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Transformation



A CONSORTIUM OF NEW VOICES

Kalliope



From the Guest Editor Donald Tripp

It took me a long time to come up with the theme for my issue of *Kalliope*. Admittedly, I never even really came up with the word “Transformation”. The managing editor, Shavawn Berry, suggested it when I pitched my idea to her and I ran with it.

The idea of transformation came from my borderline unhealthy obsession with technology and how it has changed so quickly in such a short amount of time. It fascinates me to sit at a computer and be able to connect with anyone in the world in just a few short seconds. I played around with the idea of modernity and change. In the end, I think transformation is a good term to

use to describe the idea behind this issue.



We all face problems, trials, and tribulations in life. We succeed at the little –and not so little—

things and push forward to make ourselves better. When we fail, we must reflect on our failures and move forward with life.

Winston Churchill once said “To improve is to change; to be perfect is to change often.” Change is a proxy to a transformation—by changing yourself, you transform yourself to be a better person and live a better life. The thing to remember is that a transformation takes time. It is not something that you can expect to happen overnight, or even over a few days. Transformations take time and effort. It’s not easy. But it’s worth it.

So make a choice. Make a change. Begin your transformation and stand by it. You won’t regret it.

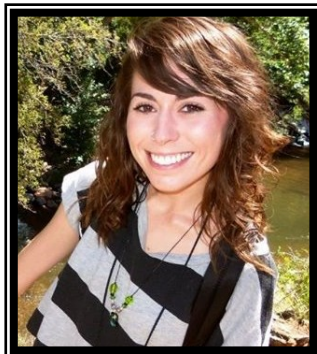
Interns’ Bios

Donald Tripp is a Senior majoring in English Literature with a minor in European History. His favorite authors are J. K. Rowling



and John Green, and his favorite poem is “Digging” by Seamus Heaney. He recently returned from a study abroad semester in London. He enjoys reading and writing, and aspires to become a writer. In his spare time, Donald enjoys playing video games and travelling. He has a daily video blog that can be found on YouTube.

Mara Michael is finishing her last semester at ASU this fall, and is about to graduate with a BA in English Literature. She is excited to graduate and explore what the world and writing field have to offer. Mara is interested in fiction and poetry, yet also loves investigative journalism and sharing her opinions and experiences through the written word.



Caitlen Welch is an ASU senior studying Film and Media Studies and minoring in English Literature. Her passion and obsessive need to correct grammar and spelling has led her to believe editing is her true calling, but she does have some guilty pleasure reads that include the Harry Potter series, Meg Cabot books, and anything Jane Austen. She hopes to one day be a book editor for a major publication company.



London Calling

Donald Tripp

Moving to a big, new city can really change a person. The bustling metropolis of a major world city is enticing to people all over the world, and many of them make it their mission in life to visit one of these cities, if not move to one. This

loudly (or at all) on the Tube, not standing on the right of the escalator so people walking can pass you on the left, the list goes on and on. Once you realize what makes you an outsider, you begin to adapt and change to fit in with those people you're around.

or anything close to it. But in my own way, the city became a part of me and me a part of it.

I didn't know how I would fare being away from my family for that long. I was worried I would be homesick and never want to do anything because I was unhappy.

This was the biggest problem I had being so far away. I knew I could call or Skype with them whenever I wanted, but it was difficult knowing I wouldn't be able to see them in person for that much longer. It was possibly the hardest time of my life.

That was my challenge, though. I went abroad knowing it would be hard and that the distance was going to be difficult to deal with. In a way, going to London proved to me that I could

manage that distance—or any distance for that matter—away from my family. It wouldn't be easy, but life rarely is. I learned the importance of communication with those who are close to you, something I had been taking advantage of my entire life. I learned to take chances and try new things. To see something, want it, and do it.

What did I learn? Don't be afraid to get out of your comfort zone. Take a leap into a new country. Try an exotic food. Realize you will make mistakes. You'll probably

hate at least a few of the decisions you make. However, in the end, it's better to try, even if you fail. Otherwise you'll have regrets. Experience something that changes your core. Watch as it instills a sense of wanderlust in you greater than anything you've ever known.



wanderlust-filled college student was no different.

I moved to London in September of 2012 with an academic semester ahead of me. I never realized how much I would encounter, experience, and endure throughout the three-and-a-half months I stayed there.

Before I left America, my program advisor sat me down with various other study abroad students and talked through things like culture shock and foreign customs and gave us a general heads up: This will be different. I scoffed it off, thinking how difficult could it be? They speak English, so I can always ask for an explanation if I don't understand something or am unsure of what to do. Honestly, it couldn't be too difficult. This was London, after all—the global city of over 300 languages.

It's amazing to see how easy it is to spot an outsider once you have been one and overcome it. Simple things make you stand out in London—the way you speak

It took me a long time living there to comfortably call myself a Londoner. I had small moments when I knew I was getting close, though. The first time I was walking down the road and was stopped by a passerby. They asked me directions to the nearest Tube station, which I quickly gave them and continued my walk. It was second nature at that point—I didn't need to get out my map or phone to check to make sure I was correct. I just knew.

The second time was more simple: I navigated my way across the city to a place I'd never been to without using the Tube Map. I knew where I needed to switch to get to the right stop. I simply got on the Tube and went.

I don't know if there was an exact moment when I considered myself a Londoner, and by no means do I consider myself a native

In my own way,
the city became
a part of me and
me a part of it.

Are Diamonds a Girl's Best Friend?

Caitlen Welch

Admit it. As a little girl, you spent hours dreaming of your perfect wedding. From the pink peonies to the Vera Wang dress, even down to the Tiffany six prong engagement ring, you left no detail to chance.

Now, a decade later, you know it's wrong and extremely capitalistic to covet such bling, but that doesn't stop you. That same little girl who doodled her crush's name all over her Lisa Frank notebook still lives inside you, and still wants that big diamond ring.

But what is it about diamond rings and all that it symbolizes (forever, two becoming one, eternal love) that causes even the most liberal woman to salivate at the thought of ownership? It can't be its history, that's for sure. While engagement rings have been around an indeterminable amount of time, starting with the Greeks and Romans, the first diamond ring was presented to Mary of Burgundy by Archduke Maximilian of Austria in 1477. In the entire span of the world, the notion of diamond rings as a symbol of love, really isn't that old. Just a measly 530 years or so. That's nothing when compared to say, the year the dinosaurs disappeared, right?

Symbolically, engagement rings have varied in meaning depending on the times. At one time they meant that a woman had

to be chaste and the ring was virginity insurance. At other times, the ring was collateral if the woman got pregnant and the man bailed, or extremely long ago (but not

he makes, and the more he cares about you. Which is why women don't want a measly half carat, but 2 carats. And not just from a mall jewelry store, but from Cartier, Harry Winston, or Tiffany's.



What started this incessant desire in women to need diamond engagement rings? The De Beers company. They started the slogan "a diamond is forever" in 1938 to keep America lusting after diamonds. It worked. Slogans like this that have men maxing out their credit cards to dish out 3 months' salary in an attempt to woo the woman of his dreams. After all, if he doesn't, that means he doesn't love her. Right?

