Land Acknowledgement

*Uprising* would like to acknowledge the land on which we gather is the seized territory of the Ioway, Sauk, Meskwaki, Wahpeton and Sioux People. Indigenous lands weren’t ceded through efforts of “good faith” by the United States Government, rather they were stolen from Native and Indigenous Peoples through coercion and dishonesty.

Both the State of Iowa and the United States Government carried out acts of genocide, ethnic cleansing and forced removal as ways to acquire land. Despite centuries of theft and violence, this remains Indigenous land—it will always be Indigenous land.

Native and Indigenous People are not relics of the past. They continue to share their talents and gifts amidst a backdrop of ongoing colonialism. We celebrate you.

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LETTER FROM THE EDITORS

This past year and a half has produced an abundance of changes. We’ve spent some time alone, done some self reflecting, and now, as the world is seemingly returning to normal, it’s time to decide what we want “normal” to look like.

This idea of deciding what we want “normal” to look like in our lives brought us to Revamp as the theme for Issue 12.

Revamp is questioning the statement so many people have been making recently of “I want the world to go back to normal.” But why should we settle back into our old ways when we can use this opportunity to grow, reevaluate, and revamp our new normal? Revamp is the idea that we can continue to grow, to change, and to become the best version of ourselves. Whether that means changing our style, our relationships, our decisions, or anything that creates us.

This issue is Uprising Magazine’s interpretation of navigating our new normal. We included concepts that we feel should be revamped in our lives, but acknowledge that one’s “normal” is incredibly personal. That being said, our hope for this issue is to inspire something in you.

It can be intimidating trying to redefine your life in a new way when the past is just SO familiar, but it is important to remember that someday soon what was once new will become familiar too.

So, reader, we challenge you to take in ALL of Issue 12, our own Revamp, and imagine for yourselves what your new normal could look like.

Ireland Frisch  
She/Her/Hers  
Editor-in-Chief

Mia Rampton  
She/Her/Hers  
Editor-in-Chief
THE RENOVATION

INTELLIGENT ENJOYMENT
Due to Covid 19, the past two years have been filled with stress, sadness, and loneliness. We’re privileged to be able to obtain vaccinations and resume our social activities with caution. The plastic layer represents the hesitation and adjustments of diving back into real life.

EXILE OF GENDER NORMS IN FASHION

BEAUTY REVAMPED

ANGEL NUMBERS

PROTECT YOUR ENERGY
Sometimes it feels as though you’re constantly giving your energy to everyone and everything around you in an attempt to keep the world afloat. What if you conserved some of that energy, maybe used some of it for yourself, to keep yourself afloat? We believe that the new ‘normal’ for mental health is setting boundaries, putting yourself first, and protecting your energy.

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2021 has opened the door to mixing patterns and mismatching styles within ensembles. As a society, we are also embracing subversive outfit creation. Have some fun building an outfit, bend the rules a bit, whatever makes you happy.

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Military and Veteran Student Services

Center for Multicultural Education

Thrive Mentoring Program

The DIS offices promote a safe and welcoming environment that fosters academic success, a sense of belonging, and respect for all people and cultures.
I painted my dresser today. Staring at the long worn yellow made me feel green, so I painted with my emotions until it burned vibrant sage. I laid down on my bed and let myself reimagine the color palette of my life. The colors swirled above me in a harmony of hues. Happiness and sadness danced together in blues and greens, while creativity and compassion swirled their own melody of violet and red. I thought of everything that has made me into who I am: the flowers that have spilled from my eyes and the magic that conjured them. All the moments that have filled me half full or all the way to the brim. There are ruins of my failed attempts that sit at my borders and yet, they do not define me. I have made peace with my negligence as it is made of things that no longer serve me. I will always be entangled in the convoluted mess that presents itself as growth.

I could not help but to ponder the idea of who I have yet to become. I do not know her, but I hold her close to my heart. She is in between the threads that hold me together. She is the weeds that grow from the spilt stone of my dereliction and blossoms at the door of my victories. She will create new space in my mind and I will leave room for her, because what is life if not fluctuation.

