

DRAKE MAG

SUMMER 2023 | VOL. 62, ISSUE 2

HUES OF SUMMER

A NO SWEAT GUIDE TO SUMMER STYLE.

& STREET TACOS

3 GOURMET
POPCORN
RECIPES

SOBRIETY
IN THE AGE OF
PARTYING

drakemagazine.com

SELF-CARE IS NOT JUST FOR SUNDAYS

WORDS BROOKE BUSCH



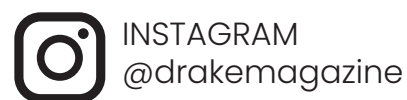
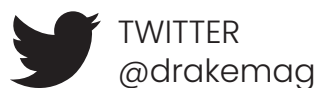
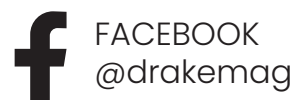
Self-care is so much more than washing your face every day or getting a manicure every month. It doesn't have to be time-consuming things. Learn how to incorporate self-care habits into your daily routine to help rest your brain and body from its hectic schedule.

CAMERA BAG ESSENTIALS

WORDS MICHAEL CUMMINGS



Drake Mag's photo editor is unzipping his camera bag to let you know his must-have and favorite bag, camera, lenses, and more. Whether you take pictures for fun or run a business you can learn a lot from Michael.



Drake Mag doesn't stop at print. Check out drakemagazine.com for the latest digital stories. Do you have your own story ideas or are interested in writing for online? Reach out to us at drakemag@gmail.com or DM us.

LETTER

FROM THE EDITOR



Since I was a junior in high school, I've had one goal: become editor-in-chief of *Drake Mag*. Now, six years later, it's time to find a new dream, along with a full-time job.

I might be biased, but this summer issue is by far my favorite. I love everything, from the photos and design, to the stories and what they stand for. But most importantly, I love my outstanding team. Without them and the late nights they spent editing and working, you would not be reading this magazine.

Emily, my amazing art director and friend, we've made it from co-editors-in-chief of our high school newspaper to running *Drake Mag*, and I wouldn't want to do it with anyone else. Michael, my favorite food shoot partner, thank you for everything you've done to make *Drake Mag* what it is today. Finally, Nate, the newest editor-in-chief of *Drake Mag*, I could not be leaving the magazine in better hands. I know you will do great things and incorporate even more science to our pages.

I hope you enjoy this issue as much as we enjoyed making it. And, if you have any interest in *Drake Mag*, we'd love to have you on our team. Without a doubt, it was the best decision I've ever made and I wouldn't be the person I am today without it.

Annie Peterson, Editor-In-Chief

Special thanks to Catherine Staub, Jeff Inman, Denise Ganpat, Drake SJMC, Christian Edwards Printing, all of our models, and those supporting behind the scenes.

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Cleaning: You're Doing it All Wrong

HIDDEN GERMS ARE LURKING EVERYWHERE, FROM YOUR KEYBOARD TO THE KITCHEN SINK. DISCOVER HOW TO CLEAN YOUR EVERYDAY ITEMS THE RIGHT WAY.

WORDS TORI OLIVER | DESIGN TYLER STRACHAN | PHOTO UNSPLASH

DITCH THE DISH SPONGE

Dish sponges and rags are bacteria hotspots for yeast, mold, and the bacteria family that brings us E. coli. Surely you're on top of replacing your sponges, what, every month? Every two? Experts recommend replacing your sponges every one to two weeks. Try a bamboo dish brush to save money and reduce waste. It will retain fewer food bits and less bacteria.

PRESS DECLINE

It makes sense that your phone, which you carry with you from the gas station to the dinner table, sees its fair share of the world's germs. But cell phones are far dirtier than you think. Like, 10 times dirtier than a toilet seat. Still feel like scrolling, knowing you've got a public restroom's worth of bacteria at your fingertips? A simple swipe of a disinfectant wipe or microfiber cloth and you are good-to-scroll.

EVERYTHING BUT THE KITCHEN SINK

While your sink works great for cleaning bacteria off your hands and dirty dishes, it can't do that unless you clean the sink itself. Many people defrost raw meat products in the sink or rinse a used cutting board with nothing more than water, creating a reservoir of salmonella. To sanitize your sink, try a baking soda based cleaner. Or, make your own using a mixture of baking soda and white vinegar.

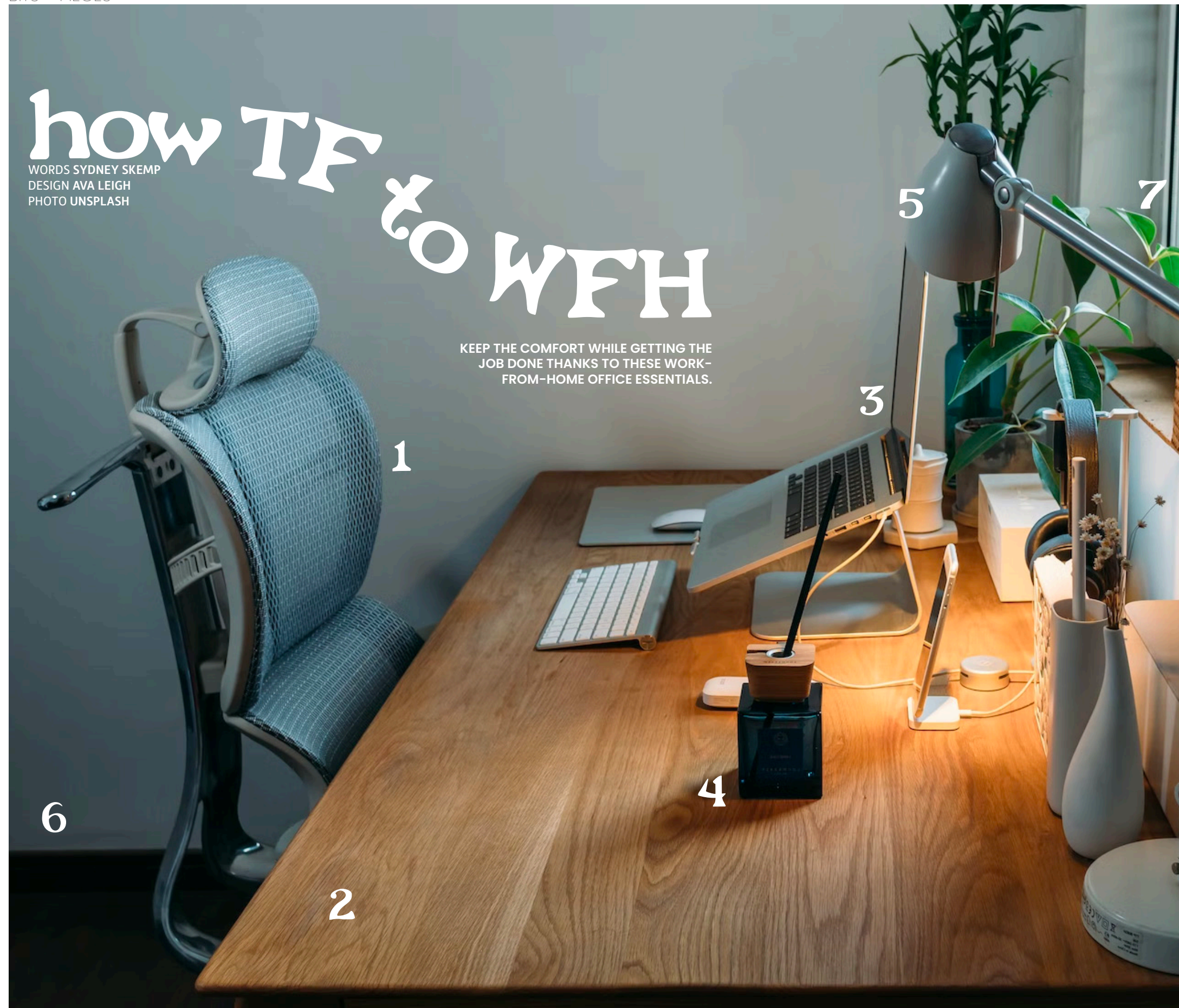
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As the lines between work and home start to blur, and eating lunch over your computer becomes the norm, it's no surprise your keyboard is crawling with bacteria. Keyboards contain 186 times the colony forming units as your dog's saliva-soaked squeaky toy. While blowing away crumbs may feel like cleaning, you should also sanitize with a disinfectant wipe.

how TF to WFH

WORDS SYDNEY SKEMP
DESIGN AVA LEIGH
PHOTO UNSPLASH

KEEP THE COMFORT WHILE GETTING THE
JOB DONE THANKS TO THESE WORK-
FROM-HOME OFFICE ESSENTIALS.



- 1 Give Your Back a Break**
Being hunched over at your desk all day isn't a good look or feeling. A comfortable ergonomic chair, designed for maximum lumbar support, will help minimize back pain and let you focus on your work rather than that nasty knot.
- 2 A Stand-Up Standing Desk**
Excessive sitting impacts your body's metabolic system and can lead to health problems. Standing while working not only improves your health, but also your mood and energy levels. With a stand-up desk, you'll be that much closer to being the stand-up employee we know you can be.
- 3 Posture Protector**
Once you have your chair and desk figured out, it's time to start thinking about functional items that can go on it. A laptop stand is essential for those who have to be glued to screens. Stands offer just the right viewing height, reducing physical strain on your neck, shoulders, and upper back.
- 4 Diffuse Your Stress**
An essential oil diffuser makes the perfect desktop buddy while scrolling through emails. With a multitude of health benefits that range from decongestants to anxiety relief, a diffuser is a must-have desk topper for every professional working from home.
- 5 Sunlight Dupe**
With your office in the same vicinity as your kitchen and bedroom, your need to travel outside may be limited. But your need for Vitamin D will be ample. Sun lamps that produce real rays can boost your serotonin, melatonin, and overall productivity.
- 6 Hot WFH Walk**
A treadmill desk is a great way to incorporate some movement into your day. The average office worker sits more than 11 hours per day. If you're guilty of this, give a treadmill desk a try to keep your mind going and blood flowing.
- 7 Plant Parent**
Plants can make your work environment more welcoming, facilitate creativity, and even clean the air. If nothing else, having a little green in your space can help keep you calm. Succulents are great low maintenance plants so that your focus can remain on your to-do lists.

EXPRESS YOURSELF IN STYLE

ARE YOU SHY? OUTGOING? PASSIONATE? DON'T WORRY, YOUR TOTE BAG SAYS IT ALL FOR YOU.

WORDS KYLIE PETTY
DESIGN TYLER STRACHAN
PHOTO KATE ELSTROM

ARTIST MERCH TOTE

You're clearly very passionate about this artist and want everyone to know it before they talk to you.

PROMOTIONAL TOTE

You're practical. You probably got this tote at an event or a thrift store — or for free — but you know how to use what you get.

HOMEMADE TOTE

You're artistic and like to flaunt your style. You know what you like and you'll stick to it — unless you're struck with inspiration.

CANVAS TOTE

You're in with the trends but pick and choose which ones to follow. You appreciate a good picnic and are always down for an iced latte.

DURABLE WORK TOTE

You're fashionable and always on the go. You don't have time for a backpack or purse. You need easy access to everything at all times and a bag you can rely on.

FOLDABLE TOTE

You're probably into environmentalism. You recycle, compost, and might even be a vegetarian. You're passionate about bettering the world, but are often subtle about it.



