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This year was a year of growth for both the returning members and the organization itself. A majority of our team last year were graduating seniors. With the success of our last issue, it opened up the doors to many talented, young individuals. Each new member brought a variety of skills and ideas. Issue number four was by far one of the most fun issues I was able to oversee.

We were able to hit on different fashion trends and accessories for all of our editorials. As a team, we all agreed on tackling social issues that people are afraid to speak on. This year we were fortunate to cover issues such as mental health and the LGBTQ+ community. With everything that has happened over the past couple of months, we have all learned how important it is to stand up and speak up for what you believe in. We appreciate all of the positive feedback we have received over the last few years. Without a further ado, we present to you issue number four.

EDITOR IN CHIEF

DIANA HERNANDEZ
Selena Quintanilla was an idol for many young Mexican-American women who struggled to identify as an “American”, while simultaneously attempting to be a dignified Mexican woman. Selena was able to inspire many young women during her lifetime, and in turn, inspired the Uprising team to design a spread around her spirit. The organization was able to collaborate with young Mexican-American women to help pinpoint Selena’s tex-mex style. As she stated in the past, “It’s never too late to get in touch with your roots”.

PHOTOGRAPHY ISAAC HACKMAN // DESIGN SADÉ BUTLER
In a world of iPhones & Spotify users, some would consider record collecting a lost art. Our fast-paced culture is filled with endless curating content that looks to many different mediums to experience music. These past few years, we have seen artists put their content on vinyl, followed by a trend in younger people buying records again. Since 1994, John Rohlf has attempted to keep the spirit of the old days alive by running the Cedar Valley's only record store, Metro Records.
At what age did you realize your love/passion for music?
I would have been nine.

Was there a certain genre/artist that drew you into music?
Rock-n-Roll, when The Beatles came to America. I had already been picking up on Rock-n-Roll on the radio and from my brother and sister’s records, but nothing like The Beatles.

Were these genres/artists an influence to opening your own record store?
Somewhat. It’s all of it — all of the bands and artists I like. The Rolling Stones, The Who, Jefferson Airplane, The Kinks, The Doors, Traffic, and Jimi Hendrix. The whole sixties scene and buying records my whole life has influenced me to open my record store. And I didn’t want a real job. I wanted to do something I enjoyed. I’m inspired to keep all of it going. Somebody has to do it!

Many people today stream music on apps such as Apple Music, Spotify, SoundCloud etc.; do you think this takes away from the concept of enjoying music opposed to listening to a record?
Yes. And many people express that. They don’t get the richness, the full body of the art, and many people say bass doesn’t come through, etc. We say, “back to analog”. Records were becoming known as a “dying art” in the 90’s due to compact discs, but Millennials have made records more “mainstream” in today’s society.

What’s your opinion on the rebirth of records?
I don’t even think a lot of younger people know what records sound like. Maybe they are hearing the difference or wanting to hear a different sound. Kids are coming in more than they used to and buy stereos and records and a lot of them say it’s because they hear and like the different sound the record gives. They say things move in a cycle. Records were consistent for seventy years? Eighty? Some would say longer. I’ve always had customers of all ages, but I’m getting young kids in all of the time. I think records have more of a grip than being a fad. It’s seems to become accepted as a way to listen to music.

Do you believe vinyl factories will come back into business to produce more records?
Sony just announced they are building a new plant in Japan because they can’t keep up with the demand. At one time, I heard it was down to two or three pressing plants in America because they shut them down. I haven’t heard recent stats on that, but I would think some of these plants would start up again. I don’t know for sure, but I think they should be in business.

Your store comprises buying, trading and selling records, what is the most valuable record you have ever came across?
ACDC- If You Want Blood. It was pressed in Holland. Only 500 were pressed in the world. It was splattered vinyl, which means it had a multicolored splatter paint finish on it. I sold it for $760 on E-bay. A couple weeks ago I sold test pressings of the first two Van Halen albums for around the same price. We couldn’t even find references for them because they are so rare.

Are there any valuable records in your store not for sale?
All The Who records. Forget it. Those aren’t in the store but they’re in my personal collection. There are too many in my personal collection to name. My Iggy Pop records.

What is your absolute favorite record cover/artwork?
Miles Davis – A Tribute to Jack Johnson. I have it hanging on the wall in my office, and I think it’s a great shot of him. Favorites are so hard though, there’s so many.