She will plant gardens of new ideas and carve statues of passions. She will collect the honey of all the moments that make her smile and she will simply leave my faults in their resting place. She will refurbish and paint over all the chips in the wall, leaving a new purpose with each and every stroke.

I will congratulate her when she arrives. I long to know all the things she will create and all of the moments she will pursue. I do not envy her, for she is a story yet to be told and how lucky am I, to be her mold.
Intelligent

My opinion
Back in March of 2019, when students received the official email that classes would continue online for the remainder of the semester due to COVID-19, everything as we knew it shifted. Suddenly, three quarters into the semester, teachers and students alike were trying to discover what online learning looked like. Everyone was frantically navigating online meeting applications like Zoom, watching online lectures at home, and coming to terms with opportunities for socialization, growth, and connection that were lost. Not only did we have to worry about finishing our classes, we also had to learn how to navigate living through a global pandemic. This was especially difficult as this required isolation in a time where we’re told to be social and “get involved” during these pivotal years of development, which can further emphasize the grief for all the potential connections we’ve lost.

Over the course of these last eighteen months, students have had to become more adaptable, both academically and socially, than ever before. Last year, in order for us all to be on campus, there was still a lot of isolation and physical distance we had to put between one another in order to be safe. This was a difficult time for students and staff. Freshmen weren’t fully able to experience what a typical year of college looks like, seniors weren’t able to finish out their time on campus the way they’d imagined, and sophomores and juniors were stuck somewhere in between. Because of so many rapid changes on campus as well as external factors such as the pivotal presidential election, the worsening climate crisis, a resurgence of social justice issues, etc., mental health on campus was an active topic of conversation. For so many of us, socialization and becoming active on campus is a stress-reliever from academic pressure, but with that aspect of our college experience taken away, this further challenged how students were allowed to cope.

That leads us to the current school year, where it seems like things may finally be looking up. Masks are no longer required but highly recommended, classes and organizations are able to meet in person once again, and activities and performances are slowly but surely returning on campus. This is all well and good, but after the year and a half we’ve all gone through, it can be difficult to return to that state of “normal” we once found ourselves in, almost like trying to fit into a box that no longer exists.

After being told to keep physical distance from one another for an extended period of time, what it means to be social has shifted for so many students. Some may have discovered that they are comfortable with only a small group of family and friends around them. Others in isolation may have found themselves craving the energy and atmosphere of being around large groups of people, heightened by the fact that we were living through a time when suddenly these gatherings were no longer possible.

The big question is: what now? For many of us, our social skills may be a bit rusty. We might find ourselves becoming a bit more guarded in big groups of people or in new situations after not being exposed to them for so long. People we were close with a year and a half ago may be totally different now after what we’ve all gone through, which provides the challenge of figuring out how to navigate our current relationships as well.
After spending so much time in isolation, you may have realized that you have a much smaller social battery. Or, on the other hand, maybe this time of self-reflection and isolation has prepared you to constantly meet new people and immerse yourself in the campus experience we’ve all missed out on this past year. However this time of uncertainty has affected you, it’s important to remember your experience is valid, and there is no “one size fits all” for how to cope and come to terms with the time we’ve collectively experienced.

This may very well be one of the most difficult times to be a college student in recent history. With that being said, though every student went through something different in isolation, we all collectively experienced something together, and there is power in that. Because of this, being vocal and sharing your experience with other students on campus may help us all to come to terms with the past year, as well as discover what that means for all of us going forward.

Ultimately, we have to stop putting so much pressure on ourselves to pick back up the “normal” college experience, because for students like us, things haven’t been normal in a long time. It’s okay to be trepidatious to resume life in the “real world” and get back to a state of normalcy, because normal doesn’t really exist anymore. When we think about it, did “normal” ever even exist in the first place? If you are feeling social burnout or feel the urge to go back into isolation, those experiences and reactions are valid. If you are more than ready to discover what the future looks like going forward and surround yourself with new people, that is valid as well! Whatever feelings you’re having about returning to college life, it is the responsibility of all of us to redefine what the future looks like going forward, and accept that it may forever look a lot different than what was once expected.

