

Syllabus

A CU Independent Publication
Fall 2015

Hey you! New to CU?

Advice for freshmen
from CU students
and writers

What's inside:

- » The CUI's best stories and photos from 2014/15
- » The five types of professors you'll meet
- » How to live and deal with your roommates
- » A guide to the Boulder and Denver music scenes
- » Are you ready to party?

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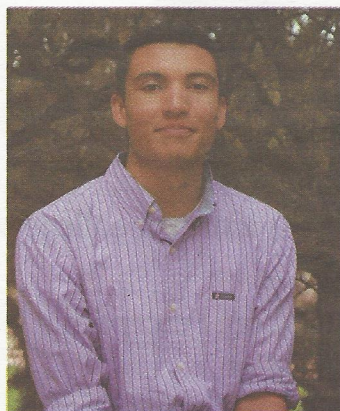
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To the reader,

Welcome to the first edition of Syllabus, the semesterly print publication from the CU Independent. We hope you find something in here that makes you tick—something that teaches you, entertains you, or intrigues you. For the freshmen especially, we hope this first edition helps you find your way. We look forward to growing as you grow, and continuing to feed your mind—and maybe, in some way, your life as a college student. And although we're all getting older, the start of a new school year is still just that: new.

Go forth, and tread your path.

Life 101: Adjusting to your Freshman Year



by **Ellis Arnold**,
Copy Editor

Hey, incoming freshman. Yes, you; don't look around. Congratulations on getting to CU. Now that you're here, you may have a couple common questions like, "What's life here really going to be like?", "Where can I find all my classes?", and "Why is that guy by the UMC shouting at me about the existence of natural truth?" And that's what this article—and all the articles in this section—aim to answer.

More than anything, what surprised me about coming to college is the fact that you're exposed to so many new things. New music. New culture. New people. New ideas that you never would have seen back in high school are around every corner, and though

"Though we've all heard the cliché about going to college to 'expand your horizons', in essence, it's actually true."

we've all heard the cliché about going to college to "expand your horizons", in essence, it's actually true. You'll be learning about things here you probably didn't even know existed. Yes, that in-

cludes strangers holding up signs around the UMC and Norlin for various ideological reasons. For example, I now have a working knowledge about intersectional feminism. The 12th grader in me wouldn't even know what was going on here, two years later.

But before you can open your mind, the first thing you'll face this year is getting down the logistics of being here. Basically, this is the "I am an adult now" part of college: running around to the Financial Aid Office to make sure all your scholarships, grants and loans are sorted out, scrambling to find a job on or off-campus (pro tip: get to the Student Employment office in Regent—**t h e y m i g h t s a v e y o u r l i f e**), and

figuring out how much food, edible Ramen products, and shampoo you're going to need per month. Hell, the fact that you can be out wandering around until 5 a.m. every night is going to take some getting used to. You are now 100 percent in charge of yourself, and it's going to take some thinking on your part to make sure you can manage your time and your money.

On that note, please, ladies and gentlemen: know your campus. Take a minute to know where things are on the campus map (if you don't already have five in your recycling bin, google it). Know where your classes are and how to get there. The RTD bus and Buff bus systems, especially if you live in Will Vill, are going to help you out a lot.

Once you're here, especially if

you're from out of state, you're probably going to be wondering about how to sustain your long-distance friendships and stay in touch with family if they aren't obsessively checking in on you. With long-distance relationships, that's a whole 'nother story—some people can do it, and some can't. But there's no reason you should have to leave your friends in the dust once you're off to college.

Be realistic—don't promise to call, FaceTime or Skype every day. As you'll soon find out, college will have you busy in ways you didn't know were possible. Don't

freak out if you lose track of some people for weeks on end—just make the effort to reach out and share

things with your friends when you can, and try and be there for them if they need you.

Living in a residence hall is going to be new, to say the least. It's like living in a hotel with hundreds of other students, except the beds aren't as great, there's no fancy soap to steal and you're there for nine months. Living with a roommate is truly a dance that's going to come down to the chemistry between you two. The whole "you'll either be best friends or you'll hate them" idea is nonsense—if you're both civil and willing to communicate, you'll make it by just fine. And being great friends with roommates is totally possible—put yourself out there a little and see what you have in common.

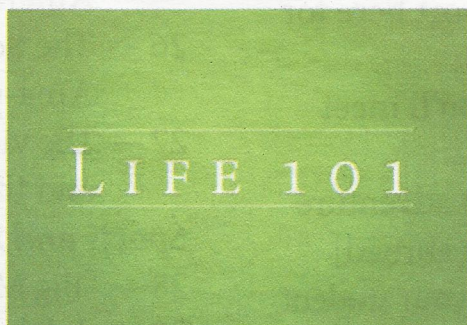
Of course, the biggest non-academic part of college is meeting

people, and meet you will. Residence hall events can be a good thing, even though they might come off as corny at first. If nothing else, try a couple just to meet some people in your hall. Having friends close by is one of the best parts of being here.

In another realm, the Hill, it's honestly going to be hard not to party at CU—you'll have tons of chances within the first few days of meeting people. It goes without saying that you've got to know your limits now that you're on your own—know how to take care of yourself and (especially) your friends. There are people who enjoy parties, and there are people with ambulance bills in the first week. I've definitely seen people spiral out of control, and so have many upperclassmen. But, if you can handle yourself, CU's social scene can be incredibly memorable and positive.

Student organizations and activities are the last (and most diverse) way to get your hands dirty and make friends at CU—there's seriously a group for everything, people, and if you don't take advantage, you're missing out. Do you like swing dancing and skiing and talking about Doctor Who and playing intramural soccer and making clay pots? You can do all five, chief. And more.

But above all, new student, take it easy. Pressures will pull you in seven (or more) different directions in your first semester. Breathe. Feel yourself out. If you're feeling overwhelmed, it's okay. Take a day to figure things out, and don't be afraid if you mess things up once in a while. You've got four years here to get it right, so enjoy the ride, and do all the things that you dreamed of doing in this exciting period of your life! We're all wishing you a happy Freshman year.



Ellis Arnold writes the Life 101 advice column. **t h i n g s** (Josh Shettler/CU Independent) with your

If You Just Got Here, Don't Go Home



by **Tommy Wood,**
Editorial Manager

The first time I felt homesick was on a Tuesday night, the second day of classes my freshman year, five days after I moved into the basement of Willard. My first night in, some friends and I started a hookah club on the grass in front of Stearns. We went out every night that weekend. Monday, too. Tuesday was the first night I didn't hang out with anyone.

I sat alone in my dorm, and it fucking sucked. I made frozen mac-n-cheese and Skyped my family. They asked me if I wanted to come home that weekend, and I made a huge mistake—I said yes.

You're going to be homesick, too. Out-of-state students are lucky, because you don't have

a choice but to deal with it. You can't just hop on a plane and fly back to the Bay for a weekend. Or maybe you're loaded and you can. But don't. And if you're from Colorado, and home is an hour's drive away, it'll be tempting to go.

Don't do it. I'm from Colorado, and my parents' home east of Fort Collins is an hour's drive away. I felt tempted to go there just about every Saturday morning. After that first time, it kinda felt like the thing to do. I went home, on average, probably every other weekend, and I hope I never regret anything as much as I regret that.

running with my dog, watching movies with my sister and eating homemade green chili. Those were great. But it took me until my sophomore year to realize how badly I misunderstood why I came to college in the first place.

I wasn't in Boulder so I could spend two-plus weekends a month with my parents. Neither are you. You have to avoid going home because it is safe and comfortable. College is new and risky and you'll never be able to find your comfort zone here if you go back to the one that you just left.

I learned that the hard way. I learned it on the weekends that

mate went out with buddies from our floor, I'd stay in the room, get high and watch Netflix. Don't be that person.

You only get one freshman year. You'll never live in the dorms

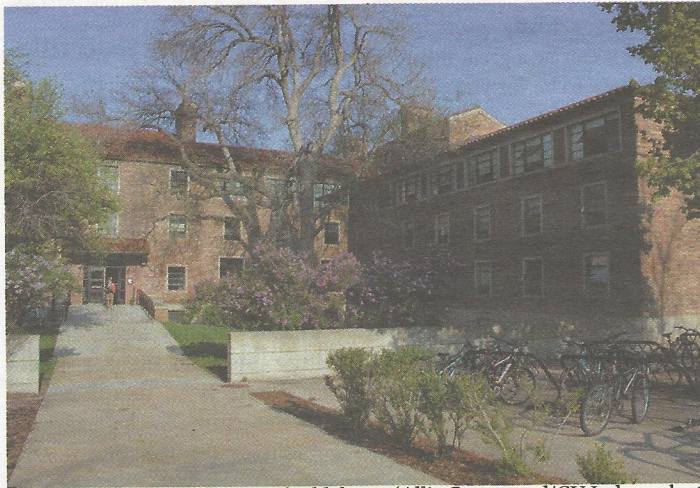
"I sat alone in my dorm, made frozen mac-n-cheese, and Skyped my family. They asked me if I wanted to come home that weekend, and I made a huge mistake—I said yes."

again (if you do, I'm sorry). They suck. They're cramped; they smell like weed, Axe and B.O.; people puke in the water fountains, shit in the showers, and let trash pile thigh-high in the hallway.

But the dorms are also your first, best chance to meet people in college. You might be friends with these people for the rest of your lives, or you may never talk to them again. But you'll get awfully familiar with them over the course of nine months. I never gave myself that chance, and I don't want you to make the same mistake.

So, when your mom calls you and tells you that she loves you and misses you and wants to see you, tell her that you love her and that you miss her and that you want to see her, too, but you can't, because you're exactly where you need to be.

If she doesn't like it, tough shit. You lived with her for 18 years, and you'll see her over break. You won't cure your homesickness by going home. You'll overcome it by making college your new home.

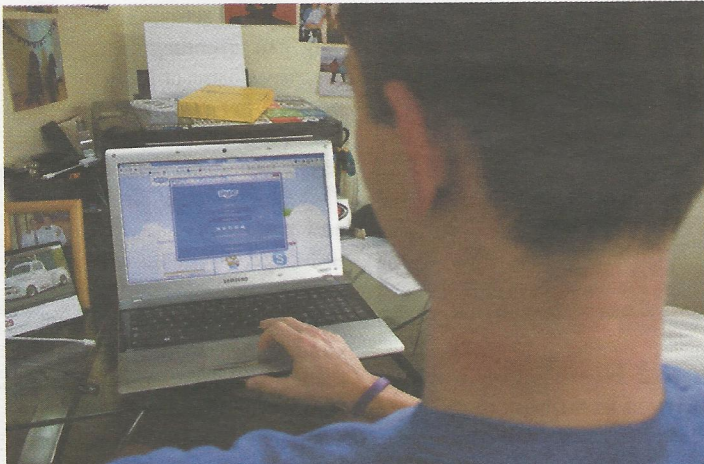


Willard Hall, Tommy's old dorm. (Allie Greenwood/CU Independent)

Home is safe and comfortable. For me, those comforts were

I went home and came back to a dorm full of strangers. We called Willard *Illard*. The basement was the cockpit; our RAs termed it the *Vault*, from *Fallout*. It's a sweet dorm, and the dudes there were chill. I think. I don't really know, because I never got to know them and never let them get to know me.

That started a feedback cycle; because I went home so often, I never hung out with the guys on my floor. Because I never hung out with them, I didn't have friends in my hall and I wanted to go home on weekends. When I was in Boulder and my room-



A student logging onto Skype. (Kai Casey/CU Independent Photo Illustrations)

Do's and Don'ts for BOYS at the Party



by Dani Pinkus,
Opinion Columnist

You've already heard the usual rumors about what college will look like: huge classes, tons of activities, Greek Life, and of course, tons of parties. A lot of what you've heard is probably true, but a lot of it is also stretched and doesn't necessarily have to apply to you. I wish someone had shared that with me before I started life here in Boulder. College is all sorts of wonderful, but it's the kind of wonderful that you choose to make it.

Before I get to the meat of this article, I want to remind you that your academics are important. Write that down, because at some point you may find yourself forgetting why you're really here. Don't get me wrong — there's just as much (if not more) to learn outside of the classroom, but you can get a lot more out of campus during academic hours than you can probably imagine at this point. Study something you love and commit to it. Don't dismiss that fact that you are here to earn your degree, and it's going to take work. School is for the cool.

Alright now, let's talk parties.

For those interested in Greek Life, it's a pretty cool thing. A lot of men who don't participate in Greek Life will tell you that "they don't see the point in paying for friends." It's not the worst argu-

ment, but not necessarily true either. The Greek system can be a really positive way to meet people and to get involved in something fun. Freshman year is a huge adjustment, and having a place to go and participate with others can be a huge benefit. With just a few hours of school per day, your schedule can feel very open, so I encourage you to fill it with something positive.

While joining a fraternity can be a great thing, I want to emphasize that Greek Life is not the only way to have a social life in college. A lot of people think that the Greek system runs the school, but only 9 percent of undergraduate males actually participate. So while it can be a great thing, it doesn't have to be for you.

Greek or non-Greek, the party scene is everywhere and it can be infectious. Be it sneaking drinks in the dorms with hall mates or dirty dancing on The Hill surrounded by new faces, you'll have plenty of opportunities to party.

The whole party thing is heavily advertised in our society as some kind of rite of passage for college students. But the reality of it can be a lot different than

the decisions you make at any hour of the day or night will still affect you in the next day and beyond.

College party scenes are often made to look like an episode of live porn by the media. There is something you need to know and must never forget: you, boys, make up half of this campus. Let's establish something right here right now: the remaining 50-or-

"The whole party thing is heavily advertised in our society as some kind of rite of passage for college students. But the reality of it can be a lot different than what you might expect."

so percent—the women—matter. A culture has developed around college campuses that say otherwise. There is an unjust notion that the drunken behavior of women (or the fact that they're

its. You have the opportunity to choose more wisely and help to make parties safer environments for women AND other men.

