Meet The Staff

Nico Ortega
Editor-in-Chief

Nico Ortega is a senior Mass Communication Major from Delta, CO. He previously served in the Marine Corps for four years before coming to CMU in 2016 originally studying Computer Science. Nico started writing for The Criterion in the Fall 2018 semester. This is his first year as the Editor-in-Chief.

Alison Standish
Art & Life Editor

Alison is a sophomore here at CMU. She is originally from Aurora, IL and is majoring in Mass Communications. Alison hopes to one day become a writer and travel around the country. She can’t wait for her second semester of being the Art and Life editor!

Maddie Hager
Opinions Editor

Maddie Hager is a junior Mass Communication major at CMU. She came to The Criterion last year and this is her first year as the Opinions Editor. Some of Maddie’s favorite activities include complimenting her succulents, hiking to new heights, tie-dying anything that can fold and gossiping about fictional characters. After graduation, she hopes to work in public relations while living in her home state of Colorado.

Savanah Lee
Social Media Editor

Savanah is going into her second year at Colorado Mesa University and majoring in Mass Communications. She joined The Criterion in Fall 2019 as a writer and became the Social Media Editor in Spring 2020.

Noah Stahlecker
Managing Editor

Noah Stahlecker is the Managing Editor of The Criterion. He is a senior Marketing and Mass Communication student and has been with The Criterion for the last two years. Because of his time with this organization, he has fallen in love with photography and is considering pursuing it after school.

Josh Coleman
Sports Editor

Josh Coleman from Parker, Co, and is a junior Mass Communications major. He joined The Criterion the second semester of his freshman year to gain experience in order to pursue a sports journalism/broadcasting career. One day he hopes to be on a sports debate show on any of the major sports networks. In his free time, he typically watches whichever sporting event is on, hangs out with friends, or play PlayStation to unwind.

Mikayla Olave
Photo Editor

Mikayla Olave is currently a junior at CMU. She is working towards a major in Mass Communication with a minor in Graphic Design. She loves photography being outdoors, soccer, boxing, and going on random adventures with friends. Along with graphic design, photography has been a passion of hers for as long as she remembers. Her favorite types of photos to take are sports photos or anything in nature.

Sierra Fortin
Accuracy Manager

Sierra is a sophomore Mass Communication major at CMU. She came to The Criterion in the Spring 2020 semester. This is her second semester as the Accuracy Manager.

James Rich
Web Designer

James came to CMU in 2018. He is currently majoring in Animation, Film, Photography, and Motion Design. He has previously worked for both CMU-TV and KMSA 91.3fm. This is his first semester as the Web Designer.

Brenna Barkley
Assistant Sports Editor

Brenna Barkley is a junior Mass Communication student and this is her third year on The Criterion staff. This is her first semester as the Assistant Sports Editor.

Elias Born
News Editor

Elias Born, a junior Mass Communications Major. He loves movies, animation, and everything pop culture. Elias received the 2020 Damon Runyon Award from the Denver Press Club, and hopes he can improve upon his work this year.

Elias Born

The Crite 2020
A MAVERICK’S GUIDE TO DEALING WITH HOMESICKNESS

by ALISON STANDISH
Art & Life Editor

The transition between high school and college can be, for some people, one of the most jarring and scary transitions they will ever go through. For others, it barely makes an impact. However, there is one thing most college students can agree on, and that’s that it’s a common experience to miss the home you moved away from. Whether that means feeling nostalgic for the streets in your hometown, longing for face to face contact with your best friends or missing your parents, homesickness comes in many different forms and many different degrees.

Regardless of how you experience homesickness, the first step to overcoming it effectively is to recognize that it’s normal and natural to miss your home. It doesn’t matter what relationship you have to your hometown or your family, whether it be positive or negative. However, junior Mikayla Herrera said that she advises against taking frequent trips back to your hometown, because doing so can make it more difficult to assimilate to college life.

“The first year can be really difficult to overcome because there’s just so many new things going on and you may have a hard time finding some friends you really connect with. Hang in there! It’ll get better,” Herrera said.

She also said that even though it might take time to find the friends you truly connect with, you should never settle for anything less than people who make you feel safe and comfortable with who you are.

“Try new things and find what sticks for you and maybe join a group full of people who have the similar passions and goals as yourself. Don’t get discouraged if you don’t find your group right away, it typically takes some time and don’t settle either,” Hererra said.

Sophomore and student ambassador Ana Carbojal, who’s an out of state student, said that that making her dorm room into a place that felt like home was very important to her when it came to overcoming homesickness.

“I tried my best to make my room a home and keep a steady schedule to fall back on, controlling the things I could, like studying and staying on top of homework,” Carbojal said.

She also noted that professional therapy was a valuable resource for her.

“I [regularly went] to therapy to work through all the new emotions and feelings with moving away,” Carbojal said.

For students really struggling with moving away from home, student counselling resources are available in the Student Wellness Center. The Student Wellness Center employs a variety of therapists who are fairly easy to make appointments with, and students’ appointments are typically covered under most insurance plans. A session charges a 5-dollar copay. The Wellness Center is located across from the Health Sciences building and is open from 8am to 8pm Monday-Saturday and Sunday from 12-4. Students can make an appointment by calling 970-644-3740.

GIVE YOURSELF THE TLC

by MADDIE HAGAR
Opinions Editor

Lower division courses can be some of the most challenging to take at college, so there is no shame in seeking help when you need it. The Tutorial Learning Center (TLC) offers free resources to assist with this frustration. Located in Houston Hall at Colorado Mesa University (CMU), the TLC provides free tutoring to students in online, In-person and in group settings. Peer tutors are available to assist with general 100 and 200 level classes, and in some instances, upper-division course tutoring is offered. Hours of operation for the TLC are 11 a.m. to 3 p.m. Monday through Saturday.

Along with the TLC, there is a Writing Center in Houston Hall dedicated to brainstorming, drafting strategies, time management and the revision of papers. There is also an opportunity to upload writing assignments and receive a review of your work within two business days.

Students must schedule an appointment before going to the TLC or Writing Center. Tutors are understanding of the difficulties that come with assimilating to certain assignments and writing expectations.

