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Colorado State University | Volume 12 Issue 2 | Winter 2016



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It's time for me to say goodbye.

It's time for me to say goodbye to being a student at CSU and to being the editor of College Avenue Magazine.

If I were to pick one theme song for my final semester, it would be "The Final Countdown" by Europe. That's how I feel. It truly is the final countdown for me. The final countdown to finishing college, and for the moment, finishing school for good.

I would be lying if I said I wasn't scared because I am. I don't know what is going to happen once I cross the stage at commencement on December 17. I don't know what my next move is going to be, and for someone who is a bit of a control freak, that truly frightens me.

At the same time, I am excited. I'm excited to see where my next phase of life is going to take me, whether it allows me to stay in Colorado or move across the country. I'm ready to embrace that next adventure in a field that I truly love.

People keep asking me if I would do anything over in my college experience, if I have any regrets. My answer remains the same: no. I wouldn't change a single thing about my college experience. If it not for the choices I have made, beginning with the choice to attend CSU, I would not be the person I have grown into today. I would not have the friendships and the experiences I have had.

Four years seems like a long time. Four years broken down into eight semesters. For most of us, that is all we have. Eight semesters that we have to make count. And boy, do they go fast. My best advice: Take the time to live in the moment. Take a minute to soak in what you have because before you know it, it will all change.

I'm proud to have called Fort Collins my home. I'm proud to have been a part of student media, serving as a writer and an editor for this magazine. I am proud to have worked with a staff who is just as ambitious and passionate as myself, who never cease to amaze me. I'm proud to have gotten a bachelor's degree and two minor degrees. I'm proud of the person I have become and thankful to everyone who has touched my life in one way or another over the last four years.

Above all else, I'm proud to be a CSU Ram.

COLLEGE AVENUE MAGAZINE

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College Avenue Magazine is not an official publication of CSU, published independently by the Rocky Mountain Student Media Corporation. College Avenue is a complimentary publication for the CSU and Fort Collins community.



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Slow Food

is the new fast food

By Lexi Elio

Every night before bed, students set a series of iPhone alarms dictating various amounts of time to get ready in the morning. After sleeping through almost all of them, they sprint to catch the bus before 10 a.m. lecture and buzz about campus until it's time to leave for work. Three breaks in this busy routine are typically meal times, but there often isn't time in a busy student schedule to cook from scratch each night.

Everything in today's society is constrained by time.

One student group seeks to change that mentality. The student organization Slow Food is a group of foodies seeking to reconnect with the cooking process. By taking the time to select quality ingredients and combine them well, members gain a newfound appreciation for food's role in our everyday wellbeing.

The club fosters a sense of community through monthly potlucks, which are contributions made from healthy, local foods. Club leadership also plans workshops so members can learn more about preparing their own food.

Emma Giloth, a graduate student in global social and sustainable enterprise and current president, guides the organization towards broader objectives.

"[Slow Food] is an all-encompassing food movement: knowledge and culture, organic, food biodiversity, school gardens, issue education," Giloth listed.

The group is new to campus, only officially launched this semester, so they are still working collectively to define a chapter direction.

As of now, the group's membership hovers around 25, including both students and passionate citizens.

Dean Hines, local business owner and Colorado State University professor, serves as the club's primary advisor.

"I'm taking a long range view," Hines said. "I'm not concerned about this getting big really fast. I've always had a vision of two concurrent groups: students and citizens."

Hines owns the Welsh Rabbit, which allows him to simultaneously engage the public outside of CSU and put Slow Foods' ideals into practice.

"All food should be good, clean, and fair," Hines said.

Good food, the first part of that mantra, is simple enough -- it is presented beautifully and tastes delicious. Clean refers to knowing where your food comes from and ensuring it has come in contact with as few chemicals as possible. Fair is perhaps

the broadest category, as it encompasses ethical treatment of animals, environmentally friendly practices, and economically responsible development.

"I'm passionate about the local aspect, like eating things that grow around you already or are wild," leadership team member Julia Wockner said. "I feel like my entire life is Slow Food. I just kind of live it."

Wockner practices what she preaches. She and her mother just completed their first season growing food for members of the surrounding community.

"We started small, which I think was good," Wockner said. "We produced eggs and produce weekly for about ten CSA [community-supported agriculture] members."

She also explained the importance of succession planting, which refers to planting carefully to ensure a different harvest each week.

On Oct. 18, Wockner hosted the monthly potluck on her family's farm, offering a cozy, rustic setting. She also taught the group how to ferment their own kimchi and hand-press apple cider.

The event drew a varied crowd, including students of all ages, faculty and the general Fort Collins population.



Stephanie Voorhes attended the event with her friend, CSU academic advisor Liz Hysen, who heard about the event from the Welsh Rabbit's Facebook page.

"It's neat to meet people who want to spend an evening after work doing stuff like this," Voorhes said.

Freshmen James DeMoss, biology and Spanish major, and Rachel Jackson, chemical and biological engineering major, found the club at the involvement fair.

DeMoss recognized the name when he walked by the booth. "My mom has a friend who is a chef and really involved [with Slow Foods]," he said. "I really like the idea that everyone can eat healthy and locally."

While the group does not primarily engage in food social justice, they do share a common set of values.

"It's important to teach the community to eat food that's sourced locally. A lot of the population doesn't think that's important," DeMoss said. "We need to go back to that better, more sustainable way to live off the earth."

As the group builds upon Slow Foods' three key ideals (good, clean and fair,) Hines said, "we'll have this deeper connection not only to the food, but to each other and the types of long-term impacts I'm hoping we can make."

Those long-term impacts often fall within Slow Foods' international movement.

Individual chapters in towns and communities are encouraged to tailor their activity to members' interests. Previously explored areas are incredibly diverse, ranging from cultural preservation of food to ensuring equal access to nutritious and sustainable foods. Members are also encouraged to develop any unaddressed causes they feel passionate about.

Slow Food International hosts an annual global event called Terra Madre. Giloth attended this past Sept. as a delegate. The event describes itself as "part conference, part marketplace, part party and all inspiring." Delegates are selected from every country; the United States sent 400 delegates.

