

# College Avenue

Colorado State | Volume 8: Issue 7 April 2013



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**doug odell**

a man who helped build our beer culture



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# notes from the underground

None of you probably sit around thinking about what the name *College Avenue* means; it's the name of a magazine, that's just what they call it. Over the past year as editor-in-chief, I have caught myself thinking about it a lot. What I now know is that College Avenue is about a journey, about a place in life, about who we are for a precious and short period in our lives. It's about a road that we are so privileged to travel and that will never be replicated throughout the rest of our lives.

About four years ago I began that road at a college 2,000 miles from here. My journey has not just taken me a long distance literally but has also graced me with personal growth and so many dear friends and mentors. I cannot begin to thank all of the people who have made this trip so memorable, but there are a few who, for the last year, made everything possible. I thank my editorial board; I could not have chosen a better group of people to have by my side. I thank my hardworking staff, who took on so many challenges with such grace. And, of course, I thank our advisor, Mike, for his guidance and all of the free therapy.

With that I turn over the magazine into the very capable hands of Logan Martinez and her editorial board, who I know will do great things. And, I want to wish you all well on your trip; may you never take it for granted and may our magazine be on your passenger seat.

Sincerely,



Kristin Hall  
Editor In Chief



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### letters to the editor

As the magazine produced by CSU students for the CSU and Fort Collins community, we would like to extend an invitation to our readers to submit letters to the editor ranging from thoughts with your feedback on the magazine. This is your magazine, and we would like to know what you think of the content, design, and anything else. All letters to the editor must be typed in a word document and attached to an e-mail, which should be sent to [kristin@collegeavenuemag.com](mailto:kristin@collegeavenuemag.com)

### mission statement

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

### opportunities for employment

College Avenue is accepting applications for reporters, photographers, designers, and copy editors. Pick up an application at the front desk of student media in the basement of the Lory Student Center.

College Avenue is a magazine produced and operated by CSU students intended as a public forum.

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# GG Boutique:

## Where Clothes Create Family

by kendall greenwood

Walking into GG Boutique, you will be greeted by a plethora of colorful designs. The staff will be friendly and you will get honest opinions about what you are trying on. GG Boutique goes beyond a store mentality by making you feel welcome.

GG Boutique, a women's clothing store in Fort Collins, opened its doors on Aug. 23, 2012, by owner Laura Ludwin with the goal of offering customers more than clothes. Ludwin wants store-goers to have an experience.

"I want to offer our customers an experience where they walk in and find [GG Boutique] to be a happy place," Ludwin said. "[I want them] to find something that makes them feel good without having to spend all the money they have."

One way GG Boutique, located at 204 W. Laurel St., achieves this is with the items they stock.

"What you see when you open a magazine is what we aim to have here at an affordable price," Ludwin said.

New items are on the floor every day. This is what sales associate Julia Chenoweth said she enjoys most about the store.

"I think that always makes it fun and fresh, not only for the customers, but for [the staff] as well," Chenoweth said.

Emily Davies, a CSU sophomore, shops at GG Boutique because she knows she will find unique items.

"If you go in once a week, there is [always] something different," Davies said. "And, [even though] I know a lot of people shop there from CSU, there is a

good chance no one else will have what you [buy]."

The atmosphere created by the staff also makes this store different. For one, the employees refer to themselves as "Team GG." They have created a family, which Chenoweth embodies when helping customers.

"We try to get a feel for what it is they are looking for and what their style might be," Chenoweth said. "[So, then we will] be able to suggest things in the store they might like."

Davies has seen this herself.

"It's not one of those retail stores where it's like, 'Hey do you need help, hey can I help you with that, you should really buy that,'" Davies said. "They're like, 'yeah that looks good on you.' It's not pushy at all."

GG Boutique started with family in mind. Ludwin named the shop after her grandmother.

"I was extremely close with her," Ludwin said. "I [even] have her chandelier and dress in the store."

GG Boutique stays connected to their customers with their Facebook page, where GG Boutique posts new looks and holds giveaways every Monday so customers can win gift cards.

Davies tries to go to GG Boutique every other week.

"I always get compliments on the stuff that I buy there," Davies said. "It is a little pricey because it's a boutique, but [the clothes] are really good quality. [The items] will last me a long time."

Ludwin said she enjoys being able to sell colorful outfits to all generations.

And, according to Chenoweth, "[Store-goers] can all find something here." **Ca**

# 4 Boutiques that ROCK

by michaela koretko

Fort Collins is all about being trendy, quirky, funky and chic. The small, locally-owned boutiques help define Old Town and make it unique. Here are four of the must-visit boutiques in town:

1

Kansas City Kitty



This quirky store sells mostly clothing, featuring many locally-made personal and home accessories. It receives new items two or three times a week but only gets the same item in once.

2

Killer Rabbit



Just for Guys!

Named after the beast from Monty Python and the Holy Grail, Killer Rabbit sells young men's clothing, especially hats and plaid shirts. This is the only exclusively men's boutique in Old Town and currently features the mustache fad.

3

White Balcony



This store is owned by the same people who own Killer Rabbit. It has a large variety of odds and ends, from cards, journals and home accessories to clothing and accessories. One employee described the boutique as "a color-coded treasure hunt."

4

Repeat Boutique



Located just east of campus, Repeat Boutique sells gently used clothing, accessories, shoes, toys and home decor. The styles they consign and sell are mostly trendy and retro.

photos by john sheesley

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*off-campus*life



# Spokes BUZZ

promoting local music  
world-wide



Turn 4, a SpokesBUZZ band, plays at SXSW. photo by mary willson

■ by mary willson

**T**he pattern of Fort Collins life is threaded with the staples of a classic Colorado experience: outdoor beauty, local beer, original bikes and home-based bands.

With venues such as the Aggie Theatre, Hodi's Half Note, Avogadro's Number, Surfside and Mishawaka, it is no surprise that Fort Collins supports hundreds of homegrown bands. With the jamming beats of locality also comes the responsibility of a celebratory community; which in the 970, comes in no shortage.

April kicks off with FoCoMX, leading into a summer of Beet Street festivities, and closing out with Bohemian Nights. Being an artist or band in town looks pretty good.

