

Spring 2019

## Uprising, Issue 7, Spring 2019

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# Vaporising

ISSUE 7



SPRING 2019

## Interested in Fashion?

Explore Careers and Learn about the Industry!

### TEXDSGN 1000 Fashion Culture and Industry

Take a fun, introductory class and learn where you might fit in the Fashion World at UNI! The class will provide you with an introduction to fashion careers and explore the meaning of fashion in our daily lives.

UNI Textiles and Apparel (TAPP) majors are placed in internships and entry level jobs in product development and design at leading fashion houses and apparel design companies including: Oscar de la Renta (NYC), Tommy Hilfiger (NYC), Guess? (Los Angeles), Zappos (Las Vegas), Under Armour (Baltimore), J Crew (NYC), and Target (MPLS).

For more information: [csbs.uni.edu/tapp](https://csbs.uni.edu/tapp) or contact Dr. Annette Lynch at [lynch@uni.edu](mailto:lynch@uni.edu)

\*Credits Austin Burke (design), Sierra Ovel (model) and Dr. Mitchell Strauss (photography)



# Discourse By Design

Photography exhibit of breakthrough brand ideas

## Rod Library

April 15, 2019 - May 3, 2019

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**CO-EDITORS IN CHIEF** Kennedy Elliott, Darcy Bertolino

**CREATIVE DIRECTOR** River Christenson

**ART DIRECTOR** Ashley Grego  
**ASSISTANT ART DIRECTOR** Isaac Hackman  
**PHOTOGRAPHERS** Roberto Antonio Legaspi Estrella, Ashley Grego, Lucas Gremler, Isaac Hackman, Hannah Oakie, Kwan Williams

**DESIGN DIRECTOR** Ellen Holt  
**DESIGNERS** Lauren Garnes, Ellen Holt, Craig Miller, Madelyn Stillman, Libby Schwerts, Kristin Stein

**PUBLICATIONS DIRECTOR** Sarah Ritondale

**MARKETING DIRECTOR** Lilli Teater

**SOCIAL MEDIA DIRECTOR** Libby Schwerts

**FASHION DIRECTOR** Mallory Hoffmann

**FASHION CONTRIBUTORS** River Christenson, Mallory Hoffmann, Lilli Teater

**JOURNALISTS** Darcy Bertolino, Katelyn Criner, Melissa Durman, Kennedy Elliott, Amelia Miller, Hannah Oakie, Zach Painter, Kenedy Panosh, Sarah Ritondale, Lilli Teater

**CONTRIBUTORS** Alyssa Bast, Josh Brooks, Kenzie Dorsey, Clara Petri, Nina Tran, Shakirah Warren

**MODELS** Tony Ament, Matt Gardner, Matt Hilligas, Brian Holt, Kyton Rehder, Aminata Traore



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# from the editors



What does it mean to be well? For our 7th issue this spring, we dove into the 8 dimensions of wellness.

Our biggest focus was to center on one theme for overall cohesivity. As with every issue of Uprising Magazine, our entire team made strides of improvements to bring together this issue surrounding wellness.

We examined the 8 dimensions of wellness: emotional, social, spiritual, intellectual, environmental, physical, occupational, and financial. As we broke each of these concepts down, we tried to find a way to connect University of Northern Iowa student interests and relevant issues into each dimension. Uprising members saw a need for students to self-assess their wellness as they finish off the year with stressors such as finals, jobs, and their next chapter with graduation. We even had the opportunity to discuss their own personal wellness through programming with Shawna Haislet, the Health Promotion Coordinator at Student Wellness Services. We thought, what better way to understand wellness and campus resources than trying out programs and seeking campus resources already available.

We are both so incredibly proud of our members this issue. We worked harder than ever to step out of our comfort zone and encourage Uprising Magazine to adopt a new look our readers haven't seen before. We hope our words start conversations all over campus and in return, inspire our students and faculty to also step out of their comfort zone.

We are so excited for you to turn the pages of this issue and dive into the creative minds of our Uprising team. We'd like to thank our supporters: Student Wellness Services, the Office of Diversity, Inclusion & Social Justice, the Office of Financial Aid and Scholarships, the Textiles & Apparel Association, Campus Compact, and the Northern Iowa Student Government. As always, thank you to our readers for their commitment and continued support.

Here's to a spring of new beginnings,

**Kennedy Elliott**  
Co-Editor in Chief

**Darcy Bertolino**  
Co-Editor in Chief

*As I sit here trying to come up with the words to describe Kennedy Elliott, my mind races. This dedicated, inspirational, strong willed, badass, classy woman has made such a tremendous impact on me, as well as our organization. I am so thankful for the late night calls, the constant and never ending text rants, and the positive energy she brings every time we work together. I have never met someone so dedicated to their passion and I know she will do great things after graduation. I can't wait to see you take over the world, Ken.*

*From all the members of Uprising Magazine, we thank you so much for these past 4 years and will miss you more than you know.*

Darc

# p.s.

# *untitled*

By Alyssa Bast

One night, that's all it takes.  
One mistake, one too many drinks,  
one hurtful thing you say that you can't take back.  
That's all it takes.  
That's all it takes to lose the one you love.  
So before this happens to you, promise me,  
just one little thing.  
Promise me to always think before you speak,  
to put others feelings before your own.  
Otherwise you could end up like me.  
All alone.

# through the looking glass



PHOTOGRAPHY  
ISAAC HACKMAN

DESIGN  
LAUREN GARNES

Named after Lewis Carroll's iconic novel, *Through the Looking Glass*, things aren't as they may seem for our cover photoshoot. Looking glass may mean mirror to some, but to others it may mean the opposite of what is normal or expected. Unexpected for a spring issue, *Uprising* drew from spring colors and shades from Mohair Pear, but in contrast with a dark and cool environment.







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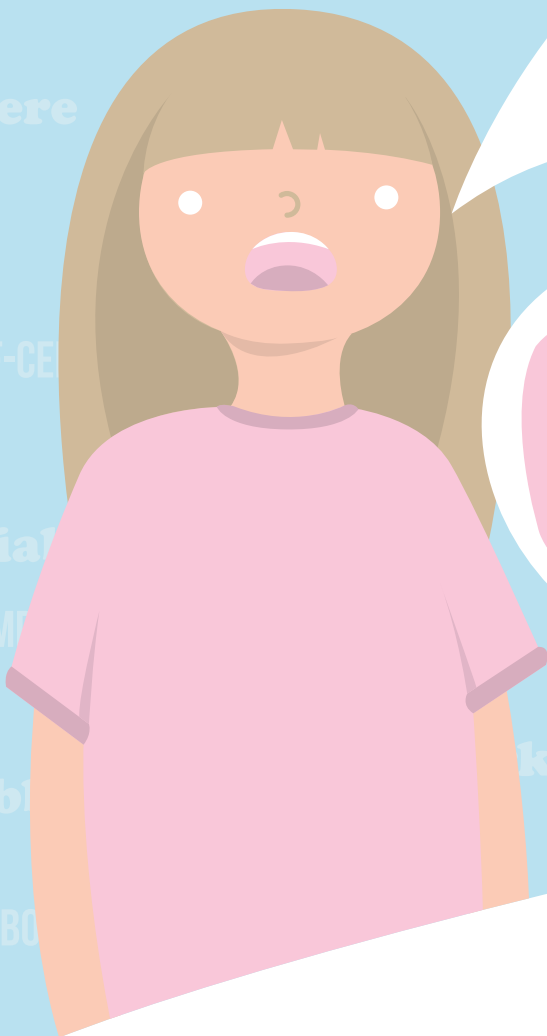
## emotional

possessing a positive attitude and the ability to identify and express a wide variety of feelings in an appropriate manner.  
Description obtained from UNI Wellness Services

# THE WAY I

# TALK TO

# MYSELF



My friends talk to me in a way that lifts me up, encourages me, but in a way that is also genuine and honest. They see me for me. My friends are the ones who know me the best. Those are the most intimate relationships I have.

When I speak to myself, it sounds something like this:

**Leader. Encouraging. Bubbly. Bright. Empathetic. Honest. Forgiving. Loving. Compassionate. Hilarious. Virtuous. Considerate. Outgoing. Understanding. Ambitious. Passionate. Hardworking. Sophisticated. Light-hearted. Reliable. Confident. Altruistic. Sincere. Creative.**

**SENSITIVE. BOSSY. DEFENSIVE. OBNOXIOUS. SPACEY. GULLIBLE. IMPULSIVE. UNINTELLIGENT. UGLY. FORGETFUL. CLINGY. FRIVOLOUS. SELF-CENTERED. DISORGANIZED. UNDESERVING.**

This list is comprised of the adjectives my friends use to talk to me. I reached out to my closest friends, asking them to describe me in two words.

