

Life's Good Things

A photograph of a large, ornate red brick building, likely a university hall, featuring a prominent clock tower with a dark, pointed roof. The building is set in a winter landscape with snow on the ground and bare trees in the foreground. The sky is overcast.

P. 4 The Sani-Freeze Breezes Back to Auburn

P. 6 Mallory Wears Prada

P. 8 The Great Debate: Fresh vs. Frozen Vegetables

P. 10 The Ultimate Dip Experience

P. 12 Esperanza House

P. 14 Can You Spot the Difference?

A Message from the Author

What you want to know about Elizabeth Earles

A Broadway lover with a passion for comedy and a desire to serve others, my journey began the moment I chose to attend Auburn University.

Both of my parents and my older brother went to Auburn, but I've always wanted to be different. "Send me to the University of Hawaii because I'm not going to Auburn," I told my parents one stressful night.

After days of discussing (and a little coaxing), I was on my way to tour Auburn. From the moment I stepped on to campus, it was love at first sight in the most cliché of ways. From the students to the campus, I knew this would be my home for the next four years.

I decided to study public relations because I have a devotion to the well being of people. I understand the effectiveness of communication and how important it is to keep the public informed. My love of comedy sparked this adoration of people.

Making people laugh is something I've aspired to do for as long as I can remember. I knew that no matter how atrocious things got or how evil the world could be, if people could still laugh then everything was going to be all right. There is still light in a world of darkness and I want to bring that light to people.

My personal motto that I remind myself of every morning is, "If I can make at least one person laugh a day, then I have done my job on this earth." I'd like to think that I have been successful thus far.

My second major, Spanish, developed in high school. I had incredible teachers that instilled an affection of the language, culture and people in me. I now serve the Spanish community in Auburn by working with



Elizabeth Earles. Photo by Terri Yates.

Elizabeth is a senior at Auburn University majoring in public relations and Spanish. After graduating, Elizabeth hopes to go to graduate school and pursue a career in international relations.

Esperanza House, which has brought such joy to my life. After spending a summer studying abroad in Spain, I changed my minor to a major and hope to work with Spanish-speaking countries as I pursue a career in international relations.

This publication illustrates the incredible experiences Auburn has to offer. From fruits and vegetables to compelling interviews with fascinating Auburn students, my magazine strives to give you a little taste of what my time in college has meant to me. In here you'll find stories about nostalgia, not-so-healthy eats and Auburn students using what they've learned in the community.

I hope you enjoy my stories and get to see a little bit of my world. Read away!

Table of Contents

The Sani-Freeze Breezes Back to Auburn...4-5

Mallory Wears Prada...6-7

***The Great Debate: Fresh vs. Frozen
Vegetables...8-9***

The Ultimate Dip Experience...10-11

Esperanza House...12-13

Can You Spot the Difference?...14-15

The Sani-Freeze Breezes Back to Auburn

An Auburn fan favorite returns to the Plains on game day

By: Elizabeth Earles



The Auburn Alumni Association. Photo by [Auburn Alumni Association](#).

The Alumni Association tailgate offers the Sani-Freeze every Saturday during a home game. Here fans can find ice cream treats brought to them by O Town Ice Cream.

The Auburn University Alumni Association did more than recreate a historical landmark; they brought it back to life.

The Sani-Freeze, an Auburn walk-up eatery, opened its doors once again on Sept. 3, after being closed for 23 years. Reconstructing the eatery as a community service project during the summer term, the McWhorter School of Building Science partnered with the Alumni Association to help bring it back, Gretchen VanValkenburg, vice president of alumni affairs,

said.

“When we announced the addition of Sani-Freeze to our hospitality tailgate earlier this summer, the response was overwhelmingly positive from our alumni and friends. They shared their own memories of going to the Sani-Freeze as students and eagerly anticipated the new version in person,” VanValkenburg said.

Customers lined the front of the Auburn Hospitality Tailgate where the new Sani-Freeze stood tall. With the help of O Town Ice Cream, alumni were transported back to their college years to reminisce on the famous mom-and-pop shop.

“We both graduated in ’78 and the Sani-Freeze was where we all hung out,” Dan and Celia Yates, Auburn alumni, said. “We wish the real one was back,” Celia Yates said.

Alumni like Keith Moyer said it’s nice to see it back again. He remembered the other food that “The Flush” used to serve.

“It was a great place you could get foot-long hot dogs with chili. Of course there’d be 100 pounds of grease with it, but it was great,” Moyer said.

