

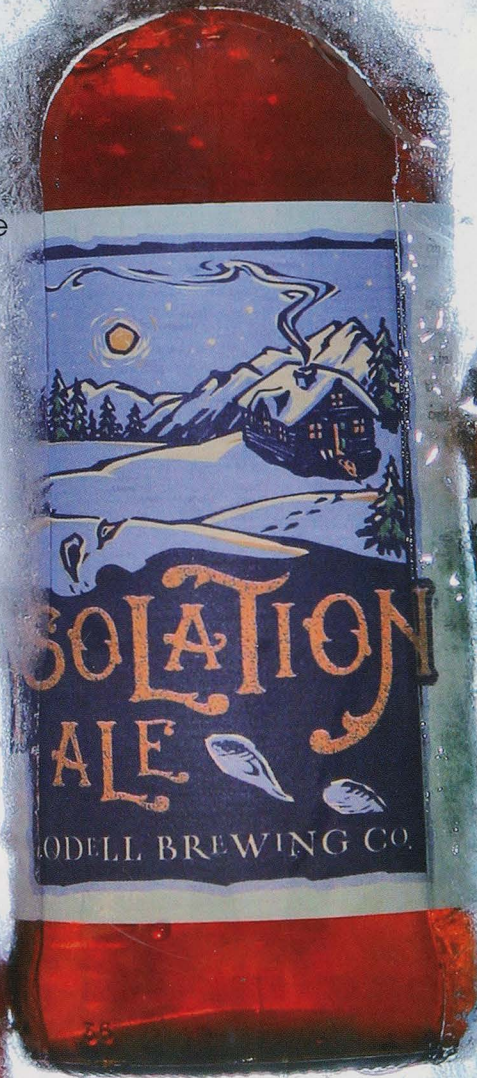
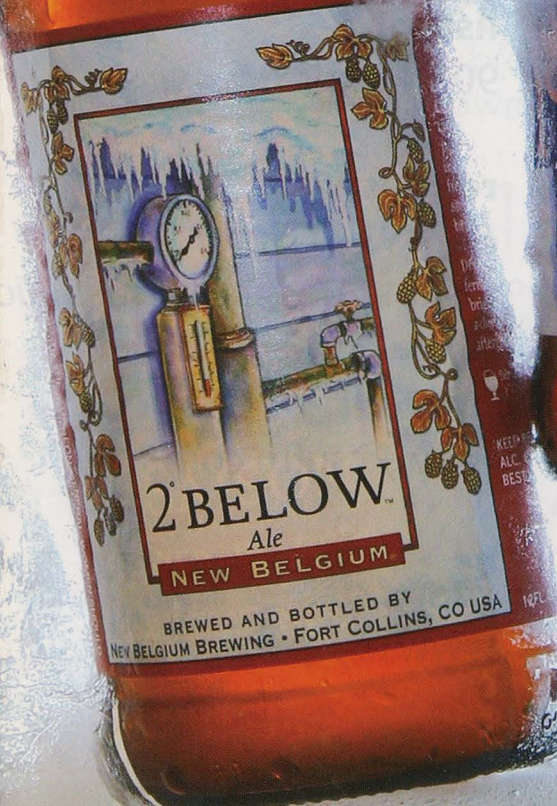
# College Avenue

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volume two: issue issue two winter 2006

## tappin' in

homebrewing, seasonal beer and nightlife. what more could a college student ask for?



### caffeine

the perks and pitfalls. do you know what you're drinking?

### tech savvy gear

find some of the newest ways to hit the slopes this winter

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photo by nicole mcpherson



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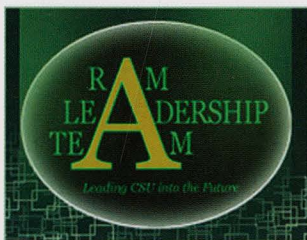
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## letter from the editor



Wahoo! The *College Avenue* staff has come to know this phrase well. It has expressed my excitement over story ideas, met deadlines and even small incentives like doughnuts. But today, it expresses something more: my excitement to share their hard work with the world.

For the past two months, our staff of 30 has worked to write, design, shoot and edit a 32 page, full-color masterpiece, and I can't thank them enough for their hard work, dedication and talent. This work began more than two months ago when we gathered as a staff for the first time to create a mission statement for the magazine. We defined our values, principals and beliefs about what makes a good magazine and came up with the mission statement you will now find on page 8 of every issue.

When I first inherited this magazine from previous editor-in-chief, Amanda Schank, I was excited, intimidated and admittedly a little scared. I had big shoes to fill. These feelings only escalated as the wheels started to turn on a new staff and a new issue. This first experience with running a year-old publication has been everything it was cracked up to be and much more.

I appreciate the hard work and dedication of those who came before me. Their work has been amazing, and I will do everything I can this year to make them proud. I am excited to improve on what went right with this issue and fix what wasn't perfect.

Thank you for picking up our magazine. I hope you all enjoy reading this issue as much as my staff and I enjoyed putting it together. Look for us again on Feb. 28, 2007.

With a promise of integrity,

A handwritten signature in cursive that reads "Caroline Welch".

Caroline Welch  
Editor in Chief

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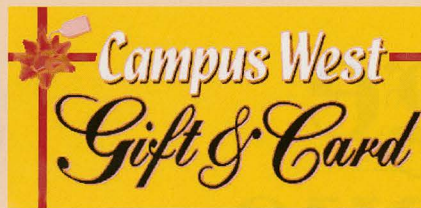
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# College Avenue

## correction

In our previous issue, sarah bultema's byline was missing from the study abroad photo essay. we apologize for the error.

## letters to the editor

As CSU's very own magazine we would like to extend an invitation to our readers to send in letters to the editor ranging from 50 to 150 words with your feedback on the magazine. This is your magazine and we would like to know what you think of the content, design and anything else. All letters to the editor must be typed in a Word Document and attached to an e-mail which should be sent to [csumag@lamar.colostate.edu](mailto:csumag@lamar.colostate.edu).

## mission statement

*College Avenue* is colorado state university's student-run magazine. our mission is to serve the csu and fort collins community with innovative and engaging coverage of relevant issues. our staff is dedicated to providing balanced and accurate reporting as well as visually stimulating design and photography to a diverse audience. above all, we strive to maintain our integrity through professionalism and this standard of excellence.

## On the cover:

Photo illustration by Tanner Bennett

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# No Excuses

## young democrat votes for change

When people tell her they don't have time to vote, she rolls her eyes. "That's not an excuse," said Nicole Morgan, vice president of the Colorado State University Young Democrats. "Voting is so crucial. It's a civic duty and part of being an American."

Although she didn't grow up in a political family, the senior political science major has been addicted to politics since she was 15. The "infamous 2000" election, as she calls it, set her in motion.

While some young people share their parents' ideas, Morgan gained her political knowledge from her own extensive research on both parties. She does not believe in the conservative views of her father, but instead identifies with the Democratic stance on most issues. "I know that I bleed blue," she said, laughing to herself.

"I was so repulsed and appalled by what conspired by the Supreme Court to stop the recount. I personally believe (Al) Gore was not fairly treated" said Morgan, who got involved with the Young Democrats as a sophomore in 2004 and was elected vice president last spring.

"The argument, 'My vote doesn't count,' is not true," she said. "Every vote does matter." And that's why she went to work as soon as she turned 18.

The Ken Salazar and John Kerry campaigns were the first campaigns Morgan worked on, and she more recently interned with Democrat Angie Paccione. As an officer for the Young Democrats, she also campaigned for local candidates Randy Fisher and John Kefalas and gubernatorial candidate Bill Ritter in the 2006 election.

During campaign season, Morgan calls Fort Collins residents, walks door-to-door and talks to students on the CSU Plaza for more than eight hours each week.

"What people really need to understand is that things decided in Congress affect us here at CSU," she said straightening the stacks of brochures, buttons and yard signs that clutter the cramped office. "They took away student loans by like 50, 60 percent. People are not going to be able to come to universities such as CSU in the next five to 10 years, because student loans are not going to be there at the national level."

After she graduates in the spring of 2007, the University of Denver may be the next step for Morgan. DU offers a 3-year civil rights program that includes public interest law and constitutional law, which Morgan is interested in. Ideally, she would like to attend DU, begin her career as a state senator or representative and then improve society as a senator at the national level.

"For me, law school is my stepping stone to get into politics because no one will take you seriously, I don't think, if you're not a lawyer and know what you're talking about," said Morgan.

However, even with her intense love of politics, Morgan didn't always aspire to be a politician. She started college as a journalism major and struggled through the first prerequisite. But another class, PO101: American Government and Politics, sealed her fate.

"For a long time I thought I'd be journalist," she said. "But I can't handle the pressure of journalism. I don't do well."

Seems like a funny thing for a future politician to say since many politicians are under great pressure to satisfy their constituents.

"My parents think I'm insane for going into such a negative field," she said. "But I love it."

Morgan acknowledges that many people think politicians are bad people and believe that Republicans and Democrats constantly argue.

"There is a huge majority of incredibly qualified people in public office," she said. "Most politicians want to help people and represent them effectively, but they just get overshadowed by the bad seeds in Washington."

As a volunteer for Kerry's campaign in 2004, she said it was heartbreaking to hear people's stories. One woman couldn't pay for breast cancer treatment, and another woman, after her husband left her, couldn't afford to take one of her five children to the doctor when she found out he had leukemia. Although it would be expensive and raise taxes, Morgan supports nationalized healthcare because she believes everyone needs it.

Somewhat agreeing with President Bush, Morgan also believes the U.S. needs a program that would allow immigrants to acquire U.S. citizenship, vote and engage in our political system after five to eight years if they have a job, pay taxes and provide for their families – "everything that an American is supposed to do. That is what our nation was founded on," she said. "We're all immigrants in a way."

Overall, Morgan can't stop emphasizing the importance of voting. Even though Morgan admits it's difficult for her when a Democratic candidate loses, it's more important to her that everyone votes regardless of whether they're a Democrat or Republican.

