



# COLLEGE AVENUE

a rocky mountain student media publication | volume 20 | issue 1 | fall 2024

## THE CHILDHOOD EDITION

### CHILDHOOD BOOK REVIEW

---

The Children's Books  
That Shaped My  
Imagination

### MAKEUP MIRRORS

---

How the Beauty  
Industry is Shaping  
Childhood for Young  
Girls

### A DREARY DREAM

---

A Science Behind  
Childhood  
Nightmares

crafted by students. **loved by all.**

# Fall Specials Out Now!



## Morgan's Grind

Extended hours - open Sunday!

Monday - Thursday 7:30 a.m. - 8:30 p.m.

Friday 7:30 a.m. - 4 p.m.

Sunday 11 a.m. - 8 p.m.



## Sweet Sensations

Proudly Serving Happy Lucky Tea.

Monday - Thursday 7 a.m. - 5 p.m.

Friday 7 a.m. - 4 p.m.

Saturday 8 a.m. - 2:30 p.m.



## The Bean Counter

Right off Laurel in Rockwell West.

Weekdays 7:30 a.m. - 3 p.m.

Closed Saturday & Sunday



## Sweet Temptations

In the Behavioral Science Building.

Monday - Thursday 7 a.m. - 5 p.m.

Friday 7 a.m. - 4 p.m.

Closed Saturday & Sunday



## Intermissions

Proudly serving Starbucks™.

Weekdays 8 a.m. - 5 p.m.

Closed Saturday & Sunday



LORY STUDENT CENTER  
COLORADO STATE UNIVERSITY

[lsc.colostate.edu/dining](http://lsc.colostate.edu/dining)

# COLLEGE AVENUE

## EDITORS

Avery Coates, Editor-In-Chief  
Alexis Freudenthal, Content Editor  
Ingrid Johnson, Social Media Editor  
Tessa Glowacki, Visual Editor

## CONTRIBUTORS

Mia Perez  
Audrey Donow  
Ingrid Johnson  
Avery Coates

## PHOTOGRAPHY

Brody LeFever  
Sage Kerst  
Avery Coates

## DESIGN

Charly Frank  
Riley Walker  
Sarah Smith  
Sarah Thomas  
Tessa Glowacki

@collegeavemag  
collegeavemag.com



## COLLEGE AVENUE MAGAZINE

CSU Lory Student Center, Room 118  
Fort Collins, CO, 80523  
(970) 491-1683

## ADVERTISING INQUIRIES

advertising@collegian.com

## EMPLOYMENT OPPORTUNITIES

editor@collegeavemag.com



This publication is not an official publication of Colorado State University, but is published by an independent corporation. Approximately 59% of Rocky Mountain Student Media Corp's income is provided by the Associated Students of Colorado State University (ASCSU) for the purpose of fostering student careers post-college and greater campus awareness and engagement.



## FROM YOUR EDITORS

Welcome to the Nostalgia and Childhood edition of College Avenue. As you browse the pages, we invite you to flip back to the times when imaginations ran wild, school was a little easier, and sleeping in was a daily occurrence. We've all grown up together (in one way or another), and this edition aims to remind us of our similarities and bring you back to a time when times were simpler.

These articles will sweep you into a universe of literary nostalgia, with a review of the childhood books you love and remember, bring back the smells and sounds from your hometown with a closer look into the region you grew up in, and make you relive some of the nightmares that kept you up at night with the science behind them.

As you reminisce on the nostalgia that this edition brings, remember that we are all just big kids trying to make our younger selves proud.

**AVERY COATES**  
Editor-In-Chief

**TESSA GLOWACKI**  
Visual Editor

**INGRID JOHNSON**  
Social Media Editor

**ALEXIS FREUDENTHAL**  
Content Editor



6

Adults R Babies:  
Are Adults Really  
Just Big Kids?

