

COLLEGE AVENUE

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Letter from the editor

You would think that it would be easy to listen to the people that are close to you and learn from them. Recognize their best traits and what they have to offer and make it known that they are appreciated.

But sometimes it's not that easy. This semester has been a rough one for a lot of people, for an endless amount of reasons. Personally, I have found comfort in those around me. Making new friends and honestly unsure of how I lived my life before knowing them.

I've learned more than I could have ever imagined this semester, and not just in the classroom. I have never had so many people come into my life all at once and make such great impacts, but all for the better.

Learning to lean on the people in my social and work circles has been a big challenge because I have always been a person with the mentality of "if you want something done right, you have to do it yourself." But this year I quickly learned that I would be burned out really fast if I couldn't rely on others to help me out.

You might think that you know it all, or that you don't need other people's help to be successful in certain aspects of your life. And that could be true to a point. But is incredible how much better of a person you can become and how much your work will improve if you listen to those around you and know when to ask for help.

Whether it be taking fashion advice from the most stylish person you know, or becoming more confident in yourself because those around you believe in the work you do. Listen to what the people around you have to say, and learn from what they have to offer.



Shelby Holsinger
Editor-in-Chief

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Nuance Chocolate

Sending tasters on a sensory expedition

By TAYLOR SANDAL

Fort Collins paves the way to make chocolate tasting expeditions happen. The experience of eating chocolate is special and involves each of the senses: vision, smell, sound and taste. Plus, this particular expedition may help fire good neurotransmitters, specifically dopamine, in your brain. Even thinking about eating chocolate has the potential to produce a slightly euphoric state.

Hannah McCreery, a sophomore at Colorado State University studying health and exercise science, was given small bits of chocolate from Nuance Chocolate in Old Town made from cacao beans from

five different countries: Ghana, Ecuador, Nicaragua, Venezuela and Madagascar. The beans are then roasted and transformed into chocolate in their factory, just blocks away from their café.

According to Nuance Chocolate founder Toby Gadd, his shop is only one of 40 chocolate makers in the country. Most who sell chocolate are chocolatiers who do not make their own.

According to Gadd, “bitterness is a defect from industrial chocolate,” whereas, bean-to-bar chocolate makers work hard to explore new flavors by changing roasting times or differing levels of cacao and sugar, all ending in

a product that is not bitter but “brightly acidic.”

Most people may have developed a positive association with the sweet treat. That positive experience gives tiny boosts of dopamine, and each time it is reinforced it may give a sense of anticipation when you smell it or even read about it. It’s possible you don’t remember when your first positive experience with chocolate happened, but the sensory experience was enjoyable enough to want you to have it again.

The flight includes water and crackers to cleanse the pallet, Nuance Chocolate founder Toby

Gadd said. “Take a small bite of chocolate and let it slowly melt in your mouth,” Gadd said. He used words like “fully-fermented,” “robust,” “rare” and “lush” to describe flavors of different single origin chocolates.

Since the chocolate-tasting experience isn’t just about taste, McCreery said that the Nuance employees were very welcoming and seemed knowledgeable about their products.

It is exciting to feel a sense of anticipation for what you might find on a chocolate-tasting expedition guided by a sense of exploration, especially one that makes our taste buds and brains happy.



Powered by plants

3 vegan restaurants less than a mile from CSU

By TAYLOR SANDAL

There is no shortage of eateries in Fort Collins, including a decent amount of plant-based fare scattered among them.

Olivia Good, a freshman biomedical sciences student at Colorado State University, has dipped her fork into some of the local vegan options, many only a short walk or bike ride away from campus.

"People often think that vegan food is so expensive and that it's a restrictive diet," Good said.

Whether you're looking for mindful eats or wanting to try something new, there are five restaurants less than a mile from CSU that showcase the versatility of plants:

1. Rainbow Restaurant

This breakfast-lunch spot is located directly across from The Oval and offers a cozy interior dining experience. Rainbow has been a family-run establishment for over four decades and has balanced options for omnivores and herbivores alike.

"What eating is about is being mindful of what you're putting into your body, and that's what Rainbow is all about," said Dan Jones, co-owner of Rainbow.

2. Tasty Harmony

It's hard to get much more local than a seasonal quarter-acre backyard garden. Owners Saucha and Jill Steinhauer are fully committed to serving Fort Collins organic plant-based cui-

sine, all while juggling owning and operating a restaurant.

Tasty makes their own cashew cheese that is layered onto dishes and have a whole section of their menu dedicated to smoothies.

3. Gold Leaf Collective

An extension and home-base of local food truck The Silver Seed, this 4-year-old restaurant boasts a 100 percent vegan menu. They create fun versions of traditional sandwiches, like the pulled BBQ mushroom sandwich and grilled zucchini panini with sunflower seed pesto.