"It was amazing that they really focused on such a wide variety of people," Giloth said. "[Delegates were] everyone from farmers who could never afford to go to wine connoisseurs."

For those disappointed about missing the gathering in Italy, an event is coming up right in Fort Collins' backyard. Slow Food Nations, the American version of Terra Madre, is scheduled for July 14-16 in Denver.



We used to consume 7000 different crops; now 30 crops constitute 95% of our consumption (Slow Foods)



1/2 of international agricultural laborers are in poverty (International Labor Organization)



3/10 international agricultural laborers is a child (International Labor Organization)

SPOON University @CSU

By Brooke Buchan

Anyone who has been to Fort Collins knows it is the place to be for food. With the most restaurants per capita in Colorado, FoCo dominates the competition. Now, a new food resource is coming to the city: Spoon University.

Founded by two Northwestern undergraduates, Mackenzie Barth and Sarah Adler. It is an online food publication produced by and for college students to come together over a love of food.

“When Mackenzie and Sarah moved off-campus for the first time during college, they quickly realized they had to cook for themselves and didn’t know how to approach the kitchen,” says Andy Kang, a member on the community team at Spoon’s headquarters in New York.

Spoon was created with the intent to appeal to college students.

Spoon’s community and creators are

college students, so content revolves around educating students on “basic skills needed, like how to cook a chicken,” says Kang.

With 201 chapters and just under 9,000 members, the publication gained rapid momentum in the past few years and has expanded to universities in places aside from the U.S, like India, Canada, and Europe.

Another main focus of Spoon University is to get students to, “eat smarter and make educated decisions about food” says Kang.

“Our community’s growth is really organic and I think that speaks to all of Spoon contributors’ desires and needs as young people living, eating, and cooking in 2016,” Kang says.

Not only is the focus on the production of content, but also on a development of the members who partake in the publication.

“We care a lot about helping students

build skills and connecting them to resources and jobs in addition to growing as a food publication,” Kang says.

Schools in Colorado that have reached out already and created their own Spoon chapters include Colorado College and the University of Colorado Boulder.

The CSU chapter launched Nov. 17 and is encouraging all who want to join to visit their website and apply to be a member.

The Colorado State Spoon website will feature content surrounding Fort Collins’ amazing restaurants, easy how-to recipes, videos and various media show-casing the food of the city and the food made by student members.

Spoon writers will pitch content ideas as Spoon photographers will come together and create photos like this to make their recipes and stories come to life. Spoon University is also active on social media.



A Foodie's Trip to New Orleans

By Rachael Worthington

This September, I had the opportunity to visit New Orleans for five days during the Society of Professional Journalists national conference. Needless to say, I took the opportunity to hunt down all sorts of interesting fare in NOLA.

Blue crab eggs benedict atop a house-made biscuit garnished with nasturtium flowers at Willa Jean.



The display of vanilla, salted caramel, coffee and chocolate cupcakes at Sucre, along with a selection of macarons.



The "Fig-a-ma-jig" breakfast sandwich at Merchant consists of a fried egg, turkey, and most notably fig spread between fresh bread.

Foreign fashion

Contributed by Fashion Report CO



Patriotism, beauty, confidence, religion, and lifestyle are only a few reasons that drive how people dress every day. These reasons resonate with every girl around the globe; however, many people are ignorant to foreign fashion trends. Some cultures have maintained tradition through cultural dress while other countries create new companies and pave roads for the active trend seekers of the world. From the traditional dress of Nicaragua and India to the trademark brands of Australia and the Netherlands, here represents a few internationally fierce looks. I asked every girl what their favorite piece was and why that piece is significant to both them and their country. I also asked them if they wanted to think of some words to describe their countries style.

- Creative Director Riley Neubert

Isabella Biddulph

COUNTRY: Nicaragua

SCHOOL: Colorado State University


MAJOR: Apparel and Merchandising-
Product Development Major

ITEMS WORN:

Shawl: hand knit

Earrings: handmade

Shirt: from Nicaraguan market



"Although I am a United States citizen, my mother's entire side of the family is 100% Nicaraguan and in raising me, my mother implemented the Nicaraguan culture in our food, our lifestyle and even some of our Spanish slang. Every summer and New Year's we would go to visit Nicaragua and my family there. I explored every beautiful part of my country and saw for myself the good and bad as well. Words to describe my country's traditional style are genuine, vibrant, and relaxed. My favorite traditional piece is the colorful hand knit shawl. A shawl like the one on me is usually found in the street markets of tourist areas. In American dollars, this shawl would be \$10. This further heightens the difference between Latin America and the U.S. where it would probably be \$40. The earrings were made from Córdoba coins which is the Nicaraguan currency and these are also from a local market."

Cécile van de Beek

COUNTRY: The Netherlands

SCHOOL: Radboud University Nijmegen

MAJOR: Communication and Information Science but studying abroad at CSU this semester

ITEMS WORN:

Shoes: Sacha

Jeans: Supertrash

Trench Coat: Bershka

Top: Zara

Bracelets: Buddha to Buddha



"A couple words to describe fashion in the Netherlands would be confident and up-to-date. The bracelets I am wearing are from Buddha to Buddha, and this is a brand from Amsterdam. The bracelets are real silver and handcrafted which makes them very heavy. Almost every girl in Holland has at least one of them!"

Madeleine Hibbard

COUNTRY: Australia

SCHOOL: University of South Australia and studying abroad at CSU this semester.

MAJOR: History and Cultural Studies

ITEMS WORN:

Top: Sportsgirl

Denim skirt: Forever New

Belt: Sportsgirl

Watch: The Horse

Clutch: Mimco



"My favorite piece is my Mimco clutch. Most Australian girls I know have something from Mimco. I think it's so popular because [Mimco] creates really classy and effortless pieces. I like that it's simple but still a statement accessory that goes with many outfits. It's significant to me because I got it for my 21st birthday from a close family friend."