WORDS
MADDIE KIZER

DESIGN
HANNAH MILLER
Fashion at its core is a way for one to express themselves and show off their sense of individualism. It follows trends often cultivated by social media, celebrities, influencers, fashion designers, and even trends that were popular decades ago now revamped. Fashion trends are dynamic, and while there will always be pieces and styles that never go out of fashion, such as Coco Chanel’s Little Black Dress, what is considered “fashion” is in a constant state of evolution. Fashion is constantly being questioned and is a staple of many people’s identities.

The question that has been brought to attention now more than ever is crucial: does fashion have a gender? While there may be clothes more directed at female and male presenting body types, there is no rule stating that we have to continue to follow these gender norms. As fashion isn’t just the clothes one wears, but a tool utilized for self expression. The accessories and clothes one adorns themselves with represent who they are to the world and gives the world a glimpse at who that person truly is.

At its core, fashion is about expression and individualism, but our world is still stuck in the belief that it needs a gender. Over the past two decades, progression around fashion has been drastic compared to previous years. Although there still have been negative reactions, society is still working towards inclusivity when it comes to expression through clothes. Excluding gender from fashion is important because adding the narrative that clothes have a gender is harmful since gender roles have become less and less practiced in the past few years. For the people who view fashion as having gender, the real problem they have with it isn’t about the clothes or accessories the person is wearing. The reason behind some of our society believing that fashion has gender is that going outside the “fashion gender norm” threatens their sense of masculinity, femininity, and traditional gender roles. And while gender roles and norms are slowly being removed from our world, they are still present in one’s everyday life and can have a lasting impact on how we view ourselves and our place in society.
One of the most notable and recent actions against fashion having a gender was Vogue’s December 2020 issue, which featured singer Harry Styles wearing a periwinkle dress and a black tuxedo jacket, both designed by Gucci. The cover quickly sparked controversy, with some being in favor of the magazine’s decision and what it represents, while others were outraged by the act. There are many people in the world who dislike the social justice and change our world has gone through in recent years, and want society to remain with its gender norms and gender conforming fashion. Many people are scared of change and what it represents. They want our society to stay the same and to go back to outdated gender conforming ideas. Fashion evolves and while it may revisit trends and styles popular in the past, its goal is to utilize individuality, and it’s hard for one to be individual if they are forced into a gender conforming box. Styles wearing a dress on the cover of the world’s most influential fashion magazine is a step towards inclusion, and many were quick to praise the singer for being the start of a new generation of genderless fashion. Yet they seem to have skipped over a very large section of history: those who dress in drag and members of the transgender community.

The Stonewall riots are an important event in our country’s history as well as the LGBTQ+ community. The riots began after police raided Stonewall Inn and arrested people, one of the charges being that people were violating New York’s gender-appropriate clothing statute. The Stonewall riots lasted for six days and were a vital part of LGBTQ+ activism. One famous activist of the movement was Marsha P. Johnson. Johnson was a drag queen who partook in the riots and is now known as a vital part of LGBTQ+ history. Johnson, along with many other drag queens and members of the LGBTQ+ community chose to defy gender norms at a time when it could put their lives at risk. These are the people who helped evolve our society to where it is today and allow us to live in a world where fashion has no gender.
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Angel Numbers

Having a lucky number or a favorite number is not uncommon, but not many people know about the concept of angel numbers. According to numerology, angel numbers are patterns of numbers that hold spiritual meaning meant to convey a message. Some people see the same sequence of numbers in random places in their life, which can be interpreted as their angel number. These numbers can be accessed by meditating and being open to what the universe is trying to tell you, or just by coming across these numbers again and again in everyday life. Angel numbers have different meanings depending on your journey, but these are the most common interpretations:

000

Zero is a number typically connected with new beginnings, so this could be your sign to start something new in your life. 000 is also used as spiritual support: a message that you should strengthen your connection with the form of spirituality you believe in.

111

The number one is associated with manifestation: the spiritual pursuit of your goals. Many people make a wish when the time is 11:11, which can be partially attributed to the connection with the number one and manifesting our dreams and wishes. If this is your angel number, when seeing it, you could focus on your goals and aspirations to help conjure it into existence.

