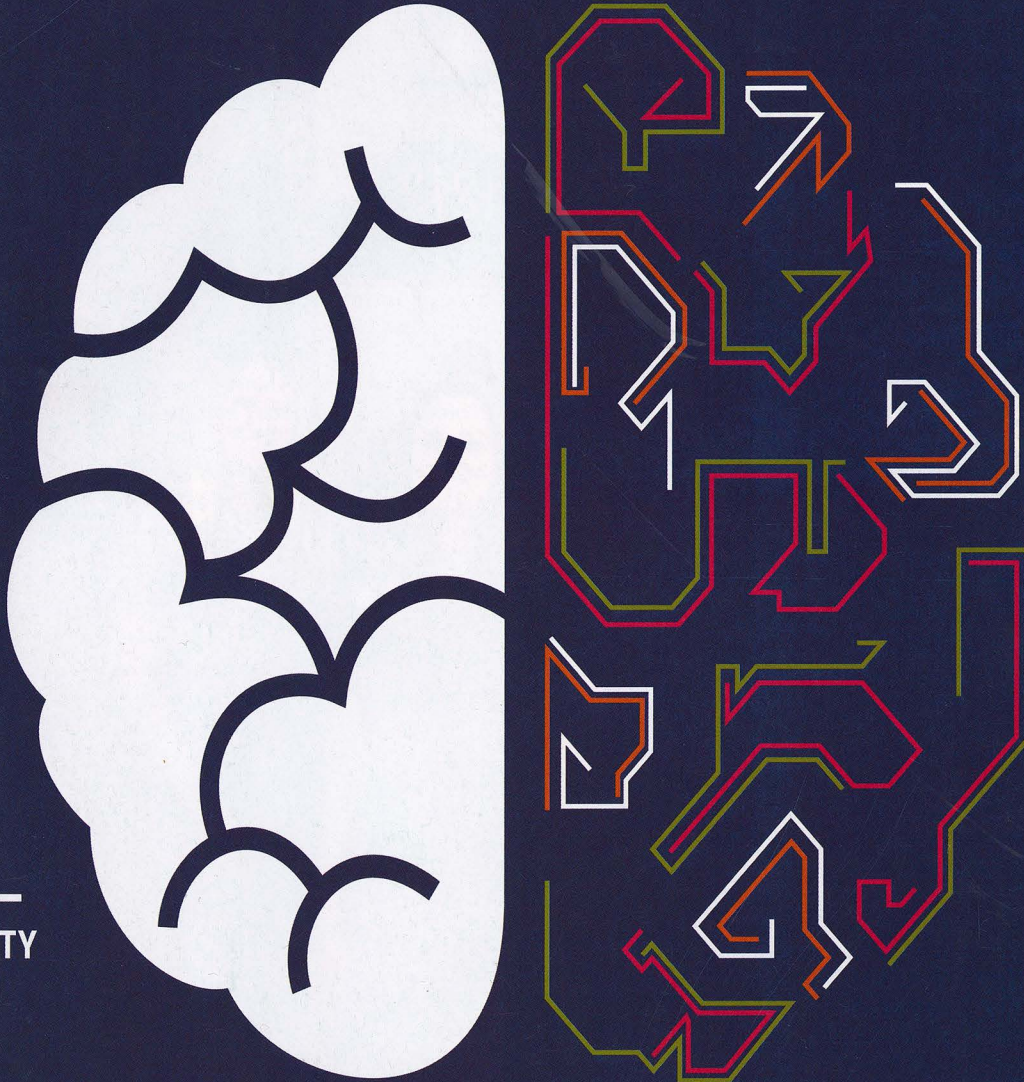


COLLEGE AVENUE

Colorado State University | Volume 12 Issue 3 | Spring 2017

A Collegian Publication



ULTA BEAUTY

Learn how to do a better blowout and an eyeshadow that complements your brow

GENERATIONS

Past influence on today's fashion, culture and music

COCO BUDDAH

Transfort's Kookiest Driver

BRAIN POWER

CSU students at the forefront of innovation



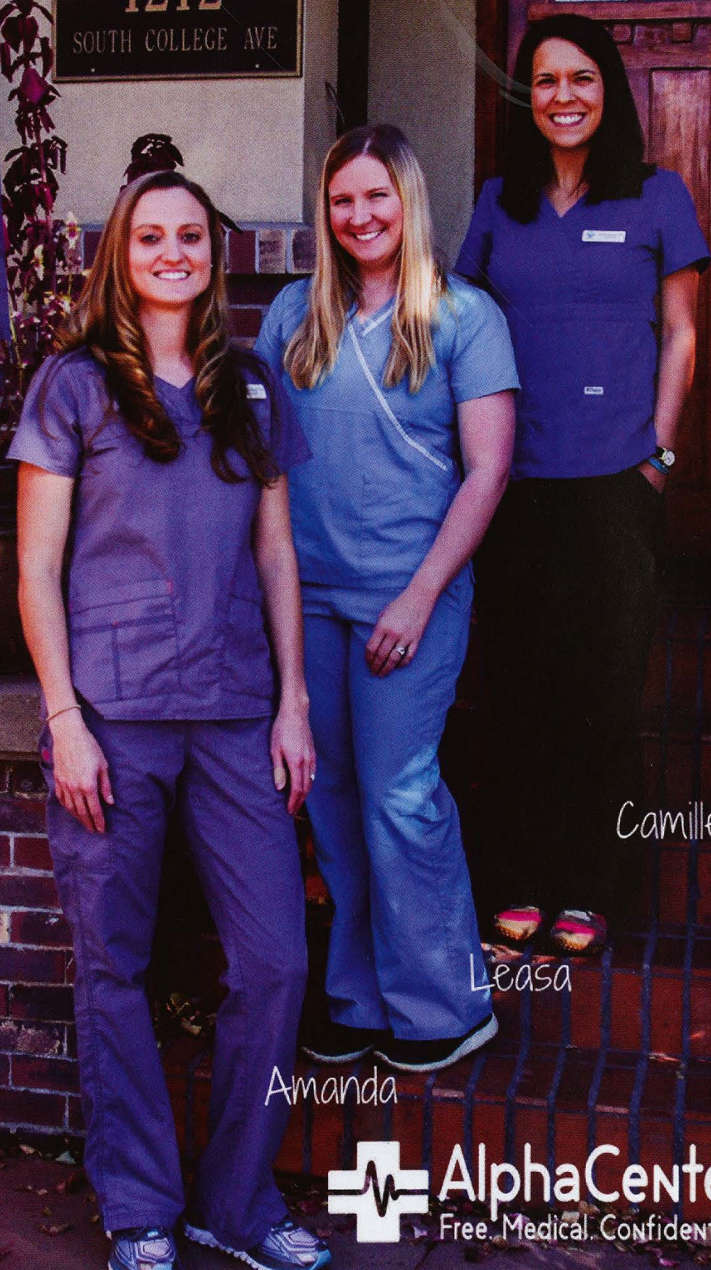
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letter from the editor

If you would have told me a year and a half ago that I would be the Editor-in-Chief of College Avenue Magazine at Colorado State University I would have thought, you were insane. I know how much work that entails, I did it in high school! Would I really want to do that all over again? Aside from the work load, I wasn't even on the path to attend CSU! But here I am.

Journalism was always a career field that I was interested in growing up. Once I had the opportunity in high school to explore it a little more, I fell in love with print design. I wanted to get people's attention, and tell them stories in a visually pleasing and easy to read way.

I started my college career at Ball State University in the Midwest town of Muncie, Indiana. But ever since I can remember, my heart has been at CSU. After spending a long year away from home, as of August 2016 I was officially a CSU Ram! I feel like I have finally found my home.

Originally it was not a goal of mine to become a publication editor in college. I wanted to be able to grow my portfolio without having to commit a huge amount of time, focusing on academics was my main priority. I soon realized, that my plans were about to change. Once I heard about College Avenue I instantly knew I had to join the staff and help grow the publication.

Being such a new member, I would have never imagined gaining the opportunity to be in the position I am today, but I could not be more thankful for it.

This semester, I am ready with new ideas and strategies on how to grow College Avenue to be the magazine I know it can be.

With a new, clean design, with bold photos and headlines, my goal is to make College Avenue a publication that students recognize and that my staff can be extremely proud to be part of. I want students to know that me are here and have high anticipation for every story and every issue that is published, online and in print.