Beyond Butter & Salt

ELEVATE YOUR POPCORN GAME WITH THREE GOURMET FLAVORS RANGING FROM SWEET TO SAVORY.

WORDS NATE EISENMANN
DESIGN AVA LEIGH
PHOTO MICHAEL CUMMINGS



Pour 5 cups of plain popcorn into a mixing bowl, add salt to your liking then choose one of the three variations to craft your gourmet popcorn. Each recipe serves two people.

Salted Peanut Butter

This isn't your boring old salted popcorn.

- 1/2 cup creamy peanut butter
- 3/4 cup salted roasted peanuts
- 1 cup mini peanut butter cups

1. Melt peanut butter in microwave-safe bowl for 30 to 45 seconds or until easy to pour.
2. Pour over popcorn, stir in peanuts and mini peanut butter cups. Let settle before serving.

Garlic Parmesan

Fill your stomach with this addicting take on popcorn.

- 1 Tbsp. vegetable oil
- 1/2 Tbsp. paprika
- 1/2 Tbsp. garlic powder
- 1 Tbsp. rosemary
- 1/4 tsp. black pepper
- 1/4 cup parmesan cheese, grated

1. Stir together paprika, garlic powder, rosemary, and pepper.
2. Pour oil over popcorn to coat. Sprinkle with seasoning mixture.
3. Top with parmesan cheese and enjoy.

Mint Chocolate

Sweet tooths, you've found your calling.

- 2 Tbsp. salted butter
- 1 3/4 cups semisweet chocolate chips
- 1 1/2 cups mini marshmallows
- Green food coloring (optional)
- 1/4 tsp. peppermint extract

1. In a saucepan, melt butter then add mini marshmallows. Once melted, stir in peppermint extract and green food coloring, if desired.
2. Pour mixture over popcorn and stir to coat. Spread popcorn onto baking sheet.
3. Melt 1 cup chocolate chips in microwave. Drizzle over popcorn. Sprinkle remaining chocolate chips.
4. Break into pieces, serve, and enjoy.

Floral Spirits

DRINK THE SWEET TASTE OF SUMMER WITH THESE FOUR COCKTAILS — OR MOCKTAILS — FEATURING WILDFLOWERS.

WORDS KILEY KAHLER
DESIGN MADDIE KRUSE
PHOTO MICHAEL CUMMINGS

Lavender Lemonade Stand

You'll be guaranteed to please any party with this patio pitcher drink. It's a refreshing and floral twist on a traditional vodka lemonade.

Total Time: 15 Mins **Servings:** 5

LAVENDER SYRUP

1 cup water
2-4 Tbsp. culinary dried lavender
1 1/4 cups sugar

COCKTAIL

5 oz. vodka
2 oz. lavender syrup
Lemonade, for serving
Lemon slices, for garnish

LAVENDER SYRUP

1. In a small saucepan, combine sugar, lavender, and water then bring to boil. Once sugar is dissolved, remove from heat and let sit for 10 minutes. Pour syrup through a fine strainer over a mason jar to remove lavender seeds. Chill and store until ready to use.

COCKTAIL

2. Fill a large pitcher with ice. Add vodka and lavender syrup then stir. Top with lemonade and sliced lemons. To garnish, add dried lavender.

Petal Paloma

A tropical play on a margarita, this citrus-based drink is perfect for the beach. And it's even better when served with the street tacos listed in the food feature.

Total Time: 15 Mins **Servings:** 1

HIBISCUS SYRUP

1 cup sugar
1 cup water
5-6 hibiscus tea bags

COCKTAIL

2 oz. Tequila Blanco
2 oz. hibiscus syrup
1/2 oz. fresh lime juice
2-3 oz. grapefruit juice

HIBISCUS SYRUP

1. In a small saucepan, bring sugar and water to a boil and wait for sugar to dissolve. Remove from heat and allow tea bags to steep for at least 10 minutes.

Once steeped to your desired flavor, remove tea bags then transfer to a storage container. Allow syrup to cool before serving.

COCKTAIL

2. Spread sugar on a small plate. Rub 1 lime wedge around the rim of a glass then dip into sugar.
3. Fill a cocktail shaker with ice. Add tequila, lime juice, and hibiscus syrup. Shake well. Pour into sugar-rimmed glass and top with grapefruit juice.



Queen Bee

Travel down south with a honey-forward, tangy sweet tea inspired adult beverage.

Total Time: 15 Mins **Servings:** 1

HONEY-CHAMOMILE SYRUP

1/2 cup granulated sugar
1/2 cup honey
3/4 cup water
6-8 chamomile tea bags

COCKTAIL

2 oz. gin
3/4 oz. fresh lemon juice
3/4 oz. honey-chamomile syrup

HONEY-CHAMOMILE SYRUP

1. In a small saucepan, combine sugar, honey, and water and bring to a boil. Remove from heat once sugar has dissolved. Steep tea bags for about 10 minutes, or until you reach your desired flavor. Remove tea bags then transfer to a storage container. Allow syrup to fully cool before using.

COCKTAIL

1. Fill cocktail shaker with ice. Add gin, lemon juice, and honey-chamomile syrup. Shake well, about 30 seconds.
2. Pour into an ice-filled mason jar. Add a lemon twist, for garnish.



Spritz into Summer

Total Time: 15 Mins **Servings:** 1

This twist on a traditional hugo spritz takes you to a summer in Italy with a clean, cool mint taste and a refreshing, bubbly ending.

1 lime, halved
1 sprig of fresh mint
1 1/2 oz. St. Germain Elderflower Liqueur
5 oz. Prosecco
Club soda, for serving

1. In a cocktail shaker, muddle a few mint leaves and 1 lime wedge until broken down. Add elderflower liqueur and Prosecco. Shake well, about 30 seconds.
2. Pour into an ice-filled glass then top with club soda. Garnish with fresh mint leaves and a lime wedge.

VITAMIN SEA

SCOOT OVER AVOCADOS AND KALE, THERE'S A NEW SUPERFOOD IN TOWN. WHILE OFF-PUTTING AT FIRST, SEAWEED IS RICH IN ESSENTIAL VITAMINS AND CAN BE ENJOYED IN MANY FORMS.

WORDS ANNIE PETERSON | DESIGN ANNIE PETERSON | PHOTO ADOBE STOCK

SEAWEED 101

If you're on TikTok, then you've definitely seen — or at least heard about — Emily Mariko's infamous salmon bowl. If not, it's basically deconstructed sushi made up of leftovers. But, the star of the show is how she eats. Mariko uses seaweed sheets, also known as nori, to scoop and eat the salmon mixture.

This video not only took the internet by storm but introduced many to the superfood that is seaweed and enjoying it outside of sushi rolls.

In its natural habitat, seaweed is rather unappealing. But, it holds a multitude of health and environment benefits. Seaweed is the name for multiple species of algae and marine plants. The different species come in a range of sizes from phytoplankton to the size you usually see on the beach and large kelp that grows like a tower.

Many of these species are also edible — and quite delicious. It can be an interesting cuisine to get into but the benefits and taste are worth it. Move over kale, because seaweed is the new superfood and it's here to stay.



WAYS TO ENJOY

NORI

This is a red seaweed that's dried into sheets. When you eat sushi, nori is what you're eating. They're also sold in packs to enjoy as a quick snack or crumble over rice and popcorn for a unique, umami flavor.

KOMBU

Instead of eating this brown seaweed, it's mainly used as a flavoring agent for class Japanese broths and soups like dashi and miso soup.

WAKAME

Another brown seaweed, but unlike kombu, wakame is meant to be eaten. It's also used to create miso soup, but is left in when served to be eaten. It has a slightly sweet taste, making it perfect for seaweed salad, like the image to the right.



HEALTH BENEFITS

Contains a multitude of vitamins and minerals including:

Vitamin A, D, E, C, and B along with calcium, potassium, magnesium, and iron.

Is rich in fiber and high in protein.

Early studies have found seaweed helps with high blood sugar.

Seaweed contains iodine which aids in thyroid health.

Four compounds in seaweed — fucoidan, fucoxanthin, astaxanthin and phlorotannin — provide antioxidant and anti-inflammatory benefits.

ENVIRONMENTAL BENEFITS

Seaweed farming has recently risen in popularity in the US. They grow many of the variations that we eat, but the farms also provide great environmental benefits to not only the water but land as well.

The plants suck up carbon dioxide then use that to grow, they also remove nitrogen from the water.

Brown seaweeds absorb the most nitrogen and are commonly turned into meal to be used as fertilizer. This fertilizer provides plants on a land with a boat load of nutrients and minerals which causes plants to grow faster. Seaweed fertilizer has also been found to help retain water in the soil.

The components of seaweeds are not the only things that help the planet. The way seaweed grows without the need for soil or fresh water is a major benefit. When comparing that to fruits and vegetables,

which take constant maintenance and a regular stream of water, seaweed is a walk in the park — or rather a swim in the ocean.

Seaweed also releases oxygen, which greatly helps the plants and life around it. This actively combats the negative effects of ocean acidification created by oysters and clams because they are a calcium carbonate-dependent species.

Researchers from Harvard have made a big discovery in 2019. They found that seaweed is the leading and most effective way of absorbing carbon emissions from the atmosphere.

Seaweed really does it all, and does it well.

Coastal ecosystems absorb

20 times more carbon per acre than forests.

Information from a Harvard 2019 study.



TACO TIME

MAKE DINNER THIS SUMMER EASY WITH ONE — OR ALL — OF THESE STREET TACO RECIPES. FROM SHRIMP AND STEAK TACOS, TO VEGETARIAN AND DESSERT TACOS, THERE IS SOMETHING FOR EVERYONE. SIP ON A REFRESHING PRICKLY PEAR MARGARITA AND SNACK ON WATERMELON SALSA WHILE YOU WAIT FOR DINNER TO BE SERVED.

WORDS ANNIE PETERSON
DESIGN ANNIE PETERSON
PHOTO MICHAEL CUMMINGS

Marinated Steak Street Tacos

Total Time: 1 Hour **Servings:** 8 Tacos

JALAPEÑO STICKS

1/4 cup flour
1/3 tsp. paprika
1/4 tsp. onion powder
1/4 tsp. kosher salt
Pinch of black pepper
1 egg
1/2 cup whole milk
2 large jalapeños, cut into thin strips and seeded
Vegetable oil for frying

TACOS

1/2 cup olive oil
1 orange zest and juice
1 lemon zest and juice
2 cloves garlic, crushed
2 sprigs fresh rosemary
1 lb. flank steak
1/2 cup mayonaise
Lime juice, to taste
Chili powder, to taste
Smoked paprika, to taste
Chipotle powder, to taste
6-8 small corn tortillas
Jalapeño sticks

JALAPEÑO STICKS

1. In a shallow bowl, whisk together flour, paprika, onion powder, and salt, and season with pepper. In another shallow bowl, whisk together milk and egg. Dredge each jalapeño strip first in the egg wash, then in flour mixture.

2. In a large skillet over medium heat, heat about 1 inch vegetable oil. When oil is hot but not smoking, fry half the jalapeño sticks until golden, about 1 1/2 to 2 minutes. Remove onto a paper towel-lined plate and season with salt immediately. Repeat with remaining jalapeño sticks.

