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CSU's Fitness
FOUR
The best machines at
the Rec Center
pg 14

In Step
with Students
pg 6

3 Drinks to
try in Old
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YOUR STUDENT MAGAZINE

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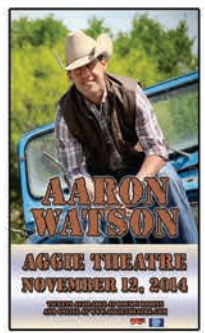
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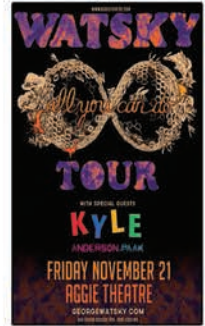
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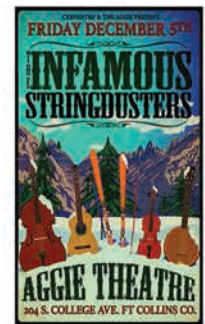
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Letters to the editor

As the magazine produced by CSU students for the CSU and Fort Collins community, we would like to extend an invitation to our readers to submit letters to the editor ranging from 50-150 words with your feedback on the magazine. This is your magazine, and we would like to know what you think of the content, design or anything else. All letters to the editor must be typed in a word document and attached to an email sent to collegeavenue@collegian.com.

Mission Statement

College Avenue is a magazine produced and operated by CSU students. Our mission is to serve the CSU and Fort Collins community with engaging and informative coverage

of relevant topics. Our staff is dedicated to providing balanced and accurate reporting, as well as visually stimulating design and photographic elements. We also seek to provide an outlet for entertainment with the opportunity for audience interaction and feedback. Above all, we strive to maintain journalistic integrity through professional excellence.

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My Story in Ink

By **Alexandrea Rager**
College Avenue Magazine

Over the years, tattoos have progressed into a societal norm, with 45 million Americans having at least one tattoo, according to statisticbrain.com. People get tattoos for a variety of reasons, such as an acknowledgement, a memory or even a reminder.

Tattoos are often observed by the public, and appreciated or not, well-done or shaky, there always seems to be a certain level of curiosity. What does it represent? Why is it significant? Did it hurt?

Freshman Liam Huber, an international studies and political science major, said, "You can break my body and spirit down, but I will never forget where I am from," when referring to a four-leaf clover on his shoulder blade.

Huber said he was "relatively pleased" with his first tattoo, and while it is not perfect, he "wanted it ever since I learned of my (Irish) heritage for the first time around 8."

While Huber thought about getting a tattoo for about 10 years, sometimes it does not take more than a few months or even a split decision to decide on getting a tattoo.

Freshman Denver Hansen, undeclared major, said it took him about two months to decide whether or not to get his tattoo, a chest piece of "my mother's family crest representing her bloodline." Hansen said his tattoo is significant because "it is kind of the Carmona [his Spanish heritage] way of life to value family... it shows that family will always have your back."

Both Huber and Hansen take pride in their heritage and have chosen to

wear it on their body for the remainder of their life. Some tattoos, however, are not a symbol of family pride, but a symbol of memoriam for a loved one. For example, freshman Dan Vinyard, engineering major, got a tattoo of the initials of a friend who had passed away.

"It reminds me of my friend and how much damage suicide does to a family," Vinyard said.

Memoriam tattoos can come in a variety of forms, such as a portrait to capture a loved one during happier times, lettering of names, initials or the date of death.

Tattoos are an expression of the person wearing it, signifying a number of things. Next time you run into someone with a tattoo, ask them about it. You never know what you might gain from it.

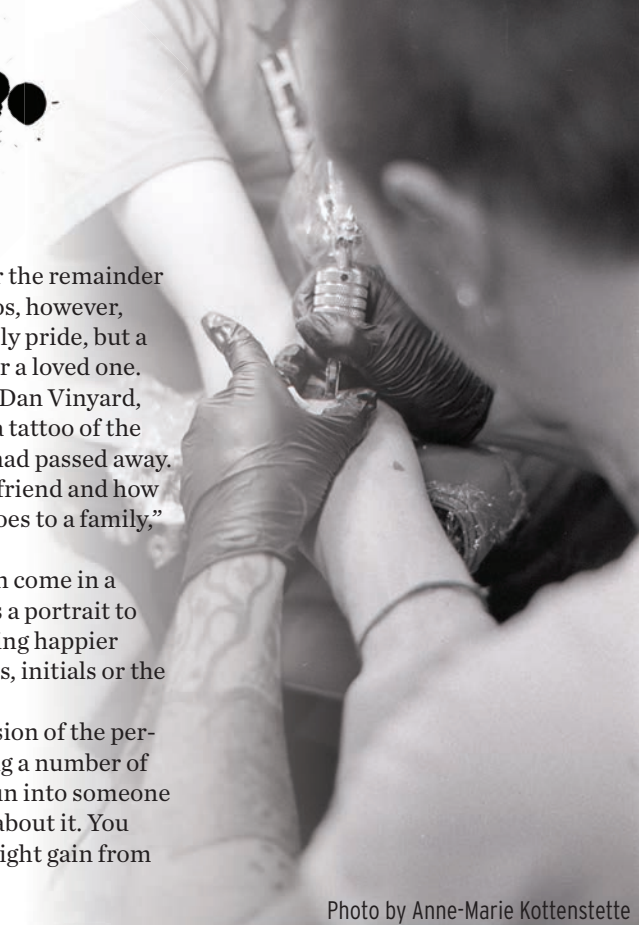



Photo by Anne-Marie Kottenstette

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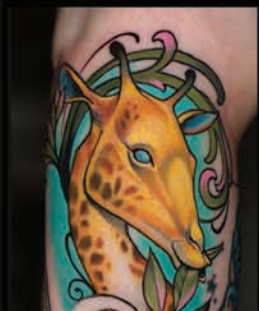
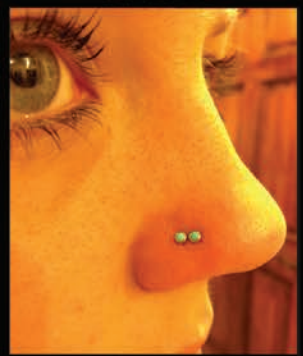


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In Step with students

By Erin Douglas
College Avenue Magazine

Sundance Steakhouse & Saloon was voted the top place to dance this year for Best of CSU. With a large dance floor and live music, Sundance's environment encourages country western swing and line dancing.

Swing dancing is a very diverse style of dance that can be accompanied by many different styles of music—country western, blues, rock and roll, and, most historically, 1920s-style jazz. While swing dancing is not a new style, its diversity and fast pace has allowed it to endure the test of time.

College students frequent Sundance on weekends and Tuesdays (college night) to show off their country style swing dance moves. While about half the dance floor line dances, the other half swing dances with friends, significant others or new acquaintances.

The dips, turns and spins are a perfect conversation-starter, particularly for those just learning.

Since swing dancing offers an ideal college culture for meeting new people, a group of students have started the CSU Swing Dancing Society. This group

meets every Wednesday night in the Cherokee Ballroom on the third floor of the Lory Student Center.

To begin the meeting, two student instructors teach aspiring swing dance enthusiasts. After the lesson, '20s-style jazz fills the ballroom and students can practice their newly learned moves with each other.

Students' favorite moves include the Charleston, swing outs, dips, Lindy circles, aerals and pancakes.

