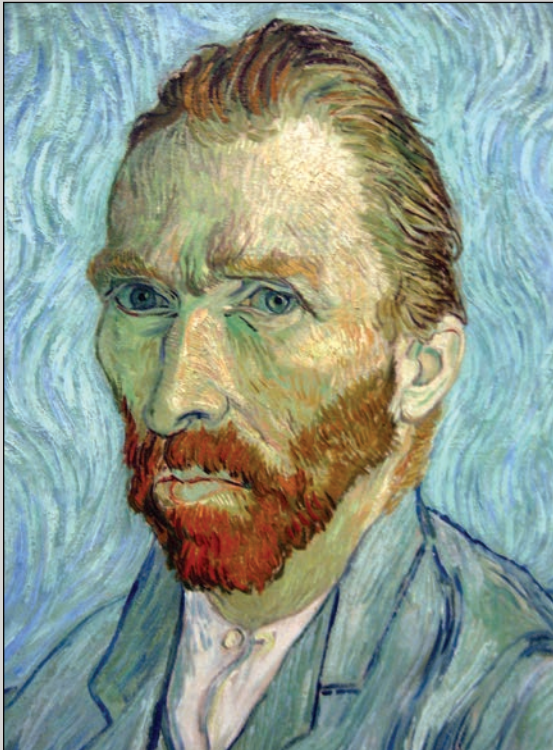
EXPLORING THE QUESTION: CAN ART BE SEPARATED FROM THE ARTIST?

Story by Sylvie Wages, Issues and Impact Editor

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

All throughout history, there have been some artists that are more controversial than others. For many, this is not just because of the subject matter of their art or what they create, but more due to actions or lifestyle choices outside of their work. The longstanding question is whether consumers should separate the art from the artist, or whether or not it is ethical to continue to support certain individuals.

Many people believe that by continuing to listen to, watch, or consume an artist's work after they have made controversial choices would also be supporting them. They might argue that by supporting the artist's work, you are also supporting them or their problematic behaviors.



Vincent Van Gogh, Photo from Flickr

However, the other side believes that there is a difference between directly supporting an artist's action or statements or just supporting their work, and that the two can be separated. They believe that just because you listen to their music or buy their artwork, you are not directly supporting them.

Controversial artists have been around all throughout history. Some recent examples include Kanye West, who has had a series of bizarre actions and offensive statements that have brought him to the spotlight. Some older examples of controversial artists include Andy Warhol and Vincent Van Gogh to name a few. Van Gogh is most notably controversial for the act of cutting off his left ear while Warhol has been rumored to be anti-feminist. Some of these artists are disputed for offensive speech or problematic behaviors, while others might be more controversial because they did something unusual or pushed societal boundaries. With today's climate, the issues stem more from artists who have committed actions that are deemed as offensive.

Virginia Troy, professor of art history, shared some input on the issue. "Art cannot be separated from the artist," Troy said. "Most meaningful art is controversial in that it provokes thought." There are a lot of factors that can play into whether a controversial artist should not be consumed, or in other words, 'cancelled.' While some of these factors may be left to individuals' personal opinions, values, and beliefs, there are some actions artists can take that most would agree are inexcusable.

According to a poll on the Valkyrie Magazine Instagram, 36% of Berry students still listen to controversial artists such as Justin Bieber and Kanye West while 64% did not. Moreover, 49% of students voted that they believe in the concept of separating the art from the artist while 51% did not.

This poll shows that the majority of Berry students polled have chosen to stop listening to certain artists after their actions because they most likely believe that supporting their work would be supporting them and their controversial opinions. However, it is almost an even tie on the general debate over the question.

Some Berry students shared their thoughts as well. “If the crime or controversy is severe enough where it comes to that question, the least one should do if the art means that much to them is admire the art without directly funding the artist,” said Freshman, Mads Muraoka. “I would argue that ‘separation’ can’t logistically happen. You’re either supporting and funding the artist or you’re not.”

Regarding the Instagram poll question about Kanye West and Justin Bieber, another student shared some input. “I never liked them in the first place,” the Berry student said. “If someone I liked was in a controversy, then I would.”

According to Common Wealth Times Opinions Editor Kofi Mframa, separating the art from the artist is impossible.

“The phrase ‘separate the art from the artist’ has been coined as a way to differentiate one’s appreciation of an artist’s music from their disdain for the artist’s actions,” Mframa said. “However, this phrase is just a lazy cop-out that gives fans an excuse not to think critically as to why they continue to support problematic artists.”



Kanye West, Photo from Flickr



Justin Bieber, Photo from Flickr

“However, this phrase is just a lazy cop-out that gives fans an excuse not to think critically as to why they continue to support problematic artists.”

There are many controversial artists who continue to garner their fan’s support even though some of their actions are extremely problematic. They will always have a population of fans who will support them no matter what. However, many notable examples such as Kanye West, Madonna and Eminem have lost large percentages of their former supporters due to statements, behavior and actions. As it can be concluded from data presented in this article, many fans and consumers have mixed feelings about the issue and often decide which controversial artists to continue to support on a case-by-case basis.

Those who are concerned about certain causes or issues may want the artists they are supporting to align with those values. It is important that Berry students and others take some time to research and learn about certain individuals before buying from or supporting them. This way, they can feel more confident and educated in who they choose to support and be influenced by.

THE COMPLEXITY OF NATURE



Nature is a wonderful thing that everyone can enjoy on a day-to-day basis. You can take a walk through the woods, sunbathe on the beach, picnic in a grassy field, fish in a river, and so much more. Yet, do we actually know what makes up nature? Do we ever think about the intricate communities that make up our beloved surroundings?

When we think about nature, we think about the plants and animals that make up these communities, also known as ecosystems.

"An ecosystem is comprised of the community of organisms, which means a bunch of different species, that all live in the same place together with their abiotic environment," Catherine Borer, associate professor of biology, said.

An abiotic environment includes the weather, sunlight and soil, which are physical factors that are not living but still affecting the ecosystem. One major abiotic factor is fire. Fire plays a vital role in the overall health and well-being of an ecosystem as it suppresses pests, pathogens, and any species unnatural to the environment. Plants and animals native to that ecosystem will have a source of protection for when the fire comes.

Everything from busy cities to untouched forests are made up of many types of ecosystems.

John Graham, Reid professor emeritus of biology, said there are oak and pine, forest and grassland ecosystems on Berry College's campus. The oak and pine formation covers the large majority of Georgia, but grassland ecosystems can be found in some areas. One such area is around Victory Lake. There are also many wetland, managed fields, garden, calcareous flatwoods and aquatic ecosystems.

Now you're probably thinking why is this important to me. Why do I need to know about this?

"A lot of times, we think of ourselves as separate and different, but we are animals," Borer said. "We are living organisms, and our ecosystems affect us in every single way imaginable. We could not live without healthy, functioning ecosystems. We obtain everything that we need, pretty much, either directly or indirectly from our environments and our ecosystems."

So, in a way, we do need to know about ecosystems. It is important because we live in them as much as the animals and plants do. We cannot take care of something that we don't know much about or understand the importance of.

Much of an ecosystem goes unnoticed by most. We can see some of its factors such as these common animals: deer, beavers, coyotes and birds. Some common trees that a hiker may see would be the loblolly pine, longleaf pine, dogwood and cucumber magnolia.

"Longleaf pine used to be most of Berry but were cut down for timber. Loblolly pine was then planted, because it grows faster," Graham said.

Throughout Berry's history, there has been a thriving timber business on campus, but as with most forestry programs, they have been responsible with planting new trees. Recently, they have started replanting long-leaf pine trees instead of the loblolly pine.

Martin Cipollini's, Dana professor of biology, Longleaf Pine Project is seeking to restore longleaf pine on Lavender Mountain

in Rome. There are two reasons this restoration of the native tree species would be good for the ecosystem. Longleaf pines are not as susceptible to diseases and pests in this region and are hardy against fire. Frequent controlled burns are necessary to keep a tree stand, which is a community of trees, healthy.

Longleaf pines are not the only plants in process of restoration on Berry College's campus. In collaboration with the Georgia Plant Conservation Alliance (GPCA), Berry College faculty are in the process of creating safeguarding sites for rare plants. One such species is milkweed, which Monarch butterflies need for their caterpillars. Safeguarding sites are protected locations a plant can grow in a place where it had not been growing before but had at one time in the past.

"Everything inter-relates. The reason it is called an ecosystem is because it all functions together, and when you mess up one part, it will change other parts too," Borer said.

The restoration of plants into their original environment is a work in process that will develop with time, but the restoration of animals is another topic entirely. Animals are just as important to an ecosystem, and when one animal is removed, the ecosystem is changed. Restoring animals back to their original habitat will help the ecosystem recover.

Graham said that black bears are returning to campus and eventually cougars may too. There is an established population of black bears in Alabama, and they are slowly moving back into Berry. A population of cougars is still developing in Florida, but over time, they will possibly move back into Georgia. Their presence back on campus will be good for the ecosystem.

The health of an ecosystem is important to everyone including ourselves. As Catherine Borer said previously, we are animals involved in our ecosystems. We must pay attention and learn how to take care of our environment. After all, we all have an activity that we love that requires nature to be done, and our beloved nature would not exist without its ecosystems.



Story by Sarah Adams, STEM Editor
Design by Sarah Adams and
Arianna Winfrey, Asst. STEM Editor
Photos by Aurora Hampton, Photographer

ANYONE CAN DO MATH



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Design by Arianna Winfrey, Asst. STEM Editor
Photos by Aurora Hampton and
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Graphics by Hayleigh Holcomb,
Asst. Graphics Editor

There's the classic adage of "The pen is mightier than the sword," but context gives this statement a whole new level of truth. For example, if you have the choice of going against someone with a sword, and someone who gives you a pen expecting you to do math, I think most might just choose the sword. Not many things could beat the crippling fear induced by uttering the mere word "Algebra."

However, as understandable as it is to fear math, it might just be a little off base. The root of this fear comes from not knowing how to solve a problem. This extends to feeling like you can't ever do math and avoiding it like a kindergartener avoids vegetables. But as it turns out, you've already been eating your vegetables because they're disguised as a nice pizza. This proves an intriguing idea. This idea, slightly modified from the master chef from *Ratatouille*, is that anyone can do math. But don't worry, if you're not quite convinced, there's plenty of vegetables on your pizza to point out.

One way the vegetables, math, stays hidden is because it can be disguised to the untrained eye.

"There's a whole world of math out there that people don't recognize as math because it's not computation or algebraic manipulation," Jill Cochran, associate professor of math education said.

She went on to explain that the math that is most recognized is computational or algebraic. When math takes on the many different forms, it can get lost in our minds as what we consider math. One of the ways she helps students see this is through designing a quilt in her geometry and proportions class. Art can seem the furthest thing from math, but in fact it is not. The beautiful pattern of the quilt pictured is a fractal. This is where there is a smaller pattern that is made, on a small square. Then this small square is taken to make a bigger version of the original pattern. The result is intricate and compelling

whether you notice the math or not, but the fact that it appeared in a not so intimidating way remains. Jill Cochran also noted some other geometric principles that are common in art. Reflections of drawings, perspective art, or using the "golden ratio" are all mathematical techniques artist's use. There's also the general use of noticing proportions like how a picture needs to remain the same in dimensions as it gets blown up.

"Once you learn it [geometric proportions], students start to see it everywhere," Cochran said.

There's also a huge value and use of math in interpreting data for yourself. There is a plethora of data on every type of topic, and it can be used to manipulate your time, resources, or opinions. Math is a great avenue to learning the types of reasoning used to sort out logical fallacies.

"You don't get duped by someone trying to stretch data that you can see doesn't exist," Garner Cochran, associative professor of mathematics said.



Photo of fractal quilt by Jessica Hawxhurst

At first, logic and thinking critically don't seem to be specific to math, but most mathematicians consider these two things to be central to what makes math important.

"Thinking logically and critically about what you're putting into the problem and what you're getting out is more valuable to me than any of the specific techniques," Pamela Marples, associate professor of mathematics said.

At Berry this seems to be a common theme because another professor of math agreed.

"The true beauty in mathematics is that the logical reasoning and the critical thinking you learn through problem solving," Jill Cochran said.



Photo by Aurora Hampton

This is not to claim that any time you think through something you are using math, rather that math refines and improves those skills. The logical process you undergo to approach a problem can be long and frustrating. However, it is very good for character building and teaches you to approach a problem multiple ways.

"They [math problems] are one of the best ways that we have figured out how to patiently struggle and come to a solution," Garner Cochran said.

Math can be seen to apply to many things abstractly through this reasoning, but it also appears practically throughout our lives. Some computational examples that are hardly detectable are when you double a recipe, calculate how many miles you can drive before you're out of gas, or setting a budget. In recipes, you must keep each ingredient in the same proportion to another and use multiplication to downsize or upgrade the proportions. But if you want a tasty cake, the proportions must stay the same. In driving, you do simple conversions to find out how many miles you can go before your tank runs out. Which, if done wrong, can have quite an inconvenient consequence. Budgeting is probably the way we all wish we used math a little more. It could be calculating tax that would be added to your receipt, the percentage off from a discount

or figuring out how many hours to work to afford things.

Sarah Fincher, Sophomore, recognized this. "The first thing I think about doing math every day is timesheets," Fincher said. "If someone is in three different jobs and wants to work x number of hours in one, and x number of hours in another, then they have to do the math to figure out how to balance them within the limit."

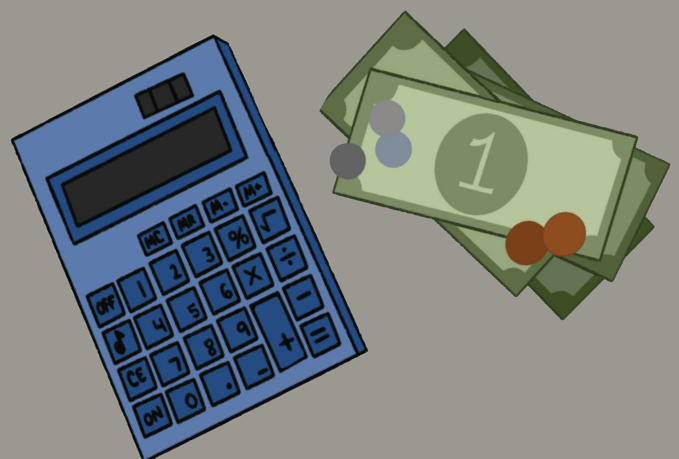


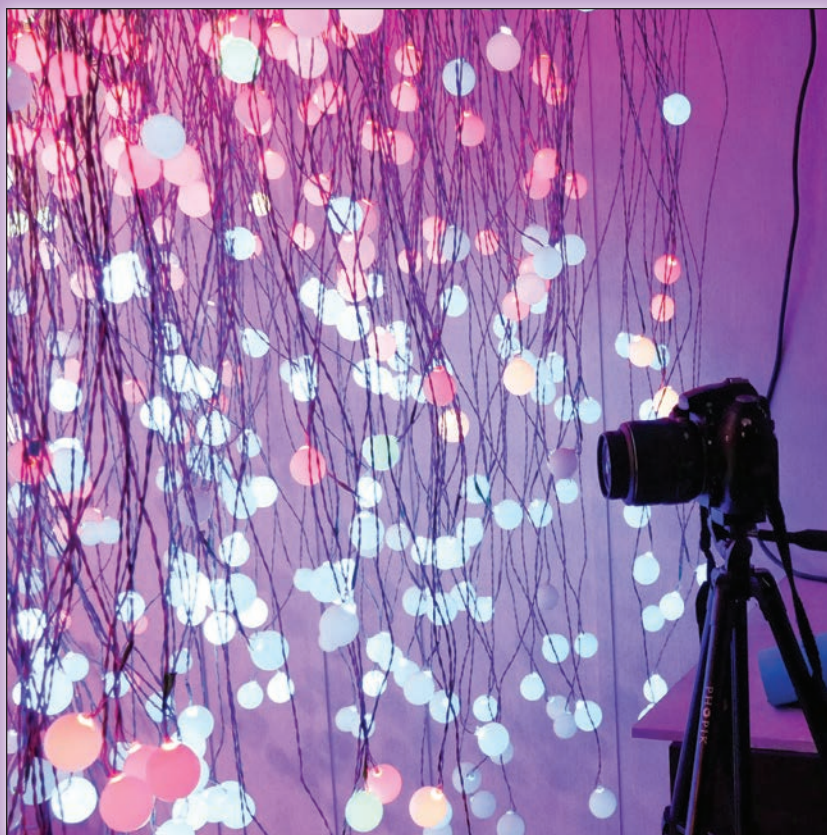
Crunching numbers of the needs, hours needed to work to afford them and using that to figure out the warranted wants is very beneficial. That is, beneficial to everything except the canceled Cook Out runs. But crunching the numbers isn't the only way to use math at your job. In fact, analyzing numbers, another skill learned through math classes, can be used in many jobs that aren't even math focused.

Marc Hunsaker, Dean of Personal and Professional Development, highlighted this, "I'm not a math guy, but I use math all the time," Hunsaker said.

He went on to explain that his role is to look at numbers and use them to take further action. This could be to show parents the success rate of students, or to go to other deans and show ways to improve or continue the good results the number shows. This critical thinking incorporates math into a lot of different jobs and can create an avenue for math to be in other areas than traditionally STEM fields.

Math is in a variety of areas that we encounter every day without even realizing it. It could be through the things we need to do like budgeting, but it could also be through more fun ways. Garner Cochran mentioned how math can come through something as unassuming as board games, and Marples added that she can see math come through in her gardening. Discovering the places where math is, even if a little hidden, is wonderful because it shows just how capable people are at math. The level of capability is certainly different for every person, and not every person will love it. However, the simple truth from Ratatouille remains: Anyone can do math.





FAIL

FORWARD

ITERATE

OFTEN

Story by Connor Coltrane, Writer
Design by Sarah Adams, STEM Editor, and
Arianna Winfrey, Asst. STEM Editor
Photos by Jessica Hawkshurst, Photographer

In two little, metal storage containers-turned-buildings lie one of Berry's most unique features; HackBerry Lab. This facility, part classroom, part laboratory, boasts cutting-edge tools and supplies that allow Berry students of all backgrounds to build cutting-edge technologies and innovations for all manner of purposes. 3-D printers. Laser-cutters, class tables that are dry-erase friendly, and a fully stocked woodshop, metal shop, auto shop, and electrical shop are all available for all students to use from 6:00 p.m. to Midnight on Mondays through Fridays. HackBerry is more than just an open lab space, though, even if it started that way.

According to Zane Cohran, Director of HackBerry Lab, HackBerry began as a small laboratory in McCallister Hall. However, due to its overwhelming popularity, the staff at Berry College decided not only to give HackBerry a building of its own, but also a major of its own, a program that'd combine industrial design, entrepreneurship, and engineering into a single, unified program, the first of its kind: Creative Technologies. Berry is the first college to offer a Creative Technologies program, and this program is truly one-of-a-kind. Not only does it teach a variety of engineering and technical skills, but also a unique and vastly applicable "Design Methodology."

In the words of assisting clinical instructor of Creative Technologies Christopher Whitmire, this methodology includes such tenets as "Fail forward," (use failure as a chance to learn and improve), and "Iterate often," (make changes to your designs whenever things don't work out, every little bit of progress counts) and "Don't be too judgmental of ideas" (even seemingly stupid ideas can be perfect solutions to problems). Their classes and activities will do everything possible to emphasize these points too, with such events as monthly Hack-a-Thons (four hour competitions where competitors build their own short projects, having to fail forward and iterate quickly with the crunch time they're given) or exercises where

students free-write whatever ideas they can think of for projects (allowing them to let loose and sift through their mind for potential gems). However, at the core of Creative Technologies' design philosophy is what Cochran calls, "Human-Centric design." Essentially, Creative Technologies doesn't just teach students how to make things that work, it teaches students how to make things that work for the user, to make "technology that makes people's lives easier, not harder."

This combination of design philosophies, technical training, and open makerspace has allowed students to make all manner of weird and wonderful inventions, many of which solve real life problems today. Cochran, and the other faculty for Creative Technologies, believe students should "not have to wait to innovate the world."



