

COLLEGE AVENUE

Colorado State University / Volume 14 Issue 1 / Fall 2018
A Rocky Mountain Collegian Publication

AÇAÍ BOWLS

Açaí bowls will make you feel powerful and energized all day.
Page 6

COLLEGE STYLE

You don't need a tailor to look like a million bucks.
Page 10

ROOMMATES

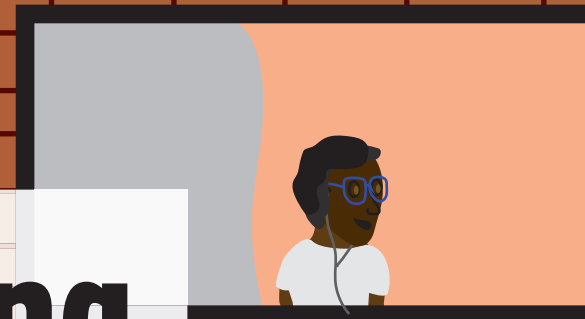
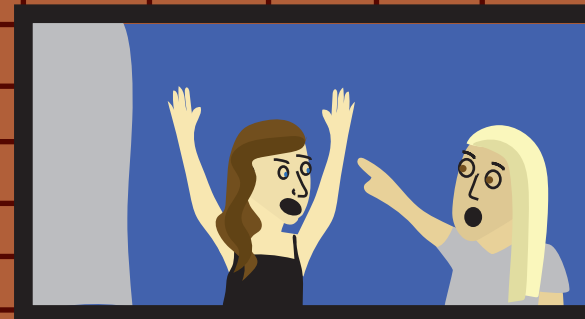
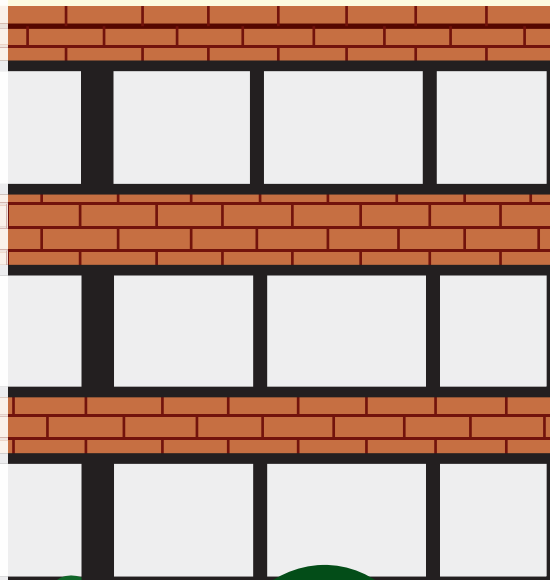
Living with roommates after the honeymoon stage is hard.
Page 22

BLOOMERS

Have you ever wondered what it's like to be a photographer for a band?
Page 24

CAMP

Camp Timberline is ment for counselors and campers.
Page 28



Communal Living

*Tribal
Rites*



TATTOO • PIERCINGS • FINE JEWELRY

628 S COLLEGE AVE. | 970.221.9712 | WWW.TRIBALRITESTATTOO.COM

Staff.

CONTENT

FOOD & DRINK

Katie Mitchell
Shelby Holsinger

STYLE & BEAUTY

Aj Frankson

COVER STORY

Katie Mitchell

ARTS & ENTERTAINMENT

Sara Graydon
Tyler Duncan

RECREATION & TRAVEL

Aj Frankson
Nicole Towne

FORT COLLINS FINDS

Kelly Peterson

DESIGN

Joslyn Allen
Aj Frankson
Shelby Holsinger
Meg Metzger-Seymour

EDITORS

Editor-in-Chief
Shelby Holsinger

Features Editor
Gabriel Go

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

ADVERTISING INQUIRIES:

advertising@collegian.com
collegian.com/advertise

EMPLOYMENT OPPORTUNITIES:

corporate.collegian.com/employment

Letter from the editor

Plans are constantly changing. And that's okay. As long as you are flexible and embrace change with positivity I truly believe all will be well.

Embracing change with open arms is still something I am trying to work on. Though I'm preparing to enter a career field that seems to never sit still, I live a very structured life. I block out time for academics, for work, for personal time and for time with friends. I basically live within my planner. So a change in plans can sometimes leave me on shaky ground where I struggle to catch my balance. But, I have always been able to press on. After all, when positive opportunities present themselves, you should jump at them. Right?

Over the summer there were a few changes where I was presented with the amazing opportunity to step back into the editor-in-chief role at College Avenue Magazine.

At first, I was reluctant to take the position. I spent the last year and a half growing this publication, and I felt it was the right time to let someone else take the wheel so I was able to focus more in different aspects of my life. But I couldn't say no, I care too much about this magazine to see it fall.

So here I am. Editing for College Avenue Magazine again. Once again, I have a talented and passionate team beside me, writing stories that we can all be proud of and, most importantly, growing as journalists.

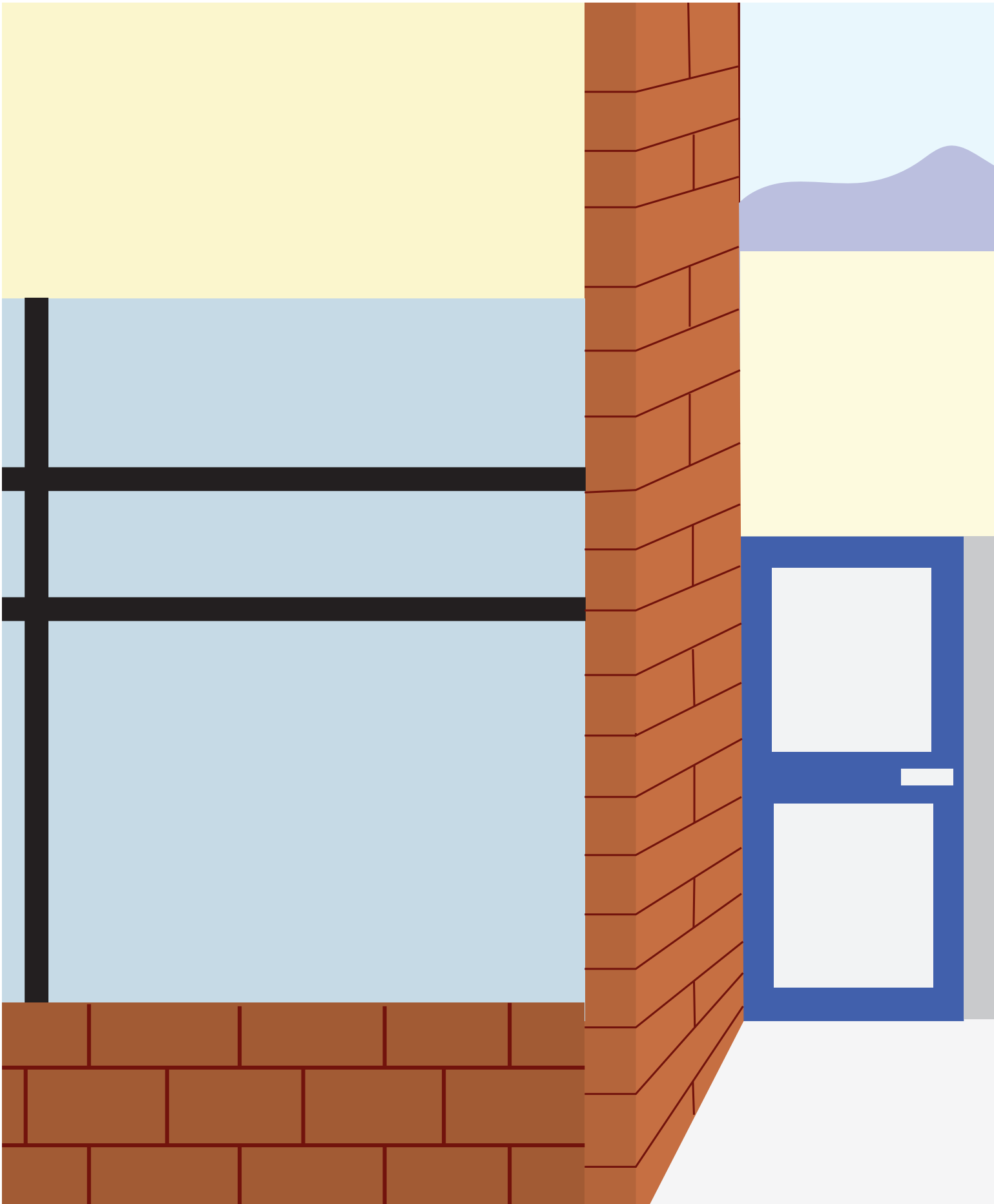
Change can be hard to handle. So if I had one piece of advice to give you all: say yes a little more and step up in the places that you are needed the most. I promise you won't regret it.



