

COLLEGE AVENUE



Colorado State University / Volume 14 Issue 4 / Summer 2019
A Rocky Mountain Collegian Publication

SENIOR DESIGN'S EMBODY EMOTION

See page 12

SEMESTER AT SEA: VISITING JAPAN

See page 26

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Letter from the editor

I never thought the day would come where I would be writing a second goodbye as the editor-in-chief of College Avenue Magazine. But, here I am. Saying my final farewell to this magazine and everyone that put their heart and soul into making this publication what it is today is something I don't think I could ever prepare myself for.

I could not thank my staff enough for the support they gave me during the two-and-a-half years that I had the pleasure of being editor-in-chief.

As students at Rocky Mountain Student Media prepare to step into new roles, it is time for some of us to pass the torch to our successors. In the fall, Gabriel Go, College Avenue's current features editor, will be taking on the challenge and privilege of being the next editor-in-chief. And let me tell you, he's got some huge plans.

This semester has been a rollercoaster. Between the incredible highs of publishing some of the best stories, to the deep lows of feeling so overwhelmed that I couldn't imagine how I was going to publish another magazine. But, I made it --- we made it.

I have never felt more blessed than to be given the opportunity to work at Rocky Mountain Student Media with some of the most talented and hardworking people that I know.

In the letter that I wrote exactly one year ago, I said: "It is always important to keep pushing forward. It does not matter where you are going or what you are doing, as long as you are doing what you love and not taking a step back." That is something that I think about almost every day. This time, I am pushing forward into the real world.



Shelby Holsinger
Editor-in-Chief

CORRECTION: In our spring 2019 issue, the "Animal mascots" article misrepresented how CAM the Ram is trained. He is not intentionally subjected to stress and loud music to desensitize him.



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Foodie Walk

13 businesses foster education, new Old Town experiences

BY JOHANNA FORTESCUE

If you're looking for your next date night activity, a chance to taste new foods and drinks or an opportunity to learn more about local businesses, the Foodie Walk may be the event for you.

The Foodie Walk is a free experience hosted by the Downtown Business Association and 13 Old Town

businesses on the third Friday of every month from 5-8:00 p.m. Participants lead themselves on a self-guided tour of food- and drink-based businesses in Old Town Fort Collins with the assistance of a map and punch card handed out at any of the 13 locations.

George Grossman, co-owner of Happy Lucky's Teahouse and Sean Godbey, co-owner of Old Town Spice Shop, created

the concept of the Foodie Walk based on the First Friday Art Walk, which takes place in many cities across the country. The experience was crafted around the customers of many food-based, Old Town businesses.

“We have a common customer, and our common customers all appreciate the same things,” Godbey said. “So, specifically, they like to be educated on what they’re consuming; they like to try new things and they generally like to do things at home. So, culinary wise they’re going to make their own dishes, they’re going to brew their own cup of tea at home.”

Every business which participates in the Foodie Walk must have some sort of educational element — such as a demonstration, explanation or recipe — and a sensory element, which is usually a free sample of products. To Toby Gadd, the co-owner of Nuance Chocolate, the education element of the event is crucial.

“The Foodie Walk was a neat way for us to educate people and get them a chance to understand about cultivars, about fermentations methods, about varietals of cacao and how it’s actually made,” Gadd said. There’s so much more going on about chocolate than

we all understood, so it’s a way for us to convey that and engage people and teach people about chocolate.”

In terms of sensory elements, Old Town Spice Shop samples their products by fostering business collaboration on Foodie Walk nights.

“One of the things that we like to do is highlight other businesses that we work with,” Godbey said. “So, whether we wholesale to them or we have common themes. I love to be able to offer a spot and a place for people to come and have a space in Old Town for the night that don’t have a physical location in Old Town.”

On top of the free third Friday event, the Foodie Walk also offers a prize drawing of over \$100 in gift cards and products every month, according to Godbey. Anyone who attends the Foodie Walk can have their guide card stamped or signed by all the businesses to enter into the drawing.

Despite the prize opportunity for visiting all the businesses, Gadd emphasized that there is no need to rush through the walk.

“You know a lot of people think that they have to do all

the stops in one night,” Gadd said. “So, my first suggestion would be slow down, take your time and enjoy the tour at the pace they feel comfortable doing. There’s a little reward at the end, and a lot of people feel really compelled to do all of the stops in one night. They don’t realize that to get that chance for the drawing they can get that card stamped literally all year.”

"Sometimes I think the Foodie Walk has a snooty sounding name. It's not snooty, right? It's anybody who enjoys food which is pretty much everybody."

- Dean Hines -

Gadd also commented on the name of the Foodie Walk and the connotations it may have for some people.

“Sometimes I think the Foodie Walk has a snooty sounding name. It’s not

snooty, right? It’s anybody who enjoys food which is pretty much everybody.”

Dean Hines, the co-owner of The Welsh Rabbit cheese shop and bistro, also explained why people shouldn’t be put off by the term “foodie.”

“The Foodie Walk is just a way to connect people to the small businesses in Old Town that have that value in others for food,” Hines said. “I mean other foodies, they’re passionate about the local food movement. It is a high experience, but it’s an experience. It’s not out of the reach of the everyday person.”

The businesses in the Foodie Walk stay relatively consistent from month to month, but they all offer different, seasonal items each month. This means participants can enjoy the event over and over without getting bored.

