

# College Avenue

volume seven: issue one fall 2011

**15** spicy summer songs

*secrets to sexy*

**the sound of success**  
an inside look at hearing disabilities

more hops with your gelato?

**water fight!**  
seven years and still no solution  
to the water shortage



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“At this point, doing nothing would be more expensive than meeting the water needs of Northern Colorado area.”

—sean p. conway, weld county commisioner

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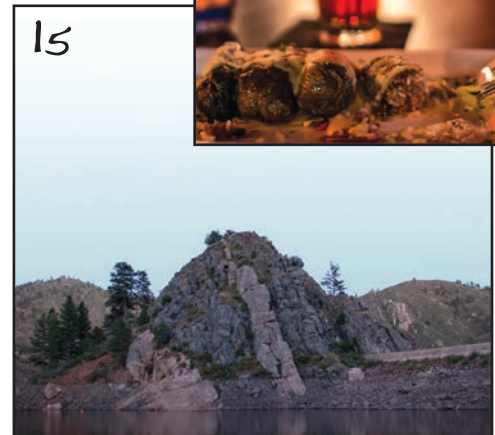
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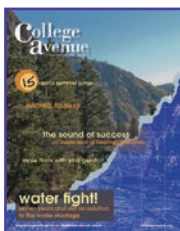
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cover design by laura esposito, photo illustration by garrett christensen and original photo by garrett mynatt

collegeavenuemag.com

online exclusives



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### letters to the editor

as the magazine produced by csu students for the csu and fort collins community, we would like to extend an invitation to our readers to submit letters to the editor ranging from 50 to 150 words with your feedback on the magazine. this is your magazine, and we would like to know what you think of the content, design and anything else. all letters to the editor must be typed in a word document and attached to an e-mail, which should be sent to [csumag@lamar.colostate.edu](mailto:csumag@lamar.colostate.edu).

### mission statement

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

### opportunity for employment

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

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

this publication is not an official publication of colorado state university, but is published by an independent corporation (the rocky mountain student media corporation) using the name 'college avenue' pursuant to a license granted by csu.

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## letter from the editor

Allow me to introduce us. We are the new and improved College Avenue Magazine. This fall, we're trying out a bit of an original identity. Why? Because we want to make YOU happy. This is YOUR magazine!

The entire staff has been working hard to bring you the latest and greatest, totally awesome and interactive College Avenue.

Take a look around and get to know us. We've got lots of cool features. Are you interested in crazy new products? Check out "The Goods." Do you want to get to know people in your community? They'll be "In The Know." Need a beer break? Go to page 30. Want to engage your mind and learn about something new? Then "The Cache" is for you. Every page is gushing with fresh and exciting content, completely customized to your requests.

Best of all, we are taking your voice into account, and we have a breathtaking new website where you can check out full stories, exclusive online features and let us know how YOU feel about the magazine. Just go to [collegeavenuemag.com](http://collegeavenuemag.com) and see what we're up to.

As the editor of College Avenue Magazine, I am proud to lead such an amazing group of people as we try to redefine who we are and what we want to bring to you as a college magazine. This entire process would have fallen by the wayside had I not had the continual support of each and every editor, reporter, photographer and designer. For that, I am thankful beyond words and truly humbled.

One last thing! See those tiny barcodes on some of our articles? If you have a smartphone with a QR code reader app, you can get access to full articles and online features, instantly, from your mobile device. Don't have a QR code reader? Most apps are free and easy to download. So download it, snap a quick pic and be transported instantly to our website. We know you're busy, so we're online.

Happy exploring!

*Jana Esposito*



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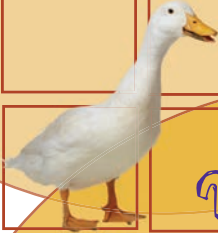
### adviser

jenny fischer

# Events Calendar

by natasha leadem and allison lecairn

## october

Homecoming 5k Race 8 8 - 11 a.m. 1	2		Album Release Drake: "Take Care" 4	5	Construction CSU Plaza 10 a.m. 6		CSU Day at the Corn Maze 11a.m.-4p.m.	9
10		12		Premiere of Footloose 14	15	16		national chocolate cupcake day
		Premiere of Paranormal Activity 3 21	22					
	27	The Motet Aggie 8 p.m./\$20	CSU SOGLBT Drag Show LSC Main Ballroom 7 - 11 p.m.		31			

## november

	2	Premiere of A Very Harold & Kumar Christmas	Dia de Los Muertos 4		6
7	 NO TICKETS FREE PARKING	9	10		12
13	14!		16	Premiere of The Twilight Saga: Break- ing Dawn Part 1	
	Old Town Skating Rink opens 20	Fall break begins! 21		Premiere of The Muppets	
	Fall break ends	26			
29					

### DON'T MISS

- Oct 1, 8, & 15: Larimer County Farmer's Market at the Larimer County Courthouse Parking Lot, 8 a.m. - 12 p.m.
- Oct 1-9: A Few Good Men by Aaron Sorkin @ the CSU Studio Theatre  
\$9 CSU Students, \$18 Public
- Oct 4: Album Release: Montgomery Gentry: "Rebels on the Run"
- Oct 6: Grieves and Budo Concert @ Aggie Theatre  
8 p.m./\$10
- Oct 10: The Airborne Toxic Event @ Aggie Theatre  
8 p.m./\$22.50
- Oct 15-16: All's Well That Ends Well by William Shakespeare @ 2nd floor Large Acting Lab  
Price: FREE
- Oct 21: Elephant Revival @ Aggie Theatre  
8 p.m./\$15
- Nov 4: First Friday Gallery Walk  
Price: FREE

### Music albums coming this fall:

- Adam Lambert
- Boyz II Men
- 50 Cent
- Gym Class Heroes
- Jason Derulo



by kate wilson

## Hat Trend: Oh, how I fedor-ya



**N**othing signals the start of fall better than students strutting their stuff on campus with the trendiest back-to-school swag.

Each academic year seems to bring a flood of new fashion dos and don'ts, and this season's dos include the "Mad Men"-inspired fedora hat.

First popular as a men's fashion in the 1930s and again in the '50s, fedoras today are splashed across the pages of the supermarkets' hottest fashion mags and on top celebrities — from rockers Rihanna and Gwen Stefani to guys like Brad Pitt and Justin Timberlake. But aside from JT diggin' 'em, does anyone know what the fuss is about?

On a recent summer trip to New York City, I hit the streets of SoHo's hippest shopping district to get the scoop on fedoras and find out why people love 'em.

I tried on more than 20 hats from H&M, Topshop, Forever 21 and

all the tiny street vendorshops I could find.

As I began my fedora-finding journey, my initial reaction was that these hats looked fantastic atop my less-than-perfect, super-short frame. I usually feel a little self-conscious when trying on trendy clothing, but I felt like this was a style I could sport with confidence. While many trends only complement specific body types, the fedora is extremely wearable and figure-friendly for all shapes and sizes.

Even better, it moves past the boundaries of gender-specific fashion, as an attractive accessory for both men and women. Plus, it can be worn casually or dressed up as part of a more sophisticated ensemble.

"They are just so easy and can make even a simple tank top or T-shirt look stylish," said Erin Pederson, a junior apparel merchandising and fine art major and fashion blogger, in an e-mail. "Since they come in all sorts of colors and different touches, you can personalize them to what you like! I added a few feathers to a plain one and it's now my new favorite."

The downside of parading around in this men's-turned-unisex sensation? Hat head. After shifting from one hat to another, my hair stuck to my scalp in a way only a ponytail could cure. Also, the fedora may become too trendy, which could cause this nearly-classic style to be not so in-style.

If you wait to try this one out, it may be a fashion faux pas by the time you get there. But a fedora can breathe life into a dying wardrobe — at least for the next few months.

# the blurb

by logan martinez

“Blow” Ke\$ha  
“Mean” Taylor Swift  
“Last Friday Night (T.G.I.F)” Katy Perry  
“Price Tag” Jessie J and B.o.B  
“The Lazy Song” Bruno Mars  
“Tonight, Tonight” Hot Chelle Rae  
“Best Thing I Never Had” Beyoncé  
“On the Floor” Jennifer Lopez and Pitbull  
“California King Bed” Rihanna  
“Rolling in the Deep” Adele  
“The Edge of Glory” Lady Gaga  
“E.T.” Katy Perry and Kanye West  
“Dirty Dancer” Enrique Iglesias, Lil Wayne and Usher  
“Born This Way” Lady Gaga  
“For The First Time” The Script



photo illustration by | chase baker

## PHOTO



Introducing: the blurb photo contest!  
Each issue will have a photo and a classic game of “fill in the bubble.”

We challenge you to come up with the funniest, most creative blurb for our funny photos!

**Submit your blurb to:**

blurb@collegeavenuemag.com  
or text (970) 823-BLRB (2572)

The fall blurb winner will be posted online at [collegeavenuemag.com](http://collegeavenuemag.com).  
Check it out!



## CONTEST

# the goods

by jessica fish, jordan johnson and anna palmer

## Extreme Couponing: CSU STYLE how students can save big by collecting coupons

One of the many benefits of living in a college town is the masses of stores, restaurants, and even better, discounts. Many businesses work with Colorado State University to provide college students with bundles of coupons and deals for their products. But often times students miss out on these opportunities because it's too much work to sort through the overwhelming numbers of literature distributed on campus.

"I'll use some, but most of them I don't even go through because there are so many and I don't have that time," said undeclared sophomore David Redmond. "It's not like I have tons of extra spending

money anyway."

