

#vdtextra

Trampolines: Jumping for Joy

FROM DERRICK

During a Season 2 episode of the NBC series "Community," characters Jeff Winger (Joel McHale) and Troy Barnes (Donald Glover) stumble across a secret trampoline hidden at their community college of Greendale. Joshua, the gardener who protects the trampoline, describes the experience, "at the apex of each bounce there is a moment outside of time, outside of words, outside of everything. A perfect moment, a silent moment. I call it the world's whisper."

After checking out BOING Jump Center and Airheads Trampoline Arena, two trampoline parks located in Tampa, Fla., I can admit with confidence: truer words have never been spoken.

I traveled down to the Bay Area a couple of weeks ago with my girlfriend and a group of friends to celebrate my birthday weekend by watching the Buccaneers' season opener (don't get me started), but I

couldn't pass up the opportunity to continue denying I was turning 24 and I made it a mission to patron one of these trampoline parks I've dreamed of playing in since my days of watching Slamball.

BOING was the first trampoline park I visited, and man was it everything I'd dreamed of.

Standing around while waiting to sign a waiver was a bit of a buzzkill, but once I slipped my grip socks on and threw my belongings into a locker, I was ready for my hour of bouncing joy.

My group decided to warm up to the experience in the "free bounce" section of the trampoline park, and aside from trying to avoid smashing an adolescent every time gravity brought me back to the Earth, it was liberating. The trampolines were great springboards, providing a solid bounce without much effort on the jumper's part.

I'm not professional — some of the kids here had to do the trampoline thing for a living, there's really no other explanation for some of the tricks they were making look rudimentary — but even I was able

to safely pull off a front flip and jump off the walls with relative ease.

After maybe 10 minutes of jumping up and down in sublime joy I came to the realization that either I'm horribly out of shape or jumping on a trampoline takes a lot more out of you than most people know — or likely a combination of both.

Seriously, I'm glad there was a built-in place to sit in the middle of the "free bounce" section, because I couldn't go more than a few minutes before I had sweat pouring down my face.

My party decided to cool down with some 4v4 trampoline dodgeball where we were pretty easily the oldest competitors in line. I'm not proud of the fact that, alongside a 10-year-old BOING regular, we pretty much owned the court (just kidding, I'm very proud of that fact).

Once our jump time ran out, we used the game cards that came with the hour to play some arcade games and win some tickets. It's pretty safe to say BOING's arcade may have featured the strangest cavalcade of prizes the world has ever seen, ranging from irresponsibly affordable pocket knives and ninja stars, to toasters and Scooby Doo bobbleheads. I took home a dinosaur bobblehead and a couple of toy parachuters.



I was going to talk a little bit about my visit to Airheads Trampoline Center as well, but I'm running out of space for this story and while writing this I realized how much more I enjoyed my time at BOING.

Besides the power-hungry teen with his referee stripes tucked a little too tightly into his faded jeans, BOING topped Airheads in almost every way — especially in trampoline springiness. It took way too much energy at Airheads to even approach the height of a jump at BOING.

In an attempt to parody "The Secret Garden," "Community" perfectly described the liveliness and injection of youth that a couple hops on a trampoline can reintroduce into one's life.

"There is something cool about being up here, Jeff. At first, I started jumping but then..." — Troy

"... but then you started bouncing like a baby on the knee of a goddess." — Joshua.

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THE LIST

What is your favorite Superhero/Villain?

- Joe:** John Cena
- Kristin:** Mermaid Man
- Paige:** Nightcrawler
- Adam:** Jamie Madrox
- Desiree:** All the ones residing in Gotham
- Stuart:** Commander Shepard
- Jason:** Gohan from Dragon Ball Z

What would your pick be? Tell us on Twitter using #vdtextra.