“I think the Foodie Walk is a perfect place to experience new things, learn about new businesses and try things that you’ve never tried before,” Godbey said. “Even anytime that I do the Foodie Walk and go to all my neighbor businesses, I learn new things, I find out about new products, and that’s the essence of it. You can do it every month and you’re going to find out about new things.”

Foodie Walk Participants

13 Old Town businesses participate every month

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THE WELSH RABBIT
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Summertime lovin' cocktails

3 drinks to complete your summer party



BY TYLER DUNCAN

Despite the frigid weather and sudden snow explosions that we are experiencing, summer is coming. You can feel it in the air! The slight warmth on the days without snow, the sun being seemingly more present than usual.

In anticipation for this great seasonal event known as summer, many minds begin to plan the events and parties they may throw in the nice summer heat. As we are all aware, no party of legal drinking age adults is complete without a nice cocktail to serve at one.

Presented in this article are three summer time cocktails: The Mojito, A Sangria, and the Mimosa. These three cocktails will be given a background and historical context along with parties that they would be most appropriately served at.



The Mimosa

First off, we will discuss the brunch delight known as The Mimosa. This equal parts orange juice and champagne cocktail is actually a take on another popular cocktail known as Buck's Fizz which is made with a 1:2 ration of orange juice and champagne.

Mimosa's are rumored to have been created in Paris at the Ritz hotel by a bartender named Frank Meier in 1925, though he never actually took credit for this invention.

Another theory credits the cocktails creation to Alfred Hitchcock in San Francisco during the 1940's.

No matter who made the cocktail first it is well known that a Mimosa is a staple cocktail and any early morning party or brunch get together.



The Sangria

Next we have Sangria. The history of this cocktail actually stretches back to ancient Grecian times when they would mix their wine with sugars, spices, and anything else that they could find. Sangria was drunk everywhere due to not-so-healthy water, and so they would add some alcohol to make the water drinkable and then they would add in other stuff for some flavor. This practice would eventually be taken up by the people of Spain where they would coin the term Sangria which means blood in Spanish.

After a few disruptions to production, the drink would pop back up in 1964 at the World's Fair in

New York City. Currently it is European law that all Sangria comes from Spain or Portugal, but it is commonly created at home.

This cocktail is perfect if you have a large afternoon pool party and you can just put a pitcher of this stuff out for all to enjoy.



The Mojito

Last but not least we have the Mojito. Seemingly a combination of a Mint Julep and a Daiquiri, the Mojito originates in Cuba.

Back in the day rum was actually pretty awful tasting so people would add pretty much anything to cover up the taste. Then, during prohibition when everyone just loved to go to Cuba and drink, they would take the cocktail and make it even fancier.

A traditional Mojito is a combination of rum, mint, lime, seltzer water, and ice in a tall glass. Due to its many ingredients and fancy appearance, this is a cocktail that you should serve for your late night summer parties by the pool.

These are but a few summer themed cocktails but are certainly some of the ones that'd make those summer parties you might have really stand out. So if you want to add a little kick to your legal drinking age pool parties and summer get togethers be sure to choose a cocktail that will make it truly memorable.



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6 Welsh Rabbit spring cheeses

Did you know cheese can be springy?

BY CAROLINE ARAIZA

In my favorite corner of Old Town, nestled right next to Nuance Chocolate Cafe, the Welsh Rabbit Cheese Bistro gives out unlimited cheese samples to eager college kids and sometimes their parents, which is why this is my favorite corner of Old Town. So when I got the chance to interview them about their spring cheese selections, I jumped on it, and found out some stuff that made me love this shop even more.

The Welsh Rabbit has been a family owned business since 2012, when Dean and Nancy Hines stumbled into The Truffle Cheese Shop in Denver, and realized that the time was as ripe as a nice, softened Brie (cheese pun added by author) to open such a place in Fort Collins. Now, Dean's brother owns the bistro next door, and his kids and niece work at both shops.

Dean Hines said that cheese doesn't have as much seasonality now as it used to, because people get attached to certain seasonal cheeses and start demanding them year-round. But the following six cheeses are some that remain seasonal, as cheeses they've brought in for the spring and early summer.

1 LaDiDa Lavender Cheddar

The first spring cheese that I tasted, this one was hard to beat. The lavender scent was so concentrated that it made my mouth water up, but the after taste was smooth, and since lavender is a calming herb, nibbling on it actually made me feel very relaxed.

2 Fior d' Arancio

They make the cheese by piercing it with holes, sticking it in barrels of sweet wine, and then covering it in candied orange peels. Once I amass some more spending money, I'll be back for a sample, and maybe a \$5 slice.

3 Honey Goat Chevre

Probably my favorite, and definitely my friend's favorite, as she finished her first little cheese ball in less time than it me to ask her how it was. It literally tastes like a cheese-cake, except lighter, fresher, and somehow at the same time, creamier.

4 Sage Derby

The first thing my friend's boyfriend said when we offered him some of this one was, "Cheese shouldn't be green." He was clearly unsettled by the colorful marbling, which is fair, but my friend and I saw it as lively and novel. The sage was super subtle, but I loved its creaminess.