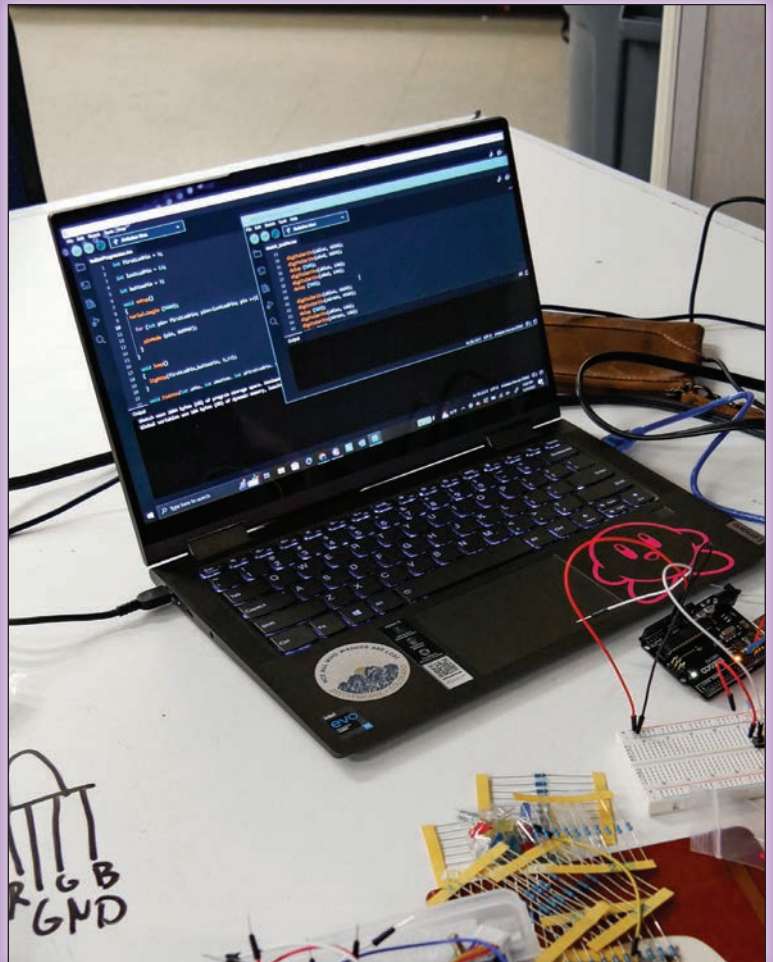
David Billard and Brock Skinner are working on a project in HackBerry Lab.

Sydney Brown created a replica of a hat worn by Ranni in Elden Ring, covered in LEDs that could be controlled by a special wand's motions. Andrew Myers has used 3-D printing to create "accessible technology for disabled persons," most notably a wheelchair. Marian Kelley and Rachel Bibby worked with P.A.W.S. to create "kitten keepers," that could incubate premature kittens until they were healthy. Katie Kearns created a set of metal tools and components like LEGO to teach elementary students about circuits. Jake Kaywell is working on an interactive bin that can sort used clothes and reduce textile waste.

Some might ask what opportunities these would afford students in their future careers. As it turns out, quite a few. The alumni have gone onto all manner of careers, some in technology, but others in chemistry, and even in entertainment. They gain access, in short, to anything with technical skills and problem solving.

Andrew Myers, the printer of wheelchairs, now works for a company that 3-D prints medical supplies full time. Katie Kearns is now an industrial designer. Alyssa Freyman now works for NASA. Michael Zhu works at Silicon Mountain building for the Space Force. Andy Butzow designs for Nike. Josh Cutter is a user experience designer at Ford. Luke Steel directs a makerspace not unlike HackBerry at University of Augusta. Zoe Robinson now works for Trillith Studios, a film studio which has done work for Marvel. Jake, while still a senior, is already, in his words, "Entertaining offers to work for Lockheed Martin." In short, there are a vast array of chances available to students of Creative Technologies that this major can provide them.

The future of Creative Technologies majors may be bright, but what about the major itself? What about the future of HackBerry? For one, Whitmire said, Artificial Intelligence like ChatGPT are quickly changing the technological landscape, with such AI even being able to write code! In the future, Whitmire believes, the curriculum will include lessons in how to work with and implement AI. Furthermore, many tools and technologies, such as 3-D printers, have rapidly increased in quality and decreased in price over the last several years, and these trends are expected only to continue. Whatever the future of technology holds, HackBerry and Creative Technologies show no signs of slowing down, and are likely continue advancing its space, its curriculum, and its students on the cutting edge of innovation.



3D Printers in HackBerry Lab.

REPAVING THE WAY TO INCLUSION

Story by Bella Ardell, Writer

Design by Sarah Adams, STEM Editor, and Arianna Winfrey, Asst. STEM Editor

Photos by Aurora Hampton, Photographer

Who doesn't have a new phone and is still behind on the newest iPhone? Technology is always evolving and just counting personal belongings. The disabled, both mentally and physically, have many more technological advantages still in the process of evolving. Berry college has done many things to help from basic building structures to automatic doors, although can't ever catch up as the world of technology and enhancement is always moving.

"Students typically select their own assistive technologies based on their individual needs," Jennifer Ngetich, Coordinator for Instructional Design and Facility Development, said. Assistance can be offered to both mental and physical disabilities which makes Berry's assistance technology diverse and unique to one's self.

Due to this, the housing at Berry college has increased with newer technology. There are currently many ways that can specifically help those in wheelchairs or people who have mobility issues. Stephen Swieton, Assistant Director of Residency Life, had a few examples to give.

"We have accessible doors," Swieton said. "We do have elevators in a number of our buildings. So like when you go up to Morgan Deerfield, the doors for instance, when you swipe in the doors automatically open." The button with a wheelchair on it is made for the accessible doors that have become a great advantage to utilize if a student is disabled. Although Berry has many new technological abilities, it doesn't exclude the many structural and build-in assistances that are for the disabled population.

"A few things, quite a few things," Lindsay Taylor, Vice Pres-

ident for Student Affairs and Dean of Students, said in response to the question of what Berry has been doing for the physically disabled. "So for physical we normally think of our facilities and so anytime we do a major renovation, we're ensuring that those facilities are up to date with ADA code. So sometimes that means retrofitting with ramps, doorway widths, strobes for fire, another alarm system."

According to Swieton, Berry college has also changed the crosswalks to completely be raised to keep the grade even so everyone can use them, including people using wheelchairs.

The physically disabled students aren't the only ones who have structural and technological aid. While disabilities can range from being blind to ADHD, there are simple options for both with Canvas being an important part of it.

"Canvas does offer read-aloud features which can help folks

with dyslexia or ADD," Ngetich said. "I think Canvas tries to make its visual appearance as simple as possible to make it, to avoid it being distracting from the content that is added to it." Ngetich further spoke about tape recorders being an accommodation for those who need them during

lectures.

Sight issues have different accommodations attached to them. For those students, Ngetich had more to say about how Berry's special features also provide "alternate texts for images that can be read by screen readers." This helpful accommodation can make it so people sight impaired students can learn like all the other students around them.



Safety is also an important part of college and so there are ways that help the mentally impaired as well, such as hearing loss.

“We do have rooms that are adapted for people with profound hearing loss so that could mean that there are some rooms on campus where there is a doorbell outside. It’s not like a chime inside, it will stoke because if you have profound hearing loss, you won’t necessarily hear knocking. We have alarm systems that also have strobes to be able to assist in case if a fire alarm went off.” Swieton said.

Swieton calls these types of rooms “universal design,” which is the “concept of instead of building buildings that are adapted, you create



Meaning, if a student has extra needs, they only need to sign a few forms and speak to Meehan about accommodations.

Through all this, Berry has a future vision. Taylor explains it: “Our goal is always student success. So regardless of an individual student’s need, we try to ensure an environment where students can be successful. There are some areas we do really well, and there are some areas where it will never be a met goal meaning we’re always going to have to change, we’re always going to have to adapt.”

Although Berry utilizes many methods of technological, as well as structural, assistance, there is always more work to be done. Technol-



everything in a space that you would be able to use it whether you are in a chair or not in a chair, or with any type of disability or not.”

Although there are many considerations, ranging from safety to simple movement, it all still depends on what the student’s needs are. The process to get the accommodations is simply a few steps.

“They would work with Katrina Meehan in Accessibility Resources over in the Academic Success Center and she would then let us know specific needs,” Swieton said.



ogy moves swiftly and it is almost impossible to keep up with it but Berry tries hard to achieve it. Still, there are many useful ways to help all kinds of students with special needs ranging from sight issues to physical ability issues that can easily be received with a quick process.



OH DEER, A ZOMBIE APOCALYPSE...

Story by Sarah Adams, STEM Editor

Design by Sarah Adams, STEM Editor, and Arianna Winfrey, Asst. STEM Editor

Photos by Mads Muraoka, Photographer

Graphics by Hayleigh Holcomb, Asst. Graphics Editor

Imagine, it is 2022, and COVID-19 has finally started to fade into the background. You're just starting to think everything is getting back to normal and slowing down, but as you lounge on the couch reading a book while your puppy absentmindedly chews on his toy at your feet, your attention is rudely snatched to the TV blaring the news. Your sense of calmness suddenly drops to your stomach, as videos of starving, stumbling deer float across the screen. These half-dead creatures dance around in your mind as red warnings flash before your eyes. It's finally happened. The zombie apocalypse has come. Just not how we expected.

These zombie deer are the result of chronic wasting disease (CWD). It first appeared in the 1960s and has continued to become more prominent since then.

"It started up in the Rockies. The major, first initial outbreak was in southern Wyoming and northern Colorado. Who knows where it had been before that," Christopher Hall, associate professor of biology, said.

According to the Center for Disease Control and Prevention, as of June 2022, 29 states have reported the disease in deer, elk and moose and there are other cases being found in Canada, Norway, Finland, Sweden and South Korea.

"[The chronic wasting disease] is a weird disease. It's similar to mad cow disease in terms that it is an infectious protein. It's not a virus. It's not a bacteria. It's not a parasite," Hall said.

Many mammals including cattle, sheep, and even humans have similar diseases that are caused by infectious proteins. For example, mad cow disease is the most common one found in cattle.

To further explain these infectious proteins, Bruce Conn, professor of biology and One-health, said. "Every protein—and you have thousands of proteins in your body—has a very specific shape, and if the shape is changed, it will not function as it should. Prions are fragments of proteins that become misshapen in a way that can induce other healthy proteins to undergo a change."

Conn later explained that prion proteins are proteins that

become misshapen and change the shape of other proteins. These proteins can get in your head and cause your brain to break down and turn into a sponge-like substance.

The main transmission cause of CWD is still yet to be determined, but according to the CDC, scientists are attributing the rapid spread of the overall slow-moving disease to bodily fluids such as saliva, blood and urine. The prions in these body fluids then shed to the environment, and although prions are not fully understood yet, prions are known to be hardy and do not break down easily, thus they can remain for a long time before disappearing.

Conn said. "Deer and elk get these prions usually through eating, then it gets in the body and moves primarily into the brain,

which is where most of the prion proteins are. It causes those to lose their shape and, not only causes them to lose their function, but causes the brain to deteriorate. It's really nasty, and it's always fatal." Conn continues on to say that direct

contact and handling of the blood or brain tissue of the infected animal can introduce it to other animals.

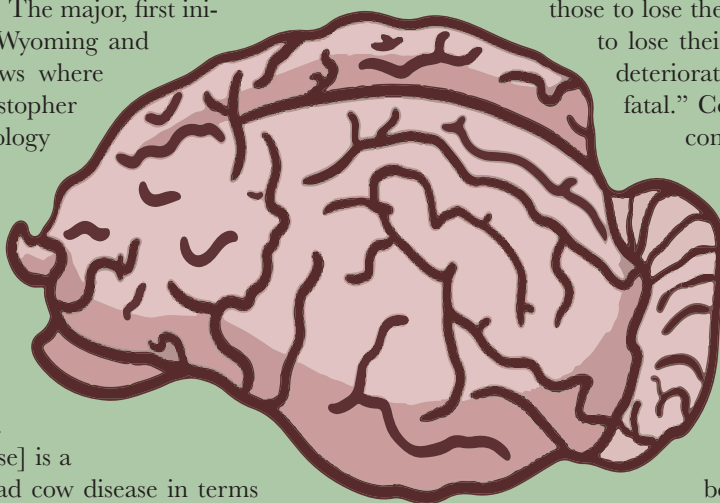
"It ultimately results in weight loss and hair loss and the brain becomes involved. Neural tissue becomes involved. The animal then staggers and falls down," Hall said.

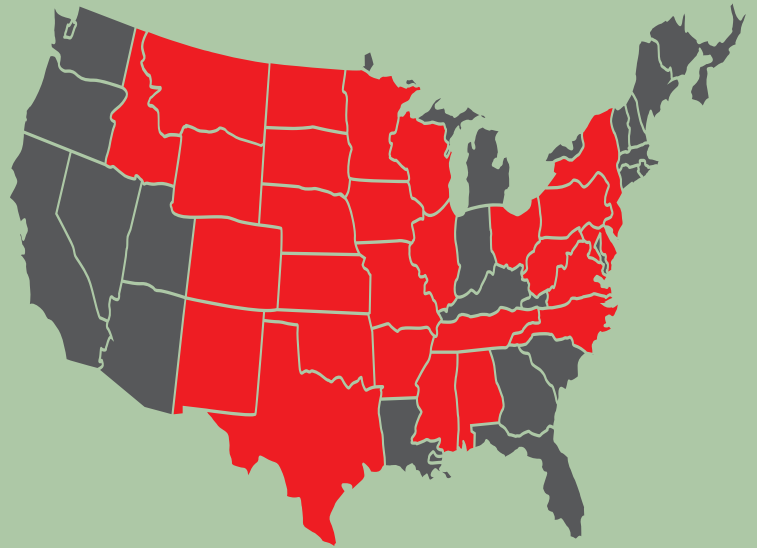
The chronic wasting disease affects the brain, spinal cord, and bones of the infected animal.

The deer show neurological symptoms that depend on what part of the brain is being affected. Obvious neurological symptoms are lethargy, confusion and cognitive decline, but by the time the deer is showing any of these symptoms, the animal is already in the terminal stages of the disease.

There is not much information on the creation of a vaccine for the chronic wasting disease, but the prions themselves would be difficult to target for a vaccine. It would also be really hard to vaccinate wild populations of deer, elk, and moose moving all across the country. Although there is no evidence of CWD being transmitted to humans, it is always better to be safe than sorry.

When it comes to hunting, Conn said. "When you dress out a





to humans, it is always better to be safe than sorry.

When it comes to hunting, Conn said. “When you dress out a deer, you should wear really protective clothing and thick gloves. A full coat and stuff that could be taken off immediately and washed, and avoid handling the head all together.”

He further explains that cooking the meat of infected deer will not necessarily destroy the prions since they are very stable. There has never been a case of a human getting CWD from a deer or its meat, but you should always cook meat well and be careful with what you are eating. There are many other diseases that can be found in wild game.

As of today, the chronic wasting disease has not been reported in Georgia, but it has been seen in the surrounding states such as Alabama, Tennessee and North Carolina.

Conn said. “I would be surprised if we don’t already have chronic wasting disease in Georgia because it has been identified in other states. It’s probably here; we just haven’t seen it yet.”

Every student at Berry College knows there are more deer on campus than there are students and that the Berry deer are a normal part of our daily lives and society.

Yet, as a crucial part of our society, we should want to protect them, and Hall said “Its definitely something that, not only might, but will ultimately affect them.”

We don’t know when our deer will be affected or if they will very be affected, but whether or not the chronic wasting disease comes to Berry College or not, we must be prepared and watch out for the signs. Because, what would campus look like without our deer?



WOULD YOU WANT TO BE YOUR OWN BOSS?

Story by Arianna Winfrey, Asst. STEM Editor
Design by Sarah Adams, STEM Editor, and Arianna Winfrey
Photos by Ben Bykowski, Photographer

The range of temperament and personality of bosses in entertainment is quite vast. You have characters like Michael from *The Office*, the crazy pencil guy in *The Incredibles*, Meryl Streep's character in *Devil Wears Prada*, and Roz in *Monsters Inc.* There are some positive ones, but all in all it becomes clear we see bosses as people who lord over us and tell us what to do. Our personal experience with the people in charge probably doesn't have quite the level of intrigue that cinema seems to present, but there's always a moment where you wish you were your own boss. It could be you just want to sleep through your shift. However, it could be the much more responsible feeling that your passion seems to surpass your current level of employment. If that is the case, then you may want to explore the road of entrepreneurship.

Entrepreneurship can seem intimidating, even as nice as it is to be your own boss. Suddenly, all the decisions fall on you, the original idea you had seems daunting, and there's not enough hours in the day to get things done. Luckily for you, Berry is equipped with some amazing resources to avoid this conundrum. For one thing, they have some amazing classes. This may seem painfully obvious, but *Introduction to Entrepreneurship* is just one example of a class that allows students to learn entrepreneurship in a unique way.

Introduction to Entrepreneurship strives to give students hands on learning of entrepreneurship. During the class they are challenged to come up with unique business ideas and plans, and in most schools the learning would just stop there. However, Paula Englis, Charles A. Dana professor of management and entrepreneurship, brought the class to the next level.

"I saw a student's business plan but realized that it would not actually be done in the class. It was then I realized that I was really missing the hands in head, heart, and hands of Berry. The next semester, I did something about it. Over the summer, I had gotten a check for \$2,500, and I had 25 students. And so, I decided I was going to give them \$100 each to enact their business plan," Englis said.

At the end of the semester, students would then pay her back the money borrowed, and only 10 percent of the profits. A key to that caveat is also that she only requires 10 percent of profits as opposed to 10 percent of final sales. By only asking out of profits, she is significantly reducing the amount so students can truly reap the benefits of their hard work. This wonderful idea has been continued through the Todd Nelson Seed fund.

"There's the Todd Nelson Seed fund, that started out as \$2,500 and now has over \$10,000. Students can have up to \$300 a person to access funds to help them start business," Englis said.

This class is remarkably applicable in helping students grow in



entrepreneurship. Through providing some financial assistance, Berry has lowered the stakes of starting a business.

"I think it helps students to realize that starting businesses is not that hard, and once they start a business and know how, it's like riding a bicycle. They get a great idea and know what to do," Englis said.

The class will help with a business mindset, but you do not have to be pursuing a business degree to take the class. The only requirement is that you are a junior, and students of all majors are encouraged to take the class.

Bountiful opportunities lie ahead should you choose to take the class, but there's no need to fear if your class schedule is already full. Another great resource that can help you is Berry's Center for Student Enterprise and Entrepreneurship Development (C-SEED). It has some incredible opportunities.

"The goal [of C-SEED] is for students to see entrepreneurship as a tool to go from idea to impact and passion to profit," Ivanna Lajara, director of C-SEED, said.

C-SEED partners with students individually and in group settings to bring this about. Currently, they work with 15 student enterprises and 12 student entrepreneurs. Student enterprises are businesses already on campus that have student general managers and employees. This would include enterprises like the Shipyard,

Jersey Milk, Viking Tutoring, Blue Hen Eggs, and many more (full list on student enterprise page on Berry's website). These are different from every other LifeWorks job because of the emphasis on being managed and fully run by students. Lajara and C-SEED have multi-faceted efforts to improve the enterprises.

"We provide them with content to perform better, grow as leaders, and be exposed to outside content to come back and apply at their enterprises," Lajara said.

The student run businesses differ from the student enterprises and LifeWorks jobs because they were started by the students and will move with them when they graduate. C-SEED is excellent at helping both.

"For the student enterprises, we serve as a learning hub as well as provide them with services and guidance with marketing, activities, and financial choices," Lajara said.

Along with the opportunities for student enterprises and entrepreneurs, they also host many events that engage the general student population. Some of the events in the fall are the social impact challenge, innovation cup and support the mountain day market. In the spring, they have the gadget project, student enterprise summit, pitch competition and many more. These are all incorporated into strengthening students of all majors and increasing the interest and competence in entrepreneurship.

"I think our strongest point is the strong academic, co-curricular, and applied experience we offer students. The real-life experience with entrepreneurship and innovation really sets us apart from other colleges," Lajara said.

Two businesses that highlight the impressive success that C-SEED and the business school foster are Ingrained Images and Berry B.

Ingrained Images was founded by Jacob Caldwell, a senior at Berry. His passion started when he was doing woodworking projects with his dad, and he saw how a fun creative process could create beautiful pieces. This continued when he came to Berry.

"The idea for the business stemmed from a hackathon project I did sophomore year," Caldwell said.

Through Hackberry, Introduction to Entrepreneurship and C-SEED, Caldwell has advanced this idea into a growing business. And in having mentors alleviate some confusion in the business, he has managed to wonderfully incorporate some into his product.

"I'd say the most rewarding thing is that people are able to see the illusion part, and it takes them a second to see how it's possible," Caldwell said.



Layered wood in shape of Berry logo from Cooper's Berry B business

Photos by Haikal Cooper, Senior



Geometric Wood Illusions from Caldwell's Ingrained Images business
Photos by Jacob Caldwell, Senior

The illusion of wood art is the focus of Ingrained Images, but Berry B uses wood art as more of an illustration. The founder, senior Haikal Cooper, carefully crafts images into the B from the Berry B logo.

"I try to capture my memories at Berry like deer or ultimate frisbee, but also incorporate common memories of other people at Berry," Cooper said.

Cooper also originally thought of the idea for a hackathon at Hackberry Lab. He has been working on refining the product, and highlights Berry's influence in helping him do so.

