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In fall of 2015, Uprising Magazine was established with a handful of members interested in fashion. We have now grown to over 20 members with dozens of different majors, and because of this, the role of Editor-in-chief was redefined. All members of our all student-run magazine, including the editors, do jobs far exceeding their position title. It was quickly discovered that instilling co-editors rather than a single editor would increase the productivity and success of the magazine. In our Fall 2018 issue, this has been proven true.

We have worked diligently to improve on the areas of journalism, fashion, and photography within this sixth issue of Uprising. New members brought new talents and expertise giving us the opportunity to incorporate more into this issue. We explored creative writing through poetry and produced video content for the first time in our magazine’s history. With background footage and interviews from Uprising members, we hope this content will help others understand our purpose: ‘giving a voice to the voiceless’ and bringing fashion, art, and awareness to our campus community.

In light of our current political and environmental climate today, we know this magazine is important to our readers and our content needs to be relevant and accessible. We will never stop pushing the envelope and starting the conversation on tough topics as: "Humanize My Hoodie", violence against women, sexism, and substance abuse. We are so thankful for all those who have helped contribute to this incredible issue and can promise all our readers that we gave this issue our all. From late night editing, early morning photoshoots, extensive critiques, overwhelming amounts of caffeine, and messy buns, we thank you for your continued support to, ‘Join the Uprising,’ and present to you, issue number 6.

We did the damn thing.

Kennedy Elliott
Co-Editor in Chief

Darcy Bertolino
Co-Editor in Chief
Dua Lipa’s music video, “New Rules”, inspired our Women Power shoot. Her use of flirtatious, pastel scenery is contrasted by a lack of emotion and expressions, all recreated in our own editorial. “New Rules” is a top charting pop anthem empowering women. This theme reinvents the mix of soft colors and rosy cheeks with stone cold expressions. Our editorial hopes to represent the fight against falling back in love with an undeserving man, once again.
Dress: Target
Blue Matching set: Matilda Muse
Black Tracksuit Matching set: Target
Pink top and skirt: Target
Robes: Robemart Store
Socks: Hanes
On the outskirts of Grand Teton National Park in Northwest Wyoming, Diamond Cross Ranch was the base for inspiration Kanye West used to spark creativity in the Spring of 2018. This quiet and captivating escape, located in Jackson Hole, Wyoming, delivered the scene for Kanye to produce 5 collaborative albums. Now referred to as the “Wyoming Sessions”, A-list recording artists Pusha T, Kid Cudi, Nas, Teyana Taylor and many more flew in to meet with Kanye and work towards releasing five albums over the course of five weeks.

On May 23, G.O.O.D. Music President Pusha T released the first of these five albums from the “Wyoming Sessions,” titled *Daytona*. On his best album to date, Pusha delivers aggressive bars over Kanye’s bass-heavy samples. On standout tracks “If You Know You Know” and “What Would Meek Do?” the rap veteran addresses several issues surrounding his ongoing feud with Drake. The artwork for the album itself caused quite a controversy. A distorted and filtered picture of the late Whitney Houston’s home bathroom serves as the cover for *Daytona*. Although this disappointed members of the Houston family, Kanye spent $85,000 of his personal money to license the photograph of the distressed artist’s home from her estate. The meaning behind the cover is to showcase the chaos that comes with drug abuse. Pusha T has a long history of dealing with drugs and isn’t too shy to talk about it. Pusha loves to reminisce about his drug dealing past and boasts about the lavish lifestyle this brought him. *Daytona* is a perfect culmination of trap music and the highest level of production available.

Ye is Kanye’s shortest album [coming at only 24 minutes long], released on June 1st, and is his most personal album to date. The album dropped just weeks after his infamous *TMZ* interview, which led to backlash because of his comments relating to slavery and free thought. Kanye touches on many topics surrounding his personal life and the effects he has made as a musician and fashion designer. He starts the album with a track titled “I Thought About Killing You.” In this track, Kanye dives into his struggles with mental health. He elaborates on the pressures this produces in his everyday life in regards to being responsible for a family, a fashion label, and a record company. The artwork Kanye chose for *Ye* was simple. He used a picture he shot on his iPhone, which he took on his way to the album listening party located in the mountains of Wyoming. He also includes a text reading, “I hate being bi-polar, it’s awesome.”

It is evident throughout the album that Kanye experiences contradicting thoughts and is trying to manage them through medication and professional help. Kanye has experienced his fair share of ups and downs when
dealing with the public. This will affect a person on such a deep level that they may turn to negative outlets. One of the negative escapes Kanye utilized was opioids, at one point taking up to seven pills a day. A friend told him, “These are what kills genius”. This is when Kanye realized, creative expression, whether it be music or fashion, is a healthier escape. On tracks “Wouldn’t Leave” and “Violent Crimes,” Kanye acknowledges that his family is what is the most important thing to him. Kanye is usually pictured as an outspoken and radical musician and this is again evident with Ye, this time though the message is purely one of love.

