

Spring 2014

ugazine

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Getting Dirty Isn't
Always A Bad
Thing: Get Creative
With Good Dirt
Pg. 12



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contents

Spring 2014

IN PROFILE

- • • • • What Does Your 'Clauzet' Say About You? 6
- • • • • ...A Weight Loss Solution? 8
- • • • • A Hidden Campus Treasure 10

CAMPUS LENS

- • • • • Good Dirt: Let's Get Dirty 12

LIFESTYLE

- • • • • How to Aviod Broke College Student Syndrome 16
- • • • • Broke Phi Broke 18
- • • • • Forma 20

BEYOND THE ARCH

- • • • • Saving Money the Flea Market Way 26
- • • • • Sending a Message 28
- • • • • 8 Classic City Events That Won't Break the Bank 30

ugazine

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on the cover

Pictured: A student at Good Dirt, located at 510 B North Thomas St., shapes pottery during a class at the studio.
Photographer: Brenna Beech

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Does looking at your bank account depress you?

We've all had a case of it: the broke college student syndrome. We've all been guilty of "borrowing" money and not paying it back or eating unnutritious Ramen noodles for three meals a day. In the money-consuming world we live in today, it seems that, as college students, we will always live in a perpetual state of being poor.

Although we all feel like we never have any money, there are ways to enjoy your college years while saving some money. This spring, UGAzine is bringing you a special issue filled with ways to live cheaply. We explored shopping at flea markets (pg. 28) and some events around Athens that won't break your bank (pg. 32).

We also brought you photos spreads of things such as relaxing, pottery-making activities at Good Dirt (pg. 12) and simple ways to do your hair and makeup when going out (pg. 22).

We're here to enlighten you to the fact that not all is bad in the world of being broke while in college. There are still ways to go out with your friends on weekends and have fun. Try carpooling and eating at home rather than out and shopping at fun vintage and consignment shops.

I hope that UGAzine brings you new ideas of ways to save money and spend less while you spend your college years at the university.



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WHAT DOES YOUR 'CLAUSET' SAY ABOUT YOU?

BY DANIMARIE ROSELLE / PHOTOGRAPHY BY BRENN A BEECH

Your closet is more than just a closet; it represents your personality and allows you to express yourself creatively. This is the philosophy Lindsay Nation keeps in mind when cutting and dying high-waisted shorts for her start-up business, Clauset Honey.

Nation, a senior, grew up in Lawrenceville and originally planned to go to dance school, but eventually found her calling in fashion merchandising at the University of Georgia.

"I really felt for some reason I was supposed to be in fashion," Nation says. Along with fashion, she was also drawn to the idea of remaking things she found in thrift shops.

Clauset Honey started with a basic pair of blue jeans that Nation had decided to refashion into high-waisted cut-offs. From there, she began experimenting: cutting, dying, and embellishing more pairs of shorts and helping friends make pairs of their own.

During the summer between her sophomore and junior year, Nation interned in Nashville, Tenn. and would often search through local thrift stores for jeans she could redesign into shorts. When it was time to come back for classes that August, Nation offered to sell the shorts she made to her sorority sisters. The shorts sold out and Nation realized she could sell them on a larger scale. She began making them more frequently and curated an online presence through Facebook and

Tumblr.

"She started because she liked being thrifty," Calli McRae says, a senior human development and family science major from Snellville. McRae lives with Nation and has seen the growth of Clauset Honey firsthand.

At the start of 2013, she began a blog to post thoughts and pictures from a Clauset Honey photo shoot. Nation wanted to stress that the shorts could be made in any size, shape, color or style; her main intention was to boost women's self-confidence by helping them find shorts that made them feel good. "A lot of my blog was just about, you know, women feeling good in their own skin," Nation says.

Nation developed the idea for Clauset Honey because she felt that a closet should have a meaning, like a clause. As Nation says, a clause "can be any formation of words" and "can be whatever it wants." There should never be pressure to fit into a specific "mold," she laments. For Nation, Clauset Honey has given her a wonderful talking point in interviews with future employers as well as a sense of direction and pride.

"Lindsay is super ambitious," Erin Munger says, a sophomore political science major from Dunwoody. Munger served on UGA's Panhellenic with Nation and noticed her hard work—not just with Clauset Honey but with the organization as well.



Nation enjoys working for herself and the flexibility that comes with owning Clauset Honey. While making and promoting the shorts by herself requires manpower, she finds her job rewarding nonetheless.

For entrepreneurial-minded students, Nation recommends taking work seriously and acting like a professional.

She also advises students to target whom their future consumers will be.

"She does a really good job marketing on and off campus," Melissa Anne Peterson says,

a senior exercise and sports science and psychology major from Alpharetta.

"A lot of my blog was just about, you know, women feeling good in their own skin"

Nation has even been working with campus representatives at Louisiana State University, University of Tennessee, and Georgia College and State University. She would like to add campus representatives to work at the University of Georgia after

she graduates this May.

"If you do what interests you, what you love, success will follow you," she says.