There a few requirements before walking into a tutoring session. The TLC asks that you try the assignment on your own first, prepare specific questions for the tutor, bring your assignments, notes and books with you, be prepared to ask what you would like help with and be willing to try.

English Learner support and a computer lab with a printer are also available resources for use at the Writing Center. Students are trained to become a tutor after receiving an A or B in the course they want to tutor, and they must have at least a 2.70 GPA with faculty recommendations.

There are two other TLC locations at CMU’s Montrose Campus and Western Colorado Community College.
**DORM MEALS: BREAKFAST**

Today we are going to make an omelette in a Mason jar. This is a great recipe that can be stored in the refrigerator, and it only takes 90 seconds to cook.

To start, you'll need to grab a Mason jar as well as two eggs, one strip of bacon, a little bit of spinach, cheese and maybe some tomato or bell pepper–depending on your taste.

The bacon takes roughly a minute to cook in the microwave per slice, so if you don't have bacon made already it's a really easy thing to do. To make one slice, just wrap it in a paper towel and put it in the microwave for one minute. If you don't feel comfortable making bacon this way, you can buy the bacon bits premade.

Then, we're going to crack two eggs, drop them in the Mason jar, and stir them up. Next, cut up the piece of bacon into little bits and then add those to the mixture. After that, you'll want to chop up a little bit of spinach, sprinkle that in and add bell pepper. You have the option to substitute the bell pepper with tomato.

Lastly, we're going to sprinkle a little bit of cheese and add some salt and pepper to the mixture. Put the Mason jar lid back on, shake the mixture up, and put it in the refrigerator.

When you're ready to eat the omelette, take the mixture out of the refrigerator, take off the lid and put it in the microwave for about 90 seconds to two minutes. After that, you can eat the omelette right on the spot or put the lid back on and run to class with it.
SURVIVING FRESHMAN YEAR

by ALISON STANDISH
Art & Life Editor

Freshman year is a year full of new experiences and transitions. The freedom of being away from home, making new friends and growing into your own person all make freshman year truly unforgettable. But even with all of these positives, freshman year can be seasoned with quite a few difficulties. During this stressful time there are many things to consider: academics, friendships, being away from home and, in 2020, the threat of a global pandemic. However, there are many ways to effectively deal with the stress of freshman year. Here are a few tips from CMU’s own, Mavericks who have already lived through their first unforgettable year of college.

Sophomore Lauren Ratcliff said that one of the most helpful techniques for her during her freshman year was to surround herself with friends and most importantly, stay busy.

“Just surrounding yourself with friends [helps],” Ratcliff said. “And the first thing I did was joined the club dive team and the little fun volleyball team and I think that really helped me keep a level head about the stress of starting actual college classes.”

During the time of social distancing, the freshman experience is a bit different. However, even in the midst of our unconventional circumstances, there will be plenty of opportunities for freshmen to get out and meet new people and enjoy fun activities. Events hosted by various different clubs and organizations on campus will still be held, with social distancing in mind.

Sophomore Naomi Ramirez said that one of the main things that helped her out during her freshman year was establishing a close relationship with her roommate. Being close, or at least open, with your roommate can really help the first few months of the college experience feel a lot less scary.

“Get really close with your roommate. Get to know each other really well. That way you guys know when the other person is stressed out or when the other person is not feeling okay,” Ramirez said. “You can kind of help them or know when to respect their space and not be loud. When you have a problem, they will most likely help you.”

Getting to know your roommate is especially crucial during the time of COVID-19, because according to social distancing guidelines, it’s better to spend minimal time with people and more time in isolation in your own personal dorm. If your roommate situation isn’t working out, talk to your RA about it and they will most likely be able to help you switch.

Even during the time of social distancing, however, it’s still a very good idea to spend time getting out of your room and experiencing college life while still being careful. Senior Dane Anger said that something that helped him during his first year of college was spending time outside.

“Not sitting in my room alone helps me cope with stress. [Instead I] go on drives, go to the Point or the Library or outside the library throwing a frisbee,” Anger said.

CMU also has many opportunities for students to get up and get out, including downtown Grand Junction walking distance from campus and the Colorado National Monument just a few miles away by car.

No matter how you choose to experience your freshman year, the most important thing to understand is that it won’t all be new and scary forever. These first few months are just the beginning. Stay strong Mavs!

FINDING SUCCESS IN A DIGITAL WORLD

by NOAH STAHLLECKER
Managing Editor

In the light of the novel Coronavirus pandemic that took the world in early March, much of our lives have been moved to a virtual world. This includes how we interact socially with friends, conduct meetings and how we work. University classes are not an exception to this new way we conduct our lives.

Online classes are making up a majority of class options on campuses across the nation, and Colorado Mesa University (CMU) is no exception. Though there are still choices of face to face classes, there are many online classes now being offered. Some students may have had their entire schedule converted online, while others may have a few or no online classes.

Online classes can be intimidating, especially if you have never done one before. However, if you follow these five tips for success, you can be successful in your online classes.

1. Schedule your classes.

It can be tempting to do your online class whenever you want – it’s one of the perks of having an online class – yet it’s not the best way to do an online course. In my own experience, having a set time during the week to work on my online courses helped me so much more than when I worked on them when I felt like it.

By setting a time to work on your online class, you give yourself less of a chance of forgetting you have the class and missing assignments. Schedule your class for three hours a week – like if you were meeting in person – and be diligent in working on that class during that time.

2. Remove distractions

Online classes pose a different kind of difficulty when it comes to getting work done. Unlike a face to face class, you do not have a professor there to moderate the amount of distractions in the classroom. This can make it very easy for some students to get distracted by their phones, online shopping, friends, Netflix, etc.

When you set a time to work on your class, minimize the amount of distractions during that time. Place your phone on do not disturb, remove yourself from high traffic areas – where friends or roommates may distract you – and turn off Netflix, Hulu or any other distracting service.

3. Location

A part of removing distractions is where you are located when working on your online class. Finding a place that has minimal distractions and low amount of traffic is ideal when working on an online class. Some good spots are the library or Escalante’s terraces.