For avocado lovers, sliced avocado can be added to any meal on the menu for \$2.

Benefits of eating vegan

4 reasons veganism is healthy

1. RICHER NUTRIENTS

Switching to a meatless diet will inevitably lead you to rely on different foods to get an appropriate amount of nutrients. With an increase of whole grains, fruits, veggies, beans, peas and nuts, there is a higher intake of beneficial nutrients like fiber and antioxidants.

2. WEIGHT LOSS

In many observational studies, it has been found that vegans tend to have a lower BMI. Eating vegan can lead to weight loss because of the restricted calorie intake while eating less food because they tend to be so rich. Even if you don't follow a vegan diet perfectly, it is still likely that you will weigh less.

3. LOWERES BLOOD SUGAR

Vegans tend to have lower blood sugar levels, increased insulin sensitivity and a lower risk of developing type 2 diabetes. There are studies that have found a vegan diet can lower blood sugar levels more than other types of diets. The substitute of meat can reduce the risk of poor kidney function.

4. REDUCE ARTHRITIS PAIN

Studies have reported that a vegan diet is positive for those experiencing different types of arthritis. A vegan diet can increase energy levels and have positive effects in your general function. With a raw vegan diet, it has been proven that there can be improvement in pain symptoms such as joint swelling and stiffness.

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THC bath bombs

Relaxation after stressful midterms

By JAYLA HODGE

From food to beauty products, there is an endless amount of innovative marijuana items on the market. But, there's now a cannabis product that could find an unlikely home: your bathtub.

As popular as bath bombs have become in recent years, it was only a matter of time before someone realized their naturally relaxing properties could be further enhanced by infusing them with THC. The use of topical cannabis is non-psychoactive, meaning THC and CBD do not enter your bloodstream. You won't feel all the same mental effects of being high, but you'll still get to experience the numerous health benefits.

After a long week of midterms, stress and wondering if I'll make it through the end of the semester, a night soaking in a relaxing warm bath of essential oils and weed was enough to convince me to see what the hype was about.

While searching for my effervescent escape, it became apparent just how popular and

sought after this product has become.

The Symphony Bath Bombs box contained three different bath fizzes, each "crafted for luxury relief" and containing 15 mg of THC and 15 mg of CBD among with various essential oils."

For once, a night of relaxing and I were meant to be.

Along with essential oils and scents like rose geranium, patchouli, lavender, sweet marjoram, citrus blends and undertones of cedarwood, these bombs smelled rich and heavy. These oils and the topical cannabis, which includes antioxidant and anti-aging properties that combat wrinkles, sun damage and acne, make a luxurious addition to my skincare regime.

To fully take advantage of the promised tranquility and to invoke the maximum level of relaxation, you have to set up the environment. As the bathtub filled, I queued up a playlist, poured a glass of wine, lit some

candles and applied a facemask. The last step was to drop the bath bomb in and submerged.

TOPICAL THC

- Cannabis-infused topicals are used for a sense of relief.
- It still won't induce that intense "high" you'd get from smoking or ingesting cannabis

After 10 minutes of soaking, it hit. It was high without actually being high. It was like sleeping in on a Saturday after a quality night's rest, knowing you have nothing to do all day. It was like a massage on the beach.

I could feel my relaxing muscles, releasing tight stress I didn't even know I was carrying. Not only was my skin soft and fragrant, but I felt lighter and blissfully calm.

Other benefits of THC bath

bombs extend to pain relief and relaxation, while the added CBD helps combat inflammation that can be associated with everything from arthritis and sore muscles to menstrual cramps.

While researching THC/CBD-infused bath bombs, I stumbled upon a review that described the bath bombs as being more relaxing than post-sex cuddling. When I got out of the bath finally, I understood what they meant.

The bath knocked me out faster than it took the water to drain. I enjoyed a deeply restful sleep, and woke up for the first time in weeks energized and ready for my morning classes.

The hype around these bath bombs is everything they have been made out to be. For those looking for a relaxing getaway, look no further than your bathtub and the nearest dispensary. It is a great alternative for anyone looking to experience the relaxing qualities of marijuana without consuming it and is perfect for the cold winter nights.

Symphony Bath Bombs

Each Symphony bath bomb contains 15 mg of THC and 15 mg of CDB but you won't feel a sense of being "high."

CALM

■ Cedereood, lavender, sweet marjoram, and benzoin. This chorus of scents blends the woody timbre of cedar the floral accents of sweet majoram and lavender.

BALANCE

■ Rose geranium, patchouli, and lavender. This luxurious fragrance harmonizes the earthy tones of patchouli with the blossoming aroma of rose geranium and lavender.

UPLIFT

■ Grapefruit, Bergamot, sweet marjoram, black pepper and rosemary. This bright aroma blends the citrus notes of grapefruit with the spicy undertones of rosemary and black pepper.



