



The Story of St. Valentine by Joseph Lim

Every year, people around the world celebrate Valentine’s Day. Surprisingly, many people do not know the story behind how this celebration began. The story takes us back to a 3rd century Roman priest during the reign of the Roman Emperor Claudius. At the time of his reign Claudius wished to enlarge the size of the army and rightfully so, asked men to volunteer. This request however, was not favored in the community, for many men were married and were reluctant to leave their loved ones behind. Enraged by the community’s rather ignorant response to his wishes, Claudius banned marriages in Rome believing that if men were not married, they’d be more willing to volunteer for the army; all those who disobeyed were to be put to death.



Once again, Claudius’ actions displeased the populace, especially young people who were to be betrothed. A priest by the name of Valentine rose to disobey such a preposterous law and began to shadily perform marriage ceremonies, which became one of his favorite activities to perform. Even with such heat outside his church doors, priest Valentine, a valiant defender of love, sallied forward with his contraband actions. Then came the dark hour when he heard footsteps of Claudius’ men outside his door. The soldiers barged in to take him to the

Emperor. He was arrested, thrown in jail, and sentenced to death. During Valentine’s imprisonment, young people from all over Rome came to visit him and threw flowers and notes up to his window. One of these youngsters was the daughter of the prison guard, who was allowed to visit the priest and

keep him company. They became friends and when the day came for Valentine to die on February 14, 269 CE, he left his dear friend a note thanking her for her friendship and loyalty; he signed it, “Love from your Valentine.” Hence, people began to exchange love notes on “Valentine’s day.”

Make this Valentine’s day more meaningful than it used to be now that you know the story of St. Valentine.

Valentine’s Day is more than just mere exchange of candies and gifts. It’s about exchanging love, loyalty, and faith with anyone who you adore, value and cherish.

Welcome Erin Anderson, the newest member in the psychology lab

Inside this issue:

<i>The Story of St. Valentine</i>	1
<i>A Day of Love Around the World; George Scholars, where the Opportunities are Endless</i>	2
<i>George Scholars</i>	
<i>Saved by the Bell</i>	3
<i>Spain Bans Skinny Models; Top 10 Things to do when Single</i>	4
<i>Are You Your Own Worst Enemy?</i>	5
<i>Autism Speaker</i>	6
<i>Valentine’s Day Survey</i>	

PSYCHOLOGY LAB STAFF:

Lab Coordinator:

- Dr. Julie Johnson-Pynn

Lab Workers:

- Grant Miller
- Kurt Bryan
- Melissa Szabo
- Joseph Lim
- Erin Anderson



Love around the world!!

A Day of Love Around the World by Joseph Lim

Valentine's Day is celebrated in other parts of the world besides America. Other countries fancy themselves with different customs. In western culture, tradition is for men to flatter women of their dreams and love with elaborate gifts/candies along with romantically composed letters and cards. Men of many European countries often simply present flowers. In France, whose popular culture is about love and romance, gifts weren't reserved for just one day! Couples often renew their love for each other, spend time with each other, flirt, laugh, and enjoy life. In Italy, couples sit together read-

ing poetry and listening to music, especially Italian opera, which is full of love stories that are comic and tragic. However, in the Asian culture where women are generally a lot more introverted and shy than that of their western counterparts, Valentine's Day is a chance for women to express their feelings towards the men they love. Countries such as Korea and Japan, have constituted a day, March 14, aka White Day, where men have a chance to express their feelings towards women they love.

There are some differences in the days of love around the world. In industrialized nations with sophisticated

internet systems, people are turning to web based dating services and chat rooms. This practice, however, is not popular or received well in developing countries such as India or China. Despite technological advances in these developing countries, people prefer traditional meetings between potential partners and more family involvement.

Use Listerine -
Kurt Bryan

George Scholars, where the Opportunities are Endless by Melissa Szabo

The Italian city of Verona, where Shakespeare's lovers Romeo and Juliet lived, receives about 1,000 letters addressed to Juliet every Valentine's Day

The George Scholars program here at Berry is a great way to do your own research with the help of a faculty mentor. Students with at least 45 hours and no more than 67 hours by the end of this semester are invited to apply for this exciting opportunity. Students will be selected to become George Scholars based upon their GPAs, research project proposal, campus activities and faculty recommendation. George Scholars receive up to \$5,000 to support their research projects. Currently, the George Scholars have used funds to purchase research supplies, collect data, and to travel to out of state conferences to present their research. If you are interested in this professional development opportunity, applications are available in the Psychology lab and are due on March 28, 2008. Discuss your research ideas with the psychology faculty before choosing a mentor. Being selected as a George Scholar is one of the best ways to gain valuable experience and make personal connections for graduate school or employment after Berry.

