

COLLEGE AVENUE

Colorado State University | Volume 11 Issue 7 | May 2016



New Threads

Denver Fashion Weekend is
Denver's turn in the fashion
spotlight
pg. 14

We're having a party!



The Rocky Mountain Collegian is turning

125

this year!



We'll be celebrating during the CSU Media Festival, which will be held

Sept. 28 - Oct. 1.

All alumni of the Rocky Mountain Collegian, KCSU-FM, CSU-TV and College Avenue Magazine are invited. Stay tuned for more details.

Are you interested in volunteering to help organize events to be held throughout the CSU Media Festival? Contact Student Media Adviser

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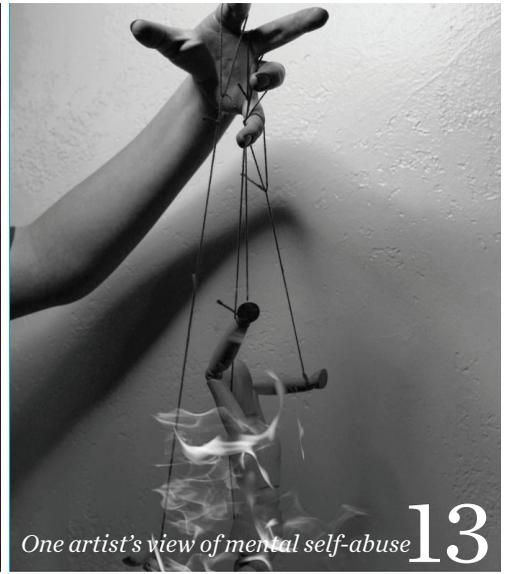
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EDITOR'S NOTE

It's around this time of the year that I always look back and see where I was this time last year and to see how much I have changed. All I have to say is what a year it has been. I feel like I am a completely



different person than I was last year. Not only do I look so much different, my outlook is so much different as well.

The best aspect of the human experience is the idea of change, whether it be for the better or the worst. We are never the same

person we were a year ago, a month ago, a week ago or even yesterday. We have experiences that change our perspective and impact our outlook going forward. These experiences can have the biggest effect on who we are and what we stand for.

In order to change, we all have

our own "day of disgust" (if you had Crozier for copyediting you know this comes from "The Slight Edge"), the tipping point for change to occur; it's when you are so disgusted that you want to make a change.

We all have our own days of disgust in one way or another. We all have these moments in which change stems from. And we remember the exact moment and refer back to it because you never want to feel that same way ever again.

I'm not going to say that change isn't scary because it is. It is absolutely terrifying. The result of change can be terrifying, but absolutely addicting. Once you begin to see results, you never want to go back.

With change also comes phases. And life is all about phases. Most of us are in the same phase: the college phase where we aren't sure how our lives are going to go. Some of us are at the end of that phase, where we have a plan, and some of us are in a completely different phase whatsoever.

We have to adapt to change to be able to transition to different phases. For some, it's hard because we like the phase we are in, and for others, it's easy because we are eager to move on to the next phase.

But change can also be inspiring – you open a part of yourself that you never knew existed. You become a more confident and stronger person than you were before. That strength and self-esteem can carry you into the next phase to help you succeed.

Change is inevitable; it happens whether we want it to or not. Some of it is natural, some of it is forced. But all of it is necessary in our growth as a human being. Don't be afraid of change; embrace it. You won't know how much you change until you look back on where you were a year ago.

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ILLEGAL PETE'S

- MARCH 24** RYAN CHRYS AND THE ROUGH CUTS **FREE EVERY THURSDAY AT 9PM**
MARCH 31 THE LONGEST DAY OF THE YEAR **ILLEGAL PETE'S**
APRIL 7 WRITE MINDED **320 WALNUT**
- APRIL 14** THE 14ERS
APRIL 21 BRETT JARNAGIN
APRIL 28 THE SWASHBUCKLING DOCTORS
MAY 5 LUNDE STATION
MAY 12 PROFESSOR FOX BAND
MAY 19 MATT MAHERN
MAY 26 THE SEERS
JUNE 2 RYAN CHRYS AND THE ROUGH CUTS
JUNE 9 THE LONGEST DAY OF THE YEAR
JUNE 16 WRITE MINDED
JUNE 23 LUNDE STATION
JUNE 30 BRETT JARNAGIN
JULY 7 PROFESSOR FOX BAND
JULY 14 THE 14ERS
JULY 21 THE SEERS
JULY 28 THE LONGEST DAY OF THE YEAR

Spokes
BUZZ
FORT COLLINS



WEDNESDAYS AT 8PM



Food Truck Frenzy: Exploring

By Jenna Fischer

Fort Collins is known for its wide variety of delicious and unique culinary opportunities. What some people don't know is that many of these eateries only operate on wheels.

Food trucks are a mobile alternative that complement the community-oriented atmosphere of Fort Collins.

"Food trucks encourage people to interact," said Erik Roman, one of the partners who owns The Waffle Lab food truck. "It forces people to engage in conversations about whether they've had a certain food item before — it fosters a community element just because you're in proximity to everybody else, and I think that ties into the way that we approach everything in Fort Collins."

The friendly atmosphere is one of the many factors that drew husband and wife team Doug and Nancy Van Reeth to Fort Collins. After experiencing economic difficulty living in Maine, the Van Reeths decided to pack everything and move to Colorado to start the Mile High Lobster Shack in August 2014.

"It's a fun twist on a normal sit-down restaurant," Nancy Van Reeth said. "I think Fort Collins lends itself to that because the people of Fort Collins are progressive thinkers — they're adventurers."

The businesses within the food truck industry also prioritize community in their relationships with one another.

"The people in the industry are super friendly and right here in Fort Collins everybody supports each other a lot," Rohman said. "Even though we are separate businesses and we all need to be successful, everybody is always willing to help



Doug and Nancy Van Reeth sell authentic Maine lobster rolls from their food truck on the corner of North College Avenue and Oak Street. Photo by Jenna Fischer.

everybody else out."

All of the food trucks in Fort Collins came together to form The Food Truck Alliance, which enables vendors to communicate about upcoming events and opportunities. One such event is the Food Truck Rally held regularly in City Park during the summer months.

Cesar and Berenice Lopez are another husband and wife duo who founded The Taco Stop food truck in August 2012. The Lopezes have participated in the Rallies every year since the first Rally in 2013.

"The Food Truck Rally has been growing a lot," Cesar Lopez said. "It started with only five trucks, the next year was eight or nine and now we are allowed to have 12 to 13 trucks."

Rohman said the Alliance is going to attempt to hold a rally every Tuesday evening during summer of 2016.

"It's like a community picnic," Rohman said. "We have face

painting, we have music, we've done some things where we've partnered with nonprofits and it's an awesome environment."

