Uprising
ISSUE 8
INTERESTED IN FASHION?
Explore Careers and Learn about the Industry!

TEXDSGN 1000
Fashion Culture & Industry
Take a fun, introductory class and learn where you might fit in the Fashion World at UNI! The class will provide you with an introduction to fashion careers and explore the meaning of fashion in our daily lives.

TEXDSGN 2004
History of Costume
From ancient Rome to Paris in the 1920s to Hip Hop Street Style...fun, introductory class in costume history including an Upcycle Vintage Remake project! Class provides a good introduction to trends in fashion over time and how the historic costume of the past continues to affect what we see on the runway now.

TEXDSGN 2005
Fashion Promotion
Fun hands-on experience putting together a real runway show in Lang Hall Auditorium in April! Help plan the theme of the show, play a role in promoting the event and produce the show including stage, music and model choreography! Great resume item for a range of majors.

For more information: csbs.uni.edu/tapp or contact Dr. Annette Lynch at annette.lynch@uni.edu

University of Northern Iowa®

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

ADVOCATING FOR FEMALE EMPOWERMENT: DEAN LESLIE WILSON'S PERSPECTIVE

MOVE UP

SIMPLY HAPPY

INSTINCTIVELY CREATIVE

POEM: MORNING MOTIVATION

STRONG: MY ONLY OPTION

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HOW TO BUILD A CAPSULE WARDROBE

GREEN IS THE NEW BLACK

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NORTHERN IOWA STUDENT GOVERNMENT NISG
prising Magazine was founded in the Spring of 2015 with the intention of giving a voice to the voiceless. Figuring out how to honor this legacy is something the two of us strived to do. While we tried to find what was best for our members in our roles as President and Vice President, we also wanted to continue to uncover what would help our magazine reach its fullest potential. We were reminded that success does not come in a one size fits all package. When trying to find success for our magazine, we found there are a variety of ways it can present itself. We decided to capture the drive, inspiration, and motivations behind our own members and incorporate this message through the success of our collaborators.

Issue 8 is all about empowerment through success. We feel that every person deserves to feel empowered into their future. Our goal is to spark this confidence while we are in college. We wanted to exemplify how impressive our students are not only attending college, but also dedicating themselves to their passions. Everyone is taking steps to develop their own future, therefore we wanted to highlight what success means to our students and share that success is more than just monetary.

These pages are filled with real people and real success stories. The MOVEment dance group shows readers that their version of success takes practice and passion. Students like Jessica Wise and Megan Roethler show us first hand that through hard work, we can achieve anything we set our minds to. Colleges Against Cancer and their remarkable survivors display a different kind of determination. They show how courage can lead to success. Success can come in so many different forms, whether that means wearing designer brands or taking active steps to save ourselves and our planet. We are all capable of fulfilling our own version of success as different opportunities present themselves throughout our lives. Success is out there, and it doesn’t look the same for everyone.

Uprising wants to congratulate our members on their triumph in putting this issue together. There are so many amazing minds that worked tirelessly to create this publication, so thank you. Our members are truly embodying what it means to continue to build success on UNI’s campus. We’d also like to thank our supporters and collaborators: the MOVEment, Colleges Against Cancer, the Northern Iowa Student Government, Courtyard by Marriott and all our interviewees. We couldn’t do it without you.

Uprising Magazine found our own version of success through this very issue and hope it inspires you to do the same. Here’s to the great success of issue 8!

Sarah Ritondale
President

Lillian Teater
Vice President
WHAT IS SUCCESS?

LONG-TERM

SHORT-TERM
When we measure success, what carries the most weight? What are the defining factors of success to us? Naturally, each person’s definition of the concept is different. Factors like age, background, and personal value systems all play a part in shaping what success means to us. To determine what University of Northern Iowa students describe success as, we surveyed students in Maucker Union and in several Business, Humanities, and Textile and Apparel classrooms. Our questions involved personal definitions of success, short and long-term goals, and the successful people we aspire to emulate. We received responses from the College of Business Administration (11 students), the College of Education (10 students), the College of Humanities, Arts, and Sciences (13 students), the College of Social and Behavioral Sciences (19 students) and General Studies (2 students). Across these 55 participants, many expressed their answers as a combination of priorities.

What is success?
The response to our first question revealed an overwhelming need for emotional health. 63% of answers named general happiness and well-being as their marker of success. “It’s relative” says an ASL major “[...] today it was getting out of bed and going to class. Other days it’s acing an exam.” There was also an agreement across colleges about success being goal oriented. Students expressed the importance of setting, working toward, and achieving your own goals. An accounting major stressed, “Achieving your personal goals, not the world’s.” This really demonstrates how success varies on a personal level.