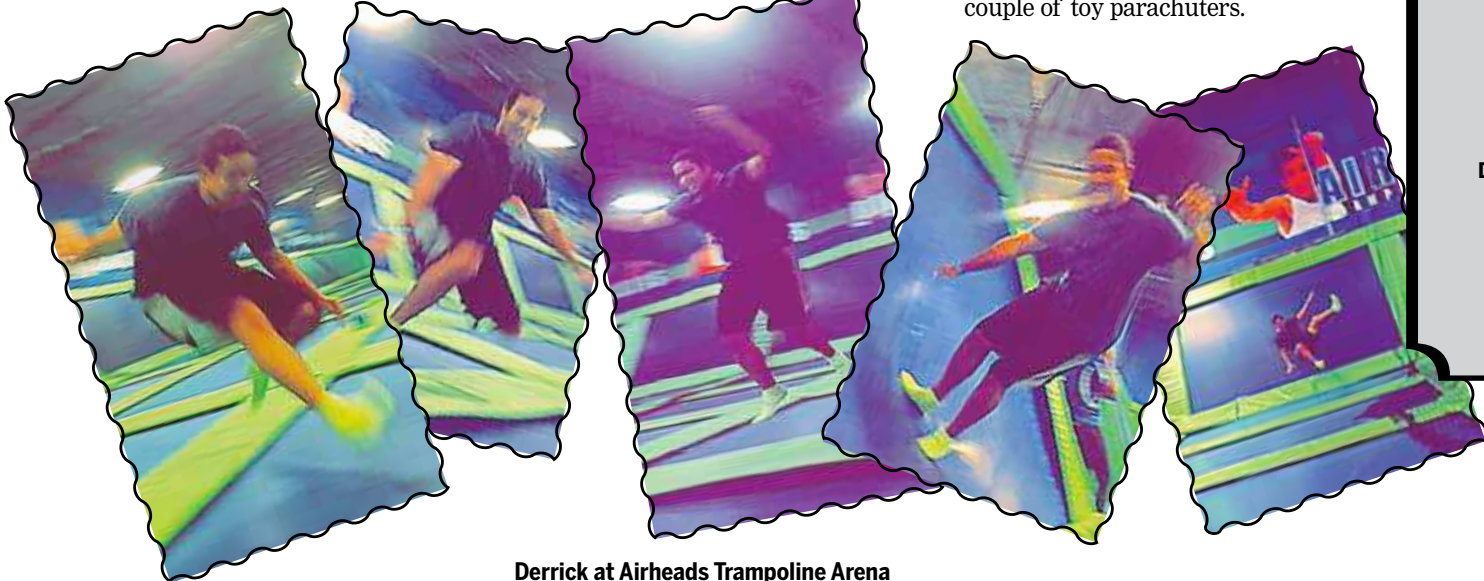
DEZ + PASTA = 4 EVA



You flaunt that face. Want to challenge me in a battle of the selfies? Bring it on. Tweet me @Desiree_VDT and #vdtextra #selfiebattle and we can throw down.



Desiree Carver can be reached at desiree.carver@gafnews.com.



Derrick at Airheads Trampoline Arena

Confessions of a selfie addict

FROM DESIREE

I, like everyone else on the planet, have flaws. So many flaws in fact, that I frequently, in my uneducated youth, wanted to alter every single thing I hated.

I, like the rest of society, have been given images and standards to live up to that are far from realistic.

Growing older, I became anti-elective surgery.

It is my belief that had society never told us what we "should" look like, then everyone would simply love and accept the differences given to them. We could find ourselves unique instead of broken.

I will never have a smaller nose or bigger chest and, honestly, that weird stomach pooch situation appears to just never be going away. The stomach pooch can be blamed more on pasta than genetics, so I could probably fix that one...

...but pasta...

Anyway, I currently spend my days training myself to appreciate what I have to work with. Trying to inflate an ego that has been mercilessly stabbed and stepped on for years is not a quick fix, but all one can do is try.

Now, that having been said, I have been told I have a strong "selfie game," meaning I can take quite a killer selfie even on my

lowest of days.

People feel better when people like their posts. Otherwise, no one would obsessively stalk it.

Women, and some men, tend to post a lot because sometimes we just need a bit of positive reinforcement. It's human nature.

We will all deny it to your face, but we get so stoked seeing those little notifications pop up. You know exactly what I mean. You finally get a notification, click it with genuine bit of optimism and it's a damn invite from your friend to grow corn or whatever. The struggle is real and we have all been there.

If you found my photos online and met me in person, you would immediately recognize me. I may not be filtered in real life and flaws on my skin are more noticeable. However, I am not altered beyond recognition because if I go missing, I actually want you to find me.

What I can tell you is that angles and lighting are your friends. Everyone has the perfect "angle." Basically rotate your face around while using your front facing camera until you have a moment that you think "My God. I am unbearably cute." Use that angle.

It does NOT have to be the angle that

shows more cleavage than face. When I say selfie, I mean your face. Keep things below the neck locked away a bit. Don't you dare distract from that face.