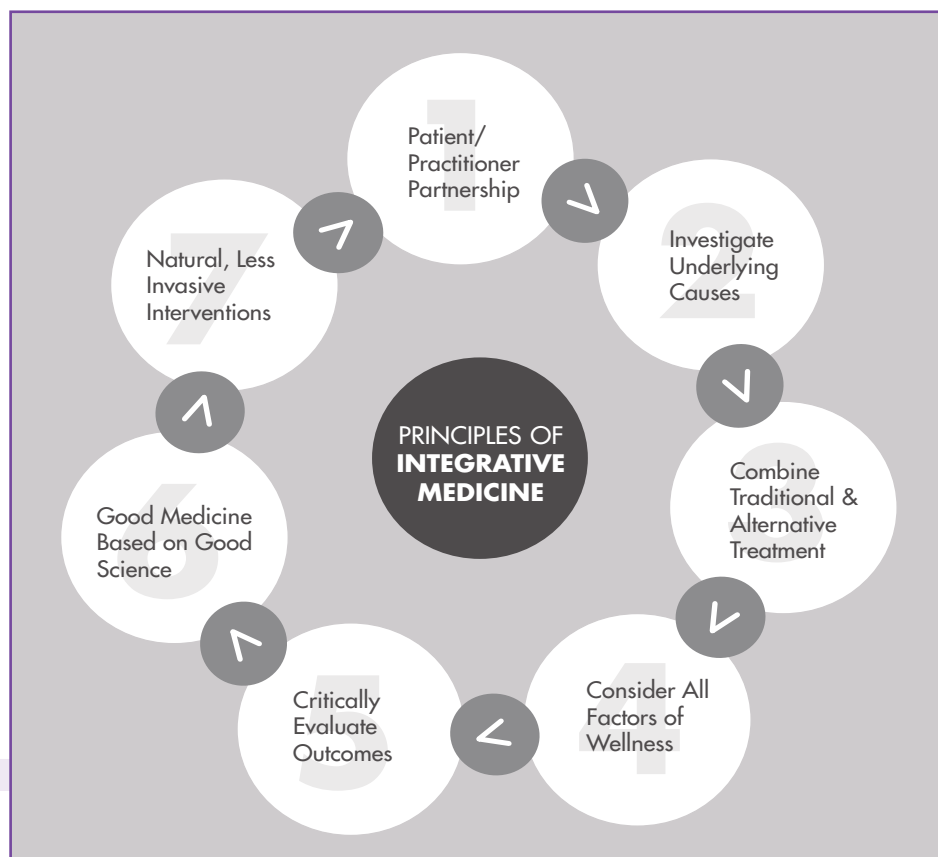
Alternate-Day Fasting

BY HAYDEN FIELD / GRAPHICS BY JUSTIN CLAY

The air in her serene bedroom retains the quality of a mother's cool fingers pressing down on your forehead. Grey-blue walls enclose a potted orchid, a porcelain teacup, a pale blue lantern with a golden light inside. But the soothing quality of Jessica Meli's bedroom does not reflect the battle she began fighting in May 2011 against her body's inexplicable 100-pound weight gain — a war against a faulty thyroid, scheming food sensitivities and high levels of sneaky bad bacteria. Her weapon against obesity? Alternative medicine.

Her battle began in May 2011, with Meli gaining five pounds per week while only consuming about 800 calories. She picked up her war weapon by going to an alternative medical clinic that specializes in natural hormone replacement, where her test results showed her that multiple factors were contributing to her weight gain — namely a deficiency in three key hormones, internal inflammation caused by her dairy and gluten sensitivities, a cortisol imbalance in her adrenal glands and a vitamin deficiency.

Dr. Susan Tanner, a doctor of holistic medicine at Southern Environmental Medicine Center, says Meli's health issues are much more common than most people realize. She cites a common and vicious cycle as responsible for Meli's cortisol imbalance. "The adrenal system is producing cortisol to buffer the body against stressors of any kind, whether emotional, physical or illness," she says. "It keeps bumping up



cortisol to try to help buffer the body against these reactions, and then excessive amounts of cortisol cause blood sugar and insulin problems that affect the metabolism. The other reason is that a reason that a lot of people develop these in the first place is they have some issues with their ability to break down and absorb molecules of food."

Meli agrees with Dr. Tanner's approach because she believes in attacking a problem such as her weight gain and other health issues directly at its source.

"Traditional modern medicine is very symptom-oriented and is very good at treating acute problems, but it has almost no regard for underlying causes for the symptoms that you have," Meli says, sitting cross-legged on her lilac bedspread. Her wavy black hair sets off intense blue-green eyes that continuously verify we're on the same page.

"The drug companies just want to stay in business; they have a huge say on what modern doctors are allowed to do."

The doctors at Meli's first alternative clinic were a little stumped. They prescribed a thyroid hormone replacement drug, recommended detox saunas and started Meli on estrogen and progesterone hormone replacement. When her menstrual cycle didn't regulate after three months, they started her on the Wiley Protocol — an extreme hormone replacement method used for men desiring sex changes. Two months later, Meli's cycle was regular again, but she didn't stick with alternative medicine because she didn't see the immediate weight loss results she craved.

"[The weight loss] often takes many months, but most people will see some weight loss even within the first month," says Dr. Tanner. "It may not be dramatic, but it will be some. The first step is that we'll start patients on an elimination diet; we're taking out all of the most common inflammatory foods. It doesn't mean they're always sensitive for that particular patient, but if we remove those, we're usually hitting some of them."

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In the meantime, Meli's array of health problems, including significant weight gain, was starting to take a major toll on her emotional well-being as well as physical.

"I felt like I completely lost my identity because I was super focused on my figure before, like obsessively, and it was just like I felt like I was completely losing control," Meli says. "When I was at my heaviest I was just really depressed, and I barely ever went to class. I would just stay inside all day. I stopped doing the things I love to do — I wouldn't go shopping, I wouldn't go hiking, I just basically was a shut-in. I had always been a straight-A student and failed my first class ever, and I completely let my grades slip for all of my sophomore year. Everything just went to shit. That sucked... I just felt like I had nothing. I lost my weight, my grades, my relationships, some friendships, things like that—so that was really hard."

Meli began seeing another doctor at the same time, a traditional (read: not alternative) endocrinologist who switched her to a more standard thyroid hormone replacement drug. Meli continued to gain weight, then later started to maintain it. But above all, she wanted to feel like herself again.

"I decided to try an alternative route again this past summer 2013," Meli explains, simultaneously pulling out a huge bamboo basket filled with blue-, black-, and white-capped supplements to illustrate her point. "It's called Progressive Medical

Center, and they have a team of doctors from MDs to naturopaths and nutritionists who basically do a very comprehensive approach to your problems and test a lot of different things."