What long-term accomplishment would mean you “made it”?
51% of responses stated that establishing their career would mean “making it” in the long term. A common response to this question was getting their first job. Not only that, but enjoying it as well. An exploratory major’s response to this question was, “Going to work but not thinking I’m going to ‘work’. I just want to love what I do.” In addition, 30% of responses stated that financial stability would be an indication of long term success. When surveyed, an accounting major responded with, “When I have enough money to retire on a lake house and join a yacht club.” Answer about financial stability ranged from lavish ones like these, to simply being able to be financially independent and able to support one’s self. On another note, a philosophy/political science major answered, “I will have ‘made it’ when the burdens of society are uplifted by way of social and political revolution.” Some also mentioned contribution to something larger than one’s self as a measure of long term success.

What short-term accomplishment would mean you “made it”?
When surveyed about short term accomplishments, a strong consensus across all colleges was the achievement of graduating and/or getting into grad school. And for some, even just finishing the semester. It is also important to note that emotional stability and wellness was strongly represented in the answers to all of the survey questions. A psychology and family services major answered this question and said, “Being content in my present surroundings”. Participants also responded that grades were an important factor that determined “making it” in the short term.

Who is the most successful person you know or know of?
An immense amount of participants named a family member as the most successful person they know. A large amount of these responses mentioned a dad, mom, or grandparent, overcoming personal struggles and achieving happiness. ‘Hardworking’ was the word used to describe almost all of the family members labeled as successful. Other participants described the most successful people they knew as being those who had a strong relationship with religion. Finally, some saw a celebrity as the most successful person in their eyes.

What makes then successful in your eyes?
Happiness was one, if not the most important factor in what made people decide on who the most successful person is in their life. Additionally, overcoming hardship and being a contributing member of society and the greater good came in close behind. One participant said the most successful person in their eyes “[...] has real relationships, he has control of both time and money so he can do what he wants, when he wants, with the people that mean the most to him.” Another mentioned a famous life guru “[...] he is wealthy, BUT gives freely of his wealth and helps others be able to do the same.”
Advocating for Female Empowerment:

Leslie Wilson, the University of Northern Iowa College of Business Administration Dean, has a passion for female empowerment, notably in the corporate realm. Although America has made strides of improvement, women are still not represented in the same volume as men in the corporate workplace. Wilson generates the conversation to focus on the professional environment and examples showcasing gender inequality. Wilson is an advocate for providing women with the tools and advocacy they need to take on the risk of joining male-dominated fields.

Early on in her educational career, Wilson obtained an industrial engineering degree from Iowa State University, allowing her to begin her professional career through freelance software-writing contracts for various companies. Simultaneously, she worked towards her masters of business administration degree at the University of Northern Iowa. Wilson then applied to a company for a position leading software development. Shortly after applying, she received a rejection letter from the company’s female leader, which contained an unexpected reasoning. Though she had the skills and abilities to take on the position, Wilson was not hired because she was in her “prime child bearing years.” At the time, Wilson recognized the bias that took place in the settlement, but it has since served as an internal motivator to continue her work on gender equality issues and eliminating unconscious bias in the workplace. Wilson feels that unconscious biases are not gender specific, as demonstrated by her past rejection letter, women also can make decisions based on biases against one another. This is a societal issue that to which everyone can fall accustomed.

“There is research out there that if you have a list of ten skills that you need for a particular job, women have to have eight, nine, or ten of those skills before they’ll apply, a man will look at it and go ‘oh I can do that one’ and apply. [...] Men, through society, have been taught to put themselves out there [...] women have been taught to hold back [...] we have to get over that.”

“My belief is that we will improve overall pay equity when we equalize gender engagement across all jobs.”

DEAN LESLIE WILSON’S PERSPECTIVE
One of Dean Wilson’s primary focus areas in her position as Dean is introducing examples of success and instilling motivation in young females. Her goal is to increase the number of women who are majoring in various business emphasis degrees. She provided insight that certain majors are male-dominated while others are female-dominated within the business college, and she would like to see that further blurred and intermixed.

A student organization working in support of these efforts is Women In Business. This organization was formed by students in 2015 with a mission to create a community within the College of Business Administration. They were founded on principles such as: Synergy, Professionalism, Innovation, Networking, Development, Leadership, and Empowerment.

“Women In Business should not be an organization that’s just composed of women,” says Wilson. “[...] we have to solve this problem as a society.”

Women In Business is also involved with the Women of UNIBusiness Hall of Fame that has acknowledged numerous successful female alumni thus far in 2018 and 2019. Wilson hopes continuing these annual highlights will show young female professionals what is possible for them, right here, right now.

The College of Business Administration leadership team, comprised of Dean Wilson, Associate Dean Lisa Jepsen, four department heads, and the Director for Business and Community Services work together to consistently improve the college’s efforts. Additionally, Wilson pointed out the 4:3 female to male ratio on their leadership team.

“That’s the balance we would like to see,” said Wilson. “That’s something we can be proud of here.”

