

COLLEGE AVENUE

Colorado State University / Volume 13 Issue 2 / Winter 2017
A Rocky Mountain Collegian Publication

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Donuts close enough to campus so everyone can enjoy.
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BELLA LUNA

Find your stylish edge on campus with this local company.
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MAN THERAPY

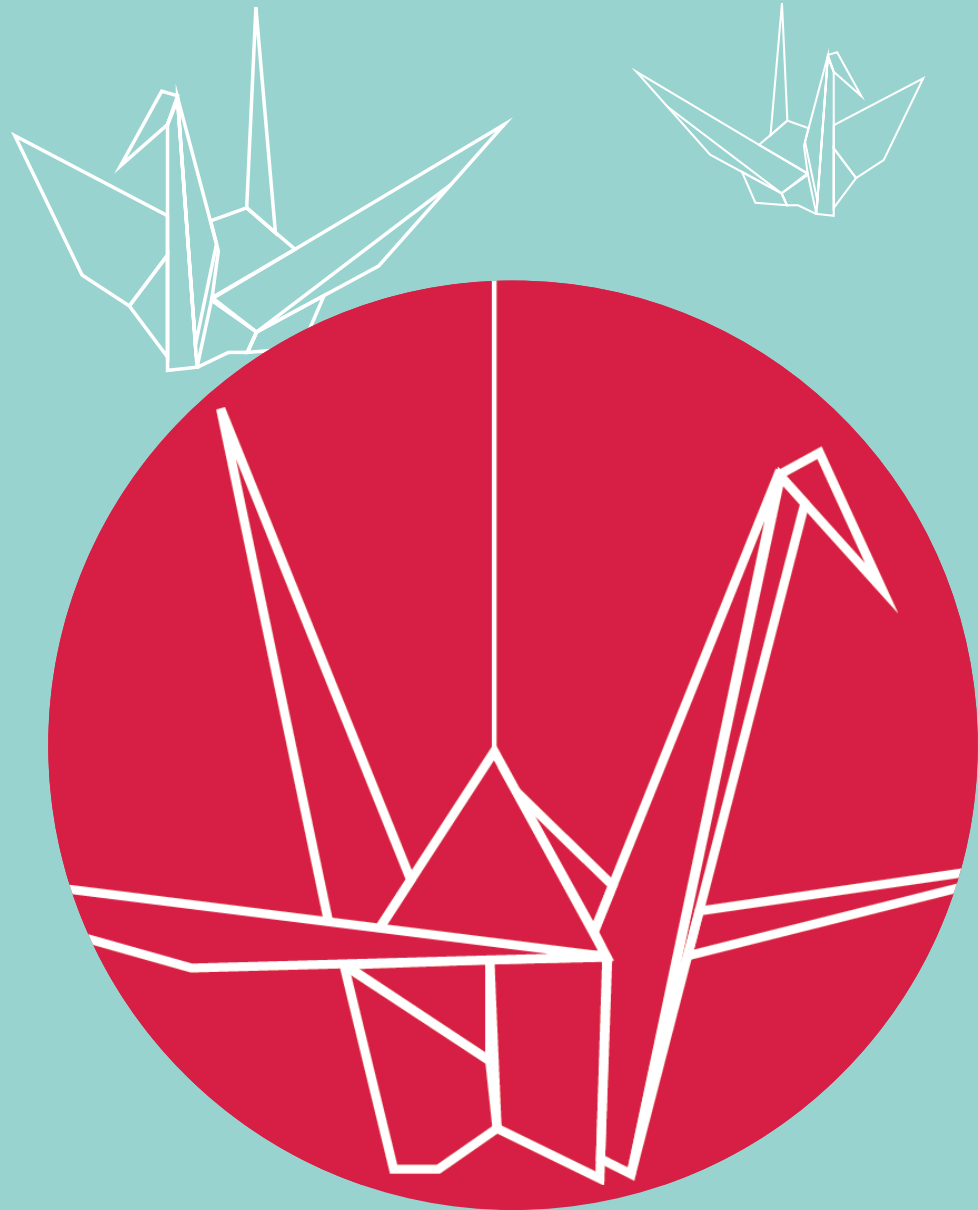
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Jacob Stewart
Ethan Vassar

DESIGN

Joslyn Allen
Dane Aragon
Aj Frankson
Shelby Holsinger
Ashton Levy-Park
Meg Metzger-Seymour

EDITORS

Features Editor
Katie Mitchell

Editor-in-Chief
Shelby Holsinger

COLLEGE AVENUE MAGAZINE

CSU Lory Student Center Room 118
Fort Collins, CO 80523
(970) 491-1687
collegeavenue@collegian.com
collegian.com/college-avenue-magazine
@collgeavemag

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Letter from the editor

Peace is something that we are all striving towards. Whether it be peace with ourselves or with the world, it is part of all of our lives in some fashion. With so much hate in today's world, it is important to find ways to stay peaceful within ourselves and with those around us and in our community.

Finding inner peace is a different process for everyone. For some, it may be as simple as finding a hobby. For others, it can take a lifetime of searching to find who they are as a person.

Personally, I have been finding peace in my work. I have been trying to find where I fit within my major and starting to think about what my future may hold. Which I admit, can be quite scary and stressful. But I believe that is part of the process of finding peace in the end.

Even if you have not found peace with yourself yet, that does not mean that you cannot spread peace in your community. It is plain and simple, be nice to people. Compliment someone on your way to class. Buy the meal for the person behind you in the Taco Bell line. Do what you can to make someone's day and it may start a chain reaction.

The Legacy of Sadako says that if you fold 1,000 paper cranes your wish will come true. Sadako Sasaki's family's goal in starting this project was to spread awareness of the amount of peace needed in the world and how such a small thing, such as folding a paper crane, can spark a movement of peace.

So go out and give someone a paper crane and create peace between you and your community, and maybe the world will be a little brighter at the end of the day.

Remember world peace can affect your inner peace, but your inner peace can also make an affect on world peace.



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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Finding the perfect donut

Peace, Love and Little Donuts

By MACKENZIE BOLTZ

Walking into Peace, Love and Little Donuts you will be immersed in a cool, hippie vibe. The walls are decorated in vibrant colors and the employees are dressed in tie-dye to bring the theme together. Every donut is displayed in the front for you to linger over and decide what you want. They even have gluten-free donuts and doggie treats.

The only downside of the shop is listed in its name: the donuts are little. Colorado State University ecosystem and sustainability freshman, Hannah Behman, takes the small donuts as a positive. “They had a ton of really cool and yummy flavors that you couldn’t normally get at a regular donut shop,” Behman said. “Plus since they were

smaller, you could try several flavors without feeling bad about it.”

Not only is Peace, Love and Little Donuts a unique and fun place to go with a group of friends, it is also within close walking distance from campus. This makes it convenient for students living on or around campus to experience these donuts to share.

“I would totally recommend, especially if someone wanted to try some unique and exciting donuts,” Behman said.

This establishment is also unique because they create the donuts in front of the customers. This is great for two reasons: you know they are fresh and you know they will be exactly what you want because you can customize toppings as

they are being made.

“My favorite flavor was the cinnamon roll because it resembled best of its flavor compared to the others,” Behman said. “It also wasn’t overly sweet and rich.”