"Pancakes are the best move, without a doubt," said Eric Mault, a business freshman. "It's a move in which you are sort of kicking and rotating with your partner."

During the lesson, students rotate partners every few minutes to learn, practice and interact with different people. The lessons are designed for beginners, so this club is one place to start for students looking to learn some basics before frequenting Sundance.

However, student instructors Kristen O'Neill, an English major, and Luke Isakson, a junior in conservation biology, are also experienced in advanced moves.

"I'm a big fan of aerals," O'Neill said.



Left: Dipping his partner, sophomore applied computing technology major Stefan Folkesson shows off some moves at Sundance with senior health and exercise major Bailey Matta. Above: Erin Case, undeclared freshman, and Ashli Robertson, biology major, swing dance at Sundance on a Tuesday night. Photos By Erin Douglas.

Can I have this dance?

CSU Swing Dancing Society

Time:

- Wednesday; lessons at 7:15 pm, open dance at 8:15 pm

Place:

- Cherokee Ballroom

To Do:

- Learn and practice your swing dancing moves

Cost:

- Free lessons and dancing

More Info:

csuswingdance.wix.com/csuswin society

Sundance Steak House & Saloon

Time:

- Tuesday College nights; Saturday Ladies' night; Sunday family night

Place:

- 2716 East Mulberry

To Do:

- Show off your swing dancing moves, line dance, food, drinks, shoot pool, and other special events

Cost at the door:

- Tues: under 21 - \$8; over 21 - \$6
- Sat: over 21 - \$5
- Sun: all ages - \$4

More Info:

www.sundancesteakhouse.com

Here is a simple dip to try out:

(demonstrated by O'Neill and Isakson)



1 Each partner starts by facing out in an open position.



2 Both swing in towards one another.



3 The lead plants his/her feet in a sturdy position. The follow places his/her arm over the lead's shoulder.



4 The follow turns, leans back and faces out in the final dip position. The lead places his/her hand behind the follow's back.



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THEMED PARTIES AT CSU

By Hunter Goddard
College Avenue Magazine

Between those pesky block-parties-turned-riots as well as our eighth-place ranking on the “Playboy Magazine” top 10 list of party schools in the country, college parties at Colorado State are getting a lot of attention lately.

College Avenue sat down with two CSU students for an interview on party themes they have heard about around campus. Pamela Shapiro is a journalism junior. Danielle Sebben is a senior majoring in economics.

According to Shapiro, the best, or at least the most common party theme she knows of is the “Risky Business” theme, when partygoers wear socks and boxer shorts like Tom Cruise in the ‘80s movie of the same title.

Conversely, the worst party themes are offensive, according to Shapiro.

“I’ve heard of parties where the women dress like animals and the guys dress up as hunters, so literally the guys are the predators and the girls are the prey,” Shapiro said. “I’ve also heard about pilgrims-and-Indians-themed parties.”

Shapiro said the most unique party theme she can speak of is the ABC (Anything But Clothes) theme, with participants fashioning homemade outfits out of household objects, like beer boxes, curtains, saran wrap and duct tape.

“My idea for the perfect party theme

would be anything outdoors, instead of just another house party,” Shapiro said.

Patriotic themes are frequent, but party themes are dependent upon the time of year, such as costume parties during Halloween and ugly sweater parties around Christmas, Shapiro said.

As for Sebben, she said people tend to find classic parties the best where no one has to question the theme and everyone knows what it is.

“Don’t go to parties to meet people,” Sebben said. “Just have fun.”

According to Sebben, the most memorable party theme that comes to her mind is the Rubik’s Cube theme, wherein the person buys different colors of clothes at thrift stores and then trades articles of clothing with other people until they leave the event wearing only one color.

When asked what her ideal party theme was, Sebben said movie-themed parties sounded the most fun, especially if they are based off of classy films like “The Great Gatsby.”

“I don’t think that most parties even have any themes,” Sebben said. “It depends on the time of year.”

No matter how little or how much you party, Rams, you should always remember to have fun, but be safe.



- 1 University of Pennsylvania
- 2 University of Wisconsin
- 3 West Virginia University
- 4 University of Arizona
- 5 University of Iowa

- 6 University of California, Santa Cruz
- 7 University of Miami
- 8 **Colorado State University**
- 9 University of Texas
- 10 Syracuse University

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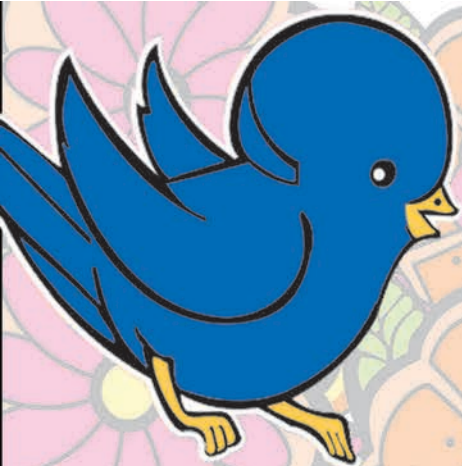
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most popular Nail Trends

By Octavia Perry
College Avenue Magazine

Want to treat yourself to a salon day but not sure where to start? Begin with the most popular nail salon in Fort Collins, L.A. Nails, which has won best nail salon for four consecutive years.

At L.A. Nails, you can experiment with some of the most popular nail trends.

“My favorite thing we do is glitter nails and the pink and white because it looks more natural and looks really nice,” said Kim Truong, a manicurist from L.A. Nails. “The most common designs are the glitter nails, or shellac colors.”

Glitter nails or sparkle nails are polishes in various colors with glitter in them to add a little more excitement to regular nail colors. Shellac or gel colors come with a shiny overcoat that will never dull.

Shellac or gel colors are very popular because the coat protects the color

from chipping or peeling and can help protect your nails if you want to grow out your natural nails.

According to Truong, the pale pink color makes your nails “look natural even if the nail is fake.”

Simple-colored nails are a popular trend seen all over the CSU campus. Dark and warm fall colors are commonly seen because of the season, but every once in a while, you can spot a bright and vibrant color.

“Dark-colored nails are my favorite because they go with every outfit,” said Kelly Howell, a first-year zoology student.

If you are looking for a more creative trend, free-hand nail designs are the trend to follow. So, if you are a fan of Pinterest, you can find a nail design that suits you, and any of the manicurists at L.A. Nails can duplicate the design and change the color, or anything about the design that you dislike, to make it perfect for you.

“Any picture you bring in from the Internet, we can do exactly, or do it better,” Truong said.

The holidays are coming up, so Halloween- and Christmas-themed nails are a popular trend around this time of year.

Another common service from L.A. Nails is the deluxe pedicure.

“The deluxe pedicure has sea salt and hot wax, with a long massage for relaxation,” Truong said.

All of these common nail designs can also be applied during your pedicure. Any design, shellac or glitter colors can be done to match your manicure.

If all of these are too complex for you, and you are looking for a simpler trend, L.A. Nails has a variation of colors and styles to choose from. Any manicurist from L.A. Nails can help you find something that is just right for you.

L.A. Nails is located on Taft Hill Road off W. Elizabeth St. Stop by to experience the best nail salon as voted by CSU.



Photo By Ricki Watkins

DIY Nails:

Butterflies, flowers and stripes can be done using toothpicks and old pens.

tip 1: Use the ends of a dull toothpick or a dry pen to make dots into flowers.

tip 2: Use strippers or nail polish with a thin brush for stripes, letters or even a simple French tip.

tip 3: Thin tape can also be used to help make a template for designs on your nails.