Until recently, it had been a 5:2 female to male ratio. This was a proportion that, according to Dean Wilson, was highly unusual. Given that less than 50% of the PhDs in business are earned by females, the College has achieved a strong gender balance in the leadership team.

Wilson credits much of the business college’s success in their endeavors to her strong leadership team and the various perspectives they bring to every situation. She humbly extends gratitude towards productive teamwork rather than sole individual control and decision-making. Overall, Wilson is extremely confident in the team that had formed before her time and where it stands today.

“This college will be successful because of a strong leadership team working with exceptional faculty and staff; it’s not going to be successful because of the dean.”

Wilson aims to provide an environment to allow everyone the opportunities to be successful, each and every individual student. As a past student at all three state schools herself, Wilson noted the true caring nature of professors at the University of Northern Iowa, an experience you cannot get at other large state universities.

“We will never be able to make everyone happy, but we sincerely want to.” says Wilson. “We want every student to be successful as they define success.”

For centuries, women have been taught to hold back and let others shine. Dean Wilson advocates for getting over that social normality, aiming to inspire women to step into positions that are currently male-dominated and balancing the gender distribution across all jobs.

Wilson advises young professionals to present qualities such as commitment, determination, openness, decisiveness, and having the ability to move onward and upwards through the ups and downs of any career choice!

“FOR WOMEN TODAY, WHAT IS THE FASTEST WAY TO THAT HIGHER PAY, WHETHER YOU LIKE IT OR NOT, IT’S GOING INTO A MALE-DOMINATED FIELD [...] I DON’T WANT WOMEN AFRAID OF CHOOSING THE MALE-DOMINATED FIELD.”

If you’re interested in joining Women In Business, visit their website at www.uni.womeninbusiness.com or contact via email at uni.womeninbusiness@gmail.com. Further, if you would like to contact Dean Wilson directly, email her at leslie.wilson@uni.edu.
MOVE up

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Keep striving, keep pushing, keep fighting for more. What drives success? What propels people forward to achieving more? For MOVEment, it’s their passion behind what they do. Through hip hop dance, they are able to expand the inclusive environment on campus for underrepresented students and minorities; where hard work, dedication and social justice take center stage. *Uprising Magazine* partnered with MOVEment to highlight their work on campus as they continue to inspire those around them.
“Just do it now. Do it. Get it done, Why wait?”
Jessica Wise calls herself a human Yelp. “I know everything about everything when it comes to [...] places that I’ve lived,” Wise says.

Traveling has always been a passion of Wise’s, and it inspired her to start her own t-shirt company. Wise wanted to encourage others to explore their own backyard and to see what the Midwest has in store. Wise’s business, White and Yellow T-Shirt Co., does just that.

“The Midwest has so much to offer” explains Wise. “Your backyard is crazy! [...] You can hike, you can swim, you can snorkel [...] You can do these things here [...] there’s no need to wait,” Wise says.

White and Yellow gets its name from Wise’s mantra of living life simply happy. White stands for simple, and yellow stands for happy.

White and Yellow T-Shirt Co. began about a year ago when Wise finally realized her life-long dream of becoming an entrepreneur. This dream began to collide with reality when she was in high school. Wise has always been obsessed with t-shirts. “Like, stupid obsessed,” she says, laughing. At one point when she was in high school, Wise had nearly 300 t-shirts in her closet. However, it wasn’t the clothing or the fashion that interested Wise; it was the experience behind the t-shirt.

“They were almost like collectibles that I got to wear everyday,” Wise says of her t-shirts.

“The Midwest has so much to offer” explains Wise. “Your backyard is crazy! [...] You can hike, you can swim, you can snorkel [...] You can do these things here [...] there’s no need to wait,” Wise says.
The shirts helped her to connect with others as well. She loved how someone could approach her and start a conversation just based on what she was wearing. There conversations were part of the reason why she wanted to start her own t-shirt company.

Wise is focused on keeping things local in her brand. One of her t-shirts is designed by a graphic artist from the Midwest, and Wise says she would love to collaborate with other Midwestern artists in the future.

“Thes shirts were almost like collectibles that I got to wear everyday,”

“There's so many talented people here. Why not use them?” she says.

In addition to collaborating with local artists, White and Yellow T-Shirt Co. also gives back to a charity started by Iowa native Ashton Kutcher. Kutcher's charity, Thorn, works on stopping child sex trafficking. Other charities that White and Yellow gives a portion of its proceeds to are Save the Rhino, Tostan, and the Rainforest Alliance.

Wise draws inspiration for work from her parents - a farmer and an educator, which Wise describes as “the most Iowan situation ever.” Her parents are both hard workers, and one of Wise’s t-shirt lines is based on her mother. “She loves her roots,” Wise says, so “that line is more focused on loving your home than it is on adventuring in the Midwest.”

However, adventuring in the Midwest is still a big part of the rest of Wise’s company. Even the company itself will one day be built around the idea of travelling. Wise hopes to operate mobile popups someday, where she will drive around the Midwest and set up temporary shops in many different locations.

