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Colorado State University / Volume 14 Issue 3 / Spring 2019  
A Rocky Mountain Collegian Publication

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## Letter from the editor

**T**his semester has been tough so far. But not impossible. Everyone that I have talked to — all of my friends and all of my co-workers — have all agreed that this semester hit us harder than we ever expected.

I have been more overwhelmed than I have ever before. Between class, work and trying to find a job for after I graduate in May ... wow, it's been a lot.

Some people think that it has just been a lot of extra work this semester, some think it was the eclipse that misaligned everything. But whatever you think it is, you're probably right.

I have recently realized that when I get stressed, I seek a creative outlet. This time, I re-designed College Avenue Magazine. Now, I can admit, I could have found a more productive way to use my time. But as I'm writing this, I feel slightly less stressed than I was before. But still not 100 percent.

Honestly, in college, when are we ever not stressed? Do what makes you happy. Do what makes you de-Wstress. Go on a coffee or tea date with a good friend. Whatever you need to do to get to the end of the semester, or even just the end of the day.



Shelby Holsinger  
**Editor-in-Chief**



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## FORT COLLINS FINDS

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**Q:** What has working in the sushi industry been like?

**A: Nanbara:** It's fun. Instead of hating to go to work, we wanted to look forward to going to work and having fun ... working with cool people and being able to do our own thing. It wasn't as stressful and stress-related. You know we are busy, and it has its stresses, but you're not dreading to come to work. It is still pretty fun. You get to create things and include all the people we work with. Everybody helps come up with ideas or brainstorm stuff.

**Q:** What is the sushi culture like in Fort Collins?

**A: Schager:** It's also going from having a very traditional style. Like if you were to go visit Nemo. He's a very traditional Japanese man that does it in the style he was taught. But for us in America you can adapt to flavors, tastes, what customers like. So that is why you get those people that like the fusions or for you to try outrageous new things because you can go from traditional to all the way out there. People like that variety. Especially in Fort Collins with how many restaurants there are.

**Q:** What is the importance of fresh ingredients?

**A: Schager:** The bad (and good) thing is we are in the middle of the United States. We can source stuff off Maine, like Maine lobsters, or soft-shell crabs from the East Coast

versus getting tuna off the West Coast. Our best salmon are the ones we get out of New Zealand that are flown straight into DIA. And even, then it is a matter of preference. For us, it makes virtually no difference if we were in California or not.

**Q:** It's not too hard to get fresh fish out here?

**A: Schager:** No, it's really not. Our biggest supplier, Northeast Fish, is based out of Denver and they have been around since the '80s. A lot of the restaurants in town use them and they have not only created relationships with the airlines but with the fisheries so when they get something bad, they can tell that fisherman they are not accepting it. We even get Alamosa seabass from Alamosa, Colorado. That's aquacultured in Colorado, shipped up to Northeast where they get it all set up for us. They know what they are doing as well. It's good to have a purveyor that you can trust and that's one that we can.

**Q:** What are your hopes for Jaws in the future?

**A: Nanbara:** Just keep doing what we're doing... It's hard to imagine any too far down the line as far as whether we expand, whether we try and open a second spot. It is tough enough to manage one, I can't imagine doing two. You really gotta have a lot of crew that can handle it that can branch out to that point. ... People move on or graduate or whatever life takes your way, so it is tough to manage in that respect. But for now, it's (to) do what we do, keep making what we got better and efficient.

**Q**

**&**

**A**

**Jeff Nanbara & Adam Schager**  
Jaw's Sushi

"It's fun. I mean that is the basic reason why we started all of this, to have fun doing it."

**Jeff Nanbara**

**BY AUSTIN FLESKES**

**J**eff Nanbara and Adam Schager have been the owners and operators of Jaws Sushi since it's opening in August 2013. Since then, they have not only won several Best of CSU awards but also garnered a community of intrigued and hungry customers. I sat down with Nanbara and Schager to discuss the restaurant itself, the sushi culture in Fort Collins and the importance of fresh ingredients in sushi.

# Boozy cocktails

## 3 drinks to order in Fort Collins on your 21st birthday

BY TYLER DUNCAN

**Y**our eyes flutter awake and the sun's morning rays filter into your room.

Today is the day. You've been waiting for this all year and now it is finally here: your 21st birthday. It's like Christmas except, it's alright to get trashed! Many people on their 21st birthday are excited to head out to dinner that night with friends or family and order their first beer. Being that this is a largely beer-centered town, this next statement may be blasphemous: but not everyone orders a beer on their twenty-first nor should they. Instead, many people decide to be a little adventurous for their first legal drink and go with a cocktail instead.

The very strong drink is actually a take on a prohibition cocktail called the Daisy, which was made with brandy instead of tequila. A margarita is a combination of tequila, lime, ice and Cointreau (triple sec).

However, it is now mostly made with ice and premade mixes that you can buy at any grocery store. The creator of this refreshing cocktail isn't known, as many have claimed to have created the drink for a variety of reasons. The one thing that is known about the drink without debate is that with its high alcohol percentage (30 percent or higher,) it will give you that birthday black-out you may be looking for.

