Spring 2022

Uprising, Issue 13 [Spring 2022]

University of Northern Iowa. Northern Iowa Student Government.
**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.

#HonorNativeLand

**Sustainable Promise:**

*Uprising* promises to publish our magazine in the most sustainable manner possible.

We have switched our printing processes to a more environmentally friendly company using a recycled paper alternative. We also vow to use only secondhand or borrowed clothing for styling in our editorials.

We acknowledge that in order to ensure a future for Uprising Magazine and our Earth we must modify our processes as environmental issues increase in severity globally.

Lastly, we are committed to furthermore learning and growing as it relates to publishing our magazine in a sustainable manner.
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selection!

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ENJOY!
Make sure to
visit us again!
Dear Readers,

This issue of Uprising Magazine, we as an exec team have decided to completely halt our usual magazine production methods and to focus on a topic that is near and dear to all of our hearts - sustainability.

As Uprising Magazine is rooted in fashion and social justice the concept of sustainability has been on our radar for the past couple of issues, but it has never been our main focus.

For Issue 13, we wanted to dedicate our entire publication to sustainability to allow ourselves to look at the topic in a more nuanced way.

In true Uprising fashion we will be exploring what sustainability means for fashion, culture, social justice and the world in general. We want to delve deeply into all things that encompass saving our beautiful planet and the lives that inhabit it.

Throughout the creation of this issue, we as an organization have learned a lot about sustainability and how it relates to many different aspects of our society, but we acknowledge and accept that we will have to continue to learn and grow with this topic for the rest of our lives.

That being said, going forward Uprising Magazine will be incorporating a sustainable promise at the beginning of each of our magazines, stating our commitment to sustainability when it comes to running our student organization.

We hope Issue 13, Earth Edit, gives you the opportunity to learn & grow along with us.

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

Mia Rampton  
She/Her/Hers  
Editor-in-Chief
I was born with dirt on my hands and weeds at my feet, a product of the planet that welcomed me with open arms...

all across the country, there are communities affected by income disparity.

for me, getting outside and doing nothing leads me closer to a feeling of belonging within the world, a connectedness to everything around me.

just as you have to water flowers, you have to water your mind.
Putting Ability Into Sustainability

the evolution of accomplishing the task of sustainability requires turning ability into action with effort and care.

Sustainability for All Sizes

fashion is not just for small bodies, and it is shameful that many mainstream clothing brands have created an air of exclusivity around themselves.

This or That

sustainable product feature

Perpetuating Harmful Trends

it is important to acknowledge negative fast fashion trends and try our best to avoid them, even when shopping at thrift stores.
Sustain Catwalk 30
Saturday, April 23
UNI Lang Hall
Doors open at 6:30 PM
Show starts at 7:00 PM
Free & Open to the Public
Textiles and Apparel Program
Funded by NISG and CSBS
I was born with dirt on my hands and weeds at my feet. A product of the planet that welcomed me with open arms.

At the time, my childhood felt warm and honey slow. Little feet splashed through puddles and giggled at the frogs that made thunderous noises from their bellies. I was simple, but so full of life it made me complex. Thoughts and ideas blossomed in my mind like it was an open field and the breeze felt like it was meant just for me. I had yet to meet a world outside of my own, yet my optimism bloomed in my belly like marigolds on an early summer day.

I was sixteen when I realized Mother Nature was hurting. My inner child wept with her. Mourning the loss of white winters and luke-warm summers, getting ready to bury all her children that lost their battle to extinction. She choked on the smoke that looped around her in chains, her tears creating floods that were never meant to happen. Her screams brewing wind storms and her sobs supported by the oil-soaked sea.

I was nineteen when I realized Mother Nature was angry. Starting fires in her fury to punish those who spent years working against her. Profit and prosperity being pumped out not by the hands of Nature but instead by greed. How can we all be so naive?

I was twenty years old when I realized how bright the world was supposed to be. The sun shined in my eyes on a very dry and warm December day. The slush of yesterday’s ideas stuck to the bottom of my Chucks. Butterfly wings laced in hope, migrating somewhere warm and beautiful like the world won’t still freeze.