Bohemian style

Fashion the way you make it

By KELLY PETERSON

Google defines bohemian as “socially unconventional, artistic people and the areas they frequent.” How does the Fort Collins community define bohemian, bohemian style and the bohemian culture?

Bohemia originated from the French word *bohémien* which meant “gypsy,” however the Middle English word “*bemener*” specifically referred to “a resident or native of Bohemia.” The region of Bohemia was a longstanding kingdom residing in the modern-day Czech Republic.

The Celtic people of the Bohemia region were associated with being warriors, valuing home and existing as a “community of artists.” These associations might have been the start of a century old fashion and cultural style,

especially one that stuck in cities that value art—like Fort Collins.

Colorado State University sophomore theatre and English double-major Kaitlin Kennedy said that bohemian style “is really all about whatever makes you feel the most comfortable in your own skin, whether it be modern or more old-school. Just being able to wear what you want to make you feel the most you,” is bohemian in her book.

It is all about “feeling confident since your style is what you make it,” said senior apparel and merchandising student Elizabeth Demaske.

Demaske said that bohemian fashion most often includes “flowy pants, crochet tops, long necklaces, natural hair and makeup and fun sandals.” One

of the reasons why bohemian culture has taken a hold of the CSU and Fort Collins community is because of popular passions and characters.

“We are casual people. Just chilling,” Demaske said. Part of the bohemian culture, according to Demaske, is that a majority of the local population “cares about sustainability” by buying apparel that is not part of fast fashion.

The bohemian style is more about the product, not really the trend. Bohemian fashion goes against the grain because it “has to do with lifestyle.”

Demaske figures bohemian will probably “never go out of style” because it comes down to perception. “I would never question someone if they said their look was bohemian,”

Demaske said.

Junior English education major Rachel Melton said bohemian fashion “is about self-expression and being your most true self. Sometimes, I want to wear a dress with flowers on it, and other days, I want to wear all black. I think it is about versatility and not having to adhere to certain rules or expectations.” Looking back at the Google definition for bohemian, there is a connection between its denotative definition and what Fort Collins citizens define it as.

Melton said, “Just do whatever feels right for you in that moment. I feel like everyone has so many different facets to themselves.” Bohemian fashion “gives them the space to explore every one of them.”

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Mens style

By **GABRIEL GO**

Being stylish and being fashionable ultimately refers to a single goal: to look and to feel good. It's a common and very natural desire for humans. Who wouldn't want to feel confident in their own skin?

But for men, this tends to be harder to achieve. Growing up, masculine culture tended to discourage any liking for clothing or self-appearance. Traditional masculinity had an aversion to "peacocking" or being meticulous with one's clothes or physical appearance.

But it's 2018, and things have certainly changed as traditional social norms and cultural boundaries continue to interact and merge. Menswear has become a whole lot more accessible. Dress codes continue to relax and streetwear – now synonymous with the part-sportswear, part-workwear and part-skate wear aesthetics of brands like Supreme and modern trendsetters like Kanye West – have redefined the standards for men's style.

"In my mind, it was never an argument between my masculinity and fashion. But in a lot of peoples' minds, it once was. (But), it's now slowly shifting away from that," said fashion merchandising senior Nick Walacavage.

While it helps to be fashionable when developing one's style, there's no need to drop hundreds of dollars or to religiously follow the latest fashion trends to stay stylish. Style is about self-understanding and risk-taking, but a few techniques and tips can go a long way helping project



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Take stock of your inspirations

Style requires care, cultivation and time to develop. But once developed, it becomes deeply personal and powerful storytelling medium. Find out what inspires you and find ways to incorporate it with your look. Often, the first steps towards style inspiration are rooted in family and upbringing.

Who have been the most influential people in your life? What did they wear that stood

out to you? How can you borrow that same element of style as them? The goal isn't to totally assume their style, but to borrow the bits, pieces and quirks that made those people unique.

"The only way I can describe (my style) is 'Black Opulence,'" junior journalism major Ave Martin said. Drawing aesthetic inspirations from hip-hop, jazz, soul and funk music scenes, Martin also

incorporates style lessons learned from his family during his childhood, who opted to dress him in button-up shirts and flannel pants as a baby.

'Black Opulence' is watching someone who came from not much still hold root to that humility," Martin said. "That was my grandfather.

He had his roots in Texas from his father and Pasadena (California) from his mother, but was also in Fort Collins when he was one of very few Black people and was walking in stores saying, "Yeah, that's me, rocking Polo all the time." That was super inspirational for me."



Nail your fit

Fit, referring to how well clothes mold to your body's shape, is ultimately subjective. Looser, baggier fitting clothes appear more casual and relaxed, while slim, tapered fits appear more sophisticated and dressed-up. Thus, how exactly you want your clothes to fit depends on your preferences. Ideally, the fit should still be able to compliment your body's shape, regardless of whether you prefer a relaxed or refined silhouette.