But for other students, they welcome the potentially large amount of savings. "I go through them all and cut out the best deals and the ones I will actually use," said sophomore journalism major Sarah Thomsen. "I am a cheap college student so spending \$5 on a cup of coffee is out of the question, but normally I can get it for free or at least half off. Anything more is silly with all the coupons they offer."

The coupon lifestyle is not new to all students, but even veterans may not know some tricks of the trade. A few groups of avid couponers will take multiple books each, cut out more than one of the same specific coupon (so getting three free lattes instead of one) and pass along the remaining coupons to friends, forming coupon circles. One person may want all of the coffee coupons, while another person takes pizza.

Another group of "real deal" couponers will trade coupons for others. To organize all their coupons, deal hunters will often buy organizers to sort and store their scrapings accordion style. They sort by area of town, food type or level of savings. Many people pick up menus of restaurants that they

CSU students aren't the only ones interested in saving big bucks. TLC's hit show "Extreme Couponing" is solely focused on stories of how families save money with coupons. They have been known to save from hundreds to thousands of dollars on a single shopping trip, dedicating nearly two hours a day to cutting out coupons and saving enough money to make it worth a full-time job.

are visiting, take note of what delivers, sticky note it, bookmark it and throw it in the organizer.

Another great way for students to save on and off campus is through their RamCards. On top of meals, laundry and library checkout, school campus cards are coupons themselves at over 20 shops and businesses. This includes food places like Blackjack Pizza, Cafe Mexicali, Chipotle Mexican Grill, Domino's Pizza, Qdoba Mexican Grill and Silver Mine Subs.

If students are interested in getting involved with the couponing scene, pick up a booklet from the LSC or ask for them in the dining and residence halls. Newspapers and magazines often offer deals students can cut out, and some businesses have codes to text in for discounts.



photo illustration: chase baker



Scan the QR code for a full list of places with CSU discounts

## “Smell Like a Man, Man”

Old Spice is the way to go! With the benefits this product provides, it's a must have for every man. The product is sweat-defensive and blocks odor. By giving you a variety of choices from body washes, sprays and deodorants, Old Spice is sure to lure in the ladies!

*Old Spice*

\$3 - \$12, Target, Walmart, Sam's Club, [OldSpice.com](http://OldSpice.com)



## Gotta Have It:

## OPI Shatter and Old Spice

secrets  
to sexy

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OPI Shatter Nail Lacquer is a beauty must-have that keeps you right on the hottest new nail trend, and it's fun! It's quick, easy, long lasting, and *perfect* for any and every occasion. With six brilliant colors to choose from, this polish adds a dazzling effect to your tips as it creates a shattered look. With OPI Shatter, your nails are sure to be the highlight of the night!

*OPI Shatter Nail Lacquer*

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## E-READERS VS. THE PAPERBACK

**A**re the avid bookworms of yesterday swayed by the alluring, slick e-reader screens of today? And if so, will e-readers ultimately replace books altogether?

According to Newsweek, the average production cost for a \$26 hardcover book is \$4.05. This equals about 50 cents for a \$9.99 e-book.

Another benefit to the e-reader may lie in the actual product price. Although the initial investment is hefty, in the long run the e-reader may be worth the money to the true bookworm. But how about those who buy used books or

utilize their local library?

Junior Colorado State University student Stephanie Lesar said she enjoys browsing used book stores. "I like having an actual book in my hands."

Even though used books are significantly cheaper, avid readers still drop a good amount of money because these less expensive pre-owned options add up. As for library books, a suitable counterargument is hard to find other than some readers' desire to own rather than simply borrow.

Despite the love for comforting paper pages, many consumers have become more open to the idea of reading

off of a screen. In fact, according to eMarketer, the number of people in the U.S. who own an e-reader has quadrupled since 2009.

"I really like my Kindle because it is such a new and neat form of technology," Courtney Roling, a junior at CSU, said. "I can read as many books as I want at a time in something that weighs about the same as one book."



Go online  
to read  
the full  
story!



design by kris lawan

# Scene and heard

by jordan johnson, kelly sterner, anna palmer and jessica fish

**T**he box office overflowed with loyal fans as this summer's top two movies were released. The third installment of the Transformers series, "Dark of the Moon," showcased the world's most complex toy cars at its June 28 premier. With hatred built up toward one another already, the Autobots and the

## SUMMER

Decepticons battle in order to learn the secrets of a Cybertronian spacecraft hidden on the moon. Earning \$97.4 million in ticket sales opening weekend from a large, satisfied audience, this movie was by far one of the top movies to see.

In competition with Transformers, another famous character hit the big screen again. Harry Potter continues to fly his broom in the last of the HP films, "Harry Potter and the Deathly Hallows Part 2,"

released on July 15. Harry, Hermione, and Ron's journey is not yet over, as they continue to search for the Dark Lord's three Horcruxes. Soon a battle commences and the three are left with consequences that could be life-changing. With more than 53,000 viewers and \$169 million made opening weekend, this movie was a highly anticipated summer hit flick.

## MOVIE

As a variety of films were released in theaters this summer, not all could be mega-hits. "X-Men: First Class," released June 3, is the newest addition to the comic book film series. It may come as a surprise that X-Men was not a popular choice this summer, considering viewers were able to go back in time before Charles Xavier (Professor X) and Erik Lehnsherr (Magneto) became archenemies. The film portrays the childhood of both men as

they discover their powers and work as a team to stop the world's greatest threat. Because the film earned low sales (\$55.1 million) opening weekend, it is clear that movie-goers didn't care to explore the rift between Professor X and Magneto.

Making it into theaters was a film that isn't a part of a series, "Super 8," released June 10. The film introduces viewers to a

## RECAP

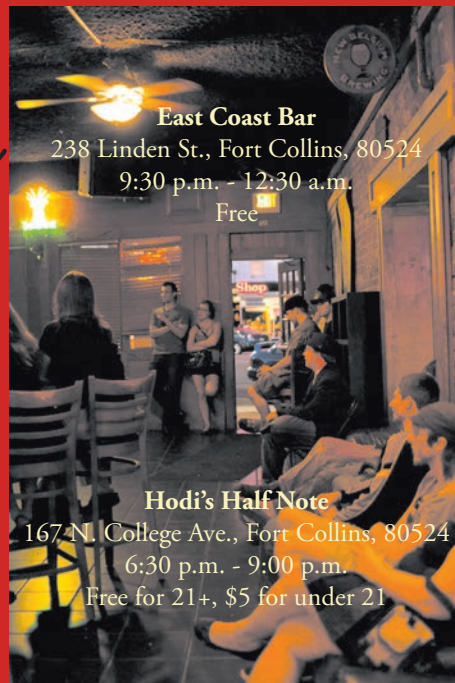
group of friends who witness a train crash in 1979. As suspected, it turns out that the crash was no accident. Soon the group realizes that they are no longer safe as events roll out that they never imagined could happen. One by one, they disappear as terrifying and unfortunate changes unfold. This film was not a popular choice for movie-goers, considering it pulled in only \$35.4 million opening weekend.

## Hodi's vs. East Coast Comedy

who gets the last laugh?

**C**uring a case of the Mondays one joke and beer at a time, Hodi's Half Note and East Coast Bar both offer comedy shows every Monday night, with a special comedy showcase at Hodi's every month.

Hodi's provides an open mic for amateurs to try their hand at comedy, while also giving seasoned comedians a chance to try out new material. East Coast puts together a comedy showcase with local professional comedians, and those who get the big laughs at Hodi's. The amateurs



**East Coast Bar**

238 Linden St., Fort Collins, 80524

9:30 p.m. - 12:30 a.m.

Free

**Hodi's Half Note**

167 N. College Ave., Fort Collins, 80524

6:30 p.m. - 9:00 p.m.

Free for 21+, \$5 for under 21

prove that average Joes can make people laugh till they cry, just like the pros.

Both venues deliver on the raunchy jokes and flowing tap. The difference between the two shows is the crowd.

"At Hodi's, people are more conducive to comedy and they sit and watch," said Jeremy (Jrock) Michael, owner of RapidFire Entertainment. "East Coast's show is later in the evening, so people are a bit more sauced and critical of the comedians."

Mike Hammock, junior sociology major and comedian, performed his stand-up routine at Hodi's during "The Uncensored Comedy Showcase 2011" and got a lot of laughs. The same routine at East Coast received crickets.

Hodi's gets the edge on this one, not only because they have open-mic nights with some very funny amateurs, but they also have a crowd who are simply there to laugh, drink and be merry.

# THIEVERY CORPORATION

## WITH GHOSTLAND OBSERVATORY

“The land of the free, built on slavery, our consciousness in captivity. The promise land is the liar’s den. Your culture of greed has got to end.” The words of this politically-progressive track echoed throughout Red Rocks Amphitheatre in Morrison, Colo. on Aug. 14 as thousands of people gathered to see Thievery Corporation.

Ghostland Observatory, the opening band, seemed to hold much of the spotlight as well, and the crowd enthusiastically cheered as the band finally took the stage after a travel delay.

“I’m more here to see Ghostland,” onlooker Eric Von Christierson commented.

Ghostland’s music has been described as a combination of electro, rock and funk by Allmusic.com. Christierson said the band’s front vocalist, Aaron Behrens, has even been compared to the lead singer of Queen, Freddie Mercury.

When Thievery Corporation took the stage, a contagious energy continued to spread throughout the diverse crowd of dreadlock wearers, casual concert-goers, fanatic fans and even a man wearing a Gumby suit. The variety of onlookers seemed to mirror the range of Thievery’s instrumental music selection, which includes the sitar (a plucked stringed instrument), the violin, the saxophone and many other atypical instruments that harmonize in soothing unison.