5 Mediterranean Herb

Infused with little specks of olives, basil, garlic and sundried tomatoes, this creamy gouda is basically a pizza made out of cheese. It was just fun to eat, and not to be basic, but I'd love to have a picnic in the park with this cheese and some crackers. But we'll see if my schedule allows for such an idyllic scenario.

6 Fleur Verte

This one immediately caught my eye—it's a pretty aesthetically pleasing cheese, with dried thyme, tarragon and pink peppercorns embracing the soft, clean cheese all over.

More Cheeses

Not only is The Welsh Rabbit a cheese shop, but it's also a bistro with a full menu of cheeses, meats, desserts and drinks.

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Design embodying emotion

Cameron Utter's collection debuted at 'XPOSURE'

BY JOHANNA FORTESCUE

A hit Travie McCoy and Sia song, a signature color inspired by Emily Dickinson and a celebration of vibrant emotions all inspired Cameron Utter's collection "Euphoria Golden."

Utter is one of the many senior apparel and merchandising students who debuted collections at the 2019 CSU fashion show "XPOSURE" on April 12, but the path to designing his senior capstone collection was entirely his own.

Utter has been interested in fashion for much of his life. Whether it was stealing and wearing his sister's dresses, making outfits for his childhood dolls or taking a fashion design class in high school.

"The most rewarding things for me is a balance between two things: finishing a design and making the product," Utter said. "Finishing the product and the design is iconic to me because seeing the connection between the two and realizing I made this a thing, it's not an idea in my head anymore. That's my biggest achievement."

Utter takes inspiration from many places during the design process, but the concept of "Euphoria Golden" emerged when he was listening to the song "Golden" by Travie McCoy and Sia.

"What's special about this song is the combination of melody and lyrics and Sia. Anything with Sia always sounds more emotional," Utter said. "It's a romantic song. It's supposed to describe the relationship between a man and a woman, in this case of course. It was

describing how the relationship was golden, it was special, it was meant to be, so to speak."

After further exploring the meaning of the word golden and finding synonyms like gleaming, lustrous, youthful and vigorous, Utter began to form ideas of a formal eveningwear and ballgown collection that embodied the meaning of both the song and the word "Golden."

"The most rewarding things for me is a balance between two things: finishing a design and making the product."

- Cameron Utter -

"Euphoria Golden" is made up of a color palette of white — which Utter said is his signature color because of its association with Emily Dickinson and "white hot passion" — gold and the rainbow.

"I wanted to add a third element, and I thought, 'What better way to represent identity and the energy felt between two people and all the emotions other than rainbow?'" Utter said. "So, I included a multi-spectrum of colors in order to symbolize the broad spectrum of emotions we feel as humans and how beautiful that can be

when those emotions are shared between two people."

After developing his initial concept and creating sketches, Utter began what he considered the most difficult part of the design process.

"It was a lot of testing, re-testing and perfecting, and a lot of help from my teachers," Utter said. "It took a lot of work to actually see what was going on in the pattern itself because you have to have a lot of experience with them to know where the bugs are. If you're an amateur like me, it takes longer to figure out what's going on with something."

Utter sourced supplies for his collection from various locations and relied on his scholarships to fund over \$6,000 of fabric, jewelry, shoes and other materials used to compose his final looks.

"Without that money I would not have been able to buy shoes. I would not have been able to buy jewelry. I would not have been able to keep on with all the production costs," Utter said.

Overall, Utter is proud of the emotional appeal captured in his finished collection, and feeling it gives his designs depth. "You feel like a princess in these outfits, or, if you're me, you feel like your most personal aura or identity is now being worn on the outside," Utter said.

After months of long work for both Utter and his classmates, Utter was excited to see everyone's collections walk in the "XPOSURE" fashion show. "I've watched every single person make their collection in this class, and every single one of them is fantastic," Utter said.

4 thrifting tips

A growing quality clothing trend in fashion

BY JOHANNA FORTESCUE

Thrifting is a quickly growing trend in fashion. With the environmental, economic and style benefits, it's no wonder more and more people are buying their clothing secondhand.

But, despite the growing thrifting trend, many people are still wary of shopping secondhand. One reason may be that secondhand clothing shopping can be overwhelming, as pointed out by Terry Yan, faculty and researcher of consumer behavior in the department of design and merchandising at Colorado State University.

"If you think about secondhand shopping, it's very different," Yan said. "It's not just like going in, finding the brand and then checking out the different color options and different size options. When you go to secondhand, it's all over the place."

Here are four tips to help you get the most out of your next thrifting experience.

1 Know your style, but be creative

The volume of clothing in thrift stores, resale stores and consignment stores can make it difficult to find what you're looking for. Goodwill diverts 3 billion pounds of clothing and household goods from landfills every year, according to the Goodwill Industries International 2018 Annual

Report. That's a lot of stuff to look through, and it's only one of many secondhand stores around the world.

To find great pieces among large amounts of apparel, it's important to know what you're looking for before you arrive. Though organization is less than a retail store, items are generally grouped by style and size. Having certain items in mind will help you narrow your search.

Laura Green — the owner of Repeat Boutique, a consignment store in Fort Collins — encourages customers to have a focused mentality while keeping an eye out for more fun pieces. "Buy things that you like that way you have a consistent style that will be your own," Green said.

2 Go to your favorite stores

An important part of thrifting is recognizing that you may not find what you're looking during the first few time you visit. One of Green's most consistent pieces of advice for customers is to thrift with some regularity.