You would think after all this time that women would want to

really) the woman was the man's property, and was physically bound to fulfilling his every whim and desire. Nope. It definitely can't be the symbolism that's made rings last.

Then what is it? Is it the

stop the misogyny that has controlled the world for thousands of years, and finally unchain themselves from the "superior sex." In an ideal world, this would happen. Instead, women today are just as gung-ho for their guy to put

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a ring on it, and enraptured by the sparkle and shine of a diamond and the luster of gold, as their mothers were. White gold. That is. Yep, even this feminist wants a diamond. A big one. Essentially, what has transformed the diamond

sparkle? The luster of the gold? Or the lie that tells women they're nothing without it? In essence, an engagement ring as well as its size and cost is a status symbol. In 2013, the larger the rock, the more

engagement ring? Besides their inherent availability to the masses, and belief that every woman needs one? Nothing.

Absolutely nothing. Damn you, De Beers.

Transformation Tuesday Maria Banuelos



Transformation Tuesday: it's not simply an Instagram fanatic's popular hashtag each week. Its influence on people can cause motivation, inspiration, and, believe it or not, even a sense of belonging. As an Instagram user, I see first-hand how people evaluate their lives and work to better them. Transformation Tuesday posts are motivational because they are about real people overcoming real obstacles.

Typical posts are before and after photos of losing weight and gaining muscle; however, I have seen nostalgic posts about two best friends graduating from high school and graduating college, as well as childhood pictures of then and now.

Overall, the beauty of Transformation Tuesday is that it helps users express their transformation, wherever they are, so that others — whether those they love or total strangers — can benefit from their experiences.

Kalliope: A Consortium of New Voices

Are you interested in gaining experience in writing and editing?
Do you want to write articles that are empowering and uplifting?
Do you have expertise or stories to share with others?
Consider interning or contributing your work to *Kalliope*!



College credit is available for interns.
Contact shavawnberry@cox.net

Visit <http://kalliope magazine.weebly.com/> for more information.

Getting Lost

Shavawn M. Berry

Getting lost is not a waste of time.

After a long week of busyness, yesterday I needed a breather. I've been systematically bulldozing my way through a long 'to do' list, checking off each item as I take care of it.

I *should* have worked on some test questions I am responsible for revising (deadline looming) but instead I re-envisioned a prose piece I've had lolling about on my computer for a while now. I dove through the page and spent time doing the backstroke through the inner recesses of my mind. I completely lost track of time.

As I drank an iced coffee, I tweaked and rearranged and rewrote several passages. I chose an image for the piece

and set it up on the site where I submit work. For a couple of hours I wandered aimlessly in the rooms inside my head. The 'should-a-could-a-would-a' inside those rooms dimmed and got quiet.

I found stillness in the writing process, in that uneasy dance I do with myself, whenever I am fully engaged in the work.

When I emerged, I felt strangely alive and focused. I realized that rather than stewing in my own resistance to getting started on what may prove to be a challenging project (revising test questions), I

more that I try to force myself, the less likely the outcome will be good. And that doesn't mean that I can just screw around all the time. I have tremendous self-discipline. I always have. What I am saying is,

that there are times when the best way to find your way back to yourself and your sense of purpose, is to get lost.

I think the reason so many of our fairy tales have to do with journeying into the unknown, into darkness, into foreign lands, into unfamiliar territory, is because we *need that wilderness*. We need to forage and search and ruminate. Spiritually, we are not supposed to be 'on' all the time.

One of my issues with the almost parental tether that most people feel for technology --

particularly cell phones -- is because their use implies that we should never unplug, never be alone with our thoughts, never get quiet. If you want to understand why so many people in our society are numb, disconnected, and vacuous, look at the simple fact that we never walk out on our buzzing, bleeping and chirping



"Not until we are lost do we begin to understand ourselves."
-Henry David Thoreau

let myself play. We are often too harsh and parental and whip cracking with ourselves. Especially if we are creative or empathic or intuitive. I find that I am not particularly receptive to having an ax in my back. I need to go the forest of my imagination for renewal. I cannot shoehorn my spirit into submission. In fact, the

gadgets. "But, what if I miss a call?" You will get a voice mail.

The most unlikely scenario -- that missing that call will be the end of the world -- is highly improbable. If it wasn't, then why was I able to survive my childhood without my parents being able to reach me at every juncture of every day?

Why was my father able to work for thirty years without access to a phone in the car? He didn't miss appointments. He checked in as he got to each place he did repair work.

It really is OK *not to discuss the detritus of your day* - the banal vagaries that include who you saw and what you ate for lunch - on the way home from work. Why not allow yourself time to unwind? Why not walk away from the rat race?

Trust me, it will still be there when you get back.

I saw a [little video](#) this week that lampooned our love affair with the cell phone. In it, a young woman (sans cell phone) watches as others step outside the real moments of their lives (in bed, in a park, at lunch, at a birthday party, at the beach) in order to photograph them with their phones. They check their messages, scroll through apps, or talk to someone else while the person they

are actually with, waits. I cannot tell you how many times I've had friends sit and have long phone conversations with others, while their dinner gets cold and I wait for

the computer, the TV, the phone. Take a chair into the backyard after dark and stare up at the stars as they poke through the night sky.

Listen to the wind shifting. Hear the cacophony of birds settling in the trees. Feel the air on your skin.

Drink in the movement of the darkness, the shadows, the sky. Watch the moon rise. Perhaps in the distance, a siren

calls or a dog plaintively barks.

Crickets may sing from under the eaves of the house.

Take a notebook out with you and record the random music that pours through your mind -- the language of your day. Take notes, jot down ideas, remember the cornucopia and color of your dreams. Listen to yourself. Stop. Just stop and hear the voice inside your head, even the wailing inner child, even the snark and the slave and nattering nabob of negativity.

Pay attention to those parts of yourself that need care. Listen to yourself like you would listen to a most cherished child.

Answer your own questions. Leave some open spaces there for mystery. Stop filling up every moment with noise and movement and activity.

For just a moment, enjoy the silence. Enjoy your own company. Get lost.

"Leave the door open for the unknown, the door into the dark. That's where the most important things come from, where you yourself came from, and where you will go."



them to return to our conversation. What are they talking about? Nothing that couldn't wait until they got home. (In case you are wondering, I don't have a cell phone. I have a land line. Yes. I do.) Be here now.

So, don't fear turning off

Riding the Wrecking Ball to Transformation

Caitlen Welch

Unless you've been living under a rock, you've heard about Miley Cyrus' twerking performance on the VMAs. If you didn't see it firsthand, perhaps you pressed repeat on YouTube and watched the metallic clad Cyrus gyrating next to Robin Thicke or humping a foam finger. Either way, you've seen or heard about her 'shocking' performance in which she uses her sexuality to gain promotions and song play much like Britney, Madonna, and Christina Aguilera before her. While this is nothing new, using aspects of child pornography to lure viewers in, especially 'turned-on dads' as Cyrus put it, is.