“Bringing back this historical landmark on game days definitely struck a nostalgic chord with everyone,” VanValkenburg said.

The idea to remake the Sani-Freeze happened when the Alumni Association board brainstormed ways to enhance the hospitality tailgate. One of the ideas discussed was the

recreation of the Sani-Freeze. Jack Fite, the alumni board president, contacted the building science department, VanValkenburg said. After that, the ball rolled quickly to reimagine this piece of Auburn history.

“Bringing back this historical landmark on game days definitely struck a nostalgic chord with everyone.”

“Our mission is to enhance the engagement and connection of all Auburn University alumni and friends. We strive to accomplish our mission by offering fun and unique experiences for our guests,” VanValkenburg said.

With the positive feedback received from the Sani-Freeze debut before the Clemson game, VanValkenburg believed everyone thoroughly

enjoyed the experience.

The Sani-Freeze continues to serve treats to alumni and fans during every home game of the 2016 Auburn football season. Opening its doors three hours before kickoff, the Sani-Freeze will make anyone crave an upside-down banana split.



The Sani-Freeze. Photo by Elizabeth Earles.

Auburn fans line up outside of the Sani-Freeze to buy sweet treats before the game. Featured outside the Alumni Association building, the Sani-Freeze will be offered on every home game.

Mallory Wears Prada

How one Auburn student worked New York Fashion Week

By: Elizabeth Earles

When Apparel Design major Mallory See heard the news that she'd be the New York Fashion Week Intern at IMG, she could hardly believe it! Not having a single connection at IMG, the announcement surprised her completely.

Mallory first caught wind of the internship through faculty in the College of Human Sciences and thought she might give it a try.

"We submitted our resume to IMG and exec faculty in the College of Human Sciences. They then chose one design student and one merchandising student, Erica Barnhill. Next,

"It was really cool to transform the place and see all of the celebrities and guests come in looking amazed."

Erica and I packed our bags and were on a plane to NYFW!" Mallory said.

She's welcome with open arms in the Concrete Jungle and has been working non-stop since Sept. 8, making sure everything is in order for the shows.



Mallory (left). Photo by Mallory See.

Mallory at the Alice showcase. Here is where Mallory took part in setting up the showcase and creating pieces for the showcase.

From merchandising New York Fashion Week's first ever pop-up shop, The Shop, to setting up night events for sponsors to working at Moynihan Station, the location for many of the shows, Mallory gets the chance to do several different jobs. Seeing so many parts of the week come together is something Mallory won't forget.

"Fashion week is a crazy time, but IMG has included us in detailed projects where we do more than just the typical intern work," she said.

Her most memorable moment comes from setting up the ballroom at the Jane Hotel, an old estate turned boutique hotel. Here she helped host the NYFW collaboration with Gemfields event.

"It was really cool to transform the place and see all of the celebrities and guests come in looking amazed," Mallory said.



Target Lounge. Photo by Mallory See.

Mallory helped design and create the Target Lounge, one of the popular hangouts of NYFW. Here is where she put her skills to the test.

Mallory is thankful to Auburn and the Apparel Design/Merchandising faculty for helping her prepare for this internship through real world situations. The support that they show her is unwavering, an act that she doesn't take for granted.

Her advice on preparing for an internship like this one?

“I always look up the history of the company and look to see if there have been any recent mergers. I also look up employees of the company. I like to stay current on the different plans for each fashion house and just general news on Fashion Week,” Mallory said.

The amount of famous people she sees is through the roof: celebrities, athletes, bloggers; you name it and they’re there.

“We haven’t been able to interact with them because of work but we have been inches away from them! We’ve seen Victoria’s Secret models, Miss Universe, Kylie and Kendall Jenner, Sophia Bush (for those ‘One Tree Hill’ fans), Tim Gunn, Naomi Campbell, Heidi Klum and my favorite, Giuliana Rancic.”

Though the hustle and bustle of Fashion Week concluded on Sept. 16, Mallory is quick to say she’d go back in a heartbeat.

“Oh absolutely! IMG is a wonderful company to work for and I love the fast pace and creative inspiration that creates Fashion Week.”

Miranda Priestly from the Devil Wears

Prada called, Mallory, and she says to meet in her office immediately.



Fashion Police. Photo by Mallory See.