TACOS

1. Combine oil, orange zest and juice, lemon zest and juice, garlic, and rosemary sprigs in a resealable plastic bag. Add steak, turning to coat in marinade. Marinate steak in fridge for 1 to 1 1/2 hours.
2. While steaks are marinating, combine mayo, chili powder, smoked paprika, and chipotle powder into a small bowl. Mix well to create an aioli sauce. Add lime juice to taste.
3. Remove steaks from bag, pat dry, and cook on grill or stove to your desired degree of doneness.
4. While steaks cook, pour remaining marinade into a small saucepan and bring to a boil. Reduce to a simmer and keep warm.
5. Allow steaks to cool, then cut into thin strips and drizzle with warm marinade.
6. To serve, spoon and spread aioli sauce on tortilla. Layer with steak strips and jalapeño sticks.



Tequila-Lime Chicken Street Tacos

Total Time: 30 Mins **Servings:** 8 Tacos

jalapeño; season with salt and pepper. Add chicken and marinate in fridge for at least 20 minutes to 1 hour.

2. In a skillet over medium-high heat, heat oil. Cook chicken until golden and no longer pink inside, about 8 minutes per side. Let rest before slicing.

3. Serve in tortillas with avocado, sliced mango, and a squeeze of lime.

1/2 cup tequila
4 limes, juiced
2 cloves garlic, minced
Black pepper
Salt
1 lb. boneless, skinless chicken breasts
1 Tbsp. vegetable oil
Corn tortillas, warmed
1 mango, sliced
1 avocado, sliced
Lime wedges, for serving

1. In a large baking dish, whisk together tequila, lime juice, garlic, and chopped

Zucchini + Veggie Street Tacos

Total Time: 20 Mins Servings: 8 Tacos

2 Tbsp. olive oil
2 tsp. chili powder
1 tsp. ground cumin
1/2 tsp. salt
1/4 tsp. ground cayenne pepper
2 medium zucchinis, cut into rounds
1 red onion, diced
3/4 cup corn
2 tsp. garlic, minced
1 can low sodium black beans, rinsed and drained
8 flour tortillas
1/2 cup feta
Cilantro and lime wedges, for serving

1. In a large skillet over medium-high heat, heat 1 1/2 tablespoons of the olive oil. While oil heats, combine chili powder, cumin, salt, and cayenne pepper in a small bowl. Coat zucchini rounds in mixture. Once the oil is hot and shiny, add zucchini rounds in a single layer, then sprinkle with half the spice mixture. Let cook until the first side is golden, about 4 minutes, then flip and sprinkle with remaining spice mixture. Cook on other side until golden, about 3-4 additional minutes. Remove to a plate and

cover to keep warm.
2. Reduce heat to medium-low. Add onion and corn and let cook until beginning to soften, about 5 minutes. Add garlic and beans, then cook until the garlic is fragrant and the beans are heated through, about 2-3 minutes.
3. Heat tortillas over a gas burner or the in microwave. Fill each tortilla with bean and corn mixture, zucchini rounds, and feta. Garnish with cilantro and lime wedges, if desired.



Watermelon Salsa

Total Time: 1 Hour Servings: 15

1 cup watermelon, diced
1 cup cucumber, diced
1 cup bell pepper, diced
1/2 cup onion, diced
1 Tbsp. diced jalapeños, seeded, if desired
1/3 cup cilantro, chopped
1 Tbsp. lime juice
1/4 tsp. salt
1/8 tsp. black pepper

1. Combine diced watermelon, cucumbers, bell peppers, onion, and jalapeños in a large bowl. Add cilantro, lime juice, salt, and pepper. Add more lime juice, salt, and pepper to taste.
2. Marinate in fridge for at least 1 hour. Store in fridge until ready to serve and enjoy with tortilla chips.



Shrimp Slaw Street Tacos

Total Time: 15 Mins Servings: 8 Tacos

GARLIC CILANTRO SAUCE

1/4 cup olive oil
1/4 cup water
1/2 cup cilantro, chopped
2 cloves garlic
1/2 tsp. salt
2 limes, juiced
1/2 cup sour cream

TACOS

1 packet shrimp seasoning mix
1 lb. shrimp, peeled and deveined, tails removed
2-3 cups shredded green cabbage
8 small tortillas, corn or flour
2 avocados, smashed
Cilantro, for garnish
Lime wedges, for garnish

GARLIC CILANTRO SAUCE

1. Combine all sauce ingredients in a food processor or blender. Blend until mostly smooth.

TACOS

2. In a medium bowl, toss 1/3 to 1/2 sauce mixture with cabbage. Save leftover sauce to top tacos.
3. With paper towels pat shrimp dry, then toss in a small bowl with seasoning mix until coated. Heat oil in a large skillet over medium-high heat. Once oil is hot, add shrimp and sauté, flipping occasionally until shrimp are cooked through, about 5-8 minutes.
4. In a small bowl mash avocados with salt, then spread along each tortilla. Top with slaw, shrimp, and leftover sauce. Garnish with cilantro and lime wedges.



Strawberry Churro Street Tacos

Total Time: 20 Mins Servings: 6

6 flour tortillas
1-2 cups vegetable oil, for frying
1/4 cup ground cinnamon
1/2 cup sugar
whipped cream
1 lb. strawberries, sliced

1. Heat vegetable oil in a large skillet over medium heat. While oil is heating,

thinly slice strawberries. Pour cinnamon and sugar onto a plate, mix together, then set aside.
2. Gently lay 1 tortilla flat into heated oil. Fry one side, about a minute. Use tongs to fold tortilla in half to form taco shape. Once golden-brown on both

sides, remove from oil and place on paper towel-lined plate. Continue with each tortilla.
3. Once cool to the touch, toss in cinnamon sugar mixture to completely coat.
4. Fill with strawberries and top with whipped cream.



Prickly Pear Margarita

Total Time: 10 Mins Servings: 4

PRICKLY PEAR SYRUP
1 1/2 lbs. fresh prickly pears, spines scraped
1/2 cup sugar
1 Tbsp. fresh lime juice

MARGARITA
1 Tbsp. sugar
1 lime, wedges
3/4 cup blanco tequila
6 Tbsp. fresh lime juice
3 Tbsp. orange liqueur
1/4 cup prickly pear syrup
Ice

PRICKLY PEAR SYRUP
1. Remove skin from prickly pears and chop into large chunks. Add to blender and process until completely smooth, about 30 seconds. Pour through a fine-mesh strainer into a large saucepan. Press with back of spoon to get as much juice as possible. Discard of solid leftovers.
2. Stir sugar into pear juice in the pan and bring to a boil over medium-high heat. Reduce heat to

medium-low and simmer, stirring occasionally, until sugar has dissolved, about 5 minutes. Mixture should be syrupy. Remove from heat and stir in lime juice. Let cool completely; use immediately or refrigerate for up to 2 weeks.

MARGARITA
3. Spread sugar on a small plate. Rub 1 lime wedge along rims of 4 margarita glasses. Dip rims into sugar and set aside.

4. Fill cocktail shaker with ice. Add tequila, lime juice, orange liqueur, and prickly pear syrup then cover and shake well until very cold, about 30 seconds.
5. Add ice to prepared glasses and strain margaritas into glasses. Serve with remaining lime wedges.

BYE BYE BRAS

WORDS ANNIE PETERSON | ILLUSTRATION PRINCESS HART



Summer lets you ditch the wool sweaters and layers, but then you're left with the age-old issue of how to pair bras with crop tops and backless dresses. The good news: you no longer need a different bra for every type of silhouette. Start using boob tape to support the girls — plus no more underboob sweat.

V-NECK

To get the perfect lifted effect, measure a piece of tape from the top of your shoulder to under your breast. Once cut, start by securing the tape under your boob and lift into your preferred position, press the tape down firmly as you reach your shoulder. Repeat on your other boob. If you need more support add a second or third strip to each.

STRAPLESS

Create a seamless bandeau-look without the constant drooping of material. Start with one strip near your armpit then pull horizontally on the bottom side of your boobs to the other armpit. Continue working your way up towards the nipples with as many strips as you feel comfortable with.

BEST PRACTICES

There are two common mistakes that go hand in hand: taping too tightly and taping too loosely. You want to make sure the tape sticks and is secure but you don't want to cause any discomfort. So, find a happy medium that will keep your boobs lifted but comfortable. And like everything, practice makes perfect.

REMOVAL

Any tape removal from skin is intimidating but they are ways to make it less daunting. Start by rubbing your favorite oil or moisturizer along the tape to loosen the adhesive. Once removed, use more oil to clean off leftover residue and be sure to moisturize your skin.

Face The Music

FOUR LOOKS TO STEAL THE SHOW THIS SUMMER AT ANY MIDWEST FESTIVAL.

WORDS MADELINE CISNEROS
DESIGN ELLIE OLSEN
PHOTO KATE ELSTROM



CROCHETED CUTIE

Let your creativity flow while you make your own crocheted top for Country Thunder. Pair with your favorite jean shorts and accessorize with a bright bucket hat and crystal jewelry.

DISCO COWBOY

An unexpected duo that is sure to catch the eye of everyone at Camp Flog Gnaw. Wear a sparkly button-up with a pair of trousers. Customize a cowboy hat with feathers or rhinestones and make your eyes pop with a pair of heart-shaped sunglasses and black eyeliner.

MIDNIGHT FEVER

The clock has struck midnight and you're still out partying at Lollapalooza. Try a textured night sky top with a pair of black jeans, shorts, or a skirt. Accessorize with chunky boots, chains, and rings.

'70S DAYDREAM

The '70s styles are back and better than ever. To achieve a cute and comfy look at Hinterland, match an earth-toned tank with a free flowing skirt and pair with strappy sandals — if you're feeling funky, choose a patterned top. Wrap your hair in a bandana and add some chunky earrings to complete this look.

Let Your Skin SHINE

DISCOVER SKIN ENHANCING MAKEUP PRODUCTS THAT LEAVE YOUR FACE FEELING FRESH, DEWY, AND READY TO BE THE STAR OF THE SHOW.

WORDS SYDNEY SKEMP | DESIGN MADDIE KRUSE | PHOTO PAIGE MINOR



1. Prep the Canvas

Start your dewy makeup routine with a brightening primer that instantly illuminates the skin. For a perfectly prepped canvas, apply all over the face before foundation to blur imperfections and extend the life of your look.

Milani Bright Side Illuminating Face Primer, \$11, ulta.com

2. No Filters Needed

Leave your complexion looking more healthy and radiant than ever with this lightweight, liquid glow booster. Infused with skin-loving ingredients, you can feel guilt-free blending in this foundation. This product gives your complexion a flawless glow that's great for all skin types.

e.l.f. Halo Glow Liquid Filter, \$14, elfcosmetics.com

3. Conceal & Conquer

After prepping your skin with primer, dispense one pump of concealer onto a blending brush and blend evenly under the eyes or on any problem spots or blemishes. This formula blends out beautifully and provides up to 24 hours of hydration with a lightweight formula.

NYX Bare With Me Concealer Serum, \$11, target.com

4. Elevate Fabulous Features

Add some dimension to your look with these two must-haves. Bronze under your cheekbones, the top of your forehead, jawline, and nose to carve out your stunning features. Top it off with a long-wearing, shimmery, and pigmented blush on your cheek bones for that sun-kissed effect.

Pixi On-the-Glow Bronze Tinted Moisture Stick, \$18, target.com
SHEGLAM Color Bloom Dayglow Liquid Blush Shimmer Finish, \$5, sheglam.com

5. Keep it Sleek

This clear brow gel gives you a shaped, finished look without a heavy feel. Fan out and lock your brows in place with this flexible formula that provides fullness for a lasting, sleek look.