Since the donuts can be a little pricey, it will likely not be a daily expenditure for a college student even if it is close to campus. But do not worry, they have different donut deals so they do not break your bank account.

Overall, Peace, Love and Little Donuts is a fun and vibrant place to get Instagram worthy donuts to share with friends. Even though they are tiny, it just gives you an excuse to make a trip back to try their 36 different flavors.

Rare donut finds

Satisfy your craving with these options



“FUNKADELIC”

This category includes frosting and crazy toppings. The price for a half-dozen donuts is \$7 and \$15.85 for a dozen.



“FAR OUT”

This category includes frosting and nothing else. Prices for these are: single donuts are \$1.55, half dozen is \$6.55 and a dozen is \$12.95.



“GROOVY”

This category includes granular, glazed, powdered or plain donut. Prices for a single donut are as low as \$0.90, half dozen donuts are \$4.85 and a dozen is \$9.50.

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Apple pie bites

By **SHELBY HOLSINGER**

INGREDIENTS

- 1/4 cup Light Brown Sugar
- 3 tablespoons Butter
- 1 small Green Apple, cut into 8 slices
- 1 (8-ounce) Crescent Rolls
- 1 1/2 tablespoon Ground Cinnamon
- 1 1/2 teaspoons Ground Nutmeg

DIRECTIONS

1. Preheat oven to 375 degrees.
2. In a small bowl, combine cinnamon, nutmeg and brown sugar. Set aside.
3. Melt butter and toss apple slices. Set aside.
4. Arrange crescent roll triangles on baking sheet.
5. Evenly distribute spice mixture onto each triangle.
6. Place an apple slice on the wide end of each triangle. Wrap crescent roll dough around each apple.
7. Brush each roll with remaining butter. Sprinkle lightly with additional spice mixture.
8. Bake for 10-12 minutes, or until golden brown.





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Bella Luna

Local jewelry business spreads good energy

By **JOSLYN ALLEN**

If you have seen stylish bracelets, necklaces or rings on Colorado State University students, they are more than likely from the Colorado-based jewelry company Bella Luna Treasures.

Hailey Sorensen and Amber Brill are founders of Bella Luna Treasures and their jewelry different from the rest.

Where did it all begin?

“Hailey and I met in high school and became friends outside of class,” Brill said. “After I started college at the Metropolitan State of Denver, I decided school wasn’t for me. One day, I told Hailey I wanted to start a business and she was completely down for it. Our main goal was to spread good vibes which resonated with rave Kandi. Our first products were similar to Kandi in certain ways, but kind of evolved into everyday wear for both girls and boys.”

How were you able to turn your vision into a tangible business?

“Hailey’s mom was a really big help, she was our first investor,” Brill said. “She helped us legitimize the company’s name with an LLC and she pitched in a couple hundred dollars so we could buy materials. Our friend Anna was a supporter as well because she would help us find venues to set up pop-up shops.”

How do you plan on reaching people outside of the Denver area?

“Social media is the biggest way to reach out,” Brill said. “We had our first out-of-state customer about six months into the business. It was awesome to have a complete stranger to be like, ‘I want one! I’ll buy it from you.’”

On your website you sell boxes full of pieces, where did that idea stem from?

“It is about the whole experience; it’s another aspect of our company,” Brill said. “We want people to create a moment in time they’ll remember forever and a lot of it was about gifting. The boxing part came in when we figured out we could go to Goodwill, and find amazingly in-shape boxes for very good prices. Everything is unique, upcycled and eco-friendly. It’s a good selling point to be authentic and to be earth conscious, so we wanted to use that as a value of our company. That’s what sets us apart from other companies.”

These girls are girl bosses who have turned a vision into a flourishing success. The pieces are handmade and are sold at a reasonable cost so college students can afford them. Join the #GoodVibeTribe for an experience you will cherish for a lifetime.



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Adapt your style to the season

By MACKENZIE BOLTZ

With colder weather rolling in, it is time for a closet change. For many out of state students, they are experiencing the changing seasons for the first time. One of these students is Payton Atkins, a freshman at Colorado State University studying communications, from Scottsdale, Arizona. This fall was her first time seeing leaves change color. And just like the leaves are changing, so are everyone's closets.

Summer and winter in Colorado are two completely different situations weather-wise, which means one's wardrobe clothing is going to change throughout the year. Atkins' closet has "changed a lot" because she has "had to go out and buy long sleeves and jackets, gloves, etc." A closet once full of summer colors is now packed with jackets.

The constant weather changes of Colorado can definitely be hard as an out of state student. Keeping all of your clothes in your closet is definitely a challenge, simply because of space. Layering is the best thing you can do to cope with the ever-changing weather. You can always take off a layer if it gets too hot and if it gets too cold, just put it back on.

Because most freshmen at CSU live in a residence

hall, there is not enough closet space to house an entire wardrobe. Deciding which clothes to keep and which to get rid of is hard because it can be 33 degrees one day and 80 degrees the next. It is always a challenge to be prepared for the drastic weather changes in Colorado, especially if you have never lived through them before.

A windbreaker, beanie and gloves are great pieces to just throw in your backpack before you leave for class and a great way to stay warm throughout the day. Having a back up is always a good idea, even if you do not use it. You do not want to be stuck on campus, freezing while walking to class in the morning.

"I don't think I was [prepared] a couple weeks ago but after going shopping and borrowing my roommate's clothes for a good amount of time, I feel much more prepared for the bipolar Colorado weather," Atkins said.

The key is to find clothing that works for any type of weather. "My favorite item for fall is scarfs and I think they add something to every outfit and plus keep your neck super warm from the wind chill," Atkins said.

The ever-changing weather can be a curse, but it also a blessing.