It's not wrong that she's using her sexuality to promote herself. It's not wrong that she's trying to shed her cookie cutter Hannah Montana image. It's wrong that she's promoting the sexualization of children as well as child pornography by using teddy bear backup dancers and donning childlike buns to starkly contrast and shatter the whole notion of innocence with her own view of what's sexy: lewd facial expressions in which her tongue makes an all too frequent appearance, uncoordinated hip gyrations, and the ever present, dry-humping whatever or whoever is nearby.

The reason you were disturbed instead of turned on by Cyrus' performance is not only

because her overly sexual persona seems forced, but because you feel wrong watching it. Miley admitted in an interview with *Rolling Stone* magazine after the VMAs that she purposely dressed up like a creepy



sexy baby, explaining, "I had this obsession about this character that's like an adult baby. Like if you see a baby do something like that it's so warped and weird, but there's something creepily hot about it. So when I'm in that teddy bear suit, I'm like a creepy, sexy baby." She basically admits that she dressed up in a fetishized way to appeal to everyone: older men, adults, women, and children.

She also admits after the performance that the shocking nature of the it was planned. However, simply knowing what you're doing is sexual and shocking doesn't stop you from exploiting yourself or make it any less degrading. By exploitation, I mean Cyrus knowingly makes herself a sexual object purely for viewer's enjoyment. And it's not only herself she's exploiting. It's us. She exploits us by making the viewer participate in her obscene behavior. While she didn't force us to tune in, it's an understatement to say nobody quite knew what to expect, and while the VMAs

have a history of provocative performances, no one knew how far an artist could take it before Miley Cyrus. No matter how disturbing, once they tuned in, like a *Yo Gabba Gabba!* episode, audiences couldn't look away. If you want further proof, take a look at the picture of Will Smith and his family.

Every one of them had incredulous expressions on their faces that matched much of what the rest of America was thinking.

What was so shocking about Miley's performance is not that she was sexual onstage. It's that her obscene sexuality serves no other purpose than to get attention, make money, and "be taken seriously as an adult artist." While she likens herself to past pop icons who made headlines at the

VMAs, unlike Britney, Madonna, or Lady Gaga, her sexuality is not being used as a preconceived persona that has actual forethought and a big picture behind it. What's shocking about Miss Cyrus is that by acting in this way without any discernable reason, it tells impressionable young women that the only way to get noticed and be successful is through promiscuity.

While feminist Gloria Steinem said we should blame the culture and not those playing the

game to get ahead, the bigger question is: why are women only allowed to get ahead by using their bodies and their sexuality? Why can't Miley simply perform fully clothed, without all the twerking and gyrations? Why not simply rely on her voice and her innate talent?

Shows like *The Voice*, and *American Idol* are proof that the most important aspect of a singer is their voice, not their ability to sit on a ball naked and lick a hammer.

Sadly, Cyrus believes that

what she's doing is revolutionary and actually empowering to women. Empowerment to me means breaking a historical boundary, not giving in to gender stereotypes, and not needing to use your body to get ahead. The big surprise is that she fails on all accounts. Congratulations, Ms. Cyrus. The only empowering things you've done lately are in mainstreaming child pornography and making pedophiles feel less marginalized. Way. To. Go.

Changing the Guard

Adam Behrends

Life after high school proved difficult for me. After a long period of stagnancy, I felt like I had nowhere to go. I came to the point where the option of military service was my only chance at getting out of the rut I was in and helping me move forward with my life.

Joining the military wasn't my first choice but it was the most extreme, and I figured something is only worth doing if it's extreme. I entered the Marine Corps in 2006. I was 20 years old, six feet tall, and 230 pounds. Let's just say Santa and I had a lot in common. I might have been able to pass a PFT (physical fitness test) but just barely, and I probably would have died afterward.

At the conclusion of boot camp I was in a much healthier place mentally and physically. I spent the next four years in a variety of places from the desert of Twenty-nine Palms, California, to Okinawa, Japan, to

Queensland, Australia, doing numerous operational exercises. Traveling to all these unique and various places showed me how far I could go if I



Eventually I was recognized by being promoted to Corporal. Becoming a non-commissioned officer was one of the proudest moments of my life.

applied what I knew and believed in myself.

The experiences were rigorous. The 18 hour shifts, troubleshooting the equipment and

communicating with other sites were just a few of the challenges I was presented. Eventually, I was recognized and promoted to Corporal. Becoming a non-commissioned officer was one of the proudest moments of my life. It revealed to me the real meaning of responsibility, trust, and loyalty. However, despite the educational experiences and positive transformation, I did not really like the military. At the end of my service I was happy to finally be free to go. I decided to go back to school and improve my education.

My service in the military taught me to make the most out of every experience, no matter what you may initially think of it. It taught me to embrace my situation and to challenge my limits.

Change can be daunting, and at times a harsh reality check, but it almost always opens new doors that ultimately serve you by enriching your life.

The Neighborhood Gang

Holly Banks

Whenever I'm in a hurry, without fail, I can't find something. Why does that always happen? The customary list of absentees includes my phone, wallet, car keys, matching earring, shoe, and child. I'm only partially serious about that last one. While trying to find my shoe, I spotted my 9-month-old daughter clutching the elusive heel. She was holding the it up to her ear.

What in the world is she doing? I wondered. I quickly realized my shoe was her personal cell phone. She babbled into the nude patent leather pump mimicking the voice inflection of a standard conversation. Initially, it was hilarious and cute. Talking on a cell phone was one of the first behaviors I had ever witnessed my baby imitate.

After 'the shoe incident,' my daughter continues to use anything she can find as her toy phone. She toddles around the kitchen babbling into the TV remote or an empty juice box. And when she gets her sticky little hands on my iPhone, she instinctively knows how to unlock it with the swipe of her miniature index finger. Attempting to take the phone away from her is comparable to prying the microphone out of the hands of Kanye West at the VMAs. It doesn't take long to realize after being around a child that he or she will copy everything you do. I quickly apprehended the culprit for my daughter's phone obsession, and that culprit is me.

Remember the days when you were playing freeze tag and riding bikes until the street lights came on as your cue to pedal home

for dinner? Remember the weekends when you scarfed down your dinner only to run back outside to play "Kick the Can" and "Capture the Flag" to continue your side of the block's reigning title as



Champion of the Night Games? OK, so maybe you thought of a more original title, but you get the idea.

Yet, even after we all grew up and moved on, I thought the legacy of the neighborhood gang would go on, too. Surely, it would be continued with subsequent generations. But when I walk out my front door and take a look at the relinquished neighborhood streets I often wonder where the plethora of children in my neighborhood are. And where's a dang lemonade stand when you need one?

The neighborhood gang has been hijacked. A new alpha has moved in, and he is known by a

multitude of aliases, including: X-Box, Wii, Mac, PSP, Television, Gameboy, and more. Technology has a firm grip on children because we hand it over to them to distract them whenever we need a breather.

