

# College Avenue

Colorado State | Volume 8: Issue 6 March 2013



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# notes from the underground

It's about that time of the semester. Midterms are crouching at the edges of our planners and we have moved from the enthusiasm of early semester study sessions to frantic-flashcard-making at all hours of the night. And despite my own determination to appreciate every aspect of my last semester, it's time for spring break. I catch myself daydreaming in class about national park-hopping Kerouac-style. My mind wanders, and so, why shouldn't I?

Maybe you already have your spring break all planned out, but if not, this is the place to get the skinny on college travel. Curious about study abroad? Read Anna's reflection on her time in Australia. Or, maybe you want to go on a little mental adventure. Check out The Cache for everything you need to know about Community Funded.

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Sincerely,



Kristin Hall  
Editor In Chief



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### letters to the editor

as the magazine produced by csu students for the csu and fort collins community, we would like to extend an invitation to our readers to submit 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 [kristin@collegeavenuemag.com](mailto:kristin@collegeavenuemag.com)

### mission statement

College Avenue is a magazine produced and operated by CSU students. Our mission is to serve the CSU and Fort Collins community with engaging and informative coverage of relevant topics. Our staff is dedicated to providing balanced and accurate reporting as well as visually stimulating design and photographic elements. We also seek to provide an outlet for entertainment with the opportunity for audience interaction and feedback. Above all, we strive to maintain journalistic integrity through professional excellence.

### opportunities for employment

college avenue is accepting applications for reporters, photographers, designers, and copy editors. pick up an application at the front desk of student media in the basement of the lory student center.

college avenue is a magazine produced and operated by csu students intended as a public forum.

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Get a quality **backpacking pack**, preferably one with an attachable water-proof cover. These can range from \$60-\$300. A backpacking pack is definitely an investment, but when you are stuck on a mountain in the pouring rain, you will be glad to have a pack that can fit everything you need.



With no electricity in the wilderness, the best hands-free way to light up the world is a **headlamp**. A headlamp can be as cheap as \$20 and will really come in handy. Using a headlamp is also a lot safer than starting a fire in a forest, though it is good to bring tinder in case a fire is necessary. Bring extra batteries too, just in case.

photos by allison lecaïn

# Backpacking Essentials for Survival

by allison lecaïn

It is always better to have it and not need it than need it and not have it when it comes to backpacking. Unfortunately, you can only fit so much in a backpack. Boy Scouts are always prepared, but if you do not have a Boy Scout in your life, turn to this guide to supply everything you may need for a spring backpacking adventure.



One of the most obvious, but also most needed pieces of equipment, is a **water bottle or bladder**. Staying hydrated is key to remaining healthy and fit for the hike. Other much needed items include a compass, a map, sunscreen, insect repellent and soap.

**Dehydrated foods** are best to pack because they don't take up much weight or space. This includes foods such as granola bars, oatmeal, dried fruits, hard cheese, sausage and pasta. All of these options can be eaten raw or cooked with a portable stove.



For long trips, a **water purification and cooking stove** will be a must. Starting at \$60, these allow you to cook food, so you'll be eating more than just trail mix. Make sure to buy cooking fuel as well.



*\*\*Editor's note: prices shown were gathered from REI and may vary in other outdoor stores. To learn about more essentials for backpacking visit [collegeavenuemag.com](http://collegeavenuemag.com)*

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# Australia's Calling

## graduates travel down under

by cassandra welihan

**Y**our toes are playing peek-a-boo through the crystal white sand transparent against the blue sea. The warm breeze delicately kisses your skin as the sun sinks further into the sky. A palette of colors streak and blend in a mosaic as if created by the gods... Heaven? Not quite; this is Australia.

“Australia has a very good economy right now and you can go and make a lot of money working in the seasonal tourism position — hotels or any seasonal position like we have here in Colorado,” said Dustin Kovac, a senior biology major. “They also have a harvest season where they’re looking for work and they pay the clients per hour plus overtime.”

Planning to travel for half a year, Kovac and his girlfriend Maeve McGranahan have begun planning the ins-and-outs of their expedition.

“The plane ticket is going to be the main cost so it kind of depends on what’s up with that,” said McGranahan, a junior human development and family studies and philosophy double major. “Hopefully we can find somewhere to make some money after that to kind of compensate. But, I’m kind of planning on tailoring the trip to how much money is available.”

Saving \$20 a week, the couple estimates the plane tickets to cost between \$2,000 to \$3,000. Upon arrival in Australia, they plan to make money along the way and

plan some adventures during their off time.

“We would probably be housed where we were working and then we would be on the road when we were traveling,” Kovac said. “I think ideally we would spend some time backpacking in New Zealand and island hopping in Fiji.”

Kovac and McGranahan have some friends that are in Australia so they have been asking them for more information. In addition, the internet is a good resource for planning a post-graduate odyssey.

Sites such as [www.helpx.net](http://www.helpx.net) and [www.workaway.info](http://www.workaway.info) are informative, affordable and safe. These resources offer online listings of farms, ranches, hostels and home-stays that invite volunteer helpers to stay short term for food and room in exchange for a few hours of help per day.

The reasons for traveling are bountiful. Responsibilities are minimal and cultures are waiting to be discovered.

“I was planning on studying abroad but then it just seems like it made more sense to travel if I had somebody to travel with,” McGranahan said. “I wouldn’t have to be worried about being kidnapped as much, and I wouldn’t have to do school while I was traveling.”

According to Kovac, “It’s just a place I’ve always wanted to go. It’s ideally a good spot to go right now because the economy is doing so well; it wouldn’t be hard to find work.” **■ ca**

“Ideally we would spend some time backpacking in New Zealand and island hopping in Fiji.”  
— Dustin Kovac, senior biology major

Admiring the Fort Collins scenery, Maeghan Cassily contemplates what views she could come upon traveling abroad. **photo by cassandra welihan.**

# “Music and Peace”

## Still Sets Stage for Music Festivals

■ by mary wilson

Three days of Music and Peace,” the honed motto of the epic Woodstock music festival, still guides the passionate community and artists that come together for marathons of music, art and human celebration.

