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This is the part where I tell you what I’m going to do with my life when I graduate. I have no idea. But I’m hopeful it includes this: Find a job. Buy a good bike and continue listening to good music and even some bad, but kind of loving it anyway. Live somewhere cool, near friends and family. Love my life.

This is the part where I tell you to read this whole issue. But if you have to choose, choose the whole thing. I will say it ends on a powerful note—one I think we all need to become familiar with.

This is the part where I tell you how proud I am of what you have in your hands. What you have in your hands is the third issue of the magazine I founded a couple years ago, and I am so proud of it—mostly of the people who helped put it together.

This is the part where I don’t stop talking about my college memories, even though the entire thing was too great to even try to start writing about in the first place. This is where I talk some more about something, probably my great family (I have a great family!) and how I’m happy to have followed in my dad’s Cyclone footsteps. Here, I will talk about how lucky I am to have met and learned from the late Barbara Mack and so many other incredible and actually unique professors who changed my life. (Getting to sit in the row where I met my girlfriend in one of Mack’s classes may have been the luckiest part of it all.) I’ll talk some more about how I became a true Iowa Stater (take your pick), met cool people and some other stuff you probably don’t want to read.

Now is the part where I tell you what I’ve learned, right? What I’ve learned is that I’m still not good at math, and I really want a dog. And a good bike. And a good job. And a good life.

This is the part where I tell you what I’ve learned about being a man and how my grandfather, for whom I’m named and with whom I share a birthday and a mutual love for my girlfriend, died in March. Now, I wear around my neck one of his rings on a chain I bought in Campustown. I never wear jewelry other than a watch, so it was weird at first. But now, I’m reminded of this guy I shared so much with every time I feel the ring hit my chest when I walk to class or when I make my next move in life.

He asked me of my plans often during the past year of his life, which was more communication than our birthday-card-relationship in the past. But now, I realize I regret not asking him the questions I thought I could ask the next time. Or, maybe after I graduate, or after I figure out what I’m doing after graduation. What’s your biggest regret? Best advice? Best story about Grandma when she was alive? Have any good stories about my mom? When did you know you were a man? If you could live your life again, what kind of man would you be? Have any advice for a guy who needs to figure things out?

This is the part where I tell you something vaguely inspiring and cliché: Be who you need to be when you’re done with Iowa State, and make sure you live the hell out of your time here. Ask questions you need to ask before you can’t and can only write them for yourself, and figure out the kind of man you want to be—as long as he’s a good guy, a Sir. Make us proud. Make someone proud. Make yourself proud.

Cheers,
JOHN LONSDALE
EDITOR IN CHIEF
THE DATE

SENIOR PORTFOLIO NIGHT
MEMORIAL UNION // South Ballroom // Sun Room
6:00–7:30 pm Professionals // 7:30–9:00 pm Open to All
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A SPORT FOR TROOPS
One man’s love for golf turned a simple hobby into an inspiring hole-in-one.

GET CUT
Where does a guy have to go to get his hair cut around here? We’ve got just some of the barbers Ames has to offer. But damn, are they good.

FINAL WORDS

Q&A: THE MIC GUY
That guy who holds Rhoads’s mic in games? We gave him ours.

Q&A: MISS IOWA
Questions on Iowa, marijuana and if she’s single. Spoiler: she sort of broke our hearts.

DUDE, WHERE’S MY CAR FACTS?
Right here, man. The car stuff you should know but were too embarrassed to ask.

MY MOM TAUGHT ME HOW TO IRON
Seriously. Moms are the best. But that’s not new news. Our Mom-in-Chief helps us get wrinkle-free.

WALK OF SHAME
The two men in a truck who slut shamed one of our editors didn’t give her a chance to reply, so she’ll do that now.

CONTACT US AT SIRMAGISU@GMAIL.COM

PLEASE ENJOY AND THEN RECYCLE THIS
SKILLED GRILL

MEAT’S NOT THE ONLY THING YOU CAN GRILL. STEP UP YOUR GRILL GAME WITH THIS GRILLED PIZZA. YES, YOU WILL ACTUALLY GRILL A HOMEMADE PIZZA. (WELL, ALMOST HOMEMADE.)

by CAITLYN DIIMIG

Designed by JOE SUMMERS
Photograph by CLAIRE POWELL
GRILLED STEAK PIZZA

INGREDIENTS
- 1-inch thick steak (Try a New York Strip, Rib Eye or, if on a budget, a Top Sirloin)
- Cumin
- Red pepper
- Pre-made personal pizza crust(s)
- Pre-made pizza sauce
- Green bell peppers, sliced
- Mozzarella cheese, shredded
- Goat cheese crumbles (chèvre), optional

The two-ingredient dry rub is the secret to the subtle spices of this grilled pizza. Evenly apply a very thin layer of red pepper flakes and cumin powder to the whole steak. Let chill in the fridge for about 15 minutes.

Light a fire using your gas or charcoal grill. Place steak with dry rub on the grill, watching carefully to make sure it doesn’t char too much. You may need to move steak around the grill to find the sweet spot (aka where the meat gets cooked without being charred). When you’ve found the sweet spot, let the steak cook for 5 minutes, then flip and cook for another 4 minutes. A medium-rare steak will be done when it has a pinkish-red center, is neither soft nor firm to the touch and has reached 130-135 degrees Fahrenheit on a cooking thermometer. It’s OK if it’s rare, as it will continue to cook on the pizza. Slice steak into thin strips.

Top crust with pizza sauce, green peppers, cheese and steak pieces. Place pizza on foil sheet and loosely wrap. Place on grill for about 8 minutes or until crust is cooked through and cheese is melted.

Let cool, then slice and serve.

BARBECUE SAUCE

If you want a simple sauce to top pulled pork sandwiches or slather on ribs, then try this recipe. Or skip the pizza sauce from the above recipe and use this barbecue sauce instead. There are many styles of barbecue sauce, but because this is the Midwest, we’ll take inspiration from the Kansas City barbecue style.

INGREDIENTS
- 2 cups ketchup or tomato sauce (or leftover pizza sauce from the recipe above)
- ½ cup water
- ¼ cup beef broth
- 2 tablespoons apple cider vinegar
- ¼ cup brown sugar
- ¼ cup maple syrup or honey
- 1-2 tablespoons chili powder
- 1 tablespoon garlic powder
- 1-2 teaspoons cayenne

INSTRUCTIONS
Heat a sauce pan on medium heat. Add all ingredients except spices and stir frequently for about 2-3 minutes. Reduce heat and add spices until desired spiciness is reached. Simmer sauce for about 15 minutes or until it has reached desired consistency. If too thick, add more water. Store in plastic container in the fridge for about a month.
Let’s start with plants that take hard work and dedication—to kill. Well, usually.

When he started growing plants in his Welch Hall dorm room, Will Ries, junior in horticulture and landscape design, admits he was unsure of his abilities, once before having killed a cactus. “My biggest fear with houseplants was that I didn’t know what I was doing,” said Ries. “You might kill a couple, but then you’ll know. It’s all trial and error.”

