

COLLEGE AVENUE



Colorado State University / Volume 13 Issue 4 / Summer 2018
A Rocky Mountain Collegian Publication

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Letter from the editor

It is always important to keep pushing forward. It does not matter where you are going or what you are doing, as long as you are doing what you love and not taking a step back.

With summer just around the corner, it is the perfect time to reflect on the year and what your goals are for this break and next semester.

For me, I am reflecting on the six College Avenue Magazine issues that I have been able to help produce in my year and a half of being editor-in-chief. I am reflecting on what it means to be going into a journalism profession. And I am thinking about what my future looks like as I go into my last year at Colorado State University and working with Rocky Mountain Student Media. But most importantly, I am coming up with a plan on how I am going to improve personally.

In the fall, Katie Mitchell, College Avenue's current features editor, will be stepping into the role of editor-in-chief. I am beyond excited to see what she is going to do and how she will lead our amazing team.

I do not look at this as a step down for me. It is just merely a step to the side. I am still finding where I fit within student media. And while I take on different responsibilities within the company and focus on different parts of my life, I will still be moving forward.

Student media has evolved into such a wonderful place to work and is home to some of the best students CSU that I have had the pleasure to meet.

And my time here is not quite over yet. I still have goals I want to accomplish and projects to work on. I will still be around, and I am ready to see what is to come next school year, my photo just will not be at the bottom of this page anymore. And that is okay. You do not have to be at the top to be moving forward.



Shelby Holsinger
Editor-in-Chief

CORRECTION: In our spring 2018 issue, the illustration on the cover inaccurately represented the cover story. The author of the article identifies as an Asian-American woman.



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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Tea with a purpose

Happy Lucky's Teahouse caters to tea lovers

By JACOB STEWART

Coffee shops are great for the collegiate coffee connoisseur, but what is there for the person who is not a fan of bean juice? Leaf juice. Whether it is a study session that needs a more caffeinated breakfast black

tea or a nice cup on echinacea tea to give the immune system a boost in the morning, tea culture runs just as rampant as coffee culture.

Everyone is aware of the profuse amount of coffee shops that continue to pop-up

faster than it is possible to drink; however, what about a shop dedicated to the fine art of tea? Happy Lucky's Teahouse casts a unique take on the melding of history, community and tea with Fort Collins locations.

George Grossman, owner and chief leafster at Happy Lucky's Teahouse, gave insight on some of the history of the building itself.

"Harper Goff was a set designer in Hollywood who was hired by Walt Disney

to help build Disneyland," Grossman said. "The main street in Disneyland was modeled after pieces of Old Town in Fort Collins." The inside of the store was originally a firehouse/jail-house and a keen-eye can catch the remnants of both including a fire pole and barred windows.

“ I came in one day and she [Mona Thorton] had left just the brick wall with a little sign that said Wishing Wall.”

-George Grossman

The sense of community and purpose that is created is one unmatched. A quick waltz to the back of the store shows a delicate environment with a brick wall abruptly in view. The "wishing wall" is brightly colored on a sign with nothing more than scraps of paper and pens rested in front of it.

"Mona Thorton, a local resident, was our designer on the backroom and the big question was, 'how do we turn an old jail cell into a room that people want to hang out in?'" Grossman said. "I came in one day and she had left just the brick wall with a little sign that said 'Wishing Wall.'"

Customers are invited to the back room to enjoy putting away their phones and share a pot of tea while filling out wishes to stick in the wall.

Events are regularly held in the shop to help innovate and enlighten tea lovers. "The current event we've been holding is 'Cooking with Tea' and is held on Mondays with a special

final, 21 and older, 'Tea Meets Cocktails' event on Thursdays," Grossman said.

Classes and events are held for those with any level of knowledge of tea.

Happy Lucky's Teahouse is also a popular stop on The Foodie Walk every third Friday of the month. With an array of samples melded with a dashing environment, Happy Lucky's Teahouse is a fantastic location for any event or meeting that you might be hosting.

Their tea is also seen in some local favorite locations. Snowbank brewery has a rotating 5-gallon keg of Chocolate Stout, and recently they infused it with an Earl Grey tea from Happy Lucky's Teahouse.

The most important part of a teahouse is the tea. Happy Lucky's Teahouse bursts with the largest selection of teas, hitting over 200 varieties and from an array of locations. Their teas also include a rare find of imported Korean teas not found in many shops.

Some of the popular favorites are the Cinnamon Spice Black and Rooibos Cinnamon Orange teas.

Grossman said they are currently working on five or six more teas to release into the store.

Tea is something communal. Tea is iconicized in cultures across the globe. It is used for meditation, relaxation, pleasure and even tradition. It is a culture that intertwines and blends across the world but is also a place of commonality. Grossman sums it up well, "if anyone ever tells you they know everything about tea, they're lying."

If you are seeking a curated blend in the perfect cup, drop by either of the stores or find their teas at various locations around Fort Collins.

Tea by type

Different teas have different benefits. Here is a basic breakdown:



Drinking white tea reduces the risk of cancer, cardiovascular disorders and improves oral health.



Drinking green tea promotes bone health and heart health. This tea can also reduce your appetite and prevent memory loss.



Drinking oolong tea helps with weight loss and preventing diabetes along with supporting a healthy brain.



Drinking black tea helps with heart health and reducing the risk of diabetes. This tea can also relieve an upset stomach.



Drinking pu-er tea helps with weight loss and reducing cholesterol as well as cardiovascular protection.



Drinking rooibos tea helps with curing headaches, insomnia, eczema and allergies.



Drinking yerba mate tea helps with reducing stress, improving digestion and promoting heart health.



Drinking chamomile tea helps prevent vision loss, nerve and kidney damage and stunts the growth of cancer cells.