A pair of slim-fitting jeans in a dark wash is always good to have in a wardrobe. Dark-washed jeans can easily be dressed up or down, in addition to complimenting different aesthetics. Good-fitting jeans should fit snugly around the waist without needing a belt but also shouldn't feel too restrictive when moving around. Length, in my opinion, is also up to your preferences, especially if you like the look of cuffed jeans.

For guys with larger thighs, I'd recommend tapered jeans. "Tapered" usually refers to a gradual slimming from the knees and downward, leaving enough comfortable room for the thighs while still maintaining a tailored appearance.

Ultimately, the best way to find the right fit for any piece is to visit a store and try it for yourself. Be warned: Brand sizes will differ from another brand. A size-small on ASOS won't always equate to size-small on H&M. When online shopping, make sure to consult the brand's size guides and have your measurements taken.



Rely on the basics

Some of the best outfits I've seen on campus were nothing more than just a well-fitting shirt and simple, dark jeans. Style doesn't have to be fancy. It just needs to look effortless but well-planned at the same time. This is where basics come to mind.

Much of one's wardrobe will inevitably consist of basics: t-shirts, jeans, chinos, button-ups and sweaters, to name a few. Thus, knowing how to wear basics effectively is a fundamental tenet of style.

Neutral-colored basics are your new best friends. Neutral shades (think blacks, grays and whites) are among the easiest color palettes to use effectively because they pair well with many colors within and outside their spectrum.

Earthier looking colors like brown or tan are also worthwhile additions to a wardrobe, though they don't pair as well with other neutral shades. Brown works wonders when worn in accessories and leather shoes, adding rich pops of color and luxury to blue-shaded pieces. Nothing looks as effortlessly elegant as brown leather shoes paired with a richly indigo pair of jeans.

A good rule of thumb is to keep colors contained to three shades. In my experience, having more than three shades of color tends to create a clashing effect, preventing the eyes from focusing on your silhouette.

Martin and Walacavage agreed that tapered black jeans and white, low-profile sneakers form the backbones of a basic wardrobe.

"You're pretty much on your way to a solid wardrobe if you have some neutral kicks that look good, and some black jeans. You can wear any color (of) top with that and still look good," Walacavage said.



Don't let the clothes wear the human

The path to style is paved with bad jeans, buyer's remorse and serendipity. It takes time to refine an aesthetic, and many lessons will be learned by trial-and-error. But, there's one quality that determines if an outfit of the day succeeds or fails: confidence.

It's a cliché to say that the key to success lies in confidence. When it comes to style, however, the adage is true. The way you carry your clothes matters more than brand, trendiness or quality. Style is supposed to broadcast your personality. Your personal aesthetic shouldn't ever have to feel forced, nor should it have to be propped up by the price tags or brand names of your ensemble. Style comes out naturally, though it requires nurture and experimenting. Find comfort and creativity in the pieces, outfits and risk-taking you've learned to rely on, and experiment with trends from there.

"Comfort breeds confidence ... The extrinsic reveals the intrinsic," Martin said. "When you rock something, you're wearing you. You can tell."

Don't be afraid of accessories

Walacavage was particularly adamant that "men should stop being afraid of accessories." Admittedly, accessorizing still stumps me from time to time. Accessories are often associated with jewelry, which I've noticed to be something of an acquired taste for most guys. Jeweled or not, effective accessorizing can instantly refresh an aesthetic.

Scarves, hats, watches and belts are great for contrasting an outfit's color palette and aren't as hard to wear as jewelry.

Generally, shoes should roughly match the color of one's belt. This is especially true for leather shoes and formal events. For more casual looks, feel free to ditch the belt.

Try wearing a scarf or hat which directly contrasts the color scheme of your outfit. Consider pairing an all-black ensemble with a deeply shaded red scarf for an unexpected pop of color.

While jewelry can be costly and intimidating to pull off, Walacavage pointed out that jewelry doesn't have to be expensive. "There's, like, \$8 chains and they're stainless steel," Walacavage said. "You don't have to ball out to look good. Simple accessories are cheap, and you can thrift for those too."

Accessories are particularly eye-catching when used to contrast an ensemble. "Contrasting basic t-shirts with jewelry is so dope," Martin said. "Throw on some old Levi's, (half-tucked) black t-shirt with a chain ... It's such a simple outfit, but you feel so good."



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Meditation

How being mindful can change your day

By AUSTIN FLESKES

It can only take 10 minutes to turn a stressful day into a better one. It just takes effort into being mindful.

A survey by the American Psychology Association showed that 61 percent of college students seeking counseling reported anxiety as their primary reason. But focusing on mindfulness might just be the key to helping you get through the day, and part of that mindfulness can come from meditation.

