

COLLEGE AVENUE

Colorado State University / Volume 13 Issue 3 / Spring 2018
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100 percent vegan
restraunt.
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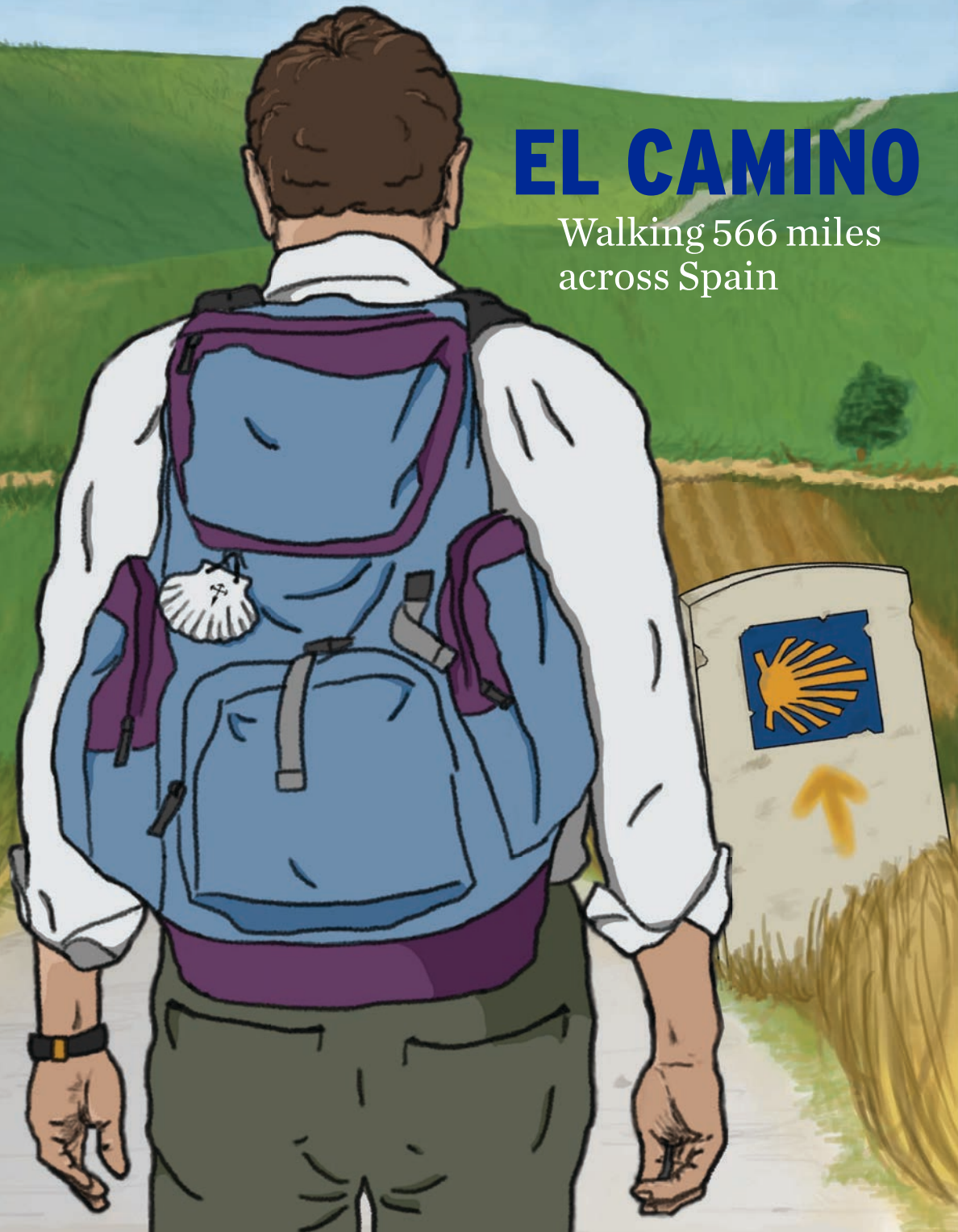
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Walking 566 miles
across Spain





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Letter from the editor

We have all heard the saying, "learn from the mistakes of others." I believe this also applies to the good experiences encountered by those around you, not just the bad ones. Learning from what other people have done, or are currently doing, can help you make decisions about your life and help you accomplish your goals. Take what someone has taught you and run with it. Take that person's experiences and adapt them to better your life.

There is a certain value in reading about what other people have done. Reading about trips that you might not get the chance to take yourself, but still have interest in what it is like. Maybe you think walking 566 miles across northern Spain sounds like a huge, unrealistic task for you. But reading about someone who did can still be exciting, and their story can bring you a sense of adventure. Maybe even spark enough excitement to start planning to do it yourself. Seeing photos of what the El Camino de Santiago looks like can make it feel like you are actually there, experiencing the journey alongside the writer.

Of course, everyone is different and just reading about other people's stories might not seem exciting to you. But just getting the idea of new experiences in your head might be enough to push you off the couch and to do something absolutely unforgettable.

So, read what others have to say. Read what they have learned and experienced along their journey. Take that information and do something awesome. And maybe try writing about it, you never know who your story might inspire.

This College Avenue Magazine issue is all about that. You will find stories of adventure, opinions and suggestions on how to enjoy your life to the fullest. Everyone is working on their life story, what is yours about?



Shelby Holsinger
Editor-in-Chief



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



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Gold Leaf Collective

By **KATIE MITCHELL**

Even more strings of magical lights have moved into Fort Collins' downtown area. It feels magical to walk under their warmth as the small restaurant calls for diners to rejoice in a homegrown meal. The art on the walls excites the soul and invigorates the eyes. Founder of the hideaway, Taylor Smith, describes it as what it looks like in his head after spending four months non-stop building his dream restaurant.

The Gold Leaf Collective opened on Laurel Street, near the College Avenue intersection in April of 2017. Known as the first 100 percent vegan restaurant in Fort Collins, The Gold Leaf is much more than just the ingredients they use. Smith said his inspiration for the menu was simple. "Honestly, it's hard to be vegan and I just wanted to eat the things that I was used to eating. And I wanted to find a way to make those possible without mock meats."



Many totally vegan and vegetarian restaurants work very hard to be an experience, something you will never forget. Their dishes are served on beautiful platters and there are many courses before the food coma is allowed to set in. However, there has been a big push in the past few years to make vegan and vegetarian food just as accessible and affordable as non-vegan food. While there are still less of these eating spots than those which cater to the

meat lover, there is still a large demand for cuisines of all flavors to be accessible without the meat. The Gold Leaf Collective is one of these places.

As far as the creation of the collective's dishes goes, it really is not about meat substitutes and trying to just pass as non-vegan food. The dishes bring together fruits and vegetables from all different regions to create flavors which are comfortable and new to the tastebuds at the same time. Smith refused credit for the menu, "I am not the head chef by any means because everyone's ideas are heard... The Gold Leaf is making itself, we just work here."

“ The Gold Leaf is making itself, we just work here.”
-Taylor Smith

Most of the dishes revolve around having fun with sandwiches. They serve seitan bacon, banana, peanut butter and jelly sandwiches (Elvis' Savior) and they serve sandwiches with fried lion's mane and pickles (The Prestige); their flavors are across the board. They are also very well known for their "Mac n Shew," a mac n cheese dish made with cashew cheese.