Neha Tripathi

COUNTRY: Representing India
SCHOOL: Colorado State University
MAJOR: Undeclared

ITEMS WORN:

Scarf: Forever 21

Neha is presenting the simple scarf in Indian styles of wearing the accessory along with a traditional Bindi

"Almost every style of Indian fashion includes a scarf, except for sarees. In Hindi, which is one of the more popular Indian languages, the scarf is called a chunni or a dupatta. For formal wear, chunnis can be more decorative and have more beadwork or embroidery and they can be of any fabric. Casual chunnis [like the style of Neha's scarf] are usually simple and lightweight. I am also wearing a Bindi. A Bindi is a small sticker placed on the lower half of the forehead. These are mainly worn by Hindu women. Hinduism is the most popular religion in India. Traditionally [Bindis] are usually circular or teardrop shaped. However nowadays Bindis can come in different shapes and sizes and how fancy they are. Recently, women in the West have started including Bindis in their outfits, like for example in Coachella outfits, which has caused quite a controversy."



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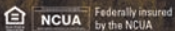
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CSU's 33rd Annual Pow Wow hosted by AISES.

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APACC Meet&Greet



MLK Celebration



Pow Wow



SDPS Welcome



Colorado State University

Estoy orgulloso de mis tradiciones. Ég er stolt af hefðum mínum. 我为我的傳統而感到自豪。 Ninajivunia mila yangu.

Je suis reconnaissant de la opportunité. Благодарен съм за възможността. Sou grato por oportunidade.

Ich bin ein Reisender. Είμαι ένας ταξιδιώτης. I am a isihambi. Je suis un voyageur. Tôi là m t khách du l ch.

Sou palestrante de várias línguas. Io sono un oratore di molte lingue. م.ت.س.ه.ه.ن.ا.ب.ز.و.د.ن.م. Tôi song ngu.

मैं यहाँ स्वागत हूँ। Ég er velkominn hér. Я приветствую здесь. I am kuwakaribisha hapa. Soy bienvenido aquí.

私は私の文 **we** I am Ég er menningu minn. Ako mao ang akong kultura Én a kultúra.

Ik ben I am stronger than Er sebb vagyok gy lölet. Sou mais forte do que odeio. 我比恨强.

Ik ben bereid om te bereiken. Estoy listo para lograr. 我准备实现. আমি অর্জন করতে প্রস্তুত আছি. Я готов достичь.

私はもつと何かの一部です。 Sono una parte di qualcosa di più. Ég er hluti af einhverju meira. Soy parte de algo más.

Je suis unique. Ég er einstakur. I am esiynggayizivele. Sono unico. Ma olen ainulaadne. Ich bin einzigartig.

Sono prezioso. Tôi có giá trị. Én értékes. Soy valioso. मैं मूल्यवान हूँ. Είμαι πολύτιμη. I am valuable. I am thamani.

Είμαι μέρος της κοινότητας. Sou parte da comunidade. Men icma am. Része vagyok a közösség. Я часть сообщества.

Ich bin ein Schöpfer. Yo soy un creador. 我是一个创造者 Ég er Eίμαι ένας δημιουργός.

Estoy orgulloso de mis tradiciones. Ég er stolt af hefðum mínum. 我为 **are** Ninajivunia mila yangu.

我是一个终身学习者。 私は生涯学習者です。 Je suis un apprenant tout au lo sono uno studente

Ich bin ein Reisender. Είμαι ένας ταξιδιώτης. I am a isihambi. Je suis un voyageur. Tôi là m t khách du l ch.

Je suis reconnaissant de la opportunité. Je suis reconnaissant de la opportunité. Sou grato por oportunidade.

मैं यहाँ स्वागत हूँ। Ég er velkominn hér. Ég er stolt af hefðum mínum. I am a isihambi. Soy bienvenido.

Sou palestrante de várias línguas. Io sono un oratore di molte lingue. Sou grato por oportunidade. Tôi song ngu.

Ik ben sterker dan haat. I am stronger than hate. Erkusebb vagyok. I am kuwakaribisha hapa. 我比恨强.

私は私の文化です。 I am utamaduni wangu. Ég er menningu minn. Ich bin einzigartig. TÔI song ngu. Én a kultúra.

私はもつと何かの一部です。 Sono una parte di qualcosa di più. Благодарен съм за възможността. Soy algo más.

Ik ben bereid om te bereiken. Estoy listo para lograr. 我准备实现. Ich bin ein Reisender. Я готов достичь.

Sono prezioso. TÔI có Soy valioso. मैं मूल्यवान हूँ. Είμαι πολύτιμη. I am valuable. I am thamani.

Je suis unique. Ég er **CSU** I am Sono unico. Ma olen ainulaadne. Ich bin einzigartig.

Ich bin ein Schöpfer. Yo soy un creador. 我是一个创造者 Ég er skapari. I am Muumba. Είμαι ένας δημιουργός.

Είμαι μέρος της κοινότητας. Sou parte da comunidade. Men icma am. Része vagyok a közösség. Я часть сообщества.

我是一个终身学习者。 私は生涯学習者です。 Je suis un apprenant tout au long la vie. lo sono uno studente per tutta la.

TÔI ây v m t lý do. Ik ben hier voor een reden. I am here for a reason. Itt vagyok az oka. मैं यहाँ एक कारण के लिए कर.

Είμαι μέρος της κοινότητας. Sou parte da comunidade. Men icma am. Része vagyok a közösség. Я часть сообщества.

new perspectives: international students @ CSU

By Katie Mitchell

We have rigorous classes, expressive students and funky traditions. For anyone not from the United States, universities here can be quite the unusual experience. International students studying at Colorado State University have had to adjust to both college life and American life, a feat to be celebrated.

Many students choose to attend school in the US because of the prestige an American degree holds in different countries. A bachelor's degree in biology from the states is much more impressive than the same degree earned in Peru.

Eugenia Dewanti, from Indonesia, knows the weight of an American degree.

"In Indonesia, people who have a degree from another country, especially from the United States, have an easier time finding jobs," she said.