10

Makeup Mirrors:  
How the Beauty  
Industry is  
Shaping  
Young Girls

14

How Where You  
Grew Up Is  
Affected by Your  
Region

18

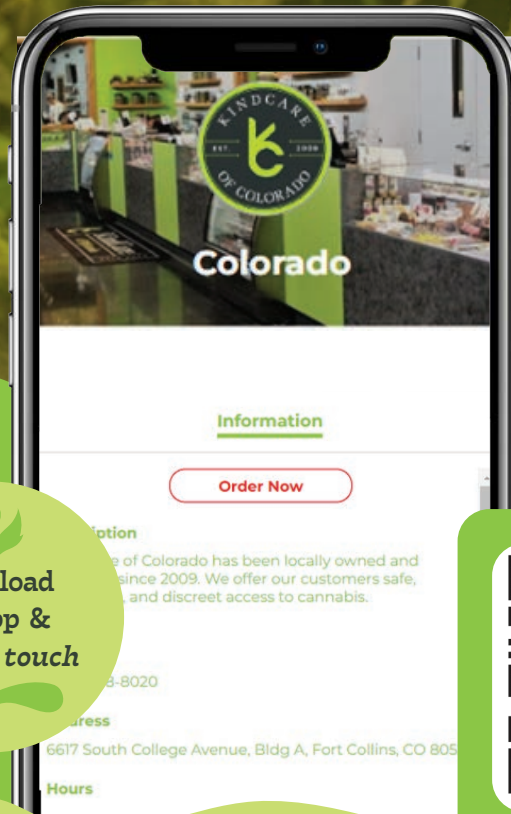
Childhood Book  
Review: The  
Children's Books  
That Shaped My  
Imagination

21

A Dreary Dream:  
A Science  
Behind Childhood  
Nightmares



# BEST DISPENSARY IN SOUTH FORT COLLINS!



Download  
our app &  
keep in touch



## *Skip the Line!*

PRE-ORDER ONLINE, PICK UP IN STORE

### KINDCARE.CO



@kindcarecolorado #KEEPCALM #PASSITON

6617 S. College Avenue just south of Trilby | 970.568.8020

# ADULTS ARE BABIES.

*Written By: Ingrid Johnson*

Looking at ourselves in the mirror, we see the complex beings the trials and triumphs of our individual lives have shaped us to be. We see legal adults, college students, hard workers, and overall complex beings; however, one thing is true for all of us, we are all still children. It is everyone's first time living, no one knows the answers. We do what we think is best and cross our fingers it will work out for the best.

We still throw temper tantrums in traffic and get irritated when someone cuts in line. We continue to seek comfort in what we were raised with. Holding our youthful emotions close and remodeling our inner child to fit into our world today.

We collect Squishmallows and crystals, listen to the music our parents played growing up, we take routines and habits formed in our childhood homes to dorms and apartments. We continue to seek methods to keep our youth alive and avoid the mundane realities of adulthood.

Gabby Burton, a recent Colorado State University graduate, said, "Whenever I have a bad day I watch something nostalgic, like Cheetah Girls or Suite Life of Zack and Cody,



*Gabby Burton, then vs. now*

it makes me feel young again and pauses the current chaos in my head.”

While it’s not all bad, we have bigger budgets to get new gadgets and opportunities to travel and see musicians live. Growing up comes with a whole new set of problems that are kept in the blind spots when being told stories of adulthood.

At all the different stages of life, we are told various versions of what growing up looks like. It went from craving the freedoms of an adult, to quickly realizing those freedoms come with paying rent, taxes and LinkedIn doom scrolling.

“It’s definitely different than I would’ve imagined, just a lot of work,” Burton said about post-grad life. “It certainly isn’t all fun.”

Whether you wanted to be a firefighter, surgeon, ballerina, or NFL player, all of those were once achievable, but when did we stop swimming in the dream ocean and get on the reality boat?

Rosie Grant-Hudd, senior zoology student at CSU, grew up loving animals and always knew she would work with them someday.

“The idea of what I would do with animals has definitely shifted,” Grant-Hudd said. “It started as me wanting to be a zookeeper, then I wanted to travel to rainforests and research different things. Now the goal is to be a wildlife veterinarian and someday maybe start my own wildlife sanctuary.”

Maturity was always thrown in our faces growing up, now we are being told to enjoy our final years before entering the “real world.” While babies don’t pay taxes, we still cry when we miss our parents and throw tantrums when nothing is going our way.

We’re all told that things get easier and more fun, the glorified tales of adulthood and often resist the unfortunate truths we have to face once we cross the finish line of our adolescence.

From the places and the people we grew up with, to the trials and triumphs we encounter along the way, one thing is true for all of us: we are just children in bigger bodies, with slightly more emotional intelligence.