The collective began with their food truck in 2014, The Silver Seed. Boasting a menu of sandwiches and perfect summer drinks, the food truck became a hit in the Northern Colorado area. The 65-year-old teardrop trailer is pulled around with determination to bring vegan food to the people of Colorado, no matter the situation. They have been to music festivals, weddings galore, food truck rallies, anywhere food trucks are welcomed.

After the truck took off,

the collective began catering weddings and events around the state as well. And finally, three years after the food truck was born, The Gold Leaf came into the picture. Their grand opening was on the 2017 Earth Day, and Smith made his message clear. "The planet and animals, that's all I care about... I'm an animal activist in a restaurant owner's body."

While veganism is important to the collective, using local farms and businesses is also a top priority. This is obvious by how friendly Smith is, he is in the hub of the action, meeting new people with genuine excitement to see who they are. The Gold Leaf is a creation born out of a pure desire for collaboration with people who want to change the world. The collective currently works with Wild and Free Fermented Tea, Harbinger Coffee, Mama's Tofu and features art from creators at the Downtown Artery, just to name a few. On top of these local joints, they also work with Hazel Dell Mushrooms Farm in Loveland.

Smith boasts of completely relying on word of mouth to advertise for the restaurant, he has not spent a dollar on advertising in four years. The thought process? He has the two food trucks, his "mobile billboards," and loyal customers who love to share. From these promoters, he knows his patrons will be people who share his vision. This is also why he does not want to expand nationwide; the people make the restaurant special, each touch is personal. "I don't want to be a McDonalds, I want to be homegrown."

The Silver Seed and the Gold Leaf are an aesthetically pleasing, taste bud tickling combo which are taking over people of Fort Collins' hearts. Oozing with personal touches and thoughtful menu choices, it is a must try for vegans and non-vegans alike.



Taylor Smith

The Gold Leaf Collective founder

CREATIVE

Step inside and it will be obvious how creative this founder is. Smith said his vision was to have a live tree in the middle of his restaurant, and although it was not possible to have a live tree, he did create the illusion of one in the middle of the eatery. The branches stem out over tables and make any meal feel like a picnic.

ACTIVIST

Smith is "an animal activist in a restaurant owner's body." His love for the animals is obvious the moment you sit down with him, he will show you how similar fried lion's mane (a locally sourced mushroom) tastes to fish, and how it tastes like chicken when it's grilled. No animals necessary!

FATHER

Family plays a big part in Smith's life. As a learning father, Smith expressed a new found love for sleep and an appreciation for how much he can do without it. His outburst of Disney tunes in the kitchen make it clear what is on his mind when he is away from home.



A quick bite

Sausage-stuffed mushrooms

By **SHELBY HOLSINGER**

Imagine this: You are at some sports-related party, football maybe, it is half-time and you are starting to get hungry. Lucky for you, there is a table overcrowded with food items just across the room. Let's see, there is probably chips, some sort of fattening dip, cookies, sandwiches...you get the idea. But you are not THAT hungry. You just want something that is maybe one or two bites so you can quickly get back to watching whatever half-time show is on. You hear an oven ding. Something delicious is about to be added to the table. Out from the kitchen comes a full tray of mushrooms. Sausage-stuffed mushrooms. You know they

must be good when the host starts to pass them around the room instead of just simply adding them to the pile of food that has already been picked through.

With every social event my family is invited to, comes the request to bring food. Specifically, sausage-stuffed mushrooms. They are not complicated to make or fancy in any way, shape or form. But people can not seem to get enough of them.

These mushroom requests started just a few years ago when my mom decided to try bringing something new to the parties we were attending. Something other than

Christmas cookies, which, not to mention, she is famously known for all around town.

Sausage-stuffed mushrooms are a quick and easy appetizer to offer anyone looking for just a quick bite a food in between conversations or commercials.

Now, I know not everyone likes mushrooms or sausage. Don't worry, you're not alone. Try substituting mushrooms with peppers, or sausage with turkey. This is a recipe that can be easily adapted to fit any dietary restrictions or preferences.

Personally, I take any extra filling I might have from making these appetizers and add it to a breakfast burrito for the next morning. Easy.

Recipe

Follow these directions for sausage-stuffed mushrooms

INGREDIENTS

1 lb. Mushrooms

12 oz. Italian Sausage

8 oz. Softened Cream Cheese

DIRECTIONS

1. Preheat oven to 350°.
2. Brown the Italian sausage in a skillet over medium heat.
3. Once the Italian sausage is fully cooked, and the cream cheese. Mix well.
4. Remove stems from all mushrooms.
5. Wash mushrooms under cold water, lay out to dry on a paper towel.
6. Cut a sliver off of the bottom of each mushroom to act as a level surface so that they do not roll around.
7. Using a spoon, take a small portion of the sausage mixture and place inside of mushrooms.
8. Fill each mushroom up over the rim.
9. Place stuffed mushrooms on a baking sheet, making sure that they are placed apart from each other.
10. Bake for 15 minutes.
11. Serve immediately.

*If you are planning on taking these to an event, I recommend assembling them beforehand.

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Make-up does not make you less of a feminist

By CASEY MARTINEZ

I am a feminist. I am a make-up wearing, clothing-obsessed feminist. I read InStyle Magazine and always leave Sephora with glittery swatches lining my arms.

Even though I care about my appearance, I still fiercely and vehemently consider myself a feminist. Although, there have been times when I have wondered if by beautifying myself each morning that I am compromising my agency as a woman.

I have heard other women, women whom I respect

“ Even though I care about my appearance, I still fiercely and vehemently consider myself a feminist.”

-Casey Martinez

and admire, talk about their appearance as though it was shameful to put effort into how they look. They expressed feelings of distaste towards those who chose to wear eyeliner and pretty dresses that hugged their curves.

Do they have this opinion because they think makeup decreases their value? Or perhaps they think men will not take them as seriously if they wear lipstick? I have wondered about these questions on several occasions, and each time I have still ended up with the same conclusion: I feel better and more confident when I wear makeup.

Feminism, particularly intersectional feminism, is the understanding that everyone should be treated with equal respect and acceptance. Intersectional feminism is a specific form of feminism that encompasses all genders, sexes, and aims to create and protect equal rights for every individual, regardless of how they live their life.

If a woman decides to wear makeup, it does not hinder the intersectional feminist cause. By encouraging everyone to live their best lives, we are only strengthening the feminist movement. History has glared down upon women who dared to live colorfully and it is now time to embrace individuality rather than reject it.

And while I personally do not wear makeup for any other reasons besides the confidence I feel each time I draw the perfect

cat eye or wear a bright red lipstick, it is not our place to judge or criticize anyone's reasons for how they look.

Physical appearance should in no way impact the amount of respect they receive. As a woman, I feel strong and independent, which is a fundamental pillar of feminism. And by supporting other women who have different values than me, I am further demonstrating that I am a feminist, regardless of my glittery eyeshadow or Sephora membership card.

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GET OUT THERE

Put yourself out there and “work your business.” If you have an interest in make-up, you can sell what you love the most.