Just like you might have a little too much to drink some nights, so too will some women. This is not a sign that they want to have sex with you. The party scene is multifaceted and, sure, some nights may end better than you intended them to. But sex must be consensual. Research shows that one in five women will be victims of an attempted or completed sexual assault during college. Many men who are charged with sexual assault insist that they were "too drunk" to make wise decisions. If the amount of alcohol you choose to consume puts yourself or others at risk, what's the problem with having one less drink? Violence, regarding rape or otherwise, continues to be taken more and more seriously, and the pathetic "too drunk" retort will not save you from becoming a legal sex offender and jail time, nor will it deter the shame of you colossal mistake.

Your (potentially) sober self that is reading this now should remember that no means no. A girl who's too drunk to say yes represents a legal (and for you, moral) no as well. Protect the women around you, but protect your fellow men too: policing each other's actions in a positive way can eventually change the negative norms of partying at CU or any other campus.

You're going to meet a lot of different people in your time here. This time in your life is exciting and you deserve to welcome its influence — but do it your way. Choose to rise above behavior that you know is unacceptable. Choose to better the college party scene by aiding a positive environment, rather than supporting a dangerous one.



Students party on St. Patrick's day. (Matt Sisneros/CU Independent)

what you might expect. College, as you know, is an opportunity for a fresh slate, but the way you choose to have a good time and

dressed revealingly) gives men the right to mistreat them. Rape continues to be a leading issue surrounding college party hab-

Party Culture: Know the Game



by Domna Dali,
Opinion Columnist

When we think of colleges in the U.S., some of the first things that come to mind are independence, red solo cups and boatloads of schoolwork. I don't know if I agree with the concept that "college is the best four years of your life," but there's no doubt that you learn an incredible amount about yourself and the world around you during this time.

With independence comes responsibility, and this especially comes into play when you're going out. No one should tell you not to party in college, because that's relatively impractical for someone to say to a bunch of people aged around 18 to 22. The key is to party smart.

In the first few weeks of col-

lege you're going to meet a ton of people, and within the first three or so months, you will figure out who your friends really are. In the meantime, it will seem like many friends are just "party friends." That's completely fine, but you need to make sure that these friends are responsible as well.

Use the buddy system. When you're walking around on the Hill, especially in dark places late at night, stick with the friends you're going out with, and if someone leaves, make sure you know where they're going and keep in touch until you know they are okay. As Dani's column mentions, assault is a real thing that happens to actual people; it's not just something that is made up to scare you on the news. At parties, always keep an eye on your drink; people are known to slip roofies (or Rohypnol) into drinks to knock girls (and yes, guys too) out. No wonder it's commonly known as the "rape drug." Although fraternities have been heavily linked to the sexual assault problem on college campuses, be mindful of shady conduct at any party. Some people that hang out on the main strip of the Hill late at night can come off as kind of "sketchy," so be on the watch. Honestly, the buddy system is mostly fool-proof. Just

do it.

Know your limits. Don't feel like you need to be cool and out-

in public (again, having people around you helps tremendously). All this advice might sound



Students party on St. Patrick's day. (Matt Sisneros/CU Independent)

drink people. In all honesty, being a "lightweight" isn't really that bad — it actually lets you save money because you won't need

"No one should tell you not to party in college, because that's relatively impractical for someone to say to a bunch of people aged around 18 to 22. The key is to party smart."

to spend as much on alcohol. You don't want be that guy/girl who needs to be taken away in an ambulance from a party because you got too drunk; it's frankly unattractive and embarrassing to end up like that.

MIPs are another thing to be aware of before coming to CU. MIP stands for Minor in Possession (of alcohol), and you'll get one if an officer sees you in public, drunk. It's pretty easy to avoid getting one — just don't get drunk to a point where you can't get up or walk straight, and don't do anything obnoxiously stupid

just like your RA's first hall meeting, but it's also coming from a considerably normal college girl who has learned to balance school work and going out. Personally, after a week of classes and never-ending assignments, I look forward to going out with my friends on the weekends. I've had phases where I've gone out a lot and phases where I've barely left my house. Going to random parties has gotten old for me at this point, yet kicking it with my close friends is always a good time. You don't need to "black out" to have fun (which you probably won't remember anyway if you're blacked out in the first place). Paying for college is a significant amount of money, and whether it's you, your family/parents, or scholarships pulling the weight, it adds up, and it's not worth risking your education for an irresponsible night out. I love CU because you can get a great education here as well as have a lot of fun. You just need to make sure you're having fun in ways that won't make you wake up in the morning feeling embarrassed and confused. You were smart enough to get here — don't stop now.



Alcohol in a CU shot glass. (Carolyn Davidson/CU Independent Photo Illustrations)

The Life of a CU Sorority Girl



by Dani Fried,
Copy Editor

The anticipation was eating away at my nerves as I sat in the Glenn Miller Ballroom freshman year. All the young women around me were squirming in their seats, bid day envelopes sticking out from underneath crossed legs. We were told to sit on our acceptance letters to avoid the temptation of squinting through the envelope to see the bolded letters of our new home.

The twelve beautiful ladies of Panhellenic took their places on the stage and the countdown

girls excitedly hugged each other, while others put their arms around each other for comfort. The doors of Glenn Miller tore

“Usually, students are either very loyal to their Greek connection or very against Greek life as a whole. I am here to tell you that, like most organizations, there are good sides and bad sides to being in Greek life.”

open, and women poured out to join the Olympic-style race to the home that they would call “sisterhood” not only for the next four years, but also for the rest of their lives.

Opening my bid-day card and seeing KKG written across the page in big, bold, Greek letters was one of the happiest days of

very loyal to their Greek connection or very against Greek life as a whole. I am here to tell you that, like most organizations, there are good sides and bad sides to being in Greek life.

During recruitment, I saw a side of sorority life that evoked questions about its legitimacy. Recruitment is a very formal process that makes girls seem very stiff and robotic. Many of the questions I was asked in each

house were your typical “freshman year questions”: Where are you from? What’s your major? What dorm

are you in? I became worried; how would I know if I found the right house if the girls aren’t taking time to truly connect with me?

But then you find the house. The one house with the one girl. The girl who sits down and asks you how you are truly doing. How are you enjoying the process? Are you having a tough time with any of your courses? Find those friends, and you’ll know you’ve found the right house for you.

Above connection is intention. Young women join sororities for a multitude of reasons. Some join for the parties and the extension into fraternity life. Others join to make fast friends and future bridesmaids. And then there are those (like myself) who join for the ability to excel in leadership roles. Sophomore year I decided

to join the Panhellenic association, the group of 12 women pulled from each sorority to oversee all of the chapters on CU’s campus. I had to disaffiliate from my beloved Kappa Kappa Gamma in order to objectively serve on the Panhellenic board. Working with this incredible group of women made me realize that ultimately, it doesn’t matter what sorority you are in or why you joined. It doesn’t matter if you

held a position in the house, went to every formal or organized a philanthropy. What matters is that you gain the strength, compassion

and relationship skills that being in an all women organization provides you.

After my four years, my group of true friends hasn’t grown exponentially due to my affiliation. I have made a few very close friends, and I will always thank Kappa for bringing us together.

I can also thank Kappa for teaching to be a strong, independent woman. I can thank Kappa for teaching me to make connection wherever I go. And most importantly, I can thank Kappa for showing me that no matter where I go, no matter what state I’m in, I’ll have a sister that will be there for me. Wherever I go in the world, I will always, proudly, throw up my letters.



Dani and KKG sisters. (Dani Fried/CU Independent)

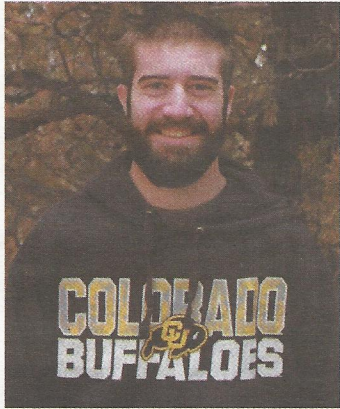


Dani and a Kappa Kappa Gamma sister. (Dani Fried/CU Independent)

begun... 3...2...1! Torn up envelopes littered the floor and

my life. Going to a school like CU, Greek life often times gets a bad wrap. Usually, students are either

Roommate Livin': Navigating space with strangers



by **Sam Klomhaus,**
News Editor

Congratulations. You are now entering the phase of life in which you share a tiny living space with people who are not your family. It's a big step, and one you should be excited to make. If not managed properly, though, this situation can be a disaster.

Spoiler alert — you and your roommate are (most likely) not going to be 70-year-old BFFs sitting on a porch reminiscing about college. You'll be lucky to remain friendly long enough to get out of the dorms alive. To ensure that happens, here are some tips for living with a roommate:

Communicate. As with any relationship, communication is key. Often, people don't know their roommates well enough to feel comfortable bringing up sensitive issues.

The best way to solve

roommate problems is an open, honest dialogue. This sounds uncomfortable (it is), but saves a lot of future hassle.

Say your roommate gets drunk, throws up on the floor and leaves it. You have two options: ignore it while your rage builds to the point that you decide to murder them (you think I'm joking), or tell them to clean up their puke.

They might be mad for a little, but they'll get over it.

Plan ahead. You each need a clear set of expectations. Everyone signs

a roommate agreement at the beginning of the year, but you should make your own, too.

Who cleans what? What if one of you brings a special someone back to the room? The answers to these questions should be figured out as early as possible.

Be patient. Remember, they're independent for the first time, too, and you're probably experiencing the same struggles. You don't have to be their therapist, but it's a good thing to keep in mind for when problems arise.

Be social. Like I said, you won't be best friends, but you might as well be some semblance of friends. Even if you don't agree on some things, be nice. You have to live with this person for nine months. It'll be a shit nine months if you hate them.



A messy dorm room. (Elizabeth Rodriguez/CU Independent)

The Coin Toss: Do you even lift, bro?

by **Sean Kelly, Sam Routhier and Cannon Casey, Sports contributors**

CUI Staffers debate whether the CU Rec is the fitness be-all-end-all, or whether the great outdoors (or your bedroom floor) are better alternatives for staying in shape.

Sam Routhier: To lift is to love thyself. Going to the gym is a great way to relieve stress and take control of your day. Just by walking in, you have already taken a step toward creating a better self. Once you're inside, the rest is up to you.

While there are many ways to exercise, lifting weights at the gym is a tried and true method that guarantees results. There is a reason they call it getting "in shape"; your goal is to change your body's shape in a positive way.

Sean Kelly: What about a quick, traditional workout at home? In the busy life of a col-

lege student, there isn't much free time to go work out.

Why walk to the Rec Center when a short circuit of pushups and sit-ups on the floor of a bedroom can do the trick? It isn't flashy, but you will notice the results if they are done consistently. Also, it takes less than 20 minutes, and anyone, even busy CU students, can squeeze in time for a short workout at home.

You can do lunges across the living room and planks in your garage. You can use your door frame to do pull ups. The possibilities for quick, efficient in-home workouts are endless.

Sam Routhier: Who wouldn't want to hang out at the Rec Center? While exercises in your room can make for a quick and easy workout, the Rec isn't out of the way if you bring a workout bag to class, then make the 10-minute walk from anywhere on campus. Once you're at the Rec, your pos-

sibilities seem endless.

There is a huge selection of classes you can sign up for at the Rec. Opportunities at the Rec don't stop there. CU offers a wide array of intramural sports. Going to fitness classes and playing intramurals guarantees that you're

workout on the climbing wall. For cardio, a pickup basketball game will do. And for some fun after a tough workout, there's the buffalo-shaped pool.

Sean Kelly: Why complicate things? Just go for a run. There are many features to try out at the

Rec, but keep it simple. Running is one of the best workouts you can get, especially at this altitude. Regular jogs will boost your stamina and metabolism, which will lead to more productive work-



A student practices yoga on Farrand Field. (Calyx Ward/CU Independent)

getting a workout in, and also provides the extra motivation of working out with others.

Beyond organized classes and sports, you can get a full body

outs overall.

Also, don't forget that you're jogging in Boulder, with places like Chautauqua and the creek at your disposal.

A Day in the Life of a CU Student Athlete



by **Alissa Noe,**
Sports Editor

In today's world, student athletes have reached somewhat of a celebrity status on campuses all across the country. Other students are constantly getting star struck whenever they see these athletes on campus. I couldn't tell you how many times I've seen fans run up to CU basketball's Josh Scott or Wes Gordon to con-



King takes a shot. (Matt Sisneros/CU Independent)

gratulate them for a good game and to simply get the opportunity to talk to them. It's kind of ridiculous.

To further investigate this collegiate athlete celebrity hysteria, I followed around two University

of Colorado student athletes, soccer's Heather Ward and basketball's George King, to get the inside look on what it really means to be a student athlete in the National Collegiate Athletic Association today. Spoiler alert: they're just like us in the off season.

George King, men's basketball

The following week, I had the chance to shadow sophomore guard George King for a day. His Tuesdays are a little more fun. When I met up with him in the Coors Events Center on the morning of April 7, he said that we would be taking freshman (now sophomore) guard Dominique Collier's car to his first class.

Wait, what?

Apparently, Dom and George bet on the 2015 national title game between Wisconsin and Duke the night prior. Whoever won the bet would get to drive the loser's car around for a day and, well, Wisconsin didn't pull through as Dom was hoping they would.

From the Keg, we drove up the hill to George's first and only class of the day, American Sign Language 2. There, I sat confused in a world where not one word of English was said aloud. Instead, I watched as the professor made gesture after gesture without my knowing what he was actually saying.

