

# SIR

WINTER 2014/ISSUE 4

**KICKING  
TESTICULAR  
CANCER  
IN THE  
BALLS**

**CLUBS**

TO GET YOUR  
TESTOSTERONE  
FLOWING

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**CLASS  
MATING  
101**

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**COLLEGE-BUDGET  
COCKTAILS**

PARTIALLY FUNDED BY THE GOVERNMENT OF THE STUDENT BODY.

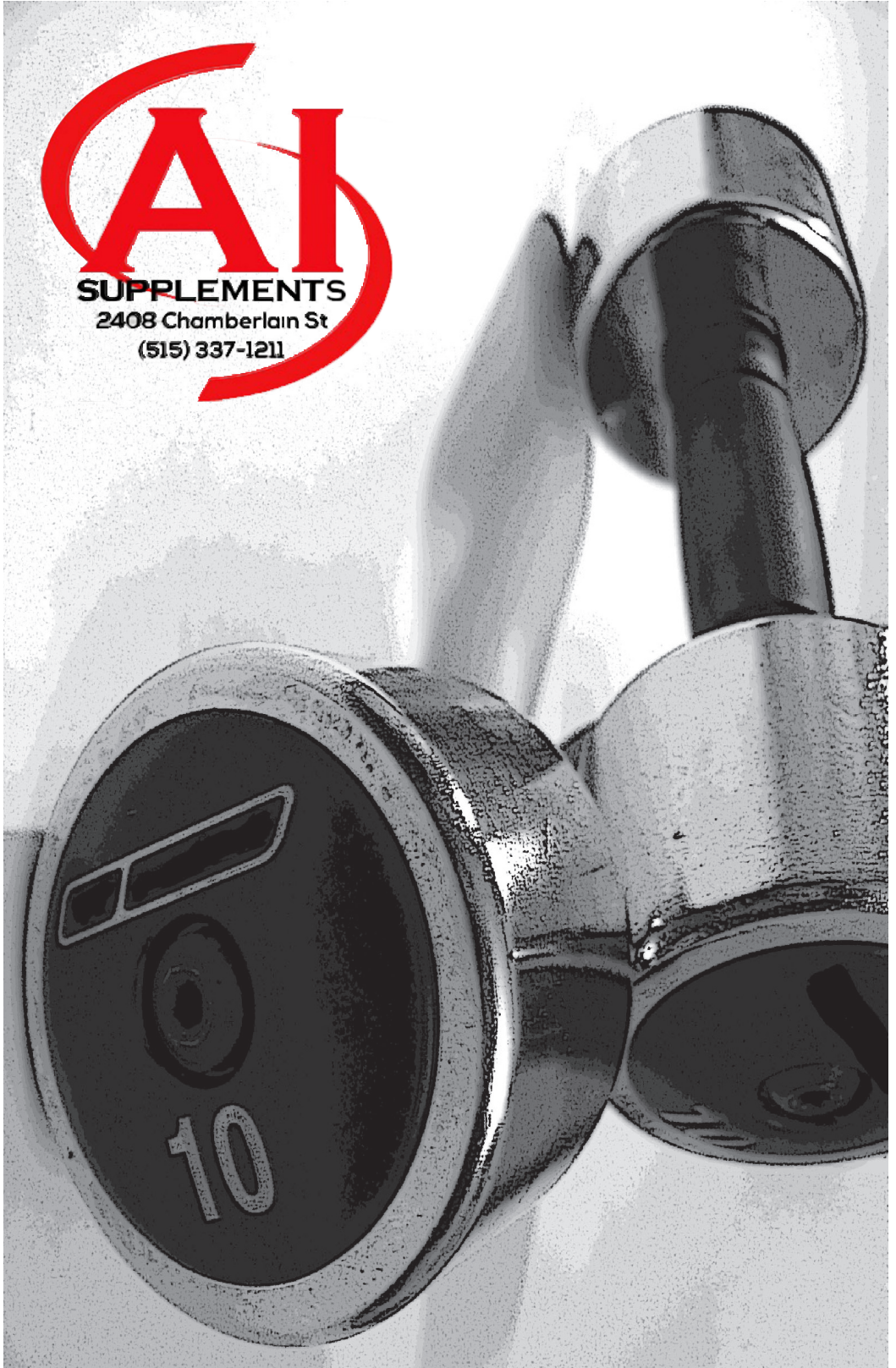




**SUPPLEMENTS**

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EDITORS-IN-CHIEF

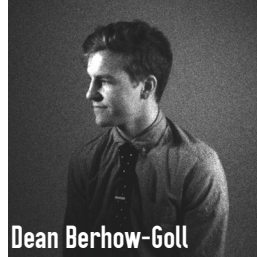
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ARTICLES



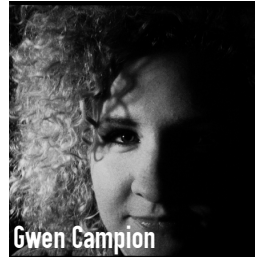
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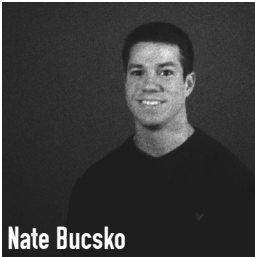


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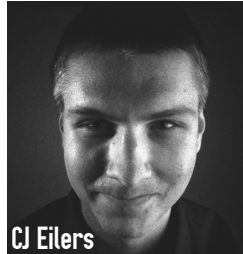
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SPECIAL THANKS TO OUR FACULTY ADVISOR TRACY LUCHT, THE GREENLEE SCHOOL, GOVERNMENT OF THE STUDENT BODY AND YOU.



# WHAT MAKES A MAN

All semester we've been scratching our heads (and balls, but save that for page 30) about who it is exactly Sir is catering to. We know what you're thinking, "You're a men's magazine, idiots," yes, we understand that much but who are we to say what is and is not considered manly? For an entire month our staff was running around raising awareness about Movember, a campaign raising money for prostate and testicular cancer research – the cancer that changed our friend Jordan's life on page 23. The entire campaign is centered around growing a mustache and most of our staff isn't even capable of that, sorry CJ! Facial hair doesn't indicate manliness, nor does being in one of the

clubs you can find on pages 18-22. They're just loose suggestions and great stories. So we're sitting in the photography studio talking about ways to capture the essence of Sir and somehow that turned into Michael and I swapping outfits. We're calling ourselves out - we aren't here to tell you what manly is, we take our readers for what they are and simply hope to entertain, expand your mind and attempt to prove chivalry still exists.

We leave you with one question:  
Who wore it best?

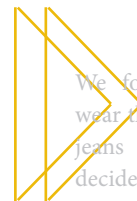
Cheers, Iowa State.



Myra Krieger-Coen



Michael Finn



We found out we wear the same sized jeans and couldn't decide who should be more embarrassed.

(Michael should.)