Mallory snapped this photo of the set of Fashion Police. Tim Gunn (left) and Giuliana Rancic (right) share opinions on the fashion of NYFW

The Great Debate: Fresh vs. Frozen Vegetables

The health benefits of fresh and frozen vegetables
By: Elizabeth Earles



Fresh vegetables. Photo by [Google Images](#).

These fresh vegetables offer a great source of nutrients and vitamins needed to be healthy. Though fresh is preferred, there are still substantial nutrients in frozen vegetables

The age-old question about the difference in nutritional value between fresh and frozen vegetables works its way to the forefront of today's society. So, which is better for you?

The answer: fresh is always best. Dr. Michael Greene, assistant professor of nutrition in the College of Human Sciences at Auburn University, stated that it is not so cut and dry. It depends on the vegetable and it depends on the nutrient.

Why is that?

"If we're looking at sodium and potassium, there's no need to add any extra salt to frozen vegetables. Potassium is fairly well preserved. However, freezing involves blanching it initially. So, there's an initial heating event that

can cause some loss of water soluble vitamins,” Dr. Greene said.

Take a carrot for example, a vegetable rich in beta-carotene. The freezing process of a carrot shows a loss in beta-carotene. The same goes for green beans.

“When you have things that are frozen, they can be oxidized more unless they’re vacuum packed. Getting rid of the oxygen is helpful.

“The bottom line is we need to increase consumption of vegetables however you can get it.”

Buying vacuum-packed vegetables are better for you,” Dr. Greene said.



Loss of beta-carotene is small in frozen vegetables when compared to fresh. The big kicker is the amount of Vitamin C loss in frozen vegetables. Broccoli suffers about a 50 percent loss in Vitamin C when frozen. A big loss in spinach is also recorded.

Any recommendations?

When recommending vegetables to eat, a nutritionist will always say to pick variety.

“You want to eat a color spectrum. You don’t always need to eat broccoli because not any one fruit or vegetable has all of the vitamins and minerals you need for health. Eat red peppers, green peppers, squash, etc.,” Dr. Greene added.

Polyphenols, antioxidants, make up these colors and other compounds that are important. Things like anti-inflammatory compounds. When frozen, some of these compounds are lost. However, when it comes to freezing vegetables, it’s all about when they’re frozen.

“You want to eat them as freshly frozen as possible. If you have extended storage, vegetable could lose more nutrients,” Dr. Greene said.

The best time to eat any vegetable is in season and as fresh as possible. Locally grown isn’t a bad idea either. Vegetables grown in Peru or California are picked before their ripest point, then transported here. An Alabama grown vegetable goes from farm to table with



no shipping required. Though fresh is always best, technology has allowed for the frozen vegetable to be picked at its ripest, then immediately frozen. This is a benefit for frozen vegetables as opposed to buying regular vegetables, then freezing them.

Fresh vegetables recently picked. Photo by [Google Images](#). These vegetables, found at a farmer’s market, contain high amounts of antioxidants. These antioxidants protect the body from damage caused by harmful molecules.

no shipping required.

Though fresh is always best, technology has allowed for the frozen vegetable to be picked at its ripest, then immediately frozen. This is a benefit for frozen vegetables as opposed to buying regular vegetables, then freezing them.

“Some of these vegetables are picked right away then frozen versus transporting them to the grocery store then freezing it after you buy it. Something that was grown in California, transported here, and then you’re going to freeze it? You’re better off buying it frozen,” Dr. Greene said.

The bottom line.

Create a healthy balance of cooked and uncooked vegetables, as well as a variety of fresh and frozen vegetables.

“The most important point here is it’s not a question of fresh versus frozen. The bottom line is we need to increase consumption of vegetables however you can get it. Even if you’re losing nutrients by eating frozen, you’re better off consuming that than nothing at all,” Dr. Greene said.

The Ultimate Dip Experience

One girl's quest to make the best tailgating dips

By: Elizabeth Earles

No tailgate is complete without a good dip. In order to truly gain on understanding of what pleases the palettes of Auburn fans; I took to the kitchen "Julie and Julia" style to whip up three different dips that are fan favorites.

Sonora Dip

Who knew that two cans of Fritos Bean Dip, two blocks of cream cheese, 10 drops of Tabasco, a large sour cream and a taco



Sonora Dip (left), Black Bean Dip (top middle) and Buffalo Chicken Dip (right). Photo by Elizabeth Earles. All of these dips didn't take long to make. I'm no expert, but these simple recipes could spice up any tailgate.

seasoning packet could make such a successful combination? Pouring an entire bag of Monterey Jack cheese on top doesn't hurt either.