"I am so blessed to have 4 mentors for this product, and they all have different backgrounds, but they all pour into me in a mixture that just makes it into a success. They have shown me the art of enterprising, and how fluid it can be sometimes, but also how confident and structured things have to be to make sure they are completed successfully. And these are valuable to anyone, whether you want to start a business or not," Cooper said.

Caldwell and Cooper both recognized the difficulty of time management in college with a business, but according to them the resources you have available at Berry far outweigh any inconvenience.

"Here I have a whole wide variety of woodworking tools that makes pictures a lot more accurate and a lot cleaner. I also would encourage student to use the networking to your advantage because Zayn Cochran and Dr. Englis have been really invaluable in getting this started," Caldwell said.

Berry has wonderful opportunities for those looking to become an entrepreneur. Classes like Introduction to Entrepreneurship allow you to take the plunge into the business world, and with impressive and dedicated faculty as lifeguards. Organizations like C-SEED are there to help along the way too whether you have an original idea for a new business or would like to learn with an established student-run business. There are also many events of many types that allow people of all majors to be introduced to entrepreneurship. With the fantastic and plentiful resources available, it is possible to all become our own bosses. However, let's raise the bar above Roz in Monsters Inc. and aim closer to Michael Scott in The Office.

Back In My Day...

Story and Design by Emma Buoni, Food Editor

Graphics by Hayleigh Holcomb, Asst. Graphics Editor

Sometimes, people look back on the past with longing and nostalgia, and even a fascination for days gone by. Junior Katy Harvey is one of those people, and she has an interest in one part of history in particular: cookbooks.

“I have a bunch of different cookbooks,” Harvey said. “The best ones I have are my great grandmother’s cookbooks from the 40s, a Better Home and Garden magazine from the 50s and an American Girl cookbook from the 60s-not the doll brand, just a cookbook for American girls.”

Harvey’s cookbook collection mostly comes from her family passing down heirlooms, but she also makes sure to keep a careful eye out for any old books whenever she is out and about.

“I really like old things, and collecting them,” Harvey said. “Old cookbooks are generally a thing that people don’t want, but there can be some really fun things in there. I like reading them like a book.”

Harvey has always enjoyed using these cookbooks as a window into the past, and comparing them to recipes from today. Like all things, recipes and cookbooks change as time goes on, sometimes in ways more noticeable to the average person than others.

“One thing that’s noticeable in the 50s book is that there was a shift in cooking at that point,” Harvey said. “They had more convenience foods, or stuff that more readily available and could be saved. Stuff that could be put in the fridge, packaged foods, canned foods, that sort of thing.”

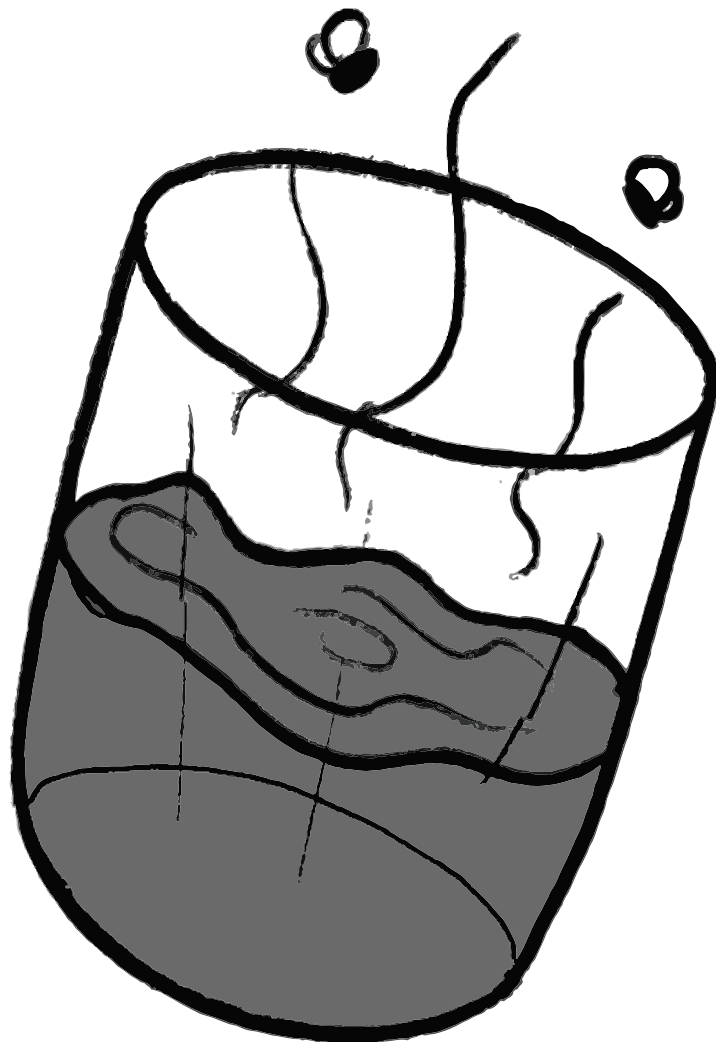


The creation of these convenience foods led to more ingredients being widely available for cooking, allowing cookbooks to expand their contents to include perishables like dairy and meat products. The rise of globalism around this time also helped diversify food.

“As our world became more connected, foods that were previously unavailable became more common,” Harvey said. “Pineapple is a big example. Back in the day, people used to rent pineapples as decorations because they were so expensive and a symbol of wealth. Nowadays, you can buy a pineapple anywhere, and this was when foods from all over the world became more easily accessed. A lot of how food changes is due to availability, but also class and wealth.”

Something that old recipes might be most famous for is how strange and gross they sometimes appear today. Harvey’s recipes have their own thorns.

“Midnight Mystery is an interesting one for sure,” Harvey said. “The ingredients are cream of mushroom soup, water, cream of asparagus soup, cream of chicken soup, milk and grated orange rind. This is a drink recipe. The book calls it ‘A Warm and Frosty Drink’. You’re supposed to serve it with popcorn.”



Many Marvellous Mushrooms

Story and Design by Emma Buoni, Food Editor

Mushrooms are one of the most controversial foods out there. People seem to either love them no matter what, or absolutely despise them. No middle ground. Everyone has their own personal taste, of course, but what a lot of people don't realize is that they might be eating the wrong mushroom. Mushrooms have an incredible variety, and you could write an entire book about different mushrooms, and another several books about how you could eat them.

So before you write off mushrooms, maybe check out some of these mushrooms that you're most likely to find in your local grocery store.



A collection of mushrooms, Photo by Pexels

White Button Mushrooms

White button mushrooms (more commonly known as white mushrooms) are the mushrooms that most people think of when they think of eating mushrooms. These mushrooms are a great place to start for people who have never had mushrooms, as they have a very mild umami flavor and are often eaten raw. However, they are hands down the mushroom with the least flavor, so they might not be the pick for the most adventurous eater. But if you need a place to start, white button mushrooms will never let you down.

Portobella

This mushroom is the largest of the edible mushrooms, and is usually sold as a two pack of mushrooms, each about the size of an average person's palm. These mushrooms have a much thicker texture than white mushrooms, and because of this and their size, they are great meat substitutes. They don't taste good raw, but their meaty texture and flavor make them great for grilling, and one of the most common (and delicious) ways to eat them is to prepare them like steak. If you want a steak on a budget, a portobello mushroom is a great option.



White Button Mushrooms, Photo by Pexels

Shiitake

Shiitake is the most adventurous mushroom of the bunch, with a smoky flavor that sets itself apart from the umami of other common mushrooms. These mushrooms are most commonly found in East Asian cuisine, as it is native to that area of the world. In traditional Chinese medicine, they are used to cure all sorts of ailments, from colds to heart problems, and there is significant research to support this. You'll most often find them in stir fry, but they're also a key ingredient in one of the most comforting foods in the world: miso soup.

Oyster

Oyster mushrooms might not be readily available in most commercial grocery stores, but they are well worth the search. They are a larger mushroom that is sometimes eaten raw, but more often that not cooked to enhance and add flavor. And the flavor is denoted in the name-oyster mushrooms are often used as a meat substitute, similar to portobella, but have a seafood flavor as opposed to a meaty one. They are extremely popular as vegan substitutes for oysters, although they were originally named for their oyster shape as opposed to their flavor.



Baby Bella Mushrooms, Photo by Pexels

Whether you've given up on mushrooms or not, hopefully you feel more encouraged to try foods that you normally wouldn't. There is an endless supply of culinary experiences out in the world, and each one could be your next favorite food. So what are you waiting for? Grab some ingredients, fire up the stove and give mushrooms a shot. Who knows? You may discover a new way to eat them altogether.

The Forgotten Breakfast

Story by Bella Ardel, Writer

Design by Emma Buoni, Food Editor

Graphics by Hayleigh Holcomb, Graphics Asst. Editor

Breakfast can define or ruin your day, believe it or not. There have been studies on food and specific meals like breakfast. It has been proven that breakfast is the most important meal of the day because of the many benefits it gives and the issues it prevents.

“Breakfast is a very important meal,” David Elmer, department chair of kinesiology said.

He explained that all meals are important, but breakfast is a “key part of a healthy eating pattern during your day.” Although, it has been proven that breakfast has many more perks and advantages than other meals.

“All sorts of health effects can resolve from eating an improper diet like poor nutrition, obesity, diseases like diabetes,” Christopher Mowry, professor of biology said. “So those are more profound kinds of ramifications than simply lack of concentration, lack of energy, a poor immune system.”

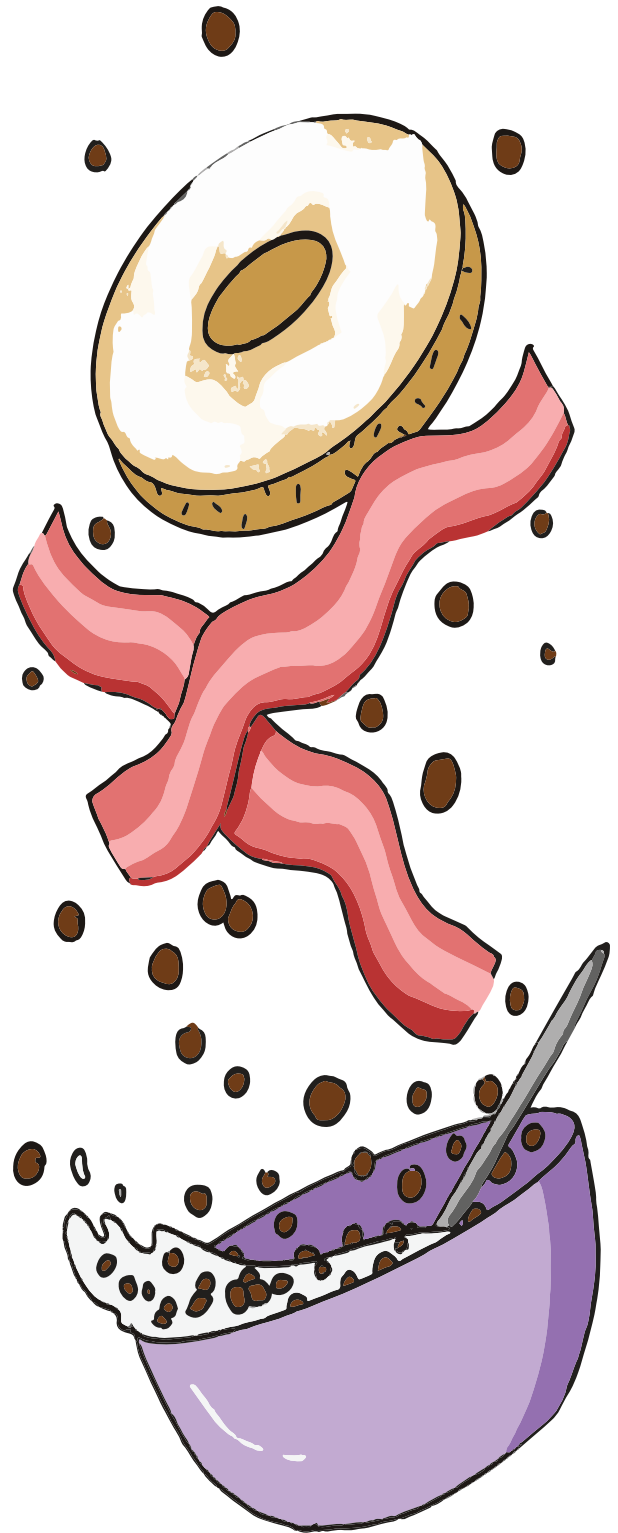
It is a well-known fact that college students do complex work in order to receive a degree and having the inability to focus or work hard during the day can get in the way. These problems can be fixed quickly if people eat a healthy breakfast every day.

“Having the nutrients that will allow your mind to function properly, to just be having the appropriate energy to get through the day is important for all living organisms,” Mowry said. “So we of course need energy and simply starting the day without the energy that we need is difficult.”

Just the act of eating breakfast will not give you perfect health. The time at which you eat your first meal also determines how well your body takes it. Addressing why breakfast could be the most important meal, nutrition specialist and senior Julia Oliver explained how energy is a huge factor in when you eat your most important meal.

“If you start your morning really early, I would say yes, breakfast probably is your most important meal of the day, but if you get up a little later in the day I would say probably dinner would be a more important meal of the day mainly because your metabolic rates are different.” Oliver said.

For early risers some energy is needed to get through the rest of the day, but if you wake up later your metabolic rates are instead higher at dinner time and needed because sleep is time-consuming.

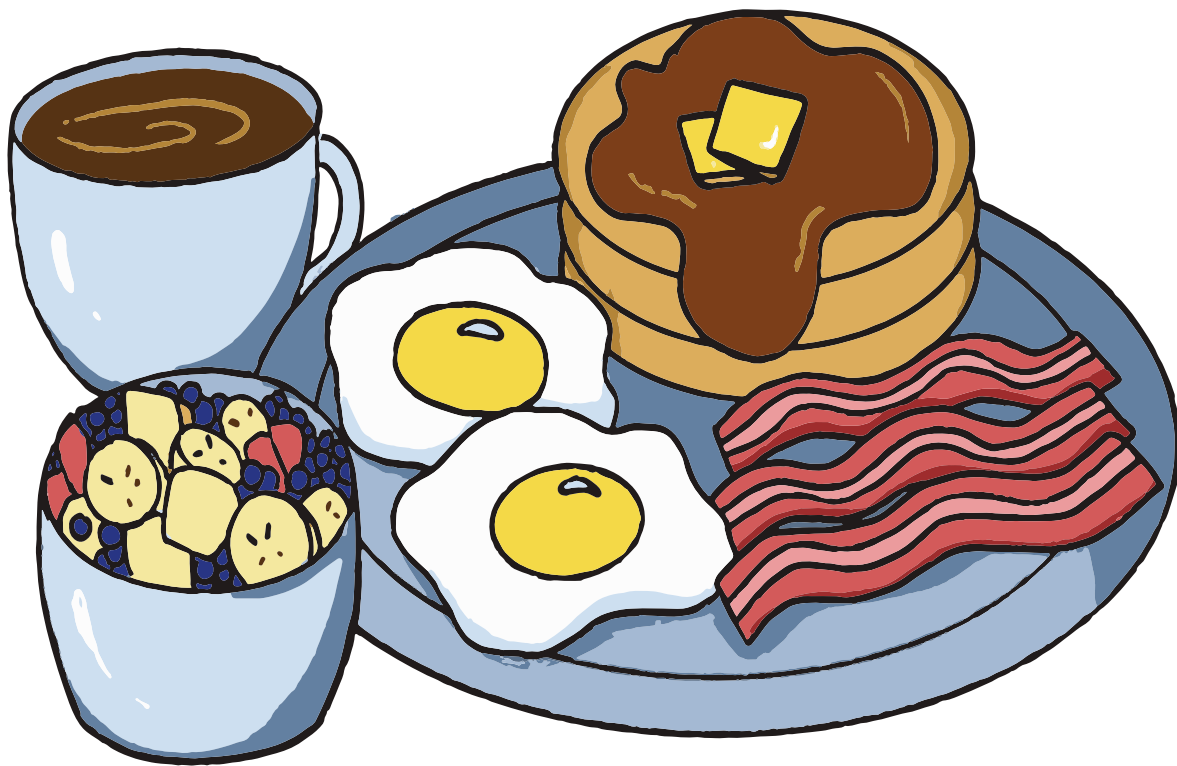


Not everyone is a morning person, but an 8 a.m. class still benefits from a real breakfast to make it a little easier to pay attention. While in a rush, it can be hard to find a quick meal to supply much-needed energy but there are many meals that would do it. Oliver shares how quick meals include a bagel with peanut butter, granola and yogurt which can all be found in D-hall. In Krannert's Viking Court, the best options are fruit and yogurt or as a last resort, chicken minis.

"I'm going to get eggs, usually they have some type of potato, and some kind of protein. Turkey bacon is a good one for a different type of protein but D-hall usually just has bacon or sausage and then some type of fruit." Oliver said. "Fruit is always good to add in the morning. Fruit could be a smoothie. That could be adding fruit to your yogurt. That could be adding fruit to your bagel, peanut butter or toast that you're going to have."

However, people don't have to leave their rooms to get a good breakfast. Oliver suggests some cereal with "some type of non-fat" milk can work just as well. Although the suggestions made are a long list, there are always other options to be found. But what determines a healthy breakfast?

"From what I have found that fuels me well for breakfast is having the same thing that you would have with any other meal," Derek Kopp, Assistant Athletic Trainer for the Berry College Sports Medicine Department through Advance Rehabilitation, said. "You want to have a majority of your plate being carbohydrates, and then a 3rd of your plate being proteins and having some fats in there. You want to be well-rounded, and have good color on your plate."



Athletes have a similar regime. Kopp explains how, even non-athletes, have to make sure the number of calories taken in during the meals is proportionate to how much is being burned during the day.

"No breakfast is a bad breakfast," Elmer said.

Food is a much-needed requirement in the day as one of the four survival essentials. A healthy first meal will supply you with energy and prevent many health issues in the future. So no matter how early you have to wake up, don't forget the importance of breakfast.

That Time Of Month

Story and Design by Emma Buoni, Food Editor

Graphics by Alyssa Abrams, Graphics Editor

Periods. Half the population gets them, and yet we rarely talk about them. But periods are a huge part of life, whether we like it or not. Periods affect the whole body-your emotions, your pain, your mentality and of course, what foods you eat.

The most common period favorite is sweet foods, and foods high in carbs. Part of this is because periods usually suck, so it's nice to give yourself a sweet treat to get through the day. But there's also an interesting scientific reason for this as well.

During a person's period, hormones change and fluctuate. Estrogen, one of the hormones that controls a female reproductive system, is especially high during menstruation, can cause cravings for foods high in fat and carbs. Serotonin also drops during this time. Serotonin is a complex chemical responsible for the stability of many functions throughout the body, such as mood, sleep and digestion. The lack of serotonin can also contribute to other symptoms of menstruation, especially the emotional state some people are in during this time. A lack of serotonin can also cause a craving for carbs.

While comforting, a lot of these foods that people may reach for are not particularly healthy. Indulgence is fine every so often, but if you want to satisfy your cravings without feeling like you're sacrificing health, here are five great substitutions for your cravings!

If you're cravings sweets, try...

Fruit! Fruit is always a sweet treat, and it's far healthier than candy, ice cream or any other popular period food.

If you're craving salty, try...

Low sodium popcorn is a good source of fiber, and also satisfies carb and salt cravings without going overboard. Whole grain popcorn is usually the way to go, especially if you pop it yourself.

If you're craving carbs, try...

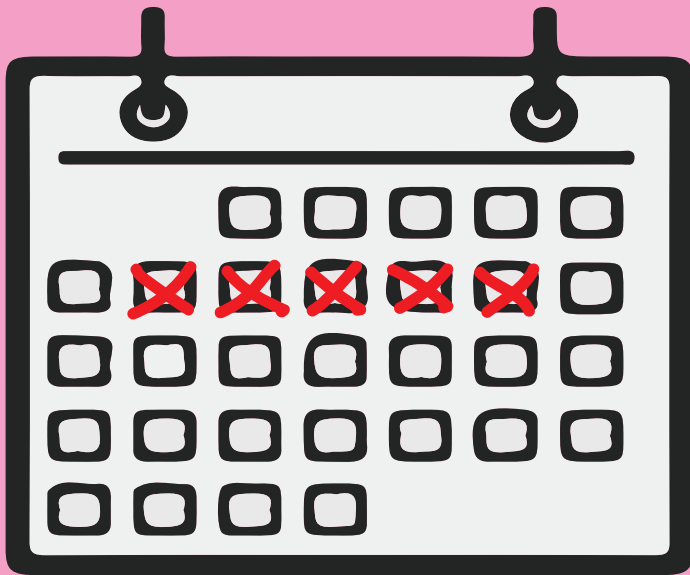
Whole grain bread and beans will fill you up without affecting your health. In general, whole grain bread is the way to go.

If you're craving coffee, try...