I was born with dirt on my hands and weeds at my feet. A product of the planet that welcomed me with open arms. A product of the planet that is 8 years away from no longer having a chance.
The Last Straw
All the plastic used in this shoot was collected by our executive team in the month prior. The dresses our models are wearing were created using solely recycled materials by Co-Editor-In-Chief, Ireland Frisch and Co-Editorial Director, Kalleigh Kress.
We, as a society, litter about 12 tons of plastic into the ocean every year.

*A single ton is one too many; it is time to call attention to the effects of plastic on our planet.*
Plastic littering happens everywhere. Two-thirds of litter comes from land where it is dropped at parks, beaches, and even rolls out of landfills. The other third is being thrown directly into the ocean. Unfortunately, damage by plastic pollution is curated by all of us.
The future will either be green or not at all.

-bob brown
use a metal straw buy a reusable (uprising!) tote
bring your own tumbler to the coffee shop take a cloth bag when you grocery shop replace plastic containers with glass or steel buy more food in bulk wear natural fabrics use a metal straw buy a reusable (uprising!) tote bring your own tumbler to the coffee shop take a cloth bag when you grocery shop replace plastic containers with glass or steel buy more food in bulk wear natural fabrics use a metal straw buy a reusable (uprising!) tote bring your own tumbler to the coffee shop take a cloth bag when you grocery shop replace plastic containers with glass or steel buy more food in bulk wear natural fabrics
The Cost of Sustainability
Sustainable living is such a trendy buzzword in today’s society that it is often a practice that everyone is expected to maintain. We preach that everybody needs to be doing their part to sustain our planet and its resources without looking at the stark reality that a large percentage of our population faces when it comes to income disparity and the ways it impacts one’s ability to practice sustainable living. This aspect of sustainable living, for some, is hard to acknowledge. Some families genuinely cannot afford to take the necessary steps towards a sustainable lifestyle because living sustainably often comes with larger costs upfront in purchasing sustainable alternatives for everyday items, even though it saves money and resources in the long run.

For those living on the financial edge on a day-to-day basis, purchasing sustainable alternatives that have a large cost upfront isn’t an option. Income disparity affects everything about one’s way of life, but in particular, significantly reduces one’s ability to live sustainably.

When income disparity affects a community, it means that the wealth of the community lives and grows with a small percentage of the population. This unequally distributed wealth leaves a large percentage of the population with significantly less disposable income, and sometimes not even enough to cover the necessities. The lower a family’s income, the higher the percentage of their income they are forced to spend on things necessary to survival. Oftentimes, this barely leaves anything leftover, let alone money to put towards sustainable lifestyle items. So when it comes down to a choice between paying for the necessities or purchasing a sustainable shampoo alternative, it’s an obvious choice for most. Sustainable living practices aren’t equally attainable by everyone when income disparity continues to leave generations of families at a significant disadvantage.

Money is a language we all speak. It is a societal convention we understand so well because it so deeply affects the trajectory of our lives while influencing the little decisions we are able to make on a daily basis. In the time we currently live in, it costs healthy, sustainably packaged food for every meal than it does to eat fast food or individually packaged servings of noodles. It’s cheaper to purchase clothing made via unethical labor than it is to purchase sustainably made and ethically sourced clothing. So it should not be held against those affected by generational income disparity when choosing the less sustainable option means having enough money to continue putting food on the table or paying rent.

All across the country, there are communities affected by income disparity. No community is spared, and no one person is to blame. There are organizations in communities such as Green Iowa AmeriCorps and the Northeast Iowa Foodbank that aim to help lower-income families secure more affordable sustainable options, but it is not enough to tip the scales for those living affected by income disparity in being able to choose sustainability over survival. Sustainable living is not a universally adopted practice because it is not a universally accessible way of living. This side of sustainability needs to be addressed, recognized, and brought to light, instead of being used to shame those who don’t visibly practice it.

Thank you to Ali Parrish with Habitat for Humanity for advising on this important issue.
Feet In The Grass

A narrative on walkable cities
Last school year, there were days on end where I did not leave the comfort of my rental house. My mental health suffered during those months of isolation. I began to go on long drives once a day just to get out; it seemed like the obvious thing to do when everything was closed. It certainly helped to get out of the house, but something was still off. I was not sure what it was, but eventually I stopped driving around as often. Instead, I began to go outside and just sit in the grass—bare feet, no socks, connecting myself to the earth. I would sit in my little patch of grass on the backside of my house and read. Then, I began walking around town barefoot. Something was so compelling about just leaving my house and walking somewhere. Shouldn’t a car that can travel at great speeds feel like freedom? For some reason, it did not. Walking did.

