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Editor's letter

The only thing anyone in Arizona has been able to think about the past few months is heat, so this theme felt like an obvious choice. However, we didn't want to beat a dead horse; it feels like every news outlet in the state and most major national outlets have written about the historic heat in Arizona. We decided to look deeper into the high temperatures, but we also explored all the other hot things Phoenix has to offer.

Our writers explored the issues that come with a full month of 110+ degree temperatures and how the University community is helping mitigate the dangerous effects of housing instability and burning pavement. Writers also found different meanings to the word "hot," like beauty standards, trends and sexuality. On TikTok, ASU students are sharing how they've changed — inside and out — after coming to the University, and they're also helping one another advocate for their medical needs. One reporter reflects on the struggles of growing up Latina and not fitting the harmful stereotypes that plague young Latina women. Finally, our satirist looks into the bizarre ways some men are justifying misogynistic behavior.

There are so many ways to view heat, and this issue doesn't even cover the tip of the (melting) iceberg.

Stay cool.



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Report

Hot, hotter, hottest

ASU's role in mitigating Maricopa County's urban heat islands

by Abigail Beck
Photos by Hajin Lee
Designs by Sydney Huyge

ASU Center for
Global Discovery and
Conservation Science



31.

That's the longest stretch of days in history that Phoenix temperature highs held steady above 110 degrees, and it happened just this summer. 31 days of stubborn, still, unrelenting, record-breaking heat.

This was not unprecedented. Phoenix has seen an increase of 7.9 degrees in its July average temperature since the mid-1890s, according to *The Washington Post*. Since then, it's only gotten hotter. Sept. 10 was the 54th day of a temperature high above 110 degrees in 2023, breaking a record last set in 2020.

For residents of the Valley, the only hope for reprieve is lukewarm pools and climate-killing air conditioning, and the only semblance of an oasis is the murky waters of Tempe Town Lake (ew).

Experts say this is partly because the Valley has an "urban heat island," defined by the United States Environmental Protection Agency as "areas that experience higher temperatures than outlying areas." These occur in cities where a surplus of buildings, roads and various infrastructure soak up the heat and spew it back into the city and its people via cars, air conditioning, industrial facilities and a lack of natural landscapes to cool the area.

Areas like downtown Phoenix and Tempe, where ASU's two most populated campuses are housed, are prime examples of urban heat islands, as there is an abundance of hot asphalt, buildings and construction that aren't environmentally friendly, said

Grady Gammage Jr. Gammage is a land-use lawyer and the author of "The Future of the Suburban City: Lessons from Sustaining Phoenix."

At the forefront of research on urban heat islands in Maricopa County are students, faculty and other members of the ASU community. Their research and the application of these observations have been a driving force behind managing the Valley's ever-climbing historic heat, both within the University community and beyond.

To better understand the state's intense heat, ASU scientists have formed research coalitions, such as the SHaDE Lab, and constructed robots and sensors to explore how heat affects the human body and how to best mitigate its impact.

How we got here

Chuck Redman has been at ASU for 40 years, long before the University's trailblazing sustainability program was developed.

Redman helped found the School of Sustainability in 2006, the first school of sustainability in the world. Now, ASU is ranked first in sustainability practices nationwide and second globally among universities, according to the Sustainability Tracking, Assessment & Rating System.

According to Redman, much of the school's early work on heat gained its footing on the Tempe campus.

"There's no question it's hotter here than...certainly anywhere else where over a million people live," he said. "You know, for a large city, we're the hottest and have gotten hotter. I mean, this year's [a] demonstration that nature is not on our side on this."

Since founding the school, Redman said he has felt a shift among community members in the Valley — their relationships with ASU heat scientists who have a unique understanding of the arid environment has blossomed.

What ASU has been doing

Konrad Rykaczewski, an associate professor at the School for Engineering of Matter, Transport and Energy, works closely with ASU's ANDI — or Advanced Newton Dynamic Instrument — a humanoid heat robot that sweats, shivers, breathes and helps researchers better understand the effects extreme heat has on the human body without endangering real people.

While thermal manikins are used all over the world, ASU's ANDI is the first that can function outside of a thermal chamber in a natural hot climate.

ANDI works primarily by changing its skin and core temperatures in response to intense heat and solar radiation. Researchers expose ANDI to different scenarios in a heat chamber called the "Warm Room," which allows them to control factors like temperature, solar radiation and wind. This



keeps researchers from having to resort to analyzing a real person in the hospital with heatstroke, for example, to gain insight into the effects of heat on the body, Rykaczewski said.

Different segments of the population experience heat differently based on traits like body size, preexisting medical conditions and age. Researchers account for this by designing and inputting different custom models into ANDI that allow it to simulate how a real person with those traits would react to a given heat scenario.

One of ANDI's primary objectives during its first summer at ASU was to ensure it was compatible with MaRTy, a mobile instrument that "measures air temperature, humidity, wind speed and direction, and MRT (Mean Radiant Temperature)," according to the SHaDE Lab's website.

"MaRTy can measure the heat load that the body experiences," said Ariane Middel, the director of ASU's SHaDE Lab, who works closely with both technologies. "It

measures how the built environment impacts the heat signature of a certain location. But MaRTy cannot tell us what happens to the human body when you're exposed to these conditions, and this is where ANDI comes in."

ANDI has sweat glands that mimic those of a human so researchers can record how much a person would be sweating in a given environment and whether there would be any significant increases in their core temperature. MaRTy, on the other hand, records the amount of heat at a given location.

"MaRTy as a weather station setup existed way before I built him, but what people traditionally did with this type of weather station is they put it on a tripod, and then they set it up under a tree and let it log for a day," Middel said. "I wanted to be able to compare different locations to each other...And so this is how the weather station [MaRTy] ended up being on a garden cart."

While ASU is researching and developing new technologies to help scientists

better understand and mitigate the urban heat island effect, researchers are also evaluating the efficacy of existing technologies.

Zachary Van Tol, a doctoral student studying sustainability and a SHaDE Lab team member who researches how extreme climates affect vulnerable communities, worked on a project that evaluated how well cool pavement reduces temperatures.

Cool pavement is a type of coating that maintains a lower surface temperature than regular pavement by reflecting sunlight. The purpose of cool pavement is to ensure that asphalt does not trap heat during the day, which in turn, could make sidewalks and roads cooler overnight.

To test if this coating was working throughout Phoenix, Van Tol designed a micrometeorological bike that "features fast response, high accuracy air temperature sensors at 4 heights and a surface temperature sensor," according to the SHaDE Lab's website.

In the project, "Cool Pavement Pilot Program," the impact of the material on how people experienced heat was discovered to be less significant than expected, but the study is still ongoing.

Van Tol said a way to enhance cool pavement's impact on how people experience heat is to apply it to a much larger portion of Phoenix's asphalt than it currently is on. Otherwise, wind could blow heat from the uncovered asphalt to the areas that do have the coating.