Decaf! Caffeine often makes period cramps worse, even if you get that temporary boost. Many kinds of tea also have a low caffeine content that is easier on your cramps.

If you're craving chocolate, try...

Dark chocolate! Seriously! The higher the cacao percentage is in chocolate, the more benefits you get. The magnesium in dark chocolate can help regulate mood swings, boost your serotonin and help with tenderness.



Overall, most people agree that periods suck. While it's important to keep working to stay healthy, don't forget to take care of the other parts of your body and mind during that week. Rest if you need it, take pain medication, and give yourself grace if you end up eating a bit more chocolate than you meant to. At the end of the day, it's about self-care. Hopefully you can put this information into action next time your period rolls around, or help out with someone you love who gets them.

Most Magical Mocktails!

Story and Design by Emma Buoni, Food Editor
Photos by Ashely Moreno

As a dry campus, Berry students aren't supposed to drink on campus, though of course there are plenty of places off campus for students 21 and older to grab a drink. However, sometimes going off campus is too much trouble when all you want is a fun and tasty beverage to share with your friends. So for the student who enjoys a fun drink and is underage or unwilling to make the trek, here are three delicious mocktails to try that Martha Berry would approve of.

Espresso Mock Martini

An ultra-popular drink that's easy to make for those who have an espresso machine.

Ingredients

1 oz espresso

1/8 cup sweetened condensed milk

1/4 cup skim milk (or whatever milk substitute you prefer)

1. Place all the ingredients into a cocktail shaker with ice and shake vigorously. If you don't have a cocktail shaker, a Mason jar works as well.

2. Strain the contents of the martini into a glass and serve.

Mint Lemon Mocktail

A yummy sweet and sour drink perfect for warm weather.

Ingredients

1 tbsp lemon juice

2 lemon rounds (thinly sliced lemons)

1 tsp of honey

7 fresh mint leaves

1/2 cup of coconut water

1/2 cup of soda water

1 Mix the lemon juice, honey and mint in a glass

2. Place lots of ice in the cup, and then add in the soda water and coconut water. Stir well!

3. Garnish with lemon rounds and drink up!



Raspberry Mocktail with Lime

This colorful drink is sure to please everyone.

Ingredients

8 raspberries

1 lime cut into quarters

8 mint leaves

Honey or sugar to sweeten

1 cup of sparkling water, flavored if you want

1. Place the lime, raspberries, mint and sweetener into a glass. Crush the fruit and mix well.

2. Remove the lime rind and fill the glass with sparkling water. Stir then mixture and remove any large fruit bits.

3. Top with ice, and enjoy.



While most of these drinks are better known for their boozy counterparts, mocktails are a great way to party with your friends, and drink as much as you want safely.

Rough and Wild cooking

Story by Abby Grace Shrader, Writer

Design by Emma Buoni, Food Editor

Photos by Ashley Moreno and Pexels

The sky looks larger than life. Far away from the hustle and bustle of busy society, the stars seem so much brighter. It is quiet, serene. No sound of car horns and bumping music can reach you through the thick trees that encircle you. The trees are tall and they pierce the inky sky. The trees seem to stretch on in every direction as far as you can see. The fire crackles and pops. You lean towards the flames to warm you up. The sounds of insects fill the air. It could not be more perfect - and then your stomach begins to growl.

What is there to eat on camping trips? It can be hard to keep things that need to be refrigerated. Camping can be physically draining and you do not need to eat lots of sugary foods that will do nothing to replenish your energy. You want something that is going to fill you up and keep you going.

You also don't want something super heavy that is going to weigh down your backpack and slow you down. So what are some lightweight snacks packed with protein and energy?



One option for a snack with zero preparation is a can of almonds, peanuts or cashews. Keeping this in your backpack is very easy. Jerky is also a great protein-packed choice that will not spill out in your bag. Packets of tuna can be a great food to eat while out in the woods, especially when paired with some crackers or bread. Hard-boiled eggs and trail mix are also popular choices. These foods are guaranteed to keep you feeling energized while also requiring minimal effort.

Society of Outdoor Life and Exploration, SOLE, is a campus organization at Berry that takes students on various camping trips and hikes.

"SOLE mostly goes on hikes, a few on campus but mostly off-campus within about an hour drive of Berry," Grant Houpert, SOLE Secretary said. "Keown Falls, DeSoto Falls, and Cloudland Canyon are a few of the many places we go."

Campers go for snacks that are ready to eat immediately, like the aforementioned tuna packets. After all, you do not want to try to find a way to reheat lasagna while halfway up a waterfall. When it comes to easy snacking while on the trails, Houpert had some ready-to-grab recommendations.

"Trail mix or nuts, easy to pack fruits like oranges, clementines and apples and granola bars. They're all hiking staples for a reason," Houpert said. "All protein and granola bars are great for energy, but between Nature Valley and Clif Bars, Clif Bars probably win because they have more protein, and they crumble less too."



Photo by Pexels

Crumbling is something to think about because of the “Leave No Trace” rule campers try to follow. Even the smallest crumbs of a granola bar or salty chip can disrupt the natural environment. This is something important to keep in mind while packing your lunch.

Staying hydrated is very important while spending time in the great outdoors. Even if it doesn’t feel like it in the moment, hiking and setting up your camp can be very strenuous activities.

“To stay hydrated in a survival situation, drink when you’re thirsty and don’t try to ration water, because you’ll get dehydrated faster if you just sip. For staying hydrated normally day-to-day, keep a reusable water bottle on you, maybe one that’s clear so that you can see your progress, and don’t forget your fruits and vegetables,” Houpert said.

When considering veggies, another common snack is peanut butter and celery sticks. In this snack, all you need is a plastic bag of celery sticks and a jar of peanut butter of your choice. Since celery is mostly water, this is a very hydrating snack in and of itself. This snack is rich with protein from the peanut butter, which is widely considered a camping favorite. With peanut butter, you can put it on bread, crackers, apples and carrots that will leave you feeling full.

For fruit however, fresh fruit perishes quickly, so you may want to consider bringing along canned fruit, especially if you are going on a longer camping trip. Everything from peaches to pears to prunes come in canned form that will last you as long as you need.

Vegetables also come in cans. This can be used as a side or as a meal when on a camping trip. Peas, carrots, green beans, sweet corn, mushrooms and mixed veggie are all sold in cans and can be very filling. Though that may be something better enjoyed over a fire.

When cooking foods over a fire, a new world of options opens up. One of the easiest camping foods to prepare over a fire would be hot dogs, which you would just have to warm until ready. With a campfire, canned soups become a simple meal alternative where you can get protein, carbs and veggies all in one.

“I like to take Mountain House products when I go camping,” sophomore John Drury said. “That’s where you heat up water and put it into a bag of mixed food. It’s so cool. My favorite is lasagna, but they also make stroganoff and stuff like that. It’s like \$6 and it is a great option.”

For SOLE, most of their trips don’t require campfires, but Houpert says that SOLE is prepared in case a hiking trip lands them in an emergency situation.

“We don’t usually have to reheat food, but we do have meetings where we build a campfire stove out of two soda cans, and a fire building meeting every semester, so if we ever need to, we definitely know how to,” Houpert said.

Whether you are spending an hour in the woods, or 200 hours, there are plenty of ways to keep your body nourished and well fed without turning to salty bags of potato chips. Although, if you are going camping, you have to bring supplies to make s’mores while you are at it - it is basically the golden rule of camping.

“The only thing about s’mores, and this may be controversial, but they get messy. You may need to bring something to wash your hands with - and watch out for the bears because they like chocolate,” Drury said.



Photo by Pexels



BOLD

LEADERSHIP & TEAMWORK

Leadership is the process of guiding and directing a group of individuals toward a common goal. It involves motivating people to work together towards a shared vision, creating a sense of unity, and providing direction and support to achieve the desired outcomes. Effective leadership is essential in any organization, be it a business, a community or a government. The qualities of effective leadership and its importance in achieving success.

Visionary: Effective leaders have a clear vision of what they want to achieve and are able to communicate it in a way that inspires others to follow them. They have a long-term perspective and are able to see beyond immediate challenges.

Integrity: Leaders with integrity demonstrate honesty, transparency, and ethical behavior. They adhere to a strong moral and ethical code, and they inspire trust and respect in their followers.

Empathy: Good leaders are empathetic and understand the needs and concerns of their followers. They listen actively, provide support, and encourage feedback to create an inclusive and supportive environment.

Communication: Communication is an essential aspect of leadership. Effective leaders are able to articulate their vision, goals, and expectations clearly, and they are skilled in active listening and open communication.

Decisiveness: Leaders must make decisions quickly and confidently, even in difficult or uncertain situations. They are willing to take calculated risks and are not afraid to make tough choices when necessary.

Adaptability: Good leaders are adaptable and flexible, able to respond to changing circumstances and unexpected challenges. They are willing to learn and adapt their strategies to achieve their goals.

Effective leadership is essential for any organization to achieve success. A good leader creates a sense of purpose and direction, they inspire people to work towards a common goal and help them understand the significance of their work. Effective leadership fosters a positive work environment that encourages productivity, creativity, and innovation. Leaders who value their employees and create a supportive culture tend to have higher levels of engagement, which leads to increased productivity. It also fosters teamwork and collaboration. Leaders who create a sense of unity and encourage communication and collaboration among team members tend to have more cohesive and effective teams.

A encourages personal and professional growth among employees. Leaders who provide opportunities for learning, development, and advancement tend to have more motivated and engaged employees, but a good leader is not much without a strong team.

Team building is creating and improving the performance of a group working together to achieve a common goal. It involves developing and fostering a positive and supportive work environment, establishing clear goals and expectations, and promoting communication and collaboration among team members. Effective team building can improve productivity, increase creativity, and enhance job satisfaction.

Story and Design by Hannah Fischer
Asst. Health and Fitness Editor
Photos by Mads Muraoka, Photographer



One of the most important steps in team building is establishing clear goals and expectations. This involves setting specific objectives and outlining the steps necessary to achieve them. Clear goals and expectations help team members understand their roles and responsibilities and provide a sense of direction and purpose. A direct and constructive line of communication is essential for successful team building. Team members should be encouraged to communicate openly and honestly, sharing ideas, concerns, and feedback. Leaders should establish regular check-ins and encourage team members to ask questions and provide input. This helps to build trust and fosters a sense of collaboration and cooperation.

Trust and mutual respect are the foundation of effective team building. Leaders should create a supportive work environment where team members feel valued and respected. This involves encouraging open communication, recognizing individual contributions, and promoting collaboration and teamwork. Encouraging collaboration, creativity and innovation can lead to new ideas and solutions. Leaders should provide opportunities for team members to explore new approaches, share ideas, and take risks. This helps to foster a sense of ownership and investment in the team's success.

Team building activities can be an effective way to build trust, enhance communication, and promote teamwork. These activities can range from simple ice-breakers to more elaborate team-building exercises. Leaders should choose activities that are appropriate for the team's needs and objectives, and that encourage participation and engagement.

By implementing these strategies, leaders can create a positive and supportive work environment that promotes collaboration, productivity, and job satisfaction.

Berry College BOLD (Berry Outdoor Leadership Development) is an experiential education program that focuses on building leadership skills and character through outdoor adventures and challenges. The program is designed to help students develop a sense of responsibility, self-confidence, and respect for others while exploring and learning about the natural world.

The BOLD program offers a variety of outdoor adventure courses. These courses provide students with hands-on experience where they can learn about leadership styles, effective communication, conflict resolution, and decision-making. The workshops are designed to help students develop their leadership skills and apply them in real-world situations.

"The BOLD program is a unique and impactful experiential education program that provides students with opportunities for leadership development, career preparation and even personal growth," Victor Morales said.

BOLD provides students with opportunities for personal growth and self-discovery. By challenging themselves in outdoor adventures and leadership roles, students develop a sense of self-confidence and self-awareness. Participants learn to work effectively with others, communicate effectively, and make decisions in challenging situations. These skills and experiences are valuable in a variety of career fields as they focus on communication, problem-solving, and critical thinking, which are essential in today's workforce.

"By challenging themselves students develop valuable skills and experiences that will hopefully serve them well in their personal and professional lives," Morales said.

HEAD HEART HANDS FEET



There are three things your body needs to run; oxygen, energy, and water. Sounds simple enough. We have these things already, so why aren't we all marathon runners? It comes down to efficiency.

Besides the fact that it keeps us alive, oxygen helps break down glucose more efficiently, which gives us energy. Our bodies use oxygen to break down glucose into water and carbon dioxide.

For this, there is aerobic respiration which relies on oxygen. Long-distance running and other aerobic activities rely on breathing to keep a person going because aerobic respiration is twice as effective as opposed to anaerobic respiration which does not, this is the type of respiration that is used.

This is why training is so important. Your body needs to learn how to take in and properly use oxygen. This is what you feel when your body feels like it wants to stop. When you are out of breath your body is not able to get rid of the waste in the body from converting the glucose and making fuel. As aerobic respiration declines the body becomes fatigued and can only split the glucose in half, this instead makes lactic acid. This is why you may get the sensation of your legs being on fire. This is your body's way of telling you to slow down and catch your breath so that it can catch up.

Your body can keep going on low glucose. This is called breaking through the wall. But it is not easy and can be done in a way that leads to more fatigue. Your body breaking through the wall means that it has started to break down fatty acids to make energy. But this process creates ketones which can lead to dehydration, thus tiring out a runner faster.

The last important thing - water. The main function of water is to keep the runner cool. But it also rids the body of salts which is why most sports drinks have electrolytes

This is just the physicality of the sport. Long-distance runners need also to train their minds. The leading researchers in sports psychology think that it is not one's muscles or energy that makes an endurance athlete stop but their mentality. In a study done on professional road cyclists, Dr. Samuele Marcora found that fatigue is largely psychological and not in fact from signals from the heart, lungs, or legs.

However, there is a competing idea among sports psychologists called the "central governor". Published in 2012, Dr. Tim Noakes says that,

"The brain uses the symptoms of fatigue as key regulators to insure that the exercise is completed before harm develops. These sensations of fatigue are unique to each individual and are illusory since their generation is largely independent of the real biological state of the athlete at the time they develop. The model predicts that attempts to understand fatigue and to explain superior human athletic performance purely on the basis of the body's known physiological and metabolic responses to exercise must fail since subconscious and conscious mental decisions made by winners and losers, in both training and competition, are the ultimate determinants of both fatigue and athletic performance."

Marcora says this is an incomplete view of what is happening. In a speech given at the University of Kent, Marcora talked about the "perception of effort".

"Even if the power gap remains constant there is a progressive increase in perceived effort, to the point effort is perceived as maximal and therefore the athletes believe it is impossible to continue [to] exercise...even if physiologically they are."



Story and Design by
Hannah Fischer,
Asst. Health and
Fitness Editor
Photos by
Jessica Hawxhurst,
Photographer

But your mental strength can be trained as well. Researchers at Cambridge have developed an 8-week program called mPEAK (Mindful Performance Enhancement, Awareness, and Knowledge) designed to help,

“athletes in becoming more resilient to high demands and pressure in competitive sport and ultimately optimizing sports performance.”

The mPEAK program utilizes mindfulness techniques to try and embrace the pain one feels while running, the idea being to embrace the feeling without judgment making it neither good nor bad, rather perceiving it as neutral.

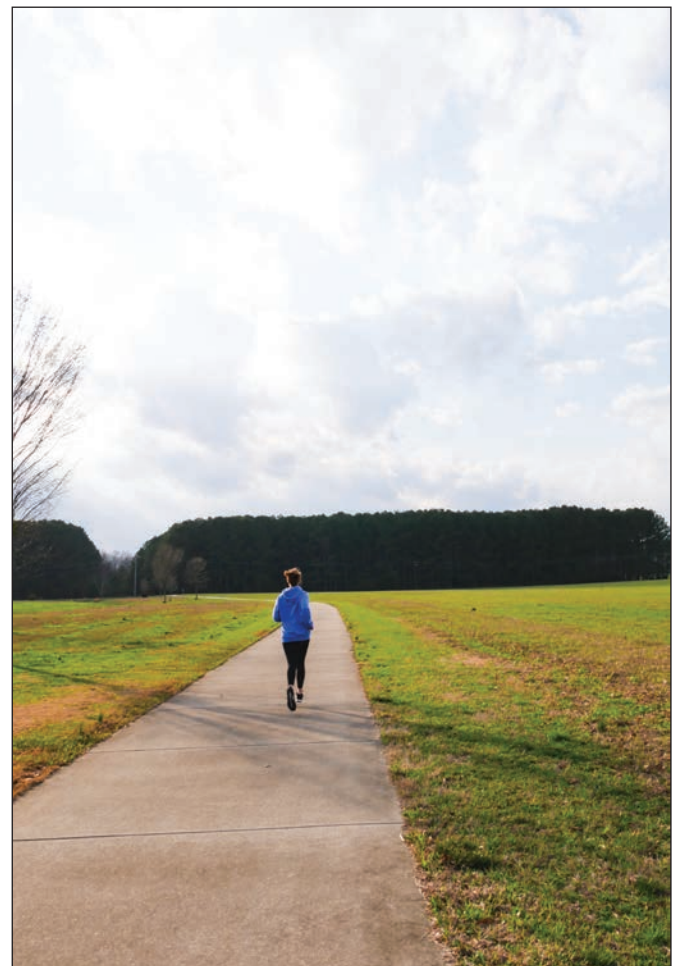
When spring rolls around on Berry College’s campus if one leaves work or drives off campus at the right time they are sure to run into a hoard of runners. Walk on the sidewalk and you risk being swept up in the mass.

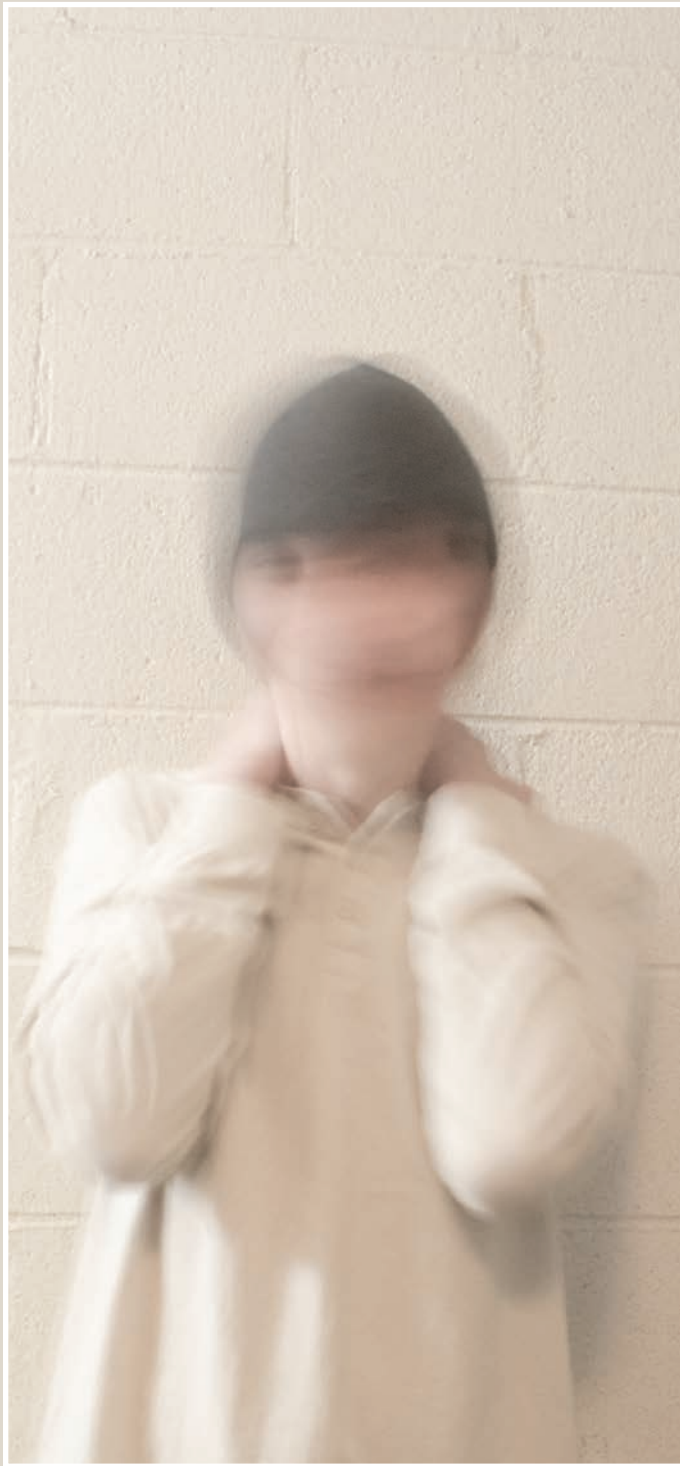
In 2020 there was a 65% increase in running and jogging activities so for those who may just be getting into running Berry hosts its own Half Marathon/10K/5K as a fundraiser for the Middle and Elementary school. The National Strength and Conditioning Association has put together a training program that can get anyone at any fitness level running a 5k in just 6 weeks.