“A walkable city is a city in which people have the ability to move freely without a car.”

Last semester, I accidentally stumbled upon an answer to that question when I wrote an essay discussing TikTok communities. Within a TikTok community, people from all over the world can watch, interact with, and create their own videos that are interconnected with a specific idea or topic through a hashtag. Through my research, I found a community that was passionate about walkable cities. A walkable city is a city in which people have the ability to move freely without a car. In these videos, the walkable city advocates argued that in America, we no longer construct cities for people, we construct them for the ease and efficiency of moving a vehicle from one point to the next. We destroy neighborhoods for more parking lots and roads and tear down forests so we can add suburban neighborhoods that resemble the “American dream.” In the early 1900s, some older cities started destroying their walkable communities to add more lanes to highways to counteract traffic.

Now, the remaining walkable cities are experiencing massive amounts of gentrification, causing inflation that becomes an unaffordable living situation for most Americans. The Cedar Falls area is a classic example of suburban sprawl at work. The widening of 1st Street, the absence of bike lanes, the mall closing causing stores to move to Viking Road, more highways, and the countless suburban neighborhoods all over the outskirts of town are just a few contributors. I realized that I lived in a place that was built for cars, not for me. That is why during my months of isolation, it felt so natural to go out for a drive for no reason at all.

In contrast, college campuses—including the University of Northern Iowa (UNI)—are great examples of walkable communities within a city. At UNI, people live together, everything on campus is within walking distance, The Hill is close, and there is separation from cars. But because I live off-campus, I have to make more of an effort to find a place where it feels natural to be outside. Luckily for me, Cedar Falls has some wonderful spots around the town that are perfect for outdoor activities. There is a massive collection of parks connected by trails, with beautiful views of rivers, trees, and other outdoor explorers. Lakes and ponds are plentiful around town with great environments for water activities. Downtown Cedar Falls is also very walkable, with shops to browse, restaurants to enjoy, and an outdoor amphitheater for live performances. Although these characteristics of Cedar Falls make it seem like a walkable community, the point stands that a car is required to reach most of these destinations.

Sometimes I do not have the energy to find the right spot or think of some activity to do outside. Often I associate being outside with doing something—I need it to be an adventure of some sort. It took me a while to realize that it is also okay to just step out the front door and breathe. That just being outside, in any capacity, helped me, Winnie the Pooh says, “Doing nothing often leads to the very best of something.” Doing nothing may sound stagnant, or the opposite of growth. But grass does nothing all the time and it continues to grow. For me, getting outside and doing nothing leads me closer to a feeling of belonging within the world, a connectedness to everything around me. It gives me a better understanding of myself. So nowadays, I go outside, put my feet in the grass, and feel it between my toes. I go outside for no reason at all.

WORDS
NATE VOELKER

DESIGN
DYLAN LUNQUIST
Birth flowers are a tradition that dates back as far as Ancient Rome. In Roman traditions, birth flowers were presented to people as gifts on their birthday. Each flower, much like zodiac signs, represents different personality traits and can symbolize different sentiments when presented as a gift.

**January • Carnation**

The carnation is unique because what it symbolizes can change depending on the specific color of the carnation. For example, white carnations symbolize purity, while red carnations symbolize love. In a broader sense, the carnation is often associated with loyalty.

**February • Violet**

Violets are a flower that are generally associated with spiritual wisdom and faithfulness. The violet was an extremely important flower to the ancient Greeks and was even used in some love potions. Much like the violet’s ability to withstand harsh conditions in the winter, people who were born in February are said to be resilient and steadfast.

**March • Daffodil**

The daffodil is perhaps the most fitting symbol for the month of March. The bright yellow flowers often symbolize rebirth, much like March and the season of spring itself. Daffodils also represent a sense of optimism, exemplifying those who were born in the month of March.