Here are some cocktails you should consider ordering on your 21st birthday:

### 1 Margarita

While margaritas are definitely the common choice around the town, another drink recommended by bartenders if your looking to get a little less trashed is the daiquiri. This Cuban/navy-born

drink comes in at only 25 percent alcohol content: still strong, but less so than your average margarita. With roots in the early 16th century, when captains of British ships decided to dilute the straight rum issued to their sailors. This drink was also a personal favorite of Ernest Hemingway, who eventually created his own version called — you guessed it — the Hemingway Daiquiri, which is made with grapefruit juice and Maraschino. Much like a margarita, daiquiris are cold, refreshing drink and highly customizable.

### 2 Daiquiri

Now, if none of those tickle your fancy, this humble reporter would recommend a Caipirinha,

the national cocktail of Brazil. Much like the margarita, this drink has a very uncertain past with rumors that it was created to ease the symptoms of the Spanish Flu. The main ingredient in this drink is cachaça, the national spirit of Brazil. It is similar to rum, but is instead made with sugar cane juice instead of molasses. The Caipirinha is a simple make though comprising of just sugar, ice, lime and cachaça muddled (crushed) and stirred. However, delicious this drink may be, its main ingredient is a bit hard to find unless you go to a higher class bar. Instead, an equally delicious replacement would be the Caipiríssima which is made with rum instead. It is also the strongest of the drinks listed on here at a 33 percent alcohol. Done properly, the refreshing lime and sweet sugar overpowers any strong alcohol flavors.

### 3 Caipirinha/Caipiríssima

Cocktails are wonderfully customizable with thousands out there in all different types of variations not listed here. Perhaps, you are more of a boozy pink lemonade or a minty mojito kind of person, but you won't know till you try. In the end, the world of cocktails is vast as it is diverse while offering greater variations of flavors than a beer would. So go ahead and try the weird sounding cocktail on that menu. The worst that can happen is you'll get drunk, and isn't that what a 21st birthday is all about?



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# Reclamation

## Empowering community through hair

BY JAYLA HODGE

**O**n predominantly white institutions like Colorado State University, events like the United Women of Color's annual Hair Show are not just about celebration, but representation.

This year's show, titled "Reclamation," returned to the tradition of taking place during the coveted Black/African-American Culture Center's Black History Month celebrations.

"'Reclamation' is defined as the process of claiming something back or of reasserting a right. It is reclaiming and redefining Blackness, the Black body and hair, and overall Black livelihood out of the context it has been cast, away from the standards of whiteness," Joyce SaintJour, vice president of UWC said during the event's introduction. "We will be portrayed in our own, authentic and beautiful way."

Hair shows began as opportunities for stylists and barbers to showcase their work, gather clients and to celebrate beauty traditions. Hair is a big part of the Black and African-American community and serves as a place to emphasis culture identity.

"As a Black woman of color, I understand the frustration of not seeing myself, and people with hair and skin like mine, reflected in the mainstream media," Briana Daniels said,

a fifth-year student who attended the show.

This sentiment echoes throughout many communities of color. Images of light skin and long straight hair dominate American beauty ideals. Four years ago, I attended my first CSU Hair Show and it was the first time I'd seen a showcase of beauty catered towards my demographic.

"We are claiming our own hair, whether natural, permed, braided or locced and saying, 'We will be defined without a set definition.'"

- Joyce SaintJour -

With categories ranging from Afro-centric, professional, braids and freestyle, I found myself looking in the mirror and thinking about all the years of heat damage and chemicals I had subjected my hair to. I thought, "What would I look like with natural hair?" The models in the show graced the stage with a variety of styles,

all melanated examples of #BlackGirlMagic. If they could rock their natural hair confidently, maybe I could too.

Four years later, I attended this year's show rocking my signature style of waist-length box braids, a prominent African-American style and a look that took me years to accept and make my own, feeling not only confident but visible.

Past hair shows have celebrated the journey and the untold stories that coincided with the struggle of acceptance for Black people in American society. Dating back to ancient civilizations, Black women have been slaying countless styles and setting trends that have stayed since their creation. Like most main aspects of Black culture, hair has been politicized, regulated and appropriated over time.

"We are claiming our own hair, whether natural, permed, braided or locced and saying, 'We will be defined without a set definition.' We will define our hair, in all its diverse forms, as something of pride, something of glory" SaintJour said.

In communities like CSU, a places that marginalizes communities of color, these events are not meant to just uplift. The Hair Show serves as a way to send a bolder message to greater community: We are here, and we are proud.

# 4 Tips to refresh winter wardrobe

BY GABRIEL GO

**A** temperamentally bleak winter and the silent, impending march of midterms certainly don't foster inspiration during this time of the year. Send the cold and its dreariness on a full-scale retreat with four tricks for casual winter elegance.

## 1 Warmer tones for cozy bones

Lots of things brood in the winter, but a snug, comfy sweater should look as warm as it feels. Opt for rustic, homey muted tones paired with a velvety-dark neutral (say, charcoal and rust) to give your sweater the flair it deserves.

## 2 Pinned down

If your day-to-day backpack has more pins than a sewing cushion, consider adorning them on your favorite jacket. You don't need to overdo accessories; just a single, interesting piece can be enough to draw fresh life to your outfit.