When bringing nature into your man cave, skip the mold and grow something worth it. Here’s a breakdown:

**FOOD**

*Basil.* “It’s very easy, very forgiving,” said Mike Christiansen, manager of Ames Earl May Nursery & Garden Center. “They’ll want sunshine but can handle cooler temperatures, too, down to around 60 degrees.” We also recommend *mint*, for a refreshing addition to drinks.

**FUN**

*Blue agave.* Afraid your buddies will give you a hard time if you take up gardening as a hobby? Not if you’re raising a blue agave—the plant used to make tequila, adorned with badass spikes. Being a desert plant, they’re hard to kill, but keep them under control. Ries said they are able to grow fairly large, which might look cool but will definitely hurt if you fall into it after a night out. *Sir confirms the last part of this statement.*

**FERN-ICATION**

*Ferns.* No guarantees having some leaves in your room will get you laid, but there’s probably some truth in some women enjoying plants, right? If for nothing other than aesthetic purposes, then buy a fern. Also try tropical varieties. Despite popular belief, tropical plants don’t require any more attention than desert plants, Ries said. Just make sure not to pull a Matthew McConaughey and kill off your lady’s “love fern.” Or maybe do; he did land Kate Hudson in that movie, after all. And if you want the absolute easiest desert route, there’s always a *cactus*, a *succulent* or a *bamboo plant*.

If you’re unsure about growing plants, Ries suggests heading to a garden center and nursery where experts can help pick the right plant for you. “Don’t hesitate to call or even bring a plant in,” Christiansen said. “We have three or four people who are really specialized with house plants.”
MAN CAVE MUSTS

by KATIE MINER

TIPS FROM AN EXPERT AND A FELLOW STUDENT TO HELP MAKE YOUR PLACE STRESS-FREE AND GUEST-FRIENDLY

How do you decorate an apartment that impresses guests without sacrificing your manhood? Sir enlisted the expertise of Lee Cagley, professor and department chair in interior design. The style philosophy he suggests? Simplicity. “You are going to be, for most of the time you’re here, very excited, very upbeat, but totally stressed out,” says Cagley. “What you need is a space that allows you to not be stressed.”

**1. STORAGE**

Your moms were right, guys: You need to keep your room clean. There’s nothing relaxing about clutter, so decide what’s important and find a good storage spot for the rest.

“Under-bed storage is really helpful,” Cagley says. “You just don’t want big stacks of plastic tubs sitting around because that’s not furniture.”

There’s nothing wrong with having lots of electronic devices, but find a way to store them so that your space doesn’t resemble Google’s data center.* Exercise cord control by grouping cords together with plastic tubing cut to length, or use furniture to stow them away.

“I think a TV is a necessity for any college man,” says Joe Langner, senior in interior design, “but try and find some type of stand or console to conceal [cords].”

---

**2. LAMPS**

Nothing kills the mood on a romantic evening like fluorescent lights. (Okay, maybe a few things are worse.) Create a little ambiance by adding some lamps to your place.

“If you layer lighting in a space with lamps, with down lights or ceiling lights, you can actually make the volume of space light up, and that makes it feel a lot more inhabitable,” Cagley says.

If you’re like some of us, it might be time to take your towel or sheets off your window and upgrade to legitimate window coverings.

“If you’re not planning on getting up when the sun comes up, you’re going to have to have window treatments,” Cagley says.

Cagley says blackout roller shades are a must. Then add simple panel curtains or some form of drapery.

Langner agrees that drapery can make a huge difference in a space. “A lot of people don’t realize, [but drapery] makes a huge impression,” Langner says. “If you have a plain white wall like most apartments do, you can try something with a pattern.”

---

**3. DRAPERIES**

If you’re the type of person who saves money by living in dorms your entire college career, you might need to upgrade your window treatments now. Langner suggests using posters—a dorm room staple—to create an accent area in a room.

Once you’ve set the basics for your apartment, let people know it’s your place by establishing a focal point to showcase what matters most to you.

“Fifteen pictures on a wall is probably less effective than one really great one at a larger scale that you can change out,” Cagley says.

Langner suggests using posters—a dorm room staple—to create an accent area in a room.

“Fifteen pictures on a wall is probably less effective than one really great one at a larger scale that you can change out,” Cagley says.

*I recognize that some of you are probably not Google employees, but it’s still a valid question. Does Google even have cords now?*

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**4. THE RIGHT CHAIR**

Get rid of your folding chair. If you’re going to be spending many of your hours outside of class doing homework, you need a supportive desk chair that will stay comfortable when you’re cranking out those long papers.

“You can get really nice adjustable-height chairs at Best Buy, Wal-Mart, Target,” Cagley says. “It doesn’t have to be a $10,000 chair.”

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**5. ARTWORK**

Once you’ve set the basics for your apartment, let people know it’s your place by establishing a focal point to showcase what matters most to you.

“Fifteen pictures on a wall is probably less effective than one really great one at a larger scale that you can change out,” Cagley says.

Langner suggests using posters—a dorm room staple—to create an accent area in a room.

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“I think a TV is a necessity for any college man,” says Joe Langner, senior in interior design, “but try and find some type of stand or console to conceal [cords].”

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*Sir acknowledges the data center at Google probably looks extremely impressive and is completely cord-controlled. Wait. Does Google even have cords now?*
Love gloves, rubbers, raincoats—whatever term of endearment you have for condoms—could soon be just one of a few options for male contraception. New developments in male birth control methods would allow men to take on more of the responsibility of contraception—including some of the costs associated.

“I think if both are paying for some form of birth control it evens out,” says Peter Holmgren, senior in elementary education.

Without insurance, one month’s worth of name-brand pills could cost $60; that equals $720 a year. Meanwhile, a 26-count of condoms for $16 a box costs about $0.62 per condom.

For the most fortunate of men, using a condom every day would cost roughly $227 a year—and that’s without trips to the Free Condom Wednesday table.

“There appears to be a discrepancy between what students say they think about who should have responsibility and what actually happens,” says Amy Popillion, senior lecturer in human development and family studies.

Close to 90 percent of college-aged women feel like the responsibility should be shared among women and men, but only 50 percent of those women feel like the responsibility is actually shared. In heterosexual relationships, the majority of responsibility falls on women using hormonal birth control methods, according to a 2011 study published in Annals of Epidemiology.

All of that could change, however, as men could soon start taking a pill of their own and help share the financial costs of preventing pregnancies. Several developments including pills and injections currently await FDA approval with more research in the works.

So how exactly will these birth control methods work? First, let’s get to the basics.

The hypothalamus in the brain releases a gonadotropin-releasing hormone (GnRH), which triggers the release of follicle-stimulating hormones (FSH) and interstitial cell-stimulating hormone (ICSH). ICSH signals the testes to produce testosterone, then FSH tells that testosterone to produce sperm.

When the testes produce testosterone, they also release a hormone called inhibin. Inhibin tells the brain there is enough sperm being created, which tells the hypothalamus to stop producing GnRH and effectively stops the cycles.

One theory to creating hormonal male birth control states that if there’s always high doses of testosterone in the blood, then the hypothalamus would always think there’s enough sperm being produced and wouldn’t release GnRH to start the cycle to create sperm.

But high testosterone—think steroids—comes at a price.
“Would it give me severe acne?” Holmgren asks about the testosterone. “I just wouldn’t want acne now that I’m getting older.”

