



# VALKYRIE

MAGAZINE

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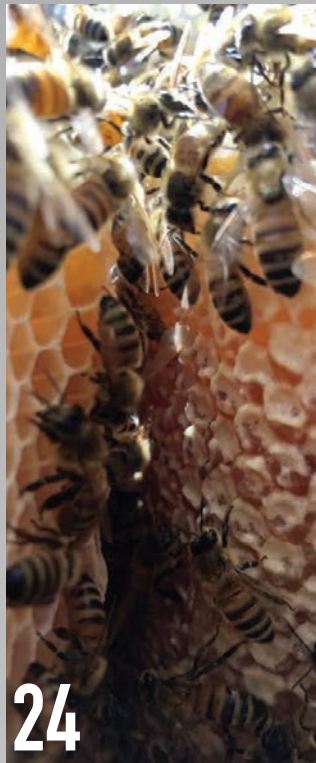
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# The Student Diversity Initiative

## How SDI is Making Change at Berry

Story and Design by Emily Saunders, Issues & Impact Editor

Photos by Parker Luellen, Photographer

Graphic by Jazzy Innis, Graphics Editor



SDI Student Director Samantha Warner, senior, meets with LISTEN Co-Presidents Kalista Shields, senior, and Dylan Swan, junior, in the SDI office.

Many Berry students have heard of Student Diversity Initiatives (SDI), but few know who they are and what they do. According to junior Macilah Taylor, a psychology major who serves as SDI program coordinator and Solidarity Week chair, “We just exist to support all students as they enter this new experience, but also live and learn here for the next four years. We promote diversity, equity, and inclusion, and we’re here to support, uplift, and encourage all students.” She says the most important parts

of her job are getting to hear feedback from students, making sure they feel represented and listened to, and helping them learn through the programming SDI produces.

It is imperative that colleges prioritize supporting minority students in order to help them feel safe, supported, and important. Though SDI is a fairly new organization on campus, they have been incredibly active in student life by not only supporting minority students, but also teaching allies how to do the same.



Taylor has a unique position as SDI program coordinator and chair of the Student Leadership Council: “I assist with all of the programming in our office, but my main role is Solidarity Week chair, and I also oversee communications between the clubs under the SDI office.” These clubs are BSA (Black Students Association); Orgullo (for Latinx students); LISTEN

(for LGBTQ+ students); BIC (Berry International Club); and UNITY (for women of color). Taylor adds, “We also support and help plan all of the programming, especially our general ones: Community Conversations, the African American Read-In, and our new tradition, the SDI Senior Banquet.”



Taylor working in the SDI Office.

“The Student Diversity Initiatives office assists the college in preparing students to contribute and succeed in a pluralistic and complex global society. Student Diversity Initiatives is dedicated to fostering an inclusive academic environment where all students can achieve excellence, supporting the personal development of students as they encounter difference and explore identity, and providing inclusive educational programming that leads to authentic and courageous conversation and learning.”

SDI’s official statement of purpose

The 2021-2022 school year is a busy one for SDI. Taylor says, “We have our general programming, our Social Justice Bites and Community Conversations. We’re also planning events for different months tailored to social identity, so we have some fun stuff for Black History month, Hispanic Heritage month, and LGBTQ+ history month.”

Recently, there have been some exciting new additions to the SDI programming for students, Taylor explains:

“The Social Justice Bites are the newest thing. In the past, we usually have done bigger programming, but these Social Justice Bites make social change more accessible for all by putting these topics into bite-sized, more understandable conversations for smaller groups. It’s not a huge program; they’re only an hour long. The first one we did was called “Diversity and You,” and so we talked about our social identities and how our different identities intersect to create a level of privilege or oppression, and we got to just interact with each other in that way.”

SDI also works to support the clubs under their office by holding biweekly SDI and Student Leadership Council meetings, which is attended by the president/chair and vice president of each club. The director of SDI typically meets with them one-on-one to make sure they’re on track with their programming, as well as ensuring they are adequately supporting students’ needs.

Even when they are not hosting events, SDI is available to meet with students one-on-one to talk about their experiences at Berry and what they would like to see from the SDI office. Taylor says one of SDI’s goals is to get students involved — not just students in their office, but anyone who has an idea for programming.

“You don’t have to work in our office to run a Community Conversation,” she says. “If there’s something in our office you really want us to talk about, if you don’t feel like we’re doing it right or we haven’t done it yet, you can always come speak to us and either run a program yourself, we can assist you in running one, or you can

give us the information and we can plan and run one. That’s something we’re going to be really intentional about this year.”

For those who want to get involved with social activism on campus, there are always opportunities for students to work and volunteer for SDI throughout the year.

“We interview for all our positions. I started out as a program specialist, which is what a lot of our students start out as,” Taylor says. “We have Intercultural Center ambassadors — those are students who are available in the ICC for any student support or meeting that may happen in there. We also have Goizueta Scholar associates, who are in charge of overseeing communication among the scholarship cohorts.”

SDI is committed to providing a safe space for all students. If you want to get involved, you can visit their office in Kranert 331 and follow their Instagram page to learn more about their programs:

@berrycollegesdi

# Berry Beyond the Gender Binary



Story and Design by Emily Saunders,  
Issues & Impact Editor  
Photos by Claire Rowan, Photo Editor

Dawn Lyman, pictured here with  
the nonbinary flag, welcomes  
questions about gender and the  
LGBTQ+ community. She can  
be reached through Instagram:  
[@antifash.gremlin](https://www.instagram.com/antifash.gremlin)

Many of us were taught in school that there are only two genders: boy and girl, and that these genders always correspond with their adjacent sexes: male and female. However, an increasing number of people have felt restricted by the gender binary and do not identify as solely man or woman. Nonbinary people may feel their gender is adjacent to 'boy' or 'girl' (demiboy/demigirl); they may be a mixture of both (bigender, two-spirit); or they could be neither (genderqueer). They may feel their gender is fluid and constantly changing (genderfluid); they might not have a gender at all (agender); or they may feel their

gender cannot be categorized or described. Nonbinary people can use any combination of pronouns, including the binary pronouns she/her and he/him; neutral pronouns like they/them and it/its; neopronouns like xe/xem and ze/hir, among others; or they might not use pronouns at all.

Though trans and nonbinary people have been around for centuries, it is only in recent decades that transgender and nonbinary terminology have developed, making it easier for people to understand and describe their gender. According to the Williams Institute, about 1 out of 328 Americans, or 0.33%,

identifies as nonbinary, and nonbinary people also constitute 11 % of the LGBTQ+ community. Because of their minority status, they unfortunately face bigotry and discrimination, including in education: according to a study by the U.S. Transgender Survey (USTS), 24% of openly trans college students reported being verbally, physically, or sexually harassed at school. With Berry's student body larger than ever before, there is an increased presence of nonbinary students on campus that deserves to be acknowledged, respected, and accepted.

# Terms to Know

**Gender:** one's gender identity as they perceive it. Differences among the various genders are more social and cultural than biological. One's gender may or may not match their sex. Examples of gender identities include man, woman, genderfluid, agender, and genderqueer

**Sex:** assigned at birth based on one's anatomy and chromosomes. Differences among the sexes are biological rather than social and cultural. The sexes include female (xx), male (xy) and intersex (xxy, xxx, xo, xyy, etc.)

**Gender Binary:** the classification of gender into two distinct and opposite categories: man and woman

**Cisgender (cis):** a type of gender identity for someone whose gender aligns with the sex they were assigned at birth. The two cisgender identities are man/boy and woman/girl

**Transgender (trans):** type of gender identity for someone whose gender does not align with the sex they were assigned at birth; this may involve a social and/or physical transition. Most identify as trans-masculine (intersex/female-to-male) or trans-feminine (intersex/male-to-female)

**Nonbinary:** a type of gender identity for someone whose gender does not fit into the gender binary. This identity falls under the transgender umbrella, but not all nonbinary people identify as trans. Many genders, such as agender and genderfluid, fall under the nonbinary umbrella

**Trans-Nonbinary:** a type of gender identity that intersects transgender and nonbinary. A trans-nonbinary person is typically trans-masculine or trans-feminine and also identifies outside the gender binary



Sophomore, Dawn Lyman, a creative technologies major who is trans-nonbinary and uses it/she pronouns, describes gender in this way: "It's really annoying, and it's something that I really don't care for. I just don't like how much importance is placed on gender in our society, like how much people essentialize things based on gender and ignore everyone else that isn't a man or a woman."

On the other hand, freshman Samantha Tisinger, an animal science major who uses they/them pronouns, says being nonbinary is liberating for them: "I feel like I'm not tied down by gender roles. I don't identify as 'girl' or 'boy,' so there are no expectations to be either. I can do what I want, and I carry myself in a way that makes me feel proud."

Lyman and Tisinger have made trans and nonbinary friends through LISTEN, Berry's organization for LGBTQ+ students and allies, which can be found on Instagram: @bc\_listen . However, they still face numerous obstacles at Berry due to their gender nonconformity. According to Lyman, "It's awful. With housing, there's no gender-neutral options except Oak Hill and Centennial, but they're more expensive and Oak Hill is far from campus." It also pointed out the minimal amount of gender-neutral bathrooms on campus, which makes it diffi-

cult for her to plan her day.

Though meeting new people can be exciting for most of us, nonbinary people must prepare to potentially face bigotry each time they introduce themselves on campus. "One of the challenges is that you don't know when you first meet people if they'll be accepting of you," Tisinger explains. "Because we are in the South, some people might not be as accepting. When I introduce myself, sometimes I don't know exactly what to say because I don't know if they will respect me or not."

Due to a lack of common knowledge on nonbinary gender identities, cisgender people can often have a narrower perception of gender, which can create problems for nonbinary and trans people. "Cisgender people think that gender is a really easy thing to understand, or that it can be simplified into any number of boxes," Lyman says. "But at the end of the day, it's just not that simple, and it's not really helpful to try to break anything down into rigid categories."

Tisinger agrees that the lack of education on different gender identities is a huge problem for trans and nonbinary people: "People don't know what nonbinary means. They think 'nonbinary' and 'trans' are interchangeable when they're really not ... What your pronouns are and what you wear does

not define your gender."

Some Berry professors have attempted to accommodate trans and nonbinary students by having all students announce their pronouns in class, but for Lyman, this is not a helpful solution. "For me, it's uncomfortable to announce my pronouns in a room full of cis people," she says. "It's Berry College, so it's not the best environment; it's hard to know where you are safe and where you are not." It says the best way for professors to learn students' pronouns is to have them tell the professor privately.

To make nonbinary people feel more comfortable, cisgender people can pay attention to people's pronoun pins, as well as put their own pronouns in their email signature, social media bios and on nametags. "If everybody introduced themselves with their pronouns, especially if they were cisgender, it would make it less taboo for nonbinary people," Tisinger says.

Widespread education and awareness of trans and nonbinary people on campus would help them feel more welcome and accepted. Contrary to popular belief, nonbinary people are not defying gender norms for attention. Tisinger concludes, "Just be nice to other people. We're not trying to change the world; we just want to be respected and understood."

# We're "Berry" Overcrowded

Story and Design by Vanessa Belanger Issues & Impact Asst. Editor  
Photos by Claire Rowan, Photo Editor



The newly renovated Oak Hill Residences.

In the 2021-2022 school year, Berry has admitted more students than ever before. This large incoming group has resulted in a housing crisis on the college's 27,000 acre campus, forcing students to find housing off campus or in alternative housing, such as the new Oak Hill Residences. Students have faced countless challenges and frustrations as they simply try to find housing or adjust to their new spaces.

Kendall Varitek is a sophomore transfer student. When she was admitted to Berry, she was left without the option to live on campus. She spoke about a challenging experience with Berry Admissions and Residence Life as she transferred in: "I was supposed to be on some sort of list as a transfer sophomore in order to live in on-campus housing, but since they admitted so many freshmen, I think that they got priority [in on-campus residences]."

Varitek planned to live on-campus until she was told that she would have to find off campus housing shortly before school began. She said, "It was frustrating to have to scramble to find somewhere to live like a month before school started."

Due to the limited amount of time that she had to find housing, most apartment complexes close to the school did not have the capacity to house her so quickly. She eventually found a place to live, but she had to move into an Airbnb with her roommate, a fellow soccer teammate, for the first month of school.

"I was in an Airbnb, a little temporary house. We finally got to move into our apartment in September, which was exciting," Varitek explained.

Down the road, Emily Lafferty-Bergin is a junior living in the Oak Hill Residences. She enjoys living at Oak Hill, but she said that the place was unfinished at move-in: "When we first got there, there was a lot that they told us would be there that was not initially." Lafferty-Bergin said this included a gate for the residence, laundry facilities, a common space and hot water.

"You've got to admit, they did it all in eight weeks which is impressive," she said, "And now that they have gotten the ball rolling on everything and they are finishing it all up, it has definitely gotten better."

Oak Hill has proven to be a good fit for Lafferty-Bergin as it has come together. She has a diabetic alert service dog named Blue, and this space accommodates the two of them.

"Being able to shower and not have to bring him down the hall and into a shower stall has been great," she said.



Three beds sorted into one bedroom up at West Mary. Freshman Sarah Fincher shares the bedroom with two other girls, as well as a common space with three more roommates.

As an institution, Berry emphasizes its close-knit community which they say is facilitated by most students living on campus for their four years here. Berry's community is something special and it is often on-campus events, like those hosted by KCAB, that promote much of its community-building efforts.

Now, a higher percentage of Berry students live off-campus than ever before. According to the Berry Admissions webpage, "There are about 2,100 undergraduate students and 100 graduate students. About 1,850 students live on campus." This means about 12% of Berry students are living off campus for the 2021-2022 school year.

However, Lafferty-Bergin and Varitek have both still found ways to be a part of Berry's campus life, despite being a little farther away. It may have been a little harder for them, but they have found their pockets of community, though they do not exactly look like KCAB events.

"Being a first-year Berry student, I was looking forward to living on-campus just to build more connections with people. It would have been a plus to live on campus," Varitek said. However, she has found community in other areas. She added, "Being on the soccer team has helped me fulfill those connections."

Lafferty-Bergin also still feels like a part of Berry's campus, despite being six minutes down the road. "You still have that separate little community there at Oak Hill, and I know all of us living there have gotten really close. You know, we're the first people living there and have had to talk to Residence Life about all the different things. So, I think I'd say we're all closer to everybody living there and it's built community there," she said.

Even in Berry's on-campus dorms, students have run into some surprises.

Sarah Fincher is a freshman living in West Mary. She was surprised to learn late this summer that she would be living with five other students instead of just her roommate.

"Coming in as an introvert, I was like, 'Hmm, this will be a lot.' Going from a giant room at my own house to a tiny little bedroom with three girls in it was definitely an adjustment," Fincher said.

The space includes a common space, complete with a fireplace, and two small bedrooms, with three girls in each room.

"We each have our own little 'cubby' space in the common area. Then there are two small bedrooms with doors that close. The way everything is set up, the bedrooms are only big enough for the beds," Sarah explained.

In years past, most Berry students have not had to face these housing challenges. However now that the student population has grown to this size, it begs the question as to what the future of Berry Admissions and Residence Life will look like. Will the 27,000 acre campus be large enough?



Junior, Emily Lafferty-Bergin and Blue outside Oak Hill Residences.

# Turning a New Leaf

## How Students at Berry are Fighting for Climate Justice

Story and Design by Emily Saunders, Issues & Impact Editor

Photos by Claire Rowan, Photo Editor

Graphic by Jazzy Innis, Graphics Editor



Sydney Nelson, a biochemistry/biology major, and Noah Guthrie, a creative writing major, hold a pro-environmental poster.

Seventy per cent of the world's greenhouse gas emissions over the previous two decades are attributable to just 100 fossil fuel producers; 20 of those producers, many of them oil and gas corporations like ExxonMobil and Royal Dutch Shell, are responsible for 33 per cent of emissions, according to a 2020 article from the BBC and a 2019 article from The Guardian. In recent years, teenage environmental activists like Autumn Peltier, Greta Thunberg and Isra Hirsi have taken the world by storm with their desperate cries for change while many politicians and businesses remain silent. Why, then, have students taken up the fight against climate change when they are not the ones who have caused it?

Two of Berry's most passionate climate activists, junior Noah Guthrie, president of Students Against Violating the Earth (SAVE), and junior Sydney Nelson, vice president of SAVE, explain what drew them to this calling. "My love for the environment began with animals when I was very young," Guthrie says.

"From there, I became a vegetarian when I was 16, and I became more aware of animal cruelty issues. In high school, I learned more about environmental issues like pollution and ocean waste. I then learned more about climate change during an environmental internship that I took during my gap year with A Rosha, an international Christian environmental organization in British Columbia."

As a freshman at Berry, he got involved with SAVE, an organization that seeks to raise awareness about environmental issues and create positive change on campus that will lessen Berry's carbon footprint. Starting out as the vice president under then-president Margaret Hamilton ('20), he was nominated for president upon her graduation, a position he has since happily held. Nelson similarly dates her environmental consciousness back to her childhood.

"Growing up in the suburbs, my family was pretty involved in environmental initiatives. We had an organic garden, a compost pile, rain barrels. It was kind of just ingrained in my life. From an early age, it was normalized for me," Nelson says. "My views became more political when I was coming into college. I did a lot of reading the summer before my freshman year. These books talked about how environmentalism encapsulates all of the issues society deals with, such as inequality, racism, and fascism. That just made me more passionate about environmentalism, especially within the context of climate change; that's the issue I care the most about."

These discoveries encouraged Nelson to take environmental studies classes here at Berry, leading her to add a minor in the subject. "My environmental studies classes have really showed me the intersections between environmentalism and other issues," she says. "It has also shown me how important it is to be aware of environmental issues, whether you're actually pursuing it as a career or you're doing something else with your life. You can always use that knowledge to help others and help the Earth, because it's relevant to all of us."

Now more than ever is the time to act in order to save the planet from permanent climate change, especially since it impacts issues concerning race, the economy, and politics. "Environmental issues create a lot of other issues in society, because if we don't have a functioning ecosystem, a decent quality of human life can't exist," Nelson says. "I think because environmental stability is so necessary for all these other conditions that are important to making a good life, that's one of the things we should address first."

Guthrie's reasons for caring about the environment take on a moralistic approach. He says, "On a religious or philosophical level, I believe God created the universe good, that matter was created beautiful and it has an innate value, regardless of whether it's helpful to humans or not, and that it's actually part of God's salvation plan." He adds that our most vulnerable populations are the ones experiencing the worst of climate change, so we should be concerned about helping them: "There are issues of environmental justice: minority/colored communities and the Global South tend to be more affected by climate change.



Those who have been marginalized by society tend to be hit harder by environmental issues, like the Marshall Islands people. If we aren't taking care of the earth, that will trickle down all throughout our systems. It's about effects on multiple levels. Our inability to live sustainably with the fields, with the animals, affects human society, the Earth and animal health. All things are interconnected. We can't trash the Earth and hope to get away unscathed."

Despite how things look now, there is still hope through student-led activism. According to Guthrie, "SAVE encourages a low-waste relationship with the environment, such as raising awareness about reducing, reusing, and recycling; raising climate consciousness; and to encourage a mutualistic relationship with the environment, meaning both people and nature can mutually thrive off of one another. We also like to just celebrate the natural world. In environmentalism, there's a lot of focus on just fixing problems. We're not just trying to fix the world, but actually celebrate it."

Nelson adds, "SAVE has a variety of goals. We don't focus on one particular issue; we like to take feedback from our members and find things people on campus seem excited about relating to environmentalism. One thing we're preliminarily exploring is using reusable takeout containers at d-hall instead of the Styrofoam containers. In studies where other schools did this, it was actually cheaper in the long-run."

SAVE also organized Berry's recent installation of water-refilling stations in

dorm halls. "People ultimately save money, it's a lot more convenient, and it's good for the environment. Finding ways that we can influence change on campus is not only in our interest, but in Berry's financial interest as well," Nelson says.

Being a student activist comes with its fair share of challenges, Nelson says: "It's difficult to find people who are passionate about climate change in older generations because it seems very distant from their lives. It isn't affecting them personally if they're living in a developed country. I think that younger people are starting to realize the effects that climate change will have in the next few decades, in the prime of their lives."

Concerning Berry, she adds, "At a place like Berry, it's difficult to get people involved because people are passionate about a lot of different things at the same time. Because people are so busy, we could possibly be taking them away from something else that they're passionate about."

Despite these challenges, they both encourage student activism. Guthrie says, "College students have just as much of a voice as anyone else. We're adults, we have a vote, we have the ability to do demonstrations, to organize initiatives. We don't need to wait to graduate before we start having a positive impact on the world." Nelson agrees, adding, "Student activism comprises the bulk of people who are really passionate about climate change. It keeps the issue in the public eye."

If you are interested in getting involved in environmental activism, you can follow SAVE on Instagram: @bc\_save

# Hard at Work

## Has the Unemployment Crisis Burst the Berry Bubble?

Story by Abby Grace Schrader, Writer  
Design by Lily Watson, Editor-In-Chief  
Photos by Carson King, Photographer

A record number of workers have lost their jobs due to the COVID-19 pandemic. As unemployment rates continue to rise, “help wanted” signs hang in the windows of more and more restaurants. Why, then, are so many businesses struggling to hire in an economy where unemployment is so high? If the labor shortage worsens, the economy could suffer irreversible effects, and there is no telling what the possible consequences could be. Unemployment rates have been fluctuating unpredictably due to the pandemic. This has affected business everywhere, forcing many to shut their doors temporarily or even permanently. This has also affected the typical American family, whose average income has dropped as a result. When workers are unemployed, their families lose money and are less able to contribute to the economy. Any goods or services that would have been produced are lost.

While many businesses are struggling to hire during this time, Berry College has not had that problem. In fact, with a record number of incoming freshmen, Berry has had to create more jobs. With this high influx of new students, some freshmen feel that they are not making as much money as they could or should due to the limited number of hours they are permitted to work. To deal with this, some students have decided to get jobs off campus at local establishments, an easy feat with the number of places constantly hiring.

Freshmen Brandin Carter and Millie Rose Carter work at Lumina Coffee, a well-known and beloved café off campus that is frequented by students. Carter says, “I work 18-20 hours over four days at Lumina and six hours over two days in the Office of Admissions on campus every week. Most of the time, I don’t feel overworked, and that has a lot to do with me creating a balance in my life. I constantly have to remind myself of the reality of the real world, which is balancing the responsibilities of life. This is why it’s fair to say that I like having two jobs. I love the challenges and experiences that come with those jobs.”

Carter has a very optimistic viewpoint of having a job both on and off campus. He also said that while the unemployment crisis did not push him to get another job, it definitely benefited him. “I personally like to be busy, and working six hours a week on campus a week wasn’t enough to keep me busy, so I chose to work off campus in a job that would respect the priority of my mental health and my education coming first before my position as an employee at Lumina.”

Carpenter says, “My off-campus job at Lumina can be fast-paced or quiet and cozy. I work in Berry’s Office of Business and Finance. Some days I have a lot to do and some days it is more relaxed... The only impact I can see of the job crisis on my job is that my off-campus boss is very willing to be flexible and make sure I have what I need to keep working there, because he desperately needs the help. I simply needed a way to pay my car insurance and other bills. Adulting, am I right?”

It would seem that the unemployment crisis that was brought on by COVID-19 has impacted jobs for students both on campus and off. For Carter and Carpenter, they love both of their jobs and feel supported by both to get their education. While businesses continue to struggle to hire more workers, Berry thrives, as well as local businesses that have hard-working students willing to put in the extra work. With attitudes like theirs, there is hope that the economy will bounce back in no time.