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.



Contents.

FOOD & DRINK

06 / AÇAÍ BOWLS

Eat an açai bowl and feel powerful and energized throughout the day.

08 / BANANA BREAD

Mornings are ment to be sweet, and you already have most of the ingredients to make it sweeter.

STYLE & BEAUTY

10 / TIMELESS COLLEGE STYLE

You don't need a tailor to look like a million bucks. We have some timeless college styles to share.

COVER STORY

12 / COMMUNAL LIVING

Most students has to live in a communal situation at some point. We can help you survive it.

ARTS & ENTERTAINMENT

18 / SHEL Q&A

Liza Holbrook opens up about what it's like to be in a band with sisters.

22 / POST-HONEYMOON ROOMMATES

Living with roommates is hard, especially after the honeymoon phase. We have some tips for you.

RECREATION & TRAVEL

24 / BLOOMERS BAND PHOTOGRAPHER

Have you ever wondered what it's like to be a photographer for a local band?

26 / EATING IN ITALY

Nothing in Italy is done quickly.

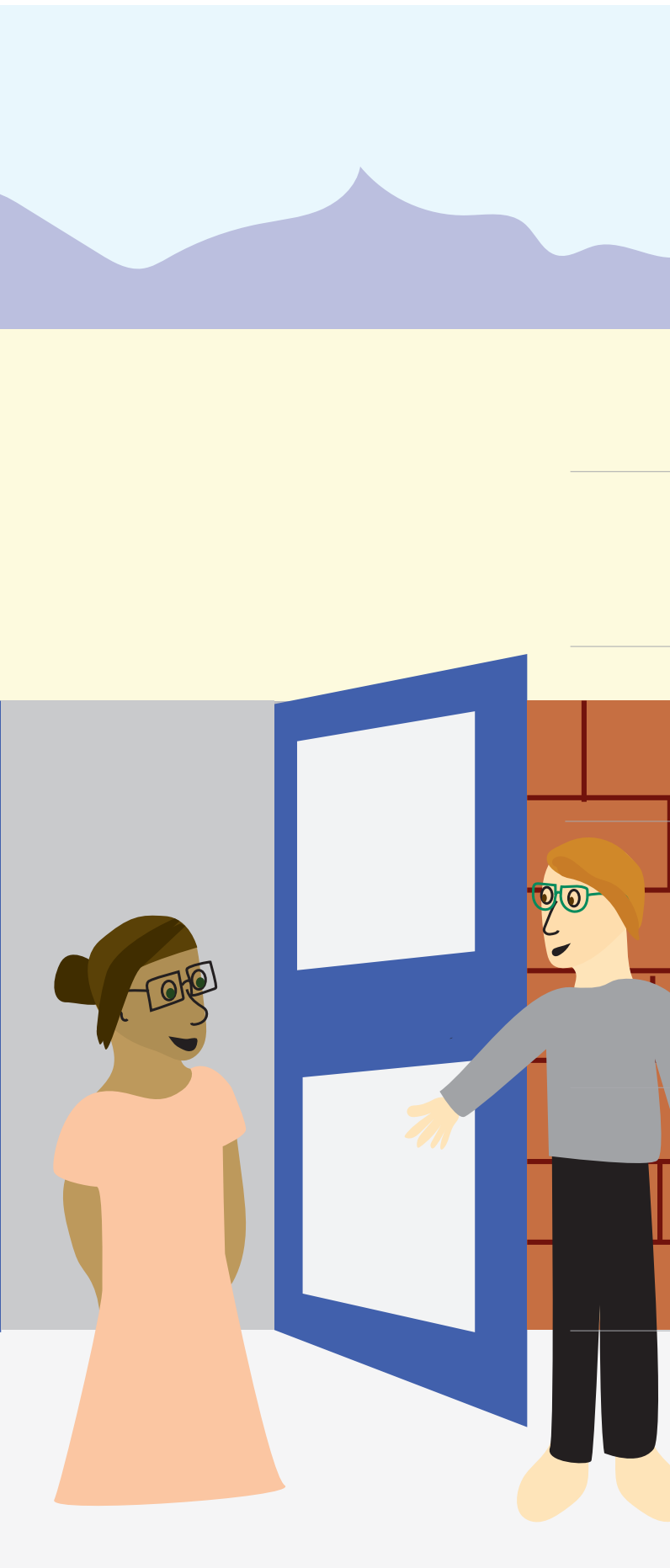
FORT COLLINS FINDS

28 / CAMP TIMBERLINE

Fort Collins' Camp Timberline is ment for counselors and campers.

30 / IMPULSE

Here's the new scoop: don't stop the beat after highschool.





Açaí bowls

Put the power in 'power bowls'

By KATIE MITCHELL

Deep in the Brazilian Amazon basin, a berry peaks out from its palms. At a closer look, the purple delicacy seems to be a cross between a grape and blueberry and begs to be tasted. The açaí plant, pronounced "ah-saw-ee," treats the Earth's inhabitants to its delicious fruit rich with antioxidants.

The berry's claim to fame came when it made its way out

of the jungle in the 1980s and took its place as the must-have breakfast bowl in Rio de Janeiro, Brazil. Often blended with bananas to add a healthy and thicker consistency, the bowls were an instant hit.

Simply put, the açaí bowl is a smoothie poured into a bowl with some fruit on top. But, it is so full of antioxidants and enriching toppings that it is commonly referred to as a "power bowl," thicker than

a smoothie and eaten with a spoon to enjoy.

Close to 40 years later, the açaí bowl, or a variation of it, can be found on most health shop and brunch menus. Known for its weight loss properties and detoxing side effects, the berry has made its mark on the health foods scene. While common in smoothie bowls, açaí is also found in vitamin capsules, powders and energy drinks.

Often topped with fresh fruit, honey, granola or seeds, the bowls are a filling and energizing way to begin the day. And, not only is it a treat when out on the town, it is easy to make at home. Depending on the needs of the breakfast eater, the bowl can be adapted to add energy boosts to the meal or extra protein.

The bowls are easy to make. The breakfast genius making them only needs a blender,



knife, a bowl and a spoon.

Açaí can be purchased at most grocery stores in the frozen fruit or frozen breakfast food aisle and comes pureed. These are great because it is simply one less step for an easy breakfast. While at the store, pick up any fresh or frozen fruits you enjoy to blend with the açaí puree. Some delicious

pairs are orange juice, mixed berries, papaya, peaches and coconut.

While it is okay to buy frozen fruits to blend, it is also important to pick up a pack of fresh fruit to throw on top of the finished product. Granola or chia seeds are also great toppings, finished off with a honey drizzle.