"Voting is your voice," Morgan said, "and it's not hard, especially with absentee ballots."

She encourages students to stop by anytime to ask questions, pick up yard signs or buttons and even disagree with her ideas.

"I love to talk about politics. If someone just wants to stop by, even a Republican, it would be great to hear his side. Just knowing that as an officer (for the Young Democrats) people can come to me with any questions they may have is amazing."



# Sound the Horn

## college republican marches on

**T**homas Andrews has been involved with the College Republicans at CSU for three years now, but he has been interested in politics for much longer than that.

"It started back in high school," Andrews said in his telephone interview. "I kept listening to all of my friends, and they're all liberals, and I didn't think the same way they did. So I talked to my dad about what to do, and he said to do what you think is right and people shouldn't be mad about what you think."

So when Andrews entered Colorado State University after graduating high school, he searched for a club that shared his views that were fostered in high school with his dad's encouragement.

He found out about the College Republicans in 2004, when he was a freshman, but "couldn't do anything back then because I was only 17 and couldn't vote, and was busy with my first year of college." However, he started working with the club the summer after his freshman year, and has been involved ever since.

Andrews is currently a 19-year-old music major, and he has worked on campaigns for Republican candidates like Yeldell, a candidate for the state house.

His loyalty to the Republican Party platform is obvious when you get him to talk about the issues they are currently backing.

"The two major issues that brought me over to their (the Republican) side was their stance on abortion and the war on terrorism," Andrews explains. "On the war on terror, we think that diplomatically it is a failure and more like a lost cause to talk to the terrorists, whereas if you go in and flex your muscles and actually fight them, then they'll calm down and see your strength."

Andrews continues, "as for abortion, we think that every human life is sacred and it is innocent until born, and we think that every human life should be given a chance until it is judged and killed, as harsh as that sounds."

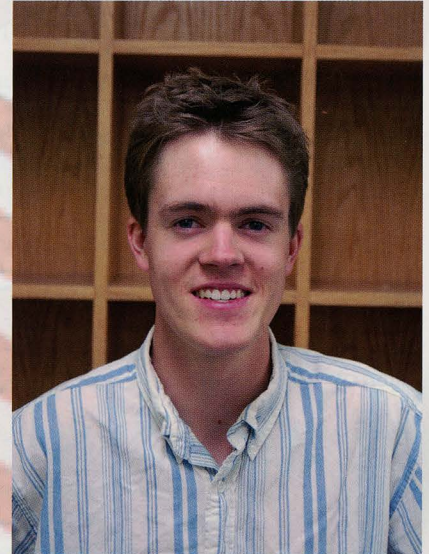
Another issue Andrews feels strongly about, and one that probably has the majority of democrats agreeing with him, is current problem with the young people in Generation Y not voting.

"I think that it's their loss if they don't vote. If they really want to make a change in their country and their world they would vote," Andrews said.

As for how the College Republicans are attempting to help alleviate this troubling situation, Andrews said that they have a table on the plaza on campus, usually on Thursdays, and had a sign-up sheet and registration forms for new voters.

Andrews is registered to vote and has voted once.

"I do tend to vote more to the right leaning side on candidates and issues, and right now I would still vote for right leaning people because I don't see any Democrat people out there being moderate or something I could go along with," Andrews said.



**left:** democrat nicole morgan, the vice president of young democrats, encourages people to vote, no matter which side of the spectrum they are on.

**top right:** republican thomas andrews said the two major issues that make him republican are the war on terror and abortion.

## want to get involved?

The College Republicans are not registered as a student organization. For more information, contact the Student Organization Office at 970-491-1115.

The Young Democrats are registered with the Student Organizations office. To contact them visit [www.csudemocrats.com](http://www.csudemocrats.com), email them [csudems@colostate.edu](mailto:csudems@colostate.edu) or call 970-493-7229.

# FOR RENT

trading the rent for a mortgage

by genevieve turner

Everywhere you look there's a "For Rent" sign posted. Sale signs adorn yards left and right. Many students' parents have already caught the real estate bug. Their children are moving away from home, and they want to be sure their students have a nice place to live during their college years. Parents have also found if they purchase a house and allow some of their child's friends to move in, they collect rent in the process and make a good investment.

And students are beginning to catch on to this lucrative business, too.

"My mom bought the house for me and my friends," said Tom McChesney, who graduated from Colorado State University in the spring of 2006 and now interns for Northern Colorado YoungLife and manages two houses in Fort Collins. "That way I wouldn't waste money renting, and the collective rent from my friends and myself would pay the mortgage."

So, what's a mortgage? A mortgage is the legal contract that states if the borrower doesn't pay back the loan taken out to buy the house (along with all of the fees and interest included with it), then the lender can repossess the house.

Kevin Francis, the production coordinator of Residential Mortgage Lending at First National Bank explained there are different mortgage lengths. The two most common are the 15 to 20 year mortgage and the 30 year mortgage. Homeowners initially pay a down payment on a house. The down payment can be as large as the borrower wishes, or as low as 3 to 5 percent of the purchase price. The more a borrower can pay up front, however, the better, since the more money put down the

less one has to finance and the lower the monthly mortgage payments will be.

And once the mortgage is paid off, the profits roll in.

"The house is an investment," McChesney said. "In 15 years the mortgage is up, the house is going up in value, and it's paid for."

Most students, however, don't want to deal with taking out mortgages and owning a home, so the other option is renting a home from someone else. The renter's job, however, isn't necessarily an easy one either.

"I feel exploited," said Brittany Koren, a speech communications major and renter. "They [the landlords] have a tendency to tell you one thing and not do it. They just have a very round-about fashion."

Koren has some bitter feelings toward her rental situation because her rent increased without warning. At the end of 2005, when Koren and her roommates sat down to resign the lease for the next year, their landlord surprised them with a rent increase of \$1800 more per year. Koren said although she doesn't think the increase was very fair, and her lease isn't always clear, she still pays a pretty reasonable amount for rent. Besides that, she said, "It's not like I have the time or skills to be my own landlord."

Koren does raise a valid point. How much time and what kind of commitment is involved when a person juggles a business with school?

"It doesn't feel as bad as a full-time job," said Kelly McGuire, a liberal arts major and homeowner.

And now that McGuire has the hang of real estate, she sounds as if

she's been doing it all of her life. But things weren't always that easy.

McGuire has gone through her fair share of struggles in the role of a homeowner. She was basically thrown into her role as a landlord when her parents bought her a house under her name. Her dad helped with the down payment, but she has always done the work.

"It's just a lot of trial and error," McGuire said.

Trial and error is right. She began by living in the house, and advertising for roommates. She initially had a month-to-month lease in case she needed to quickly get rid of tenants. This type of lease meant tenants only had to give a month's notice before they moved out. She had about 10 different roommates in two years, with the longest tenant staying for about six or seven months.

"I had to drop rental rates when I lived there to get roommates," McGuire said. "They only had to give me a month's notice before they left, which they often didn't, and that left rooms open a lot of the time. So the other roommate was paying their fixed \$350, and I was left with the rest."

McGuire has learned a lot since her first year as a landlord. With three years of experience under her belt, McGuire found it better to manage the house while living elsewhere.

She dropped her month-to-month leasing plan and now requires a year-long lease commitment to avoid losing any more money.

"Initially, they [the roommates] didn't look at me as a landlord. I was just a roommate," McGuire said. "Now that I've removed myself from the house, and I go through a more intense process of finding tenants, I'm in the role of a landlord."

Now, McGuire is making profit on her house. She is gaining equity and has an asset to her name. In real estate, the difference between the price the house is listed for on the market and the owner's mortgage debt is the equity. Real estate is currently a hot topic in Fort Collins. McGuire said more and more people want to live in Fort Collins because the city was recently named the top city in the United States to live in by Money magazine and the large student-resident population. This demand in housing has made for a booming market.

This is a business endeavor, however, and with a business comes work. A landlord is in charge of repairs and maintenance of the home. He or she must be on call in case of emergencies in the house, such as a leaky pipe, roof damage, or even a clogged toilet. Money does have to go back into the house, whether it is new appliances, new carpet, paint, or a number of other improvements to keep the house on the cutting edge of the market.

The fact that the work can be demanding does not, however, leave the door open for landlords to over charge their tenants.

"Fort Collins is a renters' market," McGuire, said. "There are so many homes for sale across the city, that the market generally keeps landlords from exploiting students and other renters."

There are many choices for renters: private rentals and rental companies being the most common, and these choices translate to competition in the market.

"Fort Collins is a tough market," McGuire said. "I used to drive down my rent to attract people because any check is better than no check."

And it seems students prefer to rent rather than buy to avoid jumping into debt.

"I don't see many college students because I don't think many are ready for something like taking out a mortgage," Francis said. "A mortgage is a loan and can be the biggest debt someone will carry in their life."

Even those trying their hand at mortgaging feel the strains of owning their own homes.

"This has been very beneficial financially for me, but it can also drag you down and put you in a hole," McGuire said.

If renters with similar stories to Koren are sick of dealing with round-about landlords and unclear leases, they should do some homework.

Look around at neighborhoods and see what kind of houses are out there. Remember, that this is not a get-rich quick, pyramid scheme. Buying a house is an investment.

