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College Avenue

volume three: issue four summer 2008

health & body image

gyms

find the best workout for you,
on and off campus

relaxation techniques

different ways to relax both
physically and mentally

anorexia

a reporter tells of her
personal battle with ed

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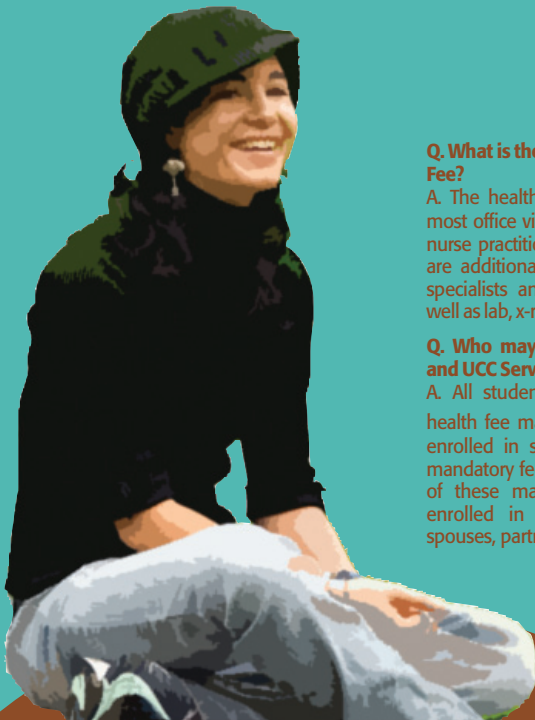
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Common Questions and Answers

Q. What is the Health and counseling Fee?

A. The health fee covers the cost of most office visits with staff physicians, nurse practitioners, and nurses. There are additional charges for visits with specialists and specialty services, as well as lab, x-ray, and pharmacy.

Q. Who may use Hartshorn Health and UCC Services?

A. All students who have paid the health fee may utilize HHS. Students enrolled in six or more credits pay mandatory fees. The health fee is part of these mandatory fees. Students enrolled in five or fewer credits, spouses, partners, and dependents do

not pay mandatory fees and may choose to pay the fee on a semester basis, or pay for services rendered at HHS.

Q. Who has access to medical and counseling records?

A. Your records are strictly confidential and will not be released to your family, other departments on campus, outside physicians, insurance companies, or attorneys without your written permission.

Q. Should I have health insurance?

A. CSU recommends that all students have health insurance. An optional

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Q. Can I use The HHS even if I do not purchase CSU health insurance?

A. Yes, all fee paying students are eligible to use the HHS regardless of whether they have CSU health insurance, other health insurance, or even if they do not have insurance. HHS is the primary care provider for CSU students and their families.

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separating juicy myths from solid facts

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letter from the editor



As we count the days until finals are over, I am reminding my staff to look back on this year and remember all that we have accomplished. We have faced many obstacles, big and small, but in the end, we have surpassed them all. Success.

Like our readers, we have struggled to attend class, over-committed ourselves and procrastinated on completing homework. We can recall the dreaded first day back from every break and the agonizing thought that school would never end.

Well Rams, we have all made it through yet another year and the celebration can begin! Some of you may be heading off for 14 weeks of summer fun while others are anxiously awaiting your first day on the job. Whether you are a freshman, senior or somewhere in between, you have all accomplished so much in this past year. Be proud.

During my two years at CSU, I have been thankful for every opportunity given to me. I have been able to further my knowledge and skills in areas I never considered before coming to this campus.

Words of wisdom that have helped me succeed: Take life as it comes and go through each day with an even stride. You will be thankful later when you think about the time you spent here at CSU.

When I leave and hand over my title to the new editor, Makayla, I will walk away with a sigh of relief, knowing that this publication is in great hands and will only get better as time goes on. Our passion is to give you, our reader, an amazing product to be proud of and stories that will continue to intrigue you for years to come.

Thank you for your lasting support and dedicated readership. I am so very proud of my staff for all they've done to give you exceptional content – thank you for making this a fabulous year to be editor. Good luck to everyone in your future endeavors and remember to spread the word about College Avenue. Look for us again in the fall, but always feel free to e-mail or call to let us know what you think and what you would like to see on our pages.

With sincere appreciation,

A handwritten signature in black ink that reads "Stephanie Gerlach". The signature is fluid and cursive, with the first letters of the first and last names being capitalized and prominent.

Stephanie Gerlach

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College Avenue

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.

corrections

in volume 3 issue 3, the table of contents pointed to page 17 as our emo culture story; however, that story is only found in our online edition. *College Avenue* apologizes for the error.

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 katie stevens, design by makayla braden

College Avenue is published by Student Media
Lory Student Center
Fort Collins, CO 80523
(970) 491-1687

College Avenue is a student-run magazine intended as a public forum. *College Avenue* is published by the Board of Student Communication at Colorado State University. *College Avenue* is a complimentary publication for the Fort Collins community. The first copy is free and additional copies are \$1 each, payable to the Student Media business office. Advertising inquiries, corrections and letters to the editor should be submitted to the executive editor at csumag@lamar.colostate.edu. The contents of this publication are copyrighted and may not be reproduced without prior permission of the Board of Student Communication.

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Life with Ed

my struggle with disordered eating

I thought I was normal.

I woke up before daylight and ran eight miles. I ate fewer calories everyday, and counted every one of them. I ran another hour at the gym after class. I constantly looked at myself in the mirror, seeing only the little fat left on my tired body. My clothes sagged off my gaunt figure – hiding the sharp bones increasingly protruding.

With each notch the scale went down, I felt a sick satisfaction that somehow, what I was doing was worth it.

And I thought I was normal.

An eating disorder never goes away. Nicknamed “Ed” by my dietician, my disorder has been with me since I was a sophomore in high school. He provides me with a sense of comfort. Ed is always there, and I can fall back on him whenever everyone else has failed me.

He’d kill me if I gave him the chance. And the sad thing is, I almost did.

I am one of the 24 million in this country, according to the Alliance for Eating Disorders Awareness, who suffer from disordered eating.

But I am lucky.

Many disordered eaters never recover. Nearly 50,000 will become so consumed by Ed and his impossible ideals that they will suffer their entire lives, until he finally cuts them short.

I had to choose between death by Ed or life without him.

And I chose to live.

But loosening his deathly grip is the hardest thing I have ever done.

getting introduced to ed

I can’t pinpoint exactly how it started.

I remember being self-conscious in middle school, becoming aware that I wasn’t skinny like the girls I saw on TV or read about in Teen People.

I was never fat, but that’s how I felt.

High school brought little change. My friends were growing apart, my family was fighting and school was getting harder.

My life felt out of my control.

But my body wasn’t.

It started as a simple diet. I was going to cut back on sugar and fat and exercise more. I started running, eating more salads and drinking Diet Coke.

“It’s part of our culture to want to be thin,” said Susan MacQuiddy, a psychologist at the University Counseling Center, who has worked at the counseling center with eating disorders for 25 years. “A number of people use it as a coping device. It can start as a harmless diet.”

But my diet proved to be far from harmless.

I became obsessive about reading nutrition facts and ingredients, counting the grams of fat, carbs and sugar and adding them up in my head to make sure I never exceeded my daily quota - which became smaller and smaller as time went on.

The feedback I got was initially positive.

The “you look great” or “you’ve lost weights” fueled my fire, and

as my pant size decreased, my hopes grew.

The model-thin body was no longer impossible. “One more pound,” I kept saying, and then I’ll stop.

But I couldn’t.

Instead of feeling freed by my new figure, I was becoming enslaved to it. My habits had become a strict routine that I had to abide by.

Each cookie or french fry I succumbed to left me guilt ridden. I worried that if I let these moments of weakness happen I would be fat again. And fat was evil, ugly and wrong.

Normal after school activities were replaced by solo runs. There was no time for shopping, sports or clubs; I had to work out.

Lunchtime was full of excuses about “eating a big breakfast” and became an hour to dread. I allotted myself nothing but salad and fat-free dressing during family dinners.

Which were usually followed by guilt and sit-ups in the basement for dessert.

Restaurants were out of the question. Just being around fast food made me nervous, afraid I would falter and give in to my hunger.

I became consumed by my “diet,” and the inability to break my routine left me isolated and alone.

But that didn’t matter.

I always had Ed.

entering ed's world

My drastic weight loss did not go unnoticed.

Many chalked it up to growing out of my “baby fat” or blamed it on the running, which most assumed was a healthy change.

“She’s just more active,” my mom thought, afraid to consider anything else.

But I hadn’t just lost weight.

My friends had grown frustrated with my obsession with weight, my elusive behavior after school and secrecy around meals.

Even when I found the time for them, my body was so weak from the lack of fuel that I found little energy to do much more than hang out.



maggie canty, junior journalism major, struggled with disordered eating in high school.

▶ photo by liffany cassidy

“Once they get started, eating disorders can take on a life of their own,” said Chris Bauchman, a registered dietician specializing in eating disorders at Hartshorn Health Services. “Sufferers have disproportionate thoughts about food, weight and body. They isolate themselves and miss out on life.”

Many of my friends gave-up.

It didn’t bother me. With Ed, I had all the company I needed.

When confronted about my b eating habits or my exercise obsession, I would grow uncomfortable and annoyed.

I was in denial.

“Coming to terms with the issue is often the hardest part,” Bauchman said. “Denial is usually really strong, and most can’t recover without help.”

“My friends don’t know what it’s like to be fat,” I told myself. “They just don’t want me to look better than them. This is normal for a girl like me. My life is better this way.”

Thoughts like this would plague my mind, keeping my diet on track.

But my diet had become my life and this track was leading me deeper and deeper into a hole.

And I would need serious help getting out.

acknowledging ed

On the last day of school before summer, my best friend Laura and I always went to the “beach” – a nearby lake surrounded by sand. It was a place to celebrate the end of school, relax, tan and sink our teeth into the freedom that the upcoming summer had finally offered.

But this year was different.

I was a sophomore, 5-foot-6 and 100 pounds, down from my previous weight of 135.

I looked awful.

Sporting a purple bikini and a huge smile, I followed Laura into the icy cold water, feeling attractive in my new figure.

Until one comment made me reevaluate my entire lifestyle.

“Don’t you just wanna give some girls a chocolate bar?”

Innocently whispered from a group of giggling girls behind me, the words struck me like a slap in the face.

I looked down and saw my body as it really was for the first time since I met Ed. My extra small suit sagged off my pale skin. My bones, sharp and sore from sitting on them all day, were protruding out from every gangly angle. My hair had thinned, my eye sockets were deep and shadowed and my body had eaten away my former C cups to the size of a training bra.

I was undernourished and it showed.

At Wendy’s on the way home, I ordered a kids meal, the first fast food I had eaten in a year.

I picked at the food the entire ride home, tearing apart french fries and chicken nuggets into little pieces, allowing my growling stomach tiny bites to quiet down.

I knew I was sick. But I didn’t know how to get better.

ed's damage is done

Driven by the comment at the lake, I decided for the first time I might need help.

"Mom, I think something is wrong. I'm really skinny," I casually said that evening.

On the inside, I was screaming in desperation, muffled by Ed's hand smothering my mouth.

A doctor's exam revealed that my extreme dieting had slowed my metabolism, lowered my blood pressure and weakened my heart. My body had lowered its estrogen production (I hadn't had my period in a year) and I faced possible serious bone loss. I had lost fat padding on my butt and limbs and had almost no breasts.

My body was eating itself to stay alive.

"Our primary worry with people who suffer from disordered eating is the heart," said Dr. Mary Higgins, a physician at Heartshorn Health Services who works with eating disorder patients. "Severe undernourishment can cause it to thin, and it may not regain its strength. There can also be fertility problems and bone loss."

The reality of what I was doing began to sink in, and I knew it was time to change.

walking away from ed

After opening up to my mom, we decided together that professional help wasn't necessary as long as I took the right steps to improve.

Under her careful watch, I began working more food into my diet.

"Recovery doesn't happen over night," Bauchman said. "You have to be willing to do the work and honor the fact that it's a process. It's a journey, and you've got to get back on the horse."

At first, each meal was a struggle. I hated finishing things, and when I did, feelings of guilt would overtake me. I would compensate by running more or skipping meals when I wasn't around my mom.

But over time, I began to make slow improvements. I noticed that when I ate more, I had more energy. I could go out, have fun and not constantly be thinking about food and weight.

I could be normal.

Encouraged by a teacher, I joined the cross-country team and discovered that often the more I ate, the better I performed.

The combination of my success as a runner and support from friends helped me see food for what it really is – fuel. But my work was far from done.

forever with ed

The problem with having an eating disorder is that no matter how much improvement you make, you're never completely over it.

"You can be 100 percent away from following your behavior, but still think about it," MacQuiddy said. "It's familiar to you. It'd be rare to never have the same feelings again."

I've made Ed a home in my head, and he isn't going anywhere anytime soon. But now I can choose whether or not to listen to him.

Which is harder than it might sound.

I relapsed my freshman year of college, using my eating disorder as a coping device for being away from home. Ed was a familiar face in a dorm full of strangers, and I found comfort in his routine ways.

But this time, I knew what I was doing. And I knew I needed help.

After professional counseling, doctor's visits and meetings with a specialist dietician, I relearned how to eat. Again.

Like a spoon-fed baby, I ate up information and guidance on my disorder, and began applying it to my own life.

And the help I have received has been invaluable.

ed spreads

My story is far from unique. Eating disorders are rampant on college campuses everywhere, with 90 percent of sufferers being between the ages of 12 and 25, according to the Alliance for Eating Disorders Awareness.

CSU is no exception.

A study done in 2000 found two-fifths of the 550 people seen in the University Counseling Center have suffered from some form of "disordered eating," which includes anorexia nervosa, bulimia nervosa, extreme dieting, restricting of foods, obsessive exercising and purging.

But there is help.

"CSU offers several ways to receive treatment, including working with a dietician, a psychotherapist and sometimes a group," Higgins said. "I often prescribe anti-depressants to help with the obsessive behavior."

And I am walking proof that recovery is real.

"I would really encourage you, if you have any concerns, to seek help, whether medical or psychological," Higgins said. "We can do a lot of good. In some cases, we can save lives."

living ed free

Since my relapse freshman year, I am the most recovered I have ever been and my love for eating hasn't stopped growing. As a junior journalism major, I write a weekly food culture column for The Rocky Mountain Collegian and live the fullest I have since developing my disorder.

I cook, I bake and most importantly, I eat.

And when Ed tries to talk to me, I'm pretty good about telling him to shut up. ■ Ca

normal eating

*eat when you are hungry and continue eating until you are satisfied.