"These practices have been around for well over 2,000 years," said Viviane Ephraimson-Abt, manager of resiliency and wellbeing for the Colorado State University Health Network. "They were developed to deal with the complexity of human life, which is unending."

Ephraimson-Abt added that studies conducted at CSU showed that 10 minutes of mindful practice a day can cause a boost in mood and a decreased perception of stress.

"It doesn't mean the stress goes down, it just means 'I am more able to handle it,'" Ephraimson-Abt said.

Keith Ela, a meditation instructor at the Shambhala Meditation Center echoed the routine of meditation, saying individuals can give themselves 10 minutes a day to be mindful and meditate to tap into what is bothering them.

"Just to know how you are doing, how you are feeling,

allows some of the stress to drop away," Ela said.

Ela added that when people begin to meditate and focus on meditation, they can connect with people and listen on a deeper level.

"When we begin to touch into our own humanity, then we begin to know that other people are feeling the same thing, the same sad, high pressure environment," Ela said.

However, mindfulness and meditation comes differently to everyone, and everyone must experience it differently.

“There are differences between the different meditation techniques. So if you don't feel comfortable with one, try a different one.

Keith Ela

"There are differences between the different meditation techniques," Ela said. "So if you don't feel comfortable with one, try a different one. Don't give up on the exploration into what it means to be a human."

Practicing mindfulness in any way can not only help lower stress levels, but help people experience a decrease in self-doubt.

"If you are more able to say to yourself 'I am having a hard time right now, and this is part of being human,' then you are more likely to stay in the game,"

Ephraimson-Abt said.

Sunday Miller, a second year graduate student studying for her masters in public communications and technology with a journalism emphasis, said for college students who are at risk of mental health issues meditation is a good way to stop problems early.

"Meditation is a good way to tackle our self-esteem, our stress levels, and help us help ourselves," Miller said. "You can't do anything for anyone else before you have helped yourself."

This practice can be hard to get into, but it's important to not give up even if you think you are not good at it, Ela said.

"The object of meditation is to begin to relax, to begin to let your mind relax, and to become more gentle. So as you start, the most important thing is to do small amounts," Ela said. "You don't have to beat yourself up about how bad you are. It's not an exercise in self-criticism."

So next time life is hitting you hard, take time to meditate, move around or focus on being mindful. Your day just might get a little bit brighter.

Types of Meditation

3 ways to hone your mindfulness

Meditating can come in a number of different formats, and finding the best method that works for you is the key to doing it successfully. Not every method will work for you, so if you try one method and it does not work it isn't a sign to give up, it just means you should try a different method.

1. SILENT MEDITATION

For some people, being able to sit in silence and focus on clearing your mind is enough. This method can be tough for some, as clearing your head isn't always as easy as it sounds. However, silent meditation is possible and can provide a great way for the user to become more mindful in their day.

2. MOVEMENT MEDITATION

For those that have a hard time sitting still may find movement meditation the way to become mindful in the day. Arguably most well-known through methods like tai chi, movement meditation allows the user to focus their energy into movement and find mindfulness that way.

3. GUIDED MEDITATION

As the evolution of the internet and app production continues, guided meditation is becoming more common for people that are looking for a different way to meditate. Apps such as Headspace help guide the user through meditation sessions that can be tailored for specific needs. While many of these applications are not free, some offer discounted prices as well as free trials to get users on the right track.

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Women in fine arts

CSU college of music, theatre, dance on inclusivity

By **CLAIRE OLIVER**

The world of fine arts encompasses many different types of performance and industry. From the study of classical music to the creation of lightning and sound design, each element is combined to create the world of music, theatre and dance. This world, however, lacks in diversity.

Women in this industry boast unique experiences in all aspects of the fine arts including the professors and female leaders here at Colorado State University.

Professor Patty Goble, a well respected vocal and performance teacher at CSU, has an extensive performance-based background, having performed on Broadway several times including in the original casts of "Ragtime," "Phantom of the Opera" and many more. For Goble, her career started later in life.

"I always felt, to be honest, great respect," Goble said. "I felt that my talent was respected I felt like where I was in that point and time in my life I was an asset to these companies. I never felt that being a female was an issue until I got a little older. When I started on Broadway I was 37, which is older than the norm now. ... That started to change in my late 40s, pushing 50, and then I realized that it wasn't that I was not being respected anymore it's that the roles weren't there anymore."

Goble said roles for older women are few and far between, and that Broadway has a long way to go in terms of respect for the older woman. This may not be a sign of discrimination though.

According to Goble, producers are looking to bring in audiences. So what do audiences want? Youth, which can be seen as a symptom of society more than a level of ageist discrimination towards older women in the industry.