I am so tempted every morning to plop my daughter in front of the TV, turn on Mickey Mouse's Clubhouse, hand over the Cheerios, and lie on the couch for the proverbial 'just a few more minutes' of sleep, that I sometimes forget how impressionable she really is. Although I'm exhausted, the reality is I want nothing more for my daughter than a good, old-fashioned

childhood involving the neighborhood gang. I don't want her sacked out near the TV, unable to engage in life. I want her to have friends. So, I'm starting a campaign. Let's watch TV, surf the web, and scroll through our phones for significantly less time each day. Instead, we can use that time to read a book, take a walk, or explore the city where we live. I'm serious. Let's start a movement. Let's put people first. Let's live in the moment. From now on, let's value our experiences more than we value posting them to Facebook. Let's go outside, breathe in the fresh air, and actually talk to each other. It's time to give our beleaguered thumbs a break.

"Soon silence will have passed into legend. Man has turned his back on silence. Day after day he invents machines and devices that increase noise and distract humanity from the essence of life, contemplation, meditation."

-Jean Arp

The Rhythm of the Earthship: A Place to Call Home

Marilyn Zimmerman

Taos, New Mexico is one of my favorite places to visit. The unique and dramatic landscapes and vistas around Taos are beautiful. For the outdoor adventurer there's skiing, hiking, and tubing down rivers. Taos has a vast history including wonderful museums and even a chance to visit the Taos Pueblo for the culture enthusiast. I take the drive to Taos regularly to see my sister. From Phoenix, I normally arrive from the south, but on one particular occasion I chose a different route and arrived from the north. Because of that, about 12 miles outside of town, I saw quite a few other-worldly structures dotting the landscape. Some of them looked like they might be homes, but I wasn't sure. I had never seen anything like these odd shapes that sat in the middle of nowhere in the desert. When I arrived at my sister's, I told her of my discovery. I wanted to know more. She smiled and proclaimed, "That is the

epitome of sustainable design and construction. No part of sustainable living has been ignored

used, first for bathing and washing dishes, a second and third time for other household uses, and then eventually as gray water for outdoor planters. Electricity is harvested from the sun and wind, and is used for all household appliances and other equipment



in this ingenious building." They claim that it is, "the most versatile and economical sustainable green building design in the world."

I went for a drive back to the community of Earthships with my sister. "Visitors Welcome" the sign read. While strolling through the community, we learned that Earthships are built with

in the home. If the home is appropriately designed, the temperature is stable and comfortable no matter the season. In addition, the Earthship creates an environment for plants grown inside and outside, and the plants play a direct role in the maintenance, comfort, beauty, and food used by the inhabitants of each Earthship home.

The lives of the people who dwell in this community have been transformed because they do not



indigenous materials occurring naturally in the local areas. The materials used to build these Earthships were mud, tires, logs from local trees, beer cans, and glass bottles.

All of this works together for the rhythm of the home.

rely on anyone but themselves to sustain their living, their comforts, and their livelihood. They live completely off the grid.

The homes, designed and refined by architect Michael Reynolds over the past 40 years, may well be the future of sustainable living. Seeing the community was an amazing and educational journey for me.

Greater World Earthship Community."

Anxious to learn more, I went to the Internet and found the Earthship Biotechnology website. It states, "... the Earthship is the

The Earthship has a certain "rhythm" according to their website. Water is caught from the roof and is filtered and received in the house through a complex system. It is actually used and re-

The Rise of the Vlog

Donald Tripp

Everyone has a favorite YouTube video. Maybe it is the dancing cat or the military dad coming home to see his wife after two years. Regardless, YouTube has permeated our society and has created an entirely new medium for people to share and experience things.

Some YouTubers have coined a term in the recent years to describe what they do—vlogging. This is a combination of video and blog, and is exactly what it sounds like. A vlog is a video that somebody posts with their thoughts and feelings about any given topic, and vlogs have become possibly one of the largest communities on the video hosting website.

My first encounter with a vlog was Charles Trippy. He started his ‘vlog’ to record his daily activities and life and share it with his viewers, initially just for a year. His project started as a personal way to document his life for himself. Five years later, Charles is still posting a video every single day. He has over 1 million

subscribers who regularly watch his daily vlog, which average about ten minutes long each day. In these vlogs, he has traveled the world touring with his band

We the Kings, proposed to his girlfriend, gotten married, and underwent two brain surgeries. His channel currently holds the world record for most daily videos uploaded—1640 as of Oct. 28, 2013.



Some people have asked me why I watch this daily video from a random stranger who lives in Florida. For me, it’s almost become like a television show without the week’s wait for a new episode or a year’s wait for a new season.

Watching Charles and his family is like my own reality TV show without the reality TV show drama and ridiculousness. These are real people with real problems. It’s not scripted or catered to a particular audience. He is every man.

The vlogging community has sparked many big names on YouTube to branch out and try their hand. One of the bigger communities revolves around a channel called the Vlogbrothers, a brotherly duo who make a video a week each talking to each other about various topics. Hank, one of the brothers, launched an idea to adapt the classic novel *Pride and Prejudice* into a vlog-style YouTube show. He called it the Lizzie Bennet Diaries.

The show follows the storyline of Elizabeth “Lizzie” Bennet as she uses a vlog to document the happenings of her

life. She speaks directly to the camera and uses it as a diary of sorts. As the “story” of Lizzie’s life unfolds around her, we are introduced to more and more

characters from within the novel, adding layers and layers of plot to the otherwise standard video blog format. The suspense around the mysterious Mr. Darcy—whom you do not actually see until around Episode 60— is felt throughout the online



community.

The success of the adaptation was incredible. The series won an Emmy for “Original Interactive Program”. The series was so popular that, as it progressed, it spawned various spinoff stories including “The Lydia Bennet”, which details the events that Lizzie’s sister experiences, “Welcome to Sanditon”, which chronicles the events of Jane Austen’s unfinished “Sanditon” novel, and is followed by the series “Emma Approved”, based on Austen’s *Emma*.

This format has transformed the way people can tell stories. People with a camera can now share their ideas almost effortlessly on YouTube. The “vlog” has become a way for people to interact and experience something that was not possible before. To me, that is the most amazing aspect of all.

[Click here to visit Charles Trippy’s YouTube Channel.](#)

[Click here to visit the Lizzie Bennet Diaries Website.](#)

Can I get an Amen (Break)?

Robert Jenkins

Watching late night TV with a buddy of mine, I found myself pointing and yelling at the screen. “There it is *again!*” I said, as the Futurama theme filled the room. We had been talking earlier that day about the beat of an older rap song that neither of us had heard before. It sounded familiar; even though that was the first time we had ever listened to the song, so I thought I would do some research. As it turns out, this particular drumbeat is so well known that it has a name of its own: the “Amen Break.”

It all started almost 44 years ago, with a funk and soul band named The Winstons. In 1969, this band released a chart topping single entitled “Color Him Father.” While this song was incredibly popular at the time, the B-Side to the record was probably one of the most important and influential pieces of music from the twentieth century.

This song, called “Amen, Brother” was typical for the band’s style. However, nearly a minute and a half into the song, there is a 6 second break containing a short drum solo. Unbeknownst to its creators, it would eventually be broken down and developed into a genre-shaping, musical backbone for entire communities and subcultures.

