

Mental health is an important part of overall health and well-being. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

**#AYMEMAGAZINE**

# AYME MAGAZINE

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AYME Magazine is a monthly online & printed publication that highlights the variety of lifestyles around the world to inspire inclusion, diversity, to help mankind communicate and support better. A.Y.M.E Magazine also features hobbyist and entrepreneurs that are pursuing their dreams by using their talents to achieve their personal and professional goals. Sharing countless stories, topics, products since the Fall of 2017, A.Y.M.E Magazine has transformed into an international social/recreational club with hundreds of members from around the globe. A.Y.M.E Magazine is also in West Africa with a bi-monthly culture/art magazine that features African art and lifestyles. A.Y.M.E is for "Applying Your Mind Everywhere", in order to understand life itself.

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Minimize stress



Eat plenty of fruit and green vegetables



Exercise regularly

# IMMUNE HEALTH 101

Every part of your body, including the immune system, functions better when it has a healthy foundation based on these principles:



Get enough sleep



Practice safe hygiene habits



Take supplements



Photos By  
Christa Dickson / Christa Dickson Photography  
Makeup by Jesse Luxe / Jesse Luxe: Hair and Makeup / Jesse Luxe Designs  
Outfit and headpiece designed by Savannah Seeger / Simply Savannah Art





# COVER FEATURE



# PG 19



You may remember Conceptual & Fantasy Model Megan Rice from our "Age of Technology" issue in August of 2019 featured as our *Model Magic* feature! She's back and this time, she's on our 49th cover of AYME Magazine. Her modeling is a way for her to freely express herself and forget about her mental health issues! We dedicate this issue to Megan, and everyone who battles with mental health issues. We are honored to share another side of her story and more of her phenomenal work! Check out her new work with Photographer

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Rhodonite is amazing for the heart chakra, it stimulates, clears, and activates it, as well as grounding energy, balancing yin-yang, and helps you achieve your highest potential.

**Article & Photos By Crystal Hamlin**



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**Article By Jane 'JaneyTheGreat' Verdel**



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Genetically modified foods, also known as genetically engineered foods, or bio-engineered foods are foods produced from organisms that have had changes introduced into their DNA using the methods of genetic engineering.



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Many people choose where to live based on the climate. Weather can be both a helpful and destructive force for people and their property. The change of seasons allows for many different types of work, food, celebrations and recreation.



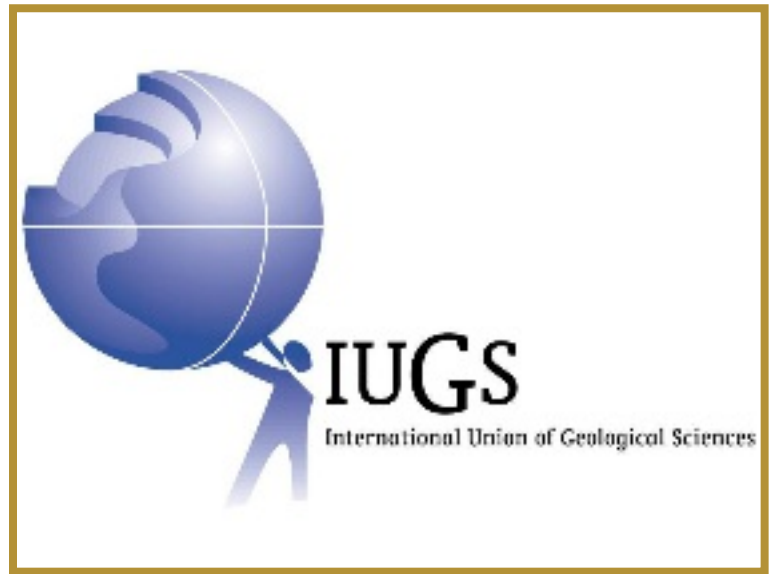


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There has been no other website that has revolutionized the Internet like YouTube. Since its launch in 2005, it quickly became the most talked about and frequented websites in existence.



