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Colorado State University | Volume 12 Issue 1 | Fall 2016



working the pole

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gender stereotypes



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editor-in-chief
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By the end of our college careers, we hope to become badasses in what ever we do before we enter the work force. I can't tell you how many people I encounter everyday who are already so badass in what they do. These are the people who are the most inspiring to me.

You are probably asking yourself why they don't intimidate me and threaten me. The answer to that is simple: these people push me to work harder to get better at my craft.

I recently came across one of Steve Martin's very famous quotes: "Be so good they can't ignore you." This quote alone inspired me to work harder at my craft to become the best I can be, which is hard in today's world when you are surrounded by people who are also good at their craft. But it becomes worth it in the long run because you can have the career that you want.

It takes a lot of hard work to become a badass. You may have the talent, but we've all heard the saying: hard work beats talent if talent doesn't work hard. But there is this connection between talent and hard work; hard work helps you to achieve the level of talent and skill you wish to possess. Work hard at something and you get better; it's as simple as that.

Badasses are also defined by the risks they are willing to take. It takes a considerable amount of courage to be able to take risks. We become afraid of achieving the worst outcome, which causes us to become risk averse. We only take risks if we know the reward is going to outweigh the risk.

When we take these risks, we gain a new perspective on ourselves, often discovering new interests and skills that we never realized we had. It can help us to define a clearer vision of who we are, what we want and where we want to go.

Once that risk pays off, you have your own badass moment – the moment where you feel unstoppable. You breathe a sign of relief and reap in your reward. Absolutely nothing can beat the feeling of satisfaction in achieving what you thought was the impossible.

Being a badass isn't just for the super talented or super successful – anyone can be a badass and have their own badass moment. It's just a matter of how much you want to work for it.

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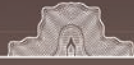
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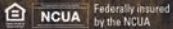
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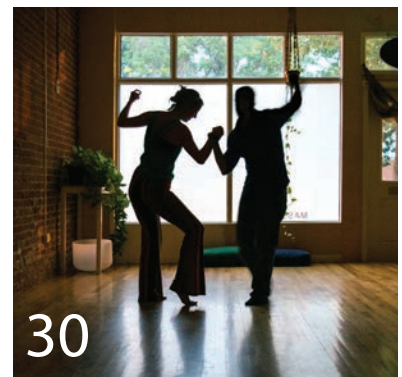
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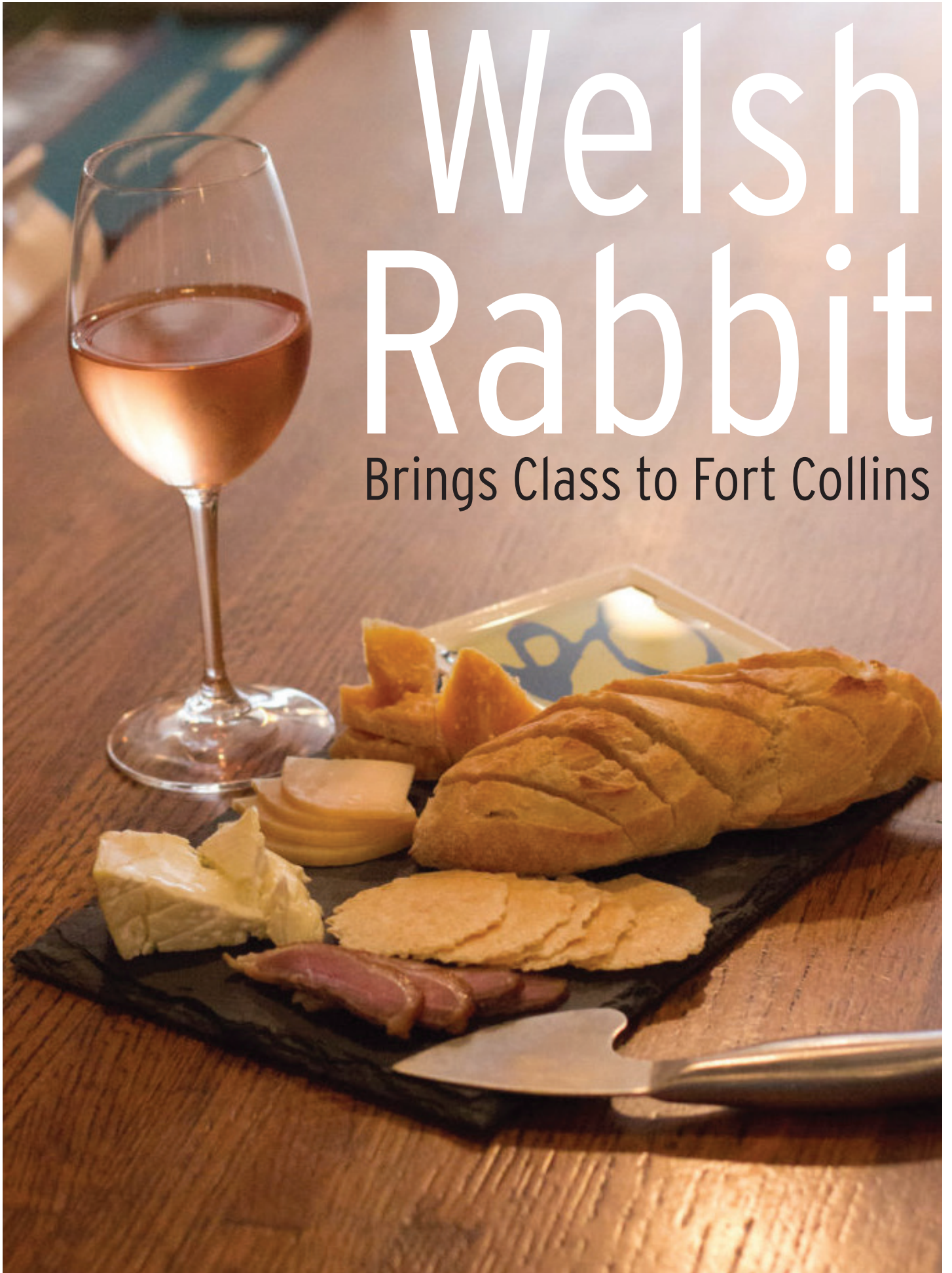
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Welsh Rabbit