What is the one thing you wouldn’t want to change about your store, and one thing you would change?
The funkiness of it, but I can’t claim it’s that funky. It’s not your normal store. But I’ve seen other record stores, like mine, where you have to crawl and poke around to find the treasures. Probably just the size. I’d like it to be bigger so there didn’t have to be many records piled up.

In three words what is your average customer like?
A record freak.
“I just feel like every person's purpose is to help someone else. Whether it's the clerk at the grocery store, the doctor, the server - they are all helping themselves by serving others.”
Marcus Jackson may not have been a part of the Jackson 5, but he certainly would have fit in. At a young age, Marcus has always had a singing spirit. Jackson grew up in Arizona and Iowa before settling in Rock Island, IL. During his time in Arizona, Marcus was influenced by up-and-coming artists like Chris Brown and Lloyd Banks. He was eventually introduced to 1990’s R&B artists such as Boyz II Men, Jodeci, Take 6, Jagged Edge, and Brian McKnight. These artists are who he claims his musical passion is derived from. It is very evident in his smooth, yet uplifting songs that Jackson knows the meaning of “the feels.”

Marcus’ first real introduction to music performance was in middle school. He joined the 6th grade Christmas play and next year continued pursuing music by joining the choir. He stuck with that all throughout high school. Jackson credits his father with being a huge influence in his life and a reason he stuck with producing music. “My biggest supporter was my dad. He never let me look down on myself.” It was not until his senior year of high school that he decided to be a music major. Marcus had little hands-on experience with instruments until his uncle Russell gifted him a keyboard. Church and Youtube had been his main resources up until college. At UNI, Jackson began taking lessons when he met his best friend, Rickey Neal Jr. Since then, he has also picked up guitar playing. With his vocals, music, and a background in education, he has a real chance at becoming a triple threat musician.

“I experienced my first heartbreak about a year ago, and that’s when I started really making music.” One of the first pieces he put together was titled “Can’t Let Go”. Marcus explained how his breakthrough moment that pushed him to becoming a better songwriter was while he was going through this heartbreak. The lyrics in his songs come from the poetry Jackson has been writing all his life. “Thoughts of You” is a track anticipated to drop in a few weeks that is primarily all poetry, except for the hook.

“At the end of the day, we’re pushing good out into the world with our passions”. Marcus had turned down football scholarships from schools all over the country in order to pursue music. At one point, he thought mechanical engineering would be the profession for him but knew he didn’t have a passion for anything else the way he did for music. Having teachers who became mentors helped guide him on the path he is on now. As a music educator, Jackson wants to offer a safe place for children where they can use music to express themselves.

“I don’t have a goal or aspiration of being famous, ultimately, I hope when someone listens to my music that it makes them think about something they’ve experienced or it makes them ponder a situation. At the end of the day, I just want to affect people positively with everything that I do. I feel I can best achieve that as a music teacher because my whole life is music.”

We can expect to hear new music, an EP record, to drop shortly before Thanksgiving. Until then, his music can be heard on SoundCloud.

SoundCloud: (https://soundcloud.com/marcus-warren-jackson)
Hailing from Cedar Rapids, Iowa, Jordan Burgett is a passionate, deep, lyrically gifted rapper who has always considered himself an “artsy” person.

“Everything I do with art is a part of me, and who I am,” Burgett told Uprising Magazine.

From a young age, Jordan found himself drawn to things that would allow him to be creative. He liked to draw, paint, and write poetry. But now that he is older, music is Jordan’s main form of art expression.

When asked what inspired him to start rapping and making music, he said, “I don’t know. It wasn't like I knew where I heard a specific song that made me want to rap. Rap music has always been a part of my life.”

The Cedar Rapids rapper started writing lyrics his freshman year of high school, but didn’t really take it seriously. He attended Kirkwood Community College, but says he did not write much in his first two years there. Come September 2016, his junior year, he began recording with a producer that he met through a friend. It was in December of that same year that Burgett released his first music video for his song “M.U.D.A. Wolf”.

“It went viral on Facebook,” said Burgett. “In 24 hours, it had 14,000 views. In a month, it had 65,000.”

That experience is what convinced the musician to take his music seriously. Since that viral video, Jordan Burgett has delivered some jaw-dropping projects, such as his Nights in The City EP and Purple Tapes 1.
However, Jordan Burgett is just getting started. He has been working on a new, highly anticipated project. He recently released a few singles from his upcoming *Pink Palace Nights* project.