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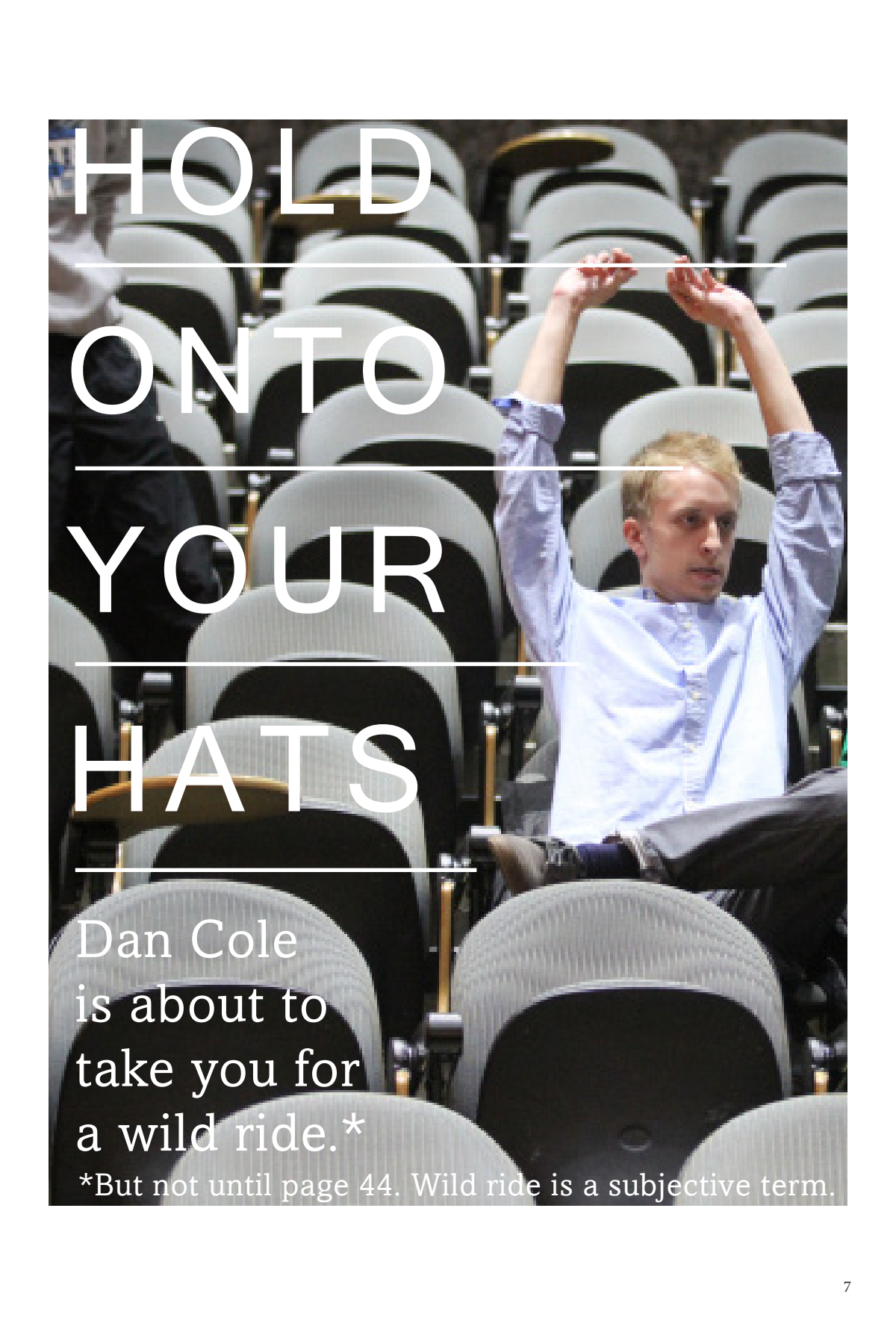
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A man with short blonde hair, wearing a light blue button-down shirt, is seated in a theater. He has his arms raised above his head, with his hands held together. The theater seats are grey and arranged in rows, receding into the background. The lighting is focused on the man, with the background slightly dimmer.

# HOLD ONTO YOUR HATS

Dan Cole  
is about to  
take you for  
a wild ride.\*

\*But not until page 44. Wild ride is a subjective term.

by MOLLY CRAIG

# CHILI

QUICK / CHEAP / EASY





**Canned ingredients, 15 minutes and one bowl is all you need to make hearty chili that will have mom wondering when you picked up cooking. You didn't. You just followed these idiot-proof recipes that are quick, cheap and easy; the perfect combination.**

## **Just in time for game day.**

Sir writer Molly Craig set out to find recipes cheap enough, hearty enough and simple enough for the average college man to master. Along the way she consulted ISU Food Science Lecturer Erica Beirman. Her last name is Beirman for god's sake, so you know her advice is going to be good.

Keep it simple, Beirman stressed. Don't go all greenhouse on your first try. Skip the fresh tomatoes and dry beans and use canned stuff instead, at least until you perfect your recipe. Try to get the tomato-beef-bean thing down first, then start to flex your newfound culinary muscles.

We love our chili full of spices just as much as the next guy, but don't go overboard. Too many flavors means one is bound to overpower the rest, or worse,

confuse the taste buds. Making a meat lover's chili by throwing in every kind of meat you find in your fridge may also sound like a good idea, but it often just muddles up the flavor.

Make yourself some chili, man. Throw any leftover chili in the fridge for up to three days or the freezer up to three months. Ask mom for good storing advice, or to borrow her Tupperware. The best thing about chili is the endless post-possibilities. Who doesn't love chilidogs? We suggest chili burgers, too.

Use one of the three recipes the Sir staff has mixed up in our cramped college-style kitchens and feel free to make it yours with some of the spices and toppings after the jump.

## YOU HAVE:

# GROUND BEEF

*One pound*



# MEATBALLS

*14-16 ounces*



# TURKEY

*Five cups*



## ADD:

1 large onion, chopped  
2 15oz cans of chili -beans  
in chili gravy  
14.5oz can diced tomatoes  
and green chiles  
11.5oz can hot-style  
vegetable juice

1 can corn  
1 can black beans  
1 can chopped tomatoes  
1.5 C water  
1 T chili powder  
3 T tomato paste

3 15oz cans kidney beans  
2 14.5oz cans chicken broth  
4.5oz can diced green chiles  
4 cloves minced garlic  
2 T olive oil  
3 T chili powder  
2 C chopped onion  
Sprinkle dried oregano

## KEY:

T = Tablespoon

t = teaspoon. DO NOT confuse with "Big T"

C = Cup. Not any cup, a measuring cup. Don't have one? Just  
cut the top off a beer can, now you have a 12 ounce one

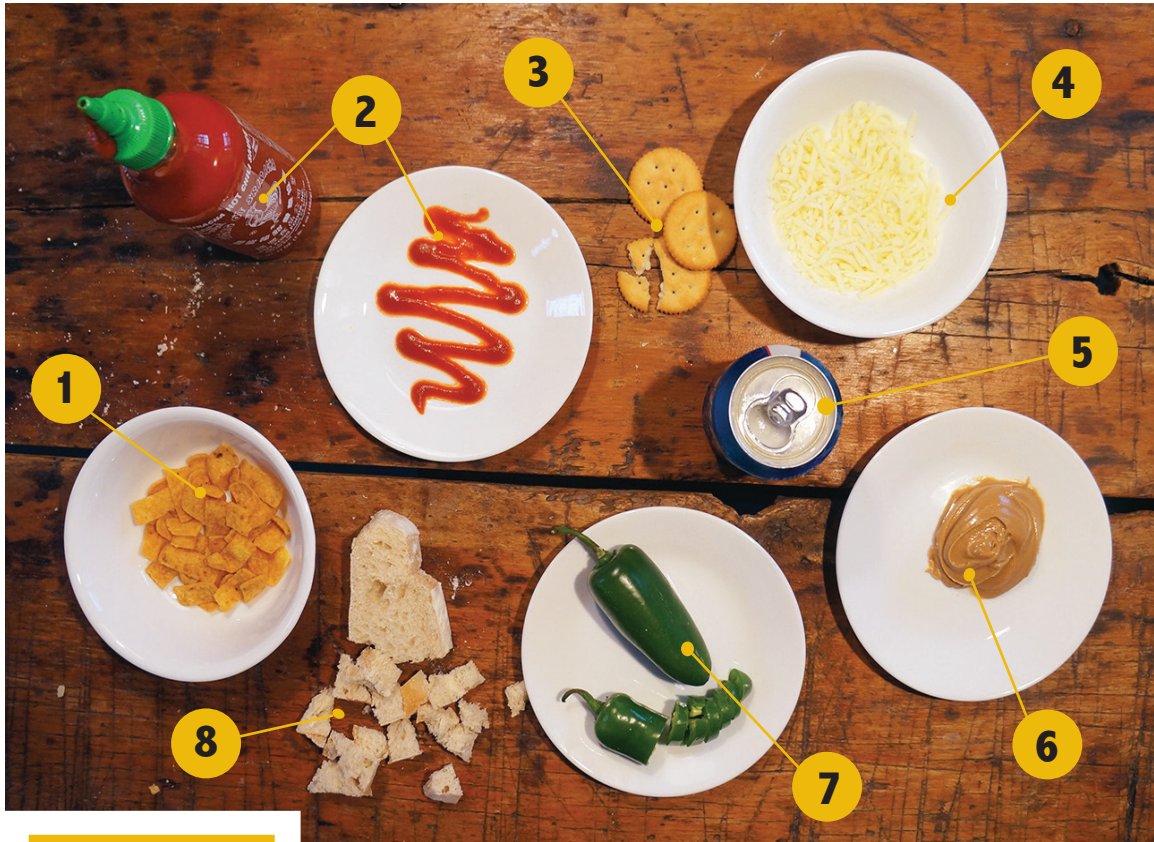
Sprinkle = Not actually a technical term

Chopped = Cut into tiny squares

Minced = Your guess is as good as ours







**SURE, TOSS IT IN:**

**Check around your room, man.  
You're bound to find one of these  
chili toppers lurking somewhere.**

- 1.** Any half-eaten bag of chips you can find.
- 2.** Sriracha for a spicy kick.
- 3.** Crackers, duh. You already knew that one. What do you need us for?
- 4.** Cheese. Lots of cheese. ALL THE CHEESE.
- 5.** Beer. Yes, really. The alcohol will cook off, but a hoppy flavor will stay.
- 6.** Peanut butter adds a mild nutty flavor, and tiny chunks of peanut if you don't have any smooth on hand.
- 7.** Peppers. Another duh.
- 8.** Stale bread works as croutons. Fresh bread is good for soaking up soup.