Because George had a considerable amount of free time between the end of his class at 11 a.m. and his 1 p.m. practice, we had some time to kill. He took me over to Dal Ward, where he stopped in to chat with his academic advisor. Upon learning that she was elsewhere, George

decided to give me a tour of the facility. We looked at all the train-

"I couldn't tell you how many times I've seen fans run up to CU basketball's Josh Scott or Wes Gordon to congratulate them for a good game and to simply get the opportunity to talk to them. It's kind of ridiculous."

ing rooms, a cafeteria, and even a few construction sites we probably shouldn't have gone to in the first place. It's just as well; athletes seem to afford a bit more access anyways.

With more time to waste before basketball practice, George resorted to YouTube. While he and I were talking about the recently completed NCAA tournament, I asked him if he knew who John Calipari was. He gave

Fifteen minutes later, the coaches put them through a plethora of conditioning drills from knee-highs to lunges and jogging to suicides up and down the practice court.

During their actual practice, they switched off shooting on "the gun", which can better be described as the batting cage of basketball, as it shoots back any basketballs the guys manage to get through the hoop. On the other side of the court, some of the guys worked on their dribbling skills when passing through defenders, which were represented by chairs.

At the end of it all, the boys headed upstairs for some good ol' weight lifting before showering and heading home. George's day would typically end there, but this particular Tuesday ended with a special end of season banquet for the team, parents, and donors, which you can read about on CUIndependent.com.

Sorry, Buffs fans, but there's no celebrity activity going on here as you can see. Aside from practices



King goes for a dunk. (Gray Bender/CU Independent)

me the greatest look of disbelief and retorted, "That's like asking me I know who God is." I should have known.

At practice, the boys started out with a brief shoot around at 1.

and treatments, these collegiate athletes are just like us in the off season!

IN THE CLUB: THERE'S A SPORT HERE FOR YOU

by Jordyn Siemens,
Editor-in-Chief, and
Tommy Wood, Editorial
Manager

You've already heard about club sports. You've probably looked at the list online, at potential dues and commitments. But, what does it really feel like to be a club athlete at CU? Buffs' women's rugby, men's hockey and snowboarding gave us the inside scoop.

Logistically, students pay to play in the club level. Other than from fees, clubs gain funding from donations, sponsorships, and a \$4.75 optional fee that students can pay when registering for classes. Fundraising, like women's rugby's 'rent a rugger' program, also aids travel costs. Teams hold tryouts and function similarly to Division I sports, and missing school is a definite reality for competitive players. Snowboarders, for example, pay an initial \$500 as a rookie, and \$100 less each successive year. This happens regardless of whether you opt to compete or not.

"I've never competed," junior Jake Hurwitz said. "I just do it for the love of the sport, because at the end of the day it's all about having fun with your friends."

The same intentions bring hockey players to the ice, although league and inter-squad competition permeates the season.

"Hockey is cutthroat, even within the team," sophomore George Gruber said. "The team carries 27 guys, and only 20 dress for games. That means seven guys don't play on a day to day basis. By having so many there is a push for guys to compete and take the jobs of the players above them. We all love each other but we all know we have to earn our ice time."

Most club sport athletes train

in the Rec Center or on campus, but snowboarders train on the mountain, and provide their own transportation. Mountain preferences are varied based on terrain and common conditions. Junior Gabby Aguirre, for example, can't get enough of Keystone Resort.

"I grew up snowboarding; I feel like that's where I learned," she said. "I feel like, compared to Breckenridge, it's way less windy and has better backcountry tree zones, which I like."

Overall, snowboarding tends to be more individualistic than most clubs. On the other end of the spectrum is women's rugby, where a family atmosphere is palpable on and off the pitch. Senior Nieve Heskin describes her teammates as ohana.

"We have a veteran/rookie system, similar to the greek big/little, and that creates a lot of really strong bonds," Heskin said. "I see my teammates three days a week for practice and most weekends. We eat together, hang out together, and study together."

Sisterhood, or brotherhood, is a common theme across sports in general. In men's hockey, some of the most memorable bonding experiences happened on the road.

"All the road trips to different places really brings the boys together. Some great memories have been made on those trips," Gruber said.

When a team has internal harmony, the external results are undeniable. Home support for club teams like hockey continues to grow over the years, while less popular sports like rugby attract a narrowed, loyal following.

"Players graduate and new ones join, old friends are replaced by new. Rugby is its own culture, those involved in that culture will always be there to support our team," Heskin said.

Sport cultures stem from more than traditions and rulebooks,

though. No matter what sport you play or cheer for, each of these teams wears black and gold. Club and Division I teams function in the same way for the same purpose, despite the immense differences in funding, promotion and attraction. Men's hockey made the national tournament in 2015. CU's triathlon team has sixteen national titles. CU Swimming and Diving won nationals in 2015, and men's lacrosse took home their respective national trophy in 2014.

The point is, whether you pay to play or have a scholarship, you're a Buff. Last spring, administrative changes called for a re-branding of all club apparel to distinctly show that each team was in fact "Club ____". The potential change did not sit well with teams, as the club label felt demeaning. According to Heskin, the change would have set many players back financially.

"The school had told us that we would need to rebrand all of our gear with 'Club Sports' on it. We are self-funded and don't have the resources to buy all new jerseys, bags, and warm ups. It's unfair to our players to ask them to pay out of pocket for something we had no say on."

Fortunately for teams, this initiative was halted by student government, and they'll rock the same Colorado Buffaloes gear in 2015-2016.

Outreach, funding, time management and the constant battle to prove yourself all pose challenges for club athletes. But, at the end of the day, playing a club sport at CU is about loving the sport, your team, and your school.

"It was important for me to keep playing [hockey] because I didn't want anything else," Gruber said. "To come to a school that has a great program and great academics is truly special."

5 Types of Professors You'll Meet at CU

by Grant Stringer,
Opinion Columnist

1. The Genius: Better buy a big notebook, because this professor is going to be dropping mind-blowing knowledge on your ass all semester. If done correctly, taking their class will forever change the way you think about a given subject. Oh, and don't be that kid in the lecture hall that thinks he can teach this prof. a thing or two. 'Cause I got news for you—you'll get schooled.

2. The Researcher: Professors at CU have to balance conducting research, which helps them keep their jobs, and being effective teachers. You will likely come across a professor who seems detached from their students and who is hard to meet with. Chances are this professor is focusing more on their role as a researcher than their job as a teacher. Recognize that this may be the case and do your best to navigate the situation.

3. The Foreign National: CU has brilliant professors that hail from all over the world and bring different perspectives to campus, which is a great thing. There may come a time, however, when you find yourself in a class taught by a professor with so thick an accent that, at times, you literally do not understand what they're saying. Good luck with this one.

4. The Petty Enforcer: Study that syllabus, because this professor will enforce all of those ridiculous attendance, due date and conduct rules that you think you can get away with. This ain't high school any more. Play by the rules.

5. The Mentor: This professor will help you navigate the craziness that is college, from material in their own class, to extracurricular activities, job referrals and maybe even advice with your social life. Thing is, **you have to build this relationship.** But if you do, you've got an invaluable resource.

Where will your biggest adventure lie?



by **Danielle Meltz,**
Reporter and Columnist

Maybe you're already looking at places to study abroad. Maybe you think finances and graduation stand in the way. Or maybe you're like me, and the thought of studying abroad honestly doesn't sound that interesting. Whatever the case may be, here's my story about studying abroad. My crazy, adventurous, heart-breakingly sad, wouldn't-change-it-for-the-world story. Whether you decide to let study abroad do the same

for you, is up to you.

I came into Boulder not wanting to study abroad, and ending up doing it twice. It could have been the contagious wanderlust from my older friends who did it. Or the growing appeal of becoming fluent in French. Whatever the case may be, I studied abroad in the Alps town of Annecy, France, the summer after sophomore year. Spring semester of my junior year I learned about the Arab Spring in Tunisia, the country that started it all.

During my three years in Boulder, I have never felt the emotions or been a part of the adventures that I did while I was abroad. The excitement I felt when I decided

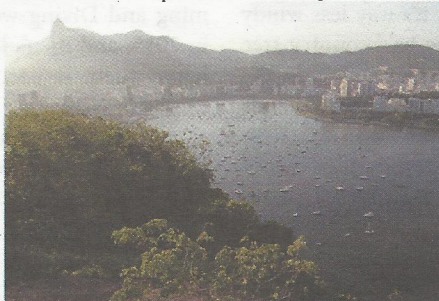
to take the train by myself to Barcelona for the weekend, found a hostel when I got there, and met a group of backpacking Swedish people. Or my amazement when I discovered that the guy who started AC/DC was staying at my hostel, and I introduced his band at concert in Morocco several days later. Or the feeling of intellectual growth interviewing people

during Tunisia's week-long anti-terrorism protest. You will hear that studying abroad is a amazing more times than you

can count during your time in Boulder, and you won't even begin to imagine what that actually means until you do it. Studying abroad allows for all of these experiences and thoughts that being in Boulder simply couldn't provide for me. It's being invited to a Tunisian family's home for lunch where their walls and floor are ce-

ment, and realizing how grateful I am for the comforts of home. It's the deepest feelings of loneliness when you decide to backpack solo through Morocco for two weeks, only to be welcomed by immense writing inspiration and life-long friendships. It's applying everything you've learnt in the past couple years and being able to speak French with your host family, or interview the leaders of an Islamist political party.

Looking back, I would have studied abroad even more than I did. If you're worried about finances, go into the study abroad office and learn your options. There are tons of them. Some programs are cheaper than in-state tuition, and some offer their own scholarships. If you're concerned about graduating on time and your classes abroad not counting, take comfort in knowing students studying abroad are more likely to graduate on time. If you're just not inspired yet, ask yourself what the most adventurous, enlightening, fulfilling experience you can think of is. Then realize that studying abroad will surpass every expectation of that.



A coast in Brazil, one of the many places to study abroad. (Alec Jenkins/CU Independent)

CUSG Who?!



by **Madalena DeAndrea,**
CUSG Dir. of Communications

CUSG is your student government; elected officials of the students, by the students, and for the students. Twice a year, candidates from every corner of the political spectrum vie for your

vote around campus and online. Because of the frequency of elections, CUSG can promise to be working in the best interests of the 25,000 undergraduates and 5,000 graduate students it represents here in Boulder.

CUSG does a lot that affects every student on a daily basis. CUSG's primary responsibility is managing approximately \$32 million in student fees per year and voting on its allocation and implementation throughout Cost Centers and various student resources. These Cost Centers include the REC Center, the UMC, the Volunteer Resource Center, the Environmental Center, Student Legal Services, Housing Relations, Distinguished Speakers

Board, Cultural Events Board, and many more.

Additionally, CUSG lobbies on behalf of students for tuition assistance and cost mitigation at the Colorado capitol, speaks at Boulder City Council meetings, fosters a dialogue between student opinions and the Chancellor, and makes sure that students have a direct channel to make their thoughts and opinions heard.

CUSG is an active force of highly motivated, driven student leaders fighting for your best interests all throughout your college experience. This is not your high school student government. CUSG has the power to affect real change through legislation, task

forces, and initiatives.

If you are an incoming freshman and would like to get involved in CUSG, you should check out CUSG Freshman Council. During the 2000-2001 academic year, the CUSG Tri-Executives established a council that would serve freshman students at CU-Boulder, and in essence be the freshman voice within CUSG. Through this council of strong leaders, CUSG is able to more effectively communicate and engage the students of the university. Recruitment is held in the fall of each year. If you are interested in applying for the CUSG Freshman Council or want further information, please check out our website: <http://cusg.colorado.edu>

True Roots: Building CU Boulder



by **Jordyn Siemens,**
Editor-in-Chief

Making CU Boulder a reality was no easy task. In 1874, Colorado Speaker of the House David Nichols and his legendary 'midnight ride' played a large role in gaining appropriations to build Old Main from the territorial legislature.

According to "Glory Colorado!" by William Davis, Nichols felt intense opposition from fellow legislators to catalyze the university's establishment. He rode to Boulder and back, overnight, to convince citizens to match any proposed government appropriation. The 30-mile ride by horse took five hours each way, and Nichols returned just in time to report promised donations, stifle opposition and push the bill through. A culmination of the decades-long process to establish higher education in Colorado, the 'midnight ride' saved CU Boulder.

Longing for Higher Education: Universities emerged after the Civil War, combining nuanced and traditional colleges. As a result, degrees became a means to the end of greater economic opportunity in America, rather than an end in themselves.

Think back to the most traditional establishments of higher learning in America: Harvard originally opened its doors to

train politicians and clergymen; Johns Hopkins added research to the mix; the University of Chicago introduced professional schools and departmental organization; Cornell expanded access to higher learning beyond elite men. Engineering and science programs in European universities of the late 18th century inspired these institutions. The University of Berlin, for example, houses a research sector that Johns Hopkins is modeled after.

Skip ahead to the 1850s in Colorado, and Captain Thomas Aikins and his wagon train were settling along the Saint Vrain. By 1859, our city was a rugged miner's supply camp, 1,240 acres strong. Two thousand men outnumbered 17 women in the area, and mining and agricultural jobs offered stability and infrastructure.

It wasn't long before residents longed for knowledge beyond their trades, but educating the West was a different animal. Survival required a fusion of specialization, professional training and a broad liberal arts background.