JOAH Brow Down To Me Super Hold Brow Setter, \$8, cvs.com

6. Chef's Kiss

High shine meets hydrating lip treatment in this essential lip product. Let the Maracuja oil heal your lips while the gloss adds a layer of dew to your routine. Whether you're feeling flirty with colors or just want to go with clear, this product keeps your lips drenched in moisture and shine.

Tarte Maracuja Juicy Lip Balm, \$24, sephora.com

7. Lasting Illumination

Accentuate this dewy makeup look with a highlight stick that glides on and blends seamlessly for a natural, radiant glow and lasting hydration. Apply on cheekbones, brow bone, and high points of your face for an instant and extra-lasting glow.

Milk Cream Highlighter Stick, \$24, sephora.com

8. Set it all in Place

Think you're finished? Not yet. Top it off with a setting spray that refreshes and hydrates — and most importantly makes your makeup last. Close your eyes and spray eight inches from the face in an X and T-shaped motion.

Neutrogena Hydro Boost Hydrating Setting Spray, \$15, target.com

WEDS

OF SUMMER

WORDS MARA FENDRICH
DESIGN EMILY POSTELTHWAIT
PHOTO MICHAEL CUMMINGS



GUESTS OF HONOR

There's plenty of room to shine without stealing the spotlight. Keep your look bold yet minimal while your other half opts for a classic cocktail pattern.

ON KAITLIN
DRESS | VON MAUR

ON DELANEY
DRESS | MODEL'S OWN

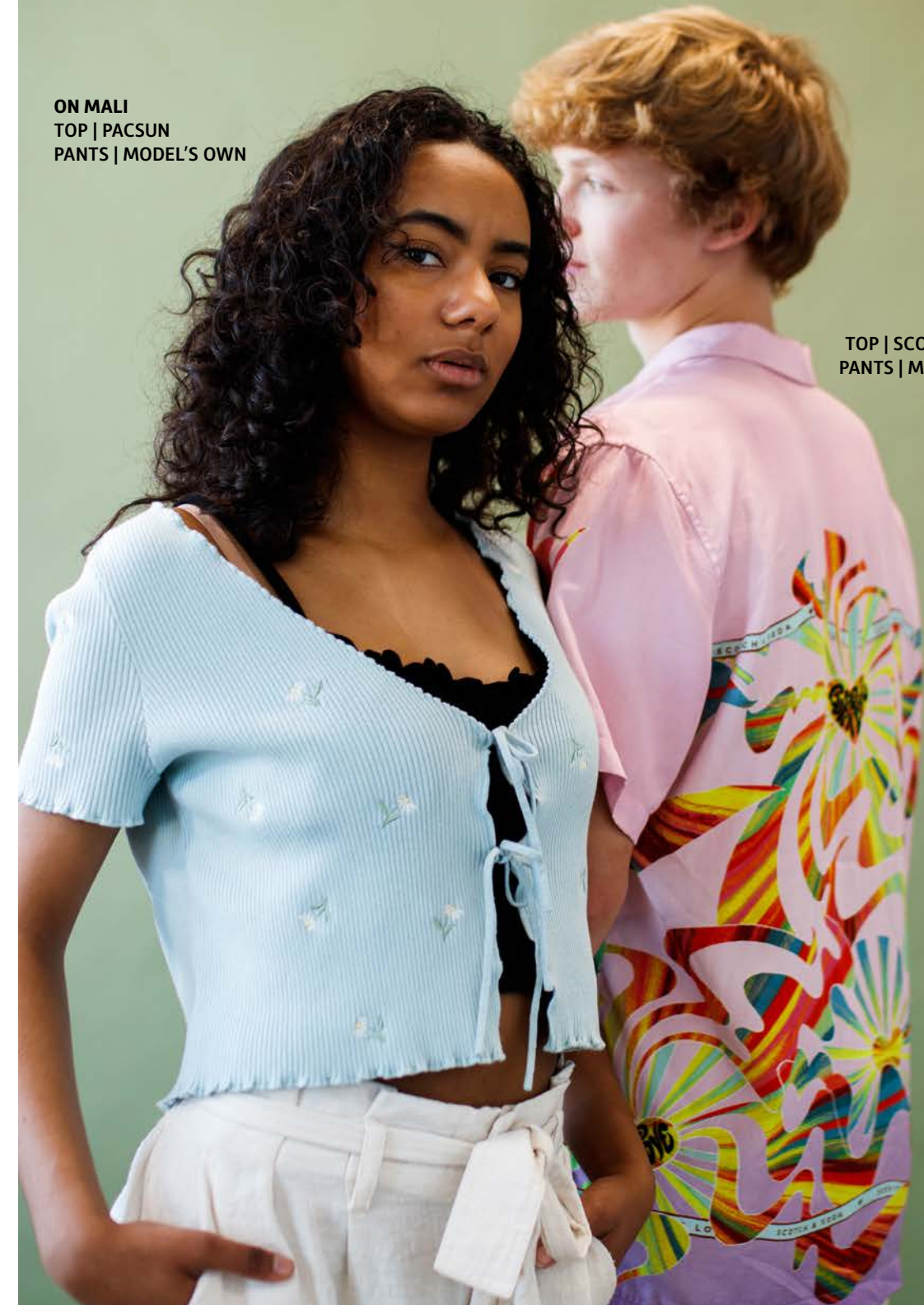


OPPOSITES ATTRACT

For a free-spirited duo on the go, playful patterns and breathable fabrics are a must. Choose a complementary color palette to balance each other out on an impromptu road trip or day at the lake.

ON MALI
TOP | PACSUN
PANTS | MODEL'S OWN

ON PAXTON
TOP | SCOTCH & SODA
PANTS | MODEL'S OWN





ON CALEB
SWEATER | CHAPS
SHORTS | MODEL'S OWN
BAG | PARKS PROJECT

ON POOJA
TOP | DRY GOODS
SKIRT | ALTAR'D STATE

DOWNTOWN DAZE

A summer staple such as the farmers market is the perfect opportunity to experiment with your style. Dress comfortably in a soft indigo hue that speaks for itself. Keep it cool with one neutral piece that sets you apart from your partner. As a final touch, throw on an eye-catching bag to keep your belongings secure.

EVENING OUT

Whether it's a visit to an art installation or a reservation for an elegant dinner, a collared shirt is a timeless touch for evening attire. Layer up and choose a unique statement piece to coordinate without copying.

ON HARRISON
TOP | H&M
JACKET: FOREVER 21
JEANS: CIDER



ON CALEB
TOP | MODEL'S OWN
SHORTS | MODEL'S OWN



WHEN THE CAMERAS

LEAVE

WORDS LINCOLN ROCH | DESIGN EVE KELLY | PHOTO KATE ELSTROM

When Shana Gerson evacuated her home of 10 years, she grabbed her purse, her pets, and her children's stuffed animals. Time didn't allow for anything else. So, when the fire took the house, her family was left with nothing but the clothes on their backs.

On Dec. 30, 2021, a cold front brought 110-mile-per-hour winds to Boulder County, Colorado. Those winds sparked The Marshall Fire, which in less than 12 hours, burned 1,084 structures in the nearby towns of Superior and Louisville — including my home.

Then that night, a snowstorm put the fire out, creating a landscape of burned-down neighborhoods blanketed in snow.

The next day, reporters from outlets like NBC News and CNN flooded the towns as the fire dominated national newscasts as the biggest story in the country. But, by day five, those reporters had packed up, and the national media had moved on.

For the residents of the towns, moving on was not an option. After the fire, friends generously lent Gerson's family clothes and provided lodging. But it quickly became clear that they were going to need more permanent things of their own.

"I just remember my son being incredibly upset. He didn't want to wear other people's clothes — he wanted to wear his clothes," Gerson said. "I think the very first thing we did was go to Target and just let the kids pick out a toothbrush, their clothes, underwear, shampoo, we just got the basics."

Gerson was about to spend the next year with the new full-time job of dealing with the aftermath of the fire. All while coping with the emotional toll of seeing each of her earthly possessions, and the place she called home, disappear overnight.

THE FIRST STEPS

The Marshall Fire was the third major natural disaster to hit Boulder County in recent years. In 2010, a fire in a remote part of the county destroyed 165 homes — a state record at the time. Then came the 2013 Colorado floods, killing eight people, leaving its worst damage to the county. It's safe to say county officials had experience dealing with disaster recovery.

Three days after the fire, the county opened a Disaster Assistance Center. For two weeks, the center hosted 34 different government agencies and charitable organizations,

providing immediate assistance to survivors.

Gerson dreaded the place. She appreciated all the help but felt overwhelmed every time she went in.

"It was depressing being in there because it made you realize that you're displaced," she said.

The first hurdle for those displaced was to find long-term shelter. Boulder County already had one of the country's most expensive housing markets, and with so many families displaced, rent increased by up to 40 percent in the first month after the fire. Gerson's family lived out of a hotel while they searched for a long-term rental paid for by their insurance.

"I felt like I was in a race to find housing because more than a thousand people were displaced," she said. "It was like a rat race."

After weeks of searching, Gerson beat 30 other families for a lease in the city of Boulder. Other families would spend upwards of six months in hotels, often sharing one room. Gerson's children remained at their elementary school but she began driving them up to 30 minutes each way to the school that was once within walking distance.

THE CLEANUP

After securing shelter, the process then shifted to clearing the massive pile of rubble where Gerson had raised her kids.

According to Louisville's planning manager, Lisa Ritchie, the removal of debris after a disaster must be a priority because of the health and safety risks that debris poses. There's the ash and dust that blow away in the wind, and heavy metals from electronics that can leak into soil and groundwater.

There are two ways debris gets removed in disasters of this severity. When the president issues a major disaster declaration, as President Biden did for The Marshall Fire, local governments can request to use the Federal Emergency Management Agencies Private Property Debris Removal Program. In Boulder County's case, the program covered 90 percent of the costs for debris removal. Additionally, many survivors relied on their insurance companies to remove debris, but some paid out of pocket for faster results.

Contractors for the FEMA funds completed debris removal by August 2022 and almost every other lot was cleared by the September 2022 deadline. A singular resident needed some extra time.

"[The resident] just was having a hard time letting go and so she took another couple weeks," Ritchie said. "Her contractor would actually shovel out a load of debris. She wanted to sift through all of it and then he shoveled out another load."

THE REBUILD

I remember the first time I went back to my house. I could make out the rusted frames of the washing machine and a mattress. When my brother and I evacuated two days earlier, I waited for him to get in his car before I thanked my house for being such a good home. I felt pretty stupid at the time, but it really was a goodbye.

That same day, a CNN reporter asked my dad if he was going to rebuild. He responded with, "I'm going to die working in that garden," as he pointed to his garden boxes that had miraculously been untouched. That was that. We were rebuilding.

Those who were able to rebuild faced an uphill battle. First, there was the battle with City Hall. Two months before the fire, Louisville's City Council had approved a new net-zero building code aimed at reducing greenhouse gas emissions from new properties. In the weeks after the fire, speculation of the costs for meeting the new code ranged between an additional \$5,000 and \$100,000.

Survivors protested and pleaded with the city council to replace the code with a previous version from 2018. City council decided to wait on outside analysis before making a decision. During that time, survivors weren't able to get accurate construction pricing from home builders because nobody knew what code the houses would be built to.

"At the end of the day, the city council rolled back the codes, and folks have three different energy options that they can build to," Ritchie said.