# COLLEGE-BUDGET COCKTAILS

FAKE A  
FULL BAR  
WITH  
**5**  
INGREDIENTS



It's as simple as a handful of fruit and a dash of sugar to make a decent drink using the well liquor in your freezer. We searched far and wide (actually just around Ames) to bring you advice on how to make a gentlemanly drink - without the top shelf price tag.

by JARED MEISINGER

## SUGAR & MARASCHINO + CHERRIES

There's a reason most bars have that little tray of fruit and no, it isn't for your late night munchies. Garnishes are one of the easiest ways to dress up a drink and overpower that piss-and-gasoline flavor cheap booze tends to have. We're sticking to our favorite five: Lemons, limes, oranges, olives and maraschino cherries.

Most of the time they'll be squeezed or muddled in a drink to release the flavor. Muddling is just smashing the fruit into the

bottom of the glass with a muddling stick. Don't have one? Just bend a spoon.

Another quick fix comes from making your own simple syrup and sour mix. These are essential parts in many cocktails and are a cinch to make.

**SIMPLE SYRUP:** Mix equal parts water and sugar.

**SOUR:** Mix three equal parts of lemon juice, lime juice and simple syrup.

Yeah, that's really it. You're on your way to mixology.

If you want to get real fancy there are also bitters, but buying them made us exceed our meager budget so we said screw it.

When you're deciding what to mix with, put that dollar back in your pocket and save yourself another trip to the pop machine. Aunt Maude's General Manager Brian Gould said mixers are where you should focus if you're working with poor quality stuff. The more





mixers, the less you can taste the alcohol and the less sense it makes to use expensive alcohol. Gould said that if you're going to mask the flavor, you might as well be using the crap stuff anyway. We like the way he thinks.

"There are excellent drinks out there including eggs, dairy, ice cream, etc., that can even be event- or season-specific," Gould said.

When it comes to cocktails, the more ingredients the merrier, ISU instructor of Introduction to Beer, Wine and Spirits [HRI 383], Stewart L. Burger said.

Single ingredient cocktails isolate the taste of cheap booze and are typically the least cost-effective drinks, especially when you're at a bar.

Get crazy experimenting. Hell, use something you can already find in your fridge. Just check the expiration date.

Once you've mixed something you're satisfied with its time to dress your cocktail to impress.

Throw away those damn red cups already. Glassware serves a purpose for the alcohol it holds, and it actually makes a difference.

Stemmed glasses are for drinks without ice, so you keep your paws off where the drink is, keeping it cold longer. Highballs cater to drinks with carbonation and ice. Lowballs are for stronger drinks and rock pours, but we don't recommend drinking cheap booze on the rocks.

Just.. don't.

Do serve your drinks with ice though, Burger said. It gives you more "bang for your buck," not to mention it looks tremendously better.

Tie it all together with a garnish, if it makes sense. Don't go putting an olive in a margarita because that's all you have.

It's ok to go without, it just looks better with. Flip the page to see what we mean.

**Now, who's thirsty?**

## CHEAP BEER

### BEERMOSA

Fill glass 3/4 full with beer, top with OJ

## HAWKEYE VODKA

### LEMON PENNY DROP

2 shots vodka, 2 shots sour+1 shot simple, sugar rim, lemon garnish, serve to girlfriend



## BLACK VELVET

### POOR MAN SLAM

Muddle orange, 3 shots BV + half shot simple syrup





## JUAREZ

### DIY MARGARITAS

Make your own margarita mix with 2 parts sour to 1 part simple syrup, add tequila to taste

## PARAMOUNT RUM

### BROKE HEMINGWAY

1 shot rum, 1 shot cherry juice, half shot simple, squeeze of lime, cherry garnish

## ANYTHING ELSE

### MULES

2 shots topped with ginger beer and a squeeze of lime is enough to cover the most potent of poor alcohol choices

PHOTOGRAPHY  
MYRA KRIEGER-COEN



# 5 TRICKS TO FINDING YOUR PERFECT SUIT FIT

Illustration MYRA KRIEGER-COEN



Shake the salesman's hand. See if the sleeve positioning is high enough. If not, it will ride up and proceed to irritate you for eternity.



After fully buttoning your shirt, try inserting two fingers between your neck and the collar. The real point here is to avoid noticeable gaps and still be able to breathe.



Relax your arms at your sides and curl your fingers. The bottom of the jacket should just graze your cusped fingers.



Give someone a hug (or pretend to) to test out the seams. If it feels tight, try one size up.



Lean your shoulder into the wall. If the shoulder pad hits first, it's too big. If your shoulder hits first, it's too small. Ideally, they should both hit the wall at the exact same

# MAN CLUBS

by BEAU BERKLEY design MADISON JERDE

Beat-up boxers, tough rugby players, tech-savvy engineers and footwear fashionistos; manliness comes in many forms. The definition of manly is hidden in the actions, muddled into the movements and behavior of men. Finding that definition is up to the observer.

# BOXING



In the depths of State Gymnasium, at the end of a deep bland hallway, tucked away from the luxuries of automatic drinking fountains and stationary bikes connected to TVs, is the constant cadence of dozens of fists pounding away like sticks to a snare drum. Behind the door at the end of the deep bland hallway is a bygone group of throwbacks that get a cheap thrill off that perfect harmony of fists meeting flesh.

“No one who boxes can get in the ring without liking it [getting hit] a little,” said Jessie Ortiz, a long, wiry 19 year old. “If you don’t like getting hit in the face, don’t get in the ring.”

Take a look at the faces, some are bruised and slightly

swollen, sleek with sweat and clad with minor cuts. The faces match the ring.

The four corners are marked by red and blue turnbuckles, a few are missing, a few are torn from the years spent catching wayward fighters trapped with their backs to the wall. The canvas is complemented by the ropes: red, white and blue despite the fact that the white has taken on a shade of brown after catching hundreds of boxers scrambling for a way out.

There is no place for glitz or glamor in this room. No time for egos or a half-ass effort.

They all have their reasons for being here: some are bored, some want an escape

from school or life or as Josh Marker puts it, some just need a therapy session.

One by one, they file in and out of the ring to exchange blows with each other. Mouths open, faces flush red, some bleeding. This is the therapy Marker was talking about.

“Most guys have this pent up aggression that they don’t know they had,” Marker said. “They come in and try it once and they instantly are hooked because they are like, ‘wow, I’m happy,’ and everything is just better.”



Cold, wet and caked in mud. That's an ideal afternoon for these gents.

As the ISU rugby club takes to the pitch at the Southwest Sports Complex, embracing the hard, unforgiving ground, they become part of a tradition nearly 50 years in the making. Fifty years of scrumming across the Midwest playing other universities, adorned in skin-tight jerseys and shorts that don't leave much to the imagination.

Don't let the scanty clothing fool you. They come with the territory and are mandatory when bone jarring hits and putting one's body on the line are concerned, something Brandon Bay has become accustomed to.

"Contact. That's the reason I got into it [rugby]," Bay said. "I started hitting people and thought this is pretty cool."

That's the reaction of most new participants, said club President Anthony Frein. One practice, one hit, and they're hooked. "A lot of people think we're just a bunch of guys trying to beat the shit out of each other but it's actually a really

good team experience and if someone comes more than twice, they'll usually be around for a while," Frein said.

It's a game of inches, but not in the traditional football sense. It's a game much more dependent on gaining ground. There are no 80 yard touchdown runs or hail marys and no one player puts himself above the team, because if that happens, nobody succeeds.

"It's a different type of athlete that plays rugby, more team oriented and if you got someone who wants to be a superstar, you're team is going to suck," Frein said. "It almost does you more harm."