While the fledgling hip-hop culture thrived thanks in part to the Amen Break, so too did early electronic dance music DJs. Sampling the Amen Break in the rave scene of the so-called “Second Summer of Love” became an art unto itself, and entire genres spawned from the sample. Jungle

and Drum-and-Bass, as well as Hardcore dance music revolved around heavy hitting drum beats interwoven with each DJ’s own personal touches and sound. Just



like DJ’s across the Atlantic, the Amen Break provided a backbone for European artists to express their creativity. Both groups would eventually break the beat into its individual parts, rearranging it and keeping it relevant to their music.

Up until this point, the music for which it provided that backbone was not to everyone’s taste. Hip-hop and EDM were niche subcultures. In the late 90’s and early 2000’s, rap and hip-hop

Music is everybody's possession. It's only publishers who think that people own it.

-John Lennon

garnered mainstream media attention, and because adults across America reacted negatively to the music, it was guaranteed to be massively successful with their children. Suddenly this beat was

everywhere, from television and radio ads selling Jeeps to theme songs for popular television shows like Futurama and The Powerpuff Girls.

Behind the scenes, production companies recorded their own versions of the beat, copywriting it and selling “construction kits” for would-be DJs of the future. But, with all this money now surrounding this piece of music, what of the piece’s original creators?

Unfortunately, The Winstons never received a dime for the thousands of appropriations of their creation. Record

companies backing the artists who had sampled the music argued that it merely sounded similar, as did production companies selling “construction kits.” Even today, Drum-and-Bass artists create remixes and their own music using this sample, though the style itself has fallen back to popularity in niche audiences only in music. But even the night after I realized one of my favorite TV shows had been playing this same beat for years, I heard the Amen Break at least twice in one commercial break during primetime television. While it may not be as ubiquitous as it had been before, this drumbeat is still changing in its use, from forging entire genres of music to subliminally providing rhythm for local TV news stations’ advertisements. This beat has transformed from simply being a piece of music, to being a part of the collective unconscious of millions of Americans.

[Click here to listen.](#)

What's in a Word?

Kayla Hernandez

Walt Whitman got it right when he said that the English language “befriends the grand American expression; it is brawny enough and limber and full enough; it is the powerful language of resistance; it is the dialect of common sense.” This is best seen through the use of slang and the informal vernacular. Defined as the unconventional use of words or phrases used to describe something new or old in a new way, slang is essentially the day-to-day language and idioms we use.

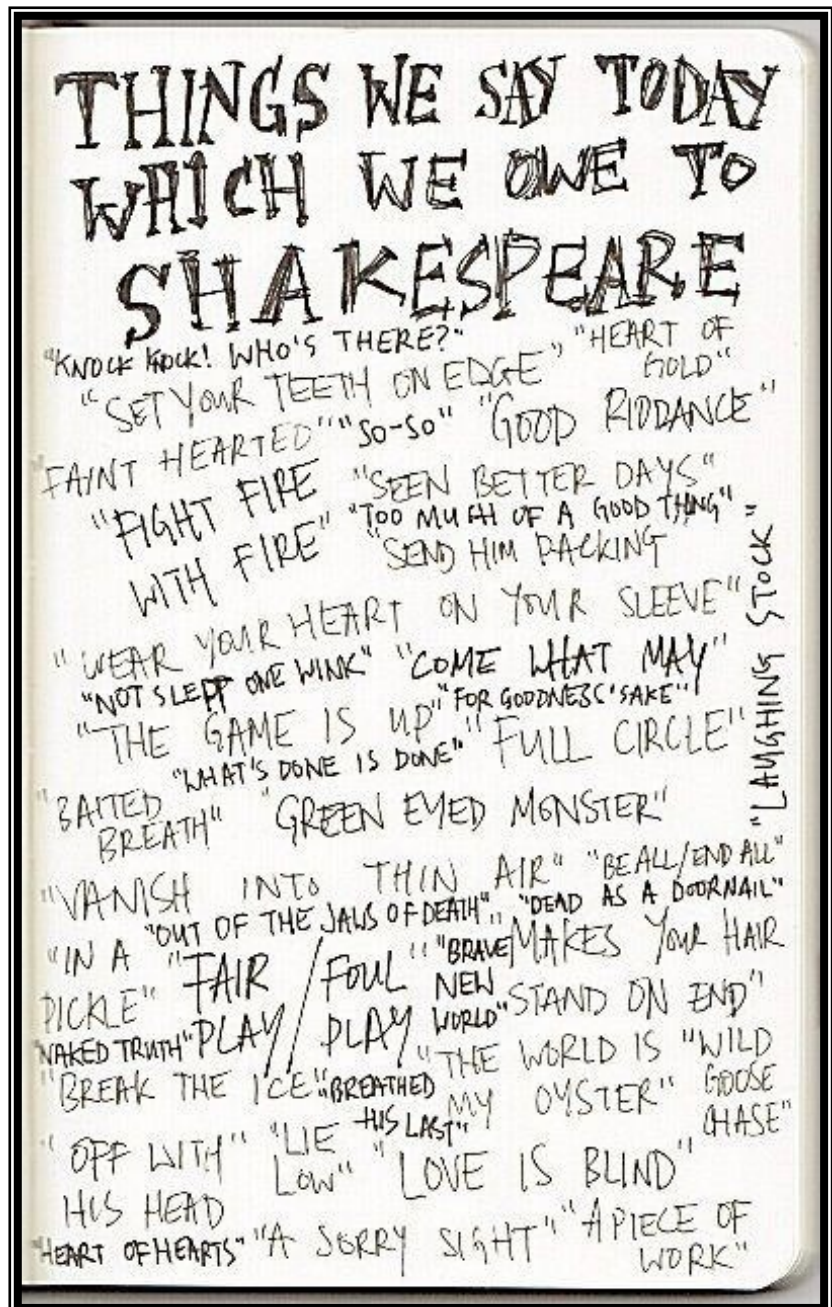
Various factors influence the way we speak. For instance, if you grew up in the South you might hear phrases like “over yonder” and “y’all”; or, if you lived on the West Coast you have become accustomed to words like “bro”. For me, as a student, I use the abbreviation “OMG” and now text “BRB” because it is quicker than spelling out “be right back”. I use abbreviations when I text, I also shorten sentences, omit small words and use shorthanded language.

Spoken in over sixty countries, the English language is spoken by about 375 million people as a first language and another 375 million people as a second language, according to the British Council.

One way to help better understand the infinite amount of informal language can be seen through the ways foreigners perceive the uses of English in the United States. An article published by the *Wall Street Journal* spoke of the way non-natives misunderstand American

phrases and idioms. I studied abroad in Spain and since then have met several people who, after my use of “you look rough” or “I’m all set”, don’t understand and ask me, “What does that mean?” If a person is not involved in a significant way with the culture of a certain community, he or she will not be aware of the language used.

Shakespeare was a king of coining slang. Over one hundred phrases and terms we still use today come from him. The Victorian era is also often mentioned for its unusual uses of language. Ultimately, slang is impossible to define. Its continuous transformation makes it difficult to pin down.



