

# College Avenue

volume three: issue two winter 2007

hot button

## winter guide

get the low-down on all the sweet events of the season.

## advocacy offices

seven offices on campus offer help to students in need.

## csu vet school

celebrating a century of excellence.

## exchange students

going beyond the language barrier.

## fair trade

local coffee shops serve up global fare.

## faces of csu

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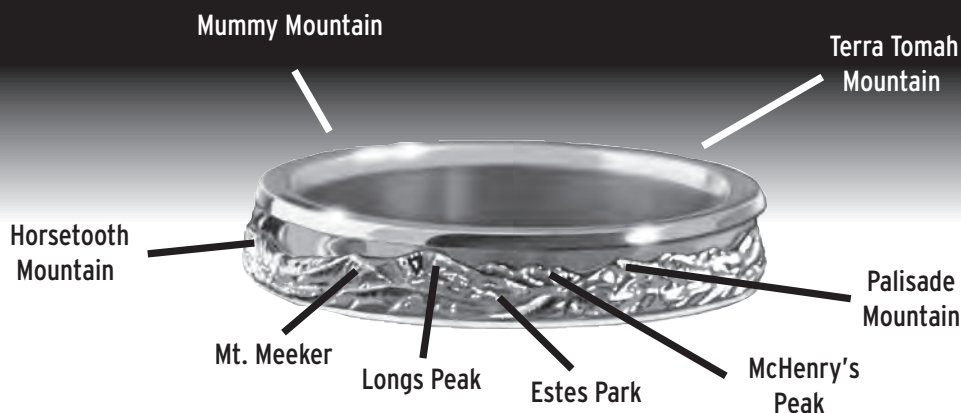
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# letter from the editor



Diversity. Although people around campus say CSU has little diversity in its student body, I beg to differ.

Our campus population is represented by all 50 states, more than 80 countries and thousands of unique individuals who all share a common drive to receive a college education. Outside of campus life, the students and residents in Fort Collins are passionate about numerous hobbies, sports, local organizations and community projects.

I am proud to say I am a part of this diverse campus. I, as well as the rest of you, have the opportunity to learn from our diverse campus community. In this issue of College Avenue, we explore some of those characteristics that make people on this campus diverse. Read their stories here and think about the unique qualities and experiences you bring to this campus and community.

Dedication is the fuel that drives us to stay motivated and live each day, striving to attain our ultimate goals of happiness and success. On any given day, you can walk around the university grounds and through the buildings on campus and observe students' hard work and determination. These values stem from our individual experiences that make us all blessed – blessed to have the opportunity to receive diplomas, proving our dedication to go out and change the world.

I would like to thank my wonderful, diverse staff for your dedication to this product. A special thanks to my editors – Makayla, Katie and Val – for your loyalty and long hours. Also, thank you to my left- and right- hand women, Jenny and Heather. I appreciate your devotion more than you know!

Most of all, thank you to our readers. We wouldn't have the opportunity to produce such wonderful work without your support. Please spread the word about College Avenue and feel free to email or call to let us know what you think and what you would like to see on our pages.

With sincere appreciation,

*Stephanie Gerlach*

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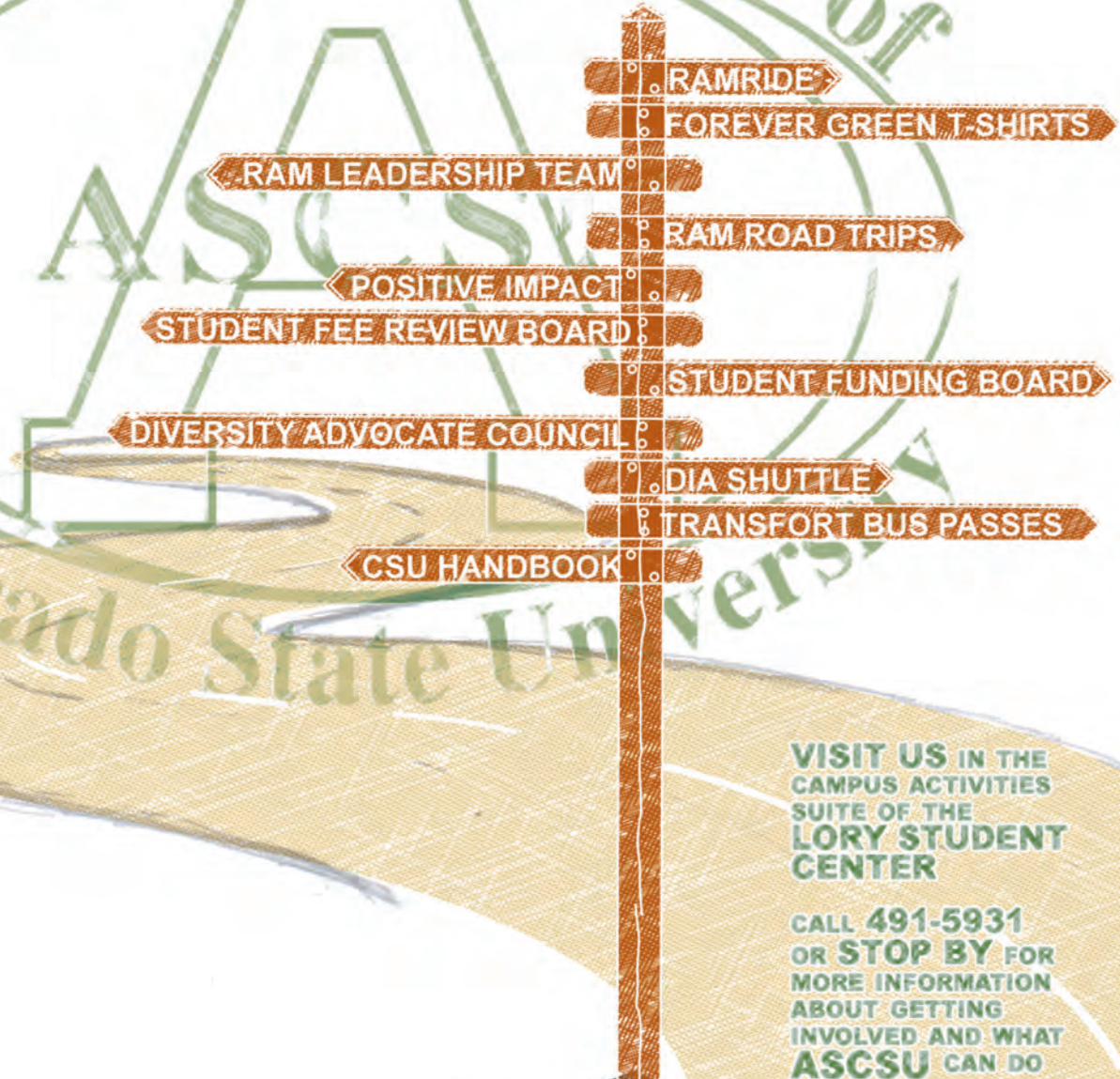
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# College Avenue

## letters to the editor

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

## our stance

*College Avenue* as an organization has been questioned about our take on the Collegian editorial that was printed this past Sept 21. As a group, we have no animosity toward those who approved the editorial or the individuals on the Collegian staff. Our concern is with furthering the progress of the magazine. We will continue to focus on our publication in order to bring you the best quality product possible.

## corrections

in the student loan story in the volume 3 issue 1 of *College Avenue*, we ran incorrect information regarding Kirsten Starman's and Jennifer Suddreth's use of government money. Starman used government money to finance her education and Suddreth is using government money to finance her junior equine science and agricultural business double major. *College Avenue* apologizes for the error.

## mission statement

*College Avenue* is csu's student-run magazine. our mission is to serve the csu and fort collins community with innovative and engaging coverage of relevant issues. our staff is dedicated to providing balanced and accurate reporting as well as visually stimulating design and photography to a diverse audience. above all, we strive to maintain our integrity through professionalism and this standard of excellence.

## on the cover

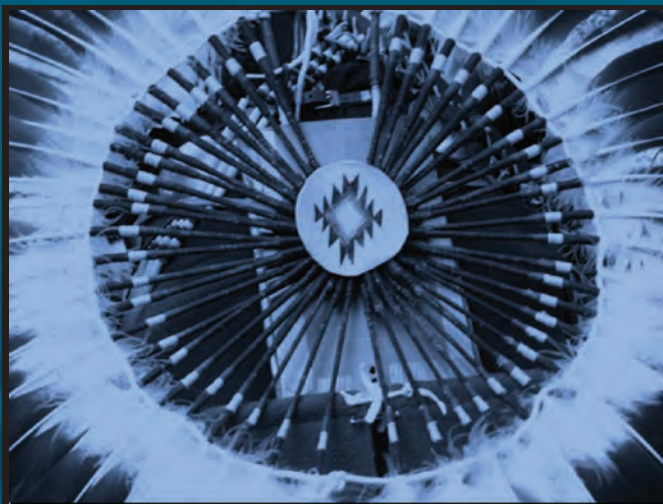
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# Advocacy Offices at Colorado State University



## Mission Statement

Native American Student Services (NASS) was established in 1979 to ensure educational experience for Colorado State students by providing advocacy and support services through recruitment, retention, graduation, and community outreach.

<http://www.nass.colostate.edu/>

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## Mission Statement

The Gay, Lesbian, Bisexual and Transgender Student Services office is committed to providing support services, programs and a safe gathering space for GLBT people, other sexual minorities, and allies of the Colorado State University community. Reflecting a commitment to diversity through positive community building, these services include advising, counseling, referrals to educational outreach programs, co-sponsorships, alumni development and support to those individuals who have reported discrimination, harassment, or intimidation.

Location: 174 Lory Student Center

Phone: 970.491.4342

Email: [glt\\_studentservices@mail.colostate.edu](mailto:glt_studentservices@mail.colostate.edu)

website: <http://www.gltss.colostate.edu>



A full list of the Advocacy Offices can be found at <http://www.studentaffairs.colostate.edu/departments>

# Landlocked in Colorado

## hawaiian student calls csu home

Wearing a t-shirt, shorts and slippers, Blair Cabradilla ran outside to the falling white snow. She was excited, but not for the same reason as so many other people in Fort Collins when the first snow hits the ground. She didn't care that the ski season was on its way, at least not then. Born in Honolulu and raised in Pearl City, Hawaii, at 18 years old this snow was the first Cabradilla had ever seen.