Sometimes opportunities can come up unexpectedly, embrace them. Things are changing for College Avenue, how are things changing for you?



Shelby Holsinger
editor-in-chief

COLLEGE AVENUE MAGAZINE

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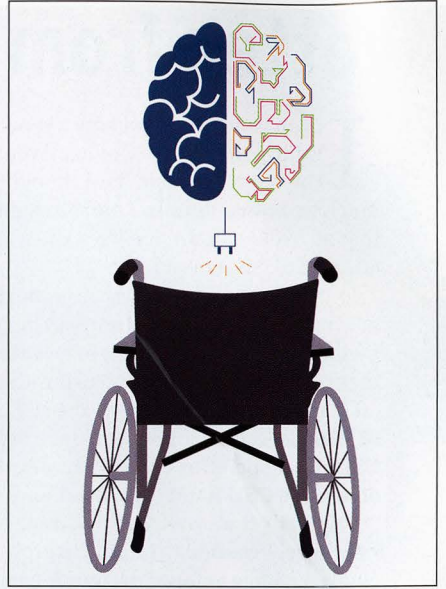


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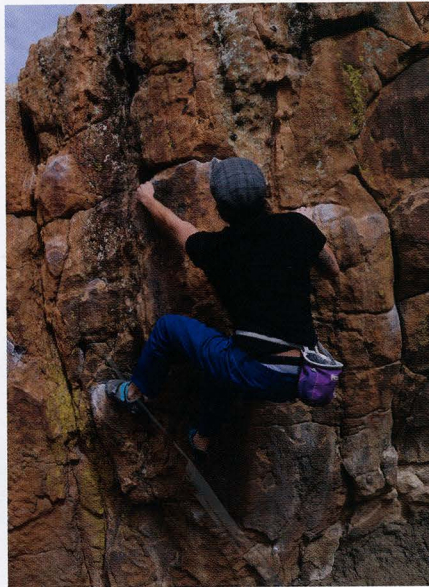
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Ramen From Home

1-2 Servings

Chopped green onions
1 ramen seasoning packet
1 package of ramen
1 large egg
Crushed red chili
1/4 cooked chicken breast

OPTIONAL

Sesame oil
Soy sauce

1. Cook chicken at 450 degrees for 10-20 minutes, or until done.

2. Place egg in a pot of water. Bring to a boil over medium-high heat. Remove from heat and cover for 8-10 minutes.

3. Follow cooking instructions on ramen packet for broth and noodles.

4. Assemble the dish, adding chopped green onions and crushed red chilis to your liking.

[It is also an option to add any leftovers you may have in your fridge.]



More Than a Cup of Noodles

By Shelby Holsinger

Being a college student, you might not always have the time or ingredients to make exquisite meals every night. You may also not have the everyday leisure to spend copious amounts of money on quality restaurant cuisine. Often times getting creative with what's in the fridge is the only option.

Ramen being one of the most staple college meals, often consumed for breakfast, lunch and dinner can get stale on occasion. However, just simply adding leftovers from your fridge can bring a palate of new flavors to the dish. Spending the extra time preparing this meal may be well worth the effort.



La Creperie

Serves Sweet French Breakfast

By Lexi Elio

Campus has a thriving brunch culture, which means every weekend morning holds potential for bottomless mimosas and breakfast desserts.

La Creperie & Bakery, the only French restaurant in Fort Collins, specializes in crepes but serves up a variety of traditional food.

Starting at 11 a.m. the cafe offers a lunch menu, but their all-day breakfast truly shines. La Creperie boasts a long list of sweet and savory crepes alike. One that is on the list is Galette, which is a buckwheat crepe served with meat, fish, or vegetables.

The cafe is clearly advertised as cash-only. Though they have an on-site ATM, making use of cards' cash-back feature or stopping by the bank could prevent an unnecessary fee.

La Creperie quickly fills up on weekends, so expect a wait time of about a half hour. While waiting for your table, you can peruse colorful artwork that fills the walls with dreams of France.

"They play a video [of] decorating cakes, it's so relaxing," Haley Land, sophomore mechanical engineering, said. "You can tell the people here really love what they do."

Many of the treats featured on screen are sold in a small bakery to the side of the hostess stand. Lighted display cases are lined with homemade pastries, like beignets, macaroons, and tarts.

La Creperie makes all pastries from scratch, but is especially well known for its croissants. The owner, Jean Claude, grew up in his father's bakery in France.

The restaurant is open from 7:30 a.m. to 2:30 p.m. and the bakery 7 a.m. to 4 p.m., although both close a half hour early on Sundays. La Creperie is closed Mondays.



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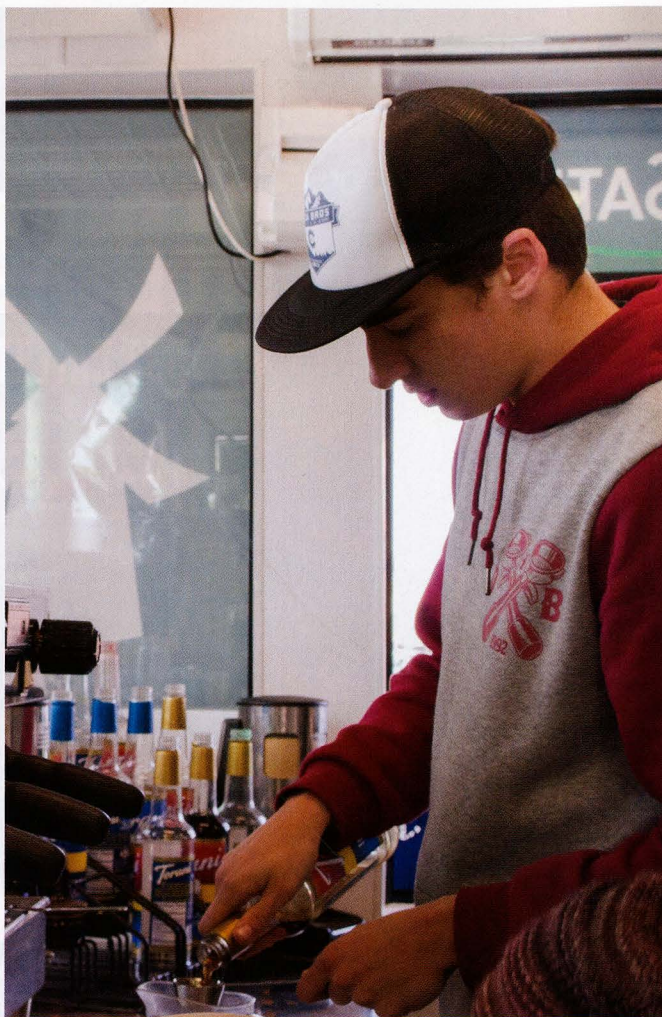


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The Dutch Have Arrived in Fort Collins

By Alexandra Lyons

Dutch Bros is a drive-thru coffee stand located in Fort Collins near Timberline and Prospect Road. They take pride in making specialty coffee drinks using hand-pulled espresso to satisfy customers with any flavor preference.

One thing that makes Dutch Bros stand out is the lack of a drive-thru speaker.

"We want to have the relational aspect of talking to people face-to-face," said Julianna Goter, Social Media and Marketing Director.

Although the company made its mark in northern Colorado just last year, Dutch Bros was founded in 1992 in Grants Pass, OR, by dairy farmers Dane and Travis Boersma.

"[They] are Dutch, hence the name Dutch Bros," said Nate Frary, owner of the Dutch Bros franchises in Fort Collins and Loveland. Frary explained how the

franchising of the company began in southern Oregon and expanded out to other states in the northwest, finally making its way into Colorado.

Colorado State University student Ben Kirby works as a barista at Dutch Bros. "It's a great time," he said. "It's a fun environment but you also have the opportunity to serve the community and just love on people."

Everyone is sure to find something they love at Dutch Bros whether it is as simple as an Americano, or their crowd pleasing "Kicker," an Irish cr me breve. More recently, Dutch Bros released their private label cold-brew.

"We have our own private labeled energy drink called Blue Rebel and we can customize that with any flavor," Frary said.

Dutch Bros stays involved in the community by holding Give Back Days. In October the company sells mugs for breast

cancer awareness in order to raise funds locally and nationally. Additionally, each May all Dutch Bros locations take part in a fundraiser called Drink one for Dane.