Cell Phone Envy

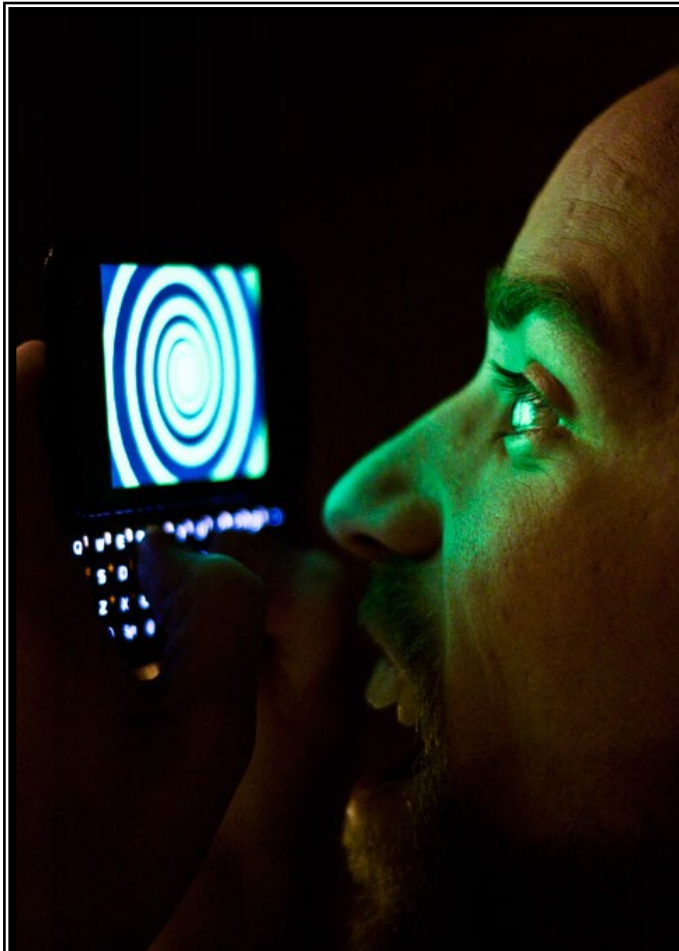
Ben Toresdahl

The new Nexus 7 just came out, and I want it. Why don't I just go get it? I already have a Nexus 7; it is just that mine is last year's version. The newer version is sleeker, lighter, twice as fast, has a higher definition screen, and has a longer battery life, but my Nexus 7 works just fine. It does everything I need it to do. It allows me to read books, and surf the net. So why, when I saw the ad for the new Nexus 7, did I go research the new one and suddenly feel bad about my current product? It is because of how our society has trained us to be.

In the futuristic dystopian film THX1138 (1971), George Lucas' first film before going on to do mainstream science fiction, Robert Duvall's character takes the disposable mentality to extremes when he goes to the store to buy a random oddly-shaped object. He then returns home and throws the product away. It's as if his desire to consume, to purchase the newest item, has taken over any actual need to buy the product. While our society has not quite gone to those extremes, it is easy to see what George Lucas was trying to point out back in the 1970s. In the forty years since, our society has become even more extreme.

So who is to blame for this

mentality? Does our desire drive it? Or do we buy products because we buy into the dream of how we'll



"All over the place, from the popular culture to the propaganda system, there is constant pressure to make people feel that they are helpless, that the only role they can have is to ratify decisions and to consume."

-Noam Chomsky

feel when we do?

Apple has suffered from multiple bad publicity incidents involving the poor working conditions in their factories. The

China Labor Watch has stated that Apple has violated China's labor laws producing the new iPhones, by working its laborers an average of 66 to 69 hours a week. While the news of Apple's labor misconducts constantly makes the news, people continue to buy Apple products in great numbers. The release of the two new iPhones promises to be yet another huge launch for Apple, and will most likely bring in another profitable quarter for the gigantic company. This kind of profit-only mentality that companies like Apple encapsulate might seem like the easy thing to blame for our disposable society, but it is not the main culprit. The main group to blame for this mentality is us. The way Apple and other major corporations do business is widely known, and yet people still continue to buy their products.

We as a society have other choices when it comes to what technology we use, and we even have the choice to not buy every new piece of technology that comes out. But often, we don't exercise that choice. So, I will be strong and resist the urge to splurge. I

might be envious of the things the new Nexus 7 can do, but I am not going buy one. Instead, I will stick with the one I have and, instead, enjoy it for as long as I can.

Transforming the Modern Music Festival

Mara Michael

We've all heard the Woodstock stories. Maybe you've even watched the documentary. It was all about the music, the love, the beautiful freedom-preaching youth, and of course, the drugs. A lot of people say the days of peace and love are long gone, but are they?

Not quite. Music festivals have always been around, but they've undergone an interesting transformation over the last two decades. They offer workshops, art installations, carnivalesque adult playgrounds, and more. The music festival of today has evolved in a way that not only recaptures the experience of peace, love, and unity inspired by music; in many cases it has become a true experience of spiritual pilgrimage.

My first festival was *Lightning in a Bottle (LIB)* during the summer of 2012 in Southern California. I had no idea what to expect. All I knew was that my friend couldn't, and wouldn't, stop raving about it. Her eyes lit up every time she brought it up. It didn't take much convincing; I bought my ticket as soon as I could.

It's hard to put the experience into words. The camping grounds were decked in lights, colorful tapestries, and handmade signs with positive expressions of love on them. Food, water, and laughter were shared

eagerly. Everyone was dressed either in eccentric costume, with color head to toe, or as if they were some tribal warrior from an exotic land.

Is this real life? I wondered. Often I felt like I was in a dream. No matter where you decided to explore, people were frolicking

wishing I could go somewhere to be alone and restore myself.

Thankfully, these festivals do offer sacred spaces for meditation, yoga, and relaxation. (These spaces are decked with mandalas made of crystals, sticks, flowers and mystical symbols and idols). Still, it is hard to make time

to devote to relaxation, especially when there is so much going on. After attending four festivals, I now understand how important it is to take time to digest the experience through solitary silence and stillness.

Lessons like these are what make these

festivals so transformational. They teach you to go with the flow. Being exposed to such a community inspires creativity and open-mindedness, which is reflected in the diverse menu of workshops.

At *Firefly Gathering* in Flagstaff, Arizona this past summer, I attended a

"Once the mind has been stretched by a new idea, it will never again return to its original size."

-Oliver Wendell Holmes Jr.

(literally) and smiling at you as you passed. The bass was the blood of the festival, pumping constantly and rhythmically through everyone and everything.

I was totally overwhelmed, thrust outside my comfort zone, and in a state of complete awe. I'll admit there were times when I felt anxious being in a place so unfamiliar. I'm a hermit at heart and an introvert by nature, and constantly being around hundreds of people had me

workshop on the healing benefits of essential oils. I enjoyed the information and experience so much, I have invested in my own small collection. I also attended a creative writing workshop. After writing about our experience at the festival so far, we all went around and shared our thoughts. This was a challenge for me, but I embraced it and was humbled to find everyone had similar vulnerabilities.

What is revolutionary



about these festivals is this focus on mindfulness, sustainability, healing, and art. It's not just about the music. If you open your eyes and set an intention, there is something for you no matter what your interests may be. After interviewing three festival-goers, I discovered the interests parallel more often than not.