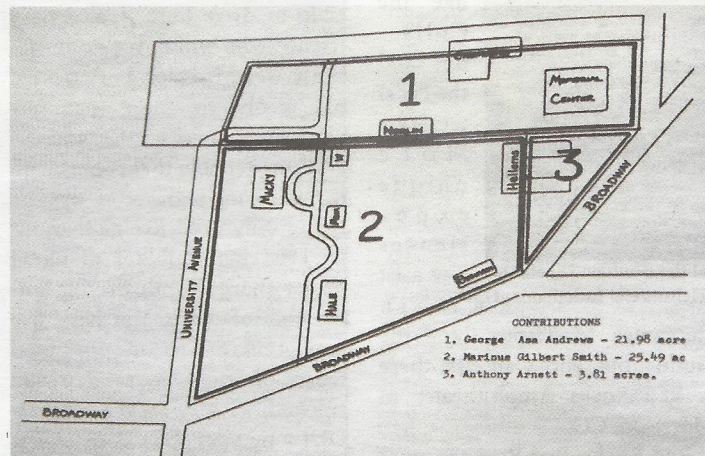
Support and Struggle: In 1861, Colorado became an official territory, and E.S. Wilhite introduced a bill to establish a university in Denver. The territorial council wanted certain col-

leges to be separate, and Golden, Boulder, Pueblo and Longmont joined Denver as potential sites to host these schools. Golden claimed the School of Mines due to its proximity to productive gold mines, and Fort Collins gained the Agricultural College five years later.

The Act to Establish the University of Colorado made the legislative agenda in 1861 and Boulder gained the majority (eight votes) in the third roll call vote. Governor William Gilpin signed the bill on November 7 and established a board of trustees.

After the act passed, Boulder still struggled for rights over the flagship school. Citizens weren't able to raise enough money to begin constructing a permanent schoolhouse. Various legislatures over the next decade threatened to move the university elsewhere, believing that Boulderites were dragging their feet.

Land and Cash: Sit in the Norlin Quad and look around. The land surrounding Old Main is a marriage of three separate original plots, offered to the university by owners Marinus Smith, George A. Andrews, and Anthony Arnett on Jan. 6, 1872 for a total of \$1,026. These combined properties form a triangle you know all too well.



An old campus map from "Glory Colorado!" (Kai Casey/CU Independent)

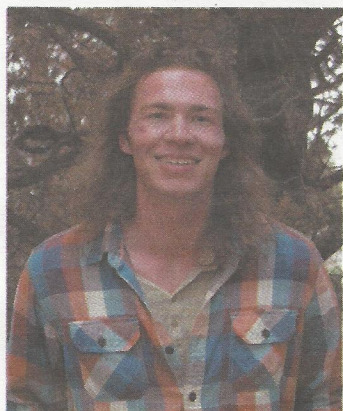
With a plot of land, university trustees J.P. Maxwell and David Nichols asked the 10th territorial legislature for \$30,000 to build Old Main. After Nichols' midnight campaign, the body gave \$15,000 on the condition that Boulder's citizens could match the appropriation. One hundred and four small donations later, the \$30,000 goal became reality in 1874.

Marinus G. Smith offered \$1,000, but all other contributions paled in comparison, dipping as low as \$15. One hundred and four separate parties eventually raised \$16,806.66, and the university was on the cusp of becoming a reality.

Statehood and Success: After President Ulysses S. Grant signed Colorado into statehood in 1876, Old Main opened its doors to students on Sept. 5, 1877. Designed by local architect E.H. Dimick, the structure housed university president Joseph A. Sewall and his family, a library, and classrooms for both the Normal and Preparatory departments. Jane Sewall beautified the small campus with sycamore trees and flowers along Varsity Lake. Justin E. Dow was the first full-time faculty member, teaching the 50 students in the preparatory department and 15 in the normal college. Twenty-seven of these initial students were women.

Curriculum: Sewall's vision included a curriculum that gave men and women equal access to the University. His pragmatism preserved scientific studies, but humanistic studies were a vital part of the University of Colorado. Core subjects included international law, economics and history. Survival in the West, after all, was contingent upon innovation, the working class, and, of course, higher education.

Boulder: The music lover's paradise



by **Matt Dubois,**
News Reporter

There are few college towns with music scenes that can even hold a candle to the Denver/Boulder area. Boulder is at a unique crossroads where world-class musicians, self-marketed DJs, mainstream artists, edgy bands with local followings, DIY venues and house shows all reside in harmony, and you're in the middle of it all.

Boulder: Pretty Lights, The String Cheese, Incident Yonder Mountain String Band, Leftover Salmon, The Lumineers, Devotchka, Flobots, The Motet, Elephant Revival and Big Gigantic are just a few of the big names that have come out of Colorado. Unless String Cheese does another free

show on the Hill, most concerts in Boulder are at either The Fox Theatre or Boulder Theater. Both venues regularly bring noteworthy artists to their intimate stages. Each one lets the crowd up

to the edge of the stage, making concerts in Boulder an opportunity to get as close as you can to the music.

Nederland, a small town just beyond Boulder, continues to impact the local music sphere. Beyond producing world class artists, this mountain town was home to the Caribou Ranch in the 1970's and early 80's. Internationally known artists such as U2, Tom Petty, Elton John, The Eagles, Billy Joel, Dan Fogelberg, Amy Grant, and the Beach Boys all recorded in "The Barn" on Caribou Ranch, just outside of town. While The Barn is no longer recording music, the spirit of making and appreciating music has never left the area. Just go up to Nederland and talk with people who were there for it all; it's clear the infatuation has both continued and spread.

Denver: Beyond the Flatirons, Denver is just a quick drive or bus ride away. Denver's music scene is blossoming into one of the best in the nation, and it is well worth the commute. There are traditional hall venues like the Ogden

and Fillmore theaters and huge centers like the Coliseum and the Pepsi Center. More unique experiences

Cervantes' Masterpiece and the Gothic, but, above all else, there is Red Rocks Amphitheater in Morrison, CO.

Red Rocks: Red Rocks is more than a venue. It's more than the

best outdoor amphitheater in the world. It is an aspiration, attracting talented musicians to a place where natural beauty and perfect function meet. Every show at Red Rocks is an event, every artist mentions that they are honored to play there, and every show-goer is humbled and awed by the stars above and the massive formations they're dancing the night away in. Seeing a show at Red Rocks should be a bucket list item for anyone, period.

Festivals: Buffs who stay in Boulder for summertime are in luck, as the music festival season will be in full swing all across the state. Almost every weekend

there's a festival relatively close by. Loudwire, Kinfolk, Arise, RiotFest and Phish at Dicks are just some of the festivals within an hour of Boulder. And for people willing to make the drive, there are some remarkable festivals across the state like: Sonic Bloom, The Ride Festival, Wanderlust and of course the legendary Telluride Bluegrass Festival.

Music is saturated into the Front Range lifestyle. Just as the mountains inspire songs, music inspires our local culture and way of life. It is an exciting time to be in this part of the world, experiencing the continually expanding live music scene.

Pot Perceptions:

Myths of Weed

by **Tommy Wood**

Weed is a gateway drug: Only if you confuse correlation and causation. A 2012 study by Yale University found that 34 percent of prescription drug abusers aged 18 to 25 smoked weed first. Other studies have found the same for hard drug abuse.

The National Institute on Drug Abuse says that most people who smoke weed never try hard drugs.

It's ok to drive high: I have about six years' worth of personal experience that tells me it's possible to drive high. I also have friends who will never do it. Because weed is legal, it's treated like alcohol in more than one way; you can get a DUI, and everything terrible that comes with it, for driving high.

You only need five nanograms of THC per milliliter of blood to get charged with driving under the influence. You have five nanograms of THC in your blood for up to eight hours after you smoked, so it's possible to get a DUI long after the weed's effects have worn off. Regular stoners

will have over five nanograms of THC in their blood all the time. So you can get arrested if you're not high at all.

It's hard to smoke in the dorms: Your RAs will hammer this into you—don't smoke in the dorms. We'll catch you. But, let's be honest, that probably won't stop you. Some RAs won't care if you smoke, but most do, and even the chill ones have to say something when your room smells like a grow operation.

You don't have to let your RAs in if they knock. Ditto for Community Safety Officers. They can't force their way in.

But they can call the campus police, and they enter your room without a warrant because it's university property. They also don't need a warrant to search anything in your room that CU gave you. In other words, your desk, dresser, bed and fridge are fair game. If you have something you don't want them to see, invest in a lockbox, because they probably won't go to the trouble of getting a warrant to bust you for weed.



The Chainsmokers perform at the Boulder Theater on Pearl Street. (Robert Hylton/CU Independent)

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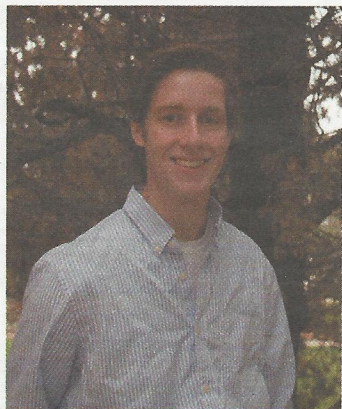
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Studying: The good, the bad, and the 'smart drugs'



by **Justin Nanberg,**
CUI Staff

Students tend to struggle with time management. Procrastination sweeps its way through campus at least twice per semester, taking each student hostage, one by one. With such little time to do their work and such high demand for quality, students often feel they have no choice but to seek a little extra help.

Welcome to college, study drugs.

Adderall, Vyvanse, Ritalin; you might've heard about them or know people prescribed to them.

But are they really worth all the hype?

These stimulants aid focus and concentration, and, in cases of ADHD, improve overall behavior by mimicking feel-good chemicals, like dopamine, in the brain. The demand for stimulants is high on college campuses, as many students seek the ultimate defense against procrastination.

CU Boulder sophomore Jacob Foreman has a prescription for Vyvanse, and undoubtedly benefits from the positives effects of it.

"I don't even procrastinate often, but when I take Vyvanse, it zones me into my work and allows me to complete it without constantly being distracted," he said.

Foreman said he doesn't see kids abusing these drugs, and that, in his eyes, the pros outweigh the cons. With constant pressures to 'make the grade' surrounding students, many feel that pairing study sessions with stimulants gives them the best chance at doing well in school and keep-

ing up with personal standards.

Those taking study drugs risk severe penalties due to harsh laws relating to stimulants. But this doesn't stop students—it looks like the drugs are here to stay. Norlin librarian Juliann Couture agrees.

"We have this system where you take four or five classes, or maybe even more, and they're all on the same schedule, and everything comes to you at the same time," Couture said. "There's going to be stress and there's going to be people that cope with that stress in different ways, and I think whatever happens will continue."

On the traditional side of study aids, campus libraries are always there for students. The Norlin Commons, open 24 hours, offers printing, multiple floors of study room space, computers, and the ever-cafeinated Laughing Goat Coffeehouse.

CU Boulder also offers a free tutoring program through the Academic Success and Achieve-

ment Program (ASAP) for any class.

Whether you choose study drugs, tutors, all-nighters, or none of the above, the on-campus libraries are ideal study spots—the "timeless fellowship of the human spirit" is always available to you.

King Study: Adderall Quick Facts

34.5% of students use Adderall multiple times per term

33% of users experience loss of appetite

6.4% are 'full time' student users and/or have a medical prescription

53.5% get it from friends

26% get headaches from Adderall

17% experience insomnia due to Adderall use

2007-2012: number of ADHD prescriptions among adults tripled

Stimulant-related ER visits among adults 18-34 also tripled from 2005-2011.

Drinking may increase the risk of heart problems for those taking stimulants.

Sources: Centers for Disease Control and Prevention, Substance Abuse and Mental Health Services Administration, National Center for Biotechnology Information

The RA's Guide to Dorm Life

by **Sam Klomhaus,**
Ace News Editor

Interacting with resident advisors is a necessary part of living in the dorms. RAs are, for the most part, not out to get you, despite what certain stereotypes have to say.

To prove it, I reconnected with my RA from freshman year and asked him about his perspective on dorm life. The main takeaway: all you need in college is a bit of common sense.

The fast-track to getting along with your RA starts with understanding that they were a freshman once. They experienced the same restrictions, policies, anxieties, and box-like living situation you did. RAs are people, too.

Yes, they are cast as the potential villain, but weren't trained to act the part.

"Make friends with the RAs. They're not going to let you off for the things that you do wrong, but they'll eventually recognize who you are, get to know you, and might become a bit more willing to walk past a room that's on the borderline."

Yes. They said it. Your RA just MIGHT look the other way from time to time. But this isn't a sign of incompetence or favor. RAs are there to encourage maturity among new college students, and yours might just want to let you make your own mistakes a few times. Here's where the next piece of advice comes in:

"Be smart about what you're doing, know who you're with and realize there's people enforcing university policy, and that's their job. If there's a policy out there, and it's in place, you should know the policy as a student. If you know that what you're doing can get you into trouble in the dorms, there's ample opportunity to choose to do whatever you want to do elsewhere or not at all."

Does this mean there is no fun to be had in the dorms? No. But certain types of 'fun,' like partying or possessing illegal substances are all fun and games until legal and disciplinary issues come into play. Unfortunately, a large proportion of students do face 'strikes' in the eyes of CU Boul-

der, and avoiding them is all about spotting red flags.

"If you're sitting in a room and people are drinking, or whatever it is, and being loud enough that you feel like 'I'm pretty sure somebody could hear me,' that should send up a red flag. That should make you think 'Hey, either we need to quiet it down, or we need to turn down the music, or we need to get out of here, go take it elsewhere.'"

The point is, it's easy to make friends with your RA and make it through freshman year without CU learning your name for the wrong reasons. Be nice, understand the big picture, and use that brain that got you into this school. You'll be just fine.

Date Night to Late Night: The Best Places to Eat After the Sun Sets – From a Girl Who's Really Good at Eating



by Maggie Warner,
News Reporter

Amidst the early mornings, the schoolwork, the homesickness, and the long days, indulging in food becomes a bit of a ritual freshman year. From date nights to late nights, food defines the

social experience here in Boulder. Here's the lowdown on where your money will be best spent.