As the reality of warm weather turns the corner, there is nothing better than a freeing, passion-building and exciting music festival to truly unwind from the grind of the past semester.

“It is an experience unlike any other planned ‘vacation’ just because of the ultimate freedom you have at festivals,” freshman finance major Ryan Fergen said.

Fergen spent his senior trip at the Wakarusa Music Festival at Mulberry Mountain in Ozark, Ark.

“It is enlightening to see the way people connect through music and how complete strangers from around the country can become instant friends through a common band or show.”

Music festivals are a golden reality, pushing attendees into a wonderfully accepting community while enjoying the passions that music can bring. For this reason, festivals have grown in popularity and stay on the top of the list for rallying through warm-weather experiences.

“The biggest difference between festivals and shows is you actually get to live the music. When you are surrounded by thousands of people that are doing the exact same thing you are doing and living out of a tent and eating [bad] food, it makes you appreciate the lifestyle so much more,” Fergen said. “Things happen at festivals that you would never even think about doing at a normal show. My friends and I discussed the feeling that once we walked into the ‘boundaries’ of Wakarusa; it was like we walked into another country with no rules and different expectations for society.”

Wake up in a tent, slap some sunscreen on, eat anything you can find, grab a drink and go to your first show. Then, rally until early in the morning, go back in the tent and repeat. This is the daily grind when on break and at one of the outdoor paradises of music festivals — a complete juxtaposition of life in a student’s society.

Woodstock, the ultimate, historically-epic megafestival held from Aug. 15-18 in 1969, sets the stage for modern music marathons. Thirty-two acts took the stage, including Santana, Jimi Hendrix and the Grateful Dead — all with a crowd of 500,000 watching. As 44 years have passed and technology has increased exponentially, festivals generations behind its day-in-age were truly raw and community oriented.

As technology has swept into daily lives, spontaneous moments such as this have dwindled. Music festivals bring those feelings into center-stage because, through lack of outlets, Wi-Fi and cell-phone service, being present in the moment becomes ever-exceedingly the current reality. This, coupled with energetic music and artists who are excited to be at the festival, creates a blissful show experience.

The kindness and community at festivals is felt whether one is at an electronic festival, a diverse music festival or a bluegrass festival — the atmosphere is the same. Everyone is there to live the music.

“It’s all about the energy. Unlike a lot of concerts, at electronic ones, everyone is nice to each other,” said Zaid Hassani, electrical engineering sophomore. “You rarely see fights; everyone is there for the same cause and just gives off positive energy.” ■ **Ca**

*\*\*To read the rest of the story visit [collegavenuemag.com](http://collegavenuemag.com)*

Music festivals often have other attractions, including Ferris wheels. Venues are vast, satisfying all music tastes. photos by mary wilson.

# Student Abroad: Reflection

by  
anna  
palmer

## the power to recreate



**T**urning on my computer, I stare momentarily at my desktop background. My eyes linger over vibrantly blue water back-dropped by the dramatic snow-capped peaks, wondering to myself if it was all a dream.

Deep down, I like to think I have known that the only way to overcome your fear is to face it. However, being in New Zealand, I was given the opportunity to put this life motto into action.

Contrary to popular belief, perhaps I did not come out of this experience a “changed” me. Sure, I may have grown into an improved version of myself, but I am still “me.” I now know that no change in my environment, no matter how awesome and utterly amazing it is, will ever do away with my internal struggles, which take more deliberate, conscious choosing.

Although these personal struggles persist, I do notice more subtle changes in myself. I feel better equipped at confronting certain fears. I am quicker to take action and confront these anxious or self-doubting feelings, instead of running away scared.

After a few short weeks of classes back at CSU and readjusting back to the “routine,”

I feel myself trying to close the gap between the “old” me and the “new,” subtly-improved version of me. Like all change,

resistance has come up. Recently though, I feel this last bit of resistance dissipating. This resistance came from my initial fear of returning back to my “old” life, back to the routine of school and homework, back to the town and people I had left behind.

More so, this fear has stemmed from the uncertainty of the future, my inevitable graduation and the daunting task of searching for an internship and, eventually, a job. But now that I am back in Fort Collins, after being abroad in the beautiful country of New Zealand, I feel myself in a strange sort of mind-set.

Though I do think back to my time in New Zealand, it is not exactly the nostalgia I had anticipated. Of course, there are things I miss: the humility of the Kiwi people, the friends I made, the beautiful scenery, the adventurous spirit I felt there, and the list goes on and on.

But, as much as I miss these things and sometimes wish to go back, I know that this chapter in my life is just one of many. Being abroad showed me that all I truly have is the given moment, a point of decision to make it what I choose. I can smile and relish over my past experiences abroad, but to reach into the past with longing is to enter into dissatisfaction with the present.

The “take-home” message, if you will, that I took from my experience was to live moment to moment, enjoying all that each day, each opportunity, has to offer. Once it is gone, there is no going back. I know that as much as classes and the workload I have this semester can feel overwhelming and stressful, I will want it back when it is gone.

I will never forget the beauty of “Aotearoa” (“the land of the long white cloud”) nor will I forget the empowerment it gave me to recreate my life, but I will move forward into this next chapter in my life, feeling more assured in my ability to face whatever comes my way.

