

COLLEGE AVENUE

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Everyone has time for this on-the-go breakfast.
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This beauty method needs to be added to your routine today.
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Open your eyes to the experiences traveling can give you.
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CSU health center provides a space to sleep on campus.
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Exploring New **Tacos**





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Letter from the editor

You are not going to find success by waiting around for it to come to you. Your dream job is not just going to fall into your lap. You have to work your butt off to get where you want to be in your life or your career. I have personally learned that this year.

By choosing Colorado State University, you have made the first step towards success. Hopefully you are here to work towards that dream job or career, while taking advantage of all opportunities that present themselves.

Some of you may be seniors, and still not know what you want to do after college. Maybe you are an undeclared freshman and are unsure of what major to choose. You could know exactly where you are going, or maybe you are somewhere in the middle. Like me.

Any of these are perfectly okay. Does anybody really know what they are doing anyway?

My dad has always taught me, even if you do not have any idea of what you want in the future, all you have to do is keep moving forward. You can always take different turns in your career choices, as long as you are making progress. As long as you aren't taking a step back, you're doing okay. Never stop doing what you are passionate about.

CSU has countless opportunities for you to take advantage of. Get involved with something that you find interesting, even if it is not part of the path you think you are on. If you like it, invest in it. You never know what you will be doing in the future or where it might take you.

Work hard for what you want in life. Put in the extra hours at work. Study a little harder in your classes. Put in the time you need to get to where you want to be. And in the end, hopefully, all of your hard work will pay off.

Ask yourself what it means to be successful, and whatever that is, go for it!



Shelby Holsinger
Editor-in-Chief



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Breakfast to go

No-bake bites that will make your mornings tolerable

By **SHELBY HOLSINGER**

4 ingredient peanut butter energy bites

INGREDIENTS

2/3 cup Creamy Peanut Butter

1/2 cup Semi-Sweet Chocolate Chips

2 tablespoons Honey

1 cup Old Fashioned Oats

DIRECTIONS

1. Combine all four ingredients in a medium bowl until well mixed.
2. Place bowl in the fridge for 15-30 minutes to harden. This makes them easier to roll.
3. Take about a tablespoon of the mixture to roll into 12 bites.
4. Keep refrigerate for up to a week.

Mornings can be rough. And most of the time we, as college students, are in such a hurry to get to class that we forget to grab breakfast as we run out the door.

Now I know we have all been told by just about everyone, “breakfast is the most important meal of the day.” But how many millennials actually take part in the morning meal? According to The Washington Post, only 60 percent of people between the ages of 18 and 29 make an effort to eat breakfast every day.

You may think avoiding breakfast in the morning will save you time and make you get through your day a little faster. But that is not the case. Taking just a few extra minutes in the morning to fuel your body can give you an energy boost and help you focus better in class rather than thinking about what is for lunch.

Having an easy, on-the-go breakfast option can make all the difference on your busiest mornings.

No-bake breakfast bites are simple to make and will last in your refrigerator the whole week. On a Sunday night, it's easy to roll up some breakfast bites and not have to worry about what you're going to eat the rest of the week.

As someone who is taking

15 credit hours, works 30 hours a week and travels out of town every other weekend, these are a lifesaver.

You probably have all of the ingredients in your pantry right now as you are reading this. Think about it.

All you need to make these bars is peanut butter, honey, chocolate chips and oats. Mix all of the ingredients together, let them chill in the fridge for 15-30 minutes, then roll them up. You can even press them into a pan to make breakfast bars if you want. And there you go! You have made your breakfast for the week in about 40 minutes. It is that easy.

Although it doesn't say so in the original recipe, I would recommend keeping your bites in the fridge on a plate after you have rolled them into balls. I found them to be a little sticky and in need of some hardening before eating.

If you have more time in the mornings, like on the weekends, try your hand at making a more elaborate breakfast. But if you are looking for a no-hassle meal, these bites will be your best friend.

After making these, all you have to do is wake up Monday morning, make some coffee, grab a no-bake breakfast bites and get your day started.



Make it your own

Ways to personalize your breakfast

Looking for something extra to add to your breakfast? Here are some tips on how to switch things up throughout the week:

FRESH FRUIT

Mixing in a little bit of fresh fruit into each of your meals is always a good decision. Fruit will give you a little bit of added sweetness without adding a spoon full of sugar to your cereal or oatmeal.

OATS & GRANOLA

Nobody likes a boring breakfast. Adding a different texture will give your yogurt or smoothie the extra crunch you need to make breakfast more enjoyable.

PLAN

Taking the extra time to prepare your meals in advance can give you the motivation to actually eat breakfast in the morning. Find a new recipe on Pinterest each week and try something new.