Meli lost seven pounds over the course of summer 2013 by simply cutting out gluten and dairy to humor her food sensitivities, but she attributes most of her weight loss (20 pounds in a month and a half) to a method called alternate-day fasting — eating 300 cal-

ories every other day on her "fast days" and eating normally on others.

"I have more energy and more focus, and so far I've noticed that my hypoglycemia has gone away," Meli says, smiling. "I used to do the thing where you do small meals every couple hours, and I would get shaky and headache-y after three to four hours without eating... I was really hesitant [to try alternate-day fasting] because you always hear about your metabolism shutting down from fasting and all this stuff."

But a BBC documentary called "Eat, Fast and Live Longer" and Seth Roberts, a personal science blogger who posted a success story, changed Meli's mind. Roberts's friend Dave was overweight, struggling with hypoglycemia and gluten and dairy sensitivities just like Meli. But when he attempted alternate-day fasting, his hypoglycemia went away, he lost weight and was eventually able to eat gluten and dairy again whenever he so desired. "I feel really great right now; I have more energy," Meli says. "I don't have those horrible episodes where I pass out for hours on end at a time; I feel physically lighter, like I can do more things... It's just kind of surreal, actually, because I

"I feel really great right now; I have more energy... I feel like for the first time I'm not struggling against anything."

Jessica Meli

feel like for the first time I'm not struggling against anything. I go out to eat more, I have more fun with things and I have this awesome sense of liberation. I always felt like I was rallying against something that wouldn't move, like I was slamming into a brick wall, and I feel like now I'm progressing."

Dr. Tanner believes that vitamin deficiencies and other medical problems cause a vast majority of metabolic and health issues for people like Meli.

"I think a lot of people have food sensitivities they don't know they have, such as gluten and dairy, because it doesn't necessarily give you symptoms that happen immediately when you eat it," she says. "When you eat something and can't breathe, you *know*, but sometimes with these sensitivities there's a headache, fatigue or mild gastrointestinal discomfort but not anything that's so dramatic as, 'Oh, it's because I ate this or that.'"

She also strongly believes that antibiotics worsen health issues like Meli's due to over-prescription and over-digestion in antibiotic-laden foods.

"The inflammation leads to mal-digestion and hits the small intestinal lining, the body sends out antibodies to those spots and the cause of that inflammation can be the starting point for food sensitivities," Dr. Tanner says.

Meli herself suggests that people considering alternative medicine treatments for obesity should focus on gut and colon health because that can affect the thyroid and is known to be a huge cause for inflammation, weight gain and other functional problems.

She also underscores the importance of eliminating food sensitivities, taking probiotics to support digestive health, taking the right vitamins and trying out alternate-day fasting in a healthy way. The combination of her current alternative medical treatments propel Meli to look towards the future with a bright outlook about what she can accomplish.

"I've always loved the outdoors, and it's always been one of my lifelong goals to be able to do an intense hiking trip thorough the mountains, like a week-long thing," Meli explains with a hopeful smile. "I want to really just be doing things like yoga and rock climbing and biking again for fun and basically just be able to feel like I can do a lot of things. Feeling energized and active is my goal, more than anything else."



A Hidden Campus Treasure

BY LAUREN PRATT / PHOTOGRAPHY BY TAYLOR CARPENTER

Some consider it to be a secret society with its closed off exterior containing few windows. Others hear its name and assume it to be a fraternity or sorority. Many do not even know what it is but probably walk by it everyday on their way to class. But what many may not realize is the rich history behind one of the oldest student organizations at the University of Georgia.

It's known as the Phi Kappa Literary Society.

Phi Kappa sits across the way from its historical rival Demosthenian Literary Society and was started by Joseph Henry Lumpkin, the former first Chief Georgia Justice of the Supreme Court.

Dissatisfied with the state of affairs at Demosthenian, Lumpkin, along with other previous Demosthenian members, left to create Phi Kappa and thus a prestigious intellectual rivalry was born.

Walking into the meeting place of Phi Kappa members is like stepping back in time. Pictures adorn the walls with famous members, such as Henry W. Grady, who played a vital role in reviving the society's once lifeless state, and Franklin Delano Roosevelt, an honorary member of Phi Kappa.

Phi Kappa brings with it many successes and failures to its background. In the first year of its existence, Phi Kappa had over 125 regular and honorary members. This was

during the antebellum era when all college students had to choose to be in either society. However, it was during wartime that the members seemed to grow apart. In 1863, the society shut its doors due to so many of its members fighting in the Civil War and was started up again by Grady in 1866. Almost 80 years later, Phi Kappa disbanded again in 1944 during World War II and reopened its doors after the war.

In 1973, due to an unstable societal political system within its membership during the Vietnam War, the society disbanded once again. After almost two decades of silence and three failed attempts at resuscitation of the former literary society, Phi Kappa was reborn in 1991 by Thomas Peter Alan.

Today Phi Kappa currently has 19 members and meets every Thursday from 7 p.m. to midnight, debating a wide range of topics.

Each member is allotted five minutes to speak, where they can either affirm or negate the resolution presented.

Sometimes the society will also try and have guest speakers come to the meetings. Stanton Kincaid, president of Phi Kappa and a senior philosophy and history major from Dalton, says that when guest speakers come, he likes for them to "try and put the debate into a context that we might not be familiar with" so the members have material that "they might not already know that's significant to making the decision whether to affirm or negate."

Joining Phi Kappa requires a three-step process: come to the meetings four weeks in a row, take a test about the society and give a speech to the society after the four-week period. Once this is completed, the members meet among themselves to decide whether or not to let someone in.

While the process of trying to join a group of intelligent debaters may seem daunting, the group wants people that desire to learn and improve above just being a good speaker.

"When I first joined I was really shy—you could barely hear what I was saying. The people in the back of the room couldn't hear me," Kincaid says, who has been a member now for two years. "But I consistently got up and made an effort, and they saw that I was wanting to do it rather than the fact that I wasn't very good."

Phi Kappa believes in the idea of mutual esteem, meaning that they try to learn from one another and improve throughout their time there.