Lighting conditions depend on what you have going on that day. I tend to opt for natural lighting when fairly well made up. Being in a dimmer room and taking a selfie in a brighter window will allow the sunlight to illuminate your face and eyes without much background distraction.

For day when I feel I am off my game, I may opt for a dimmer lamp light and creative angling to conceal the fact that I look as if I just lost a battle with an angry honey badger.

So, why did I start this out saying that I'm learning to embrace myself then follow it up with some tips on amping up your selfie?

It's because people, believe it or not, can be kind, especially social media friends who actually know you.

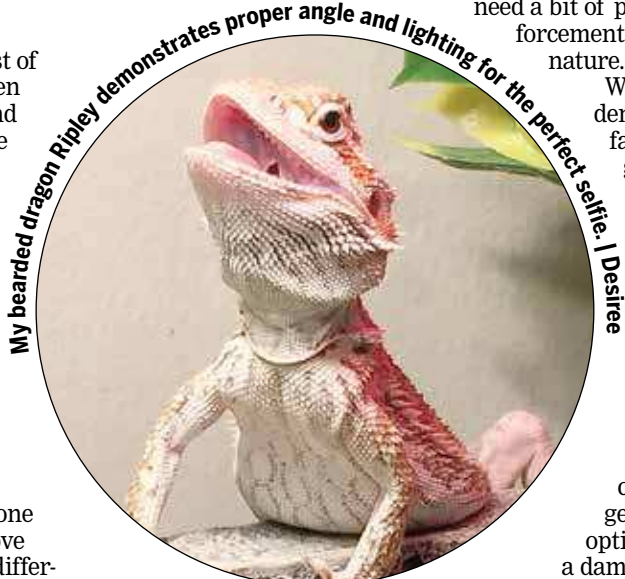
I posted a photo wearing no makeup, staring directly into a light, and received more love and feedback than I could have ever imagined.

Sure, I love my posed, well-lit, made-up selfies, but there's nothing wrong with natural, simple photos of your face. You will receive love. If anyone sends any non-love, block and delete them because you do not need that negativity in your life.

You be you. Post your selfies. Relish in the compliments and likes. Love yourself.

Ignore the "selfie haters" who claim people post too many.

You can never post too many. You are beautiful/adorable/handsome/unique.



My bearded dragon Ripley demonstrates proper angle and lighting for the perfect selfie. | Desiree



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Local Music Scene: Radio Birds



FROM DESIREE

Friday night, Radio Birds will take the stage at Ashley Street Station. Members Justin Keller, Jaz Dixon, Colin Dean and Chase Lamondo initially started as a completely different band. The guys took a risk in changing everything, but it has paid off. In early 2013, their powers combined brought life to the Radio Birds and they haven't slowed down since. The guys recorded a successful EP in the summer of 2013 and went on to win the 2013 Masquerade Musicians Showcase. They were booked for The Rock Boat 2014 and 2015, played SXSW and have music featured in the Jason Momoa movie "Road to Paloma." They have already been confirmed for The Rock Boat 2016.

All of these accomplishments attracted the attention of indie Atlanta label Brash Music. While the long hair and beards certainly add to the appeal, their looks are nothing compared to their unique sound. Each member lends vocals, making for a harmonious bit of good ole rock and roll with a scruffy vibe. The members manage to keep a pleasant balance while also giving a uniqueness to each track. No two songs are alike. Radio Birds have — slight pun intended — spread their wings and taken to the skies as they give their music to the world. They recently released the album "Contemporary American Slang," recorded at the famous Southern Tracks studio in Atlanta. Additional instrumentation on the album has been brought by Will Turpin of Collective Soul fame and Mark O'Connor.

Currently dedicated to touring, the band wants to be seen and heard by as many as possible. Valdosta is lucky enough to be one stop on their tour: Radio Birds will be playing Friday, which also lands in the middle of Ashley Street Station's Oktoberfest celebration. Doors open at 8 p.m. and cost is \$7. More information about the band: Visit www.radiobirds.net.



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EVENTS

What's happening around town?

Ashley Street Station

Thursday: Oktoberfest Kickoff
Comedy w/ The Altercation Punk Comedy Tour w/ J.T. Habersaat, Jay Whitecotton, Brian Zeolla & Jeff Hill and live music w/ Tyler Nail Trio & The West Virginia Slims @ 9 p.m.
Friday: Oktoberfest beer and whiskey tastings w/ Radiobirds @ 8 p.m.
Saturday: Oktoberfest beer tasting @ 9:30, The Train Wrecks @ 11 p.m.