Brings Class to Fort Collins





By Lexi Elio

Quaint artisan foods line the walls opposite a long glass counter filled with a variety of cheeses for purchase. The small shop shines with rustic charm. Around the corner, its companion bistro crafts an intimate setting with dim lighting, warm brick and chalkboards with fanciful lettering.

Local gourmet hot spot The Welsh Rabbit encompasses a traditional cheese shop in addition to a small bistro, both located near College and Walnut in Old Town Fort Collins.

The venture began when Dean and Nancy Hines along with Dean's brother Nate founded the shop in spring 2012.

"There were just ten tables in the cheese shop for about two years, but it would get so loud in there," sous chef Erin Standley said.

Just over a year after the shop opened, the Hines decided to differentiate their kitchen and shop, although Standley said, "Some people still buy cheese on the other side and ask to eat it in there, so we have a few tables outside."

Adventurous eaters will take delight in the number of extremely unique dishes featured on the menu. Beet polenta, honey caramel crickets and bison tongue are among the more unconventional offerings.

"My favorite dish to eat and make is probably the sage quail," Standley said. "The cream sauce is very tasty."

The cheese is where the Welsh Rabbit truly shines, however, with over 28 cheeses and 11 meats for diners to choose from. The cheese monger staff at the bistro can

recommend pairings for every palette. Guests may also add fruit, olives or a baguette with olive oil and balsamic reduction to enhance the experience. Three pre-curated platters of varying sizes are also available.

For those of age, there are a handful of beers on tap and a plentiful selection of rich wines to choose from to complement their food.

Around the corner, cheese monger Cody

"We're really grateful for how excited and accepting the Fort Collins community has been."

Cook weighs and cuts cheese in the shop where she has worked for three and a half years. Cook is an expert in the art of cheese. She explained the history behind her personal favorite, large alpine cheese wheels.

"They used to send cows into the mountains and had to find a way to store that much milk, so they would make huge wheels of cheese and carry them off the mountain strapped to the backs of donkeys," Cook said. "There's even a group that protects the cheeses and makes sure they're still being made traditionally."

Much like those cultural preservation groups, The Welsh Rabbit supports the Fort Collins community in a number of

ways.

Brick + Mortar is a program that allows local chefs an opportunity to operate out of the Welsh Rabbit's facility for four Sundays. The chefs craft both a brunch and dinner menu, which can remain fixed or change each week.

Cameron Trezoglou is one of the chefs who participated in the program.

"Last week he made goat, soft serve ice cream with dry ice, and edible flowers," Standley said. "Everything he makes looks just beautiful."

Owner Dean Hines also doubles as a professor of sustainability at Colorado State University.

This sustainable background is reflected in the bistro's operations. The Welsh Rabbit recycles, composts and draws heavily from wind power.

"Most of us end up walking or biking in to work," Hines said. "When you hire people with the same values as you, [sustainability] is just built into the business."

Hines and management have also partnered with FoCo Cafe, contributing part of their monthly profits and offering cheese at cost.

"We also try just to talk about it and raise awareness when we can," Hines said.

"We're really grateful for how excited and accepting the Fort Collins community had been to both our businesses."

Whether you're searching for gourmet cheese to take home, a delicious and locally-sourced meal out, or the perfect atmosphere for date night — The Welsh Rabbit delivers it all.



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Lonely Hearts Club

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Belt: Vintage, circa 1982





Shirt H&M
Pants: Madewell
Earrings: Macy's
Hat: Urban Outfitters
Rings: Nordstrom



Studio owner Lacey Lisitza demonstrates a pose on the pole.

Lime Light Fitness

Turns Fitness Upside Down

By Jenna Fischer

When people think of pole dancing, they often picture a poorly-lit club filled with cigar smoke and shady mustachioed men. They envision lingerie-clad women with tacky stage names dancing erotically to earn a few \$1 bills.