Take a moment to think about the way you speak to yourself. Be honest in this moment of self-reflection. What does it sound like?



## “NEXT TIME YOU’RE TALKING TO YOURSELF, SPEAK AS IF YOU ARE SPEAKING TO YOUR BEST FRIEND OR YOUNGER SIBLING.”

If you truly believe you possess that negative characteristic, then encourage yourself to turn the conversation in your head positive. Instead of saying, “I hate that I’m so bossy,” replace it with, “That came off as bossy. I recognized it, and I will continue to work on it for the future.”

It is completely healthy to be aware of your weaknesses and strive for continuous self-improvement. There is no one in the world that could be described with all positive characteristics. That’s why it is important to be honest with yourself; lying will only lead to further self-detriment in the end. So remember to be honest to yourself while maintaining a positive conversation in your head.

The way you talk to yourself can have a major effect on mental health and self-esteem. So, the next time you don’t do well on a test, instead of saying, “I’m so stupid. I can’t believe I failed another test,” switch gears and say, “I know I did the best I could do. Next time I will prepare more and ask questions when they come up.”

A method that helps me to keep my thoughts in perspective is to take a step back and think about where the negative thoughts are stemming from. Am I overreacting? Am I labeling or judging myself too harshly? Are these someone else’s opinions of me that shouldn’t concern me?

In a report done by the University of Michigan, researchers say that the key to positive self-talk is to refer to yourself in the third person. Doing this can help you to take a step back and put life into perspective. This can allow you to look at your response and emotions in a more objective way. This method can help to reduce stress and anxiety.

Next time you’re talking to yourself, speak as if you are speaking to your best friend or younger sibling. Be kind. Be forgiving and encouraging with yourself. Make a conscious effort to control what you are thinking. It will make a difference.

WORDS  
HANNAH OAKIE  
DESIGN  
CRAIG MILLER

Now, take a step back and think. Why do we talk to ourselves in a way that we would never talk to our best friend? I would never describe my best friend using the adjectives I just used for myself because I love her and care about her. The adjectives simply aren’t true. While no one is perfect, we are all trying our best. In order to love ourselves and practice self-care, we need to simply start by speaking like we do to our closest friends.

This isn’t an easy task; if anyone knows that, it’s me. At the very least, we must remember that we are in control of our thoughts. Once a negative thought enters my brain, I make a conscious effort to squash it and replace it with something positive. Next time you find yourself thinking something negative about yourself, try this. Make an effort to replace the thought with something positive.

Another thing to think about is where these negative thoughts are coming from. Is it irrational? Or is it something you can fix? For example, one of the negative adjectives I used to describe myself was “bossy.” This often comes to my head because it’s something I know can be true at times.

I’m aware that sometimes I can be demanding of my friends or loved ones unintentionally. But I’m working on being less demanding, so when “bossy” comes into my head, I consciously tell it to leave because I know I’m improving it.

# HONEY SWELL

A CROSS COUNTRY COLLAB

WORDS ZACH PAINTER  
PHOTOS KWAN WILLIAMS  
DESIGN LIBBY SCHWERS





A band born through the internet.

Despite Olivia Heath living in Iowa and Rachel Wild living in Philadelphia, the two have such strong chemistry, their distance would never be detected through their first album. Heath and Wild met and bonded online, and out of this came their full album.

Heath and Wild are up and coming artists producing their own music. These two self-made artists recorded their first album, *Honey Swell*, by Wild sending drums and bass via the internet to Heath in Cedar Falls. Heath adds guitar and does effects post production. This isn't your run of the mill, do-it-yourself collaboration. These two female artists create a great

sound with beautiful open vocals combined with gritty guitar. Heath and Wild have an original sound that keeps the audience listening.

Just one day after Heath and Wild met in person, their first show took place in Philadelphia. The two female artists had only one day to prepare. Although Heath and Wild were under the stress of first show jitters, they still played an incredibly impressive show. Many would say it's a feat in itself to play your first show in your hometown, let alone another state.

Heath and Wild are evolving. Because Wild is still residing in Philadelphia, the band is expanding with other Cedar Falls residents: Zach Fuller on

bass guitar and Liam Tate on guitar. The two women were in need of a guitar player, and Tate enthusiastically accepted. Fuller approached the band after seeing them do a show without a bassist and they welcomed him with open arms. As the band continues to work together their sound developed.

The self titled album, *Honey Swell* doesn't disappoint. The leading track "Bad City" is a powerful and dreamy song that sets the tone for the album. The contrast between calm open vocals and the distorted guitars pairs nicely to give *Honey Swell* a distinct sound. "Bad City" is their most played track.

"I was surprised because this is one of the first songs I have written," said Heath.

The band continues to develop as Heath plays more shows with Tate and Fuller. The band is sure to become more dynamic with this already impressive start. *Honey Swell* is on track to become a hit in the Cedar Valley.

A new EP may be in the works for the near future.



WORDS LILLI TEATER

DESIGN LAUREN GARNES

# UNDER FIRE

# SPEAK UP.

## WAKA FLOCKA FLAME

In the CME, minority students gathered around a whiteboard outraged at a poster they saw hanging on the wall. The Waka Flocka Flame concert venue had been changed, and tickets were being refunded for anyone who was not a UNI student. This information had simply been tapped over the original poster leaving students questioning the minimal communication regarding these significant changes.

“I felt an issue of racial bias when I initially heard about the changes,” says Sashay, a UNI black student. “As I gained the details as to why it was being closed off to the public. There’s this stigma that’s associated with Waterloo that continues to carry on and continues to be perpetuated. I felt as if the university was perpetuating this stigma through the initial decisions made with the concert.”

In search of an explanation, students contacted the UNI Provost office who explained that the concert decisions were made by the UNI students on the Campus Activities Board rather than administration. However, when confronted, CAB said the opposite, but were unable to elaborate on any other details regarding this new information. With students and local media demanding an explanation, the UNI officials explained that these decisions were in fact made by UNI administration due to information

from local police departments stating that “potential gang members” could be in attendance at this concert.

“There was just an automatic feeling that this was racial bias,” said Montesha a UNI black student. “Those feelings were confirmed when we had sit-down meetings with Jim Wohlpart and Paula Knudson. They start talking about safety and stuff. It just made me think of all the stereotypes that come with being a black person; you’re aggressive, you’re a criminal, you’re violent.”

Upset and hurt, students of color wanted tickets back and wanted to keep the event at the original venue. In order to be heard, two students, Mahlia and Ryan, proposed and passed a bill through the UNI student government stating that students do not stand behind these decisions made by UNI administration. After this bill was passed, President Mark Nook scheduled a meeting with the students leading this movement on campus.

As discussion from the President involving safety concerns continued, local police department released statements to the media. According to Maj. Joe Leibold with the Waterloo Police Department, UNI officials had reached out to them after the

## “THEY LOVE TO DO A LOT OF TALKING AROUND THOSE THINGS, BUT THERE IS A LACK OF ACTION IN THE SYSTEM AND MAKING ACTUAL CHANGES.”

concert was announced, but his department had “no information on any threats” related to potential Waka Flocka Flame attendees. Furthermore, Cedar Falls Public Safety Director Jeff Olson reported that his department did not advise UNI about any concerns related to the concert.

“We didn’t make the comments to administration officials,” said Jeff Olson, Cedar Falls Public Safety Director. “We’re not working it, we’re not organizing it, we don’t have anything to do with it.”

Forced to make the next move, President Nook issued an apology via email on behalf of UNI administration specifically for CAB members and minority students. In this apology, the President attempted to mend relations by covering the broad spectrum of issues brought to the surface by the concert. Issues such as transparency, subconscious and intentional racial bias, safety, and confidentiality were all discussed in this email. As a response to the controversial situation, President Nook moved the concert back to its original location and gave each student two additional tickets back. However, this apology was less than satisfactory for the multiple students who were close to this issue.

“It was a lot of beating around the bush saying, ‘I’m sorry you felt that way or I’m sorry it was perceived that racial bias had an impact’,” said Ryan, a UNI Minority Student Ally, “But this wasn’t the driving decisions behind what we were doing. It was an inadequate apology to students and I don’t think that many were satisfied with it.”

Even with all the controversy surrounding the concert, most of the black students interviewed did decide to attend the concert. Waka Flocka Flame even spoke to this group of students before the show, and made a short speech in between his songs in response to this sequence of events. Many students of color felt as though they worked extremely hard to ensure that this concert take

place, so they wanted to be rewarded for all their hard work while also announcing to administration that they were not afraid to stand up for what was right.