Bleu Cafe

Friday: Anne Cline @ 7-10 p.m.
Monday: Darren and Rob @ 7-9 p.m.

Salty Snapper

Thursday: Mark @ 6-9 p.m.
Friday: Jen Anders @ 7-11 p.m. (patio); Forlorn Strangers @ 8-11 p.m. (Main Stage)
Saturday: Earth Tribe Revival @ 7-11 p.m. (Patio); Creeksiders @ 8-11 p.m. (Main Stage)
Sunday: Mark Swift @ 6-9 p.m.
Wednesday: Lineage @ 6-9 p.m.

Ashley Street Station

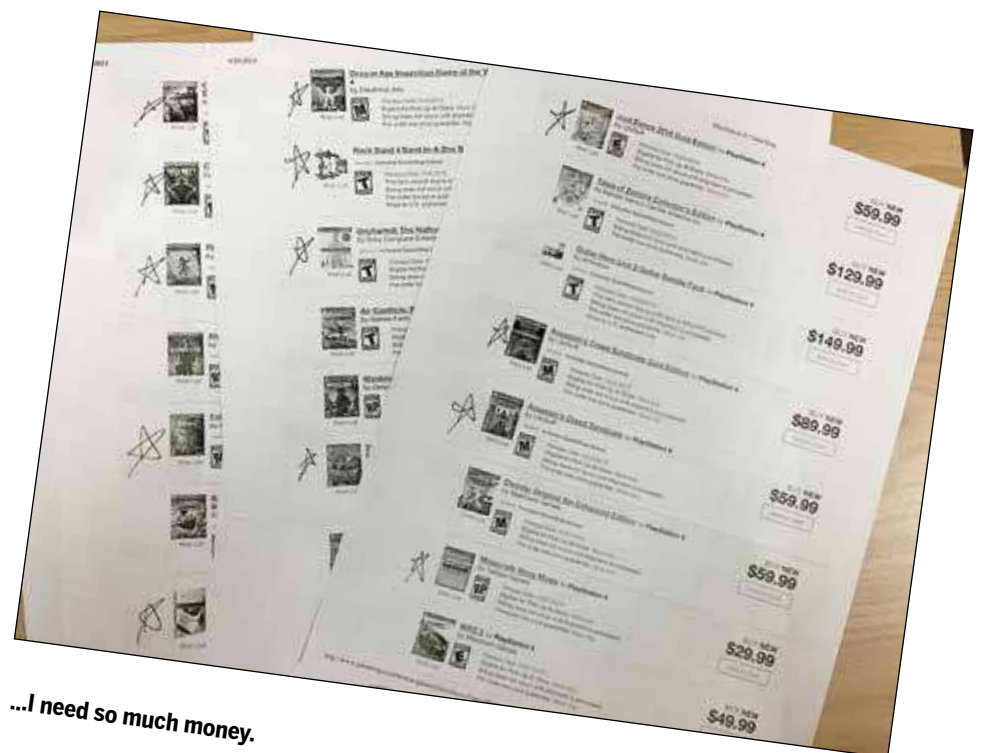
Monday-Friday: Happy Hour from 5-7 p.m. (\$2 wells, \$5 pitchers, \$1.50 Rolling Rock, Natty Lt, PBR, High Life, or Schlitz)
Tuesday: \$2 PBR Tallboy and High Life
Wednesday: \$2 off all Whiskey

Bleu Cafe

Everyday: Happy hour from 5-7 p.m. (\$3 craft drafts, \$3 well liquors, \$3 house wines).
Sunday: Happy hour all day.

Mulligan's

Tuesday: \$2 Tuesday (except top shelf and Redbull)
Wednesday: \$2 bottles, Jaeger Bombs and Fireball, \$8 liquor pitchers
Thursday: \$2 wells and bottles
Friday: 8 dollar buckets, 2 dollar well.
Saturday: \$3.50 Midshelf, \$2 bottles



DESIREE

Drink

Specials



Lucky's

Monday: \$2 domestic bottles & fireball
Tuesday: \$2 whiskey & 5 domestic pitcher
Wednesday: \$2 wells all night
Thursday: Penny Budlight & Yuengling 11-1, \$3 O Bombs & Grape Sodas
Friday: \$1 Natty & PBR Draft
Saturday: \$2 domestic draft
Sunday: \$1 Natty & Rolling Rock cans