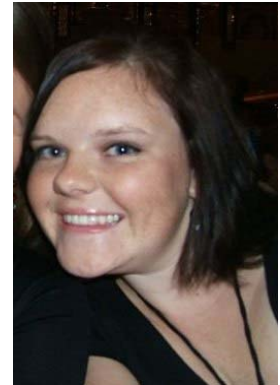


Saved by the Bell by Alli Evans

Is that Santa Claus being stingy with his surf and turf? No, it's Dr. Bell, who was awarded Teacher of the Year this past May. I took Dr. Bell's Child Development class my sophomore year and it was unlike any class I had taken at Berry. Boring PowerPoint lectures? Nope. Tricky multiple choice questions? No way. Lengthy ten-page research papers? Heck no. Dr. Bell's class is very interactive and every class is something different. Some days we did group work, other days we interpreted a poem by singing and dancing (it's not as hippy-ish as it sounds). Dr. Bell doesn't just hand out As though, you really have to work for it, but as long as you have fun and show that you understand the material, you'll do fine. His tests were take-home midterms that you could do

with a partner, where creativity scored big points. I drew a comic strip and wrote a mini-screenplay between Barney and a six-year-old, and no, these weren't doodles up the side of my notebook. This was my midterm, which I would've gotten an A on had he not deducted 45 points for the angle of my staple being too crooked. No, he didn't really do that (but he did write it on all of my tests), which showed his dry sense of humor, which made class even more engaging. Dr. Bell truly loves his students, and you might come into class one day with your picture (and an added mustache or devil horns) on the projection screen. If you're an athlete, he'll scan every local newspaper until he finds you scoring that win-

ning goal- I'm just warning you! This is by far my favorite class at Berry, and if you are one of those people who fall asleep during lectures, I can promise that won't happen in Child Development. If any of you caught that episode of The Office, Dr. Bell would embrace Michael Scott's creative commercial over the safe, boring corporate one. So look out for the oddball professor on the scooter.



Minnie Munro became the world's oldest bride when she married Dudley Reid at the age of 102 on May 31, 1991. Reid, the groom, was 83 years

Harry Stevens became the world's oldest groom at 103 when he married 84 year old Thelma Lucas at the Caravilla Retirement Home in Wisconsin on December 3, 1984.





NOT men's idea of an ideal woman!

Spain Bans Skinny Models by Kurt Bryan

In September of 2006, Spain's Madrid fashion week set a new precedent with the decision not to allow underweight models in runway fashion shows. Models who had a body mass index (BMI) lower than 18 were not allowed to walk on the runway. Health experts recommend a minimum BMI of 18.5 for women in order for them to stay healthy. If a women's BMI falls below the recommended minimum, negative health effects such as loss of periods and anemia can occur. Spain's decision came in response to protests staged by women's rights groups and doctors from the previous year, when anorexic-looking

models were gracing the catwalks during Madrid fashion week. Banning models with a BMI of less than 18 indicated that nearly a third of the models would be turned away. This decision was seen by many activists as a step in helping to combat eating disorders, since many young women view models in the fashion industry as the standard for what an attractive female is supposed to look like. However, others saw the ban as a form of discrimination against models who have natural, "gazelle-like" figures.

Research shows that men's preference of a woman's figure

and women's *perception* of what they believe men prefer are not the same. While women tend to believe that men admire skinny girls, that is not the case. Survey research shows that the majority of men prefer women who have curves. In many cultures, particularly those in developing nations, full-figured women with body fat are seen as attractive because they are viewed as being healthy and having many resources.

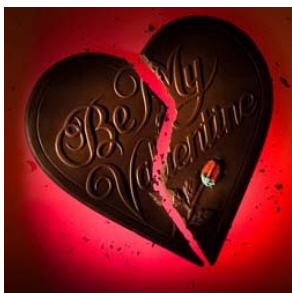
So ladies, eat your Valentine's Day candy guilt free this year!

10 Things to do when Single on Valentines Day By Grant Miller

When you're single you have to pick your own roses and count your own blessings."