While the code debate did stall rebuilding, the city went out of its way to streamline the permitting process for residents. Louisville's planning department, which normally processed around eight building permits a year, hired seven additional staff members, rethought or removed some parts of the permitting process, and paused its nonessential work.

Those changes resulted in the first building permit being issued in early May and the first house to be completed two weeks before the first anniversary of the fire.

Gerson's rebuilding effort wasn't as smooth as those first cases. Her building plans were rejected four separate times by the neighborhood's Homeowners Association.

"It took me six months to get my house approved. I spent \$40,000 on designs because the board did not like our house design," Gerson said. "We bought our house for \$500,000 10 years ago and now we're building it for \$2.7 [million]."

Her family was able to rebuild at such a high price because they were fully insured. Most families were not as fortunate.

THE MONEY PROBLEM

Though the official numbers won't be finalized for years, estimates from the Colorado Division of Insurance found that 92 percent of the houses destroyed were underinsured. Only 76 of the houses burned had a policy that covered rebuilding costs of a similar sized home without a cap. The estimate found that depending on building costs, hundreds of homes could be uninsured by an average as high as \$245,670. Such a high gap between cost and coverage can make rebuilding unattainable. In the most extreme cases after disasters, survivors have been forced to sell their empty lot at a major loss compared to what they purchased their house for.

Nationally, only 25 percent of houses burned in wildfires are rebuilt within five years. But the community was determined to do better — they aimed for 75 percent. The Boulder Community Foundation raised \$43 million for the Marshall Fire recovery, with contributions from 77,000 people throughout the world.

The funds were spent in numerous ways. At the Disaster Assistance Center, checks were written to survivors needing immediate assistance for the first few weeks. Every family rebuilding got \$25,000 from the funds, and grants were created to provide millions more in aid based on need.





The county also received funds to create a recovery navigator program where survivors could be individually aided in taking advantage of all the resources available to them, and coached through the vast process of disaster recovery. But even with so many people trying to help, Boulder County's Recovery Manager Garry Sanfacon realizes that some folks will just not be able to put in the time or deal with the stress of the process.

"There's definitely a number of people who can't rebuild and there's a loss of the community right there," Sanfacon said. "A lot of those are older folks who either are retired or ill or just don't want to put the energy into rebuilding a new home."

THE FUTURE

After the 2010 fires, Sanfacon volunteered to become Boulder County's first Recovery Manager, with no clue as to what he was getting himself into. Although he still got to do other projects for the county that he was passionate about, disaster recoveries would define his career. The job is not easy. Every day, he's interacting with survivors and dealing with the destruction firsthand. For Sanfacon, the emotional drainage of the job is unsustainable. He's scheduled to retire in May of 2023.

"I don't think I have another one in me. I mean, I just don't. This is my fifth disaster and second major one," Sanfacon said. "It takes a lot out of a person and there's other things I want to do."

An unavoidable question remains for many of the families rebuilding. Will a new house ever feel like the home that was lost?

"Even when the house is rebuilt, it's gonna be a big, beautiful new house. But I don't even know if I want to live in it because it feels like it will be on top of the ashes of my old house," Gerson said.

One of the reasons Louisville and Superior had such low insurance coverage was because nobody thought they'd need it. The towns are affluent suburbs, indistinguishable from those surrounding Midwest cities like Des Moines, or Kansas City. They'd never been threatened by wildfire. But a lack of snowfall in 2021 dried up the natural grasses that surround the town, creating perfect kindling.

Sanfacon thinks that civic leaders around the country need to be more aware that disaster can strike at a moment's notice.

"For most communities, especially in the West, I'd say it's a not it's not a matter of if, it's when you will experience some type of natural disaster," Sanfacon said. "Climate [change] is really what's accelerating these impacts. And it would be a disservice to your community to not do some preparation."



Sobriety In Your Twenties

WORDS SARAH JAMIL
DESIGN LILY ECKENRODE
PHOTO MICHAEL CUMMINGS

* This story includes one name change, Lexie Bennett, and the exclusion of two last names to keep the identity of the sources private, as requested by said sources.

Sweat drips off your body as you weave through the crowd, trying to breathe against the flooded space and hot air. It's been a month, maybe two, since you've really hit the dance floor with your friends but you decided — just because you're sober, doesn't mean you can't have a taste of those 2000s hits in your soul. You let loose, void of any substance in your system, but the people around you question otherwise because you're moving wild. That's just you, you think. That's just your personality, and you feel utterly content.

It hadn't always been that way. The world sets expectations that we carry like bricks in our pockets. We seek remedies to not feel small against the weight of party culture and peer pressure at college, of familial expectations, and a costly education. You fill your bloodstream with all sorts of toxins — benzodiazepines, alcohol, weed — because when you were high, for a moment or two you didn't have to face reality. It was the only way you knew how to live; to live as someone you were not.

A STEP TOWARDS CHANGE

Angus was in his first year at Denver University, fresh and entranced by the freedom he was gifted at college, when substance abuse had soon stripped that away. On Nov. 8, 2021, he'd decided to stop taking Xanax and soon plunged headfirst into the first of three rehabilitation programs. He hadn't stopped weed or other substances just yet, but he knew he couldn't keep living his life like this.

His world was flooded with high standards of education and success set in his family, which he found a daunting task to fulfill as someone with ADHD and learning disabilities. But it was the passing of his uncle that drowned him. A man he admired for the values they shared; the reason he hadn't had the heart to step into the classroom.

"I was just in a dark parking lot with a blindfold over my eyes. Hands tied around

my back. Shoelaces tied together, with my shoes on the wrong feet that are way too big for me," Angus said. "I spin around in a circle like 100 times, and then I'm being told to step over a curb."

Lexie Bennett is a junior at the University of Alabama, and it was two years ago when her relationship with alcohol started to run downhill. She was one for the parties and dancing on tables as an active participant of Greek life. But, after she'd experienced being roofied once, the party space began to feel unsafe.

"Nobody believed me. Everybody kept telling me, 'you just drink too much.' It was very invalidating," Bennett said. "After that, I think being in a party setting made me feel very anxious. All of sudden, I would keep drinking to get rid of that anxiety until I was blacked out."

She'd always had a drink in her hand before as an avid fan of the taste of liquor. But what started as casual fun became a crutch to cope. It was when she started experiencing these chronic pains in her stomach that she'd tried to stop drinking — and realized that she couldn't.

Aiden is a third-year law student at the University of Denver and for him, sobriety came out of a place of responsibility owed to his professional life. He's originally from Dallas, Texas, and got his undergraduate degree at The University of Texas at Austin. And that's a town with a much heavier party culture than a more quiet Denver setting.

He'd gone back to Texas last May to celebrate both his birthday and his cousin's graduation from UT Austin — and it all piled up into one large drinking fest. When he'd returned to Denver with a new job in line, he remembered feeling terrible.

"I was just getting to that age [where] if I had more than like four drinks, I would just feel awful for two days. So I decided that I was not going to drink the entire month of June. I had also stopped smoking weed, which was something I did on a more normal basis," Aiden said. "It's been a really

good opportunity to kind of reevaluate my relationship with substances."

RELEARNING A NEW WORLD AND BUILDING NEW IDENTITIES

To come to that realization though, is merely the first step, because to be in college — an environment that is romanticized through drinking and drug-filled nights out — and sober, is a lonely place to be.

"I felt like I couldn't tell anybody that I had a problem because I'm 20 years old. I was afraid people would look at me and judge me for it," Bennett said. "People would tell me very early on, they're like 'hey, why don't you drink' and 'you're a lot more fun when you drink.'"

For the first time, Bennett had to sit with herself. Loneliness became a shadow when she had to remove herself from Greek life, and the friends that came along with it — all while navigating the constant ringing to pick up a drink, so much so that she can taste it on her tongue.

She began her 100-day journey, and to celebrate the end of it, she had a glass of wine at a banquet. But one glass of wine eventually turned into seven, and the relapse was the first time she'd admitted out loud to people that she'd had a drinking problem. And she's been sober for four months now, ever since.

"Almost nobody reacted poorly. Everyone was pretty supportive, which was mind-blowing," Bennett said.

Building new activities cast a light overhead. She started going to therapy, and began powerlifting at the gym. A month into her sobriety, she returned to the party scene. Bennett realized that there were no consequences to partying sober, and that was freeing.

But it takes time, and for some, a few trials

to reach a space of content. Angus found his place at Caron Renaissance, an addiction treatment center in Boca Raton, Florida. That came only after causing ruckus to escape a wilderness program, and getting kicked out of another treatment center prior to Florida.

"I was able to amend a lot of the underlying issues that contributed to my substance abuse, and develop a vast toolkit and understanding of my thoughts, feelings, behaviors, actions, urges, and what I need to do to take care of that," Angus said.

It was a group experience, and he found home amongst people that truly cared and were honest with him and his actions. A "reverse house arrest" prompted him to take steps towards socializing with the people, and they'd grilled him for little things such as wearing the same, sweated-out shirt from the day before.

And other little things that built new, healthier habits later on. He'd learned to take care of his own needs, through doing chores like grocery shopping on a budget, cooking for himself, and making his bed. He'd learned how to communicate effectively within his group, became vulnerable, and expressed that he too, cared.

But of course, at first the task was arduous and until now, some days are much harder than others.

Before Aiden had taken a step into sobriety, he isolated himself slightly from hanging out with his friends to shouldering the weight of a rigorous law school course load. He realized after, that if he stopped drinking altogether, he could still partake in those nights out — rid of the hangovers and long days feeling useless.

With drinking, he hadn't had many urges to return to it, as he hadn't been a chronic drinker after enrolling in law school. With smoking weed, however, he definitely had.

He'd become sober before going back to Texas, where purchasing weed isn't the easiest, in comparison to Colorado — which took it out of the equation. For Aiden, though, the urges hadn't lasted



for more than three to four days. He had, however, encountered a withdrawal process that interrupted his sleep cycle. For about two months, he'd been experiencing the most vivid dreams. Though he hadn't thought it to be too bad, he recognized a change was happening.

REALITY ALLOWS A LITTLE

"You don't notice the benefits of being sober immediately at all," Aiden said. "I think that's one thing that makes early recovery or early sobriety really difficult for people because...people that have had kind of a negative relationship with substances are so used to immediate gratification."

LIGHT TO SEEP IN...THEN MORE AND MORE

Aiden has been sober for a little less than nine months now. He currently works in a small firm where many of their clients are attorneys – attorneys who are getting disciplined for violating the ethical rules in their licenses. There's a strong drinking culture within the legal realm — lawyers drinking and driving after professional events, or abusing substances as a coping mechanism in a high-stress job.

"I understand that my relationship with substances is not always a healthy one, and I'm just glad that I made the steps to become conscious of that," Aiden said. "You have someone's livelihood in your hands and your ability to protect that is your ability to think clearly."

Now that he's sober from weed and alcohol, Aiden says he has much more energy, and he's able to function on a much clearer mind. He realized that drinking and smoking hadn't served him in any way, and doing so has allowed him to build a solid foundation as he dives deeper into the legal world.

When Angus had first returned to college after completing his program at Caron Renaissance, he felt anxious and lonely. He felt that there wasn't quite an outlet for

"Almost nobody reacted poorly. Everyone was pretty supportive, which was mind-blowing"

- Lexie Bennett

him to make friends, to find people within the same situation.

Angus currently lives in the sober dorms at the

University of Denver.