SET GOALS

Setting goals for yourself is a good way to make sure that you keep pushing forward. And do not stop until all of your goals are a reality.

TAKE PHOTOS

Take photos of yourself in the products that you are selling. Customers want to see how they are used and what they look like on a real person, not just a model. This will help you sell more products and you will be able to connect more with your audience.

KNOW THE PRODUCTS

Being able to talk about the products you are selling is arguably the most important part of the job. Customers will have questions, and being able to answer them will make you seem like a pro.

By MACKENZIE BOLTZ

Being passionate is something Kelsey Spognardi, a freshman psychology major at Colorado State University, connects to her love of make-up. For as long as she can remember, make-up has been something she enjoys doing. Make-up is not just something she does every morning, but it is an art form.

“It’s always been something I’ve had a passion for because it’s like you’re creating art, but with your face,” Spognardi said.

“It’s always been something I’ve had a passion for because it’s like you’re creating art, but with your face.”
-Kelsey Spognardi

At a school dance, Spognardi was first introduced to LipSense by one of her mom’s friends who sold LipSense. She had them try out the products and Spognardi noticed throughout the night that her lipstick stayed fresh as if she had just applied it. It even lasted her through a steak dinner.

“That’s when I knew I had to jump on this train and I signed up as a distributor. I’ve stuck with this company because it has changed my life,” Spognardi said.

Since then Spognardi started her own business selling LipSense over a year ago. Just this year she has produced \$20,000 in personal sales. The business is Spognardi’s way of income and the way she pays for college. She explained that the business is not hard to do, that the “products sell

themselves.”

Spognardi is pursuing her certification as a make-up artist to further her career at LipSense. As a SeneGence distributor, this will increase her credentials.

While Spognardi is getting her make-up certification through LipSense, others may choose to get certified as a make-up artist at beauty

school.

To get her certification, Spognardi has to give over 58 makeovers on different faces. She has been planning to practice on some of her sorority sisters to reach the amount she needs.

“[After 58 makeovers] I will be a licensed makeup artist through the company which will mean I have mastered using all of our products,” Spognardi said.

She plans on having LipSense be a part of her career in the future so getting her certification will only benefit her. Spognardi did not plan for this to become such a large part of her life because she had only signed up on LipSense for the discount. Now she runs her own business.

To start your own journey as a make-up artist, you must first choose between cosmetology and make-up artistry. Cosmetology school is the study of skin and hair care, nails and overall beauty. While make-up artistry is specific to external make-up application.



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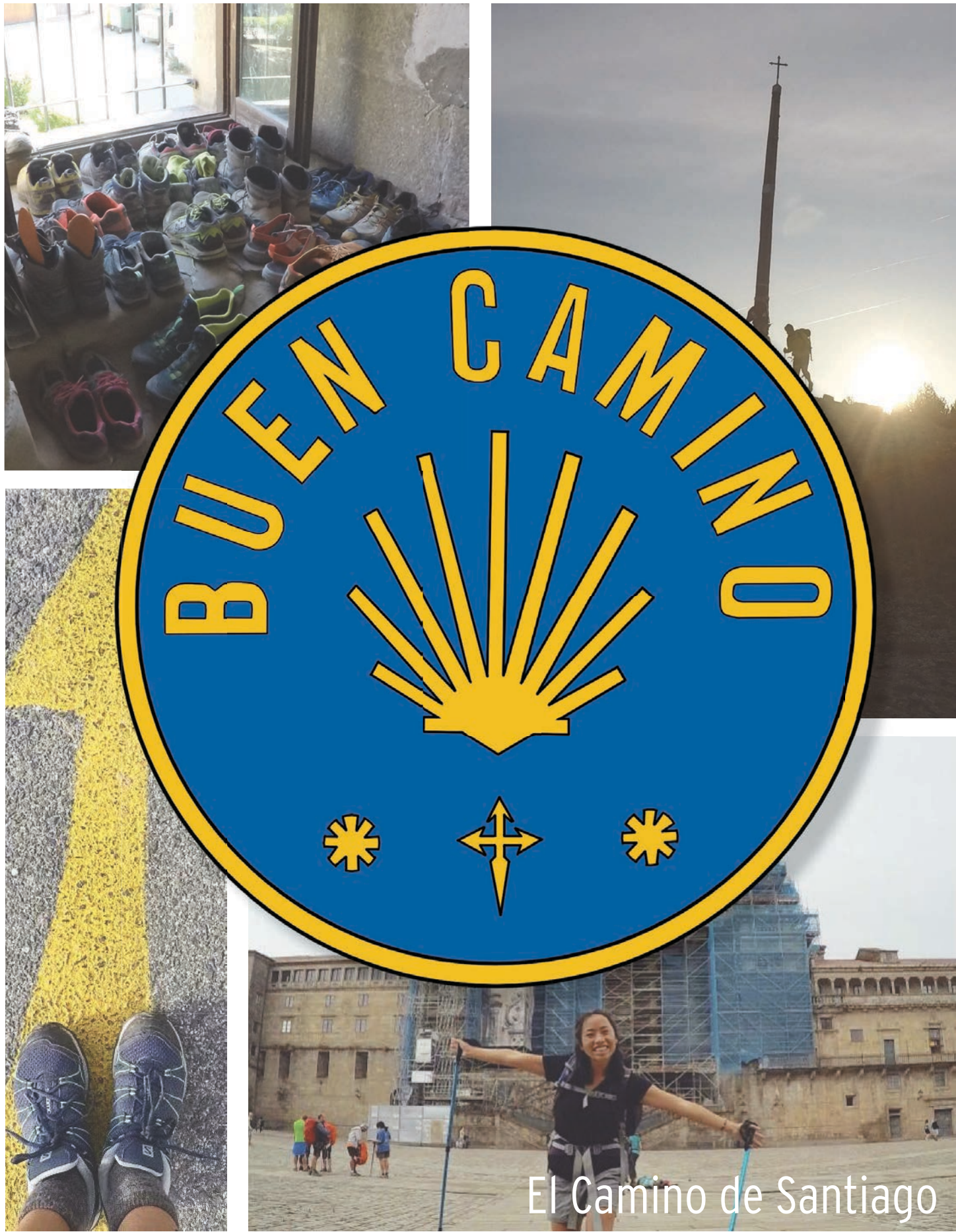
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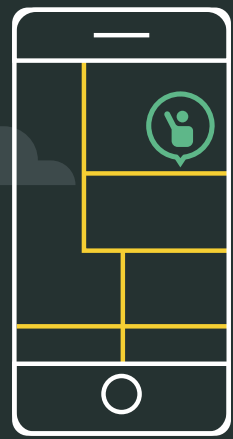


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Walking 566 miles across Spain

By **JENNA FISCHER**

Thirty days. Five hundred sixty-six miles. One incredible journey. In August 2017, I walked across the entire width of Spain from the French border to the Atlantic Ocean on the ancient pilgrimage route of El Camino de Santiago.

Also known as the Way of Saint James, the Camino consists of many different routes that span throughout Spain and the rest of Europe—all eventually ending at the cathedral in Santiago de Compostela where the mortal remains of the apostle Saint James are interred. For more than a thousand years, people have traveled from all over the world to this cathedral to pay homage.