## 3 Textured textiles

Heavier fabrics aren't just practical for the winter, but they're exceedingly stylish when treated like a canvas. Denim, wool, flannel and heavy knits exude effortless luxury. Deeply textured layers, starting with lighter fabrics stacked beneath heavier cloth, have the fantastic tendency to complement each other. (PSA: Brownie points will be awarded to those who can pull off double-denim.)

## 4 Live the look

There's a charm to all things worn-in. While looking fresh is certainly an aesthetic unto itself, the lived-in charm of beaten Chucks or Vans communicates a storied comfort guaranteed to age with you. Plus, they make awesome souvenirs from your college exploits.





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# Tea is building community

## Happy Lucky's Teahouse owners use their stores to encourage community connections

BY JOHANNA FORTESCUE

If you've been to Happy Lucky's Teahouse in Old Town or Front Range Village, you may have happened upon owners George Grossman and Kari Grady Grossman interacting with customers or helping out their staff: the Leafsters. The Grady Grossmans use their stores to encourage community connections through tea, but even before they came to Fort Collins, they were building communities all around the world.

The pair met for the first time while skiing in Breckenridge, Colorado, in November 1990. Kari was on her way to Los Angeles to become a screenwriter, and George had recently retired from public accounting. "I retired from public accounting with no benefits at age 26," George said. "I was living in this apartment building and they had a little hibachi grill that we'd grill out on, so I started a fire and I burned all my ties and since then I have never worn a tie."

"Not even to our wedding," Kari said.

Kari graduated with a degree in communications from Syracuse University and decided to stop in Colorado for the ski

season on her way to join the Hollywood scene. After a bit of time in the mountains, however, Kari's plans changed. "Colorado just kind of sunk in and wasn't going to let me go. Who wants to go to southern California when you can hang in the mountains of Colorado?" said Kari.

The couples' love for exploring and the outdoors is evident from their very first date in the summer of 1991. "I was going to do a bike trip to Alaska, and I said, 'Do you want to come with me?'" George recalled. "And I said 'where do I buy a bike?'" Kari chimed in.

George and Kari continued to ski in Colorado in the winter and explore Alaska in the summer for a couple of years before they settled in Jackson Hole, Wyoming, to start their first business: The Great Outdoors Photography Company. With a history of working as photographers on the slopes of the Breckenridge Ski Resort, the Grady Grossmans became well-known wildlife photographers, before eventually selling the business to their partner.

In 1998, the Grady Grossmans started the Grizzly Moon Gallery in Dubois,

Wyoming, and Kari took on another exciting career opportunity. "About that time, I started working as a correspondent for discovery.com, which was the online portion of the Discovery Channel that was doing very cutting edge, original online content before there were blogs," Kari said. "They were long, multi-day assignments ... I followed a rookie musher across Alaska doing the Iditarod.... And then the crème de la crème was I went to Everest in 2002."

Kari covered the ascent of the first American women's team to attempt to climb Mount Everest, and though only her photographer summited, the coverage was very well received. "She's humble, but they estimated a million people were reading the articles and waiting patiently to see how they did," George said.

The Grady Grossmans adopted their son, Grady, from Cambodia in 2001—shortly before Kari's trip to Everest—and adopted their daughter, Shanti, from India in 2006. "Basically, I had a 1-year-old, or almost 2-year-old at that point, and I was leaving for a two-month long expedition at the

ends of the Earth, or the top of the Earth, in this case," Kari said. "Here I worked so hard to get to the top of the career path I was looking for and I don't want to be here. It's a lifestyle that's not (really) conducive, not only to a family, but also community. And, I'm a community person."

### Education encourages growth in Cambodia

In the years after adopting Grady, the Grady Grossmans formed Sustainable Schools International, a non-profit organization supporting education in Cambodia. Sustainable Schools now supports 2,771 students a year, grades one through nine, but it started in 2001 with a simple donation. "When we were adopting our son from Cambodia, we wanted to do something to give back to his birth country, so we raised \$15,000 and donated that to build a traditional five-room schoolhouse," George said.

Two years after making their initial donation, the Grady Grossmans returned to Cambodia to find the schoolhouse mostly abandoned. "I went back and actually went to this place that was very remote when it was built and

met the people, and...in two of those five classrooms rice was being stored because they didn't have teachers," Kari said. "The government didn't have money to run a school here before a school was built, why would we think that the government can now supply everything that goes on inside, such as teachers."

According to the Sustainable Schools International About Us page, the late 1970s occupation of the communist regime the Khmer Rouge resulted in a mass genocide in Cambodia, which left the educational system in ruins. The after-effects of this period of genocide in Cambodia were what the Grady Grossmans witnessed when they visited the schoolhouse. In order to help fund safe housing and food for the teachers hired to work at the school—who, at the time, were paid only \$9 a month to teach six days a week—the Grady Grossmans started a small fund through their friends.

Kari was also doing research for a book she was writing about the history of Cambodia and the story of adopting Grady. Her book "Bones That Float" was published in 2007 and won multiple awards in 2008, including the Peacemaker of the Year Award and the Nautilus Book Awards Gold Award for a memoir. "I had published my book and all of a sudden I had an opportunity to raise a lot more money because it was a well-received book, and in front of audiences, I would go to speak and I would ask them to support, and they did," Kari said. "I started Sustainable Schools with the intention of figuring out how to sustain that one school without us eventually."