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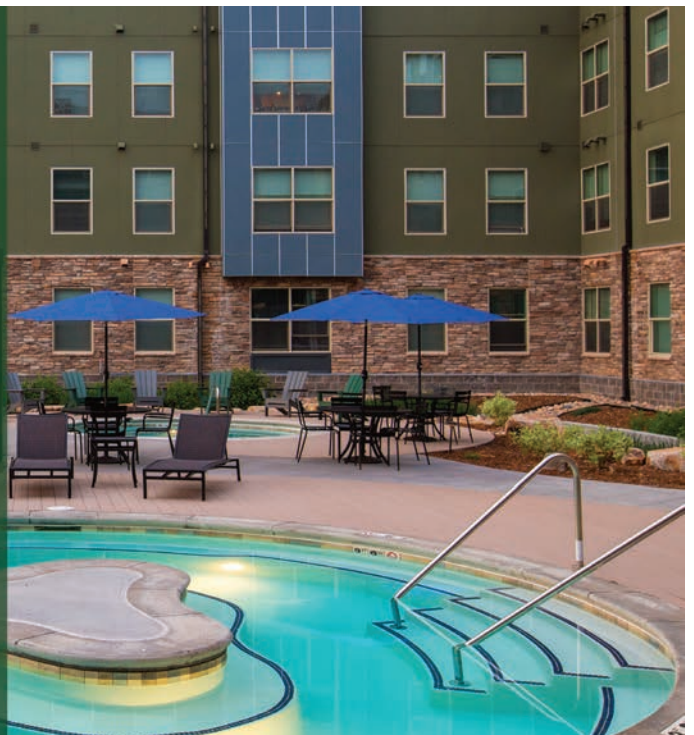
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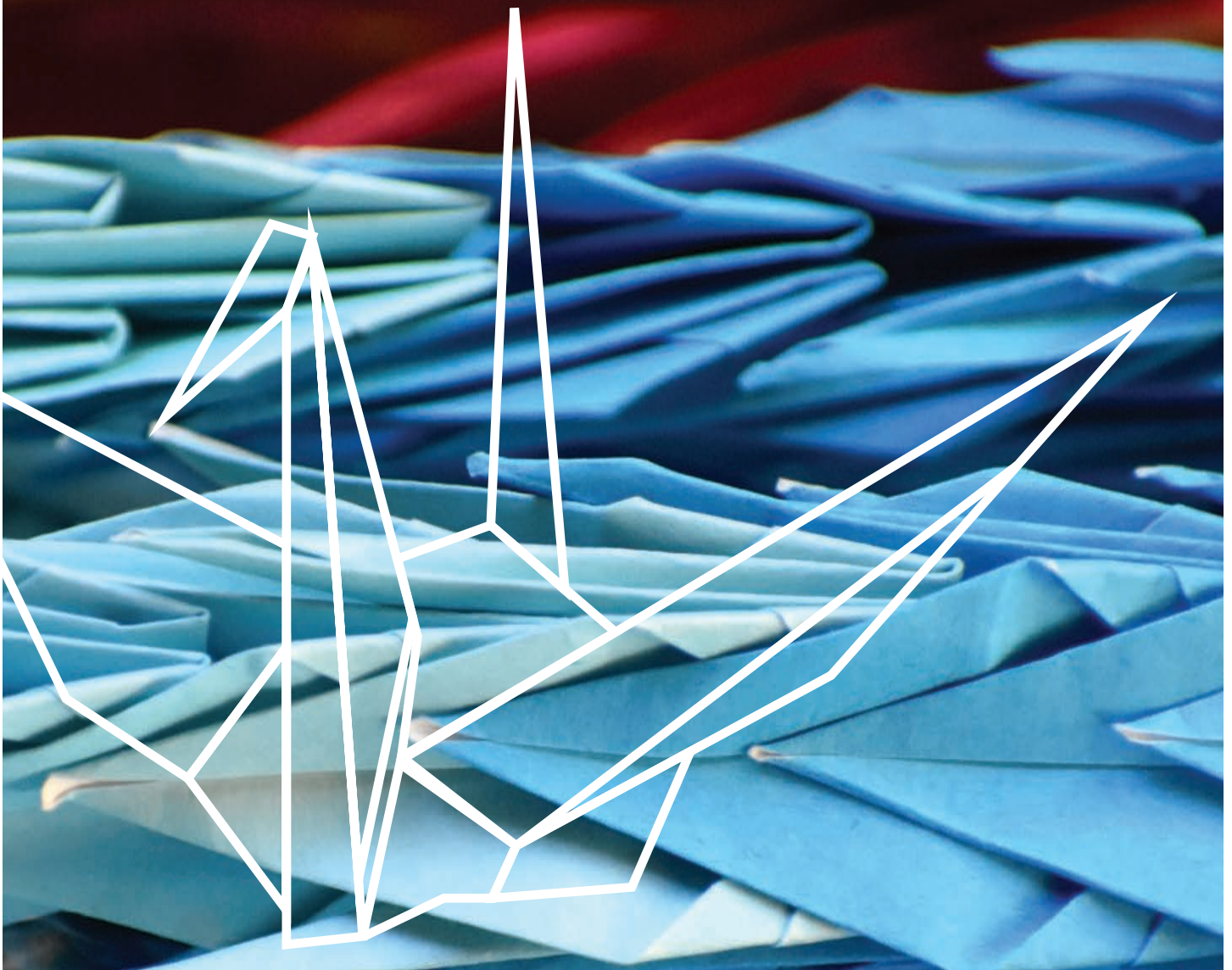
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Peace

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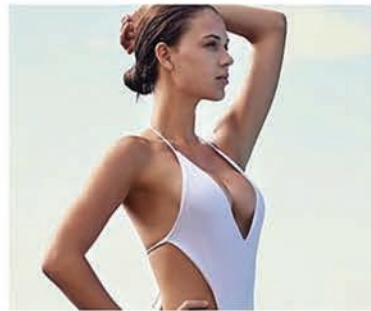
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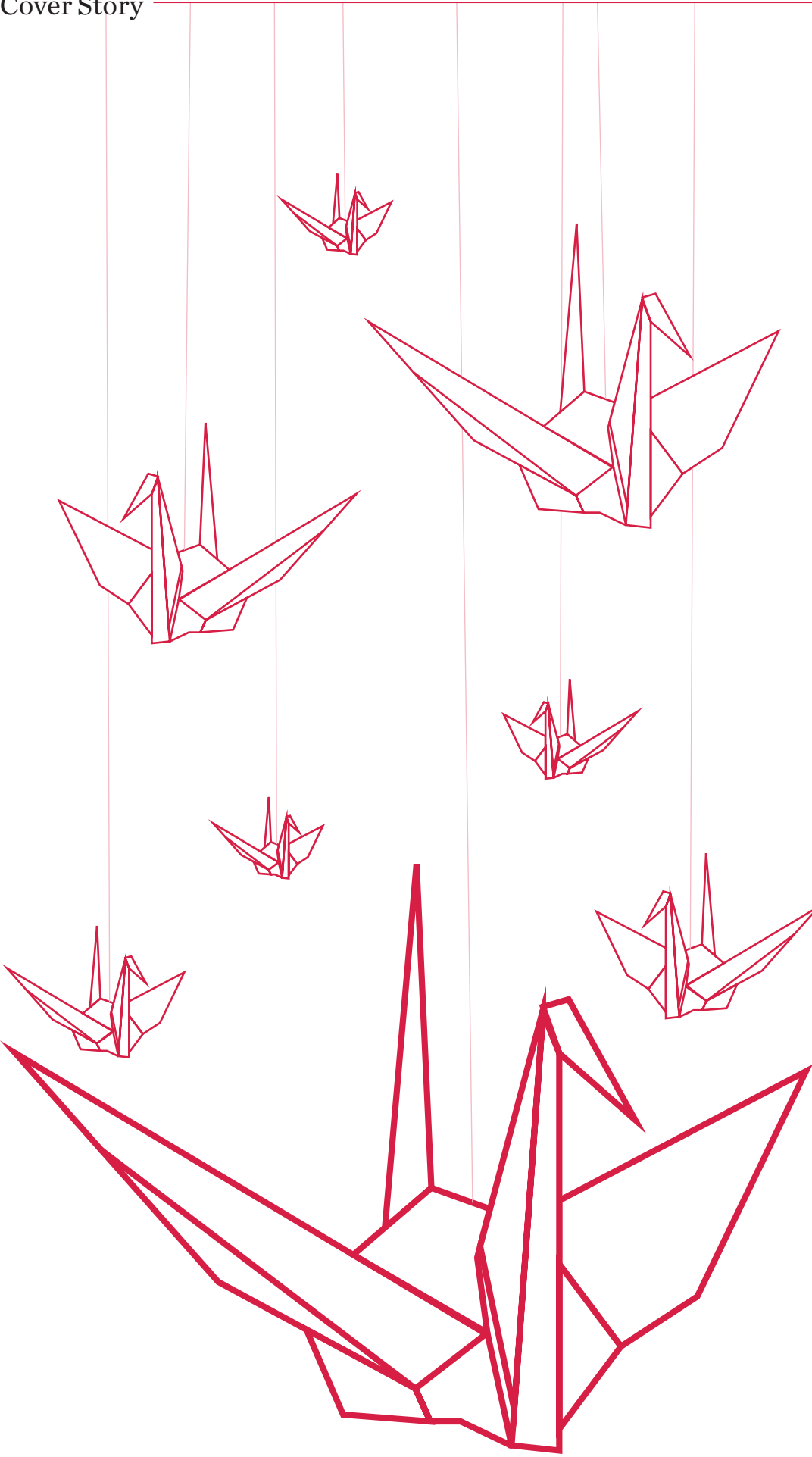


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Be a global citizen

By **KELLY PETERSON**

Gandhi does not have to be written on our name tags in order to make a difference. We have the opportunity to initiate peace. We have our own actions and words.