The most popular of these routes is the French Way, or the Camino Frances, which traditionally begins in the small French town of St. Jean Pied de Port and crosses the Pyrenees Mountains before traversing across seven Spanish provinces. Travelling across the entire country means pilgrims encounter a variety of landscapes including gorgeous mountains, grassy desert and lush green forests. The route passes through tiny rural villages as well as big cities like Pamplona, Burgos and León. Many pilgrims also choose to continue their pilgrimage for another 100 km to the coastal town of Finisterre, which was once believed to be the end of the known world.

Although its origins are based in religion, modern-day pilgrims make the journey for a variety of reasons including spiritual, personal, health,

challenge or simply just to travel. The Camino has also been recognized as a UNESCO World Heritage site.

All pilgrims or peregrinos carry a pilgrim's passport which is a small booklet where they collect stamps in hostels, churches and even bars along the path. The passport not only allows pilgrims to stay in special hostels designated for those who are walking the Camino, but it also serves as proof of the total distance completed.

Upon arrival to Santiago, pilgrims can attend a special pilgrim's mass in the cathedral where the priests swing a huge censer filled with burning incense in a traditional ceremony. Those who have walked at least the last 100 km or completed the last 200 km by bicycle or on horseback can receive a compostela, the original Latin certificate which has been issued to pilgrims by the Church since the 13th century.

When I first learned about the Camino in my high school Spanish class, I knew immediately that it was something I had to do. After more than four years of researching, planning and picking up extra shifts to pay for the trip, I was finally able to turn that dream into a reality.

Although the first few days were difficult, as my body adjusted to the physical challenge, I soon settled into the simple daily routine of a pilgrim. I woke up every day around 5:30 a.m. and began walking by 6:00 a.m. before

the sun came up. Summer in Spain can be brutally hot, so pilgrims try to cover as much distance as possible before the hottest hours of the day. After a few hours of walking, I usually stopped in one of the countless local cafés for a quick breakfast of a croissant and a café con leche. Sometimes I stopped again for lunch, and other times I carried a sandwich and fruit in my backpack to eat on the trail. I walked an average of 15 to 18 miles per day, completing almost 25 miles on my longest day.

I stopped every day around 2 p.m. and checked into a pilgrim's hostel—also known as an albergue—where I showered, hand-washed my clothes in the sink and ate before resting or exploring the town. I always went to bed early, partly from exhaustion and partly so I could get up early the next morning and do it all over again.

“ It's also a very historical way to look at Spain because the history of the Camino takes you into a lot of the history of Spain.”
-Dr. Jonathan Carlyon

Although it may not be as extreme as other through hikes such as the Appalachian Trail or the Pacific Crest Trail, the Camino comes with many of its own unique challenges. Pilgrims often struggle with blisters, foot pain, sore muscles and other ailments associated with walking long distances. In addition to being physically demanding, the Camino can be a mental challenge as well. It takes a certain resolve to get up before sunrise every day to walk 15 miles. For me, the most difficult section of the route was the Meseta, a long, flat stretch of dry grass as far as the eye can see that offered little to no shade or water. Depending on what season they choose to walk, pilgrims

may face extreme heat, rain, mud and even snow.

Compared to the other backcountry trails, the Camino de Santiago does have a lot of infrastructure in place including hostels, restaurants, shops and hospitals. This eliminates the need to carry things like tents, stoves or food. In order to minimize the burden of a heavy pack, pilgrims walk carrying only the bare necessities. The general recommendation is to carry no more than 10 percent of your body weight, including water.

I tried to stick to this weight limit as much as I could and traveled with only two outfits (which I alternated wearing and washing by hand each night), a few toiletries and some luxuries like my journal and GoPro. This humble existence allowed me to escape the stress of my fast-paced, material lifestyle. When you can go for a month with only

two pairs of underwear, you realize how few possessions you really need.

Although it is possible to use cell phones in Spain with an international SIM card or phone plan, I decided to unplug as much as I could, only using Wi-Fi when it was available to check in at home. Many people—especially my mom—were worried about my safety traveling as a solo female backpacker. I never felt unsafe, however, as there were always other pilgrims walking the same trail, and the path was easy to follow with the iconic yellow scallop shell symbol and yellow arrows marking the way.

Another great aspect of the Camino is its affordability. There are few other places

in Europe where one can travel for over a month and spend less than \$30 per day. Depending on whether they were municipal, private or run by the church, pilgrim's hostels ranged in cost from \$6 to \$16 per night. The rest of my daily budget was spent on food and the occasional first aid item. The biggest expense of the entire trip was the airfare to get to Spain.

One of the best parts of my Camino was the other pilgrims I encountered along the way, always greeting one another with the traditional pilgrim phrase: ¡Buen Camino! I met people of all nationalities, ages and physical abilities with whom I shared countless meaningful conversations, glasses of vino, and Ibuprofen. I often encountered the same people over and over again who were walking roughly the same stages as me each day. People who started out as strangers quickly became close friends after several miles of walking and talking. Whether we walked together for a few weeks, a few days, or only a few hours, each person I met made an impact on my experience.

Although I chose to walk the Camino on my own, students can also participate in an organized Camino trip while earning class credit through Colorado State University Education Abroad. Dr. Jonathan Carlyon is an Associate Professor of Spanish at CSU who established the Camino Abroad program three years ago.

“The idea was to show how Spain can be studied—culturally speaking—in relationship to all the things you find on the Camino de Santiago,” Carlyon said. “It's also a very historical way to look at Spain because the history of the Camino takes you into a lot of the history of Spain.”

The summer program begins with one week of intensive classes on campus. The group then travels to Spain where

The Camino on screen

Check out these three films set on the Camino de Santiago

'THE WAY'

The Way follows the story of ophthalmologist Thomas Avery whose life revolves around work and playing golf. When Avery's son, Daniel, dies unexpectedly in an accident on the Camino, Thomas decides to walk the 500-mile pilgrimage in his place. The Way played a large role in popularizing the Camino de Santiago among American tourists.

'I'LL PUSH YOU'

Along with the book of the same title, I'll Push You is a documentary about life-long friends Justin Skeesuck and Patrick Gray and their 2014 pilgrimage that proved anyone can do the Camino. After Skeesuck is diagnosed with a rare neurological disease which confines him to a wheelchair, the two friends agree to complete the 500-mile journey together with Gray pushing Skeesuck the entire way. Released in 2017, this award-winning film is about overcoming obstacles, community and friendship.

'FOOTPRINTS: THE PATH OF YOUR LIFE'

Also filmed in a documentary style, Footprints follows ten young men lead by a Catholic Priest as they walk the less-popular Camino del Norte along Spain's northern coast. With more of a religious focus, the 2016 film chronicles the personal challenges and triumphs experienced by these men and their quest to follow the right path both on the Camino and in life.



they spend three weeks walking portions of the Camino Frances and visiting other historically significant sites in the region.

“The fact that we’re walking I think is significant for two reasons: the first reason is as a species for millions of years on Earth we’ve been walking,” Carlyon said. “It wasn’t until a few thousand years ago that we started using other means of transportation. I’m not a scientist, but I think walking is a really intimate part of what it means to be human.”