Lime Light Fitness is a studio in Fort Collins that is turning that image upside down. The studio offers pole classes as a fun and unique fitness option for anyone willing to try it. Eastyn Moore has been attending pole classes at the studio for almost two years.

“It’s a lot of fun,” Moore said. “It’s different from any other kind of workout because you don’t get bored of it. It’s not like going to the gym where you struggle to get there; it’s something you look forward to.”

Studio founder and owner Lacy Lisitza already had an extensive background in fitness and personal training when she first had the idea to start her own business.

Originally called “The Pole Party,” the business began in 2008 with a mobile model, catering mostly to bachelorette and birthday parties.

“It started out super small,” Lisitza said. “I had one pole and I would drive to your house where I would teach a class, but I always had this dream of owning my own studio.”

In 2010, Lisitza began renting the space beneath Café Vino where she started to build a larger clientele.

“Finally in 2012, I took the big leap and took out a lease to open up a studio,” Lisitza said. “It’s been quite a crazy and fun journey, and I wouldn’t change a thing.”

Despite its relatively recent growth in popularity, there are still some stigmas and stereotypes associated with pole fitness.

“The history of pole definitely comes from a gentleman’s club era,” Lisitza said. “So my goal for the studio was to ditch any resemblance to that. I wanted it to be very bright, light, fresh, and clean.”



I wanted a space that just feels inviting and welcoming, and I definitely feel like I've met that goal."

Dancers at Lime Light Fitness often have to clarify misconceptions about what they do. Sheryl Seagraves does her best to help people view pole fitness from a new perspective.

"There are a lot of people who just think it's stripping, so I try to specify the difference between pole dancing in the commonly understood sense of strip clubs versus pole fitness," Seagraves said. "There's no stripping at all. It's about building strength and flexibility."

Several of the dancers explained that pole fitness helped contribute to their increased self esteem. Sarah Aldersea has noticed this change in the two years that she's been taking pole classes.

"It totally upped my self-confidence and my body image," Aldersea said. "I think when you're up there, you feel sexier, you feel like you can do anything. I've definitely conquered things that I never thought were possible."

Lisitza said she has also witnessed her students benefit from a self-esteem boost after taking her classes.

"One of my favorite parts about the studio is the self-confidence that I see start to shine out of women who are really ner-

vous or may not be confident in their own skin," Lisitza said. "I love watching these girls smile from their own accomplishments and watching their self-esteem soar through the roof, and the next thing I know they are rocking out and their heads are held high."

The dancers describe the environment at Lime Light Fitness as supportive and non-judgmental.

"The common conception is that you have to be skinny and dressed in skimpy clothes," Seagraves said. "I can go in as I am into a completely supportive environment and it is so encouraging."

Lime Light also promotes a positive body image.

"There's no body shaming," Aldersea said. "A lot of times at gyms you feel like you're being shamed if you're not in perfect shape or if you can't do something—it's not like that [at Lime Light]."

The veteran dancers offer some advice to anyone who is hesitant about signing up for a class.

"They have all different levels so don't be ashamed or scared," Moore said. "The instructors work with you one-on-one and help you to get to the level that you want to be at."

Lisitza also had some words of wisdom to offer to beginner pole dancers.

"I always say to not get frustrated if there's a move that you can't quite get," Lisitza said. "We've all had to start with the basics and we all had to go through feeling awkward or feeling frustrated. Pretty soon you'll start seeing the progress that you've made."

The studio also holds an "Intro to Pole" class every Friday evening for \$5.

"It's a fun Friday evening to just come play and try it out," Lisitza said.

The affordability is great for college students on a budget. According to Lisitza, about half of the students who take classes at Lime Light Fitness also attend Colorado State University.

"I really think it's just a nice study break," Lisitza said. "Especially when you're sitting in lecture and sitting doing homework; it's important to get up and get your body moving for that hour and just have a really good time."

If you find that the pole classes are not for you, Lime Light Fitness also offers classes in yoga, aerial silks, and Lyra—an aerobic exercise performed on a rotating aerial hoop.

Classes are available for purchase individually or in packs. For more information or to sign up for a class, visit www.lime-lightfitness.com or visit the studio at 1611 S. College Avenue, Suite 102.

"I've definitely conquered things that I never thought were possible."

Sarah Aldersea, Lime Light student

Dancers participate in a pole class at Lime Light.





Studio owner Lacey Lisitza helps a student during a pole class.

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Maria Bamford Follows the Love

By Rachael E. Worthington

Comedian Maria Bamford's specialty is getting on stage and telling stories about some of life's most awkward moments, which she did in her signature style at the Lincoln Center in September.

Awarded the 2016 "Breakout Comedy Star of the Year" at the esteemed Just for Laughs Festival, Bamford is the first female comedian to star in two Comedy Central specials.

She also voices numerous characters on popular animated shows like Netflix's "BoJack Horseman" and Cartoon Network's "Adventure Time."

Bamford's latest role as "Lady Dynamite," a semi-autobiographical comedy about her journey back into entertainment and her struggles with bipolar disorder, has received critical acclaim for bringing light to stigmas surrounding mental illness.