Dewanti is studying business finance at the College of Business here at CSU.

"Originally, I wanted to be a medical student, but the medical situation in Indonesia is not good. Since my dad works at a bank, he wants me to follow in his footsteps. I am okay with it, but honestly I still use my spare time to read medical books."

Nikhil Puri, a student from India, has found the rigor of homework and daily assignments to be an adjustment.

"At home, we didn't have homework, we just had one big test. Here, I have to do work every single day to keep my grades up – that's definitely new."

Puri is studying business and is involved in the Residence Hall Association for Parmelee Hall.

American degrees and classes may be held in high esteem, but culture on campus is also a reason many students choose CSU. We have many programs available to help transitioning international students. INTO, a program designed to help students adjust and succeed here, has many events that battle homesickness and make

"I DON'T FIND IT THAT DIFFICULT TO ADAPT TO PEOPLE HERE, BUT THERE IS A HUGE DIFFERENCE; SOMETHING I FIND MYSELF VERY HOMESICK."

students feel comfortable on campus. The events are often food and dance related, such as India Nite and the Unity Fair. There are also many international halls within the dorms that are open to international and domestic students alike, such as Global Village in Parmelee Hall.

Karlygash Kaliaskar, a freshman from Kazakhstan, has found a love for the people and community here at CSU amid the differences in culture.

"The best thing about CSU is how many international students there are," Kaliaskar said. "I'd always dreamt of meeting people from some of these countries, but now that I have, I realize they aren't very different. This is the best part of CSU, you can see the difference between you and other people and you can share your cultures."

Yasuki Ramanayake, a freshman from Japan and Sri Lanka, is an INTO student and lives in Global Village. He found that even with all of the programs and events meant to bring people together, he faces the same struggle as many freshmen: homesickness.

"I'll wake up in my room and be like 'this isn't my house.' You know what I mean," he said. "I guess it's the same for everyone, isn't it?"

Kaliaskar found one of the smallest



1,983

International undergraduate and graduate students enrolled, Fall 2016

cultural differences between the US and Kazakhstan – cross walks. This is something a person raised in the United States would never think twice about.

“There is no difference between red hand and the walking person. In my country, there is only a red light and green light for people crossing the street. The first time I crossed the street, I was just praying no one would kill me. The white person is only there for a few seconds, and then you have to run!”

Culture shock is a big issue for most people transitioning to life in a new country – and can sometimes take form in the smallest differences.

Dewanti found our fountain drink refill system as something to adjust to.

“When I first got here, I went to eat at Burger King and when I ordered the drink, he just gave me the glass! I realized there was a big soda machine and that I was welcome to fill my glass as many times as I wanted.”



Although these examples are small and funny, they are still very real and affect the lives of newcomers, especially when they just want to relax and get a burger without any surprises.

These discoveries range from learning to do laundry on your own to learning to think in English. International communities on campus are a fantastic way to reach out and learn more about the world outside of campus.

Colorado State is a beautiful blend of international and domestic students, all living out the transition to college life in their own ways.

“YOU CAN SEE THE DIFFERENCE BETWEEN YOU AND OTHER PEOPLE AND YOU CAN SHARE YOUR CULTURES.”

Do you like it here?

Three international students share their favorite parts about CSU so far.



“All of the people I meet here are really kind. The international people are more integrated into the school activities; at home we separate by race more. Compared to at home, I think it’s been pretty great here.”

- Eugenia Dewonti



“I love the community at CSU, like how all the people here are nice and friendly. They’re helping me through new challenges because of the differences in our cultures.”

- Nikhil Puri



“There are so many opportunities here. Organizations, concerts, hiking, camping, oh, so many things! I want to join them but there are so many I don’t know where to start.”

- Karlygash Kaliaskar

unconventional freshmen

By Brooke Buchan

The traditional college freshman is getting revamped. At Colorado State University's campus, a wide range of newcomers can be found.

Kimberly Clark is one of over 7,000 adult learners on campus. She is currently studying communications with a focus on science and technical writing, and a minor in information systems and technology.

"I returned to school for the most part as a personal goal. I had to leave school when I was 16 so I could go to work full-time. My mother quit her job to take care of her mother while she was battling cancer, so I needed to step up and help out," she said.

Clark believes education, especially for women, is very important. "I was raised in the Deep South and continuing education beyond high school for women, even in the mid-70s and early 80s, was not actively encouraged," she says.

Clark also advocates for continuing your education, no matter what age.

"Education provides options in one's life. The age you are when you decide to continue your education matters very little, it is only that you decide to continue that matters the most," she says.

The Adult Learner and Veteran Services center on campus helps those returning to school to get involved and adjusted to life as a student.

"Most importantly we are a social engagement center for adult learners. We provide a place, resources, and communities for them to participate in," Marc Barker, director of ALVS, said.

Nontraditional students come here with inclusive backgrounds and for unique

reasons. Priscilla Vázquez is currently attending CSU to obtain an electric engineering degree.

Originally from Puerto Rico, she earned her Bachelor of Fine Arts from the Pratt Institute of New York in 2009. She worked under an artist for three years before returning to Puerto Rico and working as a photographer.

Vázquez was prompted to pursue a career in the opposite direction when her cousin passed away.

"When my cousin died, I thought I should do something that maybe wasn't as fun but was going to give me an opportunity to give back," she says. "If there is anything I've learned this time around, it's that the things that are easy are not always worth doing."

Vázquez doesn't love the idea of being a student again and admits it is not going to be easy.

"I'm not looking for a degree, I'm looking for a skill set that will make me irreplaceable and a chance to be the good I want to see in the world," Vázquez says.

Barker's philosophy is similar with Vázquez's.

"When we work with adult learners, we talk about the knowledge they will earn. One of their needs is that their experience be applicable so they can see the practical implications of what they are doing in the classroom, and how they will use that knowledge going back into their chosen career," Barker says.

These students are often regarded with surprise, but respect, on campus.

"I have been received well by the

students at Colorado State University, and they have all been respectful," Clark said.