The Grady Grossmans built goals for the organization based on the needs demonstrated by the community. "We started with things like teacher housing ... making it safe and livable for teachers so that they had enough support so that they could actually do the job that we

started," Kari said. "Then we tried to figure out how do we help the community, the local community, take this over."

Eventually, the Grady Grossmans created a high school and college program to help students who finished ninth grade continue their education. "We started a residential program, and they went and had a place to live in the city to go to schools in the city which had better attendance of teachers," Kari said. "Then, we really nurtured new leaders, so they were participating in leadership programs, the self-development program—overcoming a lot of trauma of their own childhood—and learning how to be a leader with integrity."

"I had a little pot of money to start an organization, and I started Sustainable Schools with the intention of figuring out how to sustain that one school without us eventually."

— Kari Grossman —

In 2016, the Grady Grossmans both came off the board of directors for Sustainable Schools International and Kari passed her position on to a new executive director in anticipation of opening a second teahouse in Front Range Village. "Now the entire operation in Cambodia is led by graduates, and several of them have started businesses

that are supporting the school," Kari said. Some businesses started by graduates include a microloan program, which fully funds the school supplies for seven schools in the district, a medical clinic and an agriculture project where some students do leadership service projects.

Sustainable Schools International currently supports eight rural schools and grants 30 higher education scholarships every year. "At this point, they're still a donor-funded organization for the staff and programs of the organization, but at least the part that happens in the village where they're from is self-funded," Kari said.

#### Small businesses build community in Fort Collins

The Grady Grossmans moved to Fort Collins in 2008 because of the proximity to Denver International Airport made Kari's travels to Cambodia easier. They were also seeking good schools for their children, and opportunities for them to interact with the cultures of their birth countries. "In the north part of Denver, there's a Cambodian community that we were already in relationships with, and here in Fort Collins there's actually quite a sizeable India community—about 300 or 400 families," Kari said.

A year after moving to Fort Collins, the Grady Grossmans decided to open Happy Lucky's Teahouse. "I think that we didn't know so much about Fort Collins as a community until we lived here for a while," said Kari. "Then we were like, 'Yeah, we want to open a business here' because we liked the shop local values."

When Happy Lucky's first opened, tea wasn't the primary focus of the Grady Grossmans. The store began as a place to sell silk scarves that Kari brought back with her

## Happy Lucky's Teahouse

Some teas are now being served in the Lory Student Center

### GREEN TEA

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

### BLACK TEA

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

### WHITE TEA

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

### ROOIBOS TEA

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

### OOLONG TEA

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

### YERBA MATE TEA

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



from trips to Cambodia. They sold the scarves to raise funds before Kari's book launched and become a good alternate source of revenue for Sustainable Schools International.

In the process of finding a platform to sell scarves, the Grady Grossmans decided to open a teahouse based around community. "We opened Happy Lucky's with the purposeful intent of having a place for community connection over pots of tea," Kari said. "We decided at the time that we like tea; we have friends who like tea, there's no proper tea shop in Fort Collins. So, the front was really silk goods and the back area became tea."

Customers quickly demonstrated that the Grady Grossmans and their friends weren't the only people in Fort Collins who like tea, so the tea was moved to the front of the store.

"We have 200 loose leaf teas now, which is the largest selection in the state of Colorado," George said. "We started with 70, and I thought we might get to about 120 and that would be it, but then we couldn't stop. It's a great addiction."

The Grady Grossmans

are also passionate about promoting local, small businesses and encourage business collaboration. In 2013, George received the Business Innovator of the Year Award from the City of Fort Collins for creating the Foodie Walk, which takes place in Old Town every third Friday of the month from 5-8:00 p.m.

Happy Lucky's Teahouse has also recently collaborated with Sweet Sensations, a coffee shop in the Lory Student Center of Colorado State University. According to Payton Nostdahl, the retail coffee manager for CSU, Sweet Sensations started offering eight different Happy Lucky's loose-leaf teas in January, as well as their Japan Matcha tea in the 12-ounce size.

When it comes to supporting local business, the Grady Grossmans believe all levels of the community need to be actively involved. "The economic sustainability of small businesses in Fort Collins depends on two things: The local community shopping local, and the local government somehow getting a grip on housing, health care and childcare," Kari said.

"If you shop local, when you love on Fort Collins, you're actually helping keep your neighbor's job ... that's like the next level of community is branching out. We need to support each other and not buy so much stuff online, and we try to make it a personal goal to not shop on Amazon and to do all of our holiday shopping (local)," George said.

"We have 200 loose leaf teas now, which is the largest selection in the state of Colorado."

- George Grossman -

George summed up his goal for Happy Lucky's future in a few words: "World tea domination! One of our big plans this year is that we want to be everywhere. Wherever

you go. So not only at CSU and Sweet Sensations, but we're also at the Elizabeth Hotel, where at The Kitchen, we're at J's Bistro."

The Tea About Town page on the Happy Lucky's website lists all the places where Happy Lucky's tea is currently offered. Right now, 30 local business collaborations are listed. According to George, Happy Lucky's is also planning to release a line of chocolate teas in 2019.

