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volume two: issue three spring 2007

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explore campus fashion, new philanthropic trends, tattoos and what may be harming your feet.

the male perspective

the pill might be a woman's peace of mind, but it worries some men.

caught 'em

you see them everywhere, but find out what some students are learning from the campus squirrels.

greek life

near the end of his tenure, greek life head mark koepsell talks about the best and worst days of his csu career.



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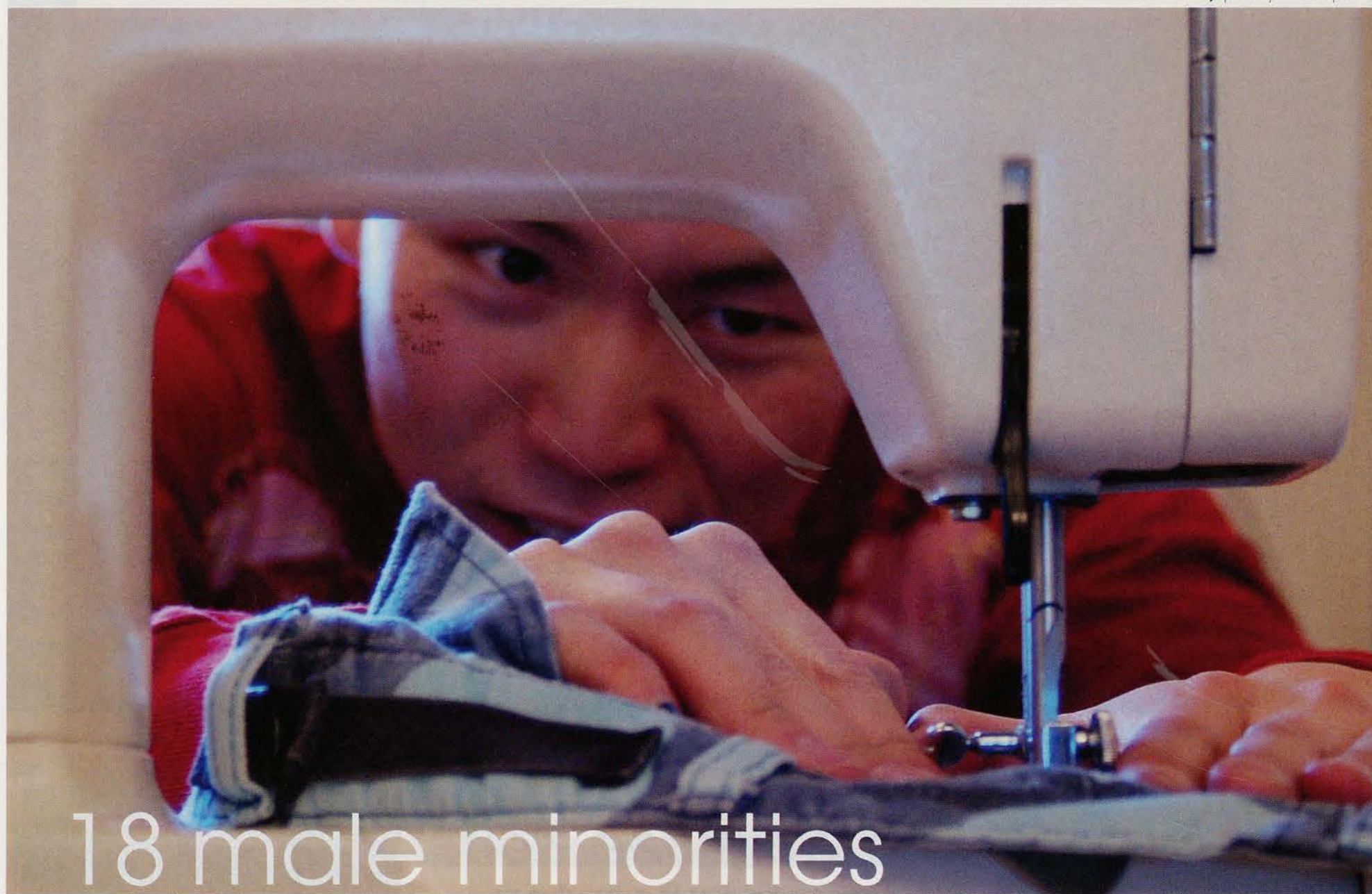
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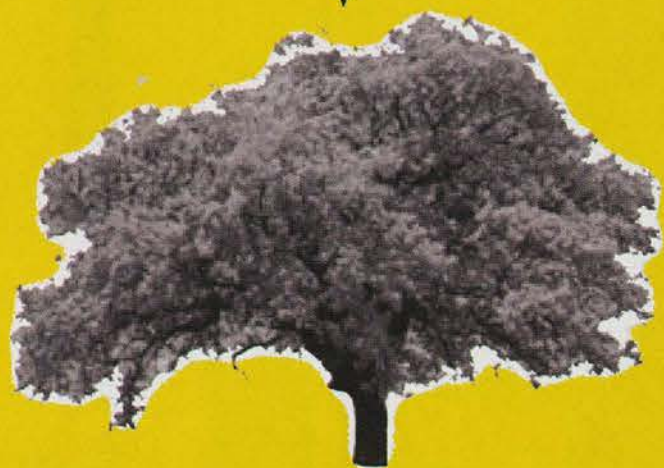
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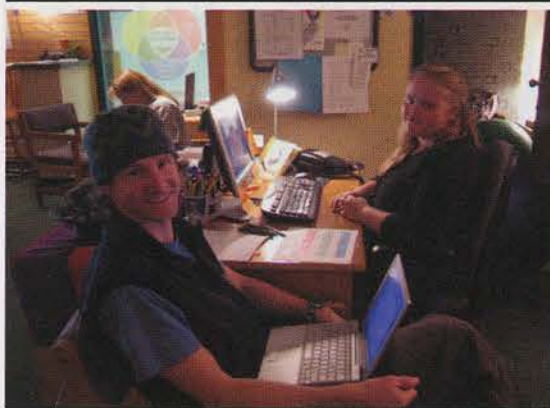
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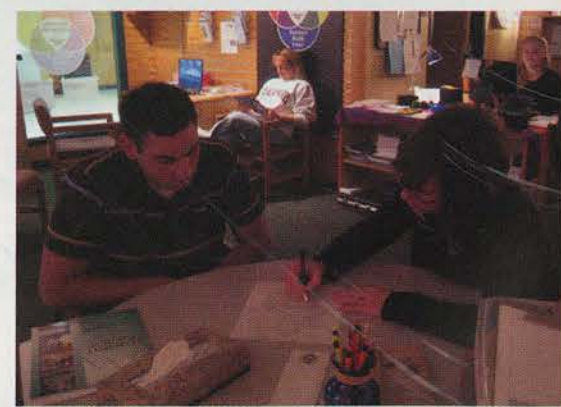


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letter from the editor



As this issue goes to print, I am filled with a mix of emotions: excitement, relief and a little bit of anxiety - everything that is sent to the printer will eventually be made permanent.

But most of all, I am filled with a sense of gratitude.

Chasing down facts and details, running after last-minute photos, finding the missing punctuation or correct words and creating a colorful design from a blank page are all part of the job. But it's a job that my staff impresses me with more and more each time.

With this issue, I am once again proud of my staff's dedication, talent and passion for this publication. And the most amazing part? They do it all for free. My staff is a force of volunteers, and I can never thank them enough.

I am also grateful for you, our valued reader. Your comments and encouragement make the late nights and long hours worth it. And while the reactions have been positive, we encourage feedback of all kinds - it keeps us accountable and humble.

With this issue, we tried a few new things. Some worked and some did not, but they were all worth a try. One of our favorite new adventures is our work with KCSU. You may have heard us on Feb. 25 as part of KCSU Live, the station's weekly talk show that airs from 7 to 9 p.m. on Sundays. If you missed us, you can hear a new version of KCSU Live with *College Avenue* on March 25. In addition, you can check in mid-March for updates on stories we ran this issue. See our Web site at collegeave.colostate.edu and click "updates."

As always, thank you for picking up our magazine. I hope you enjoy reading this issue as much as my staff and I enjoyed producing it. You can find us on the racks again on April 25, 2007.

With a promise of integrity,

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

Caroline Welch
Editor in Chief

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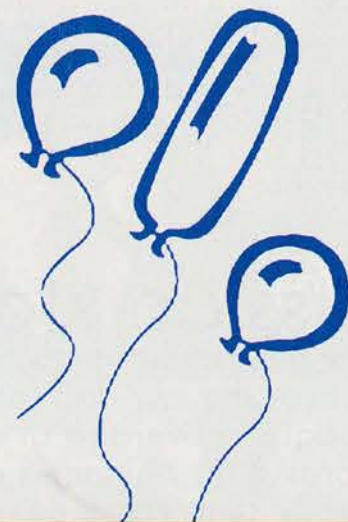
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letters to the editor

as csu's very own magazine, 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 csumag@lamar.colostate.edu.

mission statement

College Avenue is csu'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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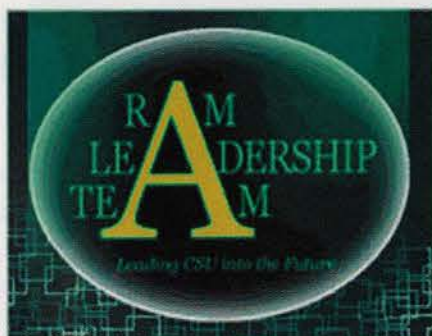
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Grand Slam

abernathy's coaching is major league

Michael Abernathy's favorite professional player doesn't hit home runs out of stadiums and into bodies of water. His favorite player couldn't strike a pitcher out.

His favorite player has a fourth grader's physique that people would marvel at.

The St. Louis Cardinal's shortstop David Eckstein looks like his roster spot was a prize he won from the world's tallest dwarf competition. Eckstein is scrappy and appreciated by real baseball guys. Michael Abernathy is a real baseball guy.

This is the second year Abernathy has coached the CSU club baseball team, winners of three straight national titles and top contender for a fourth.

It shouldn't be a surprise that Abernathy appreciates the infielder. He beats the 5'7" Eckstein in height, but it wouldn't be a blowout. He's stocky, like a guy who has built himself to stand in on defense while speeding runners bear down on him at second for the take-out on a double play. In his day, he played both second base and shortstop, just like Eckstein.

Abernathy began as a four-year varsity starter and All-State shortstop in high school in Northern California. After high school, it was on to Modesto Junior College where he was an All-Conference second baseman.

At Modesto he played for infield coach Jerry Streeter who impacted his coaching philosophies. He switched back to shortstop when he left Modesto for Pacific University and earned Academic All-American honors in 1996. Abernathy viewed his coaches at Pacific as better recruiters than coaches.

Abernathy first played minor league ball in Reno, Nev., with the Chuckers in 1996. After Reno, he moved on to the Evansville Otters in Indiana where he was traded after a game against the Johnstown Steel, to the Johnstown Steel.

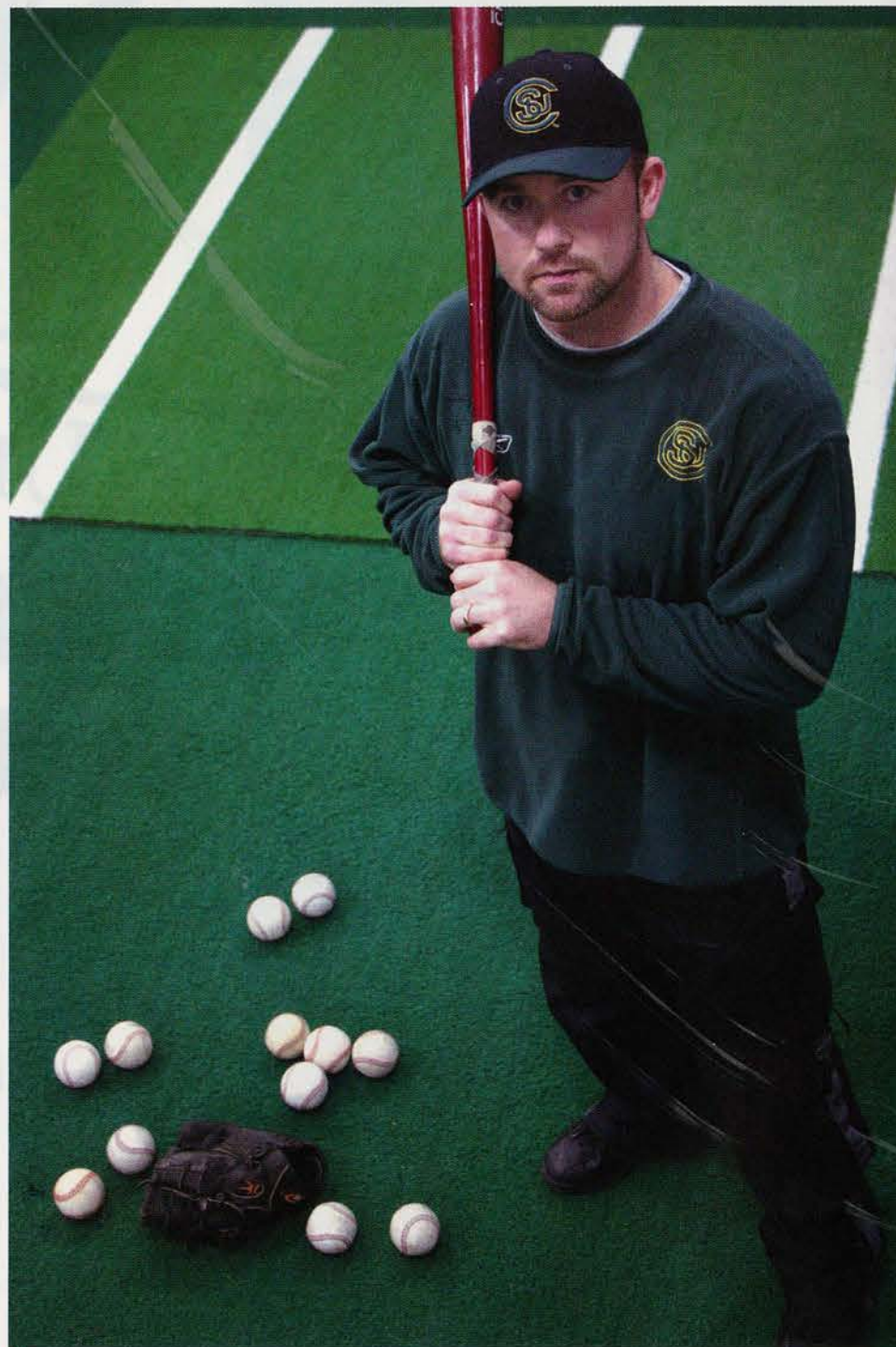
Abernathy went from the showers to his new team's bus, less than an hour after they had been his opponents. The next year he had a great pre-season, but was cut anyway.

When major leaguers aren't major enough, they get sent to the minors and maybe they straighten out and return and maybe they bounce around for a couple of years to become the basis for a Kevin Costner character.

For the minor league players who have nothing to contribute to the game or film, they can choose the Abernathy route. Starting from Johnstown, Pa., Abernathy went back to high school to coach his alma mater, took the Medical College Admission Test (MCAT) twice with a quick stop to earn a second degree in biology. He added a layover for marriage in 2000 and three years with the Alpha Therapeutic Corporation, all en route to Fort Collins and Atrix, a specialty pharmaceutical company, in 2002.

"That's when real life started," joked Abernathy.

For Abernathy, real life is a combination of science, work, family and baseball. In January, Abernathy started with Amgen, a human therapeutics company in Longmont, and is earning his graduate degree



photos by stephanie gerlach

in cellular microbiology at CSU.

"My typical day starts at 4:30 a.m. I work from 6 a.m. to 3:30 p.m., drive up to practice from 4:30 to 6:30 p.m. then go home to try and study and keep the wife happy," Abernathy said.

No stranger to work, Abernathy expects the same from his team.

During his playing time at the Division 1 level, he developed a distaste for the prima donna on scholarship who felt no need for a coach.

"I like the kids that are gonna work hard, they're gonna hustle," Abernathy said. "The kids that are able to catch on, learn and get better. I see these kids that come out with tremendous talent and just don't have it mentally. The kids that understand what we're trying to teach

figure it out and pass those kids. I see it every year and it's amazing."

No small statement from a man who climbed every ladder in life without the benefit of skipping a rung via the big break or luck. When he played he progressed naturally from high school to junior college to D-1 and then the minors.

With coaching, he started at high school and then took the Fort Collins Triple Crown Bandits, a semi-pro summer league team, to their first appearance in the National Baseball Conference World Series in Wichita, Kan., before ending up at CSU where he is the first head coach in five years to return for a second season. A decision, he said, was an easy one.

"When I was growing up, there were a couple special people in my life that taught me the game of baseball. One was my father and the other was my infield coach at Modesto, and both of those guys have given excess of 40 years of their life teaching the game to kids," Abernathy said. "If I can give back and instill not only baseball, but life lessons and create 30 to 40 young men, they're going to be an asset to society. So it's an easy decision."

Abernathy will work hard to create the young men who are ready for the transition.

His answers to technical questions about his team are both quick and calculated. Just talk to the coach and one assumes he knows the perfect angle for a glove to be placed when fielding a ground ball on a field in the Midwest with a 15 mph wind.

Almost before the question ends, he confidently says his team's chances at a four-peat will be determined by how well his team pitches. Off the top of his head, Abernathy is certain his team would compete nicely at the Division-II level and that there are four or five Division-I position players on his team right now.