For Vázquez, people are surprised at both her age and degree path.

"People are always really surprised I'm 30, and that my background is in the arts and I'm going into engineering."

While it may seem unique for college professors to have students in class as old as they are and for students to sit among peers closer in age to their parents and professors, it is just as strange for nontraditional students to be back in the classroom.

Barker says they cover the topic of how to deal with being in a college classroom with college-aged students.

"We reframed the conversation of working with younger students as a challenge, to an opportunity. The reality is when you transition back into the work force, those younger students are now your peer group," Barker said.

Nontraditional student presence in college classrooms is actively on the rise.

According to Barker, adult learners on campus is, "the fastest growing trend in higher education."

Barker encourages adult learners to further their education.

"The things that make people successful in school are already skill sets that [nontraditional students] have mastered, such as being on time and working with a deadline," Barker says.

Challenged by present educational opportunities and shifting social stigmas today, the stereotypical college freshman is not as black and white as it used to be.





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Light it up

Design by Shelby Holsinger | Photos by Christian Johnson



By Christian Johnson

In the world where Snapchat filters, Instagram filters, and smartphone automatic cameras put a limit on what we are able to do with the camera, there is a photography technique that is cool, is relatively easy to do, and is called light painting/long exposure photography.

Light painting allows for different imagery to be created, all from the movement of lights. This can range from patterns to representations of

humans or objects, all created with strands of lights moved in different directions by the person holding them.

All you need are different colored lights, which can be found pretty inexpensively at the store, a camera that can take a long exposure, and a few friends to move the lights around.

A camera where you can manually adjust the settings is the best for this type of photography. It allows you to be able to manipulate the settings to


achieve the exact look that you want.

The manual settings recommended for this type of photography are: a shutter speed of 30 seconds, an f-stop of 8 and an ISO of 100. However, you can play around with the shutter speed for a longer or shorter exposure time.

It takes practice but once you get the hang of it, it's a fun and easy way to make cool photos that don't even need to be edited.

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Improv

Brews Up Laughter

By Jenna Fischer

The improvisation group Comedy Brewers brings family-friendly entertainment to Fort Collins. Similar in style to the popular comedy show “Whose Line is it Anyway,” the performances feature fast-pace short form improv games as well as more collaborative long form style improv.

Heather Ostberg Johnson is the events manager of Comedy Brewers and one of six founding members who formed the original group in March 2013. “I love improv,” she said. “Part of it is just the sheer adrenaline of getting up on stage and not knowing what you’re going to say.”

For Ostberg Johnson, improv has provided a confidence boost on and off the stage. “With traditional theatre, you spend three months in a rehearsal room and you don’t step onstage until your part is perfect,” she said. “Improv is the exact opposite. Now I find joy and thrill in that where before I was terrified. I hated having to make small talk, but now I really enjoy it.” Ostberg Johnson also says improv has helped with her develop better public speaking skills.

The other five founding members include comedians David Austin-Groen, Jessica Crow, Cary Dean Klataske, Jessica MacMaster and Dan Tschirhart. Alex Harris joined the group in 2015.

According to Ostberg Johnson, the group dynamic is integral to the success of their performances. “I would say as a group we know each other so well, it’s crazy how we start to read each others’ minds,” she said.

Another important relationship is the one between the performers and the audience. “Each night is tailored for the audience. We will make the

evening the way they have us drive the show,” Ostberg Johnson said.

Colin Garfield has been a regular at the Comedy Brewers shows for over two years. “Each time I go it’s different,” he said. “As an audience member they have the opportunity to run the show with suggestions.”

Garfield advises newcomers to “Come with an open mind,” he said. “Don’t expect the exact same formula as the TV show [Whose Line is it Anyway].”

The group has expanded their performances and hopes to continue growing in the future. “This last year we’ve started taking on outside gigs like client appreciation events and birthday parties,” Ostberg Johnson said. “We are also hoping to start offering classes in spring of 2017.”

One challenge for the future growth of Comedy Brewers is the members’ busy schedules. “Some of us have families and we all have other jobs as well so it’s kind of hard for us to focus on growing,” Ostberg Johnson said. “But we are hoping to increase gigs and hire a manager.”

Apart from the additional event gigs, Comedy Brewers performs at 7:30 p.m. on the first Sunday of every month at Bas Bleu Theatre. Tickets are \$10 in advance and \$15 at the door, with a \$10 student rate.

Garfield believes anyone who attends a show will not be disappointed. “Just come for a great time if you want to come view something completely unexpected,” he said. “It’s a lot of fun and a lot of laughs.”

Whether it’s for a date night or just a night out with friends, attending a Comedy Brewers show is sure to deliver an evening full of laughter.

A Weekend in the Emerald City

By Alexa Phillips

At the end of October, I had the opportunity to visit Seattle, Washington. This was my second time visiting, the first being about three and a half years ago. Upon visiting, I completely fell in love with the city.

This second time was no different; I fell in love with the city again the moment I saw the Space Needle among the rest of the Seattle skyline.

I was visiting the city with one of my best friends, whom had never been to the city before, so I had the chance to play tour guide based on my experience from my last visit.

Seattle is the largest city in the Pacific Northwest and is a major port for the

West Coast. The city was born at Pioneer Square and has expanded from Sea-Tac to the south and The Seattle Center to the north.

Seattle is home to the birthplaces of Starbucks, Amazon and Nordstrom. As a visitor, you can visit both the original Starbucks and Nordstrom flagship.

The original Starbucks sits outside Pike Place Market and has its own “Pike Place Reserve Roast” that coffee lovers can get at only this establishment. In addition to Starbucks, Seattle is also home to Seattle’s Best Coffee and Tully’s, making the city a hub for some of the country’s best coffee.