Kids See Ghosts, was the third album coming from Wyoming, a collaborative album between Kid Cudi and Kanye West. Kids See Ghosts is what the duo named themselves after making their first album together, which was self-titled. Kanye and Cudi have had a personal relationship dating back to 2008 when Kid Cudi assisted Kanye with vocals for his 808s & Heartbreak album. Since then, the two continue to provide amazing songs including hits like "All of the Lights," "Erase Me" and "Father Stretch My Hands Pt. 1." This is the most exciting album that the two have been a part of. Their chemistry while working on music is unlike any other rap duo, in a way that compliments each other’s dark but soulful styles.

The fourth of the five albums was legendary rapper Nas’ long-awaited album, Nasir. With this being his eleventh studio album, Nas is noted as one of the most talented MC’s in rap history; often being held in the same light as legendary rappers Tupac and Biggie. Nas comes with no-nonsense raps about the issues African-Americans face every day. “Cops Shot the Kid” featuring Kanye, details a series of thoughts the two artists have on police brutality. Nasir also features rap mogul Puff Daddy and singer The-Dream.

K.T.S.E. is the final album in the series of Wyoming tapes and the second album by Teyana Taylor. Keep That Same Energy is the only album out of the five Wyoming albums to have eight tracks instead of seven. Teyana has been gaining popularity as an R&B artist and dancer since 2007, and in 2012 she signed to Kanye’s G.O.O.D. Music record label.

More recently, Kanye made an appearance on Saturday Night Live as a musical guest, paid a visit to President Donald Trump at the White House, and is now spending time in Uganda, Africa working on his latest album. Yandhi is set to drop on November 23rd, Black Friday 2018. Chance the Rapper and Ty Dolla $ign have also been rumored to be working on their own Kanye-produced albums.

Be sure to check out Kanye’s five albums, and be on the lookout for the three anticipated to drop later next year.
“Paper or plastic?” A question you’ve been asked hundreds of times, most likely without thinking about the long-term effects of single-use plastic. Ocean Crusaders, an online education program based on bringing awareness to plastic in our oceans, states that there are nearly 5.25 trillion pieces of plastic within our oceans. These numbers are caused by shoppers using nearly 500 billion plastic bags per year. Ocean Crusaders states that these shocking numbers of single-use plastic bags, “Translates to about a million bags every minute across the globe…”

According to the UN Intergovernmental Panel on Climate Change, “We have just 12 years to avoid climate change disaster.” Leading scientists on the IPCC announced that global temperatures must remain between 1.5 degrees Celsius and 2 degrees Celsius in order to prevent further damage to animal habitats, coral reefs, and rising global temperatures. To achieve this goal, actions must be taken before the year 2030.

Plastic is killing sea life, ruining the environment, and starting a conversation that is long overdue. According to Biological Diversity, it takes 500 years, or more, for a plastic bag to break down into smaller components. Stores across the globe are starting to charge fees for using plastic bags. This is with genuine intent that people will choose alternatives such as reusable bags or paper bags, rather than plastic, which will stay in our environment for generations to come.

Earlier this year, Starbucks announced that by 2020, straws would be a thing of the past as they move forward to adopting environmentally friendly alternatives. Although the full transformation will not be completely visible in all stores until 2020, some stores have already implemented cups that do not require straws and some also provide biodegradable cups. Starbucks invested in a $10 million plan to introduce compostable cups, in attempts to eliminate billions of straws worldwide. In an interview with NPR, Kevin Johnson, the president of Starbucks stated, “For our partners and customers, this is a significant milestone to achieve our global aspiration of sustainable coffee, served to our customers in more sustainable ways.”

USA Today dubbed the movement as, “The War on Plastic Straws.” Behind the statistics are the heart wrenching photos of sea turtles with plastic straws stuck in their noses, which rightfully motivates consumers to ditch plastic straws. As an economy, this has greatly affected fast food chains, such as McDonalds, and how they are searching for earth-friendly options that won’t cost innocent animals their lives.
In retrospect, discontinuing the use of plastic straws alone is not enough to save our planet. According to Greenpeace, approximately one truckload of garbage enters our oceans every minute, 365 days a year. Corporations play a large role in contributing to these copious amounts of waste by producing and selling products that are composed of single-use plastic. Companies who primarily produce plastic bottles, such as Coca-Cola, must be held accountable for their everlasting plastic footprint. Unfortunately for our planet, it is quite simple for giant corporations to developed direct campaigns that distract consumers from the damage they are causing by purchasing plastic products. Very few people think of the consequences while purchasing their daily soda, which is exactly what companies like Coca-Cola appreciate, ignorance.

In order to save our planet, proper recycling of plastic is both necessary and vital. Unfortunately for the planet, companies are most likely to turn to plastic because of the low-cost of production. The American Chemistry Council states, “The environmental cost of using plastics in consumer goods and packaging is nearly four times less than it would be if plastics were replaced with alternative materials.”

Although companies contribute to most of the pollution in our world, there are still ways individuals can help reduce their plastic footprint. Acknowledging the catastrophic dangers of single-use plastic in a consumer’s daily life, can help create a better world for generations to come. Simply put, the less plastic we use, the less pollution will be dumped into our oceans and environment.

The bottom line, ignorance is not bliss. If consumers do not start taking action today, they will start to feel the affects many other people already feel around the globe. What can you do today to save your world tomorrow?

Here are 5 tips from the Green Education Foundation to reduce your plastic use!