For an energizing bowl, add orange juice, mixed berries, bananas and the açaí packet. Once blended to a thick smoothie consistency, top the mixture with fresh fruit, granola, chia seeds and honey. Pour a nice glass of orange juice and the day is off to an easy start.

If protein is desired, add a

nut butter, the açaí packet, bananas, any protein powder, spinach and either milk or orange juice. Once finished blending, add fresh fruit to the top, chia seeds and granola.

Açaí bowls are a fun idea for hosting friends, bringing as a dish to an event and can even be easy breakfast meal preparation for the week.

Energizing Bowls

INGREDIENTS

- 2 packets of açaí puree
- 2 cups of bananas
- 2 cups of your choice of frozen fruits
- 1 cup of your choice of liquid (a form of milk or orange juice go best)
- Fresh fruit to top with
- Granola
- Seeds of your choice
- Honey

DIRECTIONS

1. Blend açaí, bananas, frozen fruits and liquid until thick, even consistency is reached. This usually takes 2-3 minutes.
2. Pour into favorite bowl.
3. Slice and add favorite fresh fruit to bowl.
4. Sprinkle on granola and drizzle on a layer of honey.
5. Eat and take on the day.

Protein Bowls

INGREDIENTS

- 2 packets of açaí puree
- 2 cups of bananas
- 2 cups of your choice of frozen fruits
- 1 cup of your choice of liquid (a form of milk or orange juice go best)
- 2 tbsp. of protein powder
- Handful of spinach
- Granola
- Honey

DIRECTIONS

1. Blend açaí, bananas, frozen fruits, nut butter, spinach, protein powder and liquid until thick, even consistency is reached. This usually takes 2-3 minutes.
2. Pour into favorite bowl.
3. Slice and add favorite fresh fruit to bowl.
4. Sprinkle on granola and drizzle on a layer of honey.
5. Eat and feel powerful.



Banana bread recipe

INGREDIENTS

- 4 medium overripe bananas
- 3/4 cup sugar
- 1 egg
- 1 tsp. vanilla
- 3/4 cup vegetable oil
- 1 1/2 cups flour
- 1 1/4 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. ground cinnamon
- 1 cup semi-sweet chocolate chips
- 1 cup shaved coconut

DIRECTIONS

1. Preheat the oven to 350°.
2. Lightly spray nonstick spray on a 9×5 loaf baking pan.
3. Mash the peeled bananas with a fork.
4. Whisk in the sugar, egg, vanilla and vegetable oil.
5. In a separate bowl, mix the flour, baking powder, baking soda and cinnamon.
6. Fold the dry mixture into the wet and mix just until batter forms.
7. Fold in the chocolate chips and coconut. Pour the batter into the prepared baking pan.
8. Bake for 45-55 minutes, turning halfway through.
9. Let cool before serving.

A sweet sweet breakfast

Chocolate chip banana bread with coconut

By **SHELBY HOLSINGER**

We all know that breakfast is the “most important meal of the day.” But what college student really wants to get up early enough to have time to make breakfast every morning? Nobody really wants to do that; I know I would rather be asleep. The early morning wake-up call should not be required when trying to get a quick meal before heading off to class or work. Banana bread, or any kind of breakfast bread for

that matter, can be a super fast meal to grab on your way out the door and eat on the go. I grew up eating a lot of baked goods because my mom used to supply muffins and bread for the small, local coffee shop in my hometown. So any extra that she might have made went to our family breakfasts. My mom would always experiment with different kinds of bread and muffins my sister and I were her test subjects. And of course, we never com-

plained. There are so many different kinds of bread that you can make, and it is good to keep in mind what fruit is in season before deciding on a flavor. In my case, I had bought bananas last week with the intention of eating them for breakfast over the course of the week. But that didn’t happen. Once they became overripe, I decided it would be best to use them in a different way. So banana bread it was.

SILVER GRILL CAFE



Year-Round Patio Lounge • Daily & Seasonal Specials
 Build Your Own Bloody Mary Bar
 Lattes • Cocktails • Beer

SINCE 1933

Old Town | 218 Walnut
 Open Daily 7 am - 2 pm
silvergrill.com | 970-484-4656

FREE Giant Cinnamon Roll

with Entrée Purchase



One coupon per visit. Not valid with other offers.
 Dine in only. Exp. November 29, 2018.

HALF OFF One Entrée



One coupon per visit. Not valid with other offers.
 Dine in only. Exp. November 29, 2018.

FREE Specialty Latte

with Entrée Purchase



One coupon per visit. Not valid with other offers.
 Dine in only. Exp. November 29, 2018.

FREE CHECKING.

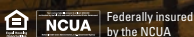
Prosperity shouldn't have strings attached.

At Elevations, as a not-for-profit credit union created around the idea of community prosperity, free checking just makes sense. Because we are only truly **prosperous** together.

Personal & Business Banking | Mortgage Loans | Business Loans
 2025 S. College Ave. | 1526 E. Harmony Road | elevationscu.com/fort-collins | 970.667.8585



*It matters
where you bank.*



College student style

Fashion items that never go out of style

By AJ FRANKSON

People have worn clothes since the beginning of time. As a result, fashion has become an ever-changing staple of every culture on earth, and American style is one of the most dynamic. However, there are some styles that have just never changed; you might even call them timeless.

Whether you're itching for some new clothes or trying to gear up for winter on a budget, timeless styles are always a go-to when you're struggling with what to wear. The versatility and classic look that comes with unfading fashion can't be beaten and will definitely ensure that you won't waste your money or time. So next time you're sifting through your closet, try your hand at one of these everlasting looks.

T-Shirts

Like baseball caps, there is no one pattern or style of t-shirt; they can fit seamlessly into any wardrobe and style. Whether it's a vintage thrift find or a couture cut, a t-shirt is arguably the staple of American fashion.

They were first used in the United States Navy as an undergarment in the early 1900s, and now they are so popular that you can even make your own. Band tees, weird artwork, quotes, you name it-- no matter what it is, you will be able to find it on a t-shirt.