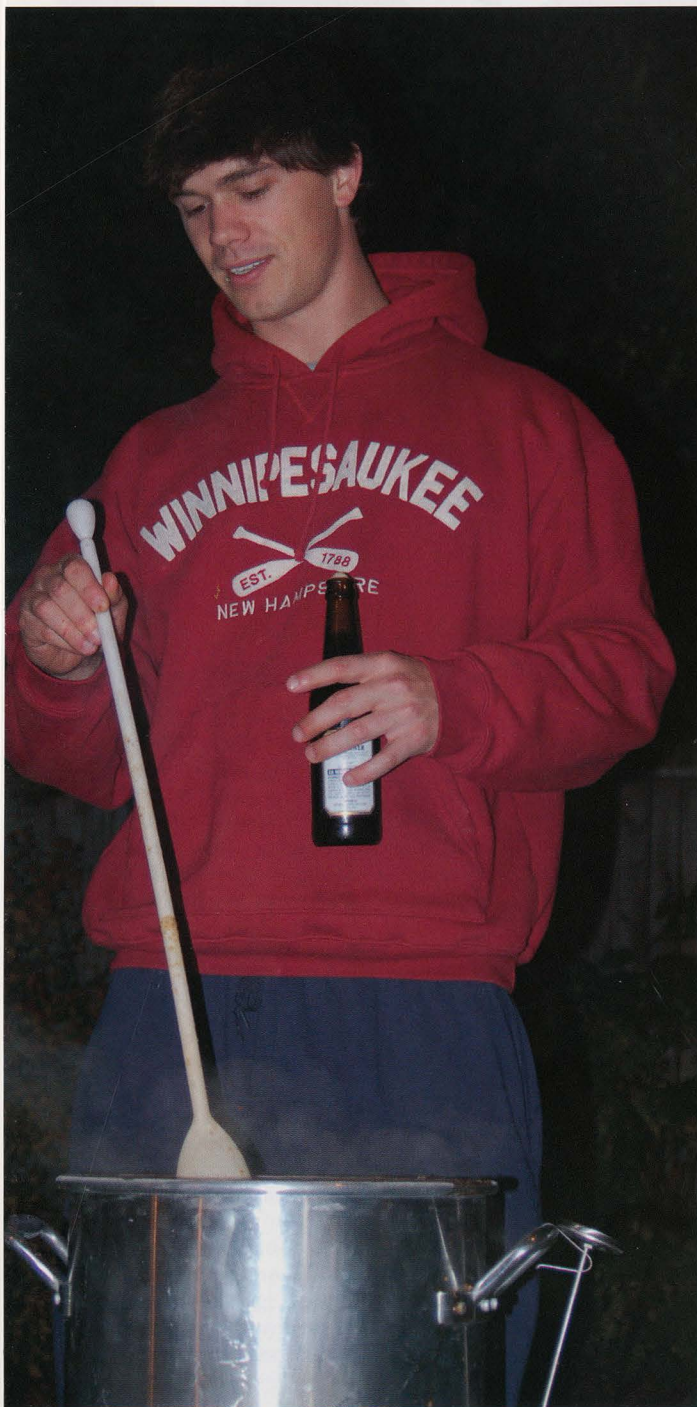
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# Home Brewing

## a hoppin' hobby



▶ photos by nicole mcpherson

Chris Ryman sinks into the couch, props his feet on the coffee table, pops the cap off an unlabeled beer bottle and takes a long swig. He's had a long day creating and brewing his very own batch of beer.

Ryman is a spring 2006 Colorado State University graduate who currently works at the CSU Veterinary Teaching Hospital as an IT Tech I. Ryman joined in the quickly-growing hobby of home brewing during his senior year of college and has been making beer creations since.

"It's a fun hobby," Ryman said. "You make it, and you control all of the ingredients. It's so rewarding, and I especially enjoy getting to taste it."

Home brewing is a hobby that has increased in popularity since 1978 as it became more well known. Fort Collins has many opportunities for home brewers and CSU students are flocking to the scene.

"I got into brewing here at school," Ryman said. "I was interested in the breweries here in Fort Collins, so I looked it up on the Internet and saw you could make your own beer. My friend JD started to brew, and I thought it was cool, so I just started."

Ryman said one of the best things about becoming a home brewer in Fort Collins are the numerous opportunities it offers. He said he enjoys the fact there are many breweries in and around Fort Collins to explore, a brew club called the Liquid Poets, and the fact that Fort Collins became home to a home brew store, Hops and Berries, in late 2005.

Hops and Berries owners Colin and Shannon Westcott moved to Fort Collins from Alaska in October 2005, and being avid home brewers, were surprised to find that Fort Collins did not have a home brew store.

"Neither of us had jobs yet," Shannon said with a laugh. "So, we decided to open up a home brew store."

Hops and Berries offers all the equipment needed for the most experienced of home brewers to the very beginners. The basics a home brewer needs are: 6.5 gallon plastic fermenting bucket with lid, 6.5 gallon bottling bucket with spigot, three piece airlock, 24 inch racking cane, bottle filler, five foot siphon hose, adhesive thermometer and capper. The equipment costs approximately \$55. Brew kits that include the malt, grains, hops and yeast cost between \$30 and \$50.

Along with the supplies, Shannon and Colin offer classes, and they are always willing to offer advice or help to other brewers.

"The number one thing to do when it comes to home brewing is relax, don't worry," Colin said. "It's not rocket science, so don't enter into it thinking it is. Just have fun with it."

Home brewing is about a four-week process. The brewer has to make the wort (the mixture of water and malt), ferment the brew for two weeks, bottle and wait another two weeks before the beer is ready to drink. There are three different types of brewing: malt extracts, specialty grains and all grains.

Malt extract brewing is the most basic form of home brewing. When brewers use this form of brewing, they first boil the malt and water, add hops and yeast and go through the fermentating and bottling processes.

The moderately-hard method of brewing is specialty grain brewing. This brewing includes the same steps as malt extract brewing, but brewers will also steep some of the malt from little bags of grains. This process includes placing grains in a net-like bag and hanging it into the boiling wort, which adds to the flavor and taste of the brew.

The most advanced form of brewing is all - grain brewing. All - grain brewing includes the process of steeping grains in a cooler and draining out the wort needed

to boil. Basically, a brewer who takes on this process is not given the malt; they have to get the malt out of the grain themselves by soaking the grain in boiling hot water. Grains can be bought at home brew stores. The process then continues the same as in the other methods by boiling the malt, adding hops and yeast followed by the fermenting and bottling processes.

The Westcotts' main advice for those who are beginning to home brew is to start small and work up.

"I recommend that beginners begin with a basic malt extract kit," Colin said. "Then they can work their way up to have some specialty grains in their brew and then from there work their way up to all grains. They have to learn the basics and remember that sanitation is key."

Colin said he stresses sanitation because if the equipment is not thoroughly cleaned, the beer can be contaminated and have a vinegar taste.

The Westcotts also recommend taking home brewing classes and joining the Liquid Poets, the local brew club started last fall by Taylor Caron and meets the first Thursday of every month.

Colin said he offers a variety of classes from beginner to advanced. He brews a batch of beer and bottles a pre-made batch and has everyone in the class help with the various steps.

"I do demonstrations and walk-through because it helps explain the steps," Colin said. "It makes them more comfortable."

Colin and Shannon are also part of and avid supporters of the Liquid Poets. They said that the club does a variety of activities to help improve home brewers and teach them more about the hobby of brewing.

"There is anywhere from 45 to 55 people who attend the meetings," Colin said. "Everybody brings a home brew to share with everyone. Some have it set out on the table for everyone to try, and some put theirs in the taste panel where the group will critique the beer. We have presentations about things from mead and wine making to yeast cultivation."

"It is a great place to talk with other people and ask questions and get feedback on beers," Shannon said. "It gives a chance for everyone to learn something."

However, when it comes to home brew, Colin said he sticks to one set of beliefs.

"For brewing beer," Colin said, "I have two philosophies. One, the fresher your ingredients, the better your beer will be. Two, I encourage people to go and get recipes. Our recipes are not confining, and it gives you something to work with. The best thing about home brewing is that you get to tailor your beer to your specific pallet."

And there are many pallets to appease. The Westcotts said they currently have a friend making a mint-chocolate stout, and they have seen a variety of pepper beers made.

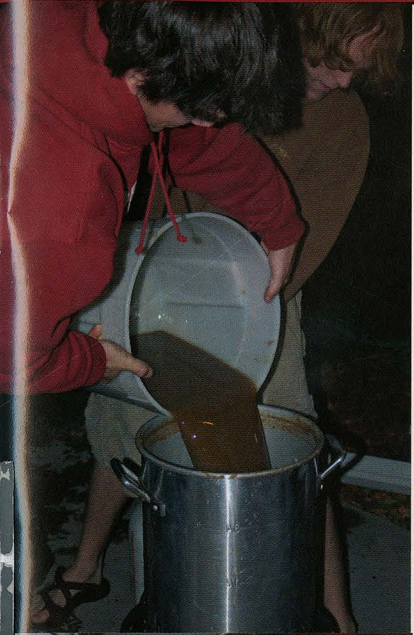
Ryman also enjoys experimenting with beers. He has brewed a beer by fermenting it inside a pumpkin and has made a peppermint beer with peppermint flavored tea bags.

As Ryman sat savoring his beer, he said he couldn't enjoy his hobby more.

"If you are a beer connoisseur, you get a taste for beer and you can make anything your heart desires," Ryman said. "It even saves you money. It's like paying for Keystone and getting New Belgium quality."

**opposite:** starke mueller, a pre-vet major, mixes up his own creation

**clockwise from bottom:** rob loftus, a csu alum, starke mueller, and alex richards, a civil engineering major, scrape wort into a new bucket. mueller and richards pour the beer after being strained to add the hops. the beer is pored into a jug to sit for a few weeks until it is ready to drink.