Yet, one of the most supportive outlets for local bands is a non-profit, volunteer-run music support and education organization, SpokesBUZZ.

"SpokesBUZZ raises global awareness of Fort Collins sound and culture by bringing worldwide attention to local bands," according to the official mission.

"It has really two parts to it. In the big picture, it's really a promotion engine for Fort Collins. Our job is to get the word out beyond our backyard about the great music scene we have here in Fort Collins and, on the grassroots level, help educate music and bands to be better in business," said Julie Sutter, organization member. Sutter deals with communication and publicity for SpokesBUZZ and runs her own communication company, Unconventional Ink. "One of the things that we try to foster is 'look how much you can do together.'"

Only on its fourth year, the organization has fostered positivity in dozens of bands, as each goes

through a program in about two years. The current class envelopes 11 bands. As a SpokesBUZZ band, monthly seminars take place to teach the ins-and-outs of business, marketing and other valuable skills needed to create a long-lasting, successful band.

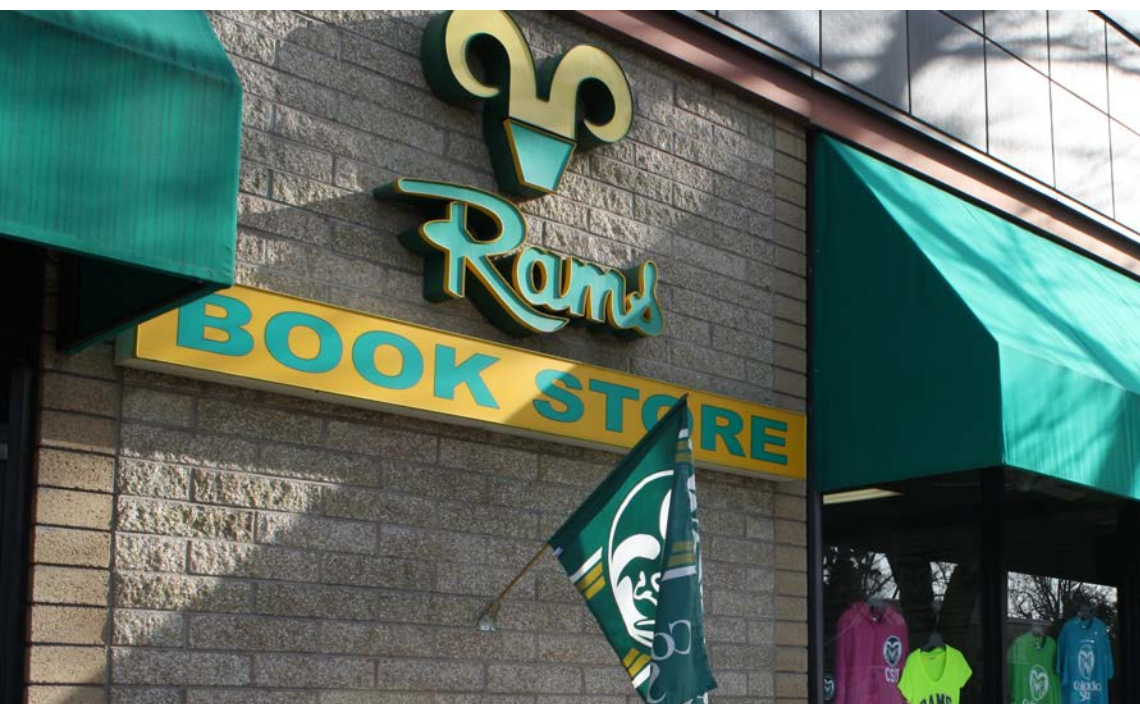
"You go from being kind of a garage band to being a band that has a platform to actually do something. To me, it's kind of a ticket to somewhere," said James Yearling, singer, electric guitarist, co-writer and management of the band Better Than Bacon, a current SpokesBUZZ band. "We want to be advocates to SpokesBUZZ. Part of the band's role is honestly to be an advocate for our community and to keep the reputation high, and so outside of all the fun, there is a level of responsibility that all the bands really enjoy."

The music incubator is a collaborative effort that brings forward all aspects of the community outside of just musicians. Fans feel invested to SpokesBUZZ because the shows, events and bands represent something bigger than just the music.

Dani Grant started the organization; she also runs Mishawaka and Chipper's Lanes. SpokesBUZZ is supported through volunteer-driven leadership, communication, skills and forte; it is funded by community initiatives such as New Belgium and crowdfunding.

"What makes Fort Collins unique is that everyone is very humble, which is really exceptional to see," said Chris Anderson of Fierce Bad Rabbit, an alumni of SpokesBUZZ. "People do it because they like it. Everyone is very supportive, yet everyone's doing their own thing." ■ **ca**

For the full story visit [collegeavenuemag.com](http://collegeavenuemag.com)



# Books & Brews

## Rams Bookstore

implementing new sports bar

■ by logan martinez

Wanting an escape from all the construction clinging and clanging? Next fall, you will have a home away from home.

The Rams Bookstore, located at 130 Laurel St. since 1970, is implementing The Bot Grill, a CSU themed sports bar and grill. It will feature the restaurant's well known prime rib, house-made green chili, a vast burger menu and a variety of daily lunch specials.

Griff Kull, owner of the Rams Bookstore since 1977, said due to the fluctuation in textbook sales throughout the year, with high sales times at the beginning of each semester, it was time to consider a new way to utilize the space.

"We are looking to do something different with the building at this point because we have half of the space allocated for college textbooks, which is only necessary for about four or five months of the year, and the rest of the year that space isn't used as much," Kull said.

The Bot Grill has been open for two years at a locally owned Loveland location. The opportunity to move to this location near campus arose and they wanted to cater to the CSU audience of students, faculty and fans. The bar will feature live music, much like their Loveland location. Marlena Bartlett, assistant general manager of The Bot Grill, is looking forward to creating a fun and inviting atmosphere for their Fort Collins audience.

"We want to bring in fun customers that are looking for a delicious meal—lunch or dinner—and want to enjoy country and classic rock music," Bartlett said. "We have seen success at our Loveland location and many

of our guests tell us that they look forward to having a place like The Bot Grill in Fort Collins."

