

Spring 2020

## Uprising, Issue 9, Spring 2020

University of Northern Iowa. Northern Iowa Student Government.

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# Upvising

ISSUE 9

# INTERESTED IN FASHION?

Explore Careers and Learn about the Industry!



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

## 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.

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

For more information: [csbs.uni.edu/tapp](https://csbs.uni.edu/tapp) or contact  
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**University of Northern Iowa**

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# LETTER FROM THE EDITORS



For a word that suggests as little as possible, so many different ideas fall under the label of “**minimalism**”. In life, we are constantly given a surplus of stimulus which is only magnified in media, advertisements, and world news. On the surface, minimalism may appear to be a simple concept; own less stuff. However, as *Uprising Magazine* dove deeper into this concept, we discovered that minimalism is more than this. Often, minimalism is portrayed to be permanent, a fixed end-state instead of a moving process. Minimalism is an ever-changing progression that has to be kept up by centering yourself daily. Though minimalism is a trendy word, eventually bright colors, bold prints, and loud trends will come back into style, so where does that leave minimalism? Building a new definition from the ground up allowed us to explore the idea that minimalism is more about redefining the world through your most impactful experiences and beliefs. It advocates seeing the world not as a series of products to consume or a trend to follow, but rather sensory experiences to have on your own terms. Living a minimalist lifestyle means holding more value of your experiences rather than placing worth in only the materialistic world. In this issue, *Uprising Magazine* not only explored the surface level definition of minimalism, but the deeper definition that transcends beyond white walls and decluttered spaces.

With this definition in mind, we wanted to represent our growth in the bare minimum of who we are as a publication celebrating 5 years as an organization. In this issue, we explored editorials involving unique beauty, body celebration, and inspiration from vintage fashions rather than constantly consuming the latest trends. Our journalists wanted to highlight people holding strong to their passions not allowing this overstimulation to skew our own self perceptions.

Over the course of 5 years, *Uprising Magazine* is gracious for the opportunities we are continuously given. In the Spring of 2020, a few of our organization’s leaders were selected to present at the Southwest Popular/American Association conference in Albuquerque, New Mexico allowing this publication to reach a national audience. We would not be where we are today without the hard work, passion, and dedication to this publication that previous members have put into the magazine over the past 5 years. We are forever thankful for their desire to give a voice and creative outlet to people who may not have one.

During the release of this publication, the world faced the historic pandemic of COVID-19. Because of this challenge, *Uprising Magazine* is particularly proud of the determination of our publications, editorial, graphic design, marketing, and finance teams as they continue to blow our expectations out of the water during this unprecedented time. Thank you to our supporters and collaborators: Student Nature Society, The Black Hawk Hotel, the Northern Iowa Student Government, Mohair Pear, models and interviewees.

Keep an eye out throughout the pages of this issue that highlight the number 5. Cheers to 5 years and many more!

*P.S. Thank you for making our last issue as editors so memorable. We are so grateful for the growth, friendships, endless laughs, and unforgettable experiences this magazine has given us. We love you Uprising!*

Sarah Ritondale  
Editor-in-Chief

Lillian Teater  
Editor-in-Chief



# PROXIMITY<sup>+</sup>

**WHAT IF** minimalism goes deeper than just aesthetic appearance? Perhaps, minimalism could be discovered through the narrowing in on one's most critical experiences and sensory understanding of the world. This more abstract definition offers a continuous process of self-discovery, unique to the individual, resulting in the exploration of one's most inner form of expression and art. *Uprising Magazine* challenged society's perception of minimalism through the overlay of what is depicted as the norm - a clean, natural beauty portrait atop an abstract version of self-defined minimalism. We challenge readers to think beyond minimalism as an aesthetic trend, but also a form of self-discovery and recentering in an ever-chaotic world.

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ISAAC HACKMAN

**MAKEUP**  
MELINA GOTERA

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CRAIG MILLER











OF RISE THE

# Uprising

Before *Uprising Magazine*, there was a lack of creative outlets on the UNI campus. Students had limited options for creative opportunities and places where they could have their voices heard. Kara Keigan, the founder of *Uprising Magazine*, recognized this issue and wanted to construct something open to all students. The bones of a magazine require a bigger range than most think; many diverse majors are incorporated into the final production. This allows many students with differing talent to unite to make something memorable. The first ever issue was published on April 23rd, 2015 and it was only up from there. *Uprising Magazine* allowed students working on the magazine to create something they are proud of as well as integrate the community with being involved in interviews. Being featured in *Uprising Magazine* has helped promote other student organizations, newer businesses, as well as individuals within the UNI community. Their voice entered into the atmosphere around campus impacting UNI and the surrounding community.

**WORDS**  
DARCY BERTOLINO  
SIERRA NEMMERS

**DESIGN**  
SARAH FLUEGEL

*Uprising Magazine* centered in the fashion side because it enacts an artform many of us do not recognize we possess. Our clothes and accessories can tell stories and helps us express ourselves. No matter if you find most comfort in those thrifted sweats or couture brands; it

is your style, something you're in complete control of and to do with whatever you please. Which is why it is important to implement fashion within *Uprising Magazine*. Since this magazine advocates for the freedom of yourself, we love to show support in the subtle and bold ways of fashion.

In the beginning, Keigan decided to take the safer route with articles and content considering her organization was fresh to the community. Although, throughout the years *Uprising Magazine* has become more of an activist and student life magazine. Even if you are not officially part of *Uprising Magazine*, this organization has given a voice to students all around campus. *Uprising Magazine* continues to work hard to shed light on more important issues that needs to be recognized within the UNI community, the first being sexual assault awareness. Under this, articles regarding the #MeToo movement, the Women's March, and Planned Parenthood have bloomed and created a much needed conversation. Another major issue *Uprising Magazine* has covered is the topic of threat perception. Awareness articles such as Humanize My Hoodie, Waka Flocka Flame, and Black Lives Matter have stemmed under this topic. *Uprising Magazine*, especially in current years, has been pushing the envelope in hopes of raising awareness and educating more people in the UNI community.

The construction of something fresh and new to this community can be a hard task to tackle. Nothing like this had been done before and bringing in a new idea like that can be risky. Kara Keigan, the founder, knew that taking a risk on a journey into something she was passionate about would be well worth it.

"The logistics alone I had to juggle never having done this before on campus was hard work. But what made up for in hardness, was all the damn fun we had."

This organization brought in new talents and friendships, most would never imagined before it was created. It takes a lot of trust to put your idea out to others hoping they will nurse it as well as you. No one perceives

the same ideas as you, especially when going into newer issues or brainstorming different aspects to bring to the table. It was important to Keigan to implement group ideas and communal projects while creating the magazine. "Finding people you trust and putting things completely in their hands makes things run smoother, gives people the opportunity to shine with more responsibility, and in the long run, makes for a better magazine."

As mentioned before, *Uprising Magazine* has taken steps forward since the first issue in many different aspects to cater to the relevance of the issues or current events happening in the UNI community. However, the magazine

has also kept up with trends such as the climate crisis. Keigan made sure to stay true to her beliefs with really advocating sustainable fashion and lifestyles within the magazine.

"I am really big on taking a stance on something- whatever that is. I have LOVED seeing how political

and activist *Uprising* has become, that is something I had only dreamed of doing! One of the big things I wanted to focus on was sustainable fashion."

When it came to moving onto the next chapter, Keigan had many opportunities to look forward to. Following graduation, Keigan started working for Martha Stewart Weddings, which has helped push her career into writing and styling for different clients. Prior to moving on from the UNI community, Keigan was unsure if *Uprising Magazine* would continue to make an impact. But lucky for her, many individuals were ready to kick into gear and help this publication continue to flourish.

"After our group was off to graduation, I wasn't sure how it would continue on but Diana was a close friend and watching her rise to the occasion and become a badass Editor-in-Chief was probably one of the most exciting things to watch from afar."

Diana Hernandez, the second Editor-in-Chief/President of *Uprising*, agreed to answer a few questions regarding her time working on *Uprising Magazine*. When taking over such an important organization, it can be a riveting yet scary experience. In the magazine industry, most people do not realize the preparation and work that goes into production. Everything involved is a hands-on project,

"Finding people you trust and putting things completely in their hands makes things run smoother, gives people the opportunity to shine with more responsibility, and in the long run, makes for a better magazine."

-Kara Keigan,  
Founder 2015-16

something Hernandez understood when accepting the position of Editor-in-Chief.

“A lot was going through my mind at the time as Editor for *Uprising*, I was skipping class to meet deadlines for the magazine my first year because we were so short staffed.”

However, Hernandez found the confidence to continue to inspire everyone’s talents when it came to creating content. With creativity comes vulnerability, Hernandez knew it was not only important to administer an open and free space for everyone’s ideas to flow without judgement, but also have ideas bounce off one another.

“More than anything, *Uprising* had become a safe place for students to be able to be themselves... I realized how important it was to have a space for college students to really express themselves and that’s what motivated me to keep it going, especially after I was gone.”

Experiences are partnered with learning lessons. When being part of an organization as empowering as a magazine, many new experiences and ideas come along with it. Hernandez learned that preparation is key when running in an organization that is sensitive to deadlines.

“You never know what is gonna happen....You just gotta be prepared no matter what and its 100% a lesson that has stuck with me even now.”

-Diana Hernandez  
Editor-in-Chief 2017-18

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Hernandez was the President for a year and half thus being the editor for three out of the nine publications *Uprising Magazine* has released. This organization took her to newer heights, career-wise, that she did not see herself at before joining the *Uprising*.

“I ended up pursuing digital marketing positions and with all of my knowledge from *Uprising*, it’s proven to be successful.”

Following in Hernandez’s footsteps, Kennedy Elliott and Darcy Bertolino stepped up in the fall of 2018 as Co-Editor-in-Chiefs to continue the legacy of *Uprising Magazine*. With being involved in the magazine previously, both of them knew what elements the magazine needed to continue to thrive. One of the co-editors, Kennedy Elliott, comments on her goals for the organization when stepping into this role.

“I was able to clearly define what *Uprising Magazine* stood for and how we wanted to be known for on UNI’s campus.”

*Uprising* had never seen two Editor-in-Chiefs, but the duo were able to bring in fresh ideas and new creative aspects that were not represented in the magazine previously. Their experiences from outside of *Uprising* also helped push them in different directions. From the other Co-Editor’s perspective, Darcy Bertolino, this role was always a working progress.

“I spent most of my time thinking about improvements I could make to the mag... whether that be social media, our website, photoshoot ideas, model casting, new ways to market our magazine...”

Both knew that recognizing more sensitive and deeper issues in the magazine was something that needed to be well planned out. The articles had

withheld the intent to inform, but also remaining respectful and politically correct.