Wise has two other hopes for business, dreams that she refers to as “I-know-I-made-it-whens.” On a small scale, Wise hopes to one day see someone she does not know wearing a t-shirt from her company. “I'm so excited for that moment,” Wise says. Her second, larger scale goal is to one day have White and Yellow T-Shirt Co. be known as “the next big tee,” similar to brands like Life is Good and Ivory Ella.

Wise, a hard worker like her parents, keeps busy not just through White and Yellow T-Shirt Co. but through school and another job at Scratch Cupcakery. A senior at UNI, Wise is a marketing major with a management emphasis and a minor in entrepreneurship. She is also co-President of the American Marketing Association.

As multilayered as her work, Megan Roethler, a senior at the University of Northern Iowa, relies on her passions and creative instinct to produce her magnificent pieces of art. The undergraduate receiving her Bachelor of Fine Arts (B.F.A.), has been compelled to create since she was little.

“I was always drawing as far back as I can remember,” said Roethler. “I had a notebook for everywhere I went, the car, my house, daycare etc. I didn’t understand why, but I always have felt compelled to make things.”

Although Roethler has always had a love for art, it was not something she was scouted for right away. “I remember vividly, as a child, repeatedly being rejected from the elementary art show,” laughed Roethler, “Maybe I kept pursuing art just out of spite.”

Roethler’s work has most recently been in cloth and patterns. She sews various fabrics together to create a story and work of art. As described by Roethler, her work is: “Chaotic, humorous, familiar, maybe a little sad”.

She pulls from life experiences, specifically her childhood, to motivate her to create. Most of all, she pulls inspiration from the strong women in her life. “I am largely motivated by the women in my life,” said Roethler, “Especially my grandmother who is very supportive.”

Roethler’s work never follows the same pattern. Roethler thrives off spontaneity, and explained how her artwork can take anywhere from 20 minutes to multiple months. Everything Roethler does, most of her planning and creating is subconscious until it is a physical piece of work. When it comes to naming, writing, and talking about her work, Roethler stresses the importance of articulation in her thoughts to express her work.

“My goal is to make things that satisfy my need for closure,” said Roethler, “But also speak as a universal. My work is very personal, but I want people to see themselves in it too.”

Some of Roethler’s passions include: feminism, gender politics, and women’s contributions to society, which are all topics Roethler discusses through her work, and are accredited to her art history professor: Elizabeth Sutton. “I believe all of them have offered me something valuable in my time here,
but Alex Dooley, my drawing professor, really shaped my current understanding of art and making,” said Roethler.

Roethler’s favorite pieces of her own work are frequently changing. As she is constantly learning new techniques, Roethler has a hard time narrowing down her work to just one piece. Although Roethler still struggled to list her single favorite artist, “Eva Hesse, Miriam Schapiro, Judy Chicago, Tracey Emin, Sarah Lucas, Joseph Beuys to name a few,” she did find it easy to pick her favorite famous piece of art: *Judith Slaying Holofernes* by Gentileschi.

Gentileschi depicts two women beheading a man, Holofernes, and is described as an Italian Baroque artist and modern day Feminist icon.

Roethler is empowered by her ability to create and allow people into her work. After graduation, Roethler hopes to exhibit for a year or two and apply to graduate school to earn her Masters in Fine Arts.

“My goal is to make things that satisfy my need for closure... But also speak as a universal. My work is very personal, but I want people to see themselves in it too.

Some more of Roethler’s work can be viewed on her Instagram: @meg_rat22
As the sun trickles in through the window,
and the call of birds accent my ears,
I breathe in the promise that accompanies each sunrise.

My love next to me, looks tender and innocent,
as his luscious green eyes peek out into the day.

As I stretch my limbs out, a soft nose meets my hand.
The jingling of a collar begins, as her
body wiggles with excitement. Her people are awake.

I am her person, I am his person.

They are my people.

That is why I will take this day and live fully.
STRONG

My Only Option

A visual and written exposé on four cancer survivors whose powerful experiences have impacted not only their own lives, but those around them. Uprising Magazine is proud to share their stories as cancer continues to be increasingly present and affect the lives of so many.
You never know how strong you are.
Pray without ceasing.
until strong is your only option.
Take a second to imagine a day you received big news. Now, imagine your news is life-changing, in a way that leaves you questioning what the rest of your future holds, or if a future is even possible. For Jorja Weitl, Emma Dahl, Tiffini Kieler, and Alli Crump, this was their reality. While they each have their own unique story, all had been diagnosed with different forms of the incurable disease that plagues lives worldwide: cancer. This news would change their lives forever, and now, they share their stories.