Our world is a complicated place surrounded by accustomed violence. People are forced to lower their morality to fit the sanity of reality.

Healthy discussions that consist of everyone's perspectives help align ethical actions and values. Study groups in college are a great place to practice valuing each and every group member's opinions.

Getting caught in culture separation is detrimental to any community because it disallows the inclusion of everyone.

Why is finding peace 'a path less taken' and how can we make that path more trafficked?

I think a lot of people underestimate the power of peace in our daily lives. Holding the door open for someone, avoiding putting labels on people, complimenting someone's awesome kicks or pausing to think before spilling out a heated argument are all examples of simple yet impactful actions. When we take initiative to see other people's perspectives, then we can make the peaceful path

more crowded.

Instead of internalizing anger and continuing cycles of violence, Japanese Greenwich Day Grade School makes products of peace. Their little fingers are eagerly at work folding origami pieces of paper into cranes. Crane after the crane, the children create symbols of peace.

The grade school eventually makes their way over to the Hiroshima Memorial, the site of nuclear destruction from the bomb dropped in 1945, during World War II. One by one, the children lay their strings of paper cranes across the memorial. Love embodies the heartbreaking loss of the past with a gesture of renewed hope.

A 12-year-old girl, Sadako Sasaki, inspired this tradition after she was diagnosed with radiation-induced leukemia following a nuclear bomb that was dropped on her city, Hiroshima. Her goal was to fold 1,000 paper cranes because of a traditional Japanese myth: one would get a wish after the 1,000 paper cranes were folded.

“ Small peace is so important with compassion and delicacy it will become big like a ripple effect.”
-Masahiro Sasaki

Heartbreakingly, death closed her eyes almost a year after her diagnosis with only 644 cranes finished. Friends and family folded the rest and buried the 1,000 with her body.

“Her death gave us a big goal,” Sadako’s brother Masahiro said, to the Huffington Post. “Small peace is so important with compassion and delicacy it will become big like a ripple effect.” Masahiro and his father started the organization called Sadako Legacy in order to keep

spreading peace.

Their goal “is to make sure that humans never experience [nuclear bombs] again,” Masahiro Sasaki said.

Masahiro travels around the world as a keynote speaker for peace conferences. After he is done speaking, there is often a musical performance that demonstrates the power of unification.

Music can be understood by everyone around the world. Sadako Legacy utilizes this global connection to build peace.

Fort Collins also provides a lot of opportunities for the community to gather in music. Everyone’s differences all blend together because it is all about listening and enjoying the music.

Some other ways to be a part of peacekeeping include smiling at others as you pass them, writing a card, apologizing, thanking others for their kind gestures and taking the time to listen intently to someone you maybe do not know as well. These are all products of peace just like the paper cranes.

Professor Timpson, a Colorado State University professor in the education department, said a good way to be an advocate for peace is “to pay attention to what’s happening on campus.” Then, he suggested “borrowing the crane example” and bringing it to reality on campus. Physical reminders of hope can be really powerful. Art is a vehicle to peacefully work through conflict.

Making an impact starts from the foundation and works its way up. Inner

peace initiates these external products of peace. Timpson pointed out that “meditation replaces spontaneous anger.” If students are working through their problems before they build up too much, then flares of anger can be prevented.

How do CSU students promote their inner peace?

CSU English freshman, Gracey Wood, said that she tries “to keep [her] mind focused on the long term.” Humans want to snap their fingers and diffuse ugly or stressful situations, but next time try thinking about taking things one step at a time like Wood does.

Having a strong base of inner peace depletes “the need to offensively defend my own beliefs,” Wood said.

Understanding each other’s perspectives helps diffuse external escalating situations. “Recognizing that we all see life differently” is really important. Exchanging differing opinions is healthy, but shoving them down throats is not.

Having mutual respect for people with various cultures makes it easier to convert misunderstanding into understanding.

Sadako Sasaki somehow figured this all out in her short life. She believed in the crane’s ability to sprinkle peace wherever it flies.

She did not give in to the cycle of violence and revenge. Instead, Sadako’s Legacy endorses global citizenship. The world may seem big, but change has a ripple effect.

Think about what Gandhi once said, “nonviolence doesn’t mean being passive,” and it does not mean being weak either. Peaceful gestures are mighty powerful and go a long way. One by one, we can make ‘the path less taken’ a busy highway.

Here’s to being a global citizen.

The Legacy of Sadako

Paper cranes are a symbol of peace

SADAKO SASAKI

Sadako lived approximately 10 years before signs of her leukemia showed up after experiencing the atomic bomb at the age of two. Her invisible illness showed itself with signs of fatigue, dizziness and sensations of weakness before she was hospitalized.

1,000 PAPER CRANES

Friends and family believed folding cranes would help her achieve health, so she made it a goal to fold 1,000 paper cranes in order to wish on them for a recovery. This was a known practice in Japan and kept her hopeful during her time in the hospital.

Sadako made it to 644 cranes before she died.

HIROSHIMA MONUMENT

There is a monument in her honor in Hiroshima where people leave paper cranes they have folded.