# Adjusting and Learning



Story and Design by Vanessa Belanger, Issues & Impact Asst. Editor  
Graphics by Hunter Padgett, Asst. Graphics Editor

After a year and a half, it is not an exaggeration to say that the COVID-19 virus has now impacted every part of our lives. As a collective whole, we have all suffered loss—whether that be a lost loved one, lost time or lost experiences. A huge loss, felt by teachers, parents and kids alike, has been the loss of the in-person classroom. This past fall, vaccines have encouraged a return to a more familiar learning environment, but for over a year most classrooms were found on Zoom. This experience was frustrating for students and instructors alike, particularly grades K-12.

Bebo Saucier is a senior secondary education and English major. She observed two virtual 12th grade classrooms last spring, as well as one in-person class. For the virtual sessions, she would still go to the school during class, and she sat in the same room with the teacher but on different screens.

“Even just observing his virtual teaching, it was a lot different than his in-person teaching... It was kinda sad. It was like he was just talking to the screen,” Saucier said.

She said that out of an enrollment of about 25 students for each class, less than ten kids would come regularly. Even then, it was hard to communicate with the students that did show up. Students were not allowed to turn their cameras on for privacy reasons, and they chose not to unmute themselves.

Saucier explained, “They would use the chat function exclusively. And there were some days when the students might walk away from the computer and leave the class on in another room, and they just wouldn’t even use the chat function.”

It is difficult for kids to pay attention to class in a virtual setting. It is less engaging, and kids are not held accountable in the same way that they would be in an in-person classroom. This has effects on most kids’ learning.

“I can’t say that I think they learned a lot,” she admits. “With what such little amount of interaction the students had, I don’t think they could have absorbed the information very well. And their grades reflected that. It was not a good situation for them. Virtual learning just didn’t work well for most students.”

However, Saucier did witness and learn firsthand how important it is to differentiate and individualize learning for students and their different learning styles.

“There were a couple of students who were very active in the chat, whereas when they were in-person, they wouldn’t say anything—they just sat in the back,” she explained. “I can’t say that virtual learning is ineffective for all students; it is for most, but there are some students who are a lot more confident online than they are in person.

So, they were able to learn more and feel like they could participate in class more. I think that was one good thing, learning how to deal with students who might not be confident enough or have too much anxiety to speak in person. It gives them an alternate way to participate and learn.”

**“I think being in-person is helping the students a lot more -- they are more engaged. We’re trying to build back up that bridge now that we are in-person.”**

Saucier’s student-teaching classes are all in-person this semester. It is easier to gauge student involvement and participation, and this helps students learn and helps educators teach and evaluate their students. After such a long period of virtual learning, the educators find themselves with a lot of work to do, but they also are excited to be back in the classroom and are hopeful to build back kids’ education.

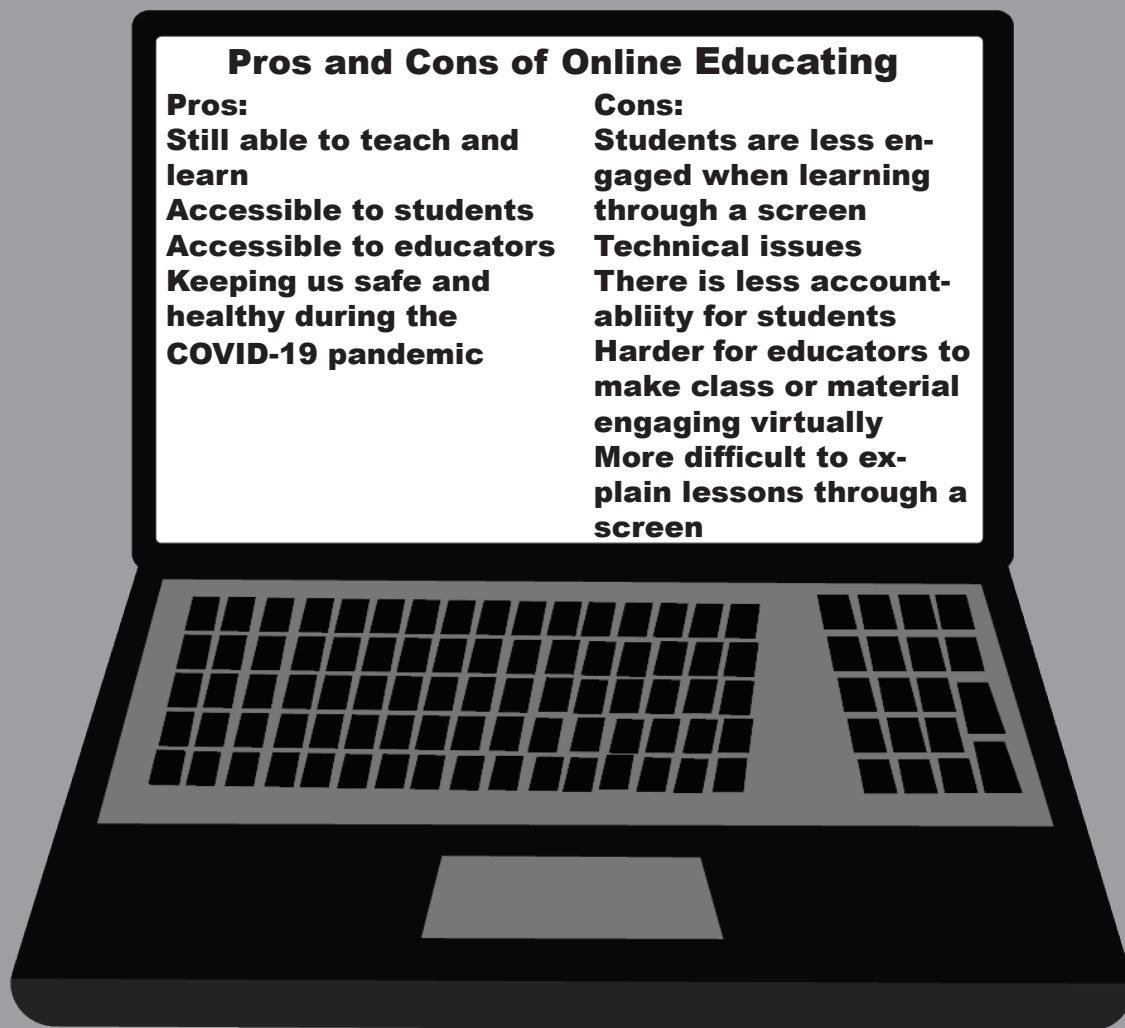
“I think that being in-person is helping the students a lot more—they are more engaged. We’re trying to build back up that bridge [of missing pieces of knowledge] now that we are in-person. It’s challenging but it’s worth it,” Saucier said.

Learning doesn’t just exist in the classroom, though. Online instruction continues through other programs, ones facing their own unique set of challenges.

Nathania Cortes, a senior secondary education and English major with a teaching English as a foreign language minor, is the student supervisor and coordinator of the tutoring program at the Open Door Home. This is a transitional home for kids to give them a safe space from harmful situations at home, with the goal of reuniting these families at some point when the environment is safer. This program provides middle and high school age kids with homework and studying help.

Cortes has been working with them since her sophomore year, and her passion for the program shines through. She has experienced tutoring in both an in-person environment and a virtual one.

She explained her in-person experience: “Whenever I would go tutoring, the students were really sweet.



You could tell sometimes that maybe they didn't want to do their homework or they had a lot going on emotionally. But, once you got to know a student really well, it was really good. You built a connection with them."

When COVID hit, the tutoring continued but in an online environment. Amidst all the other challenges of the start of the pandemic, this was a difficult shift.

"When COVID happened, [online tutoring] did not go well at all. It was really easy for the students to turn off their cameras when they weren't in the mood to tutor. Also, there were a lot of technical issues, so it wasn't even the students' fault sometimes," Cortes said.

Poor connections, blurry screens, and lagging communication all made this tough situation more difficult. Beyond technical difficulties, though, these students were dealing with the emotional stress of the pandemic and struggling with a loss of routine and personal interactions.

"If their technology was down or they just turned their cameras off, there was no way to get them tutoring. So that was a struggle. I would say that I really didn't do very many successful tutoring sessions this past year, at all," Cortes admitted.

It was also hard on the tutors when the students did show up. They were challenged to break through the virtual barriers between them.

Cortes gave an example: "There was one girl who was doing GED tutoring, so she was really motivated. You had to find out how to work around the challenges, because it's so much easier when you can point to a paper and say, 'Look at this.' Instead, we had to screen share."

Still, these tutors worked hard and were able to make successful online sessions happen.

Now, happily, after a tough year of challenging sessions, the tutoring program has returned to an in-person environment.

Cortes explained, "I just think it goes so much better when it's in-person rather than online. I was going to be sad if it was online again this year... Honestly, we didn't do very much tutoring the past year. It was hard for the students to show up, or when they did, we couldn't really tutor. So it was hard to schedule tutors."

"We're getting people back this year, and hopefully we can stay in person and rebuild the program again," she added.

The work of teachers, tutors, and educators throughout this pandemic cannot go unnoticed, and neither can the struggles and resilience of these young students. Education is essential to the health of our society, and now as education returns to a largely in-person environment, it offers hope and a sense of stability for kids and educators alike.

# Humans & Animals: Extinction or Protection?

Story and Design by Holly Jordan, Asst.STEM Editor

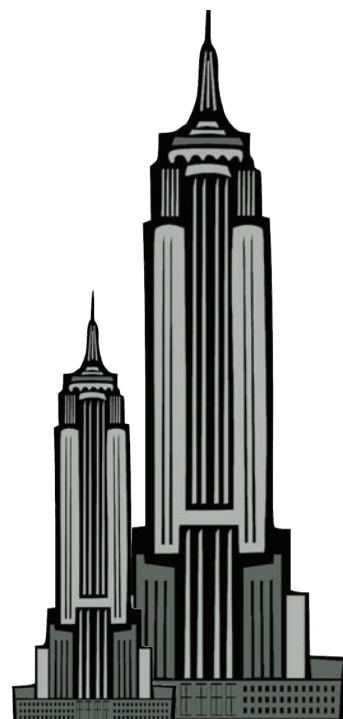
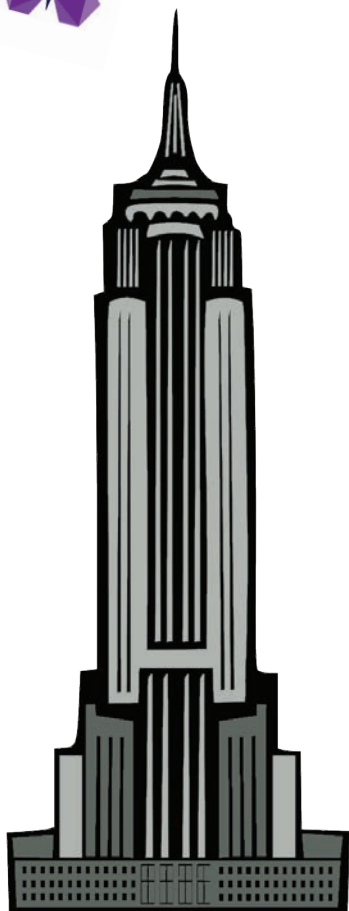
Graphics by Jazzy Innis, Graphics Editor

As the city of San Francisco sprang up in the dune-laden lands of California over a century ago, the Xerces butterfly's habitat disappeared with each new building, Sabrina Imbler of the New York Times reports in her article "This Butterfly Was the First in North America That People Made Extinct." The butterfly used to be widespread across the area, but, in 1941, long after San Francisco had been established, the last Xerces butterfly was collected and killed by a Lobos Creek entomologist.

While the common belief is that climate change is the main reason for species extinction, it has become more clear throughout time and from situations similar to that of the Xerces butterfly that human action has had the most impact on species becoming endangered and/or extinct. However, there is also substantial evidence that supports the notion that humans can help endangered species as much as they can harm them; humans have also been known to be capable of amazing extinction prevention and conservation techniques. So, this begs the question of which impact humans have had the most when it comes to endangered species: have they caused more harm or good?

There are many instances of human impact damaging species' habitats, which, in turn, cause those species to become endangered. As exemplified in the Xerces butterfly's case, city development is one of the most common reasons an animal's habitat is destroyed. When humans decide they need more buildings to work and live in, most city developers do not hesitate to drive animals out of their habitats or to cut down their trees to make room for those buildings. This, coupled with the "farming, logging, mining, and damming" that Catrin Einhorn (also of the New York Times) lists as additional forms of human actions that contribute to habitat degradation, takes away animals' places to live, which cuts off their access to vital food and water sources. Without a habitat and consistent, dependable food sources, species are likely to become endangered, which, if not remedied quickly, can lead to total extinction.

Even in instances where humans have altered animal habitats to help species repopulate, it has ended up causing more harm than good. Margaret Renkl details a situation like this in her opinion piece for the New York Times entitled "How to Prevent the Worst Case Extinction Scenario." The Tennessee Wildlife Resources Agency was planning on cutting down 2,000 trees in order to help protect the grassland-dwelling Northern bobwhite quail. While this seems like a noble endeavor, many people were concerned about how much this plan would actually help endangered species. They both commented on the financial risk of the plan (e.g. how expensive it would be), but there was also worry over what the animals who inhabited that forest would do once the trees were gone. Their entire habitat would be altered. That, along with a brand new species being introduced to the environment, would cause a severe imbalance in the ecosystem of that area, which would, of course, lead to the endangerment of the



species native to the forest.

However, not all human intervention causes damage to animal habitats. In fact, there have been many human actions that have protected animal species from endangerment and/or extinction. For example, there has been a lot of legislation passed that works to legally protect animals and their habitats from being destroyed, such as the Endangered Species Act of 1973. According to the U.S. Fish and Wildlife Service, "The purpose of the ESA is to protect and recover imperiled species and the ecosystems upon which they depend." This act, along with other policies, actively works to conserve habitats of endangered species and to recover the habitats that have already been tampered with. Government policies are very efficient ways to regulate habitat and species degradation, since there is more monitoring and evaluating of the situation when animal habitats and populations have the potential to be impacted by humans.

Another way humans aid endangered species is by advocating against the government policies that actually harm animals and their environments. Renkl describes another situation in which the government was involved in enacting a policy, but, this time, it was not in favor of the animals. In 1975, the Tennessee Valley Authority was planning on building a dam on the Little Tennessee River. The dam was going to prevent the snail-darter fish that were native to the Little Tennessee River from being able to reproduce, which caused the species to be classified as endangered. Many locals were extremely perturbed by this dam affecting the snail-darters so negatively, and their argument against the dam being built made it all the way to the Supreme Court. Unfortunately, the Court ended up having to allow the Tennessee Valley Authority to build the dam, but, due to the unwavering advocacy of the many people who were anti-dam, the fish were moved to other rivers that had better conditions for them than the Little Tennessee River would once the dam was built, and the species was no longer classified as endangered. This instance clearly demonstrates that advocacy against harmful policies are powerful and effective in protecting animal species from endangerment.

Humans can also contribute to wildlife conservation by helping to protect the animals that inhabit human-dominated areas. Most conservation efforts are focused on protecting animals in forests, rivers, and other areas where wild animals are the dominant populations. And while that is extremely important, it is just as important to protect animals that live near a large human population. One of the best examples of this kind of local conservation is occurring right here at Berry College: the Berry bald eagles. The Berry Eagle History webpage states that the eagle nest was first spotted back in March of 2012 right beside

the Cage Center parking lot. Since that initial sighting, Berry has been working tirelessly to protect the birds from any human-inflicted harm, even to the point of relocating the building of Valhalla Stadium in 2014 so the eagles' tree would not have to be cut down to make room for that. The webpage also states that the eagles are protected and monitored by the Georgia Department of Natural Resources, and the Department is constantly checking in on the eagles with non-invasive camera equipment to make sure there has been no harm done to them. Even though the eagles' living situation on campus could be extremely dangerous, Berry College has been working diligently to protect the animals and their habitat, which has helped to prevent the eagles from endangerment.

Although there is no doubt that human impact is a major cause of habitat degradation and species endangerment, the fact that humans also heavily contribute to the protection of wildlife and their habitats cannot be ignored. Since humans have, seemingly, contributed equally to both sides, we may never really know which one has had the most human intervention. But what's important is that somehow, some way, there is something happening to protect endangered species and their habitats.



# Astral Projections

Story and Design by Annabelle Norton, STEM Editor

Graphics by Jazzy Innis, Graphics Editor

From lunar and solar eclipses to super moons and meteor showers, the night sky is constantly offering spectacular experiences. One can break out a picnic blanket and spend any evening picking out constellations from the stars, or one can mark their calendars in advance and throw a viewing party for the Blue Moon.

If you're a student at Berry College, it's likely that you've watched the sunset at Fouche Gap or tracked the phases of the moon from the field in front of Frost Chapel. The campus is also home to the Berry College Pew Observatory, and the Tellus Science Museum is no more than a 40 minute drive away in Cartersville. The Tellus observatory hosts events every weekend, teaching workshops that instruct the participants on how to view the sun, moon, and stars through their telescopes and the naked eye. At their Bentley Planetarium, they display educational programs about the history of the galaxy as well as tours of the current night sky.

However, you don't need a fancy telescope or ticket to an observatory to enjoy the solar events that 2021 and 2022 have to offer. There are quite a few movements in the sky that you won't want to miss. We've marked our calendars for these upcoming astronomical events.



August and September, 2021: In late April, the "Pink Moon," or Super Moon, was full for three days. "Supermoons" occur when the moon is full and closest to the earth. In September, the new moon was a "Blue Moon" because it was the third full Moon in a season that has four full moons.

November 18-19, 2021: The partial lunar eclipse begins at 2:18am, November 18th and will reach mid-eclipse at 4:02am November 19th. It will be in the same binocular field as the Pleiades star cluster.

May 15-16, 2022: The total lunar eclipse will be viewable only in the eastern half of North America. Totality begins at 11:29pm, May 15th. Mid-eclipse occurs around midnight the 16th, and ends around 1am.

The Pew Observatory was originally built in 1988, and is still used on campus today. If you would like to schedule a visit, you can contact Dr. Todd Timberlake, Professor of Physics & Astronomy and director at Berry and of the observatory. Dr. Timberlake hopes to start hosting star parties again this semester, which are open to anyone in the Berry community. Star parties include telescope viewing and a tour of the constellations. Star parties might also be scheduled for special astronomical events. The observatory is located on the Mountain Campus of Berry College. The buildings are just off of the dirt road between the Gunby Equine Center and the Possum Trot Church.



Photo by Brant Sanderlin

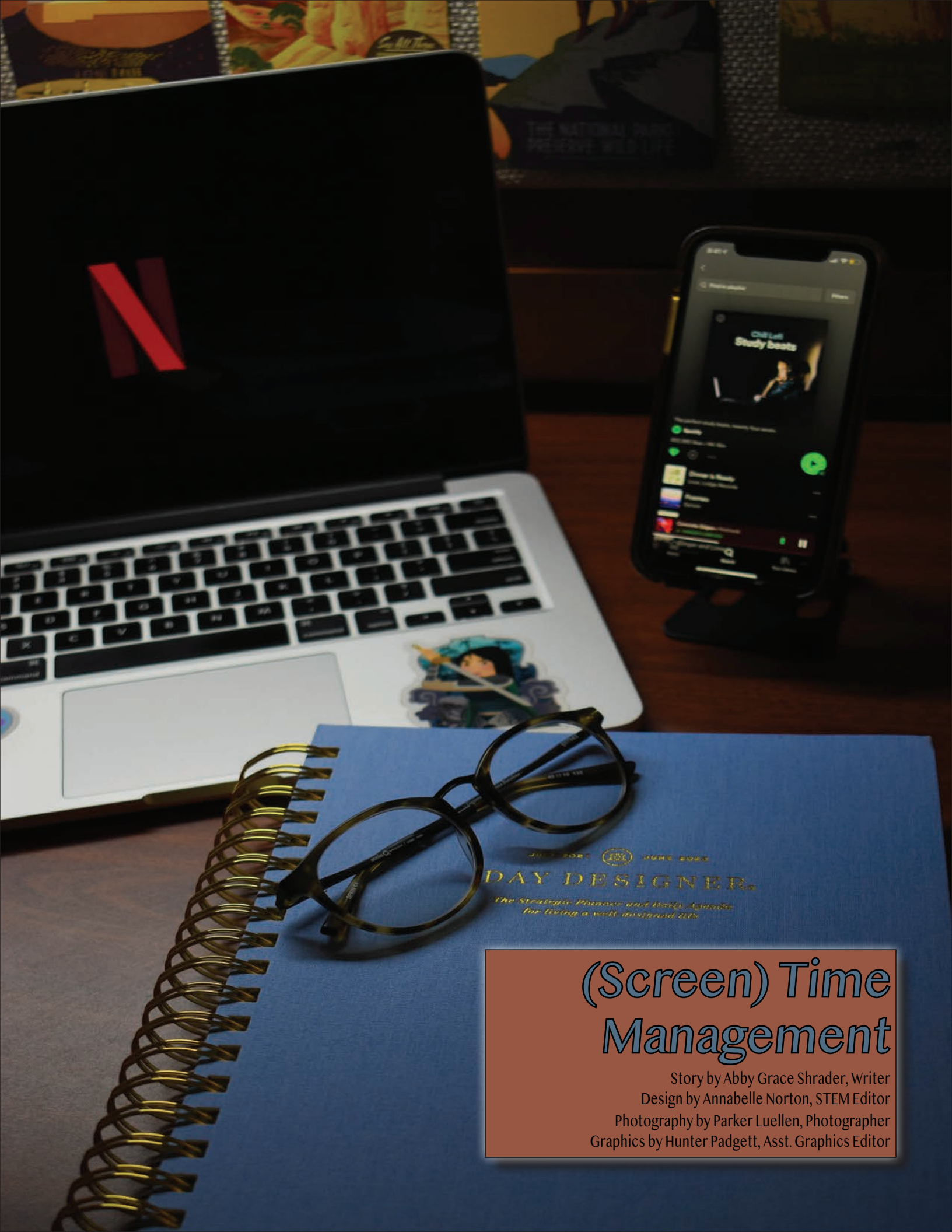
October 25, 2021: Venus and Mercury will be at their brightest (or, their farthest away from the sun). Mercury will be visible in the predawn twilight, low over the eastern horizon 30 minutes before sunrise. Venus will appear as a bright star in the southwest several hours after sunset.

December 6-8, 2021: Venus, Saturn, and Jupiter will be visible towards the southwest after sunset. The moon will also be crescent at that time and pass by them gradually over the course of the three days.

December 13-14, 2022: The Geminid Meteor Shower will occur December 13th-14th. It will be possible to see up to 120 meteors in an hour if one views away from light pollution. Look to the northeast and southeast.

If you're interested in viewing these events and learning more about them, NASA's website and Night Sky Network provide frequently updated information on astronomical movements. They also offer skygazing tips and recommendations. You can also track the phases of the moon and constellations with various mobile apps. So every night, whether you are an avid astronomer or spontaneous stargazer, the solar system can reveal to the seeker unique opportunities to observe the inner workings of the cosmos.