Vans

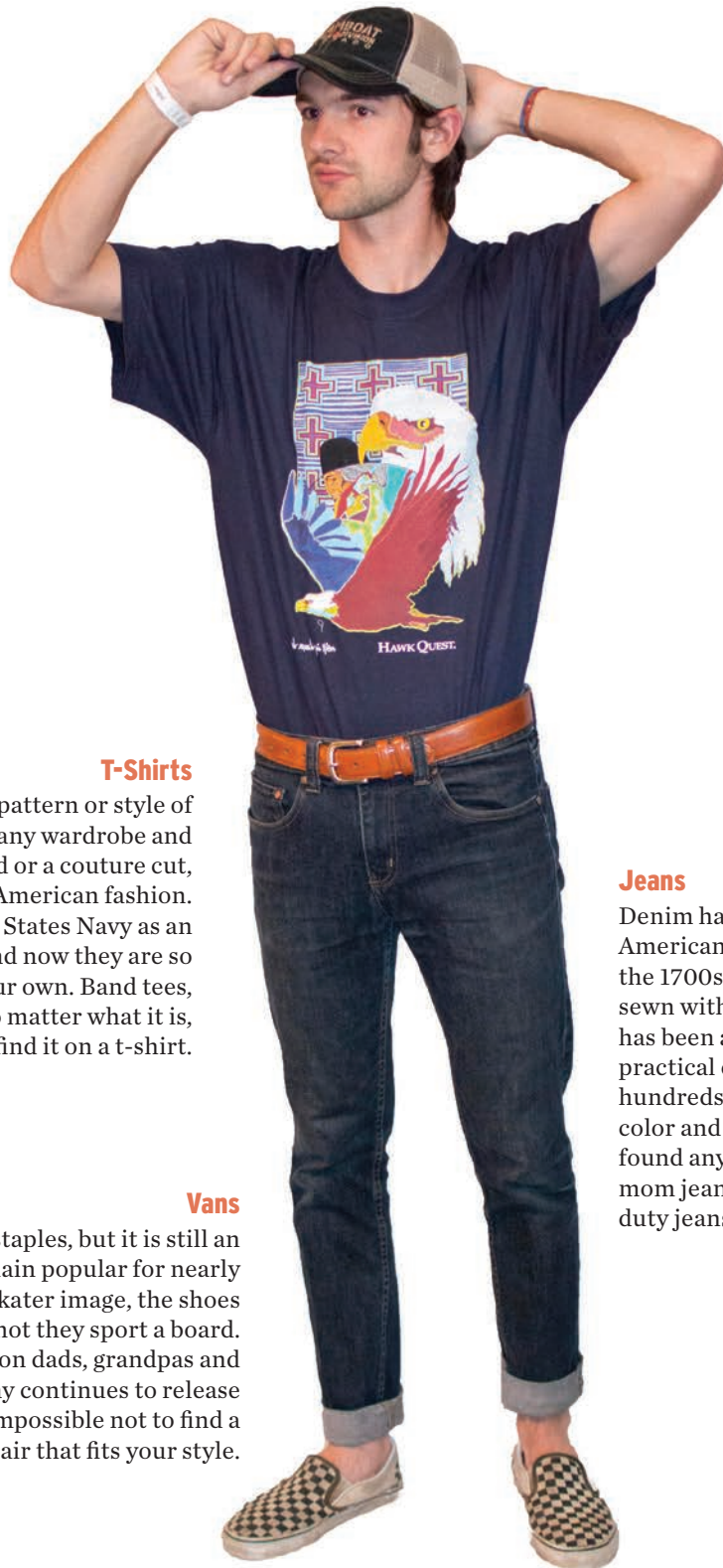
Vans are one of the newer fashion staples, but it is still an impressive feat for a single style to remain popular for nearly 60 years. While Vans have kept their skater image, the shoes can be worn by anyone whether or not they sport a board. Comfy and versatile, Vans can be seen on dads, grandpas and girls next door alike. As the company continues to release increasingly diverse lines, it is almost impossible not to find a pair that fits your style.

Baseball Caps

The baseball cap is so classic that it has a traditional American sport in its name. First worn by a Brooklyn baseball team in the 1800s, baseball caps were originally used only for the sport itself. The best thing about them is how diverse they are, not to mention their usefulness when you find yourself in a bad hair day.

Jeans

Denim has been used in American clothing as early as the 1700s. Dyed indigo and sewn with cotton fibers, denim has been a fashionable and practical clothing material for hundreds of years. Every cut, color and style of jeans can be found anywhere - from comfy mom jeans to tough, heavy-duty jeans.





Phone: (970) 227-7822
focodavincibody.com



WHAT IS IT?

Our music oriented classes apply elements of Pilates, yoga, strength training, power moves and cardio, utilizing floor to ceiling resistance anchors.

All levels and abilities are welcome.

Classes are about 40-45 minutes, including a 5-6 minute cool down & warm up.

Single Drop In Class \$18

5 Class Pass \$75

Monthly Unlimited \$95

Sign Up at focodavincibody.com

or the MindBodyApp



10% OFF
students, teachers and
seniors for unlimited
monthly contract

244 N. College #140
Corner of College and Jefferson
(970) 227-7822

Communa

Living

Proud To Be,

CSU Rams!

Ram's Village

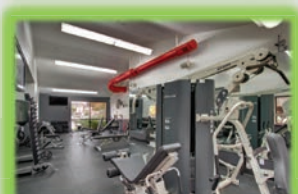
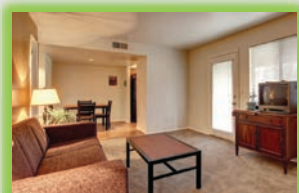
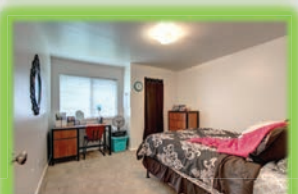
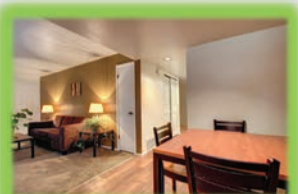
- ★ 1, 2, 3, & 4 BEDROOM UNITS
- ★ BASKETBALL COURT
- ★ INDIVIDUAL LEASES
- ★ ON-CALL MAINTENANCE
- ★ STUDY & COMPUTER LAB
- ★ WEIGHT & CARDIO ROOMS
- ★ POOLS, SPAS & TANNING
- ★ GAS GRILLS / FIRE PIT
- ★ FREE CABLE AND WI-FI
- ★ BLOCKS TO CAMPUS
- ★ BUS STOPS TO CSU & FRCC
- ★ FREE PARKING W/ PERMIT AND SO MUCH MORE!
- ★ RESIDENT ACTIVITIES



Don't Miss Out!

Pre-Leasing Starts in November, for Fall 2019!

Call: (970) 498-0206 | Click: www.RamsVillage.com | Visit: 900 Constitution Ave, Ft Collins





Creating a community

Communal living steps out of the comfort zone

By **KATIE MITCHELL**

The first time I wore mascara was the day I left for Girl Scout camp when I was 7.

I went to sleep-away camp alone. I was sad and nervous and intimidated by the girls who decided to go with their friends. So, my mom bought me a tube of Maybelline Great Lash mascara on our drive to the campgrounds and I walked in proud of myself. The counselors took note of those lumpy lashes, I am sure.

The bunk room consisted of four beds in a lofted wood cabin. Most of the girls came from the same troop and had grown up together; I was the lone lady out. However, it only

took a few hours to realize we were all nervous and only slightly prepared for our first sleep away camp.

Regardless of nerves, the week was bright and chipper. The seven other girls and I enjoyed our 'rest and relaxation' themed camp experience. That is right; out of a catalog of nearly 25 camp theme options, we chose to make face masks in the woods and hang out at the lake. It was a pretty easy transition into communal living. And it was one of the most intimidating and addicting experiences in my life, to this day.

In those five days of new

experiences, I realized that while I was surrounded by some great girls, I was at camp alone. There was no reason to partake in unwanted activities. If I wanted to have a good time, it was up to me to make sure it happened.

without knowing any other participants.

Seventeen-years-old and ready for anything, I willingly jumped on the accommodations: a beach-front hostel with six teenage boys, a 22-year-old German

“ I went in blindfolded, I didn't really have any expectations, I just was excited for a new adventure.”

Caleb Morse

Fast forward 10 years to my next big adventure, I signed up for a trip to study marine biology in Ecuador

volunteer, and a middle-aged, eccentric trip leader. Laying in that sandy bunk, it dawned on me again how it feels to be

alone while being surrounded by too many people's snores and FaceTime calls.

I lived in many communal situations that year. In the 12 months that followed, I slept in shared spaces more times than I can recall and only had my own room in one instance.

Evenings would be spent drinking with new friends in hostels, learning to salsa dance or playing a card game late into the night. These times make group living worth it.

However, nothing prepares one for dealing with surprise situations like having a group of four middle-aged Dutch men burst into the hostel bunk room at 3 a.m., flip on the light switch and yell about not telling their wives about their night out. The light was left on while the room begged for sleep.

Once I arrived home from my year of travel, I slept in my own bed for about one week. And then, as soon as it was there, alone-time was gone. It was time to embark on the next adventure: living in a college residence hall.

The question of that year was how to share a room with only one stranger. In most of my situations, there was always a group to blend into. Here, it was just the two of us for an entire nine months.

Random roommate selection worked out during my freshman year, as it does for many. I ended up rooming with Caroline Araiza, who is now a senior studying journalism at Colorado State University.

Araiza transferred to CSU from Scripps College in California, an all-women institution. Because of her time in a residence hall during her freshman year, she was able to provide guidance while navigating a new dorm with a freshman.