Hop Grenade hops into Foothills Mall

By SARAH EHRLICH

Fort Collins is a hot spot for all things beer, and we're not afraid to get creative with it. Rocky Mountain Oyster Stout anyone? There are breweries, bars and pubs sprouting up around every corner it seems, but one new taproom stands out among the rest.

The Hop Grenade is a brain child of the popular podcast network called the Brewing Network. As the craft beer scene grew, the host, Justin Crossley, only thought it was right to open a bar that appeals to everyone's taste. Thus, the Hop Grenade was born in 2014 in San Francisco's East Bay. Enthusiastic listeners of the Brewing Network suggested that Fort Collins should be Hop Grenade's second home.

“You name it, it's probably been brewed, and if we don't have it, we will get it.”
-Tim Griggs

Housed next to Bad Daddy's Burger Bar in Foothills Mall, the Hop Grenade has a modern, chill vibe and offers high end pub fare and a curated rotating beer menu with 27 taps, making each visit different from the last. As soon as a keg is tapped, a new one comes on.

“The whole idea behind this taproom is that we want to be as fresh as possible,” Tim Griggs, general manager,

said. “We want to make sure that you are getting the same experience here as you would drinking at a brewery, and we want to offer brews that you can't get anywhere else.”

Griggs said that although Hop Grenade brings in beer from around the country, they really love supporting local Colorado food and drink production and believe it helps build a stronger community. “We also have a lot of friends and connections in the industry where we can call them up to get the rare stuff,” Griggs said. “That really helps us because we are all about different styles of beer. You name it, it's probably been brewed, and if we don't have it, we will get it.”

The Hop Grenade's

employees come from unique backgrounds in the restaurant and brewing industries. Griggs has 24 years of experience working every part of a restaurant, and he worked at Breckenridge Brewery for three years before the Hop Grenade. Nick Bettaker, assistant general manager, is a nationally ranked beer judge and gained most of his beer experience from

Alesmith Brewing Company in San Diego.

“Beer is just really fascinating to me,” Bettaker said. “The reason they brought me onto the Hope Grenade was because of my beer knowledge. I am here to make the best beer list I can and to make sure all the employees are really well educated.”

Bettaker said the Hop Grenade thrives on customer feedback and encourages anyone to contact them with suggestions of what beers should show up next.

“Our success is based on the experience our customers have,” Bettaker said. “What we are really focused on now is letting Northern Colorado know we are here. We opened at a time where we could iron out the kinks and get ready for the big push.”

Kevin Callahan, managing partner, said he believes in the beauty of Colorado beer culture and hopes Hop Grenade can celebrate that with fun events.

“Fort Collins is a very active and outdoor community, and getting involved with that is so fun,” Callahan said. “We are hoping to have events or small beer fests to celebrate the people who spend a day in the mountain or the water and have the energy to come back and enjoy a beer.”

The current tap list and menu of eats, along with events and a rewards program can be found at hoptgrenadefoco.com.

Current tap list

27 beers on tap

TALL GRASS

Raspberry Jam

DIVE BAR BREWING

Nice Dart

SOUL SQUARED

Peach Barrel Pale Ale

AVERY

Tweak

LEFT HAND

Milk Stout

URSULA

Tartman

STONE

Hail To The Hop Thief

SOUL SQUARED

Camomile Saison

FREMONT

Summer Ale

AVERY

White Rascal

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Trellis Buster

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Brown Ale

CITY STAR

Deadwood

Find the complete list of beers at hoptgrenadefoco.com



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Food is here to save the day

By **KATIE MITCHELL**

Your skin is breaking out, classes are hard, you're always tired and you just got a parking ticket. This is not your week. The good news is, it is so easy to bring foods to school that provides you with energy and clear skin. And you can find them at any grocery store.

To achieve boosts of energy throughout the day, your answer is snacks! Adrenal

snacks are great to keep up energy as you dominate your day to day activities.

Adrenal glands are what release adrenaline and they live above your kidneys. In order to keep these glands producing adrenaline at a healthy rate, you have to feed them foods they enjoy. Some snacks to help boost your adrenal glands are: celery and dates, mangos, figs and

celery and coconut water.

Healthy, glowing skin is always a challenge. One week your skin routine works, the next week your face is rebelling against you. Keeping your body fed with foods rich in beta-carotene will help your skin stay constantly happy.

Beta-carotene converts itself into vitamin A doses your body can handle, since

you cannot process large doses of the vitamin. One of the reasons for healthy skin is vitamin A, and because we want the vitamin helping us out, we feed ourselves large doses of beta-carotene. You can get beta-carotene through foods such as mangoes, papayas and leafy greens.