Scenario 1: It's date night and you're thinking tonight's the night...we order appetizers. You want trendy, fast-paced, and reasonably priced. Pizza sounds good—real pizza, not 3 a.m. pizza. Your best option: Pizzeria Locale. Go early because it fills up fast, but you can entertain yourself on Pearl St. while you wait.

Scenario 2: You roll over in bed and check the clock. It's 12:30 a.m. You're hungry. You want cheese and dough. You don't want to keep the Freshman 15 waiting. Your best options: D.P. Dough or Cosmos Pizza. Both are cheap, fast, and easy, with the added bonus of

delivery.

Scenario 3: It's time to get classy, but not so classy that your card gets declined. Sushi sounds perfect. But you don't want to be locked into just sushi. What if you want teriyaki chicken? Or what if, all of a sudden, you would actually kill your date for some udon? Your best option: Japango. The bar and the main restaurant are both fun with an always-friendly wait staff taking care of you.

Scenario 4: Joining a religious tribe sounds oddly appealing tonight. You would like to accompany this next step in your life with some delicious carrot cake and tea in a place resembling a mixture between an Old English tavern and a hollowed out tree. Your only option: The Yellow Deli. Associated with the Twelve Tribes community, a self-described "spiritual

brotherhood," the Yellow Deli is really something you have to see to believe. It's also open 'round the clock Sunday through Friday.

Scenario 5: You ditched your date and you want Mexican, but this time you want to people watch on Pearl St. You want to eat your feelings in burrito form, and possibly order some tacos to-go. And chips. And guacamole. Your best option: Illegal Pete's. Don't be dismayed by the line. It moves fast and there's plenty of seating, inside and out.

Scenario 6: You just finished your ten-page paper. You deserve a reward. The sugar craving is all too real. You want all the cookies, cupcakes and cake the world has to offer, and you want it it delivered, posthaste! Your best option: Boulder Baked. 'Nough said.

Go forth and consume.

Life of a Hungry Buffs Driver: Q&A with Sierra Lillard

When ordering food for delivery, HungryBuffs.com is the main middle-man for the Buffs and for Boulder. Senior speech, language and hearing sciences major Sierra Lillard became a Hungry Buffs driver last spring, and apparently it's not a bad gig.

CUI: Ok, first question. What's your favorite time of day to run deliveries?

Sierra Lillard: I like doing lunchtime (12-3pm) deliveries just because it's usually nice out-

side and easier to find people's addresses.

CUI: Any bad delivery experiences?

Sierra Lillard: There's the dick people that don't tip at all, even though their house is in the middle of goddamn nowhere. There was this guy that answered the door, ignored my friendly hello, and then threw a dollar bill at me like I was a whore... Haha at least he tipped though.

CUI: Haha OMG that's hilari-

ous. How do the businesses treat you when you come in to pick up orders??

Sierra Lillard: Most of them are really nice, like Native foods offers you drinks, Moes bagel and black pepper pho has really nice guys that talk to you. Some places on Pearl don't want you to be seen so you have sneak in the kitchen and creep around to find the bag. But most are nice.

CUI: What's your delivery playlist?

Sierra Lillard: When the

weather's nice I roll the windows down and usually play Fleet Foxes and Kendrick Lamar, especially 'King Kunta'. I also play some Pusha-T and the occasional Ariana Grande hit.

CUI: If you could only order one thing from Hungry Buffs for the rest of your college career, what would it be?

Sierra Lillard: Probably the mac and cheese and wings from The Sink. Whenever someone orders it, the smell fills up my car and it's absolutely delightful.

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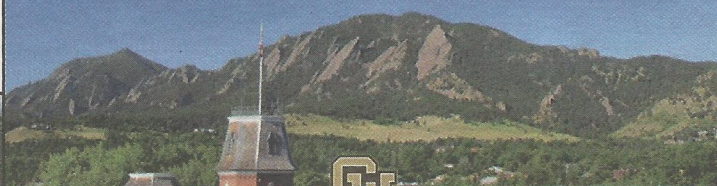
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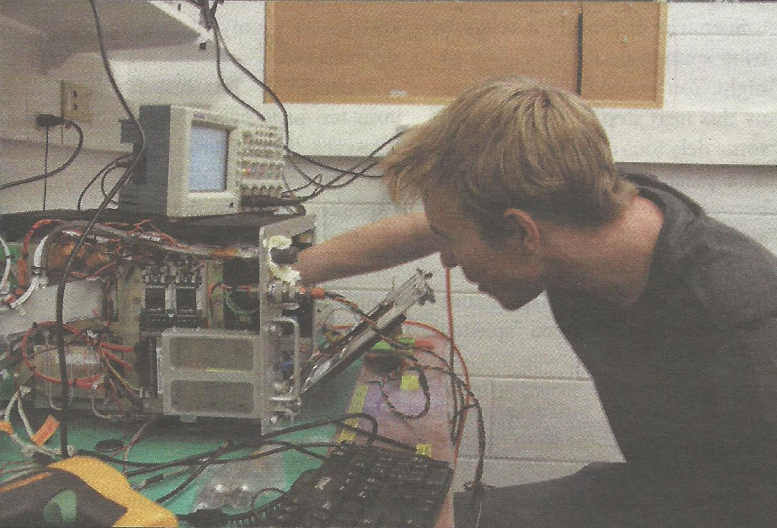
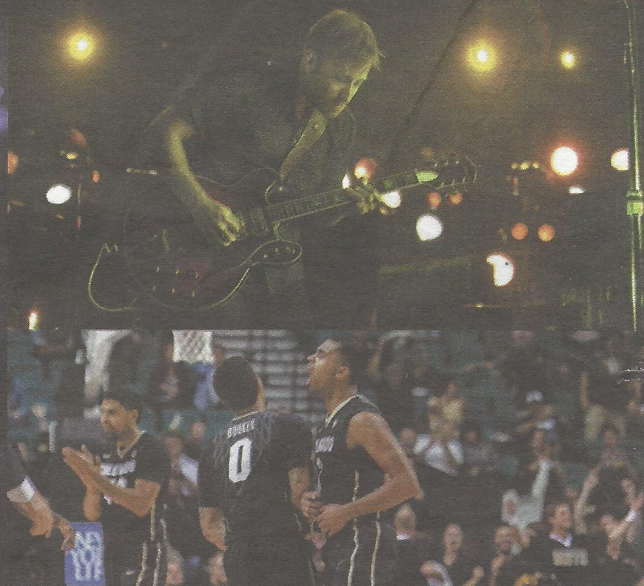
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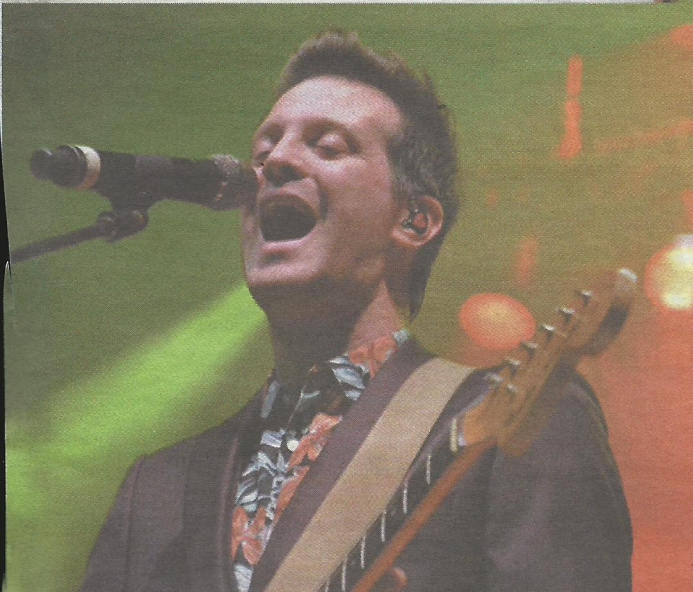
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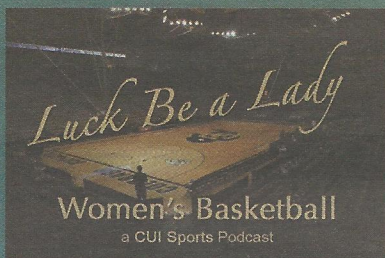


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Eating disorders and self-image:

An issue on college campuses

by Annie Mehl,
News Reporter

Editor's note: last names have been withheld for anonymity.

The first thing Karolina did when she woke up was walk to the bathroom, step on the scale and hesitantly look down to see if she was one pound closer to achieving the "perfect" body she dreamed of having.

A freshman at the University of Colorado Denver, Karolina has been in a three-year battle with anorexia nervosa and bulimia nervosa, under-eating and over-exercising.

Karolina's obsession with her physical appearance has dominated her life as a college student thus far. She is part of a demographic that is at a particularly high risk for developing these diseases. On-campus hospitals like CU-Boulder's Wardenburg Health Center often have special treatment programs for the increasing numbers of students struggling with eating disorders.

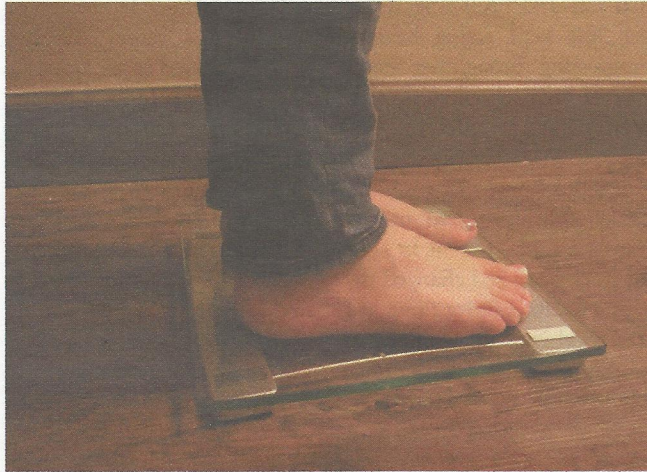
Allie, a sophomore at CU-Boulder, has been in recovery for anorexia for several months now. She has to constantly remind herself that no matter how much she compares herself to other girls on campus, her body is different, and genetics are impossible to control.

"I came from San Antonio," Allie said. "I never compared myself to people, because I was mostly thinner than them. It's hard here, when you see a girl on the elliptical next to you who is significantly thinner or more toned. But it's OK, because you have a different body type. I do definitely feel that girls compare themselves to other girls on campus."

"The mean age of onset is between 17 and 25," said War-

denburg Eating Disorder Treatment Coordinator Michael Maley. "People get to schools and feel they can't fit in. Eating disorders have grown. Nationally, 2 percent of women have

ing disorders in a bathroom all alone," Maley said. "There is either a family member who has had one, or someone close telling them they don't look good enough."



A student steps on a scale. (Allie Greenwood/CU Independent)

denburg Eating Disorder Treatment Coordinator Michael Maley. "People get to schools and feel they can't fit in. Eating disorders have grown....and at CU it's 2-3 percent higher than the national average."

Karolina moved to Colorado from Texas at 15, leaving behind her former life and best friends. Growing up with a family that

"People get to schools and feel they can't fit in. Eating disorders have grown....and at CU it's 2-3 percent higher than the national average."

did not support her in academics or sports, she struggled with her self-image.

"My eating disorder turned into a way of control, because so much of life was already being controlled by my parents," Karolina said.

"People do not develop eat-

ing disorders in a bathroom all alone," Maley said. "There is either a family member who has had one, or someone close telling them they don't look good enough."

Karolina struggled with her weight most of her childhood. Teased by her peers at school and her brothers at home, she worked hard in sports like track and basketball in an effort to be fit and healthy. With the move to Colorado, she was forced to give up participating in sports and fell into a depression.

"I started to restrict more," she said. "I thought I was being healthy because I found these nutrition sites online about portion sizes and what to eat, but I didn't realize I was losing so much weight until my mom took me to the doctor."

During the interview, Karolina prepared lunch: a lettuce wrap filled with turkey, cheese and tomato, pop chips and apple slices with peanut butter.

"Less than a year ago, I only ate a couple of things in a day," she said. "For breakfast, I would have one egg with orange juice. Lunch would consist of four nuts and a fourth of a protein bar, and for dinner I would have a few vegetables and a tiny piece of chicken, which I first soaked

in a paper towel to squeeze out the grease."

In high school, Karolina used sports as a motivator. Her parents told her she could participate in track as long as she gained weight and became healthy. But whenever she gained weight, she felt a familiar pang as she stepped on the scale.

"I also tried bulimia, and I kept that up for a little while," she said. "Before making myself throw up, I said to myself that I needed to rid myself of the crap so I don't get fat. I thought I was getting rid of impurities that could later screw up my body. But a lot of the time, I wasn't really thinking, just doing, because the eating disorder took over my mind."

In high school, Karolina lost so much weight that her health took a turn for the worse.

"I started having chest pains, so my mom took me to the doctor's," she said. "The doctor told us that my heart rate was really low, and my mom told her about my history with the eating disorders, so she suggested I go to the hospital. When I went to the hospital, they took my heart rate and it was so low that they admitted me."

Karolina didn't know if she would graduate from school that spring, and she worried about what others would think upon hearing why she was absent.

She was held in the hospital for over two weeks.

Doctors did not allow her to stand or walk for more than a short amount of time because her heart rate was so low.

"The doctors kept trying to find something wrong with me, like anxiety or depression, and wanted to give me medicine for it, but they could not find any-

Continued on next page>>

>>>Continued from last page thing," she said.

Maley, the Wardenburg treatment coordinator, said eating disorders are "biopsychosocial disorders."

"The biology piece, we find things like people who have had a disorder like a sister or mom," Maley said. "Psychologically, we find people who have had anorexia also have obsessive-compulsive disorder, or if they have bulimia they are also dealing with mood disorders or anxiety. And socially—family, media and culture."