But just like Girl Scout

camp, almost everyone in the dorms is new to the experience: alone and nervous. Both Araiza and I were fortunate enough to have experience living on our own before the residence halls, which helped us to be better equipped for the year. Araiza and I still now get coffee once a week, two years after our time living together in such tight quarters.

A few questions to debate as the time to choose a new roommate arises:

- Are they financially trustworthy?
- Will they contribute to cleaning? Even the bathroom?
- Do they have pets? Are there allergies to these pets?
- Do they have a significant other? Are they likable?

Together, we implemented various techniques for an easy year:

After about a week of living in the hall, we rearranged the room to add different levels, privacy and a shared entertainment space. My bed was lofted and a hammock hung underneath, while Araiza kept her bed at waist height, giving us both separate levels in the room for privacy when it was time for bed. Then there was a communal space with kitchen appliances, teas/coffee and groceries to make it easy to get what was needed without bothering the other person.

Stay in communication. It is helpful to share locations with each other as a safety precaution, but constant communication is not

necessary. A simple warning text when the room is needed for alone time does the trick for a few hours, no explanation needed.

Go through and sign roommate agreements. This outlines trash duties, noise levels, lights-out hours and anything else which seems necessary. An agreement is helpful for dorm living, moving into a new house or even just sharing a bunk bed. As civil adults, roommate agreements are a smart move to keep the time together easy and more fun than stressful.

Something to think about is the importance of cleaning. Some people grew up having their parents take care of household cleaning, or hired out the work to professional cleaners. Some people grew up with a feather duster in hand. And in the end, almost everyone ends up in a communal living situation, forced to clean alongside their counterpart. Break out the bleach, the scrubbers and the vacuum because even if a deep clean only happens once in a blue moon, at least it is happening.

Try to split the cleaning up evenly. Most residence halls have vacuums behind the front desk available for check out, so utilize them. Keeping the shared room clean helps lift the moods of both roommates. And if the dorm has a shared suite bathroom, discuss bathroom cleaning/schedules with your roommate and suite-mates to avoid mid-semester resentment.

Try leaving your door open to make new friends at the beginning of the year. And if you like the new pals enough, continue to keep the door open. There was a girl on our hall who would bring homemade boba in and host boba parties for whoever was available at the time.

Roommates

Consider living with your friends when moving off campus

Even if living situations are not with an organized community, living with friends is a great way to go. Be careful with this one, Fort Collins is strict about the U+2 law, meaning only three non-related people can be signed to a lease.

Keep these things in mind once moved in and living with friends:

STUDY HOURS

Take care of homework first. Living with friends is all games until procrastination sets in. Try staying at the library until finished with homework.

GROCERIES

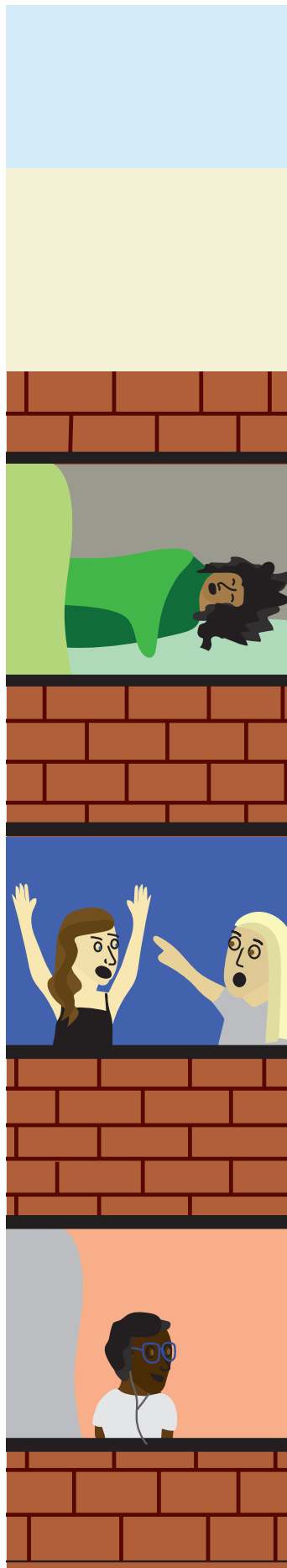
Grocery shopping can be fun until there are six cartons of almond milk in the fridge and no one knows which is theirs. Mark all the food.

COMMUNAL FUNDS

Establish a monthly communal fund for toilet paper, soap, new scrubbers and any other miscellaneous household needs. This makes it easy to avoid the rut of one person always purchasing communal necessities.

PERSONAL TIME

Sure living with friends can be a lot of fun, but everyone needs a little "me time." Block out specific time during the week just for yourself. This will ensure that you don't get sick of your roommates and you'll get to do something that you enjoy without someone else.



Ashlyn Shellemberger, president of the Panhellenic Association and sorority member of Pi Beta Phi at CSU, was grateful for her time living in highly populated environments. A resident of an all-women floor in Summit Hall at CSU and live-in member of the Pi Beta Phi house for a year, Shellemberger said there were more pros than cons for her. Living with so many people allowed for many new friendships to bloom and for omnipresent excitement.

Her advice for people going into communal living situations is to “leave your door open in order to meet new people, and try your best to put yourself out there and interact with the people around you.”

Caleb Morse, an undeclared freshman living in Allison Hall at CSU, had similar sentiments as Shellemberger here, he credits the ease of friendship with his hall-mates to leaving their doors open in order to invite people to come in and hang out. Because of this, Morse quickly found out his hall is full of other young men who share similar values.

Morse said he is excited about his living situation. “I went in blindfolded, I didn’t really have any expectations, just was excited about a new adventure.” He is right; the residence halls are an easy place to have an adventure.

The adventure of living

alone for the first time, an adventure of adapting to a new roommate and new hall-mates, and it is definitely an adventure in figuring out life at a university. As each living situation weaves its way in and out of life, remember the simple truth: it is on each individual to have a good time. So, sign those agreements, clean the space and make life easier for both people.

who enjoy each other and might even have similar decorating styles.

Community sneaks up on us. It brings people of all races, religions, sexualities, classes, genders, ages and abilities together. Many communities are built on with a purpose: youth groups, after-school clubs, ROTC and even spelling bee competitors come together for one mission.

“Leave your door open in order to meet new people, and try your best to put yourself out there and interact with the people around you.”

Ashlyn Shellemberger

After living in a residence hall freshman year, a lot of people choose to continue on with roommates. Be it in a house or apartment with new friends or a sorority or a fraternity, all options can be fun and come with their own set of challenges.

For people who chose to live with friends: think of yourself first. This is said out of total love, but in the end, you are the one who chose to live with these certain people.

While there is a lot to consider when taking housing into one’s own hands, there is also much to be excited for. After the perfect apartment or house has been chosen, the fun part begins. A hand-picked household of people

Gradually, these participants of the communities open up to each other, allowing for new shared connections and new levels of trust.

But living together is a whole different game. The first time meeting a new roommate is a crash course on how they snore, their dreams, what they look like when they first wake up. Heck, their childhood nicknames come up after one ill-timed FaceTime call home. And to mirror those sentiments, what a true gift it is to be allowed into someone’s life and given the chance to learn about them in such an intimate way.

Co-Op Housing

Universities nationwide have student co-op housing options

WHAT'S CO-OP HOUSING

These houses can hold anywhere from 17 people to 124 people. Co-ops operate on a work trade and democratic governing. Members are required to work close to five hours a week in exchange for food, a bed and voting power.

Universities that offer co-op housing:

- UC Los Angeles
- University of Michigan
- University of Minnesota
- University of Texas
- University of Waterloo, in Ontario, Canada.