"Abernathy's coaching style is very fast and aggressive," said Nick Wittwer, who has helped coach the team the past four years. "Practices

are held in a no-nonsense manner, and he expects hustle and to play the game the way it should be played."

The atmosphere of this team is not what people might expect for a club team.

But then again, most club teams don't have players selected directly into minor league programs of major league teams, as was the case of former Ram Nate Nowicki, a pitcher drafted by the Florida Marlins in 2003.

CSU may be the best club sports school in the nation with a lacrosse team also coming off a national title and five club teams total that made it to their final fours in the 2005-

2006 season. In fact, most of Abernathy's frustration about coaching comes from people not taking the team seriously enough.

"The part that really irritates me is the lack of appreciation for the hard work that goes in to coaching, whether that be from the players, or the club sports office, or even those that I work with," Abernathy said. "I don't think people really understand what it takes to go into coaching at this level if you want to do it right."

Yes, he is talking about a club baseball team.

"Even though we have the title of a club team, our team is run like a D-I program," said Caleb Bond, senior shortstop and team president.

Abernathy would never be one to make excuses, no matter his complaints about preparation, support or funding.

"The No.1 thing that Abernathy stresses to the team is play hard and control the things you can control," Wittwer said.

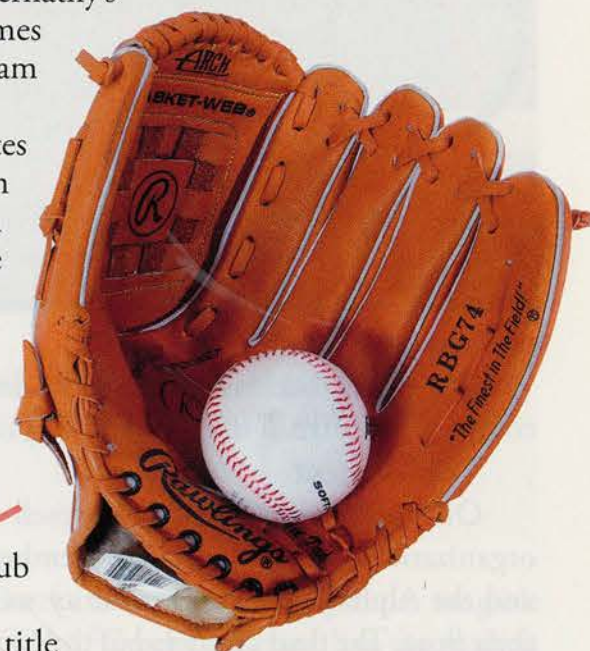
So what does Abernathy control? Ideally, some part of his player's lives.

In a sport where some of the top athletes are taking more advice from their trainers and chemists than their coach, it seems rare to find a virtually unpaid coach with so much love for the game and faith in his players.

"I feel I am never wasting my time at practice," Bond said. "I am always improving with his help."

Abernathy seems aware of the consequences of making this game all that matters: the cloud over Barry Bonds and his man breasts, Mark McGwire's tattered reputation and the decline of Pete Rose from hit-machine to villain.

"Last year with the graduating kids I told them, 'You know, baseball is great. We won the national championship, but the thing I really want you to do is be good men in life, because baseball's obviously going to go away for all of us.'"



left: michael abernathy, 32, is in his second year as head coach of the CSU club baseball team.

above: coach abernathy gives his team instructions for practice at the edge sports properties llc.

Stepping Down

nine years later,
singular moments
haunt greek life head

One moment, one bad decision, one event that changes everything. Little moments are what make up one's life.

And for Mark Koepsell, that moment happened Oct. 10, 1998, as he prepared to attend his first CSU Homecoming parade.

At the time, Koepsell was an unknown to the majority of CSU's student body and an unknown to some in the fraternity and sorority community, even though six weeks earlier he took over as the director of Greek Life.

When the backlash from that day ended, Koepsell decided to completely overhaul the Greek Life system to where it stands today.

The Moment

On the same morning Koepsell was getting ready to see his organization's varied floats, the members of Pi Kappa Alpha fraternity and the Alpha Chi Omega sorority were putting the final touches on their float. The float consisted of the usual Homecoming flair, complete with a shrine to CSU football players and a country-western theme.

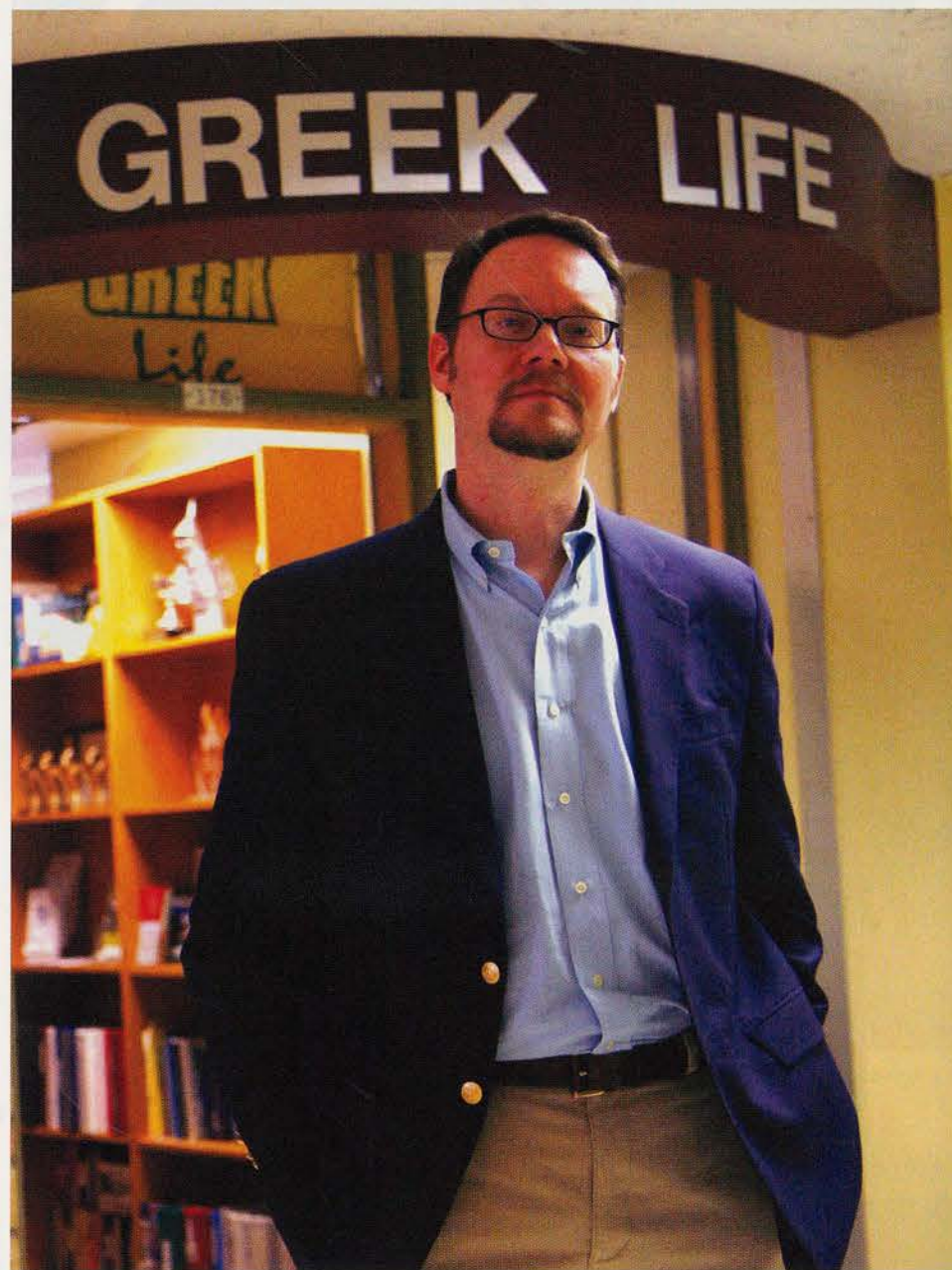
Near the end of the float, however, was something that did not catch the eye of many people until they took a closer look as the float passed. What some parade watchers saw was more than just an autumn scarecrow. Some saw a scarecrow that had two anti-gay messages strewn across it.

For those who saw the display, it was a clear and obvious portrayal of Matthew Shepherd, a University of Wyoming student who was beaten to death in nearby Laramie, Wyo. In fact, at the same time the float traveled down Laurel Street, Shepherd was lying in a bed about a mile away in Poudre Valley Hospital.

While talking to a colleague, Koepsell was interrupted by a student who informed him of the float. Koepsell decided to leave his spot in the parade line and approached the fraternity. What he found surprised him.

"I went up to the float in a fact-finding approach, not a disciplinarian one. I just wanted to see it for myself," Koepsell said from the Greek Life office. "At the time, it seemed like a very local issue, but I knew I wanted to change what the Greek Life image was."

Koepsell admits he didn't expect the media attention that arose from the float.



"I tell you one thing, when I took this job I didn't expect to be talking to Dateline or the Today Show," Koepsell said.

Both the fraternity and the sorority were thrown off campus by the Inter-Fraternity Council. Alpha Chi Omega's charter was revoked by its national charter, meaning the organization would probably never

return to CSU's campus. Pi Kappa Alpha did eventually return to campus as an organization, however the fraternity was later suspended for good in August 2005 for a drinking incident.

After the cameras stopped rolling and the media moved out of town, Koepsell decided drastic changes were needed within CSU's Greek community.

"Honestly I had no plans when I came here," said Koepsell, who worked at St. Louis University prior to working at CSU. "And all of a sudden I was thrown in the deep end. I realized that changes were needed, and I embraced the challenge of taking on those challenges."

Implementing Changes

Koepsell believes students of CSU's Greek Life in the late 90s fell into a trap from 15 years of negative portrayals. After the release of the movie "Animal House," negative stereotypes were thrust upon the Greek community, Koepsell said.

The majority of male Greeks were nothing like the ones in the movie, however some students ended up joining fraternities just to become a John Belushi-type member. After awhile, Koepsell believes, this took a toll on the system.

"For 15 years, we had been called the partiers, the drinkers, the meatheads, and after awhile, you start to become the stereotype. If you call someone an elephant for long enough, they start to act like an elephant," Koepsell said.

The largest and most sweeping changes stemmed from the Greek Initiative 2000. The initiative's goal was to change not only the image of Greeks, but also the culture of Greek Life.

Alcohol was banned from parties; scholarships and incentives were offered for Greek houses that had the best GPAs and philanthropy became goal No. 1 for the Greeks. Nicole Kerber, who worked as a graduate assistant for Greek Life at the time, says the initiative went beyond what anyone expected.

"We were expecting a handful of changes, but nothing like what those students decided to do," Kerber said. "The Greeks at CSU said they had had enough and made sure that they would no longer be the school's black sheep."

The initiative also called for harsher punishments for Greek organizations that broke the rules. Since the initiative was first implemented in 2001, five fraternities and sororities have lost their charters. Koepsell makes no apologies for the harsher sanctions.

"Do I feel bad for the students who belonged to those organizations? Part of me does, but the standards for being a Greek are not just writing on the wall," Koepsell said. "We pride ourselves on being held to a



▶ photos by sam herrin

above: mark koepsell, director of greek life, speaks to his leadership techniques for greeks class upstairs in the lory student center. koepsell's class provides advice to fraternity and sorority leaders on how to improve their individual chapters leadership and overall quality.

higher standard, and that is what we uphold."

For the most part, CSU Greeks have improved by most tangible standards under Koepsell. The GPA of Greeks is higher than the student body average, something that had never happened until Koepsell arrived. CSU Greeks have also raised more money during Koepsell's nine-year tenure than the previous 20 years combined.

For Koepsell, the years following the Homecoming float incident were the best of his life.

"Everything we were doing seemed to be working. It seemed like we had finally got past the negative," Koepsell said. "It seemed too good to be true. And it turns out, it was."

The death of a student

The worst day of Koepsell's life came on a beautiful autumn weekend day. On the afternoon of Sept. 5, 2004, Koepsell received a call he will never forget.

He was making an afternoon lunch with his wife and her family when he answered a phone call.

"I answered the phone and the president of Sigma Pi simply said a girl has been found dead at the Sigma Pi house," said Koepsell, wiping tears from his eyes. "I never imagined this would happen. You prep for every possible situation, but you can never prep for telling a mother that her daughter died on your watch."

The next two days were a whirlwind for Koepsell. He did not sleep and says he was on his feet for about 30 straight hours. A student had



► photo by nicole mcpherson

from left: ross hendrix, carly bachrach, amanda dozac, mark koepsell, mandi koch and meg delaney discuss important greek business at the gamma phi beta house at the beginning of this semester. koepsell will step down after this semester to take a new position with the mid-american greek council association.

died, and he blamed himself.

"There is no more helpless feeling than the death of a young person, especially when it is due to alcohol consumption," Koepsell said. "We thought we were getting closer to shedding the negative image of the Greeks and then this happened."

After a police and internal investigation, it was ruled Spady died from alcohol poisoning. The house at which she was found, Sigma Pi, had their charter stripped by both CSU and their national organization.

New rules were enacted that prevent any alcohol at Greek houses. But Koepsell says no matter what rules are enacted he won't be able to put Samantha Spady's death behind him.

"The death of Samantha Spady was by far the worst day in my life," Koepsell said.

The aftermath and the legacy

After Spady's death, it seemed like nothing was going right for the CSU Greeks. Then a moment happened that was so unexpected that

"i hope that people remember me by what Greek Life has done. i am only as good as my body of work and my body of work is what the Greeks have done."

- mark koepsell, director of greek life

more than year a later, Koepsell still doesn't believe it ever happened.

"We attended a national Greek conference in April of 2005, and our brothers and sisters from around the country embraced us," a smiling Koepsell says while sipping at a can of ever-present Diet Pepsi. "We actually won an award based on determination and overcoming a tragedy. We were stunned. We felt vindicated for our changes."

On Oct. 27, 2006, Koepsell resigned from his position effective at the end of this academic year. Koepsell will become the Director of the Mid-American Greek Council Association. The MGCA is a regional Greek organization, which is moving its headquarters to Fort Collins to accommodate Koepsell.

Koepsell says he is happy with his time at CSU.

"Whenever you stay in a place this long, there will be good and bad," Koepsell said. "I hope that people remember me by what Greek Life has done. I am only as good as my body of work and my body of work is what the Greeks have done."

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Late Night

live life late hosts
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Many college students strive to find activities to cure the boredom. But, there are certain criteria, such as an element of fun. It has to be big, it has to be exciting and the more the merrier. That's the goal of CSU's Live Life Late program.

"I think I still have a black, plastic cup I got freshman year at Preview from them," said Victoria Klee, a 21-year-old human development major. Aside from the black plastic cup and some free pencils, the majority of CSU students have little else to do with the Live Life Late

program. Statistics show that a total of 141 students attended the last 10 events sponsored by Live Life Late.

The program began seven years ago when Hartshorn Health Services started a grant for an alternative late night program that was alcohol free, and while some programs start as a result of a tragic event, this program began with a pro-active approach.

"The grant was started by the administration so something wouldn't happen," said Mary Branton-Housley, the program adviser at student involvement activities. "This wasn't in response to anything, just an

attempt to keep anything bad from happening.”

However, this original format of Live Life Late couldn't be supported, and the program has morphed into something new.

“The money from that initial grant dwindled, so now we've changed the program around and we provide grants to others,” said Cody Hudson, a 26-year-old graduate assistant. Hudson is in her second year of study in the Student Affairs and Higher Education program at CSU and recently took charge of the Live Life Late program in its new format.

In a nut-shell, the Live Life Late program provides other organizations with grant money to help with room rental fees in the Lory Student Center, marketing costs, technical services and food purchased from the LSC. Grants can be up to \$200.

The program also posts events on their Web site, advertises on the What's Up Calendar on CSU's Web site and distributes posters around campus for the activities it sponsors.

Under this changed format, new opportunities arise for others to refine their programs.

“Basically, instead of doing programs ourselves, we're assisting others,” Hudson explained. “We can focus on enhancing the programs of others.”

Other organizations can get grant money to help boost attendance at their own events.

“We're able to catch another 20 people because we can offer free pizza,” Branton-Housley said. “We can just jazz a few things up with grant money.”

Some students say this new format is exactly what CSU organizations need to boost involvement.

“I think it's always a good idea to offer alternatives to what everyone else is doing,” said Peter Moore, a 21-year-old history major. “People are always looking for something to do—something creative, something new.”

Live Life Late is similar to programs at schools in surrounding states.

The University of Utah has a Live Life Late parallel called Crimson Nights. Crimson Nights' six-person staff reported an expected attendance of 30,000-plus people for the 2006-2007 year.

Hundreds to thousands of students flock to play poker at their casino nights, to mud-wrestle at the island-party, to be “married” by an Elvis impersonator, to watch live bands and cap off the evening with huge fireworks shows.

The program is widely successful, and businesses are paying thousands of dollars to sponsor the events.

Someday, coordinators of Live Life Late hope to have a similar reputation.

“We're just waiting on the students to buy in,” Branton-Housley said. “Funding would become more readily available if students would own it.”

“Buy-in” is an ironic phrase in that Live Life Late is ultimately paying students to have the chance to résumé build. For all of those public relations and marketing students wanting an edge, why not plan

and host an entire event - for free? Live Life Late is always looking for event-planners. They provide a grant once a weekend, every weekend.

Moore was one of these students looking for an addition to his college experiences. As soon as he heard about the possibilities for grant money, wheels began to grind in his head.

“Two hundred bucks is a lot,” Moore said. “I wonder what the criteria are to get that money - but \$200 could be cool for my organization.”