"It's not that we're expecting people to be good speakers, but want to see that they're here making an effort to at least get up here and to show that they're putting interest in the society," Matthew Tyler says, a three-year member of Phi Kappa and senior studying for a combined bachelor's and master's degree in political science.

Today, the rivalry still remains strong between the Phi Kappa Liter-

ary Society and the Demosthenian Literary Society. The two societies hold an event together every semester: the Inter-Society Debate in the spring and the Inter-Society meeting in the fall. The debate is held in the Law school in the Hatton Lovejoy Courtroom, and each society hosts the fall meeting every other year in their buildings.

In Phi Kappa, there are certain long-standing traditions. When referring to Demosthenian, Phi Kappa members make it a point to refer to them as "the society across the way," according to Tyler, so as not to say the name of their rival. They also have their derogatory references as well, such as "stonesuckers," a joke deriving from a method that Demosthenes, a Greek orator and where Demosthenian derived its name, used where he made his students put stones in their mouths and speak. "I prefer to call them the illiterary society," Kincaid says.

The group is doing their best to make themselves more known on campus through advertisements about debates, posting on their web-

site, Facebook page and sending out emails. Phi Kappa is currently trying to host a bigger debate in the UGA chapel on North Campus like they did in 2011 when they hosted the debate between representatives from the American Communist and the Libertarian parties. This was held to commemorate the nearly 50 years of when UGA restricted Phi Kappa from having this debate on campus in the 1963.

"A lot of people graduate [in] four years and have never heard of either of the two societies even though they're the two oldest student organizations on campus," Tyler says.

While they work to make a stronger presence on campus, they continue to have open weekly meetings where anyone can attend.

Phi Kappa has impacted people for the better in many ways through the years, including former Phi Kappa president and attorney at Hodges, McEachern & King law firm, T. Kyle King. He says Phi Kappa has helped him to be able to "think on his feet" and said, "I'm reaping the benefits" of Phi Kappa.

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A hand-written sign reading “Good Dirt” lies on a wooden wall at the entrance of the studio.



GOOD DIRT:

Let's Get Dirty

PHOTOGRAPHY BY BRENNA BEECH AND LAUREN MALDONADO

Good Dirt, located at 510 B North Thomas St. in Athens, is a clay studio that is open for all ages and abilities. The studio offers classes from their resident artists with 15 clay wheels, kilns and open studio hours. Good Dirt offers “Try Clay” classes where you can try it out once, eight-week courses and a gallery of pots made by other Athenians. For all the artists out there, Good Dirt also houses 12 in-house private studio spaces within the building. Artists can rent out the spaces to work in any artistic median.



Tools used to paint pottery after it has been through the kiln sit in a cup at the studio.



A student shapes and designs a piece of pottery.



A student molds a piece of clay into a pot.



Balls of clay sit in a line, ready for students to use them to create pottery.



Students paint their pots after they've dried.



A student paints a piece of pottery she made.



An instructor demonstrates how to shape a pot during a class at the studio.



How to Avoid the Broke College Student Syndrome

Far too often we hear cliché stories about being “broke college students.” But what if I told you that there are things that we, as students at UGA, are spending too much money on. I’ve compiled a simple list of things that are commonalities to us all that we can either do without, reduce, or start doing more of to keep that last dollar in our pocket. Here is a guide—based off of an article on Forbes.com—to preventing yourself from walking around as the same old, typical, broke college student. Thank me later.

By ANDREW PORTER / PHOTOGRAPHY BY ANDIE BAILEY

1. Textbooks

Textbooks cost entirely too much for students to be buying them full-priced only to be used minimally throughout the semester. Buying or renting books from sites such as Amazon.com and Chegg.com allow you to save big on books. In addition to that, students at UGA have the option of going to off-campus bookstores, such as The Baxter Street Bookstore and Beat the Bookstore.

Niamoni Watson, a sophomore broadcast journalism major from Stone Mountain, said that waiting to see if you even need the textbook or asking friends for books are two good options. “I only spent \$170 on three textbooks this semester,” Watson says. College students can save over \$5,760 on textbooks using alternative book buying methods throughout college.

2. Tuition

The full cost of tuition at UGA for in-state residents is \$10,262. The biggest thing you can do to help decrease that number is to earn and maintain the HOPE scholarship, which covers



the cost of tuition. Honestly though, it is increasingly becoming the case that HOPE is not enough. Besides the typical advices to work or apply for loans, one thing people don’t take advantage of is the option to take lower level classes over breaks and during the summer. These courses typically transfer to UGA and can be taken for a lower cost.

3. Cars

As unpopular as it is to say, having a car is one of the biggest detriments to college students as far as money goes. It can be convenient, but it can also burn a hole in your pocket. It turns out that the price of a car isn’t what costs the most, but the cost of operating the vehicle is.

So, if you are going to have a car at school, you should try to use it only when necessary. Here at UGA, we have a great bus system with over ten routes that extend to multiple destinations. In addition to that, for those who live off campus, the Athens Transit System (ATS) will take you practically anywhere you need to go in the area. The cost of riding the ATS buses is covered with your UGA ID.



4. Housing

Housing is another monster that college students must face each year. However, the choices are pretty simple. If you are going to stay on campus, apply to be an RA. You will not only get paid, but you will receive free housing. This solves your living situation and allows you to make money. Many students don't like living on campus, but it just depends on what kind of person you are. Robert Morgan, a sophomore accounting major from Lithia Springs, enjoys staying on campus. "As far as housing, I feel like we are paying more for the convenience of everything on campus and being close to class," Morgan says. However, if you choose to live off campus, you want to avoid the trap of high rent. To drastically decrease the cost of rent, room with friends.