"I have to be cognizant of, there are substances here and if I do substances, I lose my housing, I would probably have to leave college," Angus said. "My parents would be extremely sad and heartbroken and scared about that. I would lose a lot of things in my life that contribute to why it's so great."

Despite the fact life can be less than favorable at times, Angus expresses the fact



that he enjoys living it now more than he dislikes it — and that's a feeling he couldn't quite grasp before. He's built a morning and night routine to kick-start and close each day. His journey through sobriety and therapy has allowed him to take off his blindfold.

And he's been fully sober since Dec. 2, 2021.

When Bennett stopped joining in on those Friday nights out, she had to learn how to be her own friend for the very first time. Some days, the taste of liquor is the only

thing present in her mind. On other days, it doesn't even come across. But she's learned how to take care of herself, and she knows what remedies to seek when the days of being sober are harder.

She's able to lean on her therapist, going to the gym for a good breaking of sweat, and started doing A.A. meetings where she'd bonded with a community of women who understood her position. She feels less anxious, carries on without the depression spells that used to frequent her days, and feels less regret when she rises in the

morning.

"I feel like I'm taking control of my life again. I just learned how to love myself in a new way, and to learn that I am fun without alcohol," Bennett said.

And to be healthy and to love yourself again, is what makes this entire journey worth it.

Call SAMHSA's national helpline at 1-800-662-HELP (1-800-662-4357). This treatment referral and information service is confidential, free, and available 24 hours a day, 365 days a year in English and Spanish.

THE STATE OF HATE



WORDS NATE EISENMANN
ILLUSTRATION + DESIGN PRINCESS HART

On the 21st anniversary of the 9/11 terrorist attacks, a northeast Iowa man rented a U-Haul and hung a Nazi swastika flag on the front of it. He also added a sign on the side that said “JEWS DID 9/11.” Then he drove around Des Moines. He hit the Drake neighborhood, Sherman Hill, and East Village. He yelled at people at stop lights. The man even stopped outside the Iowa Capitol building and stuck out his arm in a Heil Hitler salute towards pedestrians. And then he posted a six-minute video of his drive onto a Telegram channel for the 319 Crew, a local neo-Nazi group.

It wasn't the first time the group had popped up in Iowa. In July 2022, the 319 Crew hung posters in a city park promoting the “Great Replacement” theory, the conspiracy theory that claims there's a concerted effort to reformulate the population of the country, replacing the current white majority with a non-white majority. It's inherently racist — and lately all too familiar. This is racism's cold war.

HATE ON THE RISE

The FBI's definition of a hate crime is a criminal offense motivated by the perpetrator's bias against a race, religion, disability, sexual orientation, ethnicity, gender, or gender identity. According to data from 2020, there were 8,052 single-bias incidents (one or more offenses motivated by one bias) reported. Of those, 65 percent were based on race, ethnicity, or ancestry. That's 5,227 cases — almost a 9 percent increase from 2019.

“With greater normalization of hateful and bigoted rhetoric from politicians and pundits, the door has been opened to bad behavior across the board.”

— Rachel Carroll Rivas

But there's a big issue with the data that's out there: it's probably not accurate. There aren't any requirements for reporting hate crimes to any central authority, including the FBI, which means there isn't an accurate measurement of hate in the country. What's worse, the FBI and local and state law enforcement under-report hate crimes, says Rachel

Carroll Rivas, Deputy Director of Research, Reporting & Analysis with the Southern Poverty Law Center's Intelligence Project (SPLC), one of the leading independent organizations tracking hate across the country.

But one thing Carroll Rivas does know for sure: even without accurate data, the trend line is heading disturbingly up.

“Given the unreliable status of the data, the 2021 FBI hate crimes data report... still indicated an unacceptable number of incidents,” she says.

THE TRUMP EFFECT

During his campaign, former president Donald Trump made numerous racist and discriminatory comments about groups of people and individuals. He called Senator Elizabeth Warren “Pocahontas” due to her claim of Native American heritage. He also referred to COVID-19 as “Kung Flu,” sparking anti-Asian hate — according to FBI data, there was a 77 percent increase in anti-Asian hate between 2019 and 2020. And during a presidential debate, Trump refused to denounce white supremacy, pouring fuel on a fire that has led to the current state of hate today.

Dubbed “The Trump Effect” by researchers, it's easy to draw a line from Trump's rise in fame to the rise in hate crimes. The SPLC tracked data on hate crimes from the beginning of Trump's campaign through his presidency and saw a major rise in hate crime rates. Anti-Muslim attacks rose. People's view of immigrants increasingly worsened. The SPLC reported that 37 percent of hate incidents in the first 34 days following Trump's election referenced Trump or his campaign slogans.

“With greater normalization of hateful and bigoted rhetoric from politicians and pundits, the door has been opened to bad behavior across the board,” Carroll Rivas says.

HATE IN THE LOCAL NEIGHBORHOOD

In April 2021 in Des Moines' Capitol Heights neighborhood, Joseph Rossing met with Robert Shelton, who was looking to buy scooters from Rossing. While the two white men were talking, a Black man was driving by, slowed down his car, and told the two men to stop their kids from riding the scooters in the middle of the street. Rather than listening to the man looking out for their kids, the two men instead pried open the man's car door, physically assaulted him and yelled racial slurs.

Reports said Shelton and Rossing kicked and punched the victim. Rossing took off his shirt to show his swastika tattoo during the assault. Both men were charged with assault in violation of an individual's rights, which is Iowa's hate crime statute, and various other offenses. According to court documents, Rossing was a member of Frys, a white supremacist group. Shelton pleaded guilty to the hate crime charge and was given five years of probation plus \$2,000 in fines. Because Rossing was on parole when the assault happened, he was sentenced to 17 years in prison, though the hate crime charge was dismissed.

This isn't uncommon, though. In some places, like New York City, the rate at which hate crime charges are dismissed are as high as 85 percent, according to data from the Division of Criminal Justice Services. This still can result in another conviction, but it's usually not as severe.



FIGHTING BACK

Sharlene Bohr has seen discrimination and hate move from the edges of society to the edges of the mainstream firsthand. As executive director of the Northeast Iowa Peace and Justice Center (NEIPJC), she helps lead initiatives around racial justice, immigration, climate activism, and the LGBTQIA+ community for Decorah and the nearby area. Since its founding in 2008, the NEIPJC has brought social change to the area through advocacy and direct action. From organizing supply drives to help those affected by the murder of George Floyd in Minneapolis, to running educational “Pronouns 101” style workshops, the NEIPJC tries to help as many people as possible who may be affected by different forms of discrimination. Sometimes, Bohr says people just need to listen and learn.

“Take the opportunity in conversations to move the needle towards equity, inclusion, and justice,” she says. “If you’re a person who has exposure and a different perspective and first-person knowledge, let’s try to push the needle.”

Bohr isn’t alone. There’s the Des Moines Black Liberation Movement Collective that works to bring awareness to systematic oppression. There’s JustVoices that is seeking to end racial profiling by police in Des Moines. There’s also the Collective Action for Racial Equality (CARE) in Decorah, Iowa, that’s working with the local school board to bring in diversity training for school staff.

Nikki Battle, a member of CARE, is also the mother of four biracial children. Battle says her kids have noticed a difference since the trainings, but the problem hasn’t been solved. “They still feel if there was an issue at school, they don’t feel comfortable [bringing] it up to the administration,” Battle says. “We still have a lot of work to do.”

In 2021, Iowa Gov. Kim Reynolds signed a law that banned teaching critical race theory and similar diversity training in schools. The theory, which looks at how the U.S. was shaped by slavery, was said to be “discriminatory indoctrination,” according to Reynolds. Despite the governor’s actions, Bohr and Battle are seeing progress. People are becoming more aware of the issues at hand and joining the fight against hate. But is it enough?

After the murder of George Floyd in May 2020, Des Moines lawyer Ben Lynch quit his job doing in-house counsel for a real estate company and opened up his own firm specializing in civil rights cases. Lynch even took some cases pro bono for those who were arrested during the Black Lives Matter (BLM) protests in Des Moines. He acknowledges that not everyone can do what he does, but everyone can be an advocate.

“Being an advocate for somebody doesn’t have to be putting up a BLM sign in your yard, it can be as simple as reporting something to the police or an employer,” Lynch says.

He sees no end in sight. Given the current climate of hate and discrimination in the U.S., Lynch has his work cut out for him.

“My phone rings off the hook and my email blows up every day. I don’t expect it to stop anytime soon,” Lynch says. “We’re never hurting for civil rights cases at this firm. I don’t ever see it stopping, sadly, but all we can do is fight back.”

STAYING HOPEFUL

“Are you sure you aren’t a little mixed? Because usually Asian people’s eyes are small.” These are the kinds of questions that Northeastern University sophomore Crystal Lin got used to while growing up in a predominantly white suburb of Minneapolis, Minnesota.

“When I got put in the gifted and talented program at school in first grade, some girl said ‘of course they put you in there. You’re Chinese.’ I was just like ‘huh?’” Lin says. “People will still pull back their eyes to make them into slits to look Asian. Usually you just laugh it off. You telling them, ‘that’s not okay,’ isn’t going to change how they act.”

These microaggressions were common for Lin. But, even after moving to Boston in 2021 for college, she still has moments where she feels uncomfortable and even unsafe.

“Most of the Asian women I know, including myself, will stand a certain way in subway stations because we don’t want to risk getting pushed in front of a train,” Lin says.

For progress to be made, Lin thinks it starts at school and at home. She says when parents and schools fail to teach about race relations, that’s when the problems become bigger. Though, with the 2016 presidential election, she notes that the type of candidate able to be elected has changed.

“The election of Donald Trump fundamentally changed the Republican Party and the type of person that can win a nomination,” Lin says. “People who hate non-white people hate them very strongly. The people that feel anger toward Asian people or non-white people — they’ll keep voting for the people who help amplify their voices.”

She dreams of a day when she and other people of color, or different religions, gender identities and sexual orientations can feel accepted and safe.

“I’m hopeful that enough will change in our lifetimes so that people won’t be afraid to walk on the streets and be afraid for their lives,” Lin says.

When that day may come, though, is a question left unanswered.

MEN’S MENTAL HEALTH

TALKING ABOUT MEN’S MENTAL HEALTH ISN’T TABOO.

“Man up. Real men don’t cry.” These phrases are part of the damaging stigma around men’s mental health. Having and expressing emotions is a basic human experience. But for generations, men have been raised and shaped to understand that expressing emotions is a weakness and suppressing mental health issues is crucial to being a real man.

Todd Adams, executive director for MenLiving, shares how the stigma around men’s mental health is like a box. Inside that box, men are limited in order to fit the societal definition of being a man.

“Within the box, we measure ourselves with things like money, sexual prowess, how athletic we are, and more,” Adams says. “There is no room for sadness, fear, or even joy.”

It may take years to change the cultural bias and for this stigma to end. Julie Mertz, licensed marriage and family therapist, describes how stigmas reinforce uncomfortable feelings of shame, embarrassment, or make someone feel like there’s something wrong with them. However, the stigma itself seems to be less prominent since the COVID-19 pandemic.

“I have seen an increase in the number of men that have been seeking therapy in my practice over the last few years and I think that is positive,” Mertz says.

One step to start this change is to teach children how to express their thoughts and feelings in a healthy way. It’s important that children learn the components of communication and its function in relationships.