*Rosie Grant-Hudd, Then vs. Now*

# NOW OPEN!

## Club La Cosa Nostra

*Come enjoy what's behind the hidden door!*



✦ Teaming up with Taboo Social Club to bring you the best CBD infused cocktails in FOCO

✦ *Lucky's Game Day Cigar Special*

(3) custom game day premium cigars at 27% off





*Walk-Ins Welcome*

**LUCKY'S** *Barbershop  
& Social Club*



*Game Week Discount Coin*  
Lucky's Barbershop "Wooden Nickel"

Get a 27% discount on your fresh fade  
& a FREE Wooden Nickel to use next  
door at our business neighbor Road  
34 Bar "\$1 off" your drink!

*Gameday Special*

Fresh Fade &  
Custom Cigar for \$40



[www.lucky27barbershop.com](http://www.lucky27barbershop.com)  
1205 West Elizabeth | 970.581.5559

# Makeup Mirrors

*by Mia Anguiano-Perez*



Sephora is lit up by harsh white lights on a chilly Friday night, every aisle of makeup is stocked up, and testers are in near-mint condition leftover from the spotty business of the work week. Soft music radiates from the radios, blending with the gentle chatter of customers and employees throughout the store.

The store is desolate, no one else but a college-aged couple, a mom and her young daughter, and two girls by themselves, lustfully gazing at the viral Drunk Elephant skincare and makeup section in the back of the store.

This seems harmless enough, two little girls in a makeup store, shopping for, skincare?

Young girls, ranging from ages 7 to 11, are taking to the viral app, TikTok to share their makeup routines, night and morning routines, and their favorite products.

This is an unprecedented time for us all, as this upcoming generation is the first ever to grow up with unfettered media access. Whether girls seek it out or not, the media is constantly spitting at them to buy specific products or convincing them they need to wear SPF now or they'll be riddled with wrinkles by age 30.

Brooke Petit, 13, has two sisters, 11 and 17. Petit spoke passionately when she stated that even though she doesn't have social media, it affects her all the same.

"A lot of kids are impacted by the people at their school because they have social

media and start doing trendy stuff and copy high schoolers,” Petit said. “It spreads to younger generations and then they want to be like the older kids.”

Petit described the vicious cycle that she is witnessing first hand among other girls in her school and through her own experience.

“In fifth grade, even though I didn’t have a phone, a lot of my friends did, and they started dressing a certain way, it still impacted me a lot,” Petit said.

Angela Petit, Brooke’s mom, believes that the vast access to knowledge that her kids and others have is why girls are interested in makeup at a younger age.

“My 11-year-old knows more than I do about makeup and I’m 41,” she said. “I say It’s not normal. The girls kind of roll their eyes at what they and I both see as a cultural shift. I try to keep them grounded in what I think is a reasonable reality.”

Dani Castillo, 52, another Fort Collins mother and a professor for the Journalism Department at Colorado State University, shares the same viewpoint as Petit and reflects on her time as a child, full of wonder.

“I didn’t wear makeup until I was 15, I was a tomboy. I feel like I’m very much the same as I was when I was little... I still feel fascinated by Barbie dolls... I wish I could experience different parts of the world again as a little girl,” Castillo said.

Bella Walser, 20, a third-year student at CSU, still feels connected to her younger self through the insecurities she carries with her into adulthood.

“I would tell little girls today that there’s no rush, don’t worry about the way you look and what people think of you, it’s going to be your biggest waste of time,” Walser said. “There are so many things you’re missing out on when you’re worried about how you’re being perceived.”

Girlhood coming full circle is little girls wishing they were older, buying a 10-step skincare routine and anti-aging products, while women watch them, desperately trying to relive their own childhood that they too once wished away.

Women and little girls have felt this way for a long time -it’s sort of a right of passage. It’s how they know adolescence is over.

Although it’s never really over, is it?