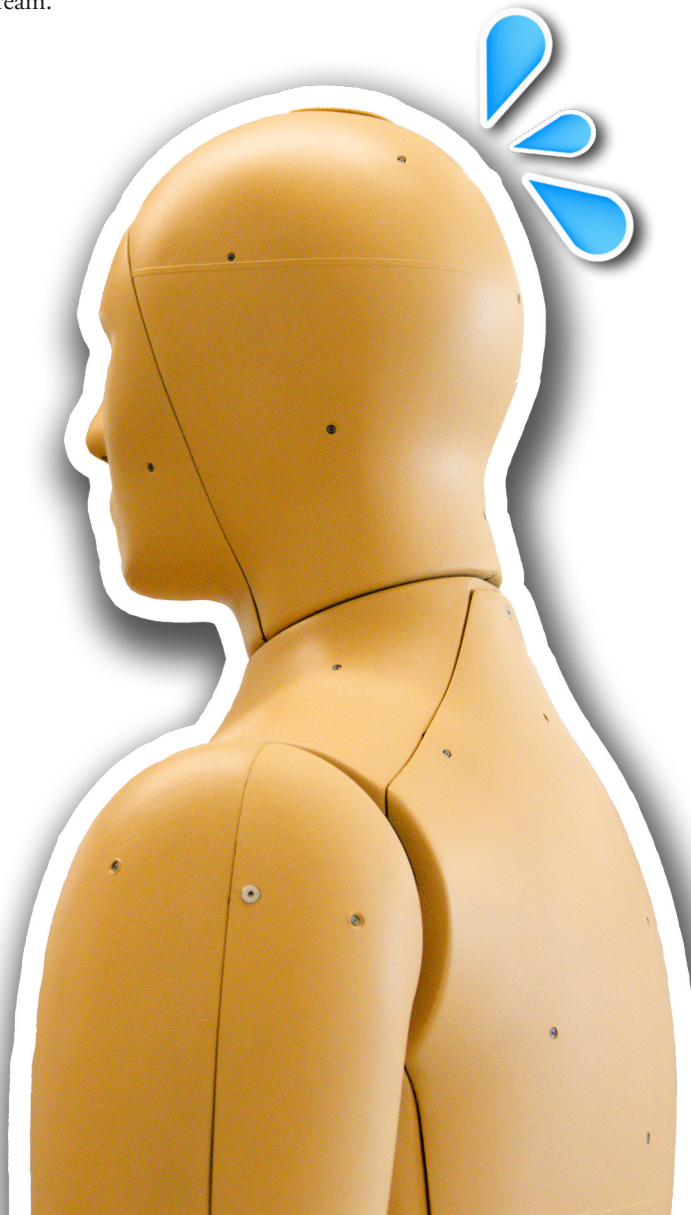
The project discovered the surface temperature of streets with the reflective coating was 12 degrees cooler at noon and 10.5 degrees cooler during the afternoon hours than areas that lacked the coating.

"That's really important, especially for areas that have been more disadvantaged historically — like south Phoenix, where there aren't as many sidewalks [and] there's not as much shade, so people are often walking over asphalt," Van Tol said.

"There's no such thing as one-size-fits-all mitigation. We have to be really cognizant of the spaces that we're placing them in and what the sort of existing social infrastructure is."



— Grady Gammage Jr.





Satire

Welcome to the manosphere

SPM's resident satirist attempts to understand the strict guidelines straight men set for themselves when trying to find a partner

by Claire Geare
Illustrations by Andrea Ramirez
Designs by Sydney Huyge



As a young nonbinary writer, I naturally spend quite a bit of time thinking about gender. Through my countless hours of pondering, I've discovered it's clear that every gender reacts to this world in a different way. Women are still reeling from the many waves of feminism, gender-nonconforming individuals are being attacked almost everyday, and men have only just been told that everything they've ever done is wrong. I empathize with men, I swear. Pinky promise. I'm no misandrist, and I can understand the turmoil a man would face with this new knowledge. How is one expected to cope when their entire world comes crashing down?

But, empathy aside — **what the hell is wrong with men?**

Stripped of their core values — strength, machismo, emotional repression and heavily taking advantage of every single person in their lives — men are spiraling. They feel lost, with no way to interact with their world. Yet, instead of discovering the other ways in which they can find value, they've reduced themselves to their physical forms. They have wholeheartedly convinced themselves that their value

lies in height, muscles, penis size and how similar they are to a wolf. Coping is one thing. Creating an entire wolf-based ranking system is another.

To be completely fair and balanced, these ideas aren't entirely out of left field. A scientific study conducted by a group of psychologists and biologists found that women tend to value height in a partner more than men do. So before any men come beating down my door, I concede — sometimes, women are terrible too. Better yet, in a brave act of selflessness, I was in a long-term relationship with a man who was 5-foot-2. You're all welcome.

While literally only one of these issues is valid, the rest are bananas. Pure bananas. Since the dawn of time, men have been obsessed with their own penises. One of their favorite pastimes is measuring it, sending photos of it unannounced, looking at other men's penises, thinking about other men's penises... Really, I've never seen a queerer thing in my life.

On absolutely no basis of truth, men are *convinced* that everyone else is thinking about their penises too. A real projection issue. In reality, **nobody is thinking about your penis.** Not a

soul in this world is concerned about your penis. I promise. And I'm not just making this stuff up — I brought the cold hard facts. A study by Superdrug Online Doctor, in which 1,500 people were polled, found 92% of women think penis size is "not a deterrent." This proves, once and for all, that you are the only person thinking about your penis. I repeat. It's just you. You're the insane person with a penis obsession, not me.

Except for right now. At this exact moment, I totally am thinking about your penis. Your penis specifically.

Canine men

Up until now, everything has simply been an appetizer. A first course. An amuse-bouche, if you will. This is the meat and potatoes. My very own pot pie. Get this, *men* have decided to become *wolves*. On all levels except physical, they are wolves now. Awoooooooooo.

In animal ethology, it's been long documented that wolves follow a hierarchical system within their packs: The stronger alphas lead, and the weaker betas follow. I imagine most of us have heard some version of this. Yet, from this scientific concept, men have achieved



their greatest delusion yet. According to them, all men can be placed in this socio-sexual hierarchy, and their desirability is determined by it.

So, using real science about wolves (not people), men have invented their own pseudoscience. It's like if cavemen found a dictionary and made a religion from it.

For some context, I'll briefly explain this hierarchy in "manosphere" terms. According to The Power Moves, an alpha male (officially) is a man who is high rank, driven, dominant, confident, competent, Machiavellian, masculine and fit. Most of these traits are pretty reasonable — it makes sense that a powerful person would be driven and confident. My queries lie with the last three on this list. Masculine and fit are just weird, but Machiavellian? That's a big leap. All that means is an alpha is good at scheming. According to the men — not me!!! — a man should be a con artist. This article writes itself, I swear.

On the other hand, the official traits of a beta male are not looking so good. An official "beta male" is apparently low rank, lazy, submissive, insecure, sloppy, naive, unmasculine and a junk eater?

If you're a beta male, don't be discouraged! Just dig a big hole and never come out. The alphas *probably* won't find you.

Why men are insane

Because it's pseudoscience, the internet's most adored propaganda spewers are, predictably, all over this. Ben

Shapiro, Jordan Peterson and Andrew Tate have all spoken on this exciting new tool for brainwashing. In one lovely video, Peterson tries to explain what being an alpha is about. And let me tell you — *try* is a really strong word.

Through over seven minutes of the loudest uncopyrighted music possible, Peterson gives a riveting speech about *something*. I can definitely get that much from it. The only notes I wrote down were as follows: time is coming to eat you, plumbers have saved more lives than doctors, and hippies. Something about hippies. I swear I tried to listen. Genuinely, without bias, serious face on, I went to listen to this speech. I left in tears.

That man makes no sense, and if you claim to understand him, you may be suffering from a severe head injury. Seek medical help immediately.

However, upon personal investigation, I agree. Everything these men have said is true. If you're an alpha male, your life does matter on this Earth. To determine if you're worthy, use my simple checklist below:

- *Do you love to kiss other men on the mouth?*
- *Are your ankles always exposed?*
- *Are you a part of a pyramid scheme?*
- *Are you incapable of looking a woman in the eye?*
- *Have you ever started an online class or paywalled podcast?*

If you answered yes to any of the questions above, you might just be an alpha male!

INFP? Who cares? What *really* matters is whether you're a sigma, alpha or worthless beta. Men, directionless and alone, fell right into the alt-right pipeline once again. The real kiddie pool of fascism. We all live in the Mojo Dojo Casa House, and alpha Kens rule this beta Barbie universe.

My running theory is that men have completely forgotten what being human feels like. It's not entirely their fault, but they're so far off this wagon right now. You know what a woman really wants? Not a dick. I swear to you, any of us will actually take any of you! Just not Nazis! Or homophobes, or anything else in this manosphere of yours. But apparently, that's too hard for you!

So you obsess and obsess and obsess over things that have no meaning at all in the grand scheme of things. I feel for you guys: You're lost and need direction. But pretending to be a pack of wolves is objectively the wrong direction. Every single man in the universe walked out at the 45-minute mark of the "Barbie" movie. Here's a tip: Sit down and finish the movie for God's sake. Maybe then you can stop thinking about your own penis so much.