**April • Daisy**

Daisies appear at the first sign of sunlight in the spring, so it makes sense that these flowers would be associated with April. As far as meaning goes, daisies are often associated with innocence and purity.
May • Hawthorn

Hawthorns come in almost 300 varieties and the symbolism of these flowers is just as diverse. The hawthorn, also known as them crataegus, gets its name from the Greek word Kratos, which means strength. However, the flower itself also represents hope and resilience.

June • Rose

The rose is a flower that changes meaning depending on its color. Red roses represent love, while yellow roses are often used to signify friendship. White roses represent purity like many other white flowers.

July • Water Lily

Water lilies are another flower that were important to ancient cultures. In this case, specifically, the ancient Greeks. The Greeks named this flower after water nymphs, which is perhaps the reason that water lilies are associated with majesty and grace as well as purity.

August • Poppy

Poppies come in a variety of colors but are most often perceived as their red variant. Red poppies were originally used to honor soldiers fallen in battle, but the symbolism of these flowers has evolved over time. Red poppies represent pleasure, while yellow poppies are used to commemorate success.

September • Morning Glory

The morning glory is aptly named due to the fact that it opens up early in the morning to catch the sun’s rays. This flower is usually associated with affection as well as faith and devotion.

October • Marigold

The marigold’s bright yellow hue matches the colors of fall, which make it a fitting flower for the month of October. The ability of marigolds to continue to thrive late into the Autumn season confirms them as the perfect symbol for stubbornness and determination.

November • Chrysanthemum

Like many of the other birth flowers, chrysanthemums can change meaning depending on their many colors. In general, chrysanthemums, or mums as they are commonly called, represent friendship and a general sense of optimism.

December • Narcissus

Narcissus flowers have a history dating back to ancient Greece like many of the other flowers. Narcissus symbolizes beauty as well as vanity.
the grass is greener where you water it
Self care and recharging isn't something you have to “earn,” it's something that you always deserve no matter where you are at mentally. This is something that many people have a hard time grasping, and can often lead to them overworking and becoming burnt out.

A great way to give yourself time is to take a day off and recharge, if you are unable to dedicate a whole day even a few hours would benefit you. During your recharge time, you might decide to not check social media and stay off of your phone for a bit. Staying off of your phone is difficult, but it does allow you to be more in tune with you and your surroundings. Taking a break from your phone is the perfect time to read a book, watch a movie, take a walk, or do any of the hobbies that you enjoy. All you need to do is things that make you happy.

A form of self care that you can try to apply everyday is a positive attitude. It might take some getting used to, but start by slowly practicing positive affirmations. The more you say them, the more you'll believe them. A positive attitude towards life doesn’t mean you have to be a happy, go getter all the time. It simply means that even when bad things happen, you know that you'll pull through and that even if you fail, you'll get up and try again.

Watering your mind is something that will take time to learn. Some people might take to it right away, and others may have trouble getting into the habit of it. Our society is still quite a ways away from portraying mental health in a positive light and realizing this is something we should be learning, just as we're taught about our physical health. The more love and care you give yourself, the more you can give back to those around you. For all the things you will accomplish, start by watering your mind.
How to Create Your Apartment Sized Garden

Whether you are already a plant parent or just someone who is wanting to begin the journey to becoming one but doesn’t know how, growing plants within your home has multiple benefits. First, doing simple chores with your plants can decrease stress, anxiety and fatigue. It can also boost your mood, creativity, and concentration. So here is a short step-by-step on how to get started with your apartment sized garden, or to help you improve what you might already have.

Step 1: Starting Point
Growing plants inside tends to be the easiest place to start because they don’t have to be watered as much and they attract less bugs. If succulents aren’t your thing, Pothos or Philodendron plants are also good starter plants because they require minimal light and watering. If you’re interested in growing herbs, plants such as a dill plant, basil or lavender might be good for you. You may consider putting your plants under a grow light which is a beneficial tool as it helps your plant grow like a weed. Just make sure to research which of your plants may or may not need it.

Step 2: Education
If you know what you want for your apartment sized garden but still aren’t sure if you’re “doing it right,” don’t be afraid to look it up! Apps like “Picture This” and “Blossom-Plant Identification” help new plant growers know when to water the specific kind of plants they have, why their plants might have damage, and also includes care reminders.