As for team trainers, they have no need. On one occasion, after a teammate broke his

ankle, the ambulance was taking too long to respond, so the team did what any rational thinking group of men would do in this situation: splint the break with empty beer bottles. Who said nothing good comes from alcohol?

**"A LOT OF PEOPLE  
THINK WE'RE JUST  
A BUNCH OF GUYS  
TRYING TO BEAT  
THE SHIT OUT OF  
EACH OTHER,"**



# SNEAKERHEADS



Every Saturday morning, you can find Nicholas Milner, president of Sneakerheads, plopped in front of his computer screen awaiting the newest sneaker release, hoping that nobody gets to it before he does.

You could call him a foot fashionista of sorts.

"It's not a normal thing, especially for guys because it's fashion," Milner said. "...But it's my passion. If I told you I collected stamps would you say anything about it? No. It's my hobby."

Shoes are constantly tromping through Milner's mind, same goes for the other members of Sneakerheads. Whether they are at work or walking through campus, their thoughts are

on shoes.

Sometimes, Milner will even stop a passerby to take a picture of their shoes.

"I'm constantly judging peoples feet," said member Jack Halupnik.

"I didn't want to say it, but I judge people hardcore. I can tell almost the type of person you are. If you're wearing some piece of crap with holes in it, you obviously don't care about your looks or you're not into sports or anything," Milner chimes in, now that the air has been cleared.

In just the second year after the club's inception, there are now a total of 20 members after just having five in the first year. The club is currently planning on attending a sneaker

convention in Kansas City this spring as well as working on starting and sponsoring a basketball tournament for Iowa State students. The club is also working with Shoes that Fit, a charity organization in Des Moines, to supply Ames grade school students with school supplies.

As for having too many shoes, Milner, who has over 60 pairs, says the only people who badger him about having too many shoes are those who care about him.

"My girlfriend says it, my family says it, my friends say it but that's kind of a compliment," Milner said.

Once thought to be made of cheese, the glowing rock in the sky that we know as the moon is home to a material known as Regolith, a dusty material that coats the surface of large rocks and something the ISU Lunabotics club finds very intriguing.

The Lunabotics club is comprised of students of all majors that create, design, build and operate a robot capable of collecting materials, primarily Regolith, from various bodies in space like the moon, an asteroid or Mars. As for what makes Regolith important, well, David Peiffer explains it much clearer.

“You can extract a couple useful things out of the Regolith, the material found on the moon, one of them is that you can extract oxygen and hydrogen, so between the two you can support human life,”

Peiffer said.

The club was originally a course for seniors to prepare a robot for the NASA Robotic Mining Competition, an annual competition held at the Kennedy Space Center in Merritt Island, Fla., but was converted into a club three years later so

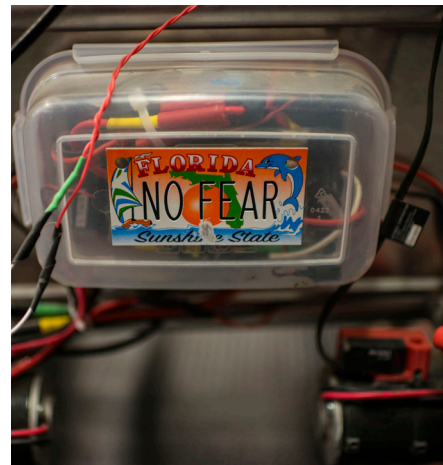
members can potentially work on the project for four years instead of just one.

Last year, the trip to the NASA Robotic Mining Competition proved quite fruitful for the group of moon miners.

The team received first place for the on-site mining, third overall finish and first place for the Joe Kosmo Award for Excellence. The team's prize for their feats? Not your standard medal or blue ribbon, that's for sure. Peiffer said the club received up to \$8,000 dollars for its phenomenal finishes.

Peiffer also said that some of the information gathered at the NASA Robotic Mining Competition aids NASA in their research of the moon as a possible launch/fuel point for future missions that could go further into space.

The Lunabotics club continues to slave away in the basement of the Nuclear Engineering building, constructing machines in the hopes of taking one more giant leap for mankind.



# LUNABOTICS



# KICKING TESTICULAR CANCER WHERE IT COUNTS





PHOTOGRAPHY  
YUE WU

“I’m going to  
call you Lance  
from now on,”

That’s the first thing Brian Simons said to his best friend, Jordan Tchon, right after Tchon broke the news that he had testicular cancer and was losing his left testicle. At the time, Tchon was 16, and was about to go through the hardest three months of his life.

by BAILEY MCGRATH



# A smartass comment from his best friend was just what he needed.

Tchon had grown up on the same street in Cedar Rapids, Iowa, since he was five. Simons, his life-long best friend, lived just a few houses down from him. Throughout their life, Tchon's basement was where they would kick back after a long day. It was in that same room that Tchon first felt the pain.

Sharp, strange pains kept stabbing his lower abdomen. He kept shaking them off as growing pains, but it only grew worse.

The breaking point finally came during the boy's junior year of high school. While watching the Superbowl, pain caused Tchon to writhe into a ball on the couch and tightly squeeze a pillow between his legs, moaning loudly. Simons told him to shake it off, but this time it was too much.

"It was like getting hit in the balls. It started off not as bad, but towards the end, that's what it was feeling like," Jordan says.

A howling blizzard kept Tchon's mother from driving him to the emergency room that night.

The next morning, Jordan woke up without pain and shrugged it off, but his mother was still rattled

enough to pull him from school just before first period.

That quick decision changed Tchon's life forever.

It was calm until his doctor requested another's opinion on Tchon's test results. Then another doctor, and another until several doctors were poking and prodding at him, taking turns to squint at the ultrasound results. There were two tumors in Tchon's left testicle.

Two days later he was sent to a urologist. This doctor gave him some news he'll never forget.

"You have testicular cancer."

He couldn't believe it and at the same time had expected it. The thought had crossed his mind a lot the

past few days.

Everything in the doctor's office -- the medical instruments lining the wall, his mother and the doctor standing next to him -- all felt surreal. The doctor was talking, but Jordan wasn't listening. He was mindlessly fiddling with his cellphone.

He needed surgery to remove his left testicle. At the time it wasn't cancer that bothered him most, it was losing such an important part of his body.

He suddenly had the urge to get up and leave. He lied and said he needed to use the restroom.

"[I was] tired of talking about it," he said.



Tchon and his nursing staff. Courtesy of Jordan Tchon.



## IT WASN'T THE CANCER THAT BOTHERED HIM. IT WAS LOSING SUCH AN IMPORTANT PART OF HIS BODY.

His father was away for business, but Tchon decided to text him the news. His father bought a ticket on the next flight back. In the car home, Tchon asked his mother to break the news to his older brother. He didn't know how to tell him.

The next few days were spent telling his friends, an awkward and uncomfortable experience. Simons was one of the last people Tchon told out of fear that their friendship would change. Instead, Simons handled it with a lighthearted and casual spirit, making a joke of it -- just what Tchon needed.

Surgery to determine what kind of cancer was the next hurdle. Knowing he might not have much chance afterward, he took as much time to socialize with friends as possible, a distraction from the looming surgery.

The results revealed Tchon had nonseminoma testicular cancer, a type of fast-growing testicular cancer that has the potential to spread throughout the body.

There was no time to waste. His lymph nodes were inflamed, showing the

high possibility the cancer had already spread. He faced two intense options -- a dangerous surgery cutting open his chest, or starting chemotherapy immediately. Both meant missing the school marching band trip to Florida he had been looking forward to for so long, he remembers. He chose chemotherapy, and the fight began.

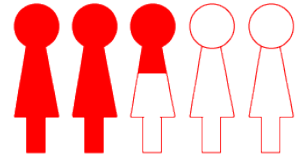
Treatment began February 24, 2010. For the first five days, Tchon spent eight hours a day at an Iowa Cancer Care Oncology Associates, hooked up to an IV that pumped him full of fluids and medicines. At 17, he was the only one at the clinic without a single gray hair on his head.

Only a few weeks prior, Tchon's biggest concerns were homework or deciding to pick up an extra shift at his after school job at the Hy-Vee Drugstore. Now he had to fight every day to live.

After the first five days he received chemo twice a week, an hour a day, for three weeks. The same cycle continued for three months.

Nothing had dragged on so long in his life. Nothing could keep him entertained

## C A N - C E R Q U I C K



48.8% of testicular cancer cases happen in men ages 20-34.