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IUGS aims to promote development of the Earth sciences through the support of broad-based scientific studies relevant to the entire Earth system; to apply the results of these and other studies to preserving Earth's natural environment, using all natural resources wisely and improving the prosperity of nations and the quality of human life; and to strengthen public awareness of geology and advance geological education in the widest sense.



## Fashion Forward

### *No Brim hat: The Approaching Trend*

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Once the hat of harbour workers, docker caps have long since found their place in the world of fashion. This headgear is characterised by its typically sleek shape. A long time ago, no one would have thought the docker cap would become such a trendy item. Because this accessory, which is so popular today, has a past that is primarily functional.

| CORONAVIRUS DISEASE 2019 (COVID-19)   |                  |   |
|---|------------------|---|
| Domestic Travel   |                  |   |
|   | Not Vaccinated   |   |
|   | Fully Vaccinated |   |
| Get tested 1-3 days before travel   | ✓                |   |
| Get tested 3-5 days after travel and self-quarantine for 7 days. Self-quarantine for 10 days if you don't get tested. | ✓                |   |
| Self-monitor for symptoms   | ✓                | ✓ |
| Wear a mask and take other precautions during travel.   | ✓                | ✓ |

## Travel Report

### *Want A Flight?*

PG 8

Most viruses and other germs do not spread easily on flights because of how air circulates and is filtered on airplanes. However, keeping your distance is difficult on crowded flights, and sitting within 6 feet/2 meters of others, sometimes for hours, may make you more likely to get COVID-19.



## Want A Flight?

State, local, and territorial governments may have travel restrictions in place, including testing requirements, stay-at-home orders, and quarantine requirements upon arrival. For up-to-date information and travel guidance, check the state or territorial and local health department where you are, along your route, and where you are going. Prepare to be flexible during your trip as restrictions and policies may change during your travel. Follow all state, local, and territorial travel restrictions. If traveling internationally, check with your destination's Office of Foreign Affairs or Ministry of Health or the US Department of State, Bureau of Consular Affairs, Country Information page for details about entry requirements and restrictions for arriving travelers. Follow all entry requirements for your destination and provide any required or requested health information. If you do not follow your destination's requirements, you may be denied entry and required to return to the United States. If traveling by air, check if your airline requires any health information, testing, or other documents. People who are fully vaccinated with an FDA-authorized vaccine or a vaccine authorized for emergency use by the World Health Organization can travel safely within the United States. According to the CDC, most viruses don't spread easily on flights because of how air circulates and is filtered on airplanes. In an effort to stop the spread of COVID-19, many airlines have taken necessary precautions to keep their planes sanitized and safe for travelers. All air passengers coming to the United States, including U.S. citizens and fully vaccinated people, are required to have a negative COVID-19 test result no more than 3 days before travel or documentation of recovery from COVID-19 in the past 3 months before they board a flight to the United States. Travelers who are fully vaccinated or who recovered from COVID-19 in the past 3 months do not need to get tested before departing the United States for international travel or before domestic travel unless their destination requires it. Delay travel until you are fully vaccinated. If you are not fully vaccinated and must travel, follow CDC's recommendations for unvaccinated people. Airlines must confirm the negative test result for all passengers or documentation of recovery before they board. If a passenger does not provide documentation of a negative test or recovery, or chooses not to take a test, the airline must deny boarding to the passenger. Wearing a mask over your nose and mouth is required on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States and while indoors at U.S. transportation hubs such as airports and stations. Travelers are not required to wear a mask in outdoor areas of a conveyance (like on open deck areas of a ferry or the uncovered top deck of a bus). CDC recommends that travelers who are

not fully vaccinated continue to wear a mask and maintain physical distance when traveling. TSA has implemented procedures to increase social distancing and reduce direct contact between our employees and the traveling public whenever possible – without compromising security. Adjustments include increasing distance between passengers as they enter the security checkpoint queue and throughout the screening process, placing visual reminders of appropriate spacing on checkpoint floors, and opening more checkpoint lanes where possible to reduce time spent in line.