“I also kept in mind the climate of UNI’s campus and being sensitive to different groups of people when deciding whether or not to move forward with pitch ideas. This is crucial because readers and students’ voices must be represented accurately especially when speaking on behalf of others that may be different than you.” - Kennedy Elliott

“The greatest lesson I learned through *Uprising* was conflict/resolution...and is a magazine made up of our entire community of members and peers, and because of this I wanted to ensure all voices were heard and ideas were implemented in a timely manner.” - Darcy Bertolino

When it came to a close for issue 7, Elliott would be graduating and continuing her career as an editorial assistant for the Meredith Cooperation and Bertolino would step down from Editor-in-Chief to focus on writing as *Uprising Magazine’s* publication’s director. Albeit, leaving wise words for future and current members of *Uprising Magazine* today. Both editors chime in with some of their most valuable lessons they learned from this time.

“Respect each other’s differences and opinions. With being in a creative environment, you will disagree! Challenge each other on your beliefs, but also listen to one another. You’ll end up stronger because of it.”

- Kennedy Elliott,  
Editor-in-Chief 2018-19

“Respect each other’s differences and opinions. With being in a creative environment, you will disagree! Challenge each other on your beliefs, but also listen to one another. You’ll end up stronger because of it.” - Kennedy Elliott

“It can be easy to be intimidated by talented voices, but that does not mean you are not talented as well!!! I hope all members realize they have the ability to share amazing ideas and make *Uprising* better than it was the day before. It is an ever growing and ever changing magazine and all ideas are welcome and should be appreciated.” - Darcy Bertolino

# How to #JoinTheUprising...

At *Uprising Magazine*, we believe it’s very important to have a place for students to go to feel free and lay out every idea they possess without judgement. *Uprising Magazine* has advocated for the expression of being completed and utterly yourself. This organization wants to act as an outlet and safe haven for students to express themselves not only in creativity such as fashion and graphic design; but as well as allow students to discuss topics they’re passionate about.

We are always looking for people to #JoinTheUprising. If you or someone you know would like to be part of our organization, we are here with open arms. We welcome anyone with ideas they may have to improve our magazine or represent something they are passionate about. It is a priority to make sure everyone gets a say in each issue and we welcome any new ideas.

No matter your major, there is always a place for you within this organization. *Uprising* deals with not only the writing aspect but also styling and beauty. Photography and graphic design is also such a critical aspect that truly brings the magazine together. We also have a marketing and financial team that ensures issues are able to be put out each semester.

There are different ways to #JoinTheUprising. When visiting the website, [www.jointheuprisingmagazine.com](http://www.jointheuprisingmagazine.com), the home page includes all of our social media as well as our emails as a great way to get in touch! Or there is an option to message us straight through the website, go to about us, click on contact, and a message option should pop up on there. Also, if you would rather talk to us in person about joining, be on the lookout on our social media page or booths in Mauker (more towards the beginning of the first semester) we will have information when meetings are.

The support from the UNI community is treasured by this organization. It is important to know our magazine is making an impact and inspiring the community with every issue put into the world. Our organization wouldn’t be where it is today without the support within the community and we continue to value that semester to semester.

# Finding Beauty in Nature

## (AND IN YOUR SKINCARE ROUTINE)

The Student Nature Society (SNS) at the University of Northern Iowa is centered around the beauty of nature. Through hiking trips, guest speakers, clean-up days, and DIY crafts, SNS brings their love of nature and preserving it to our campus.

According to one of their executive members Ethan Marburger, "SNS is a club that likes to have fun, but also make a difference towards conservation and sustainability on the UNI campus."

While talking with their President, Sarah Hanna, she shared her new passion for plant-based beauty as well as some amazing resources for how to integrate plants into your daily beauty routine. While Sarah is hoping to plan future SNS activities around plant-based beauty, *Uprising Magazine* also hopes to share a few of these tips in hopes of inspiring our readers to incorporate aspects of nature into their everyday beauty routine.

### SKINCARE HERBS FOR PIMPLES AND BLEMISHES:

#### Thyme:

According to recent studies, thyme is more effective at clearing acne than treatments using benzoyl peroxide, which is the most common ingredient found in standard acne treatments. By creating a tincture, which is a dried or low water content plant treatment that you infuse into alcohol, you are able to dab the thyme infusion onto blemishes similar to a spot treatment. A benefit of thyme is it kills the bacteria that forms pimples within five minutes.

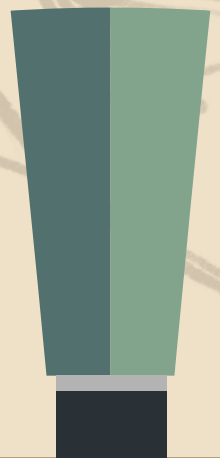
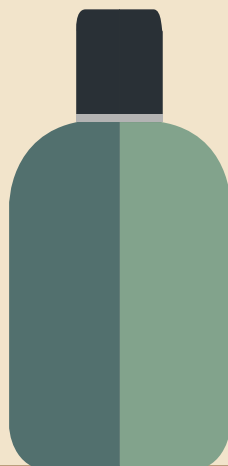
#### Green tea:

This is a great natural resource as it contains antioxidants that can control sebum, or oil production. Additionally, green tea inhibits bacterial growth while also reducing inflammation. Create an infusion of the fresh or dried tea leaves to use in creams, lotions, or facial toners.

#### Lavender:

Though this is a plant that most are familiar with, we often neglect its antiseptic and anti-inflammatory properties. By creating a lavender based oil, you can speed up the healing of cuts, burns, and acne sores. By drying the flowers, you are able to create an oil infusion to use in creams, lotions, or facial toners.

**WORDS**  
LILLIAN TEATER  
**DESIGN**  
CLAIRE OLSEN





## PLANTS FOR HEALING DAMAGED SKIN:

### Calendula:

By taking extracts from this flower's golden petals, you are able to soothe the skin, reduce inflammation, heal acne, skin abrasions, sunburns, and eczema. This plant is great in balms, creams, lotions, rinses, and toners.

### Aloe Vera:

With our cold climate, aloe is a great plant to grow as it grows well indoors, as well as outside. By taking the gel from inside its leaves, you are able to soothe burned skin and reduce inflammation. While many of us are familiar with that use of aloe, you are also able to use aloe as an oil-free moisturizer though it is better to use aloe vera as part of a light lotion to avoid over-drying your skin.

### Echinacea:

Not only does this plant bloom into a stunning flower, echinacea extract can help speed up skin regeneration, reduce inflammation, and treat acne. Use a decoction, which is a concentrated liquid you create by boiling plant roots or bark in water or water infusion of the flowers, as a face toner.

## SKINCARE HERBS THAT MOISTURIZE SKIN:

### Violet:

Not only does violet provide a refreshing fragrance, violet leaf and flower extract is juicy and moisturizing. If you have dry skin, this plant is perfect to integrate into your skincare routine. Infuse fresh plant material in oil or water and use the extract to make creams, lotions, balms, toners, and massage oils.

### Roses:

The use of roses pairs well with most skin types besides sensitive or mature skin. Creating a rose water or an infusion of rose petals refreshes and hydrates the skin. There are great recipes found online that involve boiling rose petals to extract their moisturizing properties.

### Marsh-mallow:

We are not talking about the sweet treat, but rather the plant marsh-mallow that can be used to moisturize the skin. The roots, leaves, and flowers of marsh-mallow are filled with sources of mucilage, pectin, and sugars that all soften and moisturize the skin. Out of all the parts of the plant, the roots contain the highest amounts of these moisturizing chemicals. By simply soaking the root in cold water overnight, you are able to use this liquid to make silky lotions and creams.

These are just a few plants to begin adding into your skincare routine based on your skin needs. Select one plant to begin growing and experimenting with its natural capabilities to improve your skin. Plant-based beauty not only eliminates unnatural toxins from our skincare, but also helps reduce our carbon footprint by cutting out plastic containers, transportation, and shipping through growing your own skincare rather than purchasing it in a traditional store or

online setting. *Uprising Magazine* does not aim to solely highlight skincare inspired by nature, but also organizations on campus who are working to make a difference and increase our love of the natural world around us. At UNI, the Student Nature Society is a great way to learn more about this specific topic as well as so many other topics with peers on our own campus.

Interested in growing your own plants for your skincare routine?

Contact Stephanie Witte at [stephanie.witte@uni.edu](mailto:stephanie.witte@uni.edu) from the UNI Botanical Center on campus to get started.

Interested in joining the Student Nature Society? Follow their pages at [@studentnaturesociety](https://www.instagram.com/studentnaturesociety)



# A JOURNEY

**IN A WORLD** where people are constantly experiencing deep brain stimulation, we have to go the extra mile to look beyond the craze, within ourselves to find who we are. Within today's society, there are many expectations weighing heavily on our shoulders. We need to approach our mindset in a minimalist perspective, thinking simpler rather than giving into the complicated perceptions that are pushed onto us. As a society we place loads of convoluted expectations on ourselves. This pressure goes deeper than social media as society's expectations are what impacts our deepest thoughts and actions; social media only serves as a base to amplify these expectations.

In society, it is perceived that men are expected to have perfect bodies and a tough demeanor. They should still show some emotion, but not too much, otherwise they may be perceived as weak. Women are also expected to have impressive looks and be kind. However, they should be capable of standing their ground without being too strong, otherwise they are at risk of being perceived as abrasive or crazy. Further, if you are an individual who does not identify in either one of these gender boundaries then you may begin to question whether or not you will be accepted for who you are?

According to YouGov, a British international internet based market research and data analytics firm, "67 percent of 18-24 year old males felt compelled to display "hyper-masculine" behaviour in tough situations and 55 percent said crying in front of others would make them feel like less of a man."

In a national report of self esteem by the Heart of Leadership, a women's leadership resource, "98 percent of girls feel there is an immense pressure from external sources to look a certain way."

In an article from The New York Times Magazine, a nonbinary individual named Salem discusses their distaste for themselves.

"They [Salem] sometimes call themselves a monster. [...] Salem stripped naked in their bedroom, and with a marker scrawled "tranny" and "faggot" all over their body, slurs that were inaccurate, but screamed their self disgust."

These societal expectations surround us everyday. We see it through every social media platform, television, books, billboards, and even in the classroom. Have you been listening to a speech in class and didn't understand why one person can speak intelligently without even stumbling once while you can barely get a sentence out? Or, questioned why someone seemingly gets everything they want though your intense endless efforts never seem to be enough? Not being able to keep ourselves at peace is

a challenge we face everywhere we go, like a continuous nightmare we can never wake up from.

We are going to divulge a bit here. Let's figure out how to find your inner peace in a society that is so unforgiving. There is no way we are going to spend the rest of our lives riding this "I need to be perfect or I'll never be good" wave.