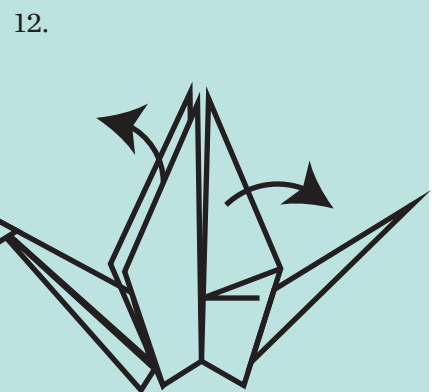
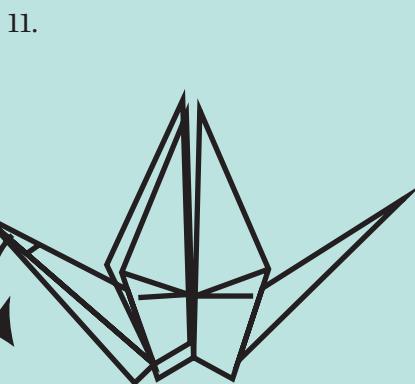
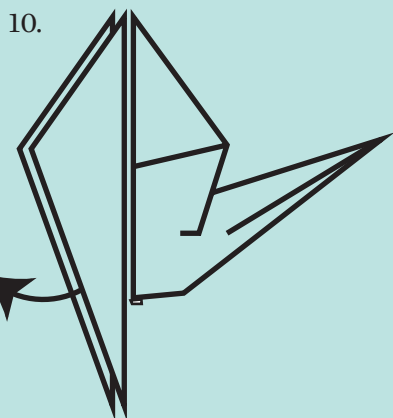
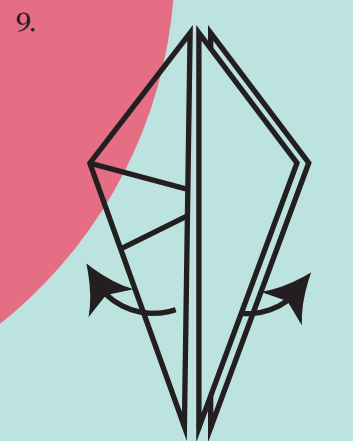
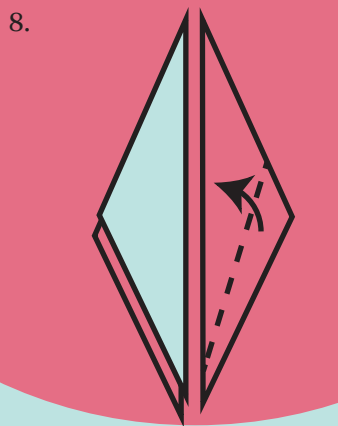
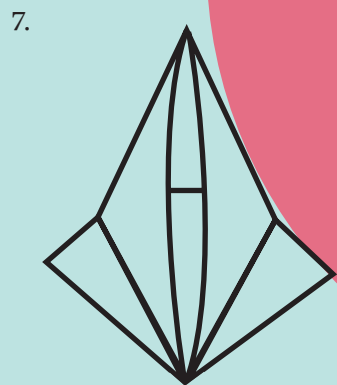
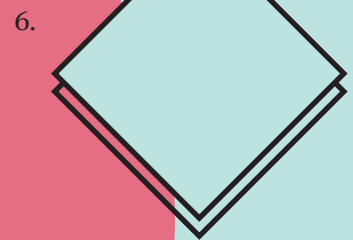
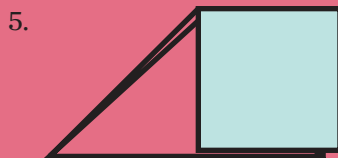
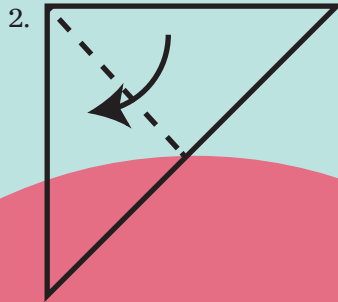
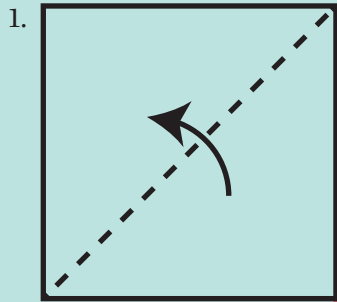
SPREADING PEACE

Schools have their students fold cranes to bring to the statue as a reminder of the peace young Sadako believed in. They lay the cranes at the base of the monument, where the words “This is our cry, This is our prayer, Peace in the world.” are engraved.

Sadako Legacy

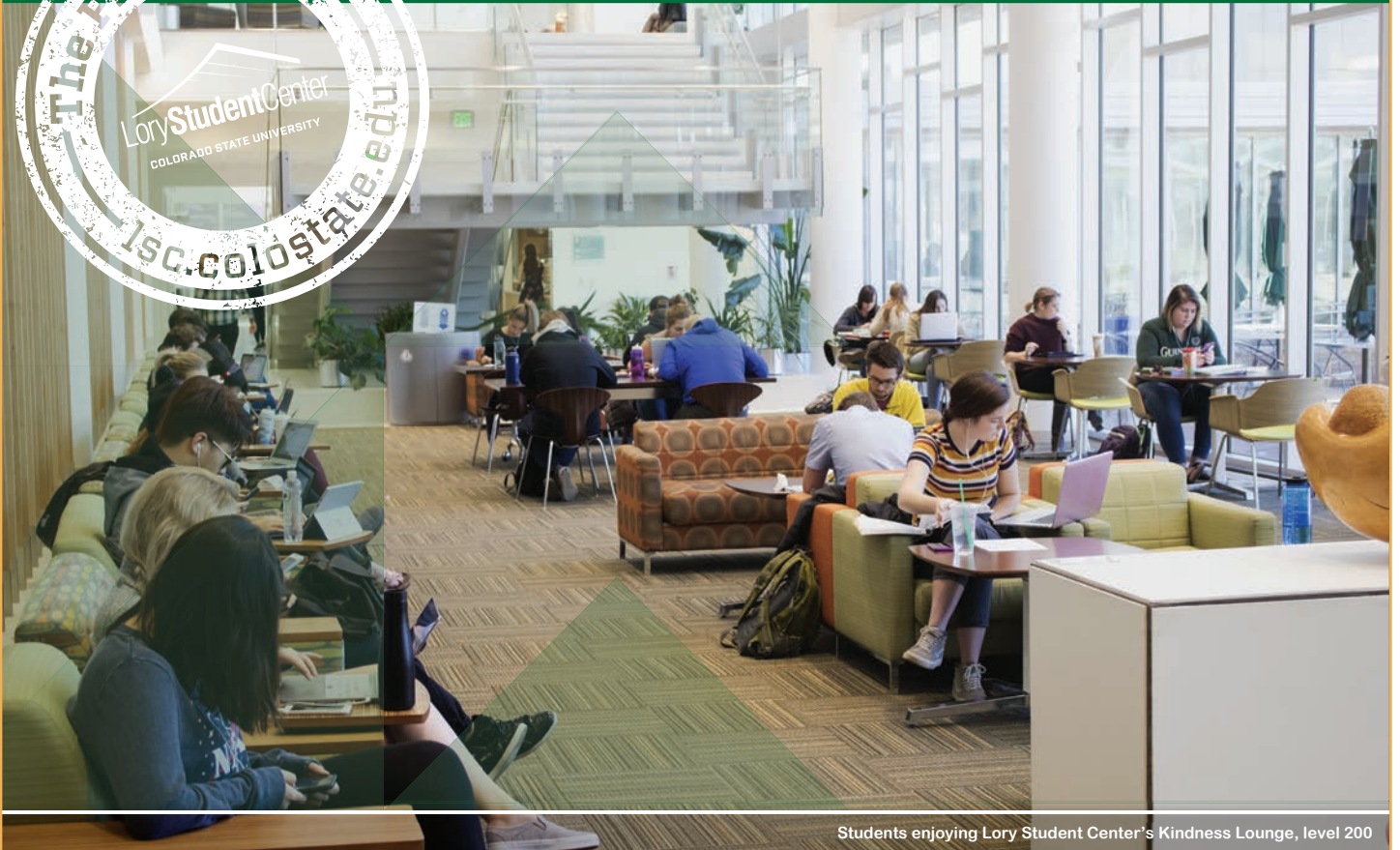
Sadako’s brother and father created the Sadako Legacy in her honor. They spoke at peace conferences, often accompanied by live music to help spread their message of global peace and kindness clearly.