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By Jessie Trudell
College Avenue Magazine

Obviously, Fort Collins has a lot to offer – quirky shopping, beautiful scenery and great restaurants. But one perk of living in the FoCo area is too often overlooked by almost all of its citizens: a ticket to travel the world.

If you do it our way, it will not cost you an arm and a leg. So, hop on the food flight as College Avenue digs in to the best international restaurants that Fort Collins has to offer.

If you have a craving for Mexican food, check out Café Mexicali for the best burritos in town. Famous for their creamy habanero sauce, Café Mexicali offers Mexican cuisine with a Californian twist.

What does this mean, you ask? Think sweet pork barbacoa on a fresh tortilla with their signature savory sauce.

Next stop: Florence, Venice and Rome, all in one. If some savory spa-

ghetti or mouthwatering garlic bread sounds absolutely to die for, head over to Bisetti's on South College Avenue.

No one does it like Bisetti's. With a bubbly atmosphere, great service and even better food, a visit to this charming Italian restaurant feels just like a visit to Italy itself. Remember to try the cheesecake – it is homemade.

Fly over a few countries to eat some totally amazing Asian cuisine at Yung's. Order some of their famous egg rolls with a side of hot and sour soup for the total Yung's experience. If you have to go back for seconds, try out the shrimp lo mein and fried rice.

There is a reason why we love Yung's so much – delicious and filling food at affordable prices.

Take a quick trip to the Middle East – or you could just visit Yum Yum's. Specializing in healthy and traditional Middle Eastern foods, Yum Yum's is a great place to grab a bite to eat if you are looking to try something that is a little

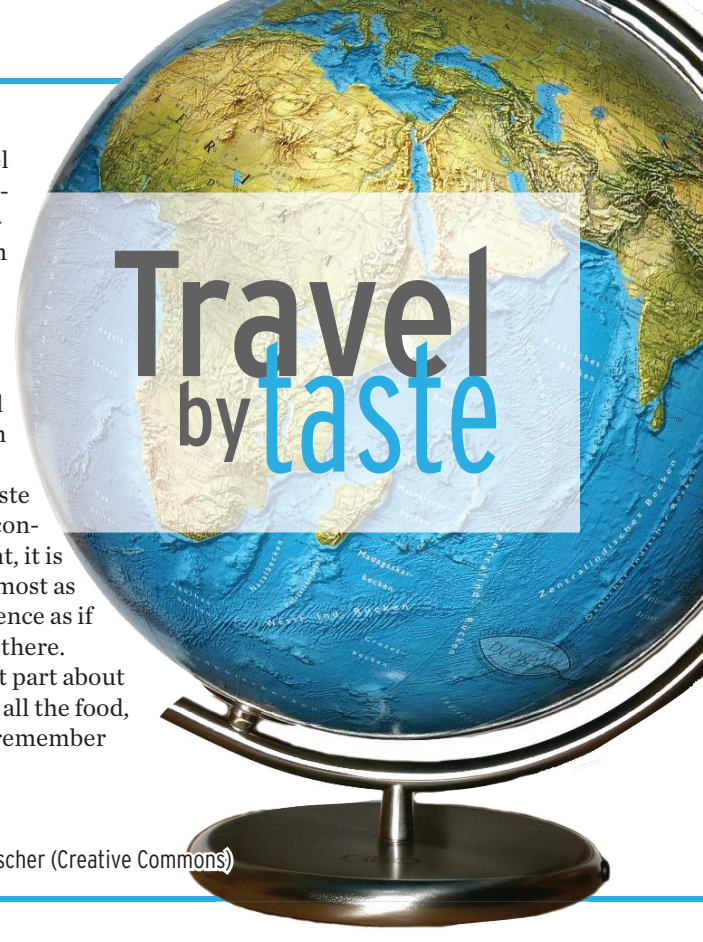
less common.

Gyros and falafel galore, this restaurant takes a Mediterranean twist on traditional tastes.

With over 84 restaurants in the city alone, you can eat Asian food for lunch and then Italian food for dinner. As your taste buds travel from continent to continent, it is sure to provide almost as great of an experience as if you were actually there.

Anyway, the best part about traveling is trying all the food, right? Enjoy, but remember your passport!

Photo By Christian Fischer (Creative Commons)





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CSU's Fitness 4

By James Cao
College Avenue Magazine

During any discussion on the greatness of Fort Collins, Best of CSU and the Rec Center have always been mentioned in one hallowed breath.

Of course, the gym at CSU has been hailed as one of best in the nation, rated a LEED certification of gold by bestvalueschools.com and ranked third best in the country by universityprimetime.com.

It should be no surprise that with such a great facility, the student body takes full advantage of the center. A haven for the student looking to build his/her temples of greatness, College Avenue presents four exercises and machines at the Rec Center that should be incorporated into your weekly workout.



FLAT BENCH PRESS

No surprise to the seasoned veteran cranking out those pre-workout-induced reps, the bench press is a top exercise to perform. A great overall upper-body exercise, the bench press works your abs, pectorals and triceps, not including the stabilization of shoulders and biceps.

To perform at the bench press, place your hands shoulder-width on the bar, or farther apart if you are going for a wide-grip press.

Raise the bar in the air until your arms are extended and then lower the bar to your chest. Inhale while doing so, then when your triceps are parallel to the ground, explode upward while exhaling.

"I like this exercise because I can feel it work my chest," said Josh Bender, a gym-goer and construction management freshman.

There is a reason why, every Monday evening, there stands a line of rippling muscle waiting for their turn on the bench press. It works.

The bench will not cause you to miraculously gain swollen arms. The only way for muscle mass to increase is through higher weights and lift to failure, so performing this exercise with a low weight and high reps will tone those arms to a pinnacle of perfection you will be proud to show off.



CABLE MACHINE

Those who hit the Rec Center on the regular most likely have noticed the new cable machines on the second floor where the old leg machines used to rest.

These machines are like the limited-time deals at Taco Bell. You were used to that Dorito-shell crunchy taco, and now, you are greeted with the new special deal of that one burrito-quesadilla pizza combo mix.

The cable machine is favorite for many gym-goers because of its durability, horizontal adjustments and wide options of exercises to perform.

Although multiple exercises can be done on the machine, let's focus in on the standing cable fly, an exercise that will isolate and train the pectoral muscles.

To perform the standing cable fly, set the vertical height of the cable arms to between a setting of two or three, or just high up on the scale. Grab the left handle with your left hand, and vice versa. Take a step forward with either the left or right leg forward in a slight lunge. Lean forward at a 30-degree angle, keeping your back straight.

With both hands on the handles, bring the handles to the front of your chest, while trying not to bend the elbows.

A great chest workout, exercises on this machine are like the burrito-quesadilla pizza combo mix —you were not sure of it in the beginning, but now you are going to order it on the daily.



BARBELL SQUAT

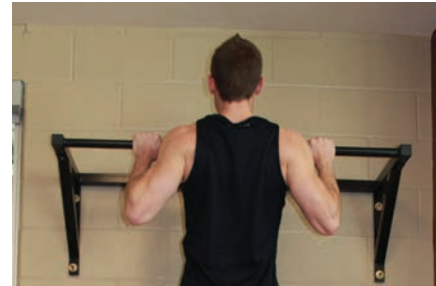
This is a favorite for males and females alike. If you do not incorporate this exercise into your weekly workout, then you should look in the mirror and question your life choices. A great exercise that mainly works quads, it will also train glutes, hamstrings, calves and muscle in the lower back and core.