Although the concert has since passed, the University is still working to mend wounds; with plans to learn and to grow. As meetings with the President and black students continue, the local community has also brought these issues to their Town Hall meeting. In the weeks following the concert, black students were able to participate in a Town Hall meeting where they voiced their concerns and worked together to create concrete solutions. Following this meeting, students plan to draft a document to present to administration in order to hold them to their promises of change.

As the campus and local community reflects upon this issue, it is evident that this concert brings up a much larger issue found on UNI’s campus. In response, black students comment that this exposes a multitude of issues such as lack of representation in the classroom, in student organizations, in faculty, and in law enforcement. Additionally, the issues of unconscious racial bias and preconceived stereotypes. Yet, students have grown tired and irritated with simply talking about the problems.

“I think that UNI really loves to talk about diversity and inclusion, They love to talk about race and disability and the LGBTQ community.” says Sashay, “they love to do a lot of talking around those things, but there is a lack of action in the system and making actual changes.”

Rather than simply talking, black students want to see real change across various avenues at UNI. Administration needs to begin asking themselves the tough questions of what can be done to increase diversity among professors, incoming students, academic curriculum, and campus police.

After contemplating these questions, there needs to be action taken to implement solutions. Specifically, many minority students feel as though the Center for Multicultural Education, or the CME, is the only safe haven on campus for minority students. In response, they ask for more consideration, funding, and time designated to create multiple locations on campus for students of all races to feel welcome. To continue, it was discussed that incoming UNI students participate in mandatory sexual assault prevention training. While black students believe this training is important, many students believe that similar weight should be given to incoming students in regards to minority, racial, and diversity training mandated by administration.

Although, it is not just the administration that needs to be taking action as a response to these exposed racial issues. As UNI students, there are necessary steps given from these students which they believe will help ensure a better future. To begin, the white population must wake up to their privilege and subconscious or conscious racial bias; to take concerns such as these from minority students as valid, legitimate, and important. In the words of Mahlia, “a black student problem is an all student problem.” Essentially, racism hurts everyone, so beginning to listen and learn in order to better help fight black student issues something they deem as crucial to improving UNI’s racial environment.

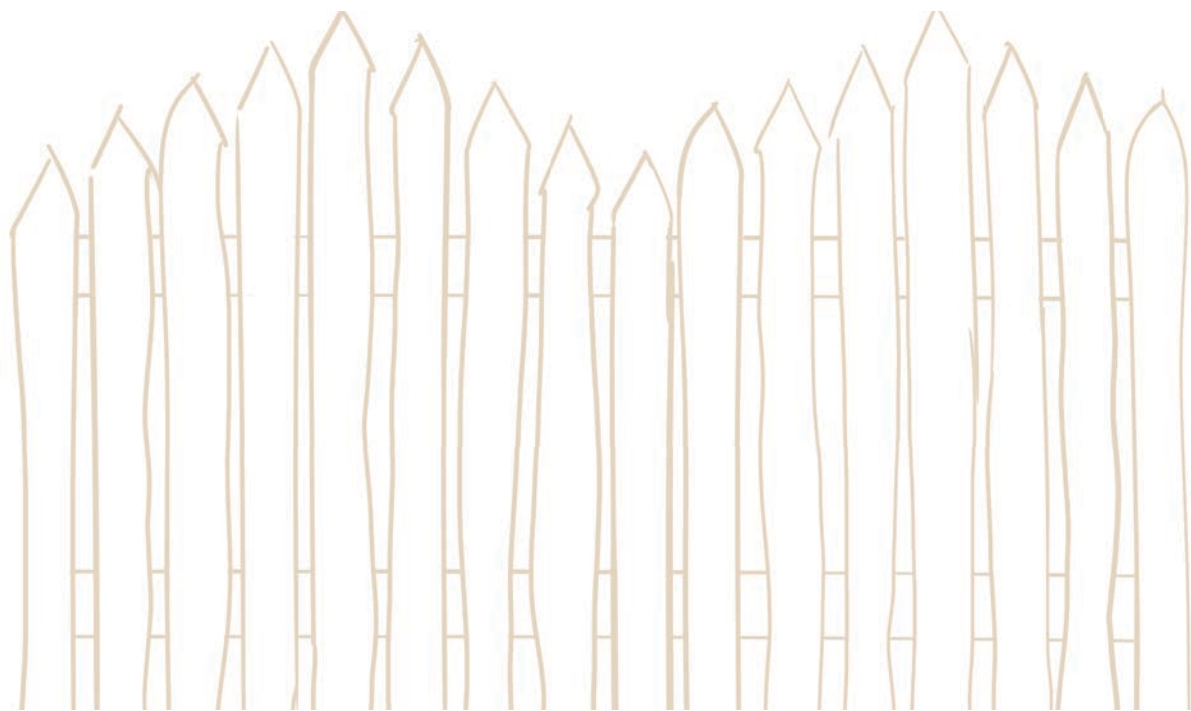
“We don’t need white people to take the mic from us; we need them to plug it in,” said Corey a UNI black student. “We need students of all color stepping up beside us and supporting our fight.” In a predominately white population, many students

would like to see more student organizations taking deliberate steps to diversify their groups. Whether it’s collaborating with the Black Student Union, advertising in the CME, or creating an inclusive environment, minority students want to see this diversity happening on a student level not just an administration one. Black students challenge white students to place themselves in situations where everyone does not look like them, through introducing yourself to a minority student in class, spending time in the CME, or attending a Black Student Union meeting even though these things may be uncomfortable at first.

“I would tell them to come around like to hangout with somebody or talk to somebody whose not the same race as them or read up on their culture,” said Montesha a black UNI student. “Go to an event from a different culture if you really wanna learn something. Learn about the struggles that we face; I think a lot of people do not think that are real things simply because they don’t see them.”

Therefore, this outcry is not just for the administration that handled Waka Flocka Flame concert, but for all students and faculty on campus. It is events like this concert that highlight deeper race issues which can truly affect the experience that many UNI students are receiving during their time here. This event can serve as a wake-up call for many students, faculty, and administration who need to take a stronger stand to combat racial issues. Uprising Magazine challenges students regardless of race to listen and learn from events like this. Allow yourself to be challenged as you grow from a deeper understanding of racial issues such as these, and of course; speak up.

**“WE DON’T NEED WHITE PEOPLE TO TAKE THE MIC FROM US; WE NEED THEM TO PLUG IT IN”**



## ***How UNI built a white picket fence***

*(a response to UNI closing the Waka Flocka concert to the public):*

anonymous

They built pressure-treated pedestals around our school today  
 contrived arrows to shoot up at God  
 amygdala grabbed the post hole digger and fear fired  
 now they're pounding unconscious  
 colonizer mantras  
 justifying their perception of a threat  
 turning epithets up louder than the music  
 and it's coming from the highest offices

I hear they're slapping on that white acrylic  
 to the familiar score:

"welcome to the home of 'diversity and inclusion',  
 where you don't fit inside the white picket fence."



# Anomaly **ICHIC**

Inspired by this year's MET Gala, "Camp: Notes on Fashion", Uprising explores the bizarre. According to Susan Sontag's Notes on Camp, "The essence of Camp is its love of the unnatural: of artifice and exaggeration." The motifs on the clothes used play on the anti-seriousness of 'Camp' with phrases of today's culture. The rise in 'ugly fashion' as chunky sneakers, fanny packs, or socks with sandals, are fashionable because ironically, they're not.



PHOTOGRAPHY ASHLEY GREGO & ISAAC HACKMAN / DESIGN ELLEN HOLT















*Textiles and Apparel  
Program*

**CATWALK 27**

RUNWAY TO *Heaven*

**APRIL 27, 2019**

DOORS OPEN AT 6:30 PM  
LANG HALL AUDITORIUM  
SHOW BEGINS AT 7:00 PM

FREE AND OPEN TO THE PUBLIC

FUNDED BY NISG & CSBS

**University of Northern Iowa**

# Jacquelin Conrad

## DESIGNER TO WATCH:

**WORDS**  
KENNEDY ELLIOTT  
**PHOTOGRAPHY**  
KWAN WILLIAMS  
**DESIGN**  
KRISTIN STEIN

Textiles Apparel senior Jacquelin Conrad shares what inspires her and gives a sneak preview at her latest collection, "Ethereal Armor".

### An eye for design

"After allowing myself to try something completely new, and get out of my own intimidated head," said Conrad, "I realized I had found my passion for design."