1. Lessen your use of plastic straws in restaurants, and better yet, purchase a reusable straw!

2. Because it can take 1,000 years for a single plastic bag to disintegrate, consider bringing your own reusable bag.

3. Instead of using plastic lights, choose matches!

4. Purchase boxes versus plastic bottles; juice and laundry detergent are great examples!

5. Opt for a razor that has a replaceable blade head versus using a disposable razor.

“IT’S JUST ONE STRAW, IT’S JUST ONE DISPOSABLE CUP, IT’S JUST ONE PLASTIC BAG.’ - 7.4 BILLION PEOPLE.”
- JORDAN COOMBE
Men have been fined more often than women for every code-of-conduct violation, except for coaching.

According to data collected from the Australian Open, French Open, Wimbledon, and US Open tournaments held between 1998 and 2018.
Statistically speaking, many critics would say there is no recorded evidence to prove the prevalence of sexism in the world of tennis, but ironically, these same statistics are actually the proof themselves. Although analytically, men are fined more often than women, this is because of two significant factors that need to be taken into account.

The first part of this two fold investigation is, according to Daily Mail, “Women spend 40% less time on the court than men.” This gives men a greater opportunity for acquiring penalties resulting from their increased amount of playing time. In singles matches men play best of five matches, while women, on the other hand, only play best of three.

Secondly, it is revealed in Daily Mail that men are given more slot opportunities. This accounts for 25% fewer female athletes given the chance to be on the court.

“If we take these two factors, fewer women spending less time on court, into account, the disparity in fines for violations between men and women decreases considerably,” reported Daily Mail. “However, what it doesn’t do is show that women are actually fined more often than men[...]”

The evidence is in the matches. The evidence is in the fact that women don’t get as much play time compared to men. The evidence is seen through the players who have stayed silent until Serena Williams made her mark on September 8th, 2018.

After the 2018 US Open, spectators were left in shock. Serena Williams, who was looking to win her 24th Grand-Slam Tournament, lost to Japan’s 22-year-old, Osaka.

Williams was first given a warning for receiving coaching from her longtime coach, Patrick Mouratoglou. Next, she was taken away a point for smashing her racquet, and finally, she was docked an entire game because of her proceeded outburst.

After being dealt three code violations from the infamous umpire Ramos, a highly respectable and well known umpire in the tennis world, Williams reacted in the same way any passionate athlete would react.

“You stole a point from me, and you are a thief!” Williams shouted at Ramos after the penalty occurred.

Serena knew from an early age, her race and gender would play a role in her athletic career. Being a woman raised in Compton, New York, she is seen worldwide as an idol for climbing up the ladder of society. Serena Williams has been an advocate for feminism since she started tennis, and even more now that she is the best athlete in the world. Serena, herself, gives power to the word ‘feminism’. She embodies this power, working as an advocate for equality.

“I do think there is some sexism in tennis, even the men brought it up,” said Billie Jean King, an equal rights advocate and a former professional tennis player, in a CNN interview. “... Murray, Djokovic, they do think the men get away with more. They just do, because men are outspoken when they stand up for themselves, and women are looked at as hysterical. We are not, we are also speaking up. You look at interviews in the old days, we are much softer spoken, much more like Osaka [Recent US Open winner] is now. Back in the ’70s, we had to be so careful. It is different now, women are standing up. They don’t care anymore. If they are going to be outspoken, and have their opinions, it is good. People have a hard time accepting it.”

Serena took a chance and dealt with the repercussions she was handed. In no way were her actions or behavior appropriate, but when a woman is fighting to go down in history as one of the best of all time, emotions are high. So when the best athlete in the world, Serena Williams, is challenged by an umpire, it draws attention, and a lot of it too. Despite Williams’s remark and the publicity behind it, many men, specifically in the history of tennis, have done and said the same, or arguably worse, outrageous things without ever receiving a penalty. Take John McEnroe for example. He is widely known for having one of the worst tempers in tennis. Although he does occasionally get penalized for his actions, Mcenroe, along with many other male tennis players, typically fly under the radar.

Billie Jean King spoke out about her thoughts upon the match via Twitter. “When a woman is emotional, she’s ‘hysterical’ and she’s penalized for it. When a man does the same, he’s ‘outspoken’ & and there are no repercussions. Thank you, Serena Williams, for calling out this double standard. More voices are needed to do the same,” King tweeted.

Serena was chastised for rightfully standing up for her beliefs after receiving these penalties. In a male dominated sport, it is hard to create a voice loud enough for people to see the truth. Serena’s outburst was not just her voicing anger with an umpire, but a cry for equality. Despite being penalized, she did not back down from what she believed in, even if it came at great cost.

This match will go down in history and it’s not for the fact that Serena was defeated, but because she didn’t stay quiet. In a world where so many women stay silent when faced with sexism, Serena made it clear that she will be a voice for those who can’t speak up.
This fall, we wanted to take a fresh look at fashion. Inspired by minimalist ideals, warm & crisp fall tones are highlighted using a white backdrop. Escaping to simple fashion allows everyday beauty to become a focal point and reminds us for the need to reset to a more natural way of life.