Kull is looking forward to this fun atmosphere to compliment the bookstore.

"We were looking for something to complement the apparel and gift business, imprinted Colorado State officially licensed merchandise business," Kull said. "It seemed like having someone come in with a sports bar and grill would be beneficial for both of us."

In the tri-level store, The Bot Grill will be located half on the main level and take up the full upper level of the building. On the main level and anticipated rooftop patio, patrons will be able to enjoy looking out onto the Mason Corridor and MAX transit system.

"We will offer live music on Friday and Saturday nights, as well as a roof top outdoor patio and a comfortable welcoming atmosphere," Bartlett said. "We want it to be a fun environment, lively, and a place where people really enjoy their dining out experience."

Implementing The Bot means food and beverage near campus, but does not mean textbooks are leaving The Rams Bookstore.

"We are partnered with a company with a good online presence, so it is going to allow us to rent more books and be more competitive with our rental prices," Kull said. "Throughout the semester, if you are waiting to buy the book until you are sure you need it, we should have good prices available."

The bookstore will still be open throughout the renovation and is planning to have both sides open for the kickoff of fall semester. ■ **Ca**

# Too School for Cool

## a former vegetarian's *best* burgers

by *allison*  
lecaïn



**A** wise man once said that bacon is the number one killer of vegetarians. He spoke the truth, as bacon was the first meat I ate after being a vegetarian for five years.

As I ate that deliciously crunchy strip of bacon served to me on a white, cracked plate at IHOP, I thought to myself, “Oh holy god of meat, what have I been missing all these years? This has to be the best thing I’ve ever tasted!” That is, until I tried a bacon burger.

Whoever thought of the magnificent combination that is bacon and a beef patty on a bun must have been a genius. At first it seemed overwhelming for me, a former veg-head, to be consuming two types of meat at once, but when I let go of my worries and took that first bite, it was like reliving my first bacon strip all over again.

Where did I get this burger you may ask? Stuff Burger Bar. Located on College Avenue in Old Town, Stuff allows you to get any combination of amazing burger toppings that you can imagine. You even get to pick from 15 sauces and six types of buns.

The topping choices are what makes each burger at Stuff the best burger you’ve ever had, but the burger itself also tastes great. This makes Stuff a tough burger to beat and my number one burger choice in town.

Coming in second is Larkburger. While they may not have the topping selection of their competitor, their burgers are seasoned to perfection. They also serve truffle burgers and fries, making them unique.

When I’m in the mood for some meat and peanuts, I go to Five Guys Burgers and Fries. I don’t think the quality or selection of burgers are as good as its competitors, but its funky vibe and peanut gallery still makes it my third choice for burgers.

Bacon will always be my first love as an omnivore, but I find that it’s consumed best with its friend — the cow. **■ ca**



photo courtesy of  
wikimedia commons

# Going Green:

## *Recycling in your community*

by allison lecaïn

Colorado State University is considered a 'green' university but it was not always that way. In the past 15 years, CSU's recycling rate has gone from 26 percent to 57 percent, ranking in the top five percent of recycle-friendly universities in America for the past 10 years, according to RecycleMania.

CSU has adopted changes over the years that make recycling easier, such as single-stream recycling, trash audits and participating in RecycleMania. Now, CSU recycles almost two million pounds of waste each year, according to CSU's green website.

### What is RecycleMania?

RecycleMania is a nation-wide competition that promotes recycling and waste-reduction at universities. The event takes place over eight weeks each spring. Recycling and trash is measured on a per-capita basis each week. CSU took 16th place out of 80 universities last year.

During this time, there is an on-campus competition between residence halls and university apartments to see which have the best recycling rate. Each RecycleMania starts off with a trash audit. A day's worth of trash is collected from all residence halls and sorted. Last year's audit revealed that 75 percent of what was thrown away was trash and 25 percent could have been recycled, according to Sheela Backen, CSU's Integrated Solid Waste Program manager.

### How CSU went 'green'

In the '80s, CSU did not have a single-stream recycling system. Nearly all materials were trashed in a landfill. In 1990, CSU received a \$1000 grant from the Colorado Office of Energy Conservation that allowed the university to start a new recycling program called Recycle Colorado State. Since then, the number of dumpsters has been cut in half and the first automated recycling truck was purchased. CSU switched to single-stream recycling in 2007, making the recycling rate go up to 57 percent.

Backen has taken the lead role in changing the way faculty and students view sustainability on campus. She focuses on educating students so they know what to recycle and care enough to do so. She says one of the common misconceptions students have about recycling is pizza boxes. She said as long as you clean the pizza

out of it, the boxes can be recycled, as can bottles and their caps.

Though the recycling rate is rising, Backen thinks the university can do even more for sustainability.

"One of the things I really want to work on is compost," Backen said. "We're already doing some compost, but we can expand into paper towels and stuff like that to take more stuff out of the landfills. Every year they're supposed to add another commodity we can recycle in Larimer County — anything that they'll add, we'll add."

### How does recycling work?

According to Backen, the recycling starts out in bins around campus. The custodial staff empties those into larger bins outside, which are picked up by trucks. Trucks pick up the recycling daily from Lory Student Center and two to three times a week from other buildings. Those trucks take the recyclables to the Larimer County Landfill where they have an intermediate processing center. There the material is bailed and shipped to Denver's Waste Management plant. Then a machine uses electric eyes to sort the recyclables.

"They [the machine] can tell a white piece of paper from a pink piece of paper — it's really neat," Backen said. "They use magnets for steel cans and blow air at the aluminum cans to pop them over into where they want them."

At the end of the machine's line, there are people pulling out materials that are not suited for recycling. Backen said the recycling process costs more because of the trash people throw in. She suggests taking the time to rinse recyclables of food material so they make it through the recycling inspection.

### Living out the legacy

By working hard to educate future students and faculty, the recycling rate will continue to grow and CSU will become a waste-free campus.

"If we're composting and giving the compost back to our grounds people, we're completing that loop so everything that we create on campus is used on campus," Backen said.