“You’re not just learning something abstractly, you’re out walking around where you’re able to not only learn about the culture, but see it too and I think that’s a great opportunity.”

-Dr. Jonathan Carlyon

According to Carlyon, the second reason the Camino Abroad program is unique is the hands-on learning environment it offers students.

“So much of education now is just in the classroom,” he said. “But there’s also the great tradition of Aristotle’s Peripatetic way of teaching, and that is to walk around while you’re teaching and talking to students. You’re not just learning something abstractly, you’re out walking around where you’re able to not only learn about the culture, but see it too and I think that’s a great opportunity.”

Junior biology major Johnny Johns participated in the CSU

Camino Abroad program in the summer of 2016. For Johns, the summer program was the perfect length. “I wasn’t sure I wanted to do a whole semester

abroad,” Johns said. “So hearing about a trip that was only three weeks but I would still get to go to Spain and receive credit, it sounded really cool. I’m an outdoorsy person, I get to work on my Spanish and I get to see a bunch of northern Spain; it can’t get better than this.”

Johns also enjoyed the walking aspect of the trip. “It was really interesting to have a traveling program rather than staying in one city the majority of the time I was abroad,” Johns said. “Your feet will hurt and you will get blisters, but it’s entirely worth it.”

Walking the Camino often creates a strong sense of personal achievement. “The students walked 18 miles one day and by the end of the day they were saying, ‘I can do anything now,’” Carlyon said. “You don’t have to walk 18 miles to get that feeling, you could get that feeling after walking only five miles. The point is you’re pushing yourself and you’re realizing that you’re able to do a lot more than you

thought you could.”

For Carlyon, myself and many other pilgrims, walking the Camino is both a literal journey as well as an internal journey of self-discovery.

“What keeps me going back is that every year I do it, I learn something profound about myself that I didn’t consider before,” Carlyon said. “I guess everyone who walks the Camino has that type of experience, but it is life-changing in that you think of your life in one way, but when you slow it down to the walking pace it kind of takes on a different perspective.”

Whether you choose to walk alone or with a group, complete part of the route or the entire pilgrimage, the Camino de Santiago is an incredible experience that I would highly recommend to anyone who wants to try it.

While over 300,000 pilgrims finished the Camino in 2017, each individual journey is a unique adventure. Make it your own.

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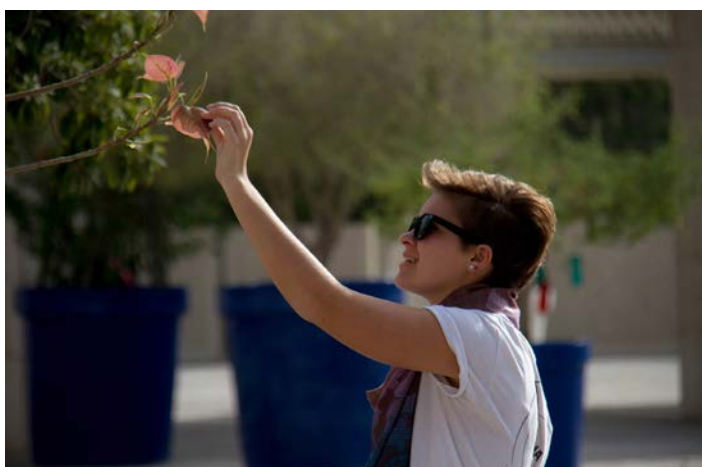
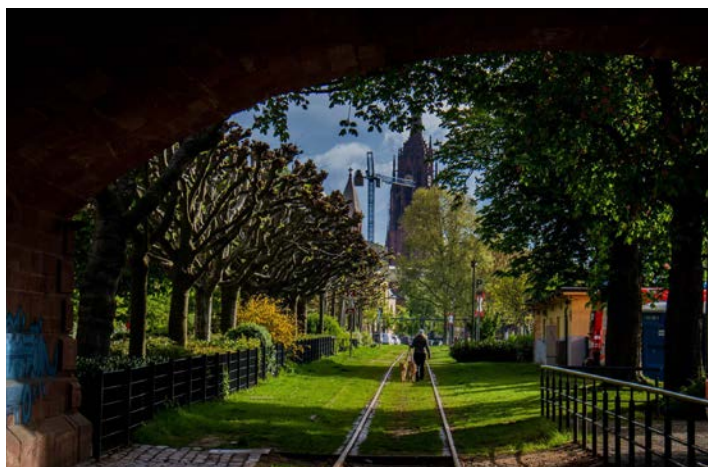
June 9th Descendents



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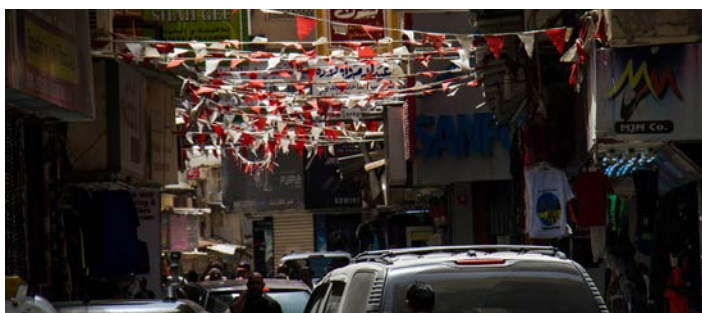


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Capture

moments on the road



By **TONY VILLALOBOS MAY**

The photos you see here are not meant to be the most spectacular images ever seen. They are not meant to be technically perfect or life-changing. They are intended to stimulate the imagination.

Whether or not they succeeded in that is up to you.

When most people think about travel photography, they think of riding elephants in Africa, and sipping martinis on the beach. Do not kid yourself — you will only be drinking Gatorade from the back of a smelly bus for most of the time desperately hoping to find the next amazing picture.

Wanting to travel is always just an innate desire to want to see something new, to experience something new.

Travel photography is focused less on being part of a documentary, but instead, is geared towards exploring the innate wonder that you have when you are seeing

something abstract for the first time. From sunsets that bleed through the clouds on a Texas football stadium to the joy of seeing an exotic flower for the first time halfway across the world — traveling is about that split second in time where you are filled with nothing but excitement and awe.

That is what is great about travel photography, you are not just going through the motions, because there are not always motions to go through. Sometimes, you just have to wing it.

Finding art on the road can be challenging. Sleeping in a van for three months at a time, struggling to find the nearest WiFi can definitely suck the life out of you. But that is the nature of the job, and oftentimes these moments are what can make or break the trip.

When I was in Bahrain, I struggled to find something in

the desolate urban landscape that stuck out to me, tired from getting lost on the bus system I was desperately looking for some pieces of art, when I finally threw my camera down and looked up with my own eyes.

The core principles of what I was seeing was the same — bustling streets and salesmen at every corner and more advertisements than I could read. But it was all in Arabic. What was being sold by vendors ranged from computers to local clothing. That was my shot because that was the art I was looking for.