Please snap out of this.

Love,

Women

WHAT THEY THINK WHAT IS TRUE

- | | |
|---------------------------|---------------------|
| • Huge, massive penis | • Nice person |
| • Shaq height | • Not abusive |
| • Is a wolf | • Dislikes rapists |
| • Cold to women | • Not a Nazi |
| • Big crypto bank account | • Maybe a cool hat? |

Make your own

eootie catcher



Instructions

Created by Savannah Dagupion

1. Cut out the template.
2. Fold your square in half from top to bottom. Unfold. Repeat and do the same for the sides.
3. Fold each corner of the square towards the center.
4. Turn your work over and fold each corner towards the center again.
5. Fold your square in half in each direction.
6. Pull the four tabs towards you. The center should fold inwards. Insert your fingers into the empty spaces, and enjoy!



'A recipe for disaster'

The negative links between extreme heat and housing insecurity

by Fatima Gabir
Photos by Hajin Lee

Stepping outside in Arizona means feeling the desert sun seeping into your skin until the heat becomes so unbearable that you need to retreat into the shade or a cool, air-conditioned room.

But for some, these luxuries are inaccessible, leaving them victim to the ever-climbing temperatures.

From heat-retaining mobile home structures to a lack of air conditioning to homelessness, housing issues make communities more vulnerable to Arizona's intense heat.

The state is also no stranger to skyrocketing housing prices that displace low-income people, forcing them to look for cheaper housing options, which may lack amenities that adequately protect residents from the heat.

Individuals facing housing instability are also more likely to suffer from the harmful effects of the heat. Excessive heat can worsen preexisting health conditions or cause new issues,

like heatstroke and hyperthermia, which can be fatal.

In addition, the criminalization of homelessness only makes things worse when tents are swept, and unhoused people are forced to leave the shelters they have found. Besides a lack of shelter from the heat, people experiencing homelessness who are exposed to the asphalt in cities like Phoenix may experience extreme burns in mere seconds to minutes.

'Nowhere for folks to go'

In 2022, Maricopa County Public Health reported 425 heat-related deaths in Maricopa County, which represents an increase of 25% from 2021. Of the individuals whose housing situation was known, over 56% were experiencing homelessness, which was 14 percentage points higher than in 2021. "There's nowhere for folks to go; there's no escape," said Richard Crews, the program

director for Human Services Campus. "Many of us have air conditioners, pools, those comforts to escape the heat. If you're experiencing homelessness, that's just not the case."

HSC is a collaboration of various social services aimed at helping people experiencing homelessness in Maricopa County. Crews oversees various programs at the campus — such as its shelter, community outreach, and health and legal services. HSC provides day rooms and overnight shelter, a cool space with air conditioning, showers and cold water.

"We try to find everywhere that we can fit somebody to get them out of the heat," Crews said.

HSC connects with local healthcare services like Circle the City, which provides medical technicians to care for unhoused individuals in hospitals, clinics, shelters and streets.

HSC also supports unhoused individuals charged with criminal

offenses, which is more common among those experiencing homelessness due to its criminalization through policies like city bans on loitering and camping on the streets. The Maricopa County Regional Homeless Court, one of the legal services held at HSC's resource center once per month, resolves minor, victimless misdemeanor offenses, like camping. In 2022, 134 cases and \$152,996 in fines were resolved at the court.

Heat in the indoors

The Knowledge Exchange for Resilience at ASU is a center that solves problems in Maricopa County related to community-wide topics, like homelessness, health and the environment, by building research-based tools and "advanc[ing] community resilience," according to the KER website. In 2021, the center worked on a project examining the intersection between heat, health and housing.

"We discovered this gap in providing assistance and resources to people suffering disproportionately from the heat," said Patricia Solis, the executive director of KER.

KER reported that despite mobile homes making up 5% of housing in Maricopa County, mobile home residents represented 29% of all indoor heat-related deaths between 2006 and 2019.

In 2019, a year marked by a record-breaking number of heat-related deaths, 38% of these deaths that occurred indoors in Maricopa County happened in mobile homes.

"If you want to have a dent in the heat crisis, look at the housing crisis and vice versa," Solis said. "If you're trying to address the housing crisis, do not forget that it is intimately related to how we experience heat."

KER started researching how heat affects mobile homeowners in late

2018, according to Solis. Researchers worked with agencies, like the Maricopa County Department of Public Health, to record temperatures inside mobile homes and to conduct interviews and surveys about the residents' health, income and living environment to identify common struggles and develop solutions, she said.

According to Elisha Charley, a graduate student studying urban planning and a former research assistant at KER, the biggest obstacle to dealing with the heat in mobile homes is their infrastructure.

Because mobile homes must be transportable, they can hold only a limited capacity, "so everything is much more lightweight, and insulations and cooling equipment are not as robust," she said. "Those all played a massive factor in some of the issues [mobile homeowners] are experiencing."

While some mobile homes are specifically designed to combat freezing temperatures, they generally aren't built from materials that can withstand the brutal Arizona heat, Charley said.

Therefore, mobile home residents are often forced to piece together their own solutions.

Charley said most of the residents she interviewed did "a good job" of insulating their mobile homes by creating shade and preventing heat from entering through their windows. Many owners also cool their mobile homes by adding more insulation or running fans to circulate air.

However, insulating a mobile home can cost thousands of dollars, depending on the size of the home and the form of insulation being installed. Moreover, running additional cooling mechanisms, like fans, can rack up a high utility bill. In fact, utilities in mobile homes can cost up to 50% more than those in site-built homes of a similar size and age, according to the U.S. Department of Energy.

With almost 20% of mobile home households in Maricopa County living under the poverty line, these additional costs can be insurmountable barriers to having a safe home to live in during the brutal Arizona summers.

Community concerns

Many residents in the Phoenix area escape the heat by going to public places, like malls and libraries, or just leaving Phoenix altogether, said Kristi Eustice, a senior research analyst at ASU's Morrison Institute for Public Policy. Nevertheless, heat in Phoenix is only becoming more and more extreme, and all sectors of the community are being impacted.

The Morrison Institute is an organization that researches and analyzes policies affecting the public, like housing affordability, water supply and voting in Arizona.

In August 2021, the institute released a report on community concerns about extreme heat, with a focus on state and local policies that target heat-related issues, including housing security, energy use and public health.

"Although there were quite a few policies that address the issues that community members were discussing, there seemed to be a lack of awareness about many of the things that could help them specifically," Eustice said.

Community members interviewed by the institute said they struggled with managing heat-related challenges due to their limited budget for utilities. Eustice said those interviewed couldn't afford to run their air conditioning during peak utility hours, so they "just had to suffer it out."

"We're seeing a trend where summers are just continuing to get hotter," she said. "We're seeing more people die of heat illness. Those trends are increasing each year, so we can imagine what a recipe for disaster this creates."