She liked it at first, but after the initial excitement she decided it is too cold for more than a few hours of fun. Even in Hawaii, Cabradilla gets cold if the temperature falls below 70 degrees.

"I wish I had known how cold it gets here," said Cabradilla, a junior who came to Colorado to study microbiology in hopes of getting into veterinary school. "I didn't know it got below zero. Some days I'm freezing my tush."

But for someone who gets cold easily, Cabradilla still likes making the occasional snow angel, having snowball fights and snowboarding, even if she falls getting off the ski lift.

### she doesn't know anyone...

Cabradilla, whose full name is Blair Kapiolani Rawlins Cabradilla, is the third of four children. Her mother is Hawaiian and her father was born in Hawaii to Filipino parents. Most of her extended family also lives in Hawaii, and those who don't live there live on the west coast. So when she decided to venture more than 3,300 miles to Fort Collins for school, her dad wasn't too thrilled. He said she didn't know anyone in Colorado.

What Cabradilla and her dad didn't know was that she actually did know someone. At the end of her senior year of high school, she found out Ryan Kahanu, another Kamehameha High School student, was also going to CSU.

They spent a lot of time together during Ram Welcome their freshman year since they didn't know anyone else, and they now live together. Although they had been friends with different people in high school, the two soon made a lot of the same friends at CSU, including their other roommate Ryan "RD" Esmeralda and his girlfriend Tessa Furutani.

Everyone thought they were brother and sister, and now Cabradilla and Kahanu think of each other as such. Kahanu, a junior health and exercise science major, said he is not a protective "brother" but more of a tease. Cabradilla and Kahanu said they joke around and make fun of each other. "She's always laughing, even if it's not really funny," Kahanu said. "You can hear it from three floors away."

They like to sit around the table after dinner and talk about random things with Furutani, a junior landscape design and contracting major, and Esmeralda, a sophomore seeking construction management. Furutani said she likes that Cabradilla always understands what she's saying when the boys don't understand at all.

"I guess it is woman's intuition," she said.

### it is more than luau...

Before coming to CSU, Cabradilla had never visited Fort Collins, but she said the pictures reminded her of home.

"The landscape reminds me of Hawaii...sort of...in the summer and fall," she said.

But the people are very different. When she walks around campus there aren't a lot of Asian faces like there are in Hawaii, and the people aren't quite as friendly here. She said diversity is getting better on campus, but she wishes there were more Asians.

To promote Asian awareness and find a place to belong, Cabradilla and Kahanu, both 20, began attending events coordinated by Asian Pacific American Student Services and met a lot of new friends who convinced them to join other student clubs.

They're both members of Hui O' Hawai'i, and even though Kahanu isn't Filipino, they both joined Club Kulturang Pilipino (Club KP). Furutani and Esmeralda, who are Filipino, are also members of Club KP and Furutani is in Hui. Last year, Cabradilla was the secretary of Hui and the night coordinator for Club KP. As a member of the clubs, she planned events, practiced dances, made costumes and prepared traditional food.

"She's determined, and she's a hard worker," Kahanu said.

Aside from meeting people from Hawaii, Cabradilla joined Hui and Club KP because she enjoys learning about her culture since her family doesn't practice too many Hawaiian or Filipino traditions. She said they celebrate "baby's first luau." In the past, many babies didn't live to their first birthday, so families threw celebrations if they lived until the age of one.

"I actually didn't know a lot about my Filipino culture until I came here," she said, adding that she was most interested to learn about Filipino dances. She also appreciates the food, dancing and music of the Hawaiian culture.

"Every song has meaning, especially when you dance hula because your moves also have a story," Cabradilla said.

She also likes sharing her culture with others because many of them have naive views of Hawaii, seeing little more than surf boards, palm trees, grass skirts and leis.

“When people think about Hawaii, they think of luaus and paradise, and it is, but there is more to it,” she said. “We don’t live in shacks. We don’t walk everywhere. We are part of the United States. We still have traditional ways like hula dancing, but we are Americanized.” Cabradilla is like most other students at CSU, Furutani said. She is friendly, energetic and outgoing once you get to know her, but she says some of her words weirdly and has different words for some things.

“She says ‘Are you pau?’ for ‘Are you finished?’” said Furutani, 21. Kahanu said people often think he and Cabradilla are lucky because they get to go to Hawaii during winter and summer breaks. People joke about going with them inside their suitcases and staying at their homes, but to Kahanu and Cabradilla Hawaii is just home. They still have to work, go to summer school and do community service for scholarships.

“It’s not 24/7 vacation,” Kahanu said. “But it is nice that the beaches are there, and it’s nice to have someplace you can go to relax.”

Although some people don’t really understand their culture – like the ones who have asked if they were going to drive home for the weekend and asked them to bring fans back from Hawaii – other people do appreciate their culture.

Furutani said she really likes the Hawaiian-style fried rice that Cabradilla makes, and Kahanu said other friends like Li Hing Mui, a tangy Asian powder than can be put on candies and fruit.

Just as food introduced Cabradilla’s friends to her Asian culture, it was food that encouraged Cabradilla to learn about European culture. She is studying abroad in Italy next semester, partially because of her love of Italian food. Like the Hawaiian language, she knows very little Italian, but is excited to be immersed in another culture. It will allow her to appreciate other cultures besides her own and satisfy her love of Italian food.

### no place like home...

Even though sandy beaches, clear ocean water and sunshine welcome her home, what Cabradilla misses most is her family.

Her mom and dad live with two cats and two dogs that all have Hawaiian names, and her two older sisters, Lindsey and Ashley, also live in Hawaii. Even though her dad didn’t like cats, he let Cabradilla bring them home from the veterinary office that she worked at during high school. Ino, which means “wicked,” is now his favorite pet because the cat follows him everywhere.

Each year for their birthdays, her parents pretend not to buy Cabradilla and her siblings a birthday cake, but they always get them ice cream cakes. It is little things like this that she misses most.

After graduating in 2009, Cabradilla plans to attend vet school. She said she knows CSU has a great program, but she is also considering Washington or Oregon because her younger brother AJ is attending the University of Oregon and her parents may move there to be close to him. Cabradilla said it would be OK if her parents moved, but she’d rather be able to go home – to Hawaii.

“She’s very proud of being Hawaiian,” Furutani said. ■ **ca**



► photo by adriana lopez

blair cabradilla, a junior microbiology major, and her friend ryan kahanu, a junior health and exercise science major, are from hawaii.

## Blair Kapiolani Rawlins Cabradilla

Age: 20

Major: Microbiology junior

Hometown: Pearl City, Hawaii

Favorite Color: blue

Favorite Food: meat jun

Family: Mom, Dad, sisters Lindsey and Ashley, brother AJ, cats Ino and Akua, German Shepherds Pono and Imua

Favorite Movie: 300

Pet Peeve: a dirty house

Can't Live Without: cell phone and iPod

# CSU Advocacy Offices

promote equal education for diverse student population



► photo by heidi white

matthew twobulls (left), 29, and delbert willie, a graduate student in electrical engineering, practice with the ram nation drum group in the native american student services office.

## services offered at nass:

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## services offered at rds:

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- find out about more services offered at [www.rds.colostate.edu](http://www.rds.colostate.edu)



**W**hen Marlon Blake came to CSU from Mississippi, his previous self-image as a black man was lost.

Blake is from a small town called Hattiesburg in Mississippi, about 70 miles from the Gulf of Mexico. He came to CSU in 2005 on somewhat of a whim. Knowing that he wanted to attend college he picked up a U.S. college directory, flipped to a random page, pointed at Colorado State's listing and said, "That's where I'm going."

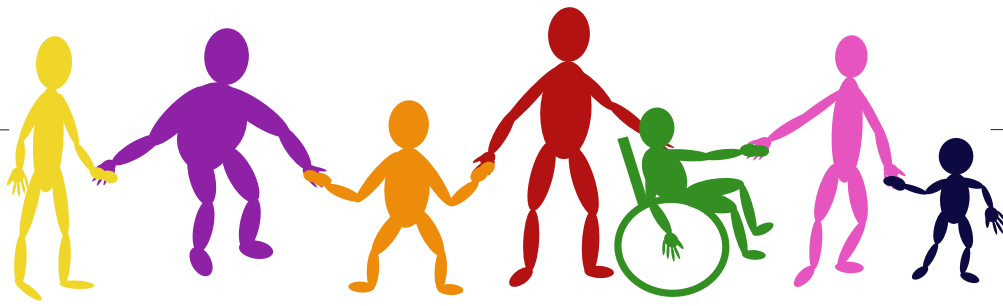
In his sophomore year in the health and exercise science program, Blake likes Fort Collins because of the laid-back atmosphere and nice people. He enjoys the nightlife once in a while, but likes to focus on his studies. "It has its perks and it has its downfalls ... I'm not a let's-go-out type of person. I'm a homebody."

His true passion lies with social issues. Minorng in sociology, earning credits toward a women's studies certificate, debating over adding a second minor in ethnic studies, volunteering for the Men's Project

through the Women's Program and Studies (WPS) and working part time for Black Student Services (BSS), Blake's full plate continues to fuel his fire. As a student, he knows the difficulties of transitioning to a college environment, so he works with BSS as a mentor for their Rites of Passage program, ensuring a smooth change for students of all races as they enter the university lifestyle. "I just have a passion for working with students in general," he said. He also advocates for women's rights by being an example to his male peers.

Blake is actively involved with two CSU advocacy offices and has a great passion for campus diversity. He exemplifies a group of ordinary students striving for extraordinary goals. He is only one of many students who make a difference every day with the offices.

CSU's seven advocacy offices have common purposes: to promote social issue awareness to students of all races, sexes, genders and special needs; ensure a stimulating educational experience for all students at the school; and provide a safe environment for students who are subject to discrimination.



### working together to promote awareness

Mike Frank, a senior forest fire science major and tutor with Native American Student Services (NASS), has passion for students affiliated with all advocacy offices. “I visit every one of (the offices) every day,” he said.

A bit of a pyromaniac, Frank came to Fort Collins from Southwestern Indian Polytechnic Institute (SIPI) in New Mexico for an internship with the United States Department of Agriculture (USDA) Forest Service. “They saw my resume online and saw that I had a high GPA and offered me an internship,” but on one condition: To go to a four-year school. He realized that CSU was just a few blocks down the road and applied. The USDA pays for his school with an intern scholarship.