TSA officers are required to wear a face mask and gloves. They may also choose to wear eye protection or clear plastic face shields. In addition, TSA officers change their gloves following each pat-down and upon passenger request. TSA has increased the frequency and intensity of cleaning and disinfecting of frequently touched surfaces throughout the checkpoint including security screening equipment and bins. TSA officers are also required to change Explosives Trace Detection swabs after each use. As a temporary exemption from the 3-1-1 rule, TSA is allowing one oversized liquid hand sanitizer container, up to 12 ounces per passenger, in carry-on bags. Since these containers exceed the standard allowance typically permitted through a checkpoint, they will need to be screened separately. This will add some time to your checkpoint screening experience. Please keep in mind that all other liquids, gels and aerosols brought to a checkpoint continue to be limited to 3.4 ounces or 100 milliliters carried in a one quart-size bag. New technology continues to be a major priority for TSA. Here are just a few examples of technologies that are changing the way we do business: 1) Computed Tomography (CT) produces high-quality, 3-D images for a more thorough visual analysis of a bag's contents. 2) Enhanced Advanced Imaging Technology (eAIT) safely screens passengers without physical contact for threats such as weapons and explosives, which may be hidden under a passenger's clothing. 3) Credential Authentication Technology (CAT) machines automatically verify identification documents presented by passengers during the security screening process. CDC will update these recommendations as more people are vaccinated, as rates of COVID-19 change, and as additional scientific evidence becomes available. This guidance applies to travel within the United States and U.S. territories.

# CORONAVIRUS DISEASE 2019 (COVID-19)

## Domestic Travel

RECOMMENDATIONS AND REQUIREMENTS

Not Vaccinated

Fully Vaccinated

Get tested 1-3 days before travel



Get tested 3-5 days after travel and self-quarantine for 7 days. Self-quarantine for 10 days if you don't get tested.



Self-monitor for symptoms



Wear a mask and take other precautions during travel



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

CS823515-A 04/02/2021

# #TravelSafe. ✈️

# CORONAVIRUS DISEASE 2019 (COVID-19)

## International Travel

RECOMMENDATIONS AND REQUIREMENTS

Not Vaccinated

Fully Vaccinated

Get tested 1-3 days before traveling out of the US



Mandatory test required before flying to US



Get tested 3-5 days after travel



Self-quarantine after travel for 7 days with a negative test or 10 days without test



Self-monitor for symptoms



Wear a mask and take other precautions during travel



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

CS823515-A 04/02/2021



# Healing Stones With Crystal



## Rhodonite

Welcome to August everyone! This year sure has flown by, next month is the beginning of fall, but for now I'm definitely still celebrating summer, with its warm nights, and long sunny days.

This month I wanted to talk about one of my new favorite healing stones: Rhodonite

Rhodonite is a gorgeous pink/purple/red stone that is flecked with black, making it an extremely versatile stone for jewelry making, but it's more than just a pretty face...

Rhodonite balances emotions, nurtures love, and encourages the brotherhood of humanity, and has the ability to show you both sides of any issue, something we need a lot more of right now if you ask me.

Rhodonite is amazing for the heart chakra, it stimulates, clears, and activates it, as well as grounding energy, balancing yin-yang, and helps you achieve your highest potential!

One of the best things about Rhodonite is its usefulness as a "first aid stone" because it heals emotional shock/panic, enveloping your soul in a positive and supportive energy.

Rhodonite is a marvel when it comes to dealing with emotional self-destructiveness, codependency, and abuse, it clears away emotional wounds and scars from the past, all great qualities to help heal and learn to live in the present. Physically, Rhodonite is said to be an excellent wound healer that can help relieve the misery of insect bites...helllllooooo pesky summer mosquitos!

It also can reduce scarring, stimulates fertility, helps the hearing organs by fine tuning auditory vibrations, and can be beneficial in bone growth. As someone who has known chronic illness in my life I particularly love that Rhodonite can treat inflammation in the joints, help arthritis, as well as being able to help stomach ulcers, and autoimmune disorders...which are on the rise unfortunately.