The Live Life Late Web site gives a quick list of what is required to receive the grant money:

- A one-page application before the event.
- The event must be on campus.
- The event must be open and advertised to all students.
- A one-page summary of the event up to seven days after it ends.
- No alcohol unless hosted in the Ramskeller.

But the money is not only available to registered university organizations.

“We work with departments and regular student organizations,” Hudson said. “We're also willing to even help a group of students with money and aid to help get them going. You don't always have to be a part of an organization.”

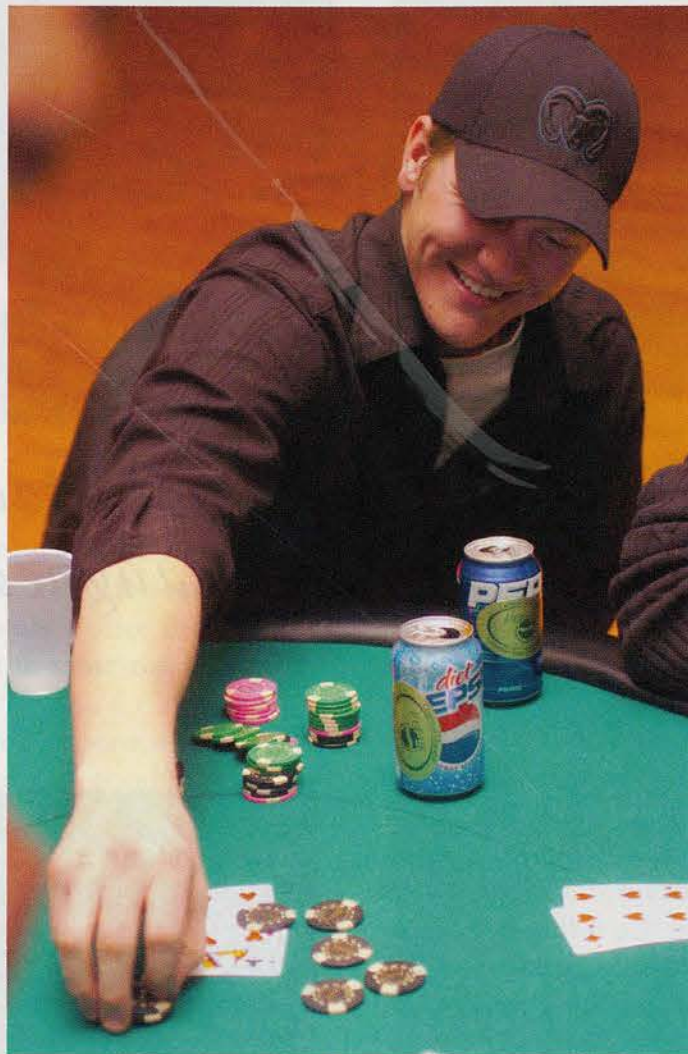
Additionally, the program does not require events to be alcohol-free in order to sponsor it.

“We don't require everything to be completely non-alcoholic,” Hudson said. “We've worked with the Ramskeller before.”

Responsibility, not abstinence, is what Live Life Late expects.

“It would be naïve to say students don't drink at all,” Branton-Housley said. “We might not stop drinking altogether that night, but we're helping to curtail it. Students are starting later and making smarter decisions.”

For more information on obtaining a grant or the events sponsored by Live Life Late visit www.latenight.colostate.edu to download an application or call 491-6975.



► photos by tanner bennett

above: bill zitterkopf, a senior biology major, rakes in his chips after winning a hand of poker at the live life late casino night in the lory student center, feb. 2, 2007. **opposite page:** alicia johnson (green sweatshirt), a sophomore health and exercise science major, celebrates a win while playing poker.

live life
late

www.livelifelate.com



Cutting on the Bias

male fashion majors

go against the grain

Who comes to mind when thinking of fashion? Perhaps the styles produced by Christian Dior, Giorgio Armani, Ralph Lauren, Oscar de la Renta or Calvin Klein. What do each of these designers have in common? Besides making it big in the fashion industry, each of these designers is male. In spite of this, it seems male fashion majors are few and far between within college institutions, including CSU.

According to Karen Hyllegard, assistant professor and undergraduate coordinator for the department of apparel and merchandising, only 5 percent of students in the department are male.

B. Wan Kang, a CSU graduate student, has made fashion a huge part of his life. His love for fashion started in his youth in Seoul, Korea.

"I've always liked fashion," Kang said.

As a child, Kang's first career choice was to become a director, but his hobbies consisted of shopping and following the different fashion trends. He laughed as he said even his mother would tire from all of the shopping. After attending film school for a year, Kang dropped out with the realization that fashion was his calling.

Olas Skogerson, a junior apparel and merchandising major, has a different story. In an e-mail interview, Skogerson said he first came to CSU wanting to be an engineer. He soon found it was not the major for him, and after visiting CSU's Career Center, he realized many of his interests and goals fit into a career in apparel and merchandising.

However, fashion is not the easiest profession for men. Kang expressed two problems he has experienced as a male fashion major. He has observed that many think a male who decides to go into the fashion industry is gay.

"Sometimes they are, but not everybody's gay. I'm not gay," Kang said.

The second problem that male fashion majors face, Kang said, deals with the opinions of others and the reactions they receive from family, friends and society.

"We all have the same problem," Kang began. "When we make the choice to apply for this major, families ask us 'why' when we are men."

Skogerson has experienced the same responses.

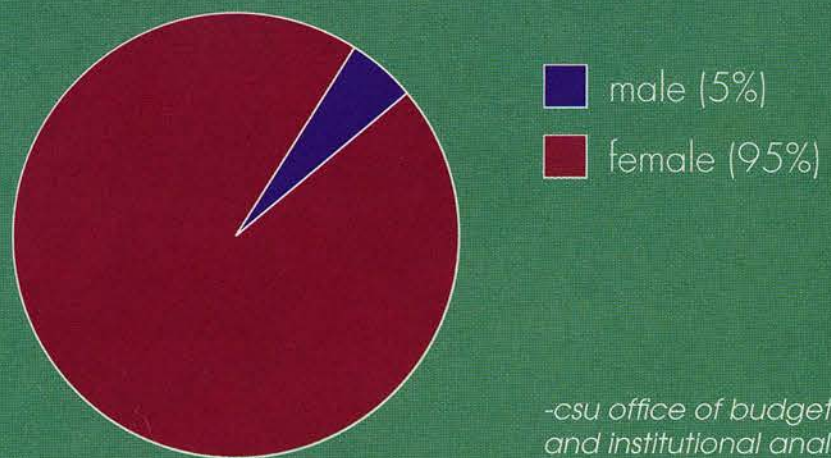
"I used to not be able to tell people what my major was with a straight face, and would usually get laughed at for a response. But now I learn more about the possibilities of what I can do after graduation everyday, and it gets me excited," Skogerson wrote.

In Kang's opinion, most of the time when a male decides to announce fashion as their dream profession, they have to be sure. This is why, to Kang, it is rare to find a male fashion student who changes his

"i used to not be able to tell people what my major was with a straight face, and would usually get laughed at for a response..."

- olas skogerson

apparel and merchandising undergraduate students



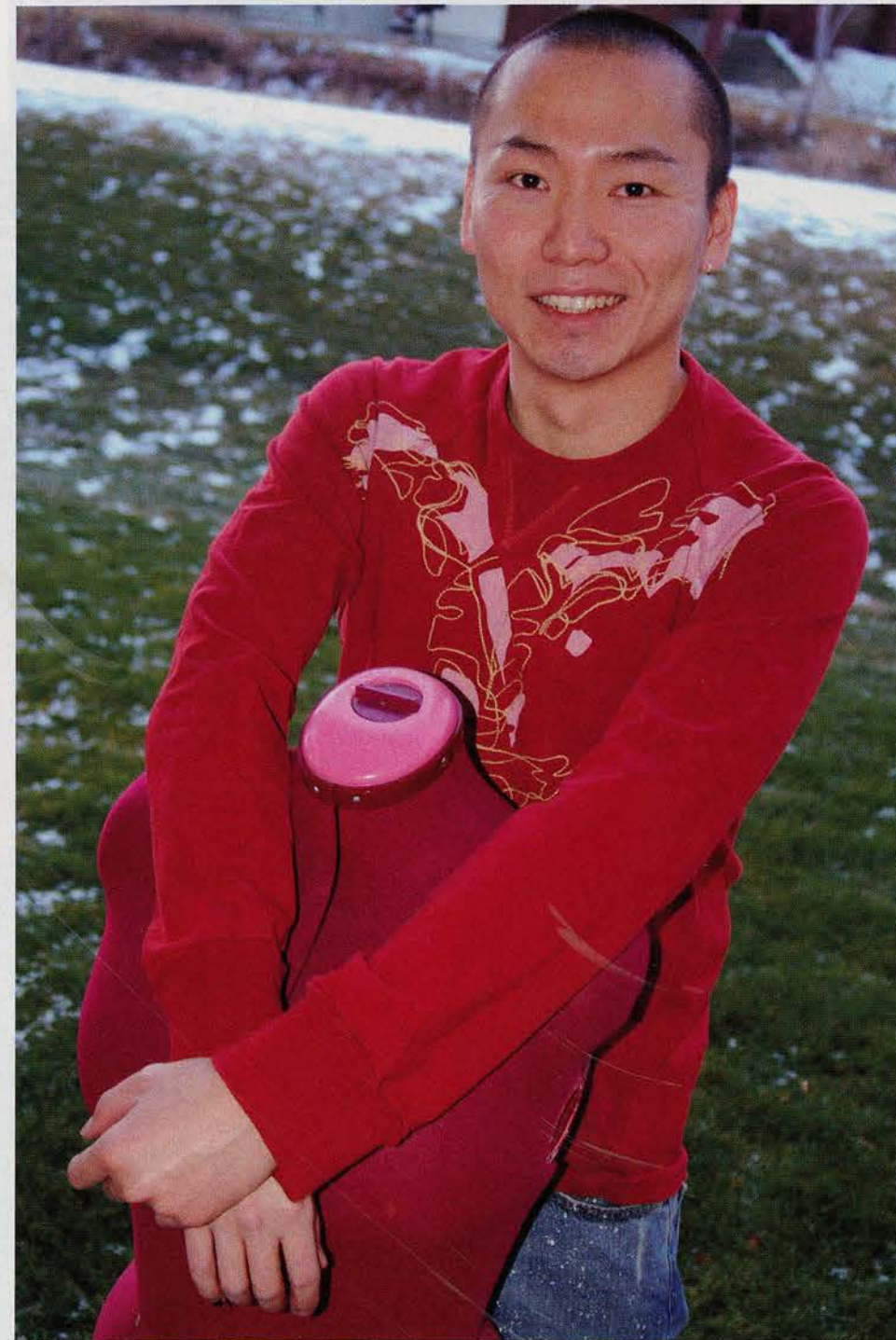
-csu office of budgets and institutional analysis

mind. This sense of certainty is the main difference between the male and female designers Kang observed. Parents and society are not as understanding.

"They have to fight," Kang stated.

Skogerson finds the biggest difference between male and female fashion majors to be classroom ratios.

"It's sheer numbers," Skogerson said. "In one of my classes that's an AM or DM class (apparel and merchandising, design and merchandising) there are about 100 people in the class... often, only five are guys in the program. I do think it's important that the guys and girls work together though, because we come up with ideas that the opposite sex really never would have considered." However, not everyone judges



these two fashion majors. Kang's parents were much more understanding, considering his passion for fashion started at such a young age. Kang said most parents wind up being okay with it once they see the income it produces. Skogerson encountered the same reaction from his friends.

"A lot of my friends think it's awesome that I am one of just a few guys in my program and always surrounded by very good looking ladies," Skogerson said.

Regardless of these two different experiences and avenues into the fashion industry, both Kang and Skogerson enjoy what they do and wish to contribute what they learn through CSU to fashion styles, trends and design.

"Their curriculum is great," Kang said of the CSU fashion department.

He praised CSU for the up-to-date, hands-on experiences that the fashion department offers its students. Skogerson feels an equal amount of praise for the department, commenting that it works to expose all of the students to as many different opportunities as possible, and to teach about all different aspects of fashion, production, merchandising and even a glimpse into marketing.

Not only do they plan on using their education, but they plan on using their inspiration to perpetuate their careers. Kang said he uses shopping and clubbing to propel ideas and get inspired. This is similar to Kang's favorite designer Jean Paul Gaultier who, according to nymag.com, uses these same methods to keep in touch with fashion changes.

"[People] wear their best clothes, shoes, styles and hair when going to night clubs. So you can see what women want," Kang explained.

Skogerson draws his inspiration from different designers and business moguls he has read and learned about. This includes his recent reading of "The House of Klein," a book about the rise and falls of Calvin Klein.

Kang has worked for many fashion related companies, including a year with "CéCi," a major Korean fashion magazine. There he was an assistant fashion editor and designer. After he completes the program at CSU, he would love to go to underdeveloped countries to teach fashion at the college level.

Skogerson has a job interview with Macy's coming up soon.

▶ photos by nicole mcpherson

left: olas skogerson is one of few male fashion majors. he plans to graduate in 2008. above: b. wan kang is a graduate student in apparel and merchandising who has loved fashion his whole life.

major lack of males

while males make up 48% of CSU's undergraduate students, they are underrepresented in many majors

- applied human sciences intra-college (10%)
- animal sciences (18%)
- design and merchandising (5%)
- human development and family studies (4%)
- occupational therapy (7%)
- school of social work (11%)

-csu office of budgets and institutional analysis

Empowe(RED)

businesses join the fight against AIDS

Every year almost three million people die from AIDS. Africa has 10 percent of the world's population, but 60 percent of the world's people with HIV/AIDS. This statistic means that 25 million people out of 40 million people with AIDS are in Africa. Because of this disease, it is estimated that 12 million African children have been orphaned. About 2,000 children, mostly in Sub-Saharan Africa, are infected with HIV every day.

The war against AIDS has been waged, but now, big businesses are joining the team by participating in the Product RED initiative, a part of the "Global Fund to Fight AIDS, Tuberculosis, and Malaria."

The Global Fund is a "financing mechanism," according to its Web site, that works with various governments, societies, the private sector and communities in need of assistance. The Global Fund finances 20

percent of the effort against AIDS globally as well as two thirds of the fight against tuberculosis and malaria.

Bono and Bobby Shriver, founders of DATA (Debt AIDS Trade Africa), started Product (RED) in mid-2006. DATA is an organization that attempts to raise awareness about Africa's main problems and focuses more on the political side, while the Global Fund focuses more on immediate action.

Money raised from (RED) products is contributed to the Global Fund specifically to fight AIDS in Africa.

(RED) never actually handles the money being donated. Instead, (RED) is a marketing initiative that uses big brands to get both the public and private sectors involved in the global fight against AIDS.

Why call this initiative RED?



above: half of the profits from gap product red t-shirts go to the global fund to fight aids in africa.

Red is the color of emergency and the color of blood, which is one of the ways that HIV/AIDS is transmitted.

"AIDS in Africa is an emergency, that's why we chose the color red," Bono said in an article from the Oct. 13 "Los Angeles Times."

(RED) launched in the United Kingdom on March 1, 2006, with American Express, Converse, Gap, Giorgio Armani and Motorola participating.

Six companies launched Product (RED) in the United States starting Oct. 13, 2006. These companies include Motorola, American Express, Gap, Emporio Armani, Converse and Apple. Each agreed to a five-year partnership with (RED), meaning they will continually release new products throughout the next few years in support of (RED).

MTV Networks is the first American media partner of (RED). The first ads appeared on VH1 and will eventually expand to MTV's other networks, including Comedy Central, Spike, MTV and others within the next years of their partnership.

Viewers can expect to see (RED) ad spots, content placement, in-show interruptions, full-screen takeovers and banners, according to the Oct. 13 "Los Angeles Times" article.

"I believe within in a few years (RED) can grow to be a very significant source of income for the global fund, and therefore for the fight against HIV/AIDS in Africa particularly," Richard Feachem, executive director of the Global Fund, said in an online video from Gap's website.

Already (RED) is making a significant contribution to the Global Fund. Results released by (RED) on Oct. 31, two weeks after its official launch, showed consumers' enthusiasm about the new initiative.

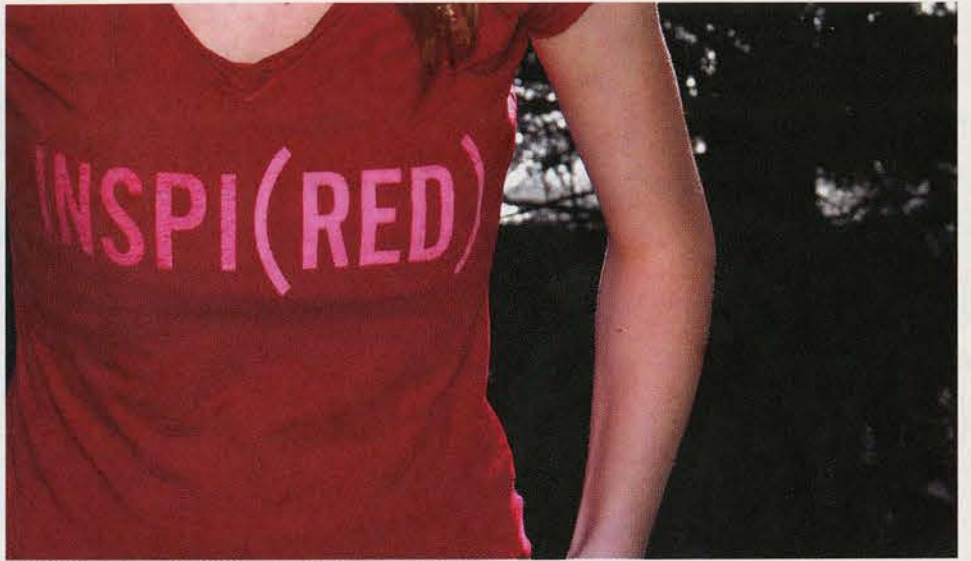
In two weeks from (RED) sales in the United States alone, enough money was raised to:

- Give more than 10,000 people anti-retroviral treatment for a year.
- Give more than a million educators HIV-prevention informational training.
- Provide school materials and daily hot meals to more than 35,000 children for a year.
- Provide more than 650,000 Rapid Tests, which deliver instant HIV positive or negative results.