How to fold a paper crane





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CSU professor's philosophy on life

Kurt North, communications studies, finds his purpose

By **ETHAN VASSAR**

Kurt North, a communication studies professor at Colorado State University, wakes up every morning feeling blessed that he can provide for his family by doing what he loves. North does not describe his work as most people would. To him, being a professor is a unique opportunity.

North teaches Public Speaking and Communication and Pop Culture classes. He praises his classes as being “creative, interactive, eye-opening, thought-provoking and always changing.”

“Go start a business, develop an app, get a job or at least beg your parents to let you move back into their basement.”

-Kurt North

Counting himself as lucky to have a job that keeps him “young, energized and in touch,” it is important to North that his job also supports what gives his life meaning: family.

“My family is at the forefront of everything I do,” North said. “Supporting them is all the motivation I need.”

However, this was not

always the case. In high school, North found meaning in being with friends. It was all about unsupervised fun and few responsibilities.

In his 20s, money and independence gave his life meaning. It was not until an adventure at the age of 27 when North began finding meaning in his family.

North credits his three years long trip to Spain, Costa Rica and Los Angeles with helping him find meaning.

After quitting a high-paying job and shelving everything he thought he knew about the

world from living in Colorado, North began a journey that took him from youth into adulthood.

“I learned what I wanted and what I didn’t,” North said. “I found myself. I found my wife. Well, she found me. I found direction.”

North may have found meaning in his family because of his parents’ divorce when

he was little. After they separated, he spent most of his time with his mother and sister. North has three daughters, so his experience living with women is being put to good use.

All of these changes were rooted in what made North happy and he encourages students who do not have the luxury of a three-year soul search to find meaning in what makes them happy.

“Do what makes you, and the others around you, happy,” he said. “As long as it is legal in some states.”

North’s philosophy comes from his work ethic. Self-described, he is a little bit of a tinkerer.

“I always want to see what I can streamline and make more effective or make more enjoyable,” North said. This same outlook is applied to his life and can be seen in his changing philosophy. Kurt has found meaning in what makes him happy. As the source of happiness changed over time, so has what gives his life meaning.

As he moves into his 40s, North expects to find meaning in establishing his place in the world on professional, personal and social levels.

North currently owns his own marketing company and looks forward to watching it grow in the coming years. He also hopes to provide internship opportunities to students in the near future.

North has a unique connection to the university not many professors have. He is a 1999 graduate of CSU.

“The town, the campus, the department and the student body that just seemed to be exactly what I was looking for in my next step,” North said.

North has a lot of advice for current and future students who have and will find a home at CSU.

His advice is simple: go to class. Just being present and attentive is a huge key to succeeding in college. “For every class you miss, just take \$40 out of your wallet and burn it. How many times would you be willing to do that?” North said.

North draws similarities between this and the working world. “If you don’t show up, you won’t be around for long,” North said. “Go start a business, develop an app, get a job or at least beg your parents to let you move back into their basement.”



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A man and a woman are walking together in a courtyard at night. The man is wearing a dark jacket and the woman is wearing a patterned jacket. They are both holding coffee cups. The courtyard is illuminated by string lights and has a mural on the wall. There are plants and a fountain in the background.

The world is a classroom

Nick Marx believes life is the best teacher of all

By **ETHAN VASSAR**

Colorado State University communications studies professor Dr. Nick Marx sees the world as a classroom, and life as the best teacher of all. His job is a platform for him and students to get a little bit closer to “answering the hard questions we’ve been asking ourselves for a really long time.”

This curious nature arose from Marx’s time studying communication arts with a concentration in radio, television and film at the University of Wisconsin in Madison. After completing his undergrad at UW, Marx got his master’s at the University of Texas in Austin and then went back to UW for his Ph.D.

“I knew I wanted to go to a big public university, like CSU,” Marx said, explaining why he chose to study at UW. “The idea of being in a big, new environment with lots of different people, from lots of different places, was really exciting to me.”

Marx’s experience at college was what really set him on the path of being a lifelong student. He cites his four years of being an undergrad as the most influential time in his life. Marx recalls school, and all the new ideas he was exposed to as helping him grow as a person.

It is from these experiences that Marx advises others to approach any situation like a student, to learn and absorb.

“In any new situation I’m in, I try to shut my mouth, listen and observe,” Marx said. “I find that’s the best way to learn things, make friends, feel good about the world.”

In addition to being more aware and empathetic, Marx said doing something completely unselfish can also make you feel better about yourself and the world. Incorporating selfless acts, even those as simple as setting aside time to call home once a week, can make a huge difference.

As a media professor, Marx knows how media can also make a huge difference, positively or negatively, in someone’s life.

“If it moves you, do something about it,” Marx said. Encouraging students to not be passive when interacting with any form of media. “Whatever you are into at a given moment, don’t think engagement is over. Research it, talk about it.”

Much of Marx’s own personal studies and teachings also center around how media facilitates a sense of common good: “How does media make us closer to our fellow man, smarter and happier?”

To Marx, happiness is something you will know. He feels that success is an innate, inexpressible, sense of happiness.

“You’ll know it if you’re doing it, and if not, change course,” is Marx’s advice on success to students.



Man therapy

Getting over society's expectations: it's manly to get emotional help

By KELLY PETERSON

Mantherapy.org is a resource for males to take advantage of 'one-on-one' therapy. This 24/7 website allows men to watch videos, read short tips and research how the mind works all from the comfort of home. And no one has to know. Because "sometimes a man needs a pork shoulder to cry on. For that, there's Man Therapy."

The creators of the site use humor to talk about mental health, which is important for everyone, no matter their gender.

Throughout history, society has developed an expectation for men to resist expressing how they are handling life. It is hard to be tough all the time when there is a lot going on, but Man Therapy is here to tell men their masculinity can remain intact while seeking help.

“ Sometimes a man needs a pork shoulder to cry on. For that, there's Man Therapy.”

Man Therapy is described as "a physical for your feelings, but you get to keep your pants on."

The front page of the website greets you with a video of a burly man eating a big ol' sandwich which then switches to a video of him doing curl-ups with a bowling ball in his office. The immediate humor appeals to anyone who is unsure about turning to a website to share

their feelings.

Options like finishing household projects, exercising, cooking and spending time with friends are all great go-to's for managing stress, but let's cut to the chase: What about the dark pains like depression, grief, addiction and explosive anger?

Men represent 78 percent of all suicides in the United States. Holding feelings inside is dangerous. Especially with the prevalent problematic thinking within our society that mental health disorders are unmanly or signs of weakness.

Asking someone for help does not make anyone a worry-wart or scaredy-cat.

Colorado State University freshman political science major, Tim Lovewell, said he "appreciates the website's efforts to point out the benefits of talking about [mental

health]." The whole thing "isn't condescending," Lovewell said.

Lovewell also said that the website "isn't practical" for simply handing a link to friends who are in trouble. When someone comes to talk about a problem, offering a website could look like a shrug-off.

Professors and other leaders could provide Man Therapy as a source for managing mental

health, along with the CSU Health and Medical Center because no matter how hard you try, duct tape is not the answer to this problem.

Man Therapy is actually derived from Fort Collin's backyard, Denver. The media company Cactus wants to make a safe space for men and first-responders to go to when there is not a lot of people to turn to in their times of trouble. The website is also sponsored by the Colorado Department of Public Health and Environment, specifically in the Colorado Office of Suicide Prevention.