# Colorado State nightlife



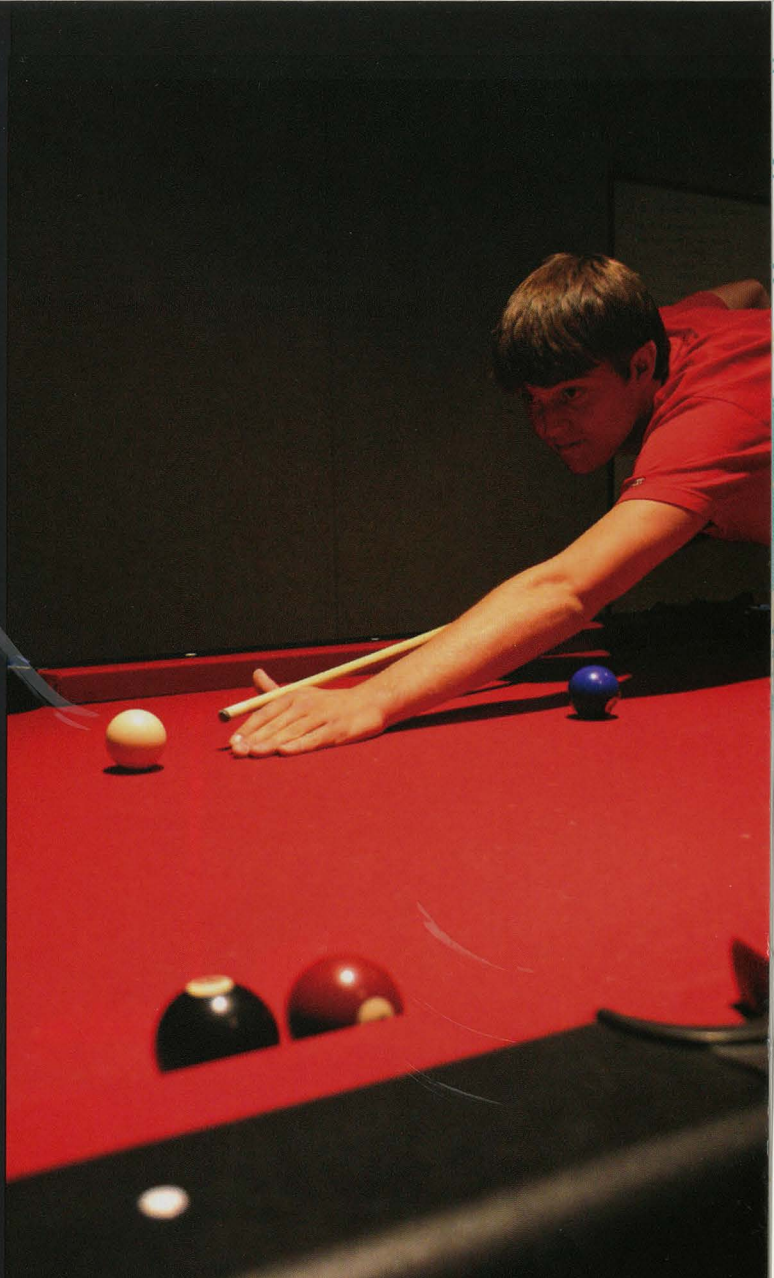
opposite clockwise from top right: robert martin, a freshman business major, shoots it straight while playing pool in the corbett hall lounge. csu students playing flag football at the rec center. wes hawkins, a sophomore construction management major, plays foosball. juan pablo equiquen plays a guitar outside of the alley cat. steven gillette smokes a hooka at algiars with rachel rolfsmeier who works there

bottom left: jasia stebbins, a public relations major, kristi rieger, a speech communications major and roger bodan, a construction management major, slurp a beaver at sullivan's located on city park and elizabeth.



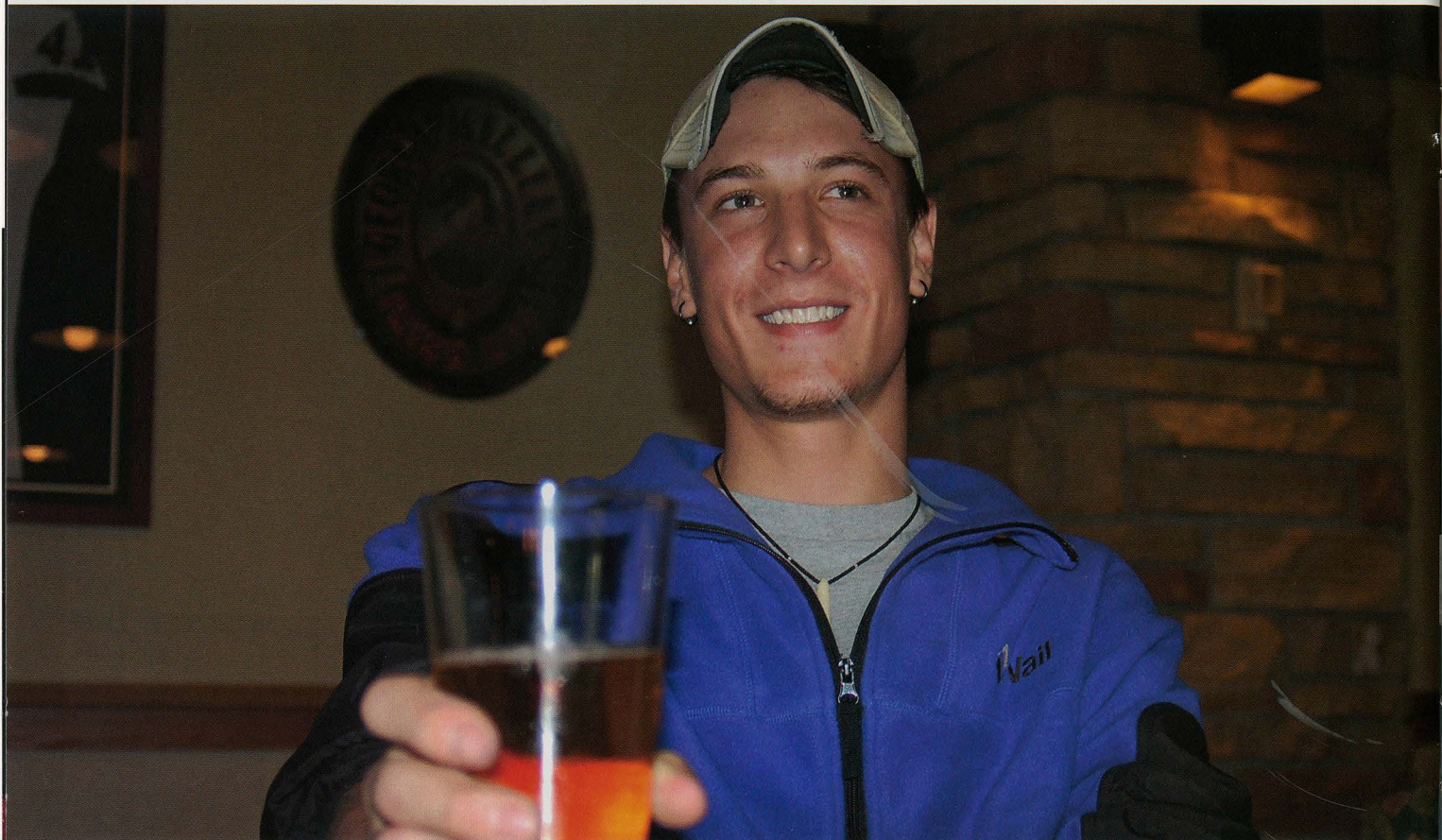
bottom right: luke ohlmacher orders a drink at road 34, located west of shields and elizabeth.





# Taste the Season

by elizabeth hipp



## local breweries create winter magic

**W**hat does winter taste like? Do you have visions of peppermint, hot chocolate and Christmas cookies while sitting by the fire, or does an extra malty beer capture the essence of the season for you?

For many residents of Fort Collins and surrounding areas, the December holidays don't just mean presents and prime ski season. It also means Isolation Ale, Big Shot brew and 2 Below, all winter seasonal releases from local Fort Collins breweries. These beers are limited-release according to season, and all of the Fort Collins microbreweries offer either seasonal releases, special releases or both. Most offer releases only available in their tasting rooms as well, brews simply for the enjoyment of their customers at the brewery and never intended for commercial release.

"A great brewer looks within first and asks what they want to put into beer. We brew what is interesting to us, which is the way great art is created," said Bryan Simpson, media director of New Belgium. New Belgium, which is

most famous for its Fat Tire Ale and its annual Tour de Fat event, brews four seasonal beers including 2 Below, their winter release, and Skinny Dip, their new summer release.

The special releases are developed by the whole New Belgium staff and especially with the help of their brewmaster, Peter Bouckaert, who is described on New Belgium's Web site as the "Andy Warhol of brewing because he refused to be put into a box." For example, last summer one of the owners and founders of New Belgium, Jeff Lebesch, was looking for something to drink after a workout, Simpson explained. Lebesch wanted something lower in calories and alcohol content, but "still with a lot of body and character." So Lebesch took his proposal to their brewmaster, Bouckaert, and together they worked on the idea. Bouckaert found an ingredient in town, kaffir lime leaf, at a local Thai restaurant and decided he liked the flavor and wanted to use it in the beer. So kaffir leaf was imported and thus, Skinny Dip, the summer release for 2006 was born. In 2006 it was the second-best selling release after Fat Tire, according to Simpson.

Odell's brewery, in comparison, has a different philosophy on brewing. While New Belgium makes beers in the traditional Belgian style, which has "a long tradition of using fruit, spices and esoteric yeast strains," according to New Belgium's Web site, Odell's "doesn't add any fruits or spices to our beer," said Joni Denyes, media director for Odell Brewing Company.

"It's what makes our beer different. All of our beers are hops, barley, water and yeast, that's it," Denyes said.

In contrast to New Belgium's Belgian style brewing, Odell's brews their ales in traditional English style, which customarily just uses the hops, barley, water and yeast and doesn't flavor the beer with spices or fruit. Regardless, "there's a lot of different flavors you can get from those ingredients," Denyes said.

Odell's also differs from New Belgium in the fact that they only brew one seasonal release, their winter seasonal Isolation Ale. In place of the seasonal releases, Odell's has moved to brewing what they call their "single batch series," special releases that are

*“fort collins has become a mecca for great beer. now people look forward to getting great beer in colorado.”*

*- jan peters, co-owner, fort collins brewery*

brewed once and only once and are only available in their tasting room. The beers in this series last about a month to a month and a half, depending on how fast they sell, Denyes said. Odell's Extra Special Red Ale is the latest in this series to be released, and the third beer in this series.