*Pink Palace Nights* tells an in-depth story about Burgett’s relationship with a woman he met just before his sophomore year at college. Although it is not a “happily ever after” story, it is one that almost everyone can relate to.

The story begins on a hot August night in Iowa City. Burgett is out clubbing (under age) with his friends. This was a fairly new environment to him. As he and his friends were walking to an after party, they decided to invite some girls to join them. This is where Jordan first sees the girl.

“I saw this girl, and I literally had a ‘That’s So Raven’ moment. I saw a vision of her feeding our son,” said Burgett.

Ultimately, the two fell in love. Burgett spent countless nights at the girl’s place in Pink Palace Apartments (Hence the project name, *Pink Palace Nights*).

Almost every first love story will also contain heartache, and this one was no exception. As the climax of the story approaches, Burgett begins to find out that this relationship was sort of a “set up”, if you will. The girl, that had once seemed to be his place of Eden, becomes a glimpse of hell and heartbreak as Jordan discovers her devastating infidelity.

“I wanted every track [on *Pink Palace Nights*] to have an underlying message or lesson you can learn in the grand scheme of young love,” Burgett told Uprising.

*Pink Palace Nights* has just that, and then some. Each track builds on the last as Burgett offers himself as the sacrificial lamb in an effort to aid every person experiencing the mix of emotions that come with young love. The young MC leaves the listener in disbelief as he takes older elements of rap, and brings them back to life with astonishing, picture-painting lyricism. This is a project that almost every person, young and old, will be able to relate to.

“Even the old cats will be able to look back and relate to something. Like buying something to impress a girl,” said Burgett.

Jordan Burgett’s project, *Pink Palace Nights*, will be available on November 20th on all streaming sources (Apple Music, Spotify, etc.) for free! Soundcloud link: https://soundcloud.com/jordanburgett
SELF SERVICE
Ariana Grande’s hit song “Everyday” feat. Future inspired the team to create an editorial based in a laundromat. The creative videography and sexual freedoms in the video sparked our interest, leading us to a colorful and vibrant hideaway in Iowa City. The laundromat set is a mix of alternative, risqué attitudes and obscene color hues.
Eden Bell, a 21-year old with a name as intriguing as her work, is a former resident of Fairfield, Iowa. Bell will be graduating in the spring with a BFA in Studio Art. After graduation, she hopes to find a job where she can channel her creativity into her work. Uprising correspondent, Izacc Quisling, sat down with Bell to discuss her creative work.

Uprising: Who are some people you draw inspiration from to create your artwork?
Eden: I love everything Wayne White makes. He creates funny art and there isn't enough of that. I've also been really inspired by the work of Ana Mendieta, Yoko Ono, and Marina Abramovic. They are all performance artists, which is an art form that really speaks to me. It requires so much vulnerability and letting go of fear, which I think we should all do more often. I'm constantly torn between these two paths of art [funny and fearful]. It can be used as a way to talk about the injustices of the world, but it can also be a pleasant distraction from the commotion. I think both are very important.

Uprising: At what age did you realize that you wanted to become an art student?
Eden: I'm still not sure I want to be an art student. As a kid, I would always answer that I wanted to be an artist whenever someone would ask me what I want to be when I'm older. There is something very different about making art for yourself and making it for someone else [as a student]. Trying to turn your passion into money is a complicated task and a lot of that gets lost in the process.

Uprising: What are some pieces of art that have inspired your own works of art?
Eden: All of the pieces I mentioned as my favorites have contributed to my inspiration. In saying that, most of the time my inspiration does not come from looking at the work of others. I'm actually more inspired by words than pictures. Usually, someone will say something that pisses me off or that sounds beautiful and with that in mind I will make something. And because my work is so personal, I have to get a lot of it from inside myself. That kind of therapy can be quite helpful. I get stuck quite often where I can't make anything, but it's usually tends to be something deeper that's keeping me from completing my work.

Check out more of Eden's work:
www.edenbellart.com
@edenbellart

WORDS IZACC QUISLING
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Our Tyler, the Creator inspired shoot captured an avant-garde form of dress through our team’s detailed stylistic abilities, which shined throughout this editorial. We were able to mix and match Tyler’s unique clothing with other streetwear brands such as Supreme. Tyler’s clothing appeals to a wide range of individuals because he makes such a strong effort to set his clothing apart from other brands in an artistic and fashionable way.
Pi Sigma Epsilon

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SPEAK UP:

LGBTQ+
There is one common word which has weaved itself into American society throughout history. Equality. Every human deserves equal rights – but that comes easier for some than others. In past issues, our team has covered sensitive topics including Black Lives Matter and sexual assault. For this issue, we have chosen to place these issues under a section called “Speak Up”. We feel as though our readers should be informed on issues or topics that are not talked about so commonly in society. In October, we interviewed students on campus to learn a little bit more about the LGBTQ+ community. We thank all of our interviewees for their participation.