It wasn't until Karolina saw how worried her friends were while she was in the hospital that she realized something needed to change. While watching her best friend break down hysterically, she finally realized what an effect her life had on

the people that loved her. She began to understand that she needed to get healthy, not only for herself, but for the ones who loved her.

"I promised myself again that I would eat kind of normal portions and work out in a healthy way, and I did," Karolina said.

She went back to school, slowly gaining weight at a normal rate and becoming stronger. She kept eating healthy, progressing through her senior year of high school as another year of track rounded the corner.

"I didn't know that I was capable of achieving so much," Karolina said. "I went to state for track because I changed my eating habits. I never thought I was good enough. I wanted to keep it up so more good things would come."

Karolina finished the season and school year with a healthy mind and body, but she still has to remind herself constantly not to fall back into her old ways.

Now she is at a healthy weight, eating well and working out. She still fights a daily battle of self-image and her want to look perfect.

"I compared myself to other girls from school, in magazines, on TV and more," Karolina said. "I wanted to be beautiful like they were. Today, I remind myself of everything I've gone through. I think about how close I was to dying, especially when my heart was so fragile and weak. You may think you are worthless but you need to find something to help you realize that you shouldn't be putting all of your energy on losing weight because there is so much

more you could be doing. It's just a waste of time."

Since coming to CU Denver, Karolina has realized how important it is to have a support network. She still struggles with falling back into her old routine of restricting food, the stress of her first year of college pushing her toward old habits. Karolina always consults her close friend when she is feeling overwhelmed or afraid she is losing weight again.

"I have a friend who reminds me that everything gets better as long as I try hard," Karolina said. "I am no longer weighing myself every day. When you look at the scale, part of you wants to see the numbers decrease when they shouldn't. If you are eating right and exercising right, there should be nothing to worry about."

The Real World of Depression: Perceptions of the unseen epidemic

by Ellis Arnold,
Copy Editor

Part I

It's 8 a.m. Eric wakes up, hits the alarm clock and resets it for a few more minutes of sleep. The alarm goes off again; he gets up. He shuffles to the bathroom and takes a shower. He throws his clothes on, and he's out the door. He takes one last moment to check his backpack and is on his way to class on Monday morning.

Just like you.

But the difference is that under the surface, Eric is living with depression. His day may well go just like yours — class, lunch, more class, homework, maybe some down time. But Eric lives with the constant possibility that the day might take a turn for what he calls "the bottom of the roller coaster."

"I think it's probably different for everyone, but you know, I guess it's a general feeling of lifelessness," Eric says.

"You kind of feel like you're sinking lower into yourself. It's a very strange feeling....when it's really acute, it's really hard to make even basic decisions. The thought of doing anything at that point stresses you out

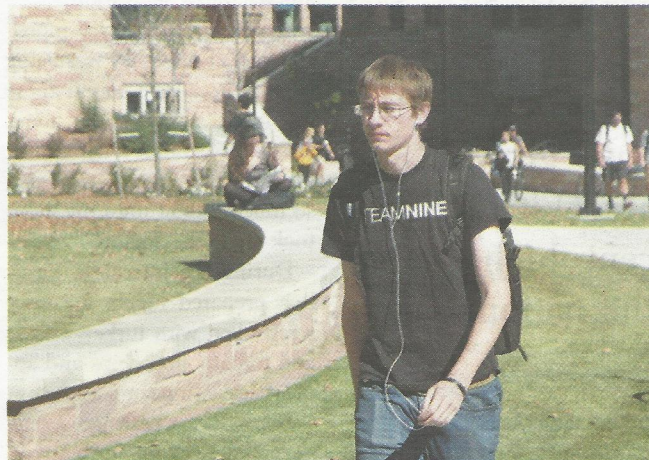
has to be 100 percent prepared to understand the material for the day — feeling unsure about class can set off anxiety that leads to a depressed state.

"I'm very hard on myself," he says. "If I don't understand

Eric says he tries to avoid that spiral by minimizing situations that might make him anxious.

"You have to do what the teachers always say, really having read the book and everything before you go to lecture—I mean every time, you have to do that. So that you don't get into a situation where you feel like, 'I don't understand this.' At least for me. And it's not just education or academics, it's really anything. You have to have your i's dotted and your t's crossed."

Eric, 21, is one of the 350 million people globally who suffer from clinical depression, one of the most pervasive mental diseases in the world. Though generally physically undetectable to other people, it can wreak a whole host of problems: difficulty concentrating or making decisions, loss of energy, insomnia, overeating or appetite loss, physical aches, excessive feelings of



Eric walks to class. (Ellis Arnold/CU Independent)

so much that you kind of become incapable of doing those things.

Going to his Monday morning lecture, Eric knows that he

something in a class, then I start to panic and I blow it out of proportion that I'm falling behind, and that kind of spirals into feeling depressed."

guilt, loss of self-esteem, persistent anxiousness, feelings of emptiness, unusual feelings of panic and recurring thoughts of death and suicide.

And while not everyone with depression will face all of those symptoms, any number of them can assail an otherwise calm person who appears to be just fine.

After his first class, Eric takes some time to sit and talk about stressors in his life. He grew up with constant pressure from his parents to succeed. "I felt like I constantly had to be, had to be perfect...which carries over into other things."

"I have a very big commitment to being fair in decisions," he continues. "I get so paralyzed in decision-making that I don't seem to get anything done." He has to be meticulous to minimize the possibility of feeling wrong or not good enough; self-worth is an important factor in depression, he explains.

On days like Monday, Eric goes without much interaction, studying and going to classes until around 6 p.m. Usually he gets through the day without issue, but being alone can make bouts of depression more likely, he tells me as we sit down again after his evening class. "It's usual-

when you go back and you're alone with your own thoughts, that's when it gets pretty bad."

"I think a lot of people really feel the isolation... it'll turn in on itself and kind of feed off of whatever bad things are going on." But despite the exacerbating effects of feeling isolated, being alone is what he sometimes prefers. He feels that talking about what's

"Having to save face or go do your daily things helps stave it off. But when you go back and you're alone with your own thoughts, that's when it gets pretty bad."

on his mind "burdens others with [his] problems and really doesn't get anything done."

"I don't want them to waste their emotional energy on me," he adds.

Eric says that having depression has made him a less open, less committed friend. "It seems like I'm massively closed off...I try to deal with it on my

That really hit home."

Eric says depression has damaged how he sees himself and his ability to do well in many areas of his life. "I suspect that it's also damaged a lot of my relationships with my friends and even deeper personal relationships.

"[Depression] has definitely done a lot of damage in my life. Most of which, like I said, I more look at as my fault than perhaps depression's fault." Because of his upbringing, his high standards contribute to blaming himself for depression-related complications in his life. "I feel like blaming it on depression is a cop-out. I'm not very accepting of it."

"I think I was technically diagnosed when I was 16. I don't think I ever really had a concept of depression before that...that's really the first time I became aware of it, or that term was put toward me in any way." He came from a family focused on success and progress, one that "wasn't really very emotionally deep in a lot of senses."

Eric didn't have a real idea of what depression was before his diagnosis, and he is certainly not alone there. Throughout his life, he's heard the ways people can stigmatize depression. "I think a lot of people see it as a weakness. They think, 'Well I don't have that, so I'm better.' It's a classic example of people being ignorant."

"You know, you hear it a lot: 'Just be happy,' or 'Happiness is a choice,' or 'You should be so grateful...because you're not starving in Africa' or whatever," he says. "You can try and trivialize people's problems away and say that they're not as big as other peoples' problems, and maybe that's true, but each and every person has their own life and has their own problems and they are just as important to those people as others. Maybe that's the biggest misconception—peo-

ple wonder, 'Why are you unhappy?' or, 'Why do you have [depression] when you have all this other stuff going on in your life?'"

As Eric explains, there is no set reason for having depression. "It's not like [when] you lean on your wrist too hard, you're gonna break it, it's this many pounds of force; there's no concrete formula for it, and there doesn't seem to be a concrete formula for solving it, either."

After the conversation, Eric goes back to his dorm room to resume his normal routine. At the end of the day, he'll "do homework or get in bed early and go on Reddit. Or I'll read a book; I've been really trying to get myself to read a little bit more."

Eric's advice to other people with depression is to "try to do something every day, no matter how minor it is. If you can do something every day — and when I say 'something,' I mean even reading one page of a book, or eating one piece of fruit or one piece of food—I mean just do something every day."

Part II

On Thursday, on a north-bound bus in the fall-flushed, sunny, peaceful-looking afternoon, Eric is on his way to see his psychiatrist for a therapy session. Up Broadway into the outskirts of Boulder, there are small, unfinished-feeling streets and large-lot houses. One of them is Dr. Leland Johnston's, a private practicing psychiatrist who has worked in the psychiatric field since 1978. Dr. Johnston helps treat Eric's depression by prescribing medication and talking to him in therapy sessions.

Around the back of the house, the door is open and a small office opens to the right.

Please read the full story at cuindependent.com.



Dr. Leland Johnston's office. (Ellis Arnold/CU Independent)

ly not very acute when I'm around other people. Having to save face or go do your daily things helps stave it off. But

own, and that's not healthy." A close childhood friend said, "You never tell me anything; I always tell you everything."

MDMA and the war against PTSD

by Matt Vail,
News Editor

Editor's note: Last names have been withheld for anonymity.

A janitor knocks over a table in the University Memorial Center, and the sound of thick plastic against the hardwood floor echoes into the hallway where James, a 22-year-old freshman studying biology, sits. He smiles quietly to himself, staring off into space.

After this moment of reflection, he snaps back into the present.

"Before my treatment, that would have scared the shit out of me," James says. "It would have put me right into a full-blown panic attack."

In 2011 and 2012 James served as a combat medic in Southern Afghanistan, and for more than two years afterward struggled with Posttraumatic Stress Disorder.

PTSD, classified as an anxiety disorder by the National Institute of Mental Health, affects one in every seven service members returning from Iraq or Afghanistan. As a result, 22 of these men and women commit suicide every day.

Despite the consequences of the disorder, PTSD is heavily stigmatized in the military, viewed as a sign of weakness.

This kept James from admitting he struggled with PTSD, not wanting his combat brothers to see him as a coward. When he finally did come out and admit he had a problem with the disorder, his best friend from deployment, also a former combat medic, told him that he was a disgrace to the country.

James describes PTSD as having had a wall built up around his heart—nothing

got in and nothing came out. This was useful in Afghanistan, shielding him from an emotional breakdown every time the remnants of a friend or child were brought to his makeshift medical tent.

"As a medic, a lot happens," he says. "You are treating little kids and your brothers in arms that have gotten blown up and shot. It's a lot to deal with. You need to shut off your human emotions in those situations, because if they're turned on, you won't make it."

James says the wall left him with the ability to think, but not the ability to feel.

"I had to sever the connection to my heart when I was deployed, but then I didn't know how to come back home," he says.

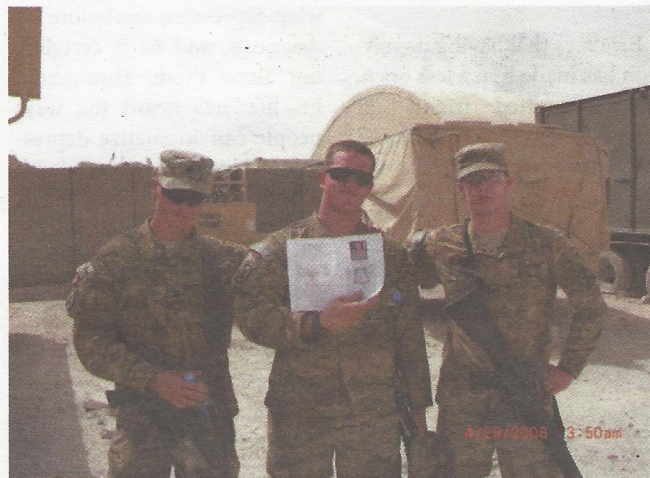
James says he didn't feel human. He knew he should have been able to feel empathy and love, but he couldn't do it—the only thing he could express

his PTSD, James tried to cope with the mental disorder on his own, hoping it would pass with time.

"When I got back from Afghanistan I bought a puppy,

"Before my treatment, that would have scared the shit out of me," James says. "It would have put me right into a full-blown panic attack."

because I thought it would help," he says. "I ended up choking her until her eyes would roll back in her head, and then let go. I would be hitting her on the ground and kicking her on the wall. I was a very scary guy."



Soldiers in Afghanistan hold the memorial program of a fallen friend.
(Photo Courtesy of James)

was anger.

"It was really hard on my wife," James says. "I knew I loved her. I knew it. But when I looked at her and tried to feel it, I just couldn't."

Before getting treatment for

For two and a half years, Alex, James' wife, couldn't decipher what was going on in her husband's head. He was anxious and angry, completely closed off.

"When he get back, he was

like someone I didn't know," Alex says. "All the air vents in my car are broken, kicked and punched in. Living with him was like walking on eggshells all the time. He just couldn't think things through and the only way he knew how to react was with anger. If everything didn't go exactly his way, he was uncontrollable."

Alex says that although she never felt unsafe around James, he was so volatile that she was always scared of what he would do next. She had to be highly aware of the things she said to him and how she said them, because even the slightest misplaced inflection could be mistaken for attitude and set him off.

"He was never physically abusive to me, but he broke a lot of things," she says.

With his relationships falling apart, James finally decided to seek professional help. He went through every single treatment that the Department of Defense sponsors for PTSD, beginning with standard treatments—group therapy, medication and talking to psychologists one-on-one. When it all proved ineffective he turned to more unconventional approaches, like hypnosis, Eye Movement Desensitization and Reprocessing and even prolonged exposure therapy, which involves throwing PTSD patients into the very things that trigger their anxiety attacks. Nothing worked.

"I kind of lost hope. I thought everything would be lost," James says. "But it's hard to describe how I felt, because I really wasn't feeling anything."