In her early years of college, Conrad struggled to find her path. She spoke with an advisor who helped her narrow down what aspects of her life she enjoy and why. She quickly realized she always had a knack for creativity; and was recommended the Textiles and Apparel program.

"I love that I can dream up a certain idea, know how to create it from scratch, and then have a finished piece that I can be proud of," said Conrad.

Her ideas come to her at random times, such as while in class, or even right before falling asleep. She writes down her ideas on the notepad of her phone right away so that she doesn't forget. Conrad starts her design process through a sketch. Her designs quickly come to life after she selects her fabric, creates the pattern, then sews it all together. Conrad finds her inspiration by looking for emerging trends and colors seen on the runway. Designers as Alexander McQueen, Zimmermann, and Elie Saab. The varying shapes and details are what she looks for and then brings those touches into her own designs.

Conrad's favorite piece she's created was her unconventional materials project for a class. "I created a 2 piece dress out of burnt matches, brad pins, and craft foam which made it into the display case in our building." This project challenged students to think differently in how wearable fashion can be put together, and how to see fashion as a work of art. Conrad has also enjoyed seeing her drawings come to life through computer aided design with the fabric printer in the Textiles Apparel Department.

For her latest collection, Conrad's designs play on modern romanticism. Puff sleeves, jewel-toned velvets, corsets, and leather come to life in her fresh take for this spring. The combination of delicate and strong materials bring together "Ethereal Armor".

Future plans for Conrad include interning with Lands End Headquarters in Wisconsin this summer for design. Check out her latest collection "Ethereal Armor" at the Textiles Apparel Catwalk 27 Fashion show April 27th, 2019.



# Taylor Hansen

## ARTIST TO WATCH:

**WORDS**  
ASHLEY GREGO  
**VIDEO STILLS**  
TAYLOR HANSEN  
**DESIGN**  
KRISTIN STEIN

Taylor Hansen has been creating video work in a space where video encompasses daily life. Although Hansen doesn't follow art trends, she tries to be aware of the techniques used by other artists in the medium she is working in.

"2019 is an interesting time for video work and it can be challenging, but I am interested in these challenges," said Hansen. Hansen, a 20-year-old video artist from Adel, IA, will graduate in fall of 2020 with a degree in Art Education and Bachelor of Fine Arts degree in Performance Art. After graduation, she plans on student teaching and possibly teaching full time. Her biggest priority is to continue making artwork and find an art community that she can actively participate in.

Hansen is continuously looking at the work of Sara Cwynar, an artist who creates photographs, collages, installations and books. She also idolizes Rachel Rose a visual artist who is well known for her video installations. Finally, Alex Prager an American art photographer and filmmaker. She follows a wide array of other artists, both contemporary and historical.

Hansen is also interested in internet culture and the distribution of visual language through social media. She often comes across images and videos created for the internet and applies them into her artwork as inspiration. There is no specific place that Hansen draws inspiration from, but she is continuously researching, reading, watching films, and looking at artwork created by other artists. Anything in her life has the potential to become an element in her artwork.

Hansen has been making artwork for as long as she can remember. When asked why she decided to go to art school she was unable to give a solid reasoning behind her decision, but she has no regrets with her choice. Within her current video work, Hansen is exploring how mundane moments in daily life can be rediscovered through video editing and montage. Combining these with contrasting moments, sounds, and spaces, the aim of the work is to feel familiar while offering a new context for these moments. Hansen believes that by using day-to-day moments and transforming this into art allows for the audience to relate to her work, while the use of editing and sound can create a new experience despite the use of familiar elements.

"Using a medium, like video, that lots of people are familiar with or have used before, is a way to allow people to enter the work," said Hansen.

**Check Out Taylor's Art Instagram Page: @taylorehansen**



# #AUTHENTICALLYME

PHOTOGRAPHY ASHLEY GREGO / WORDS DARCY BERTOLINO / DESIGN LAUREN GARNES

As a young woman, Cassie Hendrix has always struggled with her identity. She was adopted from Korea, but has spent her entire life growing up in America.

**THE LACK OF REPRESENTATION FOR THIS GROUP NEEDS TO BE IMPROVED AND THE ONLY WAY TO ACCOMPLISH THIS IS BY SPEAKING OUT ABOUT UNFAIRNESS**

As so many have experienced, social media, beauty standards, and acceptance all took a toll on her self esteem.

“There are still so many stereotypes and racial occurrences

of how Asians are portrayed in the media,” said Hendrix, “Also the lack of representation for this group needs to be improved and the only way to accomplish this is by speaking out about unfairness.”

While Hendrix was growing up, she loved playing with makeup and was always interested in fashion. This drew her to makeup artists and YouTube to find guidance. She remembers hearing the gurus say, ‘Now apply this to the crease of your eye,’ but as a young Korean woman, she did not find it as easy to find videos catering to her as an Asian American.

“I felt misplaced and sometimes treated differently because of my race and the way I looked,” said Hendrix. “I remember people making derogatory comments at me about my eyes and trying to imitate the way I looked. When I turned to media to see what was considered beautiful, I never saw any representation of people that looked like me.”

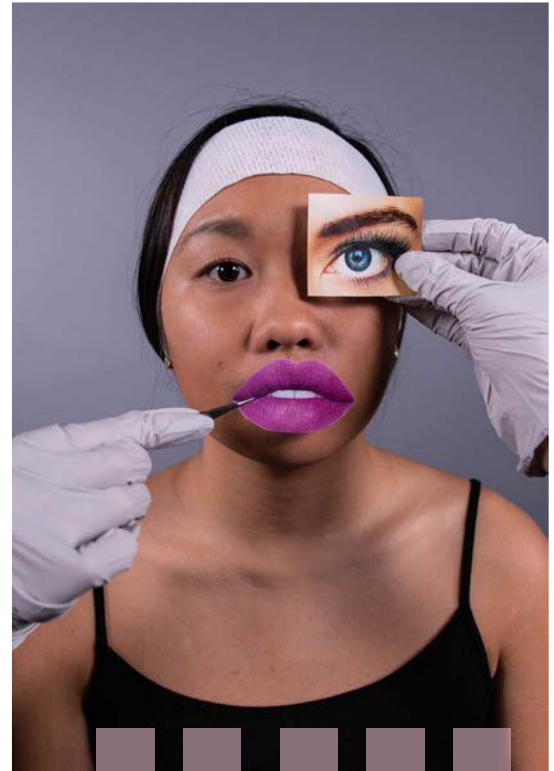
Hendrix used her Dress and Human Behavior brand empowerment project as a way to let other people know they are not alone, like she had felt for so long. She hopes to start a conversation. She wants to expose these stereotypes and hopes to put an end to them. “My project is #AutenticallyMe, which is breaking westernized beauty standards in media for the Asian American population,” said Hendrix. “It is to empower those who feel influenced or misplaced by society around us and standards that are present that we often feel like we need to conform to, but I want to break all of those down and open up a platform to let people create their own identities and be confident by living a life that is #AutenticallyMe.”

Hendrix wanted to inspire the Asian American community. When she started her research for her project, she found a procedure called

**I FELT MISPLACED AND SOMETIMES TREATED DIFFERENTLY BECAUSE OF MY RACE AND THE WAY I LOOKED**

East Asian Blepharoplasty, which is an eyelid surgery to create a crease when one is not present.

Hendrix is a double major in marketing and textiles and apparel. She is a sophomore, but already has a plan for herself once she graduates. As of right now, she sees herself working for a company like WGSN and to work in either fashion forecasting, or at a



company like Refinery29, which cares about issues like the project Hendrix has poured her heart into.

“I don’t think Asian American struggles are talked about as much as they should be,” said Hendrix, “I was able to find some articles, but not nearly enough. I hope to see the future change for the generations after me, so they won’t have to go through some of the struggles that me and many others have.”

# REGIMEN



“I JUST WANT TO BE SURROUNDED BY BEAUTY AND DESIGN AND NOTICE IT WHEREVER I GO.”

Interior Design and Textile and Apparel double major Peter Lo, brought forth the idea in which male hygiene could be normalized and even popularized amongst society through his brand RegiMEN. With male use of skin care products, hair care products, makeup, and much more hygiene related self care, Lo brings forth the knowledge of how and why these materials should be used by all men and not stigmatized to only being used by homosexual and/or feminine men.

“RegiMEN is an empowerment brand that creates new identities,” says Lo. “The point of this brand is to normalize the importance of hygiene and self care amongst men. My brand highlights the importance of choosing the right products without harmful ingredients such as sulfates and phthalates that are popular today. I want men to be aware of what they are using on themselves and to take initiative to choose hygiene products that will benefit them.”