*Thoughts expressed in this article belong to the individual(s) being interviewed.*

WHAT IS IT LIKE GROWING UP IN AMERICA TODAY BEING A PART OF THE LGBTQ+ COMMUNITY?

“People who identify with the LGBTQ+ community in today’s society receive greater acceptance than in the past. There are still mixed ideas on being queer. I was blessed with an excellent family and community who accepted me when I came out as a gay man, and I feel even more blessed now at UNI. Many of my friends, however, who may have less accepted identities under the queer umbrella, or who have grown up in radically intolerant communities, are not as fortunate.

Even though I feel comfortable most of the time at UNI, there is yet to be a culture established that tolerates, accepts, and listens to all people who identify queer. There is a vast spectrum regarding gender expression and sexual and romantic orientations. If you have questions, there are numbers of resources to turn to where explanations can be found. I encourage research to become a knowledgeable ally, as well.”

- Cole Fox

IN THE WORLD WE LIVE IN TODAY, HOW DO YOU FEEL IN PUBLIC WITH YOUR PARTNER?

“If I had a partner right now, I would be open about our relationship. There are people who judge and treat us [LGBTQ+ youth] differently, but nothing could ever stand between the love I have for my significant other and myself.”

- Talia Torpy

“Though I haven’t found myself in a serious relationship for several months, it’s important to recognize the differences that LGBTQ+ people experience with dating. However, I’ve been with partners before who I’ve liked a lot. Like, a lot. They’ve felt uncomfortable with holding hands. Sharing a check at dinner, etc. It’s hard to find a partner who has assimilated the fact that they might have a same-sex partner at family functions, work functions, within the classroom, even. In full, I don’t think we should assume that a “boy” should have a “girlfriend.” I said in class one day: “OMG. I just accidentally FaceTimed my ex.” The girl next to me said, “Will she be mad?” Luckily for me, I could laugh it off. A lot of people have to play along, which isn’t always laughed off so easily.”

- Cole Fox
WHAT ARE THINGS THAT PEOPLE SHOULD OR SHOULD NOT IMMEDIATELY ASSUME ABOUT YOURSELF?

“That I am feminine because I like guys, that I am interested in every guy I see, that I don’t like to do “masculine” things.”
- Jamal White

“Sexual preference, gender, beliefs.”
- Talia Torpy

ARE THERE ANY TROUBLES YOU DEAL WITH BECAUSE YOU ARE GAY?

“Being a server, I meet new people every day. When I wear my “male” clothing I often get tipped poorly or no tip at all, along with poor connections with customers. I have to wear “female” clothing because of this.”
- Talia Torpy

DO YOU BELIEVE IT IS NECESSARY TO COME OUT?

“I personally don’t feel like I have to reveal anything to anyone. It is not my duty to explain myself to a world of people, especially regarding who and what I am interested in. I do, however, see the value and fulfillment that others gain from coming out. I just know that people don’t have to make an announcement when they like a member of the opposite sex, it’s simply their choice.”
- Jamal White

WHAT ARE YOUR THOUGHTS ABOUT THE INCIDENT AT PULSE NIGHTCLUB IN ORLANDO?

“The incident at Pulse was horrible. Although I was not personally affected by it, it scared me. It’s scary to know that there are people out in this world who want us [who identify with the LGBTQ+ community] dead. I have nothing but love, support, and prayers to those affected.”
- Talia Torpy

“Violence against the LGBTQ+ community happens every day across the nation. When I woke up to the news of Pulse, I was angered and saddened. I felt misunderstood from various vantage points. I’ve been an advocate for gun control, and also an advocate for the liberation of the LGBTQ+ community.

“Love is love is love is love is love is love is love is love, cannot be killed or swept aside.”
- Lin-Manuel Miranda
WHAT IS YOUR SEXUAL ORIENTATION AND WHAT ARE SOME OF THE BIGGEST ISSUES YOU DEAL WITH?