Illustrations by Riley Walker

Photos by Avery Coates

# FORT COLLINS' ONE &



**Green  
Rooster  
DEALS**

**1G FEEL Cart \$20**

**1G Classic Cart \$25**

**100MG Edibles**

**2 for \$30 or**

**8 for \$100**



**SHOP NOW**



**MUNCHIE MONDAY**

**buy 2 edibles,  
get 1 50% off**

**TWISTED TUESDAY**

**select joints 50% off**

**WAXY WEDNESDAY**

**buy 2g of concentrate,  
get the 3rd 50% off**

**ACE'S**



**DAILY**

**\$70 ounces**

**while supply**

**TERPY TH**

**cartridges &**

**15%**

**& ONLY HIDDEN GEM**

**Place**



**CSU Exclusive Coupons**

show these coupons & a valid CSU ID  
to your budtender for your discount

**20% Off Green Rooster  
Infused Joints**

code: infusedcsu

**\$10 OTD 100MG  
Green Rooster Edible**

code: gr10csu

limit 1 per person

**DEALS**

**everyday**

supplies last

**THURSDAY**

products & topicals

10% off

**SMOKIN' SATURDAY**

premium packed

flower 10% off

**FREAKY FRIDAY**

select premium 1/8

for \$20

**SAVIN' SUNDAY**

5% off everything

in store

**NEW DISCREET  
CART BATTERY**



(970) 472-5107

1101 Academy Ct. Unit 4 Fort Collins, CO 80524

# ROOTS & REGIONS

## HOW OUR LOCATION DEFINES OUR YOUTH

*By Avery Coates*

Growing up in Colorado, much of my childhood was spent outside. Entire weekends were spent in the mountains, hiking, camping, and skiing. Mosquito-filled summers were filled with neighborhood laughter and the familiar bark of a family dog. Cold winters were warmed by the exhilaration of ski trips and the inherent beauty of the Rocky Mountains.

Some of my best memories come from these outdoor adventures.