While Seattle has the reputation for all of the rain and gloomy weather, I was

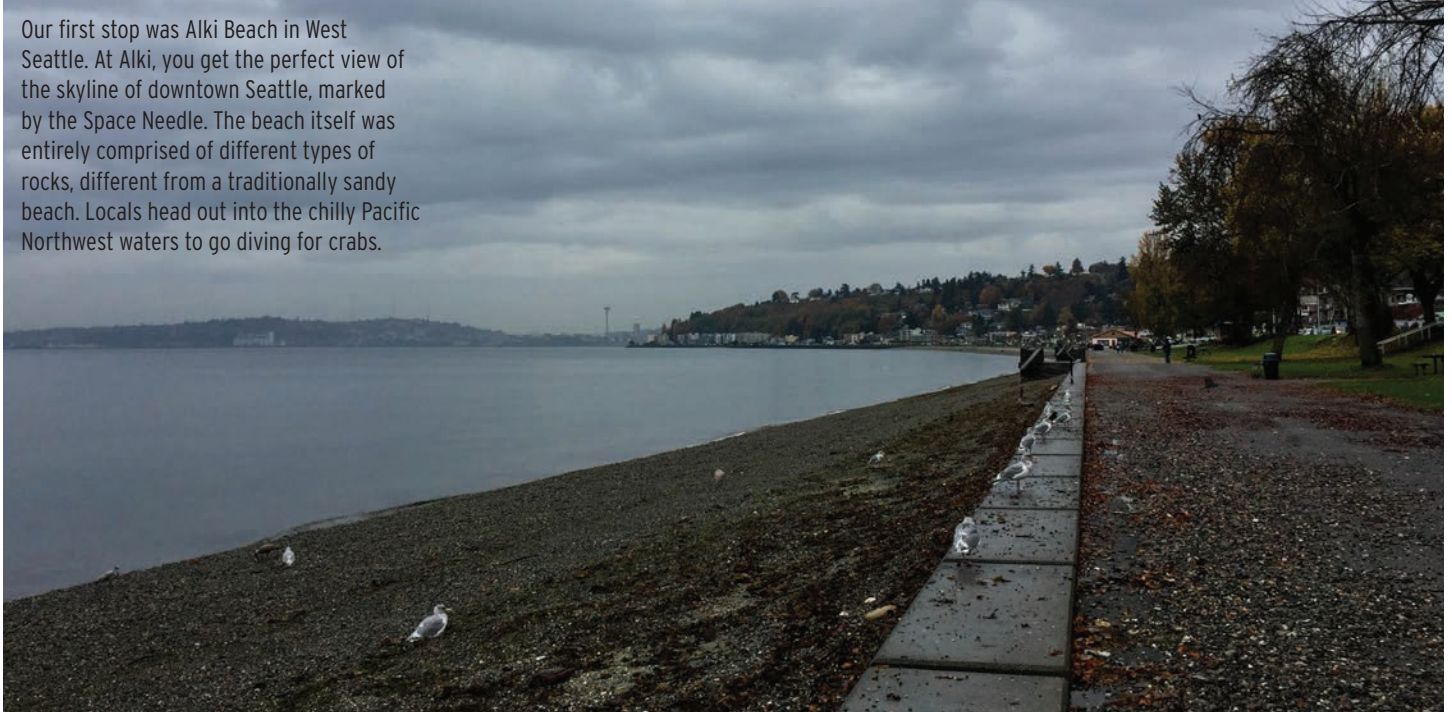
pleasantly surprised at how nice the weather was when I was there. It did rain, but only for short periods of time, clearing up as the day progressed, eventually to reveal clear skies and sunshine.

Compared to Colorado’s abnormally warm fall, Seattle was the perfect dose of fall weather, perfect for breaking out the L.L. Bean Boots.

In the three days I was in the city, I went everywhere you could possibly go: Alki Beach, Pioneer Square, Pike’s Place Public Market, Kerry Park, the Space Needle, and the Columbia Center.

After my second visit, Seattle still stands as one of my favorite cities visited in the U.S.

Our first stop was Alki Beach in West Seattle. At Alki, you get the perfect view of the skyline of downtown Seattle, marked by the Space Needle. The beach itself was entirely comprised of different types of rocks, different from a traditionally sandy beach. Locals head out into the chilly Pacific Northwest waters to go diving for crabs.





Pike Place Public Market is one of the oldest and largest open-air markets in Seattle, opening in 1907. The market is home to local craft and food vendors, selling a variety of different products. The market is known for their selling of fresh fish that can be bought and shipped worldwide. Pike's Place is also home to the Gum Wall, where people from all over the world come and stick their gum on it.



The Space Needle has been a tourist attraction in Seattle since the 1962 World's Fair, where it was once the tallest building west of the Mississippi River. The Space Needle is part of the Seattle Center, along with the Chihuly Garden and Glass museum, International Fountain, Seattle Pavilion and many other attractions. Visitors can also take the Seattle Monorail, which travels between the Seattle Center and the Westlake Center.



The Columbia Center is home to the SkyView Observatory, which stands nearly 1,000 feet above sea level. It is the highest public observatory in the Northwest, offering a 360 degree view of the city. In my personal opinion, this gives a better view of the city than the Space Needle does.