One of the biggest factors that goes into cutting down on this overstimulation is having no expectations. You should have no expectations, positive or negative in any situation.

Rather than walking into a room thinking "Oh, I don't want to go in there I am not dressed appropriately for the occasion" or "I am KILLING the game right now. I look so good that everyone's head is going to turn as soon as I walk in the room," walk in thinking nothing. There is just no need. Feel confident and have faith in yourself when you walk in the room, but do not allow yourself to create scenarios in your head that have a 99 percent chance of not happening. You cannot predict the future and you should not expect to.

Let us unpack the issue with both thoughts. The first negative thought may seem obvious. For one, you should enter a room knowing your worth. It does not matter who is in there as long as you feel good in your own skin, that is what people will see. People are drawn to confidence. Secondly, why get yourself all worked up for no reason? You are only causing yourself more anxiety and for what purpose? To walk in and have this skewed perception that people are always judging you?

The same applies for the positively-fabricated scenario. You are going to be disappointed when you walk into the room and no one's head turns. You should not need the validation of others to know that you are KILLING it. Nor should you base the whole premise of the situation on you being noticed by other people because that does not define your worth.

The crucial thing to remember is that in each situation everyone is the star of their own movie and everyone else are just the extras. Not in the sense that those around us do not matter, because they do. But, in the sense that we cannot control what others do. They are not the main focus. You think of yourself more than anyone else. So do most people. They are not consciously thinking about you as much as you are thinking about you, they're as in their own head with personal struggles as you are. Take a deep breath and go in with no expectation, positive or negative, but neutral.

According to C.S. Lewis, "True humility is not thinking less of yourself, it is simply thinking of yourself less." If you

# TO SERENITY

begin to focus on the situation in front of you rather than allowing your thoughts to be consumed by your worries regarding yourself, you will begin to find peace.

Another key way to keep yourself grounded is trusting in your own abilities. **We need to enter every situation thrown our way with open arms, fully trusting in ourselves to have the strength to handle them.** If we spend our life worried that everything will not go according to plan, then we are only setting ourselves up for disappointment.

Every human being has the strength to endure anything we set our minds to, and we have to have faith in that. While it may prove to be an uphill battle to achieve certain goals, anything is possible. Trust yourself that you will get you through those situations, because you are more than capable of doing so.

Unfortunately, some face more adversity than others and it is easy to find ourselves questioning “why me?” when we really need to begin questioning “why not me?”. Why not you? Why would you not be able to handle this situation? Perhaps, this gives you the opportunity to mold yourself into a person that is capable of overcoming tough circumstances and coming out on the other side with a new perspective.

Everywhere you go, be mindful of your point of view. Shifting the way you perceive the world and the people you encounter will make a huge difference in achieving inner peace. If someone is behaving in a way that does not coincide with how you approach situations, be willing to shift and open your mindset.

We are oblivious to what is happening in another person's life or head. Since you are unaware of that unknown, do not assume there is wrongdoing and immediately judge a person for their behavior or actions. By doing so, you are only going to disrupt your peace by becoming aggravated or upset. Maybe the person that was rude to you today had just received some horrible news. Or maybe they were just rude. Either way, it has nothing to do with you, so shift your mindset.

Forgiving yourself and others also aids in keeping your mind at ease. Harboring anger or resentment towards someone often does not hurt them as much as you are hurting yourself by bottling your negative emotions up.

This can be applied to the disappointment of a broken relationship or a comment said that did not sit right with you. As you continue to replay the situation in your mind, allowing yourself to be controlled by these emotions, that negatively stimulates your brain making it impossible to find contentment.

Unfortunately for us, the person that is causing us this pain is not affected by the way we feel inside to the same

extent we are or at least in the same way. Only you know how you feel and only you can take control over your own life and forgive and let go.

In order to forgive, you must accept the situation at hand and simply move forward. A Harvard-scholar and published neuroanatomist, Dr. Jill Bolte Taylor, states that your anger should only last for 90 seconds, and if you are experiencing anger longer than this is it because you replay the narrative in your mind.

Acceptance; the overarching key to finding inner peace. We must be accepting of the events that present themselves in our lives or we will never be happy. Should we try to go against the flow of what is happening around us, fighting against what is out of our control, matters will only escalate, making life harder for us. **However, if we trust ourselves to embrace what is happening, the good and the bad, without judgement, and take action from there our minds would be less crowded.**

If you embrace that the person you like doesn't like you back, that you did not get the job you had been working so hard to receive you have begun the journey of grounding yourself in this chaotic world. As you begin to accept and move on, you will be able to take proper action to get yourself in the direction you want to go.

If you dwell over how to make a person like you, how you did not get the job when you were nothing but qualified, or why you got a second shot at life, we are missing out on all these other great opportunities like the person who really would love us for who we are effortlessly, focusing on the next job interview, or taking that second shot at life and living it to the fullest. We do not need to fight so hard we need to remain present and live our lives one step at a time.

When we were children, we were happy. We were fearless. If someone approached us and told us to sing a song at age five, we would without hesitation, but by thirteen if someone told us to sing them a song you would tell them that there wasn't a chance. We allow society to construct how we view ourselves and then how we present ourselves to others. Life is not supposed to be so complicated. Peace and happiness is inside of all of us. We just have to express our individual and original selves to the rest of the world without remorse. **Do not allow yourself to die with your music still inside of you.**



WORDS  
SARAH RITONDALE  
DESIGN  
CRAIG MILLER



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	2
	4



# Swatches.

By Breanna Knight



Tell me what I have to do  
to be your favorite color  
your first choice  
for the walls,  
the vase,  
the sheets,  
the doormat.

*Stop swatching shades of taupe,  
I want to be the thing that makes you feel  
like you've come home at night.*

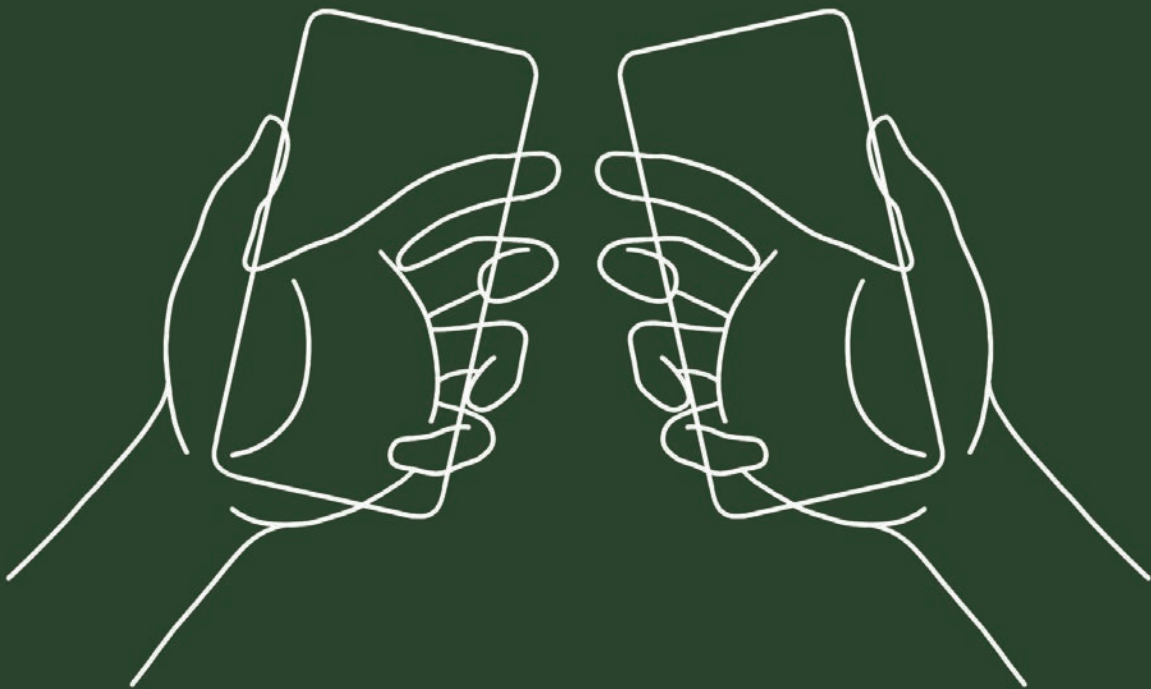
What would it hurt?  
To try me in place of the shirt  
everyone says you look so good in.  
So pick me,  
lay me out,  
unfold me.  
Let me be against your skin  
all day long.

*I can compliment your eyes  
better than any green ever could.*



# 05

## Signs You Should Take a Social Media Break



In the midst of a world pandemic, the ability to take a media break seems more important than ever. As we are now faced with never-ending blasts of new information that only continues to build fear and anxiety, we are even more drawn to the concept of minimalism. In the book review of *The Longing for Less*, *The New York Times* discusses Kyle Chayka's version of minimalism.

**“The minimalism that Chayka seeks encourages not an escape from the world but a deeper engagement with it.” says Jennifer Szalai for the *New York Times*.**

It is with this lens that we continue to explore the positive effects of taking social media breaks as we hope to fully experience the surrounding world even in the chaos of COVID-19. These are some signs that may indicate it's time for a healthy break.

## 01

**You Post About Your Life Before You Live It**

When you are out living your life, do you specifically stage photos for it? Does an event lose its excitement if the lighting is off? Do you spend more time worrying about the photos for an event than the event itself? Here at *Uprising*, we are all about great photos, however, don't forget to enjoy life first. Sometimes, we get too caught up in capturing the moment that we miss opportunities to live in it. You may miss a chance to laugh or to meet someone new if the only thing you are looking at is the camera screen on your smartphone.

## 04

**Your Followers Perception Of You Matters More Than Your Opinion Of Yourself**

We all want validation, and social media is another outlet for us to receive that. What if one of your posts got 0 likes? What if you lost all your followers? Would this change how you perceive your self-worth? We often minimize the power of social media on our own mental health and self-perception. Perhaps, a short break from social media could allow you time to reflect on your value before anyone likes or shares your post. There is so much more to ourselves than what we portray on social media, and this is a great thing. Spend time reflecting on who you are before anyone validates your worth through the double-tapping of a finger.

## 02

**Social Media Hinders Your Ability To Complete Tasks**

We often complain about our never-ending to-do list while we worry about falling behind in our daily tasks, often increasing stress and minimizing quality sleep. Take social media out of this equation. How many interruptions would you have during your work time? How many hours could you save by cutting out the mindless scrolling? Even setting boundaries where you stay off your phone to focus on productive work could be a really great way to reduce stress and increase productivity. Even if it is just for one hour, you will be surprised how much more you can accomplish allowing you more free time and time to rest.