The Rallies are a great opportunity for citizens to try new food and support the various mobile food vendors based in Fort Collins.

"They really support local business and we really like that about the people of Fort Collins," Cesar Lopez said.

Several food trucks also partner with local breweries such as Odell Brewing Company, New Belgium Brewery and Equinox Brewery.

"We depend a lot on the breweries and the places where we usually set up," Cesar Lopez said. "We really hope for them to be busy, too, to help us get more business."

The support within the food truck community can offset some of the challenges that mobile vendors face.

"The weather is huge," Rohman

said. "The weather can determine whether you have enough money to pay yourself."

Rohman said the income swings due to weather can be as much as 40 percent.

"We get half of the business when the weather is bad," Cesar Lopez said. "If it's snowing really bad, raining really bad or windy we don't go out because it's not good for business and not good for our equipment."

Another obstacle for mobile food vendors is city and county regulations.

"There is a process that you have to go through with the city to get your mobile vendor license," Rohman said. "The city has done a really great job at defining the process for becoming a mobile vendor in Fort Collins."

"I think the departments within the city are very positive," Nancy Van Reeth said. "Fort Collins gets a lot of support from the government agencies."

According to Rohman, there are specific zoning ordinances that govern where a food vendor is able to park. He said The Waffle Lab currently leases private property on the corner of North College Avenue and LaPorte Avenue.

"Our corner is a very unique situation," Rohman said. "We lease that property, so right now we can set up pretty much whenever we want and we can operate however much we want."

The city of Fort Collins is currently considering a proposal that would change the parking regulations for food trucks. The proposal seeks to place restrictions on the length of time a mobile vendor can operate in a single location, even if that property is

the Culture of Mobile Vendors

privately owned.

“The city is proposing that mobile vendors shouldn’t be able to park continuously in the same spot,” Rohman said. “It’s a very very tough business, so any limitations that the put on permanent parking is a challenge.”

Additionally, mobile food vendors are required to work with a licensed commissary kitchen.

“We cannot prep anything in the trailer,” Cesar Lopez said. “We need to have a commissary kitchen where we do all of our cold prep, hot prep and cleaning.”

Working with the commissary kitchen also helps to keep food trucks in line with health

department regulations.

“You have to work with both your commissary and the health department to make sure that everything is going to be good from a food-safety side of things,” Rohman said.

Finally, providing consistency for customers creates another challenge for mobile food vendors.

“It’s a tough situation because, as a mobile food vendor, one of your biggest challenges is that consistency to make sure that your audience can find you on a regular basis,” Rohman said.

Lack of consistency can prevent customers from eating at

food trucks.

“They’re not going to try your food and see how good you are if you’re not there all the time,” Cesar Lopez said. “I would say consistency is the most important thing.”

“People get frustrated that we’re not here all the time, and that’s mostly due to the weather,” Doug Van Reeth said.

Luckily, Colorado receives an average of almost 250 sunny days out of the year, making it the ideal location to own a food truck.

Nancy Van Reeth said she uses social media sites like Facebook and Twitter to inform customers when and where The

Mile High Lobster Shack will be vending on any given day. A frequent location for food trucks is on the corner of North College Avenue and Oak Street in Old Town Fort Collins.

Whether they are vending at a rally, a brewery or just on the street corner, the food truck culture in Fort Collins continues to thrive.

“Food trucks offer something out of the ordinary,” Nancy Van Reeth said. “It’s just going to keep growing because it’s going really well for everybody.”

The following list is a compilation of several notable food truck vendors in Fort Collins:

A-MAIZE’N KETTLE CORN:

Kettle corn

AUSTIN TACO:

Tacos

BA-NOM-A-NOM:

Soft-serve frozen fruit

BEAR’S BACKYARD GRILL:

Burgers and other innovative food

BIGS MEAT WAGON:

Barbecue

THE BRAZILIAN SNACK SHACK:

Authentic Brazilian street food

THE COFFEE STOP:

Espresso, coffee and tea

COMMON LINK:

Sausages and sides

CORNDOGGIES:

Hand-crafted corndogs

CRANKED UP COFFEE:

Coffee

DACO’S GREEN CHILE SHACK:

New Mexican-style cuisine

DE NADA EMPANADA:

Argentine-style empanadas

DIVINE ICE CREAM:

Ice cream

DONNIE’S WOOD FIRED PIZZA:

Neapolitan-style pizza

FEENEY’S WEENIES:

Chicago-style hot dogs and Italian beef sandwiches

FOODTOPIA:

Burgers and other food

THE GOODNESS TRUCK:

Sandwiches and burgers

GÜNTER’S BAVARIAN GRILL:

Authentic Bavarian food

THE HUMAN BEAN

COFFEE TRUCK:

Coffee, tea, smoothies, baked goods, snacks and more

KONA ICE OF NORTHERN

COLORADO:

Shaved ice

LA PIADINA:

Italian flatbread sandwiches

LADYBIRD ICE CREAM PEDDLER:

Ice cream

LAS DELICIAS TAQUERIA:

Mexian food

MAC’N:

Macaroni and cheese

MADDIE’S HAWAIIAN SHAVE ICE:

Shaved ice

MADDIE’S KETTLE KORN:

Kettle corn

MAGIC CART RIDE:

Mediterranean pizza, sandwiches and falafel

MILE HIGH LOBSTER SHACK:

Authentic Maine lobster rolls

NOMAD STREET CUISINE:

Burgers, sandwiches, hot dogs and brats

RIPE TOMATOES WOOD

FIRED PIZZA:

Wood-fired pizza

THE SILVER SEED:

Healthy, organic and local food

THE SUSTAINABLE SPOON:

Comfort foods

THE TACO STOP:

Tacos

TAPS’ FOOD TRUCK:

Sandwiches and other food

TINY HOUSE COFFEE:

Coffee and drinks

THE TRAMP ABOUT:

American cuisine

TUMBLEWEED GYRO CART:

Gyros, hummus wraps and brats

UMAMI MOBILE ASIAN EATERY:

Asian-inspired food

THE WAFFLE LAB:

Savory and sweet Belgian-style waffles

Waltzing Kangaroo Hops Into Town

By Rachael E. Worthington

A new type of cuisine has come to town — Australian. Waltzing Kangaroo opened its doors in the Campus West Shops on March 14.

According to the Kangaroo's website, "waltzing" is "Old Australian slang meaning to travel or wander while plying one's trade, from the German term 'auf der waltz.'"

The name seems to fit, because the owners of Waltzing Kangaroo first set up shop on the New South Wales Central Coast in Australia before venturing to find the perfect location in the U.S. to share their love of artisan Australian fare.

What does an Australian eatery serve? Meat pies, pastries, tarts, quiches, coffee, ginger beer and craft brews. The store is basically destination for comfort food.