Step 3: Placement
If you are looking to grow more of a fruit or vegetable garden, just know that fruit and vegetable producing plants need 6-8 hours of direct sunlight per day which can be hard to maintain if living in an apartment, and may be better suited on a balcony. It is important to know how much sunlight your plant may need when creating a place for them.

Let’s Talk Containers
Containers are a popular option to hold your in-home plants. However, plants that are potted in normal gardening soil in plastic pots and containers usually do not thrive because the soil compacts. What this means is that there is limited access to oxygen, which prevents the water from flowing through. An important thing to keep in mind is that plastic containers are prone to drowning plants and are incapable of evaporation, whereas clay pots help the plant to breathe. Some alternatives to plastic containers and clay pots can be things you find around your own space. Things like tea cups and pots, muffin tins, tin cans, and even colanders! Using “found” items is a great way to upcycle items you already have lying around, which ultimately helps the environment and your budget in return.

Alternatives
There are more options when it comes to growing your own plants than just having a pot of soil. One popular option is terrariums. A perk of terrariums is that they are self-sustaining. They thrive off of the humidity they produce themselves. Once you build your terrarium, you’re set and should only need to mist the plants every couple of months.

Time to Create
What you’ll need first to create your own terrarium is a vessel, preferably a non-tinted, clear glass. Then you’ll want to acquire some stone or gravel for drainage purposes, and some activated charcoal. The charcoal needs to be ground up into powder and put on top of the stones. This absorbs the toxins in the water, stopping any build up or mold in your terrarium. Next, add a layer of peat-free potting compost soil. Peat-free is better for the environment as well as your terrarium because it doesn’t decompose itself or “settle,” and will usually last longer than peat-based soils that aren’t meant for long term use. Finally, you’ll need some moss as well as a selection of closed-terrarium loving plants. Some examples include Artillery Fern, Fitonia, Prayer Plant or Baby Tears. Then, add a finishing touch of your liking. If you’re the type of person that can’t keep a plant alive, terrariums are likely a good fit for you.

Just remember that it takes time for your garden to grow, and it is okay if a few trials and errors are needed to see what best fits for you. The benefits are worth it and pretty soon you’ll have your own green thumb.
A local business that turns ability into action is **Singlespeed Brewing**, located in Cedar Falls and Waterloo, Iowa.

**Jaye Haines:** What are some of Singlespeed Brewings core values?

**Zach Begg:** Beer aside, I’d say our core values are sustainability and community.

**Jaye Haines:** Something that drew *Uprising* to Singlespeed Brewing was that you guys repurposed the old Wonder Bread factory. **What was the story behind choosing this particular building for your second location?**

**Zach Begg:** I think it goes back to our core values. I mean, what’s more sustainable than repurposing an entire building? The Wonder Bread factory was actually set to get torn down, but when we found out about a local movement in the community that was all about historical renovation, we were all in. This building had been in the community forever, people still recall the smell of fresh baked bread lingering in the streets of Downtown Waterloo. It’s a staple in our community.

**Jaye Haines:** **Other than repurposing an entire building, how do you make sustainability a part of your company’s day-to-day operations?**

**Zach Begg:** Solar panels proved to have a huge impact towards our sustainability efforts. Nearly 100% of our brewing operations are offset by the solar panels on our roof. We also keep an eye on water usage through submeters like it’s our job, as well as overall efficiencies like simply using LED lights. All of this combined helped us achieve LEED Certification (Gold), as well as Iowa Green Brewery Certification (Platinum).
Jaye Haines: When I was looking into Singlespeed, I came across your garbage awareness project. Can you talk more about that project and how it leads to a more sustainable way to dispose of waste?

Zach Begg: That’s definitely an important part of sustainability on our restaurant side. We make it a point to have three-compartment waste stations around the restaurant and kitchen and help train our employees to sort waste as either compostable, recyclable, or trash. The more waste we can divert from the landfill, the better.

Jaye Haines: How do you set the tone for other businesses about how a company should incorporate sustainability?

Zach Begg: Being sustainable is not always taking the easy route. It takes patience, hard work, and time... but you have to start somewhere. In the end, it just makes us feel good about how we operate, and we hope it makes others throughout the community feel good about supporting us and what we do. Hopefully, others will notice and follow suit.