TABLE 12.17 Intermediate Training Program for a Marathon

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Weeks 1-7						
Rest or easy run	3 miles	5 miles	Rest or easy run	4 miles 2-3 hill sprints	3 miles	8 miles
Weeks 8-11						
Rest	5 miles	4 × 1 mile @ 10K pace	8 miles	6 miles 5-6 hill sprints	8 miles	16 miles
Weeks 12-15						
Rest	8 miles	10 miles	6 miles	10 × 800 m @ 3K/5K pace	Rest	20 miles
Week 16						
Rest	6 miles	Rest or easy run	5 miles	Rest	2-3 miles easy	Race

National Strength and Conditioning Association





Silent Crisis: Men's Mental Health

Story and Design by Hannah Fischer,
Asst. Health and Fitness Editor
Photos by Mads Muraoka

Waffles and spaghetti. That's the comparison authors Bill and Pam Farrel make of men and women. Men are like waffles. They compartmentalize the aspects of their life and do not let them touch. Women are like spaghetti, everything, and everyone is touching one another, overlapping. It is an imperfect analogy but highlights a key problem that men in our society face.

"Traditional masculine role socialization produces a wide range of interpersonal patterns and behaviors that are profoundly harmful to society and to men themselves," says Dr. Gary Brooks in the *Journal of American College Health*.

In keeping with the narrative that men are naturally more rigid (with the connotations that come with that) the male demographic is pigeon held to these expectations of how they should behave. In our world men are often expected to be strong, to be household leaders, pushed to be overly self-reliant, being overly emotional, or asking for help are perceived as weaknesses. This negatively affects them and keeps men from seeking professional mental help.

"In contemporary cultures [it is] found that most societies have a "manhood cult" that is based on the ideas of competition, risk-taking, stoic emotional reserve," observes Dr. Brooks.

This is reflected in the statics surrounding suicide and depression diagnoses found in the Vital Statistics Surveillance Report done by the National Center for Health Statistics (NCHS). In 2021,

"The increase in the number of suicides was greater for males (4%) than females (2%), with the provisional 2021 number for males (38,025) nearly four times that of females. By age group, the largest statistically significant percentage increase from 2020 to 2021 was for males aged 15–24, by 8%." reports the NCHS.

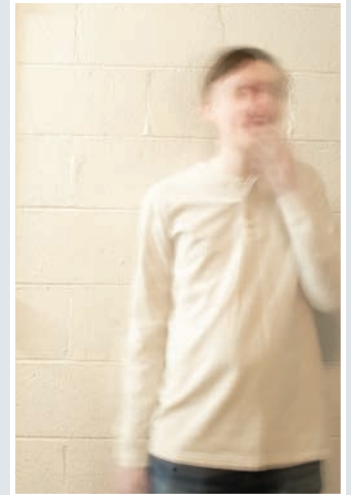
Despite these numbers, women are twice as likely to actually receive a diagnosis of some kind and were also almost twice as likely to seek out professional help. And men who fit the bill by presenting signs of declining mental health were less likely to seek out treatment. These symptoms can be substance abuse, and risky activities, which can be hidden under the guise of a college atmosphere.

“All studies indicate that men are far more likely than women to abuse alcohol. Authors cite a rate of 4 or 5 alcoholic men for each woman who abuses alcohol. Many male settings, from military units to college fraternities, encourage men to abuse alcohol as a common male rite of passage,” says Dr. Brooks.

Signs also include difficulty focusing, chronic physical issues, fatigue, obsessive thinking, and aggression/violence

Often the problem lies in the way therapy is pitched. Not only do men not see themselves as needing help but they do not want it. If a waffle is supposed to keep the syrup in its squares, accepting that something is spilling over, that life might be getting to be too much, is not something that is easy to admit.

To address this the mental health world has begun to change its approach to men. Often professionals will use more humor or draw upon masculine stereotypes and analogies to better reach men. The idea is that it is more important to meet men where they are now because that’s when work can start being done, rather than expecting someone to change on their own. While playing into more traditional ideas of masculinity it also challenges pre-conceived notions of what getting help for mental health looks like.



ENDOR-FUNS!

Story by Connor Coltrane, Writer
Design by Hannah Fischer,
Asst. Health and Fitness Editor
Photos by Jessica Hawxhurst, Photographer

We've all probably seen or at least heard of a group exercise class before. It might conjure up images of big inflatable balls, of colorful rubber mats, perhaps of cheesy music from old home exercise videos in the 70s. None of this is necessarily wrong, but it is an oversimplification of the truth. There are a variety of exercises that can be turned into group classes, from dancing to biking, and there's guaranteed to be something for everyone. Taking, or even teaching, such classes can prove to be an incredibly healthy and deeply rewarding experience.

One lesser-known exercise class that's more than worthy of mention is Zumba. As resident Zumba instructor at Berry, Amy Solana, explains, it's a brand of dance that combines steps from many Latin styles including Salsa, Merengue, Columbia and Reggaeton. The result is a form of dance that gets the body moving and stretching and pushing its limits but can easily be adapted to any level of fitness. Solana would know; she teaches classes for Berry students and elderly retirees alike. As far as she's concerned, "any movement is good movement," and this flexibility that Zumba offers is an opportunity for anyone to find a way to keep their bodies fit.

Another notable exercise class taught right here at Berry is Spin. If Zumba is a way of making exercise out of dance, Spin makes a special form of exercise out of indoor stationary biking. A typical session, according to local instructor Grace Price, starts with a brief warm up, then 45 minutes of biking to a particular type of music (often chosen based on "theme nights," that can include anything from classic rock to Disney). This exercise comes with an extra level of ability to measure your progress and improvement. In Spin, "You're competing against your personal best," Price said, and that extra level of incentive helps you see and make yourself improve.

A final mention of the many notable exercise class options goes to TRX, a strength-based type of exercise that, as instructor Langue House puts it, "Uses your own body weight as resistance." In classes like this, students grab the handles on elastic, tight rubber cords hooked to the wall. Through a variety of both lying and sitting exercises involving this suspension, students can greatly increase both their strength and their stability.



House, an Exercise Science graduate with years of experience teaching exercise classes in and out of Berry, has quite a bit of advice to offer anyone who's considering taking such classes. The foremost of this advice, though, is to "listen to your body, go your own pace." Exercise is a self-improvement process, and it looks different for everyone. Even in a group setting, you should not be afraid to "let the instructor know you're new," and to not push yourself too hard, too fast.

That said, much of what makes group exercises so worthwhile is the social aspect. According to House, these classes bring together people from "lots of different levels and backgrounds that don't usually meet," and the other two instructors agree. "You meet a lot of good people," Price said, and Solana says in turn that getting to meet people with this shared interest is always a draw for the class. Group exercise classes can bring you in contact with just about anybody, and even leave you with lasting connections you never would've imagined. Furthermore, in an enthusiastic, encouraging class, you can focus all the more on pushing yourself to keep moving.

Solana further emphasized that everyone should try a class, especially in college when you can access a gym and build fitness habits early, because "it's not just about building big muscles," it can have monumental benefits for one's health and wellness, physical and also mental.

"Exercise gives you endorphins. Endorphins make you happy. Happy people just don't shoot their husbands, they just don't," said Price.

This is all well and good for potential 'students,' but what about becoming an instructor? It's not a simple process, often involving a months-long certification class, but according to these instructors, it has the potential to be incredibly satisfying.

"I love watching my students improve and learn the steps over time," Amy Solana said, and House takes great pride in helping promote and foster these healthy habits in others. If you take a class and decide you really enjoy it, then consider talking with your instructors or find out how you can teach the class yourself.



BERRY BUSY

Story and Design by Hannah Fischer,
Asst. Health and Fitness Editor
Photos by Mads Muraoka, Photographer

"I like to set things up on my floor and pretend I'm teaching them the material," Erin Cavanaugh, a biology and philosophy tutor at the Academic Learning Success Center said.

It is a combination of retrieval practice and self-explanation, two of the more effective forms of learning material. When thinking about how best to study there are two major things to consider; when and what one should be studying.

Spaced practice is the optimal method for *when* one should be studying or reviewing call material. It is also known as distributive practice. Sadly for college students, it is the antithesis of cramming. When cramming the integration of concepts is often lost and is instead replaced with pure memorization, which is often forgotten within the next couple of days. Spaced practice distributes learning the material over 1 to 2 hours every other day, or at least once per week. The study material is being reviewed more often but for a shorter time so that it can be retained for longer and recall performance can be better once it is time for an exam. This is because spaced practice capitalizes on the spacing effect; when long-term memory is improved because the learning of material occurs over time and not all at once.

Retrieval practice emphasizes *what* one should be doing when they are studying. Once again,

"looking over and rereading notes is not going to be the best use of time. Spaced practice will help you retain information but retrieval practice makes sure you're able to access the information when taking a test," Brianna Twigg, an Academic Consultant, said.

A recommended way to incorporate retrieval practice is after reading through notes or textbooks, put those aside and write down everything you can remember, almost like a practice test. When you can't recall anything else check what you did to see if it was accurate and review what you could not or what was wrong. From there it is rinse and repeat.

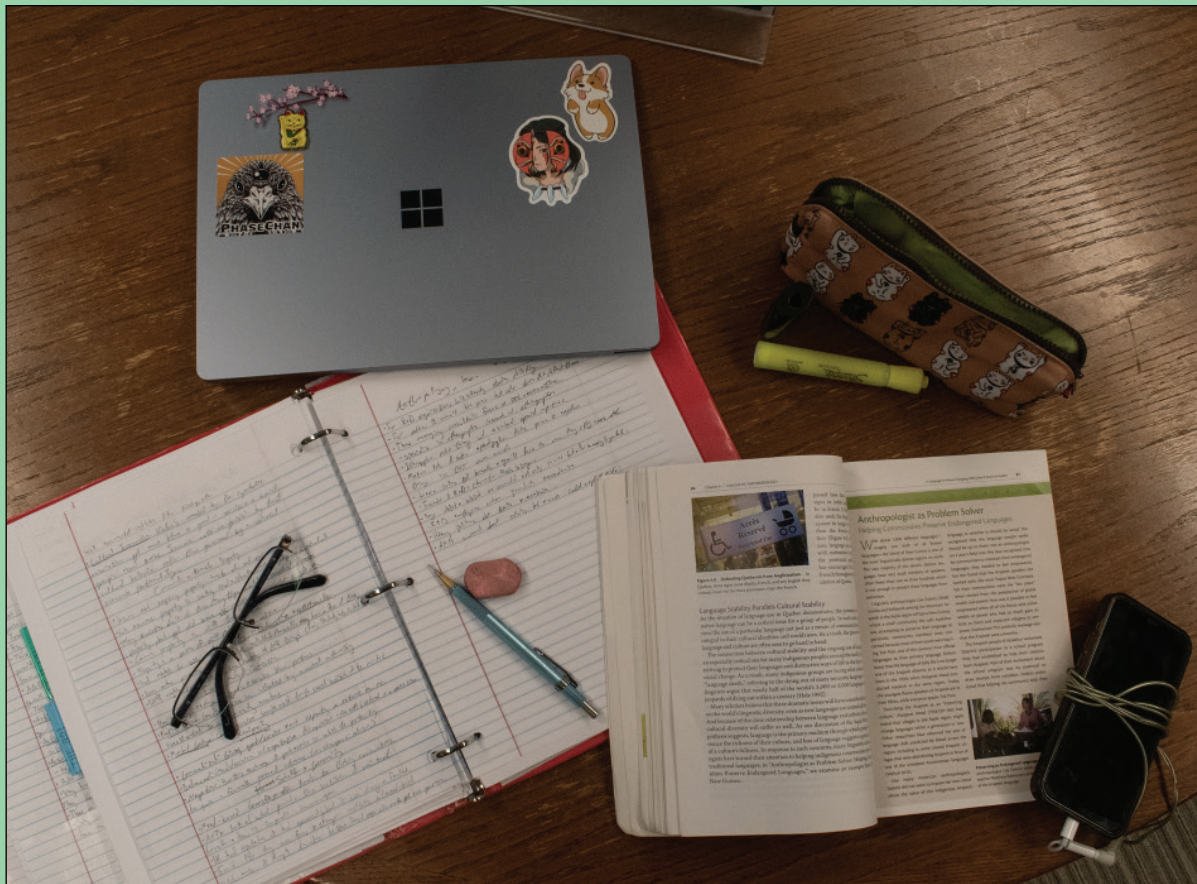
These are not the only study methods out there but more than 200 studies have proven them to be some of the most effective. Self-explanation and interleaved practice are two others that, while they have not been studied in as much depth, have been proven to be helpful.

"The self-explanation method has you think about why the material is important and how it relates to other concepts. This process requires you to be active in constructing and creating knowledge of the content." Brianna Twigg said.

Using this technique of studying integrates old and new knowledge, as compared to summarizing which may not help to draw connections between prior content and what one is learning now. By seeing the interaction between units or concepts it allows one to create meaning in their own way, meaning they are better able to understand and remember it. By deconstructing and rebuilding information, the cognitive structures that are responsible for recall are strengthened.



Sophomore ,Virginia Todd, reading a book



Because the material has in a sense been put in one's own words when new concepts are added it allows for prior understanding to be reworked or incorrect assumptions to be corrected in a manner that is less taxing. This incorporates parts of interleaved practice, where one is incorporating two concepts instead of thinking of studying as dividing and conquering. This can take shape in a lot of ways, but ultimately by alternating what one is focusing on it makes the brain unable to rely on short-term memory and constant retrieval of information strengthens memory, and the ability to differentiate between concepts.

But no matter how hard one studies, there is bound to be an off day or a test that was harder than expected and one will fail. Failure of course looks different to everyone but it is unavoidable and bouncing back is a very important skill.

Having a growth mindset has been proven to help students in their mental resilience when faced with failure. A growth mindset is when one believes intelligence can be developed rather than is something fixed and often attached to one's sense of self-worth, this is called a fixed mindset. A study published by the Journal of Applied Research in Memory and Cognition found that those with a growth mindset employed different revision techniques compared to those who had a fixed mindset. Those with a growth mindset were found to be more intrinsically motivated and so when faced with something like a worse grade than they anticipated they were more likely to use methods found in retrieval and self-explanation practice.

"a growth mindset though must be combined with knowing how to learn, including knowing that certain difficulties can be desirable," wrote Veronica Yan in the study.

Growth of iPhone PROtography

Story by Abby Grace Shrader, Writer

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

Photos by Mads Muroka, Photographer

Graphics by Alyssa Abrams, Graphics Editor



Jessica Hawxhurst, Freshman,
takes a photo on her iPhone.

Imagine it is the year 2002 and you are going to the best New Year's Eve party. You are planning on capturing the night with the help of your latest obsession - your Kodak digital camera. After New Year's, you will have to go to Walgreens and get all your photos developed, buzzing with curiosity for how they will come out. Flash forward 20 years and photography has changed a lot. Now, everyone carries around 12egg-megapixel cameras in their pockets everyday.

Brian Carroll, professor of communication department chair, had a lot to say about photography in iPhones.

"If your phone is always with you and can be used so easily," said Carroll, "and you no longer need to go to Walmart to have them develop, for example, then you are going to do it all the time... The ambiguity of cameras, of smartphones, has meant that we no longer separate the memory from the event. The making of the memory is the event. It's intrinsic to the event now. The moment is the memory, the memory is the moment."

Carroll believes that quick access to the camera on your phone has already lessened the need for everyone to buy big, expensive professional cameras. When your iPhone can take amazing photos, then you will be quick to capture moments that would have been seen as mundane and a waste of film 20 years ago. It is less about getting the perfect shot and more about communicating to others what you are up to. Carroll states that social media encourages this relationship. Photography has become a daily habit, just as frequent as eating and showering. A quick Google search will tell you that iPhones hold a maximum of 70,000 photos, so you might as well take as many pictures as you please.

To maximize the quality of photos, try any of the tips below for guaranteed results.

🍏 Clean off the camera lens. This seems obvious, but you would be surprised how many peoples' photos appear blurry simply because their lens has gotten dirty over time.

🍏 Adjust how far the camera lens is zoomed out. There are two basic button settings when you open your camera - 0.5 and 1x. Today, 0.5 selfies are extremely popular, as it zooms out and distances the photographer from the phone.

🍏 Try out portrait mode. Hand your phone to a friend on portrait mode and prepare to be impressed with the quality of the picture they take of you. Portrait mode is intended to focus on one person and automatically blurs the background.

🍏 Adjust photos before taking the picture. By clicking on the drop down arrow when you open your camera, you can adjust the exposure, set a filter and the size of the photo. Rather than waiting and doing this after taking your photo, you can make adjustments while in the moment.

🍏 Use the timer. If you are alone but have a super cute outfit on, set your phone down on selfie mode, click on the screen to focus the camera on you, then set a timer.

🍏 Use the rule of thirds. This means placing your subject in the left or right third of an image while leaving the other two thirds of the photo open - like the sky and the ground. Get creative with this one, and try using the grid feature on your iPhone to make this easier.

🍏 Don't use the flash. This one is a little controversial, but most people agree that the iPhone flash washes photos out and makes them look unprofessional. If you are in the dark, hold your phone still after pressing the button to take the photo, and your phone will automatically lighten the photo and apply a flash-like effect.



Carolina Mendoza, Freshman, poses for a photo in portrait mode.

The Gift of Spotify Wrapped

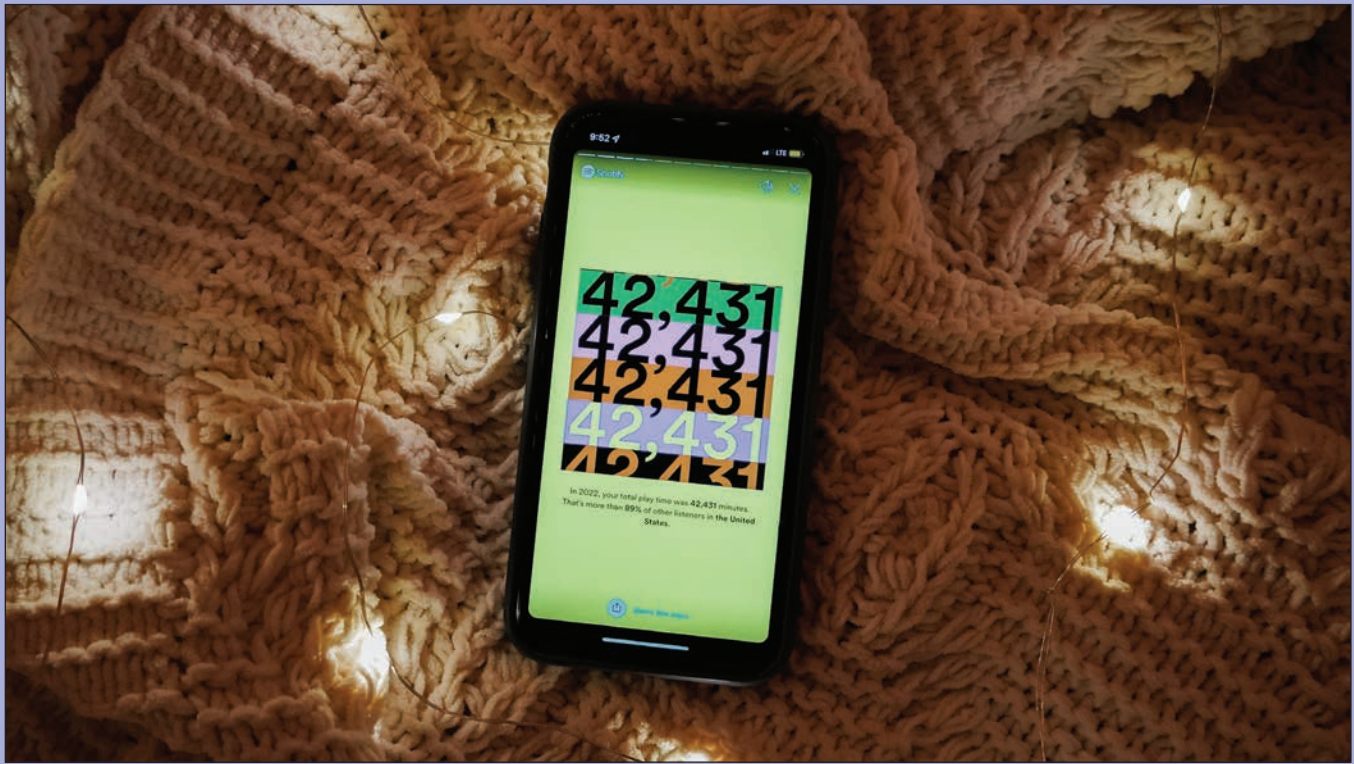
Story by Connor Coltrane, Writer
Design by Lauren Yelverton, Arts and Culture Editor,
and Carolina Mendoza, Assistant Arts and Culture Editor
Photos by Grace Segars, Photo Editor
Graphics by Hayleigh Holcomb, Assistant Graphics Editor



Spotify Wrapped is by far one of the titular music platform's most unique features. Every year, each user gets a little wrapped present in the form of a unique, custom-made summary of the music they've listened to over the course of the year, as well as a recommended playlist for future listens. It's a great way to help wrap up the year and reminisce about one's personal music tastes. However, is that all that Spotify Wrapped does for users, or is there more to the story? In the current age of big data and personalized recommendations, the question always bears asking of how this feature affects users. Does Spotify Wrapped shape users listening habits as much as it's shaped by them?