“Instrumentally, I think they’re really good,” said another onlooker, Lauren Steele. “They use such a wide variety of instruments.”

The crowd’s energy stabilized as they gently swayed with the rhythmic music that effectively combines multiple stylistic elements including dub, reggae, hip-hop, cocktail/lounge, jazz and funk.

“They cross genres and use multiple vocalists,” said onlooker Josh Easterling. When asked what one genre they most likely fall into, Easterling categorized them as trip-hop, or down-tempo electronic.

According to a biography on Thievery

Corporation, the Washington D.C.-based band was formed in 1995 and consists of recording artist-and-DJ duo, Rob Garza and Eric Hilton, and their broad array of supporting artists. They released their first album, “Sounds From the Thievery Hi-Fi,” just two years later in 1997.

The 15-member group’s lyrics include English, Spanish, French, Persian, Portuguese and Romanian languages.

“They are much worldlier than other music and they talk about things on a higher level,” Easterling said.

Thievery has even used their music to progressively take a stance on political issues, opposing war and exploitive trade agreements, while supporting human rights and food programs such as the World Food Programme.

“We’re probably more radical in our political beliefs than most of the hardcore punk bands,” Hilton said on the band’s website. “But at the same time, we’re realistic about what we can actually do. We feel like our role is to be commentators.”

## Go Big Like the Bands

All musicians have to start somewhere. Bands like 3OH!3, One Republic, The Fray, and the Flobots started in small Colorado venues before breaking out onto the big stage.

After a band has established who they are and what they want to accomplish, there are some simple steps they can take to get them on their way to brighter things. The Fort Collins music scene offers a possible outlet for aspiring, young bands to get heard globally.

Little gigs at coffee shops, open-mic nights and concerts on street corners are helping bands get their names out there and practice with live audiences. For artists like Bon Jovi, Bruce Springsteen and even Justin Bieber, busking, or street performing, and singing in coffee houses were enough to get them noticed. Fort Collins’ local 24-hour coffee house, The Alley Cat, offers open-mic nights every week where any musician can perform.

“It is definitely the place to build confidence,” Alley Cat employee Joe Henderer said. “It’s somewhere to start. We see people who have been performing for a while and people looking for a stepping stone to figuring everything out.”

But having people hear a song once doesn’t get a singer far. It is important that they are able to get their music physically passed around and shared.

Many bands, like 3OH!3, make their own mixes and CDs that they sell or hand out hoping to eventually land into the hands of a producer or record company.

The next step is getting booked at bigger venues. Fort Collins has quite a few large concert theaters including Aggie Theater, Avogadro’s Number and Hodi’s Half Note that can offer opportunities. In 2007, Flobots were performing at Hodi’s Half Note, 3OH!3 at the Aggie Theater, and the Fray performed in Colorado State University’s Moby Arena.

To get booked at one of these venues, bands often have to jump through some hoops with calls, e-mails and proposals going to and from venue managers and publicists, due to the large numbers of amateur bands wanting to perform.

The next big part of boosting a band’s music career is getting some air time. Fort Collins has a public radio station (KRFC-FM 88.9), CSU’s student-run station (KCSU 90.5), and individually owned radio stations. According to Kelsey Myers, local booking director for KCSU, the station will interview and play most band’s music and it is not hard to get involved.

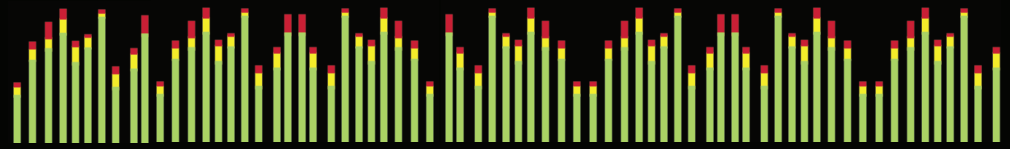
“Just contact us here, send in a demo and we will usually get you into our studio,” said Myers. “We really like getting to know and playing local bands.”

how a band can start small in fort collins and make it to the big time



# behind the beat

by justin hill



**S**ome very strange looks have been thrown my way when I ask people if they know how to skank.

I have received fewer, but equally puzzled looks when I ask people if they like ska. This amazing genre of music has remained underground for far too long and I believe it is high time someone shed some light on this uppity musical style.

My personal favorite band is the Mad Caddies, but some of the other big names include Reel Big Fish and Streetlight Manifesto. I recently saw these two bands for the second time in New York and it was by far one of the greatest concerts I have ever attended of any genre.

The particular venue, The Chance Theater, a famously old venue located in the heart of Poughkeepsie, NY, is very small. I have attended many shows there, but none are ever like the hot, sweaty, skanking messes that are ska concerts.

It's like a house concert, only with better music and less drugs.

When Streetlight Manifesto comes to town, kids of all ages come out of the woodwork and pack the Chance Theater. Let me tell you—it is one of the most euphoric experiences one can have without

drugs. Once the music starts going, you feel an instant connection to the (mostly shirtless) kids pressed up against you on all sides, with every one swaying and dancing in unison to the flow of the music.

Rewind.

Ska started out in Jamaica around the 1950s as a combination of reggae and rocksteady. After World War II, radios became much more available in Jamaica, exposing the inhabitants to American rhythm and blues, greatly influencing the emersion of the new style.

Ska really came in three major waves, though the third wave—the one more influenced by punk rock is by far my favorite.

Uppity patterns and accented upbeat, mostly on the guitar, are the signature techniques of ska. This Jamaican fusion has come to be called first wave ska and it sounds very much like the popular music of Bob Marley and the Wailers.

The blaring, catchy horn rhythms and the “ska, ska, ska” of the upbeat accents on the guitar is enough to make anyone want to dance.

Skanking, the dance style of ska, uses those same upbeats and patterns that morph into a dance similar to the running

man—just sayin', it's pretty awesome.

In music, lyrics are almost everything to me, and I really enjoy the social and political topics that most ska is famous for. Most famous for this type of lyrical theme is 2 tone, gaining its name from 2 Tone Record Company. However, it's not as readily available.

2 tone is hard to find because it was created by the modernist culture in England: Basically, a bunch of kids who wore lots of leather, rode motorcycles and were against the corporate music scene, so they refused to record their music.

The 2 tone revival is the second wave of ska. It was predominantly popular in England in the late sixties and early seventies, and combined the harsh guitar tones and moods of British punk rock, giving ska a heavier feel.

Like the infamous 2 tone, I have not seen much in the ways of advertising for ska music since I arrived in Colorado. I hope I can change this by spreading the word about any local bands or upcoming shows for big names in the area. Check out these local ska bands and stay tuned for news and events online.

Happy skanking!

**WHO:** Ska Skank Redemption

**FROM:** Greeley, COLO.

**MEMBERS:**

MARK- BONE/VOX

Kyle- SAX/VOX

Adam- SAX

Hannah- Trumpet

Sara- Guitar

Copey- Bass

Royal- Drums

**WHO:** 12 Cents For Marvin

**FROM:** Fort Collins, COLO.

**MEMBERS:**

Tom- vocals

Hilary- bass

Nik- guitar

Soren- drums

Aaron- theramin

Greta- trumpet

John- trombone

Phuong- saxophone

**WHO:** The ContraBand

**FROM:** Greeley, COLO.

**MEMBERS:**

Matt Sanchez- Trombone

Kyle Etges- Tenor/Baritone Sax

Mark Kinz- Bass Trombone

Blake Smith- Guitar


Evan Ballinger- Keyboard/Auxiliary

Percussion/Drums

Luis Morales- Bass Royal

Langer- Drums/Auxiliary Percussion

# The Sound of Silence



**T**iptoeing to the edge of the pool, Alexa Garfinkel's friends urge her to jump in already. Breathing in a deep breath, she tosses aside her ear accessories and dives into the pool. The silence swallows her up and the once welcoming stillness turns deafening. The sound of children splashing and giggling around her has disappeared. Garfinkel appears to be a typical college student taking a day to relax and catch some rays, except for one thing: She is deaf.

When Garfinkel was born, her parents were unaware that she did not have normal functioning of the sensory hair cells in her cochlea. It wasn't until she was six months old that the worrying began.

"Someone came to fix a closet door in our house," Garfinkel said. "A normal baby would probably cry and fuss, but my parents told me I was sound asleep."

At the age of five, she underwent her first of two ear surgeries to implant a cochlear device in her right ear. It was at this same age that she learned how to enunciate her words, speak in full sentences, and understand the meaning of different words.

Garfinkel attended high school in Denver. "Without even looking at my file, the case worker recommended that I be put into the special education program," she recalled. "My mom was so angry. She knew I was smarter than that. She has always stood up for me, and I would not be where I am today without her."

Now a junior at Colorado State University, majoring in mechanical engineering, Garfinkel has proven that she is just as capable, if not more so, than most students her age.

Besides her education, she has been faced with other barriers due to her hearing impairment. Socializing and making friends has been one of her biggest challenges, she said, but her pleasant demeanor, genuine, heartfelt smile and witty humor say otherwise.

"My four best friends are also deaf," she said. "Because we are confident in ourselves and in our disability, we are able to joke about it."