## 03

**You Choose Social Media Over Your Social Life**

Have you ever turned down interaction with real people to spend time with those through a screen? Social media has given us amazing capabilities to connect with people all over the world, whether it be friends that have now moved away or maybe someone we never would have met. While there is a time to utilize the strength found in social media communication, there is also a time for face-to-face interaction. Studies conducted by Ashton Education show that face-to-face interaction is still the most effective way to build a relationship. Additionally, consistent face-to-face interaction improves our own verbal and nonverbal communication skills.

## 05

**You Are Constantly Comparing Yourself To Others**

*Comparison kills joy.* Through the lens of social media, there will always be someone that seems to be better off than you. Better clothes, better car, better house, better relationship...the list continues. Practice being content and grateful for the things that you do have rather than constantly comparing your life to others. We all know social media only highlights the best parts of someone's lives, so why do we get so caught up in comparing it to our own? A social media detox could help put things into a balanced perspective.

Social media truly is an amazing resource, communication tool, business builder, and creative outlet. Although, sometimes we need a reset button to refresh our outlook and priorities. If any of these characteristics resonated with you, consider taking a short break even if it's one week or a few hours. You may be surprised at the fresh perspective you could get on your life.

**WORDS**  
LILLIAN TEATER  
**DESIGN**  
MADELINE DOHERTY

I LOVE ME

I LOVE ME  
I LOVE ME



I LOVE ME  
I LOVE ME

Beauty is not one-size fits all, and body empowerment does not look the same for everyone. *Uprising Magazine* is honored to feature real UNI students and their powerful journeys.



“

Loving your body  
is a journey, but  
it's a journey

worth taking. It's also  
okay to take a pause in  
this journey to center  
yourself and start over.

Just don't give up.

—QUINN

”



“

I realize that I don't look the same as those men and I can't get  
rid of my stretch marks so I might as well wear them with pride.  
I'm a work in progress and that's okay with me because life is  
about the journey, not the destination. —BRADLEY

”

“ It has been a challenge loving my body, but everyday I learn to love every inch that I have. —DEJAH ”





I love me, and I love my body the way it is and forever will be, because it's mine. The ultimate goal in my life is to impact young girls and women of all ages to realize things about themselves before they lose all of their body positivity. If everyone in the world loved themselves just a little bit more, who knows where we could end up. —MADISON

“

Finding comfort in my body was never easy and it can still be difficult at times, but I've realized that the only one that needs to be concerned about how I look is myself. As I continue to understand that, I will continue to love myself. —BOB

”



PHOTOGRAPHY  
ISAAC HACKMAN  
DESIGN  
SARAH WESTHOLM

# For Emma

By Emma Cover-Carper

You are eight years old and you are looking in the mirror. Until today you had no concept of “fat” or “thin”, but the older boy on the playground told you that the curve of your stomach beneath your shirt means “fat”. You wonder what it would take to be called “thin”.

You are thirteen and you are looking in the mirror. Until today you didn't know you could choose to skip meals to feel skinnier, but the tumblr posts that you found promised you a world of loving yourself if you'd just eat under 400 calories a day. You reach up and feel your stomach, the small curve that rests at your belly button.

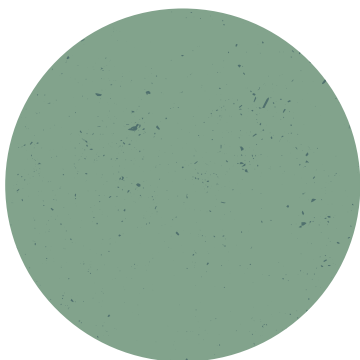
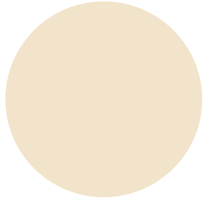
You are fourteen and you are looking in the mirror, crying. Until today you didn't know what it felt like to press your fingers to the back of your throat and get rid of everything you just ate, but you did it, and you hate how good it felt to feel empty. Your hands are shaking when you look at them.

You are fifteen and you are looking in the mirror. Until today, you'd never felt skinny before, but you weighed yourself this morning, like every morning, and you'd lost five pounds since yesterday. You don't remember the last time you ate a real meal and didn't purge it. You don't remember the last time you went a whole week without skipping a meal. You don't have a curve at your stomach anymore.

You are seventeen and you are looking in the mirror. Until today, no one had ever asked you if you had an eating disorder, but not only had a doctor, but your friend's mom did as well. You wonder if you should admit it, but you don't even fully believe you have one. You're just...losing weight. You wrap a hand around your thigh and decide to not eat today.

You are nineteen and you are looking in the mirror. Until today, you hadn't admitted to a doctor that you had an eating disorder, but today you told your psychiatrist for the first time, and you think there's maybe a weight lifted off your shoulders. You decide you're not skipping any meals today. You walk away from the mirror, your shoulders a little higher.

You are twenty-one and you are looking in the mirror. Not everyday is perfect. Loving yourself is a constant battle. It's a struggle somedays to look in the mirror and believe yourself when you say that the curve of your stomach is okay, and the hair on your arms is natural, and the weight to your thighs should be there. Sometimes you slip, and you fall, and you skip a meal or you purge. But you get back on your feet, and you look in the mirror, and you tell yourself you love what you see until you can start to believe it again.



# Love Me Slowly

By Abby Kraft

I need you to love me with smooth palms  
that blend seamlessly against my skin.  
With calloused fingertips that slip slowly  
down my spine like taking a breath of fresh air,  
filling my lungs as if I'm breathing instead of drowning  
within an ocean of unknowns and insecurities.

Be patient with me.  
My trust is as scratched as a broken record  
attempting to play every song that whispers  
sweet nothings into my ears.  
Slipping around the edges,  
each note diving into a coughing cacophony  
that falls flat with each note  
played in harmony with  
the pounding of my heart.

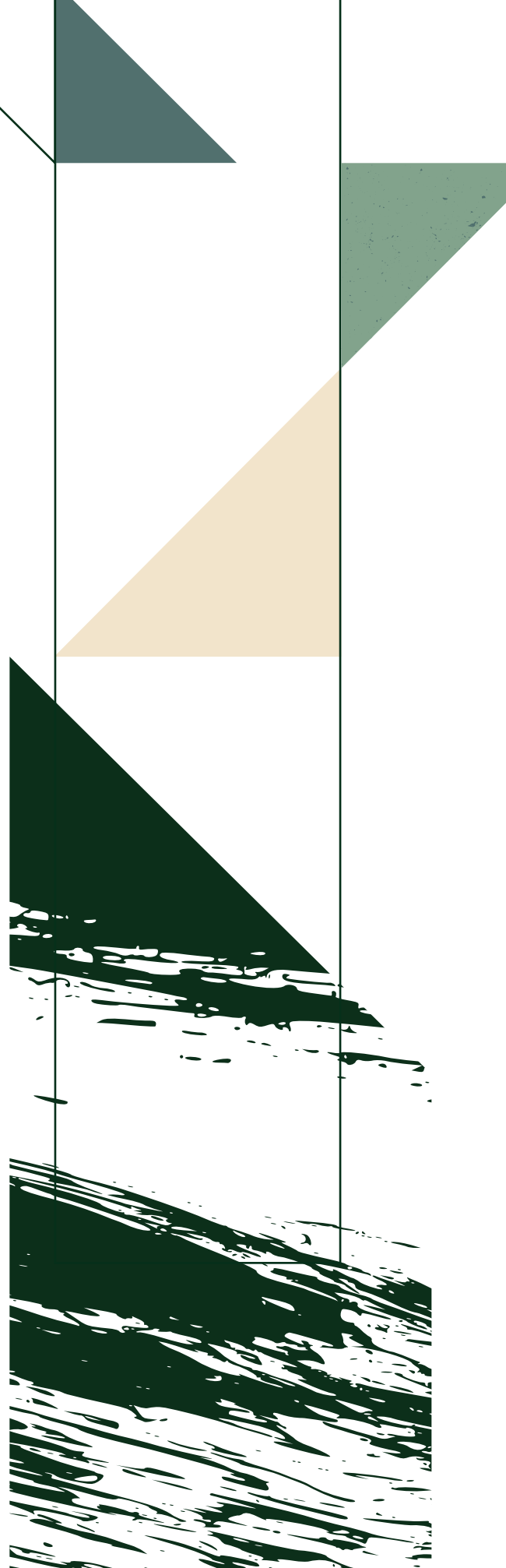
I may be too much for you.  
Or maybe my tongue is tied in too many knots for you to understand  
the way my fingers shake  
when reaching for the receipt from the cashier.  
Or the way my voice trembles  
when words contort themselves into monsters in my mind.  
I am more than meets the eye.  
I am a work in progress.

But you love this way,  
continue to love me this way.

So I begin to open the gates,  
and let the flood waters  
flow over my chest  
like freshly spun silk.  
Making room for you  
here with me.

Slowly...

Slowly.



# SPEAK

Imagine this: you are in class on a bright, unclouded morning. You are struggling to pay attention to your professor's lecture as you stare out of the fifth floor window and see students enjoying the sunshine on the lawn. Suddenly, you are startled by the ear-splitting noise of the fire alarm. Your fellow students look to your professor for guidance: *Is this a drill?* As your professor calmly says that they weren't aware of a drill, you hear screams from down the hall. This is a real fire. The sound of desks and chairs scraping on the ground overwhelm the room as your peers race to the door, where they will push and shove down the five staircases until they are safe outside. You can hear the sirens of the fire trucks rushing down the road.

But you do not follow your peers down the stairs. You are a wheelchair user. Your options for making it to the safety of the lawn outside are limited to the elevator (which can't be used in a fire) and a stair lift (this building doesn't have one). So as smoke fills the building, you make your way towards the end of the hallway to the "Area of Rescue Assistance," where you wait for firefighters to hopefully come carry you to safety, where the rest of your peers have been for many minutes.

## Note:

My past research within disability studies has indicated that many within the disability community prefer a push away from "person-first language" ("person with disability," versus "disabled person"). My language within this article contains both person-first language and identity-first language so to honor parties within the disability community who prefer either.

This situation is a reality for many people with disabilities, temporary or long-term mobility issues, and people of older age. One doesn't have to be a wheelchair user to find themselves stuck in the simulation described above: those with visual impairments, someone using crutches, a person of older age or someone with a back or leg injury would also find themselves unable to hurriedly make their way down five flights of stairs. For people with disabilities, this scenario isn't just frustrating: it's downright scary, and it's indicative of a much larger problem.

As conversations about the importance of diversity and inclusion continue to become more prevalent, disability continues to stay in the margins of the discussion, despite the CDC reporting that 1 in 4 adults in the United States have some type of disability. (a)

Disability is one of the few identity markers that *anyone* can eventually acquire - it is possible to be able-bodied one day, and find yourself permanently or temporarily disabled the next. So why don't we talk about disability and accessibility more often? If it matters to a fourth of the population, shouldn't it matter to us all?