It does seem that, quite often, Spotify Wrapped can encourage listeners to explore and expand their taste in music in ways that they wouldn't have otherwise. Sophomore Michael Berry said that "the last Wrapped has shown me that I need to branch out a little bit," since it drew attention to the narrow selection of artists or songs he listened to as "background noise," for studying or working out. On the flipside, vocalist and music major Sarah Warden says that Wrapped has expanded her tastes by showing her "artists I listened to once or twice," encouraging her to explore the further work of artists she liked and wouldn't have thought much of otherwise.





Even Freshman Philip Reasor, a casual Spotify user who mostly listens to Apple Music, said that “depending on the song,” Wrapped’s recommendations has taken him in new musical directions.

Curiously, however, it doesn’t seem like Spotify Wrapped’s recommendations in and of themselves are the cause of this musical exploration. While Reasor claims to take Wrapped recommendations “relatively seriously,” this attitude isn’t necessarily shared by all users. Warden is decidedly “not interested,” in what Wrapped recommends for her, and Berry is similarly not drawn to what Spotify Wrapped thinks would be a good fit for him. The problem with Spotify Wrapped, and the reason behind this lack of weight for recommendations is, “[Spotify] doesn’t reflect your tastes, just what you listen to a lot,” Berry said.

If one happens to listen to a particular song or artist on Spotify with great frequency, it’s possible that this is due more to outside influences and circumstances than one’s regular listening habits. Berry, for example, says that he has a particular workout playlist that he rarely updates but listens to during frequent workouts. This doesn’t mean that the songs he listens to on the playlist are necessarily his favorite, they merely best serve the purpose of helping him power through the motions of the routine.

Warden, similarly, says that she tends to frequently listen to songs that she performs. Thus, while her Wrapped might reflect her own performances, this means that the music she’s recommended isn’t necessarily to her typical tastes at all, but shaped by her assignments as a music major.

Plus, the fact is, not everyone uses Spotify with great frequency. For casual users like Reasor, Spotify will simply not

reflect all their tastes all the time, but simply the music they most frequently use on that particular program. In Reasor’s case, he mostly uses Spotify for classical music to listen to while he studies, but this doesn’t necessarily encapsulate his entire musical taste. Now, these are simply the natural limitations of the algorithm; it’s not omniscient and can’t read users’ minds, so it naturally can’t perfectly encapsulate a user’s likes and dislikes in a single Wrapped. However, does this necessarily matter?

After all, whether these users took the recommendations seriously or not, it seems that Wrapped encourages users to listen to artists and songs that they wouldn’t have otherwise. Whether it brought back memories of a forgotten song they enjoyed or forced them to reflect directly on their habits, it still caused even those who didn’t look at the recommendations to venture into new musical territory that they may not have looked at on their own. Perhaps looking back at one’s habits brings out desires for variety that typical recommendations by algorithm won’t necessarily provide, or perhaps encouraging this growth one way or another is the intended function of Wrapped in the first place.

Whatever the intentions and whatever the effects, Spotify Wrapped doesn’t seem to be incredibly significant in the grand scheme of users’ musical journeys. For almost all of the users interviewed, Spotify is not greatly significant or serious business or something to shout from the rooftops, but a fun novelty. Its primary purpose is simply as a fun, private meditation on one’s own experiences with Spotify and its hand in the user’s musical experience, and if it encourages them to explore new music they wouldn’t have otherwise, all the better.



Journaling Your Journey

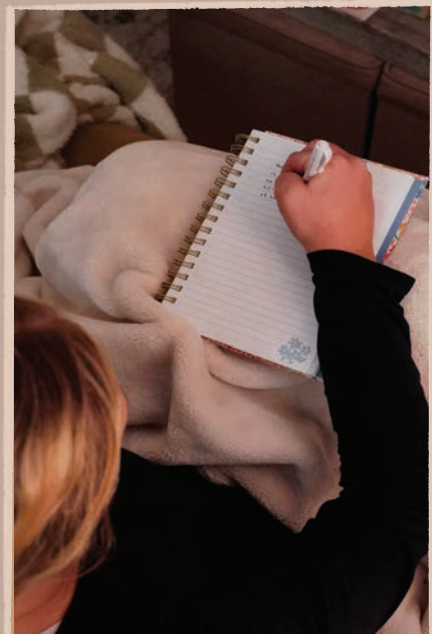
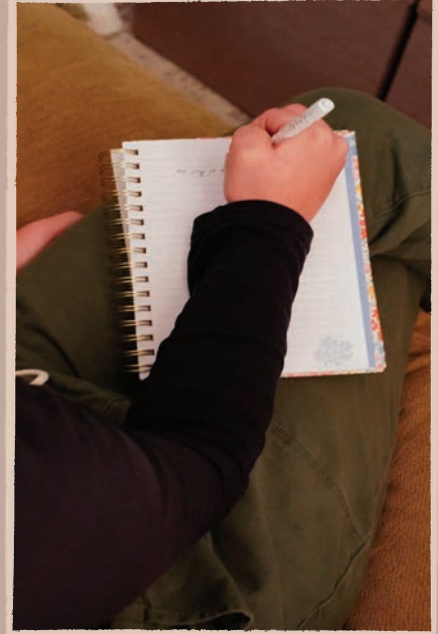


Story by Connor Coltrane, Writer
Design by Lauren Yelverton, Arts and Culture Editor,
and Carolina Mendoza, Assistant Arts and Culture Editor
Photos by Grace Segars, Photo Editor
Graphics by Hayleigh Holcomb, Assistant Graphics Editor

Journaling and scrapbooking are both activities that we've at least heard about in passing. We all have at least one person in our lives who writes in a journal every day, or a relative who stores little documents or keepsakes or photos in an album or scrapbook to reminisce about in later years. We've all been told that such practices are therapeutic and helpful for one's well-being or mental health. However, is that really true? If so, how is it helpful, and why? Are there any special ways to enhance its benefits or particular pitfalls to avoid?

It seems, indeed, that journaling has quite a few benefits. Cameron Valtierra, art student and prolific journaler, called the practice "grounding." She further says that, while it's easy to drift through life or get lost in the reeds without really thinking about it, writing about what she's doing and reading about it later, "reminds [her] of what [she's] doing and why." For some, recording one's experiences is almost a meditative act, one that allows some perspective on one's life. Furthermore, it can also reinforce positive memories and thoughts that might otherwise get bogged down by everyday negativity. "The most creative technique I've used," Valtierra said, is writing down good things that happen to her the minute they do so, leading to a "mishmash," in Valtierra's words, of little positive moments. Valtierra also suggests the broader, yet no less helpful strategy of "gratitude journaling," dedicating entries or even entire journals to writing down the things, however big or small, one is grateful, once again reminding oneself of the good in one's life and one's world.

Journaling also serves a much more practical and obvious, yet no less valuable purpose, posterity. "Memory is not a recorder, it's a reconstruction" Kristen Diliberto-Macaluso, professor of psychology said. This means that one's memory of one's life isn't always reliable, and the longer one's life goes on, the longer they have for repeated retellings and repetitions, each shaped by biases and emotions, to distort one's memories vastly out of shape. Journaling, then, is not only a form of rehearsal that can help solidify fresh memories, but an unchanging record that can keep one's memories of one's life relatively stable. This is particularly important for "flashbulb memories," which are so emotionally charged that one can easily feel confident about how one recalls them, despite them being every bit as fallible as the rest of one's memory. With a permanent record, those "flashbulb memories" can be kept in a measure of perspective. However, there's a danger to journaling and chronicling severely traumatic experiences that could form into such memories.



Diliberto-Macaluso said that journaling about trauma doesn't necessarily aid in processing or working through it, in fact, it can make its mental influence all the more pervasive in the process. Similarly, Valtierra cautions all potential journalers against writing or recording entries in the throes of negative emotion, as doing so risks simply exacerbating things and leading to a downward spiral of misery, and "there's no growth in that." Even so, while in a calm, collected, productive headspace, Diliberto-Macaluso says that the storytelling inherent to journaling can not only help ingrain the memories, but "give meaning to them" as well.

Overall, journaling has the potential to aid one's mental health and wellness, but only if done responsibly and mindfully. According to professor of psychology Miguel Ampuero, one should ask oneself, "What does journaling address?" What does one hope to accomplish or achieve by journaling? By approaching the practice with a clear purpose in mind, one can always stay focused and periodically check if journaling or scrapbooking is achieving the purpose, meeting the need in question. Journaling is ultimately an exercise in mindfulness, and it only makes sense that it be approached mindfully itself.

Of course, having a purpose in mind for journaling doesn't mean that you can't have fun with it, or that you should dismiss anything as not worth recording. "Nothing that you write is stupid," Valtierra said, "The whole point of journaling is to capture tiny details." As mentioned before, recording tiny details can make memories more vivid, and pleasant experiences, from a nice meal to a good grade on a test, can help one keep one's footing when mired in depression or anxiety. Furthermore, one can have fun with it, adding little aesthetic flourishes and generally making one's journal one's own. Valtierra herself mentioned that sometimes she'll doodle "little bitty tiny faces," in her journals, but scrapbooks in particular present a host of opportunities to arrange and present and decorate one's keepsakes. "[Journaling] reminds me how much I've accomplished," Valtierra said. Used well, keeping a record of one's life, one's triumphs, even one's long-gone sorrows, can prove to not only be a pleasant practice, but an empowering one.



HOW TO CREATIVELY PRESERVE MEMORIES



Story by Abby Grace Shrader, Writer
Design by Lauren Yelverton, Arts and Culture Editor,
and Carolina Mendoza, Assistant Arts and Culture Editor
Photos by Ashley Moreno, Photographer
Graphics by Hayleigh Holcomb, Graphics Editor

Theodor Seuss Geisel once said, “Sometimes you will never know the value of a moment until it becomes a memory.”

In a world where everything is so fast paced, we often do not think twice about the true value of the moments we experience. Scrapbooking is a popular hobby where one puts photos and collected items onto the blank pages of a book. For the majority of people, scrapbooking is a way of saving your memories onto paper in a creative way.

Ella Parris, a sophomore, considers scrapbooking to be one of her most favorite hobbies.

“I think scrapbooking is fun and not very difficult. I know there is a pressure for it to be all pretty and put together, and even though I think mine is cute, it isn’t all about appearance. It is more for you than anyone else,” Parris said.

For many, scrapbooking is a form of expression. You can be as creative as you want with it, by using washi tape and ribbons. Or you can arrange it in the way you most prefer, like Parris, who simply enjoys having physical mementos all in one place.

“I’m not fancy where you tear off pieces of paper and use stickers and things. I just save scraps from things I go to and next to it I’ll write who I was with. I have my middle school theater programs, all the corsages from every dance I’ve been to, my paper copy of my permit and driver’s license, and just little mementos of things I have picked up along the way. It is just better to have it organized and in order than a box full of loose, random things,” Parris said.

When considering starting a scrapbook, some may wonder where to find motivation. Yes, scrapbooking can be a fun way to relieve stress and anxiety, but how do you motivate yourself to be creative?





Parris believes that scrapbooks can not only act as a history book for your own person to reflect on and hold dear, but also for future generations to appreciate.

“I love looking at my mom’s scrapbooks. That’s really the reason I make my own. I think it is really cool to see her old movie tickets, or the piece of ribbon from her prom corsage, or football tickets from college, where she would write who she was with at the time, even if it is people I have never met. I get a glimpse of who she was when she was my age, before she was a parent. I don’t know if my future kids will appreciate it as much as I do, but they will have it,” Parris said.

How cool is it to have a book of valuable memories that your future children and loved ones can hold and get a sense of who you were at one point? That is one of the biggest motivators of keeping a scrapbook.

In today’s tech-savvy world, it should come as no surprise that there are many apps available for download that can do the scrapbooking for you. You can upload your photos and captions onto a collage and even order a book with all the collages in order. While this can make scrapbooking easier, Parris does not prefer the apps to the real deal. Instead, she likes having tangible mementos in her books.

“I think using technology in scrapbooking is a tool that is not really needed. I think it is cooler to have a physical display of your things on paper along with it.”

While scrapbooking may not be a creative hobby everyone can make time for, Parris sums up exactly why it is one so many people prioritize.

“Everyone talks about how college is the best four years of your life and the place where you meet so many people and make so many memories. So, you might as well make sure that you can look back on it and remember it one day,” Parris said.



Love At First Swipe?

Story by Bella Ardell, Writer

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

Photos by Ashley Moreno, Photographer

Graphics by Alyssa Abrams, Graphics Editor, and Hayleigh Holcomb, Assistant Graphics Editor

Have your grandparents ever told you how they met? How different does it seem from stories today? Technology is a controlling factor in why it is different. Although, it is hard to say which is a better method of finding love, internet dating or the traditional dating are both possible methods. Like anything involving technology, there isn't always a face to face interaction, but that doesn't mean there aren't perks.

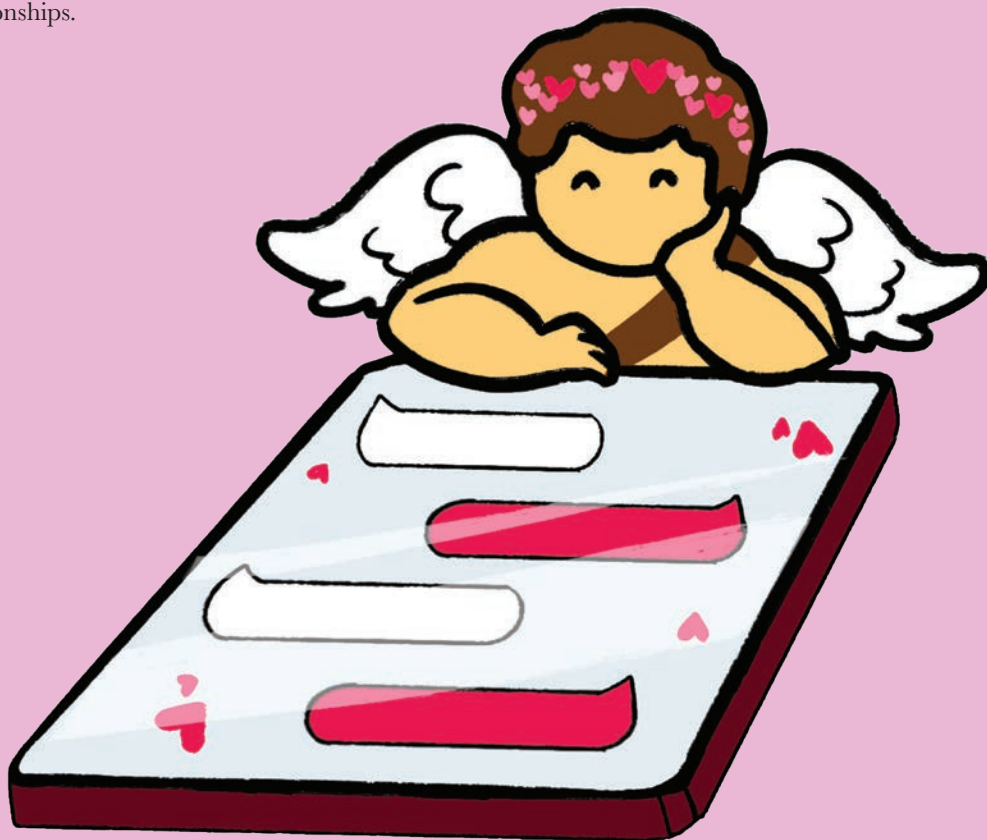
In today's society, busyness makes it difficult to find time to date or find a life partner. Even with some of the population believing we should go back to the traditional method of dating, convenience is still a problem.

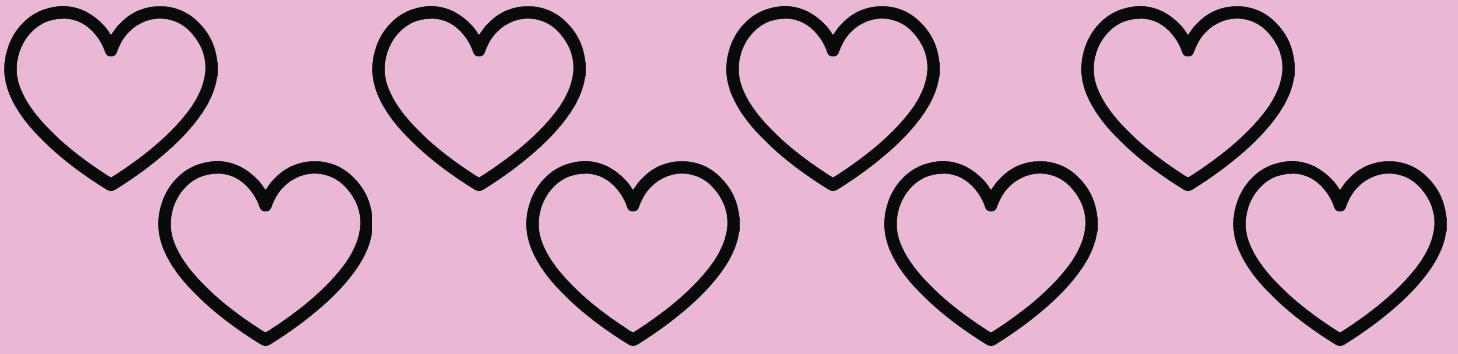
"The internet offers a large starting pool of people, which then you can filter down to the people that are perhaps more compatible," Victor Bissonnette, associate professor of psychology said. So again, as a start to a relationship, the internet is very promising because of convenience and quantity.

Online dating also has a strong effect on women's lives and has the possibility to make their dating lives better.

"Women on average are becoming a bit less stereotypically feminine. They're becoming a little bit more stereotypically masculine," Bissonnette said. "I would imagine in this world of online dating, they are free to be less stereotypically feminine. They're free to be themselves and say 'I want a career' and 'I want achievement in my life.'"

As the dating world becomes more accepting because of how different people can be online, it marks an important change in stereotypes. Bissonnette specified the feminine and masculine stereotypical qualities using words like "submissive" or "resigned" for women and "competitive" or "leader" for men. Like technology, psychological changes impact the ability to form relationships.





Women have an additional advantage on certain dating apps. “Dating apps give women more power over their selection of who they want to date, terms negotiated for the date” Brian Jory, Director of Family Studies Program and Professor of Teacher Education said. This can be seen specifically through apps such as Bumble which is different from most as the woman chooses to reach out. Jory added that the new control can create much more successful relationships.

Like all things, dating apps also have cons. Jory explains the main three cons, which are ghosting, catfishing and serial dating, when people just use an app for dating without interest in real relationships meaning they would leave when there are feelings involved. Meanwhile, catfishing is done when falsely exaggerating life, success or what the person really wants in a relationship.

These issues give internet dating a bad name but the biggest issue that gets in the way of a healthy relationship is the hookup culture. This can be detrimental for relationships.

Online dating hasn’t completely taken over yet. According to Jory, 20% of relationships start online while traditional dating is higher at 80%. When did the shift to online dating happen and what caused it?