# (Screen) Time Management

Story by Abby Grace Shrader, Writer  
Design by Annabelle Norton, STEM Editor  
Photography by Parker Luellen, Photographer  
Graphics by Hunter Padgett, Asst. Graphics Editor

The controversy around how much time people spend staring at screens is not a new one. Some believe that this generation's minds are being ruined by our cell phones. Others view screens as a simple necessity today. The line between technology being a necessity and an addiction has been blurred so drastically to the point where it is hard to tell the difference. For many, our phones are our main form of communication and to leave home without it would be isolating from the rest of the world. On the flip side, some view our phones as the very thing that isolates us from others. Look around Krannert or the library next time you are there and nearly everyone you see will be staring at a screen, even when surrounded by people. So, that begs the question, is screen time helping us or inhibiting us?

Valkyrie interviewed some students and a Berry professor to see how others answer this former question. Freshman Jake Patton said, "Yeah, I feel addicted to my phone at times, like I can't be without it. I don't like that feeling, but it's there." As Patton put it, many times we feel as though we need to have our phones with us to properly function. For example, some feel extreme anxiety at the thought of not having their phone with them, imagining everything that could go wrong, like a family member could be in an accident, and if they do not have their phone with them, then they might have no idea until it was too late. That may sound dramatic, or even far-fetched, but for many, those are very real anxiety-driven thoughts. It may feel irresponsible to be away from screens

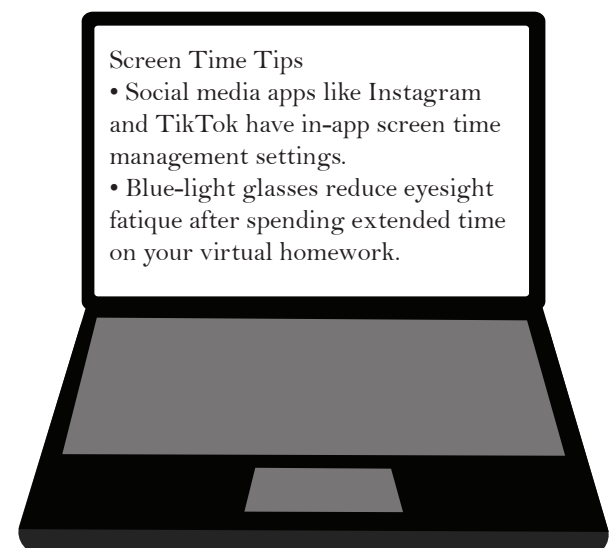
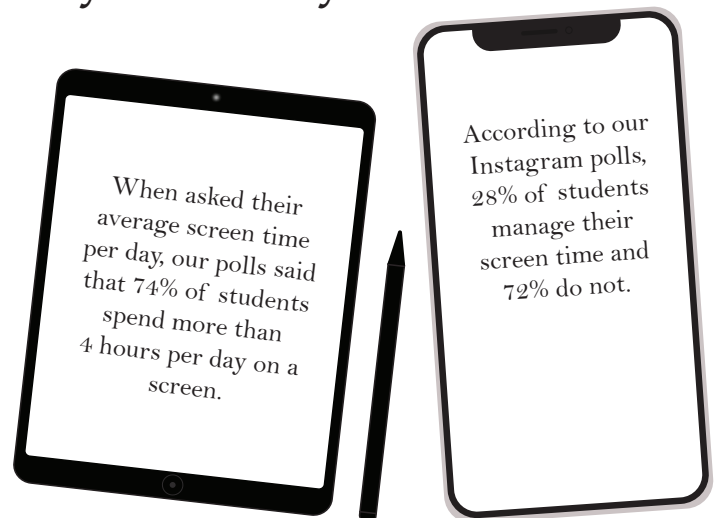
Terri Jessup, a first-year animal science student voiced her opinions on the dangers of becoming addicted to screens. She said, "I feel like limiting your screen time shouldn't be a priority unless it is directly affecting your personal life and academics. Since I take all my notes on my iPad, I am looking at screens maybe ten hours a day? But that's school stuff and entertainment. Whenever I feel too overwhelmed mentally, I'll put limits on social media, or I'll delete the apps from my phone entirely." Jessup brings up a great point about limiting your screen time when it begins to affect your mental health. No matter where you stand on screens being addictive, the majority of people believe that screen time can influence your mental health. If staring at screens for eight hours or more a day is affecting you mentally, like by draining you of energy, making you feel irritable or agitated, you might want to take advice from Terri and set limits for yourself. Jake Patton also believes that setting limits for your mental health is important. He said, "I spend about eight hours a day looking at screens, which feels like a lot. So, my phone has a bedtime setting, where I do not get on my phone after 9:15pm. I also keep notifications turned off for my apps. That was a little hard to get used to, but it helps me from subconsciously checking my phone, and it definitely helps my screen time."

A quite common theme when interviewing students about their screen time was the feeling that even though they do not like the amount of time that they are spending staring at screens, it seems unavoidable. No one likes feeling like they have wasted an entire day away, eyes tired and strained by the end, neck aching from staring down at a laptop. But when you have ten assignments on Canvas, emails to answer, papers to write on word document, and online textbooks to read from, how can you stay away from screens? You must. I sat down to have a conversation with Dr. Whitney Addams, a visiting assistant professor of English, rhetoric, and writing. She is most known for the class that she cre-

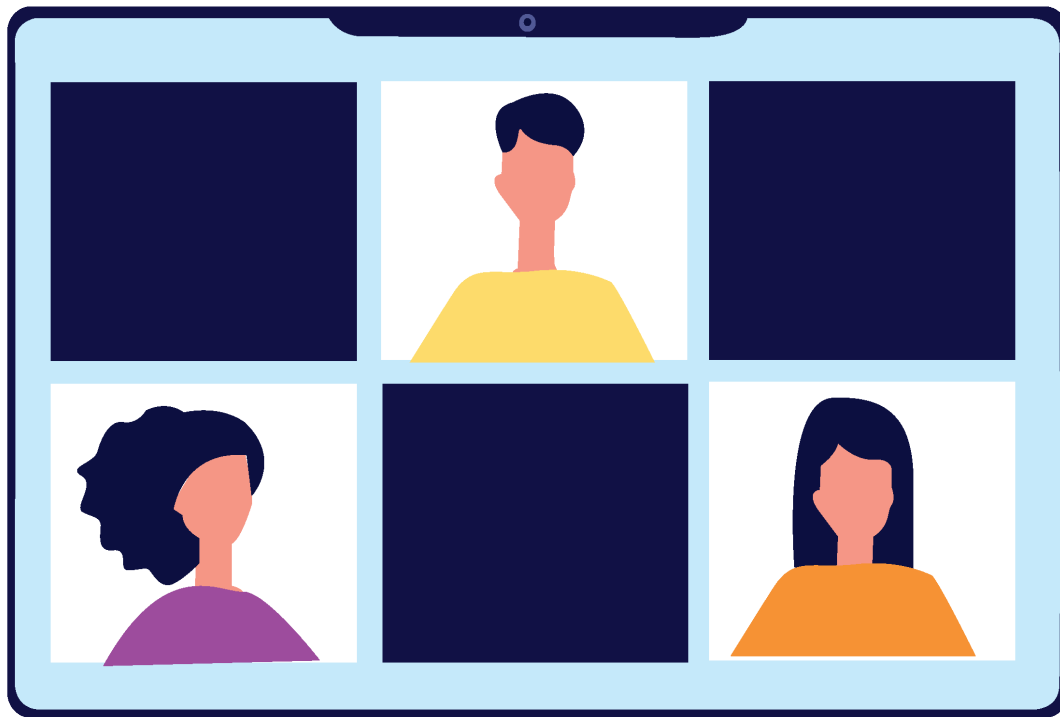
ated on Berry's campus, titled "Confronting Racism in Literature and Text." When asked if screens were essential to her life, she responded, "I hate to say that, because it is good and bad, but it is definitely essential...there's really no way around it because it just comes with the job and the screentime. I try to limit myself, whether that means trying not to check my email after five or six, or on the weekends, but then I just end up feeling guilty because I want to be there for my students." She said that she usually tries to limit her research to three hours a day on days that she is not teaching.

Dr. Addams summed it up very well by saying, "While technology is helpful for education and Twitter and things like that, we do need to be more aware of the sinister aspects of technology..." We all have a responsibility to be aware of how technology is affecting us and how much screen time is too much. There is no magic number, and no one tip, or app is going to magically ease our generation's addiction to technology, but knowing yourself and how to limit yourself is an effective way to start. So buy some blue light glasses, separate your schoolwork and your entertainment from being in the same place, and take a break every once in a while to walk around mountain campus and breathe in some fresh air.

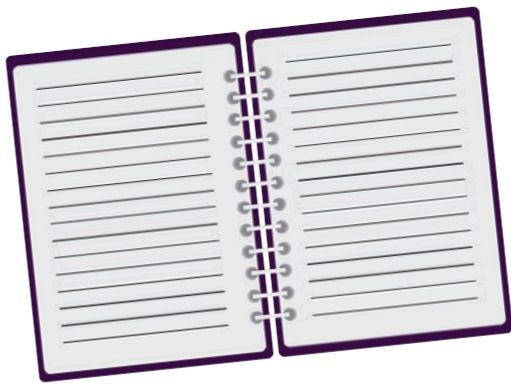
## Berry Students Say:



# Zoom.EDU



Story and Design by Annabelle Norton, STEM Editor  
Graphics by Jazzy Innis, Graphics Editor



In March of 2020, the world learned to go virtual. When the COVID-19 pandemic sent the earth indoors to quarantine, everyone had to adapt their daily life in a way that kept them safely connected. Videochatting was already semi-popular with apps such as FaceTime, Skype, and Houseparty. But, with the onset of the pandemic, software such as Zoom, Google Classrooms and Meets, and Outlook Teams took over the more professional scene. Businesses use these apps for meetings and collaborative efforts, and even celebrities hop on Zoom calls for press junkets and interviews. These video chat options have also aided in keeping synchronous learning afloat, with teachers using the software to hold class in real time and assign homework.

Many schools took different approaches to online learning. While joining a meeting on your computer at home can feel convenient, nothing can replace the experience of hands-on learning in a classroom setting. In person, children learn directly from their teachers and develop skills while interacting with their peers. Virtual school posed teachers nationwide with the challenge of providing young children with the best education possible among the risk of COVID and being quarantined.

When COVID hit mid-spring semester, most classes switched to virtual learning. Synchronous class times could be held online, whether it be over Zoom, Google Meets, or other options like Skype and Microsoft Teams. The emerging most popular option has been Zoom, as we have most likely seen in our daily lives and pop culture. When comparing Zoom to Google Meets, Zoom has a clear advantage. Zoom meetings can host up to 300 participants, three times the amount of Google Meets at 100. Zoom also has features such as private chats (so students can ask a teacher a question individually), breakout rooms (for small group work), and recording of the call (so students can watch a lecture later).

Now that vaccines have been made available to the public and people are returning to school and work, Zoom is being favored less and less as we cautiously meet in person again. At the South Rome Early Learning Center, children returned to the classroom as soon as August of 2020. The preschool was able to host in-person learning as younger children have a lower risk of contracting the virus, and they were able to enforce a good mask policy. According to Amber Bingham, a junior Education major at Berry college in the student teaching program, this setup worked very well for the teachers and students. The main challenge was when a parent might get COVID and the class would have to quarantine. In those cases, they would resume class on Zoom temporarily.

The pandemic has proved our perseverance in maintaining any sense of normalcy as we have adapted to life online. However, it has also taught us the value of experiencing life hands-on. Software like Zoom and Google Classroom have allowed us to continue with our personal, professional, and educational lives, but we still have learned to not take our in person experiences for granted.



# THE POLLINATOR PERIL

Story and Design by Annabelle Norton, STEM Editor  
Graphics by Jazzy Innis, Graphics Editor

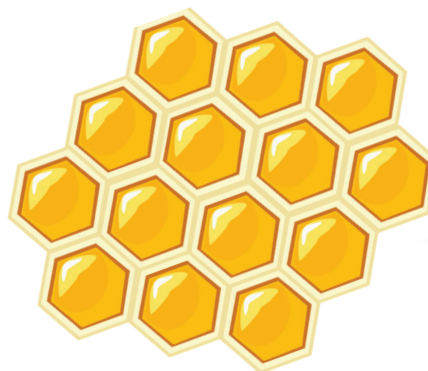
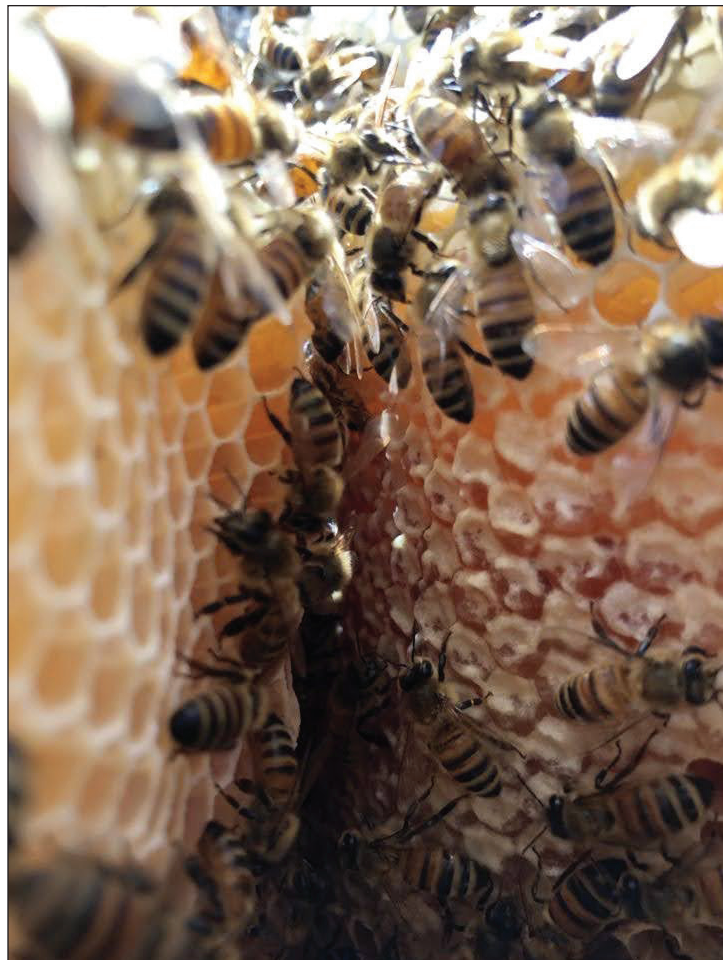
The pollinators are in a plight. Birds, bees, butterflies, and many other pollinators are currently facing critical endangerment and even extinction in North America. These creatures are vital to their local ecosystems as well as the environment at large. They are a necessary component to human life, and yet man made environmental impacts are causing them critical damage. Their populations are put at risk by human actions, but we also have a chance to aid in their regrowth.

According to the National Parks Service, almost 90% of wild flowering plants and 75% of food crops around the world depend on pollinators for seed and fruit production. These animals can be invertebrate or vertebrate, and range from bats to bees to butterflies. The threats posed to these creatures include pesticides, habitat destruction, land use change, and climate change among others.

Climate change is a leading factor in these risks. National Geographic says that in North America, you are nearly 50% less likely to see a bumblebee in any given area than you were prior to 1974. Some species of bumblebee have become endangered and in some cases, locally extinct. Bumblebees are suited to cold weather with their ability to generate heat while flying, which allows them to be the first bees out in the spring. Since the last five years were the hottest ever recorded by the U.S. National Oceanic and Atmospheric Administration, this leaves the bees vulnerable to changing temperatures.

Since bees are vital to the pollination and fertilization of agricultural products, the decline of pollinators might point us in the direction of economic consequences. The National Geographic reports that by one measure, bees contribute more than \$15 billion to the U.S. economy by pollinating crops. About a third of our foods rely on these insects, including apples, nuts, all the favorite summer fruits, alfalfa, and guar bean. Not only do pollinators provide this service, but they are also telling of general environmental health.

The Pollinator Partnership, an organization whose mis-





sion is to “promote the health of pollinators, critical to food and ecosystems, through conservation, education, and research,” has a compiled list of pollinators. Even at a glance, browsing the roster reveals that from bats to butterflies, almost every species is endangered, threatened, vulnerable, or considered with special concern. This information is alarming, so what can we do to help?

On a societal scale, creating more parks and cultivating flora and fauna in urban areas would provide the pollinators with protection from the heat. The reduction of the use of pesticides is also a priority. In your own backyard, planting native flowers, especially annual species, provides the bees with better food resources. The birds and the bees are such a crucial component of our environmental wellbeing, so it is essential that we aid in the survival of these integral pollinators.



### Bees at Berry

Berry College is host to its own community of pollinators. Berry Bees, one of Berry’s Student Enterprises, strives to provide the college community with natural products and protect the pollinator population. They want to spread awareness to the fact that one third of the food we eat every day is made possible by pollinators, and that they play a vital role in the agriculture industry. Their products include candles, cuticle cream, lip balm, lotion bars, and honey when available. All of their products can be found in the Shipyard.



Photos by Helaina Epps, Berry Bees Employee

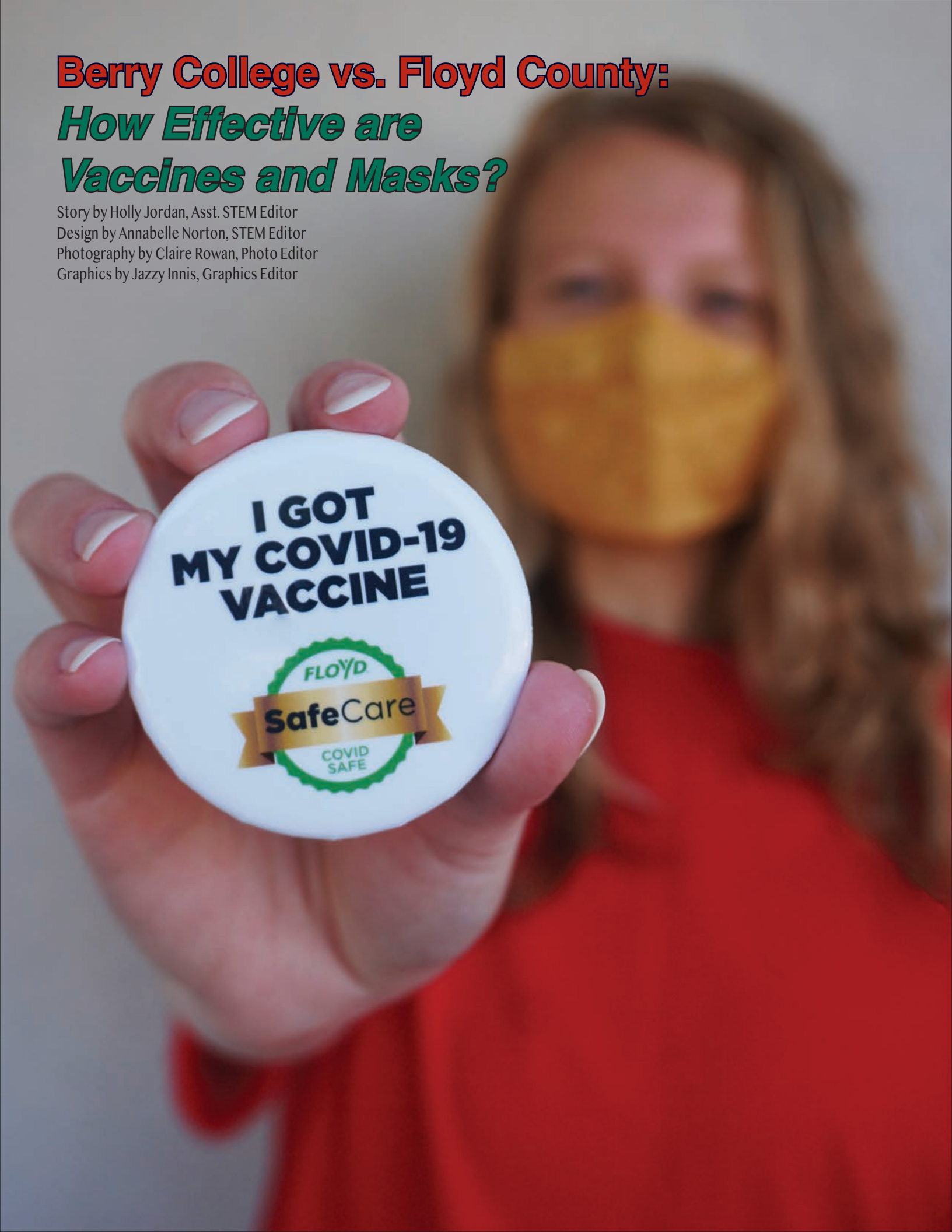
# **Berry College vs. Floyd County:** ***How Effective are*** ***Vaccines and Masks?***

Story by Holly Jordan, Asst. STEM Editor

Design by Annabelle Norton, STEM Editor

Photography by Claire Rowan, Photo Editor

Graphics by Jazzy Innis, Graphics Editor



**I GOT  
MY COVID-19  
VACCINE**



COVID-19 precautions have been a constant point of contention since the beginning of the pandemic. It seems everyone is on the side of wanting to keep others safe and wanting COVID to be over in general, but there's quite the debate over what truly prevents the spread of the virus. Many question how helpful masks actually are, and others are unsure of how useful the vaccine is in preventing COVID. Perhaps looking within our own community of Berry College and Floyd County can help us to answer these questions.

As we're all aware, Berry has been highly encouraging everyone on campus to get vaccinated, along with requiring masks in indoor spaces. Those who are not vaccinated must get tested once a week. Floyd County, on the other hand, has not been taking as many precautions. Most staff at the medical centers around town encourage Rome residents to get vaccinated, but it is not enforced. Some choose to wear masks indoors, but there are also a large number of people who do not. Comparing the COVID stats of Berry College to those of Floyd County may be a good way to see how effective COVID precautions truly are.