"I'm not sure if it's discrimination or if it's just a symptom of the industry," Goble said. "The roles are not written for us ... in the way that they are for men. If you look just back in time, we can look at Shakespeare and Ibsen and Shaw and Wilde, even back then to moving forward into Tennessee Williams ... There's more male roles. ... For the women, it was very few and far between and you were lucky if you were able to continue."

“When I started to get my doctorate I started to realize that there weren't a whole lot of people getting their doctorate who were females.

Dr. Rebecca Phillips

According to American Theatre, over 96 productions this year were Shakespeare plays, and yet Shakespeare wrote his female roles to be played by men. Back then, women weren't even allowed on stage. Yet, theatres across the nation continue to add Shakespeare shows to their seasons instead of producing plays that give a more modern view of the female experience.

"We have to say, again, it's a symptom," Goble said. "Do we value the young, vibrant woman

who is sexy and young and cute and thin and healthy and beautiful? Or, do we value the woman with experience who is still sexy but in a different way? Who is still beautiful but in a more mature way who has had life experiences to offer who can still teach a very meaningful and impactful story. ... It's a very hard discussion to have because it's more a symptom of our society."

In the world of performance, age may become liability but for composers and conductors, it can be an asset. Rebecca Phillips, the director of bands at CSU, had a very different experience in the world of fine arts.

After receiving her degree in music education and teaching for four years, Phillips received

is over 80 percent non-majors. So we are creating an experience so that people love music and they keep it in their life."

While Phillips has made strides in the industry and has gained an immense amount of respect of the musical community, she still felt a lack of female professionals in the world of conducting.

"When I started to get my doctorate, I started to realize that there weren't a whole lot of people getting their doctorate who were females," Phillips said. "For a whole lot of reasons. Some of its family; some of it's when you stop teaching or working and go back to school (and) you have to figure out how to live. And, maybe the guy goes to school and woman keeps working and gets them through because, in the end, he is probably going to make more money. Which is the reality right now, unfortunately."

When Phillips came to Fort Collins she faced some discrimination, mostly from young men, which she attributed to ego and a lack of experience and diversity.

"In terms of diversity ... it has been interesting to watch as I move through various professional organizations," Phillips said. "Usually when I'm dealing with the older people the more respect I get... you would think it would be the opposite... It's just different with that younger generation they just don't know and don't have the experience."

Another member of the fine arts world is Debbie Swann.

She is a theatre performance professor at CSU focusing on classical theatre, including Shakespeare.

"I don't know if as a woman I had a unique experience," Swann said. "When I was in high school I loved theatre and was cast in a lot of stuff. But I was good at a lot of things too. I really enjoyed science and I liked writing. So I didn't necessarily see myself as a theatre major, and like a lot of theatre majors with parents who are worried about their futures, I don't think they were necessarily really excited to have me be a theatre major. But when I went to college I found out I wasn't just getting cast in high school I was getting cast in leading roles in college and it started to look like a viable option for me."

Swann ended up going to graduate school for theatre and directed a play written by another student. The play focused on the other student's experience in the military, and according to Swann they worked well together and trusted one another. The directing advisor, however, seemed to dislike Swann directing this particular play.

"I walked into rehearsals to find my actors holding pre-rehearsal rehearsals with (the playwright's) advisor," Swann said. "The playwright had not asked him to do so, but his advisor did not trust me for whatever reason. Although, I couldn't help but feel it was because of my gender that he did not trust that I would do an adequate job with this material. Because how would I be able to relate to war and the 'woo-' style of the military?"

Swann also had a good relationship dynamic with her husband who encouraged her and followed her when she attended graduate school.

"I was with a guy that I knew I was going to end up marrying..." Swann said. "And for the first time, I think

I realized ... am I going to make the decision that all my (female) friends would make, which is 'go follow the guy' ... or am I going to pursue what I personally really want to do and professionally really want to do? So I think that was one of the first times that I was faced with a dilemma. What does my heart want what does my head want? I think women struggle with that more than men do. I lucked out because I chose my head and I went to graduate school and my heart followed me."

“No one ever turned to my husband and said 'do you think you can have it all.' Of course he can have it all. He can have the wife and the family and the job and the house and the hobbies and no one has ever asked him how he juggles it all. I get asked that a lot.

Debbie Swann

Swann's graduating class was an eclectic bunch though. She graduated with only two straight White males out of the 10 that were in her master's program, making them the minority. Swann was the only one to get a job in higher education, mostly due to job security and the competitive nature of higher education positions.

"I find that unfortunate," Swann said. "Because I think we are always talking about diversity in thinking and diversity in choices and you only learn by the more people you have encounters with."

Swann and Goble are the only two female theatre performance teachers that remain at Colorado State after Laura Jones, a former tenured professor, left the university this past year.

"Unless there are true and meaningful changes and true and meaningful discussions on how do we change this," Goble said. "I don't want to say,

'Okay let's celebrate women because they are women.' How do we change our society into valuing women's intelligence and their sensitivities and their emotional sides? How do we capture that and celebrate that into a place that can open up avenues for women?"