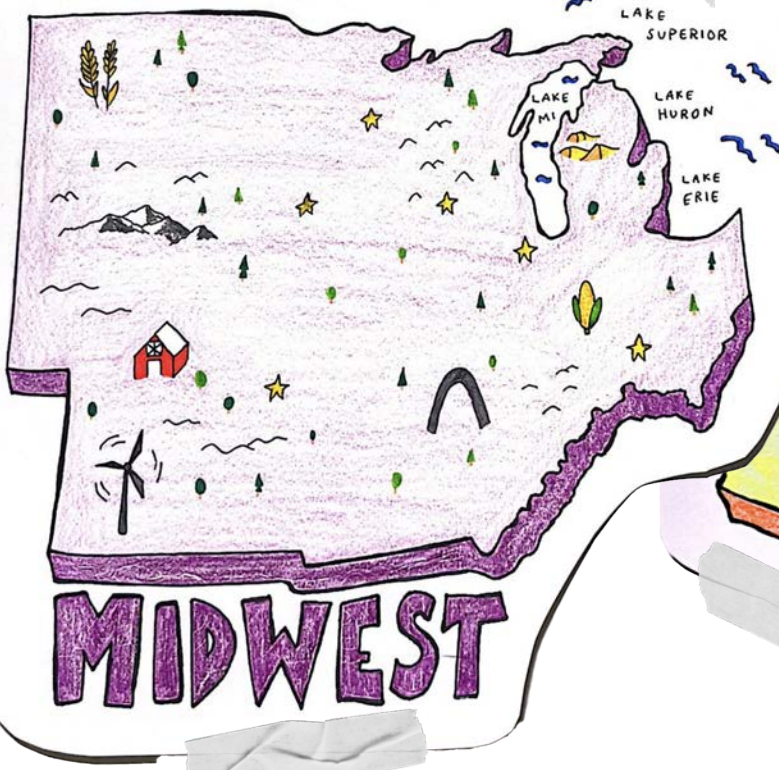
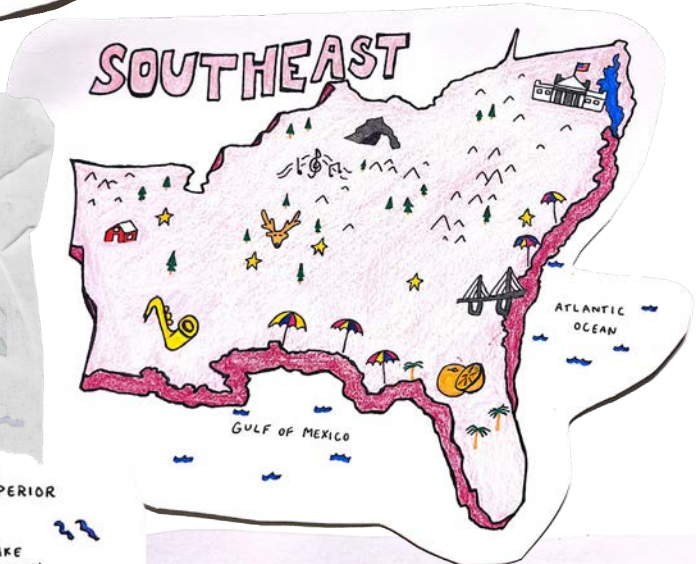
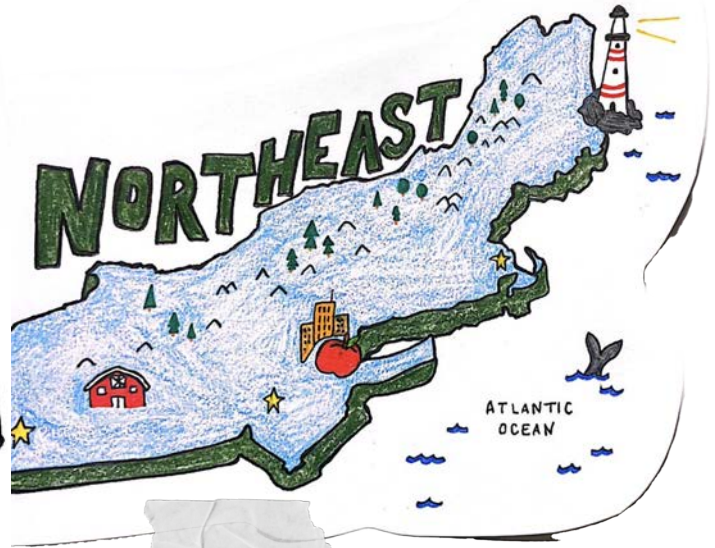
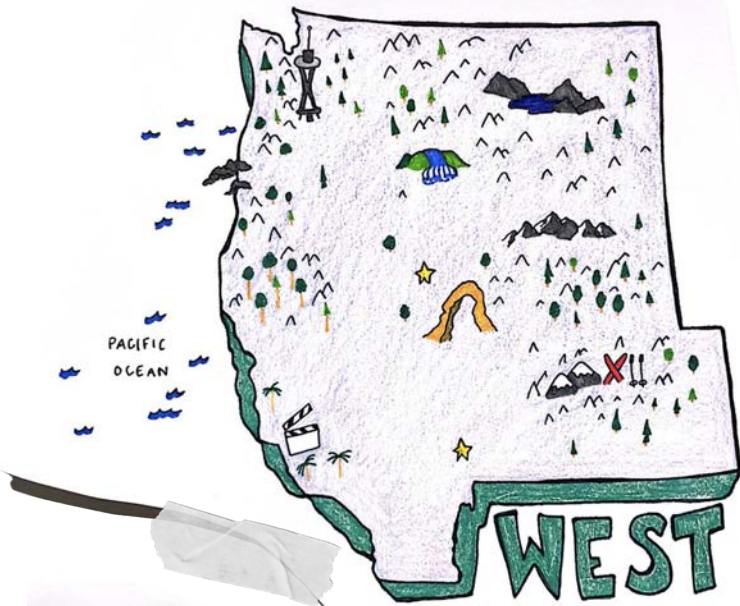
When I started college, I was exposed to people who had vastly different childhoods than I did. My new peers originated from all over the United States and had been exposed to a vast array of traditions, norms, and

preferences.

Colorado State University student, Claire Marie Killeen, grew up in San Diego, California. She also spent a lot of time outside, it just looked a little different. When I reached for the sun on the mountaintops, Killeen was looking out at the open ocean full of exploration. She enjoyed time with her friends, her job at a local ranch, and spending time at the beach.

"I played outside all the time," Killeen said. "I didn't watch TV, but I feel like that's weird for California. I worked 9-5 at the ranch on the weekends. I went to the beach a lot. Basically, I was always outside."

Killeen's experience during summer break



was similar to my own as well.

“I would go to the ranch, take care of the horses, and hang out with friends,” Killeen said. “That was my default. With friends, we’d walk around Encinitas a lot and shop and get boba. Or we’d sit on the beach. We’d go to parks and have picnics. We were just always outside wandering around.”

A few states over, CSU student Nora Cheeseman grew up in the suburbs of Cincinnati, Ohio, and moved all around Hamilton County. Cheeseman described her childhood as very quiet, rural, and Catholic. However, her experience was different from her peers.