The prep time is five minutes or less and cooking it for 25 minutes on 350 frees up a lot of time for activities. The only set back to this dip is the amount of arm work that it requires. Mixing

all of these ingredients will build your muscles.

My advice is to wait for the cream cheese to really soften. Without that, the dip is chunky and requires more brisk stirring before it can be put into the pan. This is the easiest dip for me to make and the most liked.

Black Bean Dip

If you're looking for something cool to share on a hot day, the black bean dip is the way to go. With all fresh ingredients, this one has one can of black beans, one cup of salsa, ¼ cup of chopped bell pepper, ¼ teaspoon of cumin, ½ teaspoon of minced garlic, two tablespoons of chopped cilantro, a tablespoon of lime juice, a tablespoon of olive oil and one chopped avocado.

"The hot dips are more filling and make you feel like you're eating a substantial meal."

This dip is the hardest for me to prepare. Not knowing a single thing about chopping vegetables, this one takes some tender loving care for me to accomplish. Trying to finely cut each item is like trying to hit a bull's-eye from a mile away; it may happen a time or two, but not every time. Give this dip some character and don't worry about it being perfect. The upside to this dip is that it goes with and on anything.

"It's so refreshing and you can do so much with it. You could put it on tacos or bake it on chicken any time of the year," William Cole, Auburn University junior, said.

Buffalo Chicken Dip

Another hot dip baked on 350 for 25 minutes, this one uses a brick of cream cheese, one cup of cooked chicken breast, ½ cup of Buffalo wing sauce, ½ cup of ranch (or blue cheese) dressing and, of course, Colby-Monterey

Jack cheese sprinkled on top.

This dip doesn't take long to get going. I will say that I cheated and used canned chicken breasts. If you have the time and energy to cook chicken and peel it, I'm sure this dip would taste more like the down-home cooking we're used to.

I also suggest that you double check to make sure you have all of your ingredients before you leave the store. One missing cream cheese brick could cause you a serious party foul. No one wants to go to the store on an empty stomach.

Conclusion

The true winner of the ultimate dipping experience is up in the air due to all three of the bowls being empty by the end of the game. However, after polling the tailgate crowd, the hot dips seem to come out on top.

"The hot dips are more filling and make you feel like you're eating a substantial meal. That's why I like them better," Hannah Cornelius, Auburn University senior, said.

So, turn on those ovens and get out a serving dish as we prepare for tailgating season.



Sonora Dip (top) and Buffalo Chicken Dip (bottom). Photo by Elizabeth Earles. By the end of the night all of the dips were gone. Vegetables seem to be the most popular dipping tool.

Esperanza House

How Auburn students give hope to the Spanish community

By: Elizabeth Earles



Abby tutoring. Photo by Abby Gosdin.

Abby Gosdin helps students with their homework. Through Esperanza House, she attends the Auburn Public Library every Tuesday and Thursday.

When Esperanza House came to Auburn in the fall of 2015, no one expected it to grow as big as it has today. With over 25 kids participating now, Esperanza House runs like a well-oiled tutoring program where children from Spanish backgrounds can seek help with school from

student volunteers. Sarah Colvin, an Auburn senior in finance and Spanish, was one of the first volunteers to join.

“When I started, there were about 10 kids. I didn’t really think that it would get this big. I didn’t realize there were that many Spanish-speaking children in the community,” Sarah said.

Connecting with Ms. Odalys, Esperanza House founder, through her church at a women’s retreat, Sarah immediately became involved.

“One of my pastor’s connected me with her because they knew I spoke Spanish and they knew she needed help. So, I got her phone number and we’ve been working together ever since,” Sarah said.

After that, the program took off as volunteers started coming together.

“I had a friend named Sarah Colvin and

she was involved with it. Towards the end of the school year she let me know how it all worked. They had a summer program where they gave the families lunch once a week so I did that in the summer and have continued with tutoring throughout the school year,” Abby Gosdin, Auburn senior in biomedical sciences and Spanish, said.

Both Sarah and Abby agree that the smiles and laughter that the kids bring to each tutoring session is their favorite part.

“Seeing the breakthroughs that the children have and the joy they bring. They’re just happy to be there and learn,” Abby said.

Though there are challenges, whether that’s through language barriers or trying to

I think it’s interesting how you can have people who are exactly the same, but have no experiences in common.”

explain math in a way that is easy to understand, the volunteers say the children make it all worthwhile.