“Our single batch series beers have higher flavor. I would describe it as a bigger beer. They are more high end with ingredients and the amount of imported ingredients,” Denyes said. “Its our higher-end line.”

The Fort Collins Brewery is probably the smallest of the three Fort Collins breweries; however it has expanded rapidly since current owners Jan and Tom Peters took it over two years ago. The Fort Collins Brewery (FCB) brews beer in a traditional German style, which means it focuses on “different malts and beers higher in malt,” according to Jan Peters, which separates the brewery from New Belgium and Odells.

“There are different regional tastes between Belgian and German beers,” Peters explained. Their seasonal brews include the Big Shot brew in the winter and the Spring Bock in the spring.

The Fort Collins Brewery “started as a lager brewery. All our beers are balanced in flavor, with no real radical or hopped up beers” being produced, according to Peters. However, even though the brewery concentrates on traditional German brewing styles, it also doesn't have any qualms with experimentation. For example, their best selling beer, Major Tom's Pomegranate Wheat, is an American wheat style beer that is “not typical of German beers,” Peters said. “They don't like fruit in their beer.”

As for their seasonal beers, the Big Shot was created because “in winter people like a nice brown beer, a little more flavor than other beers, and we experimented with different hops and yeast strains to achieve this,” said KC McKenna, FCB's sales and promotions manager.

However, their spring beer, the Spring Bock, was based on an older German customs. “Back in the olden days, during Lent, monks would brew meady

beers that could hold their appetite when they were fasting for this period of time,” said McKenna. So the FCB created their Spring Bock in this vein, and formulated it to be meady like the old traditional beers. It is now released in the spring, during the Lenten season as a seasonal. So the FCB's seasonals come from a variety of different inspirations, be it individual preference or old world customs.

“Our seasonal ales give us an opportunity to express ourselves,” said Peters. “We have a team effort here. We enjoy Bock beers a lot, so a lot is just personal taste. We like brown ales, so we came out with one and everyone in the brewery put in their input. We like our beers to be for the majority instead of for a select few,” said Peters. “Our seasonals become reflective of the people at the brewery. I like snowmen, and everyone here likes to smoke cigars and play poker, so we designed the Big Shot to play off that and off of a Billy Joel song.”

FCB also brews other special releases every month for their “tap club,” which is a membership people can buy into. The “tap club” beers are available in the tasting room and in some local spots in Fort Collins, such as Choice City Deli. These experimental beers are created so that “consistently every month we have something different for everyone to try,” Peters said. “There are certain people that are just beer geeks,

but for us making packaging and labels is really just a good time for us,” said Peters.

With all the experimentation and imported ingredients that go into these seasonal releases, their prices are more expensive, especially for college price standards. For example, New Belgium also has a “premium release program,” that releases beers such as La Folie that cost about \$17 per bottle to make, said Simpson. Six-packs of Isolation Ale cost \$6.99 at Wilbur's Total beverage (Big Shot and 2 Below have not been released to stores yet.)

However, with the success of these microbreweries it is clear that the prices are worth it for many Fort Collins residents.

“The level of knowledge of beer in this town seems way above other places,” Denyes said.

Simpson agrees. “People are now thinking about beer more in the sense of thinking about other things that appeal to them (like wine). Not in a snobbish way, but in an educated way.” Peters wholeheartedly agrees as well. “Fort Collins has become a Mecca for great beer. Now people look forward to getting great beer in Colorado.”

**right:** mark young, head brewer at fort collins brewery, keeps a close eye on the brewing process.  
**left:** corey rosenthal, senior wildlife biology major, sips a beer at the ramskeller in the lory student center



photos by nicole mcpherson



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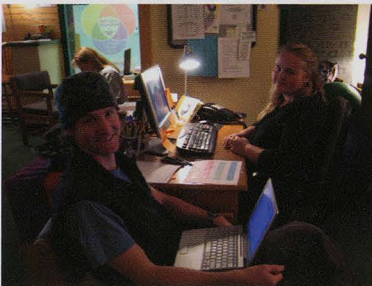
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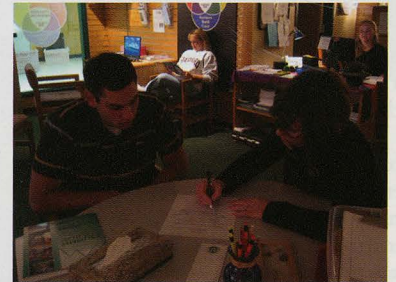
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# Sports Technology

get the gear you need this winter

It all started with Sorel boots, single-tipped boards and bindings that looked as stable as a milk carton. The meager beginning of sports equipment can only be seen today on old, grainy, black and white video or as decoration for the walls in a ski and snowboard shop.

This whole snowboarding idea started when guys like Tom Sims, founder of Sims Snowboards and snowboarding pioneer, wanted to surf on snow. This year's biggest snowboarding challenge? To make a snowboarding jacket one step away from something that would wrap around a NASA pilot.

The most intriguing technology this year is the Audex system from Burton. As we move from the iPod nano to the iPod "seriously it's freaking small" model, technology is constantly present. Burton and Motorola have teamed up to combine your jacket, mp3 player and phone.

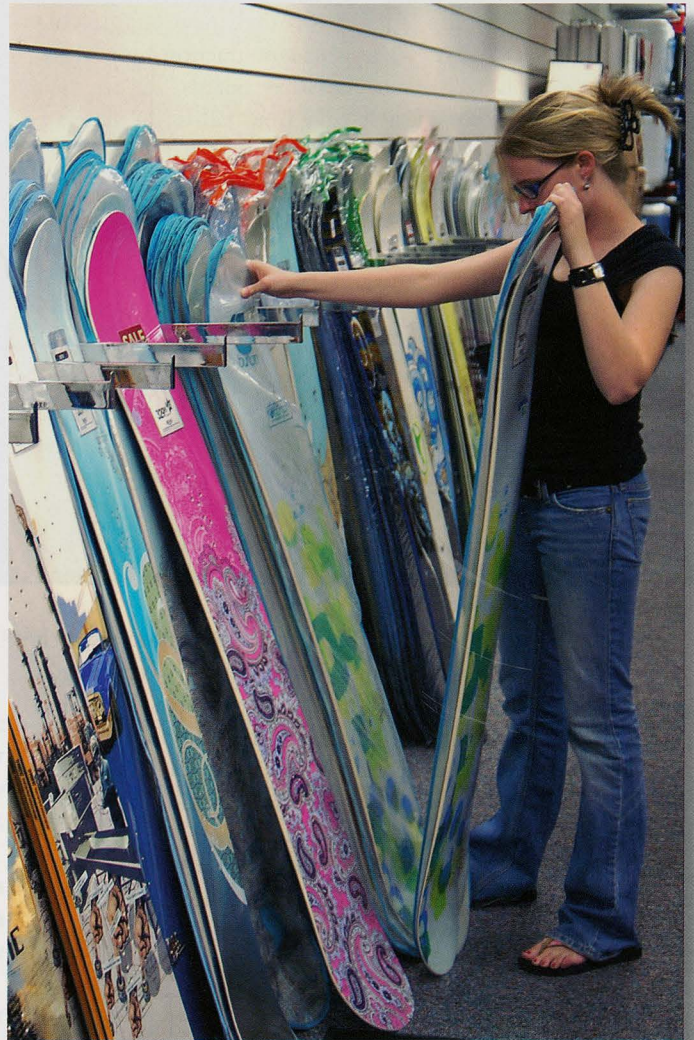
"Lately, electronics have been entering snowboarding in a big way," said Holly Wright, co-owner of The Wright Life, a snowboard, skateboard, and Frisbee shop at 200 Linden Street. "Kids always want to be different and they push innovations."

The Audex jacket combines Burton style with Bluetooth technology to make talking on the phone or listening to your favorite tunes as easy as possible. Remember the days when you had to remove an entire glove and reach deep into your pocket to change the track? Those days are gone forever - for a fee.

The jacket features a control panel built in to the sleeve that allows the rider to control their music and talk on the phone without removing their gloves. The jacket is compatible with any Bluetooth phone and has a jack for iPods, both of which connect to the speakers built into the hood.

This year, riders can even be picky and screen calls with caller ID on the sleeve's control panel. One push of a button will answer the call and transmit through the built-in hands-free microphone making talking easier than once suspected.

If the thought of a space-age jacket makes you mutter a 'what is this world coming to' cliché then you can opt for the more modest helmet by R.E.D. or beanie by Burton with built-in



► photo by sarah tocco  
anna glarner, a junior business major, looks through snowboards at sports authority located at the intersection of mulberry and college

speakers to connect to a phone or mp3 player.

Futuristic high-techery aside, there is some thought being put into the minute details such as boards, boots, bindings and skis. A major goal in every off-season for most snowboard manufacturers is to make their boards lighter without compromising the strength and board feel.

In the quest to technologically advance boards, tree hugger's feelings were taken into account as snowboard technology took a step forward, so did environmental consciousness. Indigo and Arbor are two of a few manufacturers now using bamboo as

a material for the core of their boards. Bamboo is a very light, strong wood with a nice pop and one of most renewable resources on the planet.

"It's nice to see the environmentally friendly view taken into account," said Wright.

After attempting to make the board feel like air comes the reinventing of the board's edges. Not entirely new, but growing in popularity are changes such as Magne-traction by Melvin, the makers of Lib-Tech, Gnu and Roxy boards. Rather than the traditional smooth, effective edge from tail to tip there are seven bumps in the edge that make it look as if the technique was discovered by accident when a small earthquake rocked the factory during construction.

"Someone had a great idea and it turns out Magne-traction sells great and has a great grip on groomed runs, the park and the pipe," Wright said.