What we know is that many establishments are ADA compliant, meaning they follow



## A CALL FOR UNIVERSAL DESIGN: WHY ACCESSIBILITY SHOULD BE A PRIORITY INSTEAD OF AN AFTERTHOUGHT

standards for public accommodation set by the Americans with Disabilities Act. But there are ways for businesses and public spaces to get around being fully accessible, especially if spaces were built prior to the passing of the ADA in 1992; for example, the "readily achievable" clause of Title III posits that if the cost of updating a structure to make it ADA compliant is too difficult or expensive, then there is an exemption for compliance. (b) Furthermore, ADA compliance is not synonymous with accessible or equal, as illustrated by the terrifying scenario featured above; accommodations for disabilities often separate those who need them from the rest of the population.

It's important to note that accessibility refers to more than just physical space. How we measure success, progress, and worth in society contributes to a culture of ableism that is extensive and inescapable.

For people with disabilities, public spaces can not only be hard to physically navigate, but can also be filled with uncomfortable staring, offensive comments or offers for unneeded assistance, or a general sense of being unwelcome.

Universal Design, or UD, is a radical but feasible solution to the widespread issue of inaccessibility within physical and even emotional spaces. The term "Universal Design" was originated by the late architect Ronald Mace, who used a wheelchair as a result of contracting polio as a child. Mace's belief that spaces should be designed for every person who

would potentially use it (regardless of age, disability, or condition) was the driving force behind the idea of UD; Mace also believed that accessibility was not a special requirement, but a fundamental one -- and that such designs could be achieved while still remaining aesthetically pleasing and architecturally creative. (c)

Dr. Gowri Betrabet Gulwadi, Professor of Interior Design at University of Northern Iowa, explains Universal Design: "UD asks, *no matter where you are at with your abilities...is the environment a true partner in your experience?* What UD does is enables people of any ability to navigate the environment without feeling any stigma or feeling like it's specially designed for them."

WORDS  
SARA NAUGHTON  
DESIGN  
DELYNN PLANTE

# UP

There are 7 guiding principles that belong to Universal Design, which were created by Mace's home architecture department of North Carolina State University in 1997. The 7 principles guide designers and architects on what accessible, inclusive environments and products should look like:



## 1 Equitable Use

*The design is useful and marketable to people with diverse abilities.*

## 2 Flexibility in Use

*The design accommodates a wide range of individual preferences and abilities.*

## 3 Simple and Intuitive Use

*Use of the design is easy to understand, regardless of the user's experience, knowledge, language skills, or current concentration level.*

## 4 Perceptible Information

*The design communicates necessary information effectively to the user, regardless of ambient conditions or the user's sensory abilities.*

## 5 Tolerance for Error

*The design minimizes hazards and the adverse consequences of accidental or unintended actions.*

## 6 Low Physical Effort

*The design can be used efficiently and comfortably with a minimum of fatigue.*

## 7 Size and Space for Approach and Use

*Appropriate size and space is provided for approach, reach, manipulation, and use regardless of user's body size, posture, or mobility. (d)*



Although UD can and should be applied to large physical spaces and buildings, UD principles can pertain to even the smallest of features: for example, installing door handles with levers rather than knobs. This benefits a range of people and characteristics -- able-bodied people who are carrying a lot of grocery bags, older folks who have hand tremors, or people with disabilities who have trouble gripping with their hands.

If you are an able-bodied person, you might be thinking *Universal Design seems*

*great for people with disabilities, but what about everyone else?* The great news about UD is that the philosophy posits that physical space should be usable and enjoyed by *everyone* within the continuum of ability! Jennifer Lynes of University of Northern Iowa's Office of Student Accessibility Services says, "Initially when you're looking at UD, the focus is on individuals with disabilities, but really, everyone benefits. The 'age old' [example] that everyone is familiar with is curb cuts. Curb cuts were [designed] for someone who



has mobility concerns, someone who utilizes a walker or a wheelchair, but *everyone* loves them. When you're running, if you're riding a bike [...] you might not think about how you are benefiting, too."

Universally Designed spaces are also as exciting as they are functional, often featuring fun and progressive elements and architecture. Interior design and architecture students, according to Dr. Gulwadi, have the unique opportunity to be stewards of equitable environments where people live, play, and heal.

She says, "I think it is challenging to have [Universal Design] in your consciousness all the time [as designers]. Because there might be something cool, that *looks* very cool, but when you dig down into the details, perhaps it's not going to be quite as equitable for everybody. It is challenging, but it's a challenge that draws upon your creativity. So in that sense it's not a challenge that debilitates you, it's a challenge that energizes you."

Until UD is readily embraced by our communities, people with disabilities will remain "separate but equal" within our shared, public spaces; and as we know from the Civil Rights Movement, separate and equal are oxymorons. As illustrated by the terrifying scenario of the wheelchair user in a fire emergency, policies,

procedures, and designs that emphasize "separate" can be dangerous, let alone isolating and exclusionary.

## How can we encourage support and advocate for Universal Design in our communities?

"Making sure that individuals with disabilities are at the Deciding Table," says Jennifer Lynes. "We need to make sure that those voices are being heard so that when we look back, *we don't think, we could have made this change to begin with.* Instead of being retroactive, how can we be proactive?"

Disability rights and accessibility are issues of social justice; by embracing the principles and philosophies of Universal Design, communities advertise their belief that what is good for those with disabilities is good for all, taking a stand for equity and inclusion.

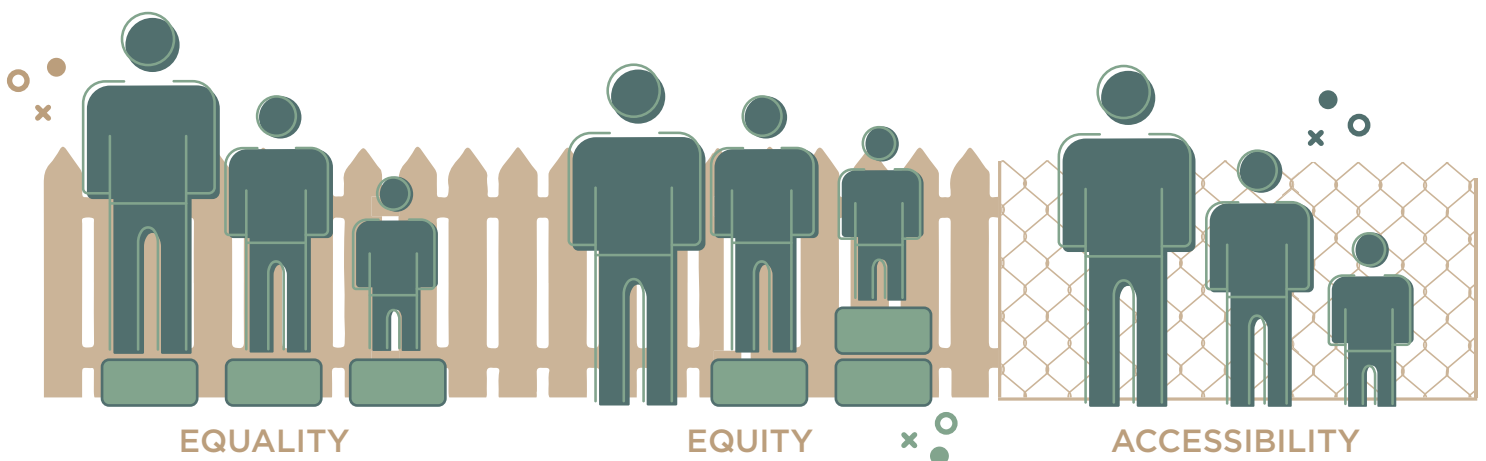
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- (c) <http://cdrnys.org/blog/advocacy/ronald-mace-and-his-impact-on-universal-design/>
- (d) <http://universaldesign.ie/what-is-universal-design/the-7-principles/the-7-principles.html>

### Words by Sara Naughton

Sara Naughton is a May 2020 graduate with a master of arts degree in Women's and Gender Studies. Her thesis research project involved analysis of accessibility issues within victim service agencies for survivors of violence with disabilities.

Sara has presented at national conferences on disability and gender issues, and has been involved in disability justice for most of her life as the oldest sister of two siblings born with physical and intellectual disabilities.



# UNI IS NOT AN ALLY

## IT ALL STARTED WITH A CONCERT

Waka Flocka had been set to perform in Maucker Union in February of 2019 after he was selected by students in a poll set up by the Campus Activities Board. The concert was open to students and the public until Senior Leadership made the decision to move the concert from Maucker Union to a different location, as well as close tickets to the public. This was due to information of rival gang members going to be in attendance, when in actuality there was no credible information proving this fact.

This incident pushed students of color from various student organizations on campus to form the Racial and Ethnic Coalition, also known as REC, in hopes of seeing change start on campus. These students hosted a town hall meeting in the spring of 2019 to discuss what change they wanted to see based on their own experiences. The information from the town hall was then used to create a list of short-term goals they would present to Senior Leadership.

The students from REC and Senior Leadership met a total of three times. The first meeting was held on April twenty-ninth. After presenting their list of goals to Senior Leadership, it was agreed that the goals would be met by the beginning of the Fall 2019 semester and that they would meet again to discuss other future plans. Over the next four and a half months, REC would receive few, if any, updates on the progress of meeting these short term goals from Senior Leadership.

After the fall semester started, REC and Senior Leadership had their second meeting on September 19th. At this meeting, it was admitted that the student's goals were not completed. Instead of being given direct answers as to what happened, members of Senior Leadership talked in circles in

an attempt to hide that they did not meet the goals set by REC.

The third meeting was on October 16th. While not all members of Senior Leadership were able to be in attendance, REC provided the present members of Senior Leadership a checklist to fill out. This checklist allowed Senior Leadership to go task by task and mark if said task was completed with a yes or no, as well as how the task was completed. When REC received the checklists back, they were faced with various answers and in some spaces on the lists, no answers altogether. Despite the simplicity of REC's requests, Senior Leadership had answers that varied from member to member on whether or not these requests were met. It was at this meeting a member of REC addressed their disappointment with Senior Leadership and the failure to meet their requests, as well as the disrespect REC had dealt with directed at them.

After the events during the meetings with Senior Leadership, the students involved with REC planned a social media campaign to share how Senior Leadership has contributed to the oppression students of color face at UNI.

The movement, #UNInotAnAlly was launched on November first. This movement included flyers being put around campus, directing students to a Facebook page, an Instagram account, and a Twitter account where there were various testimonials from students of color at UNI.

Anissa Smith, a senior at UNI, states, "We took our stories first and we reached out to UNIDos and other minority based organizations to get other student's input on things they have experienced on campus [...] and now, sometimes we get emails or messages

from people who have experienced, have racial experiences or discrimination on campus.”