After leaving the military, James discovered a study in Boulder sponsored by the...

Please read the full story at cuiindependent.com.

The Self Prevails: Being Arabic in America

by *Domna Dali*,
Opinion Columnist

My full name is Domna Fayza Dali. Every time I introduce myself to someone, it always leads to "Wait, what's your name? How do you spell it? Where does it come from?" It's actually a great conversation starter. (When I'm not in the mood to have a conversation with someone, "Penelope" is my go-to.)

Domna was the name of my Greek grandmother, and my middle and last name come from my father's Syrian side. My mother is half Greek, a quarter Scottish and a quarter English. My father is off-the-beat Syrian and my parents actually met in Greece.

I grew up in a household where my dad fasted for Ramadan and attended Friday prayers at the local mosque, my superstitious mom wouldn't let me put shoes or money on the bed because it's "bad luck" and twice a year we would drive up to my great-grandmother's house in stoic Vermont where she once had a farm, and whose side of the family makes me 15th generation Mayflower.

For basically my entire life, I suppressed my Arabic heritage because of anti-Arabic prejudice. I was born and raised in Greenwich, Connecticut, a considerably affluent town with very little diversity apart from the white Caucasian majority. After Sept. 11th, 2001, my family and I felt obligated to lie to the general public about my father's background. When asked what religion he was, we would say Greek Orthodox instead of Muslim. I lied about my background since I was five years old until about the end of high school.

Throughout my life, I've experienced the negative stigma attached to being Arabic. In

fourth grade, my teacher read our class a fictional story from the local newspaper about a Muslim girl transferring to a school in America and asked our entire class, "Wouldn't you

"For basically my entire life, I suppressed my Arabic heritage because of anti-Arabic prejudice."

be scared if a Muslim person came into our school? I know I would be." As a 10-year-old girl who was keeping that secret, I then first understood how ignorant some people could really be. When I reached high school, a boy found out my real background and posted 10 posts on my Facebook wall of bombing videos and terrorists like Saddam Hussein and Osama Bin Laden. He also called me a terrorist and said I was

religion of mercy, forgiveness, respect, love and unity. In fact, the word Islam actually stems from the Arabic root "Salema," which means peace. The religion is based on praying to God five times a day, fasting for a month to show gratitude and "zakat," one of the 5 pillars of Islam, which is charity or giving to the needy. Terrorists groups like ISIS are not an accurate representation of Islamic culture. The actions that these people have committed in no way abide by Muslim morals.

In America, we have a tendency to put down minorities and feel a sense of entitlement toward them. Racism is not dead, it's simply just swept under the table. Even on smartphone applications like "Yik-Yak," there are constantly ignorant comments about Asians on the CU campus. Yes, the people writing those comments may not be "serious," but the fact that some of these

I've watched people give the Muslim women who cover their heads with a hijab on campus really dirty looks.

Despite all of this, there is another way we could all look at minorities. That student in your class who transferred here alone from China while his entire family is still there; why don't you ask him about his story? Why don't you learn about people and try to empathize with them instead of judging them? Most of us on the CU campus are not in this country alone. We have homes to go back to on breaks and parents that come to Boulder during family weekend, but not everyone has those privileges.

In fact, we should all be thankful just to be here, in Boulder, Colorado, at an accredited university earning a degree that really puts us on a pedestal compared to those who haven't attended college. We should feel blessed to be in America, with a roof over our heads, food on the table and clean clothes to change into every morning.

My family members in Syria had to leave their home town and move to another country, just to be safe and be able to pay the rent, eat and survive. Here we complain about how "the internet doesn't load fast enough," "I'm out of allowance because I spent too much on alcohol this past weekend," "that lecture was so boring I just went on Facebook the entire time," "the C4C sucks!"

No one should have to hide who they are, and no one has the right to judge anyone else for who they are. Find ways to be grateful for your current circumstances, and find a way to appreciate other people for theirs.



Domna sits at Sewall Hall. (Photo courtesy of Domna Dali)

going to bomb the school. Really pleasant, right?

Once I got to college I decided to embrace my diversity. Instead of sweeping it under the table, I decided to show the general public that Arab people aren't the way they're portrayed in the media. Islam is a

comments are even written proves that there is still a racist bone in many people's bodies. I've heard students make multiple comments at parties about "the only black kid at the party," and when they think someone stole something, "it was definitely that black guy."

The Schanfar Side: The Amazon is Ama-Gone

by **Sam Schanfarber**,
Opinion Editor

If the Four Horsemen of the Apocalypse are truly projected to come in stages, the first arrived quietly sometime in the early 1990s, dutifully destroying the Amazon rainforest's ability to take in carbon.

Besides being one of the most diverse habitats on the planet—home to over 10 percent of animal species in existence—the Amazon is doing far more behind the scenes.

As a global carbon sink, the Amazon absorbs more carbon than it puts out, producing up to 20 percent of the world's oxygen in the process. Yet, since the '90s, the Amazon's ability to turn carbon into oxygen has significantly declined.

In fact, according to the recent eye-opening study in *Nature* journal, the rainforest is taking in less than half of the carbon it was in 1990. In es-

many environmental travesties of today, is carbon outputs (in other words—pollution). A massive influx of available carbon has led to the trees of the Amazon attempting to take in more than they biologically can. So, to put it plainly, the trees are being overfed, and like Rosie O'Donnell, they simply don't know when to put down the plate. As a result, the trees are maturing faster from the overstimulation and thus dying younger, effectively decreasing the ability of the forest to create oxygen.

Perhaps the most frightening revelation of the study is that other land carbon sinks, like the Boreal Forest that spreads around the Northern Hemisphere, will follow suit, "overdosing" on carbon and becoming less effective at converting our waste into clean air.

When I first came across the study in question, most

a friend tentatively asked, "How screwed are we?" This is a typical reaction; news of this caliber often makes people feel their only option is to sell off their possessions, move to Cabo and live out their remaining days in a drug-induced stupor. After all, if the Amazon goes, and the rest of the world's forests follow suit, to say we'll be short of breath as a population is an understatement.

However, it is also in times of such blatant crises that humanity often comes together to find a solution. Consider, for example, the gaping hole in the ozone that became the subject of headlines internationally during the 1970s. After a 1987 international conference known as the Montreal Protocol set forth new bounds on usage of the chemical compounds destroying the ozone layer, we are now set for a complete recovery, according to the United Nations.

Similarly, if we were to buckle down as a planet and begin implementing purely green energy resources, we'd increase our chances of reversing the damage our carbon emissions have already caused. Frustratingly, many of the technologies we need to embrace are currently being used but their scope just isn't large enough yet.

Take, for instance, the fact that an experimental hydroelectricity program in Oregon is now powering more than 100 homes at zero cost. Using turbines placed inside existing city pipelines, the project headed by Lucid Energy has startlingly positive implications if it were to be embraced on a large scale. And this is just one small example—it's no secret that both traditional wind

turbines and solar panels provide incredibly green energy.

Unfortunately, the entry costs of these energies are typ-

"News of this caliber often makes people feel their only option is to sell off their possessions, move to Cabo and live out their remaining days in a drug-induced stupor."

ically what keep people from immediate adoption. However, this perpetuates a vicious and counterproductive cycle where our reliance on fossil fuels—a hefty emitter of carbon—becomes the cheapest way to heat a home but the most expensive in terms of cost to the environment.

For us to curb the effects of our carbon on the Amazon—and potentially the rest of the world's organic carbon sinks—we need to think forward, not present. In an era where the goal of the common individual is to achieve personal success, it can be difficult to imagine abandoning the thought that your life matters less than the betterment of the human condition overall.

Yet with such a thought process also comes unseen benefits, like the preservation of our wildlife and nature, as well as the promise that our children might breathe fresh air. Only thinking outside of our own personal environment will affect the greater one around us.



Aerial shot of the Amazon river (Neil Palmer/Wikimedia Commons)

sence, if you've been waiting for the "Big Red Flag" proving the immediate effects of global warming, this is it.

The root of the issue, like so

of the questions from people who wished to discuss it further concerned its severity. "On a scale of one to ten,"

The View on Ferguson, Mike Brown

by Ellis Arnold,

Copy Editor

By now, we've all heard about the shooting of Mike Brown, the protests and the lack of indictment for Officer Darren Wilson. In a post-civil rights movement, post-We-Elected-a-Black-President world, here we stand with race at the forefront of our consciousness yet again.

And let me just give you a spoiler alert, in case you didn't know: Racism is still a thing. The

"Just from looking around on social media this week, it is clear to me that people are still missing the point about race in Ferguson."

Fox News-fueled sentiments about how we need to stop playing the "race card," and how if we all just ignored race, it wouldn't be an issue, are just convenient ways to justify looking away from the problems at hand. The reason why people even have to play the "race card" and bring race up as a topic is because it's still a problem, and waving our hands and pretending that we're all treated equal in this country isn't going to make it true.

Just from looking around on social media this week, it is clear to me that people are still missing the point about race in Ferguson. If you're complaining about looters, riots and violence, you're complaining about the wrong thing.

We need to remember that the reason why we even have a huge negative reaction to police in Ferguson is because this country's police force has had racially-charged problems for decades—you don't have to know

about Mike Brown to know that. Ever since the 1960s, when police were unleashing fire hoses and attack dogs on peaceful black protesters, black people have had the message branded into their heads: the police are not your friend.

By focusing on the minority of protesters who have resorted to violence (and yes, they are the minority), we are completely missing the point. When a group of people stands up together and riots in anger because of the way they're being treated, the rioting is not the real problem. The problem is the fact that they have anything to riot about in the first place.

You say act right, and then maybe cops will respect you. Stay tame, and then the justice system will acknowledge your rights. We have to remember: the disrespect preceded the law-breaking. The flagrant disregard of rights for black people came long before a black person ever burned an American flag. *The injustice comes before the anger*, and if we cannot understand that, we will never truly understand racism in America.

While it almost goes without saying that white people have probably had altercations with police officers, it has not been as systematic, as constant, and as pervasive as what black Americans have faced. The St. Louis County prosecutor, the person in charge of presenting the evidence that would determine whether the grand jury would indict Darren Wilson and bring him to trial, came from a family of police officers. The man's father was killed while responding to a call about black suspects. He had a clear bias, and yet the county chose to let him handle the case.

The Ferguson police force itself has a history of racial bias toward its black citizens, stopping and searching them at twice the

rate of white citizens despite the fact that black citizens in Ferguson are less likely to be carrying contraband. And the disparity in arrest rates is higher than that.

Darren Wilson erred from the path that a police officer should take at multiple points. First, he radioed for backup in a situation where he encountered *two teenagers in the middle of a street*. And no, Wilson was not aware that Brown had stolen cigars from a convenience store minutes earlier—the Ferguson police chief confirmed this. Second, no matter how the altercation between him and Brown actually happened (which left Wilson with no visible injuries), Wilson got out of the car and pursued Brown after firing the initial shots. Brown died 148 feet away from the car.

Wilson's actions were a continuation of the racial bias in Ferguson, in St. Louis, and in this entire country. Yes, in

come from, these are my people, and when our half-African President told the world that if he had a son, he'd look like Trayvon Martin, he was aware that no matter how "black" you are, you've felt the oppression in some way, you've been labeled as the "other," you've been prejudged before people even know your name.

And that is why I need to talk about Ferguson. That is why you need to talk about Ferguson, because if we want to call ourselves citizens in a just nation—if we want to call ourselves human beings—we need to treat each other equally. We need to stop acting like racism is something that was defeated back when they passed the Civil Rights Act. I don't know how many Fergusons the world needs to see before we realize that racism never left. For the sake of people everywhere, I hope this is the last one. And if we care at all, we



Protesters march in Ferguson. (Jamelie Bouie/Wikimedia Commons)

2014. Yes, in the age when we value diversity and vote for non-white candidates and have black friends and neighbors. To be honest, I don't know if I can fully identify with what people in Ferguson have gone through, not only now, but all their lives. When I meet a person, I know that person doesn't categorize me as black; I'm only part black, and that part isn't even the majority of me. But this is where I

must keep his memory alive—when we vote, when we teach our children, when we go out on the street and interact with black people, white people, Hispanic, Asian, Native American people, any people. Not only must we treat each other equally, we must not forget that some people have been treated differently all their lives. And it's time to turn that around.

"Big Mac" Fighting to Hurdle Cancer

by Cannon Casey,
Copy Editor

Kyle MacIntosh, a Pac-12 finalist in the 400-meter hurdles in 2012, is facing a new obstacle in life.

He was diagnosed with Ewing's sarcoma, a rare form of cancer that occurs most frequently in teenagers and young adults, in December 2013. There are only about 250 cases in the United States each year.

As a track and field athlete for the University of Colorado, MacIntosh has ran in the 60-meter, 200-meter, 400-meter, 60-meter hurdles, 400-meter hurdles, 4x100-meter relay and the 4x400-meter relay. The NCAA granted him a medical redshirt after the diagnosis to get him a sixth year of eligibility.

MacIntosh was a highly touted athlete out of high school, winning a state championship at Littleton High School among many other accolades.

"He was if not the top, one of the top runners in the state," Drew Morano, an assistant sprints and hurdles coach for CU, said of MacIntosh recently.

MacIntosh's high school years were prolific to say the least, as he had two top ten times in the nation for indoor track. He was No. 4 in the indoor season for the 400-meter dash and the 60-meter hurdles and won the Colorado state meet for the 300-meter hurdles. MacIntosh took three gold medals at the Simplot games, held each summer for high school athletes at Idaho State University. He ran in the Junior Olympics every summer and won the state Junior Olympics every year for the hurdles, finishing his high

school career with seven national Junior Olympic medals.

"People were just drawn to him, everybody wanted to be his friend and he was always in the center of everything," Morano said.