222

If your angel number is 222, you are in need of stability and something to trust. It is important to be in the moment, believe in yourself and take time to recognize where you are in your journey. This will allow you to be open to peace and the balance you seek in life.

333

Three is associated with creativity and involves tapping into your talents to make your mark on the world. Be willing to lean into your passions. You should delve deeper into your creative pursuits without fear. This number shows support for you as you take new steps forward, so don’t be afraid to go see what’s out there for you in the world.

444

You are on the right track and you are working hard, keep it up! This angel number is connected with positivity and involves looking inward to find the answers you seek as you continue to persevere. Things may seem hard now, but you have spiritual support in whatever endeavor you choose to pursue.

555

The number five is deeply connected with change. If 555 is your angel number, you most likely have big changes to come in the near future. This is especially true if you are feeling stuck in life. 555 means your dreams are close and you need to continue to stay positive as you keep moving forward.

666

While 666 typically has dark or negative connotations, in angel numbers it simply means you need to look at things in a different way. Maybe you have been giving too much effort in one aspect of your life which could be draining you and you need to switch to a more positive perspective to allow peace back into your life.

777

Seven is considered to be a very divine and sacred number, meaning you are aligned in your spiritual journey and shows recognition of your progress. It can also foreshadow an energy shift, spiritual fulfillment is approaching and you should tap into your talents and allow this shift to happen.

888

This angel number indicates abundance, most likely for material or financial gains. You are being rewarded for your ambitions and by spreading positivity you will receive that back from the universe. Whether it’s karmic or monetary, you will be repaid for your hard work.

999

This angel number communicates the closing of a chapter in your life which will in turn make room for the next. Endings are difficult, and it can be hard to accept the end of an era. However, change is inevitable and very important in life. 999 shows you are being guided into this new journey and instead of grieving the ending of an era you should accept the completion. You will get through this and great things are yet to come.

WORDS
LAUREN LOGUE

DESIGN
MADISON NAEVE
Protect your ENERGY
Sometimes it feels as though you’re constantly giving your energy to everyone and everything around you in an attempt to keep the world afloat. What if you conserved some of that energy, maybe used some of it for yourself, to keep yourself afloat? We believe that the new ‘normal’ for mental health is setting boundaries, putting yourself first, and protecting your energy.
Everyone must take a step back and look at their lives, how it has changed, how we continue to change, and recognize what is truly important to you as an individual. A lot has happened in the last few years and it’s important to recognize the growth and change that has happened. Reimagining our own world is important as we ourselves are changing every day and have already grown from the place we saw ourselves even a few months ago. Which is why it’s vital for individuals to evaluate most areas of their life. Awareness of the things that make you unique allows for growth in the most important aspects of your life.

Taking time to examine yourself, your values, and boundaries is a practice that should be done often. This creates growth for self perception and your overall mental health. Everyone has their own set of values and ideologies, which includes their projected perceptions of the world. According to Healthline.com, “Your aura is “seen” as a luminous body that surrounds your physical one. Each layer — and any problems in them — surround your body in a net of energy.” By perceiving these auras, we continue to grow into newer versions of ourselves all the time. The energy you collect and hold close to you helps you recognize your values. The boundaries you use to protect this energy are important to set. This can mean distancing yourself or just thinking of yourself first in situations that may be difficult. It is perfectly normal and important to do. Another big thing you need to do is protect your sense of self. By looking at all of your qualities, you find more ways to strengthen the newer version of yourself. By putting the person you want to become first, you grasp another way to make your boundaries more prominent. The time you take to say no to something that makes you uncomfortable, or yes to an activity you enjoy, allows for growth in the mindset of boundaries. This allows you to better yourself and those around you.