Goble has suggested the possibility of a women's playwright festival in order to introduce more female playwrights to the stage as well as musicals that focus largely on the experience of all women not just the youthful side of the

female experience.

"No one ever turned to my husband and said 'do you think you can have it all,'" Swann said. "Of course he can have it all. He can have the wife and the family and the house and the hobbies, and no one has ever asked him how he juggles it all. I get asked that a lot."

All three women agreed while the lack of female storytelling in all aspects of fine art is lacking the women of color even less represented. Both Phillips and Swann had only two women of color that worked with them throughout their professional careers.

"As women in the profession or any minority I think that music is part of everyone's life," Phillips said. "And I don't think it matters where someone is from and I don't think it matters what continent. I think if someone loves this and wants to make it their profession they should never let anybody get in the way of that."

Uniqueness

CSU women in the fine arts are making an impression

MEANINGFUL CHANGE

How do we make change in society? Without meaningful change and discussion, then nothing will change for women. "I don't want to say 'okay let's celebrate women because they are women' how do we change our society into valuing women's intelligence and their sensitivities and their emotional sides," Goble said.

EQUALITY

"No one ever turned to my husband and said 'do you think you can have it all,'" Swann said. "I get asked that a lot." This is something that women in all professions can relate too. But society tends to look at the fine arts in a certain light. "He can have the wife and the family and the job and the house and the hobbies and no one has ever asked him how he juggles it all."

INTERNATIONAL

Music is what connects people from around the world, because you don't have to understand the language to enjoy the music. "We don't care where they come from," Dr. Phillips said. "Music is supposed to be an international language and so it should look very international."

DIVERSITY

Diversity in theatre seems to almost be at a stand still. Women are starting to integrate into the industry but there is still a lack of women on color as well as older women.

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Gaming & community

CSU eSports creating inclusive gaming opportunities

By AUSTIN FLESKES

The teams are set at their keyboards, microphones hovering in front of their anxious mouths. Fingers wait in anticipation above their keys, ready to take a life, push a payload or heal an ally. An eager player cracks his knuckles and waits for the countdown. Three...two...one...capture the point!

The life of an eSports competitor is an intense one, but this life is made even more intense when factoring in the full-time life of a college student.

But the Colorado State University Esports Association manages to make time for both.

The CSU Esports Association is comprised of gamers looking to play competitively while also playing with a community that is just like them.

And there hasn't been a better time to be a competitor. A report by Statista shows that eSports viewership has seen a consistent climb, with 2017 seeing 143 million frequent viewers and 192 million occasional viewers. This number is projected to reach 250 million by 2021.

And viewership is not the only thing rising. According to a Newzoo study from earlier this year, in 2018 the global eSports economy is expected to grow to \$905.6 million, a year-on-year growth of 38%.

Gamers in the CSU community have a place to go with the CSU eSports club, as this inclusive group of individuals are brought together through their love of gaming.

Kyle Tong, president of the club,

expressed this inclusivity with the fact that he is a music major in charge of a group comprised mostly of computer science majors. Tong joined the club when it was exclusively a "League of Legends" club.

"Sometimes we had tournaments of up to 80 people on location," Tong said. "We would have to turn people away at the doors because we would run out of power."

“We all just like to get together and play games. We want to give people a place to get together and play games with each other and provide a medium for them to talk and communicate with each other.

Kyle Tong

Tong became president in May of 2018, and since then has aimed to make the club as inclusive to people's interests as possible.

Tong added that while the club has evolved into a larger group, the essence has stayed the same.

"We want to give people a place to get together and play games with each other and provide a medium for them to talk and communicate with each other," Tong said.

The eSports community at CSU has allowed students not only to come and enjoy something they love with others, but also rise through the ranks.

Robert Meyer began on the Overwatch team as a competitor. In his final year at CSU, he has become captain of team A.

Meyer said that the toughest aspect of this lifestyle is time management between school, friends and maintaining competitive status. However, he added that even this isn't too hard.

"It's not too difficult. I've got everything pretty well balanced out," Meyer said. "You just spend some time with everything and try and balance your life out."

Meyer added that the improvement of the Overwatch

team is landing them recognition across the country.

In late September, the CSU Overwatch team traveled to Dallas, Texas to compete in OP Live: Dallas against other collegiate teams. Jacob Skeath, financial officer for the CSU Esports Association, said that this tournament was fantastic for the team.

"Just being invited to the event (was) a privilege," Skeath said. The team placed fifth among 32 college teams, which Skeath added was great because of how some present at the event didn't expect much from the CSU team.

"They classified us as the 'other school,' compared to the Texas schools," Skeath said. "It was a great opportunity, plus just

getting the eSports name at CSU out there is a huge step forward for the club itself."