His affiliation with NASS has given him the opportunity to work with students he cares about, especially those who use the Resources for Disabled Students (RDS) office. Frank said RDS, located in CSU’s General Services Building, is too far away. “I know all of them ... I wish they were closer,” he said.

Mike acts as an unofficial liaison between NASS and some of the other offices. He said he goes to RDS every day to make sure they know what is happening with campus advocacy. “We keep up with when and where the food is,” he joked. But despite his goofiness, his affiliation with the offices keeps him in check. “It’s really helped me open my eyes to a lot of the problems on campus.”

He said for all the talk of equality, there is still discrimination against diverse cultures in education. Before coming to CSU, he had earned an associate degree from SIPI. “They didn’t transfer all of my credits because they were from a Native American school.” Frank also took dual-enrollment classes at the University of New Mexico, all of which transferred.

But some other students say CSU is very accepting.

Kay Lambert, senior fine arts and anthropology double major, said before he came to CSU, he had trouble coping with the severe discrimination from society.

Lambert, who identifies as a “transgender primarily gay male” with Gay Lesbian Bisexual Transgender Student Services (GLBTSS) said, “I’ve been beat up, I’ve been chucked out of locker rooms naked ... this was before I came out.” But he said people at CSU are very accepting, especially with GLBTSS, where he works as an office representative. “(The office) is kind of a pit of un-productivity in terms of studying,” he joked, but said it has helped him develop a network of other students who have similar problems.

### we have the smarts

For Stacey Smith, senior political science major from Colorado Springs, the hardest thing to cope with is people thinking she has a problem.

Smith, who wants to go to the Pennsylvania State University for law school, loves Fort Collins. “It’s a lot better than Colorado Springs,” she said. “I lived in the middle of the ‘Holy Trinity’: The Air Force

Academy, New Life Church and Focus on the Family, and I couldn’t stand it because it was just this religious rite that wanted everything and was just always pushing me. Moving up to Fort Collins got me away from that.” She chose CSU rather than CU because she thought the brochure was prettier. She is also the Speaker Pro Tempore of Associated Students of CSU (ASCSU).

Affiliated with RDS, Smith helps them proctor special learning tests and staffs the front desk. She has a rare learning disability called Scotopic Sensitivity Syndrome, sometimes categorized as a form of dyslexia. “When I look at a piece of paper, it’s actually sparkling green and gold and silver.” This enables her to see only about 50 percent of what a person with normal vision can. To correct this, she has to take tests in rooms with non-florescent lights and wear tinted glasses.

Smith had trouble when she first arrived at CSU identifying as a person with a disability. She said, “Three years up until my senior year, I wanted to keep it a secret, I didn’t want anyone in the ASCSU office to know. I hated the fact that I took tests alternatively.” But she reached a place where she could embrace her disability. “I finally realized that it’s a part of me, you know? And I can’t deny it anymore,” she

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► photo by mason cummings

laura casellano (left) and veronica ronquillo, administrative assistant, enjoy their morning during a latino greek council meeting in october.

said. "It's not a bad thing, society just says it's a bad thing."

"We're harder workers, you know, because we have to battle harder," Smith said. "There's a common misperception in the disabled community that we're just lazy ... when in reality, most of the people who have learning disabilities have above average intelligence and a learning disability just kind of hinders that a little bit."

If fact, Smith's unique vision allows her to see things the average eye can't. "I can look at a light bulb and tell you if it's gonna go out."

Students from diverse campus communities contribute daily to the academic excellence of CSU. Some view minority groups as a "dumbed-down" facet of society. But students like Smith or Frank, who gets his adrenaline rush balancing 24 credit hours on top of a full-time job, or Lambert, who double majors in tough programs while dealing with harder personal issues than most students, know that they are above the average level of intelligence and dedication.

## awareness and safety: work still needs to be done

Despite everything CSU's advocacy community is doing for students, there is always room for improvement. Directors of these programs and students emphasize a need for greater participation in advocacy of awareness in our community.

GLBTSS provides a safe place for students who identify with the gay, lesbian, bisexual and transgender communities. But the world is still a scary place for some of them who experience discrimination daily. "They've heard 'faggot' for the umpteenth time, or had it posted on their door," said Foula Dimopolous, director of GLBTSS. "All of us deserve a safe place to learn, work and play."

Members of the WPS have the same needs.

"As a man you have privileges that women don't have," Blake says. "You don't have to worry about walking out of the library at night with your keys in your hand 'cause you're scared someone's gonna jump out of the bushes." The ten-week Men's Project started by Chris Linder, director of WPS, teaches men to use their privilege to help fight violence against women. "We do so much response and I want to do something preventative," she said.

Disabled students also have to deal with discrimination.

"I really want to change that perception that society puts on us

that there's something wrong with us because there's nothing wrong, we're just different; we process differently, we have different abilities," Smith said.

Blake said racial implications are also a continual problem in Colorado. Perceptions of southern racism in predominately white communities contribute to the problem, he said. "I lived in the south 18 years of my life and never faced one bit of racism. I think that people just have this assumption that we're still lynching people, we got segregated bathrooms, and yada yada yada ... I never saw color in Mississippi." He said he has experienced more stereotyping here than in the south, but that it is a problem everywhere. "Anywhere you go you're gonna find people that don't like you because of the way you look."

But hope is retained throughout the offices. Jay Baillargeon, a student representative of Asian Pacific American Student Services, said the offices have helped him acknowledge the strength of the Asian community. He said, "The advocacy office allows people like me ... to connect, so we don't have that sense of distance." Baillargeon, from Pueblo, graduated high school in a class of 400 with only one other Asian student.

The offices provide a stable, safe environment for students who are underprivileged, but just as deserving as the average white male student who attends CSU.

"Just being able to do alternative testing has significantly helped me because I probably wouldn't be living the way I am," Smith said. "It's a phenomenal office and my life has changed because of it, I have become more aware of myself. It's been able to make me understand myself better, because I see other students that have disabilities as well."

But while the mission of CSU's advocacy offices is clear, there is still much work to be done, said Rosemary Kreston, director of RDS. She said that disabled students are afraid to use RDS's services because they don't want to be associated with the disabled community. The rest of the offices have the same problem. But the efforts of the diverse student population at CSU continue to promote diversity. New programs, like BSS's Annual Fall Retreat and GLBTSS's Visible Voices that were implemented last year are being introduced in all offices. The students look toward the future for solace and comfort as the programs expand to encompass more and more of the CSU community. ■ Ca

apass



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# Exchange Students become accustomed to a different culture



## To Japan...

When Tyler Cronk, a senior liberal arts major, found himself chilled while studying in a light jacket, a heavy coat with the hood up and a blanket over that, he was more than surprised his caretakers could not afford heat in the house.

"In private homes, (Japanese) don't use heat because of the expense," Cronk said. "You would expect that in Siberia or another third world country, but Japan is number two economically in the world and the people can't heat their homes."

Seth Webb, the coordinator for exchange programs at CSU, encourages students who are studying abroad to have an open mind and a willingness to be flexible to avoid shock.

"Too many expectations lead to disillusionment," Webb said. He gave an example of a student who went to Australia and found that her addiction to orange cheese was not available. She became anxious and contemplated returning home. That was the point in which she

realized, "it wasn't the orange cheese, it was the process of culture and daily living," Webb said.

During Cronk's study abroad experience in Hirakata City, Japan, he "surprisingly" encountered only a few other culture shocks like the heat conservation in private households.

"I was surprised and almost disappointed that there was no culture shock," Cronk said. He felt that he was prepared for the more miniscule things he encountered, like shoe removal before entering a house, washing oneself outside of the tub before getting in to soak, and taboo actions like sticking chopsticks straight into food and public nose blowing.

## From Japan...

Mayumi Imanishi, an exchange student from Hirakata City, Japan, has been dealing with her own astonishing discoveries.

She was generally astounded by the forwardness of people on the CSU campus. One day as she was walking back to her room, a lady approached Imanishi and began to ask her questions about religion and God. Imanishi said she had never been asked questions of that sort.

"I never thought in that way," Imanishi said. "I don't talk about religion and rarely talk about philosophy with my friends. In Japan, people tend to care about others' opinion and sometimes hide own opinion."

Imanishi came to CSU to continue her study of English in addition to social work. The experience thus far has made Imanishi aware of "not only the language difference, but communication skills." She chose to study in the United States because of the available social work major. She aspired to study social work as an addition to her education and language study in Japan.

"I like to work with children," Imanishi said. "Children struggle with things at home and social work trains me to help."

The students in her social work class were asked to make a collage about themselves. Imanishi was taken aback that every student shared something personal as well as bitter experiences from their past.

"It was a good opportunity to know the depth of person,"



► photo by mason cummings

tyler cronk, a senior liberal arts major, studied in hirakata city, japan, and mayumi imanishi, an exchange student from hirakata city, is studying social work as csu.

# hot button

she said. "Students say (their) own opinion and everyone contributes." Traditional Japanese lecture doesn't allow students to ask questions unless called upon. Imanishi still keeps that reserved attitude when teachers allow for, and even encourage, discussion in her social work class.

"The teachers in Japan want students to sit and be quiet," said Imanishi. "The education is very strict."

## Lost...

Cronk became interested in Japan before college but didn't begin to seek an opportunity to travel until his freshman year at CSU. He signed up for the study abroad program to continue his study of Japanese at Hirakata City's university.

He found that most of the people were fascinated by the fact he could speak Japanese relatively well, especially because he was viewed as the stereotypical "American."

"Every now and then on my weekend travels, I would run into some Japanese person (often times an older fellow) and we'd end up talking forever," Cronk said.

Overall, Cronk felt prepared for his study but still felt like there was the occasional fumbled word or misconstrued meaning. Despite the barrier, Cronk was eagerly welcomed on campus. Groups of five or more students would come up to talk to him with high pitched giggles and laughter. Most of the Japanese students he conversed with were outgoing and gave the impression of immaturity when compared to the other foreign students at the university who were more reserved, he said.

"Some of the Japanese kids I ended up knowing pretty well you would talk to just like you would any good American friend," Cronk said.