This technique shifts the contact points away from the tip and tail to give a better grip in the snow and prevent the board from catching. Similar to Magne-traction is Burton's pressure distribution edges which push the edges out a half millimeter under the bindings with the same desired effect.

Another edge manipulation is the use of bronze edges by Rome and Capita for their rail-specific boards. Bronze is a much softer metal and will catch less on steel rails making for a smoother ride on rails.

Boards in general are created through a lot more research each year and many companies have certain technologies patented or an area they specialize in. For example, Rome has patented their impact plates which are thin aluminum plates recessed into the core under the binding area on both sides. The plates are designed to resist core compression on violent landings and strengthen the board by 2.5 times.

Rome also puts a lot of emphasis on the profiled transition zones, which is the area where the tail or nose meets the effective edge. Only an inch or two long, Rome believes they have a huge effect on the board's personality. What Rome calls variable transition zones are shorter, pointier, will initiate turns more quickly and is more suited for back-country riding. Smooth transition zones are wider, more jump and park friendly and move more gradually into turns.

"Transition zones are a huge part of why boards ride the way they do," said Rome's Rocky Mountain sales representative Darrin Nielsen. "It's kind of like the chassis on a car." These are some of the features Rome values and every board company has different technologies unique to their company.

"We're trying to build a product that holds up to the kid that rides 100 days a year," said Rome's Rocky Mountain technical Representative Joel Kramer.

Unfortunately, it's not all music and improved edges for the snow-sport inclined. Such ho-hum topics as avalanche safety have been integrated into all kinds of different gear with the

## Sports Tech Prices

- **Burton Audex Jackets:**  
-- \$349-\$649
- **Audex Ordinance Padded Hat:**  
-- \$179
- **R.E.D. Audex Helmet:**  
-- \$125-\$250
- **DC Allegiance snowboarding boots with RECCO reflector:**  
-- \$299
- **Jackets with RECCO reflectors:**  
-- \$250-\$450
- **Magne-Traction available in these Lib-Tech models:**  
Cygnus XI, Magne-Traction, Dark Series, Travis Rice pro model, TRS, Mullet, Box Scratcher  
-- \$488-\$599



▶ photo by sterling oldemeyer

adam studer, manager at outpost sunsport, models some of the newest gear for this snow season. the jacket includes ipod controls on the sleeve. outpost sunsport is located at 931 e. harmony rd. in fort collins.

RECCO system. DC boots, Vans, North Face, Quiksilver, Atomic and Sessions have all installed the company's reflectors into their products, which can be detected by avalanche groups who carry RECCO's products. The system acts somewhat like a metal detector, only the metal objects in this case are buried human beings.

The reflectors are installed in a small rubber sheath which is sewn into a jacket or boot. These reflectors can be detected through harmonic radar by RECCO detectors used by organized avalanche rescue groups.

RECCO's Web site lists Arapahoe Basin, Aspen, Beaver Creek, Breckenridge, Copper Mountain, Crested Butte, Loveland, Snowmass, Telluride, Vail and Wolf Creek as Colorado resorts who employ the RECCO system. It is of note that the RECCO system is of little to no use in the back-country, as the reflectors are specific to the detectors, and should not replace transceivers, probes and other avalanche equipment, but it is a second option that could gain popularity. The RECCO system can pinpoint buried reflectors and does not interfere with other systems, but also cannot be detected by other systems. The system is used at some Colorado resorts, but avalanches at resorts are extremely rare because of thorough avalanche prevention.

"The system has been used for a while in Europe," said Matt Niedermiller, an employee at Outpost Sunsport. "But they don't

do avalanche prevention there and we do extensive avalanche prevention here."

Be it fashion, technology, or safety, the snow sports are some of the most quickly evolving in the world today. It is also a business directly dependent on something rather unpredictable in the weather.

"Everything depends on the snow year," said Niedermiller. "Last year we sold a lot of powder skis, but the years before that it was stiffer skis."

If there is more snow this year sales of the wider skis, which are better in powder and park conditions, might soar while the stiffer skis, which cut into the groomed and packed snow, better will be saved for the end of the year sale.

Holly and Bill Wright have owned the Wright Life for 26 years, and now the first products they sold hang on the wall of their shop so their ten year old customers can point, laugh and wonder what kind of gag snowboard that is. Indeed, snowboarding has come a long way from the counter-culture kids riding Sorels and tight stances.

"We do a lot of research before we order. We ride the product, go to trade shows, but in the end you don't know what people will like," said Wright. "You just hope you put your dollar in the best place in terms of what the customer wants."

# Top 5

## Places to go for Winter Activities in Ft. Collins

by: brittany farnes

Need something to do in your free time this winter? Want to know where the best places are for outdoor activities such as hiking, camping, snowshoeing, ice-fishing, or 4-wheeling? We've got it all here so you can plan a fun trip to the mountains for the weekend or just a day. So keep reading... you're going to love the ideas we have for you!

### #5 Rocky Mountain Adventures

This is a great place to go for a day outing with your friends. Whether you're a whitewater rafting expert or you've never done it before, this is something you'll enjoy doing.

- \* Whitewater Rafting Trips
- \* Guided Fly Fishing
- \* Kayaking Classes
- \* Rentals for Cross-Country Ski and Snowshoeing

\*Reservations are required. Call 970-493-4005 or go to [www.shoprma.com](http://www.shoprma.com) for more details.

### #4 Kelly Flats 4x4Trail

If hardcore 4-wheeling is your thing, this is where you want to be. Kelly Flats is a moderately difficult trail that is 25 miles long and runs from the campground trail head to the trail at CR69. If you want a good challenge and a bit of an adrenaline rush, you should definitely check out this trail.

- \* Camping
- \* Extreme 4x4 Offroading
- \* ATV Offroading

For more information, call 970-498-2770.

### #3 Rocky Mountain National Park

Head up to Estes Park this winter where you can see the Twin Sisters Peaks or Gem Lake - two gorgeous places in Colorado. Both trails are moderately difficult, but not impossible to conquer. Twin Sisters Peaks is a 3.7 mile trail (one way), and Gem Lake is 2 miles (one way.) Both are near Estes Park and offer magnificent views. Don't forget to stop in the town of Estes Park and do some shopping, see the wild Elk that roam the streets and visit the haunted Stanley Hotel. If you go over Thanksgiving weekend, you can also see the Christmas parade and Santa Clause on Main Street.

- \* Hiking
- \* Mountain Biking
- \* Camping
- \* Shopping

For more information on hiking in Estes, go to the CSU Recreation Center and talk to an Outdoor Club representative, or go online to [www.trails.com](http://www.trails.com).

### #2 Beaver Meadows Resort Ranch

If your family is coming to visit you over winter break, this would be a great suggestion for something to do while they're here as this resort tends to be more expensive than the others. Beaver Meadows is in Red Feather Lakes which is 45 miles (1 hour) from Fort Collins. Their winter activities include:

- \* Nordic Skiing
- \* Horse Drawn Sleigh Rides
- \* Winter Horse Back Rides
- \* Snowshoeing
- \* Ice Fishing
- \* Snow Tubing
- \* Ice-Skating

If interested, check out their website at [www.beavermeadows.com](http://www.beavermeadows.com) or call 970-881-2450.

### #1 Lory State Park/Horsetooth Mountain Park

This is our number one place to go for winter activities in Fort Collins. The possibilities here are endless. The parks are huge and there are a variety of activities you can do. While they're both great places to go for weekend trips, they're also really fun to go to for only a day. Before your time is over at Colorado State, you should experience all the activities at Lory State and Horsetooth Mountain Parks. It's just west of town and only minutes away.

- \* Fishing
- \* Hot Springs
- \* Horseback Rides
- \* ATVing
- \* Jeeping & 4-Wheeling
- \* Rafting and Kayaking
- \* Golfing
- \* Hunting
- \* Snowmobiling
- \* Downhill Skiing
- \* Snowshoeing
- \* Cross-country Skiing

Not only are there a lot of fun activities to do here but there are great places to eat as well. For more information on Lodging and Restaurants go to [www.coloradodirectory.com/costatoparks/lory.html](http://www.coloradodirectory.com/costatoparks/lory.html).

Don't forget to pack these important items when going up to the mountains this winter...

- One light jacket and one heavier warm coat
- Extra pairs of warm wool socks
- Winter hat
- Ski gloves
- Comfortable shoes appropriate for your activities
- 1 7° below sleeping bag (if you stay overnight)
- A torch
- Pocket knife
- Cooking equipment
- Map
- First aid kit
- Camera
- Backpack

Remember to be safe this winter, stay active, and most of all,

**HAVE FUN!!**  
**HAVE FUN!!**

# Elk Population on the Rise

## alternatives proposed



The elk population in Rocky Mountain National Park is out of control. The National Park Service is considering several options for controlling the elk's future growth, including hunting them down and re-introducing wolves. The elk population in the park has been growing to its current size of 2200-3000 since the 1930's, far exceeding the recommended 1200-2100 based on ecosystem modeling.

Since the late 1990's, the park's elk population has grown at a rate that is putting the park's ecological balance in limbo. Elk have no predators, a plentiful food supply, and nothing preventing their further proliferation.

Rocky Mountain National Park biologist and elk specialist Therese Johnson said the elk cause a "chain reaction of negative feedbacks," that hurts the park's wildlife and plants.

The elk are competition with the beaver population for building materials used in dams, specifically mountain riparian willow and aspen trees. Without these building materials, the beaver dams are weak and do not create the water reservoirs needed to maintain fragile wetlands. Without the wetlands, the willow and aspen trees cannot grow, but the elk continue to eat parts of the remaining trees and graze on the park's grasses.