In knowing what to recycle, the CSU community can reach this goal in 20 years, Backen explained.

"People just need to concentrate on what they're doing — they just need to get it into the right bin." **Ca**

### What can you recycle?

- Clean, empty plastic containers
- Glass bottles and jars
- Aluminum and steel cans
- Metal jar lids and bottle caps
- Empty aerosol cans
- Aluminum foil
- Newspapers and magazines
- Office paper
- Phone books
- Corrugated cardboard
- Brown paper grocery bags
- Paperboard
- Some electronics upon request

# Summer Abroad, Don't Mind If I Do

by cassandra whelihan

It has been nearly three years since Rebecca Robinson last took off to travel the world. And, she hasn't stopped since. The expression on her face radiates pure excitement as she describes her latest summer plans to travel to Florence, Italy.

"I traveled by myself at 19, which was almost three years ago, and you get the travel bug the first time you really go out on your own. It doesn't go away; you'll be infected with it your whole life," Robinson said, a journalism and history double major.

After travelling, Robinson reflects that it is worth it to travel abroad.

"You learn so much about yourself — you learn how much strength you actually have to be independent and to do things on your own," Robinson said. "You realize the skills you can pull on when crisis happens, when you get lost. Leaving Colorado is just a really good opportunity to grow as a person; I suggest it for everyone."

Also leaving Colorado for the summer, Jennifer

Robinson, a senior German language and international studies double major, prepares to embark on an adventure to Freiburg, Germany. Jennifer Robinson will be practicing her German while taking roughly 12 credit hours.

"We are supposed to speak in German the entire time we are there," said Jennifer Robinson. "I think that immersing myself in the culture is going to help my speaking skills a lot. So, instead of taking these courses at CSU, I'm taking them in Germany. I think that I'm going to learn a little more."

The study abroad program at CSU offers opportunities to travel to almost any country in the world. According to their website, with approval, you may also study abroad through an unaffiliated program or enroll directly at a foreign university.

"We have programs in Prague, in Costa Rica, in Ireland, Japan, in Morocco, in the Bahamas, in Italy — I mean the list goes on," said Kayla Rivers, finance major and peer adviser at the Study Abroad Office. "There are some things like advanced language courses in Spain for people studying Spanish

or there are things like criminology or criminal justice in Prague. I think summer programs in particular are really important for students who feel like they can't fit it into their academic schedule but who want to have that experience and want to be able to see this new country and experience a new culture."

The opportunity to be immersed in the history of unique cultures around the world is extremely moving and powerful, according to Rebecca Robinson.

"When I saw the 'Mona Lisa' in the Louvre Museum about three years ago, I was just balling my eyes out because I was just so overwhelmed by you know, this is actually [Leonardo] da Vinci's 'Mona Lisa.' This is the real deal. I'm standing in the same room as this masterpiece that was painted centuries before by someone I deeply admire," Rebecca Robinson said. "I'm really excited. I get to see the 'Birth of Venus' at the Uffizi Gallery and the 'Statue of David' so those are the top two art things in Florence I'm excited about." ■ **Ca**



Rebecca Robinson experiencing the culture of Edinburgh, Scotland. photo courtesy of rebecca robinson



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Colorado State University

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The Noble Gas

## THE WATER CLOSET WEEKLY

April | Edition 4, Volume 1

If you "like" us on Facebook, we'll "like" your profile picture at two in the morning. It's a date!

### CSU TOUR GROUP DESCENDS INTO DEPTHS OF HELL

Ram Welcome Leader and full-time R.A. Brendan Buzby opened CSU up to several potential lawsuits last week, after accidentally leading a group of prospective students and their beloved families into the fiery depths of hell. "This is the second worst tour I have ever been on," Former Gilligan's Island star and potential incoming freshman Bob Denver said of the experience. "The tour started out like any other," Said Buzby, "I took them to see The Cam the Ram Animatronic Kissing Booth, spent a good thirty minutes or so rehashing how filthy, stinking rich the new stadium was going to make all of us, and even cozied up to a few of the mothers- but somewhere things took a turn." Specifically, the group took a wrong turn at the corner of the LSC and a bike rack, stumbled into a coven, fiddled with a Ouija board, entered an "eerie looking" elevator and pressed the button for floor 666. "We pressed the button repeatedly, for good measure," Said Buzby, "And just like that, we were in Hell. It was unavoidable, really."

Luckily for the prospective students, Buzby, who always sort of figured that it would go down like this, had come prepared. Immediately upon seeing the fire, brimstone, and someone other than his kooky Uncle Leo running around in red pajamas, Buzby realized that he was in Hell and whipped out his Eternal Damnation Survival Kit, which all authority figures should of course keep on them at all times. "It was a pretty basic kit," Said Buzby, trying to play it all cool-like but intermittently mispronouncing words and spitting a little, "Fire extinguishers, pitchfork repellent, and of course, sunglasses." Buzby then dramatically took the sunglasses out of his fanny pack and placed them over his eyes. "Not to be cool or anything. It's very bright down there."

Using the collective skills gained from years of Boy Scouts, Space Camp and the three hour R.A. orientation meeting, Buzby was able to lead his tour group out of hell. "The one snag we hit was when one kid started using fireworks to fight fire with fire. It went better than you might expect, but we don't allow fireworks at CSU," Said Buzby, who went on to explain the process by which he wrote up the future student, which included filling out an incident report, informing his nearby mother, begging for an apology and finally banishing him to stay in hell for a few extra minutes. "They say they're too old to be grounded, but I say, 'not if you're gonna wear those pants so low.'" Buzby said chuckling.

Upon exiting the elevator from Hell and stepping out into office of The Collegian, the tour group toasted Buzby with champagne that had just been lying around, I guess. "To Buzby," they shouted, "The richest man in Corbett Hall!" And then they all started singing "Auld-Lang-Syne", a bell rang, and Cam the Ram, having finally earned its wings, flew off into the sunset and danced forever with the stars.

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# MEET DOUG ODELL



CO & STORY

## a man who helped create our beer culture

■ rmsmc staff

Sipping on a great craft beer in Fort Collins is part of a larger beer culture that comes with the town. That culture was cultivated by the several local breweries we all know and love. Doug Odell, cofounder of Odell Brewing Company, tells us how he got started as the first packaging brewery in Fort Collins and how that helped shape the Fort Collins beer culture.