Barbell squats are the ultimate leg exercise. To perform the barbell squat, start with legs planted shoulder-width apart and the bar on your shoulder blades, hands gripping the bar to stabilize the weight.

Then, lower your body as if sitting in an invisible chair until your thighs are parallel to the ground. It is important that you do not hunch your back. One tip to doing this workout: envision a bowl balancing on your head (weird, but it works).

After you are in the squat position, drive your legs and push up until you are in the start position. That constitutes one rep. It is important that you push up through the heel of your foot and not the ball, as the exercise will be more effective that way.

Jonny Tran, a CSU grad and workout fanatic, explains why squats are his favorite exercise. "It's like a metaphor for life, if there's weight on your shoulder, then just get up," Tran said.



OVERHAND PULL-UPS & ASSISTED PULL-UP

Okay, Rams, look here. Word around the gym is that 70 percent of the people there cannot do a pull-up. Do not be another statistic.

Why is the statistic so high? The pull-up is difficult, as you are lifting your own body weight using only your arms and back.

The muscles worked are primarily the biceps and back, along with minor training everywhere else. The benefits of performing a pull-up are more than rewarding physically and mentally.

"Pull-ups challenges my weaknesses," said Joe Mpumuro, an undeclared freshman. "It's one of the few exercises to work everything in your body."

To perform the overhand pull-up, start with arms shoulder-length apart, gripping the bar with your palms facing away from you. Crossing your ankles makes the exercise easier and effective by keeping the body balanced. Hanging from the bar, pull your body up until the bar is level with the collar bone.

If you cannot do it on the bar, then fear not, for the assisted pull-up machine will help you go through the motions. The pull-up is an essential exercise that will help build strength, and ultimately, health.

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White Chocolate Croissant Bread Pudding
Photo by Ashleigh Smith

White Chocolate Croissant Bread Pudding

A recommendation by both the owner and a kitchen staff member, this dish is presented with a large, warm and soft croissant, glazed in and out with cream anglaise and served with white chocolate chips on the side.

Half-Price Chocolate Martinis

Looking for a sweet deal on a budget? Every Monday, the Cafe offers half-priced martinis, cutting the price from \$8 to \$4. From their signature Chocolate Martini to fruity pomegranate and key lime mixes, there is a flavor for everyone.

By Ashleigh Smith
College Avenue Magazine

Having a bad day? Going out with your significant other? Or, are you just looking for somewhere to get your sweet tooth fix?

Look no further than the Chocolate Cafe. This independently-owned shop that sits on West Olive Street has made a delicious name for itself in the past seven years. The best part? They specialize in all things dessert.

"Back when we first opened, we started with just desserts," said owner Mike Del Duca. "Now we offer lunch and dinner on the menu."

The Chocolate Cafe was also one of

the first dessert cafes to open in Fort Collins and the U.S., making it an interesting niche of its own. However, the concept remains popular overseas.

"These sorts of cafes are really popular over in Europe," Del Duca said. "When we first opened, there was only about one or two in the country. That one was in Seattle and the other was here. It was a new concept, having the dining experience with just desserts."

Over time, Del Duca and his wife, Diane, have based their recipes on personal creations and variations of existing favorites.

If chocolate is not the only thing on your mind now, it will be.

Bacon Stout Chocolate Cheesecake

This cake is rich and decadent with chocolate, a flaky graham cracker crust and topped off with chocolate frosting and bacon bits. This particular dish spoke to the gourmet side of the menu, arriving on a plate lightly drizzled with caramel and chocolate sauce.

Trifecta

This gluten-free three-layer cake incorporates bittersweet chocolate cake with bittersweet chocolate mousse and topped with white chocolate mousse.

"The trifecta is just so rich and sweet...I've come here before and had the trifecta and a chocolate martini ... so yummy," said customer Eveline Goncalves.

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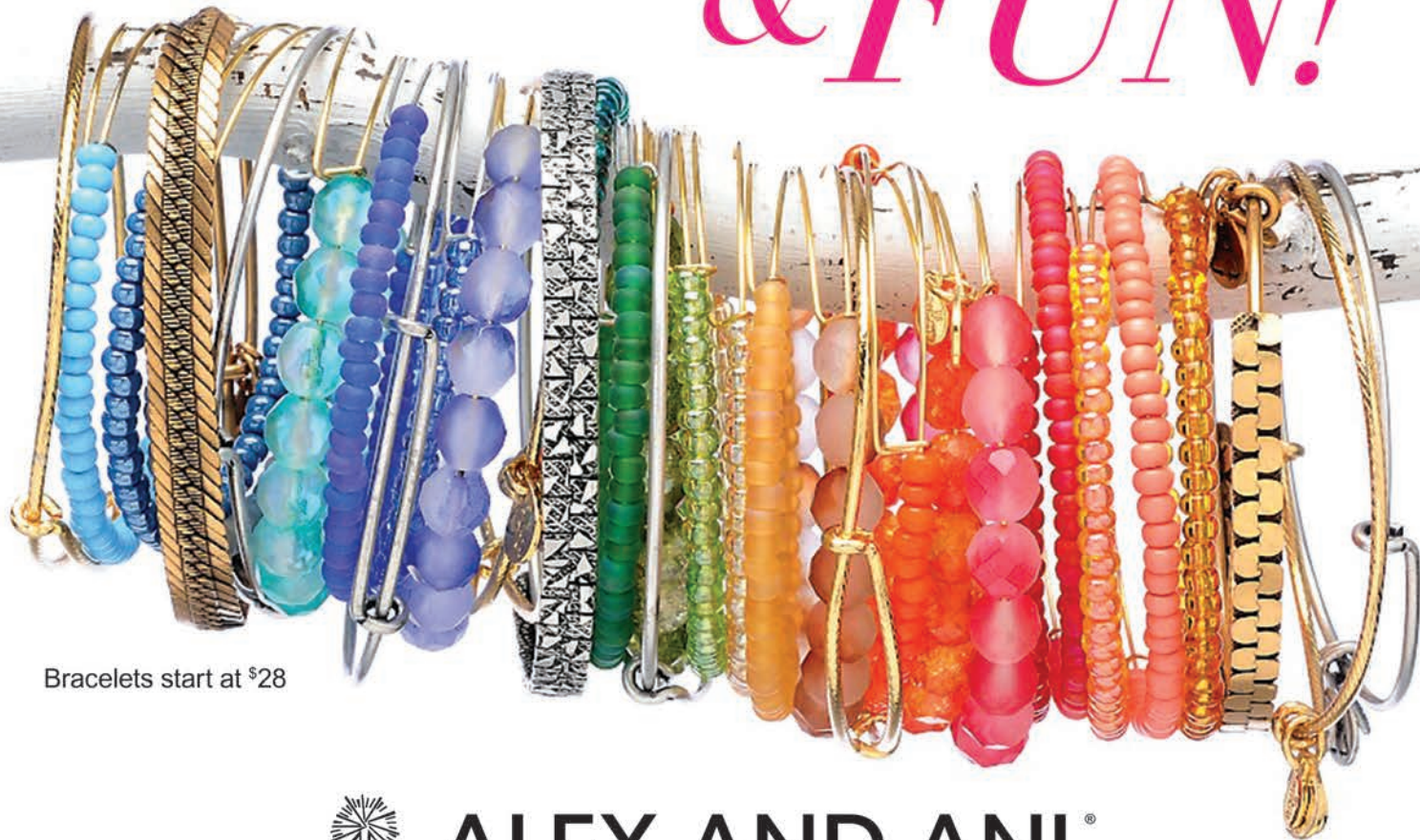
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SHOULDER-LENGTH

Long hair will always be a staple in American beauty trends, but this season, girls are trading in their luscious locks for shoulder-length, midi-styles. This new look is perfect for those bulky winter outfits and sits at the perfect height for scarf weather.