*choose food you like and truly get enough of it – don't just stop because you think you should.

*use moderate constraint in your food selection to get the right food, but don't be so restrictive that you miss out on pleasurable foods.

-university counseling center, www.counseling.colostate.edu



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Fad Dieting

the facts behind the hype

It seems like every time you pick up a magazine or turn on the TV, the issue of weight appears. Ads for weight loss pills, plans and programs are commonplace. Promises like “Lose 10 pounds in one week! Eat what you want and lose weight!” pop up almost every commercial break and full-page “before and after” photos of men and women in swimsuits appear in a multitude of magazines. Diets are even becoming popularized through the media. With so much scrutiny on size, some people dismiss healthy eating habits and turn to fad diets in an attempt to drop pounds quickly.

Most fad diets include promises of drastic weight loss in a short amount of time and specify what foods are “good” and “bad.” Fad diets usually have periods of popularity and then the hype usually fades when people cannot maintain the results. The problem with fad diets is they don’t provide balanced nutrition and are not sustainable over long periods. Here, we break down three kinds of fad diets according to everydiet.org and separate the myths from the facts.

low-carb diets

the claim: Carbohydrates are the body’s main source of energy. Cutting them out causes the body to use a different source of energy. Stored body fat is the next source, so by eliminating carbs, the body burns fat. Diets like Atkins and The Zone limit carbs to easily shed pounds. Foods that are high in carbohydrates include breads, grains, pastas, starchy vegetables like potatoes and corn, processed foods and anything that contains a large amount of flour.

atkins:

Developed by Dr. Robert C. Atkins in 1972, this diet has four phases that limit the intake of carbs. Phase one eliminates virtually all carbohydrate rich food, which causes the body to enter the metabolic stage of ketosis, the process of using fat as the main source of energy. Phase two slowly adds carbs by adding vegetables to the diet. Phases three and four are maintenance phases. Someone on the Atkins diet can eat from 20 to 40 grams of unrefined carbohydrates a day. The recommended daily amount is 80 to 100 grams.

zone:

Created by Dr. Barry Seals in 2002, this diet focuses on nutrition

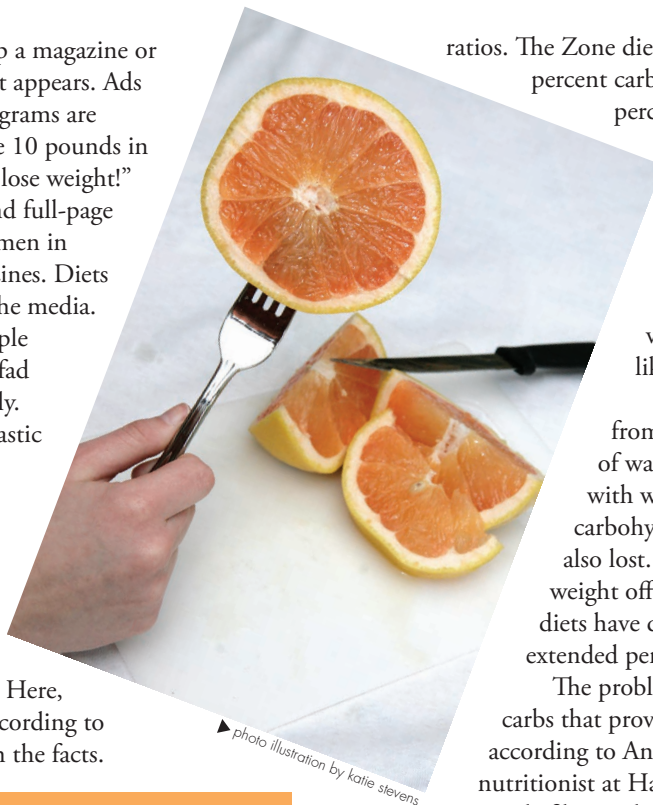


photo illustration by katie stevens

ratios. The Zone diet requires meals to consist of 40 percent carbohydrates, 30 percent protein and 30 percent fats. The Zone also limits calories to 1,200 per day, as opposed to the 1,600 to 1,800 recommended by healthcentral.com. A typical meal that meets the 40:30:30 ratio fills a plate with one-third low-fat protein, two-thirds with fruits and vegetables, and a dash of healthy fat, like olive oil or guacamole.

the truth: Weight loss that occurs from low-carb diets is probably the loss of water weight. Carbohydrates are stored with water, and by depleting the level of carbohydrates in the body, water weight is also lost. This is not a sustainable way to keep weight off. Many people who go on low-carb diets have difficulty maintaining their weight for extended periods of time.

The problem with these diets is they ignore good carbs that provide essential vitamins and minerals, according to Angela Bryant, registered dietician and nutritionist at Hartshorn Health Services. Whole grains provide fiber and energy, and other healthy carbohydrate-rich foods include fruits, yogurt and milk.

“Carbs should be a staple of our diet and make up about 55 to 60 percent of calorie intake,” said Bryant, adding that since carbs are the main source of energy, cutting them out can cause lethargic feelings.

liquid diets

the claim: Stop eating and start drinking to lost weight. By replacing all meals with juices, pounds drop quickly while the body still gets nutrients from whatever kind of juice is consumed. Some juices cleanse the body of toxins, like the Master Cleanse and others drastically reduce calorie intake, like the Hollywood Diet. When on a liquid diet, no food is allowed.

master cleanse:

The Master Cleanse, also known as the Lemonade Diet, was developed by Stanley Burroughs as a way to flush toxins out of the body in order to be healthier and to lose extra weight. This diet requires strong will since the only thing that can be consumed is a mixture of fresh lemon or lime juice, organic maple syrup and

cayenne pepper, as well as salt water and herbal laxative tea. To experience detoxification benefits it is recommended that people follow the diet for a minimum of 10 days, but no more than 40.

hollywood diet:

This diet claims that drinking the “Hollywood 48-Hour Miracle” juice can cause 10 pounds of weight loss in two days, increase energy levels and stop junk food cravings. The drink is 100 percent natural and has a special blend of essential fruits, vitamins, minerals, antioxidants and essential oils. The supposed miracle drink costs \$18 per 32 ounce bottle, but since it is replacing food for two days, most people buy more than one to maintain energy and avoid hunger pangs.

the truth: Plain and simple, liquid diets are unsustainable weight loss plans. While it is possible to see results, it is most likely due to the loss of water weight. Dropping pounds from water weight is different than fat loss. Water weight is easily regained while losing fat keeps off extra pounds long term.

“It is not realistic to lose 10 pounds of fat in just two days,” said Bryant. “Diets that claim high amounts of weight loss in a short period of time probably depend on the loss of water weight.”

It is also unsafe to restrict calories as drastically as liquid diets require.

“What most people don’t know is that cutting back calories to that extreme puts the body in starvation mode,” added Bryant. When in starvation mode, the body protects its fat storage and begins using lean muscle or tissue to provide calories and energy, leading to muscle loss and a slowed metabolism.

single food diets

the claim: Certain “power foods” have the ability to cause rapid weight loss, like grapefruits or cabbage soup. When on a single food diet, someone can eat as much or as little as they want, as long as it is the same kind of food. Eating one kind of food is easier on the digestive system than eating varied meals. By eating the same food each day, calorie intake is reduced.

cabbage soup diet:

The cabbage soup diet is a low-fat, high-fiber diet that claims weight loss of up to 10 pounds in one week by drastically cutting calories. Supposedly, the more soup you eat, the more weight you lose. The diet is not meant for long term use; instead it is used to quickly lose weight and jump start other diet plans.

grapefruit diet:

It is a common misconception that this diet requires people to eat only grapefruit. This is not the case. The idea is that eating half a grapefruit before each meal will release fat-burning enzymes and boost metabolism. While dieters on this plan are allowed to eat other foods, the daily calorie intake is limited to only 800 - less than half of the daily required amount. The grapefruit diet is recommended for 12 days, in which up to 10 pounds can be lost.

the truth: Eating the same thing every day deprives the body of essential nutrients.

“There is not one ‘magic food’ that gives our body everything it needs,” said Kerry Jacques, research associate and instructor in the Department of Health and Exercise Science. “If it sounds too good to be true, it probably is. We get bored eating the same thing over and over, which causes cravings to kick in.”

Instead of having one staple food in a diet, it is important to eat balanced, varied meals.

“Our bodies weren’t built for this kind of stuff,” said Dr. Matt Hickey, director of the Human Performance Clinical Research Lab in the Department of Health and Exercise Science. “It is better to take a whole foods approach,” he said.

Eating minimally-processed foods, like a whole apple rather than sugary apple sauce or fresh vegetables as opposed to frozen, has many health benefits.

“There’s no question that high fructose, preservatives and dyes [in foods] can take their toll,” Hickey said. Avoiding processed, sugary foods and eating a variety of whole, healthy foods is more effective than a single food diet.

The key to healthy weight loss is to think of it as a lifestyle change, not a diet, Bryant said.

“It’s something we need to do forever,” she said. ■ Ca

how to spot a fad diet

- recommendations that promise a quick fix
- claims that sound too good to be true
- lists of “good” and “bad” foods
- dramatic statements that are refuted by reputable scientific organizations
- recommendations made to help sell a product
- recommendations based on a single study, or studies published without review by other researchers
- required elimination one or more of the five food groups

-information courtesy of everydiet.org

Color Your Diet

all foods fit

It doesn't have to be complicated or come at a high price. Staying healthy can be easy and satisfying. Whether it is losing, gaining or maintaining weight, those who want to stay healthy need to have the fundamental basics instead of conforming to societal demands.

Even though our current society seems to dictate what the appropriate "look" is, what really matters is that each person does what is best for himself or herself by eating right and exercising. In doing so, people should remember it is not about measuring themselves against others, since these images can be fueled by the diet crazes of the moment and the celebrities who endorse them. So why is it that with all of the "normal" people and advertising, a growing population in the U.S. is becoming overweight instead of trying to convert to the skinnier image? According to the Weight-Control Information Network (WIN) Web site, about 66 percent of the American adult population is overweight or obese.

All it takes to avoid becoming a part of this statistic are a few habits that will have you eating and exercising right, and being happy with your body.

plate it right

The old-American tradition of sitting at the table and serving up a plateful of meat is no more. Now, according to the American Institute for Cancer Research Web site, you want to "aim for meals made up of two-thirds vegetables, fruits, whole grains or beans and one-third animal protein." This constitutes the new-American plate of food that anyone can have to eat healthy.

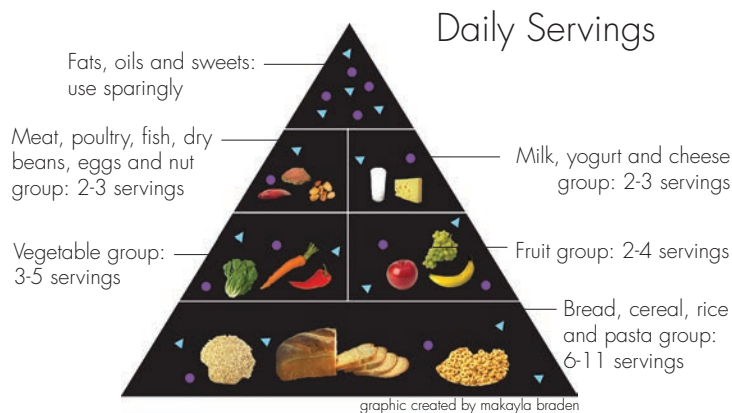
The three main things that should be on a typical plate are carbohydrates, vegetables and fruit, and protein. According to Melissa Wdowik, the director of the new Nutrition Center located in the Gifford building, your plate should focus on color.

"Think color," said Wdowik in an e-mail interview. "If you try to incorporate a variety of colors into your day; you will need to eat fruits and veggies along with grains and proteins."

Wdowik said the easiest way for students to accomplish this is by planning ahead: make meals the night before, prepare a grocery list and stick with a planned menu. This also helps when trying to figure out what to eat in between meals.

"Stick to a variety of easy meal ingredients," Wdowik said. "This is so you can have on hand what you need to eat a quick breakfast, pack an easy lunch and come home for a quick dinner, rather than eating chips because it's easy."

Jessica Malone, a senior food science and human nutrition major, said that learning how to control what you eat in other environments is also beneficial. As part of a project she recently worked on, Malone



found that portion control is essential to weight loss.

"Restaurant portions are out of control," she said in an e-mail interview. "Splitting with a friend or asking for a to-go box makes a difference."

crave it right

With drive-thru restaurants and self-checkout lanes at super markets, it is easy to fall victim to those high-fat and sugar cravings the instant they hit. For students on the go, having a few tips about healthy snacking and curbing cravings will keep you on a healthy track.

Having a late night bowl of ice cream is one thing, but what happens when that little craving turns into constant snacking? Anyone can have cravings, but it's about managing what you eat. According to WebMD.com, "the minutes spent perusing fast-food or vending machine options could be used toward time to visit the grocery store," and that means having healthier options when it comes down to snack time.

Instead of vending machines and processed food, healthier snacks will help to curb cravings. Wdowik said fruit is the simplest answer, but in order for students to keep snacking right, they need to "think outside the box." She suggests incorporating two or more food groups, such as pita bread and hummus or fruit with string cheese.

Malone, who works with the registered dieticians at Hartshorn Health Services, suggests sticking to certain groups, where you focus on just grains or fruits or dairy, and then adding from there. If snacks can be incorporated with a healthier meal plan, then even the busiest students will be more awake, attentive and better set for long days.

eat it right

Students come in a variety of body types, with different shapes and metabolisms, so taking care of their bodies are based on their individual circumstances. With hundreds of ways to lose weight, students can find it hard to know how to eat healthy and exercise just

enough without causing their bodies to starve.

Every person needs to eat differently; WebMD.com pointed out that “hunger and appetite are body signals that tell you how much to eat. These signals can be influenced by your environment or ignored for short periods of time. However, they are powerful hormonal drives, and trying to ignore them for a long period of time (as in dieting behavior) can cause you to become obsessed with food,” and in some cases, your weight.

“Skipping meals is just bad,” Wdowik said. “It slows metabolism, memory and concentration and causes (students) to overeat once they do eat.”

Since students spend their college years in the fast lane, it can be especially difficult to find the time to eat and get a bit of exercise in, but listening to their body is the most important thing, Wdowik said.

“This may seem obvious, but students just react to hunger by grabbing fast food or whatever is left in the fridge,” she added. “People just need to learn to respond to hunger and fullness in their body and let that guide them.”