### What inspired you to open Odell Brewing Company?

I started home brewing after I graduated from college with a friend from my childhood. Our motivation was to make beer cheaper than we could buy it and it sounded like fun. It was cheaper, but it was really bad the first time. When I got married to my wife Wynne, we decided we wanted to be self-employed. We both liked craft beer, so we decided to do this.

### Why Fort Collins?

We were living in Seattle, and the northwest was the birthplace of craft brewing in the early '80s. We wanted to open a craft brewery in the western Washington area. Even in 1988, when we knew we were going to do this, we knew that western Washington and Oregon were saturated with breweries. So, we looked around the west for a university town — one that was not a big city but was near one, on the interstate or close to it, someplace where people were proud of where they lived — something a lot like western Washington, except for the weather. So, Fort Collins fit the bill and we moved here.

### What is the difference between a craft beer drinker and a mainstream beer drinker?

If you want something that has got character and distinction in your beverage, then you are going to drink a wide variety of craft beer styles rather than the American light lager.

### What is attractive about craft beer?

It is the beer I like to drink — I like beer that has character and distinction. But, as far as why someone else would like to drink it, craft brewers, in general, started from scratch and are small compared to the largest brewers, so everyone has a story to tell. It is more interesting; there is just more to say about it than beer brewed in a huge factory.

### How many breweries were in Fort Collins when you started?

We opened in November of 1989. The first brewery, other than Anheuser-Busch, opened in June 1989, and it was called The Old Colorado Brewing Company. It's long gone; it was in the Northern Hotel. CooperSmith's Pub and Brewery opened about two weeks before we did in Old Town, but we were the first packaging brewery.

### What distinguishes you from other breweries in Fort Collins?

There are several new brew pubs, and of course New Belgium, Fort Collins Brewery and Funkwerks. We distinguish ourselves now with our variety of beer styles, our focus on the beer, how we contribute to our community and how we structure our company to empower our people.

### What makes Colorado beer special, apart from other states?

I think there are a lot of adventurous brewers here, but what makes us most successful as a group is the people who live in Colorado — the people who drink our beer and support us. I always like to take an opportunity to give a plug to the state's current setup of how alcoholic beverages are sold. I truly believe that having a network of independent retailers for liquor stores gives small brewers a better opportunity of being on the shelf and being noticed. The system of how we sell beer in Colorado really helps the small brewer.

### What is your favorite Odell beer?

You should know better than to ask that — that's like asking who my favorite kid is. I have heard a couple of good responses to that though, 'my favorite beer is the one I am drinking right now,' or 'my favorite beer is the one somebody is going to buy for me.' My favorite beer is different at different times — it depends on what I am doing and where I am. ■ Ca



Above: Doug Odell enjoys a brew at the factory in Fort Collins. Far Left: Odell pours hops into the brewing barrel. Right: Odell in the early days of brewing. photos courtesy of odell brewing company.

# MAX Benefit

## New transit system to ease congestion in fort collins

by kelsey contours

Let's face it – getting around Fort Collins can be a pain sometimes. Whether by foot, bike, car or bus, we are often subject to inclement weather, detours and the all-too-common traffic jam. With the city's population continuing to grow, the traffic will only get worse based on our current infrastructure. To fight the problem, the city's transportation system is undergoing a major change: the addition of the MAX Bus Rapid Transit service.

Projected to be up and running by May 2014, the MAX transit system will connect North and South Fort Collins via the Mason Corridor, making the whole of the city more readily accessible to residents on either end.

According to the City of Fort Collins website, there will be 12 boarding stations and two transit centers: one just south of Harmony Road and one just north of Laporte Avenue. A total of six accordion-style buses

will travel up and down the Mason Corridor, arriving at stops every 10 minutes or so. Passengers can pay at ticket kiosks before boarding buses, giving MAX the convenience of a light rail system. Buses will run Monday through Saturday from 5 a.m. to midnight.

The MAX system will also be integrated with Fort Collins' regular bus service, Transfort, according to the website. Claire Thomas, public relations coordinator for the City of Fort Collins, said Transfort will adopt

some of the technology that will be used by MAX, such as real-time bus arrival information. Transfort may also change its routes slightly to accommodate the MAX stations, making it easier for passengers to travel east or west from stops.

"It will really up their game," Thomas said.

Having a new mass transportation system that spans the majority of the city will also be of particular benefit to the CSU community. In addition to stopping at



Prospect Road and Laurel Street, buses will stop on campus at a University Avenue station, which will be larger than others.

“There will be a larger plaza area with a berm and some landscaping and a boulder-wall seating area,” Thomas said. “There [will be] many more bike racks than any other station.”

The MAX Transit project also gives Fort Collins the unique opportunity to update the midtown area along College Avenue. There exists the potential for new student housing farther south along the MAX route, according to Thomas.

“We have all these free development opportunities,” she said. “We hope that housing developers will see these opportunities.”

Students living off campus are looking forward to having an easier way to commute to CSU and travel around Fort Collins.

“It would be perfect for transportation around here. I think it’s a good idea,” said Shawna Drewer, junior human dimensions and natural resources major.

With the MAX Transit route so close to campus, it’s a convenient ride for all students.

“I think it will present a lot more opportunity to live farther from campus,” said Amanda Guderjahn, junior business major. “I’ll probably use it a lot.”

Even on-campus students will experience the benefit. Freshman mathematics major Tristan Lee plans to live on campus again next year, and he said the MAX system would make it much easier to get around Fort Collins since he does not drive a car.

“For going out with friends I think it would be a lot better because you could just walk across campus and take it,” Lee said. “I’d really hate biking on College, so just being able to go right into Old Town would be nice.”

However, Lee would like to see MAX run later than its anticipated schedule.

“Lots of times when I go out with friends we end up going to a 24-hour place like IOP,” he said. “So, I guess for going out at night it wouldn’t really be the best thing.” ■ **Ca**

*Visit [fcgov.com/maxconstruction](http://fcgov.com/maxconstruction) for weekly construction updates and more information about the MAX service.*



A rendering of the completed system provides a sneak peek at what will come to be known as the University Station and the “gateway” to Colorado State’s campus. photo courtesy of max bus rapid transit.