"One can participate or be an observer in every aspect of the festival community and it's all the same to everyone. No one is judging anyone. We are all here, right now, with the same basic needs: food, water, air, and love," explains Asia, age 23.

Asia has attended four transformational festivals and says LIB 2013 in particular changed her life. "It was at this festival that I realized what it meant to have an open mind. I found so much peace in living at such a basic level. I slept under trees on the bare earth for the first time and I awoke feeling so much more connected to it."

One of the greatest attractions of these festivals is this connection to nature that so many experience camping outside in an open community. This is something that we obviously lack in our everyday lives. Our cities, for the most part, are cemented, closed off, and uniformly structured. We do not get the sense of community that humanity once valued so passionately. A tribal vibe is prevalent throughout festivals through activities such as drum circles, group

meditations, and the presence of family. I was incredibly surprised to see so many families at my first festival experience. Children roamed freely throughout the grounds and played along with festival-goers of all ages.

Nikki, age 23, has been to 17 festivals and says her journey is far from over. She attended Sasquatch in 2009 and since has been a loyal festival supporter. "[I discovered] the ability to step out of my shell and show myself confidently to someone I don't know. I was shy, comfortable only having a few friends, but when I felt the support and oneness the community brings to one another, I felt free of fear."

This tribal vibe ties in with the theme of "co-creation" and celebrates the individual as well as the whole of the community. And there are many ways to contribute. Joey, age 20, attended LIB 2013 and volunteered in exchange for admission. During the festival he "got to hang out with some other volunteers and inspirational artists that made the festival happen.

Through this experience I realized that if you have a dream you can make it happen; it's all about sowing your intent into everything you do."

Despite the positive intention behind these festivals, there are a few concerns. Though these gatherings are places of play, expression, and liberation, one obvious concern is the ubiquitous presence of drugs. "Some people have the mindset that you have to take [drugs] in order to enjoy yourself or have a transformative experience. There should be more information available to people on how to safely use these substances," explains Joey.

It's important to know that these experiences are what you make them. Be mindful of your intentions. They remind us of the power that we hold within and what we can manifest if we work together.

So if you get the chance, go. Dance. Live. Love. Let go. Hold hands and give thanks.

Celebrate the beauty that is you, that is us.



Transforming the Media

Jennifer Mata

In May 2010, sitting in front of a computer screen, United States Army Private Bradley Manning began typing. On the other side of the connection sat Adrian Lamo, a computer security consultant and hacker Manning sought out for help concerning his particularly difficult situation. With the push of a button, Manning's sudden confession set into motion one of the largest and most controversial intelligence leaks in the world's history.

Back in 2006, the Wikileaks organization, founded by Australian activist Julian Assange, hit the Internet in an explosion of international classified information provided by anonymous sources. Never before had the world witnessed a single organization produce millions of cables consisting of classified information that providers believed the world should be privy to.

Additional groups have taken it upon themselves to aid in the ever-evolving distribution of information available to the public. The infamous Hacktivist collective known as Anonymous continues to find their way into corporate networks and release sensitive information about employees and members associated with these companies. Long-standing torrent network The Pirate Bay continues to fight a multitude of legal battles

to keep the site up and files available for download.

Computer programmer and political activist Aaron Swartz

began, scholars began posting their academic articles publicly via Twitter using the hashtag #PDFtribute.



helped in the development of the social news site Reddit and the Creative Commons network. One of Swartz's missions was to provide current, private fee-based academic article databases to students and scholars in the public sector. On January 6, 2011, Swartz was arrested. Tragically, legal pressure and intimidation pushed Swartz to commit suicide on January 11, 2013. Both mainstream and independent media outlets were outraged after Aaron's death. In support of the work Swartz

More recently, former NSA employee and whistleblower Edward Snowden remained confined to the Moscow airport for nearly a month while waiting for asylum into any country that would accept him. Snowden released information proving the extent of personal information tracking by the United States government, which has since created a crisis among international relations.

Thousands associated with Anonymous and Wikileaks, have been tracked down by authorities and incarcerated indefinitely. Perhaps it is reckless to an extent, but the age of the activist is upon us. Global socioeconomic and political climates have changed

drastically in the past twenty years, calling into question the need to keep the general population out of the information loop. Only thirteen years into the new century, the entire foundation of traditional news reporting has changed. Mainstream media, bound by red tape, will never provide as much information as we can now seek through alternative sources. The challenge lies in finding and nurturing individuals brave enough to step forward and transform what we are able to see.

Contributors' Bios



Maria Banelos is currently a student at the School of Letters and Sciences at Arizona State University. In May 2012, Maria received her

Associate's degree in General Business from Chandler-Gilbert Community College. When Maria is not working or studying, she enjoys fishing and leading a rather adventurous life. Although Maria has absolutely no idea how to swim, she still has managed to go tubing on the Salt River and the Colorado River. Maria also spends her time driving around her home state of Arizona. She enjoys discovering secret spots that no one else knows about.



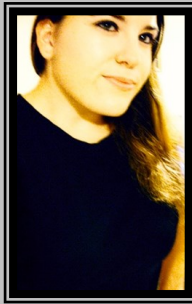
Holly Banks is married to her high school sweetheart, Stetson and is a mother to her energetic 1-year-old, Eliza. She is an English major at Arizona State University and, you guessed it, a bookworm. Holly has a passion for writing and is

working towards her goals of becoming a teacher and editor. She enjoys fashion and shopping as well as Harry Potter and Lord of the Rings. She is, essentially, a closet nerd with a well-equipped closet. One of Holly's primary passions is packing up a few spectacular outfits and an equally spectacular book and travelling around the world with her husband.

Marilyn Zimmerman has worked for many years as a paralegal and loved being a mom to four amazing children. She would love to tout her children's



accomplishments as her own, with two earning master's degrees, one with a bachelor's degree, and one as a certified EMT and currently attending community college, but can only take partial credit. It's now her turn and she has returned to finish what she started more years ago than she cares to admit, and is so excited to graduate from Arizona State University with a BA in English in May 2014.



Jennifer Mata currently attends the Arizona State University Tempe campus as a junior majoring in English Literature. Although she enjoys spending both study and leisure time reading, her passion remains in writing. Inspired by the outstanding writer of the

Beat generation Jack Kerouac and confessional poet Sylvia Plath, she found the confidence derived from the ever-changing landscape in literature to seek out her own future in writing. Jennifer is now working towards obtaining the ASU Writing Certificate and further career experience in editing and publishing.

Ben Toresdahl received his B.A. in Film with a minor in Philosophy from Arizona State University in 2011. He is now pursuing a second B.A. in Creative Writing from ASU. He hopes to use his education to pursue a career in



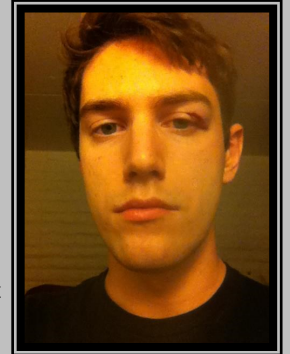
writing. He would like to one day make enough money from writing that he never has to go into work at a real job again.