As the amount of men who are using these self care products are increasing the necessity for

knowledge on how to use them boosts higher. As males are using these products RegiMEN is going to help men understand what products would be best for them and how to use them. This brand is so important to Lo because of how much it can help men in their everyday life. This is also why it should be important to individual men. RegiMEN is going to help men of all shapes, sizes, colors, sexual orientations, and everyone in between learn about these products.

“Growing up as a male is an extremely awkward time for everyone,” says Lo. “Puberty includes body odor, acne, facial hair, and a lot of other things that pertain to hygiene. Having experienced this myself, I wish I was more informed about better self care and hygiene products other than getting a stick of deodorant from my health teacher. Personally, I am interested in the realm of male MUA and estheticians through social media and I believe that there is value in their reviews. I believe that the information that they give is important because I am able to relate to men’s health issues and it gives me comfort in knowing that others have found some solutions problems that I encounter.”

Lo explains further why this project is important: “This project is important because there are identities that are being underrepresented and feel marginalized. This project allows

**THIS PROJECT IS IMPORTANT BECAUSE THERE ARE IDENTITIES THAT ARE BEING UNDERREPRESENTED AND FEEL MARGINALIZED** me to create discussion about these identities and hopefully this will either inspire others that are in the majority to become more accepting or inform

people that feel stigmatized that there are others who identify with them and hopefully create a community of inclusion.”

Lo hopes the future holds the normalization of men using these products. He feels that using these products openly will allow for men to have a better self esteem and a open environment in order to share tips and stories to best use these products.

After graduation Lo would love to be a residential designer as well as being a fashion designer to utilize both of his majors.

“I just want to be surrounded by beauty and design and notice it wherever I go.” says Lo.

# *untitled*

by Kenzie Dorsey

they say little boys hit girls they like  
they tease them  
they hurt them

and even though we got older  
and grew together  
the teasing never stopped

and why didn't the pain stop  
we weren't young anymore

and why do i still say  
i love you  
even when you strike me hardest

because boys hit girls they love  
they tease them  
and hurt them

so it must only be because you love me  
you must really love me



## physical

pursuing regular movement, a nutritious diet, adequate sleep and practicing safe behaviors

Description obtained from UNI Wellness Services

# SWOLE

College is full of stress and anxiety, late nights and early mornings, new friendships and fun times. These are the best four years of your life, so I want to let you in on a secret that helped me stay fit and healthy amid this crazy college life.

I have always been active in sports, ever since I was in elementary school and continued being heavily involved in competitive volleyball and soccer throughout high school. Although I loved playing sports, I knew I did not want to continue through college. Once I got to college, I was amazed by EVERYTHING. The free time, the dorms, the people, the weekends, the food, everything. It was all available to me and I could determine my own schedule each day around my classes. Then after a semester, college started to happen...

I went out to San Diego for my freshman year spring break and didn't feel as comfortable in my swimsuit as I used to. I was just hitting the gym at school probably 2 days per week throughout my freshman year and I would casually just do some cardio with abs, and then call it quits. I did not have sports to keep me active besides Co-Ed intramural soccer with my friends as a freshman and sophomore.

The summer after my freshman year, I started a Boot camp training program with my dad in my hometown that incorporated HIIT (High Intensity Interval Training) and weight training. I became addicted. Even after a month of this class I noticed big changes in my body. I was really amazed because I had never seriously lifted weights before. I started doing more research on my own and learned so much from my boyfriend during this time as well. He had always worked out in the weight room at school, but I was never interested until now. From here, I just kept growing my knowledge about the importance of weight lifting, new exercises, and all about nutrition to go along with my new hobby. It became a habit to walk to the weight room every day after classes. To this day, I continue to find my passion in the gym lifting weights daily and being inspired by my boyfriend.

One reason why lifting weights is the best way to stay healthy in college is because there are so many positive impacts that muscle has on your body. First of all, muscle tissue burns more calories at rest than fat tissue. Therefore, the more muscle you have and more weight lifting you do, the more calories your body burns outside of your workouts. With all of the unhealthy food around campus, and as your metabolism starts to drop in college, it is so important to increase your metabolic rate by building more lean muscle mass.

According to Grant Tinsley, PhD. Healthline.com, there are reports of resting metabolism staying elevated for up to 38 hours after weight training, while no such increase has been reported with cardio.

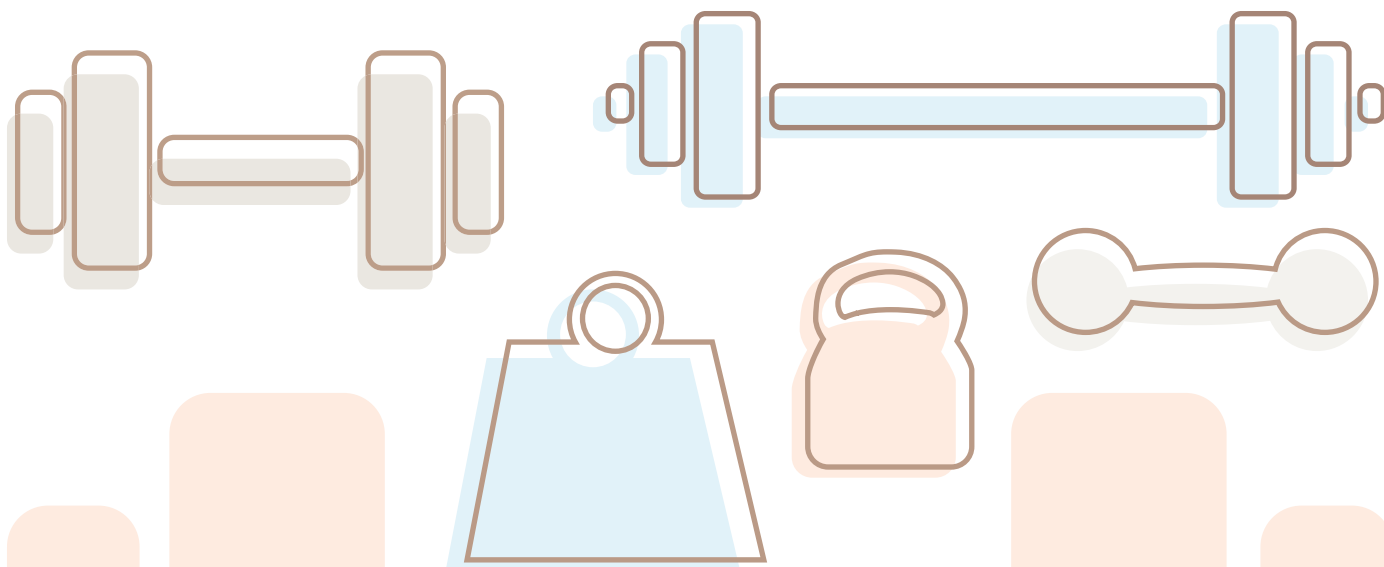
In addition, the more muscle you have, the more toned and slim your body will look.

You can literally build your own body by lifting weights, so start now. If you want to stay away from the Freshman 15, or turn the Freshman 15 into 15 pounds of muscle, weight lifting is where you will find those results.

Lifting weights is also a great stress reliever. There is nothing better than pushing some heavy weights to let your mind forget about those upcoming finals and deadlines.

As reported by WebMD, "When you exercise, your body releases chemicals called endorphins. These endorphins interact with the receptors in your brain that reduce your perception of pain. Endorphins also trigger a positive feeling in the body, similar to that of morphine."

College can be a very stressful time in your life, so finding time to release that stress by lifting weights is the best way to relax and release all negative energy. These endorphins that are released into your brain are also are



proven to increase your focus and concentration, which is exactly what you need during those difficult classes.

A huge reason why I found that lifting weights in college was the best way to stay healthy and active is that I built a community out of it. Unlike most other workouts, weight lifting can be done with a partner or two. I found that bringing my best friends with me not only created a support system to get me to the gym every day, but it created time for us to connect and get together during busy class schedules.

I loved to include supersets into my lifting routines in college because my friends and I would rotate through exercises, and then have a minute rest to refuel and bond. Having a healthy hobby like weight lifting in common with your friends in college is the best way to not only remain physically healthy, but also mentally healthy and happy. There truly is nothing like the support system of your friends when you plan to meet each other at the weight room at 6 AM before classes.