■ ca



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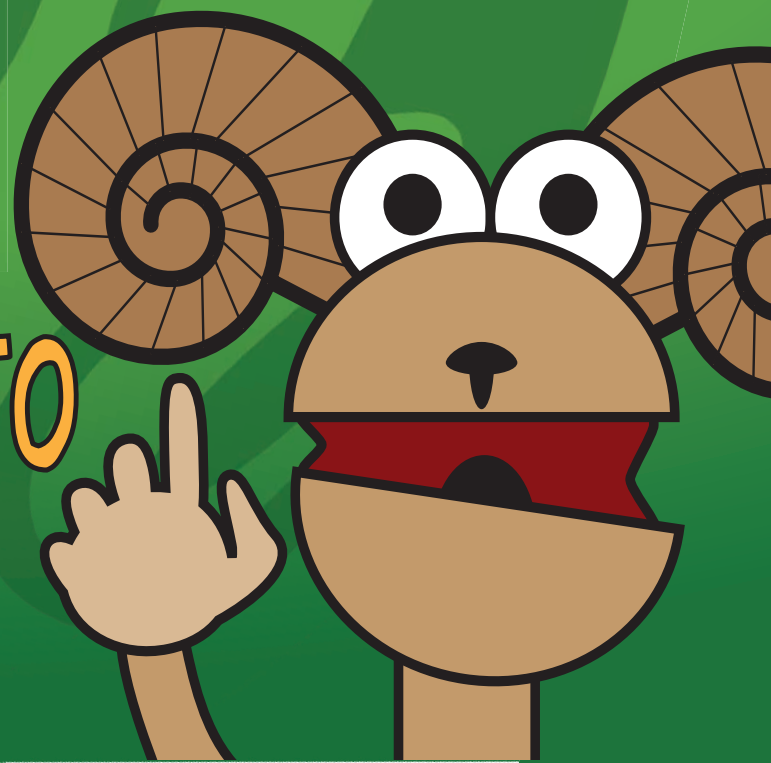


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# Land Down Under:

## an australian student's semester abroad

■ by **anna palmer**

**W**ith short, dark-brown, curly hair, Ellie Cooper sports a red silk skirt, black “stockings” and a knit yellow scarf. Her bright smile and easy-going mannerisms, coupled with the go-to phrase, “no worries,” warmly give Cooper away as a cheerful and truly down-to-earth ‘Aussie’.

Though Cooper may be from “the land down under,” she currently resides in Fort Collins. On “exchange” from Adelaide, Australia, the capital of South Australia, Cooper literally traveled halfway across the world to experience a new life for six months.

“I really love to travel. I love my hometown, but it is too small for me,” she said. “You learn so much about a place when you go stay for an extended period of time.”

Being that Colorado State University was one of the 10 institutions Cooper could choose from, she took into account what would work best with her degree. As a journalism major, the upheld reputation of the Journalism and Technical Communication department at CSU stood out to her in particular.

“Fort Collins looked so pretty and there was so much to do and see, and it seemed easy to get around,” Cooper said, with a glint of excitement in her eyes. “I live right by the beach back home, so it was nice to come to a place so close to the mountains.”

Staying in Fort Collins for just the semester, she hopes to take advantage of her travel time in the United States. With Washington D.C. on her radar, she said her interest in U.S. politics was one of the determining factors that swayed her over studying abroad in Europe.

Outlining her travel itinerary, Cooper plans to go to San Francisco, Cali., over spring break for an Indie music festival. Her parents are coming to visit after the semester ends to travel together to New York and Chicago before she continues her solo journey up the east coast into Canada.

Currently, Cooper lives in a house with

Americans as well as other exchange students. She enjoys being able to observe the American perspective, especially when it comes to politics.

Bearing this in mind, there is one apparent difference between the two countries: the “right” and “wrong” side of the road. However, she highlights one other drastic difference in particular: the weather.

Upon leaving Australia in 120-degree heat, Cooper, wearing her heavy winter coat, lugged her lone survival backpacker’s bag full of winter clothes onto the plane.

“I’m not used to the constant cold. I saw snow fall for the first time [here]. It was such a pretty, white powder. I ran to tell my roommates and was like, ‘Guys, it’s snowing!’ They were like ‘we know’ like it was completely normal,” she said, laughing.

“As soon as it’s slightly warm, everyone’s wearing T-shirts and flip flops, and I’m still all bundled up. I guess you have to make the most of a warm day here,” she said.

In terms of her experience interacting with Americans, Cooper rates it as being a positive one, commenting on the friendliness and helpful nature of CSU students in particular.

While abroad and despite all the new and exciting things Cooper does not “normally get to do,” she does keep in contact with friends and family halfway across the globe via Facebook and Skype. Mentioning that the only time she felt homesick was when she had the flu, she makes the point that “six months goes so quickly” and that she will take advantage of the time she has here.

“[So far], I’ve only seen Fort Collins and Denver. I love Old Town though,” Cooper said, as her mind drifted back to a pivotal point in her time abroad. “A couple of days after I had just arrived, I was tired and jet-lagged. I had just got a bike, so I rode down to Old Town with other exchange students. The lights came on and it was awesome. It was the first time I knew I had done the right thing by coming here.”

■ **ca**

\*\*To read the rest of the story visit [collegeavenuemag.com](http://collegeavenuemag.com)



photo by **anna palmer**



foco-based company  
turns ideas into reality

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**W**hat does it feel like to have the **entire** community supporting **your** great idea? Or, how does it feel to **donate** to a great cause and get some cool **swag** in return? Well, it feels like **Community Funded.**

# So, What's Community Funded?

Decked out in green CF shirts, CF social-media guru Amy Alcorn, CF creative director Ryan Stover and CF cofounder McCabe Callahan present a check to Suzanne Akin for the money she raised through CF to move her clothing store, Akinz, to a location in Old Town. photo courtesy of cf.