However, the group still faces issues. Meyer stated that while the community grows, the program is fairly non-existent as a student organization. The group is really on their own when it comes to finding tournaments.

"The people that are interested find us, and we just create these little groups of people that are interested in playing the same games and can play them competitively," Meyer said.

This is where events such as Tespa tournaments come in handy. Tespa, a "network of college clubs founded to promote gaming culture and host the best college eSports events and competitions," has offered CSU teams the ability to compete on the collegiate stage.

Skeath explained that the club itself almost died due to a president and officer conflict that caused negative effects during events.

However, this never stopped them. Skeath said that when holding a booth on the plaza at the beginning of the semester, the club saw a huge increase in members, with over 70 new members joining. As time draws on, the community continues to grow and new players are able to play.

As the match draws to an end, and the score is tied, the CSU competitors band together as a team. Working alongside each other to push the point, they finally see the screen they worked so hard to achieve.

Victory.



Live music & football

Stadium Sessions brings together two loves

By TAYLOR SANDAL

Fierce, genuine, and unabashedly expressive. Alysia Kraft is all of these things and more when she performs. Any audience member can feel passion radiating wholeheartedly through every smile, air-kick, and stuck-out tongue. This energetic spunky blonde may seem larger than life, but after talking to her you begin to realize that she's down-to-earth and eager to connect with her fans.

"The songs are important because they have to be real and the feelings authentic . . . they have to be the vehicle that takes me to that place of expression every time I'm performing," said Kraft.

Kraft is a guitarist and vocalist for The Patti Fiasco and Whippoorwill, two of the 20 bands scheduled to perform at the 2018 CSU Stadium Sessions.

"Fort Collins has really become my artistic community. I don't think there are a lot of places in the country that really embrace and offer so much support and opportunity for local bands playing original music," Kraft said.

The Stadium Sessions is an emerging concert series at just two years old and has brought the community together with two loves: college football and live music. The outdoor concerts take place on game days and game-day eves centered in the hub of festivities around the CSU campus.

And chances are, you've

probably witnessed one whether you knew it or not.

It is clear there is something special about the tight-knit music community in Fort Collins. The overwhelming support for local artists, diverse music venues, and year-round concert schedule are just some of the pieces that make up this unique town of music-lovers.

"Fort Collins is technically our second home . . . there is something about the camaraderie in the music scene there that doesn't exist anywhere else," said Clay Rose, frontman of the Gasoline Lollipops.

“ I don't think there are a lot of places in the country that really embrace and offer so much support and opportunity for local bands playing original music.

Alysia Kraft

The 'GasPops' performed a lively set on the RamWalk as a part of the Stadium Sessions, entertaining the crowd with their signature gritty alt-Americana sound.

Understanding how approachable these musicians are and gauging their perspectives left me in anticipation for the day that I too would take the stage at the Stadium Sessions.

As an emerging songwriter and performer during the tailgate before the Border Wars home game, it is so inspiring to watch real and genuine people making music and having

the ability to bring together a whole community.

A.J. Fullerton, who performed on the New Belgium Porch with his band earlier in the season, also found himself being influenced by Colorado and the multitude of creative communities existing within its borders. Fullerton is a blues artist who has gathered much success in his young career, winning eight members-choice awards in 2017 alone from the Colorado Blues Society.

"I don't think the region itself cornered me into any

one genre. I had the luxury to learn from, and pull from all these different influences, without there being any sort of cultural expectations of my music stemming from where I grew up," said Fullerton.

The A.J. Fullerton band took the audience on a journey to the heart of the blues-roots genre inside Canvas Stadium featuring Nic Clark on harmonica. Longtime friends Clark and Fullerton exchanged tasteful licks and soul that echoed across the stadium, as a captivated audience celebrated as one.

One thing is obvious about

the local musicians: they love what they do.

On the evening of my performance, the sun was peeking up over the stadium and glinting off of my acoustic guitar as the strings reverberated down the street. I could feel the pulse of all of the artists who have stood on this stage beneath my feet, whose words and originality continue to be embraced by the Fort Collins community.

That night, I opened the show for 12 Cents For Marvin, an eight-piece ska band whose founding members met as students at Colorado State University about 22 years ago. The group ignited vibrancy throughout the audience as the horn section deserted the stage and played alongside the crowd. Band members were decked out in CSU gear, including gold pants and a plush Ram hat, all while demonstrating a heightened level of collaborative musicianship.

After my performance at the Stadium Sessions, I molded myself into the crowd of green and gold football fans, proud to be a CSU Ram.

As my time as a CSU student continues, I have a feeling that the Stadium Sessions will evolve into a longtime tradition. Local, live music brings another level of excitement for Ram fans on game-days, and will for many years to come.

As the football season is winding down, so are the Stadium Sessions.

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