“I consider myself bisexual. Some of the biggest issues I face with that, the few times that I have revealed, is that people question my ability to be interested in both [genders] and say you have to choose one or the other. In my case, my attraction is derived from specific qualities of a person which are not necessarily physical. I don’t like a person because they are a boy or a girl, but rather because of the connection I create and establish with them.”
- Jamal White

WHAT IS GAY CULTURE TO YOU?

“Queer culture is really about being proud! I don’t know much about history of drag & pride parades, but they’re enjoyable and can be very family friendly.”
- Cole Fox

“What is gay culture to you? It’s being there for each other even when the rest of the community isn’t. I am apart of it.”
- Talia Torpy

WHAT ARE SOME TIPS YOU’D GIVE TO A STRAIGHT PERSON WHEN TALKING ABOUT LGBTQ+?

“Just be direct about it. It’s not a secret and it is not inhumane. It is something that we should be able to have a conversation about, just as someone would talk about “straight stuff”.”
- Jamal White

WHAT’S ONE OF YOUR FAVORITE STORIES FOLLOWING YOUR COMING OUT?

“My favorite memory was taking my grandma to the gay bar, The Garden, downtown and exposing her to my life and culture. It was both hilarious and eye opening. She loved all of it.”
- Talia Torpy

DO YOU THINK THAT BEING A PART OF THE LGBTQ+ COMMUNITY MAKES YOU DIFFERENT? WHY?

“I am different, but not in a bad way. I hope some day we aren’t seen as different. Love is love.”
- Talia Torpy

“I hope some day we aren’t seen as different. Love is love.”
- Talia Torpy

“I consider myself bisexual. Some of the biggest issues I face with that, the few times that I have revealed, is that people question my ability to be interested in both [genders] and say you have to choose one or the other. (Pull Quote) In my case, my attraction is derived from specific qualities of a person which are not necessarily physical. I don’t like a person because they are a boy or a girl, but rather because of the connection I create and establish with them.”
- Jamal White
DANCE

can help fight that darkness inside of you
We often hear the words “I can’t dance” or “I’m not a dancer” from fellow students and friends. Whether or not it’s due to disinterest, Mandy Masmar, the lone dance faculty member at UNI, says, “You are mistaken. Anyone is a dancer.” Unfamiliar to many students on campus, Mandy is the Art Director for two dance organizations at the University of Northern Iowa: IDT and Orchesis Dance Company. In addition, Mandy teaches various dance courses and choreographs for the theatre and music departments as well as the community theatre. With her obvious appreciation for the arts, Mandy Masmar would never miss an opportunity to dance, and she wants non-dancers to understand how influential it can be in their lives as well.

Although misconceived by many, dance is not limited to technical leaps, turns, and flexibility. “I don’t even call them dancers,” says Mandy, “I call them movers. ‘Dancer’ can sometimes be a harsh term that may scare people away, or make them feel as if they need to fit in a box.” Mandy believes that dance is much more familiar and universal than some people realize. “Just trying is dancing,” says Mandy, “Even walking on campus to the beat of the music playing through your headphones is dancing. The way your body moves when you’re upset and you stomp or throw things. Everyone dances every day.” When asked where she finds inspiration for her choreography, Mandy said she observes people’s everyday life and draws from that. “It’s natural,” says Mandy. “Look at babies when they’re happy. Their instinct is to stand up and dance.”

Movement is more beneficial than solely the physicality of it. Dance has been proven to make its participants happier and less likely to develop depression. “You see so many things about mental health awareness,” says Mandy, “dance can help.” In addition, college students face many extreme stressors that other age groups do not experience. “College is hard,” says Mandy, “dance can help fight that darkness inside of you, and make you feel better.” Studies also show that dance enhances memory, diminishing the chances of developing dementia, and improves overall intelligence. Though dance is a commonly known workout, it has more advantages than many people realize. Studies show that dance can be better than biking or walking on the treadmill in improving heart health. “For some people, lifting or running isn’t for them. What they don’t know is that they can get the same benefits through dance,” says Mandy. “Plus, dancing is fun!” After being forced to sit in a stiff lecture hall all afternoon, college students can definitely benefit from the physical activity of dance.

Movement is also becoming more prominent in the workplace. Many companies now encourage their employees to get up and moving throughout the day. Employees participate in stretch sessions, games of basketball, or walks over the lunch hour to stay active. Mandy believes dance should also be added to this list of office exercise because it would “keep the staff focused and boost the morale.”