Popsicles

A sweet, homemade summer treat

By **MACKENZIE BOLTZ**

Popsicles can be a reminder of fun summer days while hanging out with friends. They serve to keep people cool and are a sweet treat. They also help to get all the fruits you need for the day.

They bring up memories of hot summer days and chasing after the ice cream truck to satisfy the craving of an icy delicacy.

Popsicles burst with flavor, promising a wonderful, messy

next few minutes. The juice of the popsicle melts down your fingers as you try to finish all of it. Suddenly the only worry on the mind is the scramble for cleanliness. So maybe jump into the pool and try and wash off the rivers of sweetness running down your hands.

Popsicles are a fundamental part of childhood that can easily be adapted for adulthood.

A popsicle is more than just sugar

on a stick, it can also be something healthy to enjoy. Perfect for after a long day at work or as a treat for kids. This quick overnight freeze will satisfy all cravings.

This dessert is definitely something that can be a party treat or something to share with friends. It is easy to bring back fun, exciting childhood memories of hot summer days. Just be quick in eating it or it will end up all over your hands.

Recipe

Follow these directions for homemade popsicles

INGREDIENTS

1 1/2 cups Apple Cider

Frozen Fruit

1 cup Ice

1 package Vanilla Yogurt

DIRECTIONS

1. Blend ingredients together.
2. Pour mixture into popsicle trays.
3. Let the trays freeze overnight.

MAKE YOUR POPSICLE RECIPE DAIRY FREE

Try substituting the vanilla yogurt for fruit sorbet. A dairy-free substitute for this classic makes it even easier to feel light on the feet. This is always a relieve after devouring the mess that is summer's favorite recipe. It is also easier to eat more of the popsicles before the sensation of being too-full sets in. You are welcome, sweet treat lover.

ADD FRESH FRUIT

Adding slices of fresh fruit is another great way to get in your daily serving. Add the fruit to the popsicle mold and add coconut water and let freeze overnight. This will give you a vitamin C boost, which is always positive.

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DIY beauty products

Keep your skin silky smooth all summer long

By JOSLYN ALLEN

Welcome to reality. This is where your favorite beauty products cost in the ballpark of \$99 and your budget is looking more like \$9.99. It is a cruel world. However, there are ways to curb this drastic price gap by making your own beauty products. Not only is it a way

to pinch pennies on your tight college budget, but it is also a creative and unique activity you can tailor specifically to you.

It is important to note the prevalence of essential oils in the following recipes. While there are suggested oils to be used, there is a long list of oils that can cater to

your specific wants and needs.

Feeling stressed? A couple drops of lavender essential oil will ease the mind and body. Complications with acne scars? Rose oil is a foolproof solution. The list of oils and their benefits goes on and on. With this in mind, feel free to substitute any

mentioned oils with the one of your choosing

QUICK TIPS:

1. Apply tea tree oil to stubborn pimples and watch them dry up overnight.

2. Baby powder is the best dry shampoo you will find.



Vanilla Mint Lip Scrub

INGREDIENTS

- 1 tbsp. Brown Sugar
- 1 tbsp. White Granulated Sugar
- 1 tbsp. Organic Coconut oil
- 1/8 tsp Vanilla Extract
- 5 drops of Peppermint essential oil

DIRECTIONS

1. Mix all the ingredients well.

HOW TO USE IT:

1. Apply a small amount to lips.
2. Rub the mixture on your lips for a minute, allowing the scrub to loosen dead skin.
3. Wipe the scrub off with a damp cloth.
4. Apply a lip conditioner to your super smooth lips.
5. Store extra scrub in an airtight container.

Homemade Green Tea Exfoliator

INGREDIENTS

- 1 tbsp. Dried Green Tea Leaves (2-4 tea bags depending on size of tea bag)
- 1 cup Organic White Sugar or Brown Sugar, the sugar should be soft, not large granules
- 1/2 cup Extra-Virgin Olive Oil
- 2 tbsp. Honey
- 10 drops Lavender Essential Oil or Peppermint