The Singlespeed team works around the clock to make the best beer for their customers, all while continuing their sustainable efforts outside of it. They prove that with a bit of effort, being kind to the earth is rewarding and obtainable.

Jaye Haines: Can you elaborate on the inspiration and execution of your Pike Night rides?

Zach Begg: It comes as no surprise that we are passionate about both beer and cycling. And like I stated earlier, community is important to us, as is giving back. Each Pike Night Ride, we promote a local non-profit, and a portion of sales from that night go directly to them. We partner with Bike Tech in Cedar Falls to make this ride happen on the first and third Thursday of each month between May and October. The ride utilizes the Cedar Valley Trail System between Bike Tech and our Waterloo TapRoom.
LUSH is a brand we all know and love. With products ranging from scrubs and masks all the way to hair dye, LUSH aims to promote naked packaging and make all of their handmade products clean.

Y’all are going to love this one. Bathing Culture is another company that thrives off of clean products. Most bottles are refillable either through the site or at certain locations.
Mighty Nest - Stasher Sandwich Bag: Endangered Seas Collection $12.99

Mighty Nest has almost every household product you can think of and strives to keep our homes clean and reduce waste. The Endangered Seas Collection donates to organizations that keep the seas represented through the packaging clean and preserved.

vs.

Good Juju - Laundry Strips $14.99

The future of laundry is detergent strips! Good Juju is a mom-owned brand that takes plastic out of your laundry room and provides an alternative that is just as effective.

Blueland - Clean Essentials Kit $39

Blueland is also a mom-owned brand that promotes affordable, ethical, and refillable soap. From hand soap to dish soap, Blueland is looking out for you and your home as well as the home of sealife.

vs.

ECOS - Plant & Veggie Wash $8.52

Not everyone thinks to clean their fruits and veggies after bringing them home, but ECOS, the plant-powered brand makes you want to. With all of their products being made by clean chemistry and all natural ingredients, this is the brand to trust.
When TikTok trends popularized Shein and fast-fashion hauls in the midst of the COVID-19 pandemic, this was seen as a saving grace for many plus size individuals who for so long have been excluded by big name brands. Brands like Shein and Fashion Nova saw significantly increased sales and mainstream awareness of their brand within just the last few years. While fast fashion websites may have a wider range of sizes and are very cheap, we all know that fast fashion is not ethical nor sustainable in any way, shape, or form.

However, it is important to resist the urge to point an accusatory finger at someone who has purchased an item of clothing from a fast fashion website and claim it is entirely their fault for the lack of sustainability in our culture. By humanizing the situation and the buyers, we can easily step foot into the next step of creating a more sustainable fashion environment for everyone. Most people who have purchased from fast fashion websites have done so not to be malicious or intentionally harmful to the environment, but rather for convenience, financial reasons, or an increase in size range as well as clothing options for a larger demographic. Especially with a resurgence of smaller consumers buying larger options at thrift stores and department stores for a “comfortable” look, they are taking away an already limited supply of plus size clothing from the bodies the clothing was designed for.

“Everyone deserves to feel beautiful and confident in their clothing regardless of size.”

Fashion is not just for small bodies, and it is shameful that many mainstream clothing brands have created an air of exclusivity around themselves. It is not singularly the fault of the consumer, but rather the lack of knowledge in the mainstream media of brands that are sustainable and affordable for plus size individuals.
When researching size inclusive brands that cater to sustainability practices, it can be hard to convince yourself to buy a shirt for $40 that you know you could get on a fast fashion website for $3. However, when thinking about the long-term wearability of the clothing items themselves, more sustainable options will last much longer, and are more durable after multiple washes throughout the years. Whereas with fast fashion brands—while the price may be temporarily appealing—the clothing pieces have a reputation of often falling apart after only a few wears.

While it is important to humanize and be generous with the previous buyers of fast fashion brands, it is also important to humanize the people who are making the clothing we wear. Though it may feel convenient as the consumer, fast fashion is abusing people as well as their time and effort. Fast fashion brands such as Shein and Fashion Nova partake in sweatshop labor practices, but there are many size inclusive brands that pay their workers well and craft their work through an ethical practice.

“By making small changes like choosing more sustainable clothing options, we are honoring the people who make what we wear.”