"All of the proceeds from that day go to the Muscular Dystrophy Association to support research for ALS," Goter said.

"One of our founders, Dane, died of ALS a few years ago, and every year we do this to honor Dane."

The company strives to build relationships with their customers and the community.

"We would like to make it more of an experience and a place for people to get a smile on their face as they're getting their drink," Frary said.

Looking to the future, Nate said Dutch Bros hopes to continue expanding and opening locations in Northern Colorado.

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Beauty Queens Enter Scene

By Lexi Elio

The Foothills Mall on College has brought a number of big-name stores to Fort Collins. Ulta is known for its wide selection of beauty products, but also houses a full-service hair salon and dermatology bar. They offer a wide range of services including makeup application, body waxing, and microdermabrasion.

3 Tips to a Better Blowout

Redken-trained stylist and Ulta salon manager Teri Clark gives a few tips and tricks for mastering these voluminous, soft waves.

1. Heat Protectant

“Oil your pan before you bake anything at 350 degrees. The [protectant] oils are usually best because they give your hair a lot more moisture,” Clark said.

2. Brush Diameter

Your brush should match the length of your hair: a larger diameter for longer hair, a shorter diameter for shorter hair. Brush size also determines curl size.

3. Coolshot When You're Done

“You can use the coolshot setting [on the hairdryer] at the end to make sure the hair isn't frizzy at all,” Clark said. Cold air seals the hair cuticle.

Model Ramma Atteya

Shadow Master

Benefit arch expert Selinna Bellsworth explains how to create an eyeshadow look that complements any brow.

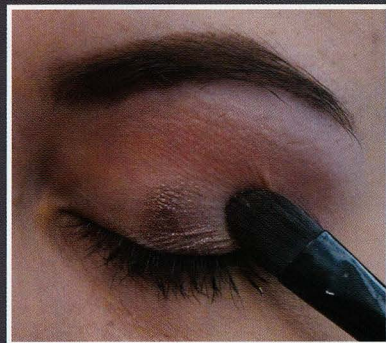
Soft Crease Shade

A lighter color in the crease makes the look more natural and wearable. Bellsworth emphasizes using a highlighter under the browbone.



Shimmery Lid

Bellsworth picked a pigmented, shimmery beige shade to pack onto the lid from Lorac's California Dreaming palette.



Seamless Blending

"Having a really nice shadow blender is key to avoid those super-defined lines," Bellsworth said as she added a darker shade near the corner of the eye.





Build a Better Business Wardrobe

By Katelyn Fahrenbruck

You've finally landed that dream job interview. Hours, weeks and even months of work have come to this one moment when you have to make a stellar impression. All the details are coming together, but then you have a realization.

What are you supposed to wear?

Finding the perfect outfit can be crucial when looking for a job or making the best possible first impression. In a college world where wearing a Batman onesie to class is applauded, it can seem daunting to understand the rules of business casual wear. Not only that, but building a business appropriate wardrobe can seem boring, subjective and expensive.

What isn't expensive is finding a few key pieces that can be added to your wardrobe to keep you ready for whatever may come your way. With a few basics in the closet, the options to personalize and keep it fun are nearly endless.

Every interview ready wardrobe should include a few nice shirts, slacks and

a blazer. Ladies can add in skirts and dresses, guys can add vests and ties. Places like Nordstrom Rack, J. Crew Mercantile and Express will always have lots of options that won't break the bank. Target, H&M, Ross and Wal-mart have simple shirts, cardigans and accessories that can be added in.

"Nothing says 'I deserve to be here' like looking and feeling your best."

-Abbie Hanawalt

When shopping for staple items, keep a few things in mind. Shop for fit. Be willing to spend a little bit more money and time finding slacks and blazers, because they need to fit. Slacks shouldn't fit like

leggings, but rather should be comfortable to sit in without stress or creasing. Invest in a pair of slacks in a neutral color (black, gray, khaki or navy) and change it up with fun shirts, shoes and jewelry. Making a similar investment in a blazer (or sport coat, guys) will add a touch of formality to every outfit combination.

"You should be able to wear just a normal t-shirt bra with your blouses," Colorado State University College of Business alum Molly Shutzenberger says.

Think about the details while you finish your outfits. Guys might consider adding fun socks, watches or pocket squares. Ladies have a wide variety of options with jewelry, shoes (just keep in mind you have to be comfortable in them all day) and other accessories.

"Nothing says 'I deserve to be here' like looking and feeling your best." CSU student and current student teacher Abbie Hanawalt says.

INNO

WASTE

A peek inside two of CSU's most relevant engineering senior design projects: a wheelchair commanded to move by EEG brain waves and an environmentally-friendly car designed with computerized driver assistance.

WHAT ELSE IS ON THE BRAIN?

Paraplegia

The Walk Again Project demonstrated a phenomenon similar to the CSU students' wheelchair: a man paralyzed from the waist-down controlled a robotic exoskeleton using a brain-machine interface.

Patients were trained for one year on three different rehab protocols: walking via virtual reality, a robot used on a treadmill, and the brain-controlled exoskeleton itself.

Using both muscle exercise and brain reorganization may have prompted new connections in patients' brains and improved limb sensitivity, which has positive implications for future spinal injury recoveries.

The vice president of research for CSU, Alan Rudolph, was part of the international project. CSU's 3D printing lab made the brain-machine helmet liner.

Anorexia

New brain-imaging technology helps a CSU professor analyze brain patterns related to anorexia. Stanford-developed CLARITY technology allows researchers to turn a mouse's brain transparent, while still maintaining its integrity.

Researchers have previously been unable to examine complete neuron networks.

With this new capacity, associate biomedical science professor Shane Hentges discovered that among anorexic mice, neurons that inhibit food intake are hyper-stimulated.

Understanding physiological contributions to the condition can help formulate more effective treatment plans.

Roll With It

CSU students engineer a brain-controlled wheelchair.

By Lexi Elio

While unusually warm winter weather brings campus to life, students sit huddled around computers beneath the engineering building. This dim basement lab houses some of Colorado State University's most innovative student projects.

One group of these students is creating a brain-controlled wheelchair.

The endeavor is part of a senior design project, the engineering department's capstone.

"Our vision [for the chair] is for people who don't have arm motion or are paralyzed from the neck down," Joel Kraft, electrical engineering senior, said. "It would be an assistive technology to gain mobility, which isn't very common for people with those disabilities right now."

Three major components make the chair's design possible: a brain-measuring headset, small but powerful computer, and motor controller.

While the team meets each week to coordinate their progress, the three each work on one element throughout the week.

Computer engineering student veteran Jason Gardner works on the headset software. The Emotiv headset translates practical commands, like move forward, into a technologically usable signal.

"You have to train it first so it can recognize what those brain commands mean with your specific brain wiring," Kraft said. Users practice pushing and pulling a digital picture. The picture zooms in and out to reflect how accurately the headset is measuring the user's command.

That signal is then sent to a single-board computer called a Raspberry Pi. Kraft is integrating this software with the headset and motor system.

The team originally designed to use the brainwear headset and computer in place of an electric wheelchair's joystick. Since they weren't able to reverse engineer how the joystick worked, they were left to

start from scratch.

Electrical engineering senior Mengjia (Megan) Yi ensures the team's motor controller effectively receives that signal. A motor controller amplifies a small signal, like from the computer, so the motors can carry out a large task, like moving the chair.

The concept for the brain-controlled wheelchair was conceived by the team's advisor, Sudeep Pasricha.

All project ideas are originally created by faculty members. Engineering seniors then apply for projects and are matched based on skillset, team compatibility, and preference.

Each team provides advisors like Pasricha with weekly reports and early copies of all presentations and documents.

Pasricha wears many hats at CSU: he is a Monfort-endowed professor, Rockwell-

"Our vision is for people who don't have arm motion or are paralyzed from the neck down."

-Joel Kraft

Anderson-endowed chair of of computer engineering, director of the embedded-systems and high-performance computing lab, and a professor in both the department of electrical and computer engineering and computer science.

While his busy schedule contributes to a laissez-faire advising approach, he is always available should the team get stuck.

"The students have to figure out how to make it work," Pasricha said. "I help them along the way, but I want [them] to gain from this whole process."

Another skill the seniors practice is fundraising.

While the ECE contributes \$600 of funding to each project, many groups need to pursue additional funding.