"Do it often," Green said. "I think to find places where they find things, then to go back and frequent those places, that's number one."

Another benefit of repeated visits to your favorite stores is taking advantage of sales and discounts. "A lot of secondhand stores have Saturday 50% off or every other Saturday 50% off,"

Yan said. "Maybe on Thursday, Wednesday, the day before the discount, go in and check things out. And then, think about what you are thinking to buy and go back and enjoy the discount the next day."

3 Know your labels

Brand name is not a guaranteed indicator of quality clothing, but it can be a helpful hint for those new to secondhand shopping. Sonali Diddi, faculty and researcher of sustainability in the department of design and merchandising at CSU, encourages consumers to recognize brands known for quality, not just trendy, cheap styles.

"There have been brands that are high quality which you know not because it's a brand value, but because of their construction in the past," Diddi said. "You know that they've been good in terms of staying for a long time." Designer names, such as Levi's, or other brands known to be well-made, like Patagonia, are good examples of secondhand clothing that will last.

Looking for brands you have owned before can also be a good indicator of how well something will fit. But, as Yan points out, clothing size may have altered slightly when washed or worn by previous owners, so it's important to try things on before you buy them secondhand.

4 Check for physical signs of quality construction

You likely won't be familiar with every brand you come across while thrifting. Thankfully, there are a few physical signs of quality that you can check on any secondhand garment.

"Indicators could be just the quality of stitching," Diddi said. "That they're firm and not loose threads. The buttons are in place. Zippers are working...Especially in the woolen or acrylic fiber materials or fabric materials, if there is more pilling happening or you can see those little balls coming out, maybe that's not a great choice. It's not going to last for a long time."

Diddi also recommends checking for discoloration or stretching in "high-stress areas" such as the underarms, shoulders, knees and elbows. "Looking at those areas and seeing how weak or strong the fabric is at that part to make sure it's not too weak and is going to tear the first time you put it for a wash is a good indicator (of quality)," Diddi said.

When keeping quality in mind, there is sure to be a secondhand shopping method that will work for you, no matter what your style. Thrifting alone or with friends can also be fun and finding a treasure item among the clutter is extremely rewarding. "That's the most fun part about it," Green said. "You just never know what you're going to find. It's the thrill of the hunt and it's a blast!"

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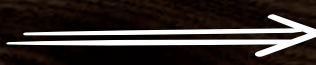
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Axes & chainsaws

CSU logging team offers competition, life lessons

BY AUSTIN FLESKES

Long have people wondered: If a tree falls in the woods and no one is there to hear it, does it make a sound?

Well, with the Colorado State University logging team around that question won't be worried about; they'll be there to watch it fall.

The CSU logging team is made up of 14 dedicated timbersports competitors who do everything from sawing down logs with a chainsaw to throwing axes across a field.

"It's a lot of stuff that you don't really think that you'll ever get to do in your life, which is part of why I wanted to join, because it's a very kind of niche sport," said Parker Allen, vice president of the team. "The (camaraderie) of the team, overall, is one of the best things. I'm here because of the people sitting here right now."

Allen said that the camaraderie of the team is one of its best aspects; the reason he stuck with the team is because of the people that make it up.

However, Allen explained camaraderie is not the only reason he enjoys the team.

"It's also fun to play with big toys that my mom is scared of," Allen added.

The team practices three times a week to be the best they can be in several events that involve chopping, sawing and throwing.

"I really like the intrinsic rewards," said Will Booth, one of the team officers. "Towards the end, you see a result. You finish something and there is something different because of it, and hopefully that ends up for the better."

But practice is not all chopped logs and sawing trees. When resources are low, or equipment needs attention, practice becomes equipment maintenance and repair.

Galen Burr, president of the team, explained that elements of practicing and self-improvement are intertwined with each of their club agendas.

"It's all practice," Burr said. "Splitting firewood is as much practice as chopping a block. Sharpening a saw is as much practice as running a

power saw. Everything we do is some form of practice. And that's something we try to teach people as well."

Burr added that even on days when the team does something besides chopping or sawing, like work on their axes, it is a vital part of what they are learning as a part of the team and the sport itself.

"An important part of how you learn and how you develop as a competitor is understanding how your tools work and how all of that works together and where these fundamentals come from," Burr said. "Because you're not going to go anywhere if you've got an ax that's wonky or a chainsaw that doesn't run right."

The frequent upkeep of equipment is important for the team, as much of the equipment used dates well before the invention of the chainsaw. Regardless of age, Burr said that all equipment deserve special, careful attention.

"There is a reason our axes and our cross-cuts are 100 years old and our chainsaws are 15," Burr said. "It's equipment, but if you take care of it, (then) it lasts."

But, to compete in the sport with the right kind of equipment can prove difficult. Booth explained that the monetary barrier to entry is incredibly high, with equipment ranging from \$500 to significantly higher.

Since the team does not get a lot of monetary assistance from the University itself, it comes down to the officers and members to get the money needed to compete at the professional level.

This funding comes in several different forms, one of the most notable being the donation of chopped firewood as well as the help from the community.

"A lot of it is through your

neighbor helping you out and our funding comes a lot from firewood and people being nice to us," Allen said.

But, this year, the team got a lot of funding from sponsors, as this was one of the first years that community sponsors were actively sought out.