Acne, weight gain, prostate growth and abnormal liver function are all symptoms of high testosterone.

To reduce these symptoms, testosterone would need to be balanced with progesterone, which is also used to balance high levels of estrogen in the female contraceptive methods. A woman receiving birth control shots typically receives a progesterone shot every 12 weeks from a doctor.

“I think I’d rather just go to the doctor,” Holmgren says. He thinks it would be easier than having to take a pill every single day.

Progesterone shots in women, such as Depo-Provera, have a 97 percent typical effectiveness rate, compared to the pill’s 92 percent effectiveness rate.

“I would probably take the pill, because it would make me feel like I had more control, but I wouldn’t necessarily have a preference,” says Michael Rayford, senior in marketing.

Even if the contraceptive methods work, what about weird side effects?

You’ve heard all the rants about PMS from your lady friends. You know all about the stereotypical weird cravings for chocolate and sudden bouts of moodiness. Premenstrual syndrome, or PMS is caused by fluctuations in hormones, but not every woman experiences PMS.

“I would definitely go on it, but I am a little skeptical just because it does change your hormones,” Rayford says. “Because it’s something I have never experienced, it is something I would need to look into.”

Many men express concerns about taking hormones in fear of ending up one Saturday night uncontrollably crying during The Notebook with a pint of Ben & Jerry’s in hand. Only joking. But if you are concerned about hormone changes, non-hormonal methods are being researched.

One such non-hormonal birth control would disable a sperm’s flagellum, so it wouldn’t be able to swim and find an egg to fertilize. This would work by blocking the “Cs” protein that allows sperm to swim once past the epididymis. If you’re fearful of changing hormones in your body, this could be a way to go. It also is still waiting for approval from the FDA.

Sir surveyed 74 men and 26 women, all college-aged and predominantly from Iowa State, to get the down-low on the birth control they are interested in using when they get down.

39% of the men surveyed are not interested in birth control at all
36% of the men surveyed would be interested in taking a birth control pill
3% of the men surveyed would be interested in taking an injection
22% of the men surveyed would be interested in both the pill and the injection
JQ1 is another drug, likely to come in pill form, which would also immobilize the sperm from swimming. It could also tell the body to produce fewer sperm overall. Bonus: it also immobilizes cancer cells from turning into tumors. However, it’s only been tested in mice.

Another non-hormonal way? Don’t let the sperm mature in the first place. Researchers are studying how to turn off the protein that triggers sperm maturation.

Two out of three men reported they would forget to take the pill daily, according to a 2011 study published in the Journal of Men’s Health. This same study found 52 percent of women “expressed concern that men would forget to take the pill regularly.”

If you’re slightly forgetful and don’t think you’d remember to take a pill every day, a one-time gel injection has seen success with testing markets. Vasalgel or Reversible Inhibition of Sperm Under Guidance (RISUG) can temporarily sterilize a man for up to 10 to 15 years. The gel works by coating the vas deferens and immobilizing the sperm once they pass through the vas deferens. In these testing markets, men have yet to report any negative side effects.

Some men worry about sterilizing their sperm, even if it is just temporarily.

“It’s a major concern for me, because I’d want to have kids eventually,” Rayford says.

If you thought your bachelor years would last into your thirties but decide to plan a family instead, this method is reversible with another injection that dissolves the gel.

All these new possible methods could help prevent pregnancies, but just like female birth control they would not protect against sexually transmitted diseases and infections.

“I think people use condoms more to prevent pregnancies rather than STDs,” says Bekah Frundle, senior in linguistics. “With STDs, a lot of people don’t even know they have them.”

Holmgren says many of the guys he knows wouldn’t use condoms if they were on the pill. He says the thought of getting a girl pregnant is what drives them to use condoms—not STDs.

“I think more people would rather have an STD than a kid,” Holmgren says. “But of course, I would rather have neither.”

Dual contraceptive use, which is using hormonal birth control while also using a condom, was only used by 5 percent of young adults in a 2013 study of the Journal of Adolescent Health. This study found that when women who’d previously only used condoms were introduced to hormonal birth control, dual contraception peaked to 20 percent initially but decreased over time.

If you’re still looking to score as much action as possible, the condom is still your best bet to protect against STDs and STIs. However, if you’re heterosexual and in a monogamous, trusting relationship, and the thought of pregnancy leaves you limp, these new contraceptive methods just might be worth a try.

Would you temporarily sterilize your sperm?

One form of male birth control is a one-time gel injection that can temporarily sterilize a man for up to 10 to 15 years.

45% of the men surveyed would not be OK with temporarily sterilizing their sperm

55% of the men surveyed would be OK with temporarily sterilizing their sperm
BOUNDARY WATERS CANOE AREA

by MIKE GRAY

PICTURED (FROM L TO R): MARK GRUENDEMAN AND MIKE GRAY
ONLY SIX HOURS OF DAYLIGHT REMAINED. We were three lakes away from our campsite. It was supposed to be a quick day trip, but that quickly changed when we set out for a seemingly great scenic cliff point on a whim. The journey took us far from any form of path. After hours of thrashing through the thick forest, our GPS died. There were only a few hours of daylight left, no signs of cliffs anywhere and our canoes and maps were miles behind us. Feeling defeated, we turned around and pushed in the direction we had come from.

We thought we were making progress until my friend realized that we were walking along the same fallen tree on which the GPS died half an hour ago. We were lost. At that moment, we were completely off the grid. Stumbling through the dark, we finally made it back to our canoes hours later, and the anxiety of being lost in the wilderness faded as smiles formed over our faces—we knew this would be an epic memory we would share forever.
This was only one of the many memories my buddies and I shared on our numerous road trips. The past couple of years we have made it a tradition to travel to the Boundary Waters Canoe Area (BWCA), on the northern most part of Minnesota for a summer escape. The memories we have created will last a lifetime; what better time to create those than in your college years?

The BWCA has more than a million acres of wilderness and over a thousand pristine lakes. For the most part, motors aren’t allowed, so travel is completely restricted to canoes or kayaks, leaving the park essentially untouched by man. For the North Woods, it’s about as far away from civilization as it gets. And we love it.

Planning the trip has become an easy first step. In just a few late nights at a friend’s house, we can schedule almost the entire trip. For us, the packing list is crucial. The first three items on last year’s list were whiskey, cigars, and maps—the essentials of a great weekend away.

We start the trip with a late-night drive to a family-owned motel just outside our point of entrance. We’ve made a tradition of saving money by packing seven guys into a two-person motel room for a few uncomfortable hours of sleep. Early in the morning, we launch our canoes and start rowing lake to lake in search of a campsite that’s as secluded as possible.

Paddling across the lakes is no problem, but the journey on foot between lakes must be planned carefully. Portaging (carrying the boat between navigable waters) can be as easy as lifting the canoes 10 feet or as hard as carrying them on your shoulders for miles. If you plan on bringing a cooler of beer, choose your path carefully, or just wise up and stick to fifths of whisky—they’re lighter.