"One of our main problems was deciding if we were going to actually use a wheelchair," Kraft said. "It's really expensive to get a working one, but we were able to find a cheaper one on Cragislist."

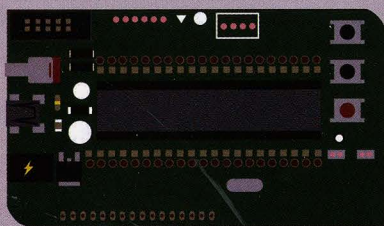
Kraft's scholarship, the Anshutz Family Foundation, and Keysight, a local

Tech Talk: How It All Works

Raspberry Pi

A Raspberry Pi is a small computer, about the size of a credit card, but with a large capacity. The system is designed to be incredibly accessible to programmers of all skill level and financial background.

The free operating system is contained in an SD card and the computer gains its power from a USB phone charger. Bluetooth capabilities communicate with the headset.



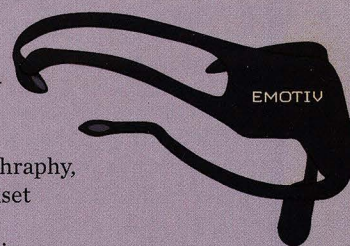
The specific model, 3B, allows the team to execute multiple parts of the control system at the same time.

This means the headset can receive commands at the same time it is executing a command. A small screen on the wheelchair will give the user feedback while using the chair.

Brainwear

This externally-developed technology uses electroencephalography, or EEG. The headset detects electrical activity in the brain. Users must train with the technology so a computer, like the Raspberry Pi, can learn their particular mental commands.

It's necessary to use a full headset because many different parts of the brain contribute to



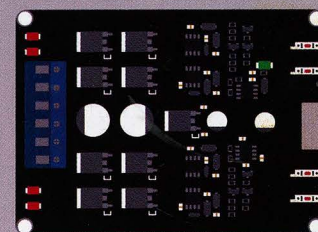
simple commands. The Emotiv headset boasts command recognition in under 20 seconds.

The headset can also measure facial expressions, six distinct moods, and link mental commands and emotional reactions to keystrokes.

Motor Controller

The team originally hoped to use the electric wheelchair's existing joystick system. They were only to obtain a broken chair, and consequently had to develop their own system.

The motor controller amplifies the signal from the Raspberry Pi, so the motors can effectively move the chair.



measurement company, both donated to the project.

The team was also able to utilize rollover funding from the previous year, as well as technology like the Emotiv headset. Many design projects continue year to year, although the main goal typically evolves.

Last year's project was a brain-controlled smart home. The assistive technology was intended to help those with disabilities carry out everyday tasks such as unlocking doors, turning on lights, or changing the television.

Graduate students and advisors like Pasricha ensure the knowledge and work each team generates doesn't get lost in the annual transition.

"This year I wanted the team to try to do something a little trickier, to control a wheelchair," Pasricha said. "[It] has a lot of parts. To get all those parts working together safely is not that straightforward."

The team agrees that designing with safety in mind is more difficult than

they expected.

"There's two sides to safety: there's system safety and user safety," Kraft said.

System safety means managing the electrical currents to prevent anything from exploding.

"We've fried many things so far, a lot of things really," Kraft said.

User safety refers to interactive measures like an emergency stop switch, which would disengage the motor should the chair respond inappropriately.

Kraft thinks time will prevent the team from outfitting the chair with motion sensors.

The teams are preparing to present their projects at the Engineering Days symposium in April in the LSC ballroom. Many potential employers attend, so the projects offer tangible examples of the soon-to-be graduates' work.

Students put in between 150 and 250 hours including fundraising, design, and implementation and develop a host of documentation on project websites.

"The senior design project is meant to give experience to the students," Pasricha said. "A lot of times in their coursework they are just working by themselves."

"This whole program prepares them for the real world when they have to work on a team."

-Sudeep Pasricha

Students often feel a similar sense of fulfillment as they near the end of their projects.

Kraft said, "I couldn't have been blessed with a better project. My dream job would be working with embedded systems to develop assistive technologies and brain-interfacing that could potentially help people in the future."

EcoCar3 Students Drive Innovation

By Jenna Fischer

You're driving home late at night, exhausted from a long day at work. As you drive, your mind numbs and your eyes begin to droop, causing you to drift into the lane of oncoming traffic. Just as you are about to collide with another vehicle, your car takes control and steers you back into safety.

According to the U.S. Department of Transportation, human error is the cause of more than 90 percent of traffic crashes. A group of electrical and computer engineering students at Colorado State University are working to make up for some of that error by developing an Advanced Driver Assistance System that will assist drivers in being safer on the road.

Computer engineering senior Jordan Tunnell is the project leader for the ADAS team.

"ADAS can be anywhere from automatic braking to even just blinking a light every time you've passed through a lane," Tunnell said.

The project is in its second year of development as part of the EcoCAR 3 competition, which is in its third year overall. Sponsored by the U.S. Department of Energy and General Motors, the competition challenges 16 collegiate teams from the United States and Canada to redesign a Chevrolet Camaro and make it more energy efficient as well as incorporate advanced vehicle technologies.

Computer engineering and computer science senior Derek Isabelle is one of the software developers on the ADAS team.

"Pretty much all of what we do is in software," Isabelle said. "It's writing code to work with the computer."

The team uses a stereovision camera and sensors to gauge depth and detect the location of objects around the car and lane departure. They do this by using algorithms to train the software to recognize things like signs and cars.

"It's a machine-learning algorithm,"

Tunnell said. "We basically give it images of stop signs, the algorithm will take those images and format and recognize what a stop sign is."

There are many challenges and things to consider when developing this technology. "Computer vision is a really tough task," Tunnell said. "Being able to tell a computer where things are in space accurately is a really complicated process. There's a lot of parts to it."

Some important aspects to consider are the different weather and lighting conditions on the road.

"If you're going into a tunnel, or if it's dawn or dusk, having light into the camera means that you get nothing," Tunnell said. "So you have to have a lot of sensors to deal with that and have algorithms that can kind of determine the weather."

Despite the technological challenge, the team said the work is extremely rewarding. "There's a lot to do," Tunnell said.

**"The automotive industry is really ramping up their ADAS software."
-Jordan Tunnell**

"There's a lot to the project, but it's fun."

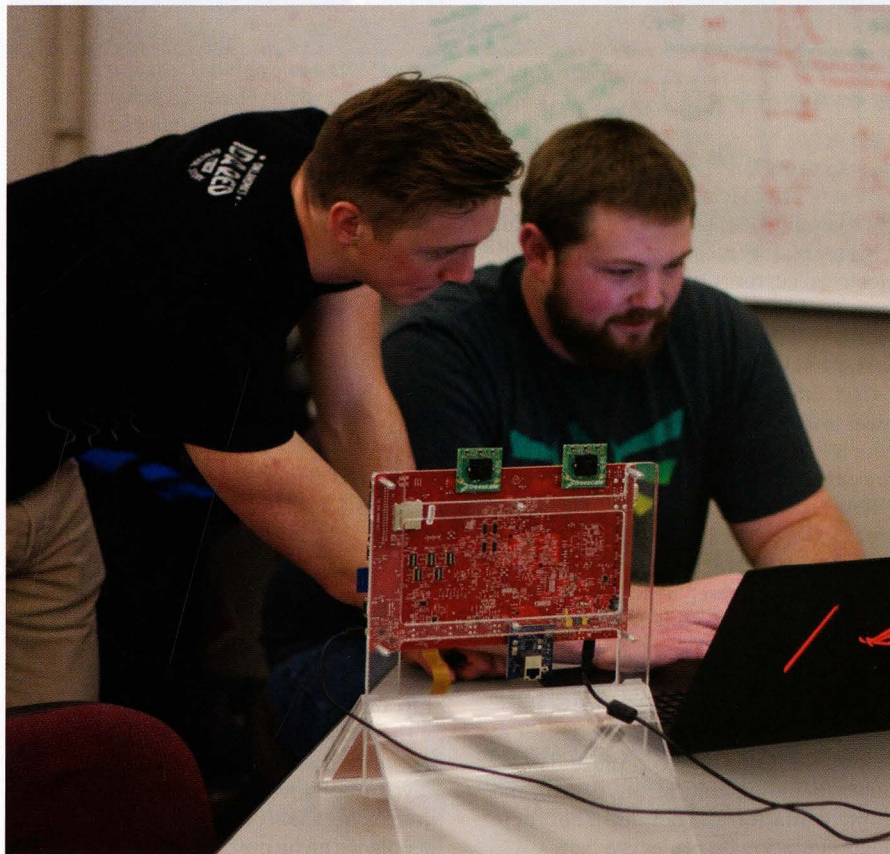
The EcoCAR 3 competition reflects many of the same goals as industry-leading companies like Tesla as they seek to develop technologically advanced vehicles and reduce greenhouse gasses in a transition to sustainable energy. These sustainable technologies and ADAS technologies go hand-in-hand.