Amanda James, team treasurer, said she was able to get a generous donation from local companies such as CAT, Wagner rental, Jax and Morgan Rental.

"Splitting firewood is as much practice as chopping a block. Sharpening a saw is as much practice as running a power saw. Everything we do is some form of practice. And that's something we try to teach people as well."

- Galen Burr -



"All of these different business donated \$800 and more in product or tools and time and timber," James said. "It was nice to get the community backing us as well."

With training and funding also comes a greater sense of organization from the team. Since its foundation in the late '90s, the group has seen significant growth and improvement in several areas. James said that when she joined it was very disorganized but has improved with the help of past presidents and team

members.

"Now, it's pretty successful. I mean, we just hosted a massive competition," James said.

The honing of skills and expertise, the increase in money and the growth as an organized team led the CSU logging team to said competition: The American Western Forestry Club's 80th Annual Timber Sports Conclave.

This three-day event at the end of March brought together competitors from across the United States and Canada to compete in all the most notable timbersports. This event allowed the CSU logging team to test their might against other universities and learn from each other.

With competition brought increased knowledge for the team, especially from conclave judge Alvie Marcellus, who showed the team tips and tricks for the sport.

"Some of that information that was going around was one of the most impressive things I have ever seen," Booth said.

However, it wasn't just the competition of the event that was influential to those on the team. Haley Mondin, team travel and safety officer, said that she has learned countless skills from the team and the planning of this event.

"This time last year, I think I was a vastly different person because of being on this team and (planning) this event," Mondin said. "This team has meant so much to me and this experience has shaped me into an entirely new person this year, and that has been a very valuable thing for me. I've just gotten countless marketable skills from this

CONTINUE READING ON PAGE 20

16 Events

The CSU logging team takes part in both chopping and technical events.

1. UNDERHAND

Men/women

2. VERTICAL

Men/women

3. SINGLE BUCK

Men/women

4. DOUBLE BUCK

Men/women

6. POWER SAW

Men/women

7. OBSTACLE POLE

Men/women

5. CHOKER COURSE

Men/women

8. JACK & JILL BUCK

9. AXE THROW

10. CABER TOSS

11. PULP TOSS

12. BIRLING

13. TRAVERS

14. WOOD ID

15. DENDROLOGY

16. CRUISER



team and this event.”

For some, timbersports are something that they hope to continue being a part of even after graduation. Both Burr and Mondin hope to compete in some capacity after graduation. Allen said that he would like to continue some form of the sport, especially if he studies abroad in Australia, where he says timbersports are incredibly popular.

“I’d be chopping against 8-year-olds, but I’m going to try that because it’s there, I can do that,” Allen said. “I would love to compete after college, kind of just where life takes me at that point.”

Allen added that a lot of people that come and compete in competitions are firefighters or people that use that type of equipment consistently. Because of this, he said that there are

“The team has meant so much to me and this experience has shaped me into a entirely new person this year and that has been a very valuable thing to me. I've just gotten countless marketable skills from this team and this event.”

– Haley Mondin –



different facets that the sport can take an individual.

While some may believe that this non-traditional sport is something that can only teach one how to quickly saw through a log, the CSU logging team explained that it has given them so much more, even for those that don’t aim to continue competing after graduating college.

Allen explained that the skills gained by working with their equipment can be utilized by anyone going into a job field that includes any sort of dangerous equipment.

“Being able to handle yourself around equipment that can kill you (and) can cut you in half is a big deal,” Allen said. “Any job you have, if it is anywhere dangerous, you are going

to get skills on this team to be able to handle equipment that can hurt you, but at the same time you can handle that equipment correctly.”

James said that leadership skills were something she learned on the job, including how to work with all kinds of people from all kinds of backgrounds.

And even though it may seem like it takes a certain type of person to make the cut, Mondin explained that anyone can be a part of the CSU logging team.

“You don’t have to be any kind of anything to be on this team,” Mondin said. “We are here, we will welcome you, we will teach you what you need to know. There are so many different things you can do with this team and get out of this team that you wouldn’t expect.”





Q
&
A
CSU 2019
Logging Team

BY AUSTIN FLESKES

With any timber sports competition comes a slew of different events that eager competitors can be apart of. From the underhand chop to the powersaw, competitors have a wide variety of events to compete in. I asked the officers of the Colorado State University Logging Team what their favorite events were, especially after the recent American Western Forestry Club's 80th Annual Timber Sports Conclave that the CSU Logging Team hosted.

Q: What is your favorite part of a competition?

A : Parker Allen:
As a competitor, I love to do chopping events like everyone does. A big axe is awesome to play with. Doing underhand chop my mom freaks out because I might cut off my toe, which is awesome. Also obstacle pole, which is one where you have a pole that is lying about 6 feet off the ground and you cut off the end of it and run down for time. That one is really cool because again you have a chainsaw high up in the air, my mom freaks out about it which is awesome. As a host, I like choker the most. Because choker you have a big obstacle course and the men who sign up to do it they come up and it's a 50-pound choker which is pretty light, this giant long cable. I'm like 'no no, we're going to pull up the big guy, the big 70-pound cable.' That sucker is pretty big and it can definitely break your teeth if you fall on it wrong...they would just go full throttle. So it is kind of cool to see our work being put to the test and people enjoying it too. Being able to see that was awesome.