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The benefits of dry brushing

This beauty method does more for your skin than you think

Dry brushing is more than just another beauty trend. Here are some benefits that it brings to your skin:

SOFTENS SKIN

The natural bristles on the brush allow for exfoliation of the skin and knocks out dead skin cells.

CLEARs SKIN

Because the brushing encourages healthy circulation throughout the body, your system is able to carry unhealthy toxins to the proper waste sites. This reduces acne.

ELIMINATES CELLULITE

Cellulite occurs when fatty cells build up underneath the skin, creating the lumps you see on the surface. Dry brushing breaks up fatty clots to create the appearance of smooth skin.

REDUCES STRESS

Massages are known to reduce anxiety and stress. With the start of the school year, everyone could use a little rest and relaxation via dry brushing.

ASSISTS IMMUNE SYSTEM

In the same way dry brushing combats acne problems, the brush helps clear out the lymphatic system to keep congestion from causing illnesses.

Dry brushing cures all

Add this method to your beauty routine

By JOSLYN ALLEN

Yes, ladies, that's right. Make room for dry brushes in your hub of in home remedies next to your sheet masks and moisturizers. Dry brushing is the next big thing in the beauty world. If you are anything like me, when I first heard of the term I had zero idea what it meant or the potential benefits for my skin.

After the pore cleansing face mask fails, I was skeptical of all the hype. Rest assured, this is a beauty trend you can rely on for the long term.

Dry brushing has been an age-old beauty hack used by ancient civilizations such as the Chinese, Cherokees and Greeks. Although the


tools used by these people were a cry from our modern brushes, the concept and the goal is still comparable. Dry brushing is best known for being a lymphatic draining tool. It serves as an assister to stimulate the body's natural reduction of waste.

I ordered my set of brushes on Amazon, from a company named Touch Me. It was only \$13.95 for a beautiful set of brushes, which is a great deal. The set came with three brushes: a facial brush, a hand held brush and a brush on a long rod for hard to reach areas. The bristles are made from natural fibers, which is crucial for proper dry brushing. Plastic bristles may

scratch and irritate the skin.

When you first use these babies, the bristles will be stiff because they have not been broken in yet. Scrub gently at first and as time goes on the bristles will become kinder to the skin. The motions should always be towards your heart to promote circulation. Be patient with this technique and you will reap all of the perks of dry brushing.

Whether it be to reduce the appearance of "flaws" on your body or to reduce the stresses of everyday life, dry brushing is sure to be an effective regime to add to your daily routine.



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Dam Good Tacos

By JACOB STEWART

If you want to talk about some damn good tacos, then head down to Dam Good Tacos located in the Dalzell Alley off of Laurel Street. Dam Good Tacos flaunts a robust interior and shares walls with Algiers, local hookah bar, and The Alley Cat, hoppin' coffee shop.

“DGT’s menu has been described as spicy, wholesome and zesty.”
-Gracie Moore

Cooped up in the back, a cast of cooks provides some of the most widely unique tacos to the Fort Collins area. With flavors ranging from the Tofu Thai Taco’s peanut sauce to the Earth Wind & Fire’s sweet potato puree, Dam Good Tacos definitely has a tantalizing selection to choose from. Not only does this place run rampant in the realm of tasty tacos, but their decadent drinks will charm you immediately as well. The Spicy Chocolate Horchata holds a special place in hearts for providing a sweet sensation, while also giving you kick of spice. “DGT’s menu has been described as spicy, wholesome and zesty,” Gracie Moore, Colorado State University international studies sophomore, said. You will be seat locked after any good dining combination of tacos and drinks from this jivin’ establishment.



EARTH WIND & FIRE

Sweet potato puree, kale, tofu and almonds all come together to form a delicious vegan taco. The decadent flavors will explode in your mouth, convincing you to buy more.

BREAKFAST BOMBSHELL

The breakfast bombshell is exactly as the name suggests: an explosion of flavor. Eggs, cheese, grilled veggies and a chipotle-honey sauce will awe and amaze.

TOFU THAI

Like every favorite Thai dish, this taco combines a peanut sauce with their tofu and purple cabbage slaw. The unique vegan twist on the taco creates intrigue in every bite.

Tortillas Las Cuatro Americas

By **SHELBY HOLSINGER**

Right off of College and Prospect lays a small Mexican restaurant which is distinguished in Fort Collins by its authenticity. As you walk into Tortillas Las Cuatro Americas you are faced with two options: one, order your food right away and find a seat in their cozy restaurant to the right; or two, browse around the bakery and grocery area to the left. From homemade bread to authentic Mexican grocery items, you are sure to find something new to try and fall in love with. The bakery has become a popular attraction because you can literally smell the fresh bread as you walk through the door. Even with limited food items on their menu, Diego Lopez-Duran, a junior at Colorado State University studying economics, said, "The food served here is legitimately Mexican food and the fact they make their own tortillas and bread gives the food flavor that cannot be mimicked."