Here are a few websites that cater to a variety of shapes and sizes and care about our environment as well as their employees:

**#1. Known Supply:**
makers.knownsupply.com/

Known Supply has a whole page dedicated to the people making their sustainable clothing. Each creator has a picture on the website as well as a short interview regarding their interests, hobbies, and dreams.

**SIZE RANGE:**
S-3XL

My recommendation: Known Supply has various dresses and jumpsuits ranging from $40-$60 that are stunning!

**#2. CHNGE:**
chnge.com/pages/sustainability

CHNGE is a brand who guarantees safe working conditions and wages for its workers and cares deeply about the environment. In their purpose statements on the brand’s website, CHNGE discusses the moral and ethical dilemmas with the fast fashion industry and reiterates their commitment to ensuring carbon neutrality. Their clothing is 100% carbon neutral, and their T-shirts use 100% certified organic cotton.

Size range:
XXS-4XL

My recommendation: I am in love with their graphic tees and crop tops ranging from $35-$40!

**#3. Curvily:**
curvilyfashion.com/

Curvily Fashion is a fashion blog run by Sarah Chiwaya, whose goal is to push the plus size industry forward. On her about page, Sarah writes, “I created the #plussizeplease movement in 2014 as a way for plus size shoppers to directly express the demand for more and better options.” Sarah personally selects clothing and adds it to her website with new arrivals and sale prices to alert her readers of the newest plus size fashion trends with links to the products, highlighting sustainable indie plus size designers.

**SIZE RANGE:**
Varies, but many options Sarah picks range up to 3XL/4XL.

My recommendation: Sift through Sarah’s OOTD page where she lists her different clothing choices through the seasons, and also take a look at the CURVILY CURATED page that links all of Sarah’s favorite clothing pieces that is updated weekly.

These are just a few websites that encourage sustainability for all sizes! The next time you are looking for new clothing, spend some time reflecting on how your time and money affects the environment as well as the people who crafted the clothing you’re wearing.

WORDS
MADDIE KIZER

DESIGN
HAILEY HERSHEY
GROUND YOURSELF
Perpetuating Harmful Trends

Shopping at thrift stores has many positive benefits. It helps to protect the environment by reducing clothing waste, allows people a chance to give outfits a new life, and it also provides more affordable clothing options for people who can’t afford standard retail prices. One issue with thrifting arises when people are perpetuating harmful fashion trends instead of buying pieces that are created through ethical and sustainable methods. People tend not to think about how often we cycle through clothes as trends progress. It’s seen as common practice to buy something that fits a certain aesthetic, only to discard it once it’s deemed “out of style.” The consequences of doing this are more drastic than people realize. According to The Atlantic, we throw away twice the amount of clothing that we did 20 years ago, meaning the average person creates around 75 pounds of textile waste each year. When shopping second hand, we can still have an impact on what clothes other people choose to buy. If you wear clothes that support unethical trends and brands, people may notice the product and wish to purchase it as well. Buying clothes from thrift stores that were originally from an unethical source still perpetuates these harmful stereotypes, even when you aren’t buying directly from the seller.
The concept of fast fashion has been around for decades now, but we’ve only just started to hear about and understand the ramifications of this “trend.” Fast fashion exists in many companies like Zara, Shein, Boohoo, Forever21, Urban Outfitters and many others. These brands mass produce clothing, resulting in a lower quality product. However, people are fine with the low quality because the clothing is so incredibly cheap. Shein has been one of the more popular sites to browse recently, with people creating videos on social media about spending hundreds of dollars on a Shein haul because they can buy so many items for such little cost. This also leads to more clothing from places like Shein being donated and discovered by others in thrift stores. Unfortunately, we have to recognize the negatives of them ending up in second hand stores as well. If someone sees you’re wearing a shirt and finds out it’s manufactured by Shein, regardless of if it was thrifted, you’re still promoting the brand. Odds are they won’t find the same piece in a thrift store and they may be more likely to go straight to the source to purchase the same item. This is what perpetuating harmful shopping trends looks like, even when shopping secondhand.