**"If you have heard the saying 'It takes a village to raise a child,' I think it really takes a community to make a great idea happen."**  
— McCabe Callahan

**C**ommunity Funded, a Fort Collins-based company, helps individuals, for-profit and nonprofit organizations and groups connect to the people within their community to raise money for worthwhile causes. How does it work exactly? Well, say the owner of a small business wants to expand but does not have the money to do so. After submitting an idea to CF and having it approved, the owner has a certain number of days to raise a set amount of money. Individuals and organizations can then go to CF's website and learn more about the proposed project. If they like the project, they can choose to either donate money to the cause or purchase what CF terms as "giftbacks." Giftbacks are either products or services donated by the project creator — "project giftbacks" — or by other organizations — "in-kind giftbacks." For example, you can buy a case of Odell beer or a Mugs Coffee Lounge gift card and donate to the project at the same time. If the project creator is for-profit and makes their

fundraising goal within the time frame, they get to keep the money they raise. If not, the donations are returned back to the donors. If the project creator is a nonprofit, regardless of whether they meet their fundraising goal, they receive the money raised. "We really set out to build this tool that helps people create awareness of good ideas while uniting a community," said McCabe Callahan, CF cofounder and owner of Mugs Coffee Lounge. Callahan, along with cofounders Blue Hovatter and Ryan Stover, built CF off of existing crowdfunding websites. What sets them apart is that instead of fundraising to a faceless crowd, the founders wanted to focus on community. "What defines you is really the relationships you have in your life," Callahan said. "If you have heard the saying 'It takes a village to raise a child,' I think it really takes a community to make a great idea happen." Individuals and organizations have raised almost \$290,000 for their projects through CF since the company's launch a little less than a year ago.

## 3 ways to get involved

graphics by ricki watkins

**1** Donate or buy giftbacks

Get some sweet swag that you were already going to buy but now that money goes to a great cause.



**2** Make your idea a reality

What's your "it"? Turn that big idea, whether it is a class project or a life goal, into reality.



**3** Spread the word

So, you are short on cash and you do not want to start a project? Then spread the word about other projects and ideas.



### What's your 'it'?

Remember that small business owner that wanted to expand? Well, meet Charly Clifford. Owner of Charly Bar, an energy bar company, Clifford utilized Community Funded and raised over \$15,000 within his time frame.

Charly Bar is Clifford's "it," as CF says. What is an "it"? According to CF, your "it" is what you are passionate about.

"We like to ask people, 'What's your it?' because no matter what 'it' is, it can be Community Funded," said Stover, who is also CF's Creative Director.

"Times are crazy right now with money, and loans are not necessarily the best way to go about things, especially if you are not tried and true and you just want to try something and you don't want to necessarily jump off the deep end and get a big loan and have to pay that back forever," Clifford said.

Clifford, who donates one percent of his profits to youth health and wellness programs, has already moved to a new kitchen and purchased new equipment with some of the money he raised.



Charly Clifford, owner of Charly Bar, shows off some of his handmade energy bars. Clifford raised over \$15,000 through CF. photo courtesy of cf.

"I am looking forward to growing the business and having a lot more community impact," Clifford said.

What is Stacy Sebeczek's "it"? The Fort Collins Bike Library, where anyone can checkout a bike for free. As director of the Bike Library, Sebeczek was looking for some way to find funding for 2013, as the Bike Library's five-year federal grant would be expiring in December 2012.

Through CF, the Bike Library raised \$10,000. Coupled with contributions from New Belgium, the City of Fort Collins and the Downtown Development Authority, the Bike Library raised enough money to keep its doors open for 2013.

"It raised a ton of awareness for our cause," Sebeczek said. "Part of our transition after funding ran out in 2012 was not just a simple 'we need some money to operate next year,' it was a very comprehensive 'we are transitioning from a grant-dependent model to something that is more sustainable with community collaboration.' So, it was important for us to use that community piece for the awareness and exposure of our cause ... Community Funded really helped us with that, especially having their strong team behind it; it is a very passionate group of individuals and they



The Fort Collins Bike Library, which allows patrons to check out bikes for free, raised enough money through CF and other donors to keep its doors open in 2013. photo by luminant photography.

are so well connected and so willing to push projects and help them get the exposure they need."

### The future of CF

What is the future for CF? Growth and greater impact.

"Fort Collins is definitely community-centric and it is full of big ideas and people that are passionate about creating change in the world, so it makes sense that [CF] started in Fort Collins — it was fertile soil for this kind of idea, but really, the next step to this is to grow this outside of Fort Collins and really become a national movement," Stover said.

With more than 2,000 registered individuals and almost 400 registered organizations from all over the U.S., and growing, it looks like CF is well on its way to doing just that.

"My hope is that as many people that need to use it, use it to cause greater impacts in their communities and if that is worldwide, I am okay with that," Callahan said. ■ Ca



Each blue marker on the map indicates a CF registered individual or organization. graphic courtesy of cf.

# Stopping Childhood Hunger one student at a time

by nicolle fagan

There are roughly 75 million children in the United States, according to No Kid Hungry. Of that number, 16 million kids live under the poverty line, and, despite living in one of the richest countries in the world, one in five children in America struggle with hunger.

A new student organization on campus is trying to bring awareness to the Fort Collins community of the hunger epidemic plaguing the nation. No Kid Hungry is a student chapter of the national organization of the same name.

“We are a group of students who are advocating and fundraising for the national non-profit No Kid Hungry,” said Mindy Campbell, president of the student organization. “We do anything from volunteering to asking for donations to spreading the word about hunger in America.”

The national non-profit pledged to end childhood hunger by 2015

by educating families, changing legislation and bringing national awareness to the problem. For the past eight years, the organization connects kids to nutrition programs, such as school breakfast and summer meals, and empowers low-income families to stretch their food budgets to get their children nutritious meals at home.

CSU’s chapter of No Kid Hungry started early last semester to assist the national organization’s goals in Northern Colorado. Despite a small mem-

bership, the group has large plans to improve the local community.