“My experience was very different because my parents divorced when I was in first grade,” Cheeseman said. “That really shaped it because we were going back and forth between two houses. If you forgot something it was the end of the world.”

On top of dealing with divorced parents, Cheeseman attended a private, all girls, Catholic school. Growing up in the rural suburbs of Cincinnati this wasn’t unusual.

“I was not educated on issues that would have been addressed here,” Cheeseman said. “The state determines what is taught in schools and what is required. Football is also a big thing there. Everyone would go to the games.”

Despite the differences in hometowns, Cheeseman and Killeen ended up in the same region and are now learning about the typical Colorado childhood, as I learn about theirs.



*Claire Marie Killeen*



*Nora Cheeseman*

Illustrations by Sarah Thomas  
Photos by Avery Coates



# RAM LIBS

## A DAY AT CSU

It was about \_\_\_\_\_ o'clock when I  
(time)

got to CSU by \_\_\_\_\_. Campus is a/  
(type of transportation)

an \_\_\_\_\_ place, there are a lot of  
(adjective)

\_\_\_\_\_ here. In class  
(adjective) (plural noun)

today we \_\_\_\_\_, it was so  
(past tense verb)

\_\_\_\_\_! After class, I met up with  
(adjective)

\_\_\_\_\_ in the \_\_\_\_\_. We got  
(name of person) (name of CSU building)

lunch at \_\_\_\_\_. While  
(name of CSU restaurant)

eating, I was \_\_\_\_\_ because we saw  
(adjective)

\_\_\_\_\_! I went back home to study, eat dinner,  
(name of CSU celebrity)

and \_\_\_\_\_ . It was a \_\_\_\_\_ day.  
(verb) (adjective)

I am so \_\_\_\_\_ to be a CSU Ram!  
(adjective)



# A DREARY DREAM

## A SCIENCE BEHIND CHILDHOOD NIGHTMARES

By Audrey Donow

Jumping on marshmallow clouds or being chased by a ferocious dragon seems like something imaginary from a child's book but could also be commonly found inside a child's mind.

We may all experience dreams during our REM sleep when our mind is at rest. Something viewed on TV can stick in your head and when you lay your head down, you might see visions of flying on a broomstick or soaring on a spacecraft through the galaxies.

On the opposite side of those whimsical dreams, TV, books, and images seen in real life can trigger nightmares. Horrible visions many children and even adults struggle with when they enter the state of sleep.

For Angela Palacios, a former Colorado State University student, her nightmares were triggered by movies viewed when she was young.

When Palacios was young, she was exposed to old horror movies put on by her grandmother. She didn't expect her granddaughter's young mind to process these ideas but unfortunately, these visuals triggered nightmares in Angela's mind from ages three to eight.

"I do remember seeing something scary on the TV and then that night I had a similar dream," Palacios said.

Psychology Today conducted a study about nightmares in children and found that kids

exposed to violent media on TV or online have more trouble falling asleep which can trigger nightmares during the night, causing them to often not successfully sleep through the night.

As she grew older, her nightmares faded. When asked, Palacios said she still often has nightmares but her experience as a kid helped her escape those present nightmares. She often notices she is hardly scared by things seen on TV or read in books which may have stemmed from being raised on graphic and frightening images in her mind.

According to Kids Health, childhood nightmares may stem from something occurring in their everyday life. It can be a response to trauma or a big life change such as moving, getting a new sibling, or family tension can all be reasons for nightmares for children.

"Sometimes a nightmare has recognizable bits and pieces of the day's events and experiences, but with a scary twist," Kids Health said.

For Emily Kippes, her nightmares strained from anxiety as a young adult.

"When I was younger I would get it (nightmares) a lot when I was fighting with my sister or my parents or if I like just having a really bad anxiety day," Kippes said.

Whatever the cause, nightmares can be a large strain on children's well-being. Even when a child's mind is often filled with creative images and colorful ideas, your personal experiences may cause the dreary images to form in your mind.

# WE ♥ CSU



Thank you for voting us **BEST OF CSU** again and for supporting small businesses!