4. Study groups

While it may not be possible to meet in person for study groups, you can still meet virtually through Zoom, Teams or even FaceTime. Forming a study group from your online class is a very helpful way to make sure you are on top of your assignments, ask your peers questions when you do not understand a concept and gives you another way to study concepts by quizzing each other.

5. Utilize student services

There are many different services provided to students to ensure they are successful. CMU wants you to succeed and make it to graduation. Utilize the services offered to you. The Tutorial Learning Center (TLC) and Writing Center have peer tutors that can help you on any class you may be taking. These tutors had to pass with a B or higher to be tutoring, so you will be in good hands.
5. Coffee Trader

This coffee shop prides itself on being authentic Colorado coffee as well as being locally owned and operated. What separates Coffee Trader from other coffee places is their eagerness to make personal connections with the customers instead of being a business focused solely on their product. It is also home to some of the best espressos in town.

2648 Patterson Road, Grand Junction, CO 81506
Open daily 6 a.m. to 5 p.m.

WHERE TO GO FOR YOUR COFFEE CRAVING

Coffee is a key ingredient for any college student who has suffered the unfortunate late-night cram sessions or the early morning classes. It is a vital part in surviving for those who have acquired the taste. Coffee shops are the best places to satisfy the craving, catch up with friends or use as a place to study.

1. Kiln Coffee Bar

The obvious winner is Kiln Coffee, as it is frequented by many college students and is conveniently located on Main Street. It is home to the best chai latte in town and provides a great place to socialize or study. Kiln is popular among college students for its great coffee, study environment and friendly staff.

326 Main Street, Grand Junction, CO 81501
Monday through Friday 7 a.m. to 6 p.m.
Saturday through Sunday 8 a.m. to 5 p.m.

2. Copeka Coffee

This quaint coffee shop is located close to campus and is one of the best places to study and caffeinate. The atmosphere is perfect for getting those last-minute projects or papers done and is a cozy place to catch up with friends.

1012 N. 5th Street Grand Junction, CO 81501
Open daily 7 a.m. to 4 p.m.

3. Four Winds

Four Winds is arguably one of the better places off campus to study as it provides a peaceful workspace with coffee access, all that a college student needs to succeed. Four Winds even has free study rooms for CMU students. Their iced coffees are some of the best in town. Four Winds is conveniently located a couple blocks north of campus.

1235 Bookcliff Avenue, Grand Junction, CO 81501
Monday through Friday 6 a.m. to 10 p.m.
Saturday 8 a.m. to 7 p.m.
Closed Sunday

4. Octopus Coffee

Despite being farther from campus than other coffee shops, Octopus Coffee makes the list for its high-quality coffee and espresso. It is a great place to take a breather from the stress of college life and fuel up on their variety of drink and food choices.

795 Horizon Drive, Grand Junction, CO 81506
Open daily 6 a.m. to 3 p.m.

5. Coffee Trader

This coffee shop prides themselves on being authentic Colorado coffee as well as being locally owned and operated. What separates Coffee Trader from other coffee places is their eagerness to make personal connections with the customers instead of being a business focused solely on their product. It is also home to some of the best espressos in town.

2648 Patterson Road, Grand Junction, CO 81506
Open daily 6 a.m. to 5 p.m.

6. Roasted

Roasted Coffee not only has tasty beverage and snack options, they also provide a welcoming environment for anyone in the community. The staff always has great energy and it is one of the best places in Grand Junction to kick back and relax with some friends.

502 Colorado Avenue, Grand Junction, CO 81501
Open Daily 6:30 a.m. to 5 p.m.
Happy Hour from 2 p.m. to 4 p.m.

7. Mountain Air Roasters

Located just off of Main Street, Mountain Air Roasters coffee is owned by a veteran whose goal was to provide the best coffee in town. The coffee beans are imported from different countries around the world, offering a large assortment to choose from, which there are no bad choices. This is not a traditional coffee shop because they only sell the raw beans but is more than definitely worth it to get some of their international products.

126 N. 7th Street, Grand Junction, CO 81501
Monday through Friday 7 a.m. to 6 p.m.
Saturday and Sunday 8 a.m. to 4 p.m.

Coffee shops are one of the most popular places frequented by college students, so it is important to find the best ones in town or the best coffee in town to quench your thirst for that either late night or early morning cup.

by MIKAYLA OLAVE
Photo Editor
LESIONS LEARNED FROM A GLOBAL PANDEMIC

by MADDIE HAGER
Opinions Editor

Turmoil from the COVID-19 pandemic has changed our everyday life in simple and profound ways. With the general population divided amongst topics like health practices and politics, our society will continue to be challenged well after an immunization for the novel coronavirus has been established.

Since social practices were altered to accommodate the normalization of distancing and self-quarantining, mental health among the masses has suffered. Fear over your health and those around you, along with differing reactions to stress over the varying effects of COVID-19 has increased anxiety and loneliness among individuals. The CDC offers insight into the ways in which different professions and lifestyles increase suffering and how to combat that. Social isolation, homelessness, substance abuse and working in the food industry are some of the many instances of struggle being dealt with. Coping with differing circumstances comes in all different formats. For teens and young adults specifically, the ability to internalize the effects of a pandemic increases with mental preparedness like educating yourself with reliable sources, physical precautions such as wearing a mask in public, and talking thoughts and feelings out with a trusted source. With the overall mental health for this age group being so vulnerable, the risk of suicide increases alongside instances of violence and isolation.

From abuse to bullying, sexual assault, depression, anxiety, and other overwhelming stresses, it is important to support one another during this time. There are many sources that offer tips for college students navigating life right now.

A key factor in healing is acknowledging that your feelings are justifiable, and you are worthy of expressing them. Maintaining a routine with daily goals, adequate nutrition, and physical activity, along with keeping good sleep hygiene, connecting with others safely, and taking breaks are key in managing mental health while attending college.

In a time occupied by social distancing measures and the internet’s ability to bring us together, digital depersonalization poses a risk to our views of reality: With the balance between the real world and virtual imagery being offset, some individuals have “adapted to the digital substitutions for real human life,” and become disconnected from reality, according to Psychology Today. With an emotional gap between real and digital experiences, individuals might feel more alone now than ever before.