# 15.3

The percentage of men who will be diagnosed with prostate cancer at some point in their lifetime.



Percent increase in prostate cancer cases over the past 10 years.

Statistics obtained from The National Cancer Institute.

# NOVEMBER



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MAJOR PARTNERS

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-- not books, not movies, not even even video games. All he wanted to do was get up and move. Tchon's family, family friends and church pastor kept him company. He appreciated it, but was irritable and never felt like talking. The pressure to entertain the people there to support him was overwhelming.

"I'm sitting here. I'm uncomfortable. I'm feeling sick. I don't want to be forced to have conversation," he said.

Chemotherapy took its toll. Tchon's hands were covered in painful blisters, he couldn't sleep, everything he ate tasted like copper, his hair was falling out and even his sight began to deteriorate.

Stripped of energy, Tchon spent time out of chemo at home watching TV. School, his social life and playing the trombone in marching band were put on hold.

"I felt like the world was on pause during that whole time, yet the same time things were still going on," he said.

Being cooped up made him restless. He missed his old life, his cancer-free life. He missed his social life, even school. Tchon wanted to be anywhere else but isolated in his own home.

Sometimes he could muster the strength to go see his friends, but even

that was more than he could handle. Half the time, after showering, he was completely exhausted, too weak to walk out the door. When he did get out, all he wanted to do was go home, feeling too worn out to socialize.

Simons was used to seeing Tchon everyday. It was hard for him to watch his best friend go through something so scary, but it was even harder not having him around. Weeks would go by without seeing Tchon.

"I don't want to say I felt deserted, but there were times when I felt like I had lost him actually," Simons said. "It was almost like I had lost him because he wasn't there, which is kind of scary when you think about it, because that would be terrible if we had actually lost him."

Tchon was a very outgoing kid at Linn-Marr High School and a lot of students knew him. When word spread about his cancer, he was overwhelmed by an army of new friends and supporters.

Everyone always wanted to talk about his cancer, but Tchon wasn't talking. He hated the pity. Everyone wanted to know how he was doing, and even though he was miserable, he felt obligated to say he was doing well.

Everyone at school asked Simons how Tchon

was doing -- even the lunch lady. He always brushed it off saying Tchon's headstrong and stubborn ways would surely beat the cancer. Underneath the thick skin was a distressed best friend.

"The fear of losing your best friend, you can try to hide it but it was definitely there," Simons said. "Every time I told someone it was going to be OK, I was scared, because what if it wasn't?"

Tchon didn't want to fall behind in school, so his teachers and friends helped him make it through the semester. Everything was sent to him, from take home tests to chemistry labs. Most of it he had no idea how to do, since he wasn't there in the classroom learning the material. His teachers were understanding. It was the first semester in high school he received all As.

"It's almost like I cheated my way through the semester," Tchon chuckled.

Another round of testing had gone by, and the results had come back clean. Chemo would end soon and his life could resume. Two weeks crept by until Tchon woke up knowing he was about to finish his final chemotherapy session. This session would be the worst of them all.

Because he opted to get a new IV every time he

**WANT TO JOIN THE FIGHT AGAINST PROSTATE AND TESTICULAR CANCER? CHECK OUT [WWW.MOVEMBER.COM](http://WWW.MOVEMBER.COM) FOR MORE INFO.**



received chemotherapy, it took his nurse almost 20 minutes just to find a working vein. Tchon was sweaty and weak, the nurses covered him in damp cloths to keep him from passing out.

It was almost over. He'd been fighting a three month battle filled with agonizing chemo sessions and countless hours spent laying in bed and missing out on life. He lost a part of his own body, but the battle was finally coming to a close.

On May 11, 2010, after a two hour long final chemo session, Jordan got to ring the golden bell hanging on the hospital wall, symbolizing the end of his battle with cancer. As his caretakers gathered around him for a photograph, Jordan smiled, feeling all the weight of the world that had crashed down on him being lifted off of his shoulders. He had won the battle.

Tchon left the hospital that day a survivor.

He took all the misery and frustration that was his fight against cancer and placed it behind him. More than ready to get back to school and his social life, the transition was smooth

since his best friends had kept everything between them normal.

"I transitioned into normal life way easier because they treated me the same as they did before," Tchon said.

However, no matter how badly he wanted things to be normal there were still a few obstacles he had to overcome.

It took him six months to gain back his physical strength. He lost some feeling in his fingertips and still has poor circulation. His hair eventually grew back, but it grew back a little too thin, so even to this day he proudly rocks a bald head and says he wouldn't want it any other way.

"I don't even really like hair touching my head," he said, explaining how strange hair feels anymore.

Simons and Tchon were roommates their freshman year at Iowa State. Having just come out of a difficult time, freshman year wasn't easy.

Tchon went through a stage of severe anxiety and had difficulty with trust. He was skeptical about who his true friends were. Were they just another person

who felt bad for him?

Tchon eventually learned to put the cancer in his past and use it as a positive experience.

It made him more appreciative and grateful for what he has, and how quickly and easily it can all be taken away. He learned this lesson at 16.

"My biggest advice is that if something is uncomfortable, just go get it checked out, because the sooner the better," he said. The risk far outweighs any possible embarrassment.

---

## TCHON'S TIMELINE

FEB 7, 2010

TCHON EXPERIENCES  
UNBEARABLE PAIN  
FOR THE FIRST TIME

FEB 8, 2012

TESTS CONFIRM  
TWO TUMORS IN  
TCHON'S LEFT  
TESTICAL

FEB 24, 2010

CHEMOTHERAPY BEGINS



# How to touch your balls ..to check for cancer.

We're not assuming you don't know how to touch your balls. You've probably been doing it everyday since you were just a wee young lad. Next time your hand is down your pants, why don't you use that precious time to check for anything out of the ordinary, too? Hell, it could end up saving your life.

The good news is, testicular cancer remains a relatively rare form of cancer - according to the American Cancer Society, a man's chance of developing testicular cancer during his lifetime is about one in 270. But according to the American Cancer Society, rates have been steadily rising over the last few decades. Men between the ages of 20 to 34 are the most at risk.

Most people who contract the cancer would not know they had it unless they felt the tumors during a self-examination.

"Unfortunately testicular cancer typically presents itself without any pain. People have a lump and they would never know it unless they actually felt for it," says Dr. Dean Juguilon of McFarland Clinic.

Juguilon suggests that men do their self-examinations while they are in the

shower, because, you know... that's when they hang a little lower and looser, if you catch our drift.

Hold your penis out of the way to check one testicle at a time. As you roll the testicle between your thumb and fingers you are looking for hard lumps, smooth rounded bumps or any change in the shape, size or feel of the testicles.

If anything looks or feels like it doesn't belong - and you should know, they're your balls and you know them well - go in to a doctor and get it checked out.

Yes, we know how much it sucks having a strange man in a white lab coat put his hands on your love muscle. But hey, maybe this time around it will be a sexy nurse, just like in that porno! Hooray for staying for healthy!

MAY 11, 2010

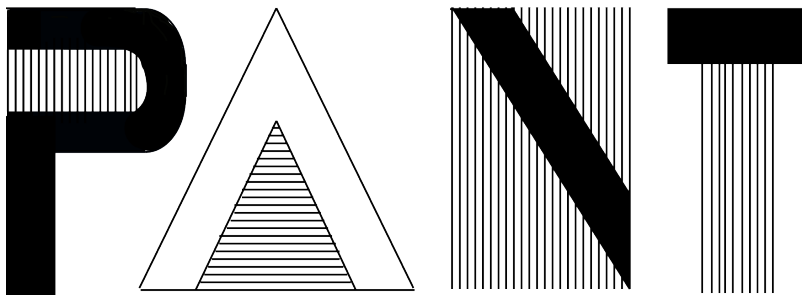
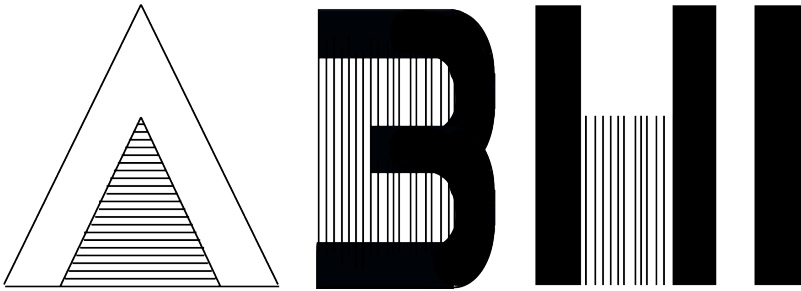
TODAY