5. Food

We all get hungry; that is an undeniable fact. Here, at UGA, there are two categories of students: those with meal plan and those without. Tajai Jones, a finance major from Grayson, doesn't feel that being on the meal plan is economical. "The cost of a seven-day meal plan when you average it out for a whole school year is about 400 dollars a month. The idea of spending 400 dollars a month on groceries is pretty contradictory since we are supposed to be broke college students," Jones says. For students who are not on meal plan, getting involved on campus is a huge way to get fed.

Tons of organizations offer food at their meetings. Thus, get involved, and you can get free food. In addition, many

RAs and CAs often have programs on Sundays because they know people are hungry and will come for the food. Take advantage of these opportunities!

If you are on meal plan, one key thing you need to do is to remember that the typical seven-day meal plan costs \$3,956. Don't waste you or your parent's money. Go eat in the dining halls. It may get monotonous, but be innovative. On Sundays, go after those programs with free food as well. Although it's tempting, eating out adds up.

6. Weekend Fun

This category covers a wide variety of things. Extracurricular weekend activities can add up, so use your money wisely. Parties are fun, but if you go to all of them, you will be broke. There are many economically friendly fun activities you can participate in on the weekends, such as Gym Dawg meets, basketball games, and if you are a fan of free food and other wholesome fun, Dawgs After Dark, which is sponsored by University Union. If you do choose to engage in other activities, remember, everything in moderation.

7. Missing Deals

Last, but not least, missing deals is a huge way to lose out. Athens is a college town, so businesses create deals that they know college students will take advantage of. Don't miss out on these deals! Baxter Street alone has been known to be a hub for deals for students. Wherever you go, don't hesitate to ask about college specials because often times they exist, and they are just waiting on you to ask for them.



BROKE PHI BROKE:

10 Signs that You Are Reaching Initiation -----➔ Destitution

By DeShonna Johnson @DESHONNA_ALIYAH / Photography By Andie Bailey

Going to college is only the beginning.

Financial scarcity, or “being broke,” is a condition that most of us experience at least once in our lives, but when does this condition inch close to a permanent state?

Some say when you “live above your means.” I say it’s when you go to college. There’s something about obtaining a degree in pursuit of a lucrative career that makes you, ironically, penniless.

Here, are some situations that we students may find ourselves in that explain our need for a second job or anticipation of a raise in minimum wage. Thanks, Obama...and UGA.

10. Themed weekdays are a gift from God.

Margarita Mondays, Welfare Wednesdays, and Thirsty Thursdays are a weekly ritual for you. No, not because you can get inebriated for a low-cost, but because there is usually cheap food on those days as well. Amici’s 50 cent wings on Wednesdays and Johnny’s Pizza dollar slices on Mondays are marked on your calendar... otherwise you’ll starve for the night.



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9. You don't even have the funds to "pop some tags."

Macklemore was correct in insinuating that "20 dollars in [your] pocket" is a goldmine at Goodwill, yet sometimes you're even more broke than that shorts' zipper off the rack. The moment when you can't afford \$4.54 for that Cosby sweater, there is a problem. There's always the toe rings that are around two bucks... but do you really want that?

4. You already know how much an item costs, tax included.

There comes a time when you have to penny pinch so hard to the point that you memorize the prices of something WITH tax as to not go over what you can afford. I'm talking about knowing that a medium cheese cup and chips at the Tate Barberito's and a side of fries from Bulldog Cafe are both \$2.13. Or that a soft drink is \$1.07. Of course, some people know these prices by heart simply because they buy the same items every other day (in which case, you really need some variety). For others, you know the menu by heart for money-watching purposes because your...

3. Mobile banking app seems to be constantly open.

Going out with your friends is like a mini heart attack every time because of the foreshadowed impact on your checking account. You are always checking to see the current balance in your account before agreeing to go to Taco Bell or to see that movie at the dollar theater.

8. You're a personal coupon book for your friends.

Whenever your friends need to know where the deals are for your grocery shopping, they don't gaze through the Kroger papers or look online at Walmart.com. They ask you. You know about \$1.99 Kroger brand orange juice or the .49 cent burritos in the freezer aisle. This isn't because you just happened to come across the deal during your visit to the store, but because you spend half the time doing costs comparisons between Welch's fruit snacks and Great Smiles.

5. Your Netflix/Hulu subscription was interrupted.

Sure, this may serve as a "want" rather than a "need," but Netflix or Hulu is something that every college student utilizes during weekends, finals and snow days. There are some of us out there who don't bother with cable and use Netflix for \$7.99/month instead. If you've ever had your billing date come around and Netflix emails you, "Houston, we have a problem." Know that it isn't Internet connectivity but your barren bank account. The next few days or weeks until payday are gonna be a little rough.

2. You're "that" friend.

The point at which you have to ask your friends for necessities such as soap or money, you are Class A BROKE. When you're "that" friend, your signature line is "I'll pay you back" (which you do). When you're that friend, you are the one that goes to the restaurant gathering but doesn't eat. You just sit there broke... and hungry.

7. You are the "off-brand" guru.

It may be embarrassing, but you know nearly all the less-expensive complements of name brand products when it comes to penny pinching. Whether it be Dr Pepper and Dr Thunder, Oreos and Twists & Shouts or Ruffles and Ripples, you know the stuff that isn't gonna break the bank. With off-brand products comes off-brand tastes. However, with desperate times come desperate measures.

6. 10/10 deals at Kroger are your best friend.

Grocery shopping with you goes somewhere along the lines of this:

Friend: "Hey, you want some Doritos?"

You: "Yeah, but these Kroger Cheez Balls are 10 for \$10!"

Friend: Look of aggravation overcomes face

You: Proceed to place 5 varieties of Kroger brand chips into your buggy

1. You've resorted to going only to places that take Bulldog Bucks.

Enough said.

FOR MA

Fashion Editor

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Creative Director: Caroline Ciez

Model Agent: Kegan Antone

Location: Necklush Studios

Hair and Makeup by 'Styles by Bree'

Brittnee Patterson

Photography by Ersta Ferryanto

Getting ready for a night out, we've all struggled with what to do with our hair and how to do our makeup. Well, you don't have to fret this spring. We're providing five easy-to-do looks for going out with your friends. These looks are versatile, so you can wear them out to dinner with friends, on a first date or for a long night out on the town.