So get out there everyone and enjoy the rest of summer, stay safe, stay cool, and don't be afraid to wear some pink Rhodonite for fun and healing!





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## **Society's Changed Social Patterns**

Everybody's perspective has changed throughout the Covid era. Following the Covid lockdowns and precautions, people seem more anxious than ever when it comes to health. For one thing, if your job involves kids, wearing a mask even after Covid is still going to be preferred. Kids cause many adults to get sick by simply sneezing or coughing near them. In my time working with kids, I've been sick so many times! Sometimes it'd last 2 days, other times longer. Covid created a social scare, not just for it specifically. Now as soon as I am near a coughing kid, even with a mask I ferociously wash my hands. Now I want to prevent getting sick in general. And that is just kids, not even talking about the way we all used to live.

On buses and trains we used to always hang on to the seats and poles. Now as soon as I touch any part of transportation, I need to whip out my hand sanitizer and hope for the best. Also, in general being around other people who are sick and not wearing masks causes lots of anxiety. Nobody wants to get any kind of sickness now. Friends and family hesitate to hug and kiss, still. Even vaccinated people wear masks. On the flip side, those who don't wear masks are considered people who don't care or are brave and better hope by chance that they don't get seriously sick. Even though everywhere people go, workers clean more than usual, it seems like an unsafe world to get back to.

Covid has several new strains, but also other diseases are still out there. People are genuinely afraid for their health. Some people are just "over it" so they take a risk, and others feel they are invisible just because they got the vaccine. I support both sides. Those who got it, it's great to feel more safe, and those who don't trust it yet should not be pressured to get it. To each his own.

From what I understand, the vaccines seem to be effective, but the real test is getting through the fall and winter without the severe death toll, then I think people will be able to get back to normal. Respect all beliefs and decisions, because both are the right decisions for those who made them. Socially speaking, there is a stigma around those who didn't get it, which isn't right.

Some people also are not as social and still staying home, now not used to going out any more. Some people actually prefer it! Slowly I'm hoping that socially we can improve the way we interact and use our time wisely. A life at home is not a full life. We should be going places with people and making long lasting memories! Soon, I have hope that the current Covid era will fade and it'll just be a standard shot. Let's see!

## Your Body & Season Transitions



We align with the season and connect with a vital part of ourselves. We gain powerful insight into how we could be living. More in tune with the rhythm of nature. The more we align our lives with the seasons, the more easily our lives will flow. People always seem to come down with a cold or the flu when the seasons change. But these dramatic temperature changes aren't the direct cause of these illnesses, experts say. Rather, the temperature shifts permit a different group of viruses to flourish, and it's these viruses that make people sick. Cold air can make your nose run and constrict airways. And if there's a storm on the way, the atmospheric pressure changes can cause joint pain or even migraine headaches for some people. And after the rain, the rise in pollen can make your allergy symptoms worse. Adults average about 2 to 4 colds a year, although the

range varies widely. Women, especially those aged 20 to 30 years, have more colds than men, possibly because of their closer contact with children. On average, people older than age 60 have fewer than one cold a year. The bad news is that the change in humidity can weaken your immune system, make you more susceptible to germs and viruses you may encounter, and increase the likelihood of you getting sick.

Unfortunately, the changing of the seasons can have even more serious repercussions than dry skin, the common cold, and weight gain. Seasons are a very important element in our lives. They have an influence on what we wear, what we eat and what we do in our free time. They also affect the mood we are in. For example, seasonal affective disorder, or SAD, can cause major depressive episodes, usually beginning in late fall or early winter. Climate change can cause and intensify stress and anxiety, adversely affecting mental health. For example, events such as extreme storms or extreme heat can lead to