There’s no question: Trekking through dense, rocky woods with a pack on your back
MY FRIENDS AND I HAVE LEARNED THAT IT’S THE TIME AWAY THAT WE REMEMBER, NOT THE NIGHTS IN.
Regardless of how many times the bottle makes it around, conversations beside a late night fire are always great memories. The options are endless in the BWCA, but I guarantee when a group of great friends vacations in the middle of nowhere for a week, they’ll be entertained. Your college years hold some of the best opportunities to travel. My friends and I have learned that it’s the time away that we remember, not the nights in, so plan your trip while you still have the chance.

and a canoe on your shoulders is difficult, but nothing is more rewarding than that first sight of water. It’s like finding the ice-cold glass of water someone graciously put next to your bed after a rough night at the bars. With each tough portage you walk further away from reality toward an incredible week with your closest friends.

We spend our days fishing, hiking, canoeing or lounging on a beach. The odds of seeing other people are marginal, giving you a sense of utter seclusion and the chance to kick back and relax. As far as I can tell, the Boundary Waters lakes are the most natural and peaceful lakes in this country. Some of my best days were spent exploring them, followed by long nights around a fire.
“WHISKEY, CIGARS, AND MAPS—THE ESSENTIALS OF A GREAT WEEKEND AWAY.”

-Mike Gray
Backpacking trips can be intimidating, but if you’re brave enough to face mother nature, the experience is well worth it. Before you hit the trail, it is important to pack accordingly—especially for multi-day endeavors. After a few unprepared trips of our own, we’ve put together a list of essential gear for safety, survival and basic comfort.

**SIR’S BACKPACKING CHECKLIST: THE 10 ESSENTIALS**

*by NATE SCOTT*

- **NAVIGATION**
  - Map (with protective case)
  - Compass

- **CLOTHING**
  - Dry fit pants, shorts, long- and short-sleeve shirts
  - Rain and fleece jacket
  - Hiking shoes and socks
  - Underwear

- **BACKPACK**
  - Anywhere from 60-80 liters

- **HYDRATION**
  - Water pump and purification tablets
  - CamelBak or Nalgene bottle

- **SUN PROTECTION**
  - Sunglasses
  - Lip balm
  - Sunscreen

- **ILLUMINATION**
  - Headlamp
  - Extra batteries

- **FIRE**
  - Waterproof matches or lighter
  - Fire starters

- **NUTRITION**
  - Dried fruits and nuts
  - Granola and power bars
  - Hang bag and nylon cord
  - Extra food for emergencies

- **FIRST AID**
  - Bandages and antibacterial ointments
  - Pain relief medication
  - Splinter tweezers

- **SHELTER**
  - Lightweight tent
  - Insulated sleeping bag and pad
  - Emergency tarp
I stare at my computer as another episode of *Mad Men* concludes. Walking out the doors of my Italian home—a former-palace-turned-studio—nostalgia for a classic style from a TV show is only fueled by the Italian men and women around me: well groomed and dressed with a classic style like the characters from the episode I just watched, but with an Italian edge.

Italy knew better than to let a good thing go. I constantly took mental notes to refine my own style upon my return to America from my study abroad program in Italy. One day, a peculiar shop at the end of the street with no signage and a worn down, wood exterior framing two floor-to-ceiling glass doors caught my attention.

I had found the best treasure in all of Rome: a hole-in-the-wall, classic barbershop, circa 1920. I thought it was closed, but then an older man with hair to match his white barber coat smiled and signaled me in. What a perfect time to use the phrase, “When in Rome.”

In my best Italian, I said to the barber, whose name was Silvano Rossi, “Buonasera signore. Taglio di capelli?” (Translation: “Good evening, sir. Haircut?” Good enough.) He nodded and showed me to one of the four classic barber chairs where I sat in front of the mirror that ran from wall to wall. He disappeared into a back room, returning with a cloth cape he draped over me. Looking around, I noticed how he neatly displayed his tools of the trade with pride across the counter: a straight-edge razor and everything needed for a beard shave. This was happening. Rossi took the scissors to my head, the razor to my face—it was like he was Sweeney Todd and I was his client. But it was very clear
he knew what he was doing and that I had received the best haircut and shave of my life.

Back in America, I mulled over the notes in my head on Italian style, grooming and etiquette. What could I do with these observations and experiences to refine my style post-study abroad? In preparation for the beginning of my post-grad life, I decided to combine the two cultures to fulfill my need for a more tailored image. Frequent haircuts from a barber; a safety razor and products from The Art of Shaving; polished and clean shoes thanks to Bespoke Post are just a few of the minor details that make the major difference between rookie and pro when it came to keeping up appearances.

Style wasn’t the only thing I picked up in Italy: making a habit out of being more conscious of the things I do or say made me feel like a better man. After a long day of studios one afternoon I needed to get my suit tailored, which I had just bought in Rome. The seamstress spoke little English, but I found her to be a classic example of how to practice patience and kindness—a good style to follow.

I also decided to get lost sometimes. I spent my last day in Rome walking around the center of the city. I jumped on a train and got off at a random stop to find a stray dog that led me to a dog park with a view towering above the city. Back in Ames now, I try to be more adventurous and get back that feeling I had there. And with graduation around the corner, I still hold on to one valuable lesson that won’t go out of style: don’t get comfortable—there’s too much exploring to be done.
How the handiwork of a father and his sons transformed a dilapidated house into a home fit for any college guy. What have you done lately?
Noah Diemer had it all figured out. The third year architecture student had just signed a lease for an apartment with two friends for the next school year and was filling out applications for a summer job in Ames. Everything seemed to be in order, but then he got an email from his parents.

His parents knew of a house near campus for sale within their price range. The one caveat: the house needed work, and a lot of it. Built around 1900 and condemned in 2010, it looked like a stiff breeze could send it into the creek at the bottom of the backyard. But the Diemers felt it was too good of an opportunity not to pursue.

“My dad basically built our house back home,” said Noah. “We knew it would be a lot of work, but I knew we could get it done.”

After finishing the semester and finally purchasing the house, Noah, his father, Rick, his younger brother, Lucas, and his friend Eric Harweger, junior in biological...
systems engineering, began working on their summer project. Their first orders of business: tear down the garage and completely gut the inside of the house.

THE TRANSFORMATION
An eyesore in its own right, the garage was beyond repair. With the help of the owner of the house next door, they were able to tear it down by attaching one end of a chain to a support beam and the other end to a tractor. After a few tugs, the garage came crashing down, and they were able to focus on the most grueling part of the project.

“That was the toughest part,” Noah said. “We started in the middle of June, so it was almost unbearable outside.”

Once they finished clearing out the inside of the house, they began the rebuilding process. They set new drywall and changed the layout of the house.

“We were basically starting from scratch,” said Harweger. “The inside of the house now looks almost nothing like it did when we started.”

All seemed to be going well until they found out the deteriorating foundation needed completely replaced, which took about another week for a new installation.

After new siding, fresh paint and a few other minor setbacks, the finished product was beginning to take shape, and by mid-August, all three roommates had moved into the house.

“It was harder than we thought it would be,” said Lucas, “but it was totally worth it.”

Their hard work did not go unnoticed by the neighbors. They were accompanied nearly every day by one of the neighbors they called “Pops,” and they were given a container full of baked goods from another neighbor with a note thanking them for “improving the neighborhood.”