Incorporating boundaries in our lives helps to protect our individuality as well. While changes are not always seen, the choices you make in bettering yourself help to create your aura. The energy you perceive and focus on also affects the energy you give off. In truth, boundaries are sometimes endless opportunities to show the importance of your security and the energy you consume. The time you take for yourself allows for time to recharge and grow. Sometimes that can look like being with someone who makes you happy—they allow connections with your own sense of self and help grow the idea that our lives are not lived alone. Protecting what’s most important to you keeps you on track for accomplishing what you desire to and keeps you in a better mentality for change.

Your boundaries and working on your aura come hand in hand. The projection of your energy is just as significant as keeping your boundaries. Your energy and lifestyle work together on how you stay grounded and on your overall mental health. Over the past few years, you have grown so much, even if you have a hard time recognizing it. Your personality and the choices you’ve made throughout your life have helped in your process of growth. It’s important to recognize how far you have come and the energy you give off. By protecting the boundaries you have set, you are able to become closer to your truest self.
Your mental and general health rely on these boundaries and how you guard yourself. Mental health should be a priority in your life because sometimes we can forget how much it centers around. By keeping yourself healthy mentally and physically, it is easier to appreciate what your mind and body do for you. Growing into a new version of yourself will help you reset the ways in which you course through life.

As we all have our own energy, some are able to see them more clearly than others. Those who can sense the emotions we put off can potentially see the colors around a person, which is described as someone’s aura. Or they just have the ability to pick up on others’ energies very easily. If someone is off, they have the ability to sense our energy’s decline or amplification. If we were all able to see each other’s auras, would these boundaries and techniques be more effective? Even if we have trouble sensing someone’s energy, it is important to be mindful of it. What we see is not all there truly is. By recognizing our own talents and energies, it allows us to create steps to live how we truly want.

As we continue with our lives it’s important to keep up with setting new boundaries. Striving to keep what makes you yourself allows for a better outtake on life. The energy you put into the world helps create changes you would like to see. We as individuals try to create the best environment to be in, and by combining refined and true energies, the steps to better environments happen. The importance of keeping the significant things of your life ahead of you is more vital than ever. By changing your point of view, or even just taking a step back allows for more innovation in your life. By being mindful of your own patterns and others’ we can start to focus more on the things that make us into who we truly are.
UNIQUENESS ALLOWS FOR GROWTH
On average, 80% of student sexual assaults stay unreported. Meaning only 20% of student victims feel comfortable and safe enough to speak against their assaulter (RAINN). The stigma around sexual assault has been an on-going issue, which underminds people’s experiences when it comes to sexual violence. One of the reasons many cases stay unreported is because only 6% of reported cases end in a prison sentence (Know Your IX). It is a topic that has always been danced around.

Roughly 13% of college students experience sexual violence during their years in college (RAINN).

It is so important that we bring this topic into more discussions and educate everyone on it, instead of repeating these same warnings: “Don’t walk alone at night.” “Don’t walk alone, period.” “Carry a defense weapon with you at all times.” “Don’t talk to strangers.” “Cover your drink.” “Don’t be rude to catcallers, you never know what could happen.”
An endless array of narratives that has been pushed since we were young children. However, 8 out 10 sexual assault instances happen between people who know each other (Know your IX). We can preach these same ways of prevention, but what happens when you’re around people you are supposed to be able to trust? We need to take a step back and look at these expectations. No one should feel the need to be cautious in every situation they are in, but it is to the point where anyone we know could be capable of these crimes.

While anyone can experience sexual assault, it is predominantly women who are targeted. However, women are not the only victims of sexual assault, which needs more recognition in itself. When it comes to the topic of sexual assault, we need to focus our awareness on all victims. Men who experience sexual violence receive the narrative that they can’t be victims and they are “weak” if they present themselves as such. Around 6% of men will be sexually assaulted during their time in college and are at 78% more risk than males who are non-students (RAINN). Students who are transgender and non-binary are at even higher risk as they are 50% more likely to be targeted over someone who identifies as straight (Williams). Although it is difficult to recognize, we need to allow space for everyone to speak about these experiences. It is asking the bare minimum that everyone should feel safe on-campus and in buildings affiliated with campus.