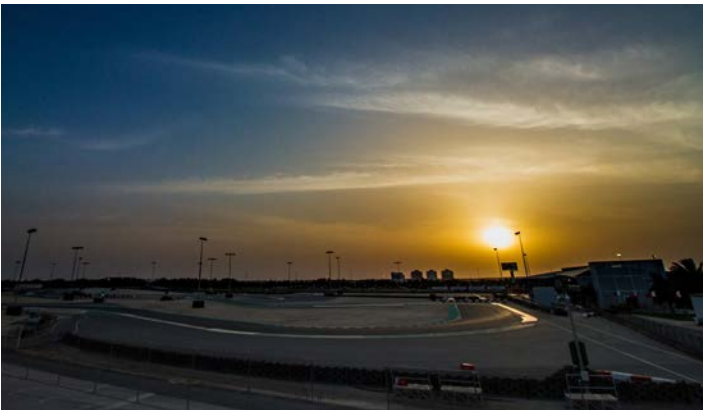
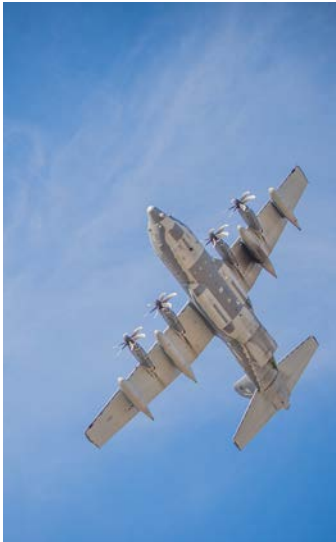
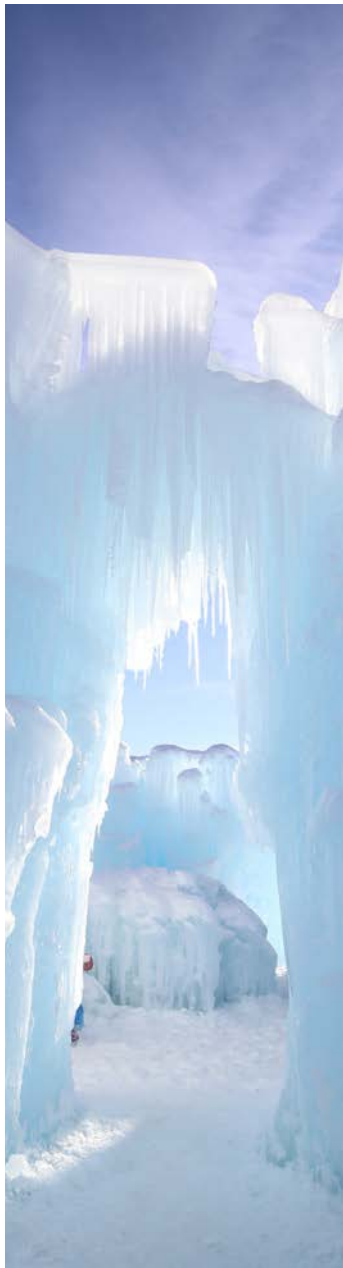
Travel photography is not always about taking pictures of kings handing out awards or pretty sunsets, but to me, it is always about the pure adrenaline rush of discovering something new.

The next time you go on a family vacation or visit your friend across the country, bring your camera. Take pictures of

your friends and family and the sunset. But always ask yourself, “what is different, and what is exciting?”

For me, that excitement came when a woman walked her dogs across abandoned railroad tracks in Frankfurt. Or when I watched as members of a competitive marching band walked steadily towards their big show in the Rose Bowl. When a child was frustrated at his cell phone for not being able to take a picture of Formula 1 cars in Manama.

It is familiar and played out, but it is human nature, wonder and excitement. And it is all the great things about being on the road.





Performing arts on a dime

The fine arts is for broke college students too

By JACOB STEWART

People often believe that the arts are something only to be enjoyed by someone of “elite” status. Someone who lives a life of luxurious, faux fur as they parade out of their Porsche and in through the doors of the Sydney Opera House. Many believe that only the elitists get to enjoy shows produced on Broadway ranging from “Rent the Musical” to “Guys and Dolls.”

This misconception often leads to local arts programs losing funds and eventually closing.

“It differs based on the community,” Grace Pomeleo said, a Colorado State University music education graduate student. “A lot of people don’t [see local theatre] because they don’t think local shows are good enough. Comparing Broadway and local shows is unrealistic, it doesn’t mean what we are doing is not worth it. They are just different.”

Pomeleo continued to emphasize the many fine art programs located around Fort Collins. “Midtown Arts Center is Broadway focused dinner theater performing musicals year round. There’s also Arias@Avo which utilizes the Avogadro’s Number for opera singers to perform arias.”

Midtown Arts Center is located south on College on the corner of South Mason St. and Creger Drive. This venue is going to cost you a little more,

but you are not just paying for a high-class performance, you are also served an amazing dinner. Their menu ranges from surf and turf to butternut squash pasta with an array of appetizers and specialty drinks for patrons over 21 years old.

Pomeleo commented on Arias@Avo as a place to “grab a slice of pizza and listen to some opera.” A strange, but cheap mix that does not leave people too out of their comfort zone. There is no entrance fee, but they do ask for donations to help support the arts during the event which is held on the last Sunday of every month.

CSU students also have free access to all University Center of the Arts shows and performances. “I love the environment and the performances, and since it’s free for all CSU students it’s a really easy way to show your support,” Rena Matsuura said, a second-year health and exercise science major at CSU.

Performances such as “Little Shop of Horrors” and “Noises Off” have been featured on the black box stage with wondrous reviews. All for the easy, cheap price of \$0 as a student.

Fine arts are not outrageously expensive as many believe. In fact, inexpensive, quality shows can be found regardless of location. Keep your eyes peeled for local shows and upcoming events, because these are just a few cheap options.

Follow CAM through the LSC to soak up the arts...



eat

8 a.m.

Cam starts his day with coffee and a pastry from **Sweet Sensations Cafe**.



relax

8:10 a.m.

Cam enjoys his coffee in the **Diane Warren Kindness Lounge**.



play

11:45 a.m.

Cam stops to play the piano outside the **Curfman Gallery** at the **South Entrance** of the LSC.



gather

9 a.m.

Cam gathers with his Art History class at **Curfman Gallery** to view the latest exhibit.



shop

12:30 p.m.

Cam picks up a sandwich and drink from **Bagel Place 2** and eats in the **Hallery** on Level 100 of the LSC.



learn

1:15 p.m.

Cam purchases a new sketchbook and a box of pastels from the **CSU Bookstore**.



learn

3:00 p.m.

After class, Cam walks up to the Level 300 **Duhesa Gallery** to reflect on and learn about Native American art.