“I wouldn’t say it was a learning experience as much as it was just an awesome thing to do,” Noah said. “Not everyone can say they remodeled an entire house.”

SMART HOUSE
The house has also become a way for them to save money. Lucas, a freshman in civil engineering, said the house was the final selling point for him in choosing Iowa State.

“I’m saving a ton of money by not having to pay room and board,” Lucas said. “I would’ve gone to South Dakota State if we didn’t have the house and I had to live in the dorms.”

While the house did not play a big role in his decision to come to Iowa State, it provided Harweger with a cheaper alternative to the dorms. Harweger had just finished up his associate degree at Highland Community College in Freeport, Ill., when Noah asked him if he was interested in rebuilding and living in the house.

“I was planning on coming here anyway,” Harweger said. “I was going to live in the dorms, but it’s a lot cheaper living in the house.”

When the Diemers decided to buy the house, they saw it as both an investment and as a place for their sons to live.

“I’d say it was both, really,” Noah said. “They wanted to find a place for Lucas and me to live and when they found the house, they saw it as a way to make money later on.”

The Diemers, who have three other sons at home, plan to keep the house as long as they have a family connection at Iowa State.
“It depends on what our younger brothers do,” Lucas said. “If they decide to go to school somewhere else, our parents will probably sell the house.”

While the majority of the work was done last summer, there are still some improvements to be made, including plans to build a deck in the backyard, finish the basement and add another bedroom.

“It’ll be nice to know that we won’t have to rush to get everything done since they’ll be easier projects and we’ll have all summer to do it,” Noah said.

Noah, who plans on using the house in his architecture portfolio, said that despite the hard work that the family put into it, he enjoyed the project.

“We felt like we were productive every day,” Noah said. “It was like a job, but it wasn’t a burden.”
Kyle Anderson has been golfing since he was a kid. He remembers wading into ponds at seven years old to retrieve golf balls just for fun. And 34 years later, Anderson, 43, of Des Moines, started doing it again—only not for the same reasons.

In 2010, after losing the job he had held for 12 years as a medical supplies salesman, Anderson rediscovered his old hobby, picking up golf balls in the creeks and woods of the Tournament Club of Iowa golf course in Polk City, Iowa.

In spring of 2011, Army Specialist Andres Sierra, then 24, mentioned to Army Corporal Altos Weber, Anderson’s nephew, that he had acquired some golf clubs for his squad and that he wanted golf balls for his soldiers to hit into the mountains in their time between patrols. Weber connected Sierra with his uncle, and by May of that year, Sierra’s 10-man squad in a remote valley in Afghanistan had all the golf balls it could hit. Close to 2,000, in fact—all thanks to Anderson and his unique hobby. And although Sierra offered to buy the golf balls, Anderson refused.

“Personally, picking up balls was a stress release and physical activity,” said Anderson. “And really, it was a way to give back to the troops. It’s such a small thing compared to what the troops do.”

Anderson said it cost him about $13 to ship each box of golf balls to the Army Post Office in Afghanistan, plus the amount of time it took him to gather and clean the balls.

“The only thing that was a challenge was all the paperwork I had to fill out. Each box required a customs form I had to fill out,” Anderson said. “The people at the post office thought that was really neat when I told them.”
them what was in the boxes.”

As soon as the soldiers received his shipment of golf balls and other goodies, Anderson said that they would email him.

“They felt appreciated knowing someone was thinking about them. They told me how much it brightened their day when they got a package from me. The guys were great about giving me feedback and showing me gratitude,” Anderson said. “They said they would come back from a 24-hour mission and all they wanted to do was hit golf balls to unwind.”

On a typical day in Afghanistan, Sierra said that his squad conducted either mounted or dismounted patrols—that is, patrols in vehicles or on foot. Along with patrols, Sierra said he and his squad focused on the “hearts and minds of the people” and “influencing the culture by showing them support.”

Sierra faced attacks from small arms fire or indirect [artillery] fire constantly, to the extent that care package helicopters did not come very often for fear of being shot down. Sierra and his fellow soldiers appreciated what gifts did get dropped, though. Otherwise, he said, they would have only had a gym and workout equipment for recreation.

“[Receiving care packages] reminds me why I love my job and why I joined the military,” Sierra said. “It reminds me that people still care for us and still value freedom. In return, when we go on missions and we are tired or in pain or just haven’t been able to eat all day, it gives us a push to move forward.”

Sierra is now retired from the Army, living in Texas and looking to work as a border patrol agent, a profession in which he hopes his time in the military will serve him well. Looking back, he says the golf balls were undoubtedly the best gift he and his squad received.

“I don’t think it’s a coincidence that I was able to find you,” Sierra told Anderson. “This experience helped reassure Anderson that everything happens for a reason.

“It was all these things happening: losing my job, wanting to relieve stress, that caused this to come together,” Anderson said. “The reward for me is being able to give back.”

Fast forward two years, and you’ll still find Anderson searching around the edges of the rough and shuffling through the dense “out-of-bounds” areas of TCI, collecting golf balls and finding the same peace and satisfaction in his unique hobby.

With Sierra back in the states, Anderson lost his connection to deployed troops but he has found a new outlet for his golf balls. Anderson now donates the balls he collects to “First Tee of Greater Des Moines,” a non-profit organization that works with youth to instill values and integrate character development lessons in teens through the game of golf. The First Tee provides the learning facilities, equipment and education programs and relies heavily on individual donations to ease the cost for local families. Anderson sees the same value in helping The First Tee as he saw in donating to the troop in Afghanistan, but he hopes that someday he can reconnect with the military and help more troops in the same way.

Now re-employed with the company he was originally laid-off from, Anderson is busier than ever, but he still takes time to make it back out on the golf course as often as he can.

He still has the photos Sierra sent to him of soldiers hitting the golf balls into the mountains. Every once in a while, he’ll take them out of the glove compartment of his car to remind himself of what he says was, “such a great sacrifice from them and my small sacrifice for them.”

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-KYLE ANDERSON
Ames knows how to cut a guy’s hair. We spent some quality time with four barbers from just a handful in town who, lucky for us, have a man’s best appearance in mind. These local experts—along with a bad experience one of our editors had with his own pair of scissors—inspired us to compile a list of four tips to getting the right cut.
As one of our grandpas always used to say, the difference between a good haircut and a bad haircut is two weeks. The philosophy being that no matter how ridiculous your haircut is, time will help even things out. What Grandpa left out was the part about what to do between those two weeks. What if you have an interview? Hot date?

“It’s a competitive world out there, and a guy needs to look good and think better about himself,” says Troy Tinnean, co-owner and stylist for The Groom Room. “If he looks good, he feels better and doesn’t stress too much.”

To help you stress less when planning your next trip to the barbershop, here’s some advice on how to figure things out quick and get a cut above the rest.

1 KNOW WHAT YOU WANT

This can be the hardest part for most guys. Some just don’t talk about their hair. You’re never going to hear any guy say, “Wow, Tom, that flattop is just divine! What did you do? Where did you go?” OK, so we just said it. But don’t be afraid to ask a guy about his hair if you think it’s cool, and where they got to get it. He’ll likely take the compliment, and the barber will be happy with the new business. Know your general style. Want the Don Draper? The Macklemore? The (2013) Justin Timberlake? Your haircut is a reflection of you, and from our experience it can be easiest to describe what you want using a celebrity as an example, even if he is a TV show character.