Sally D. Hoang
Junior
Exercise and Sports Science/Cellular Biology

Nkenna Njoku
Sophomore
Human Development and Family Science



Damla Williams
Freshman
Psychology



Jessica Jacobs
Junior
Social Work



Caitlin Burke
Junior
Theater/Fashion Merchandising





Saving Money the Flea Market Way!

BY MORGAN BAILA & LINDSEY GROSS / PHOTOGRAPHY BY SIDNEY WILDER

As a college student in Athens, students are constantly looking for new ways to save money because of the excess of activities available and the multitudes of books to buy. Students are starting to live on a budget by cooking homemade meals instead of eating out, planning do-it-yourself crafts, and instead of shopping downtown, shopping at thrift stores. Many students may not realize we, in Athens, are less than 30 minutes away from Pendergrass Flea Market, the largest flea market in the state. In order to uncover what this flea market is all about, we decided to investigate.

The flea market itself is shaped like a huge "barn" and painted with white, nostalgic letters, making the shopper feel as if he or she is shopping in a rustic southern town. Unfortunately, that is where the charm ends. The inside of the flea market is huge, vast, and confusing. If you are picturing rows of fold-out tables filled with little trinkets or your grandmother's knick-knacks, then Pendergrass Flea Market may not be the flea market for you. However, if you are a savvy-shopper, one who always looks for the best deal and buys in bulk, then look no further.



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The inside is split up into multiple streets ranging from 1st Street to 8th Street. The best tip we can give you would be to plan your trip ahead of time and see which of the 70 categories are the most appealing to you. Pendergrass Flea Market is more than just your average flea market. Many of the vendors have made this their job, creating a unique niche and pulling in customers from around the state for their low prices. An added advantage is the outdoor fruit prices that are half the price of grocery store produce.

“People think it’s a garage sale, but it’s not,” said Jose Romero, one of the vendor owners in the outside market, “It’s my job.” His table was full of work supplies ranging from new work boots, to bulk rope, to chainsaws. Most of Romeo’s items are brand new, and he gets them at a good price from big stores that accidentally order too much of an item. Unlike other bulk stores, Pendergrass vendors care about the American economy and are not just selling cheap goods made and shipped in from other countries. “I want to buy American products because I want to help boost our own economy,” said Romeo. “The more money we spend in the country, the more we get back.”



Besides home electronics and fruits and vegetables, low-priced male and female clothing dominate the market. Leggings under \$10 and basketball and football jerseys for \$20 were common finds as we explored 5th Avenue. Anything from a hiking book bag to a pack of six toothbrushes for a dollar can be found here. Not to mention the animal market outside, which sells puppies for reasonable prices. We even found ourselves stumbling across a sign that said “Monkeys this way!” While it wasn’t what we expected at first, we see now that next time we go back to Pendergrass, we need to come with a list or vision of what we want to purchase (especially if it’s a puppy...) On your next free weekend afternoon, try something different and take a little road trip to Pendergrass to check out all the sales you can find.

Sending a Message: The Role of Social Networking in the Hiring Process

BY RAYLEIGH ROZIER / GRAPHICS BY VICTORIA CARROLL-JAVE

As college students, we've all witnessed the expanding power of social media. While websites like Facebook and Twitter are often seen as a great way to connect with friends and share experiences with others, they cause concern among graduates as they prepare to enter the workforce. Stories of insensitive tweets and inappropriate pictures that have led to a 'no' from employers flood our newsfeeds— but is this practice common?

From a firm's perspective, social media provide a wealth of information about prospective employees. According to a CareerBuilder.com survey, 37% of employers consider social media when looking at a job candidate. Though this study was conducted in

April of 2012, it's evident that the number has only increased since then.

"I would be surprised if an employer didn't at least 'Google' your name. It's free, and you can get information about the person, more than they would tell you themselves," says Dr. Karen Miller Russell, associate professor of Public Relations at UGA. Dr. Russell is a media historian, and even teaches a Digital Reputation Management class. She stresses the importance of social media presentation to her students. "Your name and your image are going to be on the web, so it's up to you to decide how you're going to present yourself," she adds.

An executive at a Georgia-based retail operation who wishes to remain

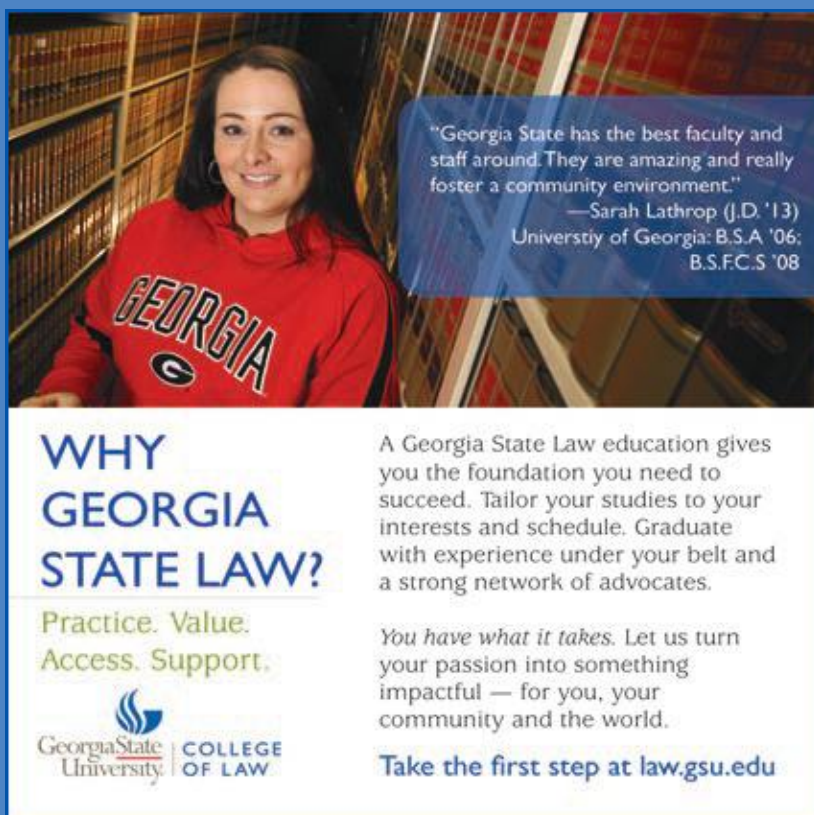
anonymous confirmed the importance of social networking sites to the hiring process. She offers that social media serve as "useful tool[s] for employers," and that these sites "help [them] to see job candidates in a broader light." The information found online is appealing to many firms, because "it makes the pre-screening process more efficient."