In April 2006, the Park Service released the Draft Environmental Statement for Elk and Vegetation Management Plan in Rocky Mountain National Park. The plan outlines five plans for elk population control:

**Alternative 1:** suggests "no specific management actions."

**Alternative 2:** the Park Service's "preferred alternative," according to the statement, is a 20-year plan. NPS staff or contractors would kill 200 - 700 elk annually for the first four years and 25 - 150 elk annually for 16 years until the population reached 1200 - 1700. Fencing would be used to protect aspen and willow trees that are trying to make a comeback. Eventually, a limited number of wolves could be used as a management tool as well because of their predatory nature.

**Alternative 3:** is also a 20-year plan involving a more gradual lethal removal of elk, with the removal of 100 - 200 elk annually until a population of 1200 - 1700 is reached. Areas of aspen and willow trees would be fenced in to keep elk out. Some redistribution techniques would be used, but there would be no wolves.

**Alternative 4:** involves using fertility control over varying amounts of time to get elk numbers down to 1600 - 2100. To supplement the fertility control about 80 - 150 elk would be killed annually. The fencing off of trees and redistribution techniques found in Alternative 3 would also be used.

**Alternative 5:** combines lethal reduction of elk in the first four years by 50 - 500 elk annually, with a maximum of 14 gray wolves brought in over the next 16 years of the plan to hunt elk. The wolves would be intensely regulated by Park Services Staff.

The Park Service supports Alternative number two, and Area Wildlife Manager Mark Leslie, of the Colorado Division of Wildlife (DOW), said the DOW does too.

DOW is developing its own elk management plan for areas outside the park which, according to Leslie, specifically targets the town of Estes Park, Loveland, and the areas in between.

Leslie said the elk are causing problems in human communities such as property damage, eating lawns, giving birth and raising young in populated areas, and more.

Because the DOW's area of concern is outside of park boundaries, their proposed management plan involves the use of licensed public hunters to help control the population's size. According to Leslie, this idea has a lot of public support. "The permits are in high demand," he said.

There seems to be widespread public support for the use of public hunters both inside and outside of park boundaries.

John Susa, who has been hunting all over Colorado for 16 years, supports the idea for public hunting in RMNP as part of elk management.

"Hunters are definitely a game management tool," he said, "it's not an 'us versus them' situation."

Johnson said the NPS originally considered allowing licensed hunters to come in with permits for carefully closed off areas, but decided against it. "Hunting would take away from and impact other park visitors experiences. Something special about national parks is a visitor's ability to go hiking and observe free-roaming animals without having to worry about a gun going off," said Johnson.

As far as wolf implementation goes, Susa said considering the big picture is important.

"In Yellowstone, the wolves generated a dramatic impact on the area as a whole," Susa said, referring to their re-introduction to Yellowstone in the mid 1994. He said it might be easier for the wolves to take down cattle than elk, and considering that cattle ranches are located close to Yellowstone and RMNP, this is a major consideration.

Even with skepticism about wolves, there is strong support for their use. Sinapu is a Boulder based organization that works to protect and restore carnivores in the Southern Rockies.

Rob Edward, Sinapu's Carnivore Restoration Director, said Sinapu sees the elk problem in RMNP as a behavior issue.

"Elk are lazy because there are no wolves around" Edward said. "Unlike other hunters, wolves hunt by testing their prey and finding weaknesses... when the wolves are out there testing the herd, the elk stay vigilant."

Wolves force the elk to migrate. Otherwise, the elk remain in riparian areas, wiping out the willow and aspen trees they eat.

Edward said Sinapu considers the re-introduction of wolves a necessary step towards bringing elk back into a natural behavior pattern. "Predators are a primary driving force behind the diversity of life," Edward said.

Wolves were completely wiped out of the Western United States in the 1930s and 1940s because of the danger they posed to livestock and farming communities, and this dynamic continues to make wolves a controversial species. However, as keystone predators they are important to the ecological balance of biological systems as whole.

"It took less than a decade for aspen to regenerate tremendously after the re-introduction of wolves in Yellowstone," Edward said.

Other species of plants and animals, such as songbirds, also began making comebacks after wolves re-entered Yellowstone. He believes that, as in Yellowstone, gray wolves can reverse the negative conditions found in RMNP and the surrounding areas.

"Wolves are a critical component in keeping the entire system healthy and diverse," Edward said. "But it's a hard process to undo ecological damage."

Research based on ecosystem simulation and evidence from other areas such as Yellowstone support Sinapu's assertion that RMNP elk population would be lower and more stable if gray wolves were a part of the park's food chain.

Sinapu does not support the use of hunters as the sole means of elk population control.

"Hunters will not replicate the pressure wolves put on prey," Edward said.

The Park Service and the DOW are still accepting public comments about their respective plans for elk management. Johnson says that while most people are supportive of some kind of action, the public is very opinionated about the type of action that should be taken.



► photo by sterling oldemeyer

**above:** andrew biggs, 21, is a construction management major at csu. he bow hunts with his family on a regular basis at their ranch in colorado springs. **opposite page and below:** andrew's father, jerry biggs, took these pictures of the elk in rocky mountain national park.

"hunters are definitely a game management tool...it's not an 'us versus them' situation."

- john susa



► photo courtesy of jerry biggs

# Common Grounds

## the perks and pitfalls of caffeine

It's an epidemic. A widely used and distributed drug. A drug sold on most every street corner to most every age group. It's a drug most of society would argue they could not live without. One cup at a time, this same drug brought in net revenues of \$617 million in August 2006 alone for its most famous dealer, according to starbucks.com. Its name? Caffeine.

Is it not amazing the amount of money today's society is willing to spend for a daily pick-me-up? The consumption on the Colorado State University campus is equally alarming. Meagan Hoff, manager of Sweet Sensations, reported that the students, faculty and staff spent approximately \$415 on drip coffee and \$686 on lattes, mochas and other caffeinated drinks in one day on September 19, 2006, which is reflective of a typical business day for Sweet Sensations. That same week, September 19 - 22, Sweet Sensations collected about \$2,000 for drip coffee and about \$3600 for lattes, mochas, etc.

According to coffeesearch.org, "The National Coffee Association found in 2000 that 54 percent of the adult population of the United States drinks coffee daily (NCA Coffee Drinking Trends Survey, 2000). They also reported that 18.12 percent of the coffee drinkers in the United States drink gourmet coffee beverages daily. In addition to the 54 percent who drink coffee everyday, 25 percent of Americans drink coffee occasionally."

Yet, as widely consumed as it is, what do all the caffeine drinkers in the world really know about this product? When an athlete pops the cap of an energy drink for that extra boost, do they consider they are taking risks? When students buy coffee to stay alert in class, do they ponder the possibility that it might have negative effects?

I will admit, before I wrote this article when I walked into the beloved Starbucks to order my usual (a non-fat, sugar-free iced caramel macchiato with an extra shot of espresso), I was purchasing the drink for the taste and the energy boost, but never once did I think about caffeine being a drug. But now, after exploring the issue, I wonder what the perks and pitfalls of caffeine are, to both my body and to society.

Bad news first. The word "drug" has a rather harsh connotation these days, so the word might seem a bit harsh to use, yet the fact remains that caffeine is

a drug. And with every drug comes the notorious side effects. Claire Smith, a Nurse Practitioner at CSU's Hartshorne Health Center, said caffeine can irritate the stomach, worsen irritable bowel, cause heart burn and diarrhea, jitteriness and nervousness, difficulty concentrating and in some cases it may cause insomnia. In women, considering they are already at a higher risk just being female, caffeine has the potential to cause bone-density loss, Smith said.

Could you imagine these effects listed at the end of every coffee commercial? Smith also explained other side effects, such as the constriction of blood vessels, which is due to the fact that caffeine is a stimulant. This can increase the heart rate and cause high blood pressure. For those who already suffer from these conditions, caffeine can make these symptoms worse, Smith said.

The harmful effects of caffeine only arise when exceeding the suggested maximum intake of caffeine, 300 mg a day, Smith stressed. Author, Gail C. Frank, in an article that ran in the magazine *Advances for Nurse Practitioners* in an article titled "The Power of the Perk," gives perspective. A 6 oz can of Coke has approximately 35 - 38 mg of caffeine. 6 ounces of

Mountain Dew holds 55 mg. A 6 oz cup of brewed coffee contains about 100 mg.

Now consider the increase of the ounces per serving in the United States. The 6 oz serving of soda has increased to 12 oz, even 20 oz. Accordingly, the intake of caffeine per coffee drink doubles, even triples the recommended serving size.

Though caffeine affects all ages similarly, Smith described the drinking of caffeine among children and teenagers as a "fad" and a growing problem.

Caffeinated drinks are replacing milk and 100 percent fruit juices, Smith explains, drinks that would normally give children the proper amount of calcium and vitamin D required for healthy growth. For every 6 ounces of coffee, the equivalent of two cans of coke, there is a 5 mg loss of calcium in children. Yet, Smith also stressed the effects of

*"students do not have great sleep hygiene to begin with. add caffeine and alcohol and it makes it worse."*

*-clarie smith,  
hartshorn health center*

caffeine on young adults and college students.

"Students do not have great sleep hygiene to begin with," Smith explained. "Add in caffeine and alcohol and it makes it worse."

And the late nights, early mornings, weekend routines and occasional naps, when not a steady pattern, can cause many college students to suffer from sleep deprivation. When you add drinks like coffee to the mix, the sleep patterns are thrown off even more. Some may think grabbing a cup of coffee in the middle of the day is good for them, when in fact it will only hinder the little sleep they are able to get.

Students may also resort to energy and sport drinks such as Red Bull and Jolt. Jolt contains 72 mg of caffeine per can and is also extremely high in sugar. Red Bull and some other energy drinks have an even higher amount of these ingredients.