If words aren’t your thing, snap a photo or two on your phone of your preferred look.

“Find a picture that you like,” advises Joe Evans, owner of new shop Joe the Barber. “I have some pictures here that you can look at, but you should know what you want before you come in. If you know what you want, then I can give you a good cut.”

2 KNOW THE LINGO

Cool, so you know what you want to look like, but how do you personalize it? To ensure you get the cut you want, you first need to know a little lingo. After talking with our experts, some of the common men’s cut terms we picked up included: tapering, fading, the arch and thinning.

Tapering and fading are similar, but don’t mix them up. Tapering refers to shortening the length of hair on the back of the head. Think Elvis. His hair was long and big on top and shorter and “tapered” in the back. Fading is more extreme and closer to the scalp.

“You have to be able to blend, taper and fade,” Evans says, adding that the taper cut
is his specialty. “It’s important because if it’s done wrong, it will look sloppy.”

The “arch” refers to that weird area above your ear. Barbers can outline this area with clippers or leave it undefined.

“Some guys want their hair to cover their ear, so we don’t cut out the arch,” Tinnean says. “If he wants it so that his hair doesn’t touch his ear, we’ll cut it.”

If you’re going for short and get your hair cut often, this might be for you. If you’re going for a longer look or only get haircuts before your parents come to town, avoid the arch.

Last is thinning. Thinning is fairly self-explanatory. It’s the process of removing excess hair on the top of your head, or “thinning it out.” Some barbers don’t do this unless you ask. If you have thicker hair, this might be a good option for added control.

3 START LONG, GO SHORT

Seems like common sense, right? But it can be one of the easiest mistakes to make. We’ve done it before. “Just take a little off the top,” you say. Every barber’s idea of “a little off the top” may cost you a lot of hair. Be specific, and ask for specific lengths.

“If they come in and say, ‘Cut it shorter,’ what is short to you?” Tinnean says.

Our advice is to speak in terms of a ¼ of an inch to just under a ½ of an inch. If you’re looking for a closer cut, go for an inch, or an inch-and-a-half. If your barber uses clippers, know what each one means. Or, at least tell your barber that you don’t know what each one means. Most clippers run on a scale of 1-to-10. The smaller the number on the attachment, usually, the shorter your cut will be.

4 ASK YOUR BARBER

When in doubt, ask the one with the scissors. That’s really the point of this whole thing, so don’t hesitate to discuss concerns before your barber begins.

“It helps me out when people let me know if they have a scar that they don’t want to show or a cowlick they are worried about,” Evans says.

Barbers have done it all and can steer you in the right direction on what to get and how to look your best. And you will look your best.

“The best part about my job is when I’m done with my cut and I hand them the mirror and they can’t stop smiling,” Evans says. “That makes me feel good, and that’s what I love about my job.”

BARBER TALK

Now that you’ve talked to your barber and decided what you want, what do you talk about for the next 20 minutes? No guy wants to awkwardly stare at his lap or at his own face in the mirror during his cut, so here are some starter topics to keep the conversation going.

The shop If it’s your first time to the shop, ask about it. Ask how they got their start or how long they have been in business. You’ll learn something worthwhile in those 20 minutes, and you’ll feel better about your cut knowing the history behind the handiwork and scissors that gave it to you.

Weather What’s up with this VEISHEA weather? (But seriously.) We once started a conversation about the snow, and it turned into a conversation about landing on Mars. (Still talking about it.)

Sports This is a pretty safe topic, but steer clear of curling or crochet.

The weekend Okay, so maybe not the best question to ask or talk about on a Tuesday or Wednesday, but that still gives you, like, at least five days, man. The weekend is the time when people do the things they love, and have time to explore their hobbies and their social life. (Definitely lots of room to converse with this subject.) But what’s so great about so many barbers is you won’t have to worry about what to talk about; they’ll make you feel like that chair is your home.
THE GROOM ROOM

COST: $17 for cuts; also ask about the “Groom and Go” (a touch up around the edges)

OPEN: Tuesdays/Wednesdays/Fridays 10 a.m.–6 p.m., Thursdays 10 a.m.–8 p.m., and Saturdays 10 a.m.–5 p.m. Closed on Sundays and Mondays.

LOCATION: 303 Main Street

CONTACT: 515-232-9935

FUN FACT: Every cut comes with a relaxing, good old-fashioned hot towel shave.
JOE THE BARBER

COST:
$15; $10 for line-up/edge-up-face/beard; $10+ for graphics and dye (total cost depends on the scale of the project)

OPEN:
11 a.m.–7 p.m. and by appointment only from 9 a.m.–11 a.m.

LOCATION:
2522 Lincoln Way

CONTACT:
515-203-9763

FUN FACT:
One of Ames’ newest shops, Joe the Barber is located in Campustown, close to your classes, and not to mention AJ’s and Mr. Burrito. Also, the owner, Joe Denzel Evans is responsible for the cut on our cover.
TROY’S BARBERSHOP

COST:
$13 (cash or check only)

OPEN:
7:30 a.m.–5:30 p.m.
Monday–Friday,
6:30 a.m.–noon Saturday

LOCATION:
2801 West Street

CONTACT:
515-292-3131,
walk-ins only

FUN FACT:
Won the Iowa State Daily’s Student Choice Award for “Best Barber Shop” the last two years. It’s right next to the western edge of campus and close to West Street Deli. Looking good and sandwiches—two of our favorite things.
WOODY'S BARBERSHOP

COST:
$20; $5 for designs; free razor shave or trim with every cut.

OPEN:
Roughly 12–7 p.m., Tuesday–Saturday. Check their Facebook page for daily details.

LOCATION:
819 Lincoln Way

CONTACT:
515-337-3416

FUN FACT:
This shop specializes in fades and custom designs. GameStop and Hy-Vee are close by.
Collin Mattoon, sophomore in accounting and exercise science, but more importantly, Rhoads’s microphone holder

WHAT’S YOUR PRE-GAME RITUAL?
I'm definitely a music guy. It’s rare to find me on campus without my headphones. I wake up in the morning and I’ve even got headphones on before I get in the shower.

RELATIONSHIP WITH RHOADS
He’s kind of a big name in the program, but after training camp and being around him a lot I’ve got to build a really good relationship with him where on the sidelines he’ll joke with me.

BEST RHOADS MOMENT
David Irving’s pick-six against TCU. I lost my composure and I ran out on the field and Coach turned around to me and said, ‘Are you having fun?’ and he grabbed me by the head and gave me a big hug for about 20 yards.

BIGGEST MOMENT WHEN RHOADS HAS TAKEN OFF?
I think it was against Oklahoma. At the beginning of the game he took off, and I think we covered the whole 50 yards we’re given. He’s definitely still in shape—I learned that quickly.

WAS THERE EVER A TIME WHEN YOU DROPPED THE MIC? DID RHOADS GET MAD?
I actually did drop the [microphone] once at TCU. He reached back for it and then pulled away and I had already released it. He actually just kind of turned around, winked, and we both started laughing.