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An Insta feed of children abroad is not “woke”

By LEXI ELIO

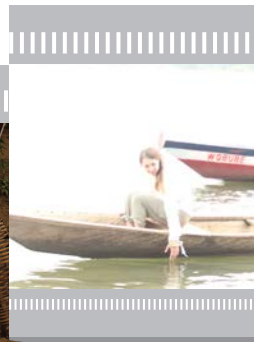
This one’s my favorite, where he’s pulling the wrapper over his face,” my travel companion gushes. She shows me the photos taken from our brief stop at a school while trekking through Sapa, Vietnam, a lush landscape of rolling, green rice fields. She flicks through the series of child

portraits: a six-year-old in a neon green and pink jumper playing with her just-gifted flower crown, a young boy smashing his fingers up and into his nose, an even younger girl looking up at the camera, sticking her tongue out, frozen in time. “The photos just capture such

innocence,” she says. Child photography always seems to be about “capturing innocence” — but to capture is to take by force, to exploit power for personal gain. I remember the moment her portraits were taken. The children were shy and tentative, only approaching us in groups

and averting their eyes if our gaze was too direct. That’s not to say they did not warm up — a group of girls taught us how to play jacks in the big, dusty courtyard, but their curiosity was certainly tempered by fear. A blank stare ahead was not consent to photograph, any real connection was not going to be brokered by a big mechanical apparatus. But click went the camera. I remember the moment before the portraits were taken, when eight massive DSLRs stared down singing children before we had even met and I remember the moment afterwards, too, when my shipmates weaseled away from me, one by one, not wanting to carry on a conversation about whether our cameras belonged there in the first place. The airline catalog on our flight from Sapa back to our port city, Ho Chi Minh, was courteously translated into both Vietnamese and English. I’m skimming articles on architecture and ancient relics when a photostory of bright reds and yellows against green foliage and rich brown earth catches my eye. There are not people in many of the photos, but when there are they are honest and vulnerable. After scanning the selection, I flip back to read the caption. “Images documenting the cultural life, people and landscapes of Vietnam captured by photographer Justin Mott... will be put on display in an ongoing photo project called ‘As Above So Below.’ Mr. Mott

Give a Girl a Camera: Millicent Ahudya



wishes to present his project to all the people of Vietnam, to be used free of copyright for both personal and commercial purposes so as to help bring Vietnam's beauty closer to friends all over the world."

I envy photographers like Mott who have the freedom to station themselves for weeks or months at a time, to immerse and invest themselves so fully in their subjects. My travels with Semester at Sea, no more than six days in a single country, were so fast they do not allow me to develop those kinds of connections.

I think back to Samuel from Ghana, who hosted me in his village one night back in September. He welcomed me into his life without reservation. I helped him

are pretty awful. I was learning about the community while simultaneously trying to document it in a meaningful way. So even when my photos had distinct subjects, I had not yet articulated what I wanted to say. Not to mention I still was not great with manual mode under pressure, so a good chunk of photos are blurry or overexposed.

I do, however, have a wonderful series on my camera I like to call Give A Girl A Camera. One of Samuel's nine-year-old nieces, Millicent, the quietest and most mature of the bunch, loved to carry my camera for me. Though I could tell she relished the responsibility, it made me slightly uncomfortable, her lugging my big camera around

motion until she nodded her understanding. We started back with the chicks and moved our way down to ants, eventually lying down with our faces flat against the dirt to catch the right angle.

Millicent's photos also include an impromptu family dance session on the porch, a pair of goats grazing in the field, and her personal favorite, her grandmother and aunt both tugging my hair taught against my head into a single braid.

I can't say I envy my generation's comfort in documenting moments that are not ours to take. There is beauty in not telling someone else's story, which is arguably much easier but instead empowering them to tell their own.

I remember, the summer before I left for Semester at Sea, sitting on a couch at a house party. Most of my friends were away for the summer, so I did not know a lot of the bodies filling their cups with jungle juice or dancing in the strobe lights.

People were there to get drunk, post about it online, and leave with someone different than they came with. The closest thing to an intellectual conversation was the circle of kids getting high on the back deck, musing about how big the universe was.

So sat on the couch, being, for lack of a better word, a "party pooper."

After a short while, a boy I had not seen before sat down next to me and we actually

Photograph animals instead

Keep the challenge of shooting a speedy live subject with results that are just as cute.



“ I envy photographers...who have the freedom to station themselves for weeks or months at a time, to immerse and invest themselves so fully in their subjects.”

-Lexi Elio

reel in lobster traps woven from palm fronds and fanned coals while his sister cooked the prawns an hour later. His children all shared one bed so Grace, a fellow traveler, and I could sleep in the spare room with a fan. Samuel and I stayed up late that night, talking about everything from life on the ship to his parents' marriage ceremony to the orphans uncared for in the village.

My pictures from that trip

all day just so I could use it when it struck my fancy. So we paused our stroll and I tried to show her how to use it.

Her first photo featured a very blurry cluster of yellow chicks hopping across the road. I held my hand out, asking to see the camera, and switched the view from the lens to the screen so she could see what the camera was doing. I zoomed in and out, twisting the lens with an exaggerated





talked. I told him about my upcoming trip and how, at the time, I had planned to produce short videos featuring interesting people I met in each country. (Ah, how quickly a busy schedule and new environment overshadow creative energy and my desire to make things.)

The boy asked me, “Not that those don’t sound really cool, but, uh, are you at all worried about appropriating other people’s stories? Continuing a historical pattern of foreigners exploiting the exoticism of another country for their own gain?”

Our conversation was productive but I can also say that at the time, I did not get it. I did not understand his argument the way I do now.

When American students go abroad, at least from what I have observed on SAS, the cultures we enter and people we meet are on display for us. It may not be illegal at home, but it is still rude to photograph strangers without asking. A language barrier while abroad is not an acceptable excuse to omit this courtesy; nonverbal cues and intonation are often thought to account for 93 percent of communication.

Child photography is the most egregious example of our camera-happy, cultural accumulation because children in any part of the world often do not understand an entire situation. Especially in the developing world, children likely do not grasp the implications of being photographed by a tourist, that their photo may be featured on a blog or a social media profile with hundreds, if not thousands of followers. It is not a child’s responsibility to understand Western photography and advocate for themselves; it is our responsibility as educated, privileged adults to understand the very basic concept of consent: not saying no does not mean saying yes, an adage that it applies to a lot more than sex.



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Hostel living

What you didn't know

By JENNA FISCHER

It is 3 a.m. You are lying wide awake in a dorm room with 20 other people in a wobbly bunk bed with scratchy sheets and a blanket of questionable cleanliness. The guy in the bunk above you is snoring so loudly, you did not think a human being could produce such an offensive noise. You have given up all hope of sleep and spend the rest of the night reading the graffiti scratched into the bed frame. Welcome to hostel life.

For many students, staying in hostels can be a great way to save money when traveling on a low budget. Despite their affordability, however, this kind of accommodation can also come with many challenges. We are debunking some common questions about staying in hostels so you know what to expect when you check in.

Bed bugs. They are a backpacker's worst nightmare, especially when traveling in the warmer months. Always perform a thorough check of your assigned bed before settling in. Bed bugs are visible to the naked eye and the adults will look like little black specks about the size of an apple seed. Never set your backpack or luggage on the bed to prevent any bed bugs from hitchhiking on your stuff and transferring them to other hostels. Consider packing a silk sleeping bag liner because the silk material naturally repels bed bugs.

One benefit of staying in hostels is that they usually offer a lot of resources for travelers about local attractions. Organized pub crawls, walking tours and other activities are great ways to meet other people

staying in your hostel and help you make the most of everything your destination has to offer.

Another amenity hostels usually provide is a community kitchen. Save some cash by finding a local grocery store and cooking a few meals on your own. See if others in your hostel want to cook a joint meal to lower costs even further.