“I remember meeting Beverly on her first day at tutoring. She’d only been in America for two days and she didn’t know any English. She didn’t know the work that she was looking at and I think she was just relieved to have someone that spoke Spanish to her that wasn’t already from a Spanish-speaking country. I was someone who was going to meet her where she was at,” Sarah said.

With events like the All Saints’ Day celebration at Lakeview Baptist Church where the children traded their homework for Halloween costumes or the upcoming Thanksgiving dinner



Esperanza House kids. Photo by Abby Gosdin. Lionel (left), Merly (middle) and Jenifer (right) share big smiles for the camera at school. The tutors often go visit and eat lunch with them.

they'll have before the break, the kids can be a part of something special. Those are where the memorable moments come from, Abby said.

"In general, it's whenever the girl I tutor, Merly, remembers something that we talked about the last time we were in tutoring.

For instance, if she remembers letter sounds. That always makes me happy," Abby said.

family, but they have absolutely nothing really "Seeing the breakthroughs that the children have and the joy they bring. They're just happy to be there and learn."

in common. I think it's interesting how you can have people who are exactly the same, but have no experiences in common," Sarah said.

Esperanza House kids take on All-Saints Festival. Photo by Sarah Colvin.

Sarah Colvin (left) and Abby Gosdin (right) escort three Esperanza House princesses around the All-Saints' festivities at Lakeview Baptist Church. Here is where mentors and students got to have fun outside of the library.

Meeting every Tuesday and Thursday at the Auburn Public Library, the bond and friendship that forms between volunteers and kids is nothing short of magical. Though from different countries, the volunteers learn that they and the kids aren't so different.

"I've learned that you can find someone like Damaris (a child of Esperanza House) who reminds me of someone in my



Can You Spot the Difference?

Comparing Satsuma, tangerine and oranges

By: Elizabeth Earles



Tangerines. Photo by [Google Images](#).

Tangerines, oranges and Satsuma are all different fruits. However, they are all a part of the citrus family.

What do you know about an orange? Do you know what Satsuma is? What about a tangerine? All part of the citrus family, Satsuma, tangerines and oranges seem to be similar. However, the differences in each are enough to compare and contrast the three.

The difference

James Miles, an Alabama Extension regional agent in commercial horticulture, said

“A freeze protection plan and system is highly recommended for any planting in Alabama.”

that Satsuma and tangerines are a Mandarin type, loose skinned citrus. Though the same in that aspect, Satsuma are self-pollinating while some tangerines require cross-pollination, Miles said. The Mandarin has few seeds while the orange

has many.

Next time you peel what you think is an orange, take a look at how difficult it is to do. The level of difficulty may be a determining factor in deciding which type it is.

“Orange tree types are sweet orange and navel orange. This fruit is tight skinned and takes a bit of work to peel,” Miles said.

Cold sensitivity

The biggest weakness and similarity of the three is the fact that all citrus is a cold sensitive crop. Any frigid wind or small frost could tarnish the trees.

“The citrus industry has been around since the 1920s. It was devastated by hard freezes. In the 1990s, growers started to revive the industry with new plantings and more research,” Miles said.

A good crop for the southernmost tier counties of Alabama, the citrus trees need proper preparation and shelter from the cold



Satsuma fruits. Photo by [Google Images](#).

Satsuma is the most commonly grown fruit in Alabama. They are also the most cold resistant.

temperatures of winter.

“A freeze protection plan and system is highly recommended for any planting in
“We need a few nights with the temperature in the 40s to really help improve the sweetness.”

Alabama. Especially in counties north of Escambia County,” Miles added.

Tree growth

The growing of the trees is fairly easy. Like all trees, insects pose a threat. Difficult to control and growing in numbers, some insects can have a lasting negative impact on citrus trees.

“Some insects that are difficult to control present a critical level of damage if not managed,” Miles said.

Tree costs range from \$20 to \$40 each depending on the size and variety.

“The most common of the citrus in Alabama is Satsuma because it is the most cold hardy,” Miles said.

In Alabama, Satsuma begin to ripen in mid-October and peak in early to mid-November. This short window in the season has a lot to do

with flavor profile development, Miles said.

“We need a few nights with the temperature in the 40s to really help improve the sweetness,” Miles added.



Oranges. Photo by [Google Images](#).

Oranges have more seeds than both Satsuma and tangerine trees, Difficult to peel, oranges tend to be larger and come in navel and sweet orange trees.



Elizabeth Earles
ere0003@auburn.edu
256-975-7310