Above and below: renderings of MAX transit bus stations. photos courtesy of max bus rapid transit



Above: Re-routing residents through CSU's campus, construction crews blocked off a section of Prospect Road in between College and Centre avenues. The road re-opened April 5. photo by natasha leadem



The MAX Transit Bus. photo courtesy of max bus rapid transit

# Silver Grill Café

*Celebrating 80 years of “Yum!”*

nicolle fagan

The warm, gooey rolls emerge from the oven, spreading their cinnamon aroma throughout the café. Icing melts over the sweet bread, satisfying hungry customers and warming their hearts and stomachs.

The signature cinnamon rolls at Silver Grill Café have received national recognition but their charm lies in the home-style recipe and their local history.

The Silver Grill Café has been baking the local treat for 28 years, but the restaurant's history goes back even further. As the oldest restaurant in Northern Colorado, the Silver Grill Café dates back to 1933, with roots as far back as 1912.

From 1912 to 1918, the restaurant operated under the name of Uneeda-Lunch Café, but it was closed when the owners pursued other opportunities. Years later, former owner Leonidas “Flossie” Widger reopened the business under the current name. Now, 80 years later, John Arnolfo runs the Grill and aims to keep the integrity of the restaurant's past.

Arnolfo, a CSU alumnus, bought the Silver Grill Café

in 1979. As a frequent diner-goer during his college years, he was pleasantly surprised to find the Grill for sale when he moved back to Fort Collins in 1978. In the 34 years that he has managed the Silver Grill Café, the café has expanded from one building to five. The original diner grew from its 40-seat accommodations to a restaurant that can house 150 guests plus 30 on an outdoor patio. Arnolfo credits the restaurant's success to its ability to adapt to changing times.

“It is the general public's impression that a long history means success,” Arnolfo said. “That's not necessarily true. You must be able to change with the times to succeed.”

And, the Silver Grill Café has certainly changed in its lifetime. They still make all their food from scratch, but they feature a range of menu items from their home-style chicken-fried steak to gluten-free breakfast specialties.

“This is the Silver Grill's 80th anniversary year, and we have a lot of fun anniversary plans,” said Tosha Jupiter, public relations coordinator.

For instance, if you stop by the restaurant between

April 13 and April 21, you will spot staff members wearing old-fashioned uniforms similar to the green dresses worn in the 1930s.

In addition to the fashion throwback, the Grill will hold specials throughout the month of October to honor the restaurant's opening on Oct. 28, 1933. With an owner who is big on history (and big on Old Town), the Grill plans on keeping their historic roots in mind as they move forward.

“I see the history of the Silver Grill continuing,” Arnolfo said and the future is bright for the historic business.

So, as a college student needing breakfast before finals or a faculty member wanting to get off campus for a home-style lunch, Silver Grill Café offers good food at a reasonable price. Whether you are hoping to sink your teeth into the sugary delight that is their famous giant cinnamon roll or pick the classic duo of salty bacon and fluffy eggs, you can't go wrong with Silver Grill Café.

ca



photos courtesy of silver grill cafe

design by joe nuñez



1



2

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



3



4



5



6

photos by mary willson (5,7), kelsey contouris (4,6), john sheesley (8)



7



8

# NO PLACE LIKE OM

by anna palmer

**Y**ou are the creator of your own happiness and well-being.” More than a philosophical statement, this motto has become inseparable from the life and passion of a vibrant, openhearted and authentic soul in the Fort Collins community.

Combining psychotherapy with yoga, meditation and spirituality, Gwyn Tash, in essence, has created a new emerging field of counseling that she intuitively and whole-heartedly believes in.

Outlining her methodology at OM Counseling and Yoga, Tash describes it as a mix between yogic and Buddhist psychology. Seen as natural and in-the-flow, she views counseling as going hand-in-hand with spirituality.

“There isn’t another way to do psychotherapy. [Traditional talk therapy] is just ‘psycho-babble’. [It’s] all about the illusion of life,” Tash said.

By approaching psychotherapy from a more natural, spiritual place, she encourages her clients to find acceptance of one’s nature through ‘karuna’ (Sanskrit for ‘compassion’).

Throughout childhood, Tash struggled with depression, low self-esteem and a distorted body image.

“My own life struggles made me adept at what I do,” she said.

A graduate of the University of Maryland, Tash moved to Colorado in 1989. She worked as an addiction specialist at LARICO Center for Youth Addictions (now known as Turning Point Center for Youth and Family Development, Inc.) for about two years, commenting on the “rough, over-her-head type work.”

After leaving LARICO, Tash worked in senior and elderly counseling before the “depressing” nature of the work encouraged her to take a job as lead counselor at Island Grove Regional Treatment Center in Greeley.

Meanwhile, she struggled to keep her head above water in her personal life, amidst the grips of an emotionally and physically abusive marriage.

Feeling “burnt out in the field” and struggling to be a mother and wife, Tash reached her breaking point.

“I was extremely overweight, and didn’t take care of myself,” she said. “I got to the point where I knew I couldn’t live that way any longer. I wanted to commit suicide.”

After 11 years of marriage, with one daughter between her and her husband, Tash courageously left. This turning point in her life led to her reacquired yoga practice and immersion into the yogi lifestyle.

“After a period of time, I fell in love with yoga. It helped me heal and reconnect with my body,” she said. “Yoga brought me to a space of empowerment.”

Tash continued to heal through yoga and meditation until she worked up the strength to attend a yoga teacher training.

“I was paralyzed with fear and almost didn’t do it. I ended up getting the last space in the class,” she said. “It brought me back to my body and healed me in so many ways.”

A little over a year ago, a life-threatening spider bite almost turned the table for the worst. Deathly ill and incapacitated, Tash was dangerously poisoned. After seeing a naturopathic doctor, she was finally diagnosed and put on a strict anti-parasitic diet to detoxify. She never thought she would teach yoga or counsel again.