Pro Tip: hostel kitchens usually have a "free" bin with things like dry pasta, rice and cooking oil that previous travelers have left behind. Pass on the love by leaving any non-perishable leftovers for the next person.

Although they do not have many of the luxuries offered by a hotel or Airbnb, staying in hostels offers a unique experience that usually ends up making a great story.

Packing for a hostel stay

Get the sleep you need and keep your things secure with these packing tips

EARPLUGS

Imagine there are 5 people snoring and they are all in a competition to see who can snore the loudest. A good pair of earplugs will help you get a good night's sleep and ensure that those dark circles under your eyes will not ruin your amazing travel photos.

SHOWER SHOES

When dozens of people are sharing the same bathroom facilities, the last souvenir you want is foot fungus. A cheap pair of waterproof flip-flops is an absolute must.

A LOCK

Many hostels provide lockers where you can store your belongings while you are out exploring. These lockers often do not include locks, or sometimes hostels charge a fee to rent one. With so many people moving in and out, it is important to make sure your valuables are secure.

PLUG ADAPTOR

Hostels often only have a few outlets with a lot of people trying to charge their devices. Charge your phone, camera and other electronics while still allowing others to piggyback on your adaptor.

Pro Tip: make sure to check the type of plug and the voltage of the country to make sure your adapter is compatible.

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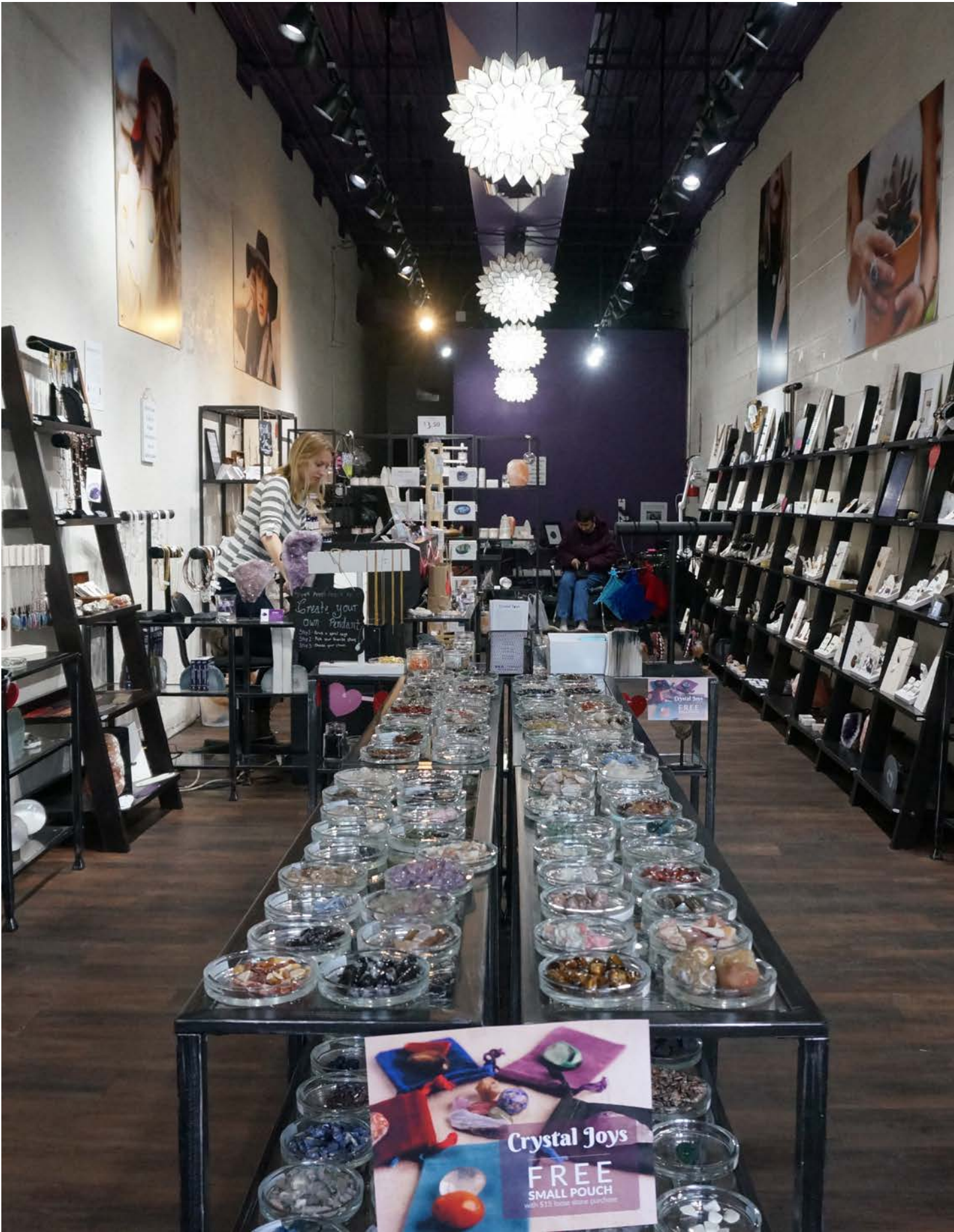
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Crystal Joys

New crystal shop in Old Town Fort Collins

By AUDREY POTTER

Crystal Joys has been providing jobs to adults with developmental disabilities in the Fort Collins community for a little over a year.

The shop started out as a traveling inventory store and in August 2014, their first location opened up in Longmont. Since then, it has grown to have three different locations around Colorado. Whether you are looking for crystals, crystals incorporated jewelry, handmade bath salts, incense, art or home decor, this store sells it all.

Crystal Joys' employees have intellectual disabilities and help to make the jewelry sold in the store. Their products have stickers on them that say "Made with Love" because they truly are made with love.

According to their website, "through inclusion, we teach job skills and build self-esteem all while providing a competitive wage." Crystal Joys' website also mentions "all handmade items at Crystal Joys are crafted by our team of passionate workers and is a reflection of the joy we share being able to learn and teach new skill sets."

"The people who are working here are job coaches, so they're helping coach our folks and teaching them basic skills," Chelsea Glanzer said, a retail worker at Crystal Joys who has been employed for about a year and a half.

Some retail workers help operate the store at the top level with customers, while others are either on the lower level or near

the back of the store where the jewelry is made.

"We are a part of a larger organization called Sample Supports," Austin Prichard said, an employee who has been at Crystal Joys' Fort Collins location for about six months. "We give them employment opportunities here and in the other businesses that we own."

Sample Supports is a larger agency that has helped organize the jobs and programs for people with intellectual and developmental disabilities since 2010. On Sample Supports' website they write, "every individual deserves to be in their community."

"It can be challenging at times, you have to have a lot of patience," Prichard said. "Everybody has different needs, so you have to be really willing to be flexible and cater to everybody's needs, no matter how demanding it may be. It can get tiring, but it's definitely worth it."

Crystal Joys has locations in Fort Collins, Longmont and Arvada as well as an online store. All the crystals, both online and in the stores, have a description of what the stone does and all the powers it holds.

"Most of the stones are locally sourced," Glanzer said. "We also have a couple pieces that are from different countries."

Crystal Joys and other Sample Supports groups give opportunities to those who are disabled in the community while providing crystals for everyone.



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