The value of dance expands far beyond technical abilities. With its physical, mental, and social benefits, everyone should take part in the chance to dance. “I want and hope people can feel the way I do when I dance,” says Mandy. Movement is naturally inside all of us, and with the opportunity to create something great with other human beings, failure is not a possibility. “If you can’t find your place,” says Mandy, “you will find your place here. It’s a sense of community.”
Whether it’s a regular day at school, or an important interview, many college students today aim to “dress for success”. Clothing is a form of expression and personal style with a never-ending cycle of trends. When interviewing for their potential first job, students want to look their best when presenting themselves as a professional. Power Surge is a high-fashion interpretation of dressing featuring sleek, clean-cut attire to show how to make outerwear appear professional.

Special thanks to Palace Clothiers for the featured apparel. Check them out on Main Street in Cedar Falls.
Mental illness is difficult to universally define because of the fact that everyone defines their struggles in a variety of ways. Mental Health America, a nonprofit organization, defines it as, "a disease that causes mild to severe disturbances in thought and/or behavior, resulting in an inability to cope with life's ordinary demand". This definition contains a broad overview of all the general behaviors and symptoms, but the reality is, mental illness is unique to the individual. No one thinks, feels, or behaves in the exact same way, therefore it is virtually impossible to use one explanation to cover all aspects of mental health as a whole. Although countless people suffer from poor mental health, most go undiagnosed. Unfortunately, this can be attributed to all the stigmas regarding mental illnesses. In the college setting, it can be hard for students to seek help for treatment because their peers are unable to view mental health illnesses as a true disease. There are even misconceptions of how people with mental illnesses act. Since mental illnesses are diseases caused by genetics, biology, trauma, or environmental factors, they need to be treated as such. They are not caused because someone is having an off day or feeling down. When someone has a physical illness, it is expected that they will seek treatment, so mental illnesses should be no different. These stigmas cause people to be unwilling to talk about their mental health, making it impossible for non-judgemental discussions to take place. No one should feel uncomfortable talking about their mental health. Generating conversation with those you value and trust is the only way to understand how common these illnesses actually are and how to seek the appropriate treatment for your unique situation.

The University of Northern Iowa has made strides in providing assistance to those that have mental health needs. Two faculty members at the University of Northern Iowa that are making efforts to do so are Brian Nissen and Shelley O'Connell. Nissen is the Suicide Prevention Educator at the university, whose job consists of spreading suicide awareness on campus. O'Connell is
the Executive Director of UNI Health and Recreation Services. The university received a grant of $306,000 over a course of three years to implement educational resources on campus that are available to students 24/7. UNI plans on providing Gatekeeper training to both faculty and students. Gatekeeper training is an informative program that brings awareness to the warning signs of suicide and how to respond to it. Gatekeepers are peers that persuade people to seek help and provide additional resources to those who need it. The university’s implementation of Gatekeeper training has impacted the community in a positive way.

The chart above shows the number of students at UNI who received help for a particular illness/disorder.

**Depression:** Feelings of sadness, hopelessness, and a loss of interest in activities.

**Anxiety:** Feelings of apprehension or dread, anticipating the worst, trouble concentrating, feeling tense, irritability, and feeling like your mind’s gone blank.

**ADHD:** Hyperactivity, inattention, and impulsivity.

**Addiction:** Repeated involvement with a substance or activity that is harmful.

**Eating Disorders:** Affects eating habits in a negative way, and there is a great concern about body weight, or shape.

**Sleeping Disorders:** Trouble falling or staying asleep, falling asleep at the wrong times, too much sleep, and abnormal behaviors during the day.

**Interview with Kimberly Nelson**

**Substance Abuse and Mental Health Services Administration (SAMHSA)**

The Substance Abuse and Mental Health Service Administration (SAMHSA), is a multi-faceted branch within the federal government that is in partnership with the Department of Health and Human Services. Kimberly Nelson is the regional administrator for region 7 which includes Iowa, Kansas, Missouri, and Nebraska. Kimberly is also a licensed addiction counselor, has a bachelor's degree in sociology, and a master’s degree in public administration from the University of Kansas. Nelson describes her efforts saying, “What we strive to do is anything that spreads the word that tries to de-stigmatize and normalize conditions that deal with behavioral health.” Their end goal is to work with stakeholders, such as UNI, to expose
how important health is.
A key concept Nelson mentioned was peo-
ple at SAMHSA do not
believe there is health
without the recognition
of behavioral health.
Behavioral health is
broken down into two
sub-categories: men-
tal health and sub-
stance abuse disorders.
SAMHSA encourages
self-awareness and em-
phazises programs and
groups that are willing
to help within the com-