Each company offers different products and services that are tailored to their specific operation. Motorola is offering (RED) versions of their RAZR and the SLVR cell phones, and also started Studio (RED), a series of exclusive offers for (RED) mobile phone users such as wallpapers, ring tones and video casts.

Gap created a new, limited edition collection of clothing and accessories called Gap(PRODUCT)RED. Fifty percent of profits from this line will go the Global Fund. The (RED) collection consists of Gap's classic products, including t-shirts, hoodies, jeans and totes. One shirt in the line is made in Lesotho, an African country, from 100 percent African cotton.

The line is available in select stores in



▶ photos by molly o'connell

the United States, Canada, France, United Kingdom and Japan and online in the United States. (RED) Gap products are available in Fort Collins at the Foothills Mall location.

They sell shirts, bags, jackets, pins and more. Walking into the store as a conspicuous consumer, sales associates are more than happy to talk about the (RED) project. However, associates declined to comment to the press.

On her Oct. 13 show, Oprah Winfrey wore the INSPI(RED) Gap t-shirt, which then quickly became the best selling product across the entire Gap brand for October. The INSPI(RED) t-shirt might actually be the best selling shirt in recent Gap history, according to the (RED) Results Document. The shirts cost \$28.

"This isn't a project, this is a part of how we'll do business, we've made a long term commitment. This is the launch of a new brand within the Gap," said Cynthia Harriss, president of the Gap brand, in an online video supporting (RED).

Armani revealed his Emporio Armani (PRODUCT) RED collection during London Fashion Week. Armani worked with contemporary Ghanaian artist Owusu-Ankomah, whose art is incorporated on the clothing, accessories and packaging of the collection. A (RED) fragrance and jewelry line will be introduced this spring. Forty percent of the average profit margin from the collection is donated to the global fund.

Converse is making a (RED) version of the Chuck Taylor All Star, called the African Mudcloth shoe. It and other (RED) shoes including the Jack Purcell, the Weapon and the One Star Mid Shoes are available in specialty stores in the United States and the United Kingdom. Also, MAKE MINE RED on converseone.com allows consumers to customize their own (RED) Converse shoes. Five to 15 percent of the net sales will be donated to the Global Fund.

Finally, Apple is distributing an iPod nano (PRODUCT) RED Special Edition, and \$10 from every purchase goes directly to the Global Fund. (RED) iPods are available at retail locations and the online Apple store; however, they're not available at the CSU Bookstore. The (RED) iPods are \$199 for four gigabytes and \$249 for eight GB.

CSU freshman business major Jesse Manton said he first learned about Product (RED) through an ad in "The New Yorker."

"It's giving money to fight AIDS in Africa," Manton said, adding he would definitely buy (RED) products if he had the money. He said he would probably go down to the bookstore to look for a (RED) iPod.

So, according to these businesses, it is time to get inspi(red) and help some of the 3 million people who suffer from AIDS.



▶ photo illustration by college avenue staff

Flip or Flop?

doctors debate the health hazards caused by this casual shoe

This coming spring, flip flops are paired with slinky swimsuits and board shorts. In the winter they complement parkas and scarves. Year round, some people worry injuries are the next trend for the fashionable sandal. "London's Daily Mail" reported in February 2006 that flipping and flopping can lead to joint pain, twisted ankles, tendonitis and shin splints. Because flip flops don't have backs or proper straps to hold the foot in place, wearers scrunch their toes to keep the sandal on, stretching foot and leg muscles.

In the article "Flip flops can damage your health," Mike O'Neill, a foot surgeon in England, called the shoe dangerous and said it offers no support to the wearer. More than 55,000 people were treated in British hospitals for flip flop-related complaints in 2002, according to the article. The trendy sandal made of leather, cloth or rubber doesn't protect the wearer from stubbing their toes, falling objects or stepping on something sharp.

Sprained ankles, frost-bitten toes, fallen arches, trips, falls, a stretched Achilles tendon, blisters and even leg and back pain can come from wearing the casual shoe. But local foot specialists have differing opinions about possible flip flop injuries. Dr. Wes Jackson, an orthopaedic surgeon specializing in feet and ankles at the Orthopaedic Center of the Rockies, 2500 E. Prospect Road, said he's never seen any injuries directly related to flip flops and didn't know people were concerned about wearing them.

"I think it's common sense if you have a shoe that's wide open, you're exposed to the elements," he said. "Flip flops are not like a cov-

ered shoe or boot to protect you from things, but I don't think wearing them is necessarily a bad thing." However, John Lonsdale, owner of Foot of the Rockies, 150 E. Harmony Road, said people should avoid the laid-back sandal.

"They really give you no support in any part of the foot," Lonsdale said. "It's not a good shoe for anyone." A good shoe, he said, is one that ties, has arch support, is snug in the heel and fits the depth and width of the wearer's foot. The spongy, dark brown pair that 20-year-old Sara Hiltman owns only fits one of Lonsdale's criteria.

"They probably have the best arch support of any of my shoes," said the junior apparel and merchandising major, who will wear flip flops no matter what the weather. At \$45, the brown, one-inch tall flip flops are Hiltman's favorite and most expensive pair. She has more than nine pairs of the revealing shoe, and all are different in style and color. From Old Navy, Target and Famous Footwear, her sandals are adorned with stripes, flowers, beads and straw. With flip flops in pink, green, blue, black and brown, Hiltman uses the sandal as a fashion accessory.

"I can accessorize my toenail polish," she said with a smile. Lonsdale understands fashion versus function, but doesn't recommend flip flops. Foot of the Rockies is more function-oriented, he said, so he's concerned about support. Flip flops don't offer support on the inside of the foot, which allows the foot to roll in causing joint pain, he said. However, Hiltman isn't concerned about wearing flip flops, even though she has flopped in them.

"When people step on the back of my flip flop it hurts like hell,"



Hiltman said, adding that she tripped on a curb wearing the shoe but she still wears them about six days a week when it's warm outside.

Jackson said based on orthopaedic literature and research, the only shoe-wear that has been associated with foot problems are excessively high heels and very narrow shoes.

"There's just an association found between (high heels and foot problems), but I don't know of any science behind flip flops and foot problems," Jackson said. Most of the time, people's injuries, which are different from common foot problems, are not associated with their footwear, Jackson said. They're typically associated with a chronic, repetitive activity like long distance running. Jackson and Lonsdale agree that exercising and running in flip flops are not a good idea.

Dr. Tom McPoil, a physical therapy professor at Northern Arizona University, has observed foot posture in the United States and Australia. He did not see significant differences in the foot posture of flip flop wearers and said it would be very difficult to state that flip flops are bad for your feet from an observational perspective. However, in an e-mail interview, McPoil added that a lot of walking in non-supportive footwear, such as cheap, thin, non-supportive tennis shoes or flip flops can cause foot pain, which can be very debilitating.

"Depending on the individual's foot mobility and posture, excessive use of sandals like flip flops could cause foot pain, but whether excessive use of flip flops would cause actual deformity of the foot

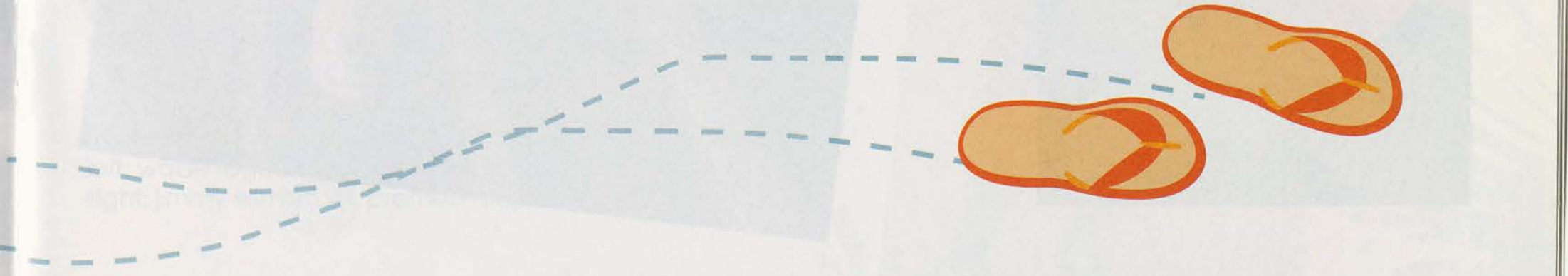
would be a very difficult case to make," McPoil said. While researching the popular shoe, McPoil found only one case study that stated flip flops cause foot abnormalities. The study was poorly reported and is not applicable to the general population because the three children in the study suffered from a systemic disease similar to Marfan syndrome, which affects connective tissue hindering growth and development, he said. So what makes the stylish sandals, often adorned with pearls, rhinestones and embroidery, so popular?

"There are so many styles, and they're pretty comfortable," Hiltman said. And Jackson recommends comfortable shoes.

"If you have a normal foot, and that means a normal foot for you, that's not painful, that gets you where you need to go, I don't think you should necessarily have to be concerned about wearing flip flops," Jackson said.

While Lonsdale says flip flops are the last thing he would put on his feet, he suggests sandals with arch support and an enclosed toe, such as Crocs, for people who just won't give up the casual shoe.

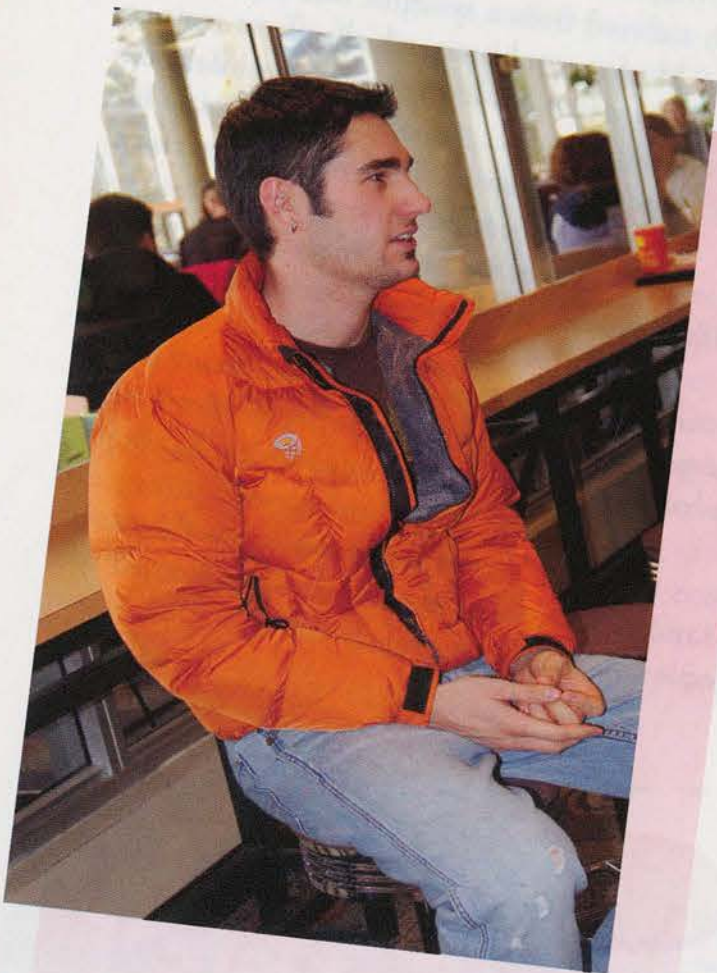
"when people step on the back of my flip flop it hurts like hell."
-sara hiltman



fashion

csu students know what to wear

photos by nicole mcpherson and sarah tocco - photo illustrations by college avenue staff



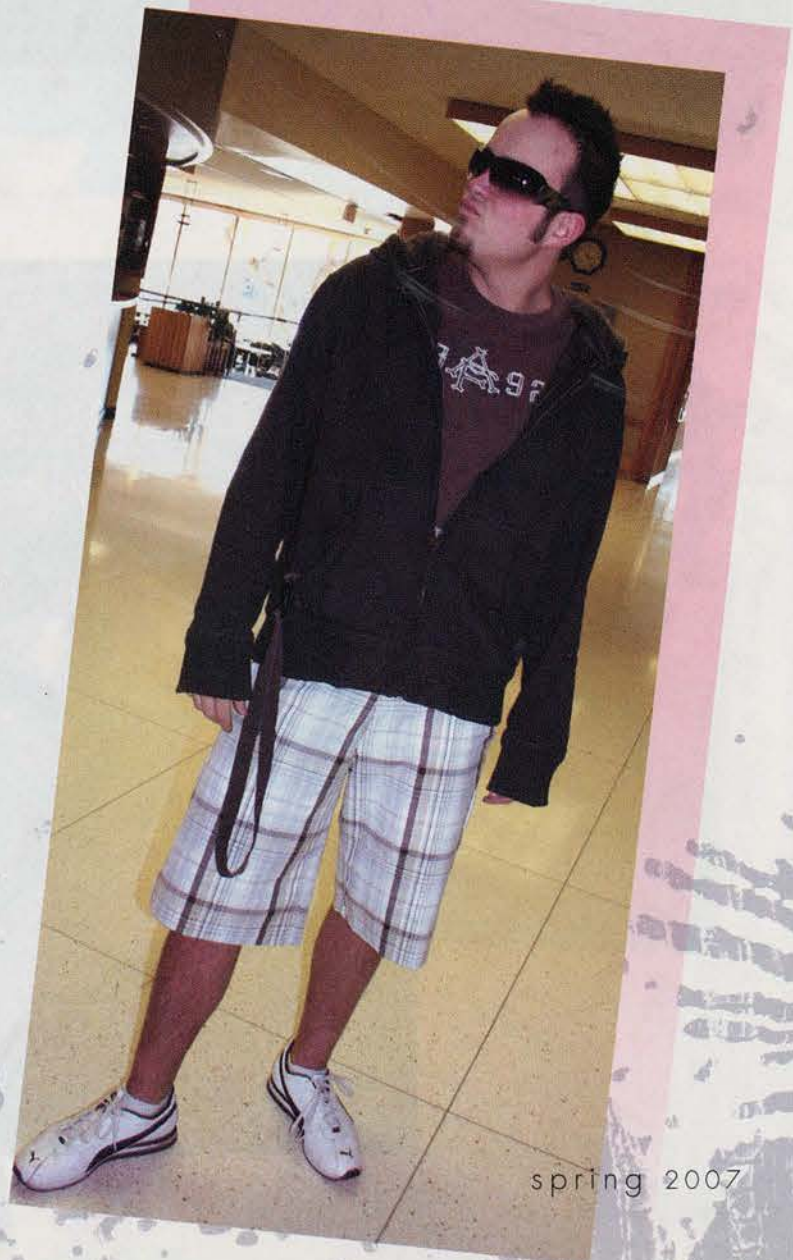


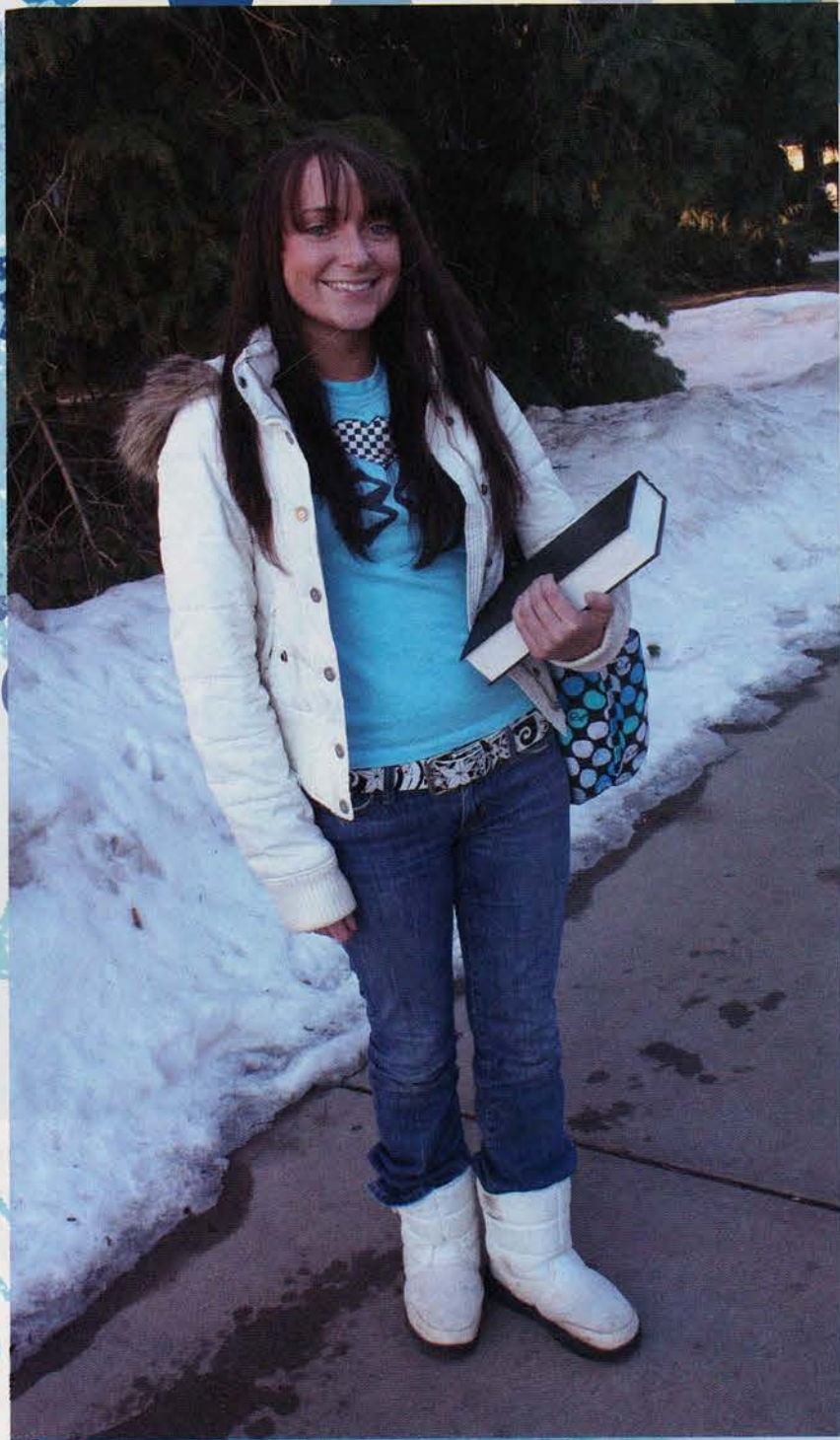
left: alex king, 20, open option major
center: jesse regnier, 20, psychology major
right: sam weinberg, 19, geology major



opposite page:
left: shaun oriovato, 23, mechanical engineering major
right: amy eskola, 18, political science major

this page:
left: wade rogers, 20, fine arts major
right: jimmy semler, 20, premed major