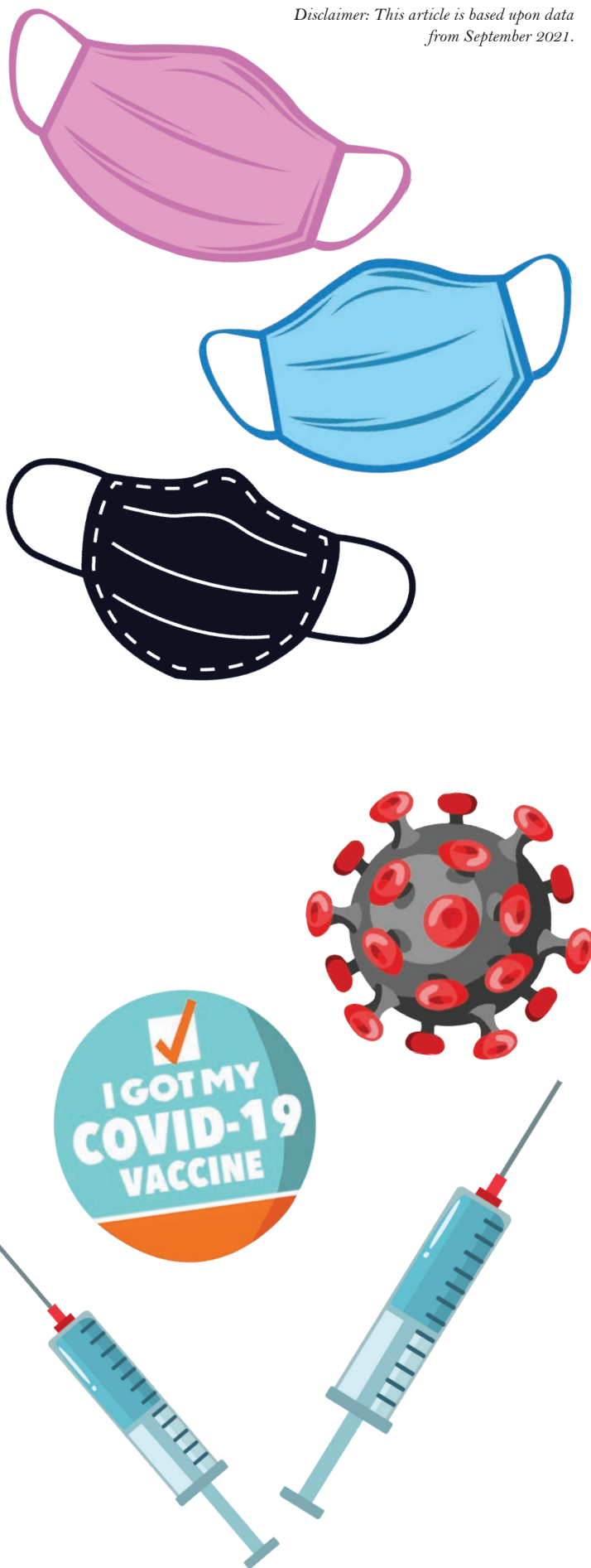
Olivia Morley's September 30, 2021 Rome Tribune article titled "COVID cases dropping in Floyd County while death rate slowly ticks up" provides lots of information about the status of Rome when it comes to COVID. Although COVID cases are dropping in Floyd County, the death rates due to COVID are still rising. When looking at many of the statistics listed in the article, this is a baffling fact. Morley quotes the Northwest Georgia Department of Public Health Director, Dr. Gary Voccio, as he states that Rome is "currently at a positivity rate of 15%... It's not good, but it's better than what it has been." Morley also writes that there has been a drop in COVID hospitalization rates by one-third. All things considered, then, why are COVID deaths still on the rise?

Well, only 40% of Floyd County residents are vaccinated. Though cases are lowering, it is important to see how vaccine rates are affecting those in the Rome community, whether that is via case rates or death rates. And when the vaccination percentage is juxtaposed with the cases to vaccinations ratio of Berry, the number is very telling of Floyd County's situation.

According to the President's Office September 29th Update email, Berry College has 81% of students, 97% of full-time faculty, and 82% of full-time staff fully vaccinated. And, as previously mentioned, Berry is also requiring masks indoors. So, how are the cases looking? Between September 23rd, 2021 and September 29th, 2021, there were four student cases and zero employee cases. On September 29th, 2021, there were 11 active cases. In comparison, The New York Times COVID Case and Risk Tracker for Floyd County stated that there were 49 active cases in Rome on September 29th, 2021.

While Berry's handling of COVID is not perfect, it is, at the very least, taking great steps in the right direction. In a similar sentiment, though Floyd County's handling is also imperfect, it is important to acknowledge the hard work of the local medical staff who are not only helping to prevent COVID, but also taking care of the victims of COVID and their loved ones. That being said, Berry College's insistence on COVID precautions has clearly been extremely vital in keeping the campus as safe as possible during this time of insecurity. The numbers don't lie: vaccines and masks are working in some capacity, and we are fortunate to go to a school that acknowledges that and encourages those prevention mechanisms.

*Disclaimer: This article is based upon data from September 2021.*



# Hit Me With Your Best Shop.

Story and Design by Ashton Hamilton, Food Editor  
Graphics by Jazzy Innis, Graphics Editor

In life, and especially at the college level, there are two things that are beneficial to your wellbeing: fresh, healthy food and money. Healthy food, and in this specific case, fruits and veggies, keeps your body functioning better than other options could. Money lets you buy those things, as well as all the other things that keep you surviving on campus. There lies a question that we should ask, though – if cheap food is unhealthy and the healthy food we would be better off getting is more expensive, how do we pick between breaking the bank or breaking the fast? Luckily, Rome has its fair share of grocery stores ripe for picking when it comes to produce, and when it comes to pricing, this article has everything you need to know about the comparisons between the ever-easy Walmart, the grocery staple Kroger, or the small but satisfactory Aldi. For each store, we'll use a basic grocery list involving basic produce (let's say a pound each): lettuce, tomatoes, carrots, strawberries, bananas, and oranges.

## WALMART

No doubt about it that everyone reading this has been to Walmart for one reason or another – most times, you're in there for a little bit of everything they have to offer. Near the front of almost any supercenter, the produce section is up front and center, so it is very simple to walk in and walk out with what you need, and there's always a ton in stock. If you wanted to get your produce here, your total would be \$8.79:

1 lb of lettuce - \$2.96

1 lb of tomatoes - \$1.47

1 lb of carrots - \$0.93

Prices as of October  
27-28, 2021

1 lb of strawberries - \$2.23

1 lb of bananas - \$0.52

1 lb of oranges - \$0.68



VS.



Classic and located right in the center of Riverbend, Kroger is a one-stop shop for all things inhabiting the kitchen. Fit with a nice and organized produce section set near the front of the store, looking for what you need and want is a breeze. If you wanted to get your produce here, your total would be \$9.70:

|                           |                                     |                               |
|---------------------------|-------------------------------------|-------------------------------|
| 1 lb of lettuce - \$2.98  | Prices as of October<br>27-28, 2021 | 1 lb of strawberries - \$2.99 |
| 1 lb of tomatoes - \$1.40 |                                     | 1 lb of bananas - \$0.55      |
| 1 lb of carrots - \$0.99  |                                     | 1 lb of oranges - \$0.79      |

Make sure you've brought your quarter for the shopping cart and your bags for the checkout, or else you won't get ANY shopping done here. Small, compact, but full of quality Aldi-branded goods, their prices on produce are almost guaranteed to match. The store is a favorite among college students for its small shopping space and quaint environment. If you wanted to get your produce here, your total would be \$8.93:

|                           |                                     |                               |
|---------------------------|-------------------------------------|-------------------------------|
| 1 lb of lettuce - \$2.98  | Prices as of October<br>27-28, 2021 | 1 lb of strawberries - \$2.19 |
| 1 lb of tomatoes - \$1.29 |                                     | 1 lb of bananas - \$0.49      |
| 1 lb of carrots - \$0.99  |                                     | 1 lb of oranges - \$0.99      |

Pricewise, it seems the best bet is to head to Walmart if you want to stretch the student dollar, but it is all down to your personal choice where you decide to get your produce, however. There are obvious pros and cons to each shopping center, but it is always best to pick what you want and weigh the options. In the end, all we want to do is save money and get healthy, quality food that can be enjoyed.

# FYP FOOD

Story and Design by Emma Buoni, Asst. Food Editor  
Photos by Claire Rowan, Photo Editor



## PESTO EGGS (@AMYWILICHOWSKI)

Serves 1

Pesto is a popular Italian sauce when marinara seems too basic, and it's great for lots of foods. Including eggs!

Ingredients:

¼ cup of pesto (If you want to be fancy and make your own, go for it!)

2 large eggs

This one is a breeze compared to the others on this list. Put the pesto in a frying pan on medium heat and spread it around so you can crack two eggs inside it. The oil in the pesto works the same as cooking oil with the added benefit of tasting great! Fry the eggs the same way you would, or until the white of the egg is solid but the yolk is still a little runny. You can eat these as is, but they're also very popular on top of toast with avocado!

Nearly everyone has Tik Tok these days, and just as many are discovering the food side of the app, or FoodTok as it is better known. Creators like cookingwithlynja, samseats and its.choleh do numbers on the For You Page with their entertaining and beautiful videos. While the food shared on this popular app looks and surely tastes amazing, you may have noticed that the video is often too busy focusing on the aesthetics of cooking as opposed to, you know, giving you instructions. And cooking is pretty difficult to learn visually. So for the convenience of you, I've compiled a list of recipes that are easy to follow and look amazing.

## OREO MUG CAKE (@ALY.HRNNDZ)

Serves 1

This is the perfect recipe for a post-homework reward in the comfort of your dorm room!

Ingredients:

8 Oreo cookies

Milk (Or a dairy substitute)

Place the Oreo cookies in a coffee mug, and fill the mug halfway up with milk (Make sure the coffee mug is large enough to hold everything comfortably!) Then, mash the Oreos into a soup with a fork or spoon. Place in the microwave for about 75-90 seconds, and then let the cake sit for a minute to solidify before digging in. Delicious!





## BAKED FETA PASTA (@LIEMESSA)

Serves 4-5

Allegedly, this recipe was so popular that the grocery stores in Finland ran out of feta cheese!

Ingredients:

1 box of dried pasta (Penne, rigatoni, or farfalle are recommended)

1 small carton of red cherry tomatoes

1 block of feta cheese

Olive oil (To drizzle)

2 cloves of minced garlic

2 teaspoons of dried basil

Salt and pepper to taste

Preheat the oven to 400 degrees. Wash your tomatoes and put them into a casserole dish deep enough to hold all the tomatoes comfortably. Drizzle generously with olive oil and add salt and pepper. Then, gently place your block of feta cheese in the middle of the tomatoes and drizzle with a little more olive oil. Place in the oven and let it bake for 35 minutes. While waiting for it to bake, boil your pasta in salted water for about eight to 10 minutes, or until al dente (Save a little pasta water to add to the feta bake in case it is too dry). Once the feta is done baking, add garlic and basil, and then mix in with the pasta until everything is coated. Enjoy!



# Microgreens, Mega Impact

Story and Design by Ashton Hamilton, Food Editor  
Photo by Parker Luellen, Photographer

It seems like everyone wants to have a green thumb these days, and it is not that hard to see why. There is nothing like seeing something you have put love into grow and prosper under your care and watch as it adds a nice pop of green to your room or provides some healthy homegrown food for your meals. However, it is also not hard to confess that sometimes, plants can get to be too much for a small dorm room, or they require more work than your busy college schedule can offer. Luckily, there's an alternative that holds a lot of popularity and makes things easier on a smaller scale: microgreens.

Microgreens are exactly what they say they are: tinier versions of their bigger counterparts. They are not the same as sprouts, though – there is a small difference. Sprouts require longer periods of time to mature, while microgreens are ready to eat in about two weeks' time. As well, microgreens are grown in soil while sprouts require water to grow. Examples of microgreens include vegetables everyone should be familiar with: peas, mustard, broccoli, beets, and amaranth, but there are over 60 different kinds out there for the sprouting. Available to purchase on multiple websites, you can get the seeds and all you need for their growth if you can stomach a simple waiting period. Make sure to have soil set aside for them as well, as they need it to grow to the best they can be. After receiving your greens, the basic water and sunlight applies, plus a certain schedule to get them to grow to the small size their name implies.

As small as they may be, microgreens boast an insane amount of health benefits thanks to their nutrient packed components. According to studies done by the *Journal of Agricultural and Food Chemistry*, microgreens contain up to 40 times the amount of nutrients when compared to when the plants are fully grown. Microgreens contain highly concentrated amounts of health-boosting minerals and antioxidants such as iron, zinc, copper, vitamins A, B, and C, and fiber. With all of that packed into one little garden of green, it would be crazy not to consider. While microgreens containing all those nutrients is to be expected of leafy greens, they have other health benefits that are not immediately obvious. In fact, microgreens can lower risks of conditions like heart disease, cancer, diabetes, and Alzheimer's thanks to these overabundances. In another sense, the growing of microgreens can aid in your mental health as well. The presence of microgreens adds color to a room during dull days, allows for fresh food to be readily available, and can help teach you mindfulness through taking care of it. In a time of disarray, taking a moment to check up on your plants and taking care of their needs adds a bit of peace.

Microgreens are worth the price, and they boast an array of health benefits for both mind and body, but another reason to consider growing your own involves more earthly matters – specifically sustainability. It is no secret that getting food can be a burden, and especially when it comes to having to drive long distances or almost daily to get what they need. With microgreens, you can have a local farmer's market flavor in the warmth of your own dorm, and the less driving that needs to be done helps reduce carbon footprints.

For something so small, the pros of growing, caring for, and eating them are HUGE. With them, you are growing green, saving green, and going green all at once. All in all, taking that step and growing microgreens is a big idea.

# BERRY CHEESED TO MEAT YOU!

Story and Design by Ashton Hamilton, Food Editor  
Photos by Grace Segars, Asst. Photo Editor



Hailing from France, the charcuterie board (literal translation being *deli board*) is an easy to make, aesthetic pleasure of an appetizer that will please the taste buds as much as it pleases the eyes. The pictures online show them to be of fancy quality, paired with expensive wines and foreign cheeses, but it's entirely possible to make one with ingredients bought under a tight college budget. If you're feeling a bit high-class after class, here's a way to reward yourself with a buffet of foods fit for your personal tastes.

The main components of what makes a classic charcuterie board are cheeses, meats, fruits, and/or crackers and bread, arranged in a fun way on a fun tray. Don't worry too much about what your food is presented on, but instead how big you want it to be! A large platter tray works just as well as a high-end wooden tray built purely for the aesthetic, and even a regular dinner plate can work if you're not as hungry - all that matters is that it's piled with your favorites. Think of fun ways to arrange your food, as there's no wrong way. Separate your food groups so they each have a dedicated section or mix it up by creating a pattern of cheese, meat, fruit, and so on. If it looks nice to you, it's perfect as it is.

Of course, with so many choices, there can come an issue of what exactly to put on your plate. To save some time, here are some ideas for each category, and feel free to mix-n-match to create the charcuterie of your dreams. Of course, more than one item from each category can be chosen, and your own substitutes are welcome!





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## MEATS

- Sliced ham
- Sliced turkey
- Sliced chicken
- Pepperoni
- Salami

## CHEESES:

- Swiss
- Pepper Jack
- American
- Cheddar
- Provolone

## FRUITS:

- Strawberries
- Apple slices
- Dried fruits (raisins, banana chips, etc.)
- Raspberries

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## CRACKERS/BREAD:

- Ritz Crackers
- Wheat Thins
- Sliced baguette
- Sliced croissant
- Pita bread

## OPTIONAL INGREDIENTS:

- Nuts (almonds, cashews, etc.)
- Topping for the crackers/bread (butter, hummus, etc.)
- Dip for the fruits (peanut butter, Nutella, etc.)

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And there you have it: the building blocks for your own charcuterie. Feel free to have your own photo-shoot with it before eating, or just dive in. Charcuterie is all about choice, so go on ahead and make your own – you’ve already made an excellent choice by making a board in the first place.

# bubble pop culture!

Story and Design by Ashton Hamilton, Food Editor  
Graphics by Jazzy Innis, Graphics Editor

Popping up in social media feeds and taking mall food courts by storm, the rise of bubble tea as both a treat and staple of a modern aesthetic is one that can't be ignored. Characterized by its soft colors, milky taste, large pearls (hence the English nickname), and thick straws, boba tea is instantly recognizable. There's no denying there's a trend, but there lies a question in how it began to trend and gain an almost cult following in not only the United States, but other countries across the world, all far from boba's humble origins in Asia – more specifically, in Taiwan.

There are debatable origins of who and where in Taiwan should be credited with bubble tea's creation, as two people are said to have come up with the idea first. One of these people is Tu Tsong-he, owner of The Hanlin Tea Room in Tainan, Taiwan, who claims to have been inspired by white tapioca pearls he saw in the town market and added the snacks to the tea he'd already been serving. The other origin comes from the Chun Shui Tang tearoom in Taichung and the creativity of Liu Han-Chieh and Lin Hsui Hui, the latter creating bubble tea experimentally during a work meeting. No matter how this treat came to be, the tea transferred over to the West Coast through Taiwanese immigrants bringing their culture along with them, but not before the drink had its boom in its country of origin. For what seems like a modern trend, the craze began as early as the late 1980s, slowly building up to becoming a staple of Asian-American youth culture in the mid-to-late 2000s, alongside the rising popularity of other Asian cultural phenomena, like K-Pop groups and anime. Slowly, it was the growth of boba specialty shops and their ubiquity that's led the drink to be found everywhere, and its popularity hasn't dwindled a bit.

Something that makes boba so popular is its inclusion of the characteristic “boba pearls”, or the tapioca balls that float at the bottom of every Instagrammable cup! It may seem daunting at first, to see such things in your drink and fear for how they'll get up your straw or how they'll taste, but there's no need to fear! The thing about tapioca is that, by itself, it's very bland and flavorless, but its inclusion in boba teas allows it to absorb the flavor of whatever you have and take away that original taste of nothingness.

As for where here in Rome you can grab a cup to go and sip away, you can head downtown to City Creamery with a few friends and enjoy a nice, cool cup of boba before the heat goes away for a long while.





Fortunately, if you're tired and find yourself wanting to both stay at the dorm and wanting a nice glass of milk bubble tea, it's not that hard to make your own. Granted, the process takes a lot of patience, but the steps to getting there aren't hard to follow at all.

In general, you will need:

- *your choice of tea (black, white, green, etc.) for a base*
- *milk for the smooth, rich taste (which can be replaced for a non-dairy creamer),*
- *honey, for sweetening*
- *the key ingredient: tapioca pearls*

While these first two ingredients will be easy to find at any local grocery store, getting the pearls seems to be a bit trickier. Your best bet is to either order them online or find a local Asian grocery store to pick some up in person. Now, onto the recipe.

- *Start by boiling 8 cups of water on high heat before dropping the pearls in, then stir them until they reach the top of the pan.*
- *After this, turn the heat down to medium and let the pearls sit for 35 to 40 minutes. Occasionally, stir to avoid the boba from sticking to each other or the pan. (This would be a good time to start preparing your tea!)*
- *After turning off the eye, cover the pearls and let them sit for another 20 minutes before draining them.*
- *Coat the pearls in honey to sweeten them before dropping them into glasses.*
- *Take your prepared milk tea and pour it over the pearls, stirring to make sure they float.*

These are just the basics, and depending on your own tastes, you can replace the milk tea with plain tea or create a fruity blend through blending your choice of fruit, milk, honey, and ice in a blender. No matter how you decide to boba, the process is admittedly a tedious one, but it'll all be worth it in the end.



# For The Love Of Fresh

Story and Design by Emma Buoni, Asst. Food Editor  
Graphics by Jazzy Innis, Graphics Editor

As our world grows more and more modern, so does our need for food. There are over seven billion people in the world, and seven billion mouths to feed. Food production has become as much as a factory process as making a car, though this is not without its drawbacks. Concerns over sustainability and production of food are a hot topic, especially in a culture obsessed with clean eating, even if no one seems to really know what that means. The demand for “better” produce is growing louder each day, and an unlikely trend has taken up the endeavor of meeting these needs: farmers markets.

The farmers market definition is a marketplace in which local farmers sell their products directly to customers. This cuts out the mysterious middleman who take the food to your local grocery store. Though technically these markets are meant to sell edible products, these events quickly became a place for small business owners to sell their various wares, with handmade trinkets, candles, and art being the most popular.

Farmers markets are the place to get the best fresh produce, but their influence runs much deeper than that. For one, supporting local farmers is deeply beneficial to a community. Small farmers have a hard time competing with mega-corporations, and farmers markets are a sort of last stand against a total monopoly on America’s farmland. These farmers understand the value of their land, and take more care to make sure their products are sustainable so they can continue to grow their business.

Their produce is better, too. Farmers must make sure their product is better than a grocery store’s if they want a sale. They take more steps to ensure that their products are the best they can be since they can’t afford to throw out a crop. Local farmers are less likely to use dangerous pesticides, aware that they will only be hurting themselves and their business.

But for all this talk about sustainability and health, there are a few significant drawbacks to farmers markets. It’s no secret that farmers markets have significantly higher price tags than their grocery store counterparts. This can make farmers markets less appealing for a lot of people, and completely out of reach for others. Though farmers have little choice but to drive up prices if they want to make a profit, but it’s still an issue. Products can also be limited to seasons, as local farmers are at the mercy of the weather when it comes to what they can and cannot grow.

All in all, farmers markets are a great alternative to grocery stores, and it’s great to see that they are gaining more popularity among younger people. Even Rome has their local farmers market, such as the one that meets in Ridge Ferry Park every Saturday. Hopefully, in a future not too far from now, these markets will become the norm, and grocery stores will fall back.