To stay healthy, it is about tying all of the right facts together. Learning how to eat the right amount food is essential, and everything else plays into portions, from snacks to cravings to not eating, it depends upon what each individual does. Malone’s biggest piece of advice is:

“Stop dieting. Listen to your body and don’t be afraid to eat all types of food in moderation. All foods fit.” ■ Ca

proper eating portions

- **chopped vegetables:** 1/2 cup
- **raw leafy vegetables:** 1 cup
- **fresh fruit:** 1 medium piece or 1/2 cup chopped
- **dried fruit:** 1/4 cup
- **pasta, rice and cooked cereal:** 1/2 cup
- **ready-to-eat cereal:** 1 oz., which varies from 1/2 cup to 1 1/4 cup
- **meat, poultry and seafood:** 3 oz. (boneless cooked weight) from 4 oz. raw
- **dried beans:** 1/2 cup cooked
- **nuts:** 1/2 cup
- **cheese:** 1 1/2 oz. (2 oz. if processed cheese)

- information courtesy www.aicr.org (American Institute for Cancer Research)



old american plate



better plate



new american plate



▶ photo courtesy of kori l. propst

emotional eating: discover the role of food in your life

by kori l. propst, ms, lpc; wellness consultant and licensed professional counselor

Our emotions play a significant role in our food choices. Think about how often you would go to grandma and grandpa’s house, and your favorite snack would be waiting for you. Food was associated with love! I can recall visiting my grandparents and always making a cake. Every dinner was followed with a huge slice. Grandma would always have Ritz crackers with salmon-flavored cream cheese waiting for me, and open-faced avocado sandwiches with the toast dripping with butter. These are wonderful memories, and it’s not difficult to drift back to those moments... associating those foods with comfort. And I may eat just to soothe myself and avoid an uncomfortable feeling. Have you been there?

Emotional eating is common. Let’s start there. I have plenty of clients who engage in mindless noshing during anxiety ridden situations, when they are feeling angry, sad, bored, or even scared. The biggest problem—they are physically and psychologically unhealthy because of these habits. Understand that it’s natural to engage in eating in certain situations not because you are hungry but because it’s circumstantial, let’s call it. For example, you attend a wedding and have a piece of cake, or you are out with friends and you have a few bites of the appetizer while you’re socializing. When you begin to feel at the mercy of food, however, and eating becomes automatic when difficult emotions arise, then it has become problematic. In other words, emotional eating can be viewed on a continuum. Most often my clients do not realize what they are doing until we start to break down the process of their eating and identify when their eating occurs and under what circumstances. We work to increase their awareness of when they are putting food into their mouths, and more importantly, practice understanding themselves and their emotions in order to develop more productive coping skills!

**editors note: kori was formerly the trainer for the editor of this magazine.*

**to read the rest of this emotional eating article,
visit collegeave.colostate.edu**

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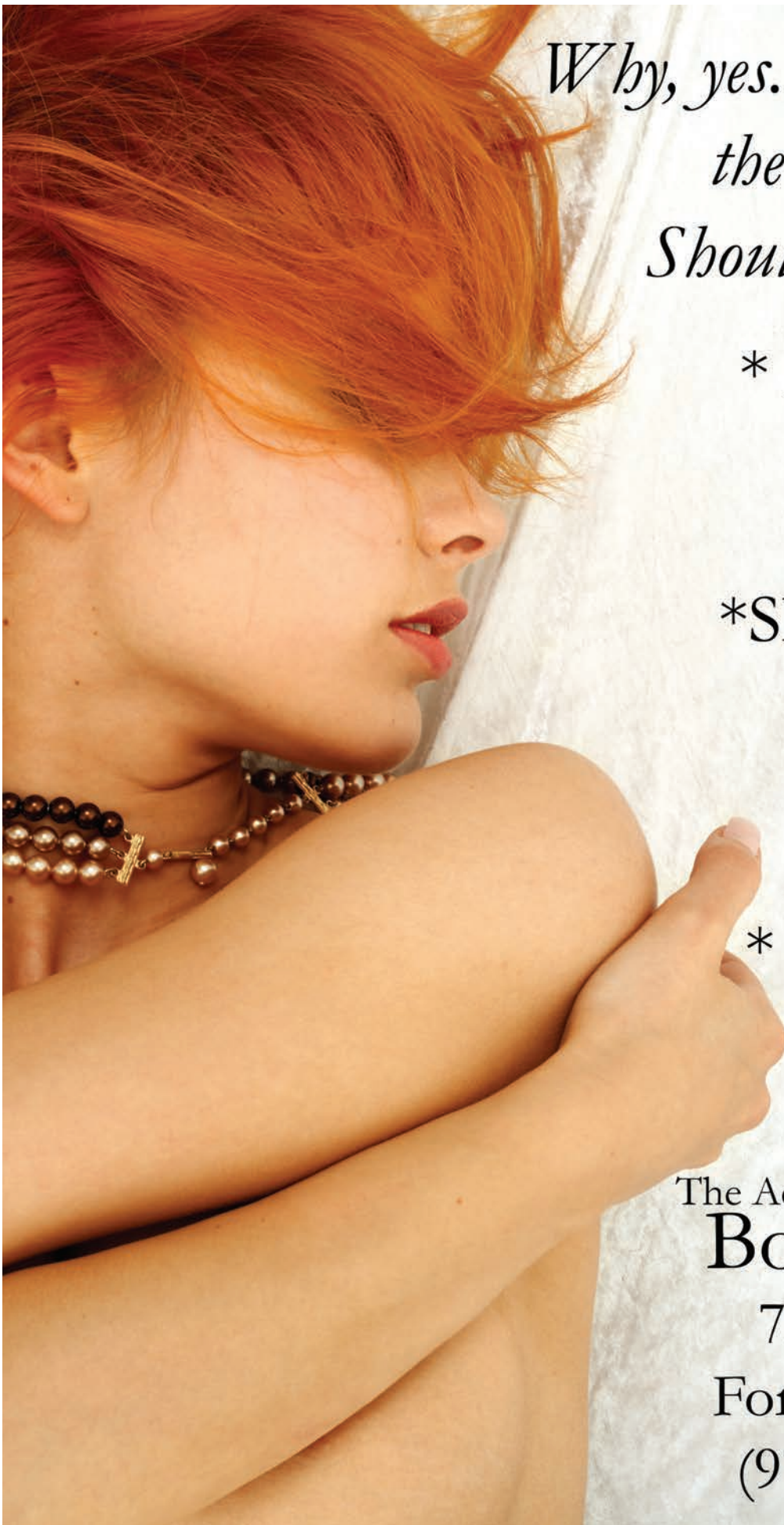
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A woman with vibrant red hair is shown in profile, looking down and to the right. She is wearing a multi-strand pearl necklace. Her right hand is raised, with her index finger pointing towards the text on the right side of the image. The background is a light, textured surface.

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Healthy Weight Gain

a different take on body image

Obesity has increasingly become a hot topic in American culture, resulting in much more emphasis on weight loss rather than weight gain. This makes it easy to forget about those who are trying to gain weight because they are too thin, for medical purposes or for athletics.

According to Jason Vasa, general manager of the GNC in the Harmony Shopping Center peer pressure is one of the main reasons for attempted weight gain.

“Whether it be in the gym, playing a sport or hanging out with friends, there is always the pressure of being compared to the next guy,” he said. “And if you’re not bigger, better or stronger, you might feel insecure.”

Vasa said that the largest demographic that comes into the store looking for weight-gain supplements are males between the ages of 13 and 25 who are generally underweight. While being underweight is one of the reasons for looking to put on a few pounds, another area that has a great focus on weight and body maintenance is that of body building.

One of the diet supplements that is prevalent in the body building world is Creatine. Creatine is a substance that is on the low end of muscle enhancement where as steroids would be on the high end. Creatine is not a steroid but rather a volumizing muscle supplement that works by rapidly increasing body mass almost exclusively due to the movement of water from the blood stream into skeletal muscle, according to creatinemonohydrate.net. Although risks from Creatine are generally low, they include gastrointestinal distress, stomach cramps, nausea, diarrhea, muscle strains, cramps and tears. It is currently one of the most used muscle enhancement supplements for



▶ photo illustration by brandon iwamoto

those looking to improve their appearance and physique.

Fort Collins resident Betsy Jiron participates in competitions that place a great deal of importance on weight and strength. The 32-year-old uses muscle enhancement supplements to help improve her ability.

“I pop Creatine like Tic-Tacs,” she said. “I’ve never experienced any side effects except for the desired effect of the substance.”

Jiron also uses Whey protein, which can be effective in building lean muscle while helping increase energy levels. It can come in a powder form that can be mixed into liquids. Jiron’s preference is the chocolate-flavored type in whole milk.

While Jiron doesn’t participate in body building events, she does compete in physique and fitness competitions.

“It’s basically a Barbie doll show where all of the contestants have very lean body mass,” she said. “They still take a lot of work, training and discipline, but I have a blast doing them.” Before

every competition, all contestants are required to take a drug test 24 hours prior to competing in order to test for steroids, which are not allowed.

The spunky 5-foot-3-inch, 109 pound single mother of three boys puts a great deal of time and effort into training for these competitions, and maintaining her body mass and weight as well. She is in the gym constantly and completes a vigorous workout three times per week that includes weight lifting, cardio and muscle-isolated exercises to improve strength. While she tries to maintain a healthy diet as well, she said as a working mother of three, life can get hectic and

does not always allow for the healthiest meals. However, she said it's never really been a problem because of one reason in particular:

"I got lucky. I have a really high metabolism," Jiron said as she sipped her Starbucks venti caramel macchiato with whipped cream and caramel sauce.

Jiron competed in her first physique and fitness competition in Aug. 2007 and took third place. She is happy with her placement, however, she believes that she should have placed higher.

"I have 14 tattoos and when you're standing on stage in front of a panel of judges, they're not exactly easy to hide," she said. "I tried to cover them up with tattoo-covering make-up but some of them are too difficult to cover completely, and for every visible tattoo the judges take a certain amount of points off of your total score."

Constant training is necessary, but she really focuses on her diet and exercise about a month prior to the competition by cutting out all sugars and breads and increases her protein intake. It's a difficult process and takes a great deal of perseverance and will-power, but there are perks during competition time.

"The morning of the competition you can eat all of the peanut butter cups you could ever possibly want," Jiron said. "That's my favorite part."

Becoming involved in weight lifting and physical fitness goes back to Jiron's childhood roots.

Growing up, Jiron's dad was a body builder who pushed his kids to be in top physical shape. Jiron participated in basketball, free-style wrestling and boxing for training and endurance purposes.

"I was basically born in a gym and I've been training my whole life," she said. "I'm now doing it for myself and my own fitness, but it's really all I know."

Her dad even went so far as to build a complex gym in their home so he could monitor their workout routines and the frequency they did them.

Now that Jiron is a mother herself, she tries to instill good eating and exercise habits into her sons without the added pressures of excessively working out and improving their bodies.

"My kids are punk skateboarders," she said. "I don't want to pressure them the way that I was pressured; I want them to do what makes them happy."

Zeke Rhodes, a junior pre-med student, got into weight lifting when he was a freshman at Malone College in Canton, Ohio, which eventually led to his current hobby of body building.

"I've been lifting for a long time and this was just something I wanted to try," he said. "It's a great stress-reliever for me, too."

The 23-year-old native of Kenya believes exclusively in diet and exercise and that the results can be achieved without the aid of weight gain products or diet supplements.

"My theory is that you can gain weight just as effectively and healthier if you stick to natural sources," he said.

And naturally is exactly how to explain his diet and exercise routines.

Rhodes' diet consists of 10 eggs per day, as well as one serving of beef, a portion of veggies, fruits and protein or calorie drinks. Exercise is also very important to him; lifting for nine to 10 years, Rhodes has found workout routines that suit his body and achieve his desired results.

"I've come to the conclusion that high-intensity workouts are the most effective over a short amount of time, especially for improving strength and weight control," he said.

Not only does he participate in body building for personal reasons, Rhodes additionally draws from his spirituality as a source of strength and motivation.

"My goal is to make my body as good as God gave me the ability to make it," he said. "This is my test; it's my experiment with my body."

At a current 195 pounds, sticking to his natural methods has proved successful. Rhodes has taken first and second place in

body building competitions, which he participates in "just for the fun of it." Even with the pressures of the body building world to be the biggest and strongest, Rhodes has never taken muscle enhancements or diet supplements in order to improve his performance.

"There's nothing wrong with taking it," Rhodes said. "Users just need to be weary how it's affecting their body."

Diet and exercise vary from person to person and involve trial and error to determine what works best for individual needs based on fitness and health goals. There are thousands of diet supplements and ability enhancers on the market; however, some can be dangerous and individuals looking to use them should research the product and talk with a nutritionist or health specialist first. Although supplements may give an extra boost and improve results, they shouldn't be exclusively relied upon, whether looking to gain weight, lose weight, increase energy or increase muscle mass.

"Anything that's good in life takes work," Rhodes said. "There are no shortcuts." ■ Ca

*"whether it be in the gym,
playing a sport or hanging out
with friends, there is always
the pressure of being compared
to the next guy."*

*- jason vasa, general manager of the gnc in the
harmony shopping center*

Outdoor Essentials

staying safe in the sun



photo illustration by katie stevens

The warm sunshine and gorgeous Colorado weather is drawing you outdoors. Before you set off to the lake or on a hike through the park, these suggestions from Dr. Kathy Waller of Hartshorn Health Services will help you put together the ultimate “beach bag” to keep you safe and healthy during day trips in our area.

include these essentials in all of your beach bags:

- Sunscreen to protect the skin from damage, especially if you are in or around water because it reflects the sun’s rays
- Sunglasses with approved UVA and UVB protection to prevent long-term damage to the eyes
- Water to stay hydrated
- Healthy snacks like granola bars, fruits and vegetables, string cheese, nuts or trail mix

hiking in lory state park requires a few more items:

- First aid kit in case of injury (*see First Aid Kit)
- Toilet paper
- Insect repellent that will guard against ticks and mosquitoes

- Sturdy hiking boots because they protect your ankles better than tennis shoes and much better than sandals
- A light poncho (or even a large garbage sack) in case of afternoon rain showers
- Layered clothing can be very beneficial, even during a short hike, since the temperature can change drastically
- A whistle, a map of the park, a small flashlight and a few matches in a waterproof container can help if you get lost
- Duct tape wrapped around your water bottle a few times and a few safety pins – it’s amazing what you can do with them in an emergency situation, like repair a hole in your backpack, water bottle or poncho, tape a sprained ankle, cover a blister or remove splinters

add these items if you’re going to a rockies game:

- Bug spray to prevent mosquito bites
- A hat to further protect your eyes and face from the sun
- A light jacket and rain gear if you’re not sure about the weather

these items are a good addition if you are boating on horsetooth reservoir:

- Life jackets for every person on the boat
- Mosquito repellent
- A first aid kit *
- Sandals or flip flops to prevent injuries from stepping on sharp rocks or broken glass in the sand
- Leave the alcohol at home – while it may be tempting, avoid it because alcohol impairs judgment and leads to increased risk for accidents like drowning and drunken driving

you’ll also want to take this stuff along if you’re mountain biking up poudre canyon:

- A good helmet
- Insect repellent
- Light rain gear and jacket since Colorado weather is unpredictable
- A small first aid kit *
- Spare tubes and other equipment that might be needed for repairs
- Duct tape around the water bottle

and a few safety pins are also good for mountain biking emergencies – like “buddy splinting” sprained fingers or toes together, making a gurney to carry an injured person or making a sling with a T-shirt

include these if you go fishing on the river:

- Good insect repellent since mosquitoes and ticks like bodies of water
- Hand sanitizer
- A small first aid kit in case you catch yourself on a hook *
- Good shoes and waders if you want to use them

don't forget these items at water world:

- Flip flops or water shoes since the cement can get very hot
- An attachment for your sunglasses to keep them from flying away
- Outside food and drinks – but Water World only allows original containers (no filled water bottles from home) and no glass

*first aid kit suggested by american red cross:

- Ace wrap
- Bandages
- Antibiotic ointment
- Antiseptic wipes
- Gauze
- Adhesive tape
- Hand sanitizer
- Acetaminophen or ibuprofen
- Tweezers
- Prescribed medicines, including allergy medications
- Instant cold compress
- Sterile gloves ■ Ca



spf guide

☀ when should people wear sunscreen? is it always necessary?