Jorja Weitl, a senior at the University of Northern Iowa, was diagnosed with Hodgkin’s Lymphoma when she was just thirteen years old. Something seemed unusual when her neck was sore along with an odd lump that she assumed was a just muscle. Then, the pain moved to her armpit and no pain medication or heating packs would take the swelling down. Eventually, Weitl went into the doctors for a biopsy on the back of her hairline. They took out a swollen lymph node almost the size of a bean. At this point she was unaware of how much her life was about to change.

“I remember my mom saying I walked out of the hospital like there was nothing wrong because I didn’t understand” says Weitl. “[..] I didn’t really know what to expect.”

It wasn’t until she started to miss school and go through treatment, as well as losing her hair is when it all hit her.

“No girl wants to not have her hair.” says Weitl. “I remember that being a pivotal point, like, this is real.”

Weitl’s treatment started in April of 2011. She was set to go through three rounds of chemotherapy, with a week off between each treatment. Luckily, her chemo cycles remained on schedule even though many patients experience set-backs due to their blood levels. This meant she was on track with her treatment and didn’t have to wait longer to be treated with chemotherapy. After she finished chemotherapy, Weitl was treated with radiation for two weeks.

When going through treatment, Weitl did not have as many side effects that typically correlate with chemotherapy and radiation. Because Weitl only had stage one of Hodgkin’s Lymphoma, she was given the least amount possible and didn’t have to get more medication. During her chemotherapy, Weitl explains that her body was just tired, but she never really was in pain. The only side effect she remembers dealing with was from her radiation where she was dealing with dryness and irritation in the throat and mouth.

“I remember, I hated every morning having to get poked. It was scary, it was a big needle” Weitl says.

Miraculously, Weitl recalled how she never spent one night in the hospital and that was a huge contribution in how she coped with her fight against Hodgkin’s Lymphoma. Weitl feels her parents played a huge role in her fight, her mother in particular really helped
her get through all of the challenges that came her way. Weitl believed her mother’s positivity helped shape her into who she is today.

As well as having support from loved ones, Weitl had other ways to keep her spirits high when she was being treated. It was during her time at the hospital that she discovered she had a love for painting.

“Now it’s my stress reliever” says Weitl. “I feel like I may have not got that love if I hadn’t been in the hospital. I’ve always loved art [...] but, I feel like I wouldn’t have loved painting as much as I do if I hadn’t done it in the hospital.”

Eight years later, Weitl is living her life much differently. Something she holds close to her heart is a phrase that she has tattooed on her arm. The tattoo reads, “You can be a victim or a survivor” and Weitl believes that phrase can be put to any situation, no matter how big or small.

With this new mindset, her unique experience has caused her to have a very positive perspective on life. Going through something so serious at a young age has caused her to mature much earlier on in life. Now, at twenty-one years old, Weitl doesn’t mind telling people her story. She loves getting the chance to tell people what she went through.

“I want people to understand what I went through,” says Weitl. “How I grew up through it and how it’s definitely changed my mindset of wanting to live a healthier lifestyle and not taking things for granted. Just live life to the fullest.”

Like Weitl, Sophomore Emma Dahl also had her world turned upside down when she was diagnosed with a bone cancer called Osteosarcoma at just 17 years old. Dahl was entering into her senior year of high school and would experience a different final school year than most 17 year old students.

The summer before her senior year of high school, Dahl had gone to the doctor to take care of the mandatory shots required by the school district. A few weeks after she got the shot her mom noticed that Dahl had a small lump on her ankle. Wondering if it was an allergic reaction, Dahl went to the doctor to have x-rays taken. Doctors were unable to tell what the lump was, so Dahl was sent to an oncologist at Blank Children’s Hospital located in Des Moines, Iowa. This is when Dahl had a feeling something was off.
Forty-three-year-old Ti ffi ni Kieler would have a much different battle.

After finding a lump on her breast, it would be three years before she would receive a diagnosis. When Kieler found a lump, she went to the doctor who sent her home classifying this lump as a cyst. A year later, she went back for her yearly check up, concerned that the lump was getting bigger. The doctor once again said it was a cyst and assured her that it would go away.

Eight months after her most recent doctor’s exam, Kieler could tell that it was almost protruding from her skin, and went to the doctor to see if there was anyway they could remove it. The doctor said they could do a biopsy to collapse it, but when the time for the biopsy came, the doctor poked it with a needle, and the lump did not collapse in the slightest. This was not a

“I don’t even like to be known as a survivor. I’m a fighter, right? I’m a fighter, I’m not a survivor.”

Ti ffi ni Kieler

During the time she was in the hospital, she participated in an event called NaNoWriMo, which stands for National Novel Writing Month, where she would have to write fifty-thousand words in thirty days. When she was diagnosed, Dahl was determined to not skip out on her writing.

“I had my leg amputated on Halloween of 2017, so I started this novel the next day” Dahl explains.

Today, at nineteen years old, Dahl is living her life with an awareness for others. Dahl also looks at life with a new perspective.

“People are always like, you can go and live a normal life and I’m like, I don’t want to live a normal life,” says Dahl. “I want to live my life.”