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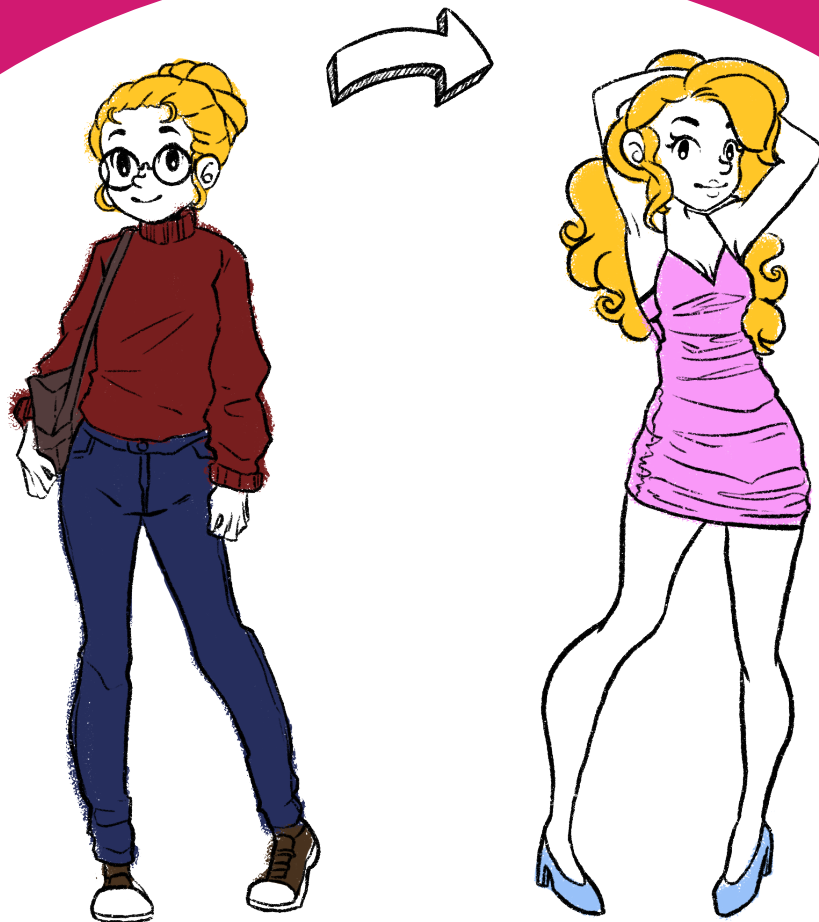
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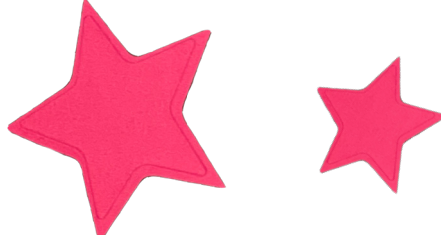
Feature

The 'ASU Effect': Attending ASU is guaranteed to make you hotter

Unsatisfied with your appearance? Enrolling in the nation's most innovative school might make you more attractive, according to social media

by Leah Mesquita
Illustrations by Andrea Ramirez
Designs by Monica Navarro





Choosing the perfect university requires thorough research — with roughly 6,000 higher education institutions in the U.S. in 2020-2021, aspiring students must tackle the challenge of picking a school that best suits them. Some might make their decision based on degree programs; others might look into a campus's proximity to city life, the school's dorm quality or enticing extracurricular opportunities.


But ASU appears unique among its educational peers, as it's become known for a special opportunity few schools in America can offer to students: the opportunity to become hot. Since 2021, a trend known as the "ASU Effect" has infiltrated the collegiate corner of TikTok.

The trend provides people attending ASU, primarily women, the opportunity to showcase their glow up from their appearances before college to their present selves. Some of the most common before and after posts display transitions from brown to blond hair or updated wardrobes, and some students even highlight the ways their personality changed.

The comment sections of these videos are filled with high schoolers and incoming freshmen expressing their excitement to experience their own ASU Effect. "I feel like this is my sign to go," one comment read.

Currently, dozens of videos from various students appear when searching "ASU Effect" on TikTok, along with suggested popular searches like "ASU Effect Black girl," "What is ASU Effect," and "ASU Effect Latina."

Although the trend itself is meant to showcase what these students believe to be positive changes since starting their college journey, some viewers have noticed the traits displayed by these girls seem to fall into a similar line — tan, thin and fair-haired.



"ASU just turns every blond white girl into the typical Instagram sorority stereotype," one commenter said.

Even though the trend does empower many female students to uplift one another amid a time of major change for young adults, it does raise questions about the inclusivity of on-campus beauty standards and the negativity that arises from pressures to conform.

Affected by ASU

"When I was a freshman, I slowly started adapting to the people around me," said Elaina Kreatsoulas, a junior studying sports business. "A year later, people I knew in high school told me I 'glew up.'"

Kreatsoulas is one of many girls who participated in the ASU Effect trend on TikTok. She attributes her transformation to an abundance of free time brought on by the pandemic and the cultural shift she experienced moving to Arizona.

"I definitely believe the ASU Effect had an impact on me," Kreatsoulas said. "I come from the Midwest, so girls aren't really all glammed up. The things I wear here, I wouldn't wear in my hometown."

According to Kreatsoulas, there are certain styles of clothing and accessories women at ASU often wear that would not fit in with the styles girls wore back at home. "If I went to a hangout spot with all my friends from high school, I wouldn't have eyelash extensions on or wear super cropped



tops," she said. "It just shows that ASU's effect wouldn't have happened if I decided to go anywhere else."

Although Kreatsoulas has noticed physical changes since coming to ASU, she believes the substantial changes occurred internally. "Back at home, I don't feel like I was expressing myself as much," she said. "I'm still myself, but I speak more confidently and am a lot more sociable."

Even though Kreatsoulas said there is a pressure to live up to ASU's beauty standard, she feels keeping her own identity intact is more important.

"I'm brunette, more ethnic and Greek, so it's hard to fulfill that standard," she said. "I just want to stay myself."

While Kreatsoulas' ASU Effect seems to have transformed her more internally, Sydney Lindon-Lake, a sophomore studying communication, believes her transformation was purely physical.

"I think the typical beauty standard at ASU is skinny, blond and tan," Lindon-Lake said. "Since I started at ASU, I've found myself spending hundreds of dollars to bleach my hair and buy bottles of self-tanner."

Many of these physical changes were inspired by those around her. "Everyone else is doing it," she said. "It's like a silent pressure. I thought, 'I need to do it too so I'll look like them.' There's



always a sense of comparison to the other women around me.”

According to Lindon-Lake, these comparisons come at a steep price, and the ASU Effect is less natural than its participants make it seem online. “A lot of the women I know talk about how expensive it is,” she said. “Spray tans alone are almost \$50. Hair appointments can be hundreds of dollars. Getting nail appointments every week is also an expensive habit.”

In August, a video from ASU’s Delta Zeta sorority was posted to TikTok showcasing a synchronized dance among its members, who were dressed head-to-toe in Barbie pink and were welcoming new recruits to the “Delta Zeta Dream House.” A majority of these girls fit Lindon-Lake’s description of ASU’s beauty standard, and commenters had a lot to say about the video’s lack of diversity.

“You’ll never find another girl like me,” one user said sarcastically.

“It’s like a vanilla latte,” another commented.

The constant, ongoing pressure to conform is what may lead women at ASU to spend a significant amount of money enhancing their appearance, according to Lindon-Lake.

“I know it makes them feel beautiful,” she said. “But I wish there was a way for women to feel beautiful without changing themselves.”

‘It’s all beautiful’

Despite ASU being home to a diverse student body — with over 48,000 undergraduate students identifying as people of color — the mainstream beauty standard at ASU continues to largely be upheld by white female students, as demonstrated in the ASU Effect TikToks.

The ASU Effect’s popularity among girls in on-campus sororities may contribute to the continuation of this

uniform narrative. Many of the girls who share their transformations on TikTok attribute their glow ups to joining a sorority.

“In high school, I remember looking through ASU’s sorority pages, and a lot of the girls looked the same,” said Bailey Gomez, a junior in the interdisciplinary studies program studying nursing. “I kind of noticed after joining a sorority that I had also changed my look.”

For her, the ASU Effect manifested itself in both conscious and subconscious ways. “I don’t necessarily think I did it to fit in,” she said. “But the people you surround yourself with are going to rub off on you. I honestly did it for myself, though.”

Although Gomez seems to be among the many sorority girls who aspire to this beauty standard, she said the ASU Effect is not an experience students need to have in order to be attractive. “There’s such a diverse population of people





here,” Gomez said. “If you feel like you don’t fit in, it’s fine. You don’t have to look a certain way.”

But for others, not fitting into the mainstream beauty standard at ASU can be an isolating experience.

“Clearly, I don’t fit in [to the ASU beauty standard],” said Alisha Compton, a senior studying nursing. “I’m not blonde. I’m a Black young woman.”

Feeling out of place is common for people of color at ASU, she said, as the institution’s undergraduate population is roughly 49% white.