**THE  
SCREAMIN  
PEACH**

[www.screaminpeach.com](http://www.screaminpeach.com)

**FORT COLLINS**

638 South College Avenue • 970-224-2930

4414 South College Avenue • 970-224-2936

**JOHNSTOWN**

4880 Thompson Parkway • 970-669-9299

Waxing  
Brows  
Lashes  
Spray Tans  
Microblading  
Sugaring  
Unique Boutique

# CHILDHOOD BOOK REVIEW



## THE CHILDREN'S BOOKS THAT SHAPED MY IMAGINATION

*Written By Mia Anguiano-Perez*

Children's books are the epicenter of imagination. They gave us something to believe in and somewhere to escape to. As we grew older, the love for imagination and storytelling stayed with some of us and channeled into a love for reading as adults.

My love for books is rooted in the endless minefield of stories I was captured by as a child. Here are some of my favorites.

### **"Magic Tree House" Series** 4/5 nostalgia

This wildly fantastical children's book series is about siblings, Jack and Annie, who travel through time using a magic treehouse. It's as easy as pointing a finger to a book and Jack and Annie are on their way to a different time. The places and time periods the siblings visit throughout this series give young readers a unique insight into history, other cultures, and social justice issues.

"The Magic Treehouse" books were frequently read to my classmates and I after recess, during snack time. I can still taste the salty, baked flavor of goldfish and feel the thick, fuzzy, blue, alphabet carpet beneath my legs as my eyes danced around the room, envisioning Jack and Annie and their adventures, hoping I'd have some of my own one day.

### **"A Series of Unfortunate Events" Series** 4.5/5 nostalgia

This three-book series follows three newly orphaned siblings, Violet, Klaus, and Sunny Baudelaire as they are sent to live with a distant relative, Count Olaf, who tries to steal the fortune that was left to them by their parents.

This book series was also read to me and my classmates during snack time. I remember being captivated by this tragic story and determined to read ahead of the class. I

needed to know what happened to the three orphans, undeserving of the cruel and cold punishment they received by Count Olaf. A truly beautiful depiction of enduring sibling love.

### **"The Dork Diaries" Series** 4.2/5 nostalgia

This series follows Nikki Maxwell, an awkward girl in middle school, through her diary. Nikki writes about boys, friendships, enemies, fitting in, and awkward situations she finds herself in daily.

"The Dork Diaries" never failed to put a smile on my face and feed my desire for gossip with fictional drama; much better than the real thing. The books in this series accurately depict what goes through the minds of young girls as they reinvent who they are and rediscover who they want to be.

### **"Junie B. Jones" Series** 4.3/5 nostalgia

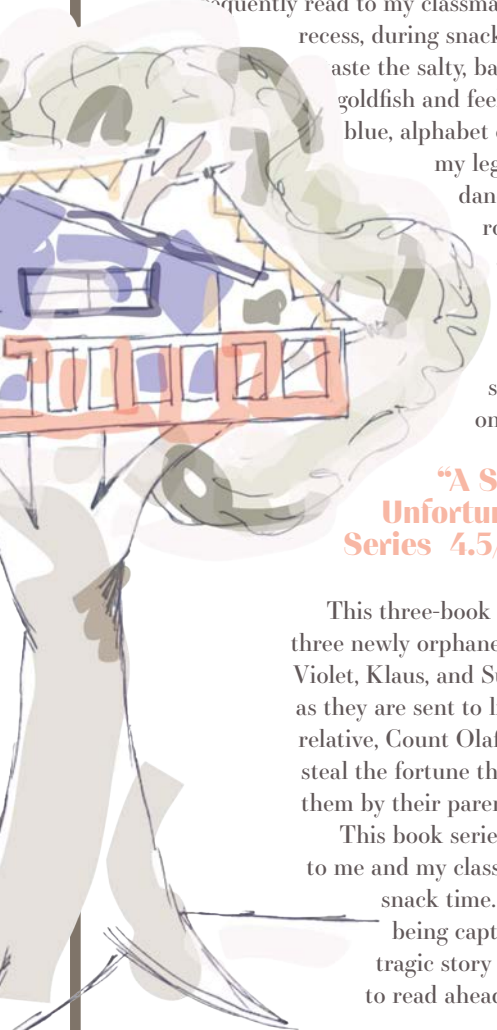
Junie B. Jones is a fiery and sassy 5-year-old who recounts every thought that goes through her head. The series is told through Junie B.'s point of view, easily connecting with young readers her age.