The fact that employers view social networking sites is not inherently bad, contrary to what we often hear. The media so often highlights the negative stories concerning these sites' relationship with employment that it's easy to lose sight of their benefits.

The open nature of the Internet can be a hazard when used irresponsibly, but it can also be a showcase of one's talents and communication skills. Lindsey Rogers Cook, a graduate student at UGA, says she's "tired of articles that treat social media like the boogeyman." Cook has experienced great success via social networking platforms, from serving as the first social media editor of the Red & Black to tweeting from the Washington Post's Twitter account.

Her active online presence has made her stand out among her peers. "A lot of times I'll be at a conference and have people I don't really know coming up to me and saying, 'Oh! You're Lindsey Cook, I recognized you from your Twitter profile!' When someone can recognize you from your Twitter, not just what you look like, but your personality... that's when you know that it's really representative of where you're going in life, and I think that that's what makes students' social media profiles successful."

So, what's the key to an effective profile that wins employers' favor? Common sense.



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— Sarah Lathrop (J.D. '13)
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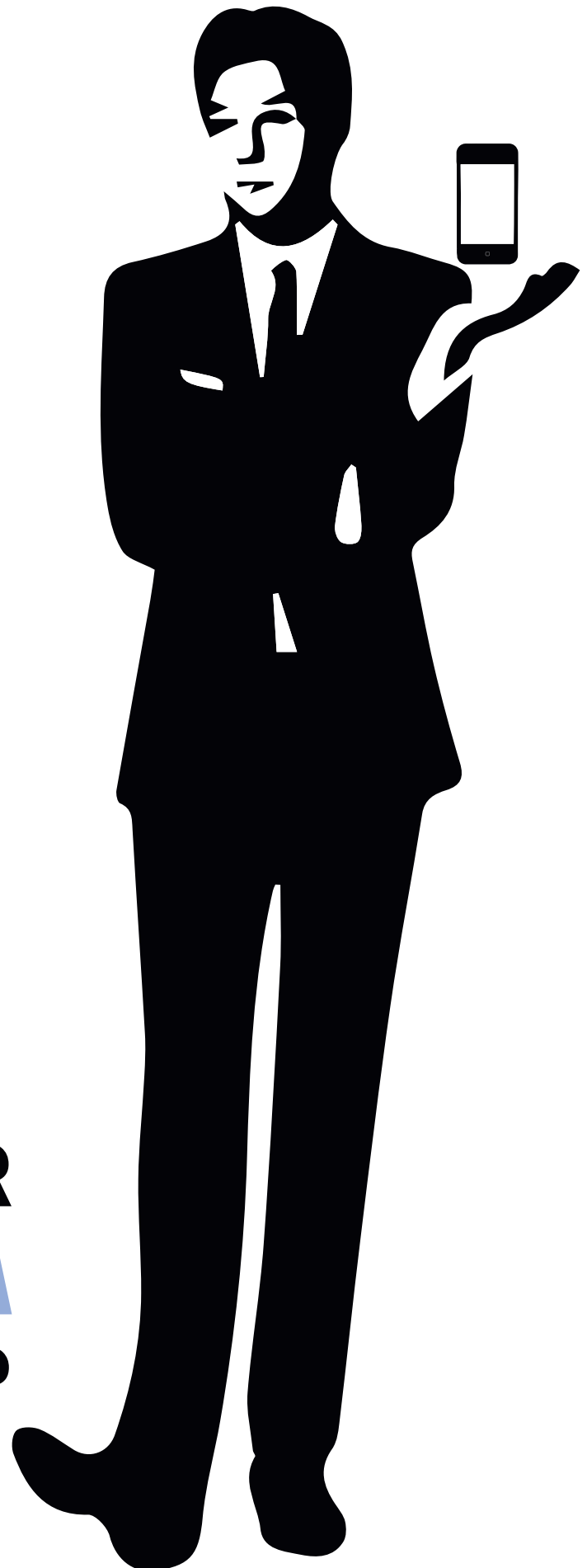
Our generation has grown up alongside the Internet; we pioneered social media use. If there's any group that should know how to manage an online profile, it's us. Sometimes we slip and post things we shouldn't, but one minor mistake will not ruin your chances at a job.

"It's not so much a matter of 'no, you can never have a party picture,' or 'no, you can never post your political or religious views,'" says Dr. Russell. "It's thinking about in advance what you want people to see about yourself and deciding what to post based on that."

There are also plenty of easy ways to improve your Internet presence. Dr. Russell suggests creating a LinkedIn profile as a quick, simple way to impress potential employers. She also highlights the merits of starting a blog, due to their tendency to appear near the top of Google searches. "When you pick a subject [to write a blog on], it doesn't have to be [relevant to] your major, it can be anything you're interested in. It's not so important what the topic is, but just to show that you have the consistency to post every week and to come up with creative things to say."