“Teaching young boys what ‘manhood’ really looks like, feels like, and encouraging them to have good boundaries, teaches kindness and thoughtfulness of self and others,” says Donald Gilbert, president and CEO of New Life Counseling.

Besides education at a young age, having conversations about mental health is a good step in the right direction.

“Every person I know has a different relationship with their own mental health,” Adams says. “The more we talk about it and normalize it, the better.”

Bringing mental health discussion into social and cultural settings supports the destigmatization and creates safe spaces for men to talk about their mental health.

Companies like Hims, who are dedicated to supporting men with their mental health, have become more popular in recent years. Hims doesn’t take insurance, and only charges \$25 for the first month of a prescription medication to treat depression or anxiety. It’s a cheaper option for people without insurance and offers virtual therapy sessions for \$99.

These types of businesses typically have a variety of services and options for men to get the support they’re looking for. Combining this kind of resource with education and conversation can help change begin.

“It won’t happen overnight and usually takes time, but in my experience, all men have the capacity to unlearn the beliefs we were taught growing up,” Adams says.



WORDS RYLEY ROUDABUSH
DESIGN LILY ECKENRODE
PHOTO MICHAEL CUMMINGS

Bedtime Bliss

WORDS DRAKE MAG STAFF | DESIGN LILY ECKENRODE | PHOTO MICHAEL CUMMINGS

THE THINGS WE CAN'T GO WITHOUT BEFORE BED.



ANNIE PETERSON: SILK PILLOWCASES

Since I got silk pillowcases, my hair and skin have never been better. Having wavy hair — that I usually sleep on wet — I wake up with soft and knot-free hair. It's so much nicer to sleep on than regular cotton, and it's pretty affordable on Amazon. I'm even tempted now to get silk sheets.



SOPHIA LACY: EUCALYPTUS

It's time to introduce you to your next nighttime must-have, eucalyptus. When placed around your showerhead, the plant releases healing properties to help your body and mind relax. When I first tried it, I immediately noticed a change in my well-being and even got better sleep. It was the perfect way to create an at-home oasis with its fresh smell and incredible benefits.



NATE EISENMANN: SLIPPERS

Getting back home after a long day and sliding into my sherpa-lined slippers sets the mood for the evening. Keeping my feet warm helps me stay relaxed as I finish my tasks for the evening. From completing an essay to brushing my teeth, my slippers stay on until I climb into bed.



MARA FENDRICH: PERFUME

When it's time to go to sleep, I'm rarely able to slow my thoughts down and relax. To help me unwind, the last step in my nightly routine is to spray or roll on a bit of perfume. It's an easy alternative to aromatherapy that instantly settles me down.



COLSON THAYER: WEIGHTED BLANKET

I was a little skeptical at first, but my weighted blanket changed my sleeping habits for the better. Weighted blankets, sometimes called gravity blankets, are a recommended tool by mental health experts. Not only do I find myself having an easier time falling asleep, but my heart rate settles and my anxiety is relieved.



MAGGIE COLLUM: SLEEP MASK

Get ready for a game-changing sleep solution that'll have you snoozing in style. With its ability to block out pesky light and create a peaceful slumber environment no matter where you lay your head, this little wonder is an absolute game-changer.

HOW TO: CYCLE SYNCING



HOW TO TAKE BACK CONTROL OF YOUR CYCLE TO FEEL MORE ENERGIZED AND COMFORTABLE.

WORDS KYLIE PETTY
DESIGN KENDALL HUNT
PHOTO PAIGE MINOR

After a few of your daily habits to help aid the aches and pains that come monthly with your period. Take the power of your body and period back into your hands with cycle syncing.

From puberty to menopause, women have to deal with and suffer through their period. Girls were raised with the understanding that nothing they do can get rid of it. There's Midol to dull the pain, but that's not a long term fix. Other solutions like birth control greatly impact hormones, especially estrogen. Cycle syncing has been making waves around social media as a healthy way to manage period pains. Learn more about its benefits and how to implement it into your daily routine.

WHAT IS CYCLE SYNCING?

Cycle syncing is easy to understand. It just means you adjust your diet, exercise, and some lifestyle habits based on the phase of your menstrual cycle. You might find this leads you to becoming more productive or having more energy.

During a woman's 28 day cycle, her hormones greatly fluctuate, yet she needs to go on with her daily tasks. People can combat this by understanding what stage they are currently in and how to best adjust their routines to feel their best.

UnityPoint gynecologist Jeanna Panosh explains that there's a caveat — hormonal birth control may impact your key menstrual hormones, causing an irregular cycle. But it's not just birth control that causes this.

"Sometimes it's related to an imbalance of hormones, including hormones released by the brain, thyroid, and ovaries," Panosh says.

There are other factors that can influence your cycle, like your stress levels, how often you exercise, and your body weight.

"We're all unique individuals and what is true for one may not be true for another," Panosh says.

WHY SHOULD I CYCLE SYNC?

You might feel that during your period, you struggle to accomplish some of your tasks. According to a 2022 study by Digital Health of nearly 2,000 women, it was found that a majority of these women felt moderate to severe impacts on workplace productivity. Half of them felt uncomfortable speaking freely with their manager about issues related to their menstrual cycle. More than 45 percent had to miss days at work due to their menstrual cycle.

By cycle syncing, you can alleviate some of these issues. You can stay productive, stay at work, and more importantly, you might just feel better. Cycle syncing is also beneficial if you're trying to get pregnant. In general, understanding each stage of your cycle also allows you to best prepare for sex.

MORE THAN 45% OF WOMEN HAD TO MISS DAYS AT WORK DUE TO THEIR MENSTRUAL CYCLE



HOW DO I START?

It's essential to understand each of the four phases of your cycle in order to start tracking: menstrual, follicular, ovulatory, and luteal. Map out your cycle based on how many days it lasts. The average cycle is 28 days, but can vary between 21 and 35 days. Listening to what your body wants and needs in terms of diet and exercise can help the cycle flow.

During menstruation, estrogen and progesterone levels are low, meaning less energy and a lower mood. To work against the lows during any phase, Panosh recommends focusing on good sleep, healthy diet, exercise, and stress reduction.

"We encourage a clean diet with a variety of healthy foods such as fresh fruits, vegetables, lean proteins, and whole grains," Panosh says.

After menstruating, you'll enter the follicular stage. The uterine lining is building back up post-shedding and estrogen levels are on the rise. This results in a significant rise in energy. Take advantage of this energy by getting big tasks done and hitting the gym harder.

For about the next three days, your body goes through the ovulatory stage, better known as ovulation. This is when you're most likely to get pregnant because the egg leaves the ovary. Estrogen and progesterone levels are at their highest. Due to this, you might experience increased sex drive, feel more confident, and more social.



The final stage of your cycle, the luteal stage, lasts for 10 days. If you're not pregnant, your hormone levels will begin to decline. This results in the shedding of your uterine lining — your period. You'll likely experience anxiety and concentration issues. One major component of the luteal stage is premenstrual syndrome (PMS). For many women, this brings on nausea, acne, bloating, and headaches. Take it easy during this stage with low-impact workouts, and wash your face with a cleanser to keep your pores clear.



RESOURCES FOR CYCLE SYNCING

The Flo app, Cycle Tracking for iPhone, and Eve by Glow are all examples of free apps you can download today to get started. If you're not into apps, pick up a cycle tracking journal. You can keep track of how long each phase lasts, monitor any symptoms you might have, and be more aware of your overall reproductive health. Regardless, Panosh advises that any irregularities to your cycle should be discussed with your doctor.

LET'S GET PLAYFUL

IT'S THE KEY TO PLEASURE IN THE BEDROOM.

WORDS SOPHIA LACY

DESIGN PAIGE MINOR

PHOTO PAIGE MINOR

We've all seen it in movies. The eye contact, flirty build-up, sensual physical touch — all of this is foreplay. It's the time before sexual intercourse where tensions are high and you and your partner are building the desire for sex.

Caroline B. Landen, the executive clinical manager at Awakenings Counseling, explains that foreplay is the stepping-off point for sex. It's the warming up for what's to come. Before sex, a little bit of play is an essential component of bedroom pleasure.

What does it look like?

It can be a wide range of things and it's different for everyone. Azaria Menezes, sex and intimacy coach, says foreplay takes many forms and isn't limited to just a specific activity or space.

"It can be anything from eye contact and gentle touch, to texting and sharing excitement for each other," Meneze says.

How do you do it?

Since there isn't a one-size-fits-all way of foreplay, it's up to you and your partner. Communicating with one another and discussing boundaries, as well as consent, can help the act get going. Women actually need more of a connection than men before sex.

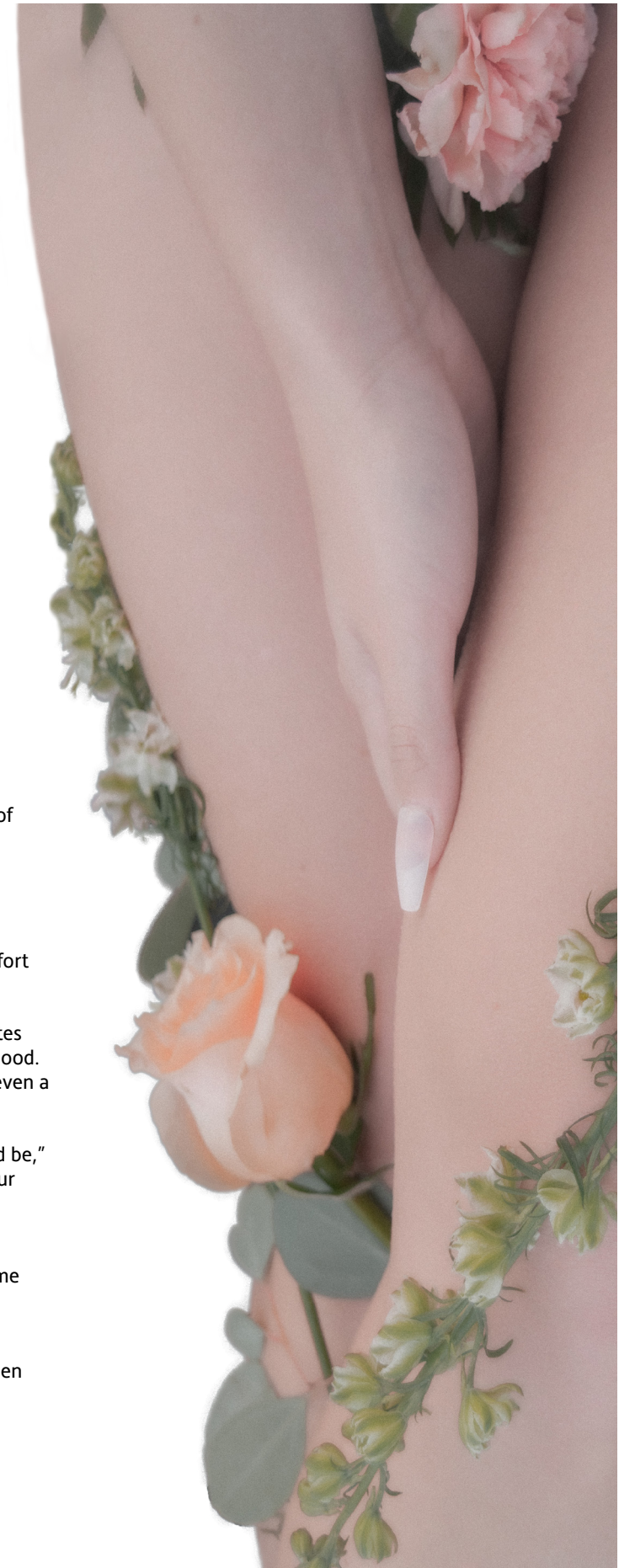
"Since [a woman's brain] is the sexual organ, she needs to be having positive sexual thoughts and be in a place where she is feeling connected to her partner," Landen says. Working together to understand each other's comfort abilities is the starting point to successful foreplay.