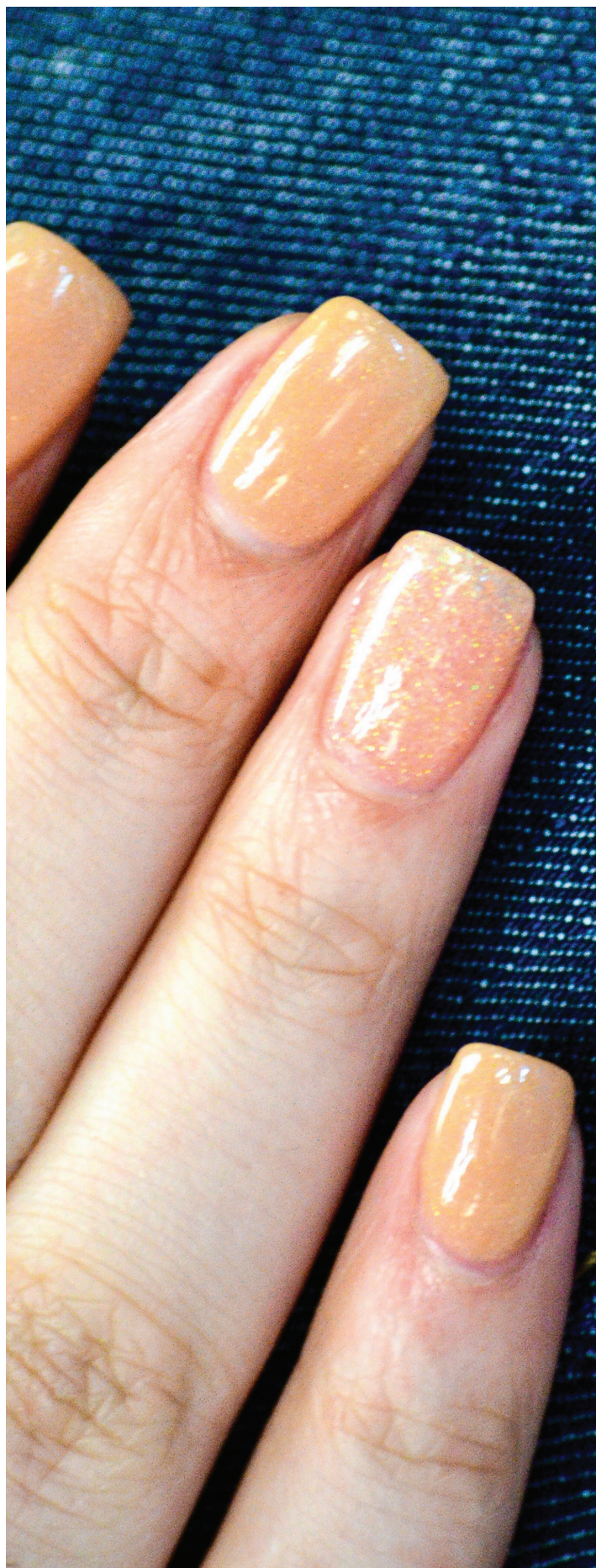
DIRECTIONS

1. In a medium-size bowl, combine all the ingredients.

HOW TO USE IT:

1. Apply a tablespoon of exfoliator at a time to your hands.
2. Gently massage the skin with the exfoliator for 30 seconds.
3. Rinse the exfoliator from the skin with water and a washcloth.





SNS nails

Get healthy, beautiful nails with this manicure

By **MISSY MILLER**

A day spent at the nail salon with friends is always a fun time. However, beyond the gossip, foot massages and glossy nails, it can be hard to maintain a manicure without chipping the polish or breaking nails a couple of weeks later.

The newest trendy solution to these problems is SNS Natural Nails, which can be found at a few salons in Fort Collins.

SNS is a dipping powder that coats the nails rather than being directly applied. An adhesive base is first applied to your natural nails, then dipped in the colorful powder and finally topped with a sealing layer that dries almost instantaneously. The base itself is formulated to build the strength of the nails and it promotes natural and rapid growth.

"SNS nails are great because they are as strong as acrylics and stay on just as long," Anna Nguyen said, a T-Nails Spa nail artist. "They are also powder based and don't use a UV light so they are healthier for your nails."

Acrylic nails can also be harsh and damaging because there is nothing in the adhesive to help promote nail growth. SNS, on the other hand, forms to the natural shape of nails and is filled with vitamins A, E, D and B5.

SNS comes in over 300 different colors, including ombré and French manicure

options. They are also lightweight and flexible, combining the feeling of an acrylic nail and gel nail.

"My nails grow longer and stronger with SNS and I am always happy with the health of my nails when I get SNS taken off," Lauren Willis said, a Colorado State University finance major and avid SNS nail user.

“ I am always happy with the health of my nails when I get SNS taken off.”
-Lauren Willis

Yet another positive side about SNS is that it is stainless and odorless, which makes it an easy-to-use and safe product for anyone.

The SNS product comes from a family-owned business. Their mission is to improve the quality of beauty products for their consumers and to continue to offer healthy and safe beauty supplies. SNS knows that women care about their health and beauty simultaneously, so their goal is to meet this expectation in nail fashion.

This new and improved way to keep nails looking fabulous is sure to inspire students to hit the nearest salon and try SNS.



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Body positivity

Being happy starts with you

By JOSLYN ALLEN

College can be a lot to handle. Many students at Colorado State University struggle with mental stressors on a regular basis.

A stress which is not typically discussed is body image issues, a mental strain many people encounter every day. This is a mental disorder that has often times gone dismissed as a "normal" phase or feeling in one's life, especially in their teens and twenties. However, it is the furthest thing from healthy and can lead to extreme depression and anxiety.

With the rise of social media, there has been an unrealistic standard placed on women around what their bodies should look like.

"Social media has put an image on people," Donavon Reed said, a freshman computer science major at CSU. "Media portrays people

in a way that if you don't fit their image, you don't fit in at all."

Despite the negative effects social media has imposed on millions of men and women around the world, there have been efforts to bring awareness to this issue. Organizations are ready to team-up to encourage men and women of all sizes to love their bodies.

One of the movements dedicated to self-care is the "body positive" community which is dedicated to promoting the love and acceptance of your own and others bodies. The goal is to view bodies as beautiful in every way.

In February 2016, the Truth in Advertising Act was passed through the federal government, banning the alteration of any physical characteristics of the faces and bodies of the people

depicted in images. This was a monumental step in the movement for body positivity and brands all over the world are starting to take this responsibility into account during campaigns for their newest products.

“Media portrays people in a way that if you don't fit their image, you don't fit in at all.”

-Donvan Reed

Take for example American Eagle. #AerieReal has sparked a worldwide appreciation for the bodies of every woman, of every shape, every size, every color. The movement is supported by popular figures in the world such as Iskra Lawrence and gold medal

gymnast Aly Raisman. The ideologies behind the trend are as simple as loving you for you. There is no retouching done on models' photos used to show off Aerie's latest lingerie sets. They are normalizing what the average body has: stretch marks and cellulite.

There is nothing more essential than loving the body that you were given. Whether dealing with body image issues or overcoming the mental obstacles it may present, get involved. There are resources and groups available, specifically tailored to empower and help you take control of the way you view your body.

Life is too short to waste worrying about waist size. Too precious to worry about impressions. And far too valuable to question importance.