People should wear sunscreen whenever they are outside for more than a few minutes. Even on cloudy days, sun damage can occur because the sun reflects off water, snow, sand and cement. While people with darker or olive colored skin will not burn as easily as those with fair skin, the sun exposure to their skin can still have damaging effects.

☀ what is spf?

SPF means “Sun Protection Factor” and is a rating factor calculated by comparing the amount of time needed to produce a sunburn on protected skin to the amount of time needed to cause a sunburn on unprotected skin. Therefore, it refers to the product’s ability to block out the harmful rays of the sun (although it refers only to UVB rays). For example, if you have medium to fair skin and would usually sunburn after two to three hours in the sun, it would theoretically take 10 to 15 hours to sunburn if you applied SPF 5.

☀ how does sunscreen work?

Sunscreen forms a barrier on the skin’s surface. The ingredients reflect and scatter UV radiation as well as absorb the radiation and dissipate it as heat.

☀ do people in colorado need to be more cautious outdoors than other places?

Yes, the sun’s ultraviolet rays are more intense at higher altitudes, so sunburn and skin damage can occur more easily. We also need to be sure to protect our eyes with sunglasses, because UVA and UVB rays can also cause long term damage to the eyes, including macular degeneration.

☀ how often do you need to reapply sunscreen?

The American Academy of Dermatologists recommends that sunscreen be reapplied at least every two to three hours and after swimming or sweating since the sunscreen is washed off the skin.. Beware of products that claim to be waterproof or extended “all day” protection; they still need reapplication as well.

☀ what should people look for when buying sunscreen? is one spf better than another?

Experts recommend sunscreen of 15 to 30 that includes both UVA and UVB protection. Sunscreens above 30 do not give much increased protection. People with fair skin should use SPF 25 to 30, while darker skinned individuals would do fine with SPF 15 to 25.

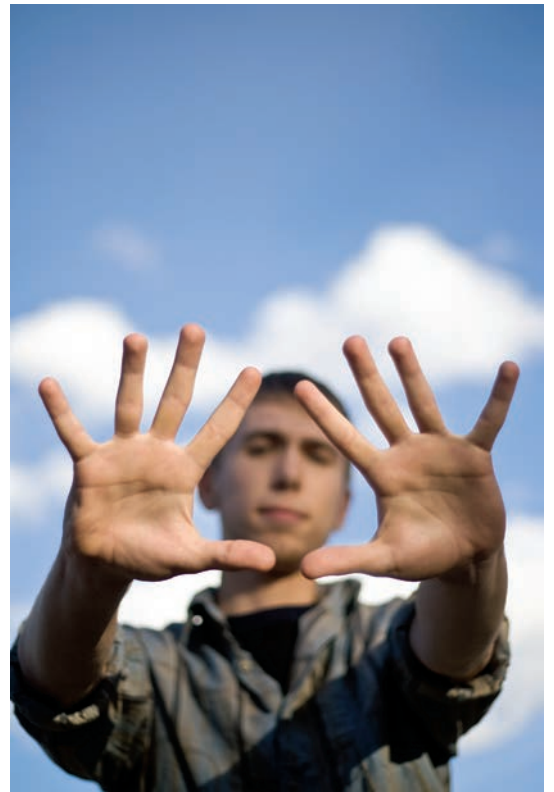
☀ what can happen if people don't wear sunscreen?

Of course, without sunscreen, a painful sunburn can result from prolonged sun exposure. Sunburns cause damage to the skin cells, which can lead to skin cancer later in life. The “tan” that we think makes people look “healthy” really indicates that their skin is damaged. Skin cancer is the leading type of cancer in the United States, and the number one environmental cause is sun exposure. Besides cancer, long term effects of sun exposure also include premature wrinkles and leathery skin.

- dr. kathy waller of hartshorn health services provided the answers to this spf guide.



"my favorite part of my body is my left leg because it allows me to do the captain pose." - james richards, a sophomore business and music major



"i like my hands because thats how i do my job; i draw and do all sorts of prints, basically that's how i get around." - sean kasa, a sophomore art major

love thy body

photos by katie stevens and brandon iwamoto



"my eyes because people tell me they have a gold center and blue outline." - allison bruhl a freshman open option major



"i like my feet the most because they are strong, hold me up and get me to where i need to go." - christina ricklefs, a sophomore sports medicine major



"i'm proud to be a woman, and my breasts are a very feminine feature." - sarah hamilton, a sophomore apparel production major

"my favorite part of my body is my eyes because that's what gets the most compliments." -chad price, a sophomore biology major



"(i like) my scar, i got it from snowboarding, which i really like to do." - eddy tang, a freshman open option major



"my bicep because i work on it hours and hours a day...just the one." - nikki brooks, a sophomore health and exercise science major



"i like my beard, because it distinguishes me from the rest of the crowd."
- patrick piche, a junior chemical engineering major

Male Body Image

distorted views can affect everyone



estimates show as many as 1 million men and boys in the united states are affected by eating disorders. ▶ photo illustration by katie stevens

In a society dominated by images of the perfect body and unrealistic standards for beauty, many people become dissatisfied with their looks and strive for unattainable appearances. Combined with psychological and biological factors, the most dramatic cases can lead to eating disorders.

Often thought of as a “woman’s issue,” many people forget about the men who are obsessed with body image and suffer from eating disorders. The National Eating Disorders Association estimates 10 percent of people with eating disorders are males, which is about 500,000 to 1 million boys and men in the United States.

Dr. Steve Ross, a clinical psychologist with the University Counseling Center (UCC) at CSU, said the number of men with eating disorders is rising.

“It’s a cohort that’s growing for men and women. It’s a disease that’s not going away. If anything, it’s escalating as far as the numbers

go,” Ross said.

Clinically defined, there are three types of eating disorders: Anorexia nervosa is a disorder in which people refuse to eat; people with bulimia nervosa eat large quantities of food in short periods of time and purge the food with compensatory behavior such as vomiting, laxatives, exercise or diuretics; other people suffer from binge eating disorder, which is similar to bulimia, but there is no compensatory behavior.

Dr. Danielle Oakley, a clinical psychologist at the UCC, said few people meet the clinical classifications for eating disorders, but there are a lot of people who have “disordered eating.”

“It’s something that is very common on campus,” she said. “Approximately 80 percent of college students meet criteria for some type of disordered eating.” This means people may skip meals, over exercise or vomit every now and again, but their behaviors don’t meet the criteria for an eating disorder.

Perhaps one reason there are fewer men than women with eating disorders is that men have traditionally had other avenues besides their looks upon which to base their self-perceptions.

“Men are usually praised for wealth and power in society and women for their beauty and what size they are, so I think it will probably always be more of a female issue,” Oakley said. However, both doctors agree that men have become more focused on how they look as a result of media representations emphasizing male body image and the perfect male body.

Ryan Kahanu, a junior health and exercise science major, said in an e-mail interview that he also thinks the media have an affect on body image and persuade guys, as well as girls, to look perfect. Although he does not have an eating disorder, he said he can see how TV and magazine images can influence the disorders.

There is evidence that the pressures to have a certain body type are influencing men. In 2006, the North American Journal of Psychology found men’s body satisfaction decreases as they are exposed to advertisements depicting muscular male models. The ads they used are similar to those seen in magazines like Men’s Health.

This obsession with muscular bodies rather than actual weight is one way men suffering from eating disorders differ from women with the disorders. Ross said this anxiety can lead to a kind of body dysmorphic disorder in which people are preoccupied and distressed about a perceived physical irregularity with no basis in reality. The Harvard Review of Psychiatry calls this muscle dysmorphia. It involves a chronic preoccupation with a specific body shape and size, which leads to an obsession with weight lifting and dieting. Although not specific to men, people with muscle dysmorphia report body dissatisfaction, anxiety and disordered eating.

It's sometimes referred to as "bigorexia," since people focus on getting big as a way to gain control over their lives, much like people with anorexia gain control over food, Ross said.

"They look at their 26-inch biceps and see them as tiny," he added. "They can never get big enough, just like a person with anorexia can never get small enough."

Other studies have shown that particular groups of men are more likely to develop eating disorders than the general male population, including athletes and gay men, Ross said. Male runners, gymnasts, jockeys and wrestlers can be affected by eating disorders because their size makes a difference in the quality of their performance.

"Wrestlers are dieting down – crash dieting down – to their weight because they usually wrestle at weights that are under their normal weight," Ross said, adding that this doesn't mean wrestlers have eating disorders, but it can be the beginning of disordered eating.

Sports that are scored based on judges ratings can also influence the way athletes feel about their looks. Kahanu is a member of CSU's gymnastics club and said there is a certain optimal physique.

"Since I'm only doing gymnastics for fun, my body shape doesn't matter," he said. "There are people of all shapes and sizes at gym practice. However, if I was training at the elite level or training for competitions, then yes, my body shape would matter."

Research has also found that gay men constitute a large number of males with eating disorders. According to the International Journal of Eating Disorders (IJED), samples have shown 14 to 42 percent of men with symptoms of eating disorders are gay, while gay men make up about 3 percent of the U.S. population. The IJED said there have been suggestions that the gay male community places high value on physical appearance, which the psychologists say can contribute to disordered eating.

It is common for people with eating disorders to have an external locus of control, so they are more likely to look to friends, family and the media to tell them how they should be, feel and act, Ross said.

"They look toward society, toward the group to tell them how they feel about themselves," he added.

But Oakley said social settings aren't the only reason people develop eating disorders. There are also psychological and biological contributions. Often times, people with eating disorders are perfectionistic, have poor coping skills and difficulty expressing their emotions, so they use food to cope. Many are "all or nothing" thinkers and may have some traits of obsessive-compulsive disorder.

Biologically, there may be chemical imbalances and perhaps even specific genes involved in development. Oakley said current studies are looking at blood relatives for the possibility of an eating disorder gene.

"The way we kind of think about it is genetics loads the gun and stress pulls the trigger," Ross said.

Although there aren't hard data on young boys, Oakley said there's evidence that girls are developing negative body images at the age of 6 and typical onset of eating disorders for females is between 14 and 18.

The Colorado High School Youth Risk Behavior Survey suggests that boys are also affected by body image at a young age. In 2005, 762 males from 29 Colorado high schools were surveyed. Out of that total, 5.9 percent of the respondents said they had gone without

helping someone with an eating disorder

~ offer support and show the person you care.

~ talk about the behaviors you've witnessed – like an emphasis on weight, fear of eating in public and exercising out of guilt – but don't be judgmental. remember that lots of people do these things, it's when these behaviors are taken into context that they are considered an eating disorder.

~ be patient and expect to be rejected because people don't want to give up the control they've established.

~ remember that the person has to be invested in his or her own treatment, you can't force it.

~ if they decide they want help, offer to go with them or give them the phone number for a physician or therapist.

~ dr. danielle oakley and dr. steve ross, psychologists at the university counseling center, provided these tips to help a friend or family member who is suffering from an eating disorder.

eating for 24 hours or more to lose weight or to keep from gaining weight in the previous 30 days.

Also in the CHS survey, 23.9 percent of male respondents said they had eaten less food, fewer calories or food low in fat to lose weight or keep from gaining weight during the previous 30 days.

"The number one risk factor for students developing eating disorders is dieting," Oakley said. "There are no good foods and no bad foods. All foods are good; it's just the quantity we eat them in."

People with eating disorders will label food as good or bad, so they prohibit themselves from having it and later end up eating too much because they have been deprived. Oakley said everybody should see a dietitian to learn how to eat healthy, regardless of whether they have disordered eating.

But the likelihood of males with eating disorders seeking treatment is low because they have the idea that this is a woman's issue, Ross said. While early treatment has better outcomes, the UCC sees very few male clients, because they tend to hide their symptoms and are more hesitant to come forward.

"Often you won't see men in settings like counseling centers," he said. "They'll show up first time out of the gate in hospitals when they're in physical crisis."

Of the people who don't seek treatment for clinical eating disorders, Oakley said 20 percent eventually die.

"We don't want anybody to feel like they're getting in trouble; we want them to get the help they need," she said. ■ Ca

BEYOND THE BUZZ

inside energy drinks

by valerie hisam and
katie stevens

Warning: This product not intended for pregnant or nursing women, people with heart conditions or sensitivity to caffeine, or children under the age of twelve. High doses of caffeine cause heart palpitations, breathing problems and even death.

Students everywhere are popping the tops and chugging them.

Whether it is for working out, studying or just a pick-me-up, sports and energy drinks have hit the big time with college students. It's become so easy to spend an average of \$2 on something that guarantees a performance boost. But are these drinks, like Red Bull or Vitamin Water, truly improving your performance? According to the statistics and professionals, students are relying on health-hindering stimulants that are adding unnecessary stuff to your body.