# Local Farmers Markets

## Ridge Ferry Park:

Ridge Ferry Park Farmers Market Pavillion

June 5 to October 2

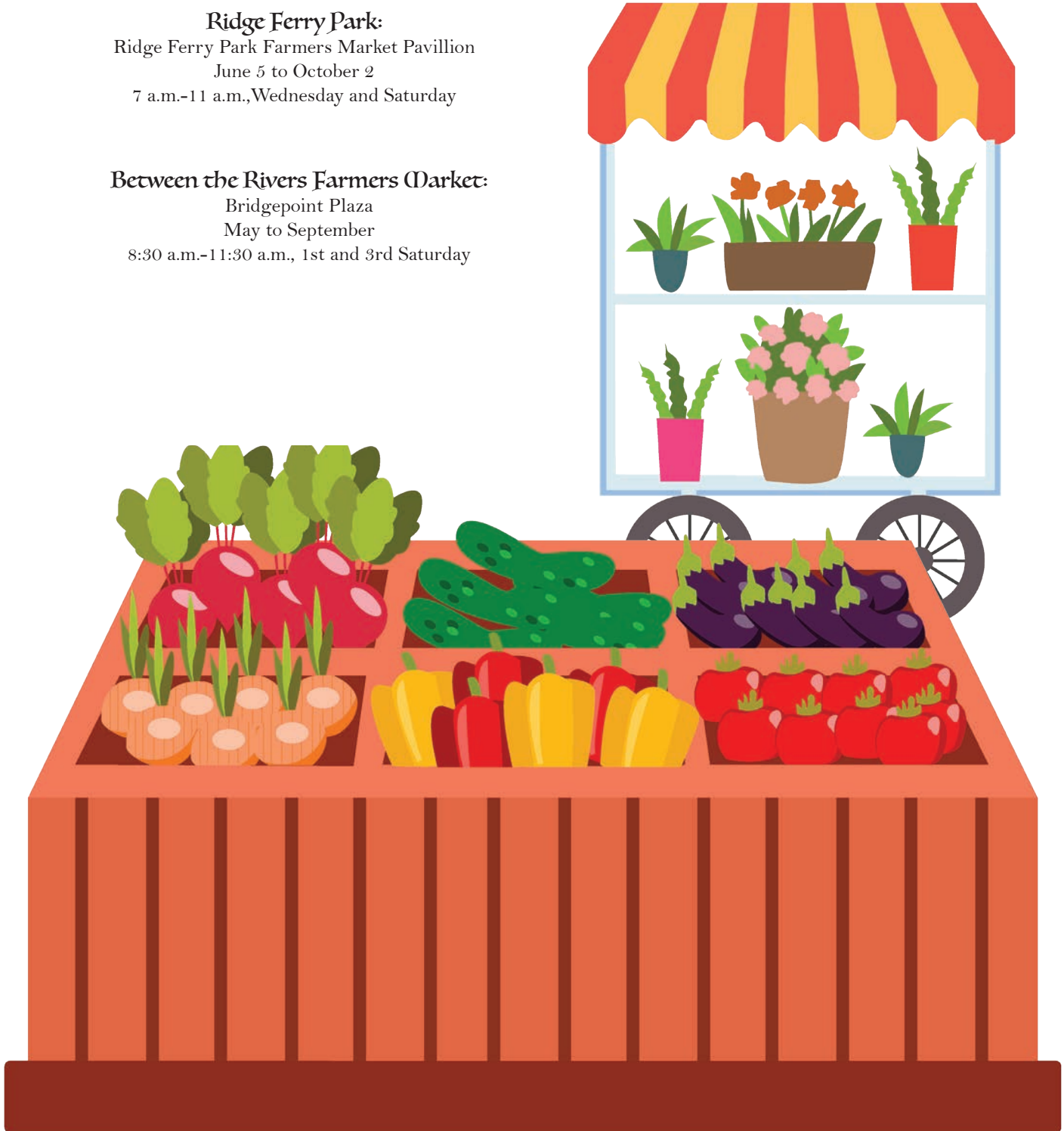
7 a.m.-11 a.m., Wednesday and Saturday

## Between the Rivers Farmers Market:

Bridgepoint Plaza

May to September

8:30 a.m.-11:30 a.m., 1st and 3rd Saturday



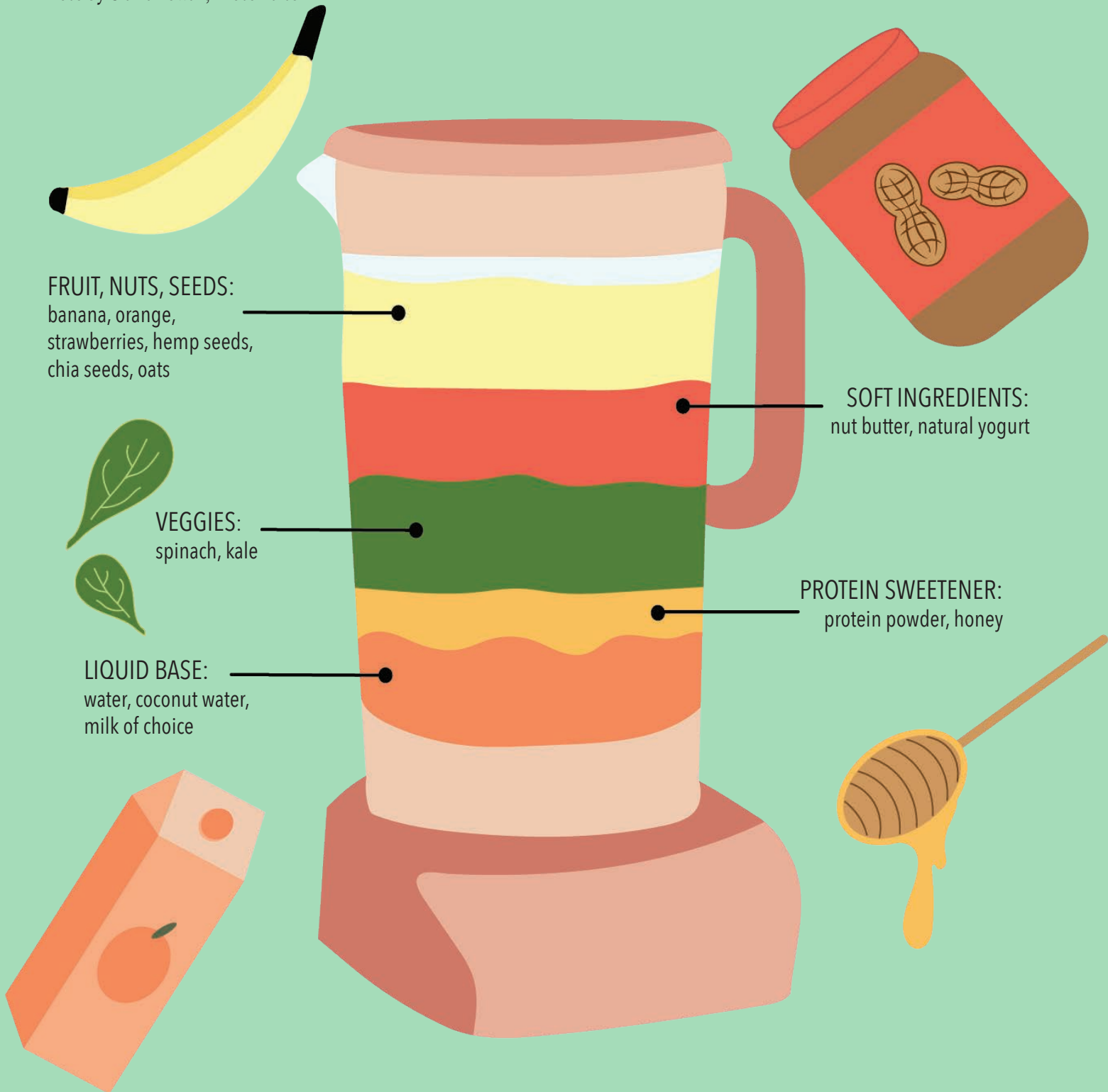
# BUILD YOUR BLEND

Story by Kendall Scott, Health & Fitness Editor

Design by Kendall Scott, Health & Fitness Editor & Erin Schmidt, Asst. Health & Fitness Editor

Graphics by Hunter Padgett, Asst. Graphic Editor & Kendall Scott, Health & Fitness Editor

Photo by Claire Rowan, Photo Editor



# SHOULD I GO GREEN?



Health enthusiasts are raving about one of the latest wellness trends: green juice. There are hundreds of recipes out there, but common ingredients include celery, kale, spinach, cucumber, and mint. These vegetable juices are usually mixed with fruit or stevia, which is a natural noncaloric sweetener, to offset the bitter taste. It seems as if juice bars are popping up on every corner and green drink recipes are taking over Instagram feeds. Social media influencers, celebrities, and health bloggers are all participating in and talking about drinking your greens. What's the rave all about? Is it actually healthy to drink your greens, or are you better off just eating your greens the old fashioned way?

According to George Fox University, there are some health benefits to drinking your greens; however, it may not be the best way to get your nutrients intake. Green juice is “made by pressing the juice from fresh fruits and vegetables then discarding the skin and pulp.” By going through this process, fiber is removed from the greens, causing you to lose the benefits fiber has to offer. George Fox University states that fiber is “linked to improved digestion, lower cholesterol, and satiety (the feeling of fullness).” So, by drinking your greens, you miss out on the added benefits that fiber has to offer. The drink alone does not provide you with the full benefits of a person's required daily vegetable intake, but there are some perks to drinking your greens.



Healthline states that green juice is an “excellent source of several essential vitamins, minerals, and beneficial plant compounds.” In addition, it can help reduce inflammation, heart disease risk, and other chronic diseases. It is a great way to give you that extra boost to insure that you reach your daily vegetable intake, especially if you're not a fan of vegetables and have a hard time incorporating them into your diet.

Of course, it's important to speak with your doctor and seek medical advice when making any major dietary changes. Unless advised by a doctor, using green juice as a substitute to your vegetable intake probably isn't best, but it is a great way to give you that extra boost of vitamins, minerals, and other nutrients.

## Easy Green Juice Recipe

By: The Minimalist Baker

- ½ head celery, chopped
- 1 cucumber, chopped
- 1 handful parsley, chopped in half
- ½ bundle kale, chopped in thirds
- 1 three-inch piece ginger, chopped
- 1 small green apple, stem removed & sliced
- 1 medium lemon, peeled & sliced

Wash and prep vegetables. Juice them in the order listed.

Optional: strain through a sieve if you don't like pulp.

# TOO FIT TO QUIT

## DON'T LET FEAR KEEP YOU FROM REACHING YOUR GOALS!

Amid the COVID-19 outbreak beginning in 2020, more people opened themselves up to the idea of at-home bodyweight workouts. Bodyweight workouts are a form of strength training where the individual performing the exercise uses their own bodyweight for resistance. With the recent rising number of COVID-19 cases, gym fear has struck again. However, Orlando Health states that working out at home can be just as effective as going to the gym. It's convenient, cost-effective, and there's a great variety of workout options from apps, video or livestream classes, or even your own written exercise routine. The most daunting part of at-home workouts is where to start.

Senior Abbey Gamble, Berry College student-athlete and certified personal trainer wrote three workout routines that can be done conveniently in your own dorm room.

"The gym can be a scary place, especially for newbies, but exercise can be done anywhere, including your dorm," Gamble said.

The workout routines can be made your own by mixing and matching the different exercises, or they can be done as written. Either way, they provide students with a good starting point to improve their fitness at home.

| FULL BODY                                                                                                                                               | LEGS                                                                                                                                                                                                                       | UPPER BODY & ABS                                                                                                                                                                                                                                   |
|---------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Warm Up:</b><br>10 Bodyweight Squats<br>10 Glute Bridges<br>30 second High Knees in place                                                            | <b>Warm up:</b><br>10 Jump Squats<br>10 Jumping Jacks<br>30 second High Knees in place                                                                                                                                     | <b>Warm Up:</b><br>10 Push-Ups<br>1 minute Arm Circles<br>30 second High Knees in place                                                                                                                                                            |
| Complete 10 repetitions of each exercise and repeat the circuit 10 times. Limit Rest in between exercises. Rest for one minute in between sets.         | Complete three to four sets of each circuit, doing each exercise 10 times. Rest one minute in between sets.                                                                                                                | Complete three to four sets of each circuit doing each exercise 10 times. Rest one minute in between sets.                                                                                                                                         |
| <b>Workout Circuit:</b><br>Bodyweight Squats<br>Push-ups<br>Squat Jumps<br>Sit-ups<br>Alternating Lunges<br>Tricep Dips<br>Toe Touches<br>Glute Bridges | <b>Workout Circuit 1:</b><br>Banded RDLs<br>Curtsey Lunge<br><br><b>Workout Circuit 2:</b><br>Banded Lateral Walks<br>Banded Monster Walks<br><br><b>Workout Circuit 3:</b><br>Banded Fire Hydrants<br>Banded Donkey Kicks | <b>Workout Circuit 1:</b><br>Incline Push-ups<br>Sit-ups<br><br><b>Workout Circuit 2:</b><br>Bicep Curls (with an object from your room like a heavy textbook or jug)<br>Crunches<br><br><b>Workout Circuit 3:</b><br>Tricep Dips<br>Scissor Kicks |

Story, Design, and Graphic by Kendall Scott, Health & Fitness Editor  
Photos by Claire Rowan, Photo Editor



Freshman Haley Griffin demonstrating a squat and push-ups



## ON DEMAND WORKOUTS

The use of livestream or video workouts has increased dramatically since the start of the 2020 COVID-19 pandemic. On-demand workouts can be anywhere from 10 minutes to a full hour long sweat sesh. Finding what works best for you can be done from the convenience of your own home through streaming services like YouTube, Roku TV, Instagram IGTV, Amazon Prime, and Facebook Live.

If you tend to get bored with the same old workout routines, plug into on-demand workouts. There are a vast variety of different workout options users can explore such as yoga, pilates, HIIT workouts, CrossFit, Zumba, strength sessions, and cardio sessions.

Urology of Virginia states, “Live streaming is able to provide a virtually endless well of choices and can even help introduce users to new options they may never have considered before.” In addition, it provides comfort, convenience, and sometimes even an online community.

Parade Blog provides a countless list of popular channels for multiple streaming services. A few examples include:

**YouTube:** Fit By Cris, Lisa McLaren, Blocker Yoga, 567Broadway, STRONG by Zumba

**Roku TV:** Fit at Any Age, Fit You, Sweat Factor, The Yoga Channel

**Instagram IGTV:** The SaltDrop, Box + Flow, Pancakes and Push-ups, BodyRush Fitness

**Amazon Prime:** 8-Minute Abs Workouts, 15-Minute HIIT with Maggie Binkley, Beautiful Belly



Story by Erin Schmidt, Assistant Health & Fitness Editor

Graphics by Jazzy Innis, Graphics Editor

Design by Kendall Scott, Health & Fitness Editor, and Erin Schmidt, Assistant Health & Fitness Editor

# HEALTHY HABITS, HEALTHY LIFE

Taking care of yourself is something that is easy to do, but can be hard to find time to do. Implementing healthy habits into your life can have a heavy influence on you and the person you are, allowing for you to take care of yourself. Eating healthy, working out, and drinking enough fluids are just a few of many ways to incorporate healthy habits into your everyday life. Making sure you are eating the correct foods you need to fuel your body is also important. The World Health Organization suggests many of these, but provides more specific examples, such as eating less salt and sugar and preparing your food correctly. Breastcancer.org adds on to this by explaining how you need to fuel your body with the correct nutrients. Examples of these include carbohydrates, fats, vitamins, minerals, and proteins.

Planning out your day to make the most of it can also provide for a healthier lifestyle. Making simple decisions, such as choosing a healthier food or drink option, choosing to go to bed instead of staying up on your phone are once again just a few small decisions that can easily be built into your everyday life that can make you a healthier, happier person.

Another small thing to incorporate into your daily schedule is time for yourself. It is easy to get caught up in the business of life in general, between classes, work, sports, having a social life, and other activities. Setting aside a little bit of time each day to take for yourself can help you to set yourself up for success. Whether it be going on a walk or run, cleaning your room, reading, journaling, set aside some alone time for yourself. Keeping a planner, or writing a to do list can help out with anxiety and stress. The Learning Center at the University of North Carolina at Chapel Hill provides information on how planning weekly, and by semester, can both have a great impact on your daily life.

Budgeting time to look over assignments and deadlines, color coordinating, setting time aside for each individual assignment, are all examples used. When planning for the whole semester, they recommend looking over your syllabus for each class and marking out deadlines and important assignments so you can stay ahead in your classes

If you find yourself stressed out about anything, from school work to relationships, take time for yourself. Setting goals for yourself is another small task that can have a large impact. Mental Health America recommends making and obtaining goals in order to keep you motivated. They also recommend having strong connections with those around you. Developing and strengthening relationships can also help to maintain a healthy lifestyle. Surrounding yourself with people that care about you can be helpful, especially when you need someone to talk to.

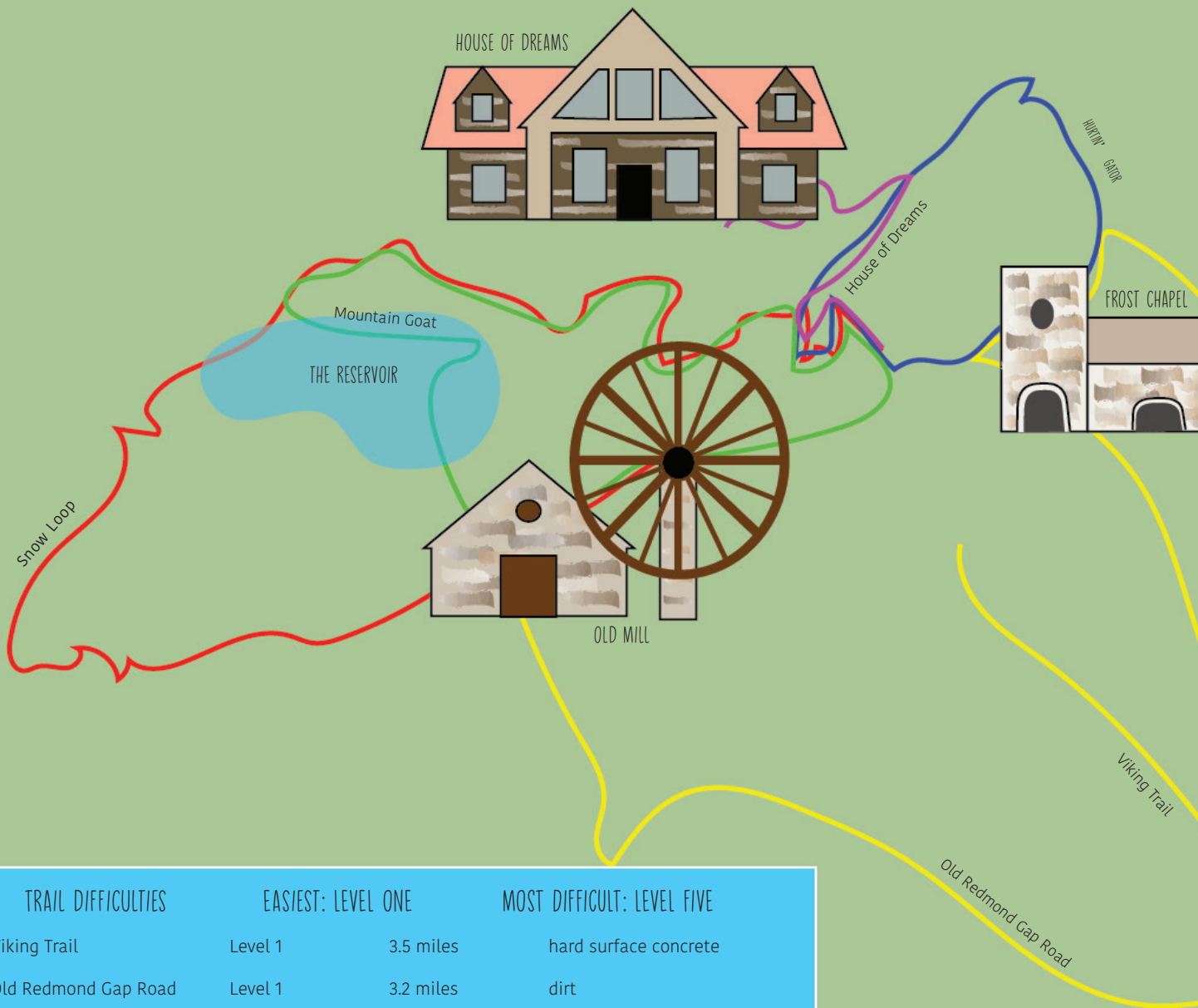
Sleep is something else that has a major impact on your mental and physical health. According to Sleep Foundation, not getting enough sleep can have an impact on one's growth and development, mood, memory, and more. A major way to help improve your sleep schedule is by maintaining healthy habits, such as having steady exercise and keeping up with a healthy diet.

Applying healthy habits and incorporating ways to take care of yourself can help you to grow and prosper as a person, both mentally and physically. Combining your nutrition with regular exercise, getting enough sleep, planning out your week, and other healthy habits all contribute to you living a healthier lifestyle.

## YOUR FUTURE SELF

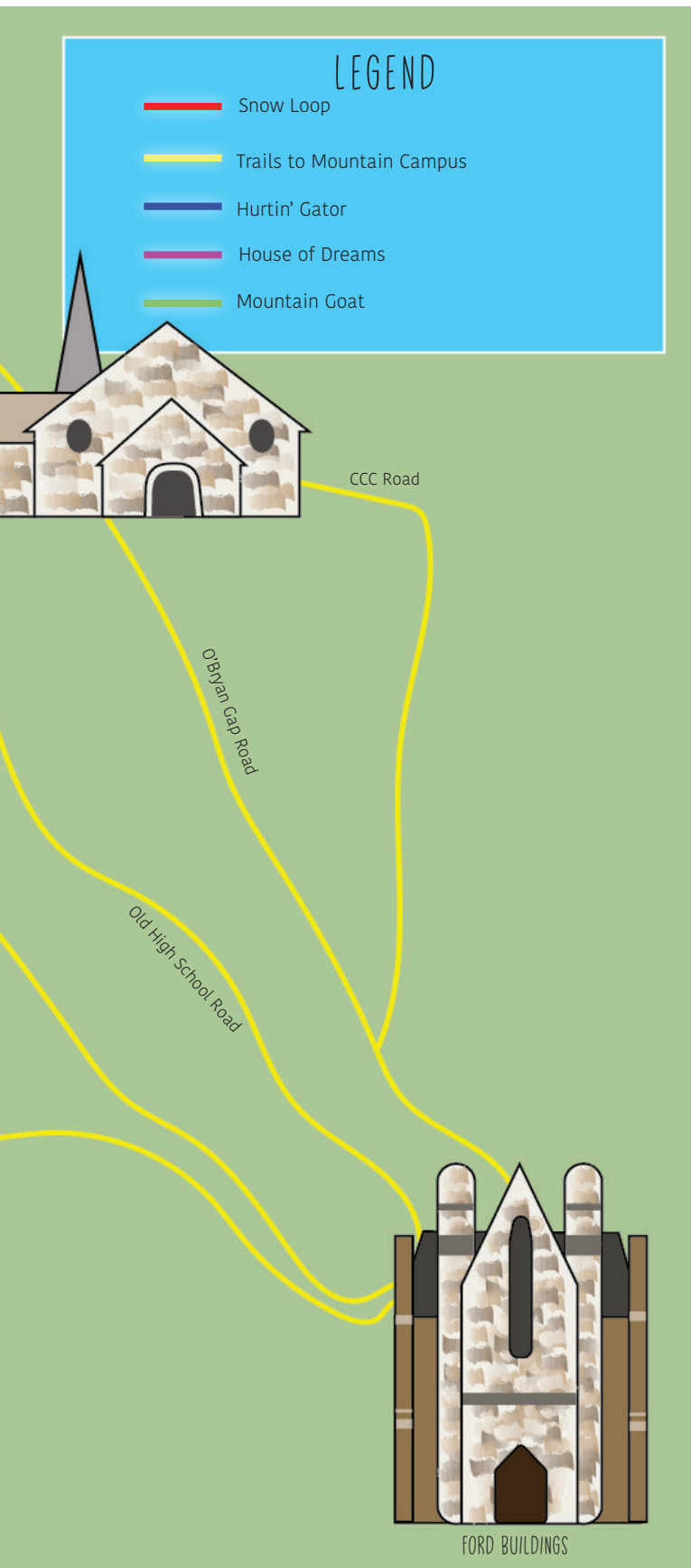
*thanks you!*

# BEST OF BERRY



| TRAIL DIFFICULTIES    | EASIEST: LEVEL ONE |           | MOST DIFFICULT: LEVEL FIVE |
|-----------------------|--------------------|-----------|----------------------------|
| Viking Trail          | Level 1            | 3.5 miles | hard surface concrete      |
| Old Redmond Gap Road  | Level 1            | 3.2 miles | dirt                       |
| Old High School Road  | Level 1            | 3.0 miles | dirt                       |
| O'Bryan Gap Road      | Level 2            | 3.0 miles | dirt                       |
| CCC Road              | Level 2            | 2.0 miles | heavy gravel               |
| Old Mill to Reservoir | Level 3            | 1.1 miles | dirt/gravel                |
| Mountain Goat         | Level 4            | 7.0 miles | dirt/some gravel           |
| House of Dreams       | Level 4            | 2.6 miles | light gravel               |
| Snow Loop             | Level 5            | 8.0 miles | 1.5 miles of steep climb   |
| Hurtin' Gator         | Level 5            | .5 miles  | dirt & steep climb         |

# COLLEGE OUTDOORS



Being part of the Berry College community comes with many perks, including access to one of the most beautiful campuses. There's no better place to get active and move your body while enjoying all the benefits of being outside.

According to Hartford Healthcare, "Vitamin D can help your sleep cycle and mood as well as lower your risk of Alzheimer's disease, multiple sclerosis, and pancreatic and breast cancer." Being outside in the sun supplies your body with a significant source of Vitamin D. In addition, it increases serotonin levels in your body, which is a hormone that regulates your mood, and exercising itself produces endorphins, which is another happy hormone, according to Piedmont Healthcare.

Exercising outdoors can take many different forms such as walking, jogging, hiking, biking, disc golf and water sports like swimming or kayaking. It can be as simple as walking or biking to your classes instead of driving. By moving your body and increasing your steps, you are going to burn more calories throughout the day, which can benefit your overall health.