Meat pie options range from a Guinness steak and mushroom, to vegetables in Mornay sauce, to chicken in Thai satay sauce. The shop incorporates more traditional pies while adding hybridized pies, like Thai green curry steak.

"The food was authentic to Australia with a more experimental twist," said Amber Strain, New Zealander and CSU student. She and her Australian friend "were bemused by the avocado pie but enjoyed it all the same."

Over my two trips to Waltzing Kangaroo, I tried the sausage roll, lamb and rosemary pie, beef masala pie, the sweet potato side, beet salad and a flat white. Everything that I sampled was delicious.

The lamb and rosemary pie had a rich, savory flavor with tender shredded lamb inside

the flakey, buttery crust. The sausage roll was unexpected — it's basically sausage wrapped in a puff pastry with spices. The beef masala pie had a similar richness but was heavier on spices for an Indian flair.

The "Tucker box" on the menu is a great deal for lunch or dinner. Your choice of pie and two sides are included for \$10. Side options consist of mushy peas, mashed sweet potato, mashed potato, salad with sun-dried tomatoes or a salad with beets.

"We also had a giggle at the 'popular Australian side mushy peas' pronounced 'mooshy' by the staff," Strain said.

The sweet potato side has a natural sweetness with just a hint of brown sugar, and the beet salad with feta, caramelized walnuts and balsamic vinaigrette added freshness to the box special.

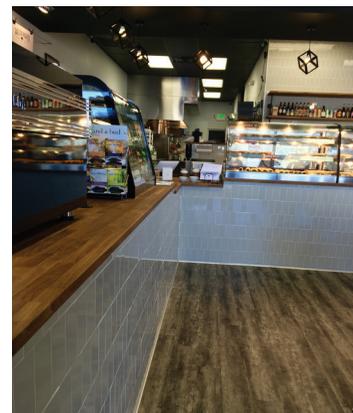
The Kangaroo also offers three different quiches: chorizo and spinach; cheese and bacon; and broccoli and cauliflower. When I was in last they had even added a new "Brekkie Pie."

All of this savory had to be balanced out by some sweet — which is why the dessert menu is fairly large for the size of the store. Confections include profiteroles, salted caramel slices, tarts and vanilla slices with lemon icing. I have not yet had the pleasure to try one of these creations, but based on the quality of the pastry in the meat pies, I'm sure that I wouldn't be disappointed.

Yet another aspect of Waltzing Kangaroo's offerings is its extensive drink menu. The restaurant has its own custom espresso machine, and brews beans from local source, The

Coffee Registry, to create the Aussie favorite flat white along with lattes, cold brews and the like. It also offers juices, soda and a variety of beer.

Waltzing Kangaroo is located at 1109 W. Elizabeth St., and is open Monday-Saturday from 7 a.m. to 8 p.m.



The interior of the Kangaroo.



Lamb and rosemary meat pie.



House-made flat white.



The Tucker Box: a customizable meal with your choice of meat pie and two sides. Pictured box with a beet and feta side salad.

Permaculture: A Different Sustainability

By Krystal Tubbs

Permaculture is permeate agriculture, using knowledge of ecosystems to create sustainable places guided by three ethics: care of the earth, care of people, and reinvesting surplus.

Mathew Hajek, a student at the Suburban Bare Test Farm, spent last summer practicing permaculture in his front yard. **How did you learn about permaculture?**

I was researching different ideas for building raised beds as well as ideas for how to setup my own aquaponics system when I came across the word “permaculture” casually mentioned in a forum. I didn’t know what it was and so I checked it out, from there it’s been a domino effect of researching permaculture and related fields, adapting to live a permaculture lifestyle, and incorporating permaculture with my university studies and research.

What was the selling point for you on the whole movement?

My adoption of permaculture was pragmatic. As I’ve studied permaculture I’ve found its principles invaluable in how to live my life. Permaculture originally meant permanent agriculture, and has evolved to also mean permanent culture. Together, these support my world-view in preserving world cultures and ecosystems by lessening our (Western) influences on both. I cherish diversity.

Why permaculture?

I chose to convert my yard to a food forest because my lawn is otherwise in the middle of biological desert known as the suburbs. Lawns are a massive resource consumer with no tangible ecosystem services, and they support minimal biodiversity with low accumulation of

biomass. These three things are necessary for healthy ecosystem function and active carbon sequestration.

My house is located in an area that was once a wooded climate that we have to actively fight against by annually pulling out tree seedlings and rhizomes as weeds to keep a clean lawn. So, guiding the succession of a forest to provide wildlife habitat and food while lowering my ecological footprint makes sense.

How long did it take you design?

The initial sketch-up took about a year, however the design process is never ending because I’m managing a human ecosystem, and ecosystems evolve over time. One of the big principles of permaculture is, “protracted and thoughtful observation, not protracted and thoughtless action.” In that regard, I’m constantly observing and redesigning.

How did you begin to prepare to change your yard?

I hadn’t planned on starting the front yard for a couple years, but a neighbor had their driveway replaced, and I couldn’t let all that concrete go to the landfill when I had a perfectly good use for it. So, I asked the concrete company to dump it all in my yard, signed a waiver, then spent summer building the physical infrastructure of the front yard landscape.

Where there any unforeseen challenges?

No, costs are certainly an issue that can slow things down, however I knew this going into the project and planned accordingly. I save what I can over the year for big ticket items. I have plans for an atrium that will passively heat and cool my house. I start everything I can from seed to save costs

and fulfill my requirement for promoting a high level of biological diversity. One of the unforeseen benefits of an urban environment is the excessive waste streams make resource gathering rather easy.

Did you have any problems with the city when you began construction?

Lakewood is really relaxed about codes. The only thing the city didn’t like was when the concrete was first delivered, it was an eyesore. I researched city ordinances and don’t need to get permits since I’m not changing the grade of the land, building walls over 30 inches, or building structures over 100 foot squared. When it comes time to build the greenhouse and atrium I will need to get permits. However, the city is proactive with homeowners wanting to improve their property. The biggest thing I’d suggest is to research codes, ordinances and enforcement.

What kind of variety do you have?

Currently, I have lots of ephemerals like daffodil, tulip, crocus, hyacinth, and wild allium as well as perennial and self seeding annual wildflower mixes. I have plum trees, grape vines, and brambles.

I also build habitats every year for the native wasps, hornets, bumbles, and carpenter bees, as they are equally threatened with extinction.

What advice do you have?

Research and plan to see if its something you want to do. I think everyone should do it, but it’s a large investment in time, energy and money. Take it one step at a time and start small before expanding. Definitely recognize patience and observation are absolute necessities for a successful and productive home ecosystem.