“ The fact they make their own tortillas and bread gives the food flavor that cannot be mimicked.”

-Diego Lopez-Dura

Ordering at Tortillas Las Cuatro Americas is easy. Pick what kind of meat that you are in the mood for, and then choose how you want it served. Tacos, burritos, quesadillas, tamales, they have it all. Want homemade chile salsa? They have that too.



AL PASTOR

Pork marinated with pinapples. Need I say more? This well spiced taco might be your new favorite.

ASADA

This stake taco is served on a soft, homemade corn tortilla to make it that much more authentic. Although it might be simple, you will not be disappointed

NOT A TACO?

Not in the mood for a taco? Do not worry, Tortillas Las Cuatro Americas can serve you any kind of dish that you desire. Such as, burritos, quesadillas, and tamales.

Torchy's Tacos

By **MACKENZIE BOLTZ**

If you are ready to have a flame lit inside of you, head over to Torchy's Tacos, located on College and Monroe, right next to the Foothills Mall. Just like the tacos, Torchy's is a hot spot for lunch and dinner with friends or family. Their tacos range from the Trailer Park, which has fried chicken, to the plain and simple chicken or beef fajitas. If you decide to go with the Trailer Park, make sure to try it "trashy style," by replacing the lettuce with green chile queso. "I've been to a lot of taco places, but Torchy's Tacos is one of the best by far and the tacos definitely have a kick," Brittany Berman, freshmen Biomedical Science major at Colorado State University, said.

“ Torchy's Tacos is one of the best by far and the tacos definitely have a kick.”
-Brittany Berman

Right when you walk into Torchy's, you are immersed into the cool vibe of the restaurant with their unique lighting fixtures and colorful walls. If you haven't eaten at Torchy's Tacos yet, you're missing out on a taco experience that will blow your taste buds away. Worried you will not find something you enjoy? Do not be. Torchy's Tacos motto is that there is "a taco for every appetite."



TRAILER PARK

Take a spin on taco meat by using fried chicken to liven up your taste buds, along with green chiles, lettuce, pico de gallo, cheese and the poblano sauce. Don't forget to try it trashy!

CHICKEN FATIJA

A mix of chicken, cheese, onions, red and green bell peppers, it is a classic taco that anyone will love. You can pick any one of Torchy's Tacos sauces along with your choice of tortilla.

BAJA SHRIMP

This taco has hand-battered shrimp along with cabbage slaw, pickled onions, jalpenos, cotija cheese and a chipotle sauce to top it all off. A fresh, original style taco that will satisfy anyone.

Follow CAM through the LSC and **get involved...**



9:30 a.m.

Cam fuels up for a busy day with a bagel sandwich from **Bagel Place**.



10 a.m.

Cam stops to play the piano outside the **Curfman Gallery**.



12:15 p.m.

Cam lingers in the **Duhesa Gallery** (300 Level) checking out the Forest Creatures exhibit.



11 a.m.

Cam gets a haircut at **James Salon** before presenting on behalf of his student org.



1:30 p.m.

Cam gathers a team of students in the **Kindness Lounge** to plan a strategy for the Cans Around the Oval competition.



6 p.m.

Cam and his friends order a pizza from the **Ramskeller**.



4:30 p.m.

Cam attends Jennicet Gutierrez's keynote at the **LSC Theatre** to learn about the intersectionality of Latinx and LGBT+ communities.

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Former student inspires millions

By Nate Day

Millions watch her perform on “America’s Got Talent,” and thousands gathered to see her perform the “National Anthem” at the opening day of the new on-campus stadium. Despite having no hearing ability, Mandy Harvey is currently a semi-finalist on “America’s Got Talent,” inspiring millions with her resilience.

Harvey began studying music education at Colorado State University in 2006. She left that same year after her partial hearing loss became complete.

“It had been my dream to be a choir director for college level music,” Harvey said. “I never in a million years saw myself performing.”

Harvey began singing at four years old. Her childhood-voice-coach and former Assistant Professor of Music and Voice at CSU, Cynthia Vaughn remembers a time when a high school-aged Harvey would dedicate her time to helping others.

“She was very musical and learned music.. quicker than any other student I have had...she had an uncanny memory for songs and lyrics,” Vaughn said.

Harvey came to CSU in 2006 to join the music program, and everything began to change.

Harvey suffers from a connective tissue disorder that required several surgeries during her childhood. By the time Harvey was 18, she had entirely lost her hearing due to the degradation of her nerves. There was no physical pain, but as to whether it caused any emotional pain, Harvey had only one word: “Absolutely.”