DEAD END ENERGY BOOSTS

With the intent to find something good about energy drinks, the pickings are slim to none. When it comes down to it, the energy drinks, like Red Bull, and sports drinks, like Gatorade, that students rely on actually hinder their performance more than help it. With claims that they “enhance performance, burn fat, boost endurance, improve brain function and provide vitamins,” Melissa Wdowik, the director of the Nutrition Center on campus, has seen first hand how



► photo illustration by katie stevens

a multitude of students rely on these “empty” stimulants to get through every-day activities.

“There is almost a cult-like following,” Wdowik said. “(Energy drinks) are not ‘real food’ at all. The problem is there is no regulation (on the ingredients) ... and a lot of false advertising.”

Energy drinks can have numerous ingredients listed, but their main effect is to provide a huge sugar boost and one should be “leery of the claims made on the labels” because there is no regulation by the Federal Drug Administration (FDA), said athleticadvisor.com. Aside from sugar, other main ingredients are just many different herbs and caffeine or caffeine supplements; these can only create a temporary and sometimes false boost in energy.

WORKING OUT AND WORKING THROUGH THE CHOICES

It may seem that a performance enhancing drink is the best choice when you are producing more energy—such as working out—but in reality, the best thing is still water. Along with energy drinks, more and more of what are now termed “sports drinks” are on the market, and there are so many different varieties that it is hard to see through all of the

advertisements to which one is the best, Wdowik said.

Recently, there has been a look at the amount of sugar and calories in the drinks advertised to the general public. In an article produced by ABC's talk show "Good Morning America," medical contributor Dr. David Katz said the ingredients "provide unnecessary calories, sugar and salt to the average person." Ultimately, the average person is not getting help to "re-hydrate, replenish and refuel," as the bottles of Gatorade and Powerade say. Instead, performance is hindered by adding calories, dehydrating the body and causing only a temporary energy boost. Katz advises to stay away from drinks with high sugar content and needless ingredients that will just sit in the body. So, versus helping with weight loss, the useless ingredients are either adding to it with calories or not creating the right type of stimulation the body needs to lose weight.

According to Wdowik and Katz, there are a few easy guidelines to follow when choosing what type of drink to have:

1. Athletes working out more than one hour should drink a sports drink, such as Gatorade, to replenish electrolytes, sugars and salt.
2. If it is a mild or daily workout routine, then look at flavored or plain-old water.
3. If you're just looking to stay hydrated, again think of water, but a person can also try mineral water or fruit juices.

DANGER ZONE: KILLER ENERGY COCKTAILS

It's no secret that some college students drink alcohol regularly. Among those, the dangers involved with mixing alcohol and energy drinks is a popular practice on campuses and new research is showing serious risks. Dr. Mary Claire O'Brien from the Department of Emergency Medicine at Wake Forest University School of Medicine in Salem, N.C., released a study last year that examines the relation between college students, drinking and energy drinks. In the fall of 2006, a little over 4,000 college students were randomly selected from 10 universities in North Carolina for a 300-question Web survey about their drinking behaviors surrounding mixing alcohol and energy drinks. The survey found that of the 16 percent of students who reported energy drink usage, almost one-fourth reported lacing energy drinks with alcohol.

The survey results found that "students who mixed alcohol and energy drinks were more likely to experience alcohol-related consequences." One major consequence is that the energy drinks take away the drinker's sense of how much they have consumed and the effects of the alcohol may not be felt, so it is easy to drink into danger. Pam McCracken, the director of the university's Outreach and Prevention Program for the Department of Drug and Alcohol Education and Prevention, said that it is the mixing of a depressant (alcohol) with an energy drink that causes such dangerous consequences.

"So you're drunk, but you just don't know that you're drunk,"

"they can't tell if they're drunk; they can't tell if someone else is drunk. so they get hurt, or they hurt someone else."

-dr. mary claire o'brien

O'Brien said. "The symptoms of drunkenness are reduced — but not the drunkenness. They can't tell if they're drunk; they can't tell if someone else is drunk. So they get hurt, or they hurt someone else."

So what's behind the kick that energy and sports drinks supposedly have? Many professionals think that it is mainly advertising, that both Wdowik and McCracken are working to see through. But one shocking factor is the amount of caffeine that is not regulated. According to the FDA, a person should only consume 65 milligrams or less of caffeine a day; whereas the energy drinks can contain up to 300 milligrams, almost five times the recommended amount. So whether it is working out or partying, sooner or later that five-times-the-amount caffeine boost is going to cause you to crash, and it could be as minor as extreme exhaustion or worse.

Although the cans are colorful and the taste may be one step

above cough syrup, energy and sports drinks have become a craze across campuses that could be misleading the consumers. With extreme amounts of caffeine and sugar, the supposed energy boost and workout stimulation do not last forever. Even then, the false boosts can be slowing down the weight loss process—when working out—and then inhibiting judgments—when combined with alcohol. After a careful look at all of the choices that students could be gulping down in between classes and working out, water still comes out number one. ■ Ca

caffeine facts

16 oz Monster energy drink	160 mg
8 oz coffee	120 mg
12 oz Coca-Cola Classic	29 mg
12 oz Diet Coke	40 mg

Caffeine . . .

- is a natural pesticide that paralyzes and kills certain insects.
- has been consumed since the Stone Age.
- may help ward off Parkinson's Disease.
- withdrawal may cause depression in extreme cases.
- has been linked to miscarriages.
- intoxication is similar to being drunk.

-howstuffworks.com/caffeine

The Right Workout

find yours on or off campus

We all know that being healthy and staying fit is important, and finding the right workout routine that's fun as well as effective is the key to success. Many students have busy schedules and perceive working out as time consuming and hard to fit in; the truth is, there are many ways to involve fitness into a daily routine that doesn't always involve a trip to the gym. This guide will make it easy to get in shape on campus, off campus and on your own time.

campus recreation center

hours: monday to friday 6 a.m. to 11:30 p.m.,
saturday 8 a.m. to 8 p.m., sunday 12 p.m. to
11:30 p.m.

The Campus Recreation Center is where the majority of students go to work out. Seventy percent use the on-campus facilities, which is free to full time students. On any given weekday, between 3,600 and 4,200 people visit the Rec Center to get fit, according to Nicole LaRocque, fitness coordinator at the Rec Center.

In addition to cardio and weight machines, basketball and volleyball courts and an indoor pool, the Rec Center offers free group fitness classes through the Get Fit program. These classes are a fun, structured alternative to a typical workout. With a wide variety of activities, including high energy cardio kickboxing and hip hop classes as well as strength and toning classes -- like core conditioning and total body strength -- it's easy to find one that works for every individual.

"We get all different kinds of students -- there's a little bit of everything for everyone," LaRocque said, adding that the number of students who attend the group fit classes is growing each year, with about 10,000 students participating in fall 2007.

"People are really into kickboxing because you don't have to know choreography but you still get a great workout, and hip hop is fun because people love to dance and it's unique," LaRocque said.

These classes are all taught by students who take a 12-week



xrcade at the fort collins club

► photo by tiffany cassidy

training course and are nationally certified through the American Council on Exercise. The classes are great for people who need a more structured workout and want to try something new. With up to seven classes per day Monday through Thursday and three per day Friday through Sunday, the flexible options can easily be worked into any schedule.

For those who want to venture beyond the Rec Center, there are many off-campus locations to fit a variety of needs. Whether it's weight training, cardio classes or late night gyms, there's a place in Fort Collins for everyone looking to get healthy and stay in shape.

the zone

1739 s. college ave.
970-224-4500

hours: monday to thursday 5 a.m. to 10:30 p.m.,
friday 5 a.m. to 9 p.m., saturday 7 a.m. to 8 p.m.,
sunday 8 a.m. to 7 p.m.

membership rates: Individual: \$32 per month plus \$20 start-up fee; Couples: \$53 per month plus \$40 start-up fee (based on one-year membership)

student discount rate: \$29 per month with no start up fee (based on one-year membership). \$129 per semester with no start-up fee; \$239 per academic year with no start-up fee

The Zone is a great place for those interested in a no-frill, down-to-business gym.

“We’re a weight lifting facility, not a health club,” said Kim Trionfera, manager of the Zone. “We have one of the biggest selections of free weights and the heaviest dumb bells in Fort Collins as well as the friendliest staff,” she said.

Students make up about 25 percent of the people who use this facility. The gym offers a wide array of classes, like spinning and hip hop cardio, that are included in the membership fee. Yoga classes are available for \$7 per session and personal trainers are available starting at \$25 per hour. The facility is 8,000 square feet and includes three tanning beds. An individual tan costs \$3 and unlimited monthly tanning is \$20 per month with a membership. For those with limited time, the Zone offers quick thirty-minute workouts with a trainer that gets you in and out in just half an hour.

anytime fitness

200 b w. foothills pkwy.
970-223-2248

hours: open 24 hours a day, 365 days a year with
access from a membership key

membership rates: Individual: \$35 per month plus one-time \$50 key payment for a one-year membership

student discount rates: \$32 per month plus one-time \$50 key payment for a one-year membership

Located across the street from Foothills Mall, Anytime Fitness is the perfect place for those who think they don’t have time to get to the gym. Since it is open 24/7, there’s no excuse to skip a workout. Members pay a one-time fee for a key that provides access to the gym

whenever is most convenient for them. Anytime Fitness is great for people who want to avoid crowded gyms or who may be self-conscious while working out.

“It’s a really laid back, comfortable workout atmosphere,” said David Lopez, trainer and membership consultant at Anytime Fitness. “It doesn’t have all the bells and whistles like other gyms. It’s easy to get in and get out at your convenience.”

The 6,000-square-foot gym has top-of-the-line Nautilus strength and cardio equipment, a wide variety of free weights, basketball court, and most uniquely, a boxing ring. Anytime Fitness has classes like cycling, kickboxing, yoga and pilates that are free for members. Access to the facility’s three tanning beds can be added for \$15 per month or \$99 for one year.

the fort collins pulse

2555 s. shields st.
970-490-1300

hours: monday to friday 5 a.m. to 10 p.m., saturday
and sunday 7 a.m. to 8 p.m.

membership rates: Individual: \$67 per month plus \$100 start up fee; Couples: \$95 per month plus \$150 start up fee

student discount rate: \$48 per month

Voted No. 1 fitness club by the Fort Collins Coloradoan for 15 years in a row, The Fort Collins Pulse is actually three gyms in one: Pulse Aerobic, the Yoga Center and Women’s Express. The tranquil yoga center is separate from the more upbeat aerobic center, and the Women’s Express provides women a comfortable space to work out without feeling self-conscious.

The locally owned gym prides itself for its friendly atmosphere. “Our customer service is the No. 1 thing that sets us apart from others,” said Mitch Crockett, membership consultant at The Pulse. “We want to make people feel comfortable.” The 53,000-square-foot facility includes basketball, volleyball, racquetball and squash courts, an indoor pool, elevated track, cardio machines and weight equipment. The club has a sauna, steam room and whirlpool to help relax after working out, and an on-site massage therapist is available for an extra fee.

The Pulse offers more than 60 different fitness classes including “world renowned aerobics classes” like BodyPump, BodyCombat, and BodyJam, according to Crockett. Spinning, swimming, yoga and tai chi classes are also available, as well as personal training sessions. New members get two free hours with the trainer of their choice.

fort collins club

1307 E. prospect road
970-224-2582

hours: monday to friday 4:30 a.m. to 10:30 p.m.,
saturday and sunday 6:30 a.m. to 8 p.m.

membership rates: Individual: \$70 per month plus \$125 start-up fee or \$714 per pre-paid year, Couples: \$105 per month plus \$150 start-up fee or \$1,071 per pre-paid year

student discount rates: \$55 per month plus \$75 start-up fee or \$561 per pre-paid year

For those looking for a laid back yet luxurious work out environment, the Fort Collins Club is the right place.

"We're a club, not a gym," said Aaron Maish, fitness director of Fort Collins Club. With more than 60,000 square feet, this gym has racquet ball courts, yoga rooms, cycling rooms, sand volleyball courts, an indoor and outdoor pool, indoor golfing area, batting cages, basketball courts, a punching bag area, climbing wall with auto belay, an indoor track and perhaps its most unique feature, the Xrcade.

The Xrcade is all about virtual exercise. Bicycle machines hooked up to Playstation 2s make the usual workout more entertaining and visually stimulating. Other games encourage movement, like the interactive soccer game or the virtual boxing game. After working out, members can go to the steam rooms, saunas, hot tubs or cocktail bar for a drink or snack. The gym also has an on-site spa, Giorgio, which gives members a 10 percent discount. "It's more welcoming here (than other gyms)," said Amanda Palen, a 22-year-old human development and family studies major who is a member at the fort collins club. ■ Ca

* editors note: kabyn clemens contributed to this story

quick tips

Here are quick and easy ways to slip a workout into your day if the gym isn't your scene or you can't find time to get a full workout.

1. Walk as much as you can, whenever you can. It all adds up. It takes 30 minutes of moderate activity a day to maintain a healthy lifestyle, according to the American College of Sports Medicine. It doesn't have to be 30 minutes all at once, it can accumulate throughout the day.

"Just getting five minutes here and 10 minutes there can really add up," said Kerry Jacques, research associate and instructor in the Health and Exercise Science Department. Get in those extra steps by parking off campus and walking to class, getting off the bus one stop early or take the stairs whenever possible.

2. Don't think of it as "work." A workout shouldn't be boring; find something you love to do. It is easy to get stuck in a workout routine, but it's necessary to mix it up.

"Just have fun with your workout," LaRocque said. "Find something you enjoy and move; it's what our bodies are supposed to do." Workouts don't just happen in the gym, either. Dancing, playing sports and bike riding are all great exercise and exciting ways to get in shape.

3. Don't be a couch potato. Instead of channel surfing during commercials, why not get in a quick workout? During each break work a different part of your body; for example, crunches at the first break and push-ups during the second. For a one hour show, that's a 15- to 20-minute workout!

4. Get credit for getting fit. The Health and Exercise Science Department offers one-credit aerobics and sports classes, including weight training, volleyball, basketball, golf, ice skating, racquetball and more. Taking one of these courses puts fitness right into your schedule. These classes are open to all majors and provide a structured way to get in shape while receiving class credit.

5. Prioritize your health. Many people say they don't have time to work out, but it shouldn't be hard to make time for your well-being.

"It doesn't have to be for hours," said Dr. Matt Hickey, director of the human performance research lab. "The number one thing is, if you don't value it, it's not going to happen." One way to set aside time for a work out is to combine other activities.

"Study while you're eating lunch. That way you can use that time you would have spent studying or eating later to be active," said Hickey, adding that the most important thing is to "make it a priority, and make it fun."



a variety of free weights sits on a rack while a member of the pulse gym works out on sunday april 8.