Finally, weight lifting involves consistency and motivation to keep progressing in strength. Therefore, you have to make goals for yourself. Having these goals for myself outside of my school schedule helped keep me focused on my health and fitness when I wasn't busy studying or attending meetings. Knowing that I wanted to keep making progress, I had to keep getting stronger and challenging myself in the weight room. I truly do not know where I would be right now if I did not have a passion and habit for lifting weights in college. Weight lifting is the best hobby to have, in my opinion, because it requires a consistent workout routine and nutrition to create ongoing progress.

The more you weight lift, the happier you will be in your own skin and see the quickest results as compared to strictly aerobic exercise without weight lifting.

Ever since I started seriously lifting weights in college, I continued to learn, see progress, and make it a daily habit. It is actually crazy to think back to those years and how much I still had yet to learn. That is one amazing thing about lifting weights. There is always more. More exercises you can learn, more tips to increase the output of each workout, more recipes, more supplements, and more goals. There really is no end to weight lifting and what you can include in your workouts. It is a form of exercise that you will never get bored with. Weight lifting is an ever changing and continuous learning process.

I can truly say that weight lifting in college is one of the best things that you can do to stay healthy and active outside of classes. You can go into the gym for 45-90 minutes and create a change in your body that will last forever. To this day, I can still be found in the gym every day and I even have a second job teaching fitness classes to continue this passion. Weight lifting will guarantee an increase in your confidence and strength, which are two essential characteristics to have as a young adult in college.

**WORDS**  
MELLISSA DURMAN  
**DESIGN**  
KRISTIN STEIN

# EATING GREEN

WORDS AMELIA MILLER \ DESIGN MADELYN STILLMAN \ PHOTOGRAPHY LUCAS GREMLER



## environmental

choosing a lifestyle of committed effort toward sustaining the Earth's natural environment

Description obtained from UNI Wellness Services



## 2019 was declared as the “Year of the Vegan”.

In recent years I have noticed an increase in media covering veganism, more restaurants providing vegan options, and an increase in marketing of vegan menu items, so perhaps there is some merit to this. As more people give it a try and access to resources and food are increasing, veganism is slowly becoming more of a household term.

As a vegan myself, this is incredibly exciting. For those who are not yet privy, being a vegan means I do not eat or use animal products. Although veganism is becoming more popular and increasingly accepted, certain misconceptions continue. There is still a lack of understanding surrounding veganism and stereotyping remains although it is becoming a more widely familiar diet.

I credit a lot of the popular criticisms against veganism as a being a result of deeply rooted cultural anxieties because it is different from the traditional American diet. By sharing my story, I hope to provide insight to the genuine values behind veganism.

Veganism isn't a trend for the sake of being a trend. It has the potential to make a serious impact on global environments, health, and personal fulfillment. I view eating a vegan diet as my greatest opportunity for daily compassion simply through what I choose to eat. I choose to opt out of a diet that causes harm to other living beings. This choice that I make daily, lightens my soul.

My path to veganism began when I was a senior in high school, as a student in Environmental Science.

While learning about numerous environmental issues, I was able to discover how many are connected to one another. An unintended take away from the class was: environmental destruction is perpetuated by the meat industry.

It takes an abundant amount of land and water resources to sustain human meat consumption. Not only does it take a massive toll on global water and land resources, it also creates significant consequences in climate change, habitat destruction, and other environmental issues. After learning more about this, I decided that I could stop eating meat for the cause of environmental sustainability.

Fighting off cravings or adjusting to ordering at restaurants was rough for only a few months, then it became

second-nature to me. After not consuming animals for a number of months, I no longer associated them as a food, but as a living beings. I began to respect all animals similarly to my pet cat. Cows, pigs, and chickens feel pain, suffering, and compassion just like any other animal that walks this Earth. I knew in my heart, I could never eat or end the life of another precious animal.

For the following three years, I stayed a vegetarian. As not eating meat became my normal, everyday life, I lost the intensity behind my passion in the connection between my diet and the world around me. When vegetarianism became mindless to me, I also lost concern for what I was putting in my body other than the fact that it was not meat. In addition to losing touch with my health, I also began to feel hypocritical in regard to my ethical purpose. I recognized that I didn't eat animals because I cared about them, but I still consumed dairy while knowing that mass dairy production causes a lot of suffering as well. Acknowledging this, I was ready for a change. By the summer entering my junior year of college, I decided that it was time to make a stronger commitment to animals, the Earth, and myself.



I have been fully vegan for a year and a half.

Since becoming vegan, I have lost 45 pounds, seen a positive change in my mood, and totally recharged my passion and interest in the topic. My doctor told me in October that I was the healthiest and happiest that she has seen me in six years.

Becoming vegan is definitely not a cure-all, but I can honestly say that it has totally changed my life and my relationship with food. I eat more vegetables than I ever have, and in very delicious ways. I focus on not eating processed foods and have really developed a love for cooking. People often question what I eat as a vegan, and I will say with pride that I eat a wider variety of foods since

becoming vegan than ever before in my life. All of my meals are no longer centered around 3 main meat products. The extra care I put into maintaining my vegan diet does wonders for my mental health. It acts as a version of self-care and an expression of compassion.

Veganism is a lifestyle with real, tangible benefits on both a personal and global level. If you find yourself interested in veganism, I encourage you to do more research, get involved in an online community and take small, comfortable steps towards this lifestyle that are attainable for you. Through veganism, you are not just putting your personal health first, but also the health of the entire world and all those who inhabit it.

*social*

establishing a sense of connection and belonging through positive interpersonal relationships  
Description obtained from UNI Wellness Services

DARE TO BE YOU.



# IMPLY ME SIMPLY ME IMPLY ME SIMPLY ME IMPLY ME SIMPLY ME IMPLY ME SIMPLY ME



People today are constantly trying to depict themselves as having it all. We are aspiring for what society considers attractive and content trying to portray our self-image as enticing and admirable. We compare ourselves to what we see in movies, magazines, television, and more than anything, the internet. We are surrounded by celebrities and influencers, who seem to have the perfect everything, causing everyday people to believe they also need to portray this image to be good enough.

Ordinary people feel required to portray a false reality through their social media because they try and convince their peers they are perfect. Every high in our life we make sure to post, and every low we work hard to hide.

We look at the fabricated beauty of others and compare it to what we have, what we look like and who we are. Our society causes us to absorb the endless judgment of others and we criticize ourselves endlessly.

Kyton Rehder is a UNI Alumnus that graduated in May of 2018. Rehder is a caucasian gay man from Lisbon, Iowa.

"I don't like labels at all" says Rehder. "I like when people say, 'Hey girl!' to me, but I am he/his/him and I'm gay. I don't like labels. We're all just people, so it's kind of just whatever flows while they're talking, so no pronouns are really set in stone."

WORDS SARAH RITONDALE  
PHOTOS ASHLEY GREGO  
DESIGN LIBBY SCHWERS



“IT’S HARD TO  
PORTRAY YOURSELF  
IN A CERTAIN WAY  
WHEN SOCIETY  
WANTS TO PORTRAY  
YOU IN THE  
OPPOSITE WAY.”

Rehder is the model in *Uprising Magazine’s* “Just Doin’ Me” photoshoot. He was more than happy to comply with the message being portrayed and to go against social normalities for what is considered beautiful.

“[I wanted to do this shoot because] I know the people and what they are trying to accomplish [...] it sounded really fun and I feel like for what [*Uprising Magazine*] is trying to showcase I’m a good muse for that because I am non binary” says Rehder.

Rehder speaks about these social normalities and why people today have a problem with their self confidence and self image.

“You always want what you can’t have” says Rehder. “People are perfectionists about everything they do like their job or school, so I feel like when it comes to our appearance we are a little more sensitive because it is such a moldable thing. You can change your face with makeup or surgery or clothes to make yourself appear a certain way, so I feel like that’s something that we can take into our own hands, so we get a little more sensitive if it doesn’t go the way you want it to.”

The people in our everyday lives judge us for who we are based on a specific set of standards structured

by society. However, try as we might, we never seem to be able to fit the description.

Brian Portillo is a 21 year old student at Hawkeye College. He considers himself a hispanic straight man from the inner city of Chicago, Illinois. However, when he was 14 he moved to Mount Prospect, Illinois, a suburb of Chicago. As Portillo was reaching adolescence he feels he had to change who he was in order to feel accepted by the kids in his new high school.

“It was definitely a different world,” says Portillo. “It was going from a world that didn’t have much, to a world that had everything and it seemed like most peo-

ple in the suburbs took everything for granted. I felt like because the majority of people felt that way I had to conform and be more like them. I had trouble understanding that the people around me wanted to put me down because the way I act makes them feel different. Every experience is very different because everyone’s perception is very different.”