Bamford was drawn to humor at a young age, initially experimenting with voice characterization as a child. "I did it as a result of wanting to impersonate my mom as well as get attention," Bamford said. She continued to use them to enhance her storytelling.

Perhaps this is what drew Bamford to

perform in animated shows. She voices Kelsey Jannings on "BoJack Horseman," the Slime Princess and Wildberry Princess on "Adventure Time" and Shriek in "Cat-Dog," among many other vocal roles.

Bamford also appeared as a guest on a variety of sitcoms like "Louie," "Dharma & Greg" and "Arrested Development," which helped to foster her relationship with Mitch Hurwitz, who later created "Lady Dynamite" with Bamford cast as the star.

Despite her work in television, she still enjoys performing live and hopes to film more comedy specials with Netflix in the future. "I really liked and still love comedians and it felt natural to go to open mics," Bamford said. "I looked forward to it."

She was drawn to pursue comedy professionally because of the sense of community and camaraderie. "It just seemed to be where the love was, where I belonged," Bamford said.

Her best tip for aspiring comedians? "I guess the same thing I've experienced — go where the love is — where you feel inspired." She went on to say that if such a place can't be found, create it. If someone

creates something original, people are bound to take notice.

According to Bamford, it also doesn't help to be overly competitive — "Be kind to yourself and others. It's frightening to put your work out there and everybody is in the same boat," she said.

"The beauty, the clean air and performing with my best friend [and opener] Jackie Kashian" are what excited her most about performing in Fort Collins.

Kashian and Bamford gave a memorable performance in front of an audience of die-hard fans.

Q & A with Bamford

Q: Should we expect more, new character voices?

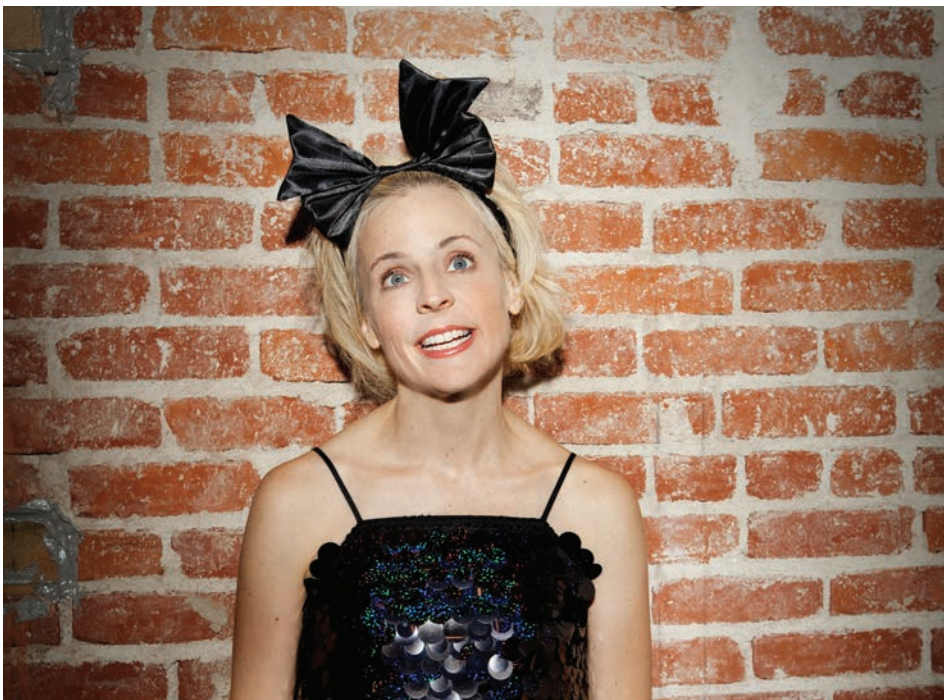
A: I guess I'm not as interested in the voices as I am in telling a story - so my voice range is relatively small but I hope that I'll develop more!

Q: Do you prefer doing Netflix/TV specials or stand-up?

A: I love it all. I'm excited to do a new special (I hope with Netflix) and delighted to have a second season of lady dynamite with Pam Brady and Mitch Hurwitz and all the incredible people in production and at Netflix.

Q: How do you like married life?

A: Married life is really wonderful. My hubby and I are late in lifers and so grateful to have found each other.





The Mowgli's give the inside scoop on their newest album, inspiration and the group dynamic.

With their quintessential California sound, the feel-good indie rock band The Mowgli's has established themselves as a prominent name in the alternative music scene since their formation in 2010.

The group played in Denver Sept. 20 at the Bluebird Theatre as the first stop on their month-long tour. The tour showcased the release of their newest album "Where'd Your Weekend Go?" on Sept. 30 including singles "Spacin Out" and "Freakin' Me Out." The small venue provided an intimate space for The Mowgli's to perform hits like "San Francisco" from their debut album, "Waiting for the Dawn" and "I'm Good" from sophomore album, "Kids in Love."

The group consists of six members, each contributing vocals in addition to playing other instruments. Colin Dieden and Josh Hogan play guitar; Mathew Di Panni is on bass; Dave Appelbaum jams on keyboard; Andy Warren and Katie Jayne Earl rock drums and tambourine, respectively. College Avenue conducted an exclusive interview with the band before the show.