“I’m the only Black student in my cohort,” Compton said. “I do not fit in that space whatsoever going purely off of beauty standards.”

Despite this, Compton, the vice president of the Black African Coalition, found on-campus organizations aimed at minority groups were spaces that granted her the opportunity to flourish.

“In any space you attend, there’s

going to be different beauty standards,” she said. “I’m confident with myself, and the spaces I’ve found at ASU have given me that confidence.”

As of 2020-2021, the BAC is a community of 28 ASU organizations aimed at uniting Black, African and Caribbean students while increasing advocacy among the student body.

Although Compton feels she cannot conform to her picture of a stereotypical ASU girl, she and other BAC members express themselves in their own ways.

“Whether we wear our hair natural, have braids, extensions...it’s all beautiful,” she said.

Confidence, according to Compton, is something she has had to develop over the past four years at ASU — it was not a quick transition upon arriving on campus.

“Being the only Black student in a lot of my classes, I’ve definitely felt like an outsider,” she said. “And because

I knew I wasn’t fitting into that space, I had to exude my own confidence. Basically, fake it ‘til you make it.”

“I started wearing curlier wigs,” said Victoria Webb, a junior studying political science. “My fashion sense changed a lot too. I didn’t know how to dress before I came here.”

Prior to her time at ASU, Webb had preconceived notions about the standard of physical attractiveness held by the school’s student body. “Definitely being skinny [is considered attractive],” she said. “The guys are in the gym all the time, their abs always showing. That’s how I saw the school before I started.”

Unlike Compton, Webb believes that although the outside world may believe ASU upholds a specific standard of beauty, the reality is far different from what is perceived.


“We’re like a big melting pot of cultures,” Webb said. “There’s beauty in all aspects.”





From painful IUDs to
dismissive doctors, the consensus is clear:
People with uteruses have had enough

by Audrey Eagerton
Illustrations by Andrea Ramirez



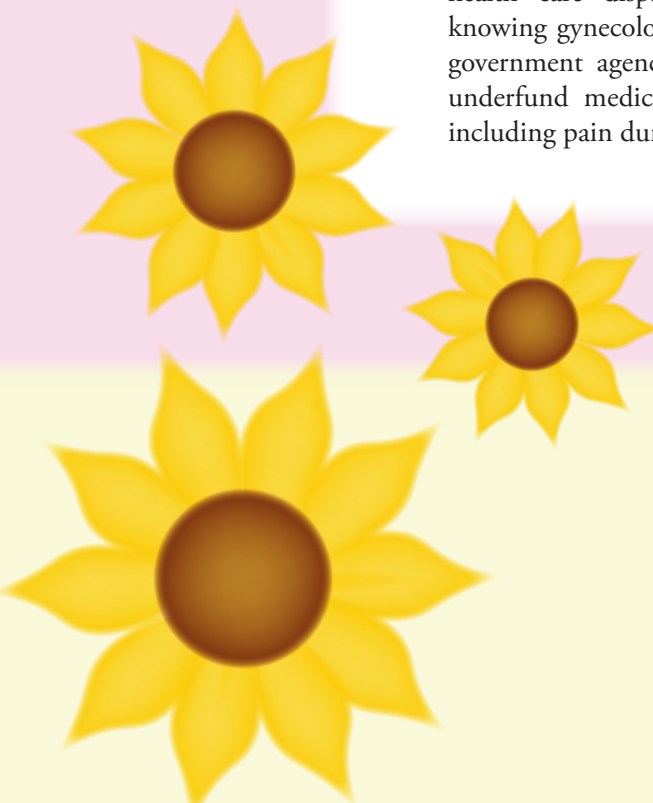
The long-standing belief that dealing with pain in some form or another is an intrinsic part of having a uterus isn't holding up anymore.

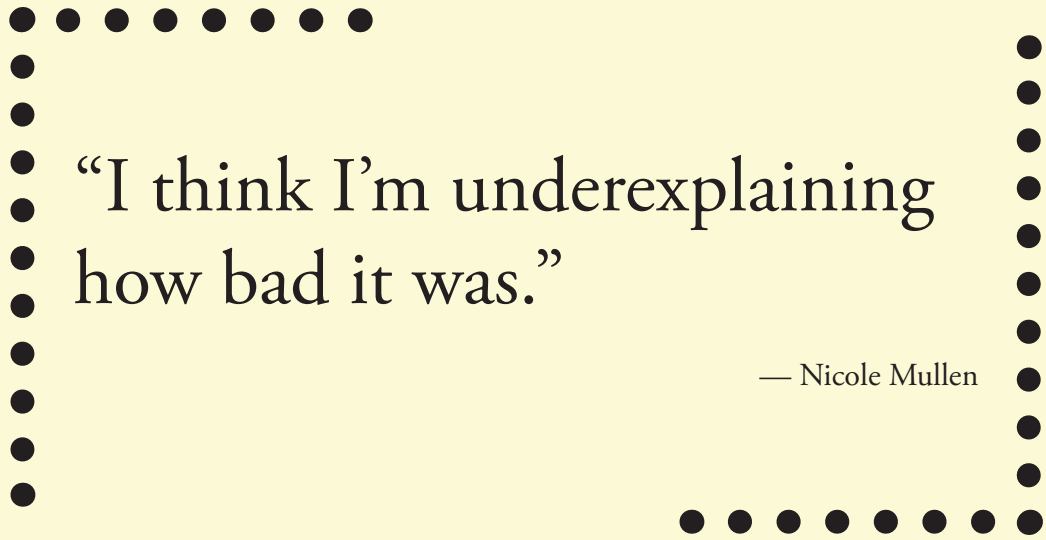
From experiencing unnecessarily painful procedures, to having their pain and concerns ignored by doctors, to having all their symptoms be blamed on anxiety and weight, to waiting years for a proper diagnosis, people with uteruses are now speaking up online.

On TikTok, videos of teary-eyed patients lying in doctor's offices and nearly passing out, with a nurse telling them to breathe while claiming they'll just experience some slight pressure and a brief pinch, have brought awareness to how painful IUD insertion can be. Other videos feature patients telling their stories about the challenge of receiving a diagnosis that accurately explains their chronic pain, like endometriosis or chronic ovarian cysts.

At the heart of each video is someone who is tired of being in pain and having that pain ignored or undermined. Now, they're encouraging others to advocate for themselves in the doctor's office.

Amid this rise in collective discourse on reproductive health care disparities, studies have shown that despite knowing gynecological procedures can be excessively painful, government agencies like the National Institutes of Health underfund medical research about gynecological problems, including pain during and after IUD insertion.





“I think I’m underexplaining
how bad it was.”

— Nicole Mullen

IUDs

Deciding which form of birth control may be best for you requires weighing a host of different options and their side effects, benefits and risks. If you decide on an IUD, or an intrauterine device, you also may have to consider whether you can handle severe pain.

That was the case for Ashton Prater, a sophomore studying criminology and criminal justice. She walked into her cold and sterile doctor’s office knowing what she was about to do. She’d done the research, spoken to her doctor and decided an IUD was best for her.

In the days before her procedure, she took a pill to prepare her body and help open her cervix. Yet, as she walked into the room where the doctor would perform the procedure, she recalled the terrifying stories she had heard about IUD insertion. Fear and anxiety swept over her.

“I started to cry because I was terrified,” Prater said in an email. “I’d heard all the horror stories of IUD implants and what could happen and how painful it was, and it was even more scary to me because I was a virgin.”

“The doctor came in...She seemed annoyed with my emotional state and ignored it, and [she] didn’t offer me any kind words or concern. [She] just started talking about the process.”

The procedure lasts between 5 and 10 minutes. First, the provider places an instrument to stabilize the cervix, then they measure the depth of the uterus, and then they insert the IUD.