**On-campus assaults are most common in the months of August through November (RAINN).**

In light of recent events, this is a topic that needs to be discussed more than ever. We cannot keep brushing this aside and dealing with it when another situation arises. If we do not do anything about it, these assaults will continue to occur and everyone will go on feeling unprotected, unsafe and most importantly: unheard. All of sexual violence is connected and not one instance is trivial. This means that stopping one aspect is not going to prevent the whole problem. We can no longer sit back and victim-blame as only 2-8% of all sexual assault cases are false accusations, making it extremely harmful when victim-blaming is added onto the narrative (Williams). As a society, we are so quick to question the person who had to endure this dehumanizing experience, rather than the perpetrator. We need to look at why this is happening and as a whole, think of a solution.

Ways of action include using your voice. No matter if you are a survivor or an ally for those who have experienced sexual violence, it is so important to start educating everyone on the topic. Even though it is an uncomfortable conversation, discussing it and bringing more knowledge around the subject can help others recognize the signs. Bringing awareness to how often these situations occur helps in the understanding of how big of an issue it is for everyone. Sexual assault does not target a specific group. It is vital to listen to all survivors and create a healthy, comfortable space for them especially to bring light to their experiences. We must remain neutral and keep our focus on those committing these crimes. The moment our attention falters from these violators is the moment they continue to commit these crimes. This is everyone’s fight and we are the solution to ensuring a safe environment on and around campus.
WORK FROM HOME
WORK FROM HOME
WORK FROM HOME

PHOTOGRAPHY
EMMA DEATON
JENNA JANSEN

DESIGN
HANNAH MILLER
CAYLA FULCHER
INTERESTED IN FASHION?
Explore Careers and Learn about the Industry!

UNI Textiles and Apparel graduates are working across the country designing textile prints, sourcing fabrics for production, tracking and maintaining quality assurance standards for brands, managing workflow through factories, developing digital marketing strategies and designing everything from high-end fashion to sportswear, to home goods.

Two introductory courses are taught each fall: TEXDSGN 1000 Fashion, Culture and Industry and TEXDSGN Creative Textiles and Apparel Design Foundations. The beginning textile science class TEXDSGN 1002 is taught every semester. The program includes a full apparel design and production experience! You not only get to design your own prints, you also get to print them onto fabric and turn them into your own custom designs!

FOR SPRING 2022:

TEXDSGN 1002 — Textile Science
Learn about the fundamentals of textiles. This course includes laboratory experiences related to the identification of fibers, yarns and fabrics.

TEXDSGN 2005 — Fashion Promotion
Learn how to market and promote fashion products and events, with an emphasis in digital marketing production and strategies. Explore how apparel brands utilize digital communications and branding methods to interact with consumers and immerse them in a fashion production experience. This course is also a strong introduction to careers in fashion journalism from a practicing professional.

TEXDSGN 3011 — Fashion Trend Analysis
Using current fashion trends students will learn to tie social and cultural change to shifting ideals of beauty, recognized and validated identities, and attitudes toward sustainability and social justice. Students will be introduced to theories and frameworks used to explain and predict fashion change. The culminating project will be to plan and present a fashion forecast and collection for an empowerment brand, self-defined by each individual student.

For more information: csbs.uni.edu/tapp or contact Dr. Annette Lynch at annette.lynch@uni.edu
University of Northern Iowa
No matter who you talk to, most people have a strong reaction to the word minimalism. While some cringe and associate the word with ‘boring’ or ‘plain’, others may embrace the term, associating it with freedom and simplicity. In order to truly understand the recent minimalism fashion craze of the 21st century, we have to take a look at where it all began. Minimalism comes in various forms and is now a word everyone knows, but it didn’t become widely popular until 1960s New York (1). Minimalism at this time was considered an art movement that emphasized the importance of simplicity. Followers of the minimalist movement believed that when you strip away all the necessary parts of art, you would find that “only truth was left” (1). While the minimalism ideology has steadily stayed relevant throughout the years, the “less is more” mentality became an extremely popular fashion trend in the 1990s, picked up on by designers like Calvin Klein and Donna Karan. The exploration of more neutral tones in clothing and expression after the vibrant patterns and layers of the ‘80s introduced the idea of minimalism to a whole new generation.