During this trying time, empathy for other’s life circumstances and struggles should be a standard. After all, there is more than a virus endangering humanity at the moment. With widespread civil unrest in the U.S., the ongoing humanitarian crisis in Yemen, the Syrian Refugee Crisis, internment camps in China and other crises, the world has become well-acquainted with pain and distress. This should not deter us from bettering ourselves and how we treat others, but rather unite us in the fight for equality in instances small and catastrophic.

Living through a pandemic has emphasized the importance of education and supporting those around us who are shaped by differing life circumstances. By actively working through trauma and societal polarization, we will persevere towards a new normal.

HOW TO APPLY FOR THE CMU MICROGRANT

by ELIAS BORN
News Editor

Colorado Mesa University (CMU) is offering a micro grant worth up to $1,000 for students financially impacted by COVID-19.

An online form is provided for those requesting up to $250, and a meeting with an IRIS advisor must be scheduled to apply for the full $1,000. A portion of the funds has been allocated for incoming freshmen. Part-time students and attendees of both Bishop Campus and WCCC are also eligible to apply for the grant.

Available from funds provided by the Coronavirus Aid, Relief, and Economic Security (CARES) Act passed in March, CMU hopes to aid 2,500 total students, having already provided over $1.2 million to almost 1,000 students. Over $3.5 million was allocated to grant relief.

“We will spend all of the $3,534,190 CARES-student portion funds on students,” CMU Public Relations Director David Ludlam said in an email statement.

Students may apply for the grant until March 2021, but given the limited nature of the funds, it is encouraged to apply sooner rather than later.

Students must affirm they have experienced financial hardship due to COVID-19 in order to receive these funds. Financial hardship is defined by the legislation, so even though all students may request funds, not all students may receive them,” Ludlam said.

LUNCH

by NICO ORTEGA
Editor-in-Chief

For lunch we’re making an easy recipe: mac and cheese. You’ll need macaroni, cheese, water, milk, salt and pepper for flavoring.

First we want to measure out about half a cup of macaroni noodles. Remember our mason jar from breakfast? You could either use that as the dish you’ll heat up or choose a microwave-safe mug or bowl.

Then add half a cup of water to the dish. At this point, we need to put it in the microwave to cook for two to three minutes.

After the macaroni is done cooking, pull it out of the microwave and add a splash of milk and about a fourth cup of shredded cheese. Now, add the salt and pepper, stir and put it back in the microwave for another 30 seconds.

Once everything is cooked and the cheese is all nice and creamy, go ahead and pull the mac and cheese out of the microwave, wait for it to cool down and enjoy.
Clubs and Organizations at CMU

7 Thunders Club
Religion
cm7tc@gmail.com

AAPG Petroleum Geologist
Academic Organizations

Accounting

Academic Organizations

ACDA: American Choral Directors Association
Departmental
rmjuhner@mavs.coloradomesa.edu

AITP: Association of Info Tech Professionals
Academic Organizations

Alpha Chi Honors
Honorary

Alpha Sigma Alpha
Greek

Alternative Spring Break
Programming/Service

American Association of University Women
Programming/Service

American Sign Language Club
Academic Organizations

AMP: Animation, Motion, Photography
Academic Organizations

Anime Club
Social/Recreational

Anthropology

Archaeology Club
Social/Recreational

Association of Feminist, CMU
Cultural

Biology Club
Academic Organizations

Business and Marketing Club
Academic Organizations

CEC: Council for Exceptional Children
Academic Organizations

Chemistry Club
Academic Organizations

Chi Alpha, Mesa Outpost
Faith-Based

Christian Challenge
Faith-Based

Christian Student Fellowship
Faith-Based
dassantoro@mavs.coloradomesa.edu

Circle K International
Programming/Service
tmglandte@mavs.coloradomesa.edu

Clay Club, CMU
Academic Organizations

CMU Mountain Biking Club
cgweidenbach@mavs.coloradomesa.edu

CNAFME - National Musical Education,
iihoffman@mavs.coloradomesa.edu

CMU Mountain Biking Club
cgweidenbach@mavs.coloradomesa.edu

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iihoffman@mavs.coloradomesa.edu

CMU Mountain Biking Club
cgweidenbach@mavs.coloradomesa.edu

CNAFME - National Musical Education,
iihoffman@mavs.coloradomesa.edu

Cultural

Cyber Security Club
Academic Organizations

dance society

Dance Society
malyfan@mavs.coloradomesa.edu

Delight Ministries
Faith-Based
ajames-moore@mavs.coloradomesa.edu

Delta Sigma Phi Fraternity
Greek

Drama Society/Club and Thespian Society
Academic Organizations

E-Club Entrepreneurship Club
Academic Organizations

Engineering Club, Mesa Motor Sports
Academic Organizations

Engineers Without Borders - CMU
jcqaraqui@mavs.coloradomesa.edu

English Club Sigma Tau Delta
Academic Organizations

ESports Club
Social/Recreational
Esports@coloradomesa.edu

Exercise Physiology
Academic Organizations

Faith Life
Religion

Fellowship of Christian Athletes
Faith-Based
fcs@coloradomesa.edu

Femme Noir
Cultural

Film Production Club
Media

Fish and Wildlife Club
Academic Organizations
carvinkemmer@mavs.coloradomesa.edu

Forensic Science Club
Academic Organizations

Gamers of Western Colorado
Social/Recreational

Gamma Phi Beta
Greek

GEMS: Graduate Education and Medical Sciences
Academic Organizations

Grand Valley Campus Ministries
Religion

Growth Initial Volunteers

GVGH: Grand Valley Gearheads
Social/Recreational

Homebrew Club, Maverick
Social/Recreational

Hospitality Management Club
Academic Organizations

mhdonnai@mavs.coloradomesa.edu

International Justice Missions
Faith-Based

Intervarsity Christian Fellowship
Faith-Based

Jugglers Club
Social/Recreational

Kappa Mu Epsilon, Co-Delta
Academic Organizations

Kappa Sigma, GJ Colony
Greek

Landman & Energy Management, CMU
Academic Organizations

Latter-Day Saints
Faith-Based

League of Legends
Social/Recreational

Master Plan Ministries
Faith-Based
smllinda@mavs.coloradomesa.edu

Math Club
Academic Organizations

Maverick Barbells Club
Sports

MED: Mesa Emerging Designers
Academic Organizations
assocutor@mavs.coloradomesa.edu