► photo by katie stevens

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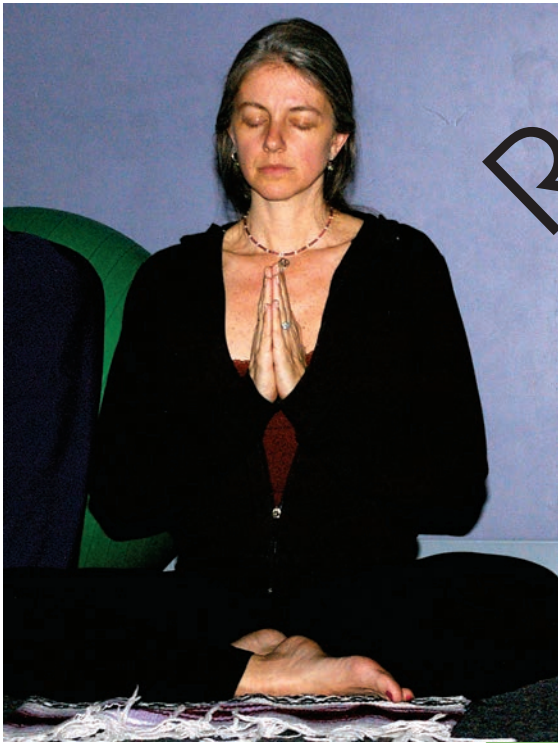


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Faith Brandt, director of yoga at the pulse, does a bound angle pose.

Relaxation Techniques for a salubrious mind & body

The Masseur

“Most people take better care of their cars than they do their bodies.”

Missy Quimby, a massage therapist at Cleopatra’s Day Spa on the corner of College Avenue and Prospect Road, said to look at spa treatments as bodily maintenance.

“I hate to use the word ‘pampering’ because it’s not really a want, it’s a need,” Quimby said. Quimby finds it scary that she has to call and remind people their gift cards are expiring. She asks these people, “You haven’t had one hour to yourself in a year?”

If you do anything, do this: Make one hour of your day “me time.”

“We need to make time for ourselves, with no interruptions – just one hour each day,” Quimby said, whether it’s a bath, quiet time in the morning, gentle stretching or meditation. “If you can’t find one hour in your day, you need to realign what you’re doing.”

Quimby also tells her clients who sit in front of computers all day or are hunched over books studying for exams to set a timer every hour or so to take a 15-minute break to help prevent strain on their eyes, neck and back.

Quimby has seen many of her customers coming in ill, stressed and tired. The good news is, “if they come in grumpy, they go out happy,” she said. She tells her clients to take time for themselves and come in every four to six weeks. “It seems massages are the first thing to go with budget constraints, but as I tell my husband, ‘just eat less this week so you can get a massage,’” Quimby joked. Make relaxing your body a priority. “It’s not just de-stressing, you’re promoting health.”

Presentation tomorrow at eight.
Group meeting at six.

Two mid-terms and essay due Wednesday.
Conference at noon, job interview at two, parking meter expiring at three, work at five. Did I remember to grab that assignment?

Sound a little like you? Well it’s a little more than you. In a recent American Psychiatric Association (APA) poll, one third of Americans reported living with extreme stress, and half of Americans believe their stress has increased over the last five years. More than 30 percent of college freshman also feel overwhelmed most of the time 10 percent of college students have been diagnosed with depression.

Stress. Just the name is stressful. Say it over to yourself 10 times a day and you’ll feel more stressed. You’ll also feel more tired, dizzy, irritable, angry, nervous, sad, restless at night, have more headaches, upset stomachs and muscle tension.

While some stress for humans is healthy, the kind of stress most Americans experience (mostly from money and work) is not. The scary fact is, 79 percent of Americans find this kind of stress “a natural part of life.” Don’t listen to them. Instead, listen to the experts below on how relaxation can become a natural part of your life.

The Yin Yoga Instructor “The present is a gift.”

Yoga is not a religious devotion, said Faith Brandt, director of the Yoga Center at The Pulse.

“It’s a devotion to yourself. We live in a very stressful world, and we’re not always aware of the amount of stress we carry,” she added. By practicing yin yoga, we have the opportunity to become aware of how we hold onto stress and how we can dissolve it.

Yin yoga opens up deep, dense areas of the body by stretching connective tissue through different poses for about five minutes each, which releases of in tension the joints – and in the head. When the muscles are completely relaxed and the connective tissue is stretched to this extent, many benefits follow, including meditation, the flow of Qi (energy, blood and nutrients) through meridians, an enhanced immune system and organs, as well as balance and well-being.

“The relaxation response is immediate,” Brandt said.

If you do anything, do this: breathe.

“The breath can be used to anchor the mind.”

Sounds simple, but it isn’t. Why? Because of our wandering minds. Brandt suggests trying these two relaxation techniques:

Soft-belly breathing: Place hands on your belly and feel it become soft and relaxed, focusing solely on your breathing and feeling the free movement of your belly as you breathe.

Meditation: Find a comfortable seated position on a chair or floor so the body is in alignment. Make sure your ears are over your shoulders and your shoulders are over hips. Just focus on your breath. When your mind wanders off, go back to your breath.

“Don’t go off into drama in your head,” Brandt said. If you do, bring yourself back to the present moment.

“It’s hard to focus on the present. We spend a lot of energy outside of ourselves, in past and future thinking, and it’s exhausting for the mind and body. By just focusing on one thing, our breath, we disengage from the outside world,” she said.

Like most people, Brandt has a busy schedule with college, work and parenting. To keep herself centered and relaxed, between each transition of the day – such as getting out of the car, eating, brushing her teeth or getting back in her car – she takes three deep breaths before she goes on to the next thing. “It takes less than a minute,” she said, “but if you do that four times a day, it can really change your life.”

The Acupuncturist

“Shift your perspective for a balanced life.”

“Acupuncture focuses on the underlying reason that you’re stressed,” said Kim Pettine, who works at the Rocky Mountain Acupuncture Center on Shields Street. Both through points in treatment and herbs she prescribes, Pettine said acupuncture speaks for itself.

This 3000-year-old Chinese medicine technique focuses on supporting Qi (pronounced “chee”) in the body. The body is viewed as a delicate balance of two opposite forces: yin (the cold and slow) and yang (the hot and active). An internal imbalance of yin and yang causes disease and blocks Qi.

“Qi gets stuck because we’re tight and we need to move it,” Pettine said. She inserts needles into the skin at certain points along the pathways known as meridians in order to restore the “balanced flow of Qi.” Western research shows acupuncture releases endorphins, stimulates the immune system, increases blood flow and affects electromagnetic fields in the body.

Pettine first became interested in acupuncture after having low back pains for nine years. She tried everything Western medicine had to offer. “Why don’t you try acupuncture?” her doctor asked her as a last resort. She did. Two months later, she was out of pain and stress.

“As a Western society, we’re way too stressed,” Pettine said. “We’ve lost all sense of balance.” Acupuncture focuses on restoring this balance, but we also need to shift our perspective so we don’t become so stressed. “We think it’s normal to work as many hours as we do and spend less and less time with family and friends – we don’t know how to bring life into a balance and moderation,” she said.

If you do anything, do this: Go to a mentally calming place.

Focus on one thing. A pretty place in the mountains, a beach, wherever. Focus on this place and only this place for a few minutes. You don’t even have to close your eyes.

Not everyone can meditate like this because it’s hard, Pettine said. The reason is we’re not balancing our priorities. We think it’s important to be places at a certain time, cram 20 things into one day and feel “productive.”

“If we took away this belief that we need to be this way in order to have a meaningful life,” Pettine said, “there would be no road rage, no anxiety or need to push ourselves to exhaustion.” ■ Ca



▶ photos by tiffany cassidy

kim pettine, acupuncturist, demonstrates use of a needle point between the eyes, on her forehead. this point is called yin tang and its purpose is to help stress.

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finding affordable, reliable coverage

After graduation this spring, many seniors will be introduced to new responsibilities in their lives. Finding jobs and purchasing a home or car may all be part of the list; however, one consideration that is often overlooked is finding health insurance.

For many students who are being insured by the CSU policy or their parents' policies, their coverage may end at the start of the next academic year if they do not return to the university. This is why graduates need to decide whether they will get their own insurance policy, and if so, what type of coverage they need to get.

According to a 2006 survey from the National Center for Health Statistics, roughly 43.3 million Americans under the age of 65 did not have health insurance at the time of the survey.

Hartshorn Health Service insurance director Stephen Blom commented that a large part of this statistic was made up of people between the ages of 18 and 25. He added that the cost of insurance coverage, along with the confusion of what policy to get, were two major factors involved with deciding whether to get insurance.

"The cost of health care has probably doubled in the last 10 years," Blom said. "So with that, insurance premiums rise, too."

The first question many people face then is, with the possibility

of high premiums, why get health insurance? Yvonne Davis, a health broker at Health Insurance Associates in Fort Collins, explained

that it's a matter of personal responsibility. She explained how many students right out of college feel they don't need insurance because they are generally in good health at the time.

"It's important because no one knows what the future holds," Davis said. "It's a personal responsibility to protect your assets because one problem could take it all away."

Davis illustrated her point, explaining that a typical one-week stay in the hospital could amount to \$50,000.

Tim Hebert, an advisor at SAGE Benefit Advisors in Fort Collins, added that it is important to be prepared for a financially "catastrophic" event ahead of time.

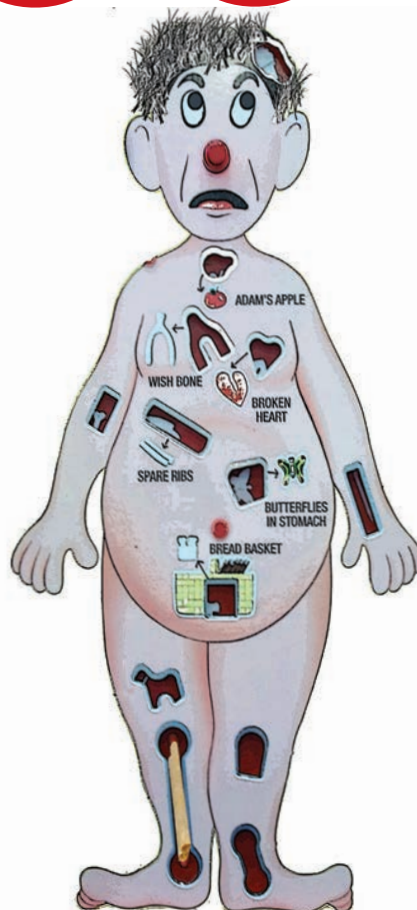
"Health insurance is like a lot of things, it's easy to get when you don't need it, but when you do need it, it's almost impossible to get good coverage," he said. "It's just a lot better to be prepared for the worst, otherwise expenses can add up really fast."

Blom also agreed that it's not worth taking the risk.

"In terms of risk management, it's huge," Blom said. "It just doesn't

make sense not to have some kind of coverage."

Once the decision has been made to buy a health insurance



plan, there are a number of factors that must be considered when choosing which plan best fits. Blom said that, in ideal circumstances, graduating students would be hired by credible companies that offers a credible health insurance program to employees. Kevin Ward, also an advisor at SAGE Benefit Advisors, said that if a policy were available through a person's employer it would be a great option.

"If your employer offers you health insurance, take it," Ward said. "They provide a guaranteed coverage and usually will help make it much more affordable for you."

Ward explained that what makes employer-provided "group" policies better is that employees are automatically accepted if they choose to purchase the coverage, regardless of their health. Employers are also typically required to help pay for these premiums.

However, if health insurance is not available through a person's employer, other options are still available. There are multiple factors that must be considered if someone chooses to purchase an individual policy. The Insurance Information Institute Web site outlined three major questions one must ask before purchasing any health insurance.

The first is that of affordability. People need to consider premium costs, as well as out-of-pocket expenses they will still face with each plan.

The second issue considers the services that are provided with the coverage. Davis explained that this issue should be closely examined to see whether a person's prescriptions are covered by the policy.

"I won't even sell someone a policy without prescription coverage," Davis said. "For a lot of people that's the most important part."

The third major issue one should consider when researching insurance policies is the credibility of the provider.

Both Hebert and Davis agreed on the importance of buying insurance from a well-known company with a high consumer rating, even if it means paying a little bit more.

"The most important thing is having a reputable company that will protect you," Davis said. "In this situation, you get what you pay for."

Hebert said that consumer-rating company Web sites such as www.ambest.com or www.standardandpoors.com can be very useful and reliable tools when conducting research on a company.

"If you can't find them on AM Best or Standard and Poor's, they're probably not worth it," Herbert said. "Any educated broker could help you with that though."

Now, with so much information and so many options and companies to consider, it's easy to see how finding health insurance coverage can be difficult, especially to a recent college graduate without a lot of experience or knowledge on the subject. This is when using an insurance broker can be especially helpful.

"Our job is to find the right policies for the individual person's

needs," Ward said. "Plus, we have access to a lot more information than the general public."

Ward offered one last piece of advice.

"It's important to talk to someone locally you can get hold of easily," he said. "It's much easier to solve problems and answer questions if you're not three states away."

In the end, it's up to the graduate whether or not to purchase health insurance, but as Davis said, it comes down to being responsible if something unexpected arises.

"Nobody has a crystal ball to see into the future," Davis said. "Having any insurance is better than having nothing at all."

So, amid all the excitement of graduating college, finding a good job and moving out into the big world, it's important for students to remember some of the responsibilities associated with the transition that may end up protecting them a lot more down the line. ■ Ca

how do I pick a health plan?

- if your employer gives you a choice of plans or you need to purchase your own coverage, it is crucial that you understand your health insurance choices and pick the insurance that is best for you and your family

questions you should ask yourself when choosing a health insurance plan:

- how affordable is the cost of care?
- does the insurance plan cover the services I am likely to use?
- what is the quality of the insurance plan I am looking at?

Fun in the Fort summer events calendar

When the last final is handed in, the sounds of books closing, packing tape and words of summer farewells fill the air. Since nearly 19,000 Rams leave CSU for summer vacation, which is a huge chunk of our campus's population, what is left? Some may think Fort Collins turns into a ghost town, with only the silence of vacant dorms and classrooms left to occupy the atmosphere.

But listen a little closer and you will hear the whoo-rahs of those who stay to enjoy the many lively events that continue to thrive throughout the summer months. School may be out, but Fort Collins is still alive and in session.

"During the winter we're open inside only on weekends, with mostly local bands and only a couple hundred in the audience," said Robin Jones, the representative of Mishawaka Ampitheatre. "But in the summer the shows are outside with both national and local bands, and we're open seven days a week with a couple thousand in the audience."