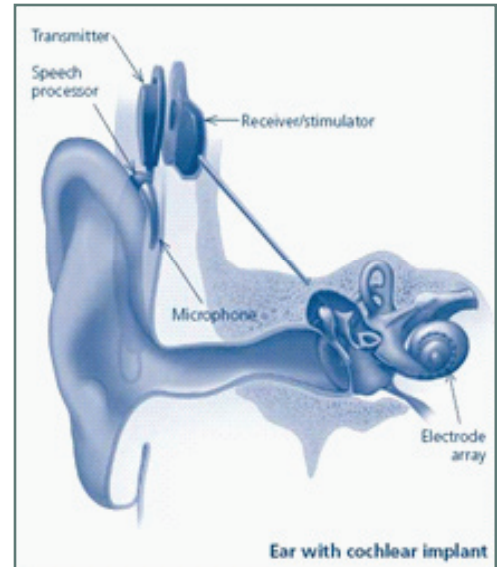
She has been involved in the

### What is a cochlear implant?

A cochlear implant is a small, complex electronic device that can provide a sense of sound to a person who is profoundly deaf or severely hard of hearing. It consists of an internal portion that is surgically placed under the skin and an external portion that sits behind the ear. It consists of the following parts:

- A microphone, which picks up sound from the environment
- A speech processor, which selects and arranges sounds picked up by the microphone
- A transmitter and receiver/stimulator, which receive signals from the speech processor and convert them into electric impulses
- An electrode array, which is a group of electrodes that collects the impulses from the stimulator and sends them to different regions of the auditory nerve

Resources for Disabled Students (RDS) at CSU since her freshman year. Some of the friends she's made, however, do not have cochlear implants like she does, and have chosen to use sign language to communicate instead.

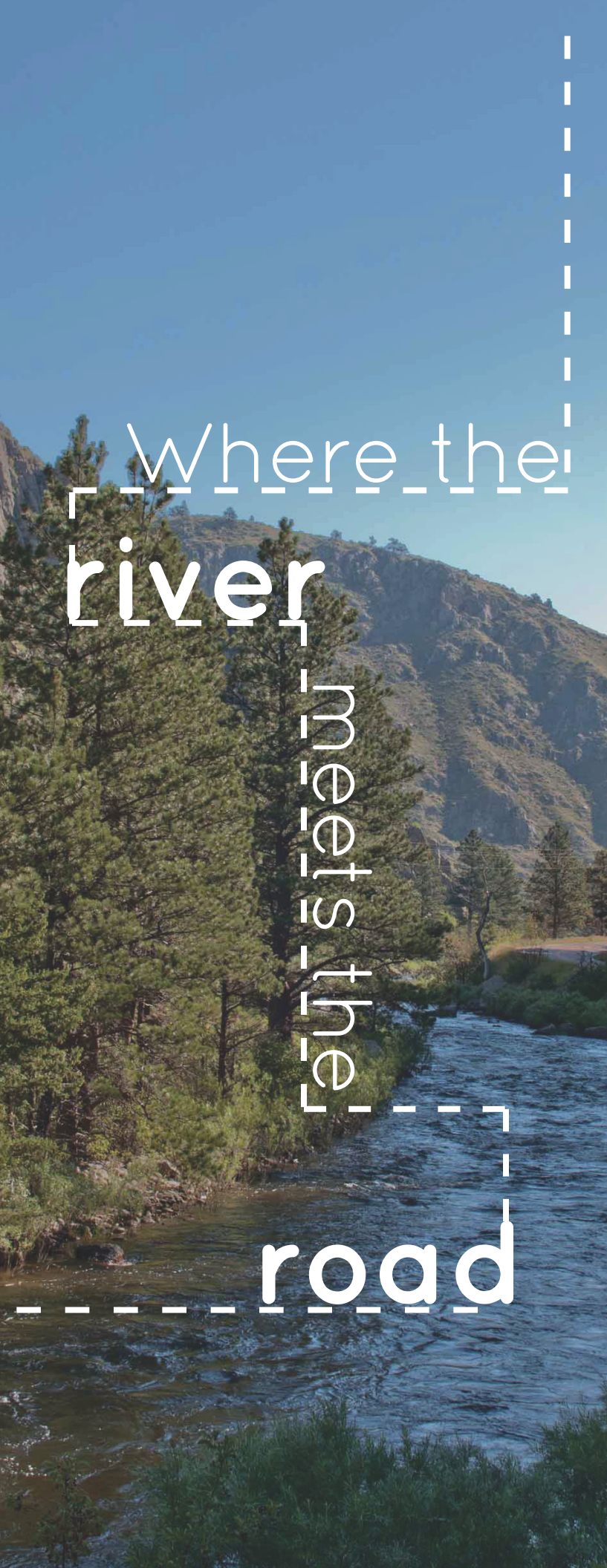


Garfinkel has also made sure to enjoy the college atmosphere at CSU. "I'm definitely more of a nerd, but I've gone to a few parties," she said. "Sometimes they can get too noisy and it's hard for me to filter out different sounds. But my number one rule is to always go with someone I trust to watch out for me and take care of me."

If Garfinkel could tell other people one thing, it would be this: "The only difference between you and me is the hearing impairment. Otherwise, we're exactly the same. I can accomplish just as much as you can."

### How does a cochlear implant work?

Cochlear implants bypass damaged portions of the ear and directly stimulate the auditory nerve. Signals generated by the implant are sent by way of the auditory nerve to the brain, which recognizes the signals as sound.



Where the  
river  
meets the  
road

the great debate over proposed Glade Reservoir and the economy

**Y**ou're late for your painfully early morning class and in desperate need of a shower. You fly to the bathroom to try and snag a quick rinse in five minutes or less. You clobber the faucet, anticipating the initial shock of cold water, only to discover a dry metal desert.

You recall paying utilities recently, but brush it off as a freak accident; you simply don't have the time. As you haul onto campus, you begin to notice the urgent hushed whispers over your racing heartbeat, and then it hits you. There's no water to drink, to fill our toilets, to nourish the food we eat — or to make beer!

Two groups of people want to make sure this scenario never becomes a reality. Unfortunately, it has led to an all-out water battle between creation and conservation for more than seven years.

With populations predicted to double in the next 20 to 40 years, the communities of northeastern Colorado are finding water in short supply. Northern Colorado Water Conservancy District (NCWCD) has been spearheading efforts to organize a solution.

In conjunction with 15 water providers along the Front Range, The Northern Integrated Supply Project (NISP), has thoroughly analyzed the options available with regard to water supply, and determined that the creation of Glade and Galeton reservoirs would be the best balance between conservation and the growing demand for water.

Because of a weak water infrastructure, those who support NISP believe that Northern Colorado is not ready to accommodate a growing population, and it faces the possibility of local farmlands drying up if efforts to create a new water supply are not made.

"When the farm land dries up, as it will inevitably do during a drought, that farm will turn to sand, which will cause essentially another dust bowl," said Sean P. Conway, Weld County commissioner. "This is a critical project for the future of this region."

The water infrastructure in Northern Colorado has remained virtually unchanged during the last decade and it has been more than three decades since a storage reservoir was created. "Projects that plan for future water needs are necessary and desperately needed," states the NISP website.

"There's a common misperception that this is somehow damming the Poudre. It's not," said Carl Brouwer, the project manager for NISP. "The reservoir is an off channel of the Poudre and water will be pumped to the reservoir."

NISP participants examined hundreds of alternatives within the South Platte, St. Vrain, Big Thompson and Cache la Poudre watersheds in 2003. NISP participants came to the conclusion that it would be best to combine the proposed Glade Reservoir with the South Platte Water Conservation Project to allow for the distribution of water to suppliers.

Glade Reservoir would be located just northwest of Fort Collins and would require the relocation of a seven-mile stretch of US Highway 287. To fill the reservoir, water would be diverted from the Poudre River using the pre-existing Poudre Valley Canal. The diversion would occur during the

# the cache

by laura esposito, kristin hall and natasha leadem

## players

*Northern Colorado Water Conservancy District* is “a public agency created in 1937, provides water for agricultural, municipal, domestic and industrial uses in north-eastern Colorado.” They cover 1.6 million acres in sections of Boulder, Larimer, Weld, Broomfield, Morgan, Logan, Washington and Sedgwick counties.

Created under the 1937 *Water Conservancy Act of Colorado*, the NISP’s duty is to provide supplemental water for agricultural, municipal, domestic and industrial uses in northeastern Colorado. NISP is a project that has been coordinated by the Northern Colorado Water Conservancy District and represents 15 water providers along the Front Range.

*Save the Poudre* is a coalition of regional, statewide and national conservation groups dedicated “to protecting the Poudre River.” They believe in the methods of conservation over storage and have made it their goal to serve as “Poudre Water-keepers.” They believe that diverting water from the Poudre would have more severe environmental impacts beyond just the economy.

high-flow seasons of the river and would take place below the scenic sections of the Poudre.

“You have to store the water when you have it in the wet years so you can use it in the dry years,” said Brian Werner, the public information officer for NCWCD. “The last three years have been very wet, and we’ve waved goodbye to a lot of water we could have put in reservoirs.”

What happens to all of that water once it’s diverted? Before the water is pumped into Glade, it would move through an existing canal to be stored for delivery to the 15 water providers.

When a portion of the water is diverted to Glade Reservoir, replacement water from the Galeton Reservoir will be transferred, via pipeline directly to the two irrigating companies. The exchange will amount to one quarter of the provider’s overall supply of water.

“As part of our water mitigation package, we are actually going to release water during the winter when the Poudre often dries up at multiple locations,” Brouwer said.

This arrangement will allow the Glade Reservoir to provide an additional water yield of 40,000 acre-feet, which will meet a portion of current and future water needs in Northern Colorado. By partnering with agriculture, NISP will also be able to provide water to cities and new industries without taking away water rights to irrigate crops.

However, an alternate solution was quickly brewing as word of the proposed reservoirs came to a head. The idea came from Gary Wockner and Mark Easter, co-founders of Save the Poudre Coalition (STP), created nearly seven years ago.

As a group of regional, statewide and national conservation groups, they are all in support of seeing the Poudre go untouched.