Crop sweater: Aritzia
Shoes: Doc Martins
PHOTOGRAPHY JORDAN ALLEN
DESIGN MADELYN STILLMAN
wind whispers in my ear
as i walk down the grey, leaf-scattered sidewalk
i shiver and pull my hood higher
in a failed attempt to drown out the silence.

eyellow leaves quiver in the trees,
spilling leftover raindrops onto my green jacket.
i brush them off and walk faster.

the earth smells of rain
the chill in the air taps me on the shoulder
and smothers me with memories—
memories of the rainy october night
that you picked me out from across the room
and sat too close to me on that flowered couch
the night that things would never be the same.

i am still haunted by the memories
that you so kindly left me with,
the stale happiness
the second-hand affection
your sweet empty promises.
i want to thank you for the pleasant memories
chaotically intertwined inside my head.

i thank you
for all the nights that i spent getting drunk,
trying not to think about you
the nights i spent sitting on the dirty brown carpet
with my hands in my hair
wondering what to do
without you here

thank you for showing me that i can do anything,
like cutting a damaged thread
before the three-year mark
or letting a stranger leave ink-filled scars on my arm
or running outside and dancing to songs that i don’t
even know
while throwing back drinks that burned my throat
and playing with smoke that stained my tongue.

i shake the thoughts out of my head
as i flatten leaves under my boots.
the wind whispers again
and i think to myself
that if i could go back
to that rainy october night
i would have just stayed home.

by Johanna Garnes
“I have had a passion for art for literally all my life, and my parents were very supportive. I have considered other paths in life, however, art was always the right path for me.”

Kopriva, a 21-year-old artist from Traer, Iowa, will graduate in Spring 2020 with a degree in Art Education and a Bachelor of Fine Arts degree in Studio Painting. After graduation, she plans to teach elementary students and eventually become a professional painter. She soon after added, “But plans change, whatever happens will happen.”

Kopriva currently spends her time painting close up views of different objects and painting in photorealism, which is where an artist studies a photograph and then attempts to recreate the photo as realistically as possible in a different medium.

However, she finds impressionism, an art movement that rejects the rigid rules of art and showcases a new way to observe the world around them, as also being appealing because of the large amounts of one solid flat color, and because impressionism has a variety of color marks that make up the painting as a whole. The different textures of the paintings also fascinate her.

During her creative process, Kopriva tends to take large amounts of photos and researches artists for inspiration. She is specifically drawn to reflective surfaces such as aluminum, water, and crystals. She will usually work from a photo she has taken and then recreates the photo by painting it on her canvas. Photorealistic paintings require a lot of fine details, so she makes any changes needed along the way. The amount of time Kopriva tends to take on her pieces varies on the painting she’s creating. A painting could take a day, or more commonly, a couple weeks to create. Once she reaches the end of her process, Kopriva really enjoys critique from others. She understands constructive criticism is a vital step in the creative process.

“When I feel comfortable with a painting and it no longer needs my attention, I am finished,” said Kopriva.

Check Out Rachel’s Art Instagram Page: @rachelkoprivaart

Rachel Kopriva found a love for art at a young age. Kopriva idolizes artists like Marilyn Minter, painter and photographer, and Kehinde Wiley, a naturalistic painter, for their photorealistic paintings and the intricate detail and dedication they have to their paintings. Richard Renaldi’s creative approach to his photos, asking strangers on the street to pose together intimately, also shapes Kopriva’s personal work.
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GET YOUR BUSINESS ADVANTAGE FOR LIFE
This fall we take you *Back to the Future*—a time of childhood nostalgia and nights spent at the arcade playing classics such as *Pac-Man* and *Space Invaders*. Metallics are one of this season’s most electrifying trends, and Uprising shows how to play up this fall.

*PHOTOGRAPHY* ISAAC HACKMAN | *DESIGN* ELLEN HOLT
Jumpsuit: Charlotte Russe
Sunglasses: WOWSUN
Red skirt: SJWIN
Mesh white top: Charlotte Russe
You never needed to stay
and I'm glad you didn't

I look better...

without you

BETTER OFF
WITHOUT YOU.
HUMANIZE MY HOODIE

WORDS LILLIAN TEATER
DESIGN LIBBY SCHWERS
On Saturday, July 3rd,
George Zimmerman was read his verdict. According to CNN, Zimmerman was congratulated after he was read his not guilty verdict in the death of Trayvon Martin, a tragedy which shook the nation. Due to his skin color and dress, incorrect assumptions were made by the community-watch member who ended Martin’s life too soon. Similar situations began to come to light and personal experiences with threat perception, police brutality and discrimination were revealed. One of those experiences coming from the founder of the “Humanize My Hoodie” Movement: Jason Sole.
Jason Sole, 39, grew up on Chicago’s South Side surrounded by drugs, gangs, and violence. His family life was structured by a heroin addicted father, and a young mother who had her first child at 16. Despite her unplanned pregnancy, Sole’s mother continued going to school and received valedictorian of her high school class. Sole’s mother worked hard to keep Sole on track, but with no success. At the age of 14, the same day Sole bought his first gun, he also joined a street gang where he turned to drugs to survive day to day. These choices led to three felony convictions and incarceration in numerous correctional facilities.

Through Sole’s eyes, his childhood was a reflection of a broken social system. Even if the events in his life did not transpire the way they had, Sole speculates that society has set him up to fail. Sole describes his home life as being, “Crushed by the criminal justice system.”