However, the diet built up her immune system to the extent where it fought off the deadly infection and she slowly began to heal. Returning to yoga this past June, she is grateful for her life.

Since recovering, Tash has become lead songwriter and vocalist for a yoga, spiritual rock band called “Leelah.” After not singing for 25 years and not feeling like she had a voice, she was initially hesitant.

“I was petrified. Fear was not a good reason not to do it. It was really hard, but it was meant to be,” Tash said.

Her main focus though, with this on-the-side “creative and expressive” outlet, was her yoga teaching and coun-



seling. Tash said she is able to combine all the elements she deems fit for psychotherapy: yoga, meditation, self-inquiry, self-reflection and spirituality.

“I work intuitively. I zone-in on where that person is and what they need. I take something that they’re wounded from to help them heal and question themselves,” Tash said, identifying herself as a ‘guide’ rather than a ‘fixer.’

As someone who is also “constantly healing,” she uses her authenticity to encourage her clients to find acceptance and move away from the ego.

“We are all spiritual beings. It’s not religious at all. It comes so naturally,” she said.

Identifying this process of spiritual growth as a “constant evolution, a constant trust,” Tash urges others to send out the energy they wish to get back. She empowers others to recognize their role in changing and controlling their thought patterns.

Tash also combines a form of “massage-like” energy work, called Reiki, into her counseling approach. This method of transferring her healing energy for emotional, physical or spiritual pain is concluded with the client’s self-reflection on the experience.

She encourages others who are just beginning their spiritual journey to take up a meditation practice to break away from the ego’s inner dialogue. By tuning into and listening to the authentic inner voice and breath, one can find a place of mindfulness.

“We’re not always ready to let go. The first thing to do is acknowledge the thoughts and feelings. Allow, don’t push it away or change it. Honor it — write about it, talk about it — and then let it go,” Tash said.

With flowing curly hair, a nose ring and most importantly, an open, authentic heart, Tash appears to be living out the life she was intended for.

With a humble, yet confident smile forming on her lips, Tash said, “I’m just myself and I’m doing it my own way.” **Ca**

# WE ARE STUDENT MEDIA

Collegian | CTV | KCSU | College Ave. | CSU Life



**NIGEL MILLS, KCSU DJ**

Major: Journalism Hometown: Aurora, CO  
How has working for Student Media helped you?  
"I can speak in groups more effectively after doing multiple sports talk shows."



**SEAN KORBITZ, CTV Chief Photographer**  
Major: Journalism Hometown: Brush, CO  
What do you like most about your job?  
"I get real-world experience, and hands-on training that many undergrads don't get."



**ALLISON LECOUN, College Ave. Features Editor**  
Major: Journalism Hometown: Fort Collins, CO  
What do you like most about your job?  
"Teaching new writers how to be great journalists."



**OLIVIA SMITH, KCSU DJ**

Major: Biomedical Chemical/ Biological Engineering | Hometown: Albuquerque, NM  
How has working for Student Media helped you?  
"I've greatly improved my storytelling skills."



**JAKE GREEN, Creative Services Graphic Designer**

Major: Graphic Design Hometown: Ridgway, CO  
What do you like most about your job?  
"Being around fun people all day and seeing my work in the newspaper."



**MIKEY MASCARENNES, KCSU Production Director**

Major: Communications Hometown: Denver, CO  
Why do you work at Student Media?  
"It is one of the greatest, friendliest places on campus. Plus, it is highly professional! Best of both worlds."



**JOI DANDRIDGE, College Ave. Features Editor**

Major: Journalism & Economics Hometown: Denver, CO  
What do you like most about your job?  
"I enjoy building relationships and becoming a positive catalyst for internal relationships among staff workers in CSU Life, as well as with faculty and staff at CSU."



**CORINNE WINTHROP, Collegian Page Designer**

Major: Journalism Hometown: Englewood, CO  
Why do you work at Student Media?  
"I love having a creative outlet, and I have fun laying out the front page every day!"



**JAMIE FIELDS, Sales Trainer, CSU Life Sales Rep**

Major: Communications Hometown: Atlanta, Texas  
Why do you work at Student Media?  
"It is not just another college job, it is a part-time career. You get to deal with real-life business scenarios and gain so much experience. I also love the culture here, the atmosphere is so fun and positive."

# Health Tips

## nutrition tips for *great* summer skin

by  
d kb ma *radia*



This summer, everyone is looking forward to hot weather, vacation time and, most importantly, a reason to show more skin. No one has perfect skin, but we all try to get closer with cleansers, body wash and specific ointment treatments. But, what if your skin could improve from the inside out? I put together a list of my favorite nutrition tips for achieving healthy skin.

1. *Water.* This one cannot be stressed enough. Drinking water throughout the day will cleanse out many parts of your body. Do it long enough, and you will see the results in your skin's glow and complexion. Try keeping a large liter bottle with you and fill it up several times a day. It may seem daunting at first, but after a while, you will be in the routine of drinking water. It is all about building good habits.

2. *Whole Grains.* Whole grains not only provide you with healthy nutrients that help with your skin complexion, such as folic acid, but they also provide antioxidants that fight acne. Overall, whole grains are good for you, promoting healthy digestion, a healthy heart and great skin. Start out your day with a whole grain piece of bread along with some fruit.

3. *Green Vegetables.* Green vegetables will help prevent inflammation. Acne is associated with skin inflammation so make sure to keep this as part of your diet.

4. *Almonds.* Almonds are loaded with Vitamin E which is thought to hold skin healing properties. Try to keep almonds and other unsalted nuts around the house and make them a part of your daily diet.

5. *Citrus.* Another important vitamin for the skin is Vitamin C. Try to incorporate foods with Vitamin C in your diet by choosing oranges, clementines or grape fruits.

By paying attention to nutrition to get great skin, you not only learn what you should eat but also what you should avoid to eat. So make sure to **avoid** the following foods in order to ensure that you will get the benefits you desire.

1. *Soda.* The high amount of sugar found in soda can aggravate your skin. Trade soda drinks for water when you are out at a restaurant. This will save you money and prevent breakouts.