“I don’t even like to be known as a survivor. I’m a fighter, right? I’m a fighter, I’m not a survivor.”

Ti ffi ni Kieler

Forty-three-year-old Ti ffi ni Kieler would have a much different battle. After finding a lump on her breast, it would be three years before she would receive a diagnosis. When Kieler found a lump, she went to the doctor who sent her home classifying this lump as a cyst. A year later, she went back for her yearly check up, concerned that the lump was getting bigger. The doctor once again said it was a cyst and assured her that it would go away.

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Kieler decided at the end of July she would do a lumpectomy to remove it. After going through with her lumpectomy as planned, the following Monday the nurse called Kieler when she was at work, saying the doctor wanted her to come in so they could examine her incision. That’s when Kieler knew something was wrong. From there, Kieler called her husband to let him know what was going on.

“Little did I know, they actually called him first.” explains Kieler. Her husband met her there, and they went in together. It was then she got the life changing news. She had breast cancer.

Kieler from there was sent to the nearest Mayo Clinic and her treatment plan began. Kieler remembers being terrified and scared of the unknown. It wasn’t until after her first appointment at Mayo Clinic that the scared feeling changed.

“I don’t have cancer. I’m not going to let this define me.” says Kieler. “I don’t have cancer. I’m a wife, I’m a mother, I’m a sister, I’m a creative director. Those are the things that I am.”

At six weeks, Kieler faced her first complication. Her incision on her left side had broken open, and she ended up getting MRSA, a staph infection. After that, she began sixteen weeks of chemotherapy, followed by thirty-one days of radiation. One of the hardest things Kieler had to deal with was losing her hair during her second week of chemotherapy.

“I remember saying to my friends, oh losing your hair is not that big of a deal, it’ll grow back.” says Kieler, when in reality she felt like it was the worst part of chemo. To Kieler, her hair and her breasts made her a woman, and they were both gone, leaving her struggling to feel feminine.

Kieler treated everything like it was a party. She had different parties for different moments during this period of her life, including an after surgery party, a shaving party for when she was starting to lose her hair, an after chemo party, and a done with radiation party.

Now, at forty-three years old, Kieler is living with much more love in her heart. Kieler today lives her life, still remembering what she went through, but also with the mindset that she is strong and that she is more than her diagnosis.

“I don’t even like to be known as a survivor. I’m a fighter, right? I’m a fighter, I’m not a survivor.” says Kieler.

Alli Crump’s life was just getting started when it was changed forever. Crump was fifteen months old when her mother brought her to the doctor for a well-baby check. It was there that they felt something on her right kidney. The doctors did an ultrasound to see what it was.

That Monday, she was admitted to St. Louis Children’s Hospital and had the surgery to get her malignant tumor removed. The tumor on her kidney was Wilms tumor, which is a rare cancer that affects young children. In order to remove the tumor, doctors removed her right kidney completely. While chemotherapy was not necessary for Crump, doctors advised that she went through it as a precaution to make sure that everything from the tumor would be killed. Crump endured six months of chemotherapy. At almost two years old, Crump was declared cancer-free and would continue to get checkups consistently.

“My mom said it was the saddest thing, I literally thought it was my life. [...] I didn’t cry. I thought every kid was going through it.” explains Crump.

Now, at nineteen years old Crump is a part of a program called the Late Effects Program at the same hospital she was treated. In the program, they are observing patients who went through chemotherapy at a young age to try and see if there are traits that are common across kids who had chemotherapy at a young age. Even though she’s nineteen and this program is located at a children’s hospital, Crump could continue going to the program for the foreseeable future.

Today, with the help from her mother, Crump advocates for making sure parents check their baby and make sure they’re truly well. She and her family members share her story to make sure that others are educated.

“Just getting your baby a shot, that’s not a well-baby check-up,” says Crump. “If your child looks good they may not be good. I had no symptoms at all.”

Even though Crump doesn’t remember her experience, she still shares her story to help others.

“I don’t remember, but I am a survivor.” says Crump.

Each of these women faced different challenges and complications for their individual journey as they fought their own battle against a variance of cancers. They all won their fights and became stronger versions of themselves through this experience. They fought through each issue they had to face and each found ways to be the best version of themselves, leading them to their survival.
Success

by Dan Pfaltzgraff

I used to think success
Was a final stop
A mountain top
And when I reached it
I would never have to
Come down again
I didn’t know gold medals fade
And grow heavy
That new experiences
Soon become old ones
I didn’t know
Success and failure
Live in the same house
No matter who we meet upon entering
We cannot live there for long
A successful person
Goes inside
Again and again
Not knowing who they will meet
But knowing no matter what
It will not stop them
From entering again
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TOP NOT FOR PROFIT, TOP
PROJECT MANAGER, 2ND TOP
RECRUITMENT, AND
3RD OVERALL CHAPTER
IN THE NATION!