Mesa Catholic Campus Ministries
Religion
jpmcman@mavs.coloradomesa.edu

Mesa Theater Tech Society
Academic Organizations

NAMI: National Alliance on Mental Illness, CMU
Social/Recreational

NATIONAL: National Society of Leadership and Success
Honorary

NIST: National Science Teacher’s Association, CMU
Academic Organizations

Panhellenic Committee, Greek Life
Greek

PBL: Phi Beta Lambda
Academic Organizations
dparram@coloradomesa.edu

Percussion Society
Social/Recreational

Phi Alpha Theta
Honorary

Photography Club
Social/Recreational

Physician Assistant Student Society
Academic Organizations
pgood@mavs.coloradomesa.edu

Political Science Club
Political

Pool Club
Social/Recreational

Pre-Law Society, Law Society
Academic Organizations

Printmaking Guild
Departmental

Psi Chi
Honorary

Psychology Club
Academic Organizations
cjaitil@mavs.coloradomesa.edu

Public Relations Club
Media
mjnickle@mavs.coloradomesa.edu

Real Tech Radiology Club, Radiology
Academic Organizations
cjaitil@mavs.coloradomesa.edu

Ratio Christi

Kaplan University

Rho Sigma Tau Honor Society of Social Work
Brandowall@mavs.coloradomesa.edu

Science Fiction Club
Social/Recreational

Sculpture Guild
Academic Organizations

Cher@mavs.coloradomesa.edu

Sexual Assault Prevention Club
Social/Recreational
cjaitil@mavs.coloradomesa.edu

Society of Hellenic Professionals
Academic Organizations

Society of Professional Journalists
Academic Organizations

Social/Recreational

Sports

Special Needs Advocacy Alliance
Social/Recreational

Sport Management Student Association
Academic Organizations

spyton@mavs.coloradomesa.edu

Stone Mavericks
Social/Recreational

The Bard
Sports

Theater Club

The Social Work Club

amjanuary98@gmail.com

The Talk
Academic Organizations
communicationstudies@coloradomesa.edu

Theta Xi
Greek

Trapp and Skeet Club
Sports

Truth Matters
Social/Recreational

Upsilon Pi Epsilon (Computer Honors)
Honorary

Volleyball Club
Social/Recreational

Winter Fest

Wolverine Club
Social/Recreational

Zeal Young Adults
Faith-Based
Navigating a new town and its culinary scene can be overwhelming, so here are five establishments that are worthy of your business and offer big payoffs for your taste buds.

1. Jimmy’z Hamburger

Located across the street from the northern end of Colorado Mesa University's campus, Jimmy’z Hamburger sets itself apart from fast food counter partners by offering diverse options, a laid-back dining environment and a commitment to local customers. The menu highlights nine different hamburgers made with quarter or third pound beef patties, as well as sandwiches and sides that include fries, chili fries, onion rings, zucchini and side salads. Summer hours of operation are 11 a.m. to 9 p.m., and in the winter Jimmy’z closes at 7 p.m. The establishment is closed on Sundays year-round.

2. Main Street Bagels

This Artisan bakery and café has offered breakfast sandwiches, pastries, coffee, bagels and refreshments at their family-owned bakery and cafe since 1995. Located in Downtown Grand Junction on the corner of Main and North 6th Street, the dining environment of Main Street Bagels is made complete by the art gallery within the café that features the work of several different local artists. Customers can come in for a homemade pastry and depart with a one-of-a-kind piece of artwork. Main Street Bagels’ hours of operation are 6:30 a.m. to 4:30 p.m. Monday through Friday and 7 a.m. to 4:30 p.m. on Saturday. The restaurant is closed on Sundays.

3. Fiesta Guadalajara

Down the street from the southern end of Colorado Mesa University's campus is a family friendly Mexican Restaurant called Fiesta Guadalajara. There are five different locations within Western Colorado, with each one being locally owned and operated. The combination plates and horchata are just what you need for a boost of energy during finals or for an escape away from the Caf. Portions are hefty, and each meal usually comes with enough for leftovers. It’s a gift that keeps on giving. Fiesta Guadalajara opens up at 11 a.m. and closing times fluctuate between 9:30 and 11 p.m. daily.

4. Bamboo City & Mongolian Grill

When craving Chinese food in Grand Junction, Bamboo City is a good go-to option. This restaurant offers Chinese, Asian and Mongolian cuisines. Located off Patterson Road, the menu showcases items such as lemon chicken, moo goo gai pan and Pad Thai, along with a walk-through Mongolian grill. Flavored boba drinks and special teas are also available for purchase. Whatever you end up ordering will easily become a personal favorite.

5. The Goat and Clover Tavern

This Great Britain and Ireland-inspired restaurant and pub located in the heart of Downtown Grand Junction is another unique addition to the Grand Valley food community. The Goat and Clover offers authentic brunch, lunch and dinner menus. Guests can choose from brunch items like mimosa flights for those 21 and older, as well as skillets, biscuits and gravy, and omelettes to name a few. The full menu includes appetizers, an array of alcoholic beverages and lunch/ dinner specialties that showcase items such as fish and chips and Shepherd's pie. Open for limited seating, takeout and delivery, hours are temporarily altered due to the coronavirus pandemic and are posted on their website.

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**GET YOUR FOOD FIX IN GRAND JUNCTION**

**by MADDIE HAGER**
Opinions Editor

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**Dinner**

**by Nico Ortega**
Editor-in-Chief

For dinner we’re gonna make some quesadillas. With this recipe, you’ll need two tortillas, cooked chicken slices, half a bell pepper sliced into strips, a packet of taco seasoning and some cheese. You can add sour cream if you want something to top it off with or some guacamole on the side. We’ll start by getting tortillas on a plate and microwaving them for about 45 to 60 seconds. Next, pull the plate of tortillas out of the microwave. In a small bowl, mix the chicken slices with the bell pepper slices. Once that is mixed up, add a packet of taco seasoning into the mixture, and put it in the microwave for one minute. Once the mixture is out of the microwave, scoop and spread it on one of the tortillas. Then, sprinkle cheese over the whole mixture and place the other tortilla on top. Our now constructed quesadilla will go back into the microwave for another minute, until finished. Once the quesadilla is out of the microwave and cooled down, it is ready to eat.