## ...In Translation

Confused "hmms" and "ahhs" are creating barriers to friendships, Imanishi said. The long pause she takes to ponder her English vocabulary often prevents a deeper dialogue with the students at CSU. Conversations are "mainly about school or daily life, and sometimes American friends ask me about Japan," Imanishi said.

Until May, she will be living in Braiden Hall with her Idahoan roommate and thus far she has only been homesick for "mother's cooking." In the midst of fried chicken and cheese pizza offered at Braiden's dining hall, she consistently finds herself digging into plates of rice and salad.

"My friends say watch it because you will gain weight in the U.S.," Imanishi said.

Imanishi noticed when buying food at convenience stores or restaurants she is always promptly presented with a friendly "Hi, how are you?" That type of customer service is not typical in Japan where business is simply exchanged and the customer leaves with no small talk.

## Karaoke

Cronk also stayed in a dormitory for about a week before living with his "guardians." The residence halls were, as he put, "Traditional Japanese" with folding paper screen doors and decorative rugs. The close quarters he shared with Ahmed, an Englishman, and an American roommate, was encased in heat and humidity.

Many nights during that time, Cronk watched the students head to the karaoke bars and would sometimes prepare his vocal chords.

"The bar scene is popular because public transportation and drunk driving is less of an issue," Cronk said. "You can take a bus to a rice farming village that no one has ever heard of."

After replacing the occasional beer for a glass of milk, it became a staple for Cronk along with the typical Japanese cuisine of rice and beans cooked by his home-stay "parents." Cronk stayed in a large, Samurai-style house, with his own room. The people he called mother and father cooked for him, cared for him and called when he would arrive late from school.

During the day, he would buy his own lunches from the infinite number of convenience stores. "An," a paste made of red beans, was a favorite additive that soon became an addiction.

Cronk also became addicted to the vista. He would most often absorb the scenery on the 20 minute train ride outside of Hirakata. A jungle-like terrain was transformed by the red and orange autumn foliage. Old castles and buildings were buried in red leaves. He described the buildings as simple, rustic, weather-beaten structures in the midst of modernity. Vending machines and ancient temples stood together in harmony.

"Rice paddies (rice fields) ran parallel to the super highway," Cronk said. He traveled from the superhighway to the streets in Tokyo. He said it was difficult not only to be keenly aware of the wheeled vehicles around him but also to look the opposite direction when crossing the street, as cars drive on the left side of the road. And in Japan, pedestrians don't have the right of way.

## Squirrels

Webb has found that exchange students struggle most with the fast paced and generally bigger society in the United States. Students have to get used to "looking the other way to avoid getting hit by a big Dodge truck," he said.

Imanishi is delighted by the scurrying squirrels as she walks to class and enjoys the grass that cover much of the CSU campus, which are substituted with cement pathways at her university. To her surprise, even the squirrels ran around speedily.

## Renewal

Webb, who lived in Japan for two years, witnessed what he perceived as a group-harmony and a group-mentality versus the individual achievement pushed in the United States. When he returned, Webb had to straddle both cultures, learning to hold on to his experiences and live in this community.

He has noticed the confidence students come back with after their study abroad experience. Students are able to "reinvent" and "redefine" themselves in the new environment, said Webb.

"The world is a bit more tangible," Webb said. "You're not living in a mentally constructed world but living a reality." ■ Ca

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# Substance Free

## students take oath to stay clean

While some students choose to live life as one big party and drink, others have decided to live a substance-free, just as fun life.

Every college student is different and every student's experience is different, but for all students, there is always the pressure to fit in. There is the pressure to get good grades, the pressure to party and the pressure to drink.

Although some associate all college students with being heavy drinkers, there are a lot of students that choose not to drink, and they now have a way of living entirely substance free.

"I want to remember the best years of my life," said Rachel Collins, a freshman history and pre-law major. This is why Collins, and so many other students, have chosen to live in a substance free residence hall on campus.

In 1991, a new wing in the Corbett Hall was created, which is now known as the Living Substance Free Hall. As of Fall 2007, the entire F-Wing of Corbett is now part of this specific community.

"The hall was designed to support students in both their academic and personal lives by living in environments that were alcohol free," said Mary Ellen Sinnwell, the director of residence life. "The floor has evolved into our current day of substance free environments, which this basically means students live with others in Corbett Hall who are committed to a lifestyle free from alcohol, tobacco or drugs."

It became apparent that the residents of the Living Substance Free Hall want to live in the hall. For some it is because of their past, for others it is a personal, life choice.

"They are students who self selected not to drink, smoke, take drugs or prescriptions that are not their own," said Rebecca Freer, the residence director of Corbett, in an email interview. "All of our halls are substance free, but these students also choose to be substance free outside of the halls when they go home, hang out with friends, etcetera."

The all-of-the-time drug free aspect is what seemed to really appeal to a lot of the students who are now residents.

"I didn't want to be in an atmosphere that was just partying," said Amanda Brewster, a freshman art major. "Everyone here is conscious of their decisions for everyone else."

For the residents, it's more than not drinking; it is also about not being peer-pressured into it or being asked multiple times to partake.

"I didn't want anyone passing out or barfing in my room," said Collins, 17. "I also didn't want loud, obnoxious people (that have been

drinking) to live with."

The Living Substance Free Hall may seem to differ from other residence halls, but Pam McCracken, the director of the Center for Drug and Alcohol Education and Prevention on campus, said that although "it's important to have a substance-free environment, all of the residence halls are substance free." The Corbett wing is where a full- life commitment to staying drug free is made.



photos by heidi white

residents from corbett's f-wing, substance-free living hall gather outside their floor.



amanda brester lives in the f-wing of corbett.

and have to decide to be substance free,” said Jacqui Bengner, a freshman apparel design and merchandising major. “I’ve never been the party girl. I can still be around (the drinking), but it just doesn’t appeal to me.”

## the process

To live in the Living Substance Free Hall, all of the students had to first fill out an application to live there. This included questions about their personal beliefs, background history and a well-developed reason as to why they should get to live there. Mainly freshman live in the halls, but older students can apply as well.

It is very apparent to current residents and staff that everyone wants to live there and get along. From entire-hall spaghetti dinners to participating in fun events together, the hall has created a close-knit family.

“There is no one ‘type’ of person for this floor,” Sinnwell said. “Men and women of all socio-economic backgrounds reside within this community, and they do programs and activities that promote healthy lifestyles and enjoy an alcohol/substance free environment, together.”

Bengner, 18, also explained the contract that all of the residents had to sign. Even though other residence halls do the same thing, the Living Substance Free contract includes a commitment to not drink alcohol or abuse drugs while living on campus or even while at home.

“It gives students a comfortable environment to enjoy college without the peer pressure of taking substances,” Freer said. “Some students simply do not want to drink. Others are recovering from an addiction. Some have had family members with addictions and do not want to be around substances, and some choose not to for religious reasons.”

Other restrictions on the contract include a one-strike policy with alcohol. This means that unlike other residence halls, students don’t get multiple chances before being moved. If for any reason a student were to break the rules of no alcohol or drugs in the hall, which includes returning to the hall high or drunk, they would be relocated to a

different hall. There are no second chances. “We truly value this community and how it supports students both personally and academically,” said Sinnwell, the director of residence life for the past 4 years. “We also have had a wait list of students to move into these spaces. Last year we had a waiting list of 90 plus students wishing to live in this community.”

What seems to vary the most from the Living Substance Free Hall to other residence halls is that there is a 100 percent commitment by the students living there to be substance free, anywhere at anytime.

“You have to be committed and have to decide to be substance free,” said Jacqui Bengner, a freshman apparel design and merchandising major. “I’ve never been the party girl. I can still be around (the drinking), but it just doesn’t appeal to me.”

different hall. There are no second chances.

“People are cool with this because it is your own decision,” said Brewster, 18. “It’s what I choose to do, and I don’t have to get trashed to have fun.”

Most of the residents said that they haven’t had anybody make fun of or belittle them for living substance free. In fact, Bengner believes that a lot of people don’t know the F-wing of Corbett is substance free, but she said most people are OK with the idea.

As for the perception that they may be missing out on a big part of college life, Brewster wanted to make it very clear that they still have a lot of fun. The entire hall has created an accepting and fun community for residents.

“It’s a lot of fun,” Brewster said. “We have just as much fun as everyone else, but it’s clean fun that doesn’t have to be drug induced.” ■ Ca

## academic living learning communities:

engineering living learning community  
academic village

equine and agricultural sciences  
edwards hall

health and exercise science community  
corbett hall

honors living learning community  
academic village

ingersoll residential college (college of  
natural sciences)  
ingersoll hall

key academic community  
braiden hall

key services  
parmelee hall

-for a list of halls and information about the learning communities, visit [www.housing.colostate.edu/halls/index.htm](http://www.housing.colostate.edu/halls/index.htm)

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## vet school celebrates a century of excellence

The College of Veterinary Medicine and Biomedical Sciences (CVMBS) at CSU is one of the best in the world. The program has received praise from both the medical and academic communities, and boasts many “firsts” that advanced the studies of veterinary medicine and biomedical sciences. This year marks the 100-year anniversary of the college and is a huge milestone in the university’s history. It represents the perseverance and importance of the program, as well as provides optimism for the next 100 years.

CSU (formerly the Colorado Agricultural College) was founded in 1870 and added its veterinary program 37 years later in 1907. The college was known as the Colorado A&M School of Veterinary Medicine until 1967, when it became CVMBS, what it is known as today. The veterinary school saw its first graduating class of 27 men in 1910.

Since then, the school has consistently improved and been at the cutting edge of technological advances, including being the first university veterinary clinic to successfully perform open-heart surgery on dogs.

One puppy who underwent the surgery was Rex, professional cyclist Lance Armstrong’s pet Labrador. Rex had surgery at CSU’s James L. Voss Veterinary Teaching Hospital, which offers the only animal cardiac surgery program of its kind in the United States.

In addition to the 100-year anniversary, 2007 also marks the 11th birthday of Firecracker, the nation’s first test-tube horse. Firecracker’s birth was the result of an intracytoplasmic sperm injection. This technique also helps mares with reproductive challenges to get pregnant and gives stallions with low sperm count a higher chance of producing offspring. This is one of the many examples of excellence found in the program.

In March 2007, the CVMBS was ranked the No. 2 veterinary graduate school in the nation by “U.S. News and World Report.” Cornell University came in at No. 1, while CSU tied with University of California-Davis. Since the 1990s, CSU has placed in the top two spots.