“If [NISP’s reservoirs are] built, less than 25 percent of the Poudre River will still flow through Fort Collins,” Wockner said. “In some months, NISP will drain out 71 percent of the

water still flowing through town.”

STP believes that the Poudre is already critically depleted, with nearly 60 percent of the water missing already. Draining it further would only cause even more damage.

“Conservation is a big part of the solution to our future water supply needs,” said Wockner. “Nearly 50 percent of all water goes to watering lawns in Northern Colorado – if someone wants to help protect Colorado’s rivers, they should consider xeriscaping rather than watering bluegrass. Also, indoor conservation with upgrades to faucets, washing machines, dishwashers and other appliances can make a big difference.”

The process of bringing the reservoir into creation first began in 2004, when the proposal to begin building the reservoir transitioned into the federal review process. Save the Poudre began their opposition shortly thereafter.

In 2008, the first draft of the Environmental Impact Statement was released. Presently,

a second draft is under construction, after which a final decision may ultimately be reached.

Whichever side supporters lean toward, questions about the economical impacts, both positive and negative, surrounding the subject have been brought up.

Beyond the initial costs to fund the project, a NISP fact sheet states that

the “availability of water and the economic health of a community are intrinsically, inextricably linked.”

The fact sheet also states that the employment rate in the northern Front Range area is expected to increase by more than 70 percent between 2005 and 2030, making this population the quickest growing region for employment along the Front Range.

“Weld County, for example, is Colorado’s leading producer of beef cattle, grain, sugar beets and dairy products,” according to a NISP fact sheet. “Weld is among the top 10 agricultural-producing counties in the nation,

“There is a common misperception that this is somehow damming the Poudre. It is not. The reservoir is off channel of the Poudre and water will be pumped to the reservoir.”

Carl Brouwer, project manager for NISP

and the only one not located in California. The country's agricultural products annually create over \$1 billion of market value."

Leprino Foods is also on track to build the second largest plant in the U.S. in Greeley, Colo. — creating an additional 500 job opportunities. With the water from the project, the ranchers who rely on that water supply will be able to raise upward of 80,000 more cows that will be used for milk and cheese production, along with the crops necessary to feed them.

"Colorado is in between fifth or eighth, depending on the source, in agricultural production, which puts billions of dollars back into the Colorado economy," Conway said.

In addition, factor in the need for all of the construction and contractor jobs required and the attraction for traditional and renewable energy firms that will cause a spike in job opportunities.

## Galeton Reservoir

- 2 partner ditch companies
- 45,000 acre-foot capacity
- 2/3 of NISP's 40,000 acre-foot annual yield
- 200 cfs diversion off South Platte River

What about those who don't wish to work on the reservoir, but enjoy it for its recreational value? Like Horsetooth, Glade and Galeton will offer recreational advantages for those who wish to utilize them.

"Glade Reservoir would be the largest reservoir in Northern Colorado, which leaves a huge potential for huge recreation profit added into the economy," Werner said. "[An estimated] \$17 million a year. That's not chump change."

STP is a large proponent for creating job opportunities with a "green" environmental twist that will rival the additional jobs proposed under the creation of the reservoirs.

Healthy Rivers Alternative is a proposal to save water supply rather than create it.

"The Healthy Rivers Alternative will create jobs in the green economy, water conservation, farmland protection, river tourism, sustainable development and water recycling," Wockner said.

Looking to the future, a foreseeable end — or rather beginning — to the project has yet to see a set date, as the creation-versus-conservation debate continues. Those who oppose NISP, such as STP, are very concerned with the ecological and environmental impacts that go above and beyond monetary consequences.

"Besides draining the Poudre to a trickle and threatening a variety of plant and animal species, the NISP/Glade project would severely deplete the already beleaguered 'June Rise,' the natural increase in stream flows that occurs during snowmelt that is critical to the overall health of the Poudre River ecosystem," according to the project impacts section of the STP website.

The STP site adds that other effects will likely take place if the Poudre is diverted, such as elevated carbon levels and water contamination, increased chances of property damage in the event of a flood and a potentially shorter rafting/tubing season, to name a few.

"[NISP] has described the significant diminishment of water quality as well as the harm the project would have to fish, wildlife and riparian vegetation," according to the STP website. "The objective of the Clean Water Act is to restore and maintain the chemical, physical and biological integrity of the nation's waters. The proposed NISP project cannot ever lead to this objective."

## Glade Reservoir

- 5 miles long
- 260 feet deep
- 170,000 acre-foot capacity
- 1,700 surface acres
- 1,200 cfs diversion off Poudre River

However, many who support NISP still refuse to come to a compromise with Save the Poudre or any others against the new construction plans. For both sides, the solution is simply left to one choice or the other — create or conserve.

"[The NISP opposition] are in denial if they think conservation is a viable option," Conway said. "At this point, doing nothing would be more expensive than meeting the water needs of the Northern Colorado area."

Brouwer continues that at this stage in the game, there is truly no turning back, opposition or not.

"Our 15 participating sponsors have already paid over \$10 million," Brouwer said. "[The project] has been in the permitting stage since 2004. The permitting process on these water projects takes much longer than it used to. There are lots of new regulations and rules that need to be followed."

Even with numerous regulations, the opposition in favor of conserving such a precious resource is determined to make their point heard.

"There is no danger that towns will not get water," Wockner said. "We support them getting water in ways that does not drain and destroy the Poudre River. Conservation is an important piece of the puzzle, as is better growth management and cooperatively working with farmers to share water."

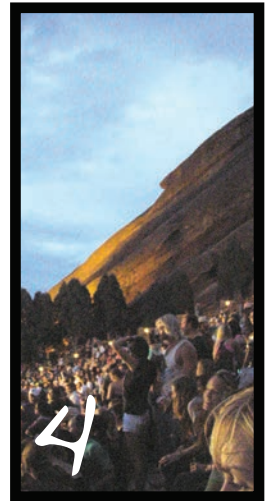
Both solutions come with economical, environmental and physical effects of creation versus conservation. Looming in our ever-present future is the possibility that we will wake up to a thirst that cannot quite be quenched, even by the mighty river in many of our backyards.





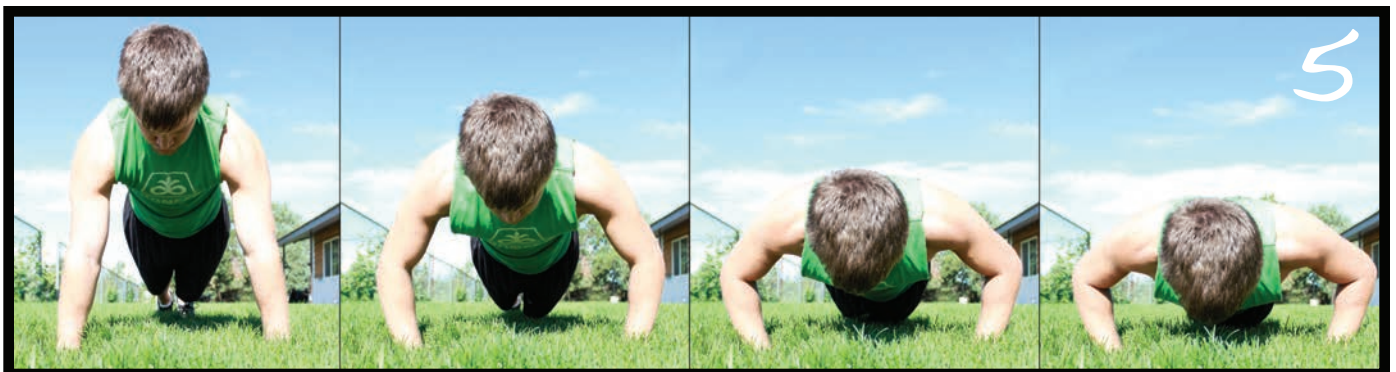
# Outtakes

by the college avenue staff



**S**traight from the memory cards of the College Avenue staff, we bring you a collection of the best of the best in digital photography. Many of these images bring you a further behind the scenes look at some of our stories in this issue, as well as adventures that our staff embarked upon during the summer months. Enjoy!

1. Piper Ramsey, 6, breaks a plate in classic greek restaurant style with Topher Hartfield, the manager at Taverna. 2. Forty-eight delicious gelato flavors are set on an angle in the display case at Sammy Q's Gelato Land. Customers can satisfy their sweet tooth with a combination of whichever three gelato flavors their hearts desire. 3. In Montrose, Colo., an old door stands open for who ever dares to venture into the house that has been abandoned for over 50 years.





4. A perfect Colorado sunset blends together with the melodies of Thievery Corporation who played at Red Rocks Amphitheatre in Morrison, Colo. Aug. 14. 5. The perfect push-up is now easy to achieve with this panoramic photo how-to from Chase Baker. 6. Missing your favorite movie on the big screen is no longer an issue with recording systems on your very own TV! 7. The Seaman Reservoir creates a calm, grand reflection of the environment around it in August. 8. Roulette, popular in many casinos, was Kelly Sterner's game of choice on her lucky 21st birthday. 9. Red tester bottles filled with unique blends of raspberry sugar and Saigon cinnamon line the shelves at Old Town Spice Shop on Linden St. 10. The sun sets over the New York skyline as Kate Wilson brings another day of her summer internship to a close. 11. An old shoe and multiple 1950s television antennas lay on the floor of an old barn, put together to create something a little unusual.





## the godbey family spices up old town

**W**alking into Old Town Spice Shop is like stepping into grandma's kitchen—in heaven. The walls are painted a warm-welcome gold and wooden shelves extend their arms, begging you to try a taste from their bright red “tester” bottles.