Darby Brown, lead stylist at Best of CSU's Studio Be, says, "Variations in its form are the long bob (lob), short bob, slightly layered, heavily textured, angled and asymmetrical. My favorite cut right now is the very blunt bob."

With a mid-length hairstyle, you will go into the season with a fresh new look.



MAN BUN

Let us not forget about the men this fall. Traditional crew cuts and fades are slowly losing popularity as the man bun rises with the hipster trend of 2014. As men trade in their sagging pants for suspenders, their traditional short hair transforms into a more rugged, yet eclectic look. No man bun is complete without its accompanying beard, and the change in weather this season will begin an even larger transition to this new trend. With all these changes in women's hair trends, remember to look out for those man buns and beards this season.



OMBRE

This summer style still carries into the fall and works great for those looking to change up their look but not lose their length. Summer ombre styles can easily transition into fall with deeper colors instead of the blonde that worked this summer. Brown says, "The popular colors right now are similar to winning medals, rose gold, smokey-silver using greys or violets and bronze with caramels." Auburn, red, bronze and copper colors will complement the deeper, more rustic tones of autumn fashion. For a fun and bright look, try colors such as purple or pink.



FALL HAIRSTYLES



By Abby Kurtz

College Avenue Magazine

As the days get shorter and the air gets colder, a new season of trends sweeps across campus. What is new in hairstyles this fall? Here is a quick guide to clue you in on the latest styles.



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1. Cheba Hut
2. Pickle Barrel
3. Krazy Karl's

Best Breakfast

1. Snooze
2. Silver Grill Cafe
3. Lucille's

Burrito

1. Café Mexicali
2. Big City Burrito
3. Chipotle Mexican Grill

Wings

1. Jim's Wings
2. Krazy Karl's
3. Buffalo Wild Wings

Burger

1. Stuft - A Burger Bar
2. Big Al's Burgers and Dogs
3. Five Guys Burgers and Fries

Italian

1. Bisetti's Italian Restaurant
2. Canino's/Olive Garden
3. Enzo's Italian Kitchen

Mexican

1. Café Mexicali
2. Rio Grande Mexican Restaurant
3. La Luz Mexican Grill

Asian

1. Yung's Chinese
2. Lulu Asian Bistro
3. Simply Thai

Other International

1. Yum Yum's
2. Taj Mahal
3. Krazy Karl's

Bagels

1. Rocky Mountain Bagel Works
2. Gib's Bagels
3. Bagel Place

Pizza

1. Krazy Karl's
2. Pizza Casbah
3. Cosmo's Pizza

Sushi

1. JAWS Sushi
2. Suh Sushi
3. Suehiro Japanese Restaurant

Vegetarian

1. Tasty Harmony
2. Krazy Karl's
3. Rainbow Café

Best Restaurant to take a Date

1. Mainline
2. Krazy Karl's
3. Bisetti's Italian Restaurant

Late Night

1. Krazy Karl's
2. D.P. Dough
3. Fat Shack

Ice Cream

1. Walrus Ice Cream
2. Cold Stone Creamery
3. Kilwins Chocolate and Ice Cream

Coffee

1. Alley Cat Coffee House
2. Mugs Coffee Lounge
3. Wild Boar Cafe

Margarita

1. Rio Grande Mexican Restaurant
2. Fuzzy's Taco Shop
3. Blue Agave Grill/La Luz Mexican Grill

Beer Selection

1. Mayor of Old Town
2. Old Chicago/Krazy Karl's
3. Choice City/Tap N' Handle

Bar

1. Lucky Joe's Sidewalk Saloon
2. The Trailhead Tavern
3. Krazy Karl's

Dispensary

1. Choice Organics
2. Organic Alternatives
3. Flower Power Botanicals

Dessert

1. Chocolate Café
2. Mary's Mountain Cookies
3. Kilwins Chocolate and Ice Cream

Delivery

1. Krazy Karl's
2. D.P. Dough
3. Cosmo's Pizza

Munchies

1. Krazy Karl's/Fat Shack
2. Cheba Hut
3. D.P. Dough

Thrift Store

1. Arc Thrift Stores
2. Brand Spanking Used
3. Once Again Thrift

Radio Station

1. 90.5 - KCSU
2. 93.3 - Denver's Modern Rock
3. 96.1 - KISS FM

Place to Dance

1. Sundance Steakhouse and Saloon
2. Rec Room
3. Bondi Beach Bar and Grill

Live Music

1. Aggie Theatre
2. Hodi's Half Note
3. Lucky Joe's Sidewalk Saloon

Movie Theatre

1. Lyric Cinema Cafe
2. Cinemark
3. Carmike Cinema

News Source

1. The Rocky Mountain Collegian
2. The Coloradoan
3. 9NEWS/Facebook

Bookstore

1. Barnes and Noble
2. Old Firehouse Books
3. CSU Bookstore

Health Club

1. CSU Rec Center
2. Miramont Lifestyle Fitness
3. Raintree Athletic Club

Hair Salon

1. Studio Be Salon
2. Roots Wellness Studio
3. Floyd's 99 Barbershop

Nail Salon

1. L.A. Nails
2. Paradise Nails and Spa
3. Polished Nail Spa

Local Brewery

1. New Belgium Brewing
2. Odell Brewing Company
3. Equinox Brewing

Bike Shop

1. Lee's Cyclery
2. Road 34
3. Recycled Cycles

Outdoor Store

1. Jax Mercantile
2. REI
3. Khumbu Adventure Gear

Tattoo/Piercing

1. Tribal Rites
2. Freakshow
3. Covenant

Waxing Studio

1. The Screamin Peach
2. The Wax Factory
3. L.A. Nails

Liquor Store

1. Wilbur's Total Beverage
2. Campus West Liquors
3. Aggie Liquors

Tanning

1. Sienna Tan
2. At The Beach Tanning
3. Horsetooth

Park

1. City Park
2. Rolland Moore
3. Spring Canyon

Place to hang out b/w classes

1. Ramskeller
2. Oval
3. Plaza

On-Campus Lunch

1. Spoons
2. Panda Express
3. Umami

Excuse for a late assignment

1. Hungover
2. Sick
3. RamCT was down

Dorm Cafeteria

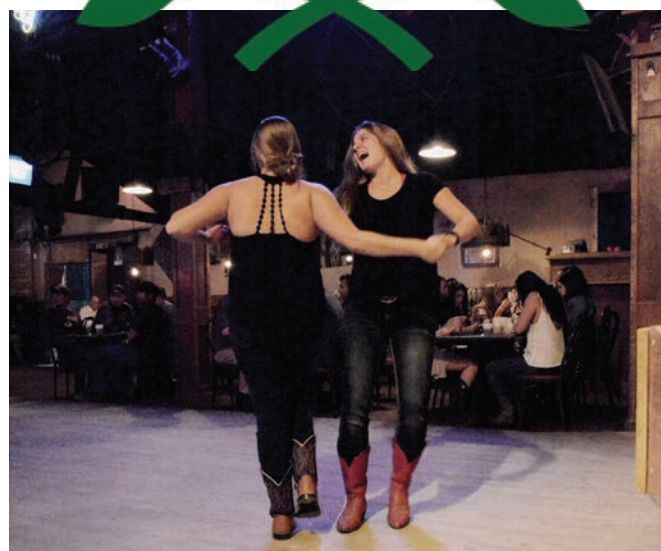
1. Academic Village
2. Durrell
3. Corbett