Places like Mishawaka never get a vacation, and this summer is no exception. Visitors and citizens of the Fort will remain entertained by the numerous music events of all genres from artists both locally and nationally known.

"Music is a huge piece of Downtown, with all the great venues and local and regional talent we have makes it easy to always know that we have several music related options to choose from, almost any given night you come Downtown, especially over the summer," said David Short, the executive director of the Downtown Business Association.

This summer's entertainment can only be made possible thanks to three elements: the performers, the audience and the venue – luckily, Fort Collins has all three. Entertainment seekers can enjoy music and performances from any setting they want. From Hodie's Half Note and Sundance's laid back country feel to Aggie Theatre's more upbeat party atmosphere, people can pick where they want to listen to their favorite tunes. Or if you want more than just music, simply visit the Lincoln Center or Downtown to satisfy all aspects of your entertainment needs.

"As always we try to schedule entertainment events throughout the week and weekends Downtown so that there is always something entertaining going on in the Downtown area," said Short. "Not only will we have our regular concert series and events, we are adding a Jazz festival in July, a World Music and food festival as part of the Peace Corp Reunion at the end of August, and in the fall, we are now producing the Oktoberfest."

Even if there is a place and performers, an event is just not an event without an audience. And having thousands of Rams gone for the summer does impact the entertainment scene.

"We do see differences [when students leave for the summer], especially in the nightlife, Downtown things are a little slower," said Short. "CSU and the students are a tremendous asset to Fort Collins and the Downtown and we are always happy to see them back at the end of the summer."

Be certain that although the summer is here, silence does not take over. Fort Collins has no time for breaks, there is just too much jamming and entertaining to do. ■ **Ca**

** means they perform at these venues often*

music

Aggie Theater www.aggietheater.com

Moving Matter: May 2

Prism: May 3

Victor Wooten: May 9

Reverend Horton Heat: June 19

Red Rocks www.redrocksonline.com/index.asp

Sugarland: May 10

Insane Clown Posse: May 17

The Cure: May 21

Death Cab for Cutie: May 28

Rush: Snakes and Arrows: June 5

Emmylou Harris / John Prine/John Prine: June 6

Big Head Todd & The Monsters: June 7

The Australian Bee Gees Show: June 13

Robert Plant and Allison Krauss: June 21

Mark Knopfler: June 24

True Colors Tour: July 5

Foo Fighters: July 14 -15

The Police: July 21 - 22

Carlos Mencia: July 26

Steve Miller Band: July 31

Mishawaka www.mishawakaconcerts.com

Rage 1.0 Music Fest: May 10

Cross Canadian Ragweed: May 16

Head for the Hills: May 17

Kan'nal: June 20

Motet: July 11

Sam Bush Band: July 12
Poudre River Reggae Fest: July 25 - 26

Sundance www.sundancesteakhouse.com

***Triple Nickel Band:** May 6, 9 & 10
***Chute Nine Band:** May 13, 16 & 17
***Kelly J. Band:** May 20, 23 & 24
Woodie Procell & the Snowy River Band: May 27, 30 & 31
***Eric Johnson Band:** June 17, 20 & 21
Chugwater Band: June 24, 27 & 28
K.C. Yates and the Morningstar Band: July 15, 18 & 19

Ogden Theatre www.ogdentheater.net

The Twisted Conspiracy Tour: May 10
Atmosphere: May 17 & 18
Rilo Kiley: May 19
Thrice: May 20
Mason Jennings/Brett Dennen/Missy Higgins: May 22
Nightwish: May 26
The Breeders: May 28
The Kooks: May 29
Railroad Earth: June 13 & 14
Reverend Horton Heat/ Supersuckers: June 18

Fillmore Auditorium www.livenation.com

NOFX: May 2
Pennywise: May 7
Phil Lesh and Friends: May 8 & 9
M.I.A.: May 17
Honda Civic Tour: June 3
Panic at the Disco, Motion City Soundtrack, the Hush
Sound, Phantom Planet
An Evening with Ween: July 16 & 17

Hodi's Half Note www.hodishalfnote.com

Black Apples and the Jimi Austin: May 2
Tejano Music Showcase: May 3
***Mug Night with Alan Vasquez:** May 5
It Prevails, Means, Farewell To Freeway, & The World We Knew: May 7
The Grip with Yawn: May 8
Motorhome: May 14
Arcanium CD release party: May 23

performing arts

Lincoln Center

Annie: April 29 - May 2
Boy Gets Girl: May 2 - 18
Chanticleer: May 5
Sleeping Beauty: May 9 - 17
Symphony Orchestra: May 10
Ethos West Chamber Orchestra: May 18



Campbell Scarborough of local sensation the Black Apples plays a set at Hodi's Halfnote. ▶ photo by Aaron Montoya

Iyanla Vanzant-Bella Spark Speaker Series: May 19
Clownbox: May 29
Man of La Mancha: May 24 - June 21
Explorations: A Celebration of Latin American Music-
Lafayette Pro Musica Chamber Orchestra: June 1

festivals

May

Girls' Night Out- Shopping Event: May 2
First Friday Gallery Walk: May 2
Cinco De Mayo- Downtown: May 3 - 4
Colorado Marathon: May 4
Fort Collins Museum Indian Market: May 17 - 18

June

Noontime Notes Concert Series: June 3
First Friday Gallery Walk: June 6
Fort Collins Cycling Festival- Kickoff Concert: June 9
Noontime Notes Concert Series: June 10
Silver Grill Cafe Old Town Car Show: June 14
Noontime Notes Concert Series: June 17 - 24
Colorado Brewers' Festival: June 28 - 29
Noontime Notes Concert Series: July 1
Fourth of July Downtown: July 4
First Friday Gallery Walk: July 4

July

Noontime Notes Concert Series: July 8
Downtown Days Sidewalk Sales: July 10 - 12
Fort Collins Jazz Experience: July 10 - 13
Noontime Notes Concerts: July 15, 22 & 29
Thursday Night Music & More: July 17, 24 & 31

- check out these websites to find out about more events:
www.livenation.com/venue/getVenue/venueId/1380 or
www.lctix.com or www.downtownfortcollins.com



Finding Voice

ascsu's struggle for representation

Trevor Trout paced back and forth in the lobby outside a small chamber in the Colorado Legislative Council Library near the Capitol Building in Denver. He mumbled the notes he had prepared for his presentation back to himself. He was nervous. And rightly so. After all, it was the first time in state history a student government would submit a formal proposal to the Joint Budget Committee.

And Trout knew what was at stake. This year, Colorado is in a financial bind, and for the JBC, it's crunch time. They have to pay attention to and make serious decisions about the lack in funding for the transportation, health care and law enforcement systems under mounting pressure from voters. And they have to figure out a way to close the \$830 million gap between Colorado's higher education funding scheme and the national average. That won't be easy, and it'll take a lot of deliberation and time away from the other serious issues plaguing the state.

So how likely are they to listen to four students when they have an entire state population – a pretty red one, largely unaware of the higher education funding crisis – to satisfy?

Katie Gleeson and Dan Palmer joined Trout, the vice president of the Associated Students of CSU, in his apprehension, going through notes and shooting nervous glances into the chamber to make sure none of the lawmakers were showing up early for the presentation.

Gleeson, the president of ASCSU, had to give the introduction for the presentation, telling the committee that the dreams of students at CSU, as well as at institutions across the state, are being killed by extreme hikes in tuition. Palmer, director of Education, had to present statistics supporting Gleeson's claim. Trout was there to give a personal account of the problem.

August Ritter, though, looked mellow. He was there to ask for a 10 percent tuition cap for CSU, which would mean Colorado students would pay no

more than about \$240 extra in tuition in the fall, depending on the program cost.

frustrations with csu administration

"You've been working really hard this year," I said to Ritter during the second week of spring classes, whose new position as director of Legislative Affairs at ASCSU requires him to make regular trips to the Capitol representing students to state lawmakers.

"Yeah, I've been in Denver like four times a week so far," he said nonchalantly, like it wasn't a big deal.

After being largely ignored by administrators, student leaders have found solace in requesting attention for students at the state level this year. Gleeson said the reason they've had to work so hard is a



ascsu members dan palmer, trevor trout, august ritter and katie gleeson wait to present the tuition cap proposal to the joint budget committee.

▶ photos by katie stevens

difference in opinion over the level of administrative visibility between ASCSU and administration.

“It all came to a head last year with the whole tuition scandal/debacle – whatever you want to call it,” she said.

When the Long Bill, an annual measure that determines the state budget, including tuition increases for state institutions, was being passed by the Joint Budget Committee in March of last year, CSU President Larry Penley introduced a last minute increase in tuition that would have cost students 30 percent more this year. Luckily, then-Director of Legislative Affairs Luke Ragland, who was interning at the Capitol, called the Collegian, and reporters jumped on the story. The hike was then reduced to 16 percent.

But trust was broken with the students. Gleeson said the lack of transparency, cited by student leaders as making their jobs very difficult and “challenging,” has decreased this year, as administrators have made concerted efforts to address student government several times this semester.

But she said they still rarely hear from the top rungs of administration – namely the president’s office.

“My impression is that their philosophy is students don’t need to know everything up front,” she said. “I disagree with that.”

Trout agrees.

“They view our input as something important only after the decision has been made,” he said.

preparation

I walked up to Ritter in the library chamber as he sat down in his chair and asked him how he was doing.

“Fine,” he said.

As the new director of Legislative Affairs, Ritter is always calm in the presence of politics. He had no problem talking to the JBC, most of whose members he knows on a first-name basis. Growing up as the son of the future governor of Colorado will do that to you.

“What do you think about this whole thing?” he asked me.

Ritter is always trying to get me to participate in ASCSU activities, even though he knows I can’t. I could see another of his ploys was coming.

“I think it’s pretty cool what you guys are doing,” I said, trying to stay objective. I was reporting. I had to have my game face on, even though I had personal appreciation for what the student leaders were doing. I dislike paying astronomical amounts of money for tuition as much as the next student.

“Can I get a copy of what you’re gonna say?” I said, to change the direction of the conversation.

“Yeah, man,” he said, handing over a crumpled sheet of text that had several splotches of dried ketchup on it. “Sorry it’s a little messy,” he said. “We had lunch just before.”

“That’s cool,” I said. After all, we were all college students, and all, to some extent, in this together.

The four student leaders had skipped class for the day because they had felt a responsibility to represent students. And they were doing it at the state level. This wasn’t just a 10-minute walk from the Lory Student Center to Penley’s office in the Administration Building. This

was bigger than that. And these four students had been doing it all semester.

the jbc

After the six-member JBC heard the proposal, they told ASCSU that they would love nothing more than to approve it, no questions asked. But they couldn’t just do it of their own volition; first, Colorado voters would need some convincing.

Sen. Steve Johnson, R- Fort Collins, expressed hesitance to approve the request due to limited budget funds, thanks to TABOR and Amendment 23’s ratcheting effect.”

The JBC has its hands tied by a decade of restrictive voter initiatives and Colorado citizens’ lack of awareness of college student interests. The committee willing to pay attention, but no one else is.

gleeson

Katie Gleeson knows what she wants: better opportunities for students. She meets regularly with Senior Vice Provost Tony Frank and a slew of other university officials to voice the student interest. Sometimes they don’t listen to her.

When administration met the CSU System Board of Governors at the end of the fall semester, they discussed a proposal in executive session from media giant Gannett regarding a possible sale of the Collegian. As president of ASCSU, Gleeson can’t by state law disclose any topics of conversation brought up during executive session. During the closed discussion of the proposal, she demanded to administration and the BOG that any further talks be open to Student Media and the student body.

But Penley invited Gleeson to a closed-door meeting on the first day of spring classes with Bob Moore and Christine Chin, executive editor and publisher, respectively, of the Fort Collins Coloradoan – a Gannet-owned paper – to discuss what they called at the time a “strategic partnership.”

No Student Media representative, member of the student body or administration knew about the meeting. The Collegian got an anonymous tip about the meeting one hour before it started. Reporters and editors called all their friends and rushed to Penley’s office with signs to picket against the buy-out.

J. David McSwane, editor-in-chief of the Collegian, ran into the lobby outside the administrative offices just as Gleeson, Penley, Moore and Chin were entering and demanded to be in the meeting.

Torn over her situation, Gleeson knew the meeting, which she had protested against a month before, was busted, and the Collegian crew could see she was on the verge of tears.

As the ASCSU president, Gleeson is where the buck stops for student representation with CSU. She is privy to information in administrative offices that no other students have access to but by word of mouth.

She later told McSwane and me in a meeting with Blanche Hughes and Anne Hudgens, the vice president and director, respectively, of Student Affairs, about her angst at not being able to articulate the proposal to students after the de facto shushing via executive session.

“I’ve said over and over again how conflicted I was knowing all this information and not being able to voice it to the constituency I felt most needed to know,” she said in an interview two months after it happened.

“I made my point to the president that this was putting me in a very awkward position. I do represent the students, and I couldn’t represent them well without having to share my information with the rest of the student body. It puts me in a very awkward spot sometimes and it’s very frustrating. . . . I do get frustrated at times when I’m wondering, ‘Is there something they’re (the administration) not telling me?’”

After all, if she can’t talk to students, how can she adequately represent them?

the athletics debacle

As I looked over the forty-page all-programs report for student fee requests that Trout handed me after the initial proposal meeting with the Student Fee Review Board, I didn’t notice anything really worth chasing at first. The biggest increase request came from Hartshorn Health Center – about five percent for hiring a new psychiatrist. No big deal.

But on second glance, I noticed the Athletics Department slot was empty.

Athletics, a program that almost invariably requests increases, wasn’t asking for more money. And yet the financially starving department, which struggles, too, with athletic success, needs about \$2.5 million extra to function next year.

The department just signed Steve Fairchild on as the new head coach for the football team, under a contract that marks him – at \$700,000 a year – as the third-highest-paid coach in the Mountain West Conference. Not to mention the nearly \$1 million it still owes former head coach Sonny Lubick after forcing him out of his position last semester. The revamp of the Athletics Department also includes several new salary schemes and coaching positions.

It was February when I received the report, the athletics season was almost over, and a scant number of wins was all the major teams could boast.

I was expecting to see a heavy proposal from Athletics.

So I called Paul Kowalczyk, director of the program, and asked why there wasn’t a request.

“We didn’t want to put a heavier financial burden on students,” he said, along with something about having a surplus from increases in previous years.

Pretending to take it at face value, I said, “That’s all I need. Thanks for your time.” And hung up the phone.

trout

Nearly two months later, I was sitting in the newsroom trying to get my stories together for the next day’s Collegian, and I got a text from a seat on the SFRB saying, “Athletics is submitting a late and very large fee increase for next year.”