After discussing, let the playing commence. A few minutes may be all you need to get your body and mind in the mood. Meneze shares foreplay can be five minutes, all day, or even a whole week, depending on the person.

"There's no time restriction on how long foreplay should be," Meneze says. "The key factor is understanding when your body is ready for sex."

Foreplay can make sex more fun and build stronger connections between you and your partner. The next time you're in the mood, work with your partner for a better sexual experience.

"Foreplay can make or break a sexual experience," Landen says. "It is the action and excitement that runs a golden thread throughout a relationship."



A CASINO IN YOUR POCKET

WORDS NATE EISENMAN
DESIGN HEATH WHEELDON

THE RISE OF ONLINE SPORTS BETTING AMONG YOUNG PEOPLE HAS SEEN A RAPID RISE SINCE IT BECAME LEGAL JUST A FEW YEARS AGO.

The 2023 Super Bowl was the most legally-bet-on sports event in history, with more than 100 million bets placed over Super Bowl weekend, according to GeoComply. Now that sports betting has largely shifted online, it's more accessible than ever. But it wasn't always legal.

2018 SUPREME COURT RULING

The Professional and Amateur Sports Protection Act of 1992 (PASPA) banned sports betting nationwide, minus a few states, like Nevada. The Supreme Court overturned PASPA in 2018 because it was said to violate states' rights. A year later, Iowa legalized sports betting. Back then, you'd have to register in-person at a casino, but since 2021, you can both register and bet online.

"People don't want to have to travel to a casino," says Adam Candee, managing editor of Legal Sports Report, which covers legal online sports betting. "They like being able to bet before a game and during a game, which is much more accessible."

DraftKings, Caesars, FanDuel, and BetMGM, are the four major sportsbook apps in the U.S. that bettors use, according to Candee, and it's easy to sign up.

"You have to provide certain information — who you say you are, if you're of a legal age, and make sure you don't happen to pop up on an exclusion list of people who have a problem gambling," he says.

MORE REGULATION?

Another reason sports betting became legal was so the government could more easily track who was betting and how much was being bet.

"As legal sports betting expands across the U.S., it's vital for everyone involved in that expansion to take problem gambling very seriously," Candee says. "It's in the best interest of sportsbooks and those legalizing sports betting that awareness around problem gambling needs to be funded."

Major sportsbook apps let you set limits on how much time you spend in the app or how much money you deposit into your account to place on bets. In most states, there are also self-exclusion lists that someone can add their name to in order to stop gambling. In Iowa, a person can choose to be self-excluded for a period of five years or life.

"If you have a lapse of will, you would be able to keep yourself from gambling. It looks different in every state," Candee says.

PROBLEM GAMBLING

Organizations like the National Council on Problem Gambling (NCPG) advocate to mitigate gambling-related harm. Director of Communications Cait Huble says the group works with federal and state governments, treatment facilities, the gambling industry, nonprofits, and professional sports teams.

"The rapid expansion of legal sports gambling has shifted our advocacy work into high gear," Huble says. "There are still no federal funds from the almost \$8 billion in federal gambling tax revenue earmarked for problem gambling research or treatment, unlike drug, alcohol, and tobacco addiction, which receive billions of dollars of federal funding each year."

Symptoms of addiction include betting increasingly more money or not being able to stop. In extreme cases, she says problem gambling can lead to financial ruin, legal problems, or even suicide. Huble notes the rise in sports betting addictions since its legalization. As the industry expands, so does the risk of gambling problems.

"Between 2018 and 2021, the NCPG estimates that the risk of gambling addiction grew by 30 percent," she says. "The NCPG has also seen significant increases in calls, texts, and chats to our national helpline — roughly a 45 percent increase in calls between 2021 and 2022."

BETTING SAFELY

Jacob Mohlis started when Caesars became the first legal sportsbook in Iowa, back when he was studying sports marketing and management at the University of Dubuque.

"For bettors just starting out that want to keep units light and bet for fun, I would recommend not setting up an auto-deposit from your credit card," Mohlis says. "Allowing auto-deposit can make you too comfortable putting money in and lose track of how much. This can be very harmful to your bank account."

After the 2023 Super Bowl smashed previous records, next year could see an even larger increase. More than half of U.S. states have legalized online sports betting and lawmakers in states like Minnesota and Missouri are hoping to do so in the coming years.

The National Problem Gambling Helpline Network, which can be reached by calling 1-800-GAMBLER, is accessible 24 hours a day, seven days a week, and is 100 percent confidential.

CAPTURING THE FUTURE

WORDS MICHAEL CUMMINGS
DESIGN MICHAEL CUMMINGS
PHOTO MICHAEL CUMMINGS

FILM CAMERAS ARE TAKING THE PLACE OF PHONES AND DIGITAL CAMERAS AS YOUNG PEOPLE TURN BACK TO OLD TECH.

Since 1890, film has been used to encapsulate history and memories across the world. After digital cameras were invented in 1975, film started to become an afterthought for photographers who wanted to use the latest and greatest technology.

But there's a certain feeling film gives that a phone can't quite provide. Film only allows for a few chances at a photo — making every shot count. Anthony Arroyo, a Des Moines photographer, believes film allows you to live in the moment. You're not looking at the back of a screen. You just take a photo, and get to appreciate that moment later.

Here are some of the best film cameras on the market.

So, what camera is best for you? Let's break down some of the best film cameras on the market:

The Kodak EKTAR H35 is a fan favorite for most. This camera is one of the most accessible and user-friendly cameras on the market. The EKTAR H35 gives users double the amount of photos that can be taken per roll, extending from the typical 36 exposures to around 72. The easy-to-use interface allows for anyone to pick it up and immediately begin shooting, without needing much practice or experience with film.

Kodak EKTAR H35, \$49.99,
[amazon.com](https://www.amazon.com)

The Holga 120GCFN is known for its simple, plastic design, which adds vignetting and light leaks to photos. Great for someone who wants to try film photography, it has minimal controls and automatic functions. This camera brings the fun back to photography, allowing you to try your hand at film photography, without the expensive investment.

Holga 120GCFN Medium Format,
\$59.99,
[bhphotovideo.com](https://www.bhphotovideo.com)

One of the most popular film cameras ever, the AE-1 was a staple for many because of its auto-exposure and manual metering modes, allowing photographers to have even more control of light and the look of each photo. This camera allows you to have all of the bells and whistles of an authentic film camera from the '70s but with some of the automatic and electronic features that many film cameras don't possess.

Canon AE-1, \$247.99,
[amazon.com](https://www.amazon.com)



WORDS COLSON THAYER
DESIGN PATRICK LUCAS
PHOTO UNSPLASH

DITCH AMAZON AND BARNES & NOBLE FOR THESE SMALL BUSINESSES LOCATED IN DES MOINES.

READING IN PUBLIC

Owner Linzi Murray

Linzi Murray, owner of Reading in Public Bookstore + Café, weaves diversity, representation, community and acceptance into each and every aspect of her business.

"I want to be a place that speaks up for social justice issues," Murray says.

Murray promotes books by diverse authors rather than popular titles and strategically features people of color to increase visibility.

Murray and her husband planned and incorporated themselves into every detail of the store while living in Brooklyn, and returned to Des Moines to open the store in the community-based neighborhood of Valley Junction.

"I knew I wanted to be in Valley Junction from the very beginning," Murray says. "It's such a community-based neighborhood."

Located in West Des Moines' Historic Valley Junction, Reading in Public is one of the neighborhood's newest additions. As she begins to establish her business, Murray wants her store to be known as a safe and cozy spot where everyone is accepted.

BEVERDALE BOOKS

Hunter Gillum, Co-Owner

A more established store, Beaverdale Books in Des Moines, uses its platform to promote Iowa voices.

"We represent about 500 local authors," Co-Owner Hunter Gillum says.

In fact, the store features an entire wall dedicated to those writers.

Beaverdale Books hosts a variety of events throughout the year to connect readers to their favorite authors. It is not uncommon to find authors hosting a book launch or chatting about their recent release at the store. Additionally, Beaverdale Books holds a local author fair featuring about six authors two or three times a year.

ART FOR ALL

ARTIST JILL WELLS' MISSION TO MAKE SURE EVERYONE HAS ACCESS TO ART.

WORDS COLSON THAYER | DESIGN PATRICK LUCAS | PHOTO JILL WELLS

While artist Jill Wells was finishing her art degree at Drake University, her brother's arteriovenous malformation caused a brain hemorrhage in his sleep when he was in high school. Their mother found her brother, LeeCole, the next morning and life-flighted him to the hospital. After 11 months in a coma, he woke up without his sight.

When the two siblings were young, they bonded over art. But now, visual art isn't accessible to LeeCole.

"How can I create work for individuals who are living with

initiative. Years later, Disability Rights Iowa reached out and asked Wells to create a mural in 2020. Fortunately for Wells, this meant she could finally connect and learn from disability rights experts. Through Karen Cunningham and the Iowa Department for the Blind, she learned the dos and don'ts of creating accessible art.

While working on the project, Wells purchased a 136-page hard copy of The Americans with Disabilities Act of 1990 written in braille.

"What would happen if I painted on it?" she asked.

With water-soluble oil paints, Wells was able to glide across the surface of the legislation. The convex and concave nature of braille created natural points of negative white space. She compared it to how light enters the retina. The piece ended up looking like a celestial collection of little stars.

Not only was this piece a visual masterpiece, but a tactile one as well.

Not only was this piece a visual masterpiece, but a tactile one as well.

"There was a lot that I felt like that paper, that medium, offered to a conversation," Wells says.

In May 2022, Wells put her FEEL exhibit on display at the Plymouth Gallery, in the Plymouth Congregational Church in Des Moines.

"Drawing on the powerful legislation of The Americans with Disabilities Act of 1990, Wells presents FEEL, to raise questions about history, access, transformation, freedom, sensory input, light and dark, and above all highlights the

absence or marginalization of communities who have long been denied representation within arts realms," Wells stated in a press release.

Oftentimes at art exhibits, artists will post signs instructing viewers not to touch the pieces. However, Wells posted signs encouraging touch and interaction with the art.

The exhibit included a variety of braille-focused pieces, including painted pages of the legislation, tactile butterflies, and lightboxes with holes drilled through the braille dots to allow LED lights to shine through.

But one of the most meaningful pieces of the collection was her soundboard.

"That was the first piece of art that I'd actually have been able to create that I felt like was very successful — that my brother could interact with," Wells says.

The soundboard featured felt braille dots that played music and sounds through headphones when interacted with.

Wells plans to continue to be a champion for inclusive art.

"When it comes to inclusion, oftentimes, DEI somehow defaults to race first, and I would love for the conversation to open up very quickly that it is so much more than that," she says.



different levels of sight impairment?" Wells asked herself.

She tried to incorporate varying levels of accessibility in her work at Drake but found that she was not educated enough on the subject and had no real connections to experts. Because of this, she had to take a step back from that



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