It goes without saying that Harvey struggled with her hearing loss. Vaughn said Harvey would hide her impairment by utilizing expert lip-reading.

Following her hearing loss, Harvey was forced to rediscover herself.

“I initially didn’t focus on music or anything,” Harvey said. “I just wanted to figure out how to breathe again, so I focused on American Sign Language to have a language to communicate.”

Harvey said ASL gave her a great deal of confidence after her hearing loss because she was able to make friends within the deaf community.

Harvey said she found it difficult to return to music, and she lost touch with Vaughn because she so heavily associated her with the music in her life.

Approximately a year later, Harvey reached out to Vaughn to begin voice lessons again. Vaughn remembers being shocked by Harvey’s incredible resilience and talent.

“At her first lesson, I played a chord on the piano, and I was absolutely stunned when she sang a note in that chord,” Vaughn said. “I remember I asked, ‘how did you do that?’ She said, ‘I don’t know. I just want to sing.’ So, we did.”

“Losing my hearing was my biggest fear, and it happened.”
-Mandy Harvey

Harvey spent a great deal of time—nearly ten years now—becoming “very sensitive to vibrations and creating strategies to be able to perform.”

In videos of her performing, it isn’t uncommon to see Harvey without shoes on, as she uses vibrations from instruments to help her

keep time.

With that, Harvey threw herself back into the music game and eventually decided to audition for “America’s Got Talent.”

Her audition resulted in a golden buzzer from Simon Cowell—notorious for his strict criticism, and it received nearly 23 million views on YouTube.

“Losing my hearing was my biggest fear, and it happened,” Harvey said. “So, performing in front of people wasn’t so scary anymore.”

Now, Harvey is working hard with the help of her tour manager, Laurie Green.

“She’s incredibly

authentic,” Green said. “She’s singing for everybody that’s listening, and there’s something that’s honest and heartwarming about that.”

Harvey returned to CSU for the first time since her days as a student.

“My dreams died here,” Harvey said. “But I’m excited that I’m being embraced back in.”



Keeping long distance friendships

Your relationships can survive while you're away at school

By EMILY CARRINGTON

Leaving your friends behind and going off to start a life of your own in college can be a daunting task. You have spent most of your life trying to gather a close circle of friends and find people you can trust with anything. How are you supposed to deal with being hundreds of miles away from them?

Maintaining friendships while in college can be difficult, but it doesn't have to be. There are simple ways to keep in contact to make sure the friendships you spent such a long time building do not fade away. You will want to have someone to turn to during the good times, as well as the bad. Do whatever you can to make sure your friendships from back home stay healthy and strong.

Technology plays a huge role in maintaining long distance friendships, so make sure that all of your software is up to date. Because every free moment that you have you will want to be in contact with you old friends.

Here are a few simple ways to make sure your best friends don't leave your life, even if you've both left your hometown.

CALL THEM ON A REGULAR BASIS.

While it may seem simple, talking to someone on the phone is more connective than just sending a quick text. Hearing your best friend's voice can be comforting on a bad day or can just simply make you feel as though they are a little bit closer to you.

MAKE TIME IN YOUR SCHEDULE TO FACETIME AND SKYPE.

Not being able to see your best friend every day can be difficult. One way to remedy this is to video chat whenever you both have time to have a good conversation. "Try and Skype as much as possible, it's different than texting," AJ Abrams-Flohr, undeclared freshman at Colorado State University, said. "Getting some face time in is really nice." Give your friend a tour of your room and show them your fantastic view, just so they can feel like they are right by your side.

TEXT & SNAPCHAT AS MUCH AS POSSIBLE.

While you do want to

be close to your friends through Skype, you also can't constantly be talking to each other through video chat. Sending a quick text when both of you are busy is a great way to quickly catch up. "Mostly my friends and I snapchat every day, and we try to Skype when it's convenient," Julia Jones, freshman business administration major at CSU, said. "We try to line up our schedules to see when we are free." You most likely won't have the same schedules and will be busy adjusting to your new life, so a text or snapchat can simply say: "I'm thinking about you!"

KEEP DOING THE THINGS YOU USED TO DO TOGETHER.

Some activities can still be done when you are states apart. For Abrams-Flohr, that activity is online gaming. "I met most of my friends through gaming before we went to college, so still doing that online is a great way for us to still be friends," Abrams-Flohr said. "It's an activity we enjoy and helps us maintain those friendships." Try and find something that

you and your long distance friend can do together while away at school.

SEND EACH OTHER CARE PACKAGES.

Care packages are very thoughtful and really show that you, well, care. Sending your friend their favorite candy, a new book you think they would like or a picture of you together will help them feel closer to you and to the friendship you both treasure. "If we aren't feeling lazy, we will send each other a card or a box of stuff," Jones said. It doesn't have to be all the time, but getting a special surprise every once in awhile can be really exciting, for the both you you.