Ben loves to travel. He went backpacking through Europe, and he spent a semester teaching English in South Korea in 2013. Through his travels, Ben has come to enjoy taking pictures of everything, and sampling as many strange and unique foods as he can.

Robert Jenkins has just entered his senior year studying English Literature at Arizona State University. Having discovered a passion for literature and writing after high school, he hopes to find a career in a field that allows him to develop

and utilize that interest. When it comes to reading, it is near impossible for him to decide whether his favorite author is Oscar Wilde or J.D. Salinger.

Outside of reading, he loves playing bass guitar, golf, and drawing. He believes that art is essential in life, and that honing these skills and achieving goals within them are the most fulfilling things that one can do."



Kayla Hernandez is a student at Arizona State University, studying English Lit with Spanish and Communications Minors. Upon graduation she would like to work as a reporter, writing on issues important to society while exploring her own interests in the field. When she is not studying or working, Kayla likes to read, write, and scrapbook. She also enjoys recreational indoor and outdoor soccer and enjoys watching movies. She loves films from the 80's, and favorite books include Ayn Rand's *Atlas Shrugged* and *The Fountainhead*.

Shavawn M. Berry, Managing Editor is also a writer and a poet. Her work has been published in *Journey of the Heart—Women's Spiritual Poetry*, *Black Fox Literary Magazine*, *Olentangy Review*, *Rebelle Society*, *Vagina—The Zine*, *Poet Lore*, *The Cancer Poetry Project 2*, *Ebsco Poetry database*, *Westview*, *California Quarterly*, *Synapse*, *Poetry Seattle*, *Blue Mountain Arts*, *North*



Atlantic Review, and *Concho River Review.*, to name a few. She teaches writing and editing fulltime at Arizona State University. Her blog, *Falling Into Wonderland*, has thousands of readers throughout the world. *Kalliope* has been, and continues to be, a labor of love for her.

Breadcrumbs in Dark Times

Shavawn M. Berry

These days, the *rough patch* we're navigating has turned into a *very long haul*. I believe we'll weather the changes. I believe we're strong enough to do so. Still, it's easy to fall into despair and wish that our journey wasn't so rife with trouble. Right now, we're in a thick soup of changes that rival any changes we've weathered in human history. The shit's hitting the fan — environmentally, economically, emotionally — and everywhere we look, people are losing it. *Shooting up the joint. Setting themselves on fire. Toting their cars. Blowing up their personal lives.*

Transformation is not optional right now. It is required. We cannot continue to fumble blindly in the darkness, unaware of the light we possess. We must solve the problems we've created.

And although this awakening is painful — like road rash, or a broken bone that hasn't been set yet — we can't wait for rescue. Not this time. *We are the people we are waiting for.* We must step up and take the reins. There is no one else. Just us.

This week it was heartening to hear that Marianne Williamson is running for congress. She told Larry King that we cannot make decisions for humanity based upon economics alone.

I agree. Capitalists are pragmatic by nature. They will

never look at the long term consequences of their policies. They look at the bottom line, the current returns, the profit margins

Hour by hour, and
day by day,
breadcrumbs are left
along the road.

— without ever considering whether their approach is *actually sustainable*. In a world of limited resources, *it is not*.

As a result, we're now tasked with learning to live more softly, reverently, and carefully.

rumbling and singing and coming back to life. I can feel it brushing my face just moments before I wake up in the morning. I can feel it when I focus on stories that nurture and enrich my life, instead of on those that deplete me. I encounter kindred spirits and soul friends every day through the power of social media and my writing (blogs, magazines, LinkedIn, Facebook). It is as though we've inadvertently created the perfect way for those of us experiencing this rebirth, to connect or reconnect.

This unknown darkness where we sit — as individuals and as a global community — is slowly revealing itself. It inherently knows what the next step is. We must trust the process and allow the darkness to 'season us' as Hafiz wrote.

Hour by hour, and day by day, breadcrumbs are left along the road.

We've escaped the dangerous, deliciously inviting cottage that inhabited our nightmares. We've managed

to counter-act the spell we've been under, avoiding certain death.

We've foiled our nemesis and broken the snare that has entrapped us for far too long.

We're running free.
Can you feel it?
And any minute now,
everything will change.

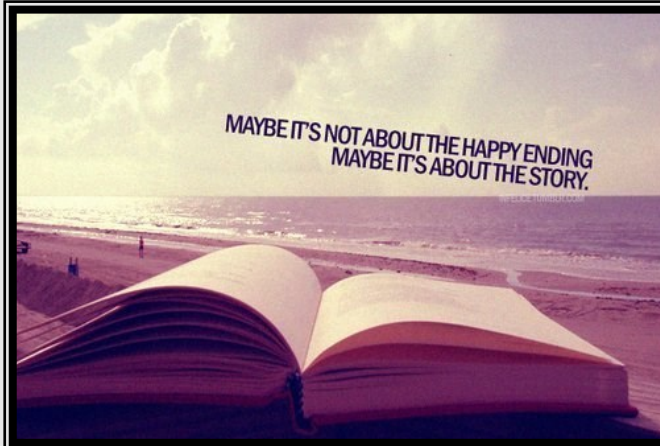


Be here now, even if the thought absolutely terrifies you.

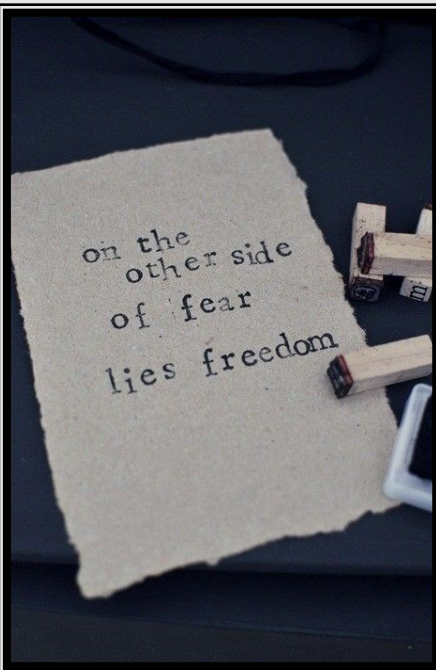
Don't check out. Don't go back to sleep. The world desperately needs you — it needs your talents, your passion, your ideas, your voice.

Yes, these are hard times, dark times, strange times. Yet, something wonderful and raw is

Kalliope: Beautiful Voiced



A small group of thoughtful people could change the world. Indeed, it's the only thing that ever has.
-Margaret Mead



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Managing Editor

Shavawn M. Berry

Guest Editor

Donald Tripp

Writers/Editors

Shavawn M. Berry

Mara Michael

Donald Tripp

Caitlen Welch

Contributors

Holly Banks

Maria Banuelos

Adam Behrends

Kayla Hernandez

Robert Jenkins

Jennifer Mata

Ben Toresdahl

Marilyn Zimmerman

"Life is a series of natural and spontaneous changes. Don't resist them; that only creates sorrow. Let reality be reality. Let things flow naturally forward in whatever way they like."

— Lao Tzu