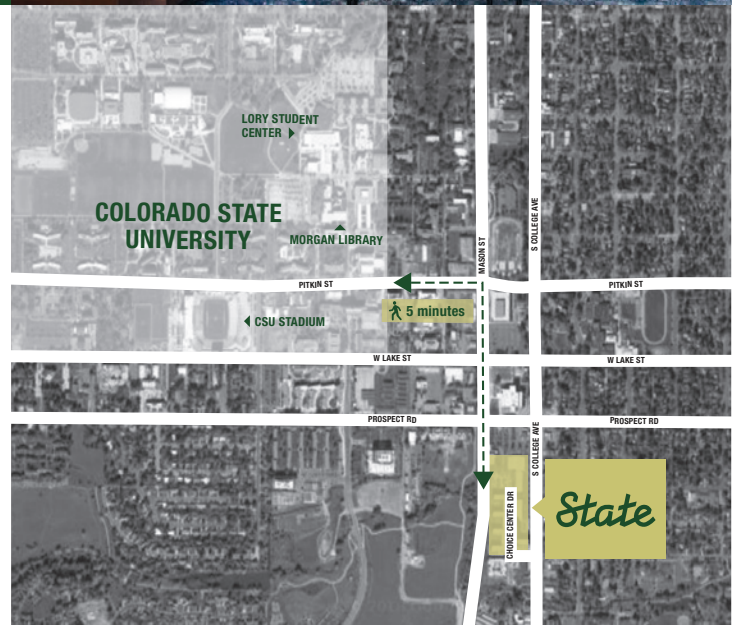
State

Experience
the best
in college living.



You've never lived like this.

- Walk or bike to class
- Private bedrooms and bathrooms available
- Leather-style furniture
- Hardwood-style flooring
- 24-hour fitness center with strength equipment, cardio equipment and free weights
- Swimming pool with hot tub and sun deck



Apply today for Fall 2019!

STATEFORTCOLLINS.COM

You're going to love it here.®

 AMERICAN CAMPUS COMMUNITIES



Amenities subject to change. Limited time only. See office for details.

Sister band

Fort Collins sister-ran band loves what they do and loves doing it together

SHEL





Q: *What's the best thing about working together as a family?*

A: Probably being able to show the world that a family can work together as a successful and cohesive unit. We're not perfect, but we love what we do and we love being able to do it together.

Q: *What is the most difficult part about working together as a family?*

A: Balancing our separate schedules. We all have our own lives and different obligations obviously. Sometimes getting everyone together can be challenging.

Q: *What's it like to be based out of Nashville and away from Fort Collins and your family?*

A: It's exciting and challenging. There's so much heritage and opportunity there. We've found incredible mentors among some of the legendary songwriters and musicians who moved there to follow their dreams.

But we love Fort Collins, and Colorado as a whole, so we make it a point to come back a few times a year for shows and a bit of family time. We're always excited to see the growth in the Fort Collins and Denver music scene.

Q: *What would you like to say to Fort Collins fans?*

A: Thank you. We really wouldn't be doing this if we didn't have such a great community to support us. We appreciate you being there. In person and online, which sounds funny, but the fact that people take the time to send us a note of encouragement when we're on the road means the world.

Q

&

A

Liza Holbrook answers questions about SHEL

We grew up going to see shows and playing shows at Hodi's Half Note and the Aggie, they've always been very supportive and kind to us and our fans.

Liza Holbrook

By **SARA GRAYDON**

The quartet is comprised of four sisters, Sarah, Hannah, Eva and Liza Holbrook. The sisters were all born and raised in Fort Collins and each of them sings, writes music and plays multiple instruments.

A conversation with band member Liza Holbrook revealed how they got their start, their connection with Fort Collins and the future of the band.

Q: *How did you all get your start?*

A: Our first taste of being on stage came from our dad as well. He's a retired singer songwriter. As we each started picking up instruments, he would invite us on stage with him. After we grew up and started writing our own music he traveled with us for a while, playing guitar and bass.

828 S COLLEGE AVE, FT COLLINS CO
OPEN 10AM - 8PM EVERYDAY!
970.221.4990



PIPES FOR ALL BUDGETS

Cheapest N²O in town

DAILY DEALS

CHECK OUT our juul pods, CBD products and Kratom

Avoid the tension

How to get along with a roommate in the post-honeymoon stage

By TYLER DUNCAN

Besides late-night ramen cooked in a mug, hot pockets and sometimes overwhelming amounts of work, college is known for one other thing: roommates. No matter how opposed you are to the idea – or even if you aren't opposed to the idea at all – the fact remains that you will most likely have to live with a roommate, at least as a freshman.

Incoming freshmen at Colorado State University are required to live on campus. This means that most of them will have a roommate unless they are lucky enough to get a singles room.

One thing that all roomies eventually suffer from is a condition hereby referred to as "post-honeymoon tension." Post-honeymoon tension, in this context, is used to describe a negative shift in the dynamic between roommates after a certain amount of time has passed, usually about a semester.

Respect boundaries

Finding the best solutions to this phenomenon can be difficult, but you're not alone. Sarah Azuero, a junior majoring in special education at the University of Northern Colorado, has advice on creating the least amount of problems between yourself and your roommate:

"Respecting your

roommate's boundaries and asking for permission before taking or doing something that could potentially affect the people living with you," Azuero said. It may seem obvious that disrespecting your roommate's space or taking something of theirs is at the core of all roommate disagreements, but it doesn't have to be. Being open with the person, or people, that you live with and creating a set of ground rules can avoid awkward conversations and disputes in the future.

“Respecting your roommate's boundaries and asking for permission before taking or doing something that could potentially affect the people living with you.”

Sarah Azuero

Keep an open line of communication

Tara Tolar-Payne, a junior at CSU who works at the Lory Student Center as an audio-visual technician, added that it is important to communicate with your roommate.

"I think if roommates are more inclined to communicate their needs in a healthy way and be willing to make compromises," Tolar-Payne said. "Then you would run into the least amount of issues."

But what if it's too late and you and your roommate are

already experiencing some post-honeymoon tension? Communication is still key to solving issues with your roommate.

"If your roommate needs a lot of alarms to wake up in the morning and that starts to become a problem," Tolar-Payne said, "you need (to) communicate and find a compromise to that situation or else everyone is going to be annoyed. And, any tension that was already there will worsen."

Azuero added, "You should

try and be aware of how your roommate behaves when aggravated or annoyed, and give them time to cool off if they need it before attempting to talk to them about the issue."

In the end, the best way to prevent post-honeymoon tension with your roommate is to establish good communication and respect. And it is important to have an open line of communication throughout the year. If something is bothering you, let your roommate know and try to work it out. The worst that can happen is they tell you no.

Getting Along

The keys to having a successful year with your roommate

LIVING & HANDING OUT WITH FRIENDS IS DIFFERENT

Remember that living with someone is a lot different than just hanging out with them. To avoid losing a friend, consider living with someone outside of your friend group.

ROOMMATE AGREEMENT

Signing a contract at the beginning of the year can help prevent disputes throughout the year. Lay out some ground rules with your roommate and set your expectations so both parties will feel comfortable sharing a space.

RESPECT BOUNDARIES

This tip is arguably the most important to keep in mind. To put it simply, if you don't want your roommate going through all your stuff, respect theirs as well. Set these boundaries at the beginning of the year so you both know the expectation.

OPEN COMMUNICATION

Keep an open line of communication with your roommate. If something is bothering you, bring it up to them as soon as you can to avoid holding any grudges. Letting your roommate know what's going on will ensure that you both can compromise on a solution.

STAY CLEAN

Nobody likes a messy roommate. Pick up after yourself and ask your roommate to do the same.



**WORRIED ABOUT STDs?
MAYBE PREGNANT?**

WE'RE HERE FOR YOU.