Colorado Department of Public Health and Environment holds Suicide Prevention Commission meetings, which are open to the public by phone or in person. Colorado legislature provides the opportunity for citizens to get involved with the movement to eradicate suicide.

Next time you or someone else is feeling dangerously rash regarding you or your friend's well-being, think about checking out Man Therapy or better yet, make an appointment with one of the Health Center's counselors.

The main point here is: let's hurdle over societal expectations about men getting help and run through the finish line because it is manly to seek help.

As Dr. Mahogany from Man Therapy said, "it's okay to cry, even when it's not about sports."

ManTherapy.org

Get emotional support without leaving your home

Man Therapy is full of helpful bits of information and recommendations to stay mentally healthy.

LEARN SOMETHING NEW

Learning something new "makes you more confident, adaptable and widens your perspective."

JOURNALING

"Writing a simple entry once in a while can make you less stressed, increase self-esteem and improve your relationships."

GAMES

"Playing games promotes healthy brain function and is a great way to socialize in a relaxed competition."

ARTWORK

"Doodle in a notebook, start taking photos with your smartphone, build a snow sculpture with your kids or mow a new pattern into your lawn."

DRINK WATER

"Simply drinking 8 or more glasses a day of this miraculous fluid can help reduce stress and combat depression."

GREEN TEA

"Caffeine can contribute to anxiety. So consider replacing your afternoon espresso with green tea. It has less caffeine and plenty of antioxidants."





Ski Fort Collins

Four ski destinations with two hours of CSU

By JOSLYN ALLEN

Put away your swimsuits and sunscreen in exchange for your puff jackets and snowboards. Colorado is home to some of the most renowned ski resorts, making it a popular hub for residents, tourists and athletes from all over the globe.

For your next trip, consider the distance and the traffic you may experience along the way. As for the resort itself, take a look at the cost, terrain and the type of powder. These factors will all play a role in your decision of the perfect skiing location.

Eldorado Mountain

Receiving an average snowfall of 300 inches per year keeps all 62 trails in prime condition. Eldorado Mountain is one of the closest resorts to Colorado State University being only 69 miles away. There are 11 beginner trails, 40 moderate trails and 11 expert trails.

Echo Mountain

Only 94 miles away from CSU, Echo Mountain sits pretty alongside the Continental Divide in Idaho Springs.

New ownership in October 2016 brought the resort out of bankruptcy and has been a success ever since, offering fairly inexpensive ski passes and lessons. Intermediate level slopes account for 75 percent of the runs, while 10 percent are beginner level, 10 percent are black diamond and 5 percent are a double black diamond.

Loveland Ski Area

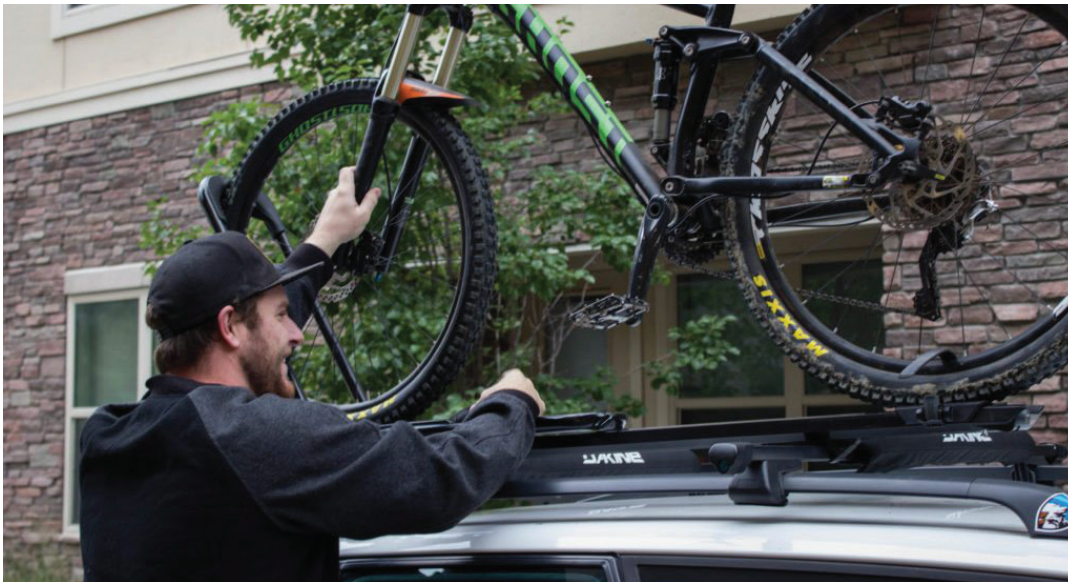
Rated 4.6 stars, Loveland Ski Area is located in Dillon, approximately 116 miles from Fort Collins. For beginners, Loveland Valley should be the first place you check out. Here, you can master your technique in a more mellow environment before entering the world of more experienced snow-riders. Loveland Basin is where ski and snowboard lovers can divulge in their passions and put their skills to the test on blues and blacks.

Arapahoe Basin Ski Area

Only 6 miles further away than Loveland Ski Area is Arapahoe Basin Ski Area. Founded in 1946, A-Basin has offered a thrilling ski-snowboard experience for 71 years. However, the 2017-2018 season is the perfect time to snag a pass because the resort is expanding by a whopping 468 acres. The terrain will expand into the Beavers and Steep Gullies. Steep Gullies will be completely open for this season while only a portion of the Beavers will be available before the 2018-2019 season. This trail is a good option for those who have more experience in snow sports because 93 percent of the trails constitute more difficult to extreme trails.

Whether you are a newcomer or a master of the slopes, take advantage of your home in Fort Collins and seize the day.





Mountain biking in Fort Collins

Jimmy Yoder starts every day with a ride

By **ETHAN VASSAR**

For Colorado State University business sophomore, Jimmy Yoder, the day starts at 6:00 a.m. No, he did not procrastinate that much homework and no, he did not schedule a class at such an ungodly hour. Yoder gets up early at least three times a week to pursue one of his passions: mountain biking. To Yoder, it is one of the most beautiful sports, and for him, there is no better feeling than riding and seeing all of mother nature's beauty.

“Go outside and enjoy the nature and wildlife. Take stops frequently and just enjoy everything around you”
-Jimmy Yoder

“I started mountain biking early, probably around nine or ten,” Yoder said. After moving to Fort Collins to attend CSU, his hobby took a more serious turn. “I always loved biking but

I was limited on places to ride when I lived in California.” According to Yoder, Fort Collins has more trails at easy access compared to his home state.

“Freshman year, I was told I could ride a different trail every day for the rest of my life,” Yoder said.

With Fort Collins being in such a prime location, Yoder encourages others to take up the sport. “Go outside and enjoy the nature and wildlife. Take stops frequently and just enjoy everything around you.”

Yoder said his best run was in the second half of Devil's Backbone, a 4.4-mile trail located in Loveland, Colorado. In addition to mountain biking trails, Devil's Backbone offers

trail running, hiking and horseback riding. The gorgeous view makes any exertion more than worth it.

It is experiences like these that make Yoder recommend mountain biking. Yoder's advice for those wanting to get into the sport? Ride with others and as much as you can.