“We’re committed to make [CVMBS] No. 1,” said Dr. Terry Nett, associate dean for research and graduate education. “We think we’re there already.”

These rankings are based on comparisons between veterinary schools by the Association of American Veterinary Medical Colleges (AAVMC). The organization is involved with all 28 veterinary schools in the United States as well as four in Canada and three international veterinary schools. The AAVMC makes its assessments on factors such as research programs and student success. One reason CSU earns high rankings is because of the many different areas of study offered by CVMBS.

The college consists of four different academic departments: Department of Biomedical Sciences, Department of Clinical Sciences, Department of Environmental and Radiological Health Sciences and, the Department of Microbiology, Immunology and Pathology. There is a lot of interaction between the departments, which is one of the ingredients for the college’s success.

“There is a good balance between the clinical sciences and basic sciences,” said Dr. Russ Anthony Hill, a professor in the department of biomedical sciences. “Hill professor” refers to an endowed professorship named in honor of Harold J. Hill, DVM. Anthony added that the strong research aspect of the program is beneficial and stressed the importance of knowing all areas of veterinary medicine and biomedical science. CVMBS is the only veterinary school that includes biomedical science in its program.

Anthony said a reason the college repeatedly ranks in the top positions is because of the strong focus on basic science research.

“Knowledge of biomedical science provides strength in all areas,” said Anthony, who has been at CSU since January 1994.

In addition to a prestigious program, the college also boasts exceptional students.

“CSU can afford to be selective,” said Dr. Anna Dee Fails, assistant professor in the department of biomedical sciences. Of the 1,600 applicants a year, the program only accepts 134.

*“we have the best of  
the best.”*

*- dr. anna dee fails*

"It is a 10-1 ratio of applicants and accepted students, so we can seek out people who can bring something exceptional and special," said Fails, a CSU alumna.

"You couldn't find a better group of students," she said. "We have the best of the best of the best."

Since students already know what field they want to go into, they are very driven and professional, according to Gavin Hartman, a lab coordinator in the department of biomedical sciences. Hartman said he has regular interaction and good relationships with his students, who he feels are more involved in their education than in the past.

"Every day is rewarding," said Hartman, 29, who is also a graduate teaching assistant.

However, providing such a high quality education comes at a cost. Tuition at the CVMBS, as well as the rest of CSU has steadily increased in the past.

When the school first opened in 1907, tuition was free to Colorado residents and cost \$25 for out-of-state students. In 1962 in-state tuition was \$1,080 a year and out-of-state residents paid \$1,500. Today the cost is significantly higher; Colorado students pay \$14,626 a year, while out-of-state students pay a high \$40,925 a year. To the aspiring students, though, the cost is worth it.

"If you're passionate about what you're doing you'll find a way to make it work financially," said Todd Berlier, a third year master of business administration and doctor of veterinary medicine (MBA/DVM) student. CSU offers a five-year combined MBA and DVM program where students can earn degrees in both areas.

Berlier said that when considering tuition cost in comparison to earning potential after graduation, the quality education is worth it.

"Being part of such a highly ranked school gives students a leg up on jobs and internships," said Berlier, 39, who wants to work with small animals once he graduates.

"I like the companionship aspect of small animals," he said. "I also like being able to help things that can't help themselves."

The past 100 years have brought consistent growth for the college.

Technological advancements as well as in depth research projects have been fueling CVMBS forward. The 100 year pursuit for excellence has not slowed down.

"One hundred years speaks for itself," said Dr. Stephen Reynolds, director of High Plains Intermountain Center for Agriculture Health and Safety and a professor of industrial hygiene. "The vet school here has a long history of consistent success and growth, and 100 years shines light on the program."

Reynolds added that the down-to-earth students at CSU create an approachable, more comfortable environment to encourage learning.

"I'm excited to be a part of the program because of the opportunity to work with people in different areas, and people who are open to learning together," Reynolds said.

"The 100th anniversary gives us a chance to reflect on where we've been and really ask the question of where we can go in the next 100 years," Anthony said. "There will always be an increasing need for well trained, versatile vets and always a need for well trained researchers."

With 100 years of success behind it, what does the future hold for the CVMBS?

The constant advancement of technology at the university sets the sky as the limit.

The changes in both society and technology have led to a "whole new world" of opportunities for excellence in veterinary medicine and biomedical sciences, according to Reynolds.

"The changes that have occurred in the past one hundred years are so mind-boggling it's hard to see how many are going to occur in the next hundred," Nett said.

Even though the changes are unpredictable, the hope that the CSU College of Veterinary Medicines and Biomedical Sciences will continue to thrive is undeniable. ■ Ca



CLASS OF 1910



HORSE EXAM



VETERINARY AMBULANCE  
1914



EXAMINATION TABLE

► archive photos courtesy CVMBS

## Nontraditional student juggles life outside school

As a student, Merideth Early doesn't plan her week around bar specials, stay up late cramming for tests or worry about her grades. Instead, she helps her 8-year-old son Justin do math homework and plays educational computer games on NickJr.com with her daughter Emily, 4.

In May, at the age of 33, Early received a bachelor's degree in microbiology from CSU and is currently a first-year veterinary student. In high school, she was interested in human medicine and was accepted to Boston University to major in biomedical engineering.

"I decided I didn't want to do school yet," said Early, now 34. "I was a little burnt out on school, so I ended up taking some time off of school, and one year became two and two became three." More than 10 years after graduating from high school, Early enrolled at CSU as a nontraditional student, which Resources for Adult Learners (RAL) at CSU defines as students 23 and older.

"It was not something that I had deliberately taken that much time off of," Early said. "I knew if I went to school right away I was not going to be ready to do school, so I worked and I played really hard. Then, when I was ready to go back to school, it was still there."

At 21, she eased back into school by taking calculus and physics at Aims Community College in Greeley while she worked part time at the humane society. This was when Early realized she loves working with animals. In fact, a sick cat from the humane society got Early her first job at a veterinary clinic in 1997. She found out All Pet Animal Clinic was in need of a technician when she walked in with Dill, a domestic short hair tabby.

During that time, Early met Rick. He was a CSU alumnus with season football tickets, and he told her he wouldn't take her to a game unless they went on a date first. The two were engaged when he unofficially proposed to Early on a bus ride to the New Orleans Bowl in 2001.

After working at the vet clinic for seven years, Rick encouraged

her to go to CSU because he knew how much she wanted to go to vet school. Just before she planned to start her undergraduate degree, Rick passed away. At that point, Early knew she had to go, not just for herself, but because Rick wanted her to.

So in the spring of 2004, Early enrolled at CSU at the age of 30.

"When I first met Merideth, she was just another gal in one of my classes," said Martha Addor, Early's friend and a graduate student in biomedical sciences. "When I found out she has two kids, I was like 'Oh my gosh, how do you do that?'"

According to CSU's Office of Budgets and Institutional Analysis, 15 percent of CSU's total undergraduate enrollment was over the age of 23 in fall 2007. More than 90 percent of professional veterinary medicine and graduate students were over the age of 23. However, only 20 percent of vet students are 30 or older.

Jan Rastall, the assistant director of Off Campus Student Services and RAL, said the actual number of nontraditional students is a bit skewed.

"Many undergraduate students take an extra semester or two, so they don't finish until they're 23, and not all of them would identify themselves as nontraditional," Rastall said, adding that she sees nontraditional students as self-selecting. They are people who don't think they are typical post-high school learners. For instance, a veteran who served after high school, a 40-year-old just starting college or a 35-year-old dad who lost his job and wants to begin a new career may all consider themselves nontraditional students.

Early said she considers herself a nontraditional student and has experienced more than a lot of younger students.

"I'm certainly friends with (younger students), but I'm definitely different," Early said. "I don't socialize with them very much outside of class, and it would be weird if I did a lot of the time." Because she is gone during the day, Early tries to be home in the evenings and on weekends, so she can make dinner for her kids and help them with homework.

"I'm well passed the party-til-you-drop phase. That was one of the

### resources for adult learners

phone: 491-2248 web site: [www.ocssral.colostate.edu/ral](http://www.ocssral.colostate.edu/ral)

located in room 195 of the lory student center, RAL is open to all nontraditional learners from 7:30 a.m. to 5 p.m. monday through friday. it is equipped with computers, a mini-library, a couch and a kitchenette with a refrigerator, microwave, tea, cocoa and ceramic mugs with students' names on them.

reasons I didn't go to school right away, because I wasn't passed that phase," Early said.

Now that she is older, Early's priorities have changed.

"Her kids are the center of her world," said Addor, 25. "It's really awesome that she is able to devote so much attention to them and still maintain school and the level of academics that she has. She is such an awesome mom and still such a stellar student."

Rastall said it is common for nontraditional students to be very driven and have high standards for themselves.

"If they get less than an 'A' they are not happy," she said, adding that younger students often refer to them as "curve busters." Early agreed that she is motivated and knows her goals but said school isn't too taxing for her, so she hasn't experienced getting bad grades. She graduated at the top of her undergraduate class and gave the speech at graduation.

"Merideth is insanely smart," Addor said. "It jumps out at you when you least expect it."

Early doesn't think vet school will be too hard – even with 21 credits this semester – because the material comes easily to her. With a photographic memory and experience as a veterinary technician, she is familiar with her coursework.

Unlike a lot of nontraditional students, Early said she does not ask a lot of questions and often sits in the back of the classroom.

"I'm a nontraditional, nontraditional student," Early said. She doesn't spend hours and hours studying. Occasionally, she gets up at 3 in the morning to study for tests before her kids wake up around 6 a.m. and before she goes to school from 8 a.m. to 4 p.m.

"I don't imagine if I had to study that much that I could've done it," Early said. "If I was a person who needed to review for hours a day, I couldn't do it. Not with kids anyway."

Nontraditional students are juggling a lot, Rastall said. Many of them have financial responsibilities too. For instance, Early owns a home in Ault, so she pays mortgage and gas money to commute, plus doctors' appointments and lessons for her kids and supplies for the family's two cats and two dogs.

But this is her life. Although Early has taken out numerous loans to pay for her education and family expenses, she is OK with it because she enjoys what she is doing and will likely make good money when she finishes school.