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*Nico Ortega for The Criterion*
FACT VS. FICTION: COVID-19

by ELIAS BORN
News Editor

For months, different information has been floating around the news cycle about the novel coronavirus COVID-19. With students returning to Colorado Mesa University (CMU), there is a greater need than ever to get the facts straight. Here are a few myths busted about coronavirus.

Myth: The coronavirus is just like the flu.

COVID-19 and influenza do have similar symptoms such as a fever, cough and runny nose. They are also both transmitted through droplets in the air such as a sneeze, and can both be potentially severe or fatal.

However, COVID-19 has a litany of other symptoms that are still being figured out, and there is no vaccine available like there is with strains of influenza. According to the John Hopkins University of Medicine, COVID-19 also can have serious effects on the lungs, heart, kidneys and brain in ways that are still being explored.

The novel coronavirus on average infects 2-5 people, versus the flu’s 0.9 people.

“This particular strain of coronavirus, or SARS-CoV-2, is a novel virus, meaning that we haven’t ever seen this virus before. Most flu, cold-like other viruses we see that are very seasonal, are viruses that have actually morphed into another, different type of the same kind of virus, but our bodies already have a little bit of immunity built up to it,” CMU professor and co-leader of the Safe Together, Strong Together program Dr. Amy Bronson said. “Since this is a new virus, our bodies have not gone through the process of building antibodies, so we are not as easily able to defend ourselves.”

Myth: You can’t spread the coronavirus unless you’re showing symptoms.

You are actually able to transmit the coronavirus up to five days before showing any normal symptoms.

“Viruses are actually very smart. It’s really important to think about the fact that it needs a healthy host to transmit to in order to keep the virus alive,” Dr. Bronson said. “The virus is able to spread in what we call the incubation or early prodrome stage, two days prior to symptom onset or non-specific symptoms.”

Many infectious diseases feature a prodrome period, and coronaviruses can have one from three to five days in advance.

CMU has plans to help students who are exhibiting symptoms.

“The reality for us is that we’ve got to have multiple types of isolation and quarantine. You can kind of envision a variety of scenarios that we’re going to experience,” CMU Vice President and co-leader of Safe Together, Strong Together John Marshall said. “One is, you’re going to have sick students, like we do every year, where the flu and colds and everything [happens].

Marshall said the university will be careful about if students are starting to experience possible COVID-19 symptoms.

“We’re going to want to get that student on a consult with the student wellness center immediately, and then being able to see a practitioner as soon as possible and likely testing, based on what the practitioner determines,” Marshall said.

The university will also be doing randomized surveillance testing through campus all semester long, looking for prevalence of the virus and trying to identify and isolate it.

Myth: Hydroxychloroquine can cure coronavirus.

Hydroxychloroquine is an immunosuppressive drug approved by the United States Food and Drug Administration that primarily treats or prevents malaria, as well as rheumatoid arthritis and lupus.

Earlier in the year, hydroxychloroquine was possibly found to be beneficial toward treating coronavirus, and has been hailed a cure or treatment by some people, including United States President Donald Trump.

However, a study published in the Annals of Internal Medicine on July 16, 2020, found that the drug was no more effective than a placebo in those who were not hospitalized.

The randomized, double-blind, placebo-controlled study featured participants who were symptomatic, non hospitalized adults either with confirmed COVID-19 or probable COVID-19 and recent high-risk exposure. The study concluded that hydroxychloroquine in no way substantially reduced symptom severity in patients with mild COVID-19, and can be read here.

“When we have a virus that’s new or novel, we have some ideas of potential medications that have treated this type or this family of viruses before, but everything that we’re doing right now for treatment strategies are all piloting, meaning we don’t have a lot of longitudinal, or long-term data to help us determine if these have been effective agents for treating the symptoms that a person is having,” Dr. Bronson said.

Myth: COVID-19 is strictly a respiratory virus.

A respiratory virus affects the lungs, and COVID-19 has been thought to affect the lungs primarily through causing pneumonia. However, it increasingly looks like the virus can also affect the endothelial cells that line the body’s blood vessels, which protect the cardiovascular system.

A study published back in the medical journal The Lancet as early as April 2020 suggested possible heart complications from coronavirus. This could lead to blood clots and further heart problems. Effects are still being researched, and so far COVID-19 cannot be put definitively into one category.

Myth: Once you’ve caught coronavirus, you’re now immune and don’t need to worry about reinfection.

According to the Center for Disease Control’s website (CDC), “In some persons, after testing negative by RT-PCR in two consecutive samples, later samples can test positive again.”

This does not necessarily mean that the patient recovered and later caught the virus - the CDC says that a patient can be clinically recovered for weeks, but viral RNA can still be detected in respiratory samples from said patient.

In a study published in the New England Journal of Medicine on July 21, 2020, the journal reported “Our findings raise concern that humoral immunity against SARS-CoV-2 may not be long lasting in persons with mild illness, who compose the majority of persons with Covid-19.”

Their study found that antibodies in participants had a half-life of 73 days, and said of their findings: “It is difficult to extrapolate beyond our observation period of approximately 90 days because it is likely that the decay will decelerate.”

According to an article by The New York Times, a drop in antibodies after a few months is fairly normal, and it’s unlikely that one can get coronavirus more than once. The article goes on to talk about different ways that the body can fight a pathogen besides antibodies, such as memory T cells.

An absolute statement cannot be made on if one is immune from COVID-19 after infection, and studies on antibodies and other forms of bodily protection are ongoing. The one thing that can be absolutely said about COVID-19 is that we don’t know everything about it. As more studies and research comes out about the virus, we move one step closer to understanding how to deal with this global pandemic.
THE HARDEST GOODBYE

by MADDIE HAGER
Opinions Editor

While transitioning into the traditional college experience, it is a difficult process to depart from those who contributed to the nurture, love and memories that helped raise us. These positive relationships created at home would not be complete without our pets. At Colorado Mesa University (CMU), service animals are permitted to be in areas of public access on campus according to the Educational Access Services. Therapy and emotional support animals are not allowed in campus buildings other than the residence halls if the owner is a resident.