2. *Fried Food.* This is a no-brainer. Ever work at a fast food joint and notice the effects on your skin? If you are already feeling those effects by standing near the food, it makes sense to avoid ingesting it as well.

3. *Processed Food.* This one is also harmful for the integrity of your skin due to the added chemicals used in these products that make them so hard on your body. An easy way to avoid processed food is by choosing fresh foods instead. If it looks like it could grow in someone's yard, then it is a good alternative.

4. *Milk.* Many people argue that milk actually aggravates breakouts. This one may not be for everyone, but if you are up for the challenge, try limiting your milk intake for a couple weeks and see if you notice a difference in your skin.

Try a mixture of these tips for the best results. Remember, nutrition is a long-term adjustment for your body so be patient. More importantly, enjoy the great summer weather! **Ca**

Start out your day with a  
whole grain piece of bread  
along with some fruit.

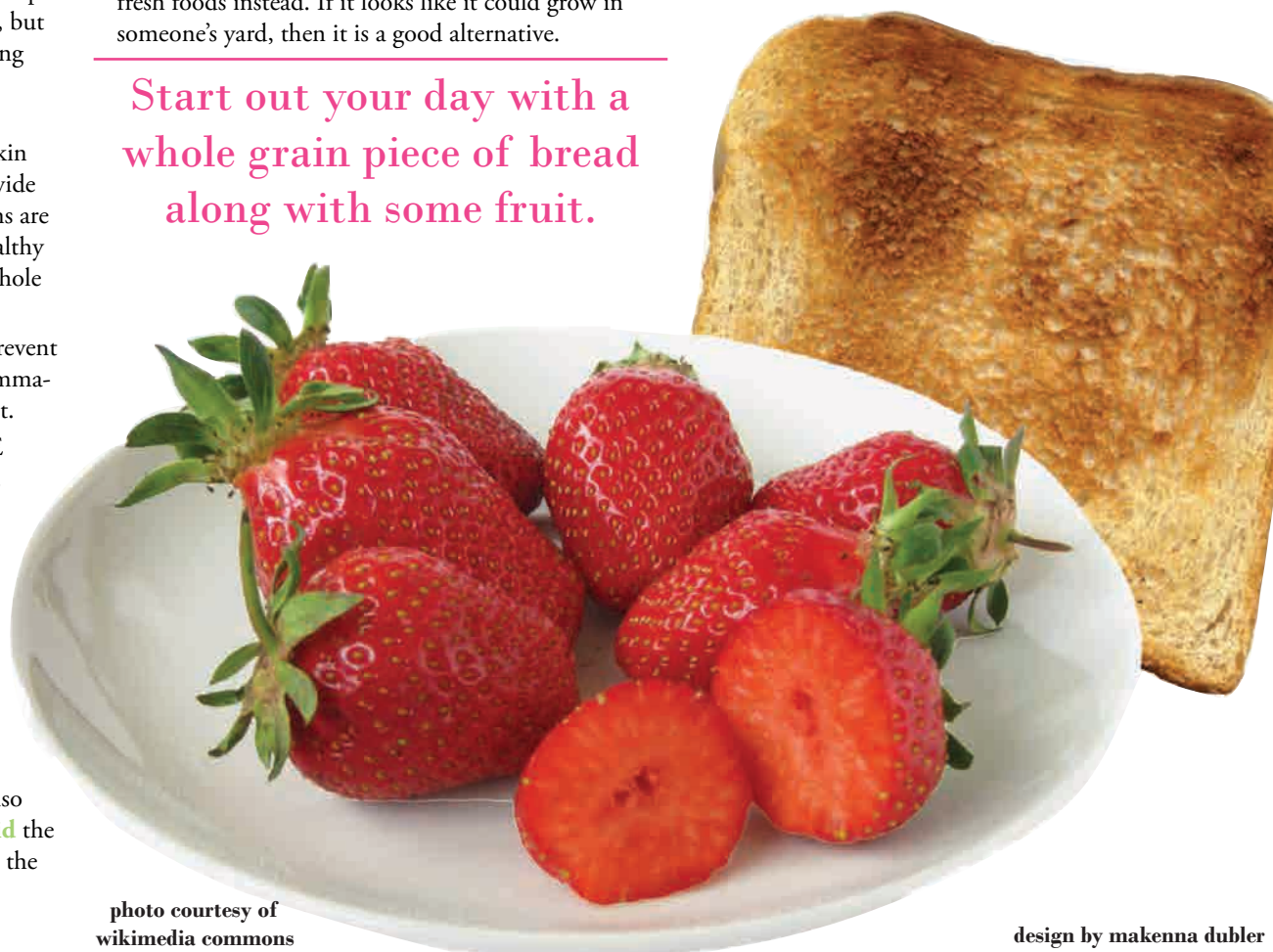


photo courtesy of  
wikimedia commons

design by makenna dubler



# How FoCo are you?

by college avenue staff

## Mostly A's

You are a true native, or at least you have been molded into one. Chances are you know all the hot spots around town and use your bike to get to them, regardless of the crazy weather. You bleed green and gold and never miss a summer music festival. FoCo is your one true love.

## Mostly B's

You may be new to town, but you have fully embraced what it means to live here. You enjoy trying new things and going to new places, which is what brought you to FoCo. If you continue to explore the city, you will never want to leave.

## Mostly C's

You are not the outdoorsy type and you do not really care for the local music scene. Maybe you are homesick or maybe you are just here to be a Ram. Either way, if you are open to what FoCo has to offer, you may develop a connection with this great city. **ca**

**1** What kind of bike do you ride?

- a. Fixie
- b. Mountain Bike
- c. I do not own one

**2** Where do you go to see a movie?

- a. Lyric Cinema Cafe
- b. AMC Cinema Saver 6
- c. Cinemark

**3** What do you do on the weekends?

- a. Hang out on Odell's porch
- b. Hike Horsetooth
- c. Shop at Centerra

**4** What kind of beer do you drink?

- a. Dig from New Belgium
- b. PBR
- c. Coors Light

**5** Where do you shop for clothes?

- a. GG Boutique
- b. Goodwill
- c. jcpenny

**6** Who has the best air?

- a. FoCo
- b. Denver
- c. Greeley

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