Determined to turn his life around while incarcerated, Sole read every book by black authors that he could get his hands on. Sole read about poverty, housing, education, and incarceration all linking back to ‘systemic issues’. Once released, Sole pursued a bachelor of arts degree, a master of science degree, and finally, wrote his dissertation while working toward a doctorate in criminal justice. In addition to working as a professor at the Metropolitan State University in Saint Paul for the past nine years, Sole is also a national keynote speaker, national trainer for One Circle Foundation, and is President of the Minneapolis, Saint Paul, NAACP or National Association for the Advancement of Colored People. Sole is also the founder of Jason Sole Consulting where he provides tools for juvenile and criminal justice agencies to help those affected by incarceration. Sole works diligently to be a transformational leader, instilling change in people and the system which governs citizens everyday lives.

An idea came to Sole while thinking of creative ways to teach criminal justice to his students.

“I just want to do something different,” said Sole. “I want to teach my students criminal justice, but I want to rock a hoodie the whole semester while doing it, so I stacked up some books on my dinner table, I threw on my “Black Lives Matter” hoodie... 5,4,3,2,1 took that picture, shot it out and once we put it out there the reaction was so strong people from New York, people from London, I’m like geez! And at that time, Andre reached out...”

While scrolling through his Facebook feed, Andre Wright, a University of Iowa graduate and designer and CEO of his own fashion label, Born Leaders United, found something inspirational. Wright saw promise in this idea Sole had explained through his post and wanted to build on it.

“When I saw that post on Facebook,” said Wright, “I immediately thought, we got something and I had been wanting to work with Jason for a long time, [and] his message and everything that he was doing was already empowering, so as a brand owner, someone who is already in the fashion industry, I knew that the industry was going more towards fashion empowerment and when he made that post, it was like, man, it was easy for me to gravitate to it and say,
Through their collaboration, “Humanize My Hoodie” was born. The design of a classic hoodie in about 9 different colors with the bold uppercase letters “Humanize my Hoodie” came alive. Joining in and contributing to this movement and its positive impacts was simple, wear a sweatshirt with the words “Humanize My Hoodie” written across the chest and watch what happens. However, the meaning and effect of this movement digs much deeper.

In the words of Wright and Sole, “If you are black and you are wearing a hoodie, you are considered a threat. We want to help de-stigmatize clothing trends associated with people of color.”

Founders and supporters hope that this movement can be used to change stigmas and negative connotations surrounding all types of people. Those participating are challenged to think about times when they have consciously or subconsciously thought, acted, or assumed something on the sole basis of someone’s appearance. Participants must recognize this problem within themselves and those surrounding them. The founders challenge youth to step up and start this movement in their city. While choosing to wear one of these hoodies may seem small, the steady spread of this movement displays its power.

UNI faculty, students, and staff have recognized the importance of the “Humanize My Hoodie” movement. Students can even find President Nook wearing his hoodie around campus. There is no social class, skin color, or age that defines this movement. There will be a Humanize My Hoodie Exhibition on campus to start the week of MLK day and go through the month of February in honor of Black History Month. Founders Jason & Andre will be here at UNI and have an opening reception.

If you are interested in buying a hoodie and joining this movement, visit www.bornleadersunited.com/humanize-my-hoodie. If you would like a UNI branded hoodie, contact the Center for Multicultural Education at cme@uni.edu. “Humanize My Hoodie” gives supporters a chance to dress for change and watch the powerful effects unfold.
When fans remember Mac Miller; his ever present smile, his silly nonchalant behavior, and a distinct witty and poetic rap style come to mind. Through Mac Miller's 5 commercial albums, his energy, passion, and love for his craft can be heard in every offbeat rhyme and mellow rhythm. Mac Miller was born in Pittsburgh, Pennsylvania and grew up developing his very own iconic style of rap. His use of light hearted and bouncy tracks echoed the style of funk rappers back in the late 1980s and early 1990s. His ability to switch from one topic to another and change his cadence and diction without ever stopping a consistent flow, helped him produce five top 10 albums and many high charting singles in his 10 years of music. This poetic rap style, full of crisp diction, made Mac Miller an incredibly popular oddity in modern rap.

The beginning of Mac Miller's career focused on fast and catchy beats, clever word play, and content focused mainly on parties, women, and having a good time. As his career progressed and his popularity increased, he started to revamp his lyrical style at the same time as he battled the challenges that came with stardom. His albums, The Divine Feminine and Swimming are a culmination of these changes.

Throughout his career Mac Miller was open regarding his struggles with depression, sobriety and the pressures that came with fame, but often times his reality would be hidden behind his playful personality. Near the middle of his career, Mac developed an addiction to 'lean', a mix of Codeine cough syrup and alcohol, and this ongoing battle
Mac Miller made music for people needing positivity in their life. Although he was fighting his own battles, he wanted to make music that made other people happy. Mac Miller was, for a lot of his fans, the first musician to rap about the realities in young people’s lives. As Mac grew up, his fans were right there with him. To almost all his fans, Mac Miller was an escape from reality for those who needed one, and his death was like coping with the death of a friend rather than the death of a celebrity. He was able to do something many artists could not: give the world songs that they could “Smile Back” to, while still letting his listeners know they were not alone. Although Mac Miller has passed away, he leaves behind volumes of support, happiness, and energy that can still affect the world in a positive way. So, listen to Mac, cherish your loved ones, and make every day The Best Day Ever.

eventually led to Miller’s death on September 7th, 2018. According to People Magazine, Miller had gone into cardiac arrest due to a drug overdose. He was later found in his home in Studio City, California.