Sean Godbey, along with his brother, mother and father, acted on an impulse last October when they opened the shop—and nearly a year later, they couldn't be happier with the results.

Q: How did you get the idea for the shop?

A: It was actually my brother's idea. He had been to a couple spice shops before and thought that Fort Collins would just thrive with it. He did some of the research and decided yes, let's go look at it. He discussed it with my parents and the three of them did the research and decided that it was a viable concept.

Q: This only took 65 days to get up and running?

A: From when we decided yes, let's move forward and do this, this space was coming up for rent. We decided we liked the space so we put in an application. It ended up that was late October, so we thought if we were going to be in the space we might as well be open for December. We opened in 60-some days.

Q: It looks like you have a large selection. How did you get all of the supplies that you needed in that short amount of time?

A: A lot of research. We all had our areas that we were working toward. My brother focused on the build out, my parents focused on finding wholesalers for the jars and tins, spices and everything like that, and I worried more about pricing structure, labeling, branding the company and marketing. My dad and mom owned a retail store in Phoenix before the kids were born. They both have retail experience and business-ownership experience. My brother has started businesses and he has more of the entrepreneurial spirit. I worked for a church for eight years and was more of the operations side of it. It really worked out well—each of us having our own emphasis.

Q: How has this shop impacted your life?

A: Owning a shop is different. Being a business owner is about being able to take on whatever role is needed.

Q: You didn't want to go into franchise?

A: We actually looked at numerous franchises all over the United States and what it boiled down to is that we didn't want to have to be told what to do. We wanted to be able to have somebody come in and say, “I have this great idea for this blend!” And then we can say, “Awesome, let's see how it turns out!”

Q: How does it feel to be locally owned and in Fort Collins?

A: People love it. Fort Collins is very much about locally owned businesses. It's nice to be that independent, family-owned business. My brother and I were born in Phoenix, but we were brought here when we were infants, essentially. We're about as local as you can get without being a local. We've been here since 1985.

Q: Can you tell me a bit about the spices and products you have to offer?

A: Yes! We have probably upward of 170 spices, most of which we try to get whole and then we break them down fresh in-store. That allows for more freshness. That also allows us to mix our own blends. Our list of blends is always growing—we probably add five to 10 a month. Some of them are customer-initiated. We did a contest where we had people input their blends and we had a couple winners there.

Q: Do you have any crazy/exotic blends?

A: Exotic to me means international. I've traveled quite a bit and there are definitely blends that I've never experienced before. There is one blend that we came up with ourselves that is sort of unique. It's a steak rub that has chicory, cinnamon and chili powders, so you get the coffee flavors and then the heat from the chili.



Q: What is your favorite?

A: For me, it really depends on what I'm cooking. My wife and I, we grill a lot so I love a lot of our grilling blends, I love our salts and I love making my own blends. At home, I like heat, so I love our chilies. And we carry the whole range of chilies, everything from Anaheim, which are not very hot, to ghost chilies which are the hottest chilies of all.

Q: How does fresh compare to whatever else you can find?

A: You will really notice a difference. If you were to open up your spice cabinet and grab any spice, there is a good chance that if you were to compare it side-to-side with what I can give you, there would be a huge difference. There are a lot of reasons for that. I only buy from high-quality vendors and growers and importers. There's quality there initially. If you buy at one of the grocery stores, it gets ground down, broken down, shipped to a warehouse, sits in the warehouse, shipped to a store, sits in a store and then finally gets to your table. By then it's been four or five months. Most ground spices, they're best when used within six months. When it's a ground spice like that, of course you can still use it for longer than that, but it's not going to have the same amount of flavor.

Q: If someone were totally new to your shop, what would you say they have to see first?

A: I think what sets us apart from a lot of spice shops are three things. That is the amount of salt we have. Most spice shops will have a dozen or so salts. We have over 50. The next would be the gourmet sugars. Most spice shops have one or two, like vanilla sugar and that kind of thing. We have sweet onion sugar, raspberry sugar, dark cocoa sugar and there's just such a large variety, and they're just fun to taste because you get a lot of flavor. And the teas—we have a large selection of teas from black, green, herbals, chai, rooibos, mate, etc. So those are all really fantastic.



# Build Your Own FroYo Creation

## indulge your sweet tooth without the calories



Everyone has a sweet tooth, right? Well mine definitely grew when I came to college. With late-night cookies and dorm ice cream, how could it not? I discovered a little secret to cut calories and indulge my super-sweet side.

Not only is frozen yogurt a great way to avoid consuming too many calories, but it is inexpensive and fun to go out and do with friends. Since most shops sell their frozen yogurt by the ounce, you can get as much or as little as you are craving. My roommate and I hit the ground running for our favorite spot the second we got back from summer break.

In Fort Collins there are five fantastic froyo spots. Three are within walking distance of campus and the others are right on route of the buses.

### mahalo

Price: 39 cents/ounce  
1109 W. Elizabeth St.  
Hours: Mon – Sat 11 a.m. – 11 p.m.,  
Sun 12 p.m. – 11 p.m.  
970.449.4460  
[mahaloyogurt.com](http://mahaloyogurt.com)

Closest to campus, Mahalo is a Hawaiian-themed, self-serve yogurt shop that is locally owned and operated. Enjoy a variety of combinations with their eight rotating flavors, and be sure to make it your own creation with their 35 available toppings.

### maiberry

Price: 42 cents/ounce  
236 College Ave.  
Hours: Mon – Fri 11 a.m. – 10 p.m.,  
Sat - Sun 11 a.m. – 11 p.m.  
970.631.8414  
[maiberry.com](http://maiberry.com)

Located right on College Avenue in Old Town, Maiberry offers a different approach to the froyo appeal. Originating in Boulder, Maiberry makes their yogurt with a nonfat Greek-style yogurt base in their licensed organic dairy. Their yogurt has a different flavor that will chill the taste buds.

### cool berry

Price: 41 cents/ounce  
238 E. Harmony Rd., Suite D10  
Hours: Sun – Thu 11 a.m. – 10 p.m.  
Fri – Sat 11 a.m. – 11 p.m.  
970.226.0910

Located across town on East Harmony, Cool Berry is a family-oriented froyo shop. This shop features a flat screen that plays Disney movies and offers frequent-buyer cards.

### spooners

Price: 43 cents/ounce  
2720 Council Tree Ave., Suite 166  
Hours: 10 a.m. – 11 p.m. daily  
970.797.2105  
[spoonersfroyo.com](http://spoonersfroyo.com)

Spooners is the farthest froyo shop from campus, but offers the largest amount of flavors. So if you just want to get away from campus and have tons of flavors to choose from, this is the place to go.

### golden spoon

Price: From \$1.90  
1335 Elizabeth St., Suite 130  
Hours: 10:30 a.m. – 10 p.m. daily  
970.682.1038

Golden Spoon is a larger franchise, and offers a full-service counter where you can order your froyo rather than make it yourself.

by jessica fish

## Tired, Poor and Trying

how to stay healthy on a college student's budget and schedule

**A**s a college student, it can be hard to stay healthy with little budget and no time, but it is not impossible.

According to the United Health Foundation's state rankings, Colorado is the state that struggles the least with obesity, with only 18.9 percent of its population falling within the obese category. Fort Collins comes in as Colorado's third healthiest city, in Gallup-Healthway's Well-Being Index Survey.

Some would say it is because of the city's easy access to hiking routes and an extensive number of bike paths, but experts say motivation is what keeps people healthy and what college students are lacking when dealing with their health.

Being a part of Colorado State University is a great benefit to students because they have free access to the newly renovated gym, weight lifting and cardio equipment,



swimming pool, athletic courts and workout classes. Bringing friends or making friends on a regular basis is one of the best ways to stay motivated and accountable. Getting into a routine is also key. It's easier to go to the gym if it is a habit.

"Working out by yourself can be pretty difficult. I highly recommend finding a workout partner to maximize your program," said Tom Holland, an exercise physiologist, in an excerpt from his new book, "Beat the Gym: Personal Trainer Secrets without the Personal Trainer Price Tag." Holland says that workout buddies help with companionship, competition, motivation and spotting.

Students can get motivated and plugged in by enrolling in intramural sports. It's a less competitive and less expensive option compared to a school team, but the team spirit is a great motivator to stay active.

In addition, buying ingredients and making food instead of package meals is a good way to get the needed elements to a healthy diet without the extra fat, chemicals, sugar, calories or carbohydrates.

Couponing is a great idea for saving a few bucks when buying your own food. With so many restaurants and stores competing, if students want healthy options, they are out there. Some restaurants offer healthy menus so people can ask for vegetarian, low-fat or sugar-free options.

Cheryl Forberg, R.D. and "Biggest Loser" nutritionist, says that when you eat out you should, "Be assertive when exploring the menu. Ask your server how items are prepared (fried? steamed? sautéed?). Don't be afraid to request that your chicken, fish and/or vegetables are prepared without added oil. Ask to have them baked, broiled or grilled."



One of the real issues with eating during college has less to do with the *what* and more to do with *how much*. College students eat at weird times because they work at weird times and they get hungry. However, the Health Research Foundation discovered in a study that the timing of food really does impact the eater's health.

Even if students have classes all day or are up late into the night, scheduling when they eat can help them not get hungry later and binge. It allows time for people to make healthier choices. So pack food to snack on in classes, or take your homework into the dining center for lunch.