This issue also carries through when purchasing leather or pleather items. Many people are aware of the terrible ethical and environmental factors that go into creating leather clothing and accessories, but some feel as though buying used leather is justifiable. Even buying leather and pleather secondhand can be harmful, similar to buying Shein clothing. People will see what you’re wearing and may purchase a new article of leather clothing, thereby supporting the leather business even further. Wearing leather, thrifted or not, can inadvertently show that you support the purchase of leather clothing. Even faux leather, or pleather, supports these negative fashion trends and can be damaging to your health and the environment due to all of the chemicals used during production. It’s important to consider these factors when purchasing leather goods, regardless of where you buy them from.

Leather and Shein clothes are currently in style, but there are many other similar types of clothing being shown on social media and other popular platforms. Among the trendy clothes constantly being advertised are items that are crocheted such as crop tops, dresses, and even hats. The crocheted style is coming back, as the aesthetic of these pieces is very trendy at the moment. This sudden boom in popularity of crocheted items is a problem because, believe it or not, crocheted items can’t be machine manufactured. In order to create a crocheted piece of clothing or accessory, it must be done by hand due to the way the yarn links together. This means that it is very difficult to ethically produce crocheted clothing for an appropriate price. A hand crocheted item can be expensive in order to account for the labor required, and many people aren’t willing to pay the appropriate price. This results in people turning to fast fashion companies like Shein, who are able to keep their prices so low due to unethical labor and payment. Even when finding a fun crocheted piece of clothing in a thrift store, it’s important to recognize where it was made in order to ensure you aren’t helping to preserve the cycle of fast fashion trends.

Thrifting clothes has many positive effects and those should not be downplayed. However, it is important to acknowledge negative fast fashion trends and try our best to avoid them, even when shopping at thrift stores. When we buy items that support negative trends, we are inadvertently showing support for them, even if that was not our intention. By being aware of the impact our shopping choices have, we can help to avoid the perpetuation of harmful fashion trends while still shopping sustainably.
VACCINES.  
SAVE.  
LIVES.  

SECONDHAND CLOTHING SALE  
4.22.2022  
10AM–2PM  

MAUCKER UNION SOUTHWEST COURTYARD  
RAIN LOCATION: MAUCKER CENTRAL BALLROOM A  

SHOP ITEMS DONATED BY UNI COMMUNITY  
ALL PROCEEDS MADE FROM THIS SALE WILL BE DONATED TO NONPROFIT ORGANIZATION FRIENDS OF THE FAMILY
From the hills our lungs laughed on
To the forests our hearts ran through
The beings and plants that are life other than ours
The land we lay upon to see the clouds and the stars
She remembers us young
Just like any other mother
She saw our smiles
She saw our sunburns
Around us we think she is
But apart of her we are
Water her flowers
Feed her children
Lots of love, lots of love
We must show to her
Grateful for the mother
That we’ve never met
Grateful for the mother
That we still seem to know
Grateful for the mother
Of everything that grows
Apparel Designers are responsible for working with the product development team and trend team to create and or visualize new concepts, mood boards, and apparel products for each season that align with brand goals and price point. They are charged with staying ahead of trends and influence the style, quality and value that decisively position their company within the industry.

Fashion stylists provide insight and direction for the development of key looks for clothing brands. They also put together looks for subscribing or individual clients based on the consumer’s goals, buying patterns, body type and aspirations.

Merchandisers/Buyers work directly with apparel design teams to ensure collections are well matched to clients’ past and future buying patterns, are priced to move online and in store, and are manufactured at levels that will meet consumer demand.

Quality Assurance Specialists ensure that the final products meet the company’s quality standards. These detail-oriented professionals are responsible for the development and implementation of product review, inspection of first samples, textile testing, and the detection and resolution of problems in final delivery of product.

Technical designers work with fashion design teams and play an important role in turning ideas into finished products. They anticipate any design issues and work with both designers and manufacturers to ensure garment specifications are adjusted accordingly and that the end result is a high-quality, marketable product.

Textile sourcing and material developers are focused on locating fibers, yarns, fabrics and finishing services as well as working with outside vendors on material development and meeting the sustainability goals of their company.

Textile designers use computer aided design programs to create the woven, knit and print patterns that are used in seasonal collections of apparel products and household goods such as furniture, rugs, bed linens.

Trend forecasters identify new trends and predict how they will shape the fashion industry. An equally creative yet analytic role, fashion forecasters predict everything from silhouettes and colors to textures, graphics and fabrics.