Q&A

College Ave: Can you tell us a little bit about your inspiration behind the new album?

[Colin]: It's just kind of reflecting on what that's been like for us the last few years of being a band and traveling.

[Josh]: It's a lot of personal experience put into songs.

[Colin]: Themes of loneliness; I think we kind of captured coming up on this record more than others. Still that signature happy, Mowgli's, love-inspired thing just kind of through a different filter.

[Katie]: I like to say it's kind of about being alone together.

College Ave: What has it been like for the band being on tour?

[Katie]: We've been touring for the past three or four years, and it's been a really really great adventure. We've gotten to see so much of the country and connect with so many fans. Colin and I were just talking about last night how good it is to have fans singing your songs back at you, there's just nothing really like it. It's been a really great experience.

College Ave: How would you describe the relationship you have with your fans?

THE MOWGLI'S

By Lexi Elio and Jenna Fischer

[Josh]: We try to just be like people you know, not hide from them.

[Andy]: We've been doing this for a few years so we've seen a lot of our fans when they were younger and now they're entering college so we've gotten to see the growth of a lot of our fans that we've met over these past few years, which has been kind of cool. We have interactions with them on social media and we're friends with them on Facebook. [They're] people that we've encountered on our journey [and] we've kind of folded into our lives in interesting ways.

College Ave: What is the group dynamic like?

[Katie]: We're friends. We've been friends for a long time, we were friends before the band and if anything we've gotten closer. We've had a really good experience together so far and we're like a family.

[Andy]: Can you change it from friends to pals? We're super pals.

[Josh]: Just going through as much as we've been through together I think really has brought us closer as a group.

College Ave: Is there a prankster in the group?

[Dave]: Colin is the original prankster. He put mustard in my bed once.

[Colin]: The best prank I've ever pulled I think was one time we placed army men all around David's life.

[Dave]: It was like ongoing psychological warfare.

College Ave: What kinds of challenges have you been faced with as a band to get where you are today?

[Katie]: We've gone through three albums together and a bunch of different contracts together and losing a couple members. We've been through just about everything a band can go through together so far and there's definitely been trials and tribulations and hard points and mostly good ones and we've come out of the dark tunnels every time.

Over the next month, the band will continue on their album promotion tour. While they may not be back in Colorado for a while, fans can keep an eye out for "Where'd Your Weekend Go?" streaming on Spotify or available for purchase via iTunes or Amazon.

Why that song?

"San Francisco" - **[Colin]:** "San Francisco" was written in San Francisco. It's about being young and crazy and being there and the energy of the city and what happened in those couple days. It was very inspired by the time that it was written.

"Bad Thing" - **[Katie]:** We just put a single out called "Bad Thing." It's kind of about exploring means of medicating your loneliness by trying to connect with other people and the constant battle, but kind of realizing that even through that you can still feel loneliness but that's kind of okay sometimes.

"Spacin Out" - **[Katie]:** "Spacin Out" is about just kind of zoning out when you're thinking about your life and all thing things you've been through. When I think about the lyrics to that song it feels like it's a personal kind of story about our journey a little bit as a band and our relationship with people we've worked with and come in contact with.

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OFF-CAMPUS LIFE
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Engineers Without Borders Travels to El Salvador

By Priscilla Vasquez

Early on a Sunday morning, loud speakers inside a chapel blast the preacher's words over the rural town of La Criba, El Salvador. Located four hours from the capital, the town serves as a sanctuary for generations of families that have sought to establish a community surrounded by the hills of an ancient volcano.

This past August, a group of Colorado State University students had the opportunity to travel to La Criba as members of the school's chapter of Engineers Without Borders. The trip was a culmination of eight years of the group's work developing a complete water system, including a well with an automated pump, a water storage tank, a distribution system and a financial plan to sustain the community long term.

In 2008, an earthquake compromised the town's water spring and 900 people were cut off from their main source of fresh water. Ian Huber was a lead for the project.

"Essentially the community is walking miles a day to get water," Huber said. "Now we've got everything installed and we're just on the training phase. We are making sure the community knows how to run their utility, as well as knows how to maintain the lines. We're hoping to make sure they are as self sustaining as possible so that when we leave, the project will keep going for 30 or 40 years."

While most of the infrastructure for the system was designed by professional engineers, the students are responsible for sorting out funding and other logistics for the project once it was approved by Engineers Without Borders USA, the parent organization for the club.

John Butler is an engineering graduate student at CSU who went on the trip.

"I got brought on [this trip] to help set up the financial plan for the water system,"

Butler said. "So the amount that they are charging users will sustain the future costs of the system."

Many nontraditional students find that they could utilize their past career skills in the service of others through EWB. This was definitely the case for Peter Field, another project lead on the trip.

"I installed the control system, so the pump can be called upon by the tank to give it water," Field said. "There's a lot of electrical and controls components involved. My experience as an electrician definitely helped me there."

Field emphasized the importance of dedication both from the students and the community.