"The automotive industry is really ramping up their ADAS software," Tunnell said.

The CSU team has two competitions coming up in Michigan and Washington D.C. to present the progress made on their projects.

While the end of the competition is not until 2018, the EcoCAR 3 teams are a part of the next wave of innovative technology in the transportation industry.

"A lot of this stuff is new technology," Isabelle said. "It's fun for us to get to work on something so cutting edge."





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Generation Up

By Jacob Stewart

Fashion

Fashion forward couldn't be more of an accurate term to describe the average fashion of the 1970's, 1980's and 1990's. These generations wouldn't have seen their immense influence on the 21st century coming. With their heads in the clouds thinking about the sleek, silver embroidered tops of the 21st century, the real presence of fashion is a throwback to the "funky" fashion of previous eras.

With tie dye realness and some loose fitting pants, the 70's are a key fashion statement currently living in the 21st century. The post Woodstock era was filled with many key fashion icons. Chilling in some lounge wear, breathable pants with a tie dye top, in an engaging natural setting is the easiest throwback when you're looking to the 70's for fashion inspiration.

Looks can also include ratted denim without loosing the color to maintain a 70's feel while dabbling in the grunge movement. As far as accessories go, a nice pair of aviators and a bright headband or scrunchie will tie the entire outfit together and let your inner flower child break through.

As relaxing as the 70's were, the high fashion of the 80's knew how to kick the scene into high gear with everyday elegance, as blacks and golds took the streets.

Big hoops, big hair and bigger personalities will steal the show at any disco throwback dance you jive into. As some looks feature the neon and lace crossover, today's 80's throwback can easily be accomplished with a black turtleneck and a pair of extravagant gold hoop earrings. High waisted denim jeans will balance out the high fashion elegance with an everyday street look that will strike the public and turn heads.

Big hair is also essential addition to tie any 80's outfit together.

An era of grunge fashion and the tattered and torn style choices finally hit the scene as the 90's rolled by. A low hanging flannel with a grungy undershirt paired with some torn jeans and combat boots was a key style choice for the average 90's grunge teenager.

The combat boots are exchangeable for a ratty pair of converse and black or faded denim is always an alternative to the torn jeans.

"To really show off your 90's grunge style, a good band-t undershirt and a black choker will instantly drop the jaw of any grunge date night you might have," 90's fashion dabbler said Alea Schmidt, freshman interior design major.



An era of grunge fashion and the tattered and torn style choices finally hit the scene as the 90's rolled by.

around you with good people.

Today's generation is the spitting image of this. Young adults are beginning to live more minimalist lifestyles, carrying around less and less; while selling and detaching from materialistic things more and more.

Pot heads may have been lazy for 10 years, but as soon as artists started making more vivacious beats, the 80's party culture took the dance floor by storm. The early 80's disco scene is described, primarily, as soul, funk and pop.

Tamara Curtis describes the 80's as an after effect of the political uprise that the 70's held. "People got lost and some people partied and others worked to further the progression from the 80's," Tamara said.

Much of the party culture that is embedded in the young adult lifestyle of the 21st century is a bona fide replica of the 80's party culture. Excessive alcohol, raging lights and careless dancing is the key to a good time while looking for an adventurous outlet in the current day world. Nevertheless, thanks, for these lively times, is due to the 80's.

When asked what the "grunge" 90's was like, Sarah Louise Pieplow, Colorado State University Professor, said, "[the 90's] grunge very quickly moved into the commercial capitalist system of being sold and repackaged without its real true grunge."

Grunge style is such an influential and unique piece that people that lived in it can only describe it as itself. As for the

culture surrounding it; grunge is, as Pieplow states, "unkempt, unpracticed, unruly and really not caring about the rules or caring about them to not follow them."

Young adults today relish in the belief that

they are the origins of rebellious acts, when in reality they learned it from the 90's. Uncanny acts of rebelling against parents, administration and politics can only be acquitted to the exponential influence from the 90's.



Culture

Pot, parties and rebels; three words parents hated hearing from their kids as they grew older. Ironically, majority of parents lived through the extreme eras that were influenced by these three things: the 1970's rise of the pot era, the 1980's massive party revolution and the rebellious nature of 1990's kids.

Tamara Ruth, 63 year old American nomad, had a few things to say about living in the 70's pot culture.

"I'm supposed to remember the 70's," Tamara said. "We would macrame, sell our stuff at flea markets, travel, play music in the grass and go to independent free concerts," she continued, "it was all about tapestries, 3 finger lids, and no stems or seeds." Tamara further eluded that the 70's were really about experiencing the world

**"I don't know how else to describe grunge without saying grunge."
-Sarah Pieplow**

Generation Up

FOLLOWING

SHUFFLE PLAY

Californiacation
Red Hot Chili Peppers • Californiacation (...)

Say It Ain't So - Remix
Weezer • Weezer (Deluxe Edition)

Smells Like Teen Spirit
Nirvana • Nevermind

Mama, I'm Coming Home
Ozzy Osbourne • No More Tears (Bonus...)

Under Pressure
David Bowie • Hot Space (Deluxe Rema...)

Sweet Dreams (Are Made of This)
Eurythmics • Sweet Dreams (Are Made...)

Kokomo
The Beach Boys • Greatest Hits

Money
Pink Floyd • The Dark Side of the Moon

Thriller
Michael Jackson • Thriller

Time
Pink Floyd • The Dark Side of the Moon

We Built This City
Starship • Knee Deep In The Hoopla

Bohemian Rhapsody
Queen • A Night At The Opera

I Am The Walrus
The Beatles • Love

Music

This one is for all you indie, hipster music lovers who have no idea why the musicians you listen to sound so much like your parents favorite music. This doesn't constitute the literal chords in the music, but the music's feel and style.

Here's the sitch, and let's rip it off like band aid; music is recycled from previous decades and nothing is actually original. As emotional and striking as that realization was, I have spent a considerable amount of time reminiscing in the "parental" decades before us and the musical ingenuousness that followed.

The investment of the 1990's music in the current generation is surprisingly extensive. Majority of the 90's era stars have continued to expand their music careers and delve into the current generations playlists. Artists such as: Green

Day, Weezer and Red Hot Chili Peppers still echo through Generation Z's ears.

These 90's artists developed the grunge rebel subculture in the Generation Z populace. Not only that, but these artists are some of the defining influences for current rock culture bands. The grungy rebellious teenagers that run amok in 2017 are extensively similar to the rock culture that lived in the 90's.

As rebellious as the 90's were, the real "trouble" started with the early 1980's disco and the rise of the true party culture.

Before kids were to cool to party away their lives, they were teasing their hair and screaming Madonna into their brushes.

Michael Jackson, Madonna, Queen and Eurythmics were mainstream game changers in the music industry during this time period. Sex, drugs, dancing and parties eased through the chords of their "funky-fresh" beats as teenagers aimlessly rushed from nightclub to nightclub. Music was a true illustration for how people wanted to see themselves.

Similarities are seen in music today. EDM, hip-hop and electronic music all

derive from some form of disco music. The fast beats and vulgar lyrics of today's popular music is an allusion to the party period of our parents generation and says "we are not that different from you."

All the vibrant colors and extensive parties of the 80's first

erected from post Woodstock, 1970's decade. Peace signs, high waisters and the start of marijuana culture, that has yet to end, were key factors in the culture aspect of the 70's.

This was vividly represented in their music as David Bowie, The Beatles and Queen took stages across the world to represent the popular culture of the 70's. Current "indie" artists, such as Summer Salt and Glass Animals, take notes on the 70's music style and have brought it into the hippie subculture of the 21st century.

As rebellious as the 90's were, the real "trouble" started with the early 1980's disco and the rise of the true party culture.