His major, communications, couldn't be a better fit.

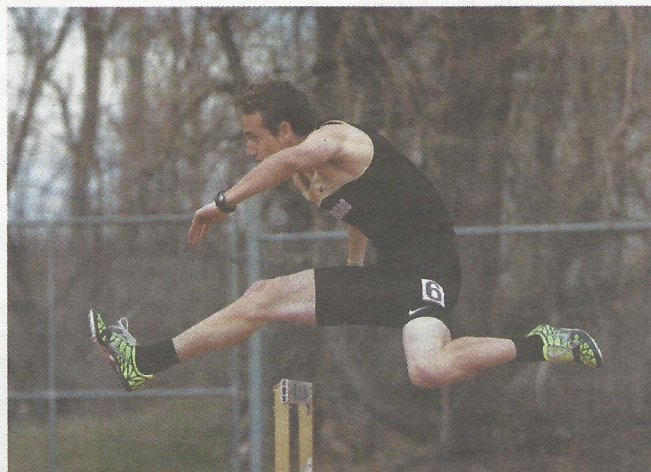
Ask anyone that has been a teammate of MacIntosh's and they'll tell you about his goofy side and ability to keep people loose.

"[Kyle is] one of those guys who could show up to prac-

said Kyle's dad, Bill MacIntosh. "He's always had a passion for running. That's motivated him through his journey with cancer."

Kyle led with his friendly personality and by example. His coach described him as, "the standard of what the hurdles were at CU."

Then the news came that Kyle had been diagnosed with Ewing's sarcoma. Given Kyle's nature, it isn't hard to believe that his first thought was how he was going to beat it.



Kyle MacIntosh clears a hurdle. (Robert R. Denton/CU Independent)

tice, be laughing, but as soon as it's time to go, he's zoned in on practice doing whatever the goal of the day is," Morano said.

Along with his ability to flip the switch on and off, MacIntosh doesn't seem to have a bad bone in his body.

"I like to describe Kyle as one of the kindest people I've ever met," Morano said. "He has a true care about other people."

As for Kyle's work ethic and leadership, well, you guessed it.

"There's not a lot of people that have come through here that could train harder than Kyle," Morano said.

"He's a fierce competitor,"

hurdle that he would go over. He looked forward to the next hurdle because it put him one step closer to the finish line."

The support for Kyle is overwhelming. "In the hospital there's constantly a line of people waiting to see him," Morano said. "Teammates, friends, everyone is up there. We know that Kyle would be doing the same for us."

Shaw Gifford, a teammate and friend of Kyle's was being shown around campus by MacIntosh years ago when he came up with the nickname, "Big Mac." Kyle gets this nickname because he's the "big man on campus," as described by Gifford.

MacIntosh's role as a leader changed to a source of inspiration after the diagnosis.

"How he's been fighting, how he's been handling this situation is the most inspirational thing ever," Gifford said. "It's the little things from doing one more rep or working that much harder because of [Kyle]. He makes your practices easier."

Kyle didn't let the diagnosis slow him down. After every treatment he would go straight to the track and get his work out in.

As news of Kyle's fight, and his video made in August, started to spread, his reach of inspiration grew. The basketball team caught news of the video and CU basketball head coach Tad Boyle showed it to his players.

"[Boyle] said that's the best practice they've had all year," Bill MacIntosh said. "The kids saw it and it really inspired them."

Gifford and Morano were not shy about sharing Kyle's story. "I know he wouldn't have it any other way, said Morano."

Bill was at work when he heard the news from his son.

"He had an MRI done on December 12th," Bill MacIntosh said. "When the phone rang I thought he had a pulled muscle or a stress fracture, but when he said they found a mass in his pelvic area my heart fell to the floor."

Morano called a team meeting that same day. Their reaction was utter shock.

"You can't imagine it happening to a kid, it just doesn't seem fair," Bill MacIntosh said.

Kyle started chemotherapy on New Year's Eve 2013.

"He did this cancer journey as a race," Bill MacIntosh said. "Each round of chemo was a

Askia Booker: Truly Unforgettable

by *Alissa Noe*,
Sports Editor

On Sunday, March 1, Colorado basketball's sole senior guard Askia Booker stepped onto his home court in Boulder for the last time in the regular season. When the crowd gave him a standing ovation as he took the court, he knew his hard work up to that point had been worth it.

After finishing his final performance at the Coors Events Center with 29 points, three rebounds and a pair of both steals and assists, Booker made his mark on Colorado history. He became one of three players to compile 1,600 career points, 400 rebounds, 300 assists and 140 steals.

Booker's career is not one that any Buffs basketball fan will easily forget. His legacy includes a host of highlights. What better way to enshrine yourself than with a top 10 upset?

As the clock ran down to the wire on Dec. 7, 2013 in a tied, high-stakes contest against No. 6 Kansas, Colorado head coach Tad Boyle put the game completely on the then-junior guard's shoulders. With less than three seconds left on the clock and victory on the line, Booker took the inbounds pass, dribbled twice and threw up his best 30-foot shot.

The ball never hit the rim.

Booker just stood there, stunned, as teammates and fans alike rushed to the court to celebrate with their new hometown hero. The shot marked the beginning of the team's six-week romance with the AP Top 25 rankings.

"I'm not sure I thought that would ever happen. It felt great," Booker admitted after the game.

During his freshman year, and Colorado's inaugural year in the Pac-12 conference, Book-

er and his team unexpectedly stole four games in four days to claim the conference tournament title in Los Angeles. He said it was a pivotal point in his

"With less than three seconds left on the clock and victory on the line, Booker took the inbounds pass, dribbled twice and threw up his best 30-foot shot. The ball never hit the rim."

college career.

"Our season didn't go that well up to that point," Booker said. "It was up and down and we didn't know if we were going to make the NCAA tournament, probably not. But after those four games in four days, I pretty much realized that anything in college—if you come together and compete at a very high level, if you defend and rebound—you can win games."

For Booker, the passion for the game came at an early age. His mother, Daniele, said that Booker developed a love for the game from the moment he sunk his first basket at the tender age of two and a-half years old.

"He made his first 'granny shot'—which is underhand—and at that point he said 'I want to go to the NBA,'" Daniele said. "He's never deviated from that goal."

Despite his newfound love for the game, Booker had to wait until he was six years old before his mom was able to find a team for him. From there, it didn't take long for his talent to

blossom.

"[I realized Askia had a talent for basketball] probably around eight or nine, because I took him off one league where I think he was scoring too well," Daniele said. "Someone told me I had to put him in a rougher neighborhood and really get him to learn how to play ball and really get to know how to earn his own. The coaches actually said that when they saw him play."

Booker, however, thinks his pre-collegiate career peaked during his sophomore summer at Price High School in Los Angeles.

"I had to put literally everything aside," Booker said. "Going out with friends, having people over— I literally just put myself in a cage. I dedicated my whole summer—my sophomore summer of high school—to flat out basketball...It was just basketball and sleep."

In the end, his hard work

rowed his options to Colorado and UCLA.

Booker ultimately chose Colorado because Boyle and his staff consistently pursued him throughout his senior season at Price. The Bruins, on the other hand, treated Booker like their last option.

Clearly, he made the right career move. As she sat in the stands minutes before his final game in Boulder, Booker's mom said she couldn't be happier with the way his career has gone.

"Beyond proud," Daniele said. "I'm beyond proud. And you don't see, every day, your son on TV. Some days I'm in awe, thinking, 'I can't believe he's actually on TV. He's playing.' And he's done a phenomenal job. I think he's done extremely well."

"I know, once this season is over—I want it to go as long as it possibly can—this summer is going to be 10 times harder than that sophomore summer,"



Askia Booker goes for a contested shot. (Nigel Amstock/CU Independent)

paid off. Booker caught the interest of numerous mid-major schools, but only a handful of division one schools offered him a position on their teams: Colorado, Virginia Commonwealth, Baylor and UCLA. But when the time to decide came down to the wire, Booker nar-

Booker said. "I guarantee it. So I'll be in the gym a lot, and that'll be the only place where you can really find me. I'll bring a suitcase. I'm just ready to work once my time is done at Colorado. That's what I want to prepare for."

Leavitt prepared for the challenge he faces at CU

by Sean Kelly,
Sports Reporter

"Defense, defense, special teams, keep offense going in right direction in that order."

Those are Coach Mike MacIntyre's priorities going into the spring football. Coming off a season where Colorado finished 111th in the country in total defense, it comes as no surprise that defense is at the top of the list.

It's also not surprising that MacIntyre hired a defensive coordinator to turn CU's defense around. Last week Colorado signed Jim Leavitt to a three-year deal, reportedly worth about \$500,000 a year. If anyone is going to turn CU's defense around, Leavitt would be the man to do it. But Leavitt recognizes it will be a challenge.

"To be honest I really love challenges," Leavitt said. "This is a great one, we know that. No one's kidding themselves."

Leavitt not only loves challenges, but he is also great at stepping up to them. In the early '90s Leavitt became the linebacker coach, and later defensive coordinator, of what Sports Illustrated called "America's most hapless team." He, along with legendary coach Bill Synder and Bob Stoops, turned that hapless Kansas State team, with a 95th ranked defense, into a perennial championship contender with the nation's number one defense in just five years.

After helping rebuild the Wildcats, he went on to the University of South Florida as the first head coach of their brand new program. When he arrived, Leavitt had to coach out of a trailer. Within nine years he was coaching in a bowl game. In 2007, just two

years after becoming a Division I school, Leavitt led his team to a no. 2 ranking in national polls at one point during the season.

Leavitt's departure from South Florida was full of controversy after allegations that the head coach struck one of his players. Later there were reports that Leavitt hindered the investigation and was ultimately fired. Leavitt himself says that he only hit the player's shoulder pads to motivate him and that he always told



A CU helmet is held in the air. (Gray Bender/CU Independent)

the truth during the investigation. His unemployment did not last long when he got a call from Jim Harbaugh to be the linebacker's coach for the San Francisco 49ers. Along with Harbaugh, Leavitt helped revitalize the 49ers as they surged back into prominence with three straight NFC championship appearances as well as a trip to the Super Bowl.

Sensing a theme here. Leavitt does as well.

"I've had great challenges in my life and this might be one of the top ones," Leavitt said. "Kansas State was a great challenge. South Florida was a great challenge. The 9ers, the 9ers hadn't been winning, that was a challenge... That's been my thing in my life."

Leavitt is right. Fixing Colo-

rado's defense is going to be, as he said, a great challenge. Colorado gave up 39 points per game last year, good for second to last in the Pac-12. They gave up 460 yards per game, again good for second to last in the Pac-12.

Granted, Colorado was plagued by injuries last year, but that doesn't hide the deep seeded issues inherent in this team. The Buffs cannot stop the run and they rarely cause turnovers. Leavitt knows it is going to take time to turn the

Buffs into a competitive defense.

"It's a process," Leavitt said. "People think we're gonna go out there and be all this. They're nuts. It's gonna take some time... I faced a lot of situations like that. The key is you're gonna have hurdles and when you hit those hurdles you just gotta keep going. You hope you got enough guys, leaders on your defense... If you don't you have no chance."

There are few coaches in America with a resume as impressive, and more importantly as well suited to Colorado's needs, as Leavitt. That being said, a lot of Leavitt's success will depend on his players. The past few seasons, Leavitt was blessed with debatably the most talented linebackers in

the NFL, Navarro Bowman, Aldon Smith and Patrick Willis. Now he will have to find success with a much different group of players. But Leavitt, because of his fiery passion, was always a college guy anyway.

"I'm always going, in practice," Leavitt said. "You've been stuck in the office all day and now you get to go out on the field... I like being out there and hands on with guys... There's no question I was the loudest on that staff of the 9ers out on that field... I had the college in me."

Most of all Leavitt feels Colorado is the place he was meant to be. He said he spent many sleepless nights, thinking and praying, and came to the conclusion that he was meant to be a Buffalo. It's interesting Leavitt ended up here after competing with the Buffs in college as a safety at Missouri and as a coach at Kansas State. He remembers the time when Colorado was a program to fear and hopes to help bring them back.

"I remember the big ole Buffalo running out there," Leavitt said recalling his past games against Colorado. "...And I remember him snorting and everything and I go, man this is unbelievable. I remember them playing at Kansas State and that was 10-0 or 10-6. That was when they were really good... They had some powerful teams here. It's been a long time, it's been a long time. Takes a lot of work. [We'll] see if we can start moving in that direction."

Turning the Buffs into a great defense is going to be a challenge, but there is no one better suited for that challenge than Leavitt.

Letter from the Editor

To the lovely people who picked this thing up,

First of all, thank you for reading Syllabus! The CU Independent has been online-only for over 10 years, and 2015 seemed like the perfect time to bring back our physical presence at CU. From sports and campus news to informed social commentary and weekly podcasts, the CUI staff is dedicated to putting out meaningful daily content specific to the Buff family.

This publication is meant to expand our campus presence and meet your needs. As a staff writer and editor over the last two years, I've fallen in love with the freedom, innovation, creativity and pure talent that exists on our staff. Students inhabit this campus, and students run the CU Independent. Syllabus is a project to bring our perspectives, stories and coverage to you in a more traditional form and use print as an enhancement to cuiindependent.com.

To each name listed on the back of this inaugural edition, thank you for going above and beyond your usual workload to help make this idea a reality and having the bravery make your words public to the student body.

To anyone who took the time to read those words, thank you as well. Without readership, we'd all just be writers living in our own minds. The public turns words and stories into art, into literature, and into a profession. Have a great semester, Buffs!

Sincerely,

Jordyn Siemens
Editor-in-Chief

P.S. We are always looking for new staff members! If you're interested in writing, shooting video, taking photos and making podcasts, or have a mind for marketing, please contact me at Jordyn.Siemens@colorado.edu.

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