The Happy Lucky's "Tea Lovers Club" is currently at about 19,000 members, according to George and Kari. George said he was proud of the loving community that has developed around Happy Lucky's and good tea.

"That whole goal that we started out with of building a place of community where people will sit around a pot of tea and share their lives, share their stories. That's happened," George said. "It happens at both our teahouses. And we've also built a community with our staff, the Leafsters are a part of all of that.... I think that's the thing I'm most proud of. That part of what we started out to do happened, and it happens every day.

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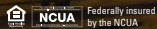
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# Holistic Health Alliance

## Educating students on holistic wellness practices and more

By ANNIE BUSH

**W**ith over 400 clubs on campus, Colorado State University does not suffer from shortages in extracurricular opportunities. They range from pre-medical science to pre-law, from the fly fishing club to the yerba mate club and from hundreds of members to a mere five or 10. In an attempt to expand communities on campus and make CSU feel a little more like home, many students put their emails down on every list during the Involvement Expo and attend way too many meetings the first week of school.

While the larger clubs might have more recognition, it can be very worthwhile to explore some of the smaller, more inconspicuous clubs. One of these clubs is the Holistic Health Alliance, dedicated to educating its members on the marvels of naturopathic resources and holistic wellness practices while empowering individuals to make changes in their own lives.

Holistic health practices are often overlooked by western medicine, the HHA is trying to bring some attention back to natural wellness methods. "Holistic health is the pursuit of complete, total-body wellness. It's about taking care of mental, physical, spiritual, sexual and emotional health," senior biological sciences student Carly McLain said.

"It's about learning how to pay attention to the cues and patterns that show up throughout these systems so that we can understand when something is off, and to be able to work with our body to resolve the issue at its root cause."

A consistent trait among smaller organizations is passion. It takes strength, effort and a hell of a lot of courage to start your own club, so the dedication truly shows.

One of the HHA's officers, McLain joined the HHA because she was eager to "embark on the journey of learning her body's natural

way of communication and find a group of individuals focused on living their life more holistically."

Her contagious energy about health mirrors the dedication of the club. Carly said the club is set up a little differently than others.

"(I) liked that the club was based on education from professional practitioners and research discussions," McLain said. The club consists of like-minded, empowering members who are searching for information to better their lives. Though the club is small, the energy in the atmosphere during the meetings is very powerful.

"Holistic health is the pursuit of complete, total-body wellness. It's about taking care of mental, physical, spiritual, sexual and emotional health."  
- Carly McLain -

The club hosts a variety of events throughout the semester focusing on making mindful changes in students' lifestyles. Movement, functional foods, aromatherapy, meditation, acupuncture and cycle-tracking are a few of the practices the Holistic Health Alliance focuses on. The events are typically held at 5 p.m. in the Gifford building.

The passion displayed by the members of the Holistic Health Alliance is aligned with many other small clubs on campus. Though small, they truly are mighty.

## Other clubs

There are 527 clubs recognized by Colorado State

### THE ALPINE SKI TEAM

Open to any CSU student who would like to participate in competitive ski racing at the collegiate level

### CSU ROCK CLIMBING TEAM

"The climbing team was started in Fall 2012 and has competed in the Collegiate Climbing Series operated by USA Climbing since 2013. Since then, we have both a team and a club. Our club is community based and does not require try-outs."

### CSU CYCLING TEAM

"The CSU Cycling team is a student run sports club at Colorado State. We strive to create an atmosphere that is welcoming and inclusive to all those wanting to enjoy cycling for a recreational purpose, while providing a serious and advanced racing team."

### LOGGING SPORTS CLUB

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# Find your state

Students discover themselves in various ways around campus, through organizations

By **ARLEE WALLS**

**C**ollege is a time for students to find themselves and be exposed to many different things throughout their next four years. But, many students find themselves experiencing loneliness, confusion and trying to find their niche.

Colorado State University's student interests can range from the agricultural fields to the modern design. However, CSU is not always a perfect fit for all students.

For some students, pledging a Greek life chapter helps pledges meet people with similar interests. CSU sophomore Iliana Ingamells is an active member in the sorority Zeta Tau Alpha. Ingamells is majoring in geology.

"I watched movies about being in a sorority and it looked fun

with the parties and meeting people," Ingamells said. "But now that I am in it, it's very different."

Looking at how Greek letters serves as one's identity, Ingamells said, "For me, it's not who I am. I've seen other members let it become who they are. It's hard to do anything outside your sorority."

Students involved in Greek life organizations often spend time around other members and find it difficult to break away from the group identity of the chapter.

"To get a real perspective of the whole chapter you'd have to meet every member," Ingamells. "But it's easy to assume someone is a certain way because of their chapter."

High expectations for weekend activities forces

students to join social engagements for the sake of appearing sociable. The party and social life expectations of a college student are high when it comes to weekend activities. Students are searching for party addresses or worry they will not have plans for the weekend.

CSU students who grew up around Fort Collins often find themselves in a difficult position balancing who they were in high school and the friends they grew close with against who they have grown to be in college.