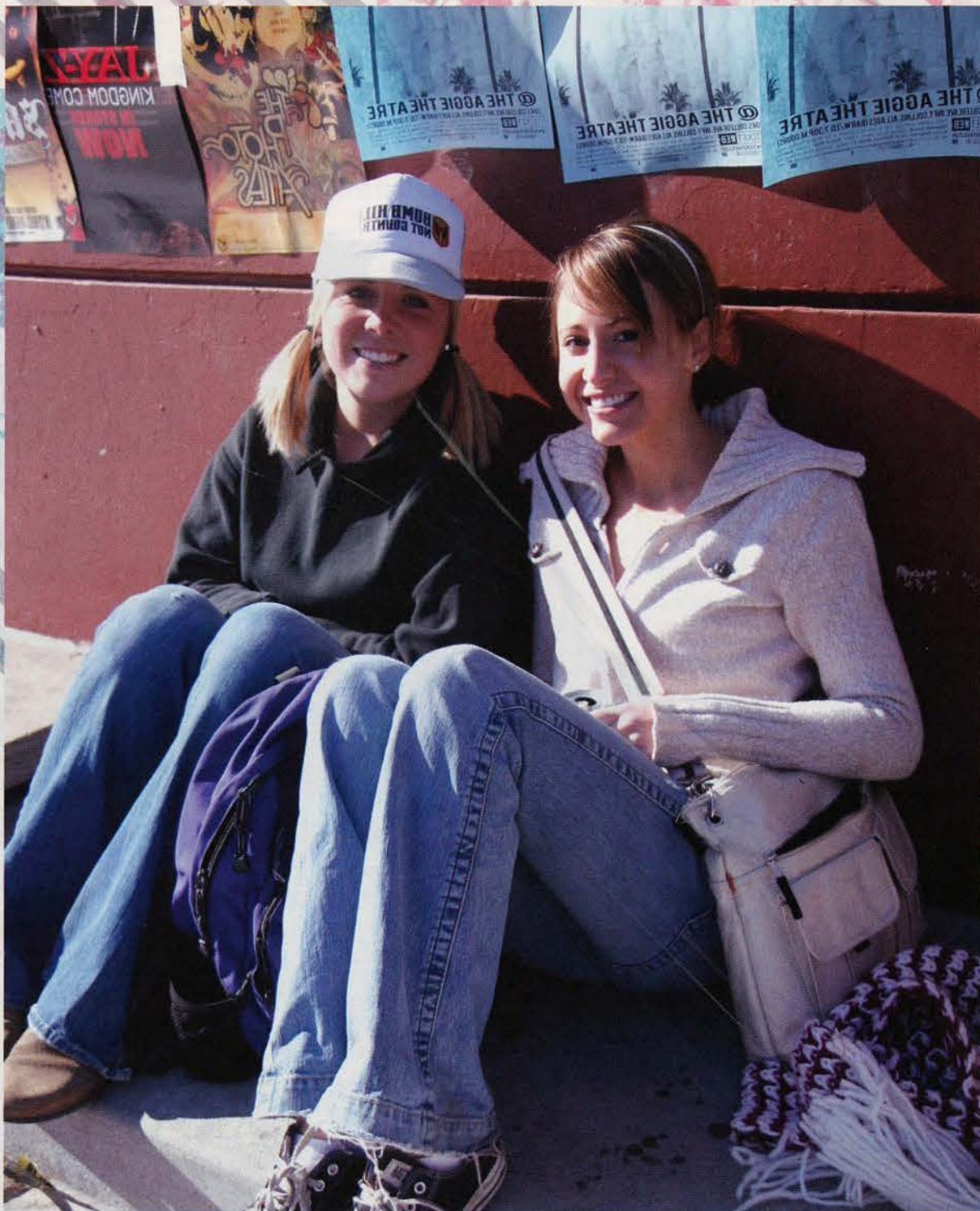
abby kremer, 19, speech communication major



Joey Lesiak, 20, theatre major



left: nadim chammass, 21, graphic design major
right: greg klapman, 21, philosophy major



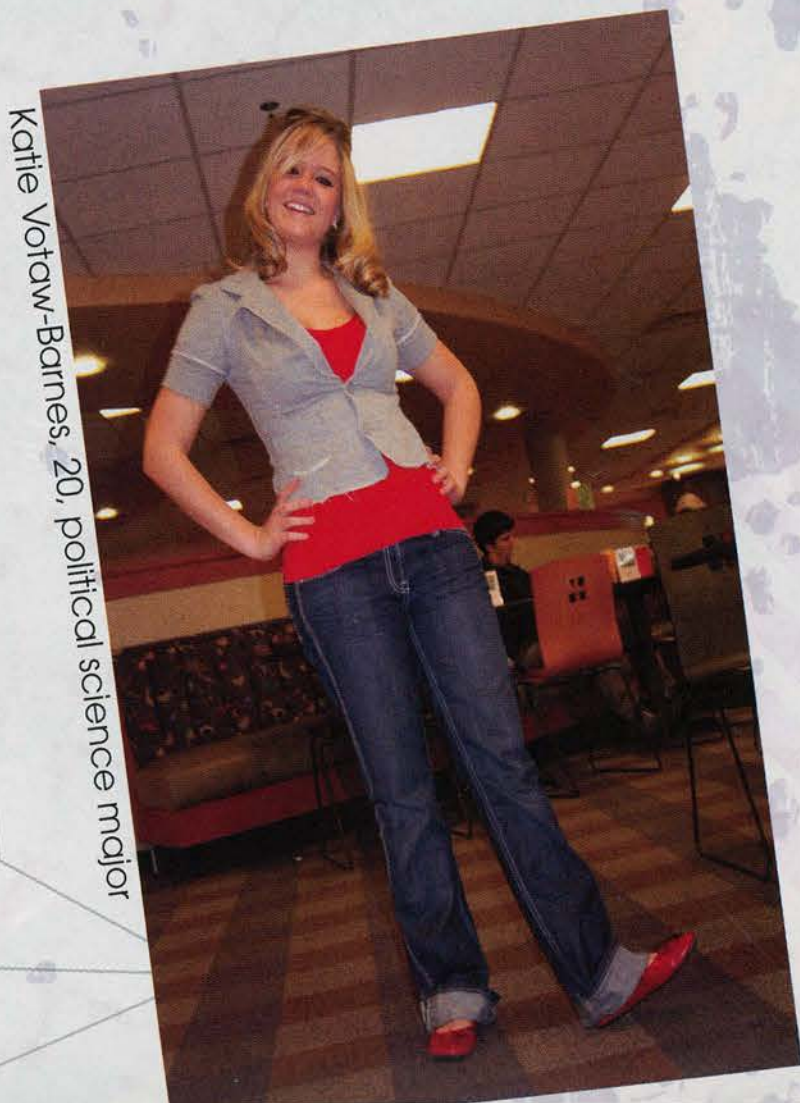
right: grace wanebc, 20, psychology major
 left: abbie wade, 19, apparel design major



Jessica Slaughter, 19



international relations and history major

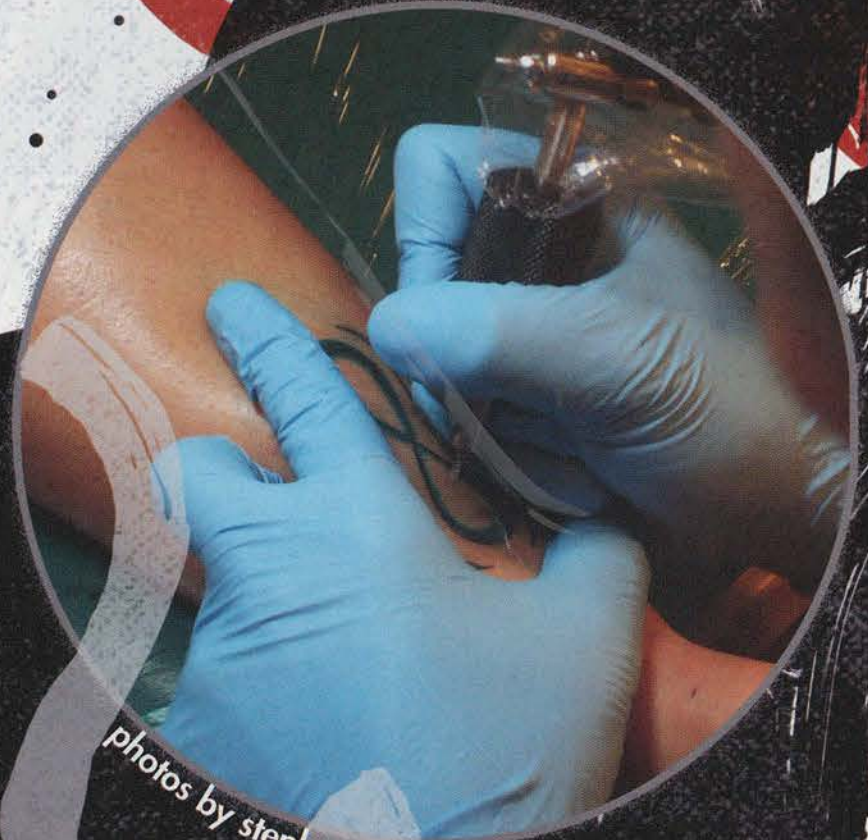


Katie Votaw-Barnes, 20, political science major

by stephanie gerlach

Skin City

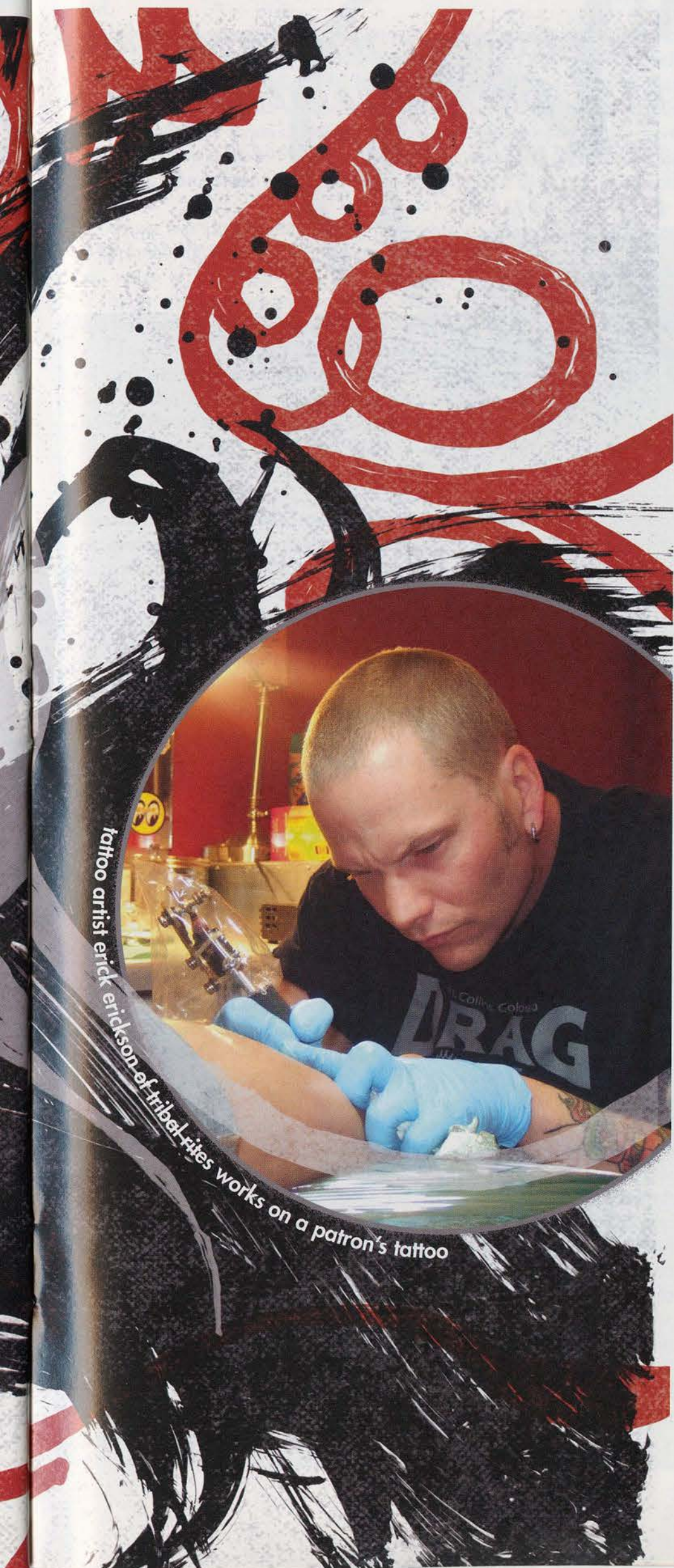
making your mark



photos by stephanie gerlach



rob risey of freakshow tattoos bartender les gilchrist



tattoo artist erick erickson of tribal-tees works on a patron's tattoo

Tribal, flowers, stars, skulls, butterflies. These are common designs, but tattoos come in all shapes, sizes and styles. A tattoo holds special meaning to the person displaying it, whether or not anyone else understands what that meaning is. They are a way for people to express themselves in an artistic fashion that remains on them their entire life.

An Ancient Art

For centuries, people from various cultures and of all ages have marked their bodies with permanent images and designs as a form of personal expression or style. According to MSN Encarta encyclopedia online, tattooing was practiced by the Egyptians and similar cultures as early as 2000 B.C. as indicated from mummified remains. During the 1500s and 1600s, the Age of Exploration, sailors introduced this practice to Europeans and its popularity slowly spread. At first, tattoos were favored mostly by the working class, but were also accepted among some upper-class men and women during the 19th century.

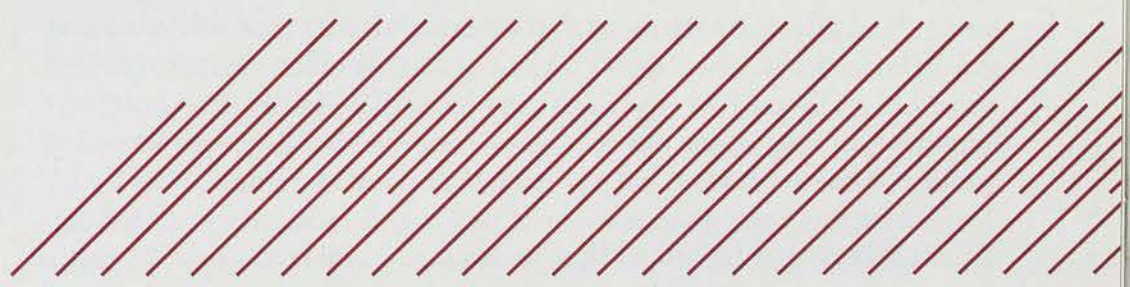
"During the modern era, tattoos were more 'traditional,' but during the post-modern era, industrialized nations called traditional roles into question," said Dr. Jennifer Ogle, an associate professor in the department of design and merchandising. "We look to other cultures for inspiration to designing our appearance—tattoos are an example of that."

Tattooing was historically associated with criminals and other counterculture types. However, it experienced a resurgence in the mid to late-1990s when tattoos gained popularity with people in the public eye, such as movie stars, models, musicians and sports figures. This encouraged the acceptance of tattoos in many cultures. Today, tattooing is identified with pop culture and the 18 to 35 age demographic, which has led to and inspired the creation of television shows such as A&E's "Inked" and TLC's "Miami Ink."

Tattoos serve as signs of status and rank, symbols of religious and spiritual devotion, as well as statements of rebellion and defiance. These still serve as leading motivations to people today, along with a multitude of other reasons, which is why this is an art that has remained stable in societies the world over for centuries.