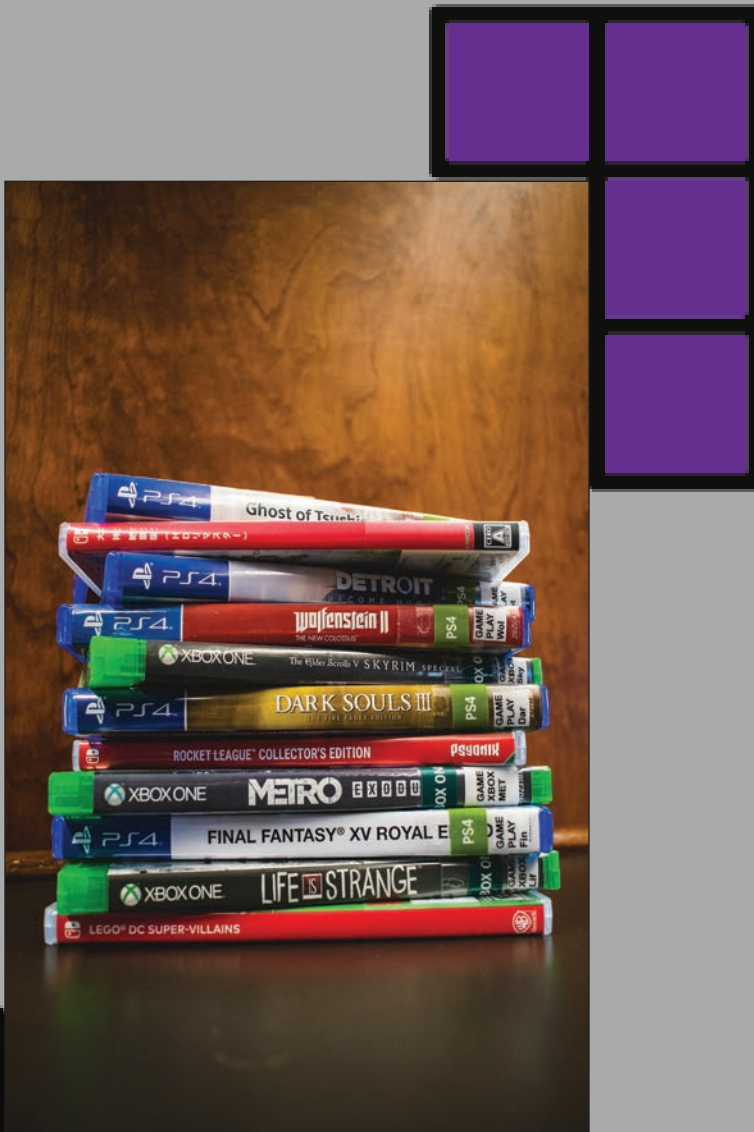
“In terms of the big shift that really changed young people transitioning into adults, it’s 2007. The release of the iPhone.” Bissonnette said. “When the smartphone integrates internet, social media, all in the device that everyone carries in their pocket, that’s when you really see the strong change to people’s behavior patterns.” He explained how this has caused people to hang out less, go on fewer dates, and even wait longer to date in general.

Dating is just one part of a changing society that can have both good and bad components, as well as different methods. All that really matters is that there be a healthy connection that bring two people to respect and help each other.



The Art of Video Games

Story by Lauren Yelverton, Arts and Culture Editor
Design by Lauren Yelverton, Arts and Culture Editor,
and Carolina Mendoza, Assistant Arts and Culture Editor
Photos by Mads Muroka, Photographer
Graphics by Alyssa Abrams, Graphics Editor



Could you imagine your favorite video game without the art style that it is known for? Art style is something that is significant when it comes to the identity of video games, as well as the experience that gamers get from playing them. Many video games, such as Persona 5 and The Walking Dead have very unique and recognizable art styles and would not be the same without their signature art style. Junior Rae Laury discusses the effects that video game art style has on them, as well as other players.

“I know personally some of my favorite games that have a really beautiful art style or really unique art style and being able to see that in the game really enhances the experience,” Laury said. “It makes you want to save pictures to your camera roll of the characters. It can help inspire artists to want to make fanart of the beautiful characters and all of that. I think that it’s a really big part of gaming that sometimes can get neglected.”

Video games have many different art styles, including both 2D and 3D styles. A few examples of 2D art styles used in video games are flat, pixel and vector, while a few examples of 3D art styles used are hand-painted, low poly and fantasy realism. Some gamers have a preference for more realistic art styles in video games, while others prefer more stylized games

Usually, they have a strong preference for a specific style that certain video game companies develop, but freshman Nathanael Mooney has a differing view on this subject.

“I don’t think I have one specific preference; I think both can be executed really well,” Mooney said.

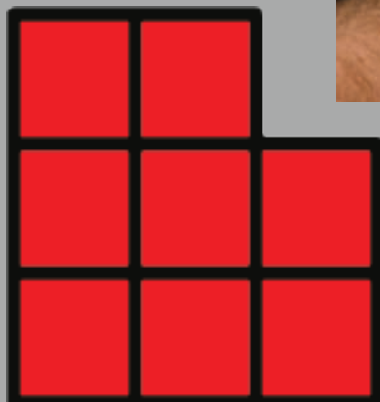
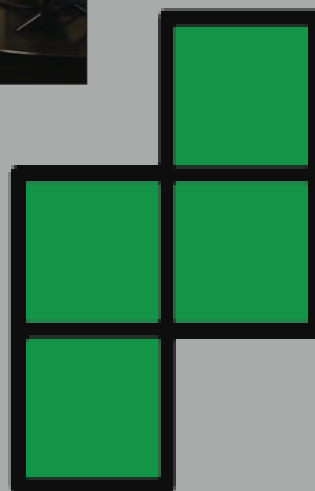


Phillip Walker, Senior, and Roger Thomas, Freshman playing videogames.

“I think the problem comes when companies think that graphics and visuals are what define a good game.”

Many video games have very recognizable character designs and art styles, which can be an identifier of which company the game was created by. For example, Telltale Games have created many games based on the popular television show, *The Walking Dead*. Its characters have a similar art and shading style to the characters in the comic book editions of the show and games. Sophomore Michael Berry describes the character design used in his favorite game, *Hades* by Supergiant Games, which has very stylized versions of Greek gods and other mythological figures. “It’s gotten to the point when I imagine the gods, I picture those specific Supergiant character designs, and it’s just immaculate, honestly,” Berry said.

Video games have art styles that differ greatly from one another, but all of them have one thing in common – they all have a profound effect on the gaming community. Clearly, many gamers agree that their favorite games would not be the same without their signature art style, and that these art styles have had a significant effect on them.



Ring By Spring

Story by Abby Grace Shrader, Writer
Design by Lauren Yelverton, Arts and Culture Editor,
and Carolina Mendoza, Assistant Arts and Culture Editor
Photos by Jessica Hawxhurst, Photographer
Graphics by Alyssa Abrams, Graphics Editor



Incoming freshmen may be blissfully unaware as to what “Ring by Spring” means. They are young, bright eyed and bushy tailed. They wonder, who is thinking about marriage when the years anxiously awaited as college have just begun? However, one cannot go too long on campus before they meet their first Ring by Spring-er.

It may be in Viking Court or at the Cage. For some Berry freshmen, it is in a foundations class. The girl next to them is fiddling with her notebook when the freshman notices the rock resting on her finger. Could it be?

When she sees them looking, she holds up her left hand and beams. “My boyfriend proposed last night at Mountain Campus! I’m engaged!”

The freshman is floored. How can this be? Isn’t college supposed to be a time for self-discovering, for flunking chem classes, going on Cookout runs with all your friends and wondering what to wear for Casino Night? How are people already getting engaged?

“Ring by Spring” is the cultural phenomenon that most commonly takes place on universities that have a large Christian population. Typically, “Ring by Spring” is a staple at small Christian colleges, such as Lee University, BYU, Liberty and so on. Simply put, it is the idea that one should be engaged by their spring semester of their senior year. Just by searching up “Ring by Spring” on Tiktok, you will see Christian girls sharing their stories of getting engaged while still in college.

One aspect of “Ring by Spring” that can be difficult is that the majority of Christian and liberal arts colleges do not have as even of a male-to-female student ratio as some other schools. According to an article by UNIVSTATS, published in 2022, the male-to-female ratio at Berry is roughly 36 percent to 64 percent. Because there are more female students than male students, girls who come to college with the sole mission of finding their husband may be faced with some difficulty. This begs the question: Is this one of the reasons students are getting engaged at a young age?

According to a website called Priceonomics, the national average age for people getting engaged is not while they are still in college. It reports that women tend to get engaged around the age of 27 while men typically get engaged around the age of 29. It also states some interesting statistics, such as that about 2.2 percent of Americans get engaged under the age of 20, 74 percent in their 20s, 15 percent in their mid 30s, and about 8 percent get engaged over the age of 35. These statistics seem to diminish “Ring by Spring.” However, it is important to note that this is a national average. While there are people getting engaged in their late 20s to pull that average age up, there are very much still a population of Americans getting engaged in their early 20s to bring it back down. When broken down by state, the average age of getting engaged in Southern states is a couple years younger. This makes me wonder, does the culture in the South play a role in “Ring by Spring?” Are gender norms still encouraging young women to get in a hurry to get married?



Senior Sarah Adams shows off her engagement ring.

As backwards as it sounds, there are still many people who believe that for women, you are at college to meet a husband, not to get a degree and enrich your education. The idea sounds like something out of the 1950s. But for many, “Ring by Spring” is not as serious of an idea. It is really just a way of poking fun at something that commonly happens on college campuses. It is not trying to be malicious or shame those who do want to get engaged at a young age. It is well known that a woman is capable of having both a career and a marriage.

Joanna Clark, a senior at Berry, met her now fiancé when they were both still in high school. He was a junior when she was a freshman, and she thought he was “too cool” for her. But one day, he asked her out for ice cream after school and the rest was history for them.

“I got engaged in November of my junior year and was one of the first in my friend group...At times I felt people thought I was ‘rushing into it’ or ‘wasting my degree.’ As a senior, I can see how there can be pressure, especially if you are in a relationship. But, in my circumstance, I did not feel pressure at all,” Clark said.

When asked about the possible toxic culture surrounding “Ring by Spring,” Joanna could see both sides of the story.

“I think ring by spring was intended to be light hearted, but has turned into a significant source of pressure for couples. In college, it can force couples to commit or break up, which isn’t always healthy or necessary,” Clark said.

Clark makes a good point. For some people, “Ring by Spring” is not seen as a lighthearted way of poking fun at couples getting engaged while still in school. Some take it more seriously, and see it as a countdown of sorts. If they are dating someone and are not engaged by the time spring semester of senior year rolls around, then they may end a relationship out of frustration. Or worse, rush into an engagement that neither of them are ready for.

However, there was never any doubt for Clark that she and her fiancé were ready to be engaged. While still faced with the occasional judgment, she is confident and positive.

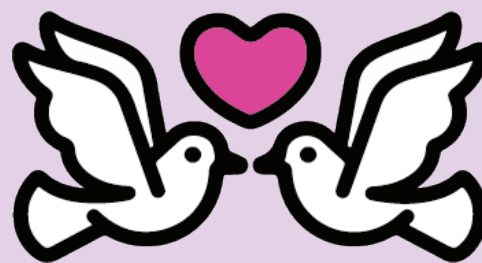
“I have definitely faced the ‘wow, you’re so young’ comments. But I have been with my fiancé for eight years,” Clark said. “What’s the point of waiting now? I also got engaged early on specifically so I could have plenty of time to plan the wedding I want while enjoying my college experience. If you are confident in your relationship, you have to remind yourself that people do not understand. In fact, most people that make judgmental comments of that sort are just jealous.”

It is true that with couples, the only people who know if they are ready to get married are the people in the relationship. People on the outside looking in may try to pass on judgment or advice, but if two people know that they are with the person they want to be with forever, then they can make the decision that is best for them.

Clark stated that planning her wedding over breaks has been so much fun. She was eager to pass on any advice to college students planning on getting engaged while still in school.

“If you are getting engaged because your friends are, don’t do it! Wait for the person who will be there for you forever. On the other hand, if you know you are going to marry the person you’re with, don’t wait to be engaged due to others’ opinions. Next, try to plan your wedding way ahead of time so that you are not cramming leading up to graduation. Be thoughtful with your time over the summer and over breaks and dedicate those days to the wedding. Utilize your resources - mom, sister or friend, because they all want to help in some way.”

As the leaves return to Berry College in vibrant shades of green, all the flowers begin to bud, and the sun starts to peek out for the first time since winter, keep an eye out for another thing blooming - love. “Ring by Spring” is upon us, for better or worse.



Senior Kate DiRuggiero shows off her engagement ring.



Beauty From The Inside Out

Working Out, Sleeping In & Taking Vitamins

Story & Design by Grace Price, Style Editor
Graphics by Alyssa Abrams, Graphics Editor

Beauty Vitamins. We've all seen them; the color block pink and white bottles promising to improve your hair, skin and nails beyond recognition. Influencers and health gurus claim that these are magic in a bottle, drops from the Fountain of Youth. They are in women's magazines, drugstores, grocery stores, and salons. These vitamin companies will pay thousands of dollars so their product can be featured in a TikTok or YouTube video. But despite all the marketing and advertising, do these 'Pretty Pills' actually work? Can they make us beautiful from the inside out?

For a little background, Beauty Vitamins are supplements that are marketed to women that claim to improve one's physical appearance. They are meant to supplement a nutrient that is not being supplied through one's diet. Because beauty seems to be just a pill away, these vitamins companies are highly successful. According to a report from Goldstein Research, the industry is expected to be worth \$6.8 billion by the end of 2024. To put this into perspective, a mobility service and rental car com-

pany Lyft is worth \$6.89 billion this year.

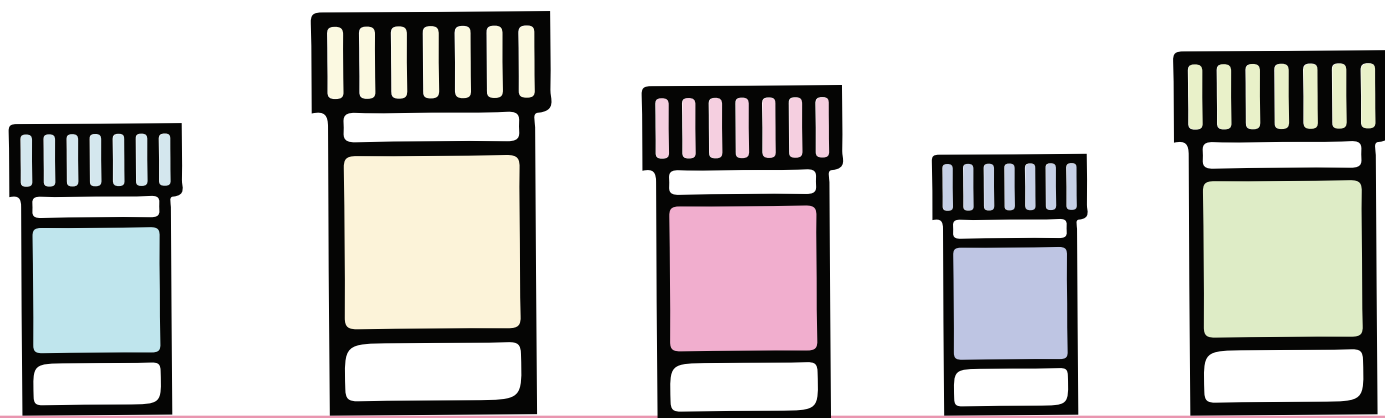
It's obvious that these companies are successful and their practices work, but do their products work? It depends on what you're taking. According to sophomore Rosemary Chesney, she has seen the most results from taking fish oil and calcium, as well as daily vitamins. Because of her positive experience, she recommends them to people who want an over-the-counter way to improve their health.

"[The vitamins] just helped me be healthy and feel healthy and be active," said Chesney. She explains that these vitamins are not just for beautification, but for improving your overall health.

"Taking vitamins is more about prevention than stopping something," said Chesney.

Looking back, Chesney remembers that whenever she takes vitamins regularly, she could see the benefits compared to her non-vitamin taking peers.

"[They] helped me to not get sick as often," said Chesney.



But, adding a new nutrient in a concentrated form into your diet isn't that simple. One concern that doctors and researchers alike have within the vitamin industry is the overall lack of regulation, particularly when it comes to beauty supplements. This can then lead to misuse which can harm one's health. Kayla Blanton of Prevention Magazine discusses more about how few regulations can affect consumers.

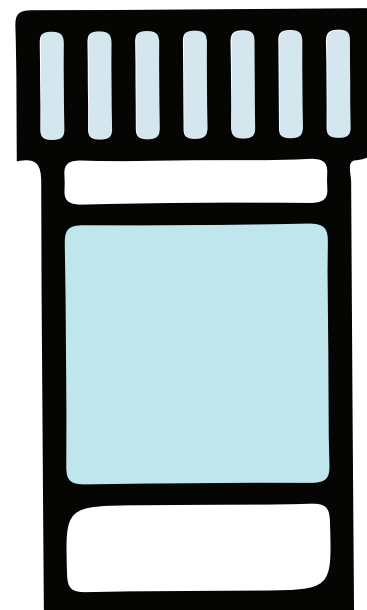
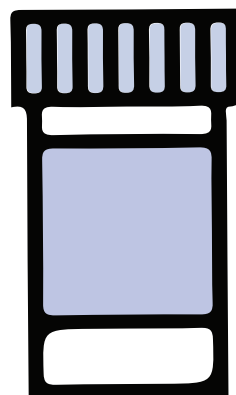
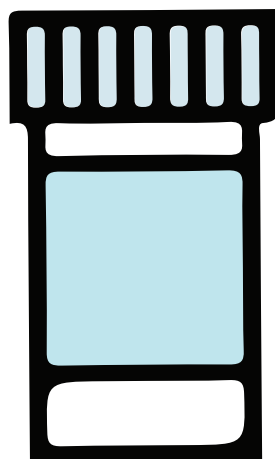
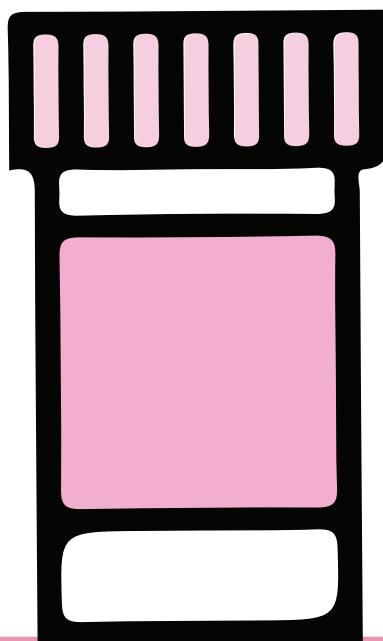
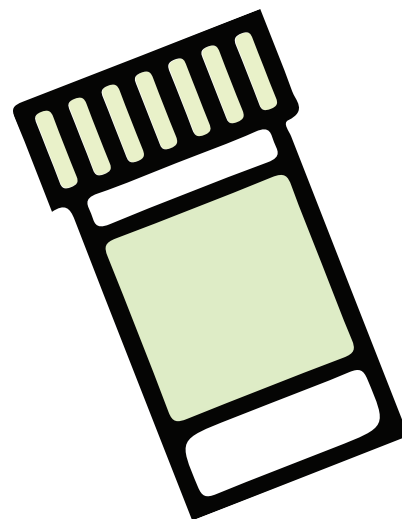
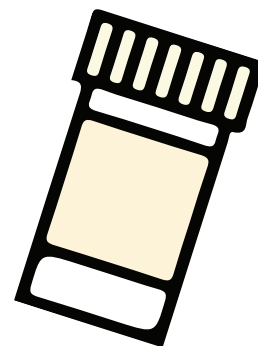
"[This] raised concerns about a lack of knowledge around long-term efficacy in beauty supplements as well as nutrient 'overdosing'" Blanton said. "If you're not deficient in a vitamin or mineral, taking more of it could cause more harm than good."

But that doesn't mean that you should shy away from ever taking a supplement, because there are some vitamins that can cause adverse effects if not supplied in one's diet. Dr. Melanie Palm, the founder of The Art of Skin, explains how vitamin B7 can solve many skin and hair problems.

"Vitamin B7 (biotin) plays an important role in helping the body metabolize proteins—which are needed to produce healthy skin, hair and nail cells," said Palm. "People who are severely deficient often end up with hair loss, eczema and brittle nails, and supplementing can help correct those problems."

Dr. Palm does warn against seeing vitamins and supplements as a holy grail solution. She explains that it is at your body's discretion how those nutrients are used. Just like with diet, exercise, and water, adding more of just one thing isn't going to make a drastic change. In fact, adding in more of a nutrient than necessary can show how you can have too much of a good thing.

So, if you don't want to go pop a pretty pill, but you want healthy skin and hair, what should you do? Doctors would tell you to eat a balanced diet, exercise and take care of yourself. Health and beauty go hand in hand, and a healthy diet, rather than just relying on vitamins and supplements, can help make you beautiful from the inside out.



THE *INTERN*



Story and Design by Audrey Bennett, Asst. Style Editor
Photos by Jessica Hawxhurst, Photographer
Graphics by Hayleigh Holcomb, Asst. Graphics Editor

The typical day of your average fashion intern as portrayed by the media consists of getting yelled at, getting coffee and getting yelled at again. The fashion intern trope in modern media is characterized as unfair, exploitative and even cruel. Whether it be their appearance or their supposed lack of competence, the fashion intern always seems to be criticized in their place of work. However, the intern life in reality is not as it seems in movies like “The Devil Wears Prada” or “Cruella.” Internships offer a great deal of constructive experience that, contrary to popular belief, does not break your spirit.

According to the fashion intern stereotype, the intern spends their time completing tasks that are completely unrelated to the job at hand like getting coffee, ordering lunch or in Andy’s case in “The Devil Wears Prada,” hunting down an unreleased copy of Harry Potter for her editor’s twin daughters. However, in reality, internships prove to be a way to get involved in a field of interest.