I rolled my eyes and texted back, “Right now?”

“We are discussing it right now. Trevor just told us,” came the reply.

So I rushed to the SFRB meeting in the Lory Student Center and arrived just as they were wrapping up their initial discussion.

After, I asked Trout about the increase, and he said, “I’m wondering if you will help me write an article about how frustrated I am for next week.”

Trout’s frustrations would have to wait.

I had the increase article in the Collegian the next day.

“This is interesting because it was all prior to the Joint Budget Committee’s 9.5 percent cap on tuition,” he later said in an interview about the Athletics Department not requesting a fee.

The JBC implemented the cap the day before Trout heard about the increase. Before that day, he was under the impression from talks with Tony Frank, the senior vice provost, that Athletics would get an increase from the central fund – increasing tuition instead of fees. But with the tuition cap, how would administration raise the extra money? Either way, they would have to fund a series of expensive coach buyouts, the most recent being women’s basketball head coach Jen Warden’s firing at the end of May. CSU still owes Warden \$230,000.

“It didn’t leave a good taste in students’ mouths,” Trout said.

ritter

August Ritter doesn’t like seeing his name published. He thinks it makes him look like an attention seeker. That’s why he was very selective about his answers when I interviewed him last semester about becoming the new director of Legislative Affairs for ASCSU.

He knows how journalists think. Growing up in a political family gives you an edge when it comes to talking to the media.

As director, it was, all of a sudden, his responsibility to convey the student interest to state lawmakers, including the governor – his dad.

So it was understandable that he was wary.

“Hey, man, when I was talking to you about my experience on my dad’s campaign, I didn’t want to sound like I was bragging,” he said over the phone after the interview. He had called me to make sure I wasn’t taking anything out of context for the article, which would run in the Collegian the next day. He didn’t want people to have any misconceptions about his motives.

He is a global tourism major and wants to start a travel agency in Western Europe. And has no particular interest in politics.

But at CSU, he just wants to help students.

You can tell that he cares about education in Colorado every time he stands up in front of the JBC, the entire House of Representatives or just the everyday Joe off the street and tells them, with conviction, why college students’ wellbeing matters.

“I really appreciate you doing this story, man,” he told me one day at the Capitol when I mentioned I was running a story on the actions he and his counterparts take to represent CSU. “I don’t think a lot of students know how hard we work.”

Ritter is a politician, no matter how much he avoids being tagged as one.

He is constantly followed by a rag-tag band of students, some of them regulars, some of them first-and-only timers.

One day, after a crash course in lobbying state lawmakers, four students followed Ritter into the lobby of The House of Representatives to pull legislators to gain their support for legislation that will help

students.

In 30 minutes, they had pulled three politicians out of the House of Representatives to give statistics and personal accounts showing why the student interest matters. Bernie Buescher, D-Grand Junction, was receptive to their request. But Cheri Jahn, D-Wheat Ridge, a huge advocate of non-traditional education, wanted to know more specifics before she committed her support.

It's not easy to convince politicians to support you, especially in Colorado, Max Clark said.

"There's so many things people want, and everyone can't have everything," the senior international relations major said after talking to Buescher.

the uphill battle

Representatives from ASCSU spent countless hours in Denver this semester, schmoozing politicians who will implement laws to help students. And it works. The Long Bill for fiscal year 2009 includes a 9.5 percent tuition cap at the end of March. Textbook transparency legislation drafted by a CSU student passed the House of Representatives in mid-March.

Things are looking up for students around the state thanks to days spent by ASCSU and other student governments.

And Gleeson says administration is giving the students more attention. Frank, she said, is always available.

But the biggest thing lawmakers tell student leaders to do is tell voters about student issues.

Johnson commended Gleeson, Trout, the younger Ritter and Palmer after they showed up to present their proposal that February day at the Capitol.

"When I was involved with ASCSU, we didn't do nearly as much as you do," he told them. "Keep it up."

But with new representation on the docket for next year's ASCSU cabinet, it's still up in the air whether the new presidential cabinet (unknown at the time this article was drafted) will act under the same philosophy. Each of the four tickets promises, if elected, to work closely with administration to improve transparency.

"We're the best student government in Colorado," said Sen. Taylor Smoot, an ASCSU presidential hopeful at the first informal debate at the end of March between the candidates. "Our ticket wants to maintain that status."

But some students are skeptical.

"It sounds like they're all just talking, saying the same thing," an observer of debate told me before longboarding off to class.

Whoever the new leaders are, they have their work cut out for them. Indeed, student governments from across the state still have their work cut out for them. As a case in point, Colorado slipped to the bottom of the barrel this year for higher education funding in the nation.

And Referendum C is slated to expire in 2010, which allowed lawmakers to regain control of taxes to fund programs, including higher education, after the 2001 recession – and probably will without a huge surge in support from Colorado's apathetic voters, state lawmakers say.

Sen. Johnson calls the state budget a "spider web."

Political science professor John Straayer says the only way to fix

the problem is to go to the voters for permission to implement a one-year exemption to Colorado's single-subject rule, which dictates that a Constitutional amendment can only deal with one issue. The exemption would allow state lawmakers to draft an amendment that would comprehensively fix all of the restrictions Colorado's budgetary pickle places on state funding.

Now it's up to students to mend the rift in higher education funding, improve transparency in state institutions and restore a priority that puts student first – all despite the abrasive ignorance of Colorado voters. And they'll have to do it at the state level. ■ **Ca**



trevor trout, august ritter and katie gleeson with bernie buescher, chair of the jbc, asking for a 10 percent tuition cap for csu in february.

by the books: the budgetary pickle

tabor: the taxpayer's bill of rights is a 1992 citizens law that mandates lawmakers raise taxes no more than six percent from the previous year.

amendment 23: a 2000 citizen's law that mandates an increase in funds for k-12 education in colorado. when the state hit a recession in 2001, there was much less funding, but k-12 kept getting more money, effectively killing substantial funding improvements for state programs, including transportation, health care and higher education.

referendum c: a narrowly passed 2005 citizen's law, that temporarily gives lawmakers a break from TABOR when colorado voters realized that funds are no longer circulating in state-funded programs.

jbc: the joint budget committee spends the year gathering state spending information and evaluates stretch goals to draft state budget legislation known as the long bill, which sets funding for state programs, including tuition caps.

Green Alternatives

clean, cost effective transportation



Experts are predicting \$4 per gallon for Colorado gas prices this summer. With these rising numbers, some people are making drastic changes to avoid the pump. Electric cars, although not widely commercial, are gaining the interest of independent engineers around the country because of the positive impact they have on the environment and drivers' wallets. Due to the inability of electric cars to meet Federal Motor Vehicle standards and regulations, companies and dealers aren't able to mass produce and sell these cars yet.

The cost of charging the electric vehicle (EV) is about 8 cents/kWh (kilowatt hour). A kilowatt hour is 1 kilowatt of energy used per hour. So the 25 miles driven on a gallon of gasoline would be only 40 cents with an EV compared to the \$3 per gallon cost on a conventional car.

The monetary savings are not the only benefits of EVs. Environmentally, electric vehicles are far superior producing no tailpipe emissions or carbon dioxide.

it's electric

Brian Gray and Jonathan Reynolds, CSU alumni, bought "The Prospector," a gasoline powered 1987 Subaru to convert the car into an electric machine.

The two mechanical engineering graduates took the project on after exploring many other options to save gas.

"We are both inquisitive people and I have tried other alternative green options like vegetable oil, biodiesel and bicycles are of course an earth friendly option," Gray said.

After reading online articles and blog notes about electric vehicles (EV) Reynolds began to investigate.

"(The engine conversion) has been done before, but usually it is one guy in his garage," Gray said.

Reynolds and Gray completely removed the gasoline engine and will replace it with an electric motor that runs from a set of rechargeable batteries. The batteries can be recharged from any outlet and an extension chord. An overnight charge will yield about 40 to 60 miles of driving. The Subaru will be only be used for local, around town driving.

"The car by no means will be fast," Gray said.

Aside from the purchase of the car itself, the cost of this conversion can range from \$3,000 to \$10,000 depending on the desired performance of the vehicle.

"The electric vehicle is more efficient than a gas motor," Reynolds said. "Most people commute very short distances on a daily basis and the car will be sufficient for that drive. We expect the car to have the acceleration of a Volkswagen bug."

Gray and Reynolds ordered the electric motor and will begin the project in a couple of weeks.

"Then we hope to do it for others in the future," Reynolds said.

-Find out more information about JaB EV (Jonathan and Brian Electric Vehicles) at www.jabev.com

hybrid

As technology and demand increase for an alternative, low-cost form of transportation, Hybrid vehicles are becoming more available and affordable.

Any vehicle that produces power from a combination of two different sources is a hybrid. Hybrid vehicles are powered by a combination of gasoline and electric motors.

Although Hybrid vehicles can initially cost more than conventional gasoline-powered cars, the electric engine increases gas mileage by 20-50 miles per gallon making the Hybrid models increasingly popular. ■ Ca

don't have the money to convert your engine to electric or buy a hybrid, but still want to save money on gas?

here are a few suggestions:

- Look for alternatives. Bus, bike or carpool to your next destination. Fort Collins' Transfort and bike maps can be found on the city's website at <http://www.ci.fort-collins.co.us/>.
- Keep your car in top condition. Get a tune up by airing up the tires, changing the air filter, having regular oil changes and using a fuel injector cleaner occasionally.
- Slow down. Going the speed limit should yield the best gas mileage. Tests have shown that aggressive driving decrease gas mileage by almost 31%.
- Cruise. Using cruise control on the highway will help the back and forth surge of the gas pedal.
- Find shelter. Keeping your car in the garage can help maintain a stable temperature, decreasing a need for air conditioning and a defroster that suck up gas.
- Down shift. Manual transmissions are generally more fuel efficient than automatic.
- Shop around. Websites like www.gasbuddy.com provide drivers with a list of gas prices in your area.
- Lighten the load. If there are any unnecessary items in your car, take them out to reduce air resistance.

-For more tips to save gas visit <http://www.howtoadvice.com/savinggas>, or <http://www.epa.gov/OMS/consumer/17-tips.pdf>

Don't Forget Breakfast

a trainer's take on eating right

Eating healthy. What does it mean to you? Does it mean only eating fast food three times a week instead of six? How about only eating half a container of ice cream while watching Golden Girl reruns? It probably means something different to everyone, based on your current eating habits. However, there are some general guidelines which are important to follow. Let's discuss, shall we?

Healthy eating can help you feel better, have more energy, recover from workouts quicker, fight stress and ward off some diseases. In particular, heart disease, diabetes, high blood pressure, osteoporosis, and some forms of cancer can be influenced by your diet.

We are all probably familiar with the food groups – meat and protein, dairy, fruits, vegetables and fats. It is important to eat a good, well-balanced diet in order to stay healthy and prevent problems in life. Let's look at each food group:

- 1) Meats and protein: This includes fish, poultry, eggs, beans and nuts. Try to minimize fatty cuts of red meat.
- 2) Dairy: This includes milk, yogurt, and cheese etc. Low fat milk is a healthier choice than whole milk.
- 3) Fruits: Include plenty of these. These can be fresh, canned or dried. Avoid canned fruit in syrups with a lot of sugar.
- 4) Vegetables: Dark green and orange vegetables have the highest concentration of vitamins and minerals. Examples include broccoli, spinach, carrots and sweet potatoes.
- 5) Fats: Don't fear fat! There are healthy fatty acids that should be included in your diet. In particular, look for the heart-healthy omega fatty acids. Sources include fish, nuts and avocados.

Focus on keeping the food groups balanced and minimize the amount of fat in your diet – fat should consist of 20 to 25 percent of your daily calories. An easy way to balance this is to try to include a little of each food group in each meal.

Remember the old saying, "Breakfast is the most important meal of the day?" Well, this is true if you want to get your metabolism kick-started for the day. As you sleep, your metabolism slows down and it stays suppressed until you eat the next day. If you eat later or skip breakfast your metabolism stays slower for a longer period of time; therefore, eating breakfast helps you burn more body fat during the day. Remember to keep your breakfast balanced, for example: whole grain cereal with low fat milk, a piece of fruit and some nuts. Eating a sugary cereal will spike your insulin level and lead to a blood sugar crash later. This also isn't conducive to burning body fat. Insulin inhibits fat breakdown, which isn't what you want when you're trying to lose fat.

Another rule of thumb is to avoid eating too many processed foods. It seems in this busy culture we live in, no one wants to take the time to prepare meals. Food out of cans, boxes, and frozen dinners are fast and easy. The problem is that most are high in sodium,

saturated fats, and low in nutritional content. Although frozen dinners are coming along, especially with brands like Healthy Choice, it is still far more nutritious to fix your own meals.

One strategy to save on meal preparation time is to cook a large portion of meat or other food over the weekend. Put portions in microwaveable containers (preferably glass) and all you have to do is fix some veggies and fruit to go along with it. Another option is to crash the neighbor's house for dinner (as long as it's healthy).

There is a huge part of your diet that we haven't even addressed yet, and that is what you drink. Most people don't take into account the calories they consume in the form of liquids, which can be a big mistake. Most liquids, besides water, have calories and many of these calories are in the form of sugar. Soft drinks, fruit juices, energy drinks, and many others contain calories, and these are calories that can inhibit your goals unless you fit them in smartly. Low fat milk is healthy for you, but you have to consider those calories when calculating your calorie count for the day. Alcohol can be a big source of empty calories. Protein and carbohydrates contain 4 calories per gram, whereas alcohol contains 7 calories per gram! The problem with alcohol is that it has no nutritional value, whereas fruit juice and milk does. The one liquid you can drink to your heart's content is, of course, water. One method to finding out how much water you need is dividing your bodyweight (in pounds) by 2 to give you how many ounces you should drink per day. A good amount of water to consume daily is 64 ounces. This number varies depending upon your weight and activity level. Obviously, when you exercise and sweat the amount of water you should consume increases.

Now that you have all this information how do you apply it? Take it in small steps. You don't have to change everything overnight, and if you did, you probably wouldn't stick with it. If you normally don't eat many fruits or vegetables, there are easy ways to increase the amount in your diet. For example, put lettuce and tomato on a sandwich or throw some blueberries on your cereal. Also, watch your portion sizes! If you eat out, either share a meal with someone or bring half of your food home for another meal. Don't be afraid to special order your food to make it healthier. Enjoy all the varieties of foods and follow these guidelines and you will be feeling more energetic before you know it! ■ **ca**



greg bobby, certified personal trainer photo courtesy of greg bobby

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