Tattoos are referred to as tats, ink, art, or work, depending on the current trend. Traditional, referring to actual images such as an eagle or rose, was big before the 1970s, when Japanese-style tattoos and tribal became more popular. Then, in the 80s, black and grey, work as well as more realistic, or "institutional," work gained more acceptance. The 90s kept up the tribal design and brought in the "new school" art, which took traditional images and exaggerated them in a graffiti-like style. Today, biomech has made a new impact on American culture; however, people still want traditional art, but with their own personal touches and design—heavier lines, more color and simplistic.

Like many U.S. cities, Fort Collins has an assortment of tattoo and piercing parlors, seven specifically. All of these parlors have their own methods, techniques and beliefs about the art of tattooing. Even though they are in the same line of work, they all offer something different that allows them to be unique and bring in an array of clientele.



“in tattooing, the canvas talks back. when I give them a tattoo, it changes them for the rest of their lives.”

- greg skibo

Where to Go

Skibo's Front Range Tattoo Studio was established in 1982 and is the oldest studio in Northern Colorado. When Greg Skibo, owner and artist, first opened his parlor, he had the only studio between Billings, Mo. and Denver. Now, he said, there are 120 studios in Denver County alone. Skibo has been tattooing since 1974 and has about 80 percent of his own body covered. His studio currently has four artists, two of whom do piercing as well.

Skibo came from a family of artists—his father was an illustrator and his mother was a commercial artist. He discovered his passion for tattooing later in life, but something about the art has intrigued him since he was a child. He believes tattooing is a constantly changing art, but it's different from other forms.

“In tattooing, the canvas talks back. When I give them a tattoo, it changes them for the rest of their lives,” Skibo said, who is known for Japanese style and large tats.

He believes tattooing has always been a fashion statement. Even though the art has remained constant, the subject matter has changed. The images reflect a person's ideas and feelings and, just like trends, change over time.

Since this form of art has become more popular in the past few decades, more people are getting into the industry, sometimes without the proper training. Unfortunately, Colorado studios are not regulated by the government, so it is up to the counties to set the rules and regulations. In order to run a clean, successful business, however, parlors must regulate themselves by keeping their studios sanitary and using disposable supplies so every person gets brand new equipment. Because of self-regulation, Skibo believes business has improved as a whole.

“If it's clean enough to eat in, it should be clean enough to get a tattoo in,” Skibo said.

Communication is a big key between artist and client. Skibo believes getting a tattoo can empower a person. Even if it's frightening, you gain a sense of pride and accomplishment afterward—it becomes your “red badge of courage.”

“Be sure of what you get and be sure of who you're getting it from because you have to wear it forever,” Skibo said.

Jokers Wild Tattoo is another local studio. It is owned by Webb Rivard, who has been an artist for almost 28 years. He opened his studio on Sept. 11, 2001, which is an opening he said he will never forget. Luckily, the infamy of that dreadful day has not followed him through the years. There aren't a lot of places for biker artists to go; this was what really pushed Rivard to start Jokers Wild. The shop currently employs two artists, one piercer and one apprentice. The ever-increasing quality of the art is what keeps this artist's passion going.

“There has been an explosion of talent and creativity in tattooing. This is an art that has roots that go back to caveman times; it's just a

wonderful thing to be a part of,” said Rivard, who specializes in black and gray work, plus cover-ups and repairs.

To Rivard, tattooing is most definitely an art form, just one where an image is embedded in human tissue. He remains intrigued because tattooing is as unique as it is and, now, it's safer than it has ever been.

Nonetheless, there are still misconceptions about the business Rivard said people need to know. For one, all studios are not equal in cleanliness. Another is that people sometimes think all artists are automatically qualified to do the job, but they're not and take advantage of the public. People should know there are good shops, but there are some bad ones, too.

Rivard prides himself on knowing that his shop is not only known for their award winning artists, but also their cleanliness, quality work and friendliness. They do a lot of custom work as well as “flash” work, also known as stock images.

“People think they're buying an image when they get a tattoo, but they're not. They are buying the skillful application of that image to your body, which is the important part.”

Just down the street from Jokers Wild is Tribal Rites, another locally-owned parlor established in 1994 which first specialized in piercing. When John Surprenant bought the studio about six years ago, he made tattooing a bigger part of the business. Today, their three full-time artists do a lot of custom work that expresses their individual styles. They also have two full-time piercers and offer portfolios for all of the work.

Surprenant stumbled into the business, but enjoys everything about it and, after 12 years, still looks forward to going to work everyday. He said he's still working because it's a new design and a new person everyday.

He also doesn't look at tattooing as part of fashion like some other artists do. To him, tattooing doesn't come in and go out like fashion - it's forever.

“Fashion changes, whereas tattooing does not. For me, it's my life, my lifestyle. I'm not in it to make a statement, I'm really passionate about it,” Surprenant said. “For me, it's on a whole different level, a deeper level.”

Tattooing and being tattooed is a journey for him because each tat has a different meaning. People get them to be different or to signify entering man/womanhood. Some want to be patriotic or they're part of a group and want to show it.

Surprenant said tattoo artists aren't in it for the money or because it's cool. They're in the business because they love the art and their job. His inspiration comes from making the customer happy, because he's thanked immediately and he knows he made a small difference in their lives.

“If a tattoo is done right, it is a very positive experience,” Surprenant

said.

If you find yourself on Jefferson street while strolling around Old Town, you may pass the Millennium Gallery of Living Art, a well known family-run studio. Heide Unger owns this parlor with her husband Tim, and both are artists. Suzanne, Heide's mother, as well as Heide's daughter Ryan also work as artists at Millennium. They have been operating since 1995 and currently have three female artists, four male artists and three female piercers (one of which does tattooing and piercing.)

Unger was always interested in becoming an artist, but the window of opportunity wasn't always there. After a few years of pleading with her husband, he finally allowed her to apprentice under him.

Like many other studios, Millennium believes all of its artists, as well as its clients, need to be educated in cleanliness and sterilization, and if an artist isn't willing to discuss that with you, you shouldn't go to them. Most artists in town, including those at Millennium, went through the bloodborne pathogen training provided by the Red Cross. Unger and her co-workers are also certified in CPR and first aid. All of their certificates are displayed on the wall behind their counter.

"It's important to show what you're a part of because it legitimizes our business. We are concerned about our health, your health and public safety. We want people to have the best experience possible."

People may call tattooing a trend or a fashion, and to Unger that maybe true as a whole. On the other hand, it's not because it's on an individual basis and it's a personal statement. Every person has a story, and empathy from the artist is very important since they don't always understand what it'd be like to have that client's feeling.

Unger once did a tattoo on a girl of two hearts with initials inside. When she asked the girl why she chose this tattoo, the girl said it was because her parents just died and it was their initials she was getting. Even though Unger couldn't imagine what that would be like, she made a connection with that girl, and over the years the girl would come back, maintaining a friendship that started because of one tattoo.

Unger considers her work as a great responsibility because artists are changing that person's life forever. When talking about her job, Unger maintained a low, strong tone, and her passion for the art was evident.

"I feel I have a responsibility to that person to do the absolute best tattoo I can. I feel I was blessed with the ability to do this and I take that very seriously. It's not about the money, I just do whatever I can to provide the best service possible," Unger said.

If you travel farther west to Elizabeth St., you will find the Freakshow, a studio that prides itself on being an all-custom shop. They don't work from flash unless a client brings one in that they

want to use. This is how the owner, Dan Dolan, who attended CSU for a time, planned it when he opened his shop a year and a half ago. He also wanted to open a shop based on customer service, where the customer is always number one.

"I felt there was a huge void in the industry because other shops had no idea what customer service was," Dolan said.

Dolan currently employs four artists and two piercers, all of whom are specialists in his or her area. It is the shop's philosophy that their profession, their career speciality is what they do because it's hard enough to be good at one trade.

Dolan said a tattoo artist's job is a never-ending challenge, especially in a dynamic town like Fort Collins, but it is such an open-minded community with people who are receptive to new ideas. He always tells his employees that the day they treat this as a job and not as a passion, they shouldn't work there anymore.

"I love this town - it's my home. I couldn't imagine being anywhere else. This shop understands how to treat its customers - they always come first," said Rob Risey, a tattoo artist at the studio.

Like other shops in town, Freakshow offers portfolios for their artist's work and believes clients should look at them first thing because they are the artist's résumé.

When it comes to the question of whether or not tattooing is a fashion, Thomas believes it is, because otherwise they wouldn't have a business.

"Trends come and go, but tats and piercings have stayed over time," said Thomas, who has been piercing for more than 10 years.

Adam van Deutekom, who has been an artist for less than one year, believes the art aspect of tattooing is unique. He feels it's an art that has been around forever, and it's always going to be because people will always want them.

"You get to see your art grow over time and what you're able to do now that you couldn't when you started. It's a cool way to express yourself and people walk around with my art on their bodies forever," van Deutekom said.

When an artist loves what they do, it is noticeable through his or her attitude, work and the way they treat customers. These are

three things people look at when deciding on what artist will place a permanent image on their body.

David Coniglio, a junior construction management major at CSU, chose the artist he did because he had been to the same place before for other tattoos, and the guy took the time to put together Coniglio's design in a fashion that he liked.

"I wanted a very clean environment where the people were open to my opinions and willing to work with me—I believe I found that."

Adam Bohlmeyer contributed to this article.

tattoo studios in fort collins:

▶ *Covenant Tattoo Studio*
272 N. College Ave. #B
970-482-3254

▶ *The Freakshow*
1232 W. Elizabeth St.
970-482-7469

▶ *Jokers Wild Tattoo*
824 S. College Ave.
970-490-2225

▶ *Millenium Gallery
of Living Art*
211 Jefferson St.
970-482-8282

▶ *O'Neil's Tattoo*
401 S. Link Ln.
970-482-5292

▶ *Skilbo's Front Range
Tattoo Studio*
1008 N College Ave.
970-224-5241

▶ *Tribal Rites*
636 S. College Ave.
970-221-9712

Beneath the Surface

there's more to fabric
than meets the skin

Who knew that pomegranate powder could protect people from skin problems like staph infections? According to professor Ajoy Sarkar, a faculty member in CSU's design and merchandising department, this chemical powder and other unexpected things can act as protective agents in clothing.

Sarkar has been researching environmentally sustainable textiles and protective clothing for 17 years. Currently, he works with his research assistant, Renuka Dhandapani, who is getting her Master of Arts. in textile science.

Sarkar and Dhandapani have worked together for three semesters, and this semester will be Dhandapani's last.

Their current research is divided into ultraviolet protection and antimicrobial focuses. Dhandapani assists with the bacterial element of the work being done. In both areas, developing environmentally sustainable products is also a major consideration, leading Sarkar to explore natural elements instead of less environmentally friendly synthetics.

When discussing textiles, the phrase "environmentally sustainable" means producing and processing fabrics without the use of harsh chemicals that hurt the environment.

For example, researchers look for a naturally occurring enzyme instead of chemicals to make bleach. Enzymes are proteins that produce chemical changes by acting as catalysts for certain processes. Because humans and most other biological organisms produce enzymes, their use is not as harmful to the environment as other non-biological chemicals like formaldehyde (a carcinogen).

"I think there is a huge market...anything that is environmentally sustainable is of huge interest," Sarkar said.

Especially in Colorado, where most people live at high elevations with more than 300 days of sunshine, skin cancer prevention and UV protection are of great interest. If people wear good clothing, then they will likely be better protected against harmful UV rays.

Living in Colorado and seeing the high incidence of skin cancer got Sarkar interested in researching UV protective clothing.

In his article, "An evaluation of UV protection imparted by cotton fabrics dyed with natural colorants," published under Bio Medical Central in 2004, Sarkar reported research that tested natural dyes on various cotton fabrics using three different natural plant dyes, including madder, indigo and cochineal.

To test for effective UV protection, Sarkar uses a device that emits UV rays through the cloth on one side and has UV sensors on the other side.

naturally occurring dyes

madder: the roots of the madder plant are used to create a red dye. the red coats of the British Redcoats were dyed with madder.

indigo: today nearly all indigo produced is synthetic. a preindustrial process for dyeing with indigo, used in europe, was to dissolve the indigo in stale urine. in the ancient maya civilization indigo was the one color that was recognized for its soothing effect on pregnant women and their unborn children. pregnant women often wore this color in order to protect themselves and their child from danger.

cochineal: cochineal is the name of both an expensive crimson dye and the cochineal insect from which the dye is derived. the insect produces carminic acid to deter predation by other insects, but it can be extracted to make an orange to red dye. the cochineal dye was used by the aztec and maya peoples of central and north america. cities conquered by montezuma paid a yearly tribute of 2000 decorated cotton blankets and 40 bags of cochineal dye each.

Certain types of dyes are better than others for UV protection, according to Sarkar. Especially with cotton, which itself has no protective properties, dye is an important element. The darker the dye, the more UV rays are absorbed. It follows then, that naturally dark indigo, the dye used in denim, is an effective UV protectant.

As far as antimicrobial research goes, Sarkar is testing E. Coli and staph bacteria, thus needing renewed permission from the university each year to continue his research.

Dhandapani said she and Sarkar use uniform procedures for all of their experiments that are in compliance with the American Association of Poison Control Centers (AAPCC) rules.



▶ photos by sterling oldemeyer

above: professor sarkar examines a piece of cloth stained with pomegranate juice. he is looking for staph bacteria on the fabric to find out if the cloth prevents staph from growing. **lower right:** dhandapani shows a piece of henna material. she is looking for staph or e. coli growth and antimicrobial agents.

Why get excited about this research? Eventually it could fight disease in the grubby college student's wardrobe, according to Sarkar and Dhandapani.

So far, they found that pomegranate - when in powder form - can be made into a dye that not only gives a vibrant color, but also prevents staph infections.

Testing is done in Petri dishes with a piece of cloth surrounded by a bacteria strain. In perfect conditions, no bacteria will grow on or near the piece of cloth in the dish.

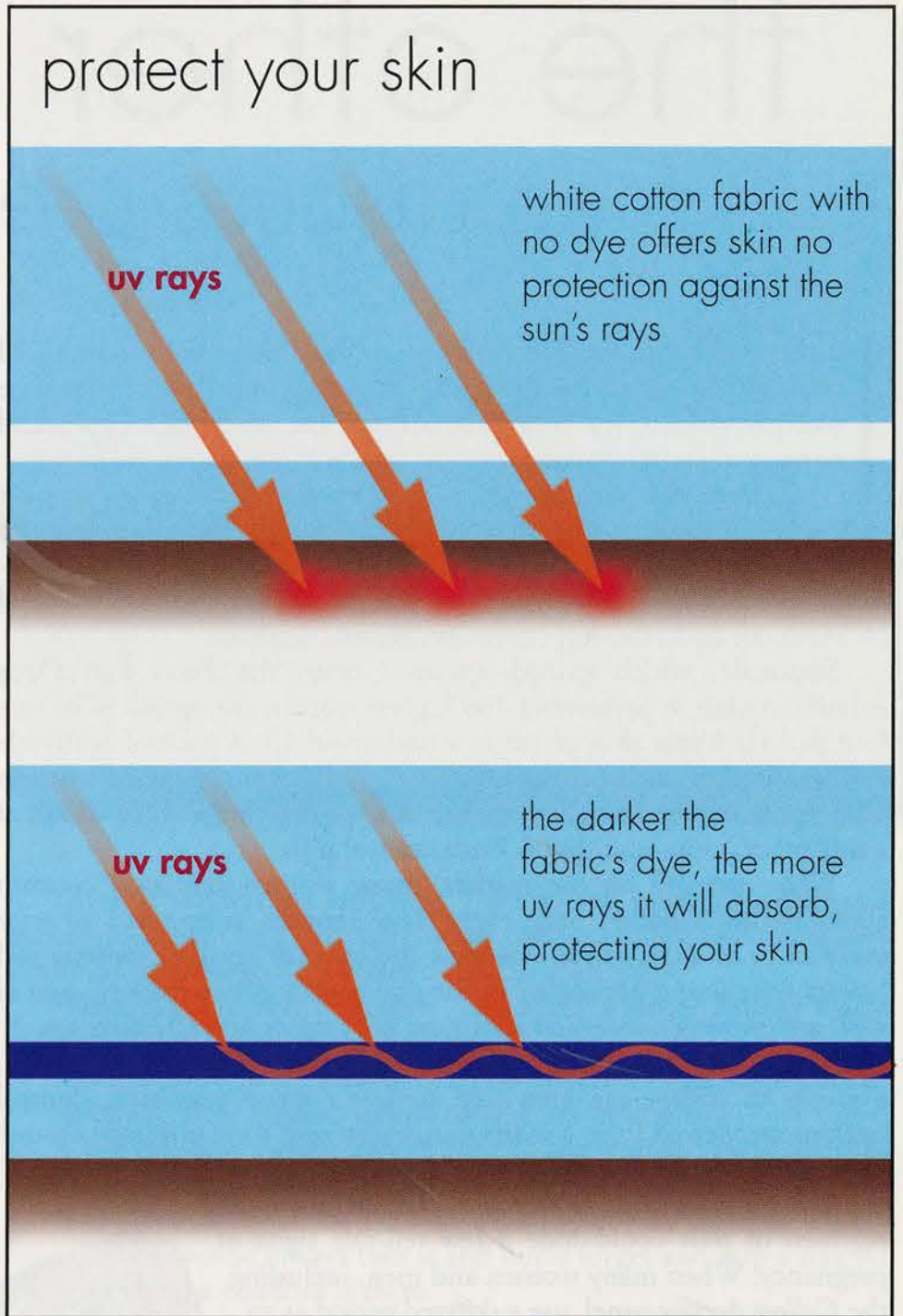
Dhandapani said she has always been excited about the bacterial research because she had never done it before while studying microbiology.