Most importantly, if someone is serious about learning permaculture, then take a permaculture course or earn the permaculture design certificate (PDC) from a reputable PDC instructor who can show their educational credentials and education lineage all the way back to Bill Mollison, David Holmgren, Eric Toensmeier, or one of the recognized master permaculturalists. If they can’t, then they’re not legitimate PDC instructors. The reason for this is because PDC is still a young industry, and we want to continue to establish credibility, especially because there are some scam artists capitalizing on the fact that permaculture is not well known.

Do you have any advice for people who live in apartments?

Remember that permaculture is an ethics and a design system, so don’t let yards be the final deciding factor.

Think in terms of stacking as many functions into a single item as possible, reducing waste streams or closing waste to product cycles. Always ask if what you are doing is caring for planet, people, and returning surpluses or excesses.

Apartment dwellers can still compost their food scraps. They can grow food vertically, they can join a community garden or write to their local representatives asking for more ecologically sound practices in agriculture. We have a serious climate crisis approaching fast and it’s nothing more than a physics equation: too much carbon from ground based sinks has been transferred to climate affecting sinks.

So, go for it, irrespective of perceived limitations, make the problem into the solution.

Colorado Music Festivals

By Alexa Minter

Festivals like Bonnaroo, Lollapalooza, Burning Man, Coachella and Electric Forest bring millions together to celebrate life and music. Headliners have ranged from AC/DC to Lana Del Rey and Elton John to Skrillex.

These festivals happen from spring through late summer across the entire country. If you can't afford to fly half way across the United States, don't sweat it; hundreds of festivals take place each summer in our very own backyard.

Colorado music festivals commence in May and wrap up in late September. Legendary festivals include Telluride Bluegrass, ARISE, Global Dub and Riot Fest. Colorado music festivals cater to all music preferences, genres vary from folk to rap, dubstep to bluegrass.

MAY

Festival season kicks off with the fifth annual Global Dub Festival in Morrison on May 14. The event is held at Red Rocks Amphitheater and provides beats, bass and tons of dancing. The year's lineup includes Datsik, Bro Safari, Slander and Ghastly. Tickets start at \$39.95, but they sell quick so get them while you can.

On May 20, Pabst Project kicks off a two-day event in Denver commemorating beer, music and community. Tickets start at \$40, but once those are sold out, the prices raise to \$55 and \$65. The Pabst Project takes place on Larimer Street between 27th and 28th Avenues in the RiNo Neighborhood. 2016's lineup is composed of Violent Femmes, Charles Bradley and His Extraordinaries and K. Flay. The genres

are across the board at this festival, giving attendees plenty of musical options.



Photo courtesy of bceproductions.com

Established in 1987, the Boulder Creek Festival brings May to a close with its multi-genre concerts and events. The festival takes place May 28 – 30 in downtown Boulder; however, the lineup is still to be determined. Boulder Creek Festival offers live music, art vendors, carnival rides and community dances. The musical performances are also free, so no need to worry about breaking the bank.

JUNE

June is when Colorado music festivals really start to take off and a new one can be found every weekend. The LOHI Music Festival begins June 11 on West 32nd Avenue in Denver. The event includes bluegrass, rock and funk. This year's lineup includes the Kyle Hollingsworth Band, Poor Man's Whiskey, Analog Son and Greener Grounds. Tickets range from \$32 to \$170 with VIP and after party tickets also available.

Sonic Bloom, is an EDM music festival at the Hummingbird Ranch June 16-19. In addition to hard-hitting danceable beats, the festival also offers yoga sessions, art installations, art workshops and live demonstrations. Sonic Bloom tickets range from \$38 to \$444 and include a walk-in camp pass with all tickets. Acts like SunSquabi, Tipper, Bonobo and EOTO round out the 2016 lineup.

Starting on the same day as Sonic Bloom, the Telluride Bluegrass Festival returns to Telluride for the 43rd year. This musical event is famous for artists playing banjos, fiddles, acoustic guitars and crooning to the oldies. The Bluegrass Festival is a family friendly four-day affair of music, food, contests and camping. This year's lineup includes Ryan Adams, The Oh Hellos and Houndmouth. Tickets vary from \$55 - \$340.

On June 17, Bands in the Backyard takes over Vineland. The festival is a two-day event that includes campgrounds, \$2 boat rides on the Arkansas Riverwalk of Pueblo and pop-up bars. Bands in the Backyard brings Kid Rock, Sawyer Brown, 3 Doors Down and Sarah Ross to the stage. Tickets for this festival are sold in general admission single and two-day passes, VIP tickets and camping passes. Prices range from \$50 - \$2,000.

JULY

Global Dance Festival arrives at Red Rocks Amphitheatre in Morrison on July 8 for three days of world-renowned DJs, dancing and bass. Coming up on its 14th anniversary, the festival welcomes artists like DJ Snake, Above & Beyond and Knife Party to perform for 10,000 concert

goers. Tickets are sold in tiers starting at \$99 up to \$300.

For lovers of country music, Country Jam 2016 is here to fill all your country needs. The festival is from July 16-19 in Mack, just outside of Grand Junction, and will feature performances by Brad Paisley, Zac Brown Band, Blake Shelton, Trace Adkins and Big & Rich. The festival offers camping, VIP passes, meet and greet opportunities and plenty of food and beer to keep you sustained in the summer heat. Tickets range from \$105 to \$1,500.

On July 22-24, the Divide Music Festival takes over Winter Park for three days of craft beer, mountain bike tours, yoga sessions and music. The festival, which is brand new this year will feature acts such as Edward Sharpe & The Magnetic Zeros, The Fray and Passion Pit. The Divide Music Festival is produced by Team Player Productions who are also responsible for the Taste of Fort Collins and the Steamboat Wine Festival. According to a press release, the production team was inspired by Coachella and Bonnaroo to create a massive music event.

Bass Center swings into Denver on July 29 to offer up electronic music, light shows and dancing. Bassnectar, Flux Pavilion, Wu-Tang Clan and Flying Lotus are included in the 2016 lineup. Bass Center gives attendees the full experience of festival life. Concert goers are allowed to camp, smoke marijuana and indulge in food trucks throughout the length of the festival. Tickets range from \$49.95 to \$180.

AUGUST

Taking place at Loveland's Sunrise Ranch, ARISE Music



ARISE Music Festival 2015 at Sunrise Ranch.. Photo by Kate Knapp.

Festival features three days of music, yoga, community and art installations. ARISE happens August 5-7 and will include performances by Ziggy Marley, Jurassic 5 and Wildlight, with three more headliners to be announced in May. The festival also offers overnight camping for concert goers. Tickets range from \$75 to \$275.