"We can't solve the global problem of how everybody needs clean water," Field said. "So we have to do it on a small, local level and work with one community that's really dedicated to the project. You know we can be dedicated to the project, but if they're not into it, nothing's going to get done."

Apart from a dependable drinking water source, the project provided at least three jobs through its newly operational utility company. The jobs were much needed as the town's employment rate is around 30 percent.

"It's an amazing experience to see how a fair amount of the world lives, they make an average of \$30 a week," Field said. "I think they're some of the most generous people that I've ever met. They really don't have much, and yet they are willing to give you all their time, all their resources. They're dedicated to getting this project going, and getting water for the whole town."

Butler also reflected on his positive experience.

"I thought it was an amazing community," Butler said. "For myself, I would absolutely



do it again.”

Despite the lack of many amenities students are accustomed to, Huber said he felt the trip was very enriching.

“I would absolutely do it again,” Huber said.

“I think it was a really eye-opening experience. I would recommend it to anyone that I think would be capable of not showering for a week.”

Butler emphasizes the need for preparation and planning.

“It’s not the type of situation where you’re going to just roll out of bed and go down there and make a difference,” Butler said. “You have to put some work beforehand, and be prepared for what you’re getting into.”

Field offers advice for anyone interested in getting involved. “Start coming to meetings and learn more about our projects and then we can guide you in a way that suits you to get involved and be an active member,” he said. “There’s all kinds of ways you can find us online and get in contact. Facebook is probably the easiest one.”

The club isn’t just for engineering majors either. “Come out,” Hubert said. “We want to see people from every major, we want to have as deep an EWB community as we possibly can.”

The group plans on traveling to La Criba again in January 2017 as the first of several follow-up trips in upcoming years.



Urban Agriculture

By Lexi Elio

The McGeehans stir in their sleep as the sun just begins to peek over the horizon. They've been awoken by a soft crowing. There is no need for an alarm clock when they have Agnes in the backyard.

Josh McGeehan has been raising chickens, like Agnes, in his backyard for a year and a half. When he and his wife, Liz, purchased their home, the coop and run were already installed.

With all the materials already at his fingertips, it was an obvious decision campus Cru leader couldn't try his hand at the newest phenomenon in sustainability practices: urban agriculture.

Urban agriculture references the growth of food or animal husbandry within the city of Fort Collins. Three years ago, the city code updated practices regarding chickens and bees, in addition to allowing goats and ducks.

McGeehan has an unusual relationship with his poultry.

"I'm a bit silly with them," McGeehan said. "I've named them and they all have personalities."

All eight chickens are a different breed so he can easily differentiate them: Simone, Gertrude, Agnes, Big Betty, Sylvia, Mildred, Kiersten, and Louissette.

The chickens typically stop producing eggs between two and five years. Owners are usually discouraged from bonding with the animals because they are usually slaughtered for meat after this period.

"We probably break even between their feed and not purchasing eggs," McGeehan said. "Getting a coop is the most expensive thing, but the chickens themselves are pretty cheap."

Store-bought chicken coops can run anywhere between \$200 and \$400. One Colorado State University student sought to mitigate the financial barrier

by building his own coop. Undeclared sophomore Charles Zablocki spent the summer constructing the coop, which cost him under \$100.

The Larimer Humane Society must inspect coops before citizens may move their chickens in, which also requires a \$30 application fee. The Coloradoan lists 51 licenses issued in 2015.

Another hurdle for those interested in urban agriculture is approval from landlords and home owners' associations. Both are authorized by the city to prohibit livestock.

"Our landlord loves it and is on board," Zablocki said. "She actually can't do it in her neighborhood because of her HOA."

Urban agriculture also encompasses produce. If the harvest is for personal use, there are very few city restrictions. However, residents must obtain licenses through the city in order to use hoop houses or if they intend to sell their produce commercially.

Associate City Planner Spencer Branson suggests students start with small container gardening, particularly if they're working with limited space.

For those who lack the means to grow produce in their own homes, Fort Collins offers a number of community gardens stationed throughout six city parks as well as the senior center.

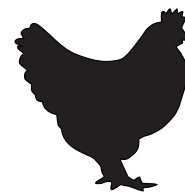
All plots are 150 square feet and a \$50 fee, although gardeners can earn half of that back after completing four service hours mulching and weeding.

"The interest is so high that we already have a wait list for next year," said Jan Kroger, Guest Director of the Gardens on Spring Creek.

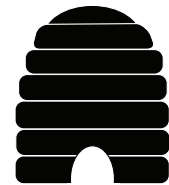
Both gardening and animal husbandry allow residents to move closer to the locally-sourced food model that continues to gain popularity in Fort Collins.



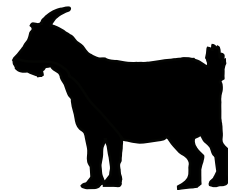
How many animals can you have on a typical 1/2 acre house in Fort Collins?