Q: What is your favorite part of a competition?

A : Amanda James:
I would say my favorite events would be pretty much are our sawing events. Probably double buck, either Jack and Jill (or) Jill and Jill, some of those with your cross cuts. I would also say the new event that we just created, lemming. It was interesting, I had a lot of fun doing it.

Q: What is your favorite part of a competition?

A : Will Booth:
In terms of satisfaction I really like the chopping events. You're swinging the ax and chunks of wood blow out and it's really cool. I really like the physical act of sawing, because it is just miserable and hard. I had a lot of fun running the choker course this year. I did pretty well overall, I felt good about it. It's just cool to be able to race because you race down with the cable and you're slow and lumbering and then you just can turn on the afterburners on the way back and finish through.

Q: What is your favorite part of a competition?

A : Galen Burr:
About the same. I prefer the underhand chop to single buck personally. I just love the tools, I love the history of it, I love the specialization, all the technical little pieces of it. I'm just kind of in love with the tool.

Q: What is your favorite part of a competition?

A : Haley Mondin:
My favorite event if I have to pick one is definitely underhand chop like everybody else. It just feels really good and there is a lot that goes into it. You think it's just like, 'oh you chop through a block.' No, you spend hours and hours and hours and hours to chop through the block well. It's really hard and I am still working on it but it is really satisfying. After that definitely powersaw, because chainsaws are fun.



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All About GLASS BLOWING from



Glass blowing is an artform that us cannabis users rely on almost every day we partake. Without glass blowing coming to fruition, we would be stuck in the rolled ages. Joints and blunts would be practically our only options, unless we wanted to create a pipe from a piece of fruit or vegetable, or, God forbid, a plastic bottle or aluminum can. Now we can venture to a local headshop like Kind Creations and purchase a piece to use for a fair price. It is a fairly new art form (in the sense of modern pipes), only being around the mainstream for the past 30 years or so, and only about 20 years before that in the underground scene and it all started with a deadhead (a Grateful Dead fan for all you youngins').

Bob Snodgrass was the man who brought glass pipes to life and invented many techniques in the world of glassblowing. He's the Godfather of Glass. He would travel with The Dead around the country, selling his creations before he finally settled down in Eugene, Oregon with his family. Here, his craft truly came to life and would inspire new generations of glassblowers everywhere. One of Bob's most famous glass blowing techniques is something that has since been dubbed "color changing glass" which changes color of the piece

gradually the more you smoke through it. This effect is achieved by mixing or "fuming" gold, silver, and platinum into the glass while forming the pipe. These results created much more beautiful glass than has been seen prior and helped the glass market take off.

These days, glass blowers can be found everywhere, and shops like Kind Creations have an area where you can watch glass blowers at work. With more techniques being invented, more materials being used in glass, like opal, and more practice, the results are over the top and insane to look at and watch be created. Kind Creations has several glass blowers to watch and their work is sold in the shop. Watching them work and create masterpieces is never a disappointing way to spend your time. You can even bring a broken piece in for them to try and fix, for a price and if it's clean of course. To find out more about glass blowing, check out the Collegian's Green Report Joint Venture glass blowing video, where a glass blower named Sky from Kind Creations is interviewed, or just head on down to Kind Creations at 828 South College Ave in Fort Collins and see the action in work and ask questions yourself.



Keep reading

4 tips for reading for pleasure in college

BY NATALIA SPERRY

When was the last time you read a book not for class, but for yourself?

As we try to keep up with the never-ending to-do lists of college life, old pastimes can fall by the wayside. But, maybe you miss the thrill of losing yourself in a different fictional world each week, or, if you never got into reading, maybe you're worried you missed your chance.

With studies finding benefits including improved memory, increased empathy and reduced stress, there are plenty of reasons to start picking up books outside of class. Even with final's on the horizon, you can still read for fun if you're in college—and it's never too late to start.

Here are five tips for how to keep reading for pleasure in college:

1 Listen to audiobooks

Some purists out there might turn their nose up at this, but hear me out: audiobooks get the job done. Several studies have found no difference in comprehension between audiobooks and traditional reading.

As a Colorado State University student, your RamCard doubles as a Poudre River Public Library card, allowing you to check out audiobooks for free, according to the Morgan Library. After opting in through RamWeb, you can download books directly to your phone so you can listen while you walk, bike or drive to class.

2 Read before bed

There's a time and place for your smartphone, and according to the National Sleep Foundation, bedtime isn't one of them. The blue light from your smartphone suppresses melatonin, which makes falling asleep difficult.

Reading before bed is another great way to build a bookish habit without rearranging your entire schedule. It's also better for your brain. According to one study by the University of Sussex, even reading for six minutes eases the tension of stress in the human body. So, you don't have to set aside too much time in the evening to wind down with a book—though, any book lover

will tell you there are no guarantees about what cliff hangers and page-turners will do to your beauty sleep.

3 Mix up your genres

When you imagine leisure reading, maybe you picture novels like Harry Potter—but what about the latest memoir by your favorite comedian, or that collection of poetry you've seen all over Instagram? If you want to start reading, it's important you choose the books you want to read, regardless of what genre they are.

Struggling with where to start? Consider choosing a different medium, too, like a graphic novel.