Contact Hannah Haisman at hhaismhaa@uni.edu to join!
Less is more. Consumers are beginning to bring this approach to their closets through the concept of the capsule wardrobe. With the capsule wardrobe, consumers purchase exactly what they need; no more and no less. This saves time and money while also reducing the negative impact that fashion has on the environment. Sound like something you want to try? Check out our tips on how to create a capsule wardrobe from start to finish.
**STEP ONE**

**CUT BACK**

The magic number is 37. 37 total pieces in your closet. For most people, this means they will first have to start by pairing back their wardrobe, so how do you decide what to keep and what to donate?

**ASK YOURSELF THE FOLLOWING QUESTIONS:**

Have I worn it in the last year?  
Does it fit my day-to-day lifestyle?  
Does it go with my other clothing?  
Do I LOVE it?

The final content of your capsule wardrobe will depend on your personal style. All of your pieces should work together, so choose a color palette to stick within. Ensure that you have a good balance of tops, bottoms, shoes, and accessories. Since this is the first version of your capsule wardrobe, make sure it fits with the current season you are in.

**STEP TWO**

**WEAR IT**

Once you finalize your 37 items, wear only these items for three months straight. Do not purchase anything new. This helps you understand the contents of your wardrobe, what works, and what doesn’t.

**WORDS**

LILLIAN TEATER

DESIGN

CLAIRE OLSEN

**STEP THREE**

**PLAN YOUR FIRST SHOPPING TRIP**

Now that you have condensed your wardrobe and understand its current contents, you are able to cycle out a few of the pieces. We recommend purchasing five new pieces to replace five pieces in your current capsule. There are a few things to consider when selecting the pieces you will replace:

First, consider if there are any pieces from your initial capsule that are not working well with the rest of the wardrobe. Since you are limited in number of pieces, you want to be sure you are using all the pieces in the capsule.

Next, think about the upcoming season and make adjustments to best fit the future season changes. This may mean replacing some tanks with a sweater or vice versa.

Finally, think about the brands you want to purchase from. One of the goals of the capsule wardrobe is to reduce negative impacts on the environment, so consider this when selecting where you will purchase from as well as how you are discarding of clothes you are no longer wanting to utilize. As you continue reading this issue, you will find some of our recommended sustainable brands.

**STEP FOUR**

**REPEAT**

Your wardrobe has been thoughtfully condensed to 37 pieces that all cohesively work together. You understand the contents of your capsule along with what works and what doesn’t. Every three months you will make an intentional shopping trip to update your wardrobe and prepare you for the coming season. Nothing is wasted and you have no more than what you need. Voliá! Your capsule wardrobe is complete; now repeat!
A SASSY, SWEET AND SOMETIMES R-RATED SMORGASBORD
ETSY.COM/SHOP/LOUIEMOONSHOP
LOUIE.MOON.SHOP
Youth people are at the forefront of climate change. Young women like Greta Thunberg, 16 year-old nominee for this year’s Nobel Peace Prize, who are doing everything in their power to create real and positive change for a better future for our planet. Thunberg is a like a trendsetter for better environmental consciousness. In powerful Thunberg fashion, we decided to combine environmentalism and fashion, and explain the dangers of fast fashion in order to produce positive change on our campus.
Off the top of our heads, some of the planet’s top pollutants are: plastic, toxic waste, CO2 commissions, etc [...]. but what if we told you clothing was also in that list. The clothes you’re wearing right now as you read this article could be categorized as fast fashion, which is a massive contributor to pollution.

Fast fashion is inexpensive clothing rapidly produced by mass-market retailers in response to the latest fashion trends. These products are made to be in the hands of the public in record time, so naturally, their life span is quite short and damage may occur quicker than better quality clothing.

Close to 60 percent of fabric fibers are made of synthetic material rather than natural fibers which is a sustainable material. When manufacturers make these materials, it not only takes a lot of energy, but a large amount of water is wasted per garment. Because these clothes are not made from natural fibers, when they get thrown away it will take much longer for them to degrade or decay.

Brands who utilize fast fashion have been finding themselves in a drought and eventually running out of business due to all of the problems that fast fashion involves. Forever 21 is one of the brands that has been affected by the issues of fast fashion. According to the Wharton School at the University of Pennsylvania, once people began to become more aware of issues causing climate change, shoppers began to not purchase as much fast fashion clothing items. Forever 21 is now closing over 800 stores worldwide due to bankruptcy.

Forever 21 was created with fast fashion in mind. They wanted to create a brand that allowed trending items to come through really quickly and only last a couple of wears so consumers could move on to the next trend. However, this is one of the biggest issues that has caused them problems. According to Vogue Business, H&M and Zara have both made a change for the better and have since been producing a sustainable fall collection. They also highlighted the growing trend toward upcycling, recycling, and renting clothes.