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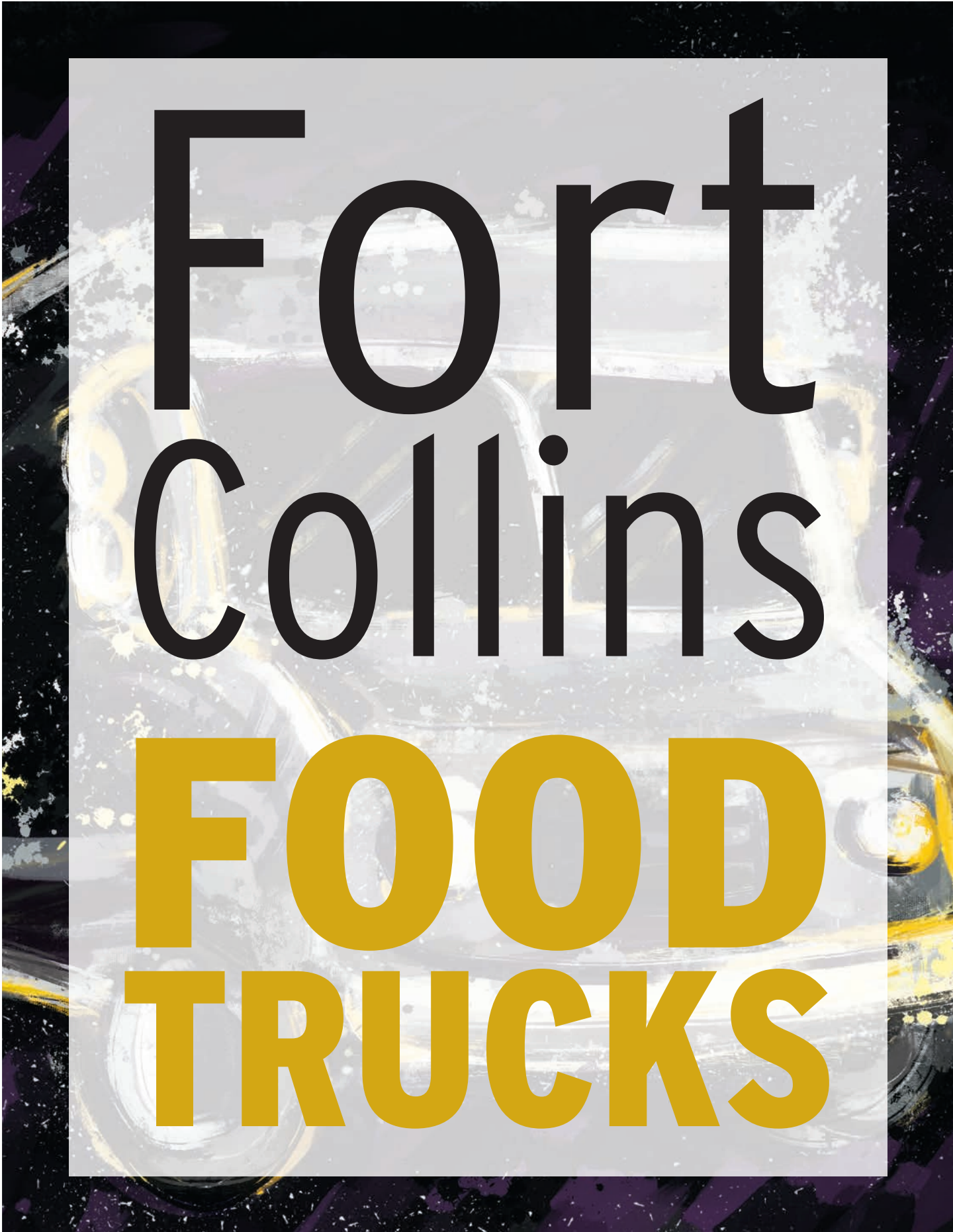
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The Waffle Lab

By JACOB STEWART

Warm weather is just around the corner and students are getting ready for a summer in Fort Collins. A great way to get off campus and enjoy some of the offerings of this town are food truck rallies.

Served with chicken, served with avocado, served with bacon or served with syrup, a waffle is always a delicacy to enjoy.

Sweet or savory, The Waffle Lab food truck has all waffle connoisseurs covered this summer.

The Waffle Lab originated as a food truck in 2012 and now has a restaurant location that is celebrating their one-year

anniversary. The Waffle Lab prides themselves on their unique take on a waffle. Their Belgian-style liege waffle comes from a yeast-risen dough rather than a batter. The best part? Both savory and sweet waffles are available at the truck.

Waffles such as the Blue Sky, featuring bacon, avocado, egg, tomato and cheese atop their famous waffle, or the Voodoo Monkey, topped with peanut butter, bananas, raspberries and drizzled with chocolate, are often featured on the truck's menu.

Student case manager at Colorado State University, Jay Tolpa, said, "they

are a family approachable truck that has a variety of options for even the most finicky eaters."

“ They are a family approachable truck that has a variety of options for even the most finicky eaters."