“This semester we are looking into bake sales and a restaurant crawl,” said Recruiting and Marketing Officer Jessie Salus. The restaurant crawl would involve participants visiting local restaurants to sample food for a small cost. All proceeds would be donated to No Kid Hungry.

“We are also looking into a food recovery program, but that one is unfortunately on halt right now,” Salus said.

In addition to their planned events, volunteers for No Kid Hungry will work with the established organizations La Familia and the Growing Project. Like any other start-up organization, the biggest challenge is gaining campus awareness and motivating students to participate.

To get involved, interested students can find No Kid Hungry on RamLink or one can email Mindy Campbell at [mindy4nkh@gmail.com](mailto:mindy4nkh@gmail.com). The group meets every other Tuesday at 5:30 p.m. at Momo Lolo’s Coffee House

off West Elizabeth Street.

The rewards from joining No Kid Hungry are undeniable for Vice President Sarah Ehrlicher. “[No Kid Hungry] allows us to be a part of Fort Collins’ community,” said Ehrlicher. “And, it lets us tackle the problems where we can see them.”

The problem of childhood hungry is here: in America, in Colorado and in Fort Collins.

“It’s not that hard to make a difference,” said Campbell. “This is a problem we can fix.”

“It’s not hard  
to make a  
difference.  
This is a  
problem we can  
fix.”

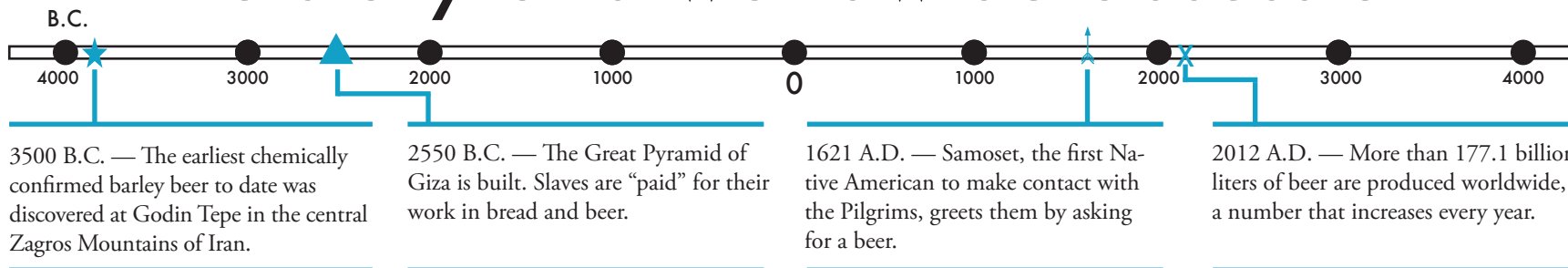
— Mindy Campbell,  
No Kid Hungry Student  
Organization President



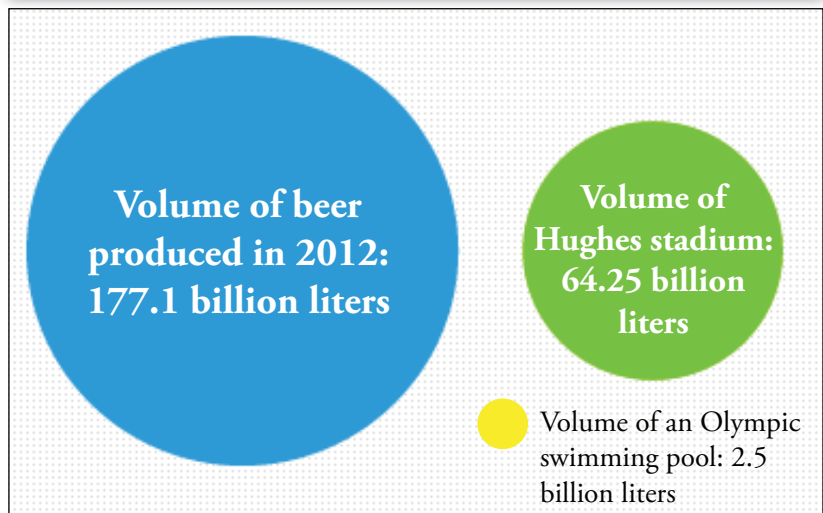
photos by john sheesley

# Beer for the Masses

## the story of a worldwide obsession



### How much beer is 177 billion liters?



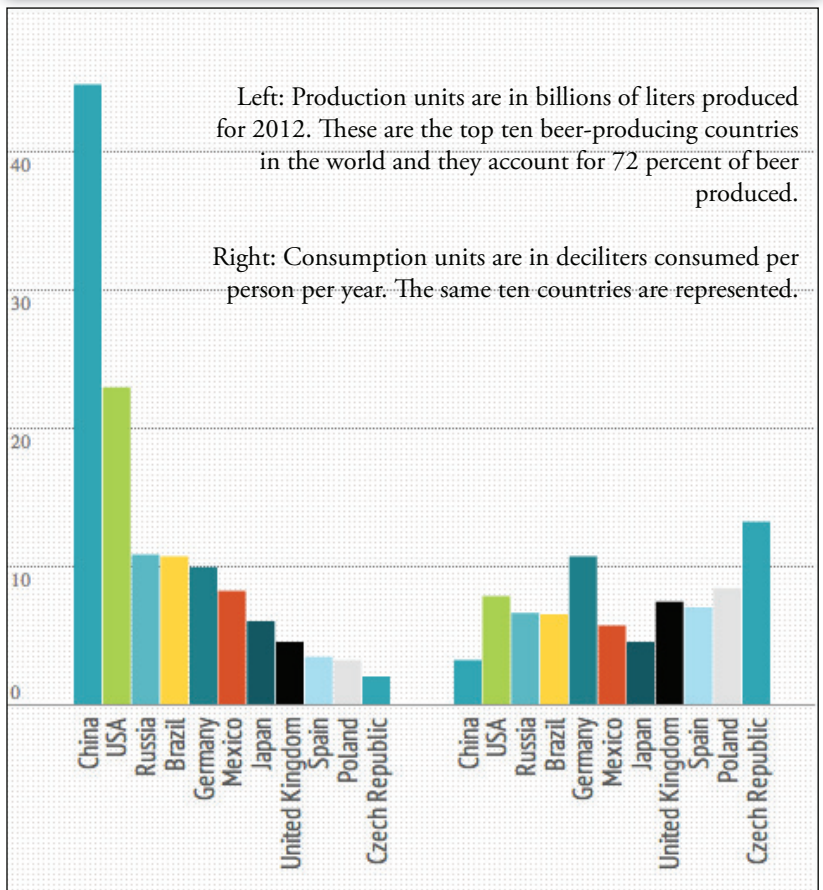
### How many bottles can be filled?