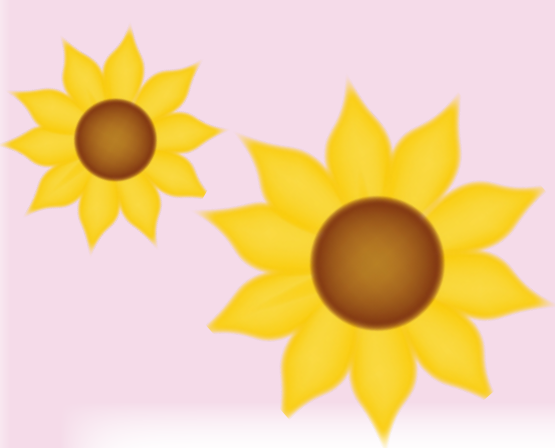
It sounds simple, but for some, the experience can be excruciating. A study published in 2019 found 87% of patients who had not given birth reported moderate to severe discomfort and pain during the insertion process.

A doctor on Healthline described the pain during an IUD insertion as three short-lived cramps during the different parts of the procedure. But that can be a gross understatement. In a study, 46% of patients who had not given birth reported reactions ranging from lightheadedness to nausea to passing out.

Severe pain was nothing new for Nicole Mullen, a junior studying journalism. Before getting an IUD, she experienced period cramps and pain that required her to take painkillers and muscle relaxants to function properly.

Medication only did so much. After almost passing out in an airport bathroom, Mullen decided she needed some form of birth control. A hormonal IUD seemed to be the best fit for her.

Having experienced extreme soreness for most of her life, Mullen thought she was prepared for the procedure.



“They [her doctor] said, ‘You’re gonna feel a slight pinch.’ It was not a slight pinch at all. It was very painful and very uncomfortable,” she said. “It was like the aftermath of having been punched in the gut — you just felt sore. And then she goes to actually insert the IUD, and that was shooting pain...I would love to sit here and say that I’m overexaggerating, but honestly, I think I’m underexplaining how bad it was.”

After the procedure, Mullen was kept under observation for 45 minutes. Her heart rate had risen so high that her doctors feared she would pass out.

Despite how painful IUD insertions can be, the most pain relief that doctors will typically recommend is ibuprofen to help with the cramping during and after the appointment.

In a 2017 study, researchers looked into ways to reduce pain during IUD insertions for adolescents and young adults. They found that lidocaine, when injected into the cervix or applied topically before the procedure, significantly decreased patients’ discomfort. However, the researchers concluded offering lidocaine injections for the procedure is impractical, as they claimed the injection itself can be painful.

Endometriosis

The lack of research on gynecologic health becomes especially clear when looking at conditions like endometriosis and PCOS, or polycystic ovary syndrome. These conditions are highly common, with endometriosis affecting at least 1 in 10 people with uteruses between the ages of 15 and 44 nationwide.

Endometriosis is a condition that causes tissue similar to the lining of the uterus to grow outside of it. There are four forms of endometriosis, categorized based on the severity of the lesions on the uterus and how much the tissue has spread. In any form, the condition can cause severe menstrual pain, chronic pelvic pain, abdominal bloating, nausea, fatigue and infertility.

When Emily Santora was working on her master’s in biology and society, she focused specifically on menstrual education. She wrote about and researched endometriosis for the Embryo Project at ASU, a group of researchers that focuses on educating the public about embryo-related health topics, like reproductive medicine.

During her research, she interviewed several people with

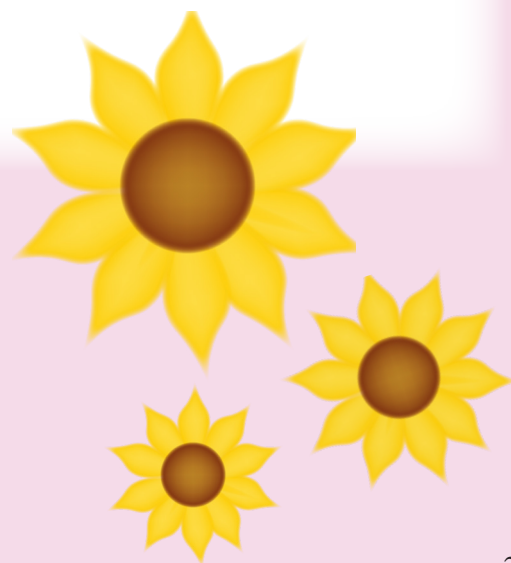
endometriosis and discovered they all believed it was normal for their menstrual pain to prevent them from accomplishing simple daily tasks.

“They always thought that this was normal and went however many years thinking this was normal,” Santora said. “And then as soon as it got worse, and they weren’t able to go to work, able to go to school, they finally went to [their] doctor [and] learned that it’s actually not that normal.”

On average, it takes patients in the U.S. 10 years to receive a proper endometriosis diagnosis, according to Yale Medicine. Patients can start having symptoms at any time if they’re of reproductive age.

Several factors are to blame for why it generally takes so long for patients to receive an endometriosis diagnosis, including the condition’s diverse range of symptoms.

During summer 2023, Abigail Riley, a junior studying justice studies, noticed her period was becoming more intense. Eventually, it got to the point where she couldn’t function properly.





“I thought I was getting sick, and then I ended up getting my period,” Riley said. “The best way I can put it is that there was basically a lot of cramping, and I noticed that it was really hard for me to do basic things, like move around and eat.”

Riley’s symptoms aren’t consistent. While she experienced pain that felt like a mix between burning and stabbing during the summer, her symptoms have been minimal since returning to college. However, she plans to talk about her potential endometriosis with her doctor later this year.

Another factor that makes endometriosis difficult to diagnose is that pain related to menstruation and the uterus is often overlooked and normalized. This is partially due to medical professionals’ lack of training in this area, according to Santora.

She said she believes pain for people with uteruses “can be really normalized within healthcare settings.”

“I’ve seen people on TikTok say that they themselves have to take the steps to ask for certain things to make sure that they’re not in so much pain,” Santora said.

Social media advocacy

While Riley said she trusts her doctor will listen and help her find a diagnosis, she also knows how much of a struggle it is to be diagnosed properly.

One of her friends who was diagnosed with endometriosis recently

shared their story online.

“When I first learned about it, my friend was posting infographics about it on her story and going into depth about her experience and how long it took for her to be heard about her symptoms and [to] get diagnosed,” Riley said.

Currently, there’s only one definitive way to be diagnosed with endometriosis: Doctors perform a minimally invasive laparoscopic surgery to find endometriosis outside the uterus. Even though Riley is at the beginning of that journey, she said that since she started researching endometriosis, she feels prepared to advocate for herself at the doctor’s office.

Grace McCamy, a sophomore studying finance, decided to get an IUD after a doctor dismissed her symptoms, which she attributed to her birth control pill. Before her IUD insertion, she watched dozens of videos on TikTok about other people’s experiences. She knew what would happen during the procedure, and she learned if she wanted to have a good experience, she’d have to speak up.

“My new doctor was very much ready to answer any questions that I had,” McCamy said. “She was very calming, very willing to answer any questions, and went into a lot of detail into both the non-hormonal and the hormonal [IUDs].”

“I told her my previous experience, and I felt like she listened to me, took that into account and explained

to me that she thought the non-hormonal one would be the better option. She even showed me the IUD, like, “This is what’s going to go inside of you.”

Before her procedure, McCamy called her doctor to talk about pain management. She knew it would hurt and recognized she had poor pain tolerance, so she wanted to know how to make it more bearable. Her doctor prescribed Xanax for her to take before her appointment, which wouldn’t treat the pain directly but would help calm any anxiety.

“I needed something to calm me down,” she said. “It still hurt — I mean, there’s something going inside of you. But it felt like bad period cramps for about 15 minutes, and after it was over, I felt fine.”

While it was a new experience for McCamy, it was relatively stress-free and minimally painful, thanks to people sharing their IUD stories online. She watched videos depicting good and bad experiences and from them, she learned what it would take for her doctor to treat her concerns seriously.

Now, she tells her friends and anyone who will listen about her IUD.

“I am so passionate about my IUD. I love it,” McCamy said. “It was so life-changing for me because I was done with birth control and hormonal everything. So if anybody has questions about it or is just thinking about it, I’m always there to tell my experience.”