"It was new to me," she said.

Sarkar became interested in antimicrobial and biologically protective clothing after 9/11 because there was a need to find methods of protecting health workers and first responders in disaster situations.

The economics are also considered within the research, and there is a lot of interest in using natural and environmentally sustainable products. Buyers, however, want the same product quality and the same properties from the natural products as from their current, synthetic products.

Sarkar and Dhandapani are not alone in their research. They are part of a multi-state project that has researchers in Georgia and Wisconsin, studying other properties of textiles so that eventually the end product will be a fabric that is affordable, protective and attractive all at in one.



▶ graphic by kate dzintars



the other side

men discuss pregnancy protection

In the world of pharmaceuticals, drug manufacturers have a limited amount of time to own the market with a new drug. That time recently ran out for Barr Laboratories, Inc. and one of its brand name oral contraceptives.

The recent expiration of a three-year new drug product exclusivity agreement that gave Barr Laboratories exclusive rights to sell Seasonale, an 84-day birth control regimen, was not renewed - meaning other drug companies can join the market previously owned by Seasonale and offer less expensive, generic versions.

Seasonale, which gained approval from the Food and Drug Administration in September 2003, gives women the option of having four periods a year as opposed to a traditional 13. A pack of Seasonale and other similar hormone-containing off-brands contain enough active pills to last women 12 weeks as opposed to the three weeks of many other, more traditional, birth control pills.

When the pill hit the market, many women expressed concern about having a period once every three months as opposed to once every 21 to 28 days. But as Seasonale and other drugs like Nordette and Levora are gaining popularity in the oral contraceptive market, men as well, are growing concerned about the pill's safety and effectiveness.

While sitting down for a recent interview about birth control, a group of college-age men told *College Avenue* how birth control options are viewed from a man's perspective and their opinions on oral contraceptives like Seasonale.

One of their major concerns is that a three-month regimen of pills could hide a few tell-tale signs of pregnancy. When many women and men, including the *College Avenue* panel, use a skipped period as an early sign of pregnancy, waiting three months for a woman's period can bring some anxiety.

Joe*, a junior sociology major, and his ex-girlfriend, who used an oral form of contraception, experienced a pregnancy scare after she was 18 days late for her monthly cycle.

Because these men say a skipped period is the most obvious sign to them that a woman could be pregnant, they don't favor an 84-day birth control regimen. Instead of knowing about a possible pregnancy at the end of a month, they wouldn't know for three months.

Many questions arose during the panel discussion, with the men not knowing many details of the 12-week pills, such as the hormones in the pills, how those hormones compare to other birth control pills and if it really is safe for women to skip periods.

Tanja Andreas, a family nurse practitioner in the Women's Clinic at Hartshorn Health Services, says there's really nothing for sexually active

men and women to worry about. There are some side effects, she said, such as spotting, nausea and breast tenderness that can occur during the first few months of use, but they usually subside. There are no health risks for skipping periods.

"The beauty of (Seasonale) is it's another choice but not drastically different," she said. "The formulation of pills like Seasonale is the same as several other birth control pills already on the market. Seasonale is different because it's the first pill to be FDA approved to do so for 12 weeks."

The pregnancy scare came as an extreme shock for Joe since he said he always uses a condom, no matter who his partner is and whether or not she is using any kind of contraception. He says it's a precaution he takes not only for pregnancy risks but also to protect against sexually transmitted diseases.

And even though Seasonale and other oral contraceptives have about a 99 percent success rate for preventing pregnancies, that still isn't enough for these men to go without the rubber.



*last names omitted to protect the privacy of these men

photo by stephanie gerlach

what is seasonale?

seasonale is an extended-regimen birth control pill — which means it's designed to extend the time between a woman's periods so she gets them once every three months instead of every month. When used as directed, seasonale is 99 percent effective at preventing pregnancy. Just like the traditional birth control pill, seasonale is a reliable, reversible birth control. seasonale uses the same hormones as a traditional birth control pill — ethinyl estradiol (estrogen) and levonorgestrel (progestin) — which have been used for contraception for more than 40 years.

how does it work?

you take one active pill every day for three months (84 days), followed by one week (seven days) of inactive pills. the extended regimen lengthens the time between a woman's scheduled periods.

what are the side effects?

while a woman gets the convenience of four periods a year, she is also more likely to have spotting and breakthrough bleeding (which varies from slight spotting to a flow much like a regular period) than with a traditional birth control pill. this is common and should decrease over time. during the first year, total bleeding days are similar to a traditional pill.

is seasonale right for me?

as with any birth control pill, seasonale is not for everyone. a health care professional is the only one who can tell a woman if seasonale is the right birth control option for her.

source: www.seasonale.com

Prices in Fort Collins

\$

safeway

460-A S. college ave.
seasonale: \$198.99
generic: \$159.49

king soopers

1015 s. taft hill road
seasonale: \$162.49
generic: \$119.79

rite-aid

1103 w. prospect road
seasonale: \$175.99
generic: \$135.99

hartshorn health services

generic: \$90
(hhs does not prescribe the brand name version)

walgreens

2190 w. drake road
seasonale: \$173.99
generic: \$114.99

**prices are for one pack, which lasts 12 weeks).*

"Even if she was my girlfriend, I would still use (a condom) as a backup method," said Tim, a freshman business major at Front Range Community College. "It's better to be safe than sorry."

"Yeah, it's definitely a backup," said Mike, a senior biology major at CSU. "I don't want to catch anything."

Another concern the men have is how effective a long-term pill can be, especially if the woman forgets to take her daily pill.

A pill can only be effective as long as the woman taking them is responsible enough to take it the same time every day, Mike said.

"I'm skeptical about the girl always taking the pill," he said. "I don't trust that she would always take it and never forget and skip a day. At least you know a condom is there."

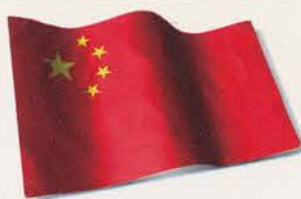
Since FDA approval in 2003, Barr Laboratories, Inc., has earned millions from the sale of the Seasonale pill. In the second quarter of fiscal year 2006, the company's earnings report states "sales of Seasonale increased 40 percent to \$29 million ... compared to \$21 million for the prior year period."

HHS sticks to prescribing the less expensive, generic versions of Seasonale. A HHS prescription costs \$90, a significant savings compared to the \$160-plus women could pay for the brand name. Local pharmacies varied in price with the most expensive pharmacy - Safeway, 460 S. College Ave. - charging \$198.99 for brand name Seasonale. And now that a market is developing for contraceptives like Seasonale, there may be an even newer oral contraceptive option for women.

Librel is a pill that claims to end periods all together. Women would continuously use active birth control pills, thus never having a period again. The drug manufacturer intended to seek FDA approval in 2005 but there has been a hold on the process.

Andreas doesn't believe there would be much of a market for a contraceptive like Librel.

"On hormones," she said. "Periods are usually so light and short on combination oral contraceptive pills that (periods) are rarely a real hassle."



living the American Dream

by stephanie gerlach

international students share their stories

It is 1 p.m. in Riyadh, Saudi Arabia, and Rayan Abdullah Alanazi is just now starting to pack for his long journey. Countless emotions flood his body as he envisions what his new life in America will be like. Even though he has to leave his family behind, excitement is the only word he can use to describe this day.

After a few uneasy days with his father, Alanazi's mother tells him to go apologize. He does as requested and talks to his father, asking for forgiveness; then, he witnesses something he had never seen before—his father was crying.

"It was the first day I ever saw my dad cry," remembered Alanazi, "It's amazing to see your dad cry for you."

It is now 5 p.m., only five more hours until he must leave the home he has known his whole life. While sitting with his family, his mom enters, with sad eyes and tears streaming down her cheeks. Alanazi takes her aside and reassures her, 'don't cry, I will return in five years, I promise.'

Walking out of his room, Alanazi notices all of his brothers and sisters weeping...for him. Until this moment, he hadn't even thought about being sad, but the second his oldest sister hugs him, he begins to weep. All of his siblings encircle him, taking turns giving hugs and wishing him well—all except the youngest, Rakan. Alanazi searches everywhere for the little one and finally finds him locked in a bathroom, bawling over his brother's departure. Alanazi consoles him, thinking about how deeply he loves his brother and how much he will miss him and the rest of his beloved family.

Eventually, it was time to leave. Alanazi said his final goodbyes, with his mother missing because it is too hard for her to watch him go. He grabs his two large bags, filled with the necessities as well as photographs of his family. Before getting into the car, his dad says, with tears in his eyes, 'you must take care of yourself, and I will remain proud of you. And don't come back without a good education.'

As he looked back on it, Alanazi said "it was a dream to come to the U.S. I didn't believe I was actually coming until I was on the plane, but I am here now."

A dream. The ultimate aspiration for many people—to come to this country called America and make something of themselves, to strive for a better life and a brighter future. It is the American Dream. Achieved through hard work and determination, this concept is best understood by those who have recently come to this land and know what it will take to achieve such a desired way of life.

Why is it that America seems to be the country of choice? What does this nation provide that others do not? The answer to these questions varies from person to person, but the key reason for many international college students at CSU is simple: education.

CSU is home to 789 international students who have all begun to work towards achieving a degree, good job and stable income—the ultimate American Dream. Along with being a symbol of hard work, determination, and success, America is characterized by freedom—namely, the freedom to get an education and, in turn, have excellent quality of life.

Coming to America

Stepping off the plane onto foreign soil is a big step for individuals who have never been so far away from home. It is like being a newborn baby in a world of people, words, and images you have never been exposed to before. These foreigners are immediately immersed in a new culture that scares and excites them.

Fatoumata Cisse, a freshman business major, came to America from Mali in West Africa to get a good education and learn English in order to find a good career once she goes back home. Even though English is the national language in her country, she didn't know much more than the phrase "thank you" when she arrived.

"It was very difficult, and I was in shock. I didn't know English, and I didn't know anyone. I didn't even know which bus to take. It was really hard."

Being thrown into a different culture and not knowing what to expect can make settling in harder than it seems.

"I had a lot of friends at home and I didn't have any here at first. I was homesick and missed my mother, my family, and my friends," said Saud Almurshed, a freshman business major from Saudi Arabia who arrived in January 2006.

However, arriving in a new land is only the first step towards achieving great things. One must push themselves to learn the language, understand the people, as well as become familiar with the culture. Once those tasks are completed, an individual is able to gain a better understanding and appreciation of America and its people.

"I thought at first, the people here wouldn't like me. Now, Americans





► courtesy of joy rojanavongse

pimtheera "joy" rojanavongse joins her mother and grandmother in a picture, taken in bangkok, thailand, with their traditional costumes and background.

don't care where I'm from, and they treat me as an American," said Ahmed Tamim, a freshman chemical engineering student from Saudi Arabia.

Not all students come here during their college years. Some have been here longer, and America has become their permanent home. Pimtheera "Joy" Rojanavongse, a senior apparel and merchandising production major, moved here with her mother when she was only ten years old. Born and raised in Bangkok, Thailand, Rojanavongse had grown accustomed to attending private school in the crowded city—a system that is very different from any in the U.S. Her mother decided America was the best place to find a good job and get Rojanavongse the education she needed.

"She thought it was better for me if I come here and step out of my box as well as become very educated because with an education, we can get better jobs and much more."iRojanavongse's grandparents

"i want to have experience in life. when you're in one place, you don't know the world."

*Fatoumata Cisse,
a freshman business major from Mali*

were already living in the United States, so they talked to her about the culture before making the move.

"My grandmother told me kids in the U.S. are very forward and speak their minds, but are very intelligent."

Because Rojanavongse was so young, she didn't really feel culture shock or have serious thoughts about racial issues or diversity.

"The only thing I did feel uncomfortable with was learning English—that was very difficult. But once I went to school, I somehow learned it with the help of a second language program. Plus, I wasn't the only one. I knew there were other people just like me."

Land of Opportunity

Alanazi, who is a sophomore electrical engineering student, grew up with a father, two mothers, and 16 siblings. They all lived in the same three-story, stone house located inside the city of Riyadh, which he says resembles New York City, only it is very hot there all year round. Their education system also resembles the one in America, yet so many individuals from his area choose to come to here to receive their higher education. The reason: people in Saudi Arabia believe that if you go outside your country to gain an education 'you are a good man.'

"In Saudi Arabia, you can have a good education, but if you go to the U.S., it's better. Our country is proud because we're searching for a good education."

Tamim came to America to follow in his father's and uncles' footsteps.

"My father studied here for three years and told me that it's a good country to study in. My uncles did too and they all work for big companies now."

Almurshed also had family members who studied in the U.S.

"One of the most important reasons I came here was because I have five successful uncles who all got degrees in the U.S.—one is in a very high position in the government (in Saudi Arabia). The best thing for me is to have an education from the U.S. in order to have a good future."

Besides getting a good education, some international students have other goals they want to accomplish. Some want to travel, others just master the language. In general, they want to go back to their countries with a new outlook on life as well as gain more knowledge about and appreciation for other cultures.

"I want to have experience in life. When you're in one place, you don't know the world." said Cisse, "I've already learned a lot about other cultures, different from mine, from all over the world. It's not just school, it's learning about stuff out of school."

Sam Delaney, a junior education major from Canberra, Australia who arrived in July, said he hadn't had the best experiences with people while here in the U.S. and said it might help us if we had more contact with international news/issues. However, he was curious to come here because they hear so much about the U.S. in his country, and he hopes to visit all "four corners" of America before he goes home.

"Coming to the U.S. was a good way to see a bit of the world and not get behind in my studies," Delaney said. "You only live once so you have to take every chance you get."

"I like the university, because there are a lot of different people and personalities. I wish there was more diversity, but there are people from many cultures from around the world. The university is also very organized, unlike mine in Mexico," said Francisco DeLaCruz Alarcon, a junior electrical engineering student from Monterrey, Mexico who arrived in August.

Alanazi said Fort Collins makes him homesick because it reminds him so much of his home.

"I know what real Americans are like in Fort Collins. They are very friendly and kind people."

In addition, he wants to see other parts of the country in order to learn about new areas and the people in them.

"I want to see what America is about. I want to go all over so that if anyone in Saudi Arabia asks me, I can tell them from experience what is America."

Living the Dream

"Freedom is the main thing students here definitely have more of. 'America' means having the freedom to speak my mind, step out of my box, and learn to make my own judgments and have my own opinions," said Rojanavongse.

Some of these foreign students will choose to stay in the U.S. once they graduate. Others will return to their native country and carry with them a new, personal meaning of America. For those who go home, some will return to the U.S. later on in life, possibly with their family, to show them what America is.

Alanazi said that after his education is completed, he does plan to go back to Saudi Arabia, but he would truly love to come back to Colorado. "After I get married, I will absolutely bring my family back here. I want my children to see where I lived and studied because I want to give them a choice to study in Saudi Arabia or come to America."

Q: What is your American Dream?

A: "to see myself twenty or thirty years down the road, still excited about what i'm doing."

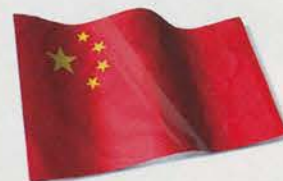
—Stan Gilliland,
sophomore technical journalism major

top 8 countries represented at csu



1

India



2

China



3

Saudi
Arabia



4

South
Korea



5

Taiwan



6

Japan



7

Thailand



8

Mexico

colorado state university

STUDENTmedia

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Rental World

learn to protect your living space

by kyle garratt



The average college student is busy. You have to check your MySpace account every 18 minutes to see how your “friends” are doing. That “beer-amid” could always be bigger. You better cram for a day or two to make up for the month of slacking. You just had to put a lot of time and effort into a marijuana amendment that had no chance of passing. Your roommate is so not better than you at Madden, and man are those pitchers of neon marmots (or whatever they’re called) at Sullivan’s good. Oh yeah, you better update your

renter’s insurance policy. Wait, renter’s what?

Sure, a lot of college students go without health insurance as they get older, but only due to sheer lack of funds. And car insurance, well, that’s mandatory. But how many students are even aware of renter’s insurance?

“a student wishing to insure \$10,000 worth of property, with a \$250 deductible would pay about \$14 a month with \$100,000 liability coverage.”

“I’d be surprised if 10 percent of the student population knew the insurance was available,” said Jeannie Ortega, director of Off-Campus Student Services/Resources for Adult Learners.

A staggering estimation considering most of the CSU

students are renters. It's like not wearing a seat belt because it costs a penny to pull it out each time. Renter's insurance works somewhat like homeowner's insurance, except the policies are written for individuals rather than a household.

Renter's insurance can protect your possessions from damage and theft. The insurance can give tenants money to replace valuable items. This protection is important for renters because their landlords or apartment owners might have insurance policies, but those policies only cover the building, none of the renter's possessions inside. Renters can protect their valuables even without a permanent residence.

"When you rent, you think it's just a house rather than a home," said Amber Eggers, a broker associate for Premier Lifestyle Realty in Loveland. "When people are renting, they don't feel like they want to take care of their house as much."

Another reason for renters to have insurance is to have liability coverage for negligence. If someone is injured in your house or you have a party and someone gets alcohol poisoning, they could sue you in a civil suit (seeking money for damages from the incident). Renter's insurance could cover the cost if they win as well as your legal costs up to the limit of your policy. Liability coverage usually has a limit between \$100,000 and \$300,000.