If all the beer produced was bottled in normal 12 ounce bottles, 499.6 billion bottles would be filled. That is a lot of beer bottles! If we lined them all up end to end in some sort of beer bottle chain, how far would it stretch?



The distance from the Earth to Mars is about 178.9 billion feet, and the beer bottle chain would be about 291.4 billion feet long, almost long enough to go from Earth to Mars and back again.

### Where does the beer come from?



### Sources:

[http://en.wikipedia.org/wiki/List\\_of\\_countries](http://en.wikipedia.org/wiki/List_of_countries)  
[http://en.wikipedia.org/wiki/History\\_of\\_beer](http://en.wikipedia.org/wiki/History_of_beer)  
<http://www.space.com/16875-how-far-away-is-mars.html>  
[http://en.wikipedia.org/wiki/Great\\_Pyramid\\_of\\_Giza](http://en.wikipedia.org/wiki/Great_Pyramid_of_Giza)

\*\*To read the rest of the story see [collegeavenuemag.com](http://collegeavenuemag.com)

# Cookies With Style

secret csu cookie society  
selling cookies with cru

by jack krause

While many delivery services bring food right to your door, a start-up cookie delivery service wants to bring it to you in style. The “Secret CSU Cookie” delivery service was planned to be a new service that brought baked goods to you in a 007 fashion, with couriers wearing all black and sunglasses. Unfortunately, some roadblocks came up along the way.

The idea came to Ana Akana and Cailley Baigini following one of their mission trips to Malawi, a South African country notorious for its poverty rate and malnourishment. They felt the benevolent desire to further help by donating to the Malawi Children’s Mission charity. Now, all they needed was an idea. They found that since they both could bake, and there was not a current baked goods delivery service for dorms, the “Secret CSU Cookie” was a good idea. They set out and began delivering, but an obstacle arose.

Colorado State’s Sales and Solicitations policy states that what they were doing, though noble,

is not permitted. Unlicensed products cannot be sold on campus, particularly food products. “Non-approved vendors will not be authorized to sell or solicit sale of products or services, solicit donations, or hand out or post advertising on campus.” The policy explains this prohibition is due to a lack of regulation. The policy was instated four years ago after cases of food poisoning and other related mishandling incidents occurred.

“We should have done this before we started, but we were just eager to start making cookies and getting money as soon as possible... SLiCE was really excited about the idea, but they told us that selling homemade goods was against regulation policy,” Akana said.

Down but not out, they decided to work with CRU, a Christian organization on campus, and are now selling their cookies through the meetings they have every Thursday. So, though you may not have them delivered to your door, you can still get some delicious desserts and donate to a good cause. **Ca**



photo by john sheesley

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# WHICH WAY

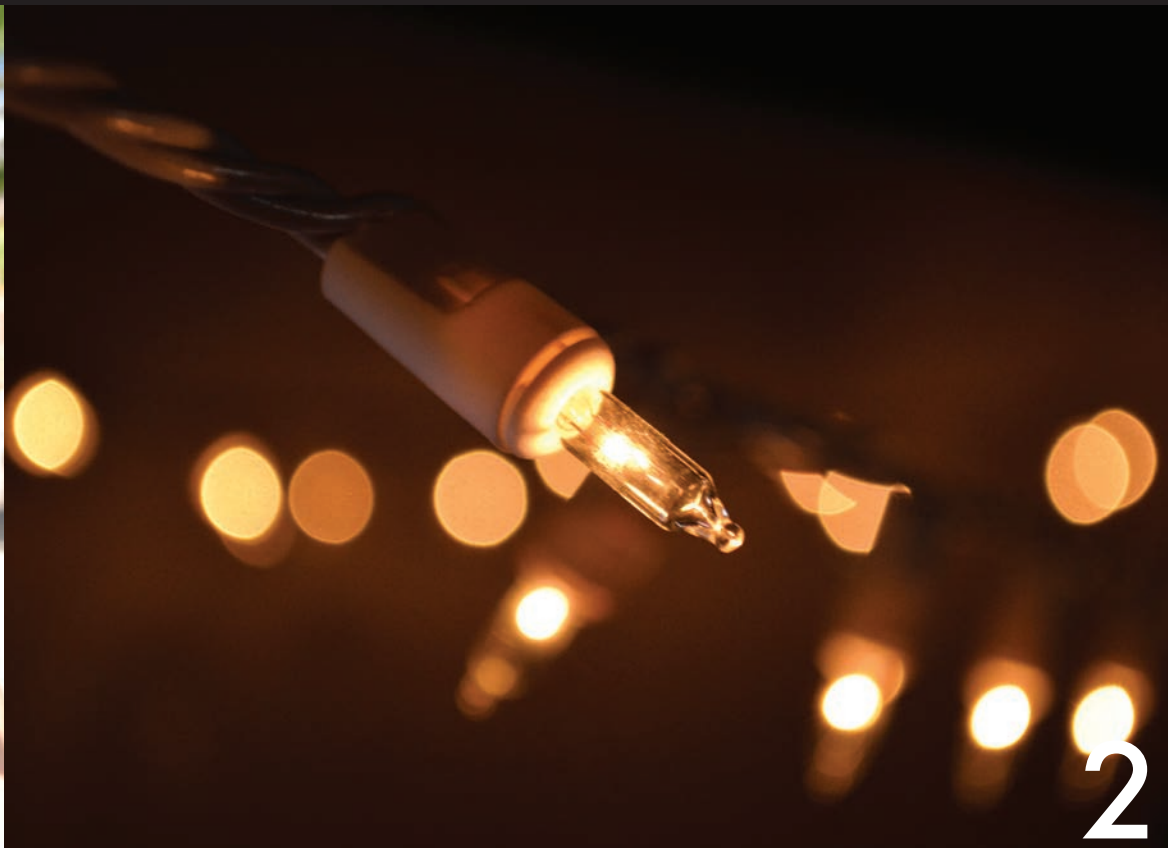
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# HOP TO SIP