Sophomore Emily Boyington has lived in Fort Collins since she was 11 years old and said she has noticed changes in herself and Fort Collins during her college experience.

Boyington said she realized how many things Fort Collins

has to offer and how diverse the college experience is.

"I have realized this campus is so large with so many people it feels like its own town," Boyington said.

Growing up in the same town where you go to college can give you the opportunity to stay connected to some of your high school friends while also branching out to connect.

"I wanted to meet new friends and not be in a clique and she's focusing on one group. That's something I wanted to avoid doing because there are so many people to meet," Boyington said.

College is a time for students to find what they're passionate about and the friends in their lives. The first semester or year may not be a perfect match, but students eventually find their state through time.

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# Visible Voices

## CSU program dispels misunderstood issues around LGBTQ+ students and community

By **ARLEE WALLS**

**M**any myths, stereotypes or misconceptions are still present when it comes to learning about the LGBTQ+ community. At Colorado State University, the Pride Resource Center's Visible Voices takes on the role of tackling common misconceptions about the LGBTQ+ community by students sharing their coming-out stories and providing support systems in what can often be a time of loneliness.

Visible Voices sets itself apart from other LGBTQ+ support groups on campus by spreading the word through students sharing their stories

and provide positive LGBTQ+ role models. Educating the audience regardless of sexual orientation or how they identify helps students find their own community through their own experiences.

Visible Voices consists of a volunteer student panel where each shares their coming-out stories and addresses questions from the audience at the end of the talk. The panels provide a non-judgmental atmosphere where students can speak their truths and gain support from others.

"If you're looking for a place to speak your mind and how you feel, come join Visible Voices or come to a panel," volunteer panelist Reagan Ebbeler said.

"Share your experiences to help people be comfortable with who they are."

Extensive training to be a member of this panel includes inclusive terminology, how to avoid triggering certain memories or emotions among audience members and responding to questions or comments through the LARA method (listen, affirm, respond add). Further resources through the Pride Center are also provided during the panel.

"I saw that it was an opportunity to share my experiences. It's like when you see a movie you can identify with, it feels good and secure," Ebbeler said. "I want to give that feeling of security to others who

are struggling with who they are."

Ebbeler encourages community members to listen to and support those who may be struggling with their identities.

"The panels are for anyone to listen to whether you want to join a supportive community, learn and understand what a person of another identity is going through, or if you just want to educate yourself."

Students are welcome to attend panels put on through the Pride Resource Center, and faculty can request a student panel on the Pride Resource Center's website.

Visible Voices gives the opportunity for students to share their stories with others, now is an opportunity for students to listen to their truths.

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# THE BENEFITS OF CBD

by 

Cannabidiol, more commonly known as CBD, has made waves across the country for its many forms, uses and benefits. CBD is a non-psychoactive cannabinoid that is found in cannabis plants. Since CBD is non-psychoactive, it will not produce the “high” that is associated with its more common cannabinoid cousin, THC.

So why use CBD if it doesn't get you high? CBD has a number of medical benefits that go unmatched by THC. One beneficial property of CBD is its ability to reduce paranoia and anxiety. This is especially great for when your buddy next to you starts freaking out during the smoke session because his fingers are too long. With CBD he'll be back to his calm self in next to no time.

CBD is also one of the best cannabinoids for pain relief and helps boost the pain relief effects of other cannabinoids like THC, to help reduce pain associated with things like multiple sclerosis and arthritis. With the help of the endocannabinoid “entourage effect,” CBD's pain management is pretty unbelievable. CBD can be purchased legally by anyone 18 or older in a few different forms. One form is a crystal structure known as CBD isolate that you can put in bowls or take a straight dab of. You can also purchase hemp flower which can be smoked like you would normal cannabis flower. CBD can also be applied topically with salves and creams to absorb directly into the area of your body that is radiating pain.

Curious about trying CBD? Make a trip to Kind Creations (828 S College Ave in Fort Collins) where all your CBD needs can be met. You can even take a dab of some CBD isolate right there before purchasing some to take home!

# 5

## Spring break safety tips

How women can stay safe on their alternative spring break

By **CLAIRE OLIVER**

**S**pring break is a time for rest, relaxation and travel. Alternative spring breaks have become a popular way for students to connect to the world in new and exciting ways. Students can travel to places that may not be the most popular tourist destinations but will offer unique experiences and interesting stories to tell.

While traveling is an amazing experience, it can also be a dangerous one, especially for lone female travelers. It would be nice to say that the world is a safe place for female travelers but the reality is that women still face dangers when traveling alone. But there are simple things women can do in order to prepare for situations that may arise in new places. Here are a few safety tips for women, and honestly for men too, that will help create preventative measures in case the worst happens while traveling.



### 1 Know the address and name of your hotel

Communication in countries where English isn't the primary language can be the most challenging aspect of the trip. When getting into a cab or getting on a train, it can make the situation a lot easier by having the address written down to hand over to the cab driver or the person selling tickets in the subway. This allows the driver to know your exact destination without having to try and communicate through hand gestures.

### 2 Pace yourself, avoid binge drinking

In a perfect world, women can drink whatever they want and how much they want without the danger of being assaulted or taken advantage of. The National Institute of Alcohol Abuse and Alcoholism states that "binge drinking" is four drinks for women and five drinks for men in a span of two hours. There is nothing wrong with having a good time and enjoying local music and nightlife, but it is important to drink water and remain aware of your surroundings.