SUPPORT THEM IN ACTIVITIES THEY ARE DOING AT SCHOOL.

It's very important to be a supportive friend during the time you are miles, or even states, away from your best friend. Even though you wish they could be right beside you, letting them grow in their own way is very important to improving as people. So

support their decisions and be their number one fan every step of the way. Encourage them to join things, make new friends and have a great time in college. Watching your friends bloom into everything great you knew they could be is a very wonderful thing and having your support will mean the world to them.

VISIT THEM, IF YOU CAN.

This step is not the most practical, especially if your friend goes to college in a different state. However, if you have a chance to visit them, you should most definitely take advantage of the opportunity. If the time works for both of you, it will be fun to be able to see them in person. "Take turns visiting each other when possible," said Julia Perbohner, a ecosystem science and sustainability freshman at CSU. "If I had the chance to visit my friends back home, I absolutely would!" Seeing each other for the first time in a while is a memory you'll want to have, so you'll want to do whatever possible to make it happen!





Hike Fort Collins

Destinations you have to visit before graduating CSU

By JOSLYN ALLEN

Hiking is an activity that many Fort Collins residents have the luxury of enjoying within a short distance from their homes. Exploring beyond the pines gives you a sense of relaxation and peace when you discover the silent wonders of nature.

Horsetooth Reservoir is one of the many places near Fort Collins that offers a myriad of trails to trek through which rank from strenuous to beginners level.

The Shoreline Trail to Horsetooth is an excellent trail for beginners or for someone looking for a relaxing walk, it is equally as rewarding as any other hike. On this trail, you are sure to see people of all skill levels: dog-walkers, sightseers and hard-core hikers. This trail is accompanied by fields of wildflowers and sensational sunset views. As promised by the name of the trail, you will be lead to the shoreline of the infamous Horsetooth Reservoir.

gather at what is best known as the “Party Cove.” Although you may need a boat to join in on water endeavors, the shoreline is equally exciting and a great place to drink, eat and enjoy existing in the beautiful city of Fort Collins.

Horsetooth Falls is a moderate level hike, involving some steep areas of inclines and declines. There are wooden steps that add character to the hike, and in some areas assist in getting up to further points on the trail. This trail is 6.1 miles, much longer than the Shoreline Trail which is only 1.4 miles. However, the Horsetooth Falls loop leads you to a gorgeous waterfall which runs into a pond at the base of large rock formations.

“Sitting on the rock and taking in the scenery at the end was my favorite part,” Ellie Garcia, an undeclared sophomore at Colorado State University, said. “The view was so pretty and you could see the whole forest, I felt on top of the world.”

“The view was so pretty and you could see the whole forest, I felt on top of the world.”
-Ellie Garcia

Horsetooth Reservoir shoreline has barbecue pits and picnic tables available for anyone to take advantage of. College students also like to

For those of you that are experienced and looking for a challenge, Arthur’s Rock Trail has been reported to put your hiking abilities to the test. All Trails has rated this path as difficult. Arthur’s Rock is quite strenuous, and requires its subjects to be in good shape. Although the path is only approximately 3 miles long, you gain an elevation of over 1,000 feet. Along the trail are wildflowers and a rewarding view at the peak of the trail.

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Step out of your comfort zone: studying abroad

International Media Studies Programs took journalism students around Europe

By AJ FRANKSON

There are only so many things that you can do and experience where you live. Only so many people you can talk to. Only so many different variations of your day. Only so many times you can get drunk on a Wednesday with your friends before you start feeling like you're stuck in a rut.

I felt stuck. I was lonely, bored and upset at where my life was going. Day in and day out I was living the same uneventful life, and I became sick of it. Next thing I knew, I was on my way to Europe to study abroad as part of Colorado State University's International Media Studies program.

"I think I'd just reached a place in my life where I felt so stagnant," Nate Day, CSU journalism senior, said. "I just needed to do something new and exciting. So I figured I'd fly myself halfway across the world and see what happened."

“ I loved learning about and experiencing the cultures and histories of these places.”
-Megan Hanner

And so we went: five countries, 14 cities, all in the span of three weeks. It was incredible.

"There were just so many amazing things about it," Megan Hanner, CSU

journalism senior, said. "I loved learning how other countries do journalism and media. I loved learning about and experiencing the cultures and histories of these places."

I never could have imagined having such amazing experiences. Nearly every day we were in a new place, meeting new people and eating new food. I learned things that I couldn't have possibly learned in a classroom.

"I learned to be more independent," Lena Ham, CSU journalism senior, said. "Which is a good thing, and I wasn't expecting to gain that skill on this trip. But having to figure out where to go, how to get there and how to interpret the language requires major independence it turns out."