If these circumstances do not apply to students, a difficult sendoff with their pets must take place. Tears, goodbye snuggles and final selfies are snapped, then it is time to say goodbye to the animals that may know us better than any person.

For most students, these furry and scaly friends are more like family. The main difference being our pets cannot easily be called to mend the hardships that come along with distance. Therefore, the well-being of your pets is one of the hardest aspects of moving away from home as a freshman in college. While it is difficult to move away from your pets, it is even harder for your pets to deal with your absence. It is important for your family back home to monitor your pets’ behavior while you are away at college.

If your pets act out from signs of separation anxiety, there are many approaches that can be used to improve their behavior and increase their quality of life. Changes in demeanor with any animal may be signs of the effect your absence has on your animals. Separation anxiety forms differently with each animal. Cats, for instance, do not display their emotions as freely as dogs when they are upset. It is important that your pets get enough exercise and are kept busy with new things to smell and discover. If your pets continue to struggle with your absence, a veterinarian can examine your pets’ behavior and provide mood altering drugs if need be.

There are many routes to take that will ease the personal difficulties that come along with missing your pets: video calling them, getting updates from your family and focusing on your responsibilities at college, to name a few.

During the first few weeks away from your pets, missing them can be overwhelming and occur on the daily. Longing for our best friends manages to get easier as a new version of everyday life takes shape.

After coming home to visit my family for the first time since moving to Grand Junction, I was ambushed with the built-up love my dogs poured out for me through their uncontrollable tail wags and wet kisses. It was a positive experience to see my pets again.

For other animals, it takes longer to warm up to their people again. Despite the different time frames of re-familiarization, the mutual appreciation and love we share with our pets is never lost. After experiencing moments of self-realization at college, your pets will continue to support and love you without any judgement.

BACK TO CAMPUS

by BRENNI BARKLEY
Assistant Sports Editor

Life on campus will likely stay as close to normal as possible for students and faculty at Colorado Mesa University (CMU), but there are going to be notable changes in response to the COVID-19 pandemic. Throughout the summer, the university has worked to create a Safe Together, Strong Together program to make sure the transition back to campus is as smooth as possible.

“I thought that it was a good way to keep us informed throughout the whole summer,” a junior at CMU, Cheyllyne Hirmin said.

CMU students have been updated about these new restrictions along the way in order to ensure awareness that the university is taking measures to keep campus a safe place to return to in the fall.

“I think that the school has done an excellent job handling the situation by taking recommendations through student surveys, as well as the help of health care professionals. I am still a little worried about going back, but I think the way the school has handled all of this will help a lot,” Junior Andra McDougall said.

The Safe Together, Strong Together plan has had the campus reopen in phases. This included opening the Mav Center in small portions and safely moving in students who live on campus. Students and staff will also be required to wear masks whenever they are in buildings on campus.

Even though a majority of students are excited yet anxious to return to campus, there are still a few that worry. There are still questions and thoughts as to what happens if there is a second wave of the virus and how the school will adapt to the new guidelines that keep changing.

A question that was on athletes’ minds throughout summer was whether or not fall sports will be able to compete in their 2020 season. The Rocky Mountain Athletic Conference announced that fall sports such as women’s and men’s soccer, volleyball and football will all play but will have a delayed start to their season. CMU’s Men’s and Women’s tennis programs usually take part in the PacWest conference, which is now said to start January 2021.

With social practices constantly changing and officials coordinating with the Safe Together, Strong Together team to make sure that CMU is a safe place to be, the return back to campus is imminent. For the most part, students are looking forward to seeing friends that they have not seen since before spring break and to have in person classes again.
HOW TO BE A GOOD ROOMMATE

by BRENNA BARKLEY
Assistant Sports Editor

Going off to college is an exciting and unique time in one’s life. You get to live on your own for the first time, and with that, you get to meet new people.

Living in the dorms can set you up to make memories with people who become some of your closest friends. There are many ways to make sure that you have good experiences with your roommate.

Being able to communicate with one another is important. Efficient communication will assist you and your roommate in getting to know each other as friends and improve potential awkwardness that comes with your living situation. Addressing concerns that are important to both of you validates feelings of safety with one another.

“My roommate and I were good with communicating since we first stepped foot into our room,” a sophomore at CMU, Jenna Rush said. “We told each other our schedules so we knew when the other had classes throughout the day. We would always make sure it was good with the other person if we had friends over. I think this was one of the ways that we became close in a short amount of time.”

Listening and compromising go hand in hand with communication. You should listen to your roommate’s wants and needs, but make sure they know yours as well. You should not have to give up everything so they can have their way. If your roommate wants to study and you want to listen to music, plug in some headphones so that you can listen to your music and your roommate also gets their quiet study space.

“If one of us was studying late, we would try to be as quiet as possible so that if the other one was ready to go to sleep they could do that,” Junior Kelly Hanrahan said.

Just because you are sharing a room with someone does not mean your roommate can automatically use your things without asking. On top of that, make sure that you ask before borrowing something off of their desk or wearing one of their shirts for the night.

“Okay fine,” is not consent

If the answer is no at first, but someone is pestered until someone else gets what they want, that is not consent. If the “yes” is given reluctantly and only to get their partner to shut up, it is not consent.

Any sexual experience requires complete willingness from both parties, not just one.

Manipulation is not consent

If there is a power imbalance (i.e. someone owes someone something or someone is being blackmailed) and that imbalance is used to coerce someone into doing something they don’t want to do, that is not consent. This also applies to situations where there is a significant age gap or any other kind of power imbalance where one party is benefited, and the other is harmed. If someone is only engaging in sexual activity to protect their own safety, they have not given consent.

Clothing is not consent

This one is very simple. What someone is wearing means nothing, if they have not explicitly told their partner that they want to engage in sexual activity they have not given consent.

Even when consent has been given, it’s still important to communicate. Consent can be withdrawn at any point throughout the encounter, and both people involved have the responsibility to remain aware, attentive and considerate to the desires of their partner. Sex is a consensual agreement between two people, and consent is something that needs to be given clearly and explicitly.