ASU

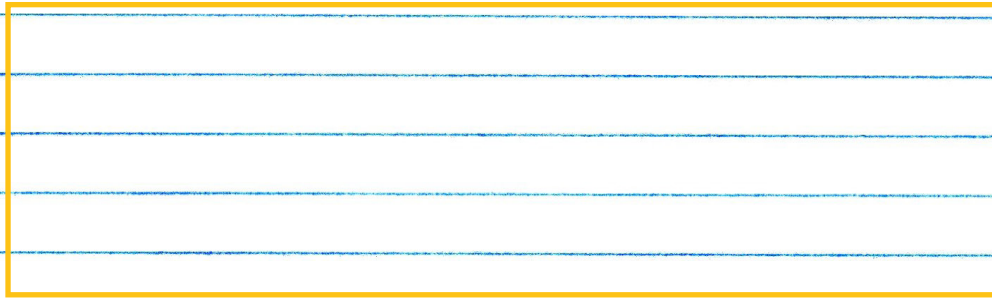
MASH



by Savannah Dagupion

Draw a spiral in the box until your friend says stop. Count the number of rings on the spiral and use that number to determine your fate. Start counting each option and cross out the one that ends on your number.

Repeat this process until you have one answer for each category.



Major:

Business (aka undecided)

Nursing

Communication

Computer Science

Dorm:

Barrett Residential Complex

Tooker House

Best Hall

Palo Verde West

Car:

Bird scooter

Daddy's brand-new Bentley

The 2003 Honda Civic you got

when you turned 16

Lifted pickup truck

Local celebrity sighting:

Sparky

Michael Crow

Kari Lake

Devin Booker

of emotional breakdowns this semester:

2

1

4 this week

0

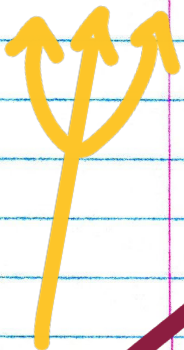
Job:

Man-on-the-street TikTokker

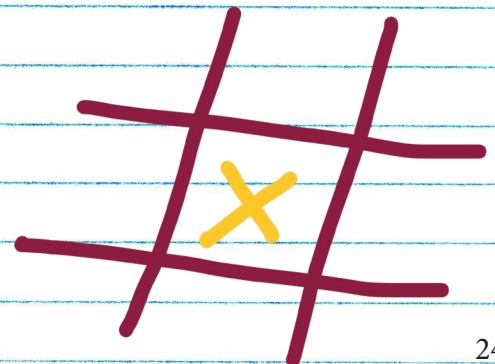
Barista at Dutch Bros on Rural

Voting canvasser

Teaching assistant



A



Opinion

I wish I were a

spicy latina

Latina stereotypes are ruining our societal progress —
and they must be broken

by Leah Mesquita

Designs by Monica Navarro & Sydney Huyge

As a child, luck was a concept I fiercely clung to. I had heard the cautionary tales of my ancestors — all of the horrific misfortunes they endured as a means of survival — and collected them like pennies from a dilapidated fountain. Generations riddled with economic hardship and racial segregation on the way to the so-called American dream paved the way for a future where I would want for nothing.

I took these stories as omens ensuring I'd be protected from the outside world. The silver spoon my ancestors handcrafted kept me fed in many ways. I never had to worry about my basic needs. I had devoted, hard-working parents around me. And I was given all the necessary tools to thrive: integrity, grit and ambition.

Everything began to shift around middle school. These were the years

when I first became aware of the fact that I didn't look like my peers and that we didn't share similar upbringings. All of my friends were white, blond and upper-crust. I envied their thin eyebrows and perpetually hairless legs, and how they seemed to grab the attention of every boy in my class.

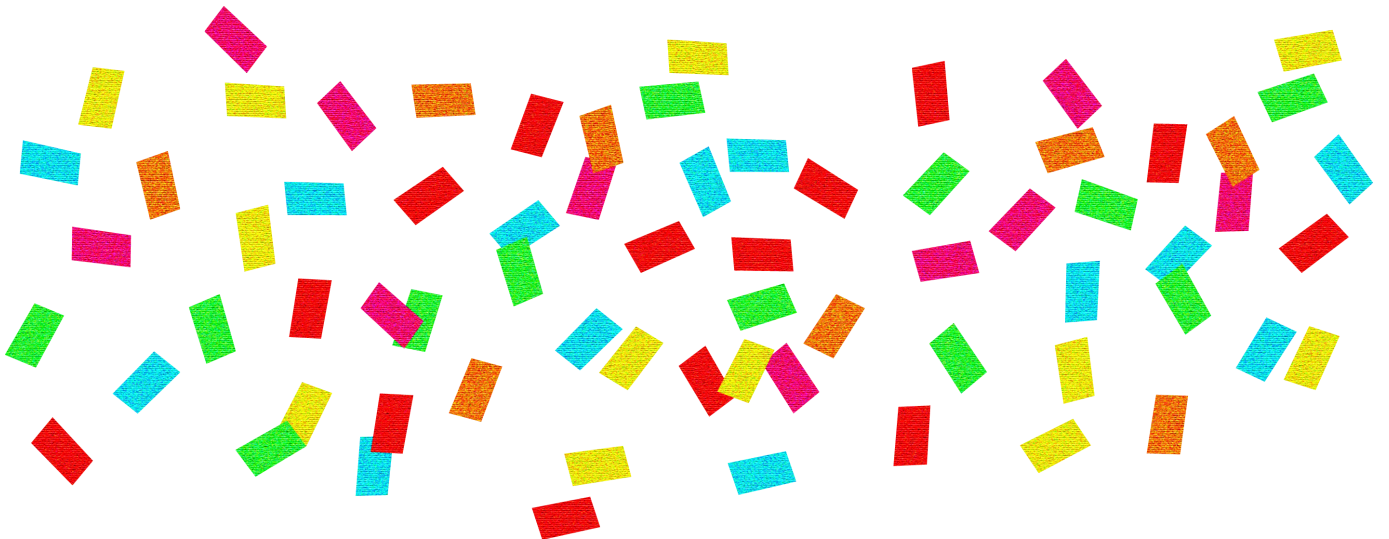
There seemed to be a hive mind among these girls, one in which they appeared to be transforming both physically and emotionally into the same person — but I was only ever an outside observer. I had bought into the process of assimilation — I told myself that eventually, I would integrate with the dominant culture. But no matter how often I was swallowed by the whale, I always ended up on dry land.

I was the brown stain on an impeccably white shirt — washed and rinsed until I was a faint mark that had

to be accepted, but still noticeable under harsh light. Here, the paradox that's been looming over Mexican American women for years began to surface in my own life.

I am not “Latina enough” to understand my grandparents when they speak to me in Spanish, and I must watch the disappointment bloom on their faces when I fail to muster a proper response. I am not “Latina enough” to wear bust-accentuating tops or hip-flattering jeans because my body was not meant to fill their shape. I am not “Latina enough” to wear dark lipstick or decorate with gold jewelry the way my aunts do, as my complexion is much lighter than theirs.

I am, however, “Latina enough” to be criticized for my excess hair — dark, thick patches of black that grow on my body like a pestilent moss. I am “Latina enough” to be interrogated about my background in debates over whether



or not one of my parents is white — the answer is no. I am “Latina enough” to know what a quinceañera is, but not “Latina enough” to ever have had one myself.

But whenever I expressed these feelings of detachment, they were often written off as tokens of luck.

I do not know any Spanish because I was lucky to have attended a private school in the middle of white suburbia where I wasn’t subjected to any of the “bad kids” and their “negative influence.” I’m lucky to be so petite and abnormally skinny because I’m able to eat without consequence — a trait I was told to cherish since I gained the ability to look in the mirror. My olive skin is an ambiguous disguise in a categorical world. I can fly under the radar more subtly than my mother, who is much darker than myself.

I’m lucky to be born with choice, the capacity to choose the parts

of my culture at my own accord. I am able to be Latina without the burden of showing it — a discretionary tool I am lucky to have, at least in the eyes of those who raised me.