As the rest of the campus learned about UNI is Not an Ally and the student’s testimonials, the organization found itself facing many different reactions. Students, faculty, and staff were finding different ways to show their support, whether it was in reaching out and asking how they could help, sending in apology letters to REC, or holding events to learn more about the issues in their specific environment.

Though, along with the positive reactions, there were also a handful of negative reactions. One particularly negative reaction came in the form of a letter that was delivered to one of the members. The letter, which was shared on UNI is Not an Ally’s Facebook page, was filled with pages of outdated racist ideology.

Senior Mohammed Rawwas states, “I guess that kind of just comes with the territory, but I suppose it’s interesting to see that ideology is still around. A lot of it is pseudoscience, [...] that was developed decades ago and has been thoroughly debunked since and I feel like it’s seen like a reemergence in recent years.”

Even with the variety of reactions from the public, UNI is Not an Ally started a conversation that its members hope to continue today.

As a group, REC meets weekly to discuss plans for their organization, long term goals to be given to administration, and other important topics. These meetings can last more than two hours and members often have many tasks for administration to give their attention to. With all that occurs at the meetings and the responsibilities the students hold in their various committees within the organization, the members of REC have a lot on their hands, and they had to figure it out one step at a time.

“We needed to focus on something new and take in account that we are all students and have things we need to focus on whether it’s our different orgs, work, our family life, just taking care of ourselves.” says UNI senior Laura Roman Jimenez. “We experience a lot of racial battle fatigue. We had to have meetings where we had to sit ourselves down and be like ‘what are we really here for?’ checking up on each other [...] we have to work on ourselves first, figure out where we are going, what direction.”

These students were facing mental and physical stresses from trying to take the responsibilities of this movement on their shoulders and the racism that they faced on the campus.

“

That’s another strength we have. We have been through similar experiences, and even if it’s not the same experience, we understand because we all go through stuff and we all go through life. It’s good that as an organization, REC, we have each others back and we support each other. — NeiAira Burt, Senior

”

While the students of the REC all support each other and the other students of color on campus, there are different ways for white students to show their support.

“One of the main things is if you want students of color to actually feel like you’re supporting them, they have to see you, they have to recognize you, they have to know who you are.” says Roman Jimenez in reference to the events these organizations put on, such as the CME’s Hot Wings, Hot Topics. “You can say a lot, but if we don’t even know who you are then they don’t feel that backing. Additionally, the work these students put into these organizations, it takes a lot of time, it

takes a lot of effort, and to have people not even show up and try to learn anything at all, it can be a slap in the face to those students.”

Another way for non-colored students to show their support is to simply learn from their mistakes.

Sophomore Gisselle Herrera says, “Be aware of indirect microaggressions. I know, white people sometimes don’t tend to know that they’re doing microaggressions, but students of color know. Just being aware when that’s happening.”

If something wrong is said, instead of arguing it is important to apologize and ask what can be done better.

From the events of the Waka Flocka incident to the launch of UNI is

not an Ally, the REC has seen the start of a conversation. The members of REC hope to continue the conversation with their long term goals and by encouraging students who may want to help but don’t know how to ask questions, to carry this conversation on for years to come.

If you are interested in learning more you can contact REC’s email at [unirec20@gmail.com](mailto:unirec20@gmail.com) or go to **UNI is Not an Ally’s** Facebook, Instagram, or Twitter.



# RETROGRADE

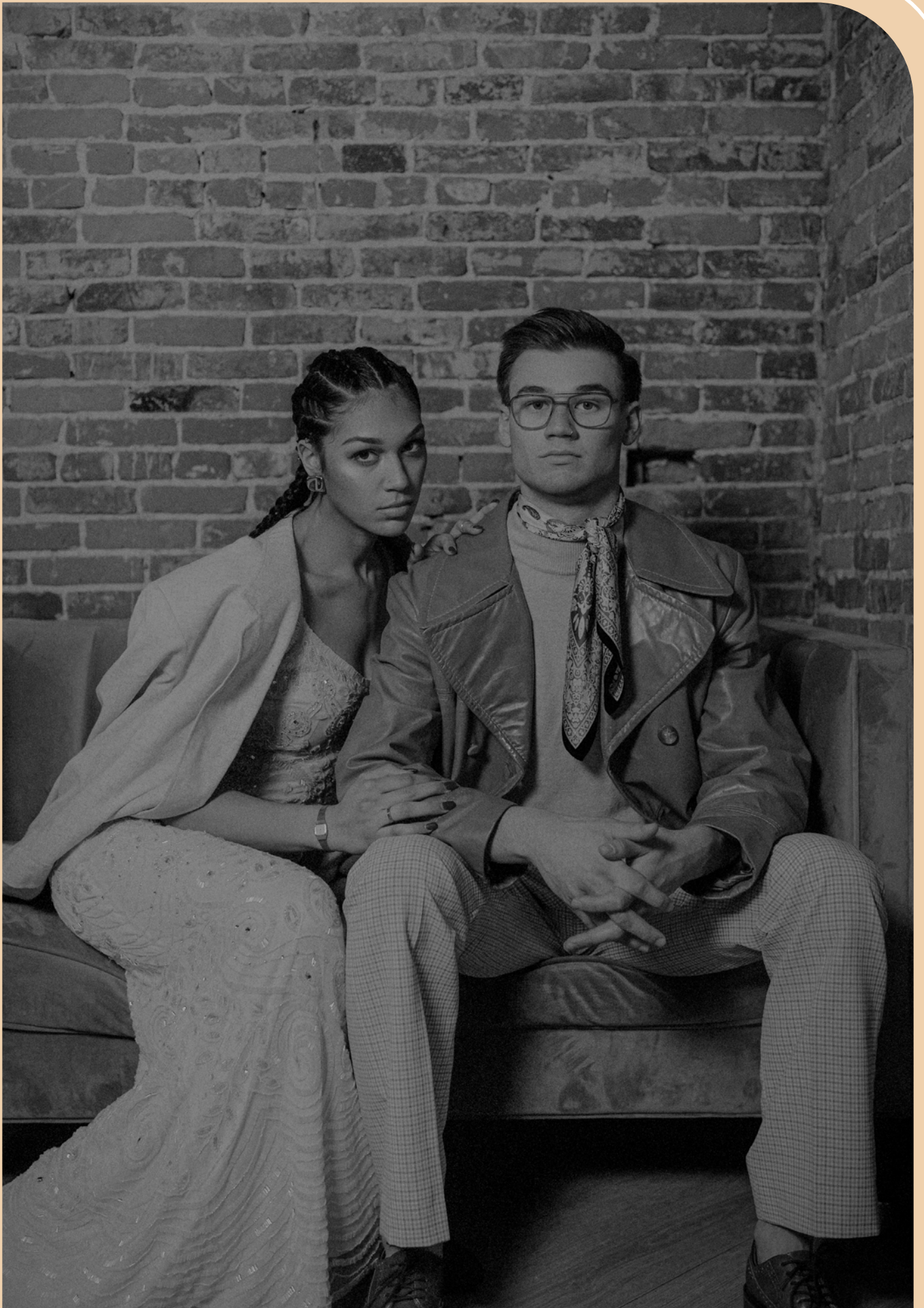
*From Latin origin,*  
**RETRŌGRADUS**, from **RETRŌ** [“backwards”] +  
**GRADUS** [“step”], an astrological moment,  
reversal of space and time.

PHOTOGRAPHY  
ISAAC HACKMAN  
DESIGN  
KAILIE HESNER

During a time of mass consumerism and an oversaturation of marketing and media, *Uprising Magazine* chose to portray a lens of simpler times. Inspired by upcoming runway fashion trends and the mundane of daily affairs, the two met and formed a juxtaposition, creating beauty in unexpected locations. All apparel photographed in this editorial was collected from vintage stores, local resale shops, or our own wardrobe—producing an eclectic yet timeless feel for a vintage-inspired editorial.







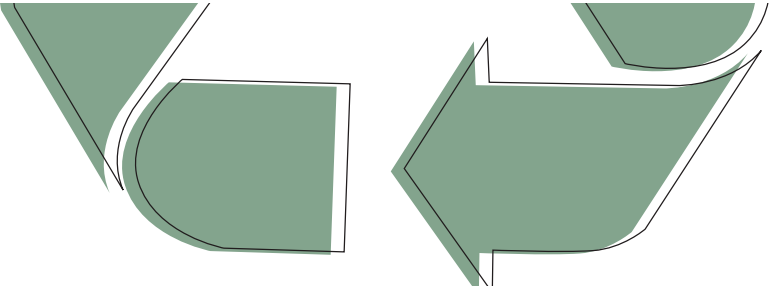






# *Wasting* A W A Y

**“[...] a shadow to material progress, a reaction to abundance, a manifestation of civilization’s discontents. He remembers growing up in a three-story house with a two-car garage in rural Connecticut and feeling mildly oppressed by ‘detritus scattered at random all over the place.’”** — **KYLE CHAYKA** IN **THE LONGING FOR LESS**



**NEARLY TWO YEARS AGO**, I stumbled upon a minimalist Instagram account. I envied the freedom and contentment which seemed to accompany living a minimalist life. The amount of “stuff” I accumulated in my dorm room started to feel like a weight on my shoulders. I needed two vehicles to move my belongings back home for the summer after my freshman year after only needing one car to move in. It was then I realized possessing everything wasn’t the key to happiness. In fact, it was quite the opposite.

Everyone has a different reason for starting a minimalist lifestyle. I felt as if I was drowning in stuff, and I didn’t want to be a slave to my belongings anymore. I was ready for simplicity allowing smoother moves from place to place.

When beginning my quest for minimalism, I also became aware of the low-waste movement. After doing some research, I noticed that my consumer habits did not align with my goal to care for the environment. Learning of the reality behind exactly how much waste I was producing, highlighted the negative impact my consumption habits were having on our Earth.

“ACCORDING TO THE UNITED STATES ENVIRONMENTAL PROTECTION AGENCY, THE AVERAGE AMERICAN PRODUCES

**5.91** POUNDS OF TRASH PER DAY.

OF THIS WASTE, ROUGHLY **1.51** POUNDS WILL BE RECYCLED LEAVING

**4.4** POUNDS OF TRASH SENT TO THE LANDFILL PER DAY;

AND THIS IS ONLY **ONE PERSON.**”

**“We don’t need a handful of people doing zero waste perfectly. We need millions of people doing it imperfectly.”** — ANNE MARIE BONNEAU, BLOGGER & ZERO WASTE CHEF

Verisk Maplecroft, a research firm, reported the average American produces 1,704 pounds of garbage per year which is three times the global average. Finally, these researchers concluded across 194 countries, the world produces 2.3 billion tons of municipal solid waste each year. That’s enough to fill 822,000 Olympic-sized pools. Only 16% of this waste is truly recycled, leaving the remainder to be disposed of in unsustainable ways which harm the environment.