Up to **8** hens



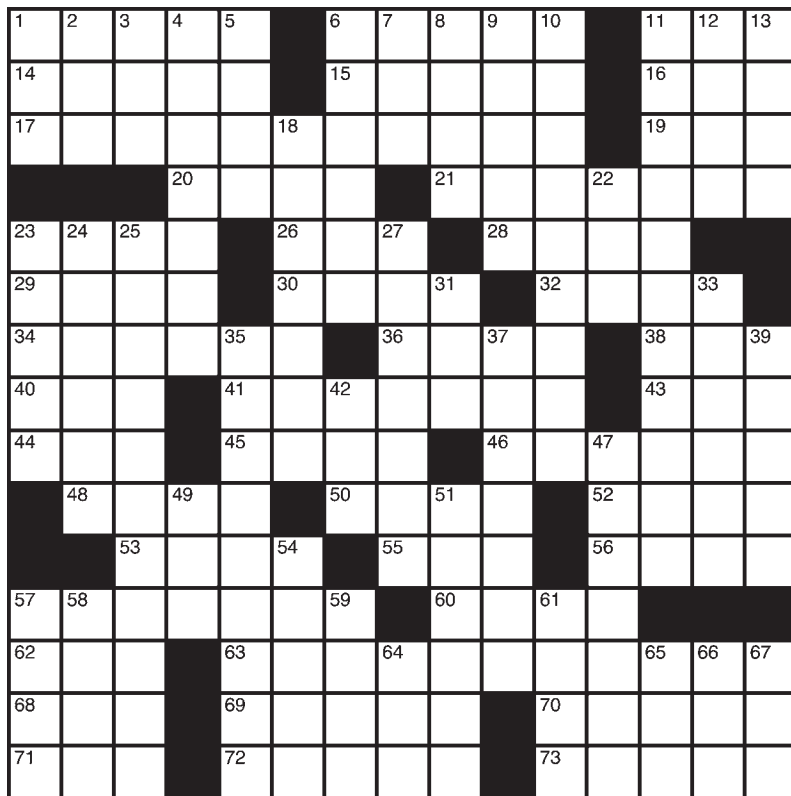
Up to **4** colonies of bees



Up to **2** pygmy goats

For info call:
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Los Angeles Times Crossword Puzzle



Across

- 1 Illusions in a stage act, collectively
 6 Muslim leaders
 11 Place for a massage
 14 Twist
 15 French Revolution radical
 16 Put a strain on
 17 *Cost of shares on the exchange
 19 Tip jar denomination
 20 Miffed
 21 Gizmos
 23 ___ buco: veal dish
 26 Director Lee
 28 Student's workplace
 29 Guttural "Psst!"
 30 Wedding vows
 32 Condemn
 34 Most rational
 36 Nobel Peace Prize city
 38 Jack-in-the-box sound
 40 Drips in the ICU
 41 *U.S./USSR conflict
 43 Give it a go
 44 Witness
 45 Yankee slugger, to fans
 46 Area of expertise
 48 Sound from Leo
 50 Twist, as water-damaged floorboards
 52 Sharpen
 53 World Cup soccer org.
 55 "___-hoo!"
 56 1946 N.L. RBI leader
 Slaughter
 57 Part of a chess match when most of the pieces are off the board
 60 "___ the mornin'!"
 62 Sch. run by Mormons
 63 United stand ... and what the first part of the answers to starred clues literally can have
 68 Track transaction

- 69 Wabbit-hunting Fudd
 70 Fragrant wood
 71 Pig's home
 72 Officials who have their faculties
 73 Hit hard, biblically

Down

- 1 Leo is its logo
 2 California's Santa ___ River
 3 Long-jawed fish
 4 Annoying
 5 Egyptian queen, familiarly
 6 Loom on the horizon
 7 St. Patrick's mo.
 8 Very dry
 9 Sprayed in defense
 10 Longshoreman
 11 *Element in an executive compensation package
 12 Window glass
 13 Lumberjacks' tools
 18 Double agent
 22 Prefix with metric and bar
 23 Desert retreat
 24 Norelco product
 25 *Drive to do the responsible thing
 27 **So long"
 31 U-turn from NNE
 33 Rita with an Oscar, Emmy, Tony and Grammy
 35 Like Al Capone
 37 Ridicule satirically
 39 Combustible funeral piles
 42 Under a quarter-tank, say
 47 Geometry proposition
 49 Bailed-out insurance co.
 51 Copter blades
 54 Whac-___: arcade game
 57 Diminishes
 58 Russian denial
 59 Actress Stone of "Birdman"
 61 Low-ranking GIs
 64 Guys
 65 Prefix with meter
 66 ___ King Cole
 67 Italian three

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 11am-7pm
 Everyday

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 All Day
 All The
 Time

Mondays: Happy Hour All Day & All Nite

Tuesdays: 2 for 1 Burgers (7pm-11pm) & \$2 Select Micro Pints (7pm-Close)

Wednesdays: Geeks Who Drink @ 8pm & \$2.50 Select New Belgium Pints (7pm-Close)

Thursdays: \$2.50 Select Odell's Pints (7pm-Close)

Saturdays: \$1 PBR Drafts (7pm-10pm)

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sudoku



		1						5
		5	4			8	3	
3	6			5	8			
	2		3	8		1		
	8						7	
		6		1	2		8	
			1	9			2	8
	3	2			7	4		
9						5		