WHAT IS CONSENT?

by ALISON STANDISH
Art & Life Editor

Consent is often brushed off and oversimplified, but there’s actually a lot more to it than “yes” or “no.” Consent is essential to any sexual experience, but what is consent? Perhaps you think you know exactly what consent entails, that’s great. But this information is important to debrief yourself on regardless. Knowing what consent is can protect you from being manipulated and taken advantage of by others. It can also help you recognize when someone around you is being hurt, so that you can step in and prevent it. In order to recognize what consent is, one must understand what consent is not.

Consent is not given unconsciously

This should go without saying, but if someone is unconscious or unaware of what’s happening, they cannot give consent. They might have consented before they fell asleep or became inebriated, but that doesn’t matter. If, in the moment, they are unable to make clear and conscious decisions, they cannot give consent.

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The life of a college student can be really stressful for several reasons. It’s hard moving away from home, living on your own, and dealing with mass amounts of homework and other extracurricular stress. In the midst of this stressful time, it becomes easy to turn to toxic coping mechanisms.

A great way to cope with the stress of college is to simply widen your perspective. It’s so easy for a student to get caught in a pattern of tunnel vision. I mean, our academic schedules are fairly predictable and somewhat rigid, so it makes sense that we often feel trapped to our regular routine and unable to stretch our perspective beyond the immediate stressors of school, friends and everything else. But it’s so important to recognize just how big our lives really are, and how endless our possibilities can be. One surefire way of widening your perspective on the world is to spend more time outside: specifically, more time hiking.

Hiking is a really great antidote to feeling trapped as a college student. During this time in our lives, a lot of our stress comes from feeling trapped. We feel like we’re being dragged along by the expectations thrown at us from our classes, our extracurriculars and our friends. Oftentimes college students don’t even realize how trapped they feel until they take a moment to themselves. Hiking is the perfect way to take that moment, and then to work through those feelings of frustration. The best part? You don’t even need to think about it! The simple acts of moving, walking and exploring are enough to take our minds to higher places, enough to transport us to a world where we no longer feel like we’re living with tunnel vision.

Not only that, but hiking obviously has a lot of health benefits. While Mavs do have access to the Hamilton Recreation Center and the Mav Pav, I know that working out isn’t for everyone. Hiking is a great way to get a little exercise in while enjoying some beautiful scenery, and it’s less of a production than lifting weights or running miles. We as college students spend so much time sitting down in class and studying, and spending so much time sedentary can have a lot of negative health effects. This is why it’s beyond important to find a physical activity that works for you, and for many people, that’s hiking.

Yesterday I spent about an hour up at the monument, only a 10-minute drive from home. I went alone because I prefer being alone, but I probably would have gotten the same result from the experience if I went with someone else. Being up there, away from everything and surrounded by nature, made me forget about everything that was stressing me out at the moment, and I just started thinking about how big the world is and how small my problems are. I know that going up to the monument is something that I’m going to try to incorporate into my routine this school year, so that I can experience the numerous physical and mental health benefits it’ll provide.

**HIKING SPOTS NEAR CAMPUS**

by ALISON STANDISH

Art & Life Editor

**Mica Mines Trail**

This trail about a 20 minute drive from campus, at the top of the Monument under the Bangs Canyon trailhead. This trail features a lot of sand, because it’s in a canyon. The Mica Mines trail ends in a small cave with many visible shards of shiny mica so it’s a great one to hike at night.

**The Lemon Squeeze**

This trail, also located in Bangs Canyon, leads you through tight spaces in between slabs of rock. Not for the claustrophobic, this trail is slightly difficult but extremely fun.

**Serpent’s Trail**

This is one of the most accessible trails in the Colorado National Monument. This is a good one if you want an easy hike that’ll give you a good workout and an incredible view. The Serpent’s trail is only about 15 minutes away from campus.

**No Thoroughfare Canyon**

This trail, also in the Colorado National Monument, is a moderately easy trail that features a waterfall. This trail is about 5.6 miles and is absolutely beautiful. It takes about 15 minutes to drive to the trailhead from campus.

**Liberty Cap Trail**

The Liberty Cap trail is around 15 minutes from campus and is another one in the Colorado National Monument. This trail is about 13 miles long and is moderately difficult. One thing that’s unique about the Liberty Cap Trail is its beautiful wildflowers.

**Devil’s Kitchen Trail**

This trail is extremely easy to hike, so it’s a great one for when you want to go on a short, fun, no commitment hike. Devil’s Kitchen is only 1.5 miles and doesn’t have a lot of elevation.

**Third Flats Trailhead**

Only about 20 minutes from campus, the Third Flats Trailhead is a fairly flat, well-marked trail that is great for beginners. It’s about 5 miles and has gorgeous views. This is also a great one for mountain biking!
LETTER FROM THE EDITORS

Hey Mavs! If you are a returning student, welcome back to Colorado Mesa University (CMU), and if you are a new student, congratulations on becoming a part of the Maverick Family. This paper is that you are reading is the culmination of hundreds of hours of hard work and dedication from us here at The Criterion staff. We hope it serves as not only a resource guide for new students, but also as a reminder of everything this college has to offer for those who are returning as well.

At this time, we want to give a thank you to Dave Drayer from the Daily Sentinel, who has helped greatly with printing and formatting through every edition and has helped make it possible for us to have a newspaper.

We would also like to give a huge thank you to our outstanding advisor Steve Fox, who has helped us guide us over the past year through tough decisions, encouraging us to become better journalists and above all else, always being readily available to help us succeed when needed.

Finally, we would like to thank our readers, who are reason why we write. Thank you for reading and holding us accountable to not only the content we help produce, but also the ethics and obligations we are bound to uphold.

This year has had many ups and downs so far, and it is still not over yet. Although amid a pandemic, we will continue to pitch story ideas, hand out assignments and bring you the latest information on everything that is going on at CMU.

We hope that you all will stay healthy and continue to read the content we publish every day at thecrite.com and biweekly in our print edition. We also hope that you will continue to follow us on Facebook and Instagram.

If you would like to become a part of our staff, we meet every Monday night at 5 p.m. in our office in room 211 on the second floor of the University Center.