As mentioned before, the biggest struggle with college students health isn't that there are no options; it is that people need to be motivated. The best way to do that is to make a plan, get others involved, set goals and follow through!



by kristin hall

# Midnight Munchies



*should we really indulge in a fourth meal?*

**T**he late evening hours have been put on a dietary pedestal, labeled the golden hours that could make or break a healthy day. With all that pressure on a few hours, the question remains: When it's late and your stomach is rumbling and the all-night doughnut shop down the street is calling your name, should you eat?

Melissa Wdowik, Ph.D, a research associate for the Colorado State University Department of Food Science and Human Nutrition, says although there is no magi-

cal time to stop eating, studies have shown a need to let food digest before falling asleep. Wdowik suggests eating one hour before bed and avoiding large meals or snacks high in fat.

Eating in smaller portions at night is important because too much food can leave you digesting for several hours after you go to bed. This could prevent you from falling asleep as quickly or cause you to wake up in the middle of the night.

The Mayo Clinic suggests eating snacks that fall into at least one of three categories.

Fruits and vegetables are always considered an acceptable before-bedtime snack. With very low fat and natural sugar content, they are an exceptional choice for those seeking weight loss.

Foods that are high in complex carbohydrates, such as brown rice, oatmeal or granola, will boost levels of serotonin, a chemical in your brain that produces a calming effect and will be especially useful when trying to fall asleep.

Foods rich in tryptophan, the chemical responsible for the Thanksgiving turkey coma, will also aid sleep by boosting the level of serotonin and melatonin, a sleep-inducing hormone. But if you're not craving turkey, try other proteins such as chicken, tuna or soybeans.

Some things to avoid include caffeine and alcohol. Even if you need a quick lift while studying, keep in mind it takes at least six hours for the effects of caffeine to fully wear off. And although that glass or two of wine before bed may make you feel sleepy initially, it will prevent you from sleeping deeply and cause you to wake up in the middle of the night, ultimately robbing you of quality sleep.

"A realistic approach is to tune in to hunger and fullness and eat mindfully so that when dinner is over, they are satisfied both physically and mentally," Wdowik says. "It is the mindless nighttime eating when someone is not really hungry that is problematic."



by allison lecain

# GO GREEK!

## FOCO BECOMES THE SCENE FOR FOREIGN FOODS

**E**xcitement fills the air as plates shatter against the wall and the servers dance around the restaurant. Flames fly high on a plate of cheese being held right above the table, making any guest feel like they are enjoying a unique dining experience.

This is the atmosphere at one of Fort Collins' newest Greek restaurants, Taverna. Manager Topher Hartfield said Greek culture inspires the environment of this restaurant, displaying a positive mindset by entertaining their guests with unique food, music and dancing.

Owner Ryan Rezinis first opened Taverna in Flagstaff, Ariz. Hartfield said Fort Collins was their next choice for location because of the strong culinary scene the city provides.

"People here have an understanding of quality food as well as quality

service," Hartfield said. "He found the right fit here, and Fort Collins has been so very gracious with our opening."

In addition to Taverna, Fort Collins is the home for other Greek restaurants, such as Cafe Athens and Renzios. Both Taverna and Cafe Athens are semi-casual restaurants and Renzios is a quick food stop located in the Foothills Fashion Mall.

Hartfield said Taverna stands out from the other Greek restaurants in town by offering a culturally rich environment. In the evening, the employees celebrate by throwing plates at the walls and dancing. This occurs almost every hour on the hour because guests routinely ask for it.

"The culture really has to do with fresh food and the mentality that we have," Hartfield said. "We are really

just one giant family, and we are all here for our guests."

Colorado State University sophomore Lauren Hajnos said that Fort Collins seems to have a lot of diverse restaurants, and Greek food is a great one to add to the list. While she has not been to Taverna yet, she said the atmosphere they provide sounds exciting.

"It's unique – you don't normally go to a restaurant where they are smashing plates," Hajnos said. "It's something new that will attract people because it's not the norm."

### WHERE TO 'GO GREEK' IN FORT COLLINS

- ♦ **TAVERNA**  
4235 S. COLLEGE AVE. |  
970.266.1798
- ♦ **CAFE ATHENS**  
2842 COUNCIL TREE AVE.  
970.232.9084
- ♦ **RENZIOS**  
215 E. FOOTHILLS PARKWAY  
970.282.8818



Dolmades, which are a combination of delicious herb-seasoned ground beef and rice, delicately wrapped in grape leaves. The wraps are then topped with a creamy lemon sauce. Yum!

## The One Stop Shop

Noodle your way into a three-course meal

**G**oing off to college means two things: you no longer have homemade meals and your parents are no longer there to nag you about your eating habits.

As a college student, one can always use a few tips on saving money, and what better way to do so than to create your own healthy, quick and easy, low-cost meals?

As a dorm room favorite, ramen noodles are the universal meal. So take a tip from the book "Fun with Ramen Noodles," and have fun with noodles by using it for this three-course meal.

### Appetizer: Southwestern Salad

#### Ingredients:

2 hearts of Romaine lettuce, cut crosswise into 1/2 inch thick strips  
1 cup frozen corn, thawed  
1 cup halved cherry tomatoes  
8 ounces cooked boneless skinless chicken breast, diced  
1 ripe avocado, diced  
1 red bell pepper, diced  
1 can (about 15 ounces) black beans, rinsed and drained

\* Discard seasoning packet!

#### Instructions:

1. Combine Romaine, corn, tomatoes, chicken, avocado, bell pepper and black beans in large bowl; toss well.
2. Whisk shallot, lime juice, honey, oil, salt, black pepper and cilantro in medium bowl. Add to salad mixture; toss to coat. Sprinkle with noodles

Makes 4 to 6 servings

#### Dressing:

1 1/2 tablespoons minced shallot  
1/4 cup lime juice  
2 teaspoons honey  
1/3 cup olive oil  
1/2 teaspoon kosher salt  
1/4 teaspoon black pepper  
2 tablespoons finely chopped fresh cilantro (optional)  
1 package (3 ounces) ramen noodles, any flavor, broken into small pieces

From the Kitchen of College Avenue

### Main Course: Chicken Pesto Salad

#### Ingredients:

1 package (3 ounces) ramen noodles, any flavor, broken into 4 large chunks  
1 cup chopped cooked chicken  
1/2 cup halved grape tomatoes  
1/4 cup slivered or finely chopped carrots  
1 to 2 tablespoons prepared pesto  
Salt and black pepper

\*Discard seasoning packet

#### Instructions:

1. Bring water to a boil in medium saucepan. Boil noodles 2 minutes. Drain and rinse with cold water.
2. Combine noodles, chicken, tomatoes, carrots, and pesto in large bowl: toss to coat. Season with salt and pepper

Makes 2 servings

From the Kitchen of College Avenue



### Dessert: Open-Faced "S'Mores"

#### Ingredients:

- 1 package (3 ounces) ramen noodles, any flavor
- 2 chocolate bars (1.5 ounces each), broken into sections
- 4 large marshmallows, halved

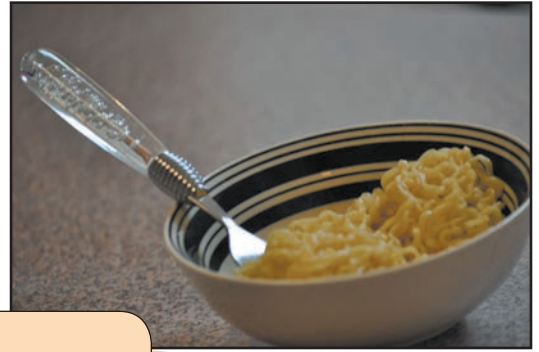
\*Discard seasoning packet

#### Instructions:

1. Cut noodles in half horizontally with serrated knife, to make 2 squares. Cut each square in half crosswise, making 4 rectangles in total.
2. Divide chocolate pieces evenly over each rectangle. Heat in microwave on HIGH 10 seconds. Continue to microwave at 10 second intervals until chocolate just begins to melt.
3. Top each noodle square with 2 halves of marshmallows. Return to microwave 15 seconds or until marshmallows are puffed.

Makes 4 S'mores

From the Kitchen of College Avenue



Source: Fun with Ramen Noodles, Vol.1, No. 17/ Best Recipes Presents ed. USA: Publications International, Ltd., 2011

## Mug Shot!

**N**eed a quick sugar fix for all those late nights of studying? This mug brownie recipe is the perfect snack to cure your study blues. All you need is a coffee mug and your microwave. Not only that, but you can have the whole thing prepared in just five minutes! So grab a mug and dig right in!

### Brownie in a Cup

#### Ingredients:

- A large coffee mug
- 4 tablespoons flour
- 4 tablespoons sugar
- 2 tablespoons cocoa
- 1 egg
- 3 tablespoons milk
- 3 tablespoons oil
- A splash of vanilla extract
- 3 tablespoons chocolate chips (optional)

#### Instructions:

1. Combine dry ingredients in mug
2. Add the egg and stir
3. Pour in milk and oil, mix
4. Add chocolate chips and vanilla extract, mix
5. Microwave for 3 minutes
6. Allow to cool for 2 minutes then tip out onto plate
7. For a finishing touch add your favorite ice cream and enjoy!



From the Kitchen of College Avenue

# Running with Scissors

| by kelly sterner

## GETTIN' LUCKY

a blackhawk guide to luck



**F**rank Sinatra crooned “luck be a lady tonight.” Luck, you don’t have to be a lady every night, but once in a while would be nice.

I’ve been told I’m fairly unlucky. More times than not, situations do not end favorably when good fortune is a factor. For example, snow days get called after I’ve already bundled up and braved the frostbite to go to my morning classes.

According to the article “How to Get Lucky,” by Richard Wiseman from Reader’s Digest Magazine, there is scientific proof that people can make their own breaks by following a few principles like, “seizing chance opportunities; creating self-fulfilling prophecies through positive expectations;

and adopting a resilient attitude that turns bad luck around.”