## Additional safety tips

### BUY A MAP

This tip also pertains to the possibility of getting lost. Buying an actual street map can be helpful when phone batteries die or when cell service disappears. Plus, a map can make a really cool souvenir.

### USE A PURSE, NOT A BACKPACK

Large backpacks are a universal sign of a traveling student. So if it is possible, leave the backpack behind during day trips to museums and take a small purse instead. This eliminates the issues that may arise going into museums and other destinations with a large backpack since many places don't allow backpacks inside. It also can make you look like a local. This solution isn't always an option, but on those trips that include walking around, losing the bulk that comes with a backpack can make the day easier.

### AVOID CARRYING A LOT OF MONEY

Pickpockets are a staple of large cities in any part of the world, so carry only enough money to allow for a safety blanket if there is an issue with a credit card or debit card. In addition, avoid bringing more than one type of payment card. Traveler's checks are largely no longer accepted in most places so bringing a pre-paid debit card or a credit card is the next best thing.

### 3 Sexually active? Bring your own protection

Condoms remain the best way to prevent STDs according to the Centers for Disease Control and Prevention. So, bring some because the other person may not have any and it's good to have some on hand. For women, bring two months of birth control if possible and if it has been prescribed, just in case something were to happen. It is better to be overprepared for these types of situations instead of running into them and not having access to protection.

### 4 Keep copies of your important documents

This happens every so often when a passport is stolen or gets left at a restaurant or hotel by accident. Keeping copies of your important documents makes it easier when trying to leave the country after an issue like this arises. With that in mind, don't bring all of your valuables with you. Travelers who go to a foreign country can use their passport as an ID, so avoid bringing a driver's license in case it gets lost.

### 5 Know where the U.S. Embassy is located

Knowing the location of the U.S. Embassy in case an emergency situation were to happen, like losing a passport, is crucial. The embassy will help travelers get home safely and make sure they can travel back to the United States as soon as possible. 9-1-1 is also not a universally used number so make sure to know the local police's contact information if a situation were to arise where they may be needed.

# Outdoor Program

## Adventure club bridges community and the outdoors for interested students



By ANNIE BUSH

**C**olorado goes neck-and-neck with our fellow outdoor enthusiast state, Utah, each year in which state is ranked the healthiest in terms of activity levels. The overall health of Coloradans could have a large correlation with the number of outdoor recreation opportunities that are simply sitting in our backyard.

As students of Colorado State University, we have access to a resource that not only understands the joy of being in the outdoors but more importantly works to share that feeling with all walks of life. The Outdoor Program at CSU strives to create meaningful and informational events to encourage outdoor recreation.

Finding the courage to become involved in outdoor activities can be difficult, which is why the Outdoor Program is very intentional with their planning and procedures. For example, skiing requires a large amount of equipment and typically a commute up a mountain. This can be intimidating to beginners because of possible costs, such as equipment rentals, transportation and lessons. An activity as simple as hiking can deter people because of the fear of getting lost, having the right shoes or encountering wildlife on the trails. The Outdoor Program recognizes and appreciates these fears and uncertainties.

Ally Bloom, a trip leader and outdoor enthusiast, beamed about her experiences in the outdoors, specifically about leading engaging,

enriching trips. Bloom is a student manager with the Outdoor Program and plans trips tailored to provide the “perfect” outdoor adventure. When planning the outdoor excursions each semester, Bloom and her coworkers focus on the weather changes in order to get the most out of each expedition.

“We plan all of our winter snow activities in the spring semester because we know there will be better conditions than in the early season,” Bloom said, explaining how the spring semester trips differ from the fall trips. She also mentioned that “no matter which season it is, the trips OP puts on are in place to foster connection and enthusiasm in the outdoors.” Bloom said the focus is to create events centered around teaching participants safety and planning strategies, so they can go try again on their own time.

The Outdoor Program promotes all their programming to anyone affiliated with CSU- that includes, students, faculty and spouses. Bloom also shared her enthusiasm when international students join the program, “because it shows that the outdoors truly connect people in new ways and it creates a larger community for these students who are thousands of miles away from home.”

From this, Bloom emphasized the community-binding nature of the outdoors. “Don’t be afraid to just jump in --- our (Outdoor Programs) are designed to create a new community and help students find other individuals they can learn alongside with.”

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# Animal mascots

## Age-old tradition of live animal mascots leaves students with ethical concerns

By **TAYLOR SANDAL**

**D**ating back to the 1930s, live animal mascots have been owned by universities and professional sports teams alike. Animal mascots can send a message to rivals and fire up the crowd – even if it means using an electric prod to make “Mike the Tiger,” Louisiana State University’s prized cat, roar in a cage as he is paraded around the football field on game days.

“Even in the best circumstances, subjecting animals to a busy university environment and forcing them into close proximity to crowds of people day in and day out is stressful and cruel,” said People for the Ethical Treatment of Animals in a statement on their website.