Mac Miller’s death was a tragic and shocking event in which the rap community lost one of its greatest young talents. While it is still hard for many to come to terms with, it started a conversation around mental illness and addictions. Many times, these tragedies are kept as a family secret, but once one person finds the strength to open up, it can be shocking how many men and women struggle with this daily. Being open about addiction and mental illnesses is crucial to the health of friends and family. Small steps such as checking on your friends, reaching out to someone in need, and being there for the ones you love is so influential to those affected.
come back here and crawl in this bed
tell me pretty things and trace my skin
draw that heart on my chest like you always do
and remind me when you do it
so i’ll always think of you
hold my hand tightly
and leave your imprint
so when you decide to leave
at least i have part of you left
whisper me things that i’ll never forget like
“i promise i’ll love you even after i’m dead”
this love is endless and restless indeed
and the only thing i see me stuck on is this heart you gave me
because you ripped out every edge that held it all in one part
and you placed it in my hands with a smile from the start
i’m not good at blood
or keeping things alive
because half my life
i’ve been trying to figure out how to survive
and what i’ve been doing still doesn’t make sense
but i know your heart is something i want to sit down and rinse
examine every part
without hurting what’s inside
figuring out who you are
with the hopes of you coming out alive
you trust me with your all and your love is so pure
the way that you are
brings me to tears but no one understood
because something so beautiful can’t love something like me
i’m a monster
a disaster
a tragedy you see
and you’re a star
a place like mars
a cosmic galaxy
a whirlwind of perfection
blasting against imperfection
and i will never be perfection
because i was created perfectly imperfect
and i’m truly sorry for all that’s been done
but just think of me like the sun
i’m not always shining and i’m not always there
but behind those clouds i’m watching and i’m aware
so you can close your eyes and let out your skin
and i’ll kiss you all over
if you dare let me sin
the world won’t have to know about your sun kissed skin
and that i am the secret behind all of it
just know that i am here
and i love you so
and i’ll never forget how you traced little hearts and told me
you’d never let go
Women experience a loss of control over their own lives everyday.

In many instances, women are told how to dress, what to say, how to act, and scolded when they make decisions which differ from the social norm. From large cities to small towns, women of all shapes, sizes, ages, and sexual orientations experience this without exception. However, out of the few women who have never experienced violence, most remain too optimistic, thinking these things could never happen to them. Piggybacking off this distorted reality, most people also cannot imagine this happening to a woman close to them. In just the past four months alone, we have seen violence to the furthest degree against three different women. Two women murdered in Iowa, and one from the University of Utah, right in the midst of writing this article.
The first violent case which sparked this conversation, was on July 18, 2018. Mollie Tibbets, a female student at the University of Iowa, was murdered after she was abducted on one of her regular jogs. The young woman’s body was found weeks later in a cornfield outside of Brooklyn, Iowa.

According to ABC News, her killer Cristhian Bahena Rivera, claims that he remembers her pulling out her phone and telling him she would call police if he did not go away. Rivera claims when he is upset he ‘blocks’ his memory. He explained to ABC News that he did not even realize Tibbetts was in his trunk until he saw her headphones on his lap. He looked at Tibbetts in his trunk and saw she had blood on the side of her head. Then he carried her to a cornfield where he had left her to die.

Following this tragedy, on September 17, 2018, Celia Barquin Arozamena’s, a female golfer and alumna from Iowa State University, bore the same fate. Arozamena was murdered after suffering multiple stab wounds to the torso, head, and neck. She was attacked in a place where she had previously felt most comfortable, a golf course in Ames, Iowa. Arozamena was murdered while doing what she loved, and according to the Des Moines Register, Story County Attorney, Jessica Reynolds, said authorities believed this crime to be ‘another random act of violence’.

Most recently, according to CNN, on October 22, 2018, Lauren McCluskey was shot dead by her ex-boyfriend while on the phone with her mother. She was a track athlete at the University of Utah. McCluskey, 21, previously reported harassment by former boyfriend, Melvin Rowland, age 37. Rowland had lied to McCluskey about his history including his name, age, and criminal background as a registered sex offender. Observing only 3 of the several cases taking place within the past 4 months, evidence exemplifies why women are afraid to live their everyday lives. Being a woman, alone, gives them enough qualifications to be the next victim.

The Violence Prevention and Action Center at John Carol University, stated that 1 in 6 women and 1 in 19 men in the United States have experienced stalking during their lifetime. Stalking is just one form of harassment that occurs, even here at the University of Northern Iowa. In 2017, there were 35 reported instances of stalking, 5 reported cases of dating violence, and 8 reported cases of a combination of rape and fondling at UNI. It is safe to conclude that feelings of unwanted contact and uneasiness is something that is happening not just nationwide, but on our campus as well. This type of behavior is happening to our friends, neighbors, classmates, and colleagues.