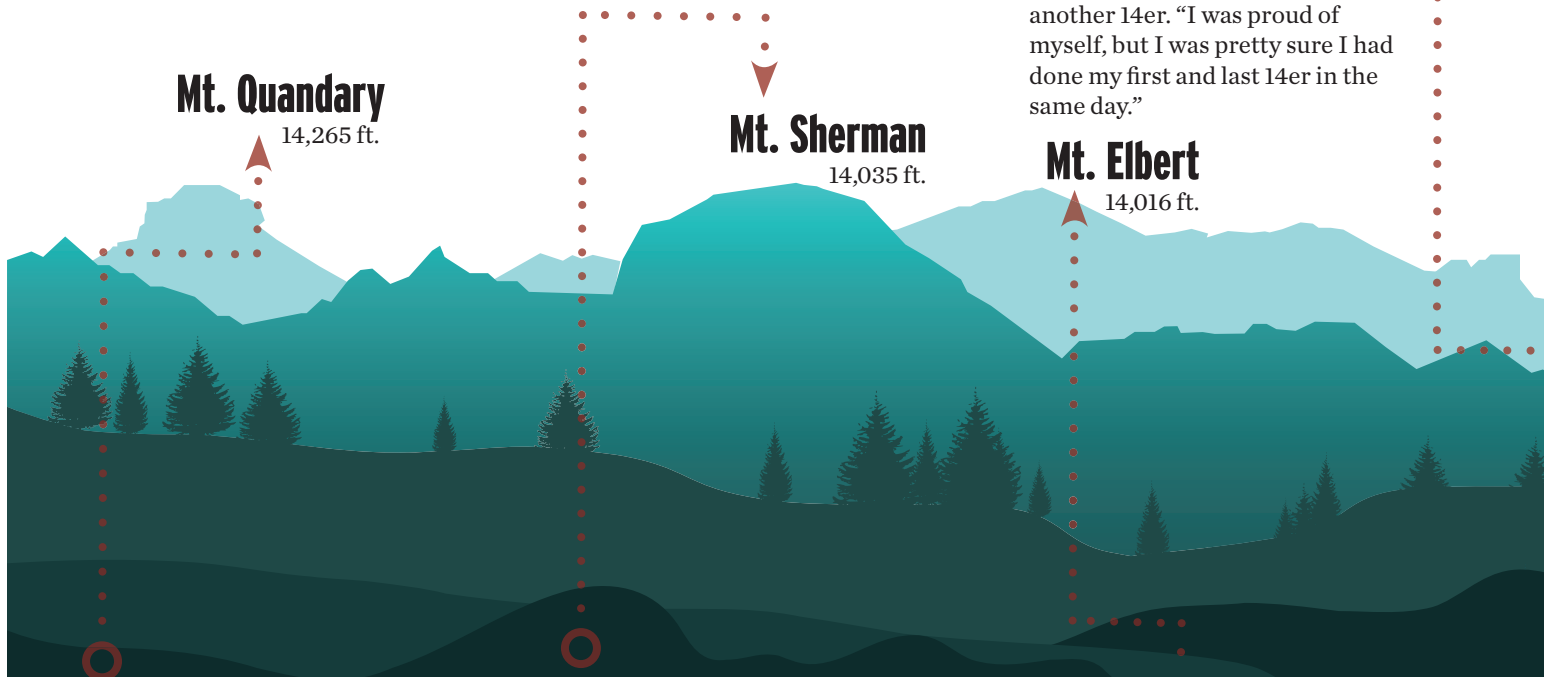


The highlight of the trip for me was Kerry Park. On a clear day, you can see the Space Needle among the rest of the downtown skyline, Mt. Rainier and out into Puget Sound. Kerry Park is in the Queen Anne neighborhood of Seattle, just north of the Seattle Center.

the Fourteener files

By Jenna Fischer

Biology sophomore Kayla Ashland summited Longs Peak in September. Ashland offers some tips for other novice hikers. “I would advise people to go with someone who knows what they are doing,” she said. “Pack light but with enough food and water to keep yourself from crashing.” Ashland also emphasized the importance of listening to your body. “Be patient with yourself. It’s okay to take breaks and enjoy the views. Trust your body, but know your limits and most importantly stay safe.” Ashland said she will most likely not attempt to climb another 14er. “I was proud of myself, but I was pretty sure I had done my first and last 14er in the same day.”



For communications sophomore Jonathan Weaver, Mt. Quandary is one of 10 summits he’s completed. “It always makes me feel small and insignificant,” Weaver said. “You’re just a tiny figure on top of a big mountain and you’re just kind of in awe.” Weaver advises inexperienced hikers to take care of their bodies. “Sometimes I get in the groove, and I neglect to pay attention to what my body needs,” he said. “I have to make a conscious effort to stay hydrated and eat along the way.” Weaver said his favorite part of hiking 14ers is, “just the peace and quiet up there and the sheer beauty of everything around. That’s kind of what hooked me.”

Biochemistry senior John Bacovcin climbed Mt. Sherman two summers ago with his father. “I was born in Colorado, and I’ve been hiking all my life,” Bacovcin said. An important piece of advice he gives is to, “Start early. You need to summit by noon because if you’re above tree line by the time the afternoon thunderstorms hit, you’re the tallest thing on the mountain.” For Bacovcin, climbing a 14er is one of many ways to become a “true Coloradoan.” “I definitely think it’s a rite of passage to climb a 14er,” he said. “It’s like a badge of honor that you can wear that says ‘I climbed above 14,000 feet and there’s hardly any oxygen, but I did it and that’s awesome.’”

Mt. Elbert was the first and only 14er hike for journalism and Spanish senior Rachel Holzhaeuser. “I had never done it so I wanted to see what all the hype was about,” she said. Holzhaeuser emphasizes the importance of being prepared. She said if she were to do it again, “I would not have worn shorts, I didn’t have any food, and I would break in my hiking boots first because I got blisters.” Despite all of those challenges, Holzhaeuser said, “I’m glad I did it. You think you can’t do it when you’re doing it but then you get to the top and you can see everything and you get to just laugh.”

Mt. Bierstadt was the first of three 14er summits for civil engineering sophomore Kyra Hewett. “I remember climbing up the final few boulders, catching my breath and turning around to see the mountain I had just climbed,” she said. “I remember being so humbled by how large mountains can be and how small humans are. The view was insane. It was so euphoric and breathtaking.” Hewett finds significance in each hike she completes. “I think within every 14er ascent comes a lesson that is applicable in life. For Bierstadt, it was to be amazed by the things we tend to take for granted.”

Human dimensions of natural resources sophomore Warren Hartman volunteered with the Colorado Fourteeners Initiative to help maintain the trails on Mt. Wetterhorn. “It’s just an invaluable experience,” Hartman said. “It just makes you think about how lucky we are to have these gorgeous places, and if more people could see them they’d probably want to save them.” Hartman acknowledges that, “I think it’s dumb when people get exclusive about it,” he said. “Here [in Colorado] are 14ers that most everybody can climb. I don’t think that culture should discourage people from trying it.”

Longs Peak

14,259 ft.