sprouting march 25  
hoptosip.com



photos by allison lecain (1,6), joe nunez (2), lauren martin (3)





5



6

photos by kelsey contouris (4,5), mary wilson (7,8)



7



8

# How to Stay Fit While You Travel

photo courtesy of Sylvia Usery

by kendall greenwood

**H**iking, kayaking and biking — these were the activities CSU senior Sylvia Usery did every weekend during her study abroad in New Zealand in spring 2012. Not only could she check out the scenery and be social, but she could stay healthy during her time away.

Traveling can create a challenge for a healthy lifestyle with decreased food options and no access to a gym to do normal exercise routines. To stay fit while traveling abroad requires a balance of two things: nutrition and exercise.

According to Albert Powell, a strength and conditioning personal trainer at Anytime Fitness, the two most dangerous foods to eat when traveling are sugars and starches, such as bread, rice and noodles.

“The starch is your bricks and your sweets are basically the concrete,” Powell said. “So, what you’re doing with your body is you’re blocking everything up [with starches] and [with] the sweets you’re pasting everything.”

Eating poorly while you are on vacation or studying abroad can create unhealthy habits when you return home.

“So you go on this vacation, you look and you’re like

‘man, I put on five pounds,’” Powell said. “Well, you’ve been eating nothing but carbs and sugar.”

Usery adapted her meals while she was in New Zealand. “I actually paid for a whole semester of dining hall food, but I stopped going because it was just disgusting,” Usery said. “They have like five kinds of potatoes and bread every night.”

Instead, she bought her own food at the grocery store to give herself more balanced meals. She was able to afford some healthier options on a student budget. According to Usery, avocados were cheap, so she was able to eat plenty.

Exercise is the other important key to staying in shape. According to Powell, exercising while traveling is very easy.

“If you want to stay in your room and [work out] for a quick hour, [get a] resistance band and exercise ball,” Powell said.

These two objects can work your biceps, shoulders, back, abdominal muscles and legs with the right movement, keeping your muscles toned and ready to hit the gym when you can.

“As soon as my clients come back and we pick back up where we left off, they [feel] like they never left,” Powell

said. Plus, the resistance band and exercise ball are not a strain on luggage.

“[The exercise ball] comes with a pump so you can just take the air out and hold it in your luggage,” Powell said. “The pump is small, so it’s easy to travel [with].”

Target has resistance bands available from \$12.99 to \$19.99. Exercise balls at Target are priced from \$19.99 to \$29.99.

When Usery was abroad, she chose to participate in activities where she could see the scenery and connect with people.

“Every weekend we would go somewhere,” Usery said. “Hiking is always fun and they had such beautiful terrain there that it didn’t feel like you were exercising because you were just looking at everything around you.”

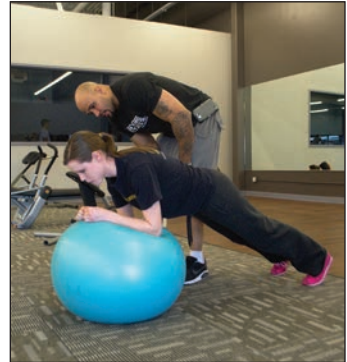
According to Powell, you can incorporate this group dynamic into resistance band and exercise ball exercises by doing partner and group workouts.

For Usery, being able to mix exercise and friends added to her experience.

“I would definitely say stay active,” Usery said. “It’s a great way to see people and just get around the country.”

\*\* To read the rest of the story visit [collegeavenuemag.com](http://collegeavenuemag.com)

## 3 exercises to try:



photos by john sheesley

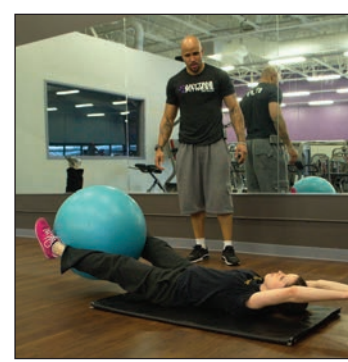
### 1 abs

Hold the plank for about 10 seconds. Then, alternate lifting each leg to require more balance.



### 2 upper back

Bring the band under your armpits and then release it out again.



### 3 abs

Lift your legs and arms to meet above your stomach. Pass the ball and stretch out again. Repeat.