Dorm

1. Corbett
2. Academic Village
3. Parmalee

Apartment

1. Ram's Village
2. Campus Crossings at Ram's Pointe
3. The Grove



CITY PARK through the lens

Photo Story By Megan Rakoczy
College Avenue Magazine

Located along Mulberry Street between Shields Street and Taft Hill Road, City Park won best park according to your Best of CSU votes. The oldest community park in the city, City Park features tennis courts, playgrounds, sports fields, basketball courts, a horseshoe pit, a lake and more.



1. City Park is a perfect place to take friends or family. 2. Experience the wildlife at the park. 3. Take a look at the "A" through the trees. 4. Glimpse the changing leaves reflecting off the lake. 5. Junior Mackensie Thompson, a math major, slacklines at City Park.

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Mainline for a for a Good Time

By Sarah Hansen

College Avenue Magazine

One of the greatest struggles being a college student at Colorado State is knowing the wheretos regarding the best restaurants to take your significant other on a date.

You would not want to come off as cheap and take your date to a chain restaurant on the low end of the chic spectrum because this might come off as a lack of care or interest in him/her. However, the harsh reality for college students is the fact that the majority of us are broke and cannot afford to pay for a meal that would prevent us from buying groceries for a month. So how does someone get the best of both worlds? Is it possible to take your date to a unique restaurant without draining your checking account? The answer to this telltale problem can be found right in Fort Collin's very own Old Town: the Mainline, voted best date night restaurant in the 2014 Best of CSU.

As I walked into Mainline on a brisk Saturday evening, warmth immediately surrounded me, both figuratively and literally. The hosts greeted me attentively with an enthusiasm to assist my date and myself. We were quickly seated in a cozy booth on the main floor and almost immediately greeted by our kind-hearted waitress.

Once seated, I began to take in the truly authentic interior design of Mainline. The lighting was dim and romantic. Candles were lit on each table. Placed sporadically throughout the restaurant, metal pipes crafted to resemble trees reached from floor to ceiling, giving Mainline a very rustic feel, almost as if we were sitting outside by a bonfire on an autumn evening. The main floor's bar was also surrounded by these metal trees and was illuminated by a rusty orange backlight, adding even more to Mainline's already picturesque appeal.

"I love the relaxed atmosphere of the main floor," said Ryan Cobb, Mainline's

bar manager. "People can come in here dressed casually, but they also can feel free to dress it up."

The same theme continued on to the second floor, except this level carried a more intimate vibe. Cobb said the upstairs level is "a more comfortable feel, better suited for appetizers and drinks." With a snug lounge area, more bar seating and table tops made for two, it is easier here to feel cozier with a loved one.

The carefully concocted menu was just as pleasing to the eye. With options priced from about \$4 to \$20, it allowed my date and myself the freedom to order what we pleased.

Cobb said Mainline "started with a Southern comfort food menu" but gradually adjusted to a more classic menu, with some of the same traditional Southern dishes.

The plates varied from fried okra to grilled chicken tacos, blackened ahi to vegetable flatbread and even gluten free or vegetarian options. There is a

sure chance that anyone can find a plate which suits his or her personal taste preferences.

There is also an extensive drink menu filled with local brews and mixed cocktails exclusive to Mainline's bar.

My date and I went with the southern wedge with shrimp and the New York strip. Neither plate disappointed. We also shared a rich chocolate caramel mousse at the end of our meal and were very impressed by how flavorful such a small treat could be.

My overall experience at Mainline was one of genuine hospitality, intriguing aesthetic appeal and savory dishes. My date and I were always well-attended to and felt comfortable asking questions and having casual conversation with Mainline's employees. The interior design and decoration gave us the feel of being at a chic, high-class restaurant, and, at the same time, the reasonable prices of our meals did not empty our wallets.



Photos by Sarah Hansen



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3 cheers for CHAI

By Alexa Phillips
College Avenue Magazine
Photo By Anne-Marie Kottenstette

In recent years, the demand for chai has skyrocketed as an alternative to plain tea or coffee. Every coffee shop serves their own in-house variation; it is also being made available for purchase in grocery stores in concentrate or powder form to make at home. With its sweet flavoring and flexible forms, chai is sweeping across

America as a beverage sensation.

Like coffee, chai can be considered addictive, as it comes from black assam tea, which naturally contains caffeine. Chai is popular because of the soothing and comforting flavors, serving as a great alternative to coffee. Another widespread power is that it comes in

many forms: hot, iced and even as a milkshake.

The Alley Cat has grown to be Fort Collins' institution for chai tea lattes. It opened around 11 years ago with the intention to provide the best chai recipe. After numerous counts of trial and error, it finally perfected the recipe to what it is today. While the recipe is kept top secret, it is locally made fresh in small batches every day, offering a sweet and a spicy variation.

Manager of three years, Rick Newman, said he believes in very simple but good recipes.

When talking about Alley Cat, he refers to it as "a family" within the Fort Collins community, catering to CSU students, young professionals, high school students and professors.

In addition to coffeehouses, Pi Chai is a growing instant chai company, born right in Fort Collins. If you are a frequent customer of Morgan's Grind, you may recognize the name, new this year. Pi Chai is instant chai tea latte mixes that come in three flavors: Original, Java and Chocolate. Like the chai at Alley Cat, Pi Chai is locally made, supporting the Fort Collins community.

Jennifer Lopez, the owner, wanted to create a great-tasting instant chai product that mimicked something found at a coffeehouse and that catered to on-the-go individuals with busy lives.

"Pi Chai offers the customer a coffeehouse-style chai tea latte at home or work, which is easy to make and convenient," Lopez said.

Pi Chai is different from other chai in that it is a unique blend of ingredients, especially the spices. It also has a long shelf life, so customers do not have to worry about using it within a certain time period. The flavors offer an alternative to the Original variety. Lopez hopes to keep expanding, adding different varieties and extending distribution to the regional and national level.

The powdered chai concentrate makes having a chai latte convenient from the standpoint that it can be made anywhere, even in a dorm room with just a hot water heater. It is the future of chai, catering to our on-the-go lifestyles, though nothing can beat a hot chai tea latte from your favorite coffee shop.



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#3





TOP 3 drinks in FoCo

By Sarah Feldman
College Avenue Magazine

Whisk(e)y Sour by The Whisk(e)y

The Whisk(e)y is home to hundreds of whiskeys. Having only been opened for six months, the Whisk(e)y is quickly becoming one of Fort Collins's favorite hot spots.

A must-try signature drink is the bar's Whisk(e)y Sour. As stated by bar manager Octavo, the Sour is like "having a piece of pie, just not as sweet, similar to lemon meringue." However, many people have been hesitant to try this classic cocktail because, unlike most whiskey sours, this one has an optional extra ingredient: egg white. The whites are whisked into a frothy drink and, although unusual, the result is quite delectable.