Low waste lifestyles go beyond “save the turtles” and reusable straws. The goal is to hold yourself accountable for your carbon footprint and work towards producing as little waste as possible. Minimalism and low waste intersect at sustainability by limiting oneself to the necessities. Both are beneficial for a multitude of reasons through supporting a healthier planet due to reducing excessive waste. After evaluating your consumption and waste patterns, consider beginning this journey for yourself. By doing so, you’ll begin to appreciate the possessions you own more, learn to be content with what you have, save money, and feel good about yourself for doing your part in bettering the environment.

For inspiration, Lauren Singer (@trashisfortossers) is the first person that comes to my mind. Lauren is an environmental activist, entrepreneur, and blogger, and her content focuses on educating readers on how she achieves a zero waste lifestyle. She gained media attention for keeping four years of trash in a single mason jar. While impressive, many people learn of low-waste through similar stories and feel discouraged at this far-off goal. For most, this is an unrealistic place to begin, but the important thing is to start somewhere.

My advice is to start small and give yourself a new goal every other week or once a month. First, begin by assessing your habits; what you use and what you throw away. You can find opportunities to lessen your waste in all aspects of your life. By focusing on reusable, recyclable, and/or multipurpose products, you can limit your use of single use products and in turn, reduce their waste. Buying low-waste alternatives when you run out of your current products is an easy way to transition into this lifestyle. You can swap “greener” alternatives for your normal habits without sacrificing your quality of life. In the kitchen, this could look like investing in a reusable coffee mug. In fact, many coffee shops offer a discount when you bring your own cup.

Another example includes using cloth napkins instead of single-use napkins. At the store, transitioning to low-waste could be purchasing products with minimal packaging and swapping plastic grocery bags for reusable grocery bags. Consider buying a stainless steel safety razor to replace plastic disposable razors and using sustainably produced beauty products such as shampoo bars and makeup with recyclable packaging. Finally, I encourage you to buy second hand clothing and only purchase versatile clothes which you love and will last a long time. Each step is small, but together they can significantly reduce your personal waste while saving money in the process.

A couple other ways to jumpstart your journey include participating in the “Minimalist Challenge” or “30 Minutes Every Day”. The Minimalism Challenge encourages the individual to let go of one item on the first of the month, two on the second, three on the third, and so on. By the end of the month, you could remove 400+ items from your space if completed everyday. With the items you decide to remove from your space, you may recycle or donate them. On the other hand, during the 30 minute every day challenge, one will spend 30 minutes every day decluttering a section of their living space. After doing so for a few weeks, you’ll begin to see the impact.

Mine is only one story in the midst of many. Each minimalist has a different reason for adopting this lifestyle. Becoming a low-waste, minimalist is an investment as minimalism is a journey, not a destination.

**WORDS**  
NOELLE SAMPSON  
**DESIGN**  
KAILIE HESNER

## INSTAGRAM INSPIRATION ACCOUNTS TO FOLLOW

[@MINIMALISMLIFE](#)  
[@BEMOREWITHLESS](#)  
[@LIFEWITHOUTPLASTIC](#)  
[@AWASTEFREEWORLD](#)



**DESIGNER TO WATCH**  
**JENNA VERMOST**

*Jenna Vermost*

Unapologetically chasing your dreams is something many people wish to achieve though so few have the stamina to do so. Jenna Vermost lives her dream every single day choosing to follow what her heart is telling her; becoming a fashion designer. Because of her amazing drive and passion, she is Uprising Magazine's Spring 2020 designer to watch.

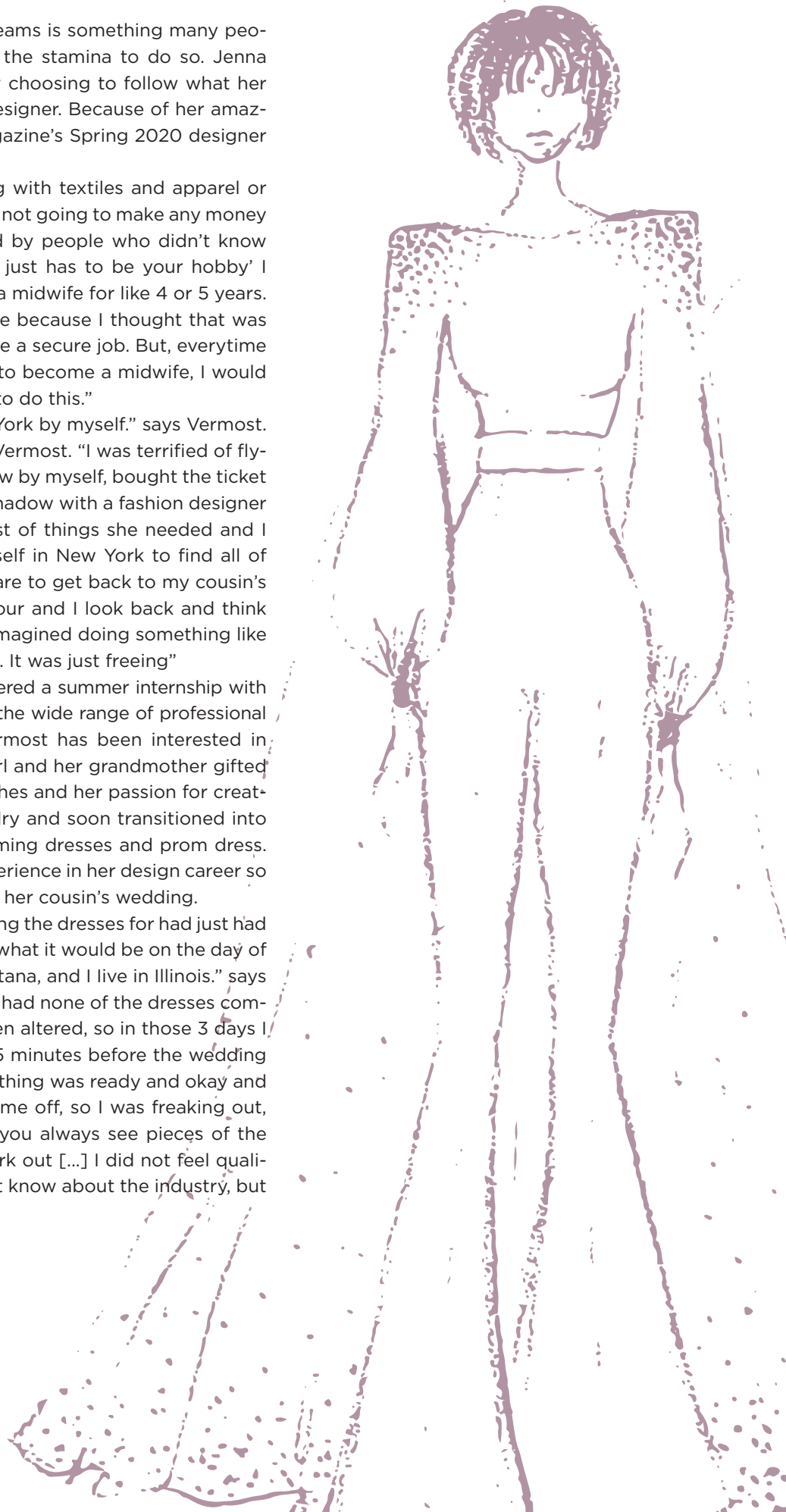
"There's a stigma that goes along with textiles and apparel or fashion design," says Vermost. "like 'you're not going to make any money unless you're famous,'[...] I had been told by people who didn't know much about the industry like 'oh no this just has to be your hobby' I have to find a 'real job,' so I wanted to be a midwife for like 4 or 5 years. I still wanted to do design, but on the side because I thought that was the only way I could make money and have a secure job. But, everytime I would go to nursing school or anything to become a midwife, I would freak out because it was like I don't want to do this."

"This past year I traveled to New York by myself." says Vermost. "I had never flown before in my life" says Vermost. "I was terrified of flying even though I had never flown, but I flew by myself, bought the ticket myself, went there by myself to do a job shadow with a fashion designer in the garment district. She gave me a list of things she needed and I went around the garment district by myself in New York to find all of these things. I walked through Times Square to get back to my cousin's house where I was staying during rush hour and I look back and think man just 5 years ago I would never have imagined doing something like this. I thought I would hate it but I loved it. It was just freeing"

After this experience, she was offered a summer internship with the company and is continuing to explore the wide range of professional opportunities in the apparel industry. Vermost has been interested in fashion from the time she was a young girl and her grandmother gifted her first sewing machine. Her love for clothes and her passion for creating began when she started making jewelry and soon transitioned into making clothes making her own homecoming dresses and prom dress. Leading her into her most challenging experience in her design career so far: the creation of bridesmaid dresses for her cousin's wedding.

"The three bridesmaids I was making the dresses for had just had babies, so their weight was different than what it would be on the day of the wedding and the wedding was in Montana, and I live in Illinois." says Vermost. "So, 3 days before the wedding I had none of the dresses completely finished and none of them had been altered, so in those 3 days I had to alter them and finish them to fit. 15 minutes before the wedding started we went to check to be sure everything was ready and okay and one of the lining pieces of the dresses came off, so I was freaking out, and I felt terrible because as a designer you always see pieces of the dress that you don't like or that didn't work out [...] I did not feel qualified. Even now there's so much that I don't know about the industry, but I know that knowledge will come in time."