Luckily, there are ways to avoid buying these unsustainable clothing choices. Sustainable fashion is a movement toward fostering change within the fashion industry to a greater ecological integrity and social justice. It also focuses on textiles or other fabric based products specifically to ensure they are environment-friendly during the manufacturing process and once they are off the rack and in your closet. Certain brands have not let this issue of sustainability go unnoticed and are continuing to better themselves when it comes to producing products that are good for consumers as well as the environment.

H&M is working to make sure they are being cautious of the clothes they are distributing. Not all of H&M’s trendy clothes are completely healthy for the environment, but when shopping at their stores you can look for their “Conscious Collection”. To encourage consumers to purchase clothing from this collecting they have priced these natural fiber products as low as 10 dollars. Sustainable fabric fibers are made from grown fiber crops and recycled materials such as cotton, wool, hemp plants, and a variance of more naturally grown fibers.

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According to Curiosity, an educational website, manufacturing one pair of jeans takes 2,000 gallons of water, for one pair. Since a huge chunk of Levi’s products are denim, they recognize this as an issue. Levi works hard to manage their water and energy use during their manufacturing process. In Levi’s “Water<Less” collection, they use 96% less water for their products.

Patagonia also puts forth effort to use sustainable materials when making their products. This not only allows you to have Patagonia products last year, but are easily repaired if any damage were to occur. To cut down waste Patagonia will buy back an old product of theirs and recycle or resell it, if it is still in proper condition.

These few are not the only clothing brands fighting against fast fashion and synthetic materials. Several brands are putting forth a huge effort to make some really changes that will not only alter the wearability, reliability and quality of our clothing, but will make the overall wellbeing of our planet improve as well.

The brand PACT is avid on using organic cotton, which makes the entire process of making the clothing organic and environment-friendly. When people get rid of
clothing, towels, or linens, the PACT offers ways to recycle these materials and put them to use within their own clothing brand.

People Tree, a UK brand that also made the list of Fair Trade Certified brands is a sustainable brand as well. They mainly stick with organic cotton, low impact dyes, and tencel lyocell. Tencel lyocell is made from gum trees, such as eucalyptus, that aids in the protection of people with sensitive skin. People Tree does traditional clothing assembling styles, such as hand weaving and hand knitting, which is an efficient way to save energy. The downfall of using 100% of these material for their products is some of them may be a bit more pricey, but none-the-less helps set examples for other brands when using these materials.

TALA is also based in the UK and should be the go-to brand for any of your athletic clothing needs. This brand is 92% up-cycled and still rising. They mainly use a sustainable fiber known as Q-Nova, which is a fully up-cycled fiber. Not only do their clothes reduce water and energy, they are also size inclusive. With many athletic brands, sizes run up to a large or extra-large and in most cases stop there. TALA realizes the need for athletic wear for all body types and makes clothing for very large and very small frames. Another amazing factor TALA has is their affordable clothing especially for the quality of the product you’re purchasing.

Being in college, most of us are on a money crunch, however, sustainable fashion is surprisingly affordable for most brands. Unfortunately, when brands use 100% sustainable products it can get a little higher in prices. However, paying a few more bucks may preserve the life of our earth, and the quality of our clothing.

If you find yourself purchasing clothes that are created by fast fashion, or you are getting rid of some of the synthetic fabrics in your wardrobe, consider donating or recycling them when you no longer need it. Taking the time to research the places you shop at to see where they stand when it comes to sustainability can really be worth it. This will allow you to be mindful of not just what your favorite brand is putting out into the world, but how you are contributing to climate change.

Our planet is depending on us to restore it. The smallest act, such as buying different, stylish clothing can help tremendously. Let’s save the planet by being more mindful of every element in our lives that contribute to climate change.
INSPIRED BY LUXURIOUS LIFESTYLES AND MATERIALISM, Uprising Magazine shares a glimpse into the so-called ‘good life’, often depicted by designer brands, lavish expenses, and grand excursions. Though not interesting to all, this editorial explores the dichotomy and extreme variability involved with the word success, in the most visual and literal terms. The fantasy of the upper one-percent can be intriguing and simultaneously conflicting to us individually.
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A Toast To The Girl
In The Short Skirt
by Melina Gotera

I should kiss the girl I was last summer.
Throw her a graduation party,
a Sweet Sixteen.
I ought to bake her twenty cakes for what she’s done.

She who cried on the front stoop for a week straight.
who was sure we would drown.
who was sure we would not wake up.
who was sure there was no more morning.
who slept in a nest of down.
    who blew on it like dandelion fluff.
    who wished and wished,
    for the time they had prescribed her,
    to pass.

Look at her—
Each morning, her feet crossing the floor
like a tassel over the sun’s face.

She laces her shoes like a threat.
Casts spells with lipliner.
Cackles wild and gorgeous.
Eats what she wants.
Hurts.
Survives.
Wakes up.
Goes on.
Every morning she looks in the mirror
as she brushes her teeth
And says,
“We are killing it.”
Uprising