-Jay Tolpa

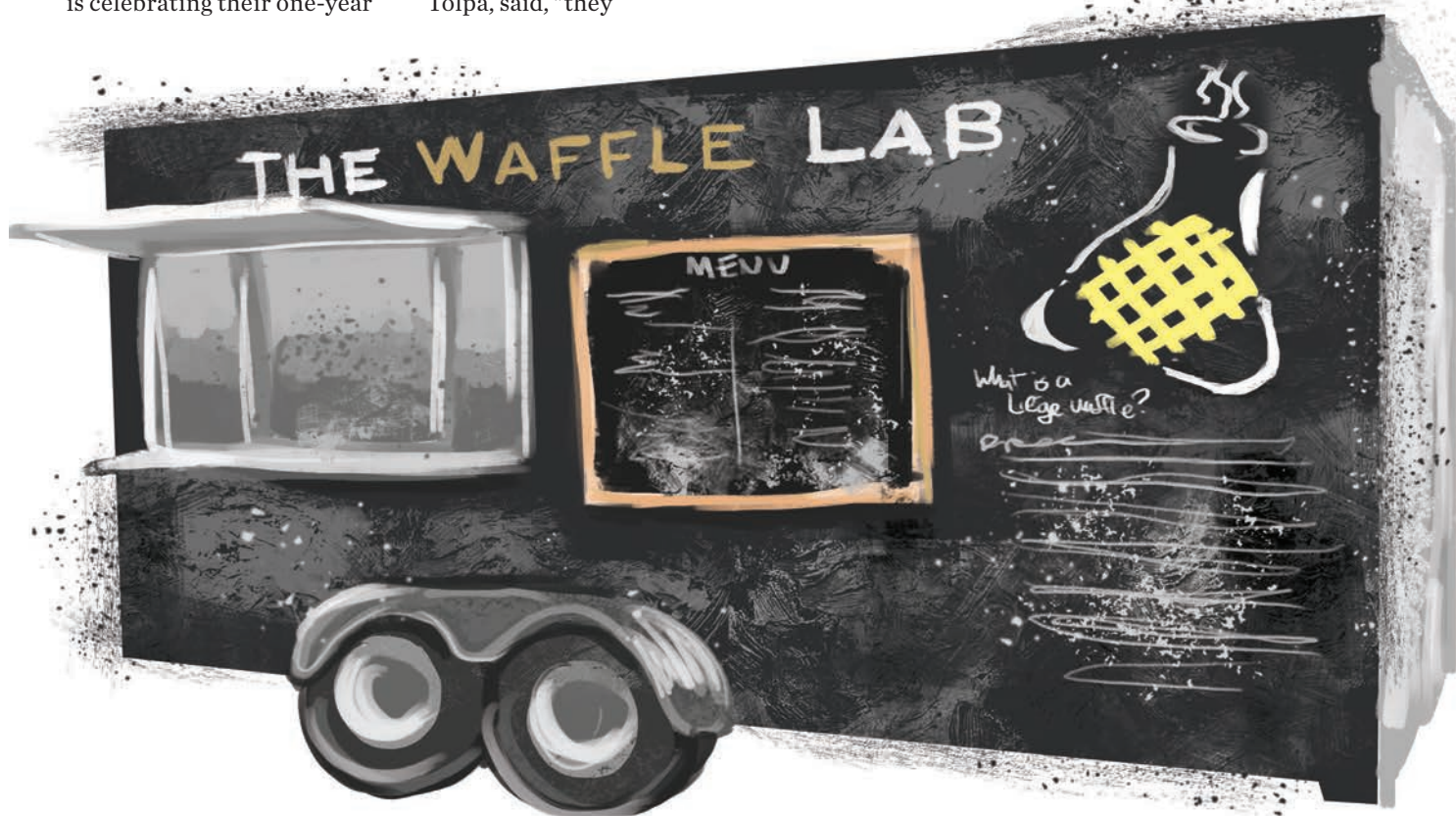
Food truck rallies work

to build a family inclusive environment that can be enjoyed by all ages of people.

With Fort Collins not only serving a collegiate-based audience but also a family-oriented audience, their eclectic menu aims to feed everyone while still pursuing that unique waffle.

"It's always my boys' first choice any time we see [the truck]," Tolpa said.

They are a success that many future business owners aspire to follow. Remember to support local businesses to keep our neighbors, our neighbors.



Sweaty Moose

By JACOB STEWART

After an adventure filled day, there are few things better than enjoying a meal on wheels.

A mobile café that looks to please consumers with a variety of options known as Sweaty Moose is here for culinary excellence.

Scott Atchison, certified executive chef at the Sweaty Moose, provides a versatile menu that is able to please any patron at any event. From participating in corporate events to food truck rallies and every stop in-between,

the Sweaty Moose eatery.

Their menu's versatility is something remarkable. "I try not to fit into anything," Atchison said. "I'm more than a festival truck or caterer. I'm a mobile café, not a niche truck."

From a Tequila Lime Tilapia Wrap to their popular Sloppy Elk Sliders or a classic Smoke Brisket sandwich, this mobile café can adhere to most foodies.

The Sweaty Moose began after Atchison wanted to start something for himself. "I was an executive chef for an array of

venues, but one day I wanted to start my own business; and so, I decided to move on and build something myself," Atchison said. As a stepping stone, the Sweaty Moose has been his independent venture into the future.

"My truck looks to push the envelope of culinary success," Atchison said.

“ My truck looks to push the envelope of culinary success.”

-Scott Atchison

Atchison accentuated that there is not a single item on his menu that is bad. If you get a chance to drop by the Sweaty Moose, a couple favorites to try are the Sloppy Elk Slider made with Colorado ground elk in a sloppy joe style or the Jalapeño Corn Fritters served with moos-made salsa.

Both of these and many other selections will show the culinary excellence that the Sweaty Moose excels in providing.

Food trucks

These food trucks can be found in multiple locations this summer.

WHERE ARE THE TRUCKS?

Fort Collins has multiple events around town to catch these food trucks at, along with many other trucks sporting local food from Colorado. The most consistent times to find the trucks are at summer food truck rallies.

HOW MANY?

Fort Collins and Northern Colorado is currently home to about 71 food trucks.

TUESDAYS

Tuesdays at the City Park Food Truck Rally at 5:30 P.M. at the Fort Collins City Park beginning on May 15, 2018.

WEDNESDAYS

They will also be at several trucks at the Wednesday Lagoon Series events from 6:00 p.m. to 8:30 p.m. beginning June 13, 2018, held at the Colorado State University Lagoon outside the Lory Student Center.

FOOD TRUCK RALLY

Food trucks rallies are great for people of all ages and with any size of family or group, there is something for everyone. This year, the Fort Collins food truck rally will be every Tuesday between May 15 and September 25. Starting at 5:30 p.m. until dusk, food trucks and free live music will be available to the public.