When she graduates in four years, Early hopes there will be room for her as a small animal vet at St. Michaels' Companion Animal Hospital in Greeley. Over the summer, Early helped a veterinarian, who she had worked with at All Pet Animal Clinic, open the new practice. She works two mornings a week as a technician.

Addor said she has a tremendous amount of respect for Early because she has a high level of discipline for herself. With kids, pets, school and a job, she doesn't get stressed out about a lot of things.

"She's just really easy-going and laidback," Addor said. "She doesn't sweat the small stuff. I look up to her because she is able to do vet school and have kids and spend time with them the way she wants to."

Early said she is lucky because her mom, dad and two younger sisters live close, so she can count on them to watch her kids when she goes to the occasional meeting or social event. Although other college

students could not imagine juggling a family and school, even with the support of loved ones, Early couldn't imagine it any other way.

"For me, (waiting to go to college) was the right choice," Early said. "I think I might have just gone into human medicine, and I might not have been as happy."

Not as happy because she probably would not be learning about Egypt and space with Justin, teaching Emily to read and bake muffins or be the microbiologist she wanted to be as a kid. ■ Ca



► photo by mason cummings

merideth early is a first-year veterinary student and mother of justin, 8, and emily, 4.

## merideth early

**age:** 34

**major:** first-year professional veterinary medicine

**family:** son justin, 8; daughter emily, 4; golden retriever, orbit; pug, mimi; cats, barkley and nermal

**favorite color:** green

**favorite thing about csu:** going to games and cheering; even when we lose. i love when people stay in the cold in wyoming when we are down by 40 points and sing "i'm proud to be a csu ram!!!"

**advice for fellow csu students:** get involved!

# Standing Out

what sets students apart

photos by katie stevens and mason cummings



eli rufe, a junior landscape architecture major, has a strong ability to interpret design and translate it into a variety of multimedia communications. see his work on the web at [www.erufe.com](http://www.erufe.com).



jennifer juang, a freshman business major, eyes her heart-shaped necklace as a symbol of how she wears her heart on her sleeve, her favorite thing about herself. She admits it's easier to get hurt, but feels that she truly knows what she loves and cares for by doing so.



emily andreatta, junior marketing major also working for her women's studies certificate, sees her dreadlocks as only one unique aspect of herself.



veronica nelson, a sophomore art education major, uses abstract painting as her creative outlet.



katie salankey, a sophomore health and exercise science major, believes her eyes are her best physical feature and loves to work with make-up. she hopes to attend cosmetology school after she graduates from csu.



bob shipton, a senior technical journalism major, plays bass guitar for a local band, the black apples.

## Leading the Way students in the armed forces

### entering the rotc world

It's 2 o'clock. Every second a new hand thumps open the doors to the Clark Building and Eddy Hall. A swarm of students from all sides of campus buzz toward the plaza, turning it into a blur of backpacks and bikes with the sounds of speeding skateboards, hollering students and 100 shoes scuffing the pavement.

The chattering and pattering grow fainter as people travel south. The trees appear larger, shadowing a student reclined on a brick ledge outside the Plant Science building. Passed the wilted purple flowers at Shepardson building and the few scattered students pedaling by on bikes or crossing an empty University Avenue, is the Military Science building.

The faded yellow brick building looms above a Vietnam memorial rock engraved with CSU soldiers' names. The double doors swing open, and a camouflaged cadet strides across the grass to the last building before the railroad tracks.

Some of the dusty doors are glued shut, casting an abandoned appearance. The student soldier turns the rusty door handle under a big yellow sign that reads, "Army ROTC."

Inside, about 10 students with shaved heads and army uniforms bustle in and out of a bright room, under a six-foot long white board labeled "chain of command" with a descending list of names. In the room, 23-year-old Robert Armendariz, a freshman history major sits on a low blue couch between American flags, spitting chew into a can. A gold wedding ring gleams as he moves his left hand.

In the corner, two cadets crouch over computers as Jacob Knell, a history major and assistant S-4 leader who directs all of the cadets, leans against a table full of army brochures and laughs with the others. Students who look his age or older approach him with question addressed with "sir."

From the couch, Armendariz asks Knell a question about Air Assault School and then tells him a story about his friend who jumped from a plane, landing with his legs too close together, twisting his leg. They swap stories until Knell is rushed out of the room for duty and Armendariz is left to tell his story to College Avenue.

### rotc army: robert armendariz

About 5 percent of CSU's Army cadets were deployed to Iraq prior to joining ROTC; Armendariz was one of them. Life in the United States prior to the war in Iraq is still the same. But Armendariz emerged from Iraq with a new perspective; he doesn't worry about the small things anymore. What appeared "big and stressful before," he said, "now is nothing."

The young father of a 3-year-old daughter described the difference between the uniformed students entering the room and the hundreds of students outside roaming the plaza, explaining it with his experience of Iraq fresh in his mind.

"It's real," Armendariz said. "Someone you've been in combat with literally 'has your back.' It's different than others saying, 'I have your back.'"

Once walking guarded through a hot, dusty world where Armendariz "planned for the worst," he is now thankful to be in a country with the right to speak and experience to speak from. Despite his "family-like bond with other cadets, Armendariz also feels comfortable

and assimilated among non-military students at CSU.

Here, students are "so much nicer," he said. At the University of Colorado, Boulder, he was regularly spit on walking to class in his uniform.

No alarm or hatred follows his comment. Instead, Armendariz said some CU students looked at him "from the outside." As he spoke, a trail of cadets entered and sat beside Armendariz to listen.

Before one connects students to a pro-Bush, conservative, close-minded stereotype, Armendariz said, "You need to sit back and listen. If you don't listen to others, how are you going to know what you believe?"

### lt. col. andrew groeger and jared pollock

One of the biggest misconceptions of military students, as sophomore history major Greg Engler said, is that some students think, "we're all just gung-ho radical conservatives."

Inside the Military Science Building, in Lt. Col. Andrew Groeger's office, he and fresh CSU graduate 2nd Lt. Jared Pollock echo this

*"your heart has  
to be in it."*

- amy meyer, air force rotc

belief.

Pollock stood in front of a window watching Armendariz and other cadets in rows on the grass riffling through large backpacks full of gear, preparing for a training camp in Wyoming. Facing the cadets is Knell yelling, “Come on! Get your stuff together!” Three cadets fumbled nervously through their packs in the back of the group, while the others stood at attention.

Groeger said there is a “lock-step, one-way-of-doing-things” stereotype of military students. But they’re just the opposite, he said.

“The demands of current conflict force military people to think outside the box—two steps ahead,” Groeger said.

There is something different about students on this south side of campus though. Like Pollock, after graduation, “you’re a leader the moment you walk out the door,” Groeger said.

What does this mean? Groeger explained. CSU’s ROTC, Reserves Officer’s Training Corps, is a commissioning program for training and educating cadets to be officers in the Army. All are full time college students with a major of their choice, and military science is their minor.

Students like Armendariz and Knell wear their uniforms every Tuesday and Thursday because these are the days they have military science classes. Like Knell, they become more involved in leadership each year, and can even take training courses in the summer. At graduation, they become second lieutenants like Pollock.

After graduation, cadets go to other schools or training courses and then usually within a year lead a platoon of about 17 to 40 soldiers. From the time most students enroll in ROTC until they graduate, and as long as they’re in the Army, they’re paid for being trained and actively serving their country.

From free tuition to scholarships to monthly stipends, Groeger said military students are also “guaranteed a job the day they graduate—with a comfortable starting salary.” He said students can’t expect to be rich on an Army salary, but “they will never be poor as an Army officer.”

In return for being a paid ROTC member, scholarship students are required to be Army officers for four years of active duty after graduation. But being an officer goes beyond the first rank of officers. A lieutenant’s position is only the beginning.

Groeger recounted famous American generals permanently enclosed in history books for their leadership ability throughout major wars. “MacArthur, Patton, and Patreus all started as second lieutenants.”

Student cadets can move up from leading and training platoons as second lieutenants, all the way to four-star generals, leading hundreds.

The leadership: this is one difference between the bustling of



Lt. jared pollock, csu army rotc

▶ photos by katie stevens

students on the plaza and students in the yard outside. Pollock said an entire cadet staff of about 10 cadets is responsible for different aspects of 120 ROTC cadets.

“There’s CEO’s who don’t control 120 people,” said Groeger, adding that the cadets outside his window and graduate Pollock sitting beside him can adapt to any situation.

Groeger said students beside those in ROTC may also have enough leadership skills to be in charge of over a hundred people, “but they may not be in that position for 10 years.”

Groeger also said not all military students join for free tuition or financial benefits. “It makes it easy for me to come to work,” he said as he rises from his chair to leave. “These people love the service rather than monetary gain.”

“And the times you see them on campus—the push-up crew, or at football games—they enjoy doing that,” Groeger said.

Once Groeger left the room, Pollock spoke about his future. Groeger is keeping Pollock at CSU for a couple months as a recruiter. Pollock will then do training in Arizona and then go to a standard unit. He’s a second lieutenant now, but in two years, he said he’ll be a higher rank.

Like Armendariz, Pollock is married. When he’s out of uniform and off duty, you can probably find him at home playing with his daughter, at the movies with his wife or visiting his parents.

People get the wrong perception of us, he said, “because we wear these uniforms two times a week.” It’s to create awareness, he adds.

He gazed out the window at the cadets preparing to march.

“They’re just regular kids,” he said, pointing to Kevin Lee. “He’s in minor league baseball. Knell and Long fix suspensions on cars. Casper, he’s been dating a girl for four years he met in the dorms. Lee, he used

# hot button

to play for the Pittsburg Pirates. Some are into martial arts, some are into riding motorcycles. There's a wide variety of people out there."

Pollock also mentioned a lot of the cadets are involved in intramural sports and clubs. "Basically what they are..." he hesitates, knowing this may not be the right word. "They're like a frat. There's cliques in the group. They all hang out, all have responsibilities."

Lee is responsible for operations, Casper is responsible for administrations, Henry for logistical operations, and Jones," he pointed, "is the executive officer responsible for everything. All have 120 people directly underneath them."

As the troops marched off behind the building, Pollock shifted away from the window. He still finds his last moments at CSU very comfortable—especially compared to CU Boulder.