Many years later, I am still yet to see my good fortune manifest. Somewhere in my girlhood, I was split in half — like two pieces of a jigsaw puzzle that refuse to mesh, no matter how hard you push them together. There is a poignant twinge of disconnect where the wires of my brain begin to fuse but have not properly combined.

Latina stereotypes and their negativity

Although I felt displaced in my own culture, I was acutely aware that a box designated for Latina women to check themselves into already existed. The perfectly crafted, one-dimensional space I speak of was created to

accommodate only one type of Latina — one who, according to a Huffington Post column by Mexican writer Ces Heredia, is “overtly sexual, hotheaded, fiery and angry” — or, for lack of better words, “spicy.”

The Spicy Latina trope has plagued Hispanic women for decades — beginning in the 1940s with the fetishization of Brazilian entertainer Carmen Miranda, and continuing well into the 2000s with actresses like Jennifer Lopez and Salma Hayek, who dominated Latina roles on the big screen. Like many Latina girls my age, these women were all I had for representation.

I watched as my male peers fell victim to this harmful narrative, expressing their strong attraction to Spicy Latina tropes like “Adam Sandler’s wife in ‘Grown Ups’” or “that one girl from ‘Glee.’” To them, these women were one and the same, lumped into a single version of idyllic beauty every

Latina is expected to uphold.

"I've had a guy tell me, 'You look so exotic,' without even knowing anything about me," said Lindsey Montalvo, a freshman studying forensic psychology. "It was just based on physical appearance."

Montalvo, who is both Hispanic and white, is no stranger to the Spicy Latina trope and its pernicious effects. She believes it can promote blatant prejudice.

"Brown hair, brown skin and red lips pop into my head," Montalvo said. "Also being promiscuous or down for whatever."

But these stereotypes rooted in cultural appropriation do not end with such microaggressions — in fact, they are only the beginning.

According to the Women's Media Center, continuous objectification of Latina women not only promotes sexual harassment, but it can also lead to domestic violence.

"In middle school, there was also that stereotype of needing to take care of the house and clean," Montalvo said. "These jokes that were being implemented didn't align with me, and they were mainly from my boy classmates."

Like Montalvo, I too do not identify with these on-screen women. I

am soft-spoken when I am expected to be loud-mouthed, and frightfully insecure when I am supposed to be tantalizing. This ongoing dissonance seems to be a staple of Mexican American culture, as the perception of how we should look and act as Latinas is perpetually contradictory, especially between popular media and those around us.

"My grandma from Mexico would tell me, 'You need to dress [a certain way] in public,'" Montalvo said. "She'd say, 'Don't go out of your way to make a scene, don't bring attention to yourself.'"

You could proudly check the box, own the thick brown hair, be so evenly and darkly tanned that a passerby could mark you as a dead ringer for Penélope Cruz — and still, you'll disappoint your family for being too aligned with the stereotype.

Minding the gap

It seems, for as long as I can remember, that everyone has known what to do with my culture except for myself. I have watched as trends like "Catholic Mexican Girl" style — girls dressing in white linen dresses and accessorizing with crucifixes — or Hailey Bieber's "brownie glazed lips" are poached from the hands

of Latina women and repackaged as a sensational, new aesthetic to try your hand at.


These harmful representations are a beast that cannot be tamed, and the false, stereotypical depiction of Latina women continues to infiltrate our progress as successful women in society. "These controlling images are salient," said Vera Lopez, a women and gender studies professor at ASU. "And a lot of times, they're not coming from parents."

Lopez, whose background is in educational psychology, has spent years studying Latina girlhood. "People assume that all Latino parents are the same," she said. "They all want their daughters to be very traditional, help in the kitchen sort of thing. But a lot of times, there are economic factors that come into play."

According to Lopez, parents are not solely to blame for Latinas falling in line with the perpetuating stereotype. "When I asked girls if they had a Latina role model to look up to, they couldn't say anybody," she said. "They're not seeing themselves in the larger media in different roles or possibilities."

Lopez recently conducted a project centered around Latina athletes in high school and middle school and found Latina experiences in sports, along with the messages they've received about





*“For as long as I can
remember...everyone
has known what to do
with my culture
except for myself.”*



being Latina, also lacked representation. “A lot of these girls do not fit the traditional stereotype we often hear about,” she said. “A big part of my work is combating that salient narrative and sharing girls’ experiences.”

The “salient narrative” Lopez referred to exists on a solid foundation of controlling images perpetuated by the media. University of Maryland professor emerita and social theorist Patricia Hill Collins first coined the term “controlling image” in her 1990 book “Black Feminist Thought: Knowledge, Consciousness, and the Politics of Empowerment,” which served as her cry for intersectionality in American society.

Like Latinas, Black women have also been misrepresented for years, which

Collins believes is used to justify the oppression of Black women everywhere. When the false tropes associated with Black women become the dominant narrative, Collins argued they will fuel social injustice until it is normalized.

In Lopez’s research, looking at a diverse range of Latino families and the role misrepresentation plays in shaping young Latina girls was a crucial goal. “We don’t always want to centralize Latino folk,” she said. “There’s differences in acculturation, country of origin, socioeconomic status, so we have to look at these factors. But all too often, we’re painted with the same brush.”

But this is not a plea for sympathy. I don’t need pity or commiseration because in case you’ve forgotten, I’ve got

luck.

Sure, I’ve wished to conform. I’ve wished to merge, to fall in line with my peers. And yes, I’ve wished I were a Spicy Latina — because then, at least I’d know where I stand among the rest.

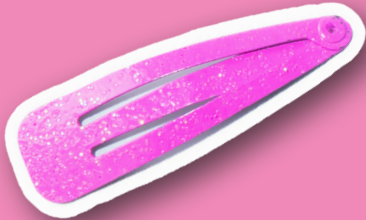
But if I’ve learned anything from my ancestors, it’s that struggle is the catalyst of progress. It’s because of them that I’m able to have this platform at all, fueled by my desire to change the narrative — because Latina women deserve better.

I’m lucky to be aware of my multifaceted identity and lucky to share my unwavering voice.

I’m lucky to be so unsatisfied.



crossword puzzle



#1: Even though a significant portion of the population has this disease, it can be incredibly difficult to receive a diagnosis.

#2: In 2019, 38% of heat-related deaths that occurred indoors in Maricopa County happened in _____ homes.

#3: ASU is home to a diverse student body — with over 48,000 undergraduate students identifying as _____.

#4: Many of the girls who share their ASU Effect transformations on TikTok attribute their glow ups to their decision to join this social organization.

#5: According to the Women's Media Center, continuous _____ of Latina women not only promotes sexual harassment, but can also lead to domestic violence.

#6: This robot measures air temperature, humidity, wind speed and direction, GPS coordinates and MRT (mean radiant temperature).

#7: In order to insert an IUD, healthcare providers will stabilize the cervix and measure the depth of the _____.

#8: Areas that experience higher temperatures than outlying areas.

#9: The lack of _____ in media and sports is a factor in perpetuating the Spicy Latina stereotype.

#10: According to SPM's resident satirist, men have wholeheartedly convinced themselves that their value lies in height, muscles, penis size and how alike they are to a what?

#11: Although it is rarely offered, a 2017 study found that this anesthetic can significantly decrease patients' discomfort during an IUD insertion.

#12: A study found that women tend to value what in a partner more than men do?

#13: In 2022, Maricopa County Public Health reported 425 heat-related deaths in Maricopa County, which represents an increase of 25% from 2021. Of the individuals whose housing situation was known, over 56% were experiencing _____.

#14: This term describes that alpha males should be good at scheming.

#15: This robot mimics the human body's reaction to extreme heat by sweating, shivering and breathing.

#16: This trend provides people attending ASU, primarily women, the opportunity to showcase their glow up from what they looked like before college to their present selves.

#17: Patricia Solis, the executive director of the Knowledge Exchange for Resilience, said that if you want to have a dent in the heat crisis, you have to look at the _____ crisis.

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