Erika Bailey, a senior at the University of Northern Iowa, explained a time when she had felt unsafe while she was alone with a male acquaintance. He had been persistently showing interest in her, and refusing to stop even though Bailey had directly stated she was not interested.

“[… I can’t remember if I felt scared. I don’t think he would’ve made advances and like wouldn’t listen to me say no, even though he was really persistent. […] I remember thinking, ‘Okay, if he’s gonna grab me, where am I going to hit him? What am I going to do?’ So that was a very weird experience, and it made me think of him in a very different light” shares Bailey.

Jaylee Knowes, a Freshman at the University of Northern Iowa, spoke about how she handles situations where a woman she is pursuing is not interested in her. When this happens, Knowes recognizes this and moves on.

“[There was one girl, recently, that I stopped pursuing because it was obvious that it was not working out. Things were going pretty okay for awhile, and then we tried to make plans to hangout [and] she would flake,” said Knowes.

Although violence does not exclusively prey on women, and men are not exclusively perpetrators, in Knowes experience, she had encountered a much different experience when she was uninterested in a man pursuing her.
“[...] I went to Sharky’s one night and I was dancing on the dance floor and some guy came up to me and grabbed my belt loops and I politely unhooked his hands and kept dancing [...] guys just assume I’m straight and so they come up and dance on me,” said Knowes. “I don’t care for a man to come up to me and buy me a drink [...] [but] I don’t want them to get the wrong idea if they’re buying me drinks, I don’t want them to think, ‘Now this girl is gonna do something with me’ [...]”

Even though these students did not experience as traumatizing and life threatening experiences as the young women who lost their lives, it shows this is a problem, no matter the extremity behind it. No one should live their life in fear. Unfortunately, in most cases, women prove to be most commonly feeling this fear for their life.

Trey Newton at the University of Northern Iowa, discussed his thoughts on the current climate across UNI’s campus and how men either contribute, or are an active advocate against sexual misconduct surrounding the issue of women’s safety. Newton agreed that there is a problem in today’s society, and highlighted a major flaw in society’s ideas about gender relations.

“A lot of women I know on campus have pepper spray,” said Newton, “And I think about that all the time [...]”

Ask any woman on campus, and there is a strong chance she is carrying some sort of protection device. Whether that be pepper spray, or just creatively holding her keys, this is just once instance where women, because of violence, have to live their life differently than men. And Newton believes this may have something to do with male and female power dynamics.

“Personally, and especially crimes against women [...] – I think it’s a power thing [...]” said Newton. “They just have something in them where they need to be dominant [...]”

It can be argued that society has made it seem as though sexually derogatory comments against women are accepted. Newton supports this debate.

“Yeah it happens all the time,” said Newton [...] . If I’m passing a girl, and she may look really good, [...] one of my friends might be like, ‘Somebody has to get on that.’ [...] When guys, [...] say somebody has to ‘Get on that’, they usually mean she’s really pretty.”

Other slang words such as: ‘get her’, ‘hit that’, and ‘smash’, add to an aggressive and possessive ideology that women are just objects. Understanding how men and women’s daily life are affected by this societal norms is a step in the right direction.

The odds of finding a concrete way to end violence against women is slim. However, society can take steps in order to get better. Women have a right to feel the same sense of safety that men feel everyday. We must start by educating youth at younger ages on topics of safety, equality, and humanity, all while becoming more aware of our own actions and what we can do personally, in order to produce change.

“Women have a right to feel the same sense of safety that men feel everyday”

It is important to remember that these victims are not just random helpless women, and the perpetrators are not thugs or gang members. They are your peers, your neighbors, and even your friends. A bystander is not just a witness on the news, a fearful pedestrian, or a group of enablers. Everyone who witnesses violence against women has the chance to change the tone of the interaction. As much as educating our youth early on and shifting our views on the topic will benefit the cause. It is up to us to be the change. Do not just sit idly by watching the world harass and objectify women. The violence needs to stop. See something, say something. It is the first step to positive change.

“Women have a right to feel the same sense of safety that men feel everyday”
Mental Health Resources

UNI Counseling Center (24 hours): 319-273-2676

Riverview Center Crisis Line (24 hours): 888-557-0310

UNI Campus Coordinator (Advocate): 563-231-1285

Waypoint Services Crisis Line (24 hours): 800-208-2676

Amani Community Service for African American Community (24 hours): 888-983-2533

Mentors for Violence Protection: 319-273-3545

Statewide Crisis Line (24 hours): 1-800-332-4224

Crisis Text Line (24 hours): Text HELLO to 741741
unappreciative

by Clara Petri

You wanted to meet up for coffee.

I told you coffee wasn’t my thing, but you persisted because I “haven’t tried theirs.”

We sat outside and I was cold, but you refused to go inside because I wasn’t “enjoying the breeze.”

I said I had somewhere to be but you scoffed, exclaiming I “didn’t like random adventures.”

You complimented my body but not my mind because you always “pick beauty over brains.”

You called me a whore when I left because I “would never appreciate a gentleman when I had one.”
The flash is bright

But I don’t mind

I’ll never mind

Just make sure you get my good side

CLOUD NINE

PHOTOGRAPHY ASHLEY GREGO
DESIGN CRAIG MILLER
‘Twiggy’ is a 60’s fashion icon.