Mixed Martial Arts is More Than Just Cage Fighting

By Ian Fuster

Martial arts have been around for thousands of years, and many different parts of the world have their own respective martial art of origin. For example, Brazilian jiu jitsu originated in Brazil, and the discipline of muay thai can be traced back to Thailand.

Those who train in mixed martial arts seek to learn, combine and master each discipline that is practiced. This is so when competing, they are able to fight effectively.

Now, you may ask yourself, “how do people get into fighting?” More often than not, people will respond with similar answers. For most picking up the sport is first and foremost a form of exercise, and exercise is incredibly important in everyday life.

Anyone who trains in MMA can tell you that it is one of the most intense workouts you can get. It not only works your muscles and your cardio, but the training you experience teaches you to push yourself. The more work you put into the sport, the more success you will get out of it. For those who actually fight, they must learn how to properly fuel their bodies so they can perform at an optimal level.

If you look at some of the stars of the UFC, mixed martial arts biggest sport franchise, they are some of the leanest and most physically capable athletes on the planet. Not only do they have some of the most intense training regimens of any sport, but they also must learn how to keep a balanced diet so that they have enough energy to reach peak performance.

Mixed martial arts is named for obvious reasons, athletes mix together various types of combat disciplines while fighting.

The stand up game, the types of combat that involve striking, can vary from boxing to kickboxing, muay thai to capoeira, karate to krav maga and so on.

The grappling game, on the other hand, involve techniques from sports like wrestling, jiu jitsu and judo along with others. Different fighters come from different training backgrounds, so it is interesting to see the different types of martial arts incorporated when fighting.

In a way, fighting allows for different cultural martial arts to be shared with the world.

Not all people start martial arts just for the exercise. For many, training in martial arts is a way to escape the pressures or everyday life.

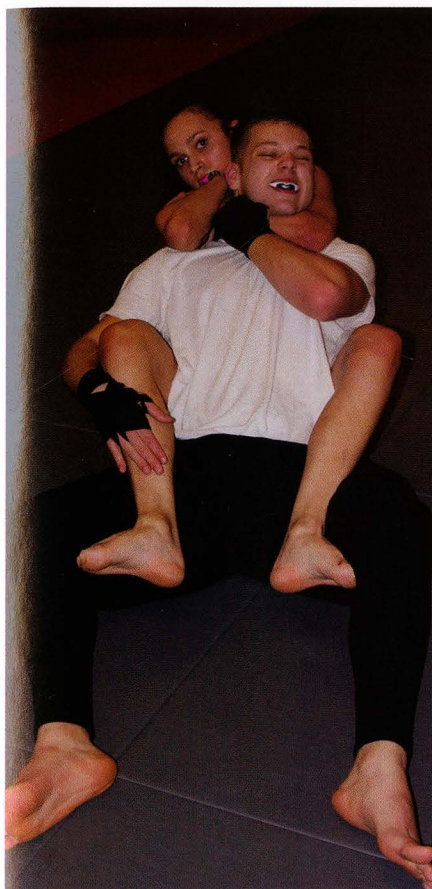
I interviewed Alliya King, a freshman construction management major at Colorado State University, to ask her why she began to train in MMA.

King told me that, prior to coming to college, her life “was actually in a downward spiral,” because of personal, family reasons. She continued to say that she had always used fitness as a way to cope with the problems she had been facing. When starting school at CSU, King noticed that the recreational center’s mat room was very nice, and she decided to pick up boxing.

“I met some friends who trained at a local gym here in Fort Collins, and they invited me to come train with them,” King told me, ever since trying that one class, she has “been in love ever since.”

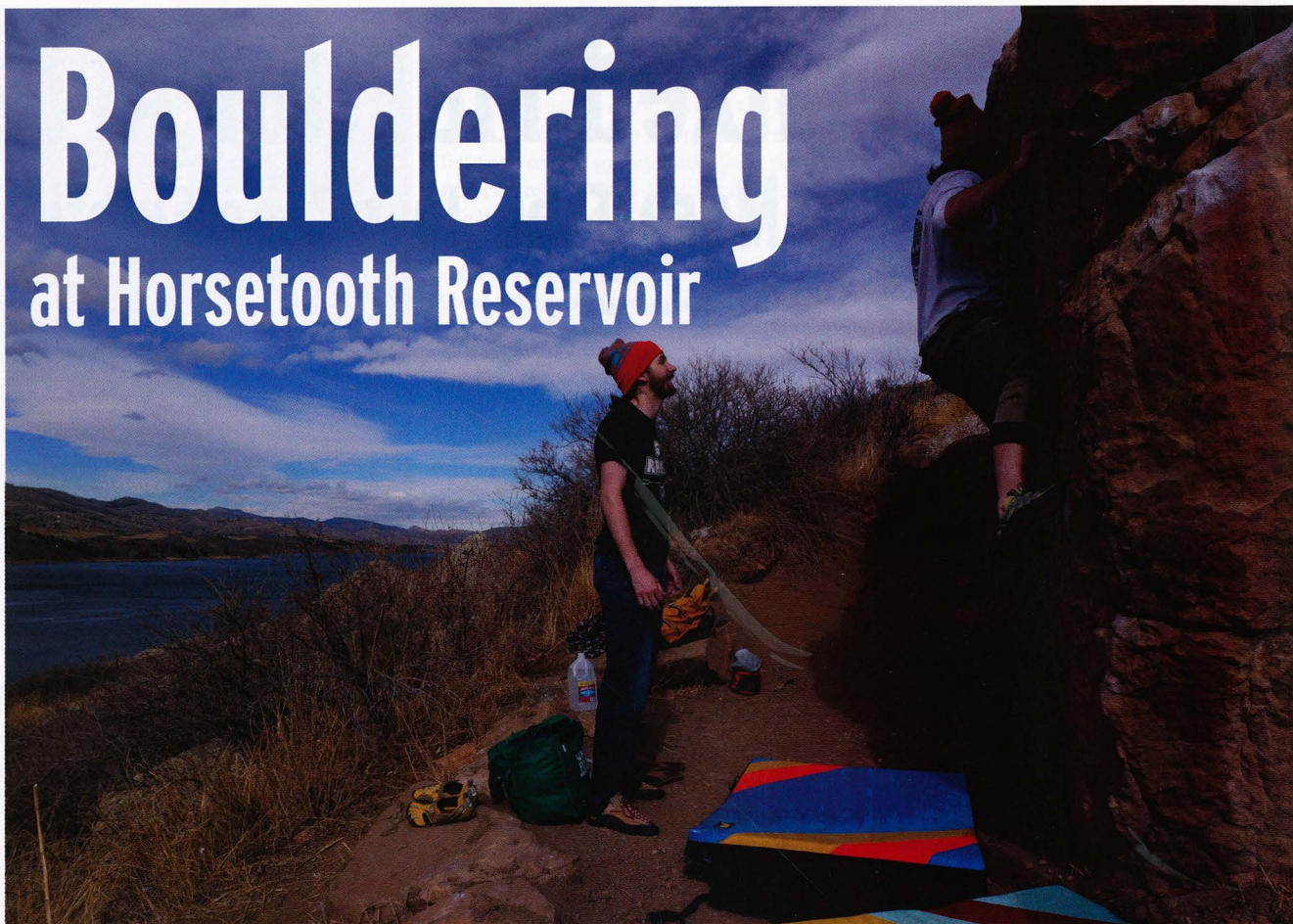
I then asked King to explain to me what MMA meant to her, and she told me that “it means everything” to her and that she “cannot even picture her life without it anymore.”

Not all people start martial arts just for the exercise. For many, training in martial arts is a way to escape the pressures of everyday life.



Bouldering

at Horsetooth Reservoir



By Audrey Potter

Colorado State University students have access to a rock climbing wall in the recreation center, but for the real deal they drive up to Horsetooth Reservoir.

Rock climbing requires a lot of equipment such as a harness and belay device. For bouldering, however, all you really need is chalk and a crash pad to cushion falls.

When the weather is nice, computer science senior Isaac Mauro and his friend Nico Gorski often decide to leave the gym and climb outside.

"It takes a bit of time to get used to the whole outdoors thing if you've only been climbing inside," Mauro said.

Mauro and Gorski both have memberships at Ascent Studio, a climbing gym in Fort Collins. They said they both started climbing a few years ago, but have been going more often in the last six months.