In the case of LSU, not a single one of their eight tigers have died of natural causes. One had “complications associated with kidney disease,” another with “complications associated with multiple fractures to his left rear leg,” and one tiger developed a “neurologic problem” who then “became severely disabled,” according to the official Mike the Tiger website.

Colorado State University is the keeper of the famous “CAM the Ram,” a cute fellow

who is actually a breed of sheep known as Rambouillet. There are multiple CAMs ready to run on the field at any given moment and they are chosen through a rigorous program.

“Sometimes when animals are fearful of something they’ll look from one place to another really fast because they don’t know what to focus on.”

– **Julia Herman** –

“(The program) includes a lot of genetics, making sure they look the part, making sure they are structurally sound, and making sure that they are healthy,” said Julia Herman, a clinical instructor at the Veterinary Teaching Hospital at CSU.

Each CAM is then trained to get used to people and the loud chaotic nature of

campus events. The trained Ram Handlers look for signs that Cam may be stressed, which can include flaring of nostrils, rapid head movements and other small behavioral cues.

“Sometimes when animals are fearful of something, they’ll look from one place to another really fast because they don’t know what to focus on,” Herman said.

The sheep are taken into the empty stadium prior to game days to become familiar with the environment. Loud music is blasted through the speakers to help simulate the game day experience.

“By the time it gets to game day, it doesn’t even phase him, because he’s already been trained that nothing bad is going to happen to him with all of the noise,” Herman said.

But animal activists groups like PETA argue that the animals don’t just “get used” to the noise and confusion, and animals have no place out on the field when human mascots can do a better job of energizing the crowd.

One human mascot for the NFL’s New England Patriots said, “While live animals must be tucked away in a corner of a stadium and are rarely seen during the

game, a human mascot in costume can be visible, active and instrumental during the entire event.”

The University of Colorado, Boulder has a live buffalo mascot named “Ralphie,” who participates in the tradition of running up to 25 miles per hour around the field to lead the football team into the stadium and rile up the crowd.

“We listen to what Ralphie needs. If Ralphie does not feel like running, the Program Manager will cancel the run,” said CU Boulder in a statement on their official website.

It is unclear, however, how the handling team would be able to tell if Ralphie didn’t “feel” like running. Important decisions about retirement and whether an animal is fit to continue the pressure-filled lifestyle of being a mascot are made by a combination of the university handling teams and the animal’s veterinarians.

“Older animals, just like people, can get arthritis, so that might be a consideration if they are that old,” Herman said.

As fans anticipate the 2019 football season, animal mascots are sure to come along with the fanfare and excitement, the continuation of a tradition that will not go down without a fight.



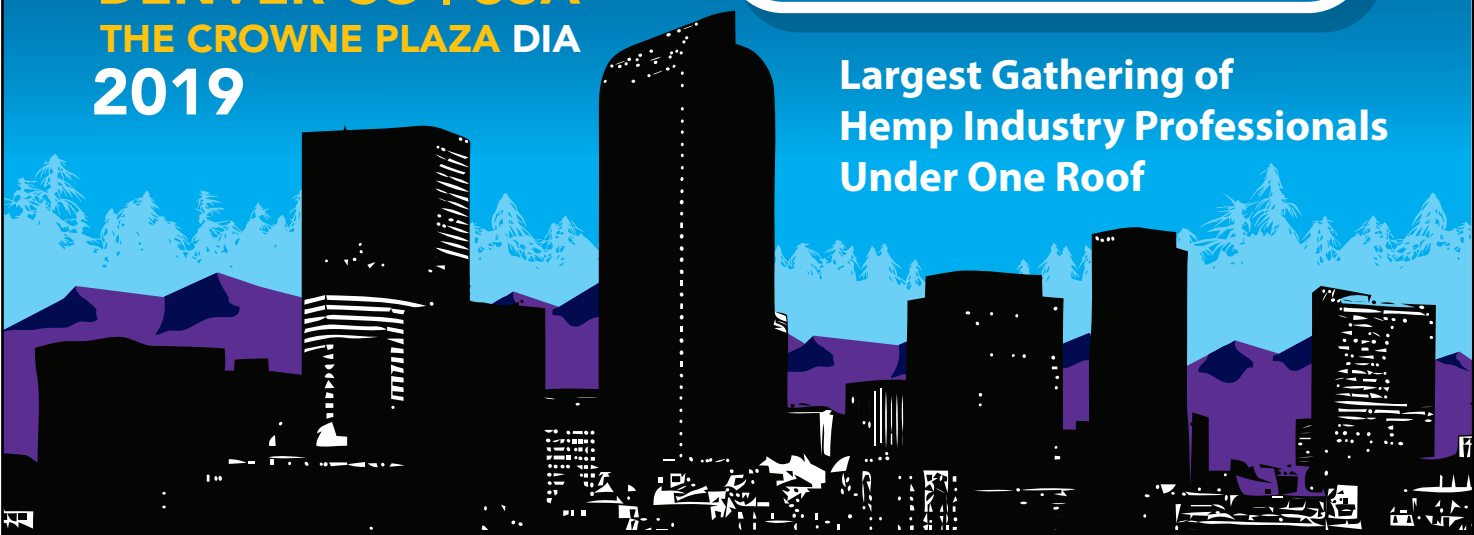
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