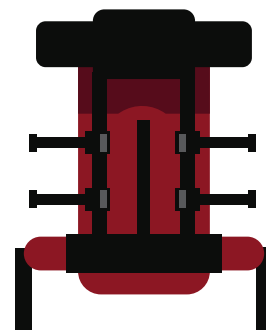
Mt. Bierstadt

14,065 ft.

Mt. Wetterhorn

14,016 ft.

what's in your BACKPACK



extra layers

Weather can change at a moment's notice at such high elevations. Bring a warm layer and rain gear. A hat and gloves may also come in handy. *Note: Avoid cotton fabrics. Technical fabrics, instead, will wick sweat and moisture to keep you cool and comfortable.

snacks

It's important to fuel your body to replace the energy you expend climbing a mountain. High-protein snacks like nuts or energy bars are a great option for staying energized on the trail.

first aid

It's good to prepare for the worst. Be sure to include moleskin for blisters, pain reliever, and extra bandages.

water

Bring between 2 and 4 liters of water to ensure proper hydration throughout your hike.

sun protection

UV exposure increases by 10 percent for every 3,280 feet in elevation gain. Sunscreen and lip balm are must-haves at 14,000 feet.



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Bros

Beyond the Frat

By Katie Mitchell

Bruh, amigo, homie, chum, broseph... just a few of the things “bros” have been known to call each other.

Fraternity life is 100 percent about “the brotherhood,” about making lifelong ties and friendships. But what about the dudes that aren’t part of these organizations? Is true bro-culture achievable outside of Greek Life?

In the popular sitcom, “How I Met Your Mother,” one of the main characters, Barney Stinson, creates the “Bro Code” a list of over 80 articles that make one a true “bro.” These range anywhere from article 12, “Bros do not share dessert,” to the extremely specific article 55, “Even in an emergency that requires a tourniquet, a bro never borrows from or lends clothes to another bro.” This code supports hyper-masculinity in a brotherhood, lending encouragement to the idea that men cannot engage in “feminine” activities such as

wearing pink or going to a movie together after five in the evening (article 29).

I was not convinced that this is what true “bro culture” is, so I took it to the bros that are not in fraternities, the ones that are on their own to cultivate this culture for themselves.

First, let’s look at the Webster Dictionary definitions of both “bro” and “culture”:

“Bro” is simply defined as “a friendly way of addressing a man or boy” and is linked to the definition of “soul brother.”

“Culture” is defined as “the beliefs, customs, arts, etc., of a particular society, group, place, or time.”

As I investigated the great bro mystery, it became apparent most guys aren’t aware of bro culture. They would ask me to define it, which was something I wasn’t even sure I could do. I would give them examples, but I always had to relate back to the well-known and debated girl culture. After fumbling over explanations of just wanting to know how and why they behave like they do, a few students opened up and talked to me about their experiences with bro culture.

Freshman physics major Noah Basurto told me about his experiences with his international bros. He lived in Guam for four years, and experienced his strongest ties with his bros there. Now that he’s living in Colorado, he’s noticed a lot of the same tendencies within groups.

“No matter where, we give new guys a chance unless they give us a reason not to,” Basurto said.

Basurto talked about how important cultivation time is within the friendships; he estimated it takes a good five months to really form a deep friendship, or bro-ship in this case.

Freshman journalism major Riley de Ryk, who grew up in Colorado Springs, chatted with me about how it was coming to CSU with a group of bros he had already formed in high school.

“I already had a community up here which was really nice, and it also helps with making other friends too. It’s a lot easier to make friends in groups,” Ryk said.

Ryk talked about how it isn’t about having to fit into a group of dudes in a new situation; for him it is all about finding the people he meshes well with in a new setting.

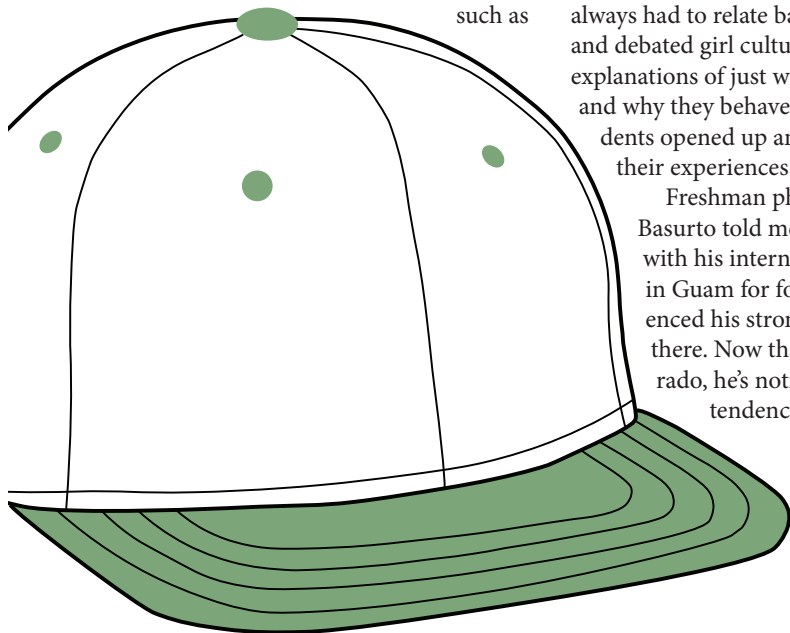
After interviewing these two, I knew that I needed more perspective. What about people that are close to frats, but aren’t in them?

Freshman journalism major Johnny Westerberg is an out-of-state student with an in-state roommate that is in a fraternity, Quinn Miller.

“I ended up hanging out with a lot of his [Quinn’s] friends, and they already had their group of friends from high school and I was accepted pretty quick. I mean, I didn’t have to go through initiation or anything, but we clicked,” Westerberg said.

Bro culture is proving to be a supportive network of dudes chilling out and occasionally roasting each other. As Ryk put it, “I think bro culture is worldwide. It’s being friends with a group of guys; you can do that anywhere.”

So my dudes, thank you for the glimpse into your culture.





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