- STD Testing
- Pregnancy Testing
- Professional Relationship Counseling

**SCHEDULE YOUR FREE APPOINTMENT
WWW.THEALPHACENTER.ORG
OR 970-221-5121**



Get 10% off with a valid student ID!

Joy Organics is now offering the first ever zero-THC CBD energy drink, designed to improve focus, increase mental clarity, and reduce anxiety.

VISIT OUR SHOP AND LEARN MORE ABOUT OUR PHARMACEUTICAL-GRADE CBD PRODUCTS.

119 W Oak Street
Fort Collins, CO 80524
(833) 569-7223
JoyOrganics.com

JOY
ORGANICS



Photographing

Bloomers





Touring with Bloomers

Find your passion and run with it

By AJ FRANKSON

Everyone has dreamed of living the rock star lifestyle. Sleeping in a van, eating Taco Bell for every meal, wearing the same three sweaty t-shirts for days on end. I got the chance to experience it. And let me just say, it's everything you expect it to be, while at the same time taking you completely by surprise.

For two and a half weeks, I lived in a Sprinter van with the five sweaty boys of Bloomers and an entire band's worth of music equipment. I was their photographer. In exchange for my pictures, and managing their merch table, I was paid the simple privilege of even going on tour.

We went from Fort Collins, up the west coast of the United States and back down through Utah. The

days slipped by and blended together. They'd play show after show; after only a few days, I had their setlist nearly memorized. I got into the routine of shoving those little gummy waterproof earplugs into my ears, putting a fresh SD card into my camera, and elbowing my way into the best spot in the venue.

“ I think I learned a lot about myself and what it means to be a musician to me.”

Nick Visocky

It was exhilarating and refreshing to be in a new place with new people doing what I love every day for a few weeks.

But the road wears on you, and so do the late nights, and the grumpy, smelly boys. I found myself dreaming about

pillows without footprints on them and my queen-sized bed. I even had to pay \$150 for a shower at the halfway point.

“I think I learned a lot about myself and what it means to be a musician to me,” drummer Nick Visocky said. “It's really eye-opening playing music on the road and just seeing the impact you

was tested in ways that I never would have been had I not gone on this tour, and I learned a lot about my passion for photography.

Throughout the tour, I discovered that my true passion lies in music photojournalism. Even though the sweat, blood and tears, the tour was truly one of the greatest things that I have experienced.

Not to mention I gained five new, sweaty friends in the process.

I improved as a photographer, a journalist and a person on this tour. But I mainly learned to follow my passion. The only reason I went on tour with this band in the first place is that I messaged them on Instagram, which just goes to show that if you don't reach out for things that you want, you won't get them.

have on people, whether there are two people in the room or 200.”

Not only is it the most fun thing ever to travel with your friends doing what you love, but it is also character building in many ways. I

La Vita Dolce

Peace of mind and a bowl of spaghetti

By NICOLE TOWNE

It's a late August afternoon. Lunch is over, but dinner hasn't begun yet. I'm hungry, I make my way over to the Lory Student Center to get something to eat. I order tomato soup and a grilled cheese sandwich. I take the food, a copy of *The Collegian* and seat myself at one of the shiny metal tables looking out over the west lawn. I pop the plastic lid off of the soup and pull the sandwich out of the bag. I take an eager bite and instantly recoil. What?! Is this seriously a Kraft Single? From the color and the texture, I quickly confirm the presence of the all-American "cheese product." I start to wonder how this cheese would go over in Italy, where I spent the majority of my summer. I feel fairly confident the Kraft Singles wouldn't fair too well.

This past summer, I spent eight weeks in Italy traveling, studying and eating a lot. Most people will tell you about how studying abroad helped them grow as a person. I can attest to that, but if you spend enough time studying in Italy, that might not be the only way you grow. The boot-shaped nation is a seemingly endless list of juxtapositions: gaudy duomos and quaint ristorante, the sandy seaside and mountain lakes, bustling Rome and sleepy Calgi.

I spent most of my time in the hilltop town of Urbino, away from the Adriatic Sea on Italy's eastern coast.

Located in the calf-region of the Italian boot, Urbino is a college town where students and long-time residents bump heads. It is a city without a single flat or straight street. The legendary Renaissance painter, Raphael Sanzio, was born within the city walls along a street that has since been named after him.

Dishes to try:

- Pizza Margarita
- Rossiccia Pizza
- Lemon Tiramisu
- Gelato
- Potato Dumplings with Flaked Salmon

Urbino was one of the smallest towns I got to experience – around 15,000 people call it home. One of the best parts was eating authentic food at reasonable prices and never having to wait for a table. It was food made by Italians for Italians with few menus in English. The majority of my Italian vocabulary is related to food. I learned the words for small, medium and large from ordering at the gelateria, along with various names for fruits and sweets. With three ice cream shops in town, I had no shortage of gelato or opportunities to practice

speaking.

One of my favorite meals was at a small restaurant just down the street from the main square. I never bothered to remember the name of the place. Instead, I refer to it by the framed Renaissance print hanging by the entrance. Wine bottles and framed art line the arcing brick walls inside, and baskets of bread and bottles of olive oil sit upon square wooden tables covered with white tablecloths. My meal of choice featured pillow-soft potato dumplings bathed in a cream sauce and mixed with flaked salmon, which I washed down with a glass of red wine. It wasn't a complicated dish, but that's part of what I loved about Italian food and the country in general. It's simple but delicious.

Pizza Margarita, for example, is the product of hand-made dough topped with tomato sauce, fresh buffalo mozzarella and basil. It's straightforward but perfect. From what I've experienced, great food doesn't have to demand long ingredient lists and complicated instructions. A few high-quality, local ingredients, time and patience is all it takes to make a great dish. Essentially, this is what the iconic vita dolce is all about—good food, family, friends and letting yourself slow down.

Virtually nothing in Italy is done quickly. Most food is made with the intention of being enjoyed at a table with



some company and a bottle of wine. Coffee is enjoyed standing at the bar while talking with neighbors or reading a paper. Never once was I presented with the check at dinner without asking for it first. The last thing a restaurant wants to do is make their guests feel rushed.

My time in Italy felt like stepping into the past. People seemed less attached to their phones, and there isn't this constant desire to make everything faster and more efficient. Truffle hunting, for

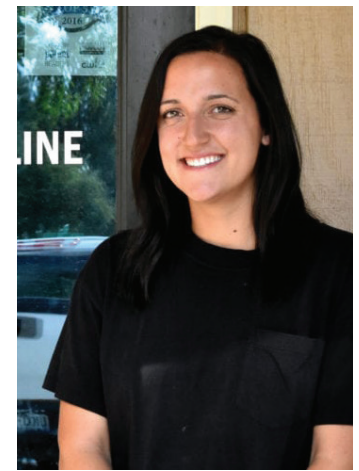
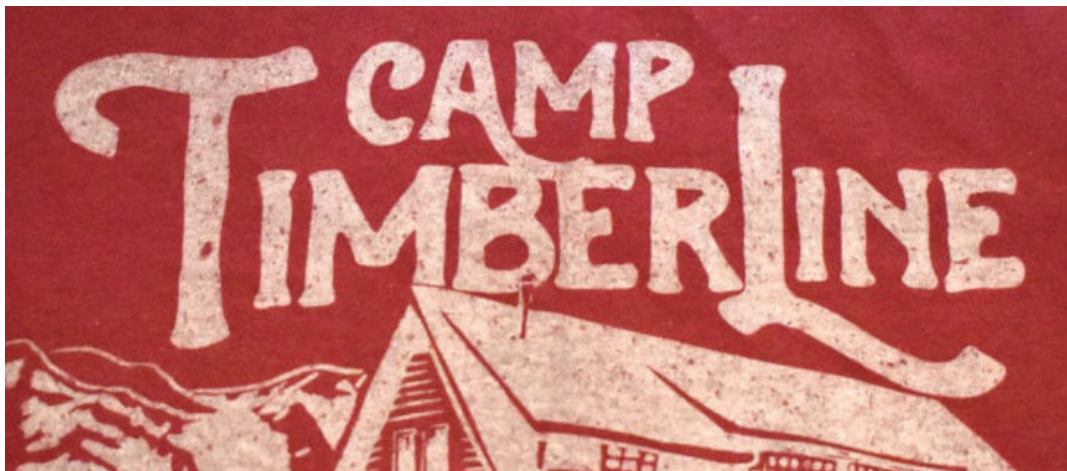
example, is still carried out by going into the woods with a dog sniffing out the truffles and then collecting them by hand. This is how it's been done successfully for hundreds of years. Why change now?