Unfortunately, UNI has
been directly affected
by occurrences of men-
tal illnesses and sub-
estance abuse disorders.
SAMHSA gave the state
of Iowa over 13 million
dollars for substance
abuse prevention treat-
ment and mental health
block grants. Mandated
by Congress, SAMH-
SA’s block grants are
noncompetitive grants
that provide funding for
substance abuse and
mental health services.
The state decides how
that money should be
distributed to vari-
ous stakeholders that
offer programs that
deal with prevention
and intervention of
different health issues.
UNI’s application for
the Garrett Lee Smith
Campus Suicide Preven-
tion Grant was accepted
in early 2017. UNI was
awarded $306,000
($102,000 per year)
over the next three
years due to recent
tragedies that have not

only affected students,
but also the community
around the universi-
ty. The one thing that
Kimberly Nelson wants
every single person to
know is that there is
always help no matter
what. With appropriate
intervention, someone
can overcome a mental
illness or a substance
disorder. Nelson states,
“Addiction is a chronic
illness that can last for
a lifetime, but recov-
ery happens on a daily
basis.” It is important
for someone to accept
the fact that they have a
problem and learn ways
to work towards a solu-
tion for living a happy
and healthy life.

As a community, it is im-
portant to acknowledge
students who struggle
with depression or other
forms of substance
abuse that could lead to
behavioral health issues.
Every student is unique
and no matter what the
situation is, there will al-
ways be someone in the
community to help. The
Garrett Lee Smith Me-
morial Act has provided
funding for 68 states,
territories, and tribal
community grants, as
well as 74 college cam-
pus grants for suicide
prevention and mental
health efforts to date.
Not only is this a serious
issue in the Midwest, but
it is an issue that affects
people nationwide. UNI
has been heavily im-
pacted with tragedies
dealing with mental
illness. It is important to
remember you are not
alone and that there is
someone out there who
is willing to help you
through your hardships.

**Services offered by the UNI Counseling Center**

- Individual Counseling
- Same-Day Counseling
- After-Hours Crisis
- Group Counseling
- Couples Counseling

**Additional Hotline Contact Information:**

- Counseling Center: 319-273-2676
- Crisis Text Line: Text HELLO to 741741
- Statewide Crisis Line: 1-800-332-4224
- National Suicide Hotline: 1-800-784-2433
- UNI Police: 319-273-2712
Simply “I Do”

simply-ido.com
(319) 277-1117
3205 Hudson Rd.
Cedar Falls, IA 50613
GOING
BACK TO YOUR
ROOTS
Considering your skin serves as the strongest natural barrier protecting you from both internal and external toxins, it is crucial that your personal skincare routine is made to benefit your needs. It should work in tandem with your natural beauty and stem from your roots, unique features, and highlight what makes you feel radiant. Men and women alike often struggle to find what products are the best fit to meet their individual demands. It is important to remember that not all current trends are suited for every skin type.

Located in Downtown Cedar Falls, Root created a “Pretty Blog” where they posted Your Guide to Natural Flawless Skin. Root prides itself in its natural, organic, non-toxic, cruelty free, vegan, and gluten-free beauty products, and their skincare essentials are no exception. With millions of products on the market, many slack on skin care due to the confusion and expense that comes with it. Krista Dolash, the Founder of Root, created products that are applicable for all unique skin types. These products are perfect to use for a base in creating your own unique skincare routine. The Beauty Sleep Perfecting Serum, is made of six organic ingredients to work as a moisturizing, oil production balancing, skin brightening, and acne and inflammation calming product. Next, the R&R Makeup Remover made of argan oil, grapeseed oil, aloe, and green tea leaf extract works to soothe and tone skin. Organic Peppermint Toner is gentle for sensitive skin, but also works with inflamed and dull skin to brighten and refresh the face. Dolash also created skin care lines that are formulated for aging skin, oil and acne prone skin, and sensitive skin. All of Root’s products contain essential oils, which is another natural skincare remedy.