Top 10 things to do on Valentine's Day when Single:

1. Go hunting for other singles at the Waffle House.
2. Put dartboards with your ex's photo on the hall walls. Happy throwing!
3. Visit Berry's "forbidden spots."
4. Watch a chick flick with a friend and eat lots of chocolate, sushi, or whatever you can buy from Valhalla.
5. Skinny dip at the Cage Center pool.
6. Sit around in Krannert lobby and tryout some social psychology on the Ford girls.
7. Actually visit "Chastity Castle."
8. Watch "House" on television.
9. Crash a wedding at Frost Chapel.
10. Work for the people who are out on dates.





Are You Your Own Worst Enemy? by Susan Logsdon-Conradsen and Ashley McAlister (George Scholar)

Do you ever have those days when you wake up and groan when you look in the mirror? The litany then starts - could I look any worse? I hate my thighs, my butt is so big, I look so scrawny, look at these dark circles, I can't possibly wear that, why can't I have a good hair day for once? Etcetera etcetera. Without even realizing it, we often belittle ourselves and consequently diminish our self esteem. In fact, we frequently talk to ourselves about ourselves in very mean and cruel ways. Remember when we were little and our parents told us not to talk to others mainly since it hurts others' feelings - how did we get to the point when we talk to ourselves this way? This type of self abuse is so rampant that we think of it as normal. But stop for a moment, would you be friends with anyone who talked to you this way? Hopefully not. So, since this is Love Your Body Week, we thought we could come up with ways to help you get off this negative self talk bandwagon and love your beautiful, unique, flawed self! Remind yourself that images of ideal beauty around you are just that- unrealistic, unattainable ideals. The models don't even look like that, and besides, most of the time they are trying to get you to buy a product, and they know if you feel inadequate, you will buy.

- Write down things that you like about your appearance and what your body can do that you appreciate. Then when you catch yourself engaging in negative self-talk, remind yourself of the things you do like.
- Remember you are more than your looks, in fact your personality and accomplishments have nothing to do with your looks, nor are they why your friends like you.
- Remember your body is not broken, it is not something you need to fix.
- If you are around a group of people who start talking about what they don't like about themselves, point this out and stop participating in this negative self comparison cycle. Challenge them to compliment themselves for a change!
- In the words of Dr. Seuss, "Be who you are and say what you feel because those who matter don't mind, and those who mind don't matter."

Essentially, treat yourself like you would your best friend - accept yourself for who you are and be respectful of your strengths and quirks. We don't ask our friends to be a smaller size (or have bigger pecs) before we will like them. So stop being your harshest judge, your own worst enemy, and become your friend instead.



"The longest engagement was Sixty-seven years, according to the Guinness Book of World Records. The happy couple finally wed at age 82!"

The romantic Canadian porcupines kiss one another on the lips.

George Scholars: Autism Speaker



Thanks to the George Scholar program on March 4, Dr. Courtney Burnette, a child clinical psychologist from Vanderbilt University, will be coming to Berry College. She will be speaking at 7 p.m. that night in the Science Auditorium about her research on intervention with autistic children and their families. The title of her presentation is "Understanding Autism: From Rainman to America's Next Top Model". In addition to her talk, psychology students will have the opportunity to meet with her at 11 a.m. earlier that day for an informal Q&A session and refreshments in the psychology lab. Any students, staff and faculty interested in autism, developmental disabilities or clinical psychology are encouraged to attend these events.

Valentine's Inkblot Survey: Attractive vs. Unattractive Qualities

The heart is the most common symbol of romantic love. Ancient cultures believed the human soul lived in the heart. Others thought it to be the source of emotion and intelligence. Some believed the heart embodied a man's truth, strength and nobility. The heart may be associated with love because the ancient Greeks believed it was the target of Eros, known as Cupid to the Romans. Anyone shot in the heart by one of Cupid's arrows would fall hopelessly in love. Because the heart is so closely linked to love, its red color is thought to be the most romantic.

The psychology lab conducted a survey with a sample size of 26 individuals, 6 men and 20 women. Ironically, this is representative of the sex ratio of Berry's student body. We asked participants to list 3 of the most attractive and least attractive qualities in a potential significant other.

A sense of humor was the top attractive quality for men and women, as well as being attractive and athletic was amongst the top qualities. However, women favored other qualities such as kindness. Men favored qualities that are more physical related such as smell and hair color. Although these were favored, men also had an in the need for the other to have a great personality.

Arrogant and controlling individuals were the common least attractive qualities amongst the women in the survey. However, amongst men drug use, being underweight, and having chubby ankles are the least attractive qualities.

The results are reflective of qualities that typically women and men stereotypically would look for in a significant other. However, there were very few men to participate in the study.