Bringing some heavy competition on the same days as ARISE is Vertex, a brand new music festival in Buena Vista. The event was created as an “intersection of inspiration, and as a celebration of live music, of festival culture, of Colorado’s breathtaking natural beauty,” according to the Vertex website. Vertex’s lineup includes Alabama Shakes, Odesza, Jai Wolf

and SunSquabi. Tickets go on sale Friday, March 25 and include general admission, VIP and camp passes.

Bohemian Nights at NewWest-Fest is a must if you live in Fort Collins. Filled with craft brews, food, art and entertainment the festival has something for everyone. Bohemian Nights will take place in downtown Fort Collins August 12-14. Musical acts have yet to be announced but you can check out the website for further details. The music events are free, so you only need to bring some spending cash.

SEPTEMBER

Kicking off the end of festival season is Riot Fest, an alternative

music celebration. This year, Riot Fest will take place in Denver at the National Western Complex September 2-4. Musical guests have not been announced, but past lineups include a mix of artists like Snoop Dogg, Modest Mouse, Iggy Pop, Ice Cube and Coheed and Cambria. Early bird tickets are on sale now and start at \$99.98. Riot Fest also includes VIP lounges, massage stations and circus performers.

Telluride Blues and Brews festival brings attendees back to the good ‘ol days with music like blues, funk, jazz and rock. The festival is a three-day long event in the heart of one of Colorado’s best mountain towns. Blues and Brews is fun for the whole family,

offering arts and crafts, activities for kids, camping and plenty of food and drink. The festival will take place September 16-18, although the lineup has yet to be announced. Telluride Blues and Brews tickets vary from \$20 to \$500.

Just because festivals like Coachella and Lollapalooza are states away from Colorado, doesn’t mean that we can’t enjoy music and arts festivals right here at home. Musical stylings like rock, folk, hip hop and bluegrass are abundant throughout these events.

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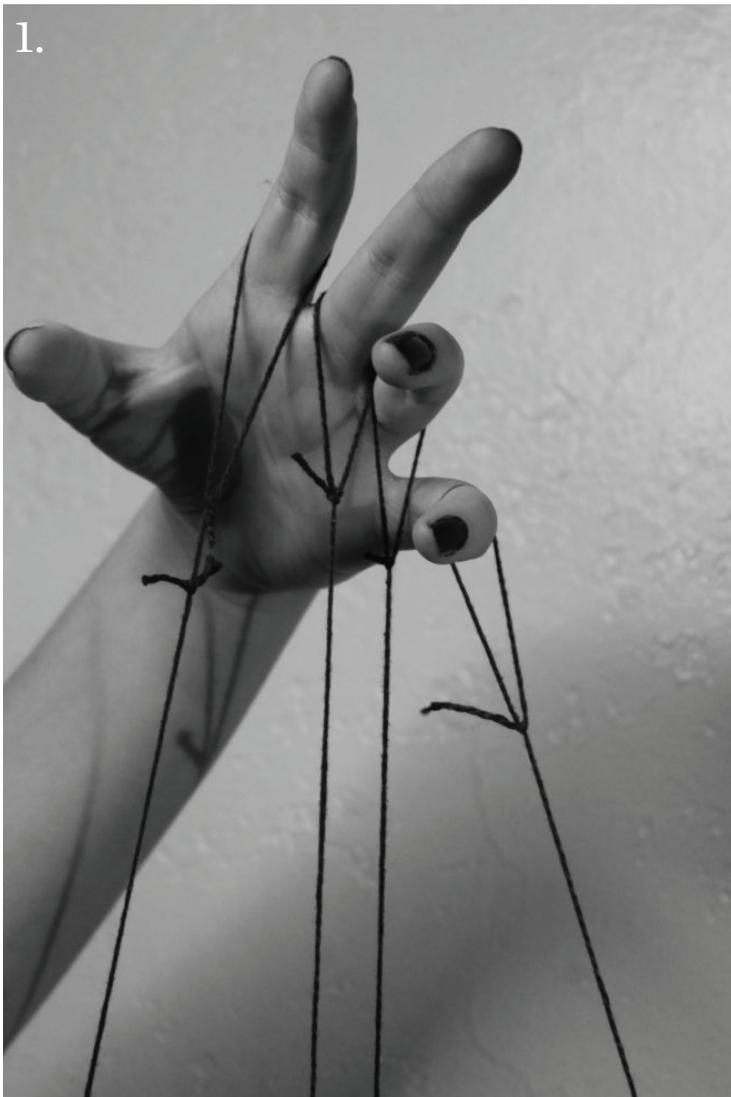
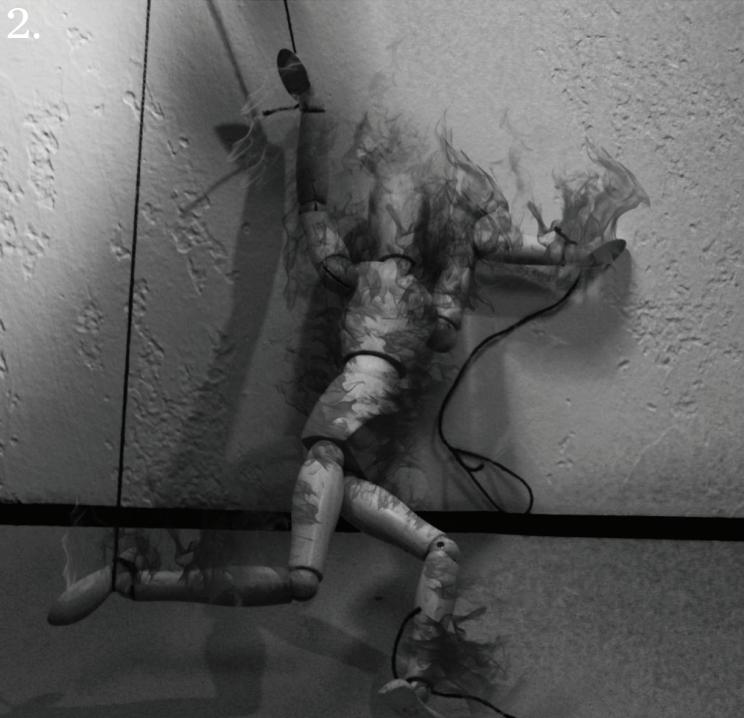


Methods of Mental Self-Abuse

By CJ Johnson

This is a photo series I did that abstractly portrays some of the ways that we self abuse ourselves mentally. (1) Self-Demotion is when we demote ourselves to less than we are just because we have a bad day or something bad happened. (2) Self-Damnation is how we tend to tell ourselves to not do something because we might fail anyway. (3) Self-Trep-

anation refers to how in the old days they drilled holes in the head of those who would misbehave. They thought drilling the hole would fix the problem; just as we tend to do drastic things that we think will help fix our problems, but they end up not fixing them. They only helping us forget about the problem until it happens again. Drinking, smoking, partying, etc.