CSU is a different atmosphere. Pollock feels appreciated here. Instead of being approached with distaste, Pollock is approached with compliments, whether at a football game after setting up an operation such as Ram Town, a homecoming entertainment fair at Hughes Stadium before kickoff, or just strolling down campus.

And despite military students' demands and differences, such as time management and leadership skills, Pollock can step in and out of the student world and Army world with ease.

"This college is really good to us," he said.

## rotc air force: meyer and mckoy

The Army is not the only part of ROTC that transforms the south side of campus into a different world. Anyone with a class in the Military Science building will read the words on the stairwell almost every time they swing open the door: "Up these stairs passes the future of the United States Air Force."

Amy Meyer, a petite blue-eyed redhead and senior political science major, is one of the Air Force students who walks up these steps every day.

Meyer, too, contradicts the conservative, serious, male military stereotype. Of the 145 CSU Air Force cadets, Meyer is one of the 39

females. But she said she isn't treated any different because she's female and added that half of her wing staff this semester is female.

"There are a small percentage of females in ROTC Air Force, but they represent a large percentage of leadership," she said.

Along with her other studies in college, Meyer is a missions support group commander, which she credits to transforming her from a quiet freshman to a confident leader of 20 people with 10 different jobs.

When Meyer is not in uniform, it is impossible to pick her apart from the crowd on the plaza and stick her in any category—unless you're talking about fashion.

Meyer refuses to shop in Fort Collins, and retreats to Denver many weekends to adorn herself in brightly colored and stylish clothes. Despite being in the military, Meyer said she also has a very feminine side.

"I will crawl in the dirt if I have to, but I also like to have nice nails," she said.

But Meyer isn't interested in looking fashionable for her military friends.

"I don't date any ROTC's," she said quickly as if speaking about it like a taboo such as dating male cousins.

"You spend so much time with these people," she said of her Air Force friends. "You grow with them for four years. Everybody has issues with each other, but we all love each other. There may be dislikes, but no hate. We're lifetime friends—like a family."

Lifetime friends that will soon build careers in different parts of the country or world after graduation.

Inside the ROTC Air Force lounge that looks almost identical to the Army lounge, aside from the Air Force paraphernalia, sat Jeremy McKoy, a senior liberal arts major.

After graduation in May 2008, McKoy said he will attend an Intelligence school in Texas. He aspires to work in Africa for AFRICOM, a department of defense command for working with non-governmental organizations for sustainability, where he will use his knowledge of Arabic to work in the National Security Agency.

McKoy's childhood vision of someday being a spy hasn't changed.

## the basics

### army rotc:

- at csu since 1916
- csu students enrolled: 95

### air force rotc:

- at csu since 1946
- csu students enrolled: 147

## how to get involved

### army rotc:

- freshmen and sophomores register for 100 and 200 level military science class
- juniors can register for the 300 level military science class if: completed all four semesters of basic course (100 and 200 level military science classes)
- have attended the leader's training course (LTC) between sophomore and junior year
- currently in army reserves or army national guard and have completed basic training
- are a prior service member that was honorably discharged
- seniors can register for the 400 level military science class if they have completed the 300 level classes

### air force rotc:

- enroll in freshman and sophomore air force courses



cadet amy meyer, air force rotc

His goal is to work in Government Intelligence.

After Meyer graduates, she wants to attend law school through the Air Force law program "JAG," and become a Judge Advocate General, which is an active duty attorney.

Around the corner of the Air Force lounge, Captain Ryan Anderson, an assistant professor of Aerospace, meets with Air Force students in his office, like Meyer and McKoy, to help with their direction in the Air Force.

Like McKoy, who was paid to study in Morocco for a month, Anderson leans back in his chair and reminisces about his travels in the Air Force.

From England to Albania, Germany, Spain, Saint-Nazaire, Senegal,

Jordan, Iraq and Egypt, there's one place Anderson keeps going back to: the city of Beirut.

During the summer of the conflict between Israel and Hezbollah, Anderson helped evacuate all Americans from Beirut to the embassy in Cyprus.

Despite the friendly rivalry between the different military branches, they all share leadership opportunities of assisting civilians in emergencies like Anderson's.

"Different branches in the military need different missions," McKoy said, "But it's really all the same mission."

This mission, to work together and serve their country, is the biggest thing that sets military students apart from the masses on the plaza.

McKoy admits his ROTC military friends are a lot more mature and "prepared to handle life" than a lot of other college students.

He and his Air Force friends have what they call "turn it on, turn it off," meaning they're able to be professional and squared and then let go when they're out of uniform.

But for McKoy, despite his involvement in ROTC fraternities, Arabic and outdoor clubs, honor society, and triathlons along with his Air Force work, the real professional work has yet to come.

"I feel awkward when people thank me for being in the Air Force," he said. "I haven't done anything yet. In a few months, I'll be doing the real thing."

check out the full interview with mitch bruce and contact info for the marine office on our website:  
[www.collegeave.colostate.edu](http://www.collegeave.colostate.edu)

## beyond the rotc world

One doesn't have to stroll through the Military Science building, walk up the stairs to the Air Force rooms or sit in the Army lounge to know the students marching outside on the grass on Thursday afternoons or seated in the Air Force class upstairs are not as distant from other students as their stations on campus.

Military students practice a lot more than their military skills. If Armendariz wasn't in the Army, he said he would be in a rock band.

You might also find McKoy playing guitar, or pull up to Joshua Sullivan, a senior construction management major, on his motorcycle at a red light or find Jason Reedy, a junior biomedical science major, at a martial arts course in Old Town; see Mark Thieme, a senior history major, at the shooting range or pedaling down Horsetooth and Engler snowboarding down Copper Mountain.

Just like anyone else, there is more to life than the jobs of these military students. But this is a different kind of job.

"Your heart has to be in it," said Meyer, who has witnessed her ROTC class shrink from 40 cadets freshman year to 18 by senior year.

"The military is not for everyone, that's why it's volunteer," Meyer added.

Determination. Time management. Commitment.

"It's huge," Meyer said, adding that choosing a career path isn't easy, and it takes some military students until their senior year to realize it's not for them.

Not every freshman military student will be standing in uniform like Pollock in four years. "You have to have a certain mentality to be in the military," Meyer added.

A mentality, as Groeger said, of thinking outside the box. ■ Ca

## students find service with marine officer program

"I have wanted to be a Marine since I was little. I love what the Marine Corps symbolizes and the pride it instills in every person who dawns an EGA (Eagle, Globe and Anchor).

Also, I want to give back to this country. Freedom isn't free and many people take it for granted. If we are unwilling to defend what we hold so dear to our hearts we are destined to lose it. I believe everyone should serve their country and honor those who have sacrificed before us to give us the life who enjoy today."

- mitch bruce, marine officer candidate

## Bars, Bikes and Bras

### csu graduates start local businesses

Starting a new business sounds like a crazy idea to a lot of people, but not to some CSU graduates who have made it happen right here in Fort Collins.

"I've always wanted to be my own boss," said Mirelle Rhodes, a 26-year-old spring 2007 CSU graduate.

So what does it take to build a business from the ground up and be your own boss? The answer may be surprising. For a few of these locally-grown, young business owners, it became apparent that anyone with a passion for what they do can own a business.

Rhodes demonstrates resilience and self-determination while running her lingerie shop, Sexy Little Things, located at 140 W. Oak St. After graduating in May 2007 with an animal science degree, Rhodes decided not only to work with cows at a local dairy, but also to open her own lingerie shop with her husband, Russ.

Rhodes said they considered many different ideas, but "there was always something (wrong)."

The couple considered various options, including an indoor motor cross track, a sandwich or bagel shop or an ice cream shop before deciding on the lingerie shop. The track was Russ's idea to supply a place for bikers to go in the winter, but the start-up cost was too high. The ice cream shop idea spawned out of Rhodes' desire to support local dairies and use her animal science degree. After shopping around for her wedding night, though, the idea of the lingerie shop came about.

Rhodes remembers shopping in Fort Collins for her wedding night and honeymoon "unmentionables." She was so disappointed by the lack of lingerie selection in Fort Collins that she ended up going to California for her purchases. She discovered that cute, sexy lingerie was a niche that needed filling in Fort Collins, and eventually her business idea became a reality.

While shopping around the Fort Collins area for property, Rhodes found a complex of shops off Oak Street in Old Town called Oak Street Plaza. All of the shops are female-owned, and Rhodes said all of the women have been huge supporters since she opened up on Aug. 3. The other businesses in Oak Street Plaza include a hair salon and spa, a nail salon, a make-up store and much more. "It's like a family here," Rhodes said. "Everyone is so supportive."

The complex as a whole is planning events together already, including a Valentine's Day package, which will include a makeover, an outfit from Rhode's store and a photo shoot afterward, all for around \$100. She hopes events like this and others, such as her recent fashion show at the Aggie Theatre, will get the word out about her business. She and the other owners also do group-nights, where they will shut down the whole shopping area for a group to come in and have everything to themselves.

Looking around, the shop is alluring with its soft music and friendly atmosphere. It caters to the CSU crowd with its reasonable pricing and fun, youthful designs, but also appeals to other markets because of the location in Old Town. Rhodes says she realizes that in this town, her main clientele will come from the 18 to 29 age range. For this reason, she looks for high-quality items at fair prices. However, Rhodes has more on her mind than the present.

In the future, she would like to have her own line. Rhodes is passionate about breast cancer advocacy and awareness because she recently had an aunt pass away because of breast cancer, an experience that inspires her to this day. In the future, Rhodes envisions

a section of her business catering to women with breast cancer and survivors of the disease. She wants to sell bras that are cute and fun for women who have had mastectomies, especially after seeing the ugly bras that her aunt had to wear.

"Just because you have had breast cancer doesn't mean you shouldn't be able to have cute and sexy bras," she said.

In a completely different part of town and different sector of the



► photos by heidi white

will overbakh, co-owner of road 34 bar and bike shop

business world, Will Overbaugh and Willy Owens, founders of Road 34 Bar and Bike Shop, have a very different business outlook. They both give off a distinctly laid-back attitude, proven by the jam-band music blasted throughout the bar.

The two originally started Road 34 as a project Owens worked on in his senior entrepreneur class at CSU as a business major. Some professors told Owens that the idea of a bike shop would never be a reality. "The best thing I got out of CSU was being told it wouldn't work," he said.