I adored these books and still have stacks of them stowed away at the top of my closet. I admired Junie B. for standing up to people of authority like her parents and teachers and for asking the important questions. Junie B. was sort of a role model for me, also her outfits were incredibly fashionable for a five-year-old, inspiring my collection of pants in every color.

### **"Diary of a Wimpy Kid" Series** 4.4/5 nostalgia

Greg Heffley is a middle school student who documents his experiences and interactions in a diary. Similar to "The Dork Diaries," but this time through a boy's perspective. Hilarious, and engaging, anyone can read these books, even those who don't enjoy reading.

As an obnoxious child who enjoyed stories and wanted to share the ones I loved, I gathered my friends around and read them "The Diary of a Wimpy Kid: Dog Days", my favorite book of the series. I probably read this book five times over and had so much fun



doing it.

### **“The Doll People” Series** 5/5 nostalgia

A group of dolls come alive when there are no humans around. A tale told before in a multitude of different ways, this story focuses on a family of antique dolls who are over 100-years-old. Annabelle, a doll and the main character of the series, goes on dangerous adventures to save her family and friends all the while having to hide that she’s alive from her humans.

This was an intriguing story that I was enthralled by immediately. I came across it in the library and continued to read the rest of the series. The risks Annabelle took to save the ones she loved fueled me to keep reading.

The bumps throughout her journeys were unique to her life as a doll and added to a story that could’ve been tired and overdone but was refreshed in a captivating way.

### **“The Giving Tree”** 4.9/5 nostalgia

This tale spoke directly to my heart and taught me the most important of lessons. It follows a boy who grows up loving and adoring this tree. As he grows older his love becomes selfish and taxing to the tree, but the tree never stops loving the boy the way it always had.

I was gifted this book as a young girl and still cherish it. Through this book, I learned that it’s important to remember where you come from and to not overlook the love you receive. Love works best as a two-way street.

### **“The Books of Elsewhere” Series** 4.6/5 nostalgia

After Olive Dunwoody and her family move houses, Olive quickly realizes there is something strange going on: she can travel through pre-existing paintings in her house. The series follows Olive as she solves mysteries and navigates through worlds unbeknownst to her or anyone else.

This series reminds me of “Coraline” and “Narnia” since it’s a different take on traveling to different worlds. “The Books of Elsewhere” holds magical and eerie elements to it, which lured me to the series as a kid fascinated by

the supernatural. This series is one of my most memorable and favorite reads of my childhood, and I’d pick it up again today.

### **“The Miraculous Journey of Edward Tulane”** 4.7/5 nostalgia

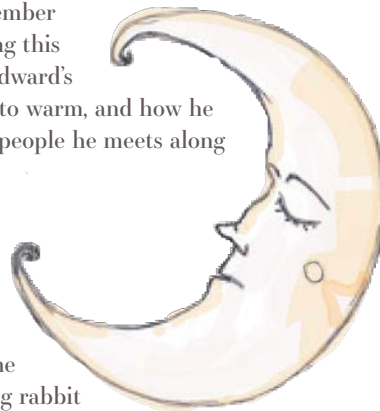
A tale about a porcelain china doll rabbit, Edward Tulane, who falls overboard on a cruise ship and loses its owner. Edward goes on a journey where he meets all sorts of people and discovers that you can find love after loss.

Edward’s disposition throughout the book is altered by the experiences he has after falling overboard. One of the greatest joys I remember feeling while reading this book is watching Edward’s heart go from cold to warm, and how he learns from all the people he meets along the way.

### **“Goodnight Moon”** 4.8/5 nostalgia

A classic bedtime story, where a young rabbit is getting ready to go to bed while listing off things in their room, saying goodnight to every single one of them, helping the rabbit nod off to sleep.

“Goodnight Moon” is the earliest book I remember reading and loving. The repetitive and simple style of writing aligned with the story of a cute rabbit snuggling into a bed at night instantly makes me feel cozy and like I’m back in my childhood bed getting ready to sleep.





\*  
Now Offering  
Permanent Jewelry  
& Ear Styling

\*  
Northern Colorado's  
Exclusive BVLA Retailer

CELEBRATING  
30  
YEARS

**TRIBAL RITES | TATTOO & PIERCING**

628 S COLLEGE AVE. 970.221.9712 WWW.TRIBALRITESTATTOO.COM