Ba-Nom-a-Noms

By JACOB STEWART

Summer is calling and so are the cravings for a sweet treat to beat the heat. At Ba-Nom-a-Noms, there is no competition between sweet and healthy.

Ba-Nom-a-Nom is a healthy, vegan take on the traditional soft-serve ice cream truck. How can ice cream be vegan? Bananas. A lot of bananas: they used 40,000 in the year of 2017 in fact.

"It started with my interest in obesity and my degree in health and societies with a

concentration in public health, biology and nutrition," Sarah Ladely said, the founder of Ba-Nom-a-Noms. "I wanted to push for a healthier alternative to dessert, so I started as a booth at farmer markets. People really enjoyed the product which eventually snowballed into here today with the food truck." Ba-Nom-a-Noms prides themselves on their banana based soft-serve because the ingredients are solely fruit.

Ladely said, "Food trucks are

only around because they have been fighting for their rights. Food Trucks weren't allowed at breweries in the beginning, but now they are because we fought for it." Food trucks are better in numbers, they give a sense of community from community.

"We love to joke that getting all of us together is like herding cats," Ladely said. "We are so wild and free." Most food trucks gather at events because of this sense of comradeship.

Ba-Nom-a-Noms has plenty

of unique qualities that adheres to a wide audience. Compost is crucial for a business that runs entirely on fruit and tries to push for sustainability. "[We] composted around 30,000 pounds of food waste [in 2017]," Ladely said.

If you are looking for a sustainable, healthy sweet treat on a hot summer day, make sure to swing by the Ba-Nom-a-Noms food truck and try out their popular Root Beer Float or mixed berry flavors.



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Breaking barriers

Cassidy Crawford is CSU's alumnus breakdancer

By TONY VILLALOBOS MAY

Cassidy Crawford was ready to make a trip to Boulder for a dancing event when he received a phone call from one of his instructors. Crawford was asked to switch his route from South to North and pick up some travelers who were stranded in Laramie.

The trapped group was headed to the same location Crawford was: a dance studio in Boulder where they would be preparing for the annual Block Party. This is where hundreds of dancers from a dozen different countries congregate together.

"I drove up to Laramie in this pouring rain, I lost signal and went ten miles out of my way trying to find them," Crawford said. "It was a wild night getting [the group] to Boulder at three in the morning."

“I've met people from all over the country and all over the world that have come to Boulder to dance with us.”
-Cassidy Crawford

"That was a cool event and I had a great weekend," said Crawford. "People from that group that I picked up are now my roommates, it's crazy how it all turned out."

Crawford, a 2015 Colorado State University alumnus, has been interested in dancing for

as long as he can remember.

Crawford grew up watching musicals like Grease, he remembers his mom teaching him how to swing dance at a young age.

"I always was into music, and how good it felt to move in sync with it," Crawford said.

Dancing from a young age, he did not start going to a studio until he was a junior in high school after sustaining a football injury.

Because he was always an athlete, Crawford was not ready to stop moving after retiring from football and track.

"After I hurt my neck in football I went on to do something else... where I spun on my head - which doesn't make sense," Crawford said.

Crawford started taking breakdancing classes at a studio in Fort Collins, where he was attending high school. After taking classes for a year, the first studio he attended later closed and Crawford moved to the High Country Conservatory of Dance, where the main focus at the time was clogging and ballet.

He never really got into either of those types of dance too much.

Crawford used their studio space for a while and then decided to take a break from their classes to train with a mentor in Boulder.

Crawford slowly started spending more time dancing in Boulder than in Fort Collins. "As I went down there more, I found a community," Crawford said. Eventually, that community would lead him to

Block 1750 - the same group he would later spend 3 a.m. mornings with after picking up his stranded peers from Wyoming.

Block 1750, hosts the annual Block Party for dancers to attend over Labor Day weekend. As they approach their sixth year hosting the event, the Block Party will feature dance battles, workshops and "cyphers" - a group of rappers, beatboxers and break-dancers to get together.

Last year Crawford estimated about 240 attendees, ranging from DJs to dancers and everyone in between.

This experience was part of the reason he was drawn to leave Fort Collins and move to Boulder.

"I've met people from all over the country and all over the world that have come to Boulder to dance with us," said Crawford. "Regardless if they share our verbal language, they share our language for the love of dance. It's pretty awesome."

Fort Collins is not completely behind in the culture. Local dance group Mighty Rock Morez hosts the annual event "FoCo Flava," where dancers gather in Old Town and get the opportunity to compete against each other and interact with groups of a similar interest.

FoCo Flava is making a come back to the city this summer, premiering with "FoCo Flava: Volume 3" in Old Town Square on June 23, 2018. The event will be held from 1 - 6 p.m. and will have judged events and cash prizes.



Cassidy Crawford

A breakdancing challenge: 10,000 flips

HIS GOAL

Cassidy Crawford wanted to set a "difficult goal to hold accountable to" while he is between dance events. Wanting to improve his own abilities, Crawford challenged himself to do 10,000 flips throughout 2018 and post them on his YouTube channel. "I hadn't improved much," Crawford said. "The challenge came as a way for me to kinda set myself up for success."

TRAINING

When he is not recording flips, Crawford frequents CATS Gymnastics, Apex Movement and Block 1750 two to three times a week.

INJURIES

With minor injuries to his ankles and knees, Crawford is still pushing to meet his goal and believes the volume of flips left will be lessened by training.



A sustainable fashion show



By **ALEA SCHMIDT**

Copious stitches, countless sleepless nights and over 150 hours of work later, students of Colorado State University's Draping Design class have finally completed their mid-term projects. Taught by Kevin Kissell, a professor in the department of design and merchandising, students get a chance to learn the art of drapery by constructing full sized gowns using recycled army parachutes. The garments

were showcased at CSU's Fashion Show, Spectrum, April 6, 2018.