depression, anger, and even violence. Everyone is at risk, but not everyone is affected equally. Climate, weather and the change of the seasons affect much of what we do each day. Studies show that extreme weather changes can negatively affect mental health. During times of extreme cold, people stay inside more and actually detach from normal activities. This form of "hibernation mode" can increase depression. Rainy days are most often known to contribute to depression and sadness. This is due to the dip in serotonin levels caused by lack of sunshine. The dip in serotonin levels also contributes to food cravings for comfort foods and carbohydrates because they boost serotonin levels. The weather can have long reaching effects. Increased pain can lead to sleep disturbances; lack of sleep can lead to fatigue and an overall sense of lethargy. Increased pain in the joints can make sitting, standing and walking more painful for some people. Since the year has 12 months, each season lasts about three months. However, the dates when the seasons begin and end vary depending on whom you ask. Two methods are most commonly used to define the dates of the seasons: the astronomical definition and the meteorological definition. Seasons also impact the climate of a place and human beings have to change their habits and living conditions to survive. For example, human beings change their food habits, clothing etc. according to changes in seasons. We eat hot and warm food in the cold season and cold shakes and lemon juice in the hot season.





# Fashion Forward

## No Brim hats: The Approaching Trend



Everywhere you look today, hats are making a comeback. Hat sales are on the rise for the first time in decades. Hats have been essential in many, many cultures as a way to protect a person's dome from the elements. A hat could protect a person from the rain, the wind, or the soot from local smokestacks. Long before SPF 55 was readily available, hats were also the single biggest protector from the sun.

The hat represents authority and power for some people. Because it covers the head, the hat contains thought; therefore, if it is changed, an opinion is changed. The covered head shows nobility, and different hats signify different orders within the social hierarchy. The hat you wear should and will accentuate the shape of your face. For example, a round hat will make your already round face look even more round, or a tall hat will make your already long face look even longer. Fashion stylists mention when shopping for a new hat it's important that you choose a hat that's the opposite shape as your face. Hats are a stapled accessory for any person at any age. They are the most versatile and sometimes the perfect accent to your outfit. It's also a good way to hide your hair when you just don't feel like doing it. We know our standard styles of hats, but have you seen the new hat trend? "Brimless" hats! Hearing that one would assume it's simply a "beanie" which is a cap that fits the head closely, usually knitted from wool while hat is a covering for the head, often in the approximate form of a cone or a cylinder closed at its top end, and

sometimes having a brim and other decoration. The new trend is not that at all.

You might think, "there is nothing more fashion-forward than a bucket hat." Well step aside all headwear, the "Docker" hats are in. Docker is a hat that is still on a roll, even though it will soon be nearly a hundred years since its popularisation. In the 1930s, docker hats did not have to be trendy, stylish or airy - their most important task was to protect the heads of dock and harbour workers from the cold. In the 18th century, when all freight was still transported across the seas by ship, the docker cap was the classic item of headgear for seamen, sailors, and especially the dock workers, the so-called 'dockers'.

The Docker cap has an adjustable strap like the classic baseball cap but no visor. Think of it this way; Baseball cap meets beanie. Brimless means the wind will never be a hassle, neither your hoodie & or headrest will ever be obstructed by a backwards worn visor. The classic docker cap fits close to the head and therefore has a rather flat shape to it. The ears and neck are usually exposed or only partially covered. Another typical feature of the so-called 'skullcap' is its wide turn-up brim, which can be folded down if necessary to protect the ears and neck. Uncomplicated and practical. Docker hats are now available from various manufacturers. Famous brands such as Hammaburg and Stetson, as well as our own brands Lipodo and Lierys offer an exclusive selection of these fashionable accessories.