It is important for students to shop around and find a plan that works for them. A deductible is an important item to look into. This is the amount the insurance company doesn't pay for each claim filed by the tenant before she receives any money on small claims. If the tenant has an item worth \$500 that is stolen and her deductible is \$100, she will receive \$400 to replace the item. Deductibles can range from \$25 to more than \$250.

"Students are coming to school with expensive items, and the dollars can quickly add up in damage," Ortega said.

When replacing items, tenants need to ask their potential insurance provider if it offers actual cash value or replacement value for damaged or stolen items. Actual cash value will factor in depreciation for an item.

If the tenant has an item that was purchased for \$500 five years ago, the insurance company will determine its current value and give the tenant that amount. Replacement cost will give the tenant the \$500 or whatever it costs to replace that same item. Insurance providers overwhelmingly use replacement value, but it should be looked into as it could have a huge effect on the amount received for an item.

Tenants should take an inventory of items they would like to have insured to keep a record and to determine the total cost of their policy.

Students can get money to replace their stolen items and be negligent while still having their backs covered. Sounds like being rich. So why don't most students have or even know about renter's insurance?

"It falls off the radar because there's so much to think about, and students have to prioritize what's important," said Tonie Miyamoto, communications coordinator for housing and dining services.

Since students aren't aware of renter's insurance, the information must not be readily available, right?

"We mention it four times before the students move into the dorms, including at Preview and in the housing guide," Miyamoto said.

Students can also get information from their car insurance provider or any of the more than 100 insurance agents listed in the Fort Collins phone book. Fine, the information is available, but college students can't afford insurance - that's for people in the real world.

"For the cost of two or three lunches, you could save thousands,"

Ortega said.

A policy's cost depends on many factors such as the property type, location in or out of city limits, student and marital status and the presence of protection devices like smoke detectors. Reggin Martinez, an insurance agent for Front Range Insurance Group, estimates students can receive renter's insurance for about \$15 to \$25 a month.

"Most college students are pinching pennies as it is," Martinez said. "They aren't thinking about an insurance policy."

The benefits of this insurance can go beyond replacing valuables and protecting against negligence with what is called "loss of use" or "additional living expenses." If a renter's home becomes unlivable, the insurance company can pay for relocation expenses, like a hotel, while the home is being fixed. The amount of time the company will pay for these expenses may be a year or what they deem to be a reasonable amount of time.

"The insurance is seen as a fee, an extra burden which prevents them from taking the extra steps to protect themselves," Ortega said.

From iPods to bikes to Air Force Ones, students put expensive items in harms way every day. Hey, if that Keystone pyramid turns into a castle it could use its own policy. Most insurance Web sites can give quotes based on estimates in a matter of minutes.

"Students don't realize it's a pretty nominal fee for the value it provides," Ortega said. "You never know. There are a lot of things you don't have control over."

find out more:

what you are protected from under renter's insurance:

- fire
- water damage
- weight of ice, snow, sleet
- lightning
- windstorm
- smoke
- vandalism
- malicious mischief
- theft
- accidental discharge of water
- explosion
- electrical surge damage

what you are not protected from under renter's insurance:

- floods
- earthquakes

Trendy

The new year has arrived, and with it comes a multitude of new consumer electronics products and software for gadget and gizmo enthusiasts. Whatever your tastes in electronics and new technology, you will be sure to find something to satisfy your hunger for innovative, trendy technology this year.

the ARCHOS 604 wifi 30 GB.: the ipod devastator

specs: This "do-everything-at-once" touchscreen multimedia player is one of the best multimedia devices on the market. The 604 has a removable battery, built-in speaker, built-in kickstand, elegant interface, and can also view photos and listen to music simultaneously. Other features include a 4.3 inch touch-screen LCD and capabilities to play music and view photos from your networked pc simultaneously. You can also record your favorite TV shows with DVR station. The 30 GB. hard-drive can store up to 40 movies, 300,000 photos or 15,000 songs.



the OQO model 02: the world's smallest windows vista™ pc

specs: Weighing only 1 pound, the model 02 features a 5 inch sliding WVGA LCD screen, integrated thumb keyboard and track stick and capacitive TouchScrollers™. The device is available with 1.5 GHz CPU, 60 GB HDD and 1GB RAM. The model 02 computer supports Microsoft's next generation operating system, Windows Vista™ for anytime, anywhere productivity. It also delivers extended access to the Internet with the built-in EV-DO WWAN option and Bluetooth 2.0 technology. The model 02 offers broadband service from Verizon Wireless and Sprint.

Technology



office home and student 2007™: a brand new G.U.I.

specs: The 2007 Microsoft Office was released to retail customers on Jan. 30. Formerly known as Office 12 in its initial stages, the new office introduces a more user-friendly menu and aesthetic appeal. The new graphical user interface is called the Ribbon and replaces the menus and toolbars that have formerly been the foundation of Office. One previous application was removed entirely: FrontPage is no longer being developed; its successor is Microsoft Expression Web.

One previous application was removed entirely: FrontPage is no longer being developed; its successor is Microsoft Expression Web.

windows vista™: the "wow" starts now

specs: Bill Gates officially introduced the worldwide launch of Windows Vista, Microsoft's latest operating system, on Jan. 30. According to Microsoft, Vista has hundreds of new features, most significantly a brand new G.U.I., search features and multimedia tools. There are four editions of Vista available. (**editions:** Ultimate, Home Basic, Home Premium and Business)



the e62: none better than nokia

specs: Nokia's e62 smart phone is a practical mobile phone offering numerous functions and marketed toward people who are always on the go. Features include a full QWERT keyboard, numerous wireless options (including Bluetooth 2.0 and UMTS), one-touch e-mail access, a 2.8-inch screen and mp3 player. The device uses a Symbian operating system called OS 9.1. Cingular is the only carrier offering this phone.



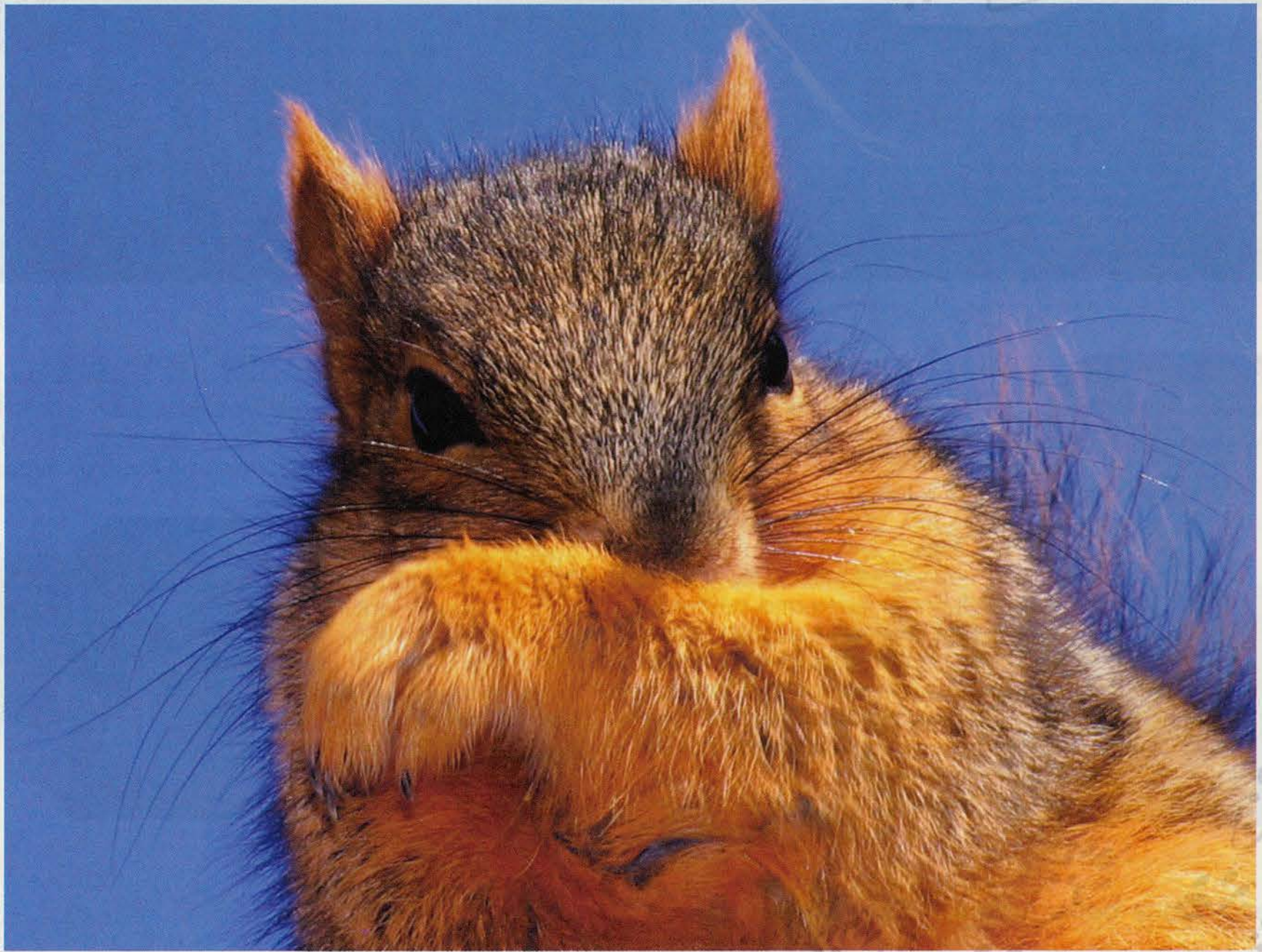
nokia 7370: the l'amour collection

specs: Designed with elegance and originality in mind, the l'amour collection of phones (the 7370 cool and warm designs, right, and the 7380) are uniting fashion and functionality like no previous phone. The 7370 has a swivel design, leather-inspired accents and etched metal surfaces.



Squirrely Seniors

tracking down a career in wildlife
one rodent at a time



► photo by sterling oldemeyer

Everyone has seen the squirrels. They scurry along campus with an air of seniority, fearing no one and risking everything for a few scraps of food. But these furry rodents do more than just steal trash and terrorize unsuspecting students. For a select few CSU seniors, tracking down these squirrels could guarantee them post-graduation success.

The squirrels roaming campus sporting collars haven't been made into domesticated pets, but are being followed, tracked and recorded by 50 to 70 students enrolled in the Wildlife Data Collection and Analysis course at CSU. They track up to eight squirrels' movement

and home range, giving students real life experience for a future career in wildlife.

"By tracking the squirrels, the students are taught skills they'll use in their professions," said Paul Doherty, a Fish and Wildlife Conservation and Biology department faculty member and the course's instructor. "They learn handling, marking and analyzing the data."

The squirrels are first caught in wire, rectangular traps baited with nuts or peanut butter. Once the trap is entered, a small door closes the squirrel inside, without hurting the animal.

"It's important to train the students how to handle the animals,"

Doherty said. "They have to know certain protocols, and we have to have permission from regulatory agencies."

The squirrels are then taken to a lab where the students put them under anesthesia. Once out, a radio transmitter collar is fastened around the squirrel's neck, allowing students to track each squirrel on a different frequency.

"The collars are safe for the squirrels," said Logan McConnell, a senior wildlife biology major. "There haven't been any collar-related deaths. We leave a little room when we're putting them on, and their necks don't really grow after a year old."

Once the collars are safely attached, the squirrels are released back into the wild, where students locate them twice a week. Their findings, according to Doherty, aren't quite "earth shattering."

"We've found the squirrels on campus to be pretty fat and happy," he said.

The squirrels are tracked using a global positioning device (GPS). This instrument involves a system of satellites that can locate the position of the squirrel and send a signal to a handheld receiver, which is accurate down to the square meter.

After tracking down the squirrels, the students gather data, mostly regarding the squirrels' location and the time, which they then analyze and plot on a map. This information is used to estimate the squirrel's home range, movement, behavior and habitat use.

This technique is also used in the professional world. "We use radio collar tracking for several things, including keeping tabs on the size of herds," said Jennifer Churchill, the public information officer for the Northeast region of the Colorado Division of Wildlife. "We introduced lynx a couple of years ago and use it to keep track of their success

rate, how far they're moving, etc."

Each year, students track between five and eight fox squirrels, the most common squirrel on campus. McConnell speculates that the squirrel was chosen because of the smaller range.

"This same tracking can be used for several species, including mountain lions, deer, mountain goats and almost any type of mammal," McConnell said. "But you can't use it for mice because you can't pick up their frequencies when they're under ground."

What McConnell has found seems to be what most students knew anyway. The squirrels can be found almost anywhere on campus, especially near trees, and they tend to be much more friendly than squirrels found in the wilderness.

"There are less predators and risks for them on campus and near homes," he said.

"There aren't as many foxes and coyotes. In the mountains they won't let you get close, but here I can walk right up, and they don't get skid-dish."

Tracking and detecting home range is actually more important and common than many think. It is used to determine where to put roads, houses and other developments so that they least effect and disturb animal's main habitats.

According to Doherty, although the tracking of the fox squirrel hasn't revealed any groundbreaking squirrel discoveries, it will teach the students the skills they'll use in jobs for organizations like the Colorado Division of Wildlife and the US Fish and Wildlife Service, which use tracking continuously.

"We have lots of positions and participating in a program like this one is helpful," Churchill said. "CSU has a quality program and labs, and a good percentage of our employees are graduates."



▶ photo by emily spirek

"we've found the squirrels on campus to be pretty fat and happy." - paul doherty



▶ left three photos by stephanie gerlach
right photo by sterling oldemeyer



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Greek Leadership

panhellenic president discusses tenure

A year flew by like it was only a day. All of the pressure, worries, anxieties and a constant feeling of stress were over. I once heard a newscaster ask the president how he sleeps at night knowing all that he knows. On a smaller scale, that is how my life felt. Constantly busy, constantly on the go and constantly wondering how everything would somehow pan itself out. Would I have changed any of these feelings? Not for the world.

As my term as the Panhellenic president, the largest women's organization on campus, is now over, I cannot help but feel a sense of assurance and a sense of growth from the past year. Was the position hard? By all means yes. Did I ever break down from the stress? On more than one occasion. Did I put studying aside for the position? Pretty much did that the entire year. Did I mature as a person? More than I ever anticipated.

Having the opportunity to serve as the Panhellenic president was probably the smartest decision I could have ever made in my college career. When I look back on my college experience, all of the defining college moments and great lasting memories have come from serving as the Panhellenic president.

In hindsight, the network I have acquired at CSU would be nothing if not for Greek Life and Panhellenic. Many of the relationships I formed were with people I would not have anticipated meeting or interacting with upon entering college, but I am grateful for those relationships. Whether people realize it or not, they all have played a part in shaping the person I am today. I am a better and stronger person through my presidential position.

When I arrived at CSU, I never anticipated joining a sorority. Obviously, God had other plans in store for me because, in the spring of 2005, I became a member of Pi Beta Phi sorority. By November 2005, I was elected president of the Panhellenic council. Partially taken back by shock and largely not knowing what I was getting myself into, I trusted in God that this position was where I was supposed to be in life. Many times in college I tested the water in the wrong areas of campus and thought my life should be one way, when in fact it was meant to be another. All I knew was that this position was a life challenge, and somehow I needed to step up and be a leader and role model for hundreds of women.

I had always been the quiet, passive one. I let other people take the reins in situations, and I always went with it, whether I liked it or not. However, the women who elected me that day saw past that. Instead, they saw a mature, organized, poised and self-assured young woman who was up for the challenge of president. I remember in my pledge class I was voted, "Most likely to become Pi Phi president." Apparently I had to take that literally, and even one step further.

As the year flew by, I could see changes occurring in my life - changes

that I know will stay with me forever. Sitting in meetings hearing things I didn't want to hear, I could feel my skin getting thicker with every word that was spoken. Every meeting with faculty and administration, dressed like an official businesswoman, eventually led me to be an actual self-assured businesswoman. The networking and contacts I acquired led me to opportunities unparalleled to any other. I learned how to time manage, and I learned that sacrifice is inevitable. I learned that I can say "no" to people and that is perfectly acceptable.

Some lessons I learned this year were painful. I learned that some people are unaccountable and unfortunately do not follow through. I learned that no matter how much you care and are passionate about one area of life, not everyone is going to feel the same way.

But I also learned I can make a difference. Leaders on campus, within Greek Life and within the administration have seen me lead Panhellenic with a sense of compassion and integrity for others. I have always felt it important to lead by example, and I also feel actions speak much louder than words. On many occasions people are taken back that I am in a sorority, but it only shows the diversity within the Greek system.

I would not be the person I am today if I hadn't joined a sorority. The leadership opportunities and room for personal growth are boundless. Greek Life is what you make of it, and I decided to take full advantage of all it has to offer.

A year later, as I reflect on my term as president, it is hard to imagine a life without Panhellenic. I remember crying after our end-of-year banquet and driving from Denver after I saw my counterpart for the last time, feeling a sense of emptiness. Panhellenic has become such a part of who I am that it is hard to let go. No longer am I the quiet, passive one. If

anything, people will probably tell me I need to stop talking, or that I am aggressive, but in a good way. While Panhellenic was about serving others, it was a position used in my life to teach me about my own capabilities. I was pushed past my limits, and I am better from it.

As this chapter of my life comes to a close, I can only anticipate where I will be led next, and how the lessons I learned from Panhellenic will play a part in the next phase of life.



► photo courtesy of mark koepsell
huntrods learned a lot when she served as panhellenic council president during 2006.

editor's note: melanie huntrods is a junior technical journalism major. she was panhellenic council president in 2006 and recently took an internship with walt disney world.

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