Night Two: Alternative Models



By Skylar Richardson

303 Magazine, a local metro area style and Mile High City culture magazine, held the Spring 2016 Denver Fashion Weekend for a five-night show at City Hall in downtown officially sponsored by Schomp Automotive of Denver. For the last several years, Denver Fashion Weekend has been exploding with talent and showcases of local designers, boutiques, well-known national brands, and hair shows that are pure forms of art.

Night two of DFW consisted of local designers and nontraditional ensembles and models. The models are referred to as “alternative models,” which consisted of featuring “plus-size, petite, tattoo, and models over 40 years of age,” according to the 303 Magazine show program.

“I loved DFW night two because we are announcing beauty in so

many different categories,” Laura Schweizer said, host of night two.

Not only are the models unique, but the collections themselves are classic yet daring.

“It’s not just one single look that defines beauty,” she said. “So many looks, combined, were encompassed in this amazing show.”

Schweizer exemplifies the energy of the growing style and culture in the metro Denver area thanks to the contributions of 303 Magazine over the course of 12 years.

“The fashion community here in Denver is on it’s way up, it’s growing and expanding,” Schweizer said. “Everyone should check out DFW at least once.”

The Androgynous and Inked collections were the most experimental with silver, metallic face masks. “Zombie” masks contained studs glued to the faces of the models.

The futuristic and progressive vibe was present during these collections.

Wearing nothing but white undergarments, the Androgynous models showed the meaning of versatile gender identity. One model stepped on stage topless.

At first the crowd was stunned, then instantly mesmerized by her bravery to “free the nipple,” as if it were not societally controversial. The attention was diverted from her half naked body to her talent as an Androgynous model.

The Ageless collection showcased models over the age of 40, which boldly displayed a timeless confidence.

The Ageless collection consisted of long, form-fitted black gowns some made of metallic materials. Kimonos were a popular piece in the ageless collection, but also in the other collections as well.

Local designers took the stage

with Kotomi Yoshida and Kimono Dragons collection by Frances Rocas; Marie Margot Couture by Maggie Burns; the Rachel Marie Hurst Collection; and finally NIGHT by Charlie Price, the founder of DFW Hair Show, burst on to the scene with an amazing, simple gown collection.

The Petite model collection mainly consisted “tutu” inspired clothing, with the use of the tulle fabric in several of the designs..

Charlie Price also experimented with tulle, although his collection was far more mature and risque because the tulle fabric did not cover the models; shapewear undergarments concealed the models.

Everything from hair, makeup, and ensembles completed DFW night two as a successful representation of Denver’s competitive fashion scene.

Night Three: National Night

By Lexi Elio

The third night was themed “national” night, and collections featured both local boutiques and national brands.

Styles showed throughout the evening demonstrated the diverse group of designers. Stunning evening wear was presented by Kouture and Soignee. Royal and ILY ILEY showed more niche styles, street wear and bold retro respectively. A number of styles, however, sought mass appeal, including Lions in Four, Velvet Wolf, and a swimwear collection by Femme Fatale. Model Antoinette Rose shares her experience.

“[Modeling] is just something that I truly love to do, but it takes a lot of practice,” Rose said when asked about the secret to her success. “Long gowns like tonight are what probably take the most practice, you have to learn to kick the dress while you walk.”

Rose, who walked for Marks Lloyds Furs, was given the inaugural title Denver Fashion Weekend Model of the Year in 2015.

Royal, among the national brands that showed at the event, was founded by Hunter Higgins. Oversized sweatshirts, tight men’s pants, and leather skirts walked down the runway in neutral colors, accented by large screen-prints of the brand’s logo.

“We got started in about 2009. ‘Livin’ like royalty’ is what we try to keep in mind when we design,” Higgins said. He explained that the team

gathers a lot of inspiration from an active lifestyle and action sports, as well.

Designers’ visions came to life with a variety of hair and makeup styles behind the scenes. Royal and Georgine both experimented with bold black pigment around the eyes, and Royal and Velvet Wolf played with big, teased hair.

Food at the event matched the creative inspiration walking down the runway.

In addition to an open bar, the event was catered by Cherry Hills Sushi and eclectic dessert company The Inventing Room.

Ian Kleinman, owner and chef for The Inventing Room, served cold pressed coffee and crème and popcorn kept cold with dry ice.

“Our best sellers [in the dessert shop] is probably our s’mores ice cream sandwich with liquid nitrogen ice cream,” Kleinman said. “We try to create a fun and interactive food environment.”

After their set on the runway, two models for Lions in Four grabbed drinks and snacks.

McKenna Keller has been modeling for two years and has previously appeared in Denver Urban Nights.

“My favorite part [about the collection] was that the clothes were things I would actually wear and were extremely comfortable,” Keller said.

DFW began on Wednesday, April 6 for awards night and ended Sunday, April 10 highlighting exotic hair and makeup.



Hanging Out: Hammocking Culture

By Jenna Fischer

As the temperature warms and the first signs of spring begin to appear, CSU students are eager to spend their time outside after being snowed in all winter.

One innovative way that many CSU students choose to enjoy the warm weather is by setting up hammocks outside. On a nice day, it is not uncommon to see these colorful sheets of fabric strung between the trees.

Mechanical engineering freshman Ben Platt frequently spends time laying in his hammock around campus.

"I first started hammocking

this semester after I got a hammock as a gift from my brother," Platt said.

Biomedical sciences and Spanish double major Isabel Brown also received her hammock as a gift.

"I got a hammock for Christmas two years ago," Brown said.

All you need to join in this latest craze is a hammock and two trees that are about eight feet apart.

"I set it up between the trees out by AV and Newsom," Platt said, "It's the perfect place because it gets lots of sun."

Brown also enjoys spending time in her hammock around

the CSU campus.

"The best place to hammock on campus is by the Lagoon over by the LSC," Brown said. "It's so peaceful and serene. You can also just sit and watch people walking by."

Other ideal locations include the Sherwood Forest or the cluster of trees northwest of the Lagoon. Wherever you choose to set up, hammocking is a great way to relax and take a step back from the stress of classes.

"It's extremely relaxing to just go enjoy the outdoors and hang out," Platt said.

Hammocking also allows students to spend more time outside.

"It's a great excuse to get outside which is always a good thing," Brown said.

The hammocking culture among students is a reflection of the overall culture at CSU and in Colorado.

"Hammocking is a pretty prevalent thing at CSU because it's such an outdoor-oriented school," Platt said. "CSU has a very relaxed feel to it, and that's something that hammocking plays into perfectly."

For Brown, hammocking is a great substitute for being inside.

"The hammocking culture allows more CSU students to get outside," Brown said, "It's a good alternative to sitting inside watching Netflix."