The biggest problem with energy drinks is the increase of mixing among the college-aged population, Smith, said. When energy drinks are mixed with alcohol there can be problems. Alcohol causes drunkenness

## Withdrawal Symptoms:

- irritability,
- inability to concentrate
- headache
- fatigue or drowsiness
- "unhappy" mood, depression
- flu-like symptoms such as nausea, vomiting, muscle pain, and stiffness

*-according to clarie smith, hartshorn health center*



▶ photos by stephanie gerlach

senior psychology major liz haynes, takes a snooze outside the clark building. many college students drink caffeine to stay awake in their classes.

and the sports and energy drinks cause alertness. This combination enhances the risk of drunk driving and alcohol poisoning

Now the part most of you have been waiting for. The good news. Not everything about caffeine is negative, and as a matter of fact, in moderation, caffeine can actually be good for you instead of cause harm. As long as you stay within the limit of 300mg per day, the effects are normally positive.

The caffeine in tea, considering there are half the milligrams, benefits its drinkers. With tea comes anti-oxidants and anti-oxidants promote healthy growth of cells. There is a greater alertness induced by caffeine, a good thing when you avoid mixing. It is said to constrict blood vessels, which can decrease blood flow to the brain. This is great news for those who suffer from headaches and migraines. The decreased blood flow can relieve the throbbing pain. In fact, according to Frank's article, many headache medications contain caffeine.

There are also many good things about the caffeine in chocolate, which is about 20mg per ounce. Smith says it lowers the bad cholesterol, LDL, and elevates the good cholesterol. But, before you run out to buy the biggest bag of M&Ms you can find, I must explain. This chocolate I am referring to is dark or semi-sweet, still good, but not most people's favorite.

Then there is the obvious effect that caffeine has, energy. For those constantly on the go, a growing percentage of North America's population, this is the only thing that can provide them enough oomph for the day. "Moderation is the Key." This was the last and most important thing Claire Smith wanted the CSU community to know. She said that moderation applies to anything really, alcohol, food, even exercise, and caffeine is no different. "Coffee is wonderful!" says Megan Hoff.

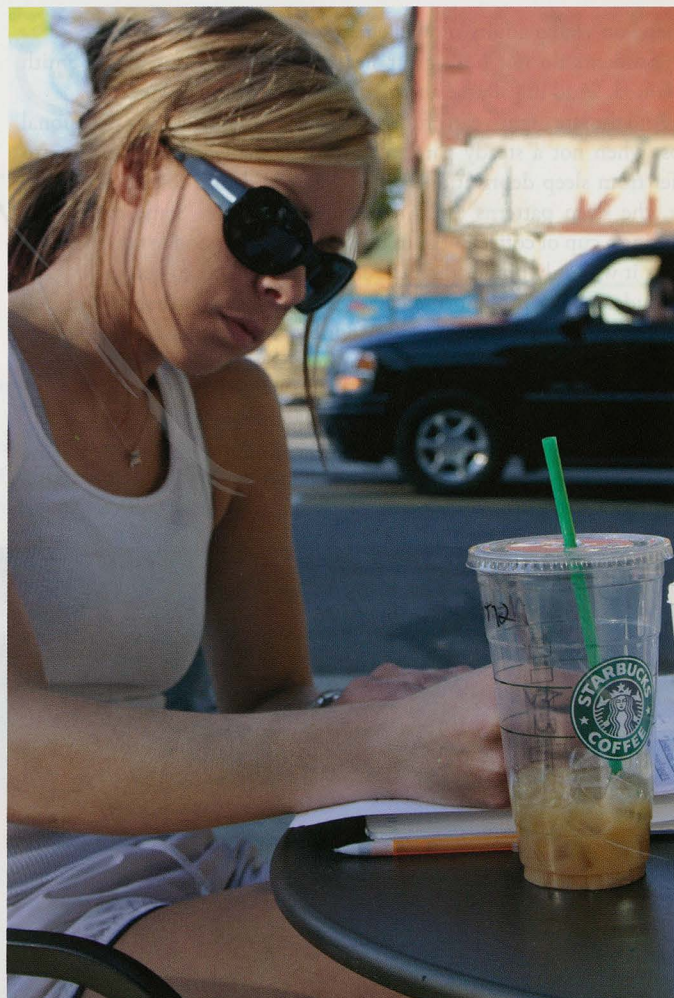
So, I am able to enjoy my non-fat, sugar-free iced caramel macchiato with an extra shot of espresso, as long as I don't exceed the recommended maximum. And the next time you pass one of the 12,000 Starbucks locations or one of the thousands of other coffee shops on every street corner, remember: Don't overindulge, but please ENJOY!

## Q & A

**A.** Is smoking and caffeine together a bad combination? **YES**, those who smoke and consume caffeine in large amounts might experience 3 times the loss of calcium in their bones.

**B.** Will caffeine ever STOP effecting me? **YES/NO**. "Like any drug, you can become used to it, but [you] will still feel the effects (stomach ache, dehydration, etc.)"

**C.** Will caffeine enhance or take away from my sex drive? **IT DEPENDS** on the person. Some may feel more anxious and hyper, causing concentration to be off. Others will be more alert and energetic, but does caffeine make sex better? No.



above: meredith dody-hettler, a senior health and exercise science major, sips her coffee while doing home work at the starbucks on college and laurel

**D.** Does caffeine cure hangovers? **YES/NO**. Again, there are both positive and negative effects. Caffeine will help the headache as it constricts the blood flow to your brain. However, caffeine is known to dehydrate, just as alcohol is, so drinking caffeine after a night of drinking will only feed your dehydration.

**E.** Are there long-term effects of drinking caffeine? **NO**. Unlike other drugs, caffeine does not accumulate in the body. So, once you stop and kick the habit of drinking it, there will be no trace you ever had.

# Llamac: the mirror of the sky

The region of Ancash is located on the north of Lima Peru. This region is well known due to its beautiful mountain chains, like the Cordillera Blanca and Cordillera Huayhuash. Ancash, a region with these mountain chains, has more than 30 mountains that are above the 20,000 feet. The uniqueness of these mountain chains is their glacier lakes. They posses beautiful colors due to its mineral composition. The community that I am going to present is one of the principal gateways to cordillera Huayhuash, and is called Llamac. Llamac also has a great history, where their ancestors have left great archaeological evidence. From just a 20 minute walk you can appreciate an ancient rock painting with an archaeological site on it's beneath. There you can find a perfectly intact piece of ceramic surrounded by many human bones. An important and big (between 3 and 5 square miles) archeological site can be found from a 2 hour hike from Llamac. This site is perfectly well conserved, we found watching towers, 2 amphitheatres, food storage rooms and other bigger rooms that were probably used for sleeping. Most interesting this site in not included in any tourist package. Llamac is also the home of Lake Jawacocha. This lake is also the last place that you visit if you are doing the Huayhuash trek. This trek is about 99 miles long and surrounds the Huayhuash mountain chain completely.

Locals are extremely nice and helpful; I could feel how much love locals have for their mountains, lakes and animals. Mountains are so big and powerful that it makes you think how much respect they deserve. I have been there the last two summers trying to figure out how to help them. Because Llamac is one of the principal gateways to cordillera Huayhuash travel agencies and private institutions have been constantly exploiting them. They have realized that they could make excellent profits sending tourists and charging them great amounts of money. Locals are being used mostly as donkey drivers and they receive less than \$8 per day for their hard work. I have realized that they have the potential to be a prosperous and wealthy community. Unfortunately they don't have the means, the simplest means like internet or even electricity. Most of these travel agencies are exploiting their resources and even worst taken most of the profits out of these communities.

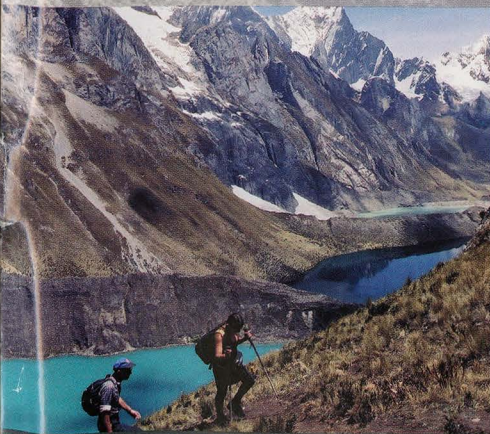
In this time of global awareness it is important to take an approach in order to conserve our ecosystem. It is our responsibility to take care of our environment, if we want to make a difference and contribute for the wellness of the earth. Travelers have to be aware of the importance of doing ecotourism around this area, it is important to preserve it for future generations. But most importantly preserve it because the resources are the means of survival for these communities. They use their land for agriculture and its pastures for their animals. The water that emanates from the glaciers is used to drain their crops, to drink and to fish.

The first things that travelers should be aware of are the simplest but the most important for the preservation of this majestic environment. There are no garbage disposals so the policy of "pack it in pack it out" has to be taken. Do not open new trails because you will cause them to erode quickly. Do not build camp fires, as wood there is scarce and locals depend heavily on old wood for their cooking. There have been past civilizations around these places so there is archaeological material everywhere, but it is illegal and prohibited by federal law to take as cultural materials are considered Peruvian cultural heritage and are palpable evidence that enable us to be proud of our ancestors. Nobody is going to force you to do any of these things but is a matter of giving something in return for all what the mountains have done for you.

The services that locals offer are much more complete then what travel agencies have to offer, plus are way more inexpensive. Their only disadvantage is that they don't have the means to promote their services. Locals are the best guides because they have been there their whole life. Travel agencies use mostly non-local guides that sometimes don't know the trail well, and they have to follow the locals for to not get lost. Locals know everything about weather prediction, the culture and traditions of their ancestors and are wise teachers of the huge variety of medicinal plants that grow there. I think that is not fair for locals to see how private and foreign entities take most of the economic profits from their environment, an environment that they have lived and praised for generations. My only intention is to help locals, as they are the ones that are constantly praising their environment, and are the ones that are being more exploited.

Left: travelers in peru hike over the siula mountain pass. middle: these artifacts can be found at the archeological site near llamac. right: tour guide, maria ocospoma, leads a group of hikers up a mountain pass in llamac

**editors note:** *bruno romero is a senior antropology student from peru and has been traveling around the peruvian andes since he was 6. his goal in life is to both help his country develop and preserve the environment.*



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