When I look back on my time abroad, I think about the foods I tasted and the emotions I felt, just as much, if not more than the sights I saw. In Italy, I found a sense of peace and joy I haven't felt in a long time. It felt as if the daily demands of life became a little

quieter, and a quiet voice of self-love and patience became audible.

I remember the lemon tiramisu in Positano, with fluffy layers of cream and sponge cake soaked in limoncello. I remember the cramped sandwich shop around the corner from the Peggy Guggenheim art gallery in Venice. In Urbino, I remember the kindness of the humble café owner who brought me sweet cherry wine spritzers and cheesy, flaky crescias on hot days under umbrellas.

Maya Angelou once said, "At the end of the day people won't remember what you said or did, they will remember how you made them feel." My time in Italy, Urbino, in particular, told me to stop worrying so much and slow down through the warmth of plated tagliatelle, the softness of strawberry gelato, and the sweet kiss on the cheek my friend Roberto gave me when he bid me goodbye.



Camp Timberline

Embodying the spirit of mountain adventure

By KELLY PETERSON

Big bold letters mark the spot. Camp Timberline's home base is in Fort Collins, but their entire summer is spent in the mountains at their other base on Longs Peak Road, close to the trailhead where you start the mighty fourteenner trek.

Imagine kids running around, playing sports on a field called the "Elk Meadow." Campers have the opportunity to have how-down parties, time at the lake, weekly hikes around the area, face their fears on the ropes course and find themselves at the top of the rock-climbing wall with a heavenly view of the Rockies.

Former Colorado State University student Emily Bistany graduated in 2017 with a human development and family studies degree. This is her second year as director and her fifth year on the staff, but she was also a camper for four years before that. You could mildly say that Bistany loves Camp T.

Bistany said that her favorite part of being a camp director is the fact that "lives were being changed and it had nothing to do with me."

"We want a safe space where people can be known and loved," Bistany said.

“ We want a safe space where people can be known and loved.”
Emily Bistany

Camp Timberline has grown from 250 campers to 2,000 campers since 1997. Bill and Dana Darrough laid out their vision for a youth ministry "that combined God, mountain adventure and sports in the beauty of the Rocky Mountains."

The camp has grown to four separate but unified sections: Overnight Camp, Day Camp, Beyond Timberline and Shift.

Overnight Camp

This where it all started; Bista-

ny explained this is where youth "experience the love of Christ." They stay in cabins all week long and enjoy camp-wide meals together in their main hall, a large log-cabin overlooking breathtaking mountains.

Day Camp

This is a moving camp that jumps from church to church each week. Campers get to hop on giant inflatables that the staff sets up each morning. Bistany said that Day Camp is amazing in the way that it helps "get in touch with local churches and develop awesome relationships" with the community.

Beyond Timberline

A great opportunity for campers to dive into Camp T's mis-

sion by backpacking in the wilderness for a week. Headlined, "meet us on the mountaintop," BT welcomes everyone with all ranges of skillset and has three different types of trips to choose from.

The Shift

A means for older high schoolers to have the camper life while also transitioning into training to be a counselor. Since they are older, bolder and braver, shifters get to go mountain biking and rock climbing. After their two weeks are up, some of them get to be full-time counselors at Day Camp.

The counselors' job is to go above and beyond anything and anyone could ask of them. Bistany said that the best part of her job "is to give pieces of Jesus" to the staff as she equips them for the task of knowing and loving kids all day.

"I know that I can't help everyone, but He (Jesus) can," Bistany said.



FALL CLEAN UP

2018

VOLUNTEERS NEEDED

NOVEMBER 3, 2018
9 AM - 2 PM



VOLUNTEER AS A GROUP
OR AS AN INDIVIDUAL



FOR MORE INFORMATION VISIT
OFFCAMPUSLIFE.COLOSTATE.EDU/FALL-CLEAN-UP



COLORADO STATE UNIVERSITY

City of
Fort Collins



youth. But giving a space for adults to take dance classes was nagging her all along. So Duncan created opportunities for adults to learn how to dance at youth dance studios. But “taking classes at the same place your kids go to wasn’t quite hitting it off for parents,” Duncan said.

Here’s the new scoop: don’t stop the beat after high school.

“People are looking for (dance) without them knowing it,” Duncan said. Adults need the chance to “have fun and feel comfortable with their bodies again.” Impulse’s mission is for everyone to “walk out feeling successful and happy,” Duncan said.

“ People are looking for (dance) without them knowing it.”
Nadia Duncan

Impulse welcomes dancers of all different levels, so there is no experience required to join a class. CSU occupational therapy sophomore Nicole Mishler said it was the “least judgemental I’ve ever felt in a dance class before,” after taking a Tuesday hip-hop class.

Duncan wants the studio to be accessible for busy moms, dads and students. Impulse offers classes Sunday-Friday with a variety of choices including hip-hop, yoga, Zumba, Afro-fusion, tap, jazz, ballet, contemporary, Broadway and ballroom. Overall, there are 15 instructors waiting for you to get your groove on in their class.

Duncan said that she hopes the studio will outgrow itself into a bigger space so that more “people can come together into a dance community,” growing in a “positive atmosphere.”

Impulse dance instructor Lien Lam said, “you get to be you, stress-free.”

'Join the Beat'

Impulse Dance and Fitness

By **KELLY PETERSON**

National Dance Day grandly opened an adult dance and fitness studio only a couple of blocks away from Colorado State University. Dancers shook the ground as they danced the day away, a vibrant recognition

of what dancing means to the nation. Impulse Dance and Fitness wanted to honor this day, inviting anyone and everyone to join in on the fun as they introduced their new business. Their catchphrase? “Awaken your artistic athlete.”

Owner Nadia Duncan has danced all her life but found she wasn’t dancing as much when she was attending CSU. She didn’t give up her passion though, and strove to complete different types of dance fitness licenses and taught classes for



YOUR PLACE TO:

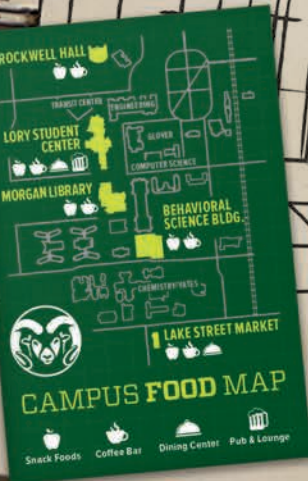
*Coffee @ Sweets
Tomorrow Morn!*

Homecoming!

*Fridays:
Get Your Green on*

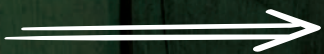
EXPLORE
EXPERIENCE
DISCOVER
BELONG

A



START YOUR JOURNEY HERE

LSC.COLOSTATE.EDU



How much is your savings account earning you?

 Sky High Savings

EARN UP TO **30x** MORE TODAY

1.55% APY*



To get a rate this high,
stop by a branch or visit us online
bluefcu.com/skyhigh

* Annual Percentage Yield. Rate is effective July 16, 2018. Subject to change without notice. Dividends compounded and paid monthly. No minimum balance required to open. Membership is easy, just ask! Insured by NCUA.