# BLOGS

COMMUNITY.COLLEGIAN.COM

THE ROCKY MOUNTAIN  
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# max

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## THE WATER CLOSET WEEKLY

Edition 3, Volume 1

### CSU DRUM MAJOR STEPS OFF FIELD TO TAKE PHONE CALL

#### Marching Band Continues Marching Indefinitely

After stepping off the field to take a phone call from his mother during last Thursday's marching band practice, CSU Drum Major Craig Anderson returned to find that the entire, 300 person marching band was gone. "For a few minutes I just stared at the field, squinting and feeling my hands around the air, in case it was some kind of optical illusion or they had all just gone invisible or something," Said Anderson, "and then it hit me; when I left to take that phone call, they were still at forward march. They must have just kept marching forward, indefinitely like a fleet of college educated puppies, confused without their master." The full extent of his responsibility sweeping over him for the very first time, Anderson sighed, putting his hand up over his eyes to shield them from the fading sun. "They're with the wind now." He was quoted as saying before walking off the field, presumably to go start frantically recruiting new band members.

Though there is no word on the current location of the 300 students last seen marching forward into the great abyss of western civilization, we here at the Water Closet Weekly have received several reports of an unidentified college marching band regiment mindlessly marching through several towns immediately north of Fort Collins. "They just marched through one morning," Cheyenne, Wyoming resident Mairaed Brigger told the WCW, "they brought traffic to a stop as they marched through Main Street. Schools closed. Hospitals closed. The city of Cheyenne effectively shut down for the day. It was like when the Nazis marched through France, probably."

The CSU Rams Marching Band was last seen marching through Miles City, Montana. When asked by a plucky reporter why they were marching, all 300 marching band members replied in unison, "I just keep marching," in what was almost certainly a heavily choreographed reference to Forrest Gump. Said Tony Frank on the matter: "Obviously CSU is very concerned. These kids are getting close to the Canadian border. There's no way they all have their passports. And I don't know what's going to happen when they hit the Arctic Ocean. They're a marching band, not a swimming band." Frank then paused, dramatically looking out a window and sighing. "Damn you, Craig Anderson's mother. Damn you."

### TONY FRANK ANNOUNCES LOCATION FOR NEW STADIUM

"Inside All of Us" Says Frank as  
he taps his Chest Inspirationally

At a press conference regarding the new football stadium, Tony Frank floored reporters when he dropped the bombshell that the new stadium would be built not atop any physical location, but rather, "Inside all of our hearts."

"The new stadium is an idea, it's a feeling, it's that place we all dream of when we shut our eyes on a warm summer afternoon," Frank continued, wiping a single tear from just below his eye, "this isn't just a football stadium, it's a people stadium."

Questions? Concerns?

Email us at [Waterclosetweekly@yahoo.com](mailto:Waterclosetweekly@yahoo.com)

We have changed our stance on cat poems. The last few made us cry. This is an open call for cat poem submissions.

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Water Closet Weekly  
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# Too School for Cool

## washout YOUR facebook

by *allison*  
lecain

**A**s a graduating senior, I have been applying for a plethora of jobs lately. This generally requires sending someone a cover letter, resume and writing clips. Sadly, I know that the investigation process probably does not end there.

According to a 2012 survey by CareerBuilder, 37 percent of companies investigate potential employees using social media. More than 65 percent of these companies will look through Facebook profiles, which is why I think the new app, Facewash, is going to be a great resource for anyone trying to find employment.

Facewash is an app created by Camden Fullmer, Daniel Gur and David Steinberg. The idea of the app is to get rid of any content on your profile that you might not want a future employer to see. It is possible to simply clean out a profile manually by going through your timeline and deleting inappropriate statuses and photos, but Facewash handles this process for you.

Yahoo! Finance explained in an article about the new app that Facewash flags swear words and sexual and racist language that appears in statuses, comments, likes and links on your page. Currently, the app will only flag a photo as inappropriate if the tags or comments for the photo imply it as such. For example, if there is a photo of you chugging beer at a party and the caption says "getting wasted on a Tuesday," then Facewash will flag it. However, if there are not comments, a photo like this will not get flagged. Never fear though; Facewash is still under development and will soon be able to flag photos with red cups and beer bottles.

Using Facewash can help make your profile ready for employer approval. Currently the app is free to use, so why not try it? In general, I have tried to keep my Facebook very professional during my college years, but sometimes things slip in. Facewash is like hiring a little assistant to clean up your mistakes.

■ **ca**



# What is your dream destination?

by college avenue staff

**1** How many times a day do you leave the house?

- a. There's a world outside?
- b. Does Black Ops count?
- c. I'm rarely home; life's an adventure

**2** What is your most prized possession?

- a. Netflix account
- b. Car
- c. First aid survival kit

**3** What is your Saturday morning ritual?

- a. I sleep until noon, so there is really no morning
- b. Oatmeal, coffee, cartoons
- c. I run a marathon each morning

**6** What is your go-to jacket?

- a. Snuggie
- b. CSU hoodie
- c. Anti-hypothermia jacket

**5** What would you pack in your carry-on bag?

- a. Snacks and Game Boy
- b. Phone, laptop, music
- c. Instant meals, a fire blanket, first-aid kit

**4** What is your favorite beverage?

- a. Chocolate milk
- b. Mojito
- c. Muscle Milk

## Mostly A's: Tent in your backyard

You are the definition of a homebody, so you will be most comfortable staying close to home. Most of the adventures you experience in life are through your Xbox or PS3, but a whole world is outside just waiting for you to explore. Start out slow by camping in your backyard, and soon, you could be ready to travel with the big kids.

## Mostly B's Colorado road trip

While you may not experience adventure on a daily basis, it does live inside of you. People have a natural instinct to explore and discover new things, so tap into that. You never know what you might find. Start off with a simple road trip, and soon, you will feel the bite of the travel bug.

## Mostly C's Kilimanjaro

You live by the motto 'love to live,' and you do it well. Every day is a fresh start, a new adventure and an exciting opportunity. You will never stop exploring so get out of the country. Exotic places without the big city hustle are your bread and butter. You are always prepared for anything as you are a skilled packer. Do everyone else a favor and teach them your ways.

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