Traveling does not only have to be about independence, it is also about

self growth.

"I learned more about myself than I learned about anything remotely academic," Day said. "I learned that I have a passion for traveling and new experiences and

that I ought to have more confidence in myself because I survived some fairly questionable situations."

Though the change of scenery and culture was incredible, one of the most eye-opening experiences was seeing the lives of other people from different walks of life. Growing up, we are conditioned to alienate anyone remotely different from us. We often forget, despite our differences, we are all people in the end.

"It's easy for us to be stuck in our own little worlds sometimes," Hanner said. "Traveling can change that."

While it is easy to dismiss people from other countries as rude or hateful, we have to remember that creating these stereotypes about different types of people is counterproductive and divisive.

"I think a lot of Americans have this idea that people from other countries hate us, but really they just want to have dialogue," Hanner said. "I learned to not be afraid to travel and meet people."

Studying abroad helped me see that despite all of our differences, despite what we look like or how we were raised, we are all people. There is only one race: Human. And it's about time we treated each other like it.

3 weeks
5 countries
11 cities

LONDON

CBS London studio tour, the Tower of London, Big Ben and the London Eye.

LEAVESDEN

Warner Brothers studio tour and Harry Potter sets.

GHENT

Visited the University of Ghent and learned about Belgium journalism culture.

BRUGES

Admired the historic Belgian architecture including several different cathedrals.

BRUSSELS

Ate the best waffles and chocolate in the city.

AMSTERDAM

Went to the Kroller-Muller museum and the Van Gogh museum.

MOSELKERN

Hiked through the forest and toured the Burg Eltz castle.

KOBLENZ

Toured a newspaper-making facility.

FRANKFURT

Talked to representatives from Ogilvy & Mather and Hill & Knowlton.

BACHARACH

River cruise down the Rhine and saw beautiful castles and vineyards

PARIS

Visited the Eiffel Tower, Arc de Triomphe, Louvre, Musee D'Orsay and Hemingway's flat.



New on-campus futuristic nap pod

Take a nap in the health and medical center

By CASEY MARTINEZ

Between the pressures of school, work and relationships, I'm sure we could all use a nap. Fortunately, the Colorado State University Health and Medical Center has a solution for the worn out college student.

Students are welcome to wander into the new relaxation space where you can find peace and quiet, if only for a moment. While the room itself is exciting, with frosted windows and an iPad that can customize the lighting, the relaxation pod is perhaps the most tantalizing feature.

you within it or to only hide your back from the view of anyone else in the room. The chair can also be adjusted to your preferred position and has the option for the napper to listen to music.

In case you're concerned about the hygienic aspects the pod, the health center has conveniently placed wipes next to the chair so you can clean it to your satisfaction.

When asked about his initial reactions, veteran and senior studying psychology at CSU, Chase Herring said, "it's nice and peaceful" in the relaxation room. Herring had heard about the nap pod

"I'd have to set my alarm, but yeah. During finals week or something, it's probably pretty crowded."

The newly constructed health center is about a 15-minute walk from the heart of campus.

Despite the distance, "good things come with their drawbacks," Herring said. Although it is a bit out of the way, the relaxation room is certainly worth the walk.

Other thoughtful features of the relaxation room, besides the nap pod itself, are the squishy chairs, blankets, coloring pages and a shelf with an assortment of yoga related items, such as yoga mats and yoga blocks.

When entering the room, there are also helpful paper handouts with information regarding mindfulness, mental health and information on the room as well.

Filled with encouraging statements and mood lighting, the relaxation room is ideal for a quiet place to study, practice your daily sun salutations or leaf through the pamphlets on the mental health services offered. The nap pod is especially a great addition to CSU's Health and Medical Center. It provides a safe space for students to take a break from school and catch a few zzz's.

through his involvement with the Student Health Advisory Council. He decided to check it out after visiting the conveniently located pharmacy on the first floor of the health center.

The nap pod is "super comfortable, even for someone that is 6'5," Herring said. "That doesn't happen a lot." The designers clearly worked hard to accommodate the diverse student population.

When asked if he would actually use it, Herring said,

“ Super comfortable, even for someone that is 6'5. That doesn't happen a lot.”
-Chase Herring

The relaxation pod is available to all students and can be reserved up to 24 hours in advance or is sometimes available for walk ins. Located in the far back corner of the relaxation room, it provides a semi-enclosed space for a one to decompress from their many stresses. Comprised of what can be compared to a semi-comfortable reclining chair, the white and gray pod is situated around your torso. The pod can be adjusted to either completely enclose

CSU Health and Medical Center

Other services you can find at the new center

MEDICAL

Physical and mental care is provided as well as physical therapy, optometry and dental service. College health professionals will work with you to determine solutions for your healthcare concerns.