As long as we're aware of our online presence and use these sites in a positive manner, they can serve as an extension of ourselves—a way to tell employers who we are and what we're about. Social media is here to stay, so let's embrace it and use its influence to get hired. As Cook puts it, "Be yourself. I think that's the most important thing on social media. If you're a nerd, be a nerd. If you're a feminist, be a feminist. You don't need to hide your views; that's not what social media is about. If people feel you're being transparent, being open with them, they'll trust you and feel that they understand who you are as a person."

WHAT DOES YOUR SOCIAL MEDIA SAY ABOUT YOU?



8 Classic City Events That Won't

Does your college budget have your social calendar empty? Saving money while still being a participating member of UGA's social scene is not as difficult of a task as it may seem. No matter what you are into, there is always something to do while still watching your wallet.

Here is UGAzine's answer to your questions about how to frugally fraternize around town. Listed in this article are eight options for you to put your books down and have a little fun.

1. Slingshot Athens Music and Arts Festival

Spreading out four city blocks of downtown Athens, Slingshot Athens will definitely catapult you into a world of eye-opening music and art. Bands such as Vampillia, Jungles (from Red Bacteria Vaccum), and Wild Moccasins will be showcased along with artists and masters of

technology, such as Kota Ezawa and Emilio Vavarella and Onyx Ashanti. Love to laugh? Slingshot will also have comedians, such as Doug Benson, to keep you laughing through the night. You will enjoy acts from all over the world in your own backyard of Athens.

When: March 21-22

Where: Little Kings Shuffle Club

Cost: \$20 one-day pass or \$35 two day pass

2. Dancing with the Athens Stars

What's better than great entertainment and helping a worthy cause? Dancing with the Athens Stars benefitting Project Safe is an event that will have you feeling groovy. Project Safe is a non-profit organization whose main goal is to end domestic violence. Dancing with the Athens Stars is an event that began in 2008 and has raised more than \$325,000. Locals practice their routines to be performed in front of a live audience and a panel of judges. You can donate early by voting on what team you think will win at the Project safe website: www.project-safe.org.

When: March 30

Where: The Classic Center Theatre

Cost: \$20

3. UGA International Street Festival

A beautiful characteristic of Athens is the diversity that is housed within this city. The International Street festival is a great example of this diversity. Each year approximately 3,000-5,000 attendees crowd the streets of Athens to view displays and performances exemplifying dozens of cultures. You can dance, view demonstrations and gain knowledge of other cultures at the spring event.

When: April 5 12:00-5:00 p.m.

Where: College Square, Downtown Athens

Cost: Free Admission

4. Spring Awakening

Spreading out four city blocks of downtown Athens, Slingshot Athens will definitely catapult you into a world of eye-opening music and art. Bands such as Vampillia, Jungles (from Red Bacteria Vaccum), and Wild Moccasins will be showcased along with artists and masters of technology, such as Kota Ezawa and Emilio Vavarella and Onyx Ashanti. Love to laugh? Slingshot will also have comedians, such as Doug Benson, to keep you laughing through the night. You will enjoy acts from all over the world in your own backyard of Athens.

When: March 21-22

Where: Little Kings Shuffle Club

Cost: \$20 one-day pass or \$35 two day pass

5. 40th Annual Great Southland Stampede Rodeo

Grab your boots and cowboy hat and head over to the rodeo for a night of boot stompin' fun! With the slogan "This Ain't our First Rodeo," you will be able to see first hand the excitement that keeps attendees coming back for years. Hosted and ran by the student of UGA's Block and Bridle, this is the only completely student ran rodeo in the USA. "So many UGA students have worked for years to put on this rodeo, and it is one of a kind just like Athens," Lillie Williams says, a junior agricultural communications major from Sale City and member of the rodeo committee.

Break the Bank

With three nights of rodeo, you can choose which night is most convenient for you. The first night, April 10th, is student night and student tickets will be \$10. Tickets will be \$12 on the other nights.

When: April 10-12

Where: Livestock Instructional Arena on South Milledge Avenue

Cost: \$10 on student night

6. Athens Twilight Weekend

Twilight Weekend is an event that you do not want to miss. Comprised of two days of nonstop energy, there will be always something to do. Festivities will begin on Friday, April 25, but the major Terrapin Twilight Criterium will begin on Saturday night. Drop by during any part of the weekend to grab a bite from the Twilight Food Court and listen to some great bands during the Twilight Americana Music Festival. If you are interested there will be a 5K run, amateur races, BMX Jam, and activities for the kids as well.

When: April 25-26

Where: Downtown Athens

Cost: Free admission; some activities have fees

7. Terrapin Brewery Tours

Since 2002, Terrapin Beer Co. has been crafting beer unlike any other. What better way to enjoy the beer than at the brewery it was made? Terrapin also has great live music played by local artists during the tours. "It's cool that Terrapin got behind the local music scene. I've always appreciated venues who are supporters of local music," Garrett Hibbs says, a sophomore biological sciences major from Watkinsville and occasional performer at Terrapin. Go enjoy the live music and scent of hops in the air as you try some fantastic craft beers on tap. You can't help but to be swept into a more laid back mood as you drink and laugh with friends.

When: Every Wednesday-Saturday 5:30-7:30 p.m.

Where: 265 Newton Bridge Rd., Athens, GA 30607

Cost: Free Admission, tour, and tasting; souvenir pint glasses are \$10 and specialty glasses are \$12

BY KATLYN LAVELLE / PHOTOGRAPHY BY TAYLOR CARPENTER

8. AthFest Music and Arts Festival

Do summer classes have you feeling down? Never fear because AthFest is almost here. With almost 200 bands set to perform on indoor and outdoor stages, art, a film festival and vendors there is fun to be had by all. "Last summer was my first time experiencing AthFest," Blake Edwards says, a junior biochemistry major from Suwanee and attendee of the 2013 AthFest. "It was three days of continuous art and music with thousands of people in the heart of downtown Athens. It was a blast hearing old and new favorites like Reptar, Modern Skirts and Patterson Hood."

When: June 18- 22

Where: Downtown Athens

Cost: Outdoor stages are free

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