Double Windsor by The Social

The Social is a charming throwback to Prohibition. Hidden away and down some steps, the wooden barred doors of the Social immediately create an alternate reality of the 1920s.

One of the Social's best drinks is its Double Windsor. The Double Windsor is blend of refreshing and comforting flavors. A mix of Jameson Irish Whiskey, Belle De Brillet Pear Cognac, fresh lemon, honey syrup and Saigon cinnamon, this drink makes for a simple yet elegant cocktail. Serving up this amazing drink, Raffi Jergerian, one of the Social's bartenders, said that "it's easier to make great drinks when you have great spirits to start with."



Here Comes the Fuzz by Astoria

Back in the 1800s, Astoria was once a Bank and Trust. Nowadays, Astoria is a hot spot for delicious drinks and entertainment, such as karaoke every Thursday night.

Here Comes the Fuzz is a must-try drink at Astoria. The drink consists of Fireside, a local peach whiskey, peach schnapps, rose essence and soda water.

Gabriel Lewis, a CSU senior history major and an Astoria regular, describes the drink as being "subtle but full-flavored." When asked why he likes Astoria, Lewis said, "I like the atmosphere and the drink selection, and I love the options of late night sushi and Cuban food."



Photos by Ricki Watkins

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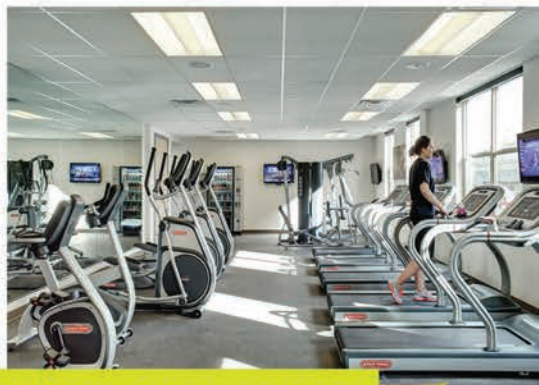
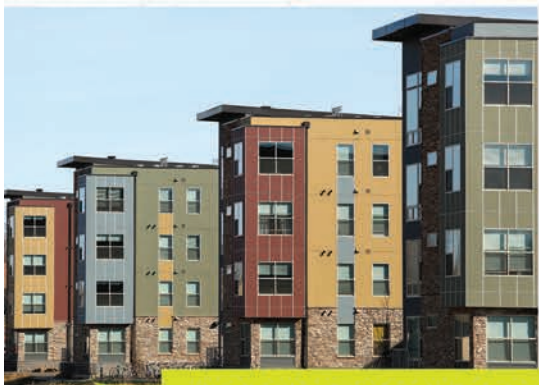
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The Down Low on Vegetarians

By Sarah Hansen

College Avenue Magazine

In recent years, vegetarianism has become more and more popular in society, especially amongst youth. Even in the early 2000s, you would hear the word “vegetarian” and cringe, and going into a restaurant and finding an enjoyable vegetarian meal was nearly impossible. Nowadays, it seems like every other person you meet is a vegetarian, and vegetarian options in schools and restaurants are endless. This recent rave in vegetarianism has got a lot of people wondering: what is the deal with being a vegetarian and is it really a healthier diet?

One of the biggest worries of skeptics is the lack of nutrients and vitamins one experiences if meat is cut from his/her diet. Meat contains key nutrients, such as protein, iron, zinc, magnesium and vitamin B. The lack of these nutrients would potentially cause a huge health deficiency for one who chooses not to eat meat. However, there are also a lot of people who are vegetarians because meat causes them to get very ill. Their stomachs cannot break down tough meats, so they opt out of eating them as a whole.

Undeclared freshman Hillary Lorsch dealt with this issue by no longer eating meat and she said she “started feeling a lot better and lost weight easier.”

Many vegetarians have found alternative sources for nutrients found in meat. Some of these sources include vitamins, beans, nuts and tofu. Undeclared freshman Courtney Higgins, a vegetarian of three years, said she eats “a lot of black beans and other types of beans and nuts,” and every now and then, she also eats eggs, which are a high source of protein.

But what many people do not realize is that nutrition is not the only reason why people practice vegetarianism. Many vegetarians are protesting for their political beliefs. There are many controversies surrounding meat producing and packing industries and the way animals of those facilities are

treated. Higgins, being a vegetarian that falls under this category, said, “I can’t eat an animal that spends its life being tortured and killed...just knowing they are suffering is enough for me.”

So, although being a vegetarian can come along with some health risks, it is easy to find alternatives to meat with just as much nutritional value. Some people are also forced to be vegetarians because of illness, not because of choice. Being a vegetarian can also be a way to make a political statement, and show that you are truly dedicated to a cause (such as fighting against animal cruelty). Vegetarianism is not just a trendy new thing that all the young folks are doing. It is a lifestyle.



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GIRLS'/GUYS' NIGHT OUT

By Valerie Vester
College Avenue Magazine
Photo By Sydney Izienicki

GIRLS' NIGHT OUT

Your girl friends, music, food, stories, laughter... What could possibly be better than a girls' night out?

"The perfect girls' night out would start with meeting up at someone's house before going out to get ready together; we would listen to music and help each other decide what to wear," said Danielle Trotter, a senior human development and family studies major.

Once you are all dressed up, it is time to take some selfies and head to dinner. Dinner is the perfect opportunity to catch up with your friends and have "girl talk" before going out to a crowded and loud setting. Plus, it helps you to tolerate the alcohol that may follow in the night. During dinner, at least one group selfie must be taken. A senior political science major, Janelle Mayorga said she likes to "go eat at a nice Chinese restaurant before going out."

After dinner, it is time to head to Old Town for some drinks, dancing and, you called it, more selfies with your friends. Mayorga said she prefers to go to "the Rec Room because the dance floor is big."

As the evening comes to a close, it is time for a late-night snack. A Crazy Karl's North of the Border pizza with ranch is Trotter's go-to after a night out. After one more selfie, it is time for bed.

GUYS' NIGHT OUT

A typical guys' night out includes friends, beer, some friendly competition and food.

"Any night out starts with the perfect day," said Ryan Wix, a senior engineer major. To Wix, that means Friday classes being canceled, watching "The Fresh Prince of Bel-Air" and playing a round of golf against his roommate for a growler at New Belgium.

Some form of friendly competition is key to any guys' night. A junior business management major, Colby Herbst said the perfect night starts with "sinking the same cup in beer pong followed by a bro five."

After a good bonding session with the guys, it is time to head to the bars, get some drinks and meet some new people. According to Herbst, when going out, they dress to impress: "dress shirt, dress pants, tucked in nicely."

Ryan said he would "go straight to Lucky Joes and after an Irish Car Bomb" he would find the perfect dance partner.

Once the night is dying down, it is time for some pizza - a greasy, delicious Cosmo's pizza. Herbst and Wix both said they enjoy going to Cosmo's after a long night out.



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Fort Collins is a gateway to some of Colorado's famous mountain ranges. If you are looking for a weekend getaway, take a drive to Estes Park to photograph the elk herds or Boulder to hike the Flatirons. The possibilities are endless.