WAS THERE EVER A TIME RHOADS FREAKED OUT A REF AND YOU DIDN’T SEE IT COMING?
Yes, this happened several times throughout the year. We would be walking up the sideline and all of a sudden something would catch his eye and he’d be gone, those were always the moments where I had to wake up and be on my toes for the rest of the game. I never let him fool me more than once a game.

WHAT CODE NAME WOULD YOU GIVE RHOADS AND WALLY?
If I had to give Coach a nickname it would probably be something [like] King Cobra or Great White. He’s very quick and powerful, but you never know what to expect from him during a game. I’d hate to be an opposing coach trying to anticipate what he’s going to call.

WHAT IS THE BIGGEST PERK OF BEING THE MIC GUY, ASIDE FROM THE SIDELINE TICKETS TO EVERY FOOTBALL GAME?
This is a tough question. Most people in the position would probably say the TV time and the publicity, which is fun. I enjoy that because it’s fun for my family back home to be able to watch the games and see me on TV. I think the best perk, however, is being able to build a one-on-one relationship with Coach. I’ve built up a solid communication with him where I can go and ask him for advice, and just being able to learn from someone who has had so much success is truly a blessing. So he’s kind of been a mentor to me this season about professional and career advice, which is really cool.
Name: Mariah Cary
Education: Mount Mercy University
Career ambition: To earn a bachelor’s degree in public relations
Platform: Tourette Syndrome: The Involuntary Companion Syndrome
Talent: Tap
Age: 20
Hometown: Burlington, IA

HOW DID GROWING UP IN IOWA CONTRIBUTE TO YOUR SUCCESS IN THE MISS AMERICA PAGEANT?
I think that we raise really wholesome, hardworking young women in the Midwest. I grew up with morals and values instilled in me, and I learned to work for what I wanted. I didn’t get anything handed to me ... A lot of people think that when you’re in a pageant you’re rich, and you get everything handed to you and you’re a diva. And it’s not that at all. I’m just a small-town girl.

WHAT’S YOUR CURRENT RELATIONSHIP STATUS?
I’m in a long distance relationship. My boyfriend’s a minor league baseball player with the Kansas City Royals.

ALL RIGHT, EVEN THOUGH YOU’RE TAKEN, WHAT THINGS DO YOU LOOK FOR IN GUYS?
This sounds really weird, but I love hands. If a guy has big hands, that is my favorite thing. And I love eyes and lips—those are my favorite attributes. He has to have a good character and depth to him.

WHAT IS YOUR DEFINITION OF YOUR IDEAL SIR?
The obvious things that you look for in a guy. If we go on a date, you better open the door. Simple things like humor, being well-educated; [I like] a guy who’s driven. Obviously appearance is not everything, but you want a guy who cleans up nice and smells good.

WHAT KIND OF RESPONSE DID YOU GET FOR YOUR ANSWER TO THE MARIJUANA QUESTION AND HOW DID YOU HANDLE IT?
I think most people knew exactly what I meant. I’ve never had a slip-up like that, and just one word made such a huge difference in how people looked at me after the pageant. I really got scrutinized and criticized around the world, and that was new to me. I just told myself: I was in the Top 5 of Miss America, and I’m not going to let something like that take that away from me because I’m so focused on people thinking I’m an idiot. People can say what they want. I knew what I meant and everyone else did, too, so it’s not that big of a deal anymore. I wish it wouldn’t have come out that way.

Check out the rest of our conversation with Miss Iowa at:
sirmag.tumblr.com
PROPER TIRE PRESSURE

Tire pressure is important for getting good gas mileage and for extending the life of your tires, so be sure to know what your tire pressure should be and how to check it. Each car has its specific tire pressure listed to the right of its driver side door. You’ll need a pressure gauge to perform the check, which looks like an oversized pen that you insert into the nozzle of the tire. After a loud ‘whoosh’ you’ll have your pressure and know whether or not you need to add more air.

HOW TO JUMP A BATTERY

“I don’t know how many times I have seen people asking for a jump and not know what that means besides that their car will start when finished,” said Anderson. “While it is not hard to do, it does need to be done right.” There are two ends to jumper cables, right? Each end has a red and black clip. The red clip is positive and goes to the positive symbol of the battery. The black is negative and goes to the negative battery terminal. Hook your buddy’s car up with the opposite side in the same way and start your engines. Oh yeah, and don’t be an idiot and touch the ends together once it’s hooked up. Twelve volts may not seem like a lot, but we promise it won’t feel good.

WHAT ALL THE GAUGES AND LIGHTS MEAN

This goes beyond knowing that the red needle below the letter E means trouble. (Trouble, trouble, trouble. Thanks, Taylor.) “All of the gauges and lights were put into your car for a reason,” Anderson said. “Knowing what they mean can give you an indication that your car needs to have some maintenance done.” Your car manual will have a section in it to help you decode what everything means and what you should do if one of the lights turns on.
4 HOW TO CHECK YOUR OIL LEVEL
This is as simple as pulling out the knob in your engine with the oil symbol on it (sometimes it will be written), wiping the wand off with a paper towel and replacing it. Pull the wand back out and there will be a series of lines or dots on the wand that indicates the different oil levels. If the oil is below the bottom line, you may need to add more. Regular oil changes every 3,000 to 5,000 miles are recommended. “Engine oil breaks down and makes sludge,” Martens explained. “Many newer cars with small orifices for the oil to pass through can get plugged up and make the engine run poorly.”

5 HOW TO CHANGE A FLAT TIRE
Changing a flat tire isn’t as hard as it seems and comes in handy when you blow a tire in the middle of the interstate, or when you’ve told your girlfriend you know what you’re doing. Of course, there’s always OnStar, but you’re man enough to do the job yourself, right? If you don’t know how already, YouTube it or ask someone for a hand. One quick demonstration and you’ll have it down pat. Okay, maybe two.

TO KEEP YOUR CAR IN ITS BEST CONDITION, MARTENS ADVISES:

1. Have a trusted repair faculty
2. Regularly check your tire pressure
3. Do all manufacturer-recommended maintenance
4. Replace your wiper blades every 6 months
5. Keep owner’s manual in glove compartment and read when in doubt

Give Ron’s Auto Repair Center a call at: 515-232-8555, or visit www.ronsautorepairames.com.
Wrinkled dress shirts have been my thing in college. Shirt burns, skin burns and burns on my dignity: I’ve had them. Sometimes, a guy needs to sacrifice his pride and ask for help. So I took one for the no-wrinkle team and called an expert. And who better than the best ironer I know: Mom. The following is her ironing advice—increasing my chances of employment, one smoothed seam at a time.

**Guys, my mom even taught me how to iron pants:**

“Fold them so you have a crease in front … Inseam to the outside. Fold to the front … Open pants up and fit trouser leg over the board. Iron down pockets and [a lot of ironing info I didn’t comprehend].”

*Note:* same rules apply for small boards. According to my mom, some people even iron sheets, and I guess my grandma irons handkerchiefs and “everything you can imagine.”* Grandpa’s really spoiled.”

“And your sister irons nothing.” Sorry to throw you under the bus, sis.

My mom’s ironing cred?