The process began by pulling inspiration from World's Global Style Network, a trend forecasting business that provides news, information and a fashion image database for the industry. Students hand draw 15-20 ideation sketches which are then critiqued by the class.

Though every student uses WGSN, they each have their

own unique ideas of how to shape their design.

Kayla Eckles, a junior apparel design and merchandising student at CSU, was inspired by survivalist women and just "overall badassery." She chose dark purple and black parachutes to reflect this.

Katlin Davis, a junior in the apparel design and merchandising major at CSU, chose to include a sequin covered belt into her design.

The belt took around 150 hours to complete and Davis expressed her pride and pure joy of completion. "When you finally accomplish something, the next day you're on cloud nine," Davis said. She chose to keep the bodice of the dress simple in order to showcase the intricacy of the sequin belt.

Students are also given the opportunity to wear their own designs down the runway. Crystal Smith, an apparel design

and merchandising junior at CSU, modeled her own dress in the show. Smith's favorite element of her design is the long sleeve that extends below the hemline, topped with an abstract flower that rests on the shoulder. With wire sewn into the fabric to make it stand up, Smith's biggest challenge was bending it enough to tie the knots that resemble the flowers.

“ When you finally accomplish something, the next day you're on cloud nine.”

-Katlin Davis

Challenged to take different approaches, Amanda Avers, a senior apparel design and merchandising major at CSU, chose to keep her design simple and elegant. Knowing she wanted to try something new and do pleats, Avers used a technique called Mme. Grès pleating on the top of her floor-length gown. She kept it versatile with long straps that can be wrapped and worn in a multitude of ways.

Avers emphasized the importance of finishing off a zipper. She had to completely take off and re-sew the entire zipper on the skirt the night before it was due.

With all garments being made of recycled material, the importance of sustainable fashion is also emphasized as the students continue to learn more about fashion and the industry.

Each garment is uniquely designed, constructed and sewn by students. Many of them going the extra mile to hand dye, spray paint and add intricate detailing in order to set their garments apart. Students are encouraged to let their creativity power their work as they are shaped into designers.





Rec rentals

Get all the outdoor gear you need from the rec center

By EMILY CARRINGTON

Colorado State University's Recreation Center is where many students go before or after class to workout, take classes, swim, try rock climbing or to play some basketball. It is a good place to connect with friends, relieve stress and get the body feeling better.

But the rec center offers more than just a place to work out. The Outdoor Program, located in the rec center, offers many different rental items for students who hold a recreation and outdoor rental membership.

BACKPACKING & CAMPING GEAR

Warmer weather is coming, and heading out into the wilderness for some camping is on many people's minds. Look into renting from the rec center instead of buying gear, especially if you only plan to use it a few times. The rec has backpacks, two- or four-person tents, two types of sleeping bags, bear-proof canisters and even hammocks to check out. They will provide you with essential gear so it is easy to save money and storage space.

CLIMBING GEAR

Maybe climbing mountains and working on new skills sounds like more fun. The rec can help with preparations for a climbing adventure by allowing checkouts of climbing shoes, ice picks, climbing helmets, crampons to strap onto shoes and crash pads. You can also rent shoes to use at the rec center on

their climbing wall. Climbing gear can get expensive, so renting might be the way to go.

WINTER GEAR

The rec can also help you to prepare for winter activities and emergencies. It is important to always be prepared when engaging in potentially dangerous outdoor activities. The rec will provide you with the gear to stay safe. Avalanches never give warnings, so the rec center has put together a collection of items that are available for students to rent. These items include snowshoes, avalanche shovels, avalanche probes, trekking poles, microspikes and an avalanche beacon.

Student renters are held responsible for all items rented and must pay any late fees, replacement or damage costs and any cleaning fees.

"The employees who work at this part of the rec are very knowledgeable about all of the gear and the different activities that may require you to rent gear," Brittany Heiring said, the communications manager at the rec center. "You can always check out books on outdoor activities, guides, maps and other things that you can read here."

Take advantage of what the rec center has to offer as far as outdoor gear goes. It can help you save money and helps students be properly prepared for adventure.



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Multilingual banners

Fort Collins celebrates diversity, encourages inclusivity

By TONY VILLALOBOS MAY

A day spent at the nail salon with friends is always a fun time. However, beyond the gossip, foot The City of Fort Collins has taken a strong stance on diversity.

30 large multilingual banners that read "We Are Fort Collins" have been commissioned by the City of Fort Collins recently, celebrating the history of diversity the Fort Collins area has had throughout the years.

The large banners have 15 languages written on them, reading "We Are Fort Collins" in English. "I Am Fort Collins" is written in the 14 other languages that were chosen based on prominence used in the area based on census and city data and recommendations from a cultural competency trainer.

“These banners give life to the spirit of diversity in Fort Collins.”

-Oscar Lorandi

The project was led by a team through the city's Social Sustainability office, co-lead by Janet Freeman, who is the Equity and Inclusion Coordinator and Annie Bierbower, the Civic Engagement Liaison as part of the Fort Collins Equity team. The idea for the banners came from community requests and was in the works for several months before being hung around the city.

The original idea was for a visual representation of support from

the City of Fort Collins and went through several different designs and messages before settling on the current one.

"The idea originally was that they would just say 'Welcome,' and decided that wasn't the right message," Brittany Depew said, the Administrative Assistant at the office of Social Sustainability. "So making it more inclusive by saying 'I am' instead of 'Welcome' was a really thoughtful and interesting change."

The change was brought up by Cultural Competency Trainer, Todd Cornell, who suggested that the message would give a sense of ownership when community members see it written in their personal languages.

The city held a "Lunch and Learn" with community members to talk about the banners and ideas they had. At one of these luncheons, Cornell and the Equity team received positive feedback from community members and were told that the portrayed message was effective.

"These banners give life to the spirit of diversity in Fort Collins," Oscar Lorandi said, a Latino student and senior communications major at Colorado State University. "I'm proud of the City of Fort Collins."