Accepting who you are is a very hard feat to overcome. Allowing others to see the real you is one of the most vulnerable places a person can be. Rehder explains how he never had much trouble accepting who he was, but found complication in displaying his true self to the people around him.



# ACCEPTED ACCEPTED ACCEPTED ACCEPTED ACCEPTED ACCEPTED

"It's hard to portray yourself in a certain way when society wants to portray you in the opposite way," says Rheder. "Wearing makeup or wearing a crop top or wearing different clothes is something I always wanted to do, but of course that's taboo and people would make me feel bad about myself for doing that, but that's just what I love to do. So now I'm confident with it and there are people who will judge me and look down on me. That's who I am, that's what I want to be and if people are going to look down on me I can't do anything about it, and they're going to look down on me regardless of what I'm doing."

Everyone strives to attain self confidence although few of us can achieve it. Every single person wants to be loved, accepted, and cherished for who they are, as they are, however, everyone continues to live their lives by societies rules judging other people and themselves relentlessly.

Portillo and Rehder both have a similar view, if people would just be kind and accepting of one another, we would all



live much simpler lives. They are both accepting that people are going to judge them no matter what, but it is necessary to surround themselves with people who do accept them for who they are.

Portillo states: "I had a real hard time grasping that concept that I was a loud outgoing person, and that it was okay to





“THAT’S WHO I AM,  
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be loud and different. I feel like not a lot of people take the time to understand another person even if it only takes 5-10 minutes. It would just make everyone’s lives a lot easier.”

Rehder expresses this same feeling when he talks about his own social circle: “Being around people who don’t question me like my friends that I have now. It took me a long time to find the good group of friends that I have now. They don’t question me; it’s always just love and support.”

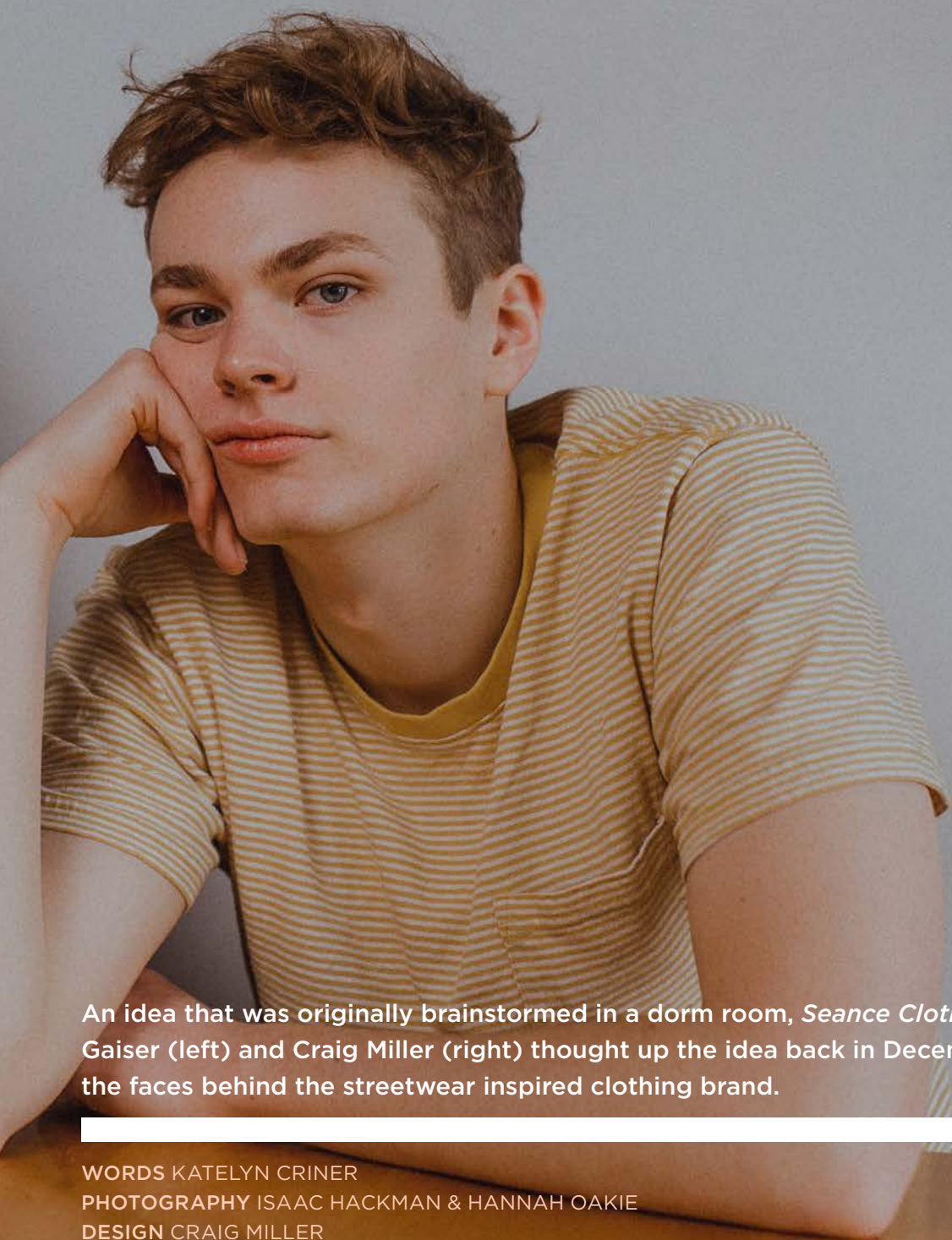
Social wellness refers to the ability to interact with the people around you. People who torment each other and tear each other down lack confidence, and in doing this, they make others around them less confident. Rather than letting these comments happen, ignore those who lack the confidence you radiate. Find yourself, accept who you are and support others to do this same. This in return will spread the confidence we all wish to attain.

*occupational*

engaging in work that is meaningful, enjoyable and aligns with personal values  
Description obtained from UNI Wellness Services



# SEANCE CLOTHING



An idea that was originally brainstormed in a dorm room, *Seance Clothing* came to life. Joseph Gaiser (left) and Craig Miller (right) thought up the idea back in December of 2016, and are the faces behind the streetwear inspired clothing brand.

WORDS KATELYN CRINER  
PHOTOGRAPHY ISAAC HACKMAN & HANNAH OAKIE  
DESIGN CRAIG MILLER



## The two University of Northern Iowa students began work on their brand two years ago.

Miller, a graphic design major and Gaiser, a recent graduate with a computer science degree, both share a love for fashion.

Miller's appreciation for fashion started in high school. The more interested he became, the easier it was for him to stay invested in popular trends.

"In high school, I started getting interested in clothing with what was popular and what was on trend, and I started paying attention to it more," says Miller. "From there, I started doing some DIY stuff, and learned to sew and construct clothes."

The two also share a love for drawing. Their combination of artistic vision and an eye for fashion made this clothing line possible.

"We wanted to be able to have more control over what we wore," says Gaiser. "That in combination with our love of drawing and design, made it possible for Seance to be created."



Lookbook/product photos from Seance's first five collections.



The name “Seance” was chosen not because of its ritualistic meaning, but for a much simpler reason—the word sounded cool.

“We didn’t develop the name around the concept, we took the name and went from there and developed the image of the brand around that,” says Miller.

In the first few months of designing clothing for Seance to build their brand, Miller and Gaiser struggled to find their voice. They created a variety of pieces, even though they had not yet found the focus on what they wanted their brand to be. As time passed, they began to frame their brand around clothes in their own wardrobes: casual, yet bold. This includes a variety of athleisure wear and bright colors. Building on the word “Seance”, they also incorporated inspiration of rituals, spirit mediums, and supernatural forces. This concept worked.

They found their main target audience to be “people like us”: college students, young adults, and anyone interested in fashion, art or design.

Over the past two years, Seance has launched five different collections. Each launch is posted on their website: [seanceclothing.com](http://seanceclothing.com) under their lookbook section. Their website layout is simple: dark yellow with black font, matching with their most recent launch.

When ready to begin a new collection, there is often a mix of sticking to their personal brand image and bringing something new to the streetwear scene. “Every release, we try and do something unique,” says Miller.



A sketch drawn while developing an early Seance collection.



Prior to each collection launch, the process starts with idea generation. This includes sketching designs, figuring out which garments are needed, and composing a theme for their website. From there, the two design the visual graphics and build on the ideas of what the clothing pieces should look like.

Not liking their personal lack of say in the customer experience, the two decided to make the products and ship them out themselves. Both Miller and Gaiser went out to buy the necessary garments and take them to a screen printer or embroidery shop to be created, and keep all of the stock in their apartment. They now work with manufacturers which produce the items and send it back to them, so they can personally ship their products out to customers.