September 19th, her birthday, occurs within the timeline of this fall issue. She was known for her thin build, big eyes, and long eyelashes. To honor her iconic look, we wanted to give Twiggy a modern twist by playing with bold brows and intricately placed false eyelashes. We hope she can be reborn and appreciated yet again in 2018 for her 69th birthday as we attribute this editorial to her.
When teens make the transition from high school to college, there are many new and exciting opportunities presented.

Some of these include the chance to explore illegal substances. Normalizing drugs and alcohol is a commonplace within college campuses, but not without consequences.

“I definitely know some guys on my floor who are drunk in the dining halls, drunk every night of the week and who shotgun beers before classes,” James said. “I think it’s a bigger deal than we give credit for.”

According to the 2017 UNI National College Health Assessment, it is a big deal. 36.5% of UNI college students reported binge drinking [consuming 5 or more drinks of alcohol in a sitting] on a regular basis.

“From talking to college students through my position as the Health Promotion Coordinator at UNI, I believe the problem of binge drinking stems from the belief that college students have that all of their peers are drinking in college and that’s just what you do in college.” Shawna Haislet, UNI’s Health Promotion Coordinator, said.

Binge drinking, along with other uses of prescription and illegal drugs have contributed largely to the substance abuse issues on college campuses.

The 2017, UNI Health Assessment showed that, on average, over 60 percent of UNI students reported drinking alcohol between one and nine days a month. And 9.4 percent reported consuming alcohol between 10 and 29 days a month.

“College students tend to overestimate how many of their peers are actually drinking,” Haislet said. “If they think that all of their peers are drinking or drinking excessively, they may feel pressured to engage in high risk drinking to fit in with their peers.”

The desire to fit in and conform to social norms or pressures can be enhanced with the high usage of social media.

“Social media has a ton of negative impacts on young people. Like the Casey Neistat’s of the world create illusions that people’s lives are perfect,” James said. “You don’t post the bad parts on social media.”

Students at the University of Northern Iowa who were interviewed for this article asked for privacy and discretion. Because of this, we have changed all names who were quoted in this article.
Along with the possibility of a distorted reality, social media can also be an outlet for young adults and adolescents to engage in illegal behavior or activity.

“I think it [social media] shows kids how easily accessible drugs [are],” Colin said. “If you need to get something, it’s only a DM [direct message] away.”

Social media is just one of the many environmental factors that contribute to binge drinking and substance abuse.

“I believe that the college environment can exacerbate the problem,” Haislet said. “For example, here in Cedar Falls, College Hill has several bars, some of them being available to student’s underage. These establishments have weekly drink specials and can also glamorize excessive drinking.”

Excessive drinking isn’t the only substance abuse issue college campuses face. Drugs are also present in the lives of college students.

“I would say I smoke enough weed that you would consider it an addiction […],” James said. “And honestly, it helps me be more creative. I read a lot and watch a lot of movies and listen to music while high.”

Along with the prevalence of marijuana, nicotine is another drug that is taking college campuses by storm. With alternatives to cigarettes such as e-cigarettes and vapor technologies, large corporations such as Juul, are offering a smoking substitute.

Juul advertises a simple product that is easy to use, and is clean and satisfying. The Juul is an e-cigarette, which looks similar to a flash drive, and can fit in the palm of the hand. A variety of eight flavors are offered ranging from cool mint to crème.

“Nicotine is very much a drug and I think it’s a big problem,” James said. “They created a problem like that to help people who are trying to quit cigarettes and instead we just have a bunch of college students thinking it’s cool to smoke Juuls and giving the tobacco industry billions of dollars.”

Reviews from companies such as Tech Crunch describe the Juul as, “An extremely attractive and compact little device that packs the same amount of nicotine as a pack of cigarettes into a tiny liquid-nicotine cartridge.”

Students may fall at risk to further substance abuse with advanced technologies in the e-cigarette industry. However, some students feel they are at no risk at all.

“I think everything is good in moderation. Unless it is extremely physically addictive like certain opioids and amphetamines,” Brian said. “You have to find the balance that works for you. Everyone is different.”

Finding the balance may be what students struggle with the most. While students face the social and environmental pressures, they also have easy access to drugs and alcohol that have them walking a fine line between fun and substance abuse.

“People like to get fucked up, that’s the simple reason behind it. If you have a good experience with drugs or alcohol you’ll want to do it again,” Brain said. “If you have a bad experience, you’ll keep doing it, just to have that good experience again.”

Students who took the 2017 UNI Health Assessment reported plenty of bad experiences relating to alcohol consumption. 37.7 percent of students admitted to doing something they later regretted and 33.2 percent had at one time forgot where they were and what they did when drunk.

Statistics show that excessive consumption or substance abuse on college campuses is prevalent and UNI students are no exception. Students now face the challenge of overcoming temptations and pressures to determine their own personal limitations.

“Growing up I was fairly adamant I was never going to drink since I saw what it does to people,” James said. “But when I came to college, I found my experience very different than other peoples. I never got to a point where I thought it was affecting my life, however, I can see where drinking over time can become a problem in someone’s life.”

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