“Caring for the environment doesn’t mean you have to give up art and color”

Though minimalism has been increasingly popular, no generation has embraced the ethical and social awareness opportunities of minimalism like Generation Z. In times of material overconsumption and fast fashion, minimalism allows people to find freedom in simplicity in an otherwise overwhelming and overbearing fast fashion industry. When trends are cycled through so quickly in the age of social media, minimalism is timeless. It doesn’t require you to spend nearly as much money on trends you won’t want to admit you bought into six months from now. By embracing only a few items you really love in your closet, it allows you to feel comfortable and confident mixing and matching what you already have. If you frequently find yourself stressed out about what to wear, minimalism might be a good fit for you! Minimalism can be seen as a gateway to finding inner peace, as living with less physical items and clothing can be very gratifying for many people, in an age where consumerism is shoved down our throats. Most common are the monochromatic color pallets of black, grey and cream. These colors come in handy as they will go with almost anything in your closet. Minimalism is ethical, sustainable, and can become a gateway for finding more gratitude and inner peace with what you already have.

When you think of maximalism you may think of bright colors, mismatching patterns, and boldness. That’s exactly what it is. The term “more is more” is what comes to mind. Some people look at maximalist fashion as a way of expressing themselves and standing out and it has been described as “aesthetic of excess”. In a world where the fashion trends are changing faster than they ever
have before, people have been turning to fast fashion as a way to keep up. Fast fashion as we know it is one of the biggest contributing factors to the climate crisis. There is this misconception of not reusing outfits after one use, so once an item of clothing has been worn it gets cast aside. Recycling outfits doesn’t just have to be with a minimalist wardrobe, you can still have fun with your maximalist articles of clothing more than once! A maximalist wardrobe makes the most of every color and design. By investing in purposeful pieces that you would wear more than once and goes well with your closet, you are setting your maximalist wardrobe up for success. One of the rules for maximalist fashion is mixing prints and patterns. For example, a good eye catching piece would be a smaller pattern matched with a larger pattern. That way, both are not too similar to each other. Another example is staying within the same color scheme. Eye catching, not crazy.

The foundation of maximalist living is lots of color. In maximalism, the key is to fill the walls with lots of art or photographs and fill the rest of the room with color to balance things out. Although unifying colors and patterns are something that should be incorporated, there’s no need to stress about matching your furniture or giving up that feeling of comfort! A fun couch or light fixture is a great way to accent and accessorize your space. If you have a chaotic lifestyle, coming home to a blank canvas could be a good balance for you compared to a highly colored living space. If you spend a lot of time at home, then perhaps a stylistic choice of a more creative and colorful space could be a better suit for you. There are 3 characteristics that someone living a maximalist lifestyle might have; the treasure hunter, art collector and museum curator. Every object that a maximalist acquires has either artistic or historical value, or evokes feelings of emotion. Oftentimes maximalists are antique collectors looking for pieces with artistic or emotional value to give a second and longer shelf life to. This in turn, is a sustainable attitude, proving that maximalism cannot be fully categorized as unsustainable. Caring for the environment doesn’t mean you have to give up art and color.

“It’s not about the objects or lack thereof, but instead how we feel with or without them”

Both ideas have one thing in common which is your value in your own space. Minimalism doesn’t take up much space, whereas maximalism does. It’s not about the objects or lack thereof, but instead how we feel with or without them. Your personality may or may not reflect how you like to live in the comfort of you. Perhaps you like to take up space in a room so you dress the part. And perhaps you don’t. No matter which one you identify with, it is subjective of what is ‘better than the other,’ so take up as little or as much space as you want.

Maximalism
THE RULES
I saw the world through a rose colored tint. My view tainted by filtered lenses. Cracked and splintered, shattered pieces littered the ground. A sliver pierced the flesh, puncturing through the hazy luster.

Gilded rings, copper dipped in gold foiling. Turning my ring finger green and jaded, weathered from wear. Bathed in deceit, cloaked in falsehood.

Now I see through your rose gold lies, tarnished and corroded.