# AYME'S TABLE

## Modified Foods

Genetically modified fruits and vegetables, also known as “GMOs” (genetically modified organisms), are created in a laboratory environment using various genetic engineering techniques. The seeds and plants that result from this process are typically sold for both commercial and independent use. For instance, Domestic bananas have long since lost the seeds that allowed their wild ancestors to reproduce; if you eat a banana today, you're eating a clone. Each banana plant is a genetic clone of a previous generation. Most packaged foods contain ingredients derived from corn, soy, canola, and sugar beet, and the vast majority of those crops grown in North America are genetically modified. Canola berries fall into the realm of common genetically modified foods. Canola oil, also known as rapeseed oil, is one of the most heavily used genetically modified crops. In Western Canada, 80 percent of canola crops are transgenic. In the United States today a huge proportion of the most commonly grown commodity crops are genetically engineered: 95% of the nation's sugar beets, 94% of the soybeans, 90% of the cotton and 88% of the feed corn. The Commission reports “several countries such as France, Germany, Austria, Greece, Hungary, the Netherlands, Latvia, Lithuania, Luxembourg, Bulgaria, Poland, Denmark, Malta, Slovenia, Italy and Croatia have chosen a total ban. The scientist Dennis Gonsalves developed the genetically modified Rainbow papaya, which can defend itself from papaya ringspot disease by inserting a gene from the virus into the fruit's genetic code. The Rainbow papaya was introduced in 1992, and is credited with saving Hawaii's \$11m papaya industry. One specific concern is the possibility for GMOs to negatively affect human health. This could result from differences in nutritional content, allergic response, or undesired side effects such as toxicity, organ damage, or gene transfer. The pros of GMO crops are that they may contain more nutrients, are grown with fewer pesticides, and are usually cheaper than their non-GMO counterparts. The cons of GMO foods are that they may cause allergic reactions because of their altered DNA and they may increase antibiotic resistance. A group of scientists did an extensive review of research on the safety of crops from GMOs over the past 10 years. They found no significant harm directly tied to genetic engineering. And the American Medical Association thinks genetically modified foods are OK.





## YouTube's Impact On Popular Music



YouTube has revolutionized the Internet and completely changed the face of the music industry. Still widely regarded as a promotional tool, music videos also became a way for an artist to project an image, tell a story, extend their creativity and enhance their message. The video was about the visual representation of the music. Then YouTube changed everything.

Having a music video boosts the artist's visibility and exposure exponentially. From a marketing perspective, music videos are used to promote the sale of an artist's work. By telling a story, it encourages the audience to listen and draws their attention, persuading them to buy it. Content creators aren't paid by YouTube for the videos they upload. Neither are videos monetized by default. For you to start making money on YouTube, you have to enable monetization in your YouTube account settings. In March 2010, YouTube launched the *Musicians Wanted program* and made Pomplamoose its first partner. Independent artists can partner directly with YouTube and earn a share of the advertising revenue from their videos. For an independent artist you're dealing with directly you can expect a licensing cost somewhere around \$60-\$90. Generally a song from a label will cost you \$1000+. YouTube is key to music promotion so engage your fanbase with lyric videos, music videos and live videos. There is no doubt, YouTube is now THE destination for music. YouTube is also one of the top social platforms. 85% of teenagers use YouTube, compared to 50% saying they use Facebook. Music videos allow for individuals to see what the artist feels, creating a deeper connection between the artist and the consumers. It has been proven time and time again that music is very important in the lives of children and adolescents as they mature. YouTube is a platform for artists. As of January 2020, 93% of its most popular videos were music videos. There are so many reasons for artists to be on the platform today, but most importantly, it's a free streaming and marketing platform that also offers extensive monetization opportunities. Artists have been discovered and their careers have flourished due to exposure in YouTube. The purpose of "Art Tracks" is to provide a YouTube version of every track on every album. Currently, official music videos are available for recordings only when a label or artist invests (non-trivial) time and resources into producing one. In general, registration of a video is voluntary. Copyright exists from the moment the work is created. You will have to register, however, if you wish to bring a lawsuit for infringement of U.S. work. If you want to legally use copyrighted music on YouTube, you'll have to go out and get approval from the original creator in order to use it. That's the second side of music licensing. Copyright law makes sure that creators get paid when people use their work; that's where YouTube's music policy comes into play. If you get 3 copyright strikes: Your account, along with any associated channels, is subject to termination. All the videos uploaded to your account will be removed. You can't create new channels. Three strikes in the same 90-day period will result in your channel being permanently removed from YouTube. Again, each strike will not expire until 90 days from the time it was issued. Deleting your content will not remove a strike.