Forestry senior Gorski said he looks online to find new places to climb at Horsetooth.

"You can look online and it can tell you what grade boulders are or you can come out

here with someone that knows," Gorski said.

Another local climber, Jon Suhy, has been going to Horsetooth for the past seven years and knows where a lot of the best climbing is located. His favorite spot is Duncan's Ridge.

Suhy and many of the other regular climbers have formed a tightly-knit group. They even created a movie of themselves bouldering.

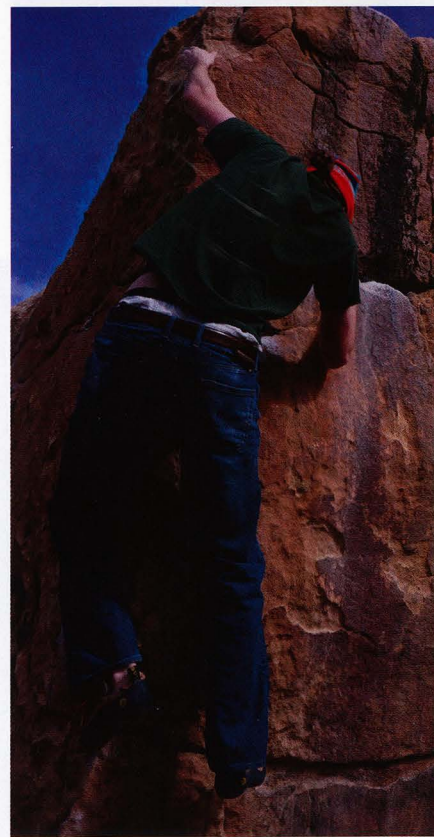
One of the climber's idols is John Gill, the first person to bring bouldering to Horsetooth in 1967.

"Instead of working out in the gym, he came here and started working out on boulders," Suhy said. "He brought friends out and he was like 'I dare you to do this.'"

Although Gill was the first to venture up and try to climb in Horsetooth, he paved the way for hundreds of students to follow in his footholds.

Suhy has also tried climbing in the Poudre Canyon, Rocky Mountain National Park, and Utah, but he said he is very passionate about Horsetooth Reservoir.

For both novice and experienced climbers, Horsetooth offers the next adventure.



My Life Was Changed By a 31-Day Yoga Challenge

By Selena Rodriguez

Life can be a dizzying, ever-moving carousel. No stops, just a constant cycle of waking up, going to class, do that thing you really wish you didn't commit to, work, sleep and repeat. Believe me, I'm no stranger to the madness. Slowing down for some legitimate self-TLC can be like getting a cat into water. When your to-do list can rival the length of your last end of semester term paper, it can feel impossible to just take a second to breath.

I'm going to let you in on a little secret to combat the seemingly endless grind: that to-do list isn't going anywhere and you will always have this or that to do. I know you've heard the whole self-love spiel about a thousand times but I'm here to tell you that taking some time for yourself really is all its cracked up to be! I recently decided to take on a 31-day yoga journey that taught me a lot about the art of slowing down and finding the love and light within myself.

Find what feels good. That's the phrase the YouTube blogger, Adriene, emphasizes in all of her yoga videos. The 31 videos were designed to help both newbies and advanced yogis steep as much out of their practice as possible. Adriene guides in a way that encourages the viewer to accept where they are in that moment. She explains that even if you can't reach your heels to the ground in downward dog or reach that difficult pose, it doesn't mean your practice is any less valid. We must learn to listen to the body's cues in order to truly live in the moment of the practice. Each day cultivates a new sense of awareness.

Within a week I noticed a transformation in my yoga game. My time on the mat became fulfilling and meaningful in a brand new way. What amazed me even more were the changes reflected off the mat. There was a new sense of connection between my mind and body that I've never experienced before. Throughout my day, I'd find myself checking in with my body, sitting up

straighter, taking pride and appreciation into every action. I've found love for the body that carries me from adventure to adventure in this life.

For me, the challenge has provided both physical and mental improvements. Anyone else out there plagued by that evil little gremlin called anxiety? For as long as I can remember, my inner monologue has been a constant stream of "OMG, OMG OMG".

As I continued with the yoga challenge, however, my worries seemed to melt with my new daily practice. Don't get me

wrong, I still have anxious days. But I've found tools to calm the gremlin. And I know at the end of a stressful day, my yoga mat's got my back.

This challenge has truly changed my life and I am so grateful. The best way I could think to give thanks is to spread its message. Maybe someone out there reading this will try the challenge and reap the same magic from it that I did. With an open mind and an

open heart maybe, just maybe, you could create a revolution in your own life.

There was a new sense of connection between my mind and body that I've never experienced before.



FOOD & DRINK

STYLE

ARTS & ENTERTAINMENT

REC & TRAVEL

FOCO FINDS



Meet “Coco Budduh”

Transfort Driver

By Jenna Fischer

Carpe Diem. Seize the Day. This is your day and you will never, ever have another day like this. Make the most of it. Make your parents proud, your brothers and sisters jealous, and your friends weep with envy. Go Rams!”

This is the mantra that Transfort bus operator David Boling recites for his passengers each morning. “And stay away from tobacco products!” he adds as they file out the exit and head to class.

Boling—or “Coco Budduh” as the students at Colorado State University have fondly nicknamed him—has worked in Fort Collins transit for 16 months.

“I like to engage the passengers,” Boling said. “It makes my day a little brighter, go a little faster. I like messing with you kids.”

A CSU alumnus himself, Boling has also been known to do CSU trivia and crack jokes with his passengers. He claims that chatting with the students also helps to keep him from getting bored while driving his route.

“If you think about it, you’re driving around in circles and it gets monotonous,” Boling said. “That’s one of the reasons I do what I do.”

According to Transfort Operations manager, Carol Thomas, customer service is a huge factor when hiring drivers.

“We can teach people to drive, but we can’t teach people to like people,” Thomas said.

“Customer service is the first thing we hire for and Dave pretty much exemplifies that.”

Thomas—who is also a CSU alumna—

has worked for Transfort for 25 years.

“Transporting people safely and getting them to their destination is important,” Thomas said. “But when you add that customer service piece it makes all the difference.”

When dropping students back off at home on Friday afternoons, Boling modifies his mantra.

“Instead of Carpe Diem it’s Carpe Noctum, seize the night,” Boling said. “If it’s Friday, I encourage them to make poor decisions, have fun, but don’t get hurt, don’t hurt anyone, and don’t get caught. That’s part of college, making decisions you regret and learning from them.”

Boling tells the students that he hopes they come back on Monday morning with a good story to tell him about their weekends.

Second year business major, Theron Mekelburg has been a passenger on Boling’s bus on several occasions.

“He stood out as always being joyful and happy and a little silly,” Mekelburg said. “It’s the perfect way to start off a school day, especially when it’s 8 a.m. and the last thing you want to do is take a bus and go to class.”

Whether he is the first person the students see before starting their day, or the last person before going home at night, Boling said he hopes he impacts them in a positive way.

“I hope it’s positive, I really do,” he said. “That’s what I strive for. None of us are getting out of here alive, so if we can laugh with each other and at ourselves I believe there’s a strength there.”

Mekelburg said he thinks the positivity is felt by all of the students on board.

“I specifically remember he was able to make a whole bus chuckle once and that can make or break a day,” Mekelburg said. “It always has a positive effect.”

Boling is one of almost 100 Transfort bus operators who drive 19 routes and serve over 500 stops.

“It’s a great bunch of people who care about what they do, and they care about CSU,” Boling said. “With Transfort, it’s about customer service. It’s about serving the public.”

Boling gets people where they need to go, and has a good time doing it.

“It’s just fun,” Boling said. “You can see the enthusiasm. I’ve even on occasion had people wanting to take a selfie with me, which is very flattering.”

For Boling, a simple “thank you” is the best reward.

“The ultimate compliment to me is when people come up to say thank you.”
-David Boling

“That means more than you’ll ever know to a bus driver.”

Boling said the best part of his job is the reciprocal positive impact.

“If I help them start their day off in a right way with a positive attitude, I’d like them to know that I get the same back from them,” he said. “It really means a lot to me when I see a bus full of smiling faces and if I can get them to chuckle or laugh, it’s worthwhile.”