**WORDS**  
SARAH RITONDALE  
**PHOTOGRAPHY**  
MELINA GOTERA  
**DESIGN**  
CLAIRE OLSEN



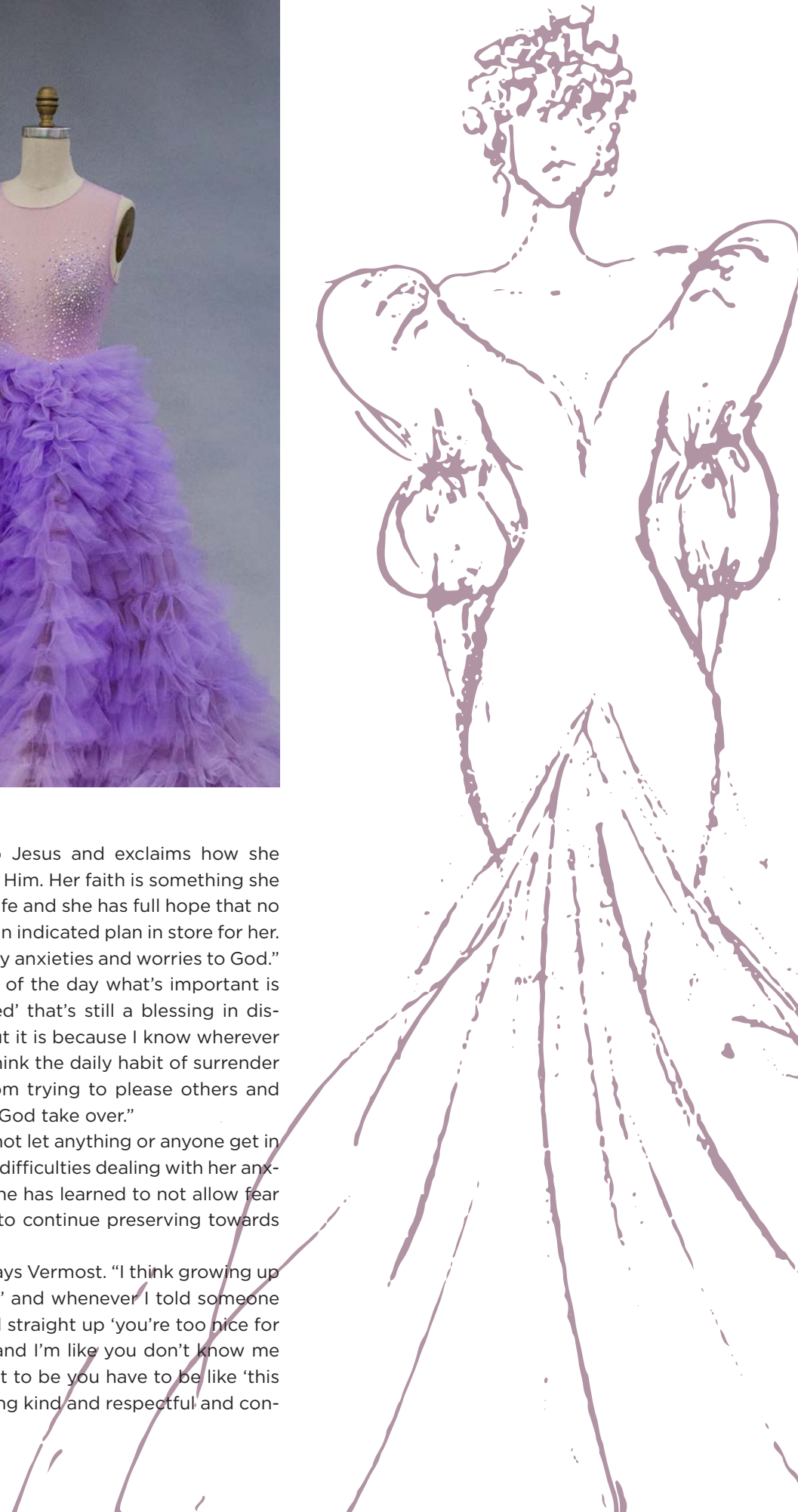


Vermost credits her success to Jesus and exclaims how she would not be where she is today without Him. Her faith is something she believes guides her on the right path to life and she has full hope that no matter what life throws her way there is an indicated plan in store for her.

“Faith and just like giving all of my anxieties and worries to God.” says Vermost. “Knowing that at the end of the day what’s important is love. If my personal plans don’t ‘succeed’ that’s still a blessing in disguise. It may not seem like a blessing, but it is because I know wherever I end up is where I’m meant to be, so I think the daily habit of surrender has really helped because then I go from trying to please others and prove myself, to letting it go and letting God take over.”

Vermost is uncrushable and will not let anything or anyone get in the way of her dreams. She discusses her difficulties dealing with her anxiety and the unruly opinions of others. She has learned to not allow fear to control her but rather be motivation to continue preserving towards her goals.

“I think a lot about my anxiety” says Vermost. “I think growing up I’ve always been told ‘oh you’re too nice’ and whenever I told someone I wanted to move to New York I was told straight up ‘you’re too nice for New York’ or ‘you’re not bold enough,’ and I’m like you don’t know me [...] if you want to get to where you want to be you have to be like ‘this is what I want,’ but at the same time, being kind and respectful and confident as well.”



Vermost is thrilled to display her latest creations at Catwalk 28 in April of 2020. She is currently working on a line that reflects what her future goals embody discussing her long term goal of being in occasion wear and bridal design. This collection shows she's on the path to doing just that. Vermost is currently enrolled in an independent study in which she is designing 10 wedding gowns and creating four. Through her designs, she will emulate her passion for her faith as well as for women's rights titling the line 'Ezer' after the Hebrew word for helper because this is how Eve is referred to in the Bible.

"I know it can be a common misconception in the Bible for women to be seen as the lesser, but just as the church was born out of Jesus' side, so was the woman born out of Adam's side. It was equal and to help each other. I love looking at different women in the bible too so each one of my dresses is going to be named after my favorite women in the Bible and different design aspects of each dress will represent the story of the woman."

Vermost illustrates the beauty of her passion. Inspiring us all not just with her design abilities, but also in her determination to chase her dreams.

*at the  
end of the  
day what's  
important  
is love*



# INSPIRE BEAUTY

## Promoting A Positive Body Image

**WORDS**  
DARCY BERTOLINO

**DESIGN**  
MADELINE DOHERTY

Founder Kayla Stirling of Inspire Boutique, located on Viking Road in Cedar Falls, discovered something missing in the Cedar Valley area of the fashion market; affordable, on-trend clothing to fit all body shapes and sizes.

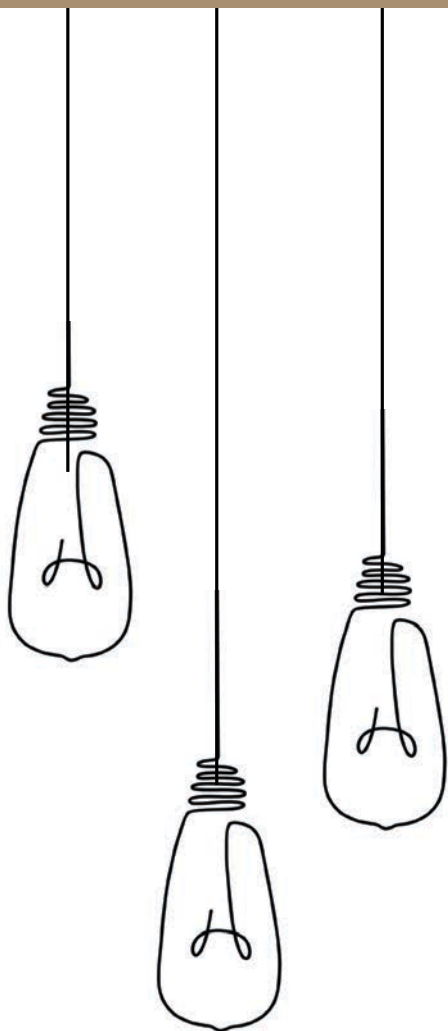
“A lot of boutiques do not offer our range of sizing, so I feel like bringing that to our area was definitely needed, especially because a lot of times boutiques only carry sizes small to large and that’s it [...] I felt like I just wanted to make sure I inspire all women to feel confident and comfortable in their own skin,” says Stirling.

After Inspire’s opening in July of 2019, Stirling has made it her mission to empower women of all sizes. Her goal is to ensure women feel confident in what they are wearing, especially while living within a society that does not appropriately display all body shapes and sizes as beautiful.

“[...] A lot of times that starts out with how you feel when you wake up in the morning, like what you put on right when you get up in the morning and get going,” says Stirling. “A lot of how we feel depends on how confident we feel in what we are wearing and how we can carry ourselves with the clothes we put on.”

Boutiques tend to target a limited range of sizing, and bring a perception of high end items unable to be affordable to the masses. This results in boutiques only catering to those who expect an ‘experience’ while shopping. Within a college town, like Cedar Falls, Stirling understands her market and wants to provide clothing items that perfectly fit the needs of everyone.

“ “I wanted to make sure to be able to empower women and inspire them” ”



Stirling also wants to appeal to people of all ages. She explains that the store receives an influx of mother-daughter shopping, explaining that there are a variety of age groups that can wear the clothing sold at the boutique.

“I want women to be able to shop in our store whether you are in your 20s or in your 60s so I have a variety of clothes, like a really large range, I think that is important too.” says Stirling.

Inspire Boutique is a one stop shop for everyone to feel confident and beautiful. One of Stirling’s favorite parts about her boutique is the small town shop experience she provides for her customers.

“We are much better with sizing for sure, but also the small town Iowa shopping experience,” says Stirling. “I feel like it is a good atmosphere so I hope it is a place where our customers feel confident and comfortable in our store.” Stirling felt this void in the Cedar Falls market, throughout her personal experience, struggling to find the right clothes for her own unique body type.

“I am curvy, so that is all where it all started from.” says Stirling. “I work with different sizes so I know the struggle, what it feels like to have to go shopping at places that they don’t carry it or if you go to Maurices they do, but then everyone has the same thing. I struggled with that in our area so I wanted to make sure to be able to empower women and inspire them, so we are the place,” says Stirling.

The magic behind Inspire Boutique’s trend-setting clothing starts with Stirling attending market. Market is where boutiques go to pull clothing for their specific audience that coincides with the appropriate season. Designers attend market and show their latest designs and

fashions, and it is Stirling’s job to decide what clothing should make its way into Inspire.

“Where we are in Iowa, [the] midwest is about 2 years behind where the fashion is. I feel like it is hard to go to the market because of what they are wearing,” says Stirling. “If we brought that home people would be like ‘What the heck is she wearing?’” But two years from now, we will all be wearing that. I feel like I am trying to set the trend a little bit. I always carry like 1 or 2 items in the store to try and push the women a little bit, but then hopefully just be like we found this new piece at market. This is the new trend so hopefully we set the trends as well,” says Stirling.

Stirling is pushing the boundaries of boutique shopping experiences. She hopes to be the leader in a shift into a more progressive approach to inclusive shopping. Although February of 2020 only marks Inspire Boutique’s 7th month open, Stirling has seen business thrive. Going forward, Inspire hopes to expand their reach through more creative marketing and social media.

“I think we are always trying to create new ideas, so I know our marketing will be changing in the next 6 months or so, I think we will definitely be pushing the boundaries with our marketing hopefully we lead that change with other boutiques in the Cedar Valley,” said Stirling.

Stirling is taking the step towards inclusivity and Uprising Magazine is excited to watch Inspire grow through promoting a positive body image and empowering the women of Cedar Falls.

“What it really comes down to, is if you feel good with what you have on and confident in your own skin, then you will have a better day,” said Stirling.

“What it really comes down to, is if you feel good with what you have on and confident in your own skin, then you will have a better day”



University of Northern Iowa's  
Textiles and Apparel Program presents



CATWALK 28

# REFLECTIONS

REFLECTIONS

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