“Riding with people better than you will always make you better,” he said. “All of my friends are way better than I am at riding, but over the last couple years, riding with them has made me a lot better at riding.”

Yoder recommends not stressing about getting a fancy bike. He rides a Ghost Kato, a good bike for those who do not want to invest too much but still get a rich riding experience. He plans on putting money into building it up and improving some of its parts.

“I would rather throw that around and have fun than worrying about losing 4 grand on

a better bike,” he said. “The type of bike you ride doesn't matter, just go somewhere you haven't been and have fun riding.”

Yoder admits that homework and class it can be hard to find the time to ride. But when he does, it is always rewarding and a good distraction from all the stresses of being a college student. He tries to bike as much as he can and enjoys the spontaneity he can exercise when deciding when to go.

“I try not to set a time to go,” Yoder said. “I usually just throw my bike on my car and head up to the trails.”

Nature plays a big role in the Fort Collins lifestyle, and mountain biking is a great way to appreciate it and stay active. Yoder offers some last words of wisdom from his experiences: “Mountain biking is what you make of it. It can be as hard or as easy as you want it to be.”

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Sisterhood

End sorority stigma, create community

By JACOB STEWART

Inclusion is a clear necessity in the social norms of today's society, specifically for those who are distant from the dominant culture. Even within the "safety" of Colorado State University, for some, there is a disconnect in security as more and more hate crimes occur. In university especially, it can be easy to feel distant or disconnected from yourself

because of a lack of a collective identity.

Some are able to find solidarity in their "home away from home," Anissa Mendoza-Green said, a senior at CSU studying sociology and women studies and the president of Delta Xi Nu Multicultural Greek Sorority Inc. Sororities have been advocates for years about drawing a collection of women

together to help aid in the elimination of the patriarchy.

There is a stigma that fills the newsstands daily as people sit around and slut-shame women for finding a collective that can ultimately better themselves and the world they live in.

"It's about coordination. We want to help break this stereotype by helping the community to help better ourselves," Martiza

Olide said, Kappa Delta Chi Sorority, Inc. member and junior hospitality management, natural resources and recreational tourism major at CSU. "We build each other's strengths and help amend weaknesses and become better people," Olide said. The stereotype that has been created over years of misinformation needs to end as it is an inaccurate representation of the true



meaning of a sisterhood.

Nationally, sororities are tailored to the regulations prohibiting substances within their premises. While this does not always stop incidents from occurring, sororities in no way support or promote these actions. In fact, they support just the opposite.

“Members must hold a certain GPA in order to attend certain social events put on by the sorority... it’s a privilege to do these things and you must work hard to do them,” Olide said. “It’s not to be harsh, but instead to bring out the best in everybody while also simultaneously holding one another accountable.”

it is happening and the neglect towards the issue is unsettling.

Delta Xi Nu Multicultural Sorority Inc. is at the forefront of correcting a huge issue for women as their national philanthropical goal seeks to help end domestic violence around the world. Locally, they look to bring awareness to drinking-and-driving and the impacts it has on the society today.

Kappa Delta Chi Sorority Inc., similarly, looks to aid the world through philanthropical work. But this time their national statement works with the American Cancer Society. Olide said that they do not hold a chapter emphasis but instead change every semester while still

“ It’s about coordination. We want to help break this stereotype by helping the community to help better ourselves,”
-Martiza Olide

Vicky Ramirez, a sophomore business administration marketing student at CSU, furthered the statement by clearing the table of previous allegations made on sorority life. She said sororities have remained fairly consistent with their numbers through previous academic years. Ramirez said that they have actually grown in size each academic year.

Sororities are also known for their immense philanthropical contributions to society as a whole. Mendoza-Green said this is something done to help better our world and not just ourselves. “Our very existence is creating a safe place to fight oppression,” Mendoza-Green said. “Because we are so different, we bring out so much in each other and I think that helps fight back against the stigma. Not only in women but in race.”

Mendoza-Green said that on a campus like CSU it does not always feel like a safe space for everyone. Minoritized individuals are still targeted. Whether for humor or for malice,

focusing on under-represented communities and individuals. “For example, this semester we are focusing on Latinx youth through Reach Out,” Olide said. “Whereas, last semester we brought awareness to homelessness and worked closely with local organizations.”

Mendoza-Green summed up the idea of what it means to be in a sorority simply with: “We use our differences as strengths to get the conversation started. We are simply a representation for the rest of the world.”

The future is female. It has to be. An entire group of people can no longer be excluded from the majority simply because of the way they were born.

This goes beyond gender into an entire conversation of intersectionality, but to focus simply on women is a start. Although sororities continuously receive a bad reputation from faulty and shift sources, they truly are a collective of women that seeks to better the world, not just for themselves, but for everyone.

Water Bottle Refill Station

Where to find the best water on campus

By ETHAN VASSAR

With all the stress of college, it is especially important to stay hydrated and, therefore, healthy.

Thankfully, Colorado State University has ingenious machines called “water fountains” that dispense water at no charge to students. These machines are incredibly beneficial because the body depends on water to function properly. Drinking around 100 ounces of water per day is recommended to keep the body in tip-top shape, as well as keeping skin clear and managing weight.

These water fountains can be found all over campus and in every building, making it easy for students to stay hydrated and refill their water bottles. The most advanced of these water fountains dispense water with motion sensor technology: students do not even have to move a muscle. It may seem that there has never been a time in which it has been so easy to acquire water.

Unfortunately, this assumption is wrong. Refilling a water bottle can be quite the hassle for students. Sometimes the machines take their sweet time when dispensing the liquid of life, making for a stressful few seconds if another student is waiting for you to fill up their water bottle. Other times, the water fountains are hard to find in a building or they are not in an optimal location, forcing students to take a detour that may cost them a few minutes they do not have to spare in between classes. Lastly, sometimes the water may have a funny or metallic taste that could ruin a student’s taste buds for the rest of the day.

With the distractions of classes, work and life in general, students do not have the time to comb through campus in search of an optimal water fountain. Thankfully, the time of thinking “this will do” while settling for the nearest water fountain has come to an end.



After extensive on-site testing and research-based off of three categories: fill speed, location and water quality, the most optimal water fountain at CSU have been determined.

Fill speed measures how quick a water fountain could fill up the average water bottle: a 750 mL Camelbak.

Location factors in how accessible the water fountain is in the building and building’s location on campus in relation to other halls.

Water quality takes into account the overall taste and temperature of the water.

Based on these criteria, the best water fountain is located on the first floor of Clark A. The station is to the right of a regular water fountain, is an Elkay EZH20 model that uses motion sensors to dispense enough water to fill the desired bottle based on its size. The filling process is extremely efficient, lasting only 5 seconds when filling the previously mentioned Camelbak. This speed is in part thanks to a steady stream of water flowing from the top of the appliance that never loses speed or density.

Residing in Clark A, this water fountain is positioned at a relatively centralized location on campus. Across the Plaza from the library, a student is seemingly never too far away from Clark A. The water quality was exceptionally high, upon hitting one’s tongue, the water quenched thirst in any shape or form and is a nice, cool temperature.

Filling up a water bottle at this station before its inevitable popularity after this publication can be akin to liking a band before they make it big. If this is you, it is recommended you refrain from calling those who will now use this refill station “fake fans” or propose that the water fountain was better before it went mainstream. It is a water fountain.

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