No matter what you read, start out with short books. If the first book you check out from the library is *War and Peace* or the complete *The Lord of the Rings* trilogy, it's easy to become overwhelmed. When starting to leisure read again, short books make the task of reading more manageable. Plus, they're easy to carry with you, so you're more likely to crack them open on the go.

4 Track what you read

Setting goals and keeping track of what you read helps keep you accountable, and it also gives you a greater sense of accomplishment than finishing the book alone.

Websites like Goodreads allow you to manage all the books you read and want to read, as well as set yearly challenges to hold yourself to specific goals. You can always adjust your goals to make them more realistic as the year goes on, or increase them to make them more ambitious if you're ahead of schedule.

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On the World Odyssey

An American's first time in Japan

BY MATTHEW BAILEY

I woke up early the morning of Jan. 24, 2019 like any other day. I walked up to the Berlin dining hall where I had breakfast and I looked out the window. But, instead of seeing ocean and sky, I saw towering buildings, cargo ships as long as football fields and bright and colorful lights everywhere. The MV World Odyssey, Semester at Sea's cruise ship campus, was pulling into the port of Kobe, Japan.

I ran back down to my room, grabbed my camera and ran up to the top deck to snap a couple of photos. After all, the World Odyssey was sailing over rough seas for the good part of a week, and I couldn't wait to get off the ship and walk on land. More importantly, this would be my first time visiting a country outside the United States and Mexico, and I was absolutely ecstatic.

It's an understatement to say that I'm excited to visit all the countries the World Odyssey will be sailing to during this voyage, but I've always been particularly interested in Japan. When I was younger, I developed a strong fascination for Japanese history, culture and cuisine.

When I was in fifth grade, I read the story "Sadako and the Thousand Paper Cranes" by Eleanor Coerr, based on the story of a young girl diagnosed with leukemia after being exposed to radiation from the atomic bombing of Hiroshima. She was inspired to fold 1,000 origami cranes by a Japanese legend that if 1,000 paper cranes are folded, a wish would be

granted.

This story especially resonated with me, because my grandfather passed away from cancer at the time, and I actually attempted to fold 1,000 paper cranes so I could give them to my mother for her birthday. I probably only made 30, but it's the thought that counts. My grandmother ended up buying me an origami kit for Christmas a year later, and I still fold paper cranes to this day.

"I always wanted to visit Japan so I could experience authentic Japanese cuisine."

- Matthew Bailey -

Growing up in San Diego, I was surrounded by many great Japanese restaurants that served sushi, ramen, udon, soba and other Japanese foods. I always wanted to visit Japan so I could experience authentic Japanese cuisine. Fortunately, this became a reality for me the very first day I was in Japan.

On my first day, 24 other people from Semester at Sea and I went on a food tour of Osaka, Japan, a city known as the land of "kuidaore," which literally means "to ruin oneself by extravagance of food." That may seem like a pretty aggressive description, but after

seeing Osaka myself, I can say there's some truth to it.

After my group got off the train from Kobe, our tour guide, Tom-Tom, took us to Kuromon Market where we were immediately surrounded by food. Food vendors and stores lined up as far as the eye could see, selling all different kinds of fish, meats, pastries, fruits and vegetables.

Prior to going on the Osaka food tour, I knew I was going to try foods I never tried before, because I never necessarily had authentic Japanese food up to that point, but I never could imagine eating so much octopus and squid. The food tour gave me a better perspective on and appreciation for the prevalence and importance of these food items in Japanese cuisine.

The first food I tried was takoyaki, which is essentially a ball-shaped snack filled with octopus and other ingredients. It was topped with takoyaki sauce, mayonnaise, anori and bonito flakes. While I've had calamari, I never tried octopus or squid before eating takoyaki, so I was a little hesitant to try at first. Although the octopus was a little tough and chewy, I enjoyed the savory taste.

While I was in the Kobe-Osaka area, I desperately wanted to try Kobe beef. Of course, it's no secret that Kobe beef is very expensive due to the quality of the meat. When I was at Kuromon Market, I saw a store selling a pound of raw Kobe beef for 16,500 yen, or about \$165, and my mother told me before going to Japan that some r

CONTINUE READING ON PAGE 28



restaurants may charge up to \$600 for Kobe beef entrees. Needless to say, I didn't get the chance to try Kobe beef while I was in Japan due to such high prices, but I'm glad I was able to try so many other foods.

"It might sound strange to say that the five days I spent in Japan were life changing, but before I spent those five days in Japan, I was never immersed in another country's culture the way I was immersed in Japan's culture."

– Matthew Bailey –



For the remainder of my time in Japan, I travelled to Kyoto and Tokyo with a different group. The day after the Osaka food

tour, I left Kobe with my group and we took a tour bus to Kyoto. The tour guide for our group, Saeko, showed us the Kyoto Imperial Palace first.

Kyoto was the capital of Japan for over a thousand years, and the Japanese Imperial Family resided in the city's Imperial Palace until 1868, when the imperial court and capital was moved to Tokyo.

The architecture of the buildings that make up the Kyoto Imperial Palace is so colorful, ornate and intricate. The area surrounding the palace is occupied with beautiful trees, plants, gates and gardens with ponds, bridges and statues, and the entire collection of buildings is protected by a wall surrounded by a small moat. It was a very quaint and peaceful place.