DENTAL

Staffed by a licensed dentist, registered hygienists and certified dental assistants, dental services can provide you with affordable care. Services range from preventive to restorative and treatment.

OPTOMETRY

Routine eye exams are recommended in order to be aware of any problems that arise. The CSU Health Network offers professional exams and diagnostics for students and their domestic partners.

PHYSICAL THERAPY

Professionals can evaluate any injury you might have and prescribe treatment programs customized for you.

COUNSELING

A team of professional staff can help you if you are experiencing situational problems, an immediate crisis or have a long lasting mental health center.

For more information visit heath.colostate.edu

Fiasco drawings run rampant

Local artist, Mike McPuff looks to make an impact beyond Fort Collins community

By JACOB STEWART

Artistry is one of the many outlets of the human soul. Whether the art comes from a place of pain or of exultation, it can and will be created.

Fort Collins runs rampant with local artists looking to turn their lives into tangible, feasible aspirations. Highlights of the local scene are in many locations throughout Fort Collins, a keen eye can pick out some local gems. Several hot spots for art lovers include the Downtown Artery, the Illustrated Light Gallery and Colorado State University's University Center for the Arts.

Sophomore human development and family studies major at CSU, Brooke Pottinger said, "They're a really hip way to showcase up and coming artists and make them prevalent now."

Mike McPuff, a young Fort Collins local artist, speaks a lot about overcoming troublesome situations and creating something constructive from them. He describes his style to be separate from the majority of the local art in Fort Collins with solid lines





creating cartoony and funny concepts. Much of Fort Collins' art is "visionary" while McPuff's art is quick for attention. He fills every scape of space with something to hold the audience's attention while also keeping the feel of the pieces over all, with his extensively creative mind set.

“ [Art] has always been an escape growing up, and people who don't have a lot of crazy shit happen in their lives don't have the urge to create as much art.”

-Mike McPuff

McPuff is featured in various locations around Fort Collins, with support from the Fort Collins Mural Project, as well as in many local shops.

McPuff's most significant piece, in his opinion, is titled "A Glimpse Past the Threshold," McPuff said. "It's my biggest painting that I've done, and it's a section from that mural I painted off of Olive and College." His most significant and active pieces are known as Fiascos. They are big paintings with many little scenarios going on in them. It is near impossible to stand in front of a McPuff Fiasco and think mundane thoughts. As a commissioned digital artist he also makes portraits, animations and album covers online.

While McPuff feels Fort Collins is a "good place to be," he has bigger plans for the time to come. He

is currently in the process of packing himself up and leading a nomadic life across the United States to reach out and collaborate all around the nation. Of course, this wasn't all in ease. McPuff said that he had to "give a lot up to go travel."

"This [traveling] is for me. I haven't even been on a plane... and at this point, where I don't need to show up for a 9 to 5 job every day, I really can just wake up and do my art anywhere." McPuff said that he wishes to further his art past the U.S. at some point, but getting his bearings across the states is his current path.

Art is a prominent outlet for many people to express an array of emotions. "I moved around a lot as a kid... a lot of tough stuff growing up," McPuff said. "It [art] has always been an escape growing up, and people who don't have a lot of crazy shit happen in their lives don't have the urge to create as much art."

Of course, joy and love are emotions that influence plenty of our lives. "Art comes [from] a place of pain with a lot of sad stuff," McPuff said. "That is usually the best art for me."

McPuff is a role model for people everywhere in the task of overcoming unavoidable situations and making them into something to further not only his collection of art, but his self as a person.

You can check out McPuff's artwork on his website mikemcuff.tumblr.com or on his other social media accounts:

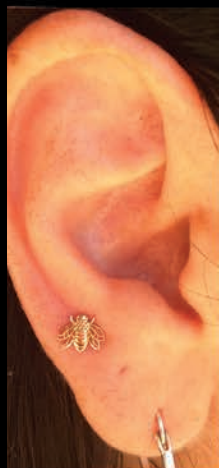
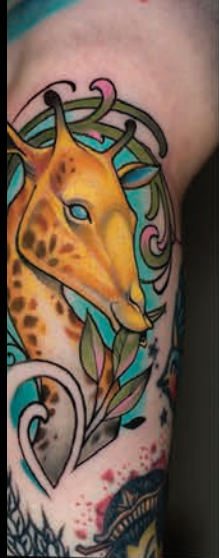
@mikemcuff. He will be traveling around the country so make sure to stay updated.

The creative process

Mc Puff demonstrates his painting process through a live session at the park



This piece is going to be traveling with McPuff as he starts his journey. Watch out for his final project on his social media accounts: @mikemcuff.



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