One of the most popular brands among hammockers is Eagle's Nest Outfitters.

"I have the ENO double nest," Brown said. "I would definitely recommend it because it is roomy but really sturdy."

Most hammocks are made from parachute material, which

is what makes them capable of holding so much weight.

"I have an ENO single nest hammock," Platt said. "They are really high quality parachute nylon hammocks that are very easy to use."

While ENO hammocks are a high-quality product, more economic options do exist for new hammockers who do not want to spend quite as much.

The Elevate Hammock Company is a Colorado-based company that sells both a hammock and two tree straps for \$55. With every hammock purchase, the company will also plant two trees.

Although spring weather in Colorado can be extremely unpredictable, it is important to take advantage of the warm days when they occur.

"I'm so excited for when the weather turns warm again so I can head to the trees with my friends and make some hammock ladders," Platt said.

"Hammock ladders" are when you set up a hammock directly above another hammock between the same two trees.

While they wait for warmer temperatures, both Platt and Brown keep their hammocks set up in their dorm rooms.

"I have my hammock hooked underneath my lofted bed and I do homework in it and watch Netflix in it," Platt said, "It's kind of dangerous because it's very easy to fall asleep."

Whether you use them to nap in your room or be outside, the hammocking culture continues to rise in popularity among the students at CSU.



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Why Cheap Travel is Cool Too

By Lexi Elio

Traveling evokes images of faraway destinations with sparkling beaches, exotic jungles and quaint European towns. However, once the daydream starts to dissipate, the disappointment of the price tag begins to set in.

There are countless expenses associated with travel, from airfare to food. Students often struggle to pay tuition and accommodate their basic needs in the meantime, making it hard to get out and see the world.

Fortunately, there is another option to satisfy the wanderlust characteristic of our generation — less expensive, local trips. Colorado and its neighbor states offer stunning locations close to home.

If you're willing to put in a little driving time, there are plenty of nearby places to visit.

Computer science freshman Donnie Phillips embarked on a week-long road trip weaving through various national parks (Rocky Mountain, Zion and Bryce Canyon) as well as more iconic destinations including Las Vegas and the Grand Canyon.

"We actually bonded a lot during the drive," Phillips said. "One of my friends (an international student) picked up on English jokes, including one from

'Zoolander,' and they carried on throughout our whole trip."

Spending a couple days in a new environment provides spontaneity and reinvigorates everyday life.

One way to minimize the cost of these trips is by spending time in the outdoors. Colorado is known as one of the healthiest states in the country because residents take advantage of beautiful landscapes. Hiking is a free way to get fit and snap some breathtaking Instagram shots.

Many national parks provide affordable campsites. Camping offers a break from technology to connect more deeply with traveling companions.

Neuroscience freshman Emily Legatski spent spring break in Moab, hiking the Delicate and Double Arch trails in Arches National Park as well as the Moab Rim Jeep trail.

"I think (hiking) is a great way to be active and experience the true beauty of where you are. Everyone can do it because there are easy and hard trails, and it's a great way to gain appreciation for where you are."

The outdoors aren't for everyone, however. Local trips can be cost-effective by staying with family. Call up an aunt or a



Lacy Lichtenhan climbs at the Kasha-Katuwe Tent Rocks National Monument. Lichtenhan made the drive down to New Mexico the night before.

grandmother and ask to stay for a night to eliminate the cost of a hotel room.

Colorado has many unique destinations that often go unnoticed. Exploring the state makes you a better host when out-of-state friends come to visit.

Another benefit of low-cost trips is the relatively small amount of planning: there are no boarding passes to print and no need to learn another language.

These trips also allow for greater flexibility. Because the desti-

nation is relatively close, there's time to stop at scenic overpasses and for bathroom breaks.

"We were supposed to make our trip a week long, but something came up and we left earlier," said Liam Huber, a political science sophomore. "We planned the whole trip in two days. The best part was just hanging out with my bros on the road."

So, grab your friends, make an awesome playlist and embark on a short adventure that won't break the bank.

Top Hiking Destinations Close to Home:

Arthur's Rock, Lory State Park in Bellvue, 0.5 hour

Bear Lake, Rocky Mountain National Park in Estes Park, 1.5 hours

Devil's Head Fire Lookout, Sedalia, 2 hours away

Garden of the Gods, Colorado Springs, 2.5 hours

Hanging Lake, Glenwood Springs, 3.5 hours

Top Attractions Close to Home:

Fort Collins Escape Room, Fort Collins, 0.5 hour

Pearl Street Mall, Boulder, 1 hour

Aquarium, Denver, 1 hour away

Terror-dactyl, Cave of the Winds in Manitou Springs, 2 hours

Royal Gorge Bridge, 3 hours

Top Hiking Destinations, a Mini Road Trip Away:

Great Sand Dunes, Mosca, CO, 5 hours

Arches National Park, Moab, UT, 6 hours

Blue Lakes Trail, Ridgway, CO, 6.5 hours

Tent Rocks and Slot Canyon, Ponderosa, NM, 7 hours away

Zion National Park, Hurricane, UT, 10.5 hours

Top Attractions A Mini-Road Trip Away:

Rainbow Natural Hot Springs, Pagosa Springs, CO, 6 hours

Hell's Revenge ATV Tour, Moab, UT, 6.5 hours

Via Ferrata Cliff Climbing, Telluride, CO, 7 hours

Sandía Peak Tramway, Albuquerque, NM, 7.5 hours

Carlsbad Caverns, Carlsbad, NM, 10.5 hours



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You Can Still Call These “Ghostbusters”

By Lexi Elio

Ghosts are a topic that often come up in October around Halloween, with the exception, perhaps, of “X-Files” fans. However, for some, ghosts are more than a seasonal interest — they’re a year-round passion.

Ghost hunting falls among more eccentric hobbies, but is a lot more substantive than portrayals in the media might lead us to believe. Investigators often use a wide array of technological equipment, have stringent requirements for evidence and employ other resources such as research or psychic mediums.

While there are no large, established paranormal groups local to Fort Collins, there are a handful of operations centered in Denver and Boulder that serve a large surrounding community.

One group based in Denver operates under the name After

Shadow Investigators and is comprised of three women with diverse skill sets. Diane Rogers Bischoff provides a scientific approach to investigations, while Kim Pritekel identifies as a psychic medium. Amber Cain joined the team later on.

Standard ghost hunting equipment includes snapshot digital cameras, video cameras, voice recorders and EMF detectors. An EMF detector tracks electromagnetic fields, the supposed composition of ghosts.

While the group is skeptical about automatically associating EMF readings with ghost activity, psychic Pritekel describes one haunting experience.

“We were investigating the Patterson Inn and headed through a room when we heard a male voice ask, ‘Who’s that girl?’” she said.