It is imperative for college students to understand that exaggerated emphasis on product use will not solve everything. Natural essential oils are a simple way to restore beautiful skin. Oils have quickly taken over the cosmetic industry and are approved by countless skincare providers. There is an overwhelming number of pros to using oils. The largest being the advantages for those struggling with stress, anxiety, or depression. After much research and trial and error with numerous essential oil brands, Young Living Essential Oils, has left a noticeable impression. The effortless results of using their oils is proved through the quality of each product produced. Young Living’s Lavender oil is not only perfect for working with your Amygdala gland (the emotional realm of the brain), but is also perfect for acne, scars, burns, and when mixed with Chamomile, can treat eczema. Lavender is proven to be one of the best products for taking on the negative outcomes anxiety and depression create. Ignoring mental health concerns can worsen skin issues like acne and eczema, and Lavender based oils are a perfect way to combat all of these issues with a single product. Using essential oils may still be controversial to some, but again, skin care is all about finding a unique routine that works for you.

**CHECK OUT ROOT BEAUTY**
Website: https://www.rootpretty.com/
Instagram: https://www.instagram.com/rootpretty/
TATTOOS: FROM SUBCULTURE TO POP CULTURE
IN A WORLD OF CHAOS, art is a form of creativity that works to help keep us sound. Art brings emotions and feelings focused in on anything the artist finds relevant, but in the realm of tattoos, individuals are considered the artists. When tattoos are expressed as a form of art, it reminds us that art is anything we believe it is. The idea that we have the ability to emit feelings and transform our skin to reflect our individuality is powerful. Still, it feels “rebellious” or “too reckless”, especially when concerning the workplace. However, the mindset of society has the capability to change. Shaping our body into a piece of art provides endless opportunity for diversity and beauty.

INTERVIEW WITH JORDAN CARUSO:
UPRISING: What was your first tattoo and is it your favorite?
JORDAN: The one on my side back. It has a lot of meaning, but it’s not my favorite. It’s a quote from my favorite book, Withering Heights.
UPRISING: Do your tattoos with meaning matter more than your others?
JORDAN: They are equal.
UPRISING: So you don’t think tattoos need meaning?
JORDAN: I think it’s good for your first couple to having meaning behind it, but after that you kind of just like them, and keep getting more.
UPRISING: Have you ever felt the stigmas around having tattoos? Do you feel like you can’t accomplish the career goals you have because of your tattoos?
JORDAN: No, I work for my dad right now so that helps. At my last internship at MONSE they didn’t care. They are a lot more lenient than other places now, so I haven’t felt that, no.

INTERVIEW WITH TATTOO ARTIST, ZACH WAYNE:
UPRISING: How old were you when you got your first tattoo and what did you get?
ZACH: I got my left half sleeve tattooed the day after my 18th birthday.
UPRISING: So you started with a considerably sizable tattoo!
ZACH: Yes! I knew I would get a few, so I started out large.
UPRISING: What was the first tattoo you tatted on someone else?
ZACH: I did a super traditional American Swallow on one of my buddy’s calf.
UPRISING: How did getting your first half sleeve lead you to tattooing most of your body?
ZACH: When I was graduating high school, I was seeing how so many people got their names out there in Des Moines. They were all tattooed so I already knew I would get several and then I got my half sleeve, then my chest piece and then my full sleeve and then... kind of downhill from there. I got a tattoo every other week for the first two and a half years.
UPRISING: What was your favorite tattoo you gave to someone else?
ZACH: I just tattooed a drawing my nephew made, of my sister’s dog, on my sister like a week after her dog passed away so that was super fun.
UPRISING: Have you ever felt like you have missed out on a job opportunity because of your tattoos?
ZACH: Yes, I’ve been demoted, and not hired because of my tattoos.
UPRISING: Were you nervous when you got your first tattoo because of the stigmas in the workplace?
ZACH: Oh no! I didn’t even think about it. I knew every job I would get would have to be cool with me having tattoos because I wanted them so bad.
UPRISING: What significance do tattoos have to you?
ZACH: As in what tattoos mean to me as an artist? Okay. It’s super fun to help someone out in whatever way they want to express themselves for the rest of their life. Uh, all the tattoos I know people want done, even if somebody brings in a drawing of what they want, I always work with them and try and add a little of my own flare into it. Indefinitely, everything I do will be unique and super fun, and getting to go through that journey with someone else is amazing.
UPRISING: Last question: Have you ever messed up on someone else’s tattoo?
ZACH: [laughing] No, I always am super thorough with spell check and have them check it, so I have never misspelled anything, or messed anything up. I am also still just apprenticing though.