“It was definitely viewed as a learning and professional development exercise, and for a lot of companies, it’s a recruiting tool,” Senior Haven Hendrix said. “Even if it’s a competitive internship, they’re generally very nice to you because they want you to come work for them.”

Employers are not out to get their interns. In fact, they are there to help facilitate a learning experience. Interns shouldn’t have to go into an opportunity in fear because the fact that they were selected for the position means that they have something that the company values.

“Specifically, in that field of fashion, while it is a truly competitive field, if you are selected for an internship that means you’ve submitted a really good resume,” Peer Career Advisor Anna Kelly Lawless said. “I truly believe that if someone hires you for that kind of position, it’s going to be a learning experience for you, and while not everything is going to be fluffy and bunnies, it’s going to be a way to find out if you like the field or not.”

Of course, internships, fashion or otherwise, aren’t going to be perfect. People and tasks can still be difficult, and while an intern is hand selected for their skills, they are still an intern.

“The reality is that you’re an intern, so you’re not considered in the industry or in the field yet, so you’re getting some of the grunt work,” Hendrix said.

There is also a possibility that some workplaces do create a bad environment, and it is important to take precautions when applying.

“I think that there is a little bit of truth in all of those movies,” Associate Director of Employer Engagement Lauren Weldon said. “Doing things like looking up companies on Glass Door, the reviews on Indeed and Handshake can really help prevent you from being in a situation that is toxic or isn’t a great environment.”

It is good to keep these warnings in mind, but aspiring interns shouldn’t be afraid of applying, of their workplace or even of their supervisors. Not every boss is like Miranda Priestly in “The Devil Wears Prada” or Baroness von Hellman in “Cruella”, and it is okay to approach them with questions.

“I truly believe that if someone hires you for that kind of position, it’s going to be a learning experience for you.”

Anna Kelly Lawless

“If you see that the team that you’re working with is going to a meeting and you haven’t been invited to that meeting and you know what it’s about and you’re interested in that field, just be like, ‘Hey can I come sit in on this meeting?’” Hendrix said.

Putting yourself out there as an intern expands your opportunities and reveals to the employer that you care about the industry. Even if the request is denied, an intern won’t be penalized for showing interest.

“The worst they can say is no, and they know that you’re learning, so I don’t think they’ll be surprised if you ask to be included in things,” Weldon said.

Internships and their supervisors provide a way to learn about what you are and aren’t interested in as well as a way to make

connections in the professional world. If someone is interested in pursuing an internship, there are numerous resources available to Berry students.

“Use LinkedIn,” Lawless said. “Use the alumni section of LinkedIn. Go to the Berry College profile, click the alumni, find people who are interested or who have the position that you’re thinking of, and network. Our peers can also do appointments with you on Handshake. Schedule an appointment with us.”

Although the media portrays fashion internships in a negative light, they are not something to be afraid of. Internships are positive experiences that shouldn’t be approached with anxiety.

“By all means, don’t stress,” Lawless said. “The right thing will work out.”



Peer career advisors help find internships.



Senior Haven Hendrix reflects on her internship experience.

THE RUNWAY

VS

The Everyday

Story & Design by Grace Price, Style Editor
Graphics by Hayleigh Holcomb

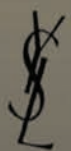


GUCCI



GIVENCHY

FENDI



YVES SAINT LAURENT

VALENTINO

RALPH
LAUREN



Every day our screens are covered with images from Fashion Week, red carpet events, galas, and more. Among all the images of wealth and glamour, one commonality stands out. These high fashion models that are photographed so often are all thin and tall. Women like Kendall Jenner, Gigi and Bella Hadid, and Barbara Palvin are among the 1%, in more ways than one, but why are only the tall and thin desirable enough to frequent the cover of Vogue?

First, it's obvious that modeling agencies have a type of woman that they prefer to hire. According to Back Stage, a company that caters to up and coming actors and models, most agencies look for a model that is 5' 9" and above. On top of this, researchers at Forbes found that the average model is between a size zero and size four. Being so tall and thin means that these models weigh very little. Holly Riordan, a writer at The Hub, explains the more dangerous side to these numbers.

"Even though our society has come to think of models as the ideal size for women, a lot of them are actually underweight," said Riordan. "The average model weighs 113 pounds."

Now, how do these numbers compare to the average American woman? Riordan's research shows that models weigh 23% percent less than the average woman. Doctors and healthcare professionals at Healthline have found that most American women are just under 5 foot 4 inches tall and weigh around 170 pounds. This means that one of the greatest differences between the average model and average woman is their clothing size. The International Journal of Fashion Design, Technology, and Education found that the average American woman is between a size 16 and 18. Despite this being the average, some stores don't carry these sizes, and if they do, they are in low supply.

So, why is there such a difference between models and the women who will be buying the clothes they're wearing? Robert Marmion, a photographer and talent scout with NGM Modeling, discusses a few reasons why this disconnect exists. First, he explains that designers want their clothes to be displayed by tall, thin models because it looks like the clothes will show the wearer in a certain light.

"Their belief is that customers will think their clothes will make them look like the models," said Marmion. This method is often used in advertising campaigns. However, when using models that look drastically different from the consumer, buyers no longer feel like the clothes will make them look like models. Instead, this practice fills consumers with self-doubt and insecurity.

Now, there are more practical, rather than psychological reasons as to why all runway models have the same body.

"Designers can switch clothes out on the models at a moment's notice if they are all basically in the same height and weight range," said Marmion.

Now, countless woman across races, backgrounds, and body types believe that the archetype that is the average model will soon change. Individuals, particularly on social media, are pushing that society will stop glorifying the tall, wealthy, and underweight. Despite this, researchers at Forbes have found that the mainstream model still prevails as a "powerhouse of influence."

It might take longer than expected for shorter and more average body types to be seen on the runway. However, being aware of the issues surrounding the modeling industry is the first step to seeing change on the runway.

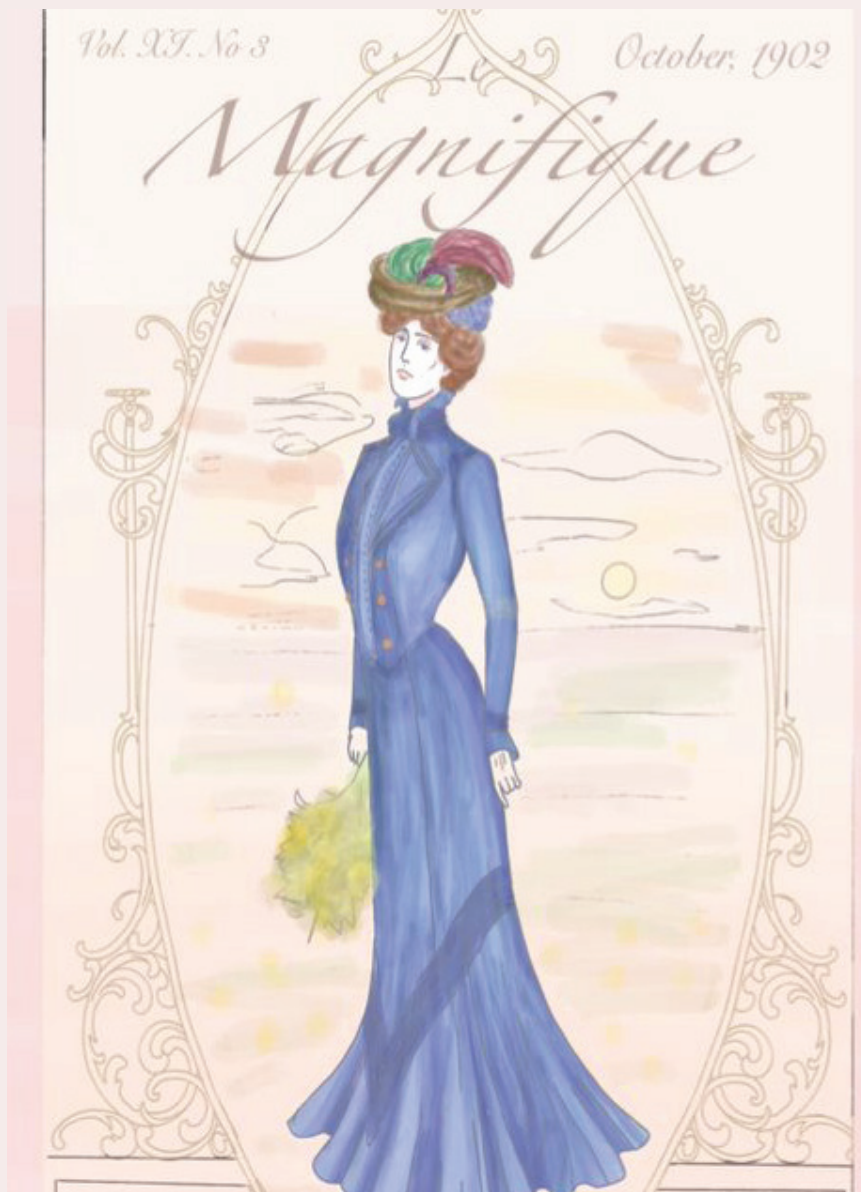


BRINGING



BACK

Story and Design by Audrey Bennett, Asst. Style Editor
Photos by Aurora Hampton, Photographer
Graphics by Hayleigh Holcomb, Asst. Graphics Editor



Fashion today seems to be gravitating toward the past, with a noticeable rise in the popularity of vintage clothing. The term “vintage” is often used by the younger generation to describe fashion as late as the 2000s, but it actually refers to any clothing from another time, with the most recent era being the 1990s. The recent incorporation of vintage fashion into popular culture has been partly facilitated by mainstream media. Period pieces like *The Crown* and *Bridgerton* and movies like *Don't Worry Darling* are bringing the vintage style back into the limelight.

It is important to note that, a lot of the time, the media's interpretation of vintage fashion isn't historically accurate. The line between vintage and modern is often blurred, but this is an intentional choice. Period piece fashion is meant to translate the past into something a modern audience can understand.

“Thinking about *Bridgerton*, when you compare the softer colors of the Bridgerton family to the bright, vibrant clothes that the Featheringtons are wearing, that is not accurate,” Allison Moore, Oak Hill and The Martha Berry Museum Director of Community Engagement & Education, said. “But, the silhouette is there, so it's clear to an audience that the Bridgertons are a well to do and traditional family and that the Featheringtons are the black sheep. By doing combinations of modern trends and historical trends, you can get the right vibe but also have the modern understanding of what those clothes meant to those people.”

Not only is vintage fashion used in media to appeal to modern audiences, but it is also used to symbolize a deeper meaning. Every time period in history has objects that are representative of certain values and ideas. Clothes, in particular, have the power to emphasize these themes. This facet of fashion is played upon in the modern media, especially through the use of vintage clothing.



Sophomore Chloe Vereen reads about vintage fashion.



Bridgerton incorporates vintage fashion.

“In *Don't Worry Darling*, the reason why their clothes are like that is because they're held back by the patriarchy,” sophomore Laura Beth Transue said. “They're not actually in the fifties. I love the blending of modern and vintage because the whole point of it is to try to remind the viewers of this time where women were more oppressed, and they needed to look a certain way because their entire sense of identity was tied to their clothing.”

Among other things, the incorporation of vintage fashion in the mainstream media is credited with the rising popularity of vintage fashion in the way people are dressing today. The corset has become more prevalent as well as the hair ribbons and longer skirts of the fifties. It is a possibility that this new trend stems from a longing for the past.

“People want to go to balls,” sophomore Chloe Vereen said. “They want to be able to dress kind of frilly. They want to be able to wear dresses every day. People want to go back.”

While it may not be the primary reason for the rise of vintage fashion, these style choices in the mainstream media are bringing attention to the clothes of the past. They act as a way to expose modern audiences to times that they were previously unfamiliar with. In all, vintage fashion is a great way to connect with the past and navigate a new facet of individual identity.

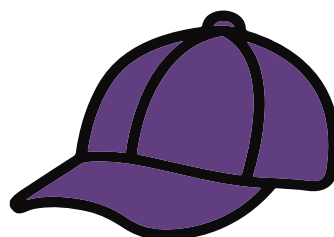
“I definitely recommend exploring vintage fashion because it's very interesting, and you can tell a lot about changes in culture throughout that time,” Moore said. “I think the diversity of choices that people are able to make these days is fun and exciting for people to get to explore.”

IN LIVING COLOR

Story and Design by Audrey Bennett, Asst. Style Editor
Photos by Jessica Hawxhurst, Photographer
Graphics by Alyssa Abrams, Graphics Editor

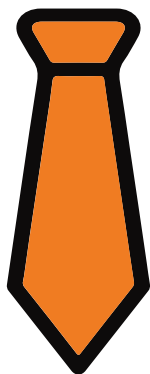


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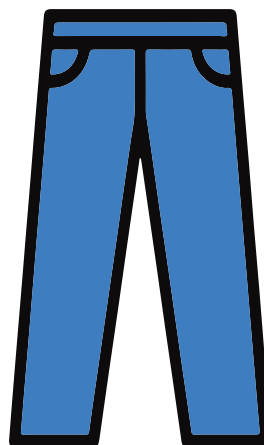


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HAPPINESS



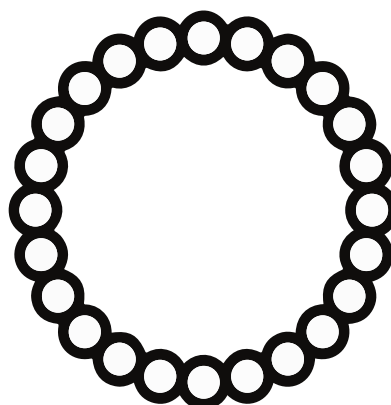
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GROWTH



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Colors are all around us. Because of this, they are often taken for granted. But colors have the power to alter perception, conjure emotion, and tell a story. One way that this occurs is through fashion. Clothes themselves already act as a form of expression, and color only adds to this ability. Through visual media, especially film, the use of color in fashion has a purpose, one that can be analyzed through color theory.

Although colors are some of the most elementary concepts to understand, they are anything but simple.

Brian Carroll, communication department chair said, “We think of color as just a physical property, but it’s not that simple. Color lives at the intersection of sociology, psychology, art, graphic design, and neuroscience. In its simplest form, color theory would try to explain how it is we perceive these attributes of our visual world that we call colors.”

In media, these scientific aspects work within an audience to create a narrative. Color theory provides a way to navigate this story.

“I see it as an emphasis,” Senior Rosalie Kahaly said. “Color is trying to draw the eye in or differentiate a subject from the background or even make a person blend into the background.”

Beyond these complexities, color theory deals heavily with emotion. The colors that a character is wearing are purposeful choices made to evoke feeling in the audience or to connect back to a larger meaning.

“I think of the primary, secondary, tertiary colors and how they go together to create different types of moods or feelings, especially when it relates to film,” Senior Alex Ruble said. “In film and photography, you’re always trying to tell a story or highlight something important, so color can help narrow down the subject of what the topic is about.”

Media is full of examples that illustrate how color theory in fashion is intentionally used to elicit an audience reaction or make associations. One example is the costuming within the superhero-movie genre.

“Think about your charcoals, greys and blacks in *The Dark Night*,” Carroll said. “These are people who live in the shadows and who have their own sense of justice, so color is connoting all of that ambiguity. Superman is bold blue, bold red, and bold yellow.



Each clothing color is intentional.

He’s a black and white kind of superhero. In *Black Panther*, the use of color is so sophisticated, so edifying because it’s so true to the tribal color schemes and patterns of African people groups.”

Not only does color in fashion reference character traits and specific cultural details, but it also serves to isolate a larger meaning within the narrative.

“I really enjoy war movies, so the first one that I thought of was 1917,” Ruble said. “The color palette for that movie was blues and light greens. It was more unsaturated and that kind of gave a dull mood, which really fit perfectly with war and what war is.”

While they may be geared toward children, Disney films often portray this complex phenomenon as well. Purple and black are often tied to power and evil, so most villains are dressed in these colors such as Maleficent, Ursula and Dr. Facilier. On a more positive note, blue and yellow tend to be associated with joy, happiness, trust and loyalty. The fashion choices of characters like Belle, Woody and Cinderella are just a few examples.

Color theory in fashion appears in numerous aspects of life such as film, television and photography. Therefore, having an understanding of the ways the color theory impacts the perception of a piece of media is important.

“I think growing up, instinctually, we associate colors with emotions, so properly pairing them or even opposing them helps moves your audience along with the story,” Kahaly said. “You have to get behind human psychology at the same time along with color theory to use it correctly.”

The power that color theory in fashion holds is echoed by Ruble.

“It sets the feeling for how you want the audience to interpret your story,” Ruble said.

Everything we consume is an attempt at persuasion. Whether a company is wanting us to buy something or a film is wanting to teach us a valuable lesson, color is used to influence our emotions. In terms of fashion, the color of the clothes a character is wearing is not a last-minute detail but an intentional decision to alter our perception. These complexities on the screen work in tandem with our own minds to extract meaning and to stir up emotion.

This phenomenon of color theory as it relates to fashion is best described by Carroll as he quotes French impressionist Paul Cezanne, “Color is a collaboration, of the mind and the world.”



Color theory is specifically utilized in the film industry.

Back to Black

Story and Design by Grace Price, Style Editor
Photos by Ashley Moreno, Photographer

The color black is one of the most adaptable colors in fashion. It can be styled to make you look effortless, chic, serious or intimidating. From vintage Audrey Hepburn cigarette pants to modern street style beanies, black is a mandatory color in one's wardrobe. However, wearing black can be daunting, especially if you do not know how to style it. So, here are ten of the best accessories to wear when you go back to black.

1. Silver or Gold Jewelry

Black typically needs brightness to balance out its own darkness. So, you will often see gold or silver jewelry paired with black clothing. Both gold and silver look amazing with black, and which metal you wear depends on your personal taste. Senior Nick Reich enjoys wearing silver jewelry, particularly chains.

"Typically, I like to pair [black] with chains," said Reich. "Black is easy to accessorize. It can go with anything."



Nick Reich, Senior

2. Statement Earrings

With all black outfits, it's very simple to use earrings as an outfit focal point. Whether with color, texture or size, statement earrings can add another layer of interest to a simple outfit.



Grace Price, Junior

3. Black Sunglasses

One of the easiest ways to spice up a black outfit is by wearing black sunglasses. Not only does this balance the darkness from the rest of your outfit, but it leaves you looking put together and even elegant.



4. Leather Jacket

Because black is such a deep color, you can use texture to spice up your look. Leather and black always pair well, particularly when you wear a black leather jacket.



5. Oversized Coat

If your outfit consists of a tight black base, add an oversize jacket or coat! This can add dimension, texture and another layer of interest.



6. Chunky Shoes

Thick soled or chunky shoes are always a great option for black outfits. They can balance your look by leaning into the deep and dramatic coloring of the rest of your outfit. Sophomore Ashley Moreno likes to wear Vans or Nikes when wearing a black outfit.

"I like having the white on my vans break up the all black fit," said Moreno. "It also just draws more attention to your shoes if you want to go all black... it also lets you dress down."



7. White Top

If you're wearing all black and want to lighten up part of your outfit, consider layering a white top. This will lighten and brighten your look and leave you looking balanced and tasteful.



8. Cream Tote Bag

Just like a white top, a cream tote bag can brighten up any black outfit. Totes with black text are a perfect way to combine all the elements of your clothing. Black clothes and a cream tote can make you look carefree yet polished.

9. Anything Denim

Not every black outfit needs to be all black. You can easily add dimension to a black outfit by wearing a light wash denim jacket or jeans. Sophomore Holly Jordan enjoys layering denim with black.

“Having that tight top silhouette looks really nice with a pair of baggy blue jeans,” said Jordan. “I feel like it’s very flattering on all body types.”



10. A Splash of Color

Finally, black can always be paired with color.

“I like to accessorize black with a splash of color,” said Reich. “It kind of just brings it all together for me.”

Overall, rocking black on black takes work, but it’s worth it. Whether you add texture with a jacket or interest with some jewelry, it’s a treat to go back to black.



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LETTER FROM THE EDITORS

As this year draws to a close, many of us reflect on everything we experienced—the good and the bad. Whether it was a certain test we took, a certain group of people we learned to love or grow distant from, a sudden internship or job opportunity and everything in between... all of it contributed to our growth as people.

Some of us grew in exponential ways. Perhaps you changed your major after discovering your true calling or you impacted your community and changed it for the better. Maybe you helped your friends discover part of themselves. Others may have made smaller strides, like discovering they love a new kind of food, or finally learned how a credit card works. Either way, our characters were built to better handle this thing called life.

This magazine you're holding right now is all about growth, both in its themes and its creation. We learned more about ourselves and our workmates as we put it together, and by reading this yourself, hopefully you too will learn something new about yourself. If not, hopefully you will grow to appreciate these fun little magazines we enjoyed putting together for you and your campus.

Happy Reading!

ABIGAIL MOHLER, EDITOR-IN-CHIEF
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