There are countless outdoor exercise opportunities at Berry College, including Viking Trail, which is a three-mile paved track that runs from Main Campus to Mountain Campus. Going the full length from the starting point in front of the Ladd Center to the entrance of mountain campus is six miles.

The scenic Viking Trail can be utilized by walking, jogging, rollerblading, and biking. If you decide to take a break at Mountain Campus before heading back to Main Campus, you can enjoy the 18-hole disc golf course that provides "changing terrains amidst beautiful scenery and wildlife," according to SouthernHiker. This is a great way to get your steps in, while having a good time with your friends.

With Berry College being 26,000 acres, there's so much to explore. Grab some friends and get your body moving by hiking some of Berry's trails. The American Hiking Society states, "Hiking can help reduce your risk of heart disease, hypertension, diabetes, obesity, anxiety, osteoporosis and arthritis." It's a great way to calm your mind and enjoy nature while also benefiting your physical health.

Overall, exercising outdoors provides a number of different health benefits for mental, emotional, and physical health. Berry College's beautiful scenery and outdoor recreation opportunities makes it easy for our community to stay active outdoors.

Story & Design by Kendall Scott, Health & Fitness Editor

Graphics by Hunter Padgett, Asst. Graphics Editor

# MENTAL HEALTH IN ATHLETES

Story by Abby Shrader, Writer

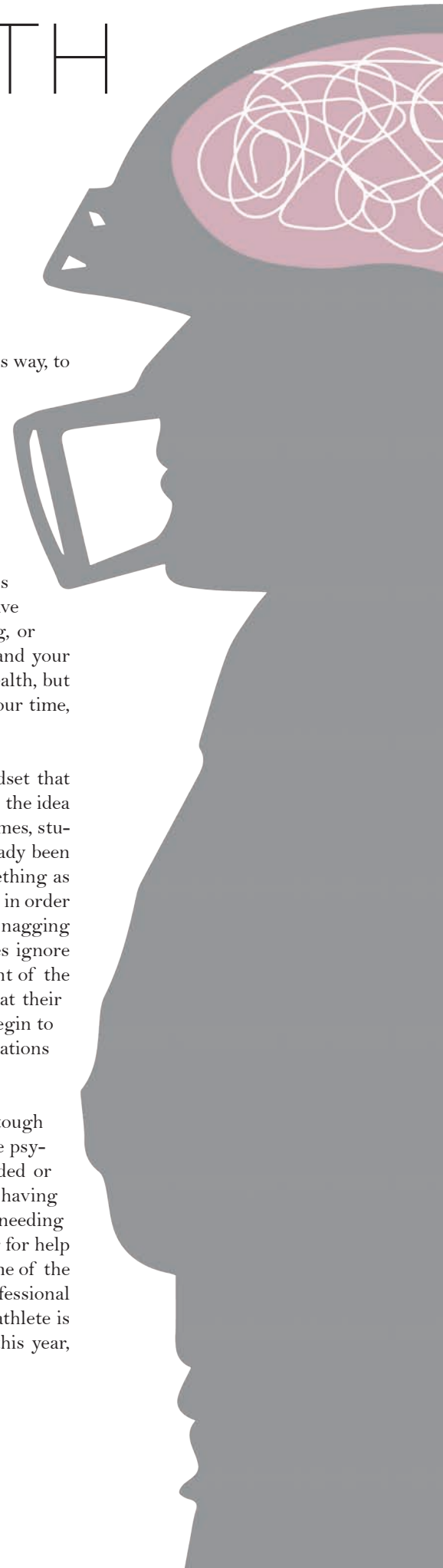
Design and Graphics by Kendall Scott, Health & Fitness Editor

Athletes hold themselves to a higher standard. They have been conditioned to be this way, to push themselves constantly, even past their breaking point. They have to prove their abilities to their coaches, to their parents, and to everyone in the stands cheering them on. For some, their mental health is the last thing on their mind. But this mindset can be very damaging, and often leads to athletes becoming anxious, depressed, and even developing eating disorders. At some point, every athlete must stop for a breath and ask themselves what their mental state is like.

Valkyrie spoke with Thom Ratkos, a psychology professor. He addressed mental health and how it affects athletes. “All young people are trying to have all their needs met,” he said, “Any college athlete or adult athlete or young adult athlete is going to have this extra draw on their time that they are not spending in quiet reflection, napping, or engaging in leisure that has no pressure on them...In the best cases, your athletics and your team and your coaches and competitions could be a beneficial thing for your mental health, but they could just as easily be a drain. Because not only do you have an extra draw on your time, but you have an extra draw on your expectations.”

Expectations is where many athletes begin to falter mentally. Most have the mindset that they must push through any pain and hardship in order to prove themselves. For some, the idea of failing to meet their coach's expectations for them can be a paralyzing fear. Many times, student athletes feel like they have no choice in the matter, or that their choices have already been made for them by a parent or coach. They no longer have the freedom to decide something as simple as what to eat because they have people telling them what kind of diet to stick to in order to weigh in. When reaching for a doughnut, they hear a voice in the back of their head nagging at them about an upcoming tournament, and they pull their hand back. Some athletes ignore injuries because of teammates telling them to push through the pain for the betterment of the team. In situations like this, expectations on an athlete can cause them to ignore what their own body is telling them, like when to eat or when to stop because of pain. Athletes begin to ignore what their body is saying and focus instead on meeting everyone else's expectations for them no matter the consequences.

Ratkos said, “One thing about athletes is that they're tough. They're psychically tough and with that can come the expectation that they should be mentally tough, too...The psychological act of pushing yourself, which is a legitimate part of athletics, can be extended or overapplied to their mental health. Athletes could be less likely to identify that they are having issues and or to tell someone else that they are having issues because of the idea that needing help is being weak.” It is essential to athletes' mental health to understand that asking for help does not mean that they are being weak or that they are letting anyone down. Even some of the most incredible athletes in the world admit to needing a mental break or that they professional help because of the stress their sport comes with. A perfect example of one of such athlete is Simone Biles, who took a step back from team competition in the Tokyo Olympics this year, saying that she was not in the right headspace to compete.





“For Simone Biles to do that and say ‘I am not going to do this’, you had people who couldn’t do a summersault saying that she is weak and shouldn’t be there,” Ratkos said. “We saw a lot of the results of athletes who do say ‘I’m not in the right state to do this right now because it won’t be good for me or my health.’ And we saw a lot of people who were supportive, which was good, but there are still a lot on unhealthy expectations on athletes to basically be machines.”

“...there are still a lot of  
unhealthy expectations  
on athletes to be  
basically machines.”

But at Berry, the majority of athletes are trying to handle their classes, their job, clubs, a social life and playing a sport at a college level. So how should a Berry athlete proceed if they are feeling like they are struggling mentally and feeling like they are having to sacrifice their bodies and their minds for their sport? “It is a very personal thing and I encourage all students to know what their values are. What are your personal values and what are your personal goals? And I think if students reflect on this then their health and their education might be more valuable than their experience on the athletic field....People who have different values might not understand why someone else would, but that is the fact of it. The tragedy is that some people are not reflecting on their values and then making decisions that are value-based...The first step is to examine the things in your life and what is helping you achieve your goals and what’s not,” Ratkos said. “But I think things have never been better because every generation is better than the one before it and the current Gen Z students are more open and less stigmatized towards people needing to look out for their mental health. That is a big deal and I think you can have a whole varsity sports career that is perfectly in line with your values and everything can be great for your mental health, your sport being a source of strength and confidence and comradery and life-long bonds. But if it is not those things, the first step is recognizing it.”

If you feel like you need extra help, do not feel weak or discouraged. Berry’s Counseling Center is available virtually 24/7, or you can book an in-person session by calling 706.236.2259 or visiting the Ladd Center. There is help and resources available to you and utilizing those can make sure that you are both physically and mentally at your best, which will pay off on gameday.

# DIET CULTURE

Story by Russell Hendley, Managing Editor  
Design and Graphics by Kendall Scott,  
Health & Fitness Editor

Social media's influence on our culture is stronger than ever before. Thanks to platforms like TikTok, Instagram, and Facebook, connecting with family, friends, influencers, and celebrities can be done instantly. Therefore, with such a large group of people, trends and cultures occur through conversations, memes, and the like. One of the most recent (and perhaps most egregious) movements in social media is called "diet culture."

If you regularly follow influencers on social media platforms, you likely watch some of their videos promoting shakes, powders, teas, or other food items that supposedly help you lose weight fast. Your feed may even be full of clips promoting these products, or perhaps full of "What I eat in a day" videos. This recent trend involves influencers summarizing their daily meals, especially if they practice special diets like keto, paleo, low-carb, and intermittent fasting among others. Oftentimes, those who create and promote this kind of content simply want a fun way to connect with their viewers or support the products of their advertisers. It is seemingly nothing more than harmless content creation and product promotion.

So why, in September 2019, did Instagram begin hiding posts promoting weight-loss products and lifestyles from children under the age of 18?

Unfortunately, despite the good intentions of the influencers promoting it, diet culture's effect on viewers has been somewhat effective at best and genuinely detrimental at worst. As for the diets and products themselves, most people who adopt them find that they work for about two months, but eventually regain all the weight they shed off. In fact, Healthline.com reports that 85 percent of dieters gain their weight back in a year or less. Simply put, these diets do not work for most people. Long-term weight loss requires changing your lifestyle to make yourself healthier and happier overall. Simply sleeping better, increasing your activity levels, and eating healthier will lead to natural weight loss.

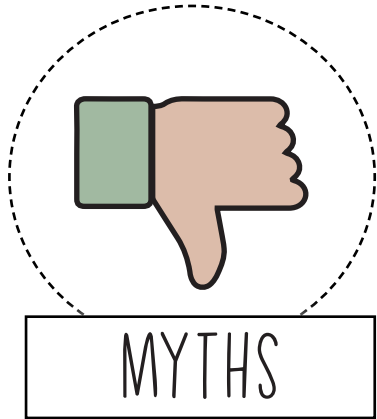


However, diet culture does not see it that way. It believes that unhealthy diets are the superior way of eating, despite that many of these diets cut out nutrients or entire food groups, such as carbs or fats. These diets lead to deficiencies that cause bodily harm. Despite what the weight loss industries and promotional videos have taught us, carbohydrates and fats are healthy in moderation—just like everything else. Foods that we consider healthy, like whole-wheat bread, beans, and fruit contain healthy complex carbs.

Despite the ineffectiveness of these diets and products, their prevalence on social media convinces the masses that they are the way to lose weight. This is further compounded by the diet culture's tendency to feature those with supermodel bodies. Those who try out those weight loss methods and fail often blame themselves for a diet that simply does not work. This leads to a spiral downwards of trying ineffective diets, leading to eating disorders and mental health issues.

In summary, social media portrays damaging diets as the most effective way to lose weight and utilize fatphobia to further exacerbate this idea. Because these diets hurt more than they help, those who adopt them believe they are the problem and suffer mentally for it. If you want to lose weight the correct and healthy way, seek a nutritionist who is more qualified than any weight loss industry or social media influencer. They will offer advice tailored to your body's needs and guide you towards a long-term solution. While you're at it, go ahead and unfollow all those diet culture accounts.

# BUSTING DIETING MYTHS



Eating less carbs means losing more weight.

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“Low-fat” or “no-fat” foods can be eaten a lot without any weight gain.

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Eating breakfast is necessary to lose weight.

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Fasting helps you lose weight quickly.

There are two different forms of carbohydrates. Complex carbs, found in whole-wheat bread, beans, and fruit, are a dietary must because they contain vital nutrients that keep you healthy. Simple carbs, found in junk foods like candy, should be eaten sparingly.

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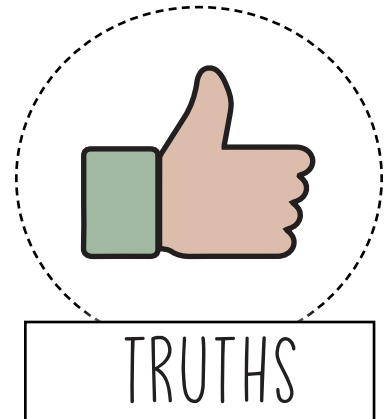
Low/no-fat foods often compensate for the fat reduction with additional sugar, starch, or salt. They are no healthier than their “regular-fat” counterparts and may even contain more calories.

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Skipping breakfast is not directly linked to weight gain. However, studies indicate that people who eat breakfast tend to have other healthy habits in their lifestyle. Eating breakfast can also help you say “no” to unhealthy foods throughout the day. However, it is also a myth that breakfast boosts your metabolism.

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People who fast lose more muscle than fat when compared to people who reduce their calorie intake. Additionally, people who fast typically eat one large meal that replaces the calories they skipped. This is worse than simply eating three meals a day.



# Reboots & remakes



Story and Design by Caroline Cleland, Asst. Arts and Culture Editor  
Graphics by Jazzy Innis, Graphics Editor



*Gossip Girl*, *Cinderella*, *iCarly*, *She's All That*, *Sabrina the Teenage Witch*: the list of reboots and remakes is seemingly endless. Everywhere you turn there's a blast from the past headed towards you at 100 mph. Reboots, reimaginings of old intellectual property, and remakes, the same story told with fresh faces, are undoubtedly on the rise. Even five years ago, the occasional reboot or remake felt like a treat, something slightly unexpected and possibly disappointing. The Jurassic franchise was brought back to life with an IMAX Chris Pratt flick. Disney was taking old classics and turning them into live action films starring beloved actors. Ghostbusters came back with a controversial splash. Recent times have seen a skyrocket in the amount of reboots, remakes and revivals made. These films are now saturating the market and audiences are left wondering what exactly caused this turn to nostalgia.

Truth be told, the real reason behind all these nostalgic films and tv shows is money. The end goal of all studio heads is to turn a profit at the end of the quarter and these reboots and remakes are a surefire way of making that profit. When a film or show is created based upon a previous film or show, the creators know that they already have a built in audience. There is hope that the reboot or remake will recapture some of that magic, lightning in a bottle that made the original so good. Fans are almost certain to go see the new film in theaters or catch the new show on the silver screen, regardless of quality, because of the unadulterated love that they have for the original. Original content simply can't compete with this premade audience. Viewers may tune in because an actor that they adore is in it or because an iconic director is at the helm, but this is not nearly as reliable as a steady fan base and iconic intellectual property.

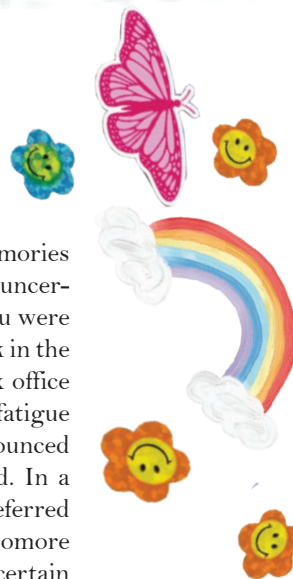


Call me!  
1-800-ghostbusters ♡



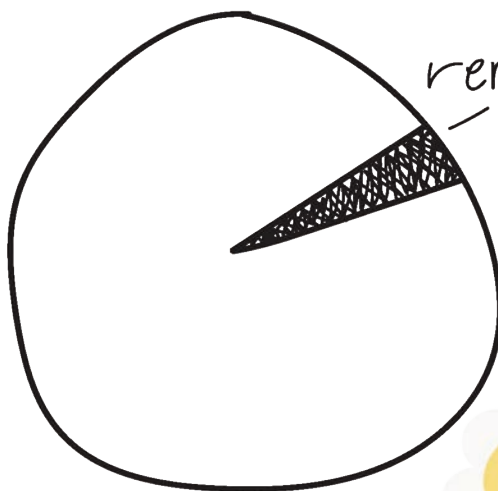
People love familiarity. Slipping back into memories of the “good, old days” is a comfort in times of uncertainty. If the media hails from a time in which you were young, you’re able to go back to that time and bask in the rose colored glow of the past. In the face of box office success, there seems to be a growing cultural fatigue associated with these films. A new remake is announced and a common groan goes out across the world. In a poll conducted among Berry students 97% preferred the original to the remake. Berry College Sophomore Sam Askew said, “The originals usually have a certain quality or emotional pull that the reboots and remakes can fail to recapture.” In the face of a barrage of carbon copies, people still prefer the first.

The only question now is how much longer will we have these originals to recreate. In a media economy run by nostalgia it’s nearly impossible for new original content to get released. Even if it’s not a reboot or a remake it’s an adaptation, revival, or franchise. The world of original films and shows is barren, nothing new is getting greenlit and it’s because of the influx of these reboots and remakes. We’re robbing ourselves of future classics by refusing to let go of the ones from the past.



97%  
Originals

remakes  
3%



# BERRY CRIBS

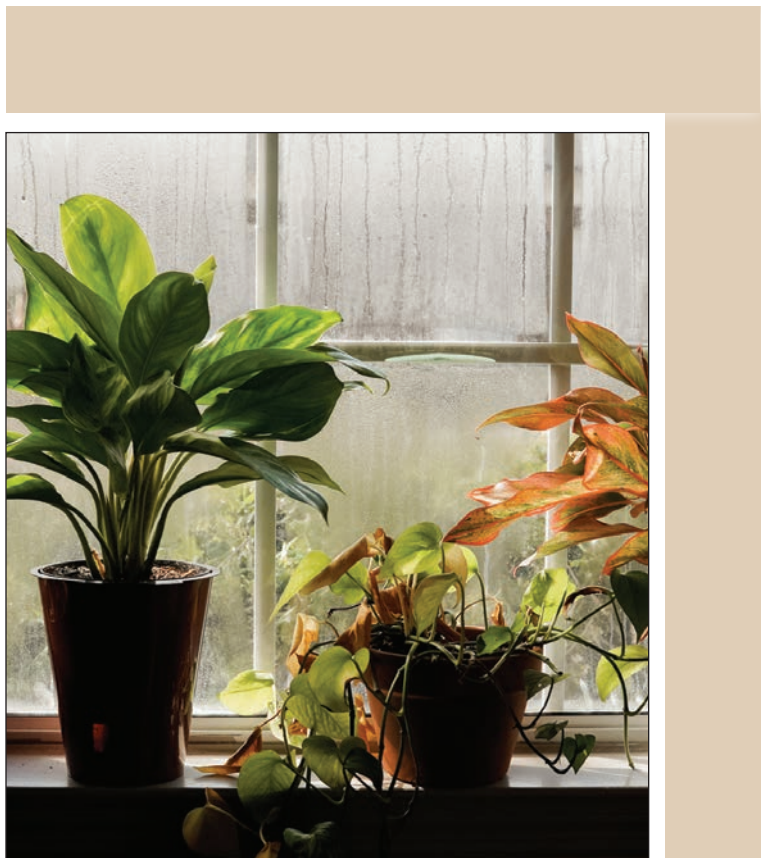
Story and Design by Caroline Cleland, Asst. Arts and Culture Editor

Photos by Grace Segar, Asst. Photo Editor

Our homes away from home. Awake or asleep, our dorms are a major aspect of our lives as college students. Some choose not to decorate at all, but others turn their 12 by 19 ft cinder blocks into their own private oasis. With limited space and less than ideal blank slates to work from, students have to get creative to make their rooms truly feel like home. From the Townhouses to Morton-Lemley, every student infuses bits and pieces of their own personality and style into the way they decorate their dorms. Some opt for a minimalist, chic look while others lean more towards a maximalist, bohemian look.

Junior, Kayleigh Strech, finds herself more drawn towards the latter. Pinterest board-inspired and T.J. Maxx supplied, Stretch makes sure every square inch of her temporary home is decked out, even switching out decor for the holidays. Her process mostly consisted of finding pieces that she absolutely loved and then basing the rest of her decor around those pieces. For Stretch, the enjoyment of decorating her room lies in being able to pull everything together and seeing the finished product of all her hard work.





Kayleigh isn't alone in her love for decorating. Sophomore, Julianne Kucera, turned her Deerfield single room into a sanctuary to get away from the chaos of campus. With the nearly total freedom that comes from decorating a single, Kucera opted for a soft bohemian look to give her room a homey feel. She first fell in love with the pink Persian rug that now occupies her floor and built her entire color scheme and style around that rug. From there she scoured thrift and home goods stores to find the perfect accessories and accents. She even went so far as to hand build wooden shelves to achieve the snug haven she had initially envisioned.

Dorms often get maligned for being cramped and bland, but that "blandness" can actually work as a canvas that students have free reign to decorate as they please. For many, it's the first place that they can truly consider their own and the first time that they are able to create a space that feels true to them. Time and time again, Berry students have utilized this creative freedom and turned their rooms into cozy, welcoming spaces for them and their friends to enjoy and it seems that dorms will forever be a starter kit for decorating our future homes.



# ART *for* ACTIVISM

Art has been used historically to convey emotions, experiences, hardships, relationships, political messages and to shed light on injustice in the world. Many artists have passed along that torch and showcased their talent to speak on topical issues that we face as a human race. One of those artists is Danielle, or Dani Coke. Dani's company "Oh Happy Dani", works to spread positivity and to do good daily.

Coke always had a passion for art, and creating magical moments, which led her to start her career in event planning as a graphic designer and marketing coordinator. Later, she knew she wanted more for her life, as her passion for social justice and advocacy continued to grow, as well as her hope to use her gifts for a greater purpose. She quit her job in 2019 to build her first business, focused on advocacy and activism. In January of 2020, Coke's popularity began to skyrocket in the midst of racial injustice everywhere, and for people's desire to spread anti-racism and extend love to their neighbors.

Nowadays, Coke has upwards of 400 thousand followers on Instagram, and her digital art can be seen all over social media as people share, like, and spread messages of love and the importance of activism in our world. Stories about Coke and her work can be found on the Today Show, Forbes, NBC, BuzzFeed, Alive, USA Today, and more. You can learn more about Coke, her story, her art, and her merchandise on her website, and her social media.



Story and Design by Johannah Huber, Arts and Culture Editor  
Digital Art by Danielle Coke



The Gate Scholarship Program, which is under the umbrella of the Student Diversity Initiatives Program here at Berry hosted a retreat at the Ocoee Recreation Center, inviting Dani Coke as a speaker and Musician Dane Caston. Senior Gate Scholar, Asa Owens, attended the retreat, and spoke on the power of Dani Coke's talk,

"Honestly, she was one of the most powerful speakers I've ever heard," Owens said, "The confidence that she spoke with, the way that she talked about seemingly uncomfortable subjects with such boldness and attacked those in a way that it was comfortable to be apart of, and she invited conversation to was something very special."

Owens went on to talk about his favorite parts of the talk, including that he gained insight on just how important it is to work on something you're passionate about, stating that you're going to work hardest on something that you're passionate about, which is what he felt Coke is doing.



Haley Smith, who is the Director of the Student Diversity Initiatives Program spoke on the impact of Coke's talk, and how it related to her life, especially as a biracial woman. She spoke about the first piece of Dani's art that she saw, right around the time of the George Floyd protests. A piece of art saying "It shouldn't have to happen to you to matter to you."

"It was really, really powerful, especially at that time." Haley said.

In regards to the event hosted by the Gate of Opportunity Scholarship, Haley spoke specifically on the beauty of seeing a room full of 100 students, about 44% diverse, really engage with and listen to Coke speak on diversity, equity and inclusion.

She spoke on the importance of inviting reconciliation onto our campus, uniting and being a part of the solution, rather than being quiet, and the hope that this event gave her for the future of Berry.