# IUGS

International Union of Geological Sciences

# Global News

The International Commission on the History of Geological Sciences (INHIGEO) promotes ongoing research into the history of the earth sciences, particularly the history of geology. It has 20 Honorary Senior Members and 301 members (2018) worldwide. INHIGEO has been established by the International Union of Geological Sciences (IUGS) and is also affiliated with the International Union of History and Philosophy of Science (IUHPS). The suggestion for the establishment of INHIGEO in 1967 was chiefly due to the ideas and efforts of the distinguished Russian geologist *Vladimir Tikhomirov* (1915–1994) from the Geological Institute of the USSR Academy of Sciences.

The IUGS Secretariat is located in Beijing (China) and is financially supported by the Government of China and the IUGS. The IUGS Secretariat moved to the Chinese Academy of Sciences, Beijing on 1st December 2012.

The International Union of Geological Sciences (IUGS), founded in 1961, with 121 national members, representing over a million geoscientists, is one of the World's largest scientific organizations. It encourages international cooperation and participation in the Earth sciences in relation to human welfare and is a member of the International Science Council (ISC). Membership is open to countries or defined regions. IUGS believes that it is of mutual benefit to establish close links with other organizations engaged in geoscience activities, and especially those organizations whose work relates to some of the major activities of IUGS.

IUGS is a joint partner with UNESCO (*United Nations Educational, Scientific and Cultural Organization*) for the International Geoscience Programme (IGCP) and also participates in the Global Geoparks

Network (GGN). The Geological Society of London oversees the production and distribution of IUGS Publications. The Geological Society of India produces and distributes the Union's quarterly journal, entitled *Episodes*, as well as providing editorial support. Interested parties can download the latest issues of *Episodes* free of charge.

The International Geological Congress (IGC) is a nonprofit scientific and educational organization whose meetings are held in collaboration with, and under sponsorship of the International Union of Geological Sciences (IUGS). IUGS holds its General Assemblies in conjunction with Sessions of the IGC. The main purpose of the Congress is to encourage the advancement of fundamental and applied research in the Earth sciences world-wide. The IUGS Executive Committee appointed a New Activities Strategic Implementation Committee to scope a proposed initiative addressing the long-term goal for ensuring a supply of mineral, energy and water resources for the global society for the next century. Documents related to this activity are archived for safekeeping.

On 29th November 2020, IUGS signed a "MoU" (*A memorandum of understanding which is a document that describes the extensive outlines of an agreement that two or more parties have reached.*)

with the Standing Committee on Gender Equality in Science (SCGES). IUGS joined the SCGES and will act for supporting women and girls' equal access to science education and fostering equal opportunity and treatment for females in their careers.



# EFFULGENT

Featuring  
Megan Rice

Photos By Christa Dickson /  
Christa Dickson Photography



# Cover Feature

My name is Megan and I'm a 30 year old Internationally published promotional and conceptual model based out of Cincinnati, Ohio. From the outside I seem like a normal put-together adult but deep inside there is far more to me that people don't realize. I suffer from some pretty gnarly mental health issues. Growing up I always knew something was off. I was quick to anger. My highs were VERY high but also my lows were very low. Large groups of people in unfamiliar places always made me very nervous and I suffered from a lot of nausea. It's something I learned to live with until I got to my early 20s and I felt like my whole world was falling apart. After the birth of my daughter Lily, I suffered horribly from postpartum.that onto of my undiagnosed issues led to a suicide attempt; that's when my life changed.

After many years and many different doctors and therapists I was finally able to feel "normal" again! I have an amazing job with employers who understand my issue and help me through them as well as an amazing and supportive boyfriend who pushes me to be better every single day, and my child, My beautiful daughter is my will to keep living. God bless her!



Photos By Christa Dickson / Christa Dickson Photography