Part-Time Jobs for Full-Time Students

By Katie Mitchell

Full-time students are busy: they attend classes, do homework, maintain social lives and participate in activities outside of class. Sometime in this busy schedule, they also need to find time to work and make some money.

All too often, full time college students are applying for and working at boring part-time jobs. This could be working in retail or as a waitress. Don't get me wrong, I'm not knocking on people who work in these positions. Rent is important, after all. What I'm saying is that there are so many fun and active jobs in Fort Collins that students could be doing instead.

Physical activity built into your job is important for your health and for feeling good every day.

If a physically demanding job isn't for you, try mixing it up with a job that inspires you to the brain you've been paying so much to bulk up at school.

1. Photographer

Spring and summer are coming up, which means that outdoor adventure companies are hiring. If you have any photography experience, try getting a job for one of a rafting company in the area.

2. Dog-Walking

A lot of people do not have time to walk their dogs during the day, so look into some gigs running the trails with the furry friends of Fort Collins. Pet care can even extend to watching someone's house when they're out of town.

3. Backpacking Guide

Love the outdoors? Try your hand at being a backpacking guide! Take people into the mountains for the weekend on a trail you've known since you were little and earn money doing what you already love and know.

4. Mentor

Improve your karma and be a role model. Lots of communities and clubs around campus hire mentors and advisors for incoming freshmen. Try looking into the Living Communities around campus.

5. Teaching Assistant

Did you enjoy a class so much you want to take it again? Being a TA is something that enables you to have an even greater understanding of a subject and a chance to build important connections with professors. Score.

6. Nanny

Playing with kids, helping with homework, cooking and helping with laundry are all great ways to earn a little extra cash. Try signing up with a nannying website such as Care.com to get in contact with parents looking for help.

A Taste of the 20's

By Lauren Kean

I had never heard of the speakeasy before a week ago, and now I can't seem to escape it. After hearing friends gush about the fancy cocktails and gourmet appetizers and snack trays, I decided I had to try it out.

Though I knew it was in Old Town, it was slightly hard to find, as the place was hidden underground (true to the essence of a speakeasy). In fact, the only reason we discovered it was due to the presence of a grandfather clock dubbed "Social" and a small sign on the side of a brick building pointing downwards. After descending the stone steps and stepping through a large wooden door, I entered the Roaring 20s.

The ambience was immediately inviting, with dim lighting and soft jazz music wafting through the air. I took in the large sign that read "Prohibition Dead: 21st Amendment Ratified, Crowds Hail Repeal" hanging over a small desk with a typewriter upon it, said to be Ernest Hemingway's own.

The service was fairly quick and our waitress remained patient as I took a good twenty minutes browsing the many options on the menu. I was overwhelmed by the abundance of unique, fun-sounding cocktails I had never heard of (Hot Buttered Rum, La Bicyclette, Bobby Burns). The list of wine was substantial and a page full of beer options was also incorporated, as well as a section for creative non-alcoholic cocktails.

The food ranged anywhere from smoked salmon pâté to pulled pork sliders. For hungrier guests, Social provides choices such as a charcutier sandwich,

served on a parmesan hoagie panini, as well as pierogies, which are potato and cheese dumplings. There were even a few deserts available, such as chocolate fudge or fruit bars.

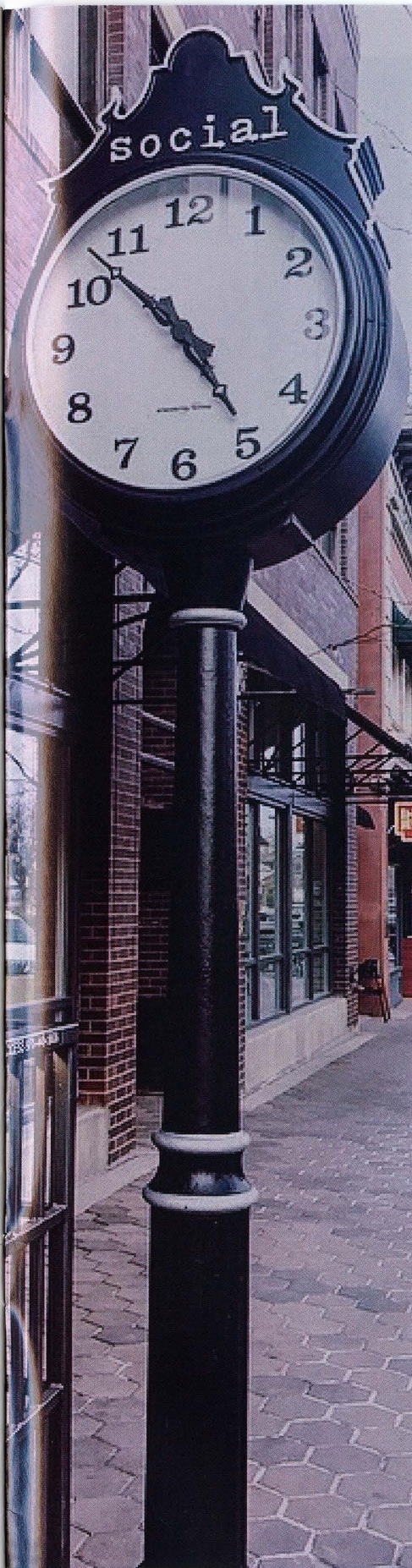
I (finally) decided on a cocktail called Cold Blooded, containing orange cognac, fresh lemon, cranberry, rosemary syrup and fresh rosemary. A charcuterie board was also a must. The exhibition consisted of prosciutto, gouda cheese, bread sticks, spiced nuts, sweet peppers, mini pickles, olives and their house mustard.

The cocktail was refreshing, like iced cranberry lemonade on a warm summer day. It was sweet without being overwhelmingly sugary. The taste of the liquor was virtually nonexistent, and yet its existence had made itself known by the time I hit the bottom of the glass.

The ham was perfectly sweet and savory, which mixed well with the gouda and "breadsticks," more like crackers than actual bread. The spiced nuts were a table favorite, tasting like a higher-class version of honey-roasted peanuts. The pickled vegetables were decent, though a little dry for my taste, while the peppers and olives tasted like, well, peppers and olives.

The only true complaint I have is that I wish there had been more!

To my delight, the prices were much less than I had expected, with the charcuterie board being ten dollars and the Cold Blooded a measly five. Both relaxing and enticing, serene and mysterious, I would absolutely recommend any Old Town-goer to stop by Social for an experience impossible to forget.



Topo Designs

Values Community and Outdoors

By Jenna Fischer

Colorado-based outdoor bag and apparel company Topo Designs values the outdoors and community.

Founders Mark Hansen and Jedd Rose created the brand in 2008 and opened the Denver flagship store in 2013.

Two years ago, the company expanded to open its second location on S. College Avenue in Fort Collins. Apparel and Merchandising sophomore Marshall Columbia has worked at the Fort Collins location for just over a year.

"In a city like Fort Collins, people value the outdoors," Columbia said. "It was pretty seamless for us to fit in here because of that lifestyle."

All Topo Designs products are manufactured in the U.S., reflecting the company's commitment to community.

"Our bags are made locally in Broomfield and our clothing is made in

the bay area in California," Columbia said. "Our headquarters is in Denver and the design and marketing team work out of Fort Collins."

Topo Designs sometimes hosts community events such as yoga at its Boulder location and Run Club at the San Francisco store.

"It's a really community-based company," Columbia said. "It's cool to talk with people about climbing, skiing and the things they like to do."

Natural resource tourism junior Cole Rickard is one of the many customers who supports the company.

"I think it's a really cool store," Rickard said. "I like the idea of local, high-quality products and enjoy being able to represent the Fort Collins community."

An avid outdoorsman himself, Rickard agreed that Topo Designs is a great fit for Fort Collins.

"It matches with the values that a lot of people in Fort Collins have," Rickard said. "There are a lot of outdoor enthusiasts and gear junkies."

According to Columbia, the brand creates the perfect balance between city style and outdoor utility.

"I love the mixture between something that is aesthetically pleasing but is also meant for the outdoors," Columbia said.

"We see ourselves fitting in with the city person who goes on day hikes and values the outdoors outside of their city life."

Columbia said as the company is beginning to expand their markets internationally. Even as Topo Designs grows, they still maintain their original core values.

"It's such a tight-knit community within the city, and we wanted to be a part of that," Columbia said. "We try to get our customers in the lifestyle of Topo."



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