Found on ohhappydani.com, Dani Coke says, "My artwork seeks to encourage faith, inspire justice, and guide you through loving your neighbors well. More than anything, I hope that my work encourages you to take action as you hold these words in your heart and home."

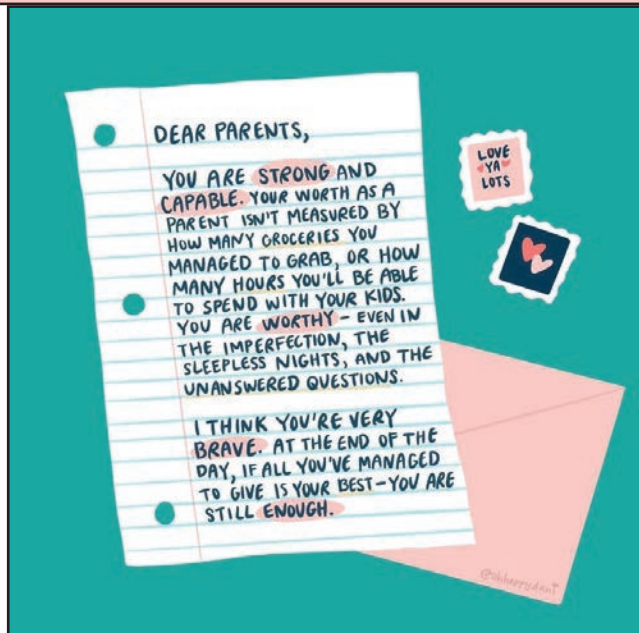
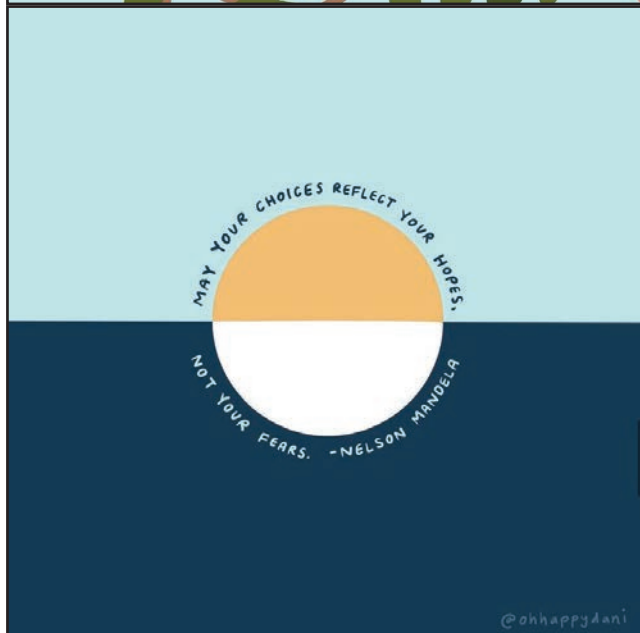
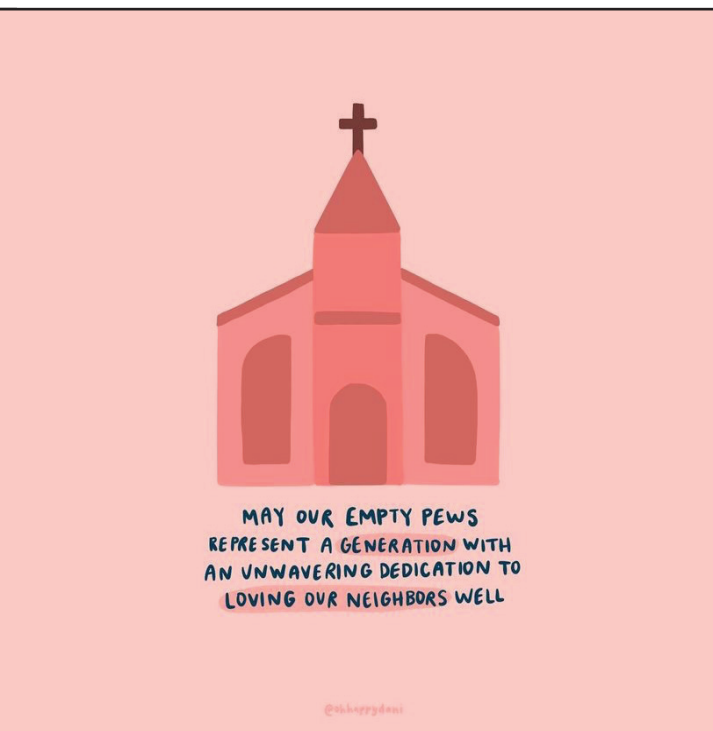
Haley Smith said, "Oftentimes, when we talk about things like diversity, equity, and inclusion, it can just be a checkbox, but she is such an expert at connecting the humanity of that and speaking on behalf of marginalized communities, as a woman of color, but also on what true allyship means."

The Student Diversity Initiatives Program hopes to host Dani Coke and Dane Caston another time in the near future, with a focus on the importance of diversity, equity, and inclusion.

\*More information surrounding the SDI Program can be found through their Instagram: [berrycollegesdi](#) and on [Berry.edu](#).

\*Coke's artwork and merchandise can be found both on her Instagram at [ohhappydani](#) and her website [ohhappydani.com](#)





<https://ohhappydani.com>  
Instagram: @ohhappydani

# Thrift

# Flip

Story by Holly Jordan, Asst. STEM Editor

Design by Caroline Cleland, Asst. Arts and Culture Editor

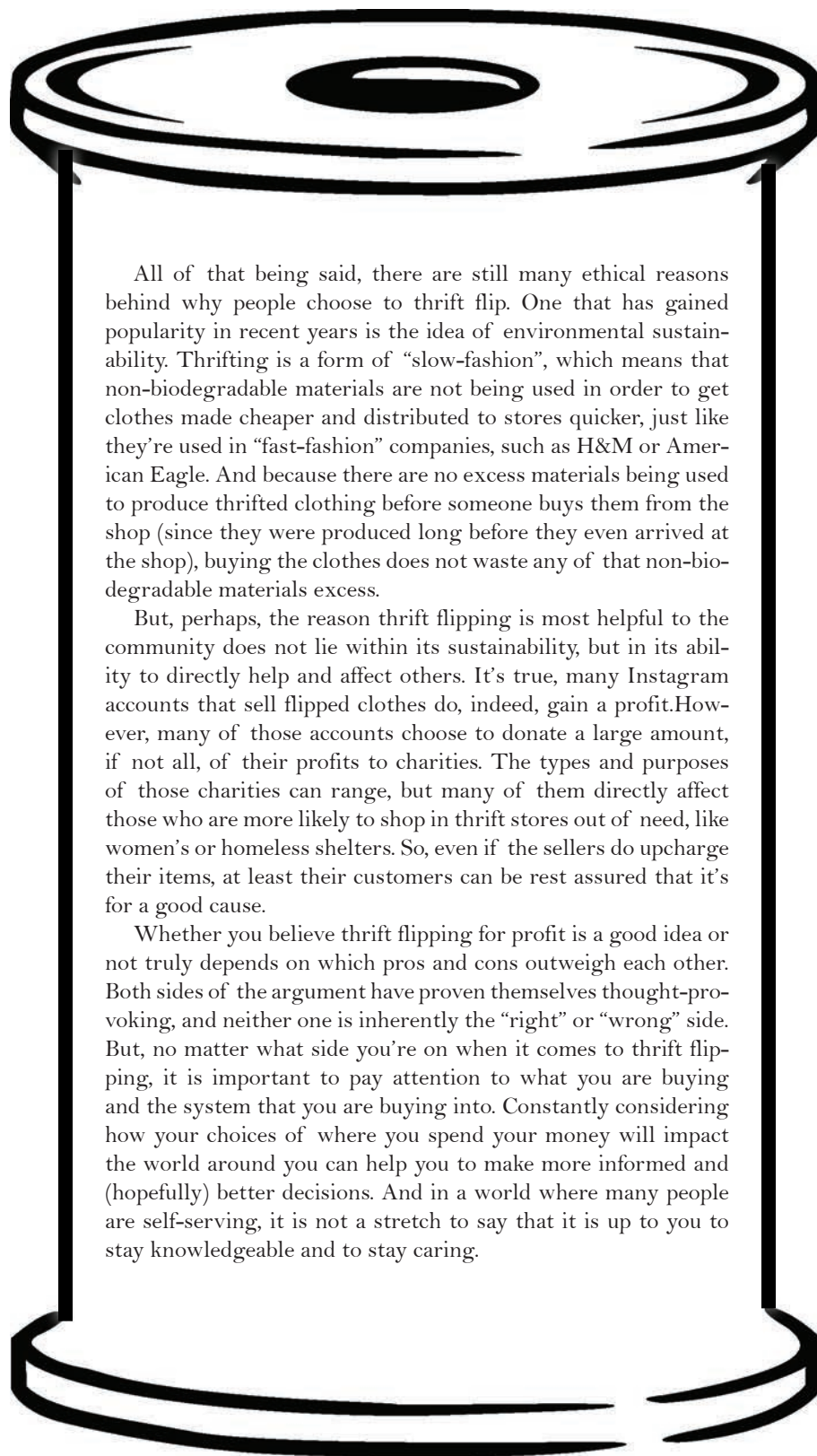
Graphics by Jazzy Innis, Graphics Editor

For the typical broke college kid, thrift flipping seems like the ultimate entrepreneurial venture: you buy cheap articles of clothing from thrift stores around town, use some scissors, maybe do a little sewing here and there, and boom – money in your pocket. There are plenty of local Instagram pages doing it, so why not you? It seems like it's easy money, and it encourages sustainable fashion choices. It's great for both kinds of green: money and the environment! So, what's the problem? Why aren't more people doing it? Is there a reason that people shouldn't be thrift flipping?

Well, thrift flipping seems to be a more complex issue than many would initially believe. Though there's the clear pro of money-making in the practice, there have been many points made that argue against thrift flipping. One of the major ones puts into question the actual money-making aspect itself: many who flip clothes and sell them online will set the prices much higher per item than what that item originally cost at the thrift store. So, to the person buying the item from the thrift flipper, the cost looks great because it's incredibly cheap when compared to the prices of brand new clothes in other stores.

But, in reality, comparing that price to the price of that item when it was being sold at the thrift store can change the customer's whole perspective from feeling like they're saving all this money to feeling utterly cheated.

There's also the ethical side of the thrift flipping cons: what about those who actually need to buy clothes from thrift stores? With the rise in popularity of the thrift flipping trend due to social media platforms, such as Instagram and TikTok, more and more people are beginning to buy items from second-hand shops to flip. This can leave many of those shops quite barren when individuals who can exclusively afford second-hand clothing try to shop there. Though thrifted clothing is more affordable for the average college student, most students are still able to afford new clothing. Therefore, it can seem immoral for students to be selling and/or buying thrifted clothes if that prevents others from being able to buy clothes at all.



All of that being said, there are still many ethical reasons behind why people choose to thrift flip. One that has gained popularity in recent years is the idea of environmental sustainability. Thrifting is a form of “slow-fashion”, which means that non-biodegradable materials are not being used in order to get clothes made cheaper and distributed to stores quicker, just like they’re used in “fast-fashion” companies, such as H&M or American Eagle. And because there are no excess materials being used to produce thrifted clothing before someone buys them from the shop (since they were produced long before they even arrived at the shop), buying the clothes does not waste any of that non-biodegradable materials excess.

But, perhaps, the reason thrift flipping is most helpful to the community does not lie within its sustainability, but in its ability to directly help and affect others. It’s true, many Instagram accounts that sell flipped clothes do, indeed, gain a profit. However, many of those accounts choose to donate a large amount, if not all, of their profits to charities. The types and purposes of those charities can range, but many of them directly affect those who are more likely to shop in thrift stores out of need, like women’s or homeless shelters. So, even if the sellers do upcharge their items, at least their customers can be rest assured that it’s for a good cause.

Whether you believe thrift flipping for profit is a good idea or not truly depends on which pros and cons outweigh each other. Both sides of the argument have proven themselves thought-provoking, and neither one is inherently the “right” or “wrong” side. But, no matter what side you’re on when it comes to thrift flipping, it is important to pay attention to what you are buying and the system that you are buying into. Constantly considering how your choices of where you spend your money will impact the world around you can help you to make more informed and (hopefully) better decisions. And in a world where many people are self-serving, it is not a stretch to say that it is up to you to stay knowledgeable and to stay caring.



# CANCEL CULTURE

What is it and what can we learn from it?

CAUTION

Cancel culture is a tool most often used to call out those in power and hold them accountable to their actions. Some argue that the act of “cancelling” has lessened the idea that people can and should learn and change from their mistakes. Some others argue that cancel culture has allowed those in marginalized communities to gain power and call out individuals or groups that use their power for wrongdoing. Oftentimes, it has been linked to cultural movements and calls for social change, such as the #MeToo Movement or the Black Lives Matter movement. But why is there such a debate surrounding cancel culture, and what can we, as Berry students, learn from this tool in order to understand how to balance grace and justice?

CAUTION CAUTION

Whether or not you know someone personally that has been cancelled, most of us can identify at least one public figure that has stood on the proverbial “hot seat” where they have been called out for their actions. Sometimes, people who have been accused of wrongdoing might be able to learn from their actions, issue a public apology, and move on with their life with little backlash. Others might be stuck in the shadow of their wrongdoing forever. The volatile nature of cancelling has caused a rift between people, making some feel as if mistakes cannot be made, and others feel that mistakes must be made to better ourselves. Wherever you find yourself, remember that here at Berry, we live and work together, and hope for a better world outside of the bubble. The reminder here is to always treat each other with kindness and understanding, knowing that every one of us will make mistakes, big or small, and that we have an opportunity to call out those mistakes and learn from them to become better stewards of a healthy and flourishing community.

CAUTION

We’re always told to be ourselves, be true to ourselves, but we also have a desire and a responsibility to learn from each other, glean knowledge from each other, and make choices out of love for our neighbor, whether that’s across the street, or across the aisle. How can we use our community in a positive way to shepherd a culture of belonging here at Berry, while understanding that some things need to be called out, or need to be changed in order to foster that environment? Learning takes time and effort, as well as a desire to gain knowledge and become a more well-rounded person at the end of it, so we can better serve whatever community we find ourselves in. As our motto goes,

CAUTION

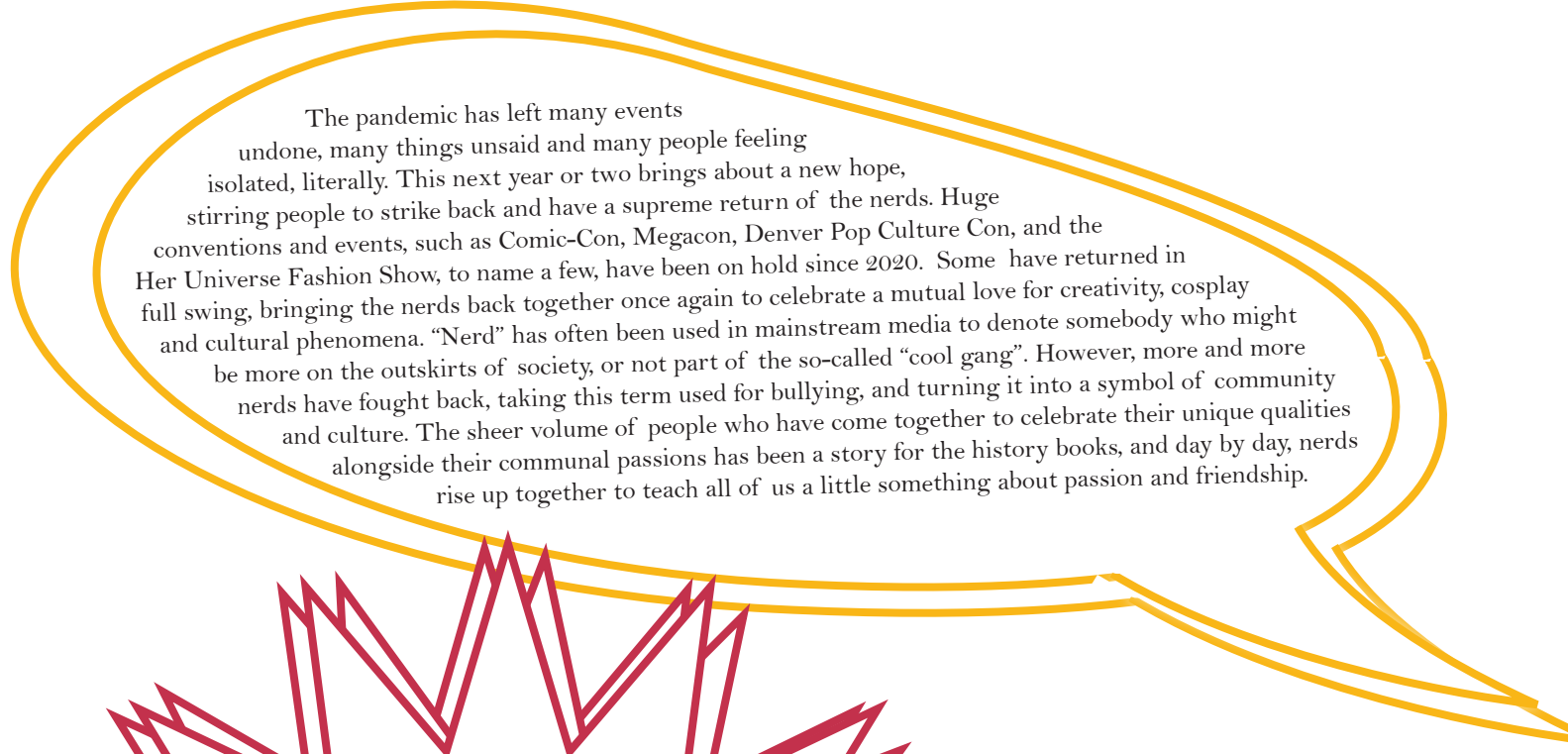
**“NOT TO BE MINISTERED UNTO, BUT TO MINISTER.”**

CAUTION

Design and Story by Johannah Huber, Arts & Culture Editor  
Photo by Parker Luellen, Photographer  
Graphics by Johannah Huber, Arts & Culture Editor

# RETURN OF THE NERDS

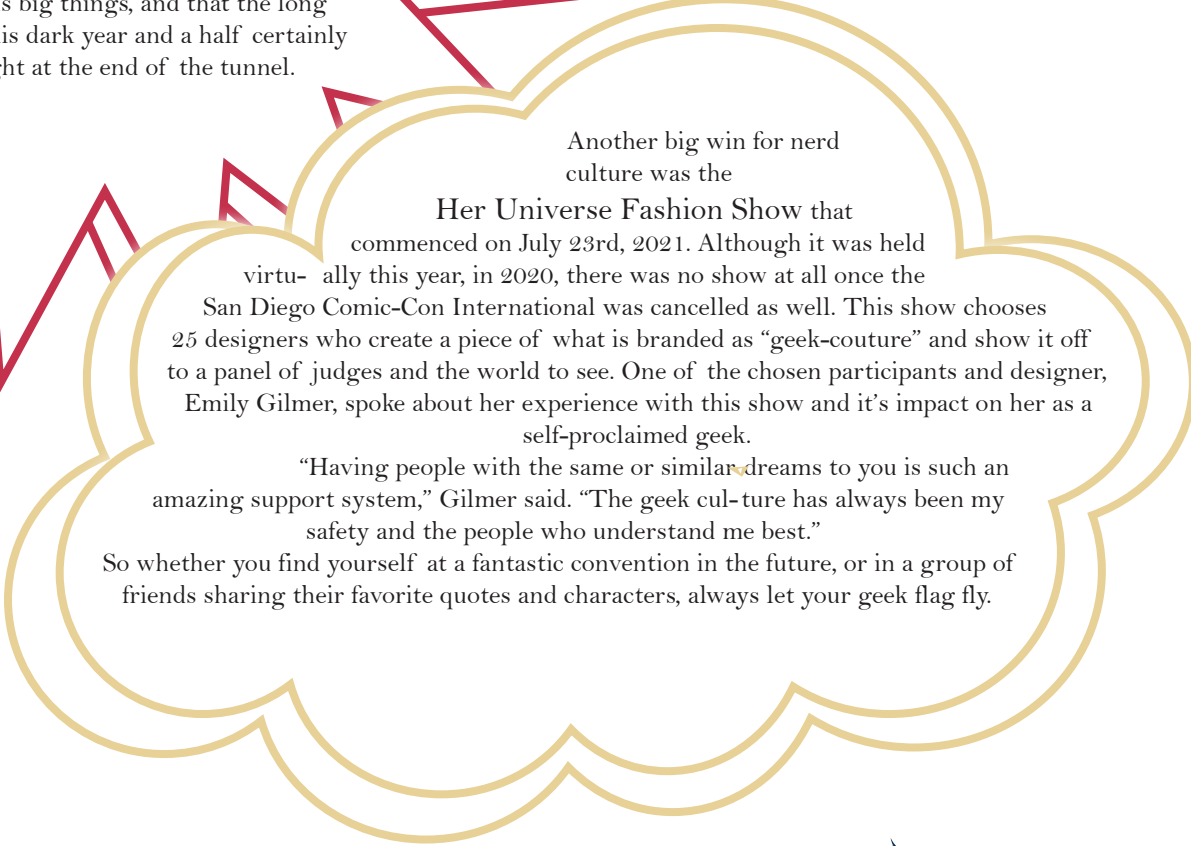




The pandemic has left many events undone, many things unsaid and many people feeling isolated, literally. This next year or two brings about a new hope, stirring people to strike back and have a supreme return of the nerds. Huge conventions and events, such as Comic-Con, Megacon, Denver Pop Culture Con, and the Her Universe Fashion Show, to name a few, have been on hold since 2020. Some have returned in full swing, bringing the nerds back together once again to celebrate a mutual love for creativity, cosplay and cultural phenomena. “Nerd” has often been used in mainstream media to denote somebody who might be more on the outskirts of society, or not part of the so-called “cool gang”. However, more and more nerds have fought back, taking this term used for bullying, and turning it into a symbol of community and culture. The sheer volume of people who have come together to celebrate their unique qualities alongside their communal passions has been a story for the history books, and day by day, nerds rise up together to teach all of us a little something about passion and friendship.



Megacon Orlando is the largest comic convention in the Southeast, and was first held in 1993 by founder James Breitbiel. In 2021, they went forward with their four day convention in Florida, when COVID-19 cases were at a lower point. Megacon attracted over 100,000 people from all around the Southeast, to come together with their love for different fandoms and celebrate what makes them unique. This con gave some hope to the geek culture that the future holds big things, and that the long journey in this dark year and a half certainly has a light at the end of the tunnel.



Another big win for nerd culture was the Her Universe Fashion Show that commenced on July 23rd, 2021. Although it was held virtually this year, in 2020, there was no show at all once the San Diego Comic-Con International was cancelled as well. This show chooses 25 designers who create a piece of what is branded as “geek-couture” and show it off to a panel of judges and the world to see. One of the chosen participants and designer, Emily Gilmer, spoke about her experience with this show and it’s impact on her as a self-proclaimed geek.

“Having people with the same or similar dreams to you is such an amazing support system,” Gilmer said. “The geek culture has always been my safety and the people who understand me best.”  
So whether you find yourself at a fantastic convention in the future, or in a group of friends sharing their favorite quotes and characters, always let your geek flag fly.