9	1	8	2	3	4	5	6	7
5	3	2	8	6	7	4	1	9
6	7	4	1	9	5	3	2	8
4	5	6	7	1	2	8	3	9
1	8	3	5	4	9	6	7	2
7	2	9	3	8	6	1	5	4
3	6	7	9	5	8	2	4	1
2	9	5	4	7	1	8	3	6
8	4	1	6	2	3	7	9	5



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BATTLE OF THE

By Anna Fakinos

FOOD & DRINK

STYLE

ARTS & ENTERTAINMENT

REC & TRAVEL

FOCO FINDS



Emma Ingram is a first year business student who had wanted to see the band Joyce Manor in concert for over three years. She was unable to attend any of their Denver shows until June 2016, when she was finally able to see them live as well as meet the band after the show. “It was one of the best live shows I have ever been to,” Ingram said.

Undeclared freshman Tyler Felske has always loved the band Capsize. He had the opportunity to see their show this year at Vans Warped Tour. After Capsize played their set, Tyler went to the merchandise tent where the vocalist of band recommended the shirt pictured above.

Nayely Raygoza is a freshman interior design major. She went to see the Young Rising Sons, an indie pop band, with a group of friends this summer. Raygoza admits that she was not entirely familiar with the band, but she became a big fan after scoring front row seats at their show at the Bluebird Theater. “We were able to talk to the band and take pictures with them after the show,” Raygoza said.

BAND TEES



Undeclared freshman Soren Stanback has seen the musical group Flatbush Zombies several times in her home state of North Carolina. “I have been a big fan of Flatbush Zombies for a while, but it was not until the second time I saw them that I bought the shirt,” Stanback said.

Maggie Schnettler is a freshman environmental engineering student. She likes The Beatles because they “are a band that everyone likes because they are a huge part of music history that most people can appreciate,” Schnettler said.

Although freshman Ethan Rath is currently undeclared, he is thinking about pursuing dentistry. Rath also sports a Deadmau5 shirt. Deadmau5 is a Canadian electronic music producer. “Deadmau5 has always been one of my favorite artists,” Rath said. “When I saw that he was going to be playing at Decadence I knew I had to go.” Decadence is a large electronic music festival in Denver.

SWING & BLUES



By Brooke Buchan

As you stroll down the streets of Old Town late on a Saturday night, you may come across a small door swung open wide. Music cascades into the dark around you, inviting you inside.

Upon entering the softly lit lounge of Old Town Yoga Studio, you're greeted with smiles and politely prompted to remove your shoes.

Following the music and the sound of people, you wander further into the studio to a room around the corner, filled with twirling couples and rhythmic tunes. The dancers--beginners and experienced alike--are mesmerizing, and the music is wholesome and lively. You can't help but want to join. This is Saturday night Swing and Blues.

Started by Aidn Van Duyne in 2009, Swing and Blues nights at Old Town Yoga provide a place for everyone to enjoy dance regardless of age, gender, or experience.

Ruth Bruhn, who frequently hosts and DJs at Old Town Yoga, described the environment as friendly and inviting.

"No one is here to compete, and it isn't about selling anything but the experience of dance," Bruhn said.

Bruhn has been dancing for as long as she can remember. "Swing is what I started with, so it's near and dear to me," she said. "But fusion is mostly what I do now."

Bruhn began teaching lessons for the Swing and Blues nights since they began.

"The most rewarding part of teaching people to dance is getting to see them learn," she said. "Before they were afraid but now they are confident and can turn around and teach others."



"The most rewarding part of teaching people to dance is getting to see them learn."

Joe Moorehead first came to the Swing and Blues night three years ago and admitted that he didn't like it at first.

"It is really intimidating to feel like everyone in the room is better than you," Moorehead said. "However, it is the community of people that kept me coming back."

Moorehead said he loves the social environment of dance, praising it as a great way to meet new people.

"The amount a person's skill level increases after just one weekend is truly incredible," Moorehead said.

Fort Collins native Mackenzie Dotson also frequently attends the dance nights at Old Town Yoga. She first came in September 2012 and has taught lessons in dance as well.

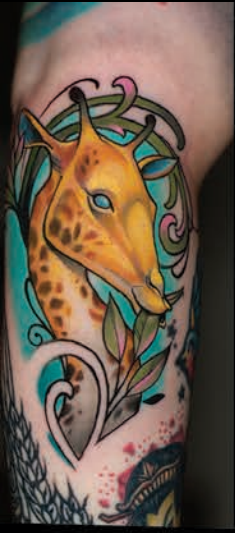
"Swing is my first love," Dotson said. "It has such high energy, but blues tells a story and fusion feels limitless."

Dancing is \$5 a night beginning with a lesson at 8 p.m. and an open floor from 9 p.m. - 1 a.m. on Saturdays.

Whether you've danced before or have always wanted to try, pay a visit to either of these locations for a chance to discover a new passion, meet new people, and experience a night worth remembering.

Swing and Blues nights have been relocated, and the new location is yet to be announced. For more information on Swing and Blues nights, visit their website at www.bluesandswing.com





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