“It’s a lot of being in contact with other people, making sure that things are going along, and making sure that everything gets done.” says Miller.

Miller also talked about the importance of keeping up with their personal finances, but assures that Seance has never been profit oriented.

“When we first started it, it was never like ‘Oh we are going to make a ton of money off of this,’” says Miller. “We really just wanted to do it because it was a creative expression for ourselves and our friends too.”

Apart from Miller and Gaiser’s personal efforts in creating Seance, they acknowledge the importance of their friends helping out with the production of the brand, including photography sessions, modeling, and most importantly, support.

**“We really just wanted to do it because it was a creative expression for ourselves and our friends too.”**

If there is one thing you should know about Seance, it’s this: support means everything. It’s a brand based on more than just fashion; it’s a form of individual expression that can be shared with family and friends.

From starting out as an idea in a dorm room to becoming a small start-up brand, this is just the beginning for Seance.

“It’s an exciting and great form of expression for us and it has been so cool to watch it grow,” says Miller. “If you haven’t heard of us before, check us out.”



**spiritual**

expanding our sense of purpose and meaning in life based on a core set of values and beliefs  
Description obtained from UNI Wellness Services

Sunshine Girl

by Clara Petri

From the fire you were born  
A hard piece of glass  
You shimmered in the sun and  
dazzled with the moon  
Down the roads we'd been before  
You found what we sought  
You danced in the rain and  
smiled at the rocks and  
brushed against the leaves  
like they were healing  
The charcoal from your embers  
burnt out completely  
You found peace in the ground and  
in the shade  
You stopped finding the fire in life  
You stopped shining



# DEFAULTED

## STUDENT DEBT CRISIS

*Money. It seems to be a common thought on every college student's mind, especially when they are figuring out how they are going to pay for school.*

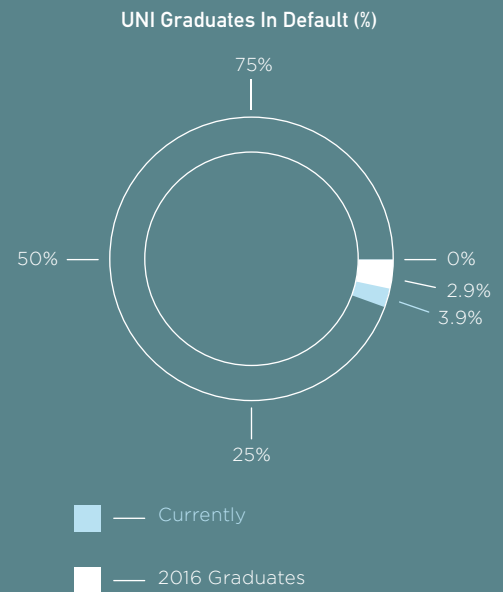
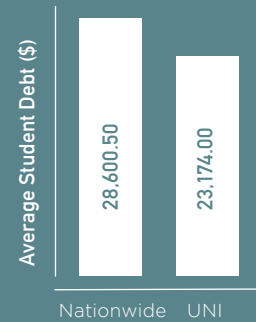
Being a student isn't cheap and recently more and more people seem to be talking about it. According to the Institute for College Access and Success, "Nationwide the average student borrows \$28,600.50". According to the University of Northern Iowa's 2018 Annual Report from the Office of Financial Aid and Scholarships, "The average debt for an undergraduate student is \$23,174.

Tim Bakula, the director at the Office of Financial Aid and scholarships, stated that there are multiple reasons that student debt has risen.

"Often times families will come to college without a real understanding what the cost is going to be" said Bakula. "If they know the cost they may not have thought about how they're going to pay for it."

Many do not think about how they will pay for school if the financial aid they are expecting does not pull through. This leaves many students applying for loans, whether federal or private. The catch is, private loans can be more dangerous for students in terms of over borrowing. Federal loans have set guidelines for how much a student can borrow. When the limit is hit for federal loans, students have to find other options for paying for school, whether it's through parents, paying out of pocket, or a private loan. When students turn to private loans they need to look at if they're borrowing only what they need.

The idea of debt is stretching many students thin. In high school, and for some even earlier than high school, students are told to start thinking of college. Students are starting to work more hours and have to seriously prioritize their time. Over the summer they may work 40 hours or



more a week and end up sacrificing youthful experiences. During the school year, they may have to choose between social events, work, and now, school. The balance between important aspects of student lives are skewed. Students work to pay their bills, whatever may be on them, and many students often struggle to find a job that will provide a wage that will allow them to support themselves.

While it may seem dismal, it is possible to get through school with as little debt at possible. Baluka discussed students repaying their loan and how many of those students aren't able to pay back their loans, so they default.

"Are students that borrow able to repay within three years after they leave?" said Baluka. "Are they in default or are they in good standing in their payment plan? Only 3.9 percent of our students are in default. This next year, the students that graduated in 2016, the number is going to go down to 2.9 percent."

Within three years of graduating, less than 4 percent of students are not able to pay back their loans. A majority of the times, the students that defaulted had a small amount of loans, and either forgot that they had the loan to begin with or did not know about it, leaving them unnoticed and allowing interest to build.

It is important when applying for a loan to become aware who the loan servicer is. The loan servicers are there to help you with setting up a payment plan and adjusting said plan if you can not make a payment for any given reason.

It is possible to get through school with as little loans as possible. Alex Smith is a 20 year old accounting and finance student at the University of Northern Iowa. He is currently working to become financially independent by thirty years old.

*"While it may seem dismal, it is possible to get through school with as little debt at possible."*

"If you work twenty five hours a week during the school year and forty hours during the summer," said Smith, "At \$10/hr, you would have \$16,000. This would allow you to cash flow your way through college without taking on any major debt."

When it comes down to it, it's all about being financially responsible. Smith shared some advice:

"The biggest piece of advice for any college student would be to write-out a detailed budget every month. It is more important to budget when you have limited money because each dollar is marginally more important. I use an app called 'EveryDollar', and I would recommend it to everyone. It uses a 'zero-based budgeting' philosophy, which simply means you assign every dollar a purpose. A final piece of advice would be to learn as much as you can about money while you are young. There are so many great books written with the everyday person in mind such as 'Money: Master the Game' by Tony Robbins and 'The Little Book of Common Sense Investing' by John C. Bogle to name a few. If you can get your money right when you're young, you will set yourself up for a life of excellence."



**WORDS** KENEDY PANOSH  
**DESIGN** CRAIG MILLER

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For students that want more help with understanding their finances, student loans or not, there are plenty of resources provided at UNI. There is the course "Live Like a Student", a free course where students spend 3 weeks to learn more about things like investing, personal budgeting, and so much more. Another resource that UNI provides is the "Panther CashCourse". "Panther CashCourse" is a free course on eLearning about financial literacy, with many useful items such as various articles and quizzes. The last sources are the money management counseling and the various workshops at the Office of Financial Aid and Scholarships. The staff in the financial aid office are happy to meet with students and help with any questions they may have. Outside of UNI there are many other resources as well, including blogs like Alex Smith's [wealthydiligence.com](http://wealthydiligence.com) where students can learn about financial topics ranging from investing to retirement planning.

*If you have any interest in more information you may visit the Office of Financial Aid's website [finaid.uni.edu](http://finaid.uni.edu) or call the number 319-273-2700.*



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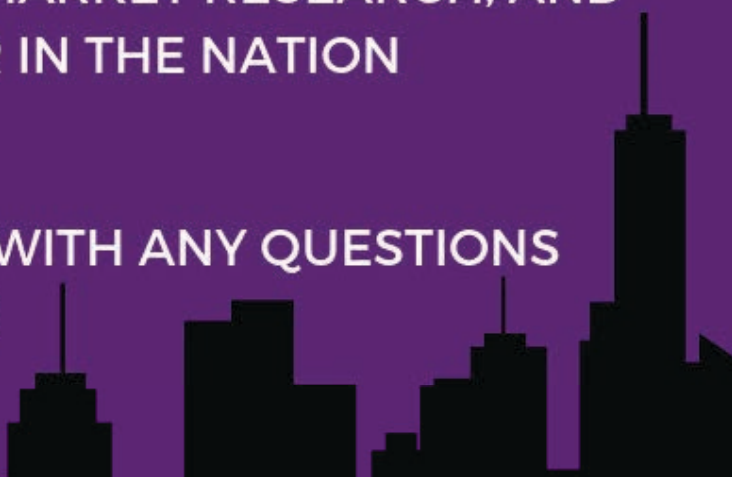
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