Story and Design by Johannah Huber, Arts and Culture Editor  
Graphic by Hunter Padgett, Asst. Graphics Editor

# Beauty Standards: Now and The Future

Story By Melody Thomason, Writer  
Design By Grace Price, Style Editor  
Photos by Claire Rowan, Photo Editor

With each day, beauty standards are becoming more and more inclusive. Strict beauty standards are a thing of the past, and current beauty standards are changing for the better.

Since the beginning, the media has always promoted unrealistic beauty standards. Women portrayed in media have perfect skin, washboard abs, and are always a size small. Now, women with such attributes do exist, but they are the only female body type that is shown to a mass audience. Platforms like Instagram promote this image of the perfect female with the majority of their content being filled with airbrushed selfies and post-workout grins.

However, these narrow ideas of beauty are starting to change. In the past few years, there have been more and more influencers who are challenging beauty standards by presenting their authentic un-filtered selves.



One such influencer is Winnie Harlow, a Jamaican-Canadian model. She gained popularity after she was discovered by Tyra Banks and appeared on America's Next Top Model. What makes Harlow such a unique model is her skin condition. Harlow has vitiligo, which causes patches on her skin to lose their pigmentation. Harlow doesn't hide her condition, she embraces it.

Influencers like Harlow show that authenticity is about accepting everyone's natural beauty. It's about embracing what makes you unique, and being confident in your own appearance.

Similar to authenticity, the phrase "body positivity" is on the lips of every person in the fashion and beauty community. Body positivity focuses on accepting that all body types are beautiful, and that no one body shape is better than the other. Authenticity and body positivity are trying to shift the mindset from being one of "fixing" your flaws to finding the beauty in who you are.

The reason why the messages of authenticity and body positivity are so potent is because of the effects that unrealistic beauty standards have caused. Unobtainable beauty standards shown on social media negatively affect the consumers on such media, especially the young teens. They are shown an idea of perfection, and convinced that if they do not look like this idea, then they are not beautiful. This is why more people are beginning to embrace authenticity and body positivity. They see the negative impact on people and how they view themselves, and they want this to change.

Although these movements are picking up both speed and popularity, things won't change overnight. There will always be people who continue to overuse photoshop and promote unobtainable beauty standards, but there will be just as many who use their platform to encourage authenticity and diverse beauty types over mainstream beauty standards.

As beauty standards continue to change for the better, we will continue to see diverse examples of beauty and the end of having only one Perfect Female. With time, social media will continue to be a platform for people to challenge mainstream beauty standards and promote authenticity.



*All Bodies  
Are Beautiful*



*It's about  
embracing what makes you unique,  
and being confident in your own  
appearance.*



*Authenticity and body positivity  
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from being one of “fixing” your  
flaws to finding the beauty in who  
you are.*



# Makeup & Skin Care & Hair, Oh My!

Story & Design by Grace Price., Style Editor

Graphics by Hunter Padgett, Asst. Graphics Editor



Natural Beauty. You've heard it, you've seen it, and you might even be a fan of it. There are countless brands sold today that are marketed as 'natural beauty.' But there are also countless YouTubers and Beauty Bloggers who ask, "Is natural really better?" To act as a map in the jungle that is the beauty industry, here is a breakdown of the top natural beauty brands.

When it comes to hair, there is no better brand than the award-winning Modern Nature or MONAT. This family-owned company boasts dramatic hair transformations due to their highly specialized hair care lines. On top of this, all of their products are responsibly sourced and cruelty free. This brand can be shopped from the Modern Nature website or from a VIP MONAT member. MONAT, although highly effective, sits outside most college students' price range, with their highest product being \$99.

If specialized hair care calls your name, but you don't like the MONAT price, look no further than Function of Beauty. Function of Beauty is a company that specializes in custom hair care. Customers are encouraged to take a quiz describing their hair worries and goals, and then they receive their own customized shampoo and conditioner in the mail. Not only is this brand vegan, cruelty free, sulfate and paraben free, but it is also made in the USA. This brand is an affordable and practical option for Berry College students, since it can be shipped to your Campus PO Box.

The brand Shea Moisture is a friend to anyone with curls, coils, or ringlets. Their prices range from \$3.99 to \$14.99, and they even provide a line devoted to curly haired men. This brand is also cruelty free, and promises that no parabens, phthalates, mineral oil, petroleum, or formaldehyde will ever appear in their ingredient lists. As their name suggests, many of their products have a shea butter base. Ingredients such as aloe vera, coconut oil, sea salt, and jojoba oil are then added to perfect their products. This brand's affordable products are a top tier contender for curly haired Vikings.

Maui Moisture is another brand that is all about moisturizing a dry mane. The base of their products is a blend of aloe vera and pure coconut water. They pride themselves on being eco-friendly and vegan, and all their items are inspired by tropical places like the island of Maui. Although this brand does specialize in curly hair, they do have products that cater to all hair types, including those that are color treated, fine, dull, and brittle. This brand is another great option for Berry students, since their products are sold at CVS, Walgreens, Target, and Amazon.



What is good hair without great skin? Natural skin care has been on the rise, and many Berry Vikings already use natural products in their skin care routines. When it comes to skin care, the brand Modern Nature again makes an appearance as a natural beauty heavyweight, but their prices do allow other brands to shine for college students.

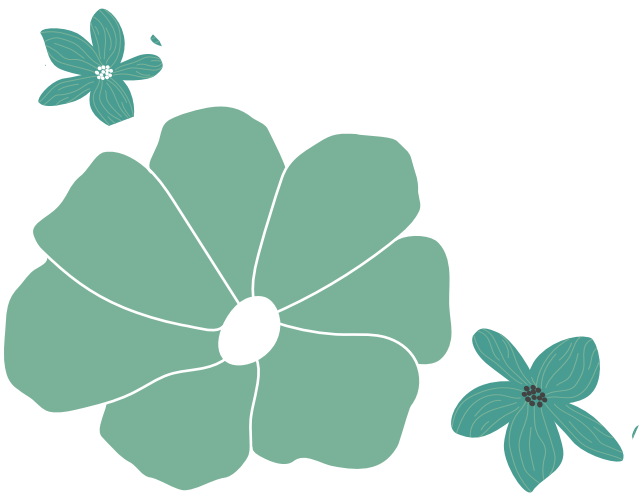
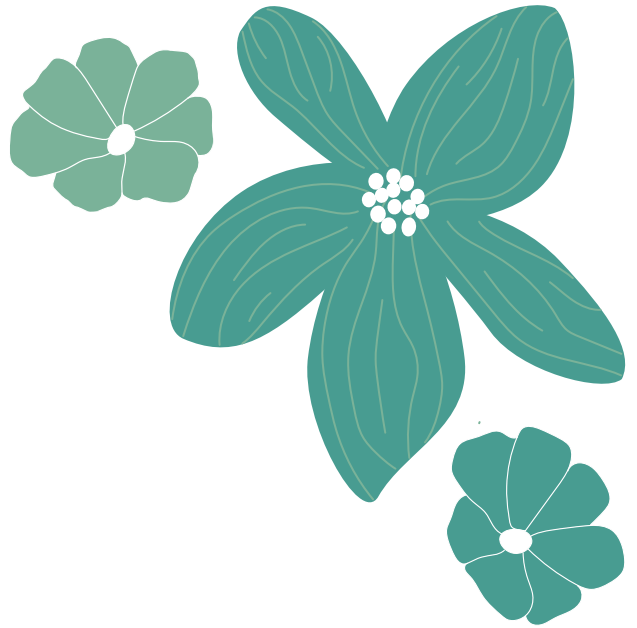
Weleda is a skin care brand that allows you to shop by product type, concern, or ingredient. These products are free of parabens, phthalates, synthetic preservatives and fragrances. Weleda prides itself on its sustainable sourcing and production. The Weleda skin care line runs from \$14.99 to \$26.99, and can be purchased at Amazon, Target, and Ulta.

Now, if you want to shop for natural skin care products without having to leave campus, then you need to shop Berry Bees beauty products. The Berry Bees team sells four beeswax-based products; these being lip balm, cuticle cream, lotion bars, and candles. These items are made from a multitude of oils like coconut oil, almond oil, lemon essential oil, and shea butter. The Berry Bee beauty products range from \$4 to \$10, which make this brand a top tier contender for Berry Students.

The brand 100% Pure uses their name to describe their ingredient list. Their products are guaranteed pure, naturally pigmented, and cruelty free. Although they do sell hair care products, their business shines when it comes to their skin and makeup products. This award-winning brand has a price range of about \$7 to \$57 dollars, with much of their makeup and skin care products receiving five-star reviews. Any Berry student could easily shop this brand, as you can order directly from their website or find them at CVS and Walmart.

With a natural skin care routine, why not top it off with natural makeup? Physicians Formula, the creators of Tik Tok's famous "Butter Bronzer," is a natural makeup brand that has been featured in articles by Allure, Glamour, Byrdie, and BuzzFeed. Each of their products is hypoallergenic and cruelty free. Before this brand releases a new product, they ensure that each product is thoroughly researched and approved by a board of physicians. Physicians Formula makeup can be found in most drugstores, Walmart, Amazon, and Ulta.

All this information can be overwhelming, but the main thing to remember is that no matter what brand you shop, there are countless perks to using natural beauty products. Not only are the products free of toxins and harsh chemicals, but they are also better for the environment. These companies put the consumer and the environment first, and never test on animals. If you want beauty products that can make you feel as good as you look, then natural beauty is the way to go.



# A Decade of Makeup

## The Good, The Bad, and The Sparkly

Story by Abby Grace Shrader, Writer  
Design by Grace Price, Style Editor  
Graphics by Jazzy Innis, Graphics Editor

The year is 2010 and you are walking into Ulta, holding your caramel frappe, your hair in a messy bun and your eyeliner successfully winged. You are in search of makeup and you would find maybe five shades of foundation (all in shades of white), vibrating mascaras, and lots and lots of glittery eyeshadows. You weren't worried about skincare, and setting spray was nonexistent. You pick up a bottle of fake tan on the way out, imagining yourself looking like your favorite celebrity, Snooki. It's safe to say a lot has changed in the last ten years, and makeup in 2010 is very different than it is today.

First, foundation was very heavy in 2010, unlike today where more people wear lighter and cleaner foundations that is better for their skin. Full glam is still very common, but today skincare is very trendy, and foundations reflect that. Foundation today is thinner and more applicable versus 2010's super thick, concrete like formula.

Brows have also changed a lot in the last ten years. Celebrities like Cara Delevingne stood out with her natural, dark, bushy eyebrows. Before 2010, everyone plucked and waxed their eyebrows pencil thin, but new concepts like brow threading and brow tattooing are a result of the big brows becoming trendy in 2010. This was the year of the Instagram brows, where heavy concealer that was four or five shades lighter than your skin tone was smeared on.

As mentioned before, Kylie Jenner's infamous lip kits are significant to the way lipstick has changed in the beauty industry. Colorful lipstick was incredibly popular a decade ago, with celebrities commonly wearing bright purple or red lipstick. Today it is still very trendy to overline our lips and make them look bigger and plumper, but lip glosses in nude tones are more popular.

If you were leaving the house in 2010, you had to have a dark, smokey eye look as if you were about to hit the red carpet and not Publix. Now, a more natural look is applied to our eyes, and less shimmer but more brown shades are used.



Rihanna, 2010

# 2010



Photo by ouinouin

Rihanna, 2021



Photo by Liam Mendes

# 2021

Lashes were first introduced in 2010, mostly by the Kardashian sisters. The ones they wore a decade ago were very thick and very dramatic, which was suited to their heavy, dark eyeshadow looks. Today the trendy lashes are thinner, wispy, and intended to look more like natural eyelashes.

In 2010, there was rarely an occasion where one would leave the house without heavy, black, liquid eyeliner. Colorful or unwinged eyeliner was unheard of. It was also essential to do heavy liner on the bottom of the eye, with Taylor Momsen being an inspiration for the heavy, black, smeared liner look. Today, natural, lighter eye looks are popular, but eyeliner is still essential, just available in brown or grey rather than mid-night black.

Contour first became trendy in 2010 when Kim Kardashian's makeup artist Mario Dedivanovic released a step-by-step video of him doing Kim's iconic cream contour routine. He also introduced beauty blenders. There was a lot of color correction, lots of highlighter, lots of bronzer, and lots of blending to make it all look seamless. People were obsessed with highlighting their bone structure and looking sculpted. Contour is a more natural look now, especially with highlighter, which is intended to give wearers a more sun-kissed look.

A decade ago, blush was very big, especially colorful ones. They were typically bright reds and pinks and weren't blended into the rest of the makeup. Today, orange and brown toned blushes are more common in makeup artists. 2021's look is more blurred and warmer compared to 2010's sharp, chiseled look.

The closest thing the beauty community had to today's influencers were the red carpet looks of rising stars like Rihanna, Kim Kardashian, and Cara Delevingne. The idea that Rihanna would go on to release an inclusive makeup line for people of color, or that Kim's younger sister would become a billionaire on her lipstick line, would sound insane. And while the industry has come a long way in terms of inclusivity and more people are becoming aware of the impact makeup has on the environment and wearers' skin, we still have a long way to go. Still, it is very fun to look back at what used to be considered trendy versus what is today. So, the next time you are applying your bronzer, think back to the Instagram model's cakey contour, and laugh.





# HAIR ACROSS RACES

Story by Briona McClenton, Writer

Design by Grace Price, Style Editor

Photos by Grace Segars, Asst. Photo Editor

African American hairstyles have grown and changed over the centuries, influencing celebrities, making front cover in magazines and making a statement about black culture. Now, in the twenty first century, a new generation of young black woman are experimenting with their hair with more confidence than ever.

There are a variety of textures in black women's hair. Kinky hair, curly hair, straight, nappy; all the textures of hair are unique to black and mixed-race women. But in modern terms, black hair texture is measured by Types. The way to determine what type of your hair is you have to wet it first. If your hair is tightly curled, your hair texture could be Type 3-Type 4, which is curly and coiled hair. If your hair is loosely curled or straight, it could be Type 1-Type 2. Basically, the less coiled or curly your hair is, the easier it is to deal with and style according to Allure.com Thickness also comes into play with hair texture. Black women tend to have more dense hair than other races. Thus, the reason why afros are so big. In order to keep their hair healthy and full, they have to heavily invest in products to maintain their thick locks.

Hair texture becomes a big part of buying the right products for hair, and it can be frustrating to find the right products. It doesn't help that you don't know how well a product will work until you use it, leading to disastrous or successful hair styling. Another downside is the ingredients used in black hair care products. Nowadays black hair care products use water instead of alcohol which dries out our hair leaving us to find better and more expensive products. But there are a rare few products that are less expensive and still work for Black hair.

"I use the Moisture Miracle from My African Pride, I like because it works and its not expensive like other brands." Freshman Konetssa Joseph said. These products can be found in Sally Beauty, Walmart or any place that sells hair care products.

Among black women, there are three significant hairstyles that dominate there heads—braids, wigs, and our natural hair, all of which can be styled differently. Popular braid styles are box braids, cornrows, singles, dreads, crochet braids and many more. All of these hairstyles have weave, fake hair braided with natural hair, which helps to protect it from damage.

Women of color usually get braids to take a break from styling and taking care of their natural hair. It also protects natural hair from sun damage. Smaller braids can last anywhere from 2-3 months; 4 months is the absolute max. Larger braids last for shorter amounts of time, depending on what style you get. If the braids aren't taken out, it will be harder to remove them because hair grows while braided, thus hair gets entangled with weave encouraging it to break off. It's an unspoken rule among black women to get their hair braided before a long trip, vacation or college; it saves time and effort.



Jesus Denmark, sophomore

If braids seem like too much of a hassle, some women braid their natural hair into cornrows, put a wig cap on, and then a wig. Or they go to the salon and get a sew-in. A sew-in is when a wig is sewn into the hair to make it look more natural and fit better on the head. Wearing wigs promotes healthy hair and gives women a break from styling, but wigs, like braids, need maintenance, so does natural hair.

The last category of hairstyling, styling natural hair, is something that was once dreaded back in the day. Thanks to Madame C.J Walkers' hair care products, managing and styling natural hair is more effortless. African-American women can straighten their hair, curl it, cut it and even shape it into an afro.

Black hair has faced many struggles in the past. When they were brought here hundreds of years ago there, their hair was covered. When they gained their freedom, women were subjugated to white women's hairdos and standards. Trying to make their hair look like a white woman's to fit in resulted in hair care products that ruined black women's hair.

Even though Madame C.J Walker made hair care easier for them, they were still following white hair standards. It wasn't until the 1960's that the iconic hairdo blacks love came out and set hair standards for black women by black women. The Afro became a symbol of black excellence and heritage; it makes African-Americans proud of their hair and their hair standards.

Jesus Denmark, a freshman, said, "Before I got my Locks (an African braid hairstyle similar to dreads), my iconic hairdo was my Afro. It was the biggest Afro you'll ever see." She smiled as she said this, clearly proud of how large her Afro was. But she was proud of her Locks as well. "My mom had Locks for two decades; this is her hair braided with mine."

Braids have been around for 5,000 years, and while African Americans were enslaved, braids that we know and love were reduced to cornrows to keep slaves hair out of the way. According to Byride.com, braids among black people didn't surface again until the 1990s and remain one of the most popular hairstyles for men and women. As time goes on, more intricate and fun hairdos and hairstyles are invented and shared among black people, boosting their confidence.

Black Hair, like all hair across races, is unique and has a rich history. In the modern world, decedents are experimenting with their hair and finding new styles to help empower their race and show that they are proud of their hair.

Kontessa Joseph, sophomore



# Raiding My Parents' Closet

Story and Design by Grace Price, Style Editor  
Photos Courtesy of the Berry College Archives

For those about to shop, we salute you!

The 1980s is one of the most iconic decades of the 20th Century. MTV was at its peak, Aqua Net Hairspray was in everyone's bathroom, Diana Spencer was the People's Princess, and fashion experienced a modern renaissance. Countless 80s trends are making a comeback, and some Berry Students are finding themselves raiding their parent's closet for "new" pieces of clothing.

Nearly every Viking owns a "Band Tee". These oversized graphic tees feature different 80s bands from Def Leppard to ACDC to Fleetwood Mac. These shirts have taken over the internet, and are often styled with chunky sneakers, bike shorts, and gold jewelry for a "model-off-duty" look. This look is often inspired by big names like Madonna, who would wear similar shirts with a shoulder-padded blazer.

For a more 1980s academic look, Vikings have been sporting argyle or earth-toned sweater vests. These came back into popularity with style aesthetics like "Dark Academia" and the rise in thrifting. Forty years ago, sweater vests were styled with jeans or a pleated skirt, and with a buttoned-up blouse. This look was very popular with Princess Diana, who often wore them when spending time outside and away from the spotlight.

Jean trends have had a giant transformation over the past two years. Skinny jeans are declining in popularity, and in their place, loose fitting, straight leg, and flared jeans are on the rise. In the 80s, jeans came in a relaxed silhouette. They were often acid washed and high-waisted, which are two trends that are coming back. When styled, jeans would be rolled and cuffed above the ankle, and sometimes worn with a matching denim jacket.

When it comes to outerwear, many Berry Students have been sporting denim jackets. Both then and now, these jackets are sometimes distressed and oversized for maximum layering opportunities. Now, not many Vikings "pop" their jacket collar like their parents would have, but the 80s inspiration is still there.



*KCAB staff members attending Playfair held at the Ford Buildings during student orientation, September 1984*

One other 80s trend that has been all over campus is the “Power Suit”. Put simply, a “Power Suit” is a business suit that consists of clean lines, bold colors, and broad shoulders. Forty years ago, Power Suits were even more popular, and were made even more dramatic by coming in bright colors and with shoulder pads. Suit shirts lacked ties, and people often wore ascots in their place. At the time, the inspiration for such suits came from celebrities like Prince and Michael Jackson, and from characters like James Bond and the stereotypical 1980s Working Woman.

One particular Berry Viking, freshman Reese Chatman, dresses in 80s style almost daily. Reese says that his clothes are going to reflect what music he is listening to. He explained that when he wakes up, he’ll think something like, “I want to look like the Ramones today,” and dress according to that feeling. He elaborated by saying, “Other times, I (want to) feel like I’m in an 80s movie, and I’ll wear five-inch shorts and a headband.”

Reese started dressing this way because he realized that fashion could reflect his interests. As an avid rock music fan, he realized his “casual grunge” style could portray what decade or type of rock music he is currently enjoying. The more he dabbled in the style, he discovered that he liked five-inch shorts, bands tees, and headbands.

When asked why 80s trends are coming back, Reese said, “I feel like nostalgia is a huge thing. People tend to have nostalgia for the things that their parents have nostalgia for.” Continuing with that idea, he said, “I think it comes in waves. History tends to repeat itself.”

To end the interview, Reese explained that he has seen a huge rise in the hard rock aesthetic, particularly among men. He expanded, “I think a band like Mötley Crüe is very much an 80s hard rock aesthetic.” That band is the reason why he wears headbands, black boots, and black jeans. Even though Mötley Crüe was not always at the top of the charts, Reese did say, “Mad respect for their style, for sure.”

To give some insight on what 80s and 90s trends were really like, Dr. Field-Springer, an Assistant Professor of Communication, had a few things to say. When asked about what trends she remembers wearing, she listed off tapestry vests, whitewashed denim, French cuffed jeans, turtlenecks, and perms. For more formal occasions, she remembers having tiered ruffled dresses in bright green or pink. Her brothers preferred starter jacket windbreakers, and Dr. Field-Springer still has her leather bomber jacket from “back in the day.” She added on to the trends she remembered by saying, “Everything was pleated and corduroy!”

When asked about how fashion has changed, Dr. Field-Springer said, “Fashion was strict. You had to mold yourself into one image of what a teen should look like.” She explained that today, teens typically dress however they want, and don’t hold themselves to one strict ideal of what a stylish outfit is. She continued by saying, “Brands separated you from certain (social) classes.” When Dr. Field-Springer was in middle and high school, you were expected to buy the most expensive brands because they were assumed to be better, and therefore more fashionable. This stigma does still exist, but not with the same intensity that it did a few decades ago.

In the end, 80s trends are not going anywhere. They will continue to inspire and change with the times. Fashion is fluid, and as the children of 80s and 90s teens, Berry students will keep finding ways to incorporate these trends into their everyday style. Like Chatman said, “History tends to repeat itself.”





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## Letter from the Editors

Dear Future....what? What are you writing to? Or, even better, who are you writing to? Maybe it is yourself on the day of graduation. Maybe it is yourself next semester. The future looks different to all of us, but hopefully the version of yourself you are writing to is better, healthier, or happier than the previous one.

When we began this journey, after the previous editors had overseen the past four issues, we did not know what to expect. We wanted the staff to know that although the future looks different for us all, it does not mean that the purpose of the Valkyrie had to change at all. Our publication is one that highlights the best parts of all of us: our lifestyle, our interests or hobbies, and our passions. After COVID-19, we believed we all needed a fresh start, something to look forward to. What better to look forward to than the future itself?

This issue of The Valkyrie has a consistent theme throughout each section: looking to the future. What our campus looks like in the future, what our health could look like, and what our careers could look like. Even though it is important to reflect on all that we have learned during the era of COVID, it is more important to hope for a better future, tomorrow and beyond.

We hope that this issue not only allows you to put a piece of this past behind you, but also to enjoy basking in the idea of the future.

Happy reading! Thank you!

**Lily Watson, Editor-in-Chief**

**Russell Hendey, Managing Editor**



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Berry College

Mt. Berry, Georgia 30149

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