TCHON RINGS  
THE GOLDEN  
BELL, SIGNIFY-  
ING BEATING  
CANCER

TCHON IS A  
CANCER-FREE  
JUNIOR AT  
IOWA STATE

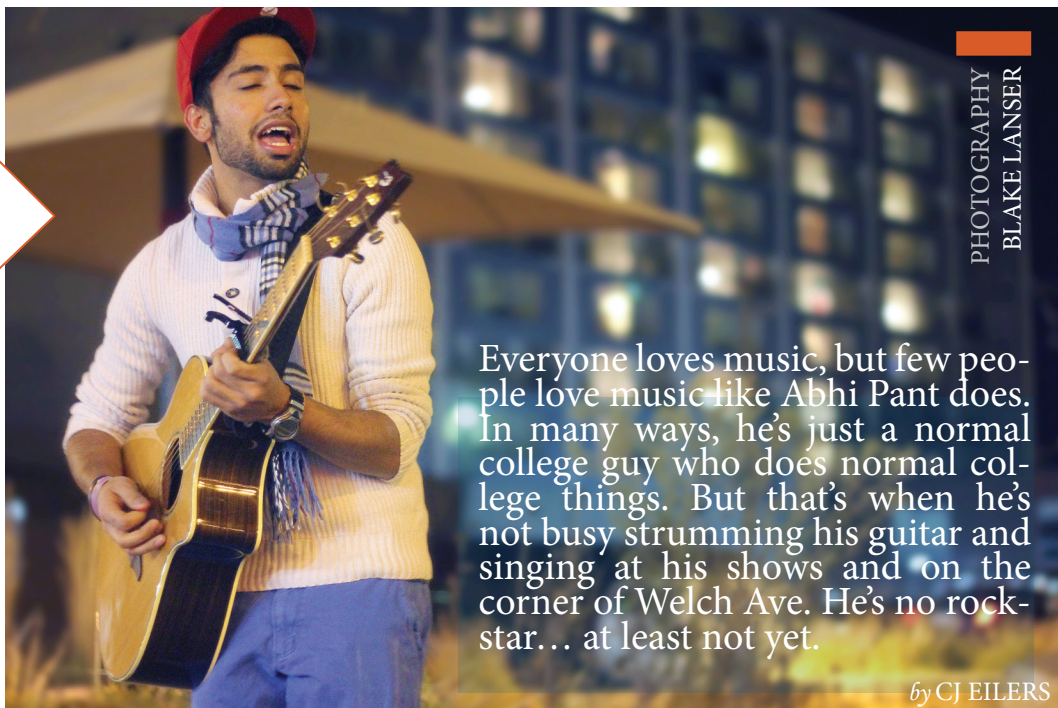


WHY



IS ON THE RISE





PHOTOGRAPHY  
BLAKE LANSER

Everyone loves music, but few people love music like Abhi Pant does. In many ways, he's just a normal college guy who does normal college things. But that's when he's not busy strumming his guitar and singing at his shows and on the corner of Welch Ave. He's no rockstar... at least not yet.

by CJ EILERS

## EARLY BEGINNINGS

Abhi Pant still remembers how heavy the Les Paul felt in his 14-year-old hands. Its red and yellow paint gleamed. The guitar still serves as a reminder of his musical beginnings and a homage to his idol, family friend Guaray Saini, the one who handed him the guitar with equally powerful words, "Thank me when you are accepting a Grammy."

He hasn't won any Grammys (yet) but we think he's well on his way. A member of Sigma Phi Epsilon, it seems too fitting that his cover of Jay Z's "Holy Grail" caught a lot of Internet attention thanks to a shout-out on TotalFratMove.com. Sure, the writer compared Pant's hair to Miley Cyrus'

new do, but he also said his signing "knocked it clear out of the park." Not to mention the amount of traffic he sent to the YouTube cover that recently surpassed 27,000 views.

These monumental numbers had modest beginnings, all starting with a typical jam sesh with Saini and an acoustic guitar.

"I would go to many of his concerts," Pant said, a junior in Industrial Engineering at Iowa State. This night was seemingly normal. After a show everyone returned to Saini's house for dinner. Afterward, Saini and Pant started playing together like always but this was the first time Pant had ever played acoustic guitar. "It was one of the coolest jams because I was

playing guitar with an idol of mine," Pant remembers.

This time was different to Saini and he saw something in Pant that spurred him to hand down his own guitar. "I was quite touched by Abhi's burning desire to learn and perform," Saini said.

That guitar was so much more than just a gift to Pant. "When he gave me his guitar, he not only gave me a new instrument to fiddle around with but he gave me something to strive for," Pant said. In that moment, Saini had sparked the flame for Pant's self-described "forest fire" of a music career.

Since then, Pant has indeed strived. A multi-talent musician/singer, Pant plays piano, drums, guitar, santoor (an Indian instrument) and

"I try to create an atmosphere where everyone goes through a similar emotional roller coaster together."



sings. His older sister, Arohi, believes that Saini's guitar was the birth of the artist in Abhi, even at such a young age.

"Abhi was fascinated by all these instruments that Guarav had," Arohi said. "He got his first electric guitar from him. It was the first instrument that he was excited about getting."

He has played gigs supporting national acts such as Drop City Yacht Club,

## THE ABHI EXPERIENCE

Creature Feature, Green Tea and Nearly Flightless and has

headlined local shows here in Ames. Despite the differences in the sizes of these shows, Pant says that the atmosphere of his performances remains the same.

"I try to create an atmosphere where everyone goes through a similar emotional roller coaster together," Pant said. "It's the artist's job to make people listen to them."

One of Pant's earliest public performances is recounted by Saini, which was during the Indian celebration

of Diwali. While still learning, Pant got up during a gathering and made his best attempt at a Green Day.

"The funny thing was that the occasion and the audience was not the right kind," Saini said. "The audience was there to listen to live religious/cultural devotional songs; not punk! This did not faze Abhi. He did his thing, bowed and left."

Pant doesn't just stop with bringing his energy and experience to live shows. He takes this philosophy





with him into the studio as well. In addition to being an engineering major, he is a student of music production.

“In recording, I mainly try to be as genuine to my objective and message as possible,” Pant said. However, he explains that there’s more to it than that. “There are so many aspects of production: the size of the room, the sound you want, the beat. It’s all part of the artist you want to be.”

Pant has a wildly eclectic taste in music, and has been

influenced by everything from metal to funk. His mother, a Indian classical musician, provided him with music from that genre while his sister introduced him to Western styles of music.

“He would listen to music with me and tried to imitate the vocals,” Arohi said. “That’s when he started to sing.”

Arohi is a huge fan of her brother’s music. She listens to all his new recordings he posts on his music pages, and always shows off new songs to her friends.

“It’s his passion. He loves music,” Arohi said. “His passion makes his music what it is. He’s taken a few classes for his instruments, but it’s really his drive that makes him play so well.”

Pant has been involved with multiple projects over the last few years. Two of those projects include Bull of Arc and The Underwater Elephant.

## HE’S LOCAL

Bull of Arc was an alternative band that featured other Iowa



State students, with Abhi singing and playing guitar. The band started performing in venues across Ames in January of 2012 and they soon had opportunities to travel and expand their fan base. However, different expectations led them to disband for the time being.

The Underwater Elephant is Pant's current project. For the most part, it's an experimental solo project, but Pant collaborates with artists

## ECLECTIC INFLUENCES

like Nnamdi Igbokwe, a local amateur rapper. Unlike Bull of Arc, Underwater Elephant finds itself drawing from rap, R&B, hip-hop, electronic pop and other sources.



“A lot of it is also influenced by the sounds I’ve heard in the different countries I’ve lived in,” Pant said. “Basically, I’m trying to get out of my comfort zone with this project and try completely new things. The project is about 5 months old and so far it’s been super interesting.”

A member of the Sigma Phi Epsilon fraternity, Pant has played multiple shows for several Greek events, including the Greek Bash 4 Hope that was organized by Hope 4 Africa, a non-profit student organization that raises money to promote education in Africa. Meredith Whitlock, president of Hope 4 Africa, explains how Abhi has



become a fixture in the Greek community.

“People really enjoy Abhi’s work because he does his own music and other’s music,” Whitlock said. “He promotes himself so well and he’s a really nice, down-to-earth guy.”