I went into my 21st birthday with a positive attitude. I could picture hitting the jackpot in Blackhawk and later rolling in my riches scattered around the floor, as all movies imply we should do. However, I think luck could smell my half-empty glass of pessimism lurking close behind, so she took a lunch break.

My first stop was Fortune Valley Casino. The security guard who carded me told me that I could get a complimentary, light up, “I’m 21” lei if I showed my ID to the cashier. They no longer carry these.

I wondered why the lady looked at me funny when I asked for my 21st birthday lei.

I continued on to play roulette, the only game I understood enough to play at a table. I placed my big-spender dollar on the number 21. It only seemed fitting. When the ball was done clicking its way around the roulette wheel, I did a double take.

I won a 35-to-one payout! Then the fire alarm in the casino went off. I’ve heard of bells and whistles when you win, but this was unique.

We headed to four other casinos and my luck waivered for the next three hours. This is where my first piece of advice fits in.

#1: Learn the ins and outs of more than one game so that you can have a variety of chances. A change of scenery provides more opportunities.

By the end of the day I was only down \$12, had to pay for my first birthday drink in the land of free drinks, had four neon wristbands on my arm and two stamps on my hand to show I was 21, and I had been carded seven times. I think the eyes in the sky at the casinos had me profiled as a teeny bopper. But I’d say it was a pretty good day.

Advice #2: Go with your gut feeling and don’t try to reason out luck. People who chant “winner, winner, chicken dinner” never hit it big, except in the movies. Reciting silent gambler’s prayers into your Alabama Slammer doesn’t work. Trust me.

And finally—

#3: Don’t expect to win. The only way to have luck is to not rely on it.

“Unlucky people miss chance opportunities because they’re too busy looking for something else,” wrote Wiseman. “Lucky people see what is there rather than just what they’re looking for.”

We can’t all be lucky like Rusty Griswold and put in a quarter and win a car. That’s why there’s a buffet – to deliciously make up for your losses with all-you-can-eat crab legs.

Stay classy, Lady Luck. No more of this unladylike behavior.



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Colorado State University



# Beer Gelato

NOT YOUR GRANDPA'S



**O**atmeal stout with oatmeal cookie dough gelato sounds like every savory beer lovers dream come true. The recently opened gelato shop in town, Sammy Q's Gelatoland, on the corner of Laporte and College avenues, offers a handful of unique beer gelatos that even the under-21 crowd can hop over to and try.

According to the staff at Sammy Q's, the gelato is made with real beer, not just beer flavoring. Sound like a bunch of hot air? Well actually, there's less. One of the biggest differences between beer gelato, or gelato in general, and regular ice cream, is the air content.

"Gelato is similar to ice cream, but it has less air whipped into it, so it's richer, thicker and creamier," said Kelsey Scott, a junior at Colorado State University who

works at Sammy Q's.

Sammy Q's doesn't make any of their gelato in-house; rather they snag their custom orders from Palazzolo's Gelato in Fennville, Mich. Pete Palazzolo, creator of Palazzolo Gelato, confirms Scott's reasoning.

"Most American brands of bulk ice cream and consumer-packed ice cream range from 60 percent to 120 percent overrun," said Palazzolo in his online blog. "Overrun is the trade term for the amount of air whipped into the product. One hundred percent overrun is 50 percent air."

That means when you buy gelato, you're really getting more for your money because of its density. So what makes beer gelato different than regular ice cream?

"Gelato should be under 20 percent overrun and keeping with tradition, it should be flavored from actual ingredients like strawberries or nuts, not from flavorings," said Palazzolo in his blog. "As the gelato industry grows, we are seeing many misconceptions. One is that gelato is fat-free. I find this one really silly since it is after all, frozen dairy."

Owner of Sammy Q's, Kim Stiner, agreed that while beer gelato may not be healthier than regular ice cream, it offers those who enjoy it a true beer experience.



“I think that a lot of people in this day and age all want to indulge and have their treats,” said Stiner. “If they can choose real ingredients over fake, then why not? This gelato doesn’t use any mixes, PreGels or preservatives. We only use fresh ingredients.”

However, beer lovers beware – Sammy Q’s doesn’t offer their coveted beer gelato on a regular basis. With 48 flavors on any given day, they like to give out what people are asking for most, so you’ll have to grab it while it’s hot – or cold for that matter.

“When people come in, they’re really excited about it,” said Katherine Metoyer, CSU junior who also works at Sammy Q’s. “But no one has come in and asked for Fat Tire or anything.”



**Are you curious about the nutritional information for beer gelato? So were we!**



Flavor	Serve Size	Calories	Total Fat	Trans Fat	Sodium
Irish Stout	4 oz	140	8g	0g	45mg
Oatmeal Stout	4 oz	180	9g	0g	40mg



## WHAT YOUR BOOZE SAYS ABOUT YOU

1) After a long night of drinking, where do you wake up the next morning?

- A. Tom's bed? Jessica's? No, I mean...who are you?
- B. A friend's couch, anywhere else is unsanitary.
- C. The sidewalk outside of my favorite bar

2) What color is most appealing for a drink?

- A. Murky
- B. Clear
- C. Blue

3) What is your current ringtone?

- A. LMFAO
- B. Beethoven
- C. Kenny Rogers

4) What does your drink choice say about your gender?

- A. I don't care, it gets me drunk.
- B. I drink girly booze.
- C. I drink beer. That's it.

5) What makes a nice garnish on a mixed drink?

- A. Olives
- B. My pinky finger in the air!
- C. A rubber drink koozie

6) So you're an ice cube. How would you like to melt?

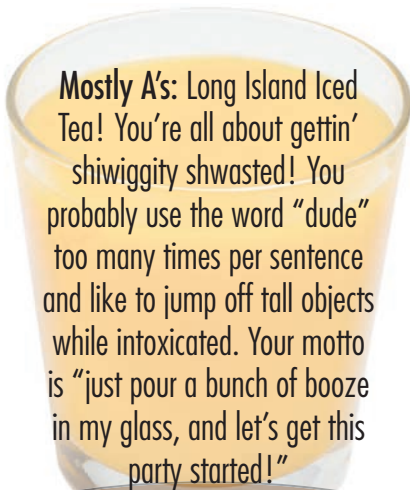
- A. In a cup of vodka
- B. Slowly, in a glass of fine imported vodka
- C. On the dance floor

7) What do you leave the bartender for a tip?

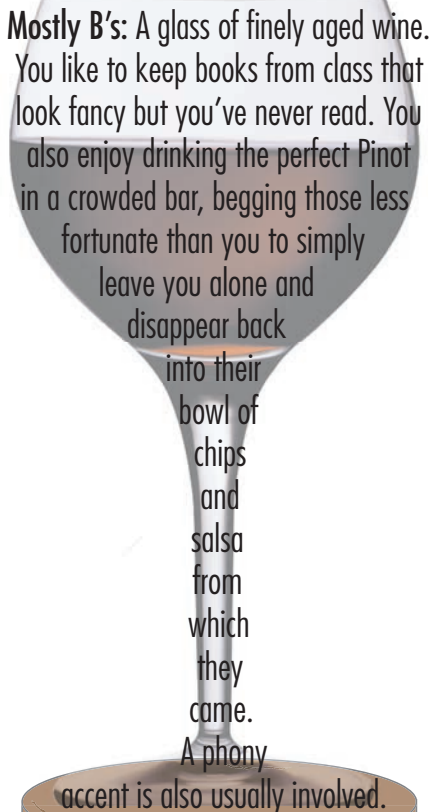
- A. What's a "tip"?
- B. A few bucks
- C. My number

8) What is your favorite pick-up line?

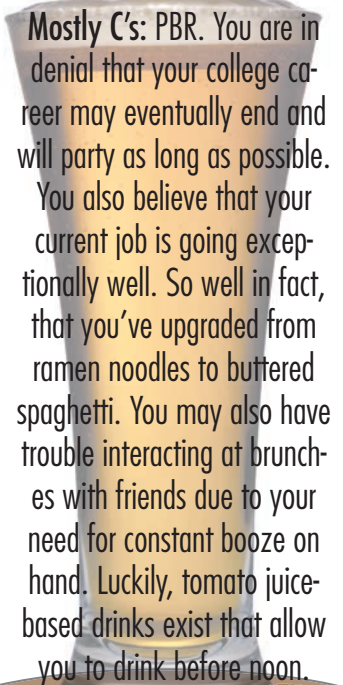
- A. How YOU doin'?
- B. Do you come here often?
- C. I could get lost in your eyes.



**Mostly A's:** Long Island Iced Tea! You're all about gettin' shiwigity shwasted! You probably use the word "dude" too many times per sentence and like to jump off tall objects while intoxicated. Your motto is "just pour a bunch of booze in my glass, and let's get this party started!"



**Mostly B's:** A glass of finely aged wine. You like to keep books from class that look fancy but you've never read. You also enjoy drinking the perfect Pinot in a crowded bar, begging those less fortunate than you to simply leave you alone and disappear back into their bowl of chips and salsa from which they came. A phony accent is also usually involved.



**Mostly C's:** PBR. You are in denial that your college career may eventually end and will party as long as possible. You also believe that your current job is going exceptionally well. So well in fact, that you've upgraded from ramen noodles to buttered spaghetti. You may also have trouble interacting at brunches with friends due to your need for constant booze on hand. Luckily, tomato juice-based drinks exist that allow you to drink before noon.



This is a tree



This is a urinal

**DUH.**  
**KNOW THE DIFFERENCE.**



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