No longer stained and blinded by you.
Social media is a powerful tool. Platforms such as Instagram, Twitter, and TikTok have the ability to connect people across thousands of miles and allow its users to create real, lasting relationships. We have all read stories depicting how social media helped families connect with long lost family members. People have even met their life-long partner on these platforms. Social media has even gone as far as helping those in critical need find organ donors. But the rarely discussed or acknowledged side of these platforms are the ideas and stereotypes that they perpetuate, leading to heightened mental health crises among users.

Users of social media platforms have the ultimate ability to decide how they portray their life through what they post. If their Instagram profile becomes a highlight reel of the picture-perfect moments of their life or if it shows the good, the bad, and the ugly alike. Users can create a perfected and editable highlight reel of their life via what they post if they desire to. Nobody has to show the raw, real side of their life because it is a user’s platform.

Social media allows its users to filter through their life and selectively pick what to put on display for the world to see. It allows us to filter out the pain, the suffering, the struggling, and the unpretty parts of life, even though they are very real and familiar to every single user of the platform. This filtering only depicts to others the glamour, the fun, and the celebrated parts of life. It causes users of the platforms to compare their life to that of the ones they are visually seeing represented on their Instagram feed - lives that are typically highly filtered and extremely romanticized.

But what users of social media platforms aren’t regularly being exposed to as they scroll through feeds on a daily basis are what is going on behind the scenes in the lives of those that they follow. The mental health struggles. The relationships in turmoil. Financial issues, coping with past traumas, and more. The things that most people face on a daily basis are not regularly blasted on social media for the world to see. But they should be.

When users scroll through a feed of Instagram posts and are only seeing the best parts of somebody’s day or week, they immediately begin to compare the whole picture of their life with the highly filtered version of the other persons that they are seeing on their screen. Why don’t I have enough money to go on that trip? Why don’t I have that many friends celebrating me on my birthday? Why don’t I look like that girl does so that this boy will love me back?
We all know very intimately every single thing that we are currently experiencing and struggling with. Because of this, we begin to compare our lives to that of the user on the screen in front of us, wondering why our life doesn’t look identical to theirs. But the truth is that social media simply isn’t being used to show us the whole picture of somebody else’s life like we so intimately understand the whole picture of our own.

The comparison that this causes between users of the platform has exponentially increased over the last few years as technology has advanced. Users of the platform have increasingly become younger and younger, perpetuating these ideas at an even younger age. But at the same time, a new trend on platforms such as Instagram as of late has been #MakeInstaRealAgain. Simply put, users are starting to come to terms with this concept of what social media is doing to our lives. The comparison issues that it is causing, and the even deeper rooted issues that it is further hindering. Users want to feel accepted posting whatever content they want on their page - the good, the bad, and the ugly alike, and they want to see that of their fellow users.

Social media is a tool that can be used to do so much good in our world. But as users, we need to come to terms with the skewed perspective of life that it portrays and perpetuates and the personal responsibility we have to be mindful of how we use these platforms.
WHERE SPECIALTY BEVERAGES MEET COMMUNITY IMPACT

Micro-Roasted
Our coffees are micro-roasted in small batches to bring out the optimal tasting experience. As we source beans from a diverse set of coffee-growing regions, our roasting practices are in place to extract the flavor notes native to those areas.

Consumer-First Approach
We take sourcing and roasting our specialty products seriously, so you can relax and enjoy. Regardless of where your preference is on the light-to-dark roast spectrum, we have coffee for everyone.

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We make domestic social impact accessible for both our consumers and partners by contributing to initiatives relevant to their communities. Thus, 5% of our profits are donated to supporting youth in need locally and nationally.

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both thrifty jackets!

OMG

In love with this skirt from Brandy Melville

Ben's green checkered top is from Mohair Pear #shoplocal

We love to utilize re-worn/repurposed clothes!

Taylor-thrifted this whole outfit!

This VS and Goodwill combo is to die for!

The pink lace dress is from Gianna Bini

We live a good boxer from Walmart

most of the clothes for this shoot were thrifty! #sustainability

Fancy to? from Princess Polly
Uprising