Whitlock met Pant at another music event that her organization puts on, Muziki 4 Hope. The event featured Bull of Arc this past spring. Meredith and her team enjoyed Pant and his band so much that they asked him to play for them again this semester.

**“He’s entertainment at your fingertips,”** Whitlock said. **“You don’t come across guys like Abhi all the time.”**

Pant has also taken his talent to the web, independently releasing his material on sites like YouTube and Soundcloud, including his “Holy Grail” cover.

The video has caught the eye of several acts such as nationally acclaimed indie

RYAN BUSH COURTESY



## UNRELENTING ENERGY

with Abhi does anyone wonders.

“The best part about working with Abhi is feeding off his creative energy,” Igbokwe said. “It’s weird, but when I perform with him, I get that energy that you don’t get from performing alone. He can know the difference between a good or bad melody, just like that.”

Although unsure where his career in music will lead, he is excited to try new things. Currently, Pant is working on an EP through his Underwater Elephant project and plans to have it released on January 15th. At such a young age when he was first handed a guitar, to supporting national acts today, Abhi Pant plans to keep making music forever.

“The fact that my dad’s buddy believed in me enough to just hand me a Les Paul encouraged me tons. So it really did mean a lot and I promised him big things. Now I live and breathe music and the fire will only stop burning when I’m done living.”

group Young the Giant, as well as several DJ’s who are interested in working with him.

“I’ve been working with two recently,” Pant said. “Ozzie is a DJ from the UK that does a lot of crazy, trance electronic songs. Then there’s DJ’s Neverendingstory. We are releasing a single I did with Danny Cole and Nnamadi called Brainstorm.”

Success and attention doesn’t seem to affect Pant and how he takes every chance he can get to play shows in Ames. During weekends, you can sometimes find Pant on Welch Avenue on the warmer nights, playing guitar and singing near the bus stop across from Kum and Go. Passerbys stop their partying for a few minutes to listen to Pant play. The amount of people who stop and listen hardly matters to him. He just wants people to enjoy themselves.

“I just do it whenever I feel like it,” Pant said. “For me, it’s a way to to practice and it’s such a cool experience to have

someone stop, listen, smile and sing along.”

However, not everyone enjoys his street playing.

“A guy from a bar tried to take the mic and sound system away from me,” Pant said. “I had Charlie Fovey, a football player, around to help with drunk people, and he stopped him.”

Still, Pant enjoys playing in Ames. He explains that Ames itself is a music scene that continues to grow and grow.

“I think Ames is like a melting pot,” Pant said. “There is so much different stuff and definitely has an up and coming music scene. I think the one thing they need is more festivals, more outreach and more appreciation.”

As for future plans, Pant plans to continue working with DJ Ozzie, though he is unsure when the final product will be finished. His project with DJ’s Neverendingstory, “Brain Storm,” which features Igbokwe and Danny Cole is on SoundCloud and YouTube. Igbokwe feels that working





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# COLLEGE ATHLETES

## ON A PAY-

PHOTOGRAPHY  
BLAKE LANSER

by DEAN BERHOW-GOLL *design* ALEX HUS

Iowa State's athletic director Jamie Pollard is more than prepared.

Like a lawyer, his case is foolproof. Every possible question has an answer at the ready. He's been through this before.

When it comes to something like the topic of paying college athletes, Pollard has a concrete opinion that's well researched. He should, after all, following Sept. 25 and his string of tweets regarding the nationally covered issue.

He wants people to understand the other side of the issue about paying college athletes. Do athletes deserve it? Does their scholarship provide accessibility to a college degree, which could lead to success after graduation?

So why aren't athletes given a chunk of the multi-million dollar pie that the NCAA reaps every year?

Pollard would argue that athletes are already paid — and he does it with substantial evidence.

"I could make the argument that we already have a payroll," Pollard said in his corner

office of the Jacobsen Athletic Building. "It's our scholarship bill and our academic assistance."

Last year, Iowa State spent "x" amount of dollars on each student athlete. What all goes into the final sum? Six items: books and academic support, out of state full scholarship tuition and room and board, sports medicine and medical support, strength conditioning and nutrition, uniforms and equipment and team travel.

So what is the average cost Iowa State spends on a student athlete every single year? That little "x" comes out to \$62,713. Over a four-year career as a student athlete that not-so-little-anymore "x" grows to nearly \$251,000.

Every student-athlete on Iowa State's campus has a job, and that's the sport they're a part of. The walk-ons aren't making any money from that job, only the ones on scholarship.

It's much deeper than just paying the players. If you install something like that, suddenly it's a whole different ball game. Now we're discussing things like employment laws, worker's comp, unemployment, union laws and agents.

If we're still technically calling this a job - what about hiring or firing students?

"Think about it - you didn't perform this week, so you're fired," Pollard said. "Or they're going to unionize, so who gets paid more money, the swimmer or the football player?"

A Huffington Post study done in August shows that four out of five kids work at least part-time to help pay their way through college. One way Iowa State helps all students is with grants.

For athletes on a full ride, they're free to do whatever they please with that lump sum, whether that means putting it towards their education or using it to buy a brand new plasma screen TV.

Let's compare a student-athlete's perspective. Take Jeremiah George - Iowa State's middle linebacker and the Big 12's current leading tackler. He's on the other side of the equation.

He's one of the potential faces of Iowa State's football program, which brings in millions of dollars for the university and he believes athletes deserve a greater portion of that money to help deal with things like rent, clothes and food.

"There's got to be something more because there are guys around the country, guys on this football team who struggle and could use a little bit of extra help," George said. "That's why you hear the stories of guys selling their gear and getting in trouble. It's not that they're greedy, it's probably because they need more [money]."

Iowa State's scholarships cover room, board and books, but sometimes that's not enough for athletes. Even last summer while in Ames for training, Deon Broomfield and Jacques Washington had to make a little extra cash on the side by delivering pizzas at Pizza Ranch

right here in Ames.

But does Iowa State's football coach Paul Rhoads think college players are paid? Does he think Iowa State pays its players?

"We do, we pay them a full scholarship that in their time here amounts to at Iowa State anywhere from \$125,000 to \$150,000," Rhoads said. "That's a lot of scholarship. I'm paying for my son's education. That's a lot of money."



The biggest point Pollard makes is from an educational standpoint. The biggest thing a scholarship offers to student-athletes is accessibility and affordability.

The scholarship is a gateway into college for some student-athletes. With that education, they have better odds in the workforce.

"The cost of education is so high, it's not accessible to everybody," Pollard said. "So when you think about it, college athletics is providing access and affordability to those that can least afford college

and would not have access to college had they not had a scholarship."

Simply cutting a check to every athlete isn't a solution, but right now it's universally understood that they need more help.

Neither side is there yet, but it's clear that Pollard has the well being of the entire body of student-athletes in mind, not just a select few.

"I think it should be need-based," Pollard said. "To me that's the crux of it. That keeps it amateur-based. That's where I envision something will happen — There will be more ways to help student-athletes."



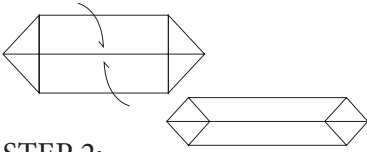


# HOW TO ORIGAMI



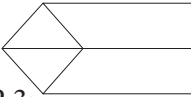
## STEP 1:

Fold paper in half from left to right, then unfold. Repeat fold and unfold from top to bottom.



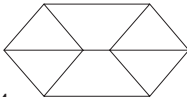
## STEP 2:

Fold each of the four corners to the center line. Then, fold the long edges of the paper towards the center line. Next, fold in half from right to left, then unfold.



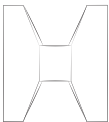
## STEP 3:

Fold and unfold each half downwards and back, creating an x-shaped crease at the center of the origami model. Fold the item in half again, folding the middle part inward along the creases.