Unable to drive an hour away? No problem. Fort Collins's own Horsetooth

Reservoir offers some spectacular views and rugged Colorado adventure. A moderate hike up to Horsetooth Rock can unleash your outdoor spirit and a quick scramble up the rock provides a magnificent view of the city. A nighttime hike up to Horsetooth Rock reveals the city lights.

Keep it Cozy

On a chilly fall Saturday, there is no better way to spend your time than curled up in bed watching a movie.

Make it a movie marathon with friends or dare each other to watch an entire season of "The Walking Dead" in one day.

Selam Kidane, an international stud-

ies freshman, said she spends her weekends watching Bollywood movies.

"Watching a movie always takes your mind off to a different world," Kidane said.

What better way to escape the stress of the week than to fly away into the magical world of the movies?

Unwind and Relax

After a long week of last-minute studying and five-page papers, you deserve a little "me time" to relax.

This fall, find your inner yogi and participate in a yoga class. Fort Collins has many local yoga studios, including Mindstream Yoga and Om Ananda Yoga, as well as beginner yoga classes at

the CSU Rec Center.

If you do not have the patience for traditional yoga, try something with a little bit more adrenaline. A new trend in the yoga world, known as acroyoga, may be the right fit for you. Or, grab a partner and try your hand at intricate and acrobatic partner yoga poses.

Weekends in FoCo

A stressed student's guide to the weekend

By Abby Kurtz

College Avenue Magazine

With study groups, clubs, homework and midterm exams, students' weekly schedules are filled to the brim with stressful obligations. With the weekdays consisting of work, many students look forward to Friday nights when classes are done and it is time to play.

But what is there to do on the weekend up here in beautiful Fort Collins? Do not let the fear of the unknown keep you locked up in the dorms this fall. Check out these ideas to revamp your weekend and give you something to get through that busy week.

Sophomore Jourdan Henderson enjoys his weekend sitting on Horsetooth Rock. Photo by Abby Kurtz.

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Lyric Cinema Café creates community

By Hunter Goddard
College Avenue Magazine

What filmmakers and filmgoers say about the Fort Collins independent theater

Voted as the top movie theater in Best of CSU, the Lyric Cinema Café, located on 300 E. Mountain Ave. in Old Town, is one of the most unique moviegoing experiences that any place has to offer.

According to its website (LyricCinemaCafe.com), the Lyric prides itself on being smaller than the average multiplex, and it aims to achieve more of a living room atmosphere with its offerings of beer, wine, coffee, tea and finger foods, as well as its couch seating in lieu of stadium seating.

A frequent visitor to the Lyric is senior Spencer Downing, a human development and family studies major. Downing said she goes to the Cinema Café approximately once a month.

"The Lyric offers movies that are different than the ones showing at your average theater," Downing said. "Plus, I like to support local businesses that are giving back to the community."

The Cinema Café is unique because it feels like a small community, according to Downing.

People have freely painted on the walls and the food served, such as humus and bagels, is all-local and all-organic, Downing said.

"The best movie I ever saw at the Lyric was 'Boyhood,'" Downing said. "As a human development and family studies major, I could actually apply concepts I learned in class to the film's story."

An independent filmmaker who screened one of her films at the Lyric is Sarah Sellman of Alamosa, Colo. Sellman and her partner, Greg Grano, booked their documentary Sept. 6 at the Lyric as the second stop on a nationwide tour to support the film, "American Bear."

"We were connected to [the Lyric] through a friend who works with independent theaters across the country,"

Sellman said. "My partner, Greg, did all the outreach, but when I worked with the management the day of the showing, they were on point, generous and smart."

According to Sellman, the 45-person theater was sold out for them the night of their run. Although not a huge crowd, it would not have happened without the Lyric's efforts and the active audience members, who were engaged in the post-screening Q&A session, Sellman said.

"The Lyric is tapping into the community in really great ways," Sellman said. "It's a very special venue. It shows films in the highest possible quality and you can tell how focused they are on the community and what they're interested in as far as programming and concessions go."

It is important to have theaters that still support independent producers

because not a lot are left in the nation, Sellman said.

Movie fans and non-cinephiles alike can come together at a theater like the Lyric Cinema Café, since it has so much more to offer to its patrons and to the community at large than just what's on the silver screen.

Coming attractions at the Lyric Cinema Cafe this month:

- Nov. 5 - "V for Vendetta"
- Nov. 6 - "Conspiracy: The Sustainability Secret"
- Nov. 7 - "Birdman"
- Nov. 7 - "The Frame"
- Nov. 11 - "Bike Smut"
- Nov. 14 - "Dumb and Dumber"

More information at LyricCinemaCafe.com.

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Fall Fashion Making a Comeback

By Alex Teahen

College Avenue Magazine

With fall fashion in full swing, here are five throwback fall looks from previous decades making reappearances in fashion today.

Casual Jean Jacket

Starting in the late 1940s, Marilyn Monroe introduced American women to the jean jacket, making it fashionably acceptable. The trend continued through Woodstock with experimenting of embroidery and cut off sleeves.

“Jean jackets are in right now and I believe they always will be because they’re so versatile and add warmth for winter or I can cut it into a vest for summer!” said Kaitlyn Stiles, a sophomore fish, wildlife, conservation biology major.

Pair it with a cute dress or a pair of leggings and boots for comfort and warmth.

Color-Popping Mini Skirt

This colorful miniskirt dates back to the mid 1960s first introduced by designer Mary Quant.

“I love a bright colored mini skirt because it makes me stand out and shows who I am,” said Katelyn Cool, a sophomore liberal arts major. “I love them in winter with a pair of leggings because I can stand out amongst the white snow falling and students in jeans and winter coats.”

Pair this skirt with a pair of leggings to keep your legs warm while looking fashionable for winter.

Cozy Flannel

Flannel shirts became a fashion staple in the mid 1980s to create the perfect grunge look. Flannels keep you warm and are usually thin enough to use as a layer for the coldest of days.

“Flannels are a staple in my winter look because they’re warm, and I have

an endless supply of them in my boyfriend’s closet!” said Alicia Borcic, a sophomore human development and family studies major.

Pair your flannel with jeans or leggings for a more casual look.

Classic Leather Jacket

Popularized in the 1950s, jean jackets were an iconic item of the era and continue to be a staple in American fashion. Today they come in different colors and can be used across different outfits to keep you warm and stylish.

Pair it with a pair of jeans and combat boots for that 1950s tough look.



Photo by Alex Teahen

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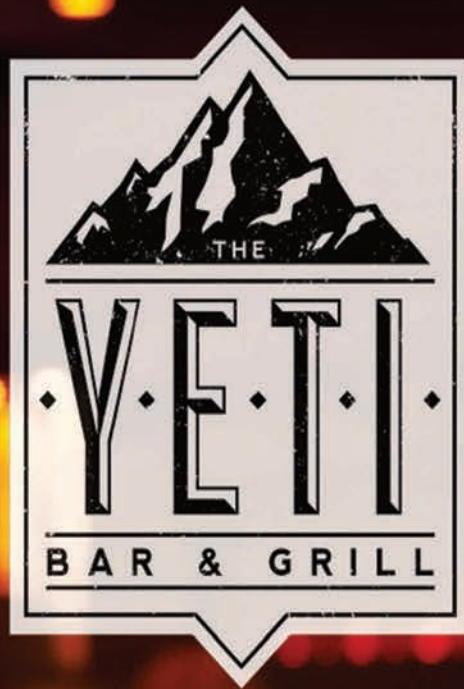
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