Pritekel said the EMF reading spiked, and a brief dialogue

occurred between two men.

“The first male voice answered ‘yes’ in a very evil, low voice and I was literally pulled down a flight of stairs,” Pritekel said.

Spirit Bear Paranormal is a more eclectic operation run by a husband-wife duo. Together, the couple has over 20 years of combined paranormal investigation experience behind them. Both widowed, they found a common interest in seeking to connect with their deceased spouses.

“We started going out on trips with three or four other people, since right around that time the Syfy Channel started airing ‘Ghost Hunters’ and a lot of groups cropped up in Denver,” said Dave Kirby, one-half of the Spirit Bear Paranormal team.

The Spirit Bear team has had the chance to take their investigation techniques all the way across the pond to England. On a 2012 trip, the husband and wife paired with a British paranormal investigation team and visited an old manor seeking ghost activity.

“We were in the middle of investigating when I saw this black mask rise up from out of nowhere. I sort of just stopped and it dissipated after six or eight seconds,” Kirby said. “It was right in front of an arch, so you could see the manor one moment, only the mask, then the manor again. I turned to everyone and immediately asked, ‘You can see that, right?’”

He was informed by the local team that the black mask apparition is commonly reported at the location. The Kirbys met with the team again in 2014.

After Shadow Investigators also take what they describe as destination hunts, in which

they take funds generated from presentations and put it toward travel expenses to investigate distant locations renowned for ghost activity.

Their most recent trip was to the Ohio State Penitentiary, a filming site for the 1994 film “Shawshank Redemption.”

“I felt like they stayed just out of the corners of our equipment, but I could feel them watching us,” Bischoff said. “You can hardly describe that place — it’s just very sad and haunting.”

Bischoff debunks a common ghost misconception.

A common false claim of activity stems from orbs shown in photographs. Bischoff rationally explains that sometimes a camera is not adequately able to focus on an object between a camera lens and focal point.

When it comes to Ouija boards, the paranormal experts ruled a general no.

“When using a Ouija board, you become the medium through which something is trying to communicate, whereas tools like voice recorders are impartial,” Cain said.

This is why true investigative teams such as After Shadow Investigators and Spirit Bear seek to thoroughly examine evidence and accept only the most promising of audio clips and photos.

“My wife and I both believe in ghosts, but believe it be a rare phenomena. People are often in too great of a rush to display evidence of it,” Kirby said.

Bischoff concurs about true ghost activity. “If you aren’t paying attention, you’ll easily miss things or dismiss them,” she said. “People need to understand that ghost energy is subtle.”





FoCo Roller Derby Smashes Its Way to Victory

By Alexa Minter

The air is buzzing with energy, and women are racing around a track on roller skates. Roller derby is becoming a popular contact sport that includes hits, falls and bruises.

The games, called bouts, consist of two 30 minute halves with five players on each team. Players line up on the track to participate in jams that last up to two minutes. The teams, also called packs, and a jammer, those who score points, are released at the sound of a whistle.

The first jammer to cut through the pack becomes the lead jammer and scores points based on how many opposing team players they pass on the track. The lead jammer can then stop the jam at anytime by tapping her hands on her hips.

While the sport is a contact sport, illegal brutality includes blocking with elbows, forearms, hands or the head, and hitting, pushing or blocking a skater from behind.

Roller derby has been around since the 1880s in what was called “multi-day endurance races,” and in 1922, the sport was given the name “derby.” The sport is now known for hard-hitting contacts.

In 2006, the FoCo Roller Derby was launched as the first derby league in Northern Colorado. The league hosts two home teams: the Psycho Sirens and the Cinderhellas; and two travel teams: the Micro Bruisers

and the Punchy Brewsters.

The Punchy Brewsters are a team that skates on a flat track and competes against Colorado and out-of-state teams.

Smash (Kaylee Koch), a player for the Punch Brewsters, came to Fort Collins a few years ago and was inspired by her cousin to try out roller derby.

“At the time, I was working from home, so it was hard to meet anyone when we first moved up here,” Smash said. “So, I joined the league to spend some time with my cousin, meet people and get some exercise.”

The sport stuck with Smash and she has been skating with the league for almost two years as a blocker and jammer for the Punchy Brewsters and the Cinderhellas.

“(Defensively), blockers are the skaters on the track that set up the wall and either slow down the other team’s Jammer or knock them out of bounds to prevent them from scoring points,” Smash said. “(Offensively) we can try to create holes in the other teams wall to help our Jammer get through.”

As for her pseudonym, Smashrodite has always been fascinated by Greek and Roman mythology. Originally trying to create a name centered around Athena, she found that Aphrodite would be better suited.

The team holds practices at least twice a week, two hours on skates and one hour off to prepare for bouts. The bouts

take place about once a month and are mainly held at the Qdoba Events Center, just south of Harmony Road. Bouts have been played in other states before, and this summer will see a match between the Punchy Brewsters and a team from Wyoming.

While roller derby is a safe sport, it’s not without its risk of injury. Smash has received concussions from playing and says her teammates have also experienced injuries, but mainly from skating at their own leisure. For this reason, skaters wear wrist guards, knee and elbow pads and helmets at all times.

“We can not throw punches or do some of the more aggressive things that are seen in that movie on the track,” Smash explained. “You would get ejected from a bout if you were to purposefully hit someone else in the face.”

According to Smash, the “mental game” is the most difficult part of roller derby.

“Staying optimistic and not getting too down on yourself when you can’t quite get a new move, or when you’re having issues with a new drill, can be hard,” Smash said. “The game itself is physical, but I feel like the hits got easier to take as I have progressed and the endurance needed for play comes the longer you skate.”

On the other hand, the most rewarding part of derby are the team members.

“I think the best part is all of the amazing people I have had the opportunity to meet since I have joined the league,” Smash said. “Many of my closest friends are fellow league members, and I am so happy that I have had the opportunity to meet them.”

Punchy Brewsters do wear “boutfits” during a game, but usually consist of fun leggings and bright colors.

“The idea that we all wear sexy outfits all the time just isn’t true,” Smash said.

On Saturday April 9, the Punchy Brewsters squared off against the High City Derby Divas from Aurora, Colorado. The Punchy Brewsters beat the High City Derby Divas by 245 to 116 points. An after party was held at Pinball Jones in Old Town Fort Collins to celebrate the victory.

In the future, Smash hopes that the team sees an increase in the number of members.

“I hope that the foundation with League Management that I am laying down now helps the league to continue to foster new and upcoming skaters in a fun environment, and allows for overall growth and benefits to the league as a whole.”

The league’s next bout takes place May 7 at the Qdoba Events Center where FoCo Roller Derby will take on the Slaughterhouse Derby Girls.



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