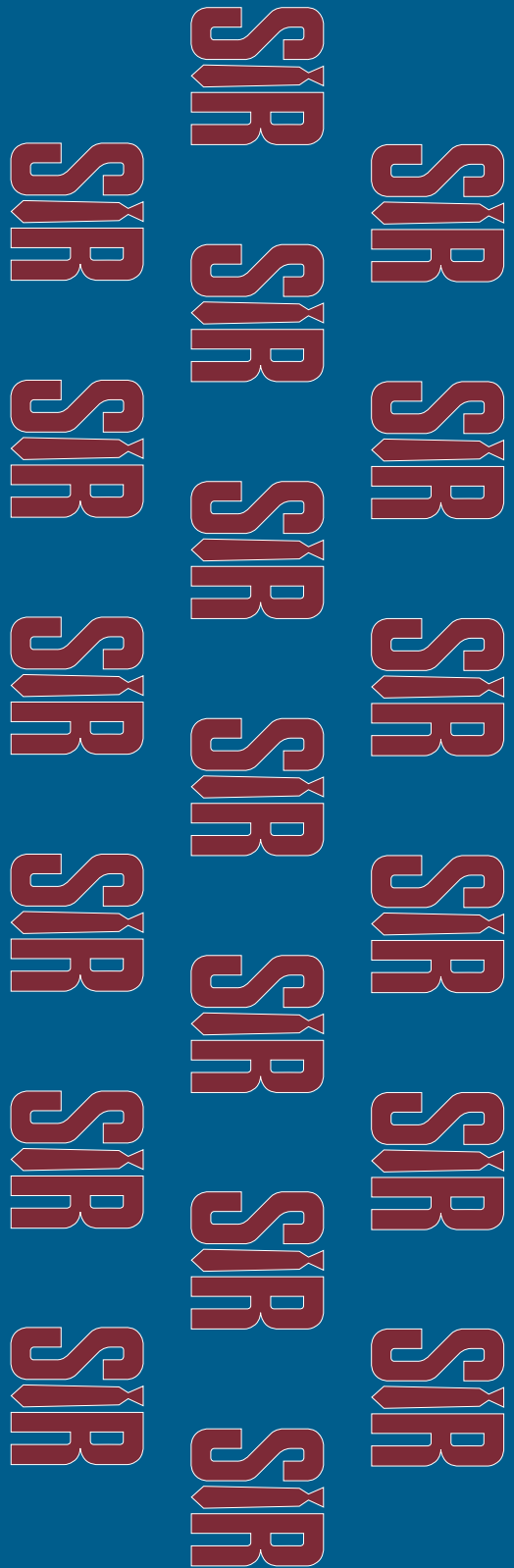
## STEP 4:

Unfold the upper flap, creating it from the top right corner to the bottom right corner. Fold the left flap backward, bringing together the left and right corners of the item.



## STEP 5:

Fold the upper layers of the left corners to meet the center line. Fold the left corners backward to meet the center line. Finally, unfold the item and expand the central area.



# 5 Questions

GSB President **Spencer Hughes** talks about what the student government is up to, how to have a good time at Cyclone sporting events and even slips in some fashion advice.

by MICHAEL FINN

## GSB's biggest development this year?

Reform. We changed the executive compensation structure so more money goes to student organizations. We're also working on our online presence to provide more ways to share and receive information.

## How are you handling the record high enrollment?

Student organization activity skyrocketed, so we handled that by increasing funding for many of them. We also make sure the enrollment issue is always on the administration's mind, saying, "Let's think about housing, food - all that."

## The ISU Alert system has some obvious flaws. How has the GSB dealt with it?

I think that the alert system is a great tool that we have, but nowadays, I mean... It's 2014, the university has channels that can communicate much faster, like Twitter. I think they need to utilize those channels more.

## Best spot on Welch Ave?

Welch Ave Station. Laid-back vibe and big TVs. I go there a lot to watch games. That's my kind of speed.

## Your job must be stressful.

### How do you let loose?

My biggest release is definitely through Iowa State athletic events. I love going to them and I'm often in the front row. I love heckling the other team at basketball games. Once I had to yell at the BYU coach because he was wearing brown shoes with black pants. All the players were just staring at his shoes like they were confused. Hilarious.

## Brown shoes with black pants? That's a huge no-no.

Yeah, seriously. How can you mess that up? He needed to be yelled at.



PHOTOGRAPHY  
BLAKE LANSEER



# CLASS MATING 101

One man's guide to turning that cute girl in class to a cute girl who loves you (or hates you).

by DAN COLE

It's the first day of class. A fresh semester of half-assed academia lies ahead and you really don't know what to expect. There are a few certainties, such as the fact that you're sure as hell rocking sweatpants to syllabus day because self-respect isn't an actual thing and neither are the haters, my man.

Other certainties include the mid-lecture snooze & drool, Friday absenteeism and a whole new slew of women for you to come dangerously close to interacting with. You'll see a few you like, that's a given. But will you see a few you get to do the "no-pants dance" with? Few have gone there successfully. Meeting a girl in class and initiating any kind of body-to-body interaction with her is not a feat that's often carried out. Many entertain the idea

(including yourself, perv), but it takes a special breed of man to put his plums on the desk and say, "Hi. So umm... Sex?"

Today, Sir, you are that man. I know it's scary. I know you'd prefer to sit in the back row with your predator telescope and observe from a distance, but that's not your style anymore and the professor called campus security on you last time. Today... you go for it.

## FINDING THE ONE

Realistically, there could be 75-100 girls in this class that you see and like. Really, anything with long hair and body lumps. You're young and haven't yet been trained to tell the difference between an attractive girl and a warthog, but use your patience here.

Scan the area, take notice

of style and surroundings. Maybe she's wearing a shirt supporting your favorite sports team. Maybe she's pregnant. Maybe she's carrying a weapon. These are things that need to be addressed.

## INITIATE CONTACT

Once you've made your selection, it's time to initiate contact. This could take anywhere from one class period to three months depending on your confidence and the kind of weapon she's carrying. Assuming you're a mid-level confidence guy and she's toting a Taser, it'll probably take a couple weeks and just a few thousand volts of electrocution if you do it right.

From here it's all about picking the moment to walk up to her, stick your foot in your mouth and ruin your



life. Moving one seat closer to her every day is a strategy. It's a creepy one, but who are you kidding? Everyone knows you once altered your route to class by 35 minutes just so you could follow a girl in yoga pants. You're creepy and we're not judging.

A key moment may be when the professor allows you to work with partners of your own choosing. It is at this time that I suggest hurdling desks and rows like a drunken Olympic hurdler. This is YOUR shot to have a no-nonsense chat with this gal and it's time to capitalize. If you survive and are able to be her partner for this assignment, don't say too much. If she laughs at anything you say, immediately fall silent for the remainder of the class, better yet your entire life. You want to leave her with the best possible memory of you and anything else you say is likely to result in eternal loneliness and probably a Fleshlight.

## POST-CONTACT

Well, she knows your name now. I don't know how it happened but it did and you probably feel pretty cool. Well shut up, because you're not cool. You're nothing. Let's get a phone number.

Refrain from dressing like an asshole now, probably. Save the sweatpants for snuggle time with Mom and buy one or two shirts with a collar. If you look good, you'll feel

good, which will help you feel like less of a societal shit-stain.

You could randomly inquire about a phone number in class, but it's best to give a reason for why you need her number. This could range between anything from wanting to meet her at a party this weekend to wanting to list her as an emergency contact on your Culver's application. As long as you're casual about it, it's fine, stud.

When you get the number, don't over-text her. It's nice to let her know you're somewhat interested, but I'd stray away saying things like, "Where are you?" or "Why aren't you texting back?" or "Did you get the nude karate pics I sent you?"

## GAME TIME

If by any stroke of miracle you've made it to this point of the plan then I'd like to congratulate you. If you're brave enough to keep going then the youth of America will study you someday.

It's at this point that you want to meet her at a party or a bar or some social setting on the weekend so that other people and large quantities of alcohol are both present. Have a stiff drink, turn your charm on and roll the dice on departing the venue with her. If you do, you know how to close the deal and I won't go into that here because this isn't Penthouse Forum, my dude.

.....

It happened. Wow. You are a legend. If it went well, savor that moment forever.

If it didn't, it's time to drop the class and/or transfer schools. You did what you had to do, and your new life will respect that. It worked for me, and that's why everyone at UC-Santa Clara knows me as Chuck Armstrong, professional cretin.

## WHO THE HELL IS DAN?

Dan Cole is an aspiring stand-up comedian and a senior in journalism and mass communications. He has performed at venues throughout the Midwest, placing 1st out of 25 contestants at 'VEISHEA Says I'm Funny' in April of 2013 and finishing in the top 25 out of 275 contestants at Acme Comedy Co.'s 'Funniest Person In The Twin Cities' during the summer of 2013. Dan hopes to turn comedy into a profession after he graduates in May. Dan brags a lot.



THANKS FOR KICKIN' IT WITH SIR.