"We were concerned the whole time that we weren't going to be able to represent all the languages. We just knew there was going to be languages that were going to be missed," Bierbower said.

Bierbower said that there were some concerns about the lack of Hebrew in the posters, which has a strong cultural presence in Fort

Collins Jewish population. Hebrew, along with two other languages, is working to be included in the reprints of the banners.

Depew and Bierbower anticipate the donated reprints to be done quickly, and the majority of the old banners will be repurposed for purchase while some will be gifted to noteworthy project contributors and areas around the city such as fire stations and cultural offices.

Director of Utilities donated space on the poles where banners are hung and manpower to hang them up. The banners are considered "evergreen" by Depew and Bierbower and will be placed up in various areas around Fort Collins as long as they are considered relevant and in good condition.

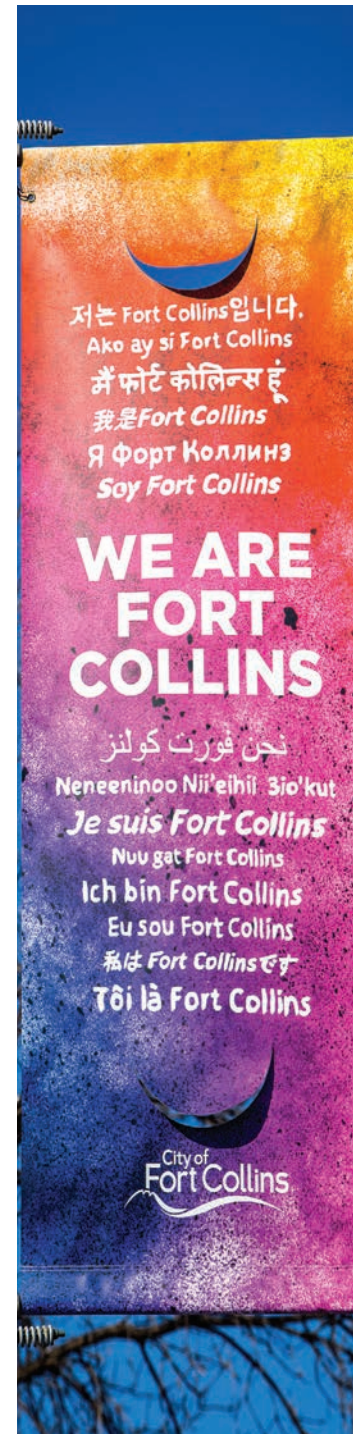
The banners will be rotated in various locations in even dispersals around town.

Not only did Utilities donate time and space to this project, but Cornell has rendered his translation and competency services free of charge, and a local printer offered to waive the price of the reprinted banners. The project in total cost about \$3,700 with initial printing costs included.

Bierbower said that while the city government was not influenced openly by politics, the community members who helped push this project are likely inspired by current national politics.

Depew said that the banners project was one project among several for Equity and Diversity by the Social Sustainability office.

"I loved being a part of this," Bierbower said, regarding the banners projects.



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Fort Collins is renaming its streets

By **MISSY MILLER**

Hughes, Mathews, James, Maxwell, Bryan: what do all of these names have in common? They are all street names found around Colorado State University and in the city of Fort Collins; a city which names roads in honor of influential, successful or outstanding people. The problem that the Women's Commission of Fort Collins has with is that these names all belong to men.

At a monthly Women's Commission meeting held March 21, 2018, the underrepresentation of women in the city's street names was addressed.

The commission's solution to this issue was the implementation of their 2018 street naming initiative. "This is an ongoing project that strives to bring appropriate representation of women in the community to our city," Lexie Kuznick said, who is a Women's Commission member.

The commission has begun recording women of the past and present who qualify as candidates for a city street name.

The influential people that they are looking for in this process include women from

any profession and walk of life, Alyssa Stephens said, the Women's Commission staff liaison. They want to find women who have left their mark on the Fort Collins community and who deserve to be recognized. This process of finding qualifying women has already been started by the Zonta Club.

“ Society as a whole is becoming more aware of women's recognition and rights, and I think that this project does a great job of representing that in the community.”
-Kierstin Rounsefell

Zonta is working diligently to find important women from the past who have yet to be acknowledged or honored. The

commission has been helping this process by collecting oral histories, documentation and by finding women who are still alive today to tell their stories.

In a recent street naming project done over the summer of 2017 for the Capstone Cottages development, the suggested street names consisted of males. Barney Apodaca, Jim Reidhead, Bob Everitt and Dick Beardmore were a few of the options that the city was looking into.

While all of these men qualify in ways that should be recognized, ranging from having disabilities to being founders, it is notable that there was a lack of women recognized during this time. It is clear that there is a real need for the project headed by the Women's Commission.

"Society as a whole is becoming more aware of women's recognition and rights, and I think that this project does a great job of representing that in the community."

Students and people of the community can submit names that they feel qualify according to the guidelines provided by the Street Inventory System.

Womens Commission

Fort Collins street renaming project

MAKING A DIFFERENCE

Women in every town are making a difference, and it is time they are talked about more in Fort Collins. The women's commission is making an effort in partnership with the Zonta Club to rename some of Fort Collins streets to represent women in the community.

RECOMMENDATIONS

The commission is looking for recommendations of women. If you know of someone has contributed to Fort Collins' culture and deserves to have a street named after them, here is how to get them recognized.

SUBMITTING

Students and people of the community can submit names that they feel qualify. To submit, look over the guidelines provided by the Street Inventory System.

GUIDELINES

The guidelines for the naming of streets can be found at www.larimer.org/engineering/subdivisions-and-road-names/street-inventory/rules.

SUBMISSION OPTIONS

The submission option can be found on the Women's Commission website for anyone who feels that they have a nomination for the street naming project.

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