*Did your mom teach you how to iron?*

“Yeah, she did,” my mom said, revealing the secret behind her ironing success.

Another thing that surprised me and, well, proved wrong my theory my mom is the only expert I could have called:

*Does Dad know how to iron?*

“Dad does know how to iron. He irons better than I do.”

*So I should’ve interviewed him?*

“No.”

1. **Board.** Don’t forget to set your ironing board up. (She keeps me on my feet.)
2. **Spray bottle.** If you don’t have an iron that mists, you might need a spray bottle for your clothes.
3. **Collar.** The first thing I always iron is the collar. If the shirt has a button-down collar, I button it down, and then iron it down so it stays down. *Why?* Because. It’s a first step I’ve always done. My mom always said to do that. (Word!)
4. **Front sides.** When you start with one of the sides of the front of the shirt, always start from the top and go down. *Why?* Well, because. You get less wrinkling. Then iron down to make sure all the wrinkles are out of it.
5. **Back/sleeves.** After I iron one side, I go to the backside of the shirt. Then, I do where the buttonholes are, whichever direction. Then, I crease the sleeves and iron each one, separate of course.
6. **Starch.** If you want a stiff shirt, you should use spray starch, but if your iron is powerful enough, you won’t have to worry. Each person is different, you know. Some people like starched shirts and some like steam-ironed.

*There’s always something you can iron.* —My Mom
Four years, four serious ways to tell someone which year you are. Here’s our typical representation of, well, quite a few of the guys on our staff from the days of lanyards to the year of the “Suit-and-Tie.” Thanks for some fashion fodder, men.
“HOW WAS HE?”

It was early on a Saturday morning, and I was walking to work. Alone on the street, I was a little frightened when the two men in the truck slowed to a stop. I told myself not to read into it. I told myself not to be afraid. Maybe they just needed directions, I thought.

“How was he?” he asked, looking me over.

“Excuse me?” I replied, hoping I misunderstood him. The car sped off before I could say anything else, both men laughing at what they had done.

What they had done was humiliate and sexualize me. They had participated in street harassment, a form of gender violence that 80 percent of women experience, according to stopstreetharassment.org. They had robbed me of my right to feel secure in my own neighborhood, and they had publicly reduced me from a human being to a slut, a whore.

As if a woman would have no other reason to be walking on a Saturday morning in a college town; the only explanation was she had engaged in a one-night stand the night before and was now doing a “walk of shame.”

SOME FACTS

April is Sexual Assault Awareness Month, and as the national 2013 theme states, “It’s time … to talk about it.” So here goes:

I wasn’t doing a “walk of shame” that day, but so what if I was? Would that justify street harassment? What if I had been wearing a short skirt and heels? That also wasn’t the case, but even if it were, would I then deserve this treatment?

The thing about the term “walk of shame” is it implies there is something to be ashamed of. But is there? In my experience, this term is used significantly more often to describe women than men. This correlates with the sexist idea that men who have sex should be proud of themselves and that women who have sex are sluts and should be ashamed. This is called “slut shaming,” and it contributes to rape culture.

I Googled it. Wikipedia: “Rape culture is a concept used to describe a culture in which rape and sexual violence are common and in which prevalent attitudes, norms, practices, and media normalize, excuse, tolerate, or even condone rape.”

In the aftermath of the Steubenville trial, rape culture is a hot topic. This is because from start to finish, that case was a textbook example of rape culture, including, but not limited to: the peers who watched the rape occur but failed to intervene; the community’s assumption the football players-turned-rapists’ actions were acceptable based on the victim’s sobriety level; and the media’s implied sympathy for the rapists’ damaged reputations and futures.

Besides street harassment and slut shaming, objectifying women, trivializing rape and blaming the victim are other examples of behaviors consistent with rape culture.

BACK TO THE WALK

I cried all the way to work the day I was harassed. I cried because I was angry, I cried because I felt violated, but worst of all, I cried because I felt like less of a person.

It would be different if it didn’t happen so often. This scenario is so familiar that I have come to expect it whenever I walk alone or with my boyfriend late at night or early in the morning.

“Yeah! Fuck her!” a man screams at my boyfriend when he walks me home at night.

“All alone tonight?” another says, on a different night, while he and his group of
male friends approach me on a dark street. I don't understand why those men thought it was okay to talk to me that way, but my guess is, more often than not, they do it to impress each other. Every incident of harassment that I can recall ended in the aggressors' laughter. As if it were funny to make my pulse quicken with the realization that this may end in my rape. It's not funny to act aggressively toward women. It doesn't make you "the man"—it makes you abusive. I don't speak for every woman, but I can say that some of us live in fear of assault and rape, and when we're alone, we feel even more vulnerable. When you encounter a woman aggressively, she just might be plotting her escape, wondering if she can outrun you and, unfortunately, fearing the worst.

THE BIGGER PICTURE

I am not alone. The activist group for women of color, INCITE!, says women experience street harassment daily. Groping, sexual language, catcalls and even public masturbation are some examples of street harassment that stopstreetharassment.org lists.

Following the Steubenville trial, Twitter and Facebook blew up with bold statements; people defended the convicted rapists, expressed hatred for the victim and claimed she deserved to be raped because she was a slut. The idea women are responsible for preventing their own rape—that if they act a certain way, wear certain clothes or drink too much, then they are "asking for it"—is called "victim blaming."

According to a 2005 poll by Amnesty International, of those asked, 30 percent said they thought a woman was "partially or totally responsible for being raped" if she was drunk; 26 percent thought the same if she was wearing "sexy or revealing clothing"; and 22 percent thought the same if she had had many sexual partners. By this logic, women who fall into these categories no longer hold basic human rights. They are not people at all; they are sluts.

The men in the truck that day did not look at me like a person. They saw me—and treated me—like a slut. And because I was a slut to them, it was somehow okay to degrade me. It worries me, and I think it should worry everyone, that some men—and not all men, by any means—could view and treat women this way.

Victim blaming is one reason many rape victims hesitate to come forward. According to the Rape, Abuse, Incest National Network (RAINN), "54 percent of sexual assaults are not reported to police, [and] 97 percent of rapists will never spend a day in jail."

WHAT WE CAN DO

We need to stop blaming the victims and start blaming the rapists. After all, people all over the world are raped regardless of their sobriety, clothes and sexual history.

I know many people don't want to think about rape culture. Either it makes them uncomfortable or they don't view it as an issue. At the end of the day, someone yelled at me from a car. Nothing life-altering happened. Some might try to silence me, claiming I'm overreacting or, worst of all, that I should be flattered.

Yes, thankfully nothing more happened to me. Thankfully I wasn't physically harmed. But brushing off seemingly insignificant incidents such as these only perpetuates rape culture. It is time to talk about it, and it's time to reevaluate our actions and the way we describe women and men.

Putting an end to rape culture starts with eliminating things such as slut shaming and street harassment. "Don't be silent when you see another man harassing a woman," INCITE! urges. "Address the inappropriate behavior. Silence is considered approval and sometimes all it takes is one man stating that he is not down to make the others stop."

More than anything, we have to talk about it, because accepting street harassment and slut shaming as the norm only allows for more serious crimes against women—it's what makes it a rape culture.