Following the visit to the Kyoto Imperial Palace, my group went to the Kinkaku-ji temple, or "Temple of the Golden Pavilion." The Zen Buddhist temple was originally built over 600 years ago, but it was burnt down in 1950 and reconstructed thereafter. The current temple is golden in color and sits on a lake

surrounded by gardens and mountains. A pathway that passes by the palace features koi fish ponds, waterfalls, wells and smaller structures such as teahouses.

The Kinkaku-ji temple was probably one of the most beautiful places I've ever been to. The way the gold glistened and shined onto the lake was so beautiful and elegant.

Between my visits to the Kyoto Imperial Palace and the Kinkaku-ji temple, I was able to view unique architectural elements from different periods in Japanese history, and I would later see more of these elements on my visits to other temples around the Tokyo area, where I would spend most of the next three days.

After spending the day in Kyoto, my group and I took the Shinkansen, or the bullet train, to Tokyo. We passed through a mountainous, snowy region of Japan where Mt. Fuji is located, but we couldn't see Mt. Fuji since it was so cloudy at the time. Our tour guide actually called Mt. Fuji the "shy mountain," because clouds regularly block Mt. Fuji from sight.

I was surprised by how fast the bullet train was going. A drive from Kyoto to Tokyo would normally take about six hours, but it only took us a little over two hours to get to Tokyo since the train was going about 200 miles per hour. The ride was also very smooth; I didn't even realize we left the Kyoto station until I looked out the window and saw us zooming past buildings, farms and hills.

It might sound strange to say that the five days I spent in Japan were life changing, but before I spent those five days in Japan, I was never immersed in another country's culture the way I was immersed in Japan's culture. I know Japan is only the first country I've visited on this voyage, and I have many more places to go and experiences to have, but I can already say that my outlook on the world has been altered because of the time I spent in Japan, and I've learned more about myself in the process.

I know I'll return back to Japan one day. Until then, Japan will always be a place I'll dream of visiting again.



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Environmental challenges

Global crises call for a look at our lifestyle

BY TAYLOR SANDAL

Being an environmentalist at Colorado State University seems simple; take the bus, sign up for sustainability classes and separate trash and recycling into the different bins. But, at some point, we question the impact that individuals actually have when it comes to our contribution to complex environmental problems like climate change and water scarcity.

But, What difference can one individual actually make?

“As humans, we’ve never had to deal with problems at this scale, where our environmental actions seem so small,” said Jesse Luna, assistant professor of sociology at CSU. “They add up though ... If everyone changed their behaviors, they would add up. But it’s also not just our individual behaviors, it’s the structures and systems that we live in.”

One structure that shapes individual behavior across the world is public transportation. In many European countries, riding a bike or commuting with public transit is much simpler than owning a car. In the United States, however, cars are sometimes a necessity due to how society is set up, even if individuals would prefer to be able to walk everywhere.

Caitlyn Imfeld, an ecosystem science and sustainability major, has a

course schedule consisting of many environmentally focused classes, such as a seminar about over-consumption.

“On some of the days in that class, it’s definitely like a lot of doom and gloom, like we’re killing the planet, it’s all going downhill, we’re all gonna die ... that kind of thing,” Imfeld said. “It definitely does get discouraging when you look at it like that.”

“As humans, we’ve never had to deal with problems at this scale, where our environmental actions seem so small.”

— Jesse Luna —

Imfeld isn’t the only student experiencing the weight of the somewhat depressing future of our planet.

Luna teaches a global environmental sustainability class, and it isn’t uncommon for her to pause lecture and ask students where their “depression meter” is at. “There’s a lot of people

just going about their daily lives and it’s so hard to constantly think about the weight of these issues,” Luna said.

Luna was a self-proclaimed “die-hard” environmentalist back when she was in her mid-late teenage years, practicing a vegan diet and riding her bike everywhere, even through the pouring rain and snow.

But, as she began to study these issues more closely, there was a shift in her view of the individual impact.

“It’s interesting to reflect now, I focused so much on my individual actions and was so committed to reducing all of my individual environmental footprints,” Luna said. “Now I recognize all of that ... my individual actions seem so little in relationship to the big broader systems, and I think other people experience that too.”

Some believe that future technological innovation can help dig humans out of this hole, and science has the power to curb the effects of environmental problems.

“Humans created these issues, and I think if we have the power to do that and we have the power to cure illnesses and come up with insane technology, it’s possible for us to combat these issues and counteract them, especially considering all our other achievements,” Imfeld said.

Others advocate education as a tool to encourage environmental action. A powerful method of sociology is the information gap model, thinking that if people have the knowledge about certain environmental problems, they will change their behavior.

“Unfortunately there’s some evidence out there that the information gap model is not the whole picture, and that even when people have the information, it doesn’t necessarily change what they do,” Luna said.

But maybe it isn’t individuals who are the conduit for change, but a structural overhaul of modern culture. Rensselaer Polytechnic Institute conducted a study in 2011 and found that 10% of a population with a strong belief has enough force to institute change to an entire system.

As a professor who has dedicated much of her life to education and research about social problems, Luna said, “making it so it’s not all about all of us all the times being these hardcore, committed people who are making hard choices every day that are a better environmental choice, but so the system pushes us all to make those choices.”

Individuals have the potential to shape the system, but the dawning of a global environmental crisis calls for taking a closer look at the broader structures we live in.

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