Originally just a bike shop when it opened in July 2003, the bar of Road 34, at 1213 W. Elizabeth St., was opened next door as a separate business in early 2006 after another business vacated the area adjacent to the shop.

Both men have been avid mountain bikers for years, and, "biking and drinking have always gone together for us," said Overbaugh. "It just made sense to open a bar when the opportunity presented itself."

As far as a business plan goes, Both Owens and Overbaugh said as soon as they started up, they "threw it out the door." They learned to go with changes and be flexible, while putting emphasis on customer knowledge and intense knowledge of their merchandise. The first year they had to focus on staying engaged and organized, and not let boredom ruin their spirit.

Today, their clientele is surprisingly diverse. While most of the business comes from college kids, on any given night they will see CSU professors and, according to them, "anyone and everyone."

What draws people in to the bar and the shop?

The guys think it is a mixture of things, ranging from the relaxed atmosphere to friendly service and knowledgeable staff.

"Everyone in the bar drinks, and everyone in the shop bikes," said Overbaugh, speaking of the importance of employees being knowledgeable about their products.

Road 34 has been really lucky, according to Overbaugh and Owens. They have had supportive companies, and in return have been loyal sellers of bikes and alcohol.

Anybody can start their own business, but knowing where to start can be the hardest part. CSU's Center of Entrepreneurship re-energized this fall, with a new full-time director, Henry Nowak.

The center, which has been around for seven years, is seeking students and according to Nowak, is a great place to get extracurricular experience. It is a good place for technology, science or liberal arts majors to gain practical skills that will not only help them start their own business but also help them get hired at already existing firms.

The Entrepreneurship Certificate is a three-course, project-based program that teaches students the basics of starting a business. Nowak compares it to taking a lab or practicum. He stresses that they are always looking for community and student involvement.

In entrepreneurship, experience does matter, said Nowak, and the E-Center, as it is called, can give students just that.

"This is an opportunity open to all students," Nowak said. This seems to be true based on the entrepreneurs around Fort Collins.

Rhodes's advice to anyone starting their own business: "Do what you believe in, because you will hear a lot of negative things," she said. "You just have to keep on going." ■ Ca



mirelle rhodes, a csu graduate, opened sexy little things, a women's lingerie shop, in august 2007.

## When and Why?

when and why did you become an entrepreneur?

mirelle: "right after I graduated. I wanted to be my own boss."

overbaugh and owens: "right after we graduated. we love to bike and drink."

when did you open up?

mirelle: august 2007

overbaugh and owens: july of 2003 for the bike shop, the bar a year and a half ago.

what did you study at csu?

mirelle: animal science

overbaugh: tech journalism and pr

owens: business

advice for new entrepreneurs:

mirelle: "learn how to say no! advertisers can be overwhelming."

overbaugh and owens: "stay engaged and organized."

# Snow Junkies

## no matter what you ride

She pushes off and gathers speed, steadily increasing with the pounding in her heart and the burning in her lungs. Michelle Lessans, 20, feels a mixture of cold wind and snow grazing her face, as she shifts her weight on the snowboard and dances down the mountain.

There are others on the run, but in Lessan's mind, she is alone with the mountain. She pushes hard through each turn until the run evens out and the bottom is in sight.

Then in seconds, it's over.

She takes breaths of exhilaration, struck by a dooming revelation that every skier and snowboarder dreads to face - the last run of the season is over.

And, now, after months of being M.I.A., the time has come for snow-lovers to wake from their summer hibernation, gear up, and reunite with the mountain. With the 2007-2008 ski season here, a coalition of Fort Collins snowboarders and skiers alike are banding in anticipation of ripping the Colorado white waves once again.

Hundreds in the CSU community seem to be infected with this winter sports frenzy, and it's contagious. But the question is: Why do so many people want to strap boards and skis to their feet and hurl themselves down a mountain of snow?

Simple: it's a rush. Both winter sports deliver a euphoric sensation that only personal experience can describe.

"It's really exhilarating," said Lessans, a junior social work major. "It's a rush - just you, the board and the snow."

For some snow surfers, the thrill is simply soaring down a slope; for others, rails and half-pipes are their source of entertainment. Yet, the rush is not how one gets down the mountain, it's the sensation once they are there.

"The fun is when you get to the bottom; there's no feeling like it," said Corey Cocker, 21, president of the CSU Snowriders club. "You're just laughing and smiling; everything is awesome at that moment."

Being a lifetime snow junkie, Cocker, a senior biomedical science major, leads one of the largest student-run organizations at CSU. Snowriders is dedicated to snow lovers all over campus and presents

the opportunity for fellow and potential riders to share the exciting experiences of the slopes through scheduled trips to various ski resorts. Snowriders has more than 300 members, and continues to grow every year. It is open to all students who love to ride or even just those who want to learn.

"You make new friends," Lessans said. "There's something about the mountain, people naturally bond. It's like a mini-community."

The club consists of students from all over, some with years of experience and some who have never stepped foot on a mountain. Members receive discounts and seasonal promotions at local shops, rides to the resorts and an overall good time. Experienced skiers and snowboarders like Cocker and Lessans encourage people of all abilities to join in the snow-filled shenanigans, especially first timers.

"You spend a lot of time on your butt the first time, but it gets easier," Lessans said. "Muscles will hurt that you didn't even know you had, but it's totally worth it."

The organization is large, not just because hundreds enjoy extreme winter sports, but because of our amazing location right at the foothills. Colorado is a haven for snowboarders and skiers from all over the country - a huge reason so many choose to enroll here.

"I came here for the mountains," said Cocker, who is originally from Minnesota. "It was the principle decision to come to CSU."

Thanks to Fort Collins' outdoorsy atmosphere, skiing and snowboarding are near the top of the list of activities residents like to participate in, utilizing the plethora of opportunities to have a good time in the outdoors.

"Fort Collins is an outdoors-orientated town," Cocker said. "There's everything from rock climbing, hiking, snowboarding and skiing. People just like to get outside."

But with these outdoor sports, the elements can prove to be a challenge for skiers and snowboarders because of their unpredictability. One day may be freezing and another may be warm, one day may have lots of powder and another day, ice. But many put weather on the back burner and will ride no matter what the conditions are.

*"it's a rush - just you, the board and the snow."*

*- michelle lessans, a junior social work student*

"I don't like the cold, but I love the mountains," Lessans said. "It's just so much fun."

For some, the cold doesn't give them shivers, it's the costs of these sports that do. Although the cost varies from mountain to mountain, season passes cost hundreds of dollars, depending on how often one wants to go. Add in the costs of equipment, gas and other essentials like food, and snow-junkies have to pay a pretty hefty fee for a fun time on the slopes.

"The money spent is worth it; especially if you're dedicated, it will pay off," Lessans said. "But if you only plan on going a few times, just buy the daily passes."

Since the cost may vary from resort to resort, which mountains are worth the money spent? All 26 ski resorts in Colorado, from Arapahoe Basin to Winter Park, have favorable aspects of the slopes that attract people to their mountain. Reasons ranging from the size of the crowd to the costs and the difficulty of the runs all factor into the decision of where to go.

"I like Loveland of course, it's perfect for an adrenaline junkie like me," said Carly Knutson, 23, an employee of Loveland Resort. "It's close, and there are a lot of locals not tourists."

Whether a skier or snowboarder, it's evident that the resorts and the costs are not what true snow lovers worry about; it's the time that matters, time spent on the mountains with fellow snow-junkies sharing laughs and feelings of exhilaration for hours on end.

"It's a fantastic way to meet new people, at all ability levels, and just have fun ripping till the sun goes down," Cocker said. ■ Ca



▶ photo illustration by mason cummings

kellen johnson, 22, enjoys the fresh powder notorious to steamboat springs in the winter of 2005.

**Name:** David Egdorf

**Age:** 20

**Major:** Political Science

**Are you a:**

Skier

Snowboarder

Both

**What's your favorite mountain and why:** Winter Park / Mary Jane  
I've been going there my whole life. Good tree runs & the hubs are awesome.

**How much do you spend a season on average (i.e. pass, gear, trips):**

\$200+

**When is the best time to go:**

**Describe your most exciting run:** It was the first time

I did a back country run, and I basically pin-balled off all the trees. I still had a blast.

**When was your first time and what was it like:** I was in

5<sup>th</sup> grade when I started snowboarding and I couldn't kneel or sit on my butt for a few days.

## CSU SNOWRIDERS CLUB

office: s14 lower level lory student center

phone number: (970) 491 - 4051

e-mail: snowclub@amar.colostate.edu

web site: amar.colostate.edu/~skibums/

## Winter Events guide to the 2007/2008 season

**T**ucked in the evergreen-rich pockets of the Rockies lies secrets of winter that begin to reveal themselves like clockwork as each resort announces the beginning of a new season of jubilation. November is disposed from your calendar revealing a frigid December, which hints that Jack Frost is beginning to have his way with winter. This is about the time that, by natural instinct of living in Colorado, you start to dream about the highway to heaven-Interstate 70 – and the possibilities that could be unleashed now that those dreaded months of heat have passed.

Alas! You decide to unpack your stale boots from under your bed where you are greeted by your sour, once-white ski socks invaded with moth balls and other buried treasures from your 2006/2007 season. Could this be what health class was referring to? Was this that time of month, er, season that marks the beginning of livelihood in pre-pubescent, pubescent, and post-pubescent victims of love?

Maybe this season you want to conform to the “real world” and you find your priorities investing in winter fun. Summit County is notorious for hosting lifestyles that can appeal to a diverse population; even if that population finds itself sheltered from Summit’s peak to peak presents of premieres, products, parks, powder, pipe, and even the personalities and promotions of people and pros.

Let this be a guide to inform the uninformed and to inoculate the un-inoculated as we journey through the Rocky cascades while touching base of what each resort will behold for the 2007/2008 season.

### ruby hill rail yard

What happens when Winter Park marketing manager, Bob Holme and fellow employees collaborate to reproduce ideas? An offspring named Ruby Hill Rail Yard is born into the industry of skiing and snowboarding and is planted into the heart of downtown Denver.

#### Showcase for Ruby Hill Rail Yard 07/08 season:

The best things in life are free. “There will be a number of different contests combining hip-hop and pro-riders. We have preliminary plans for a big grand opening,” Holme said. You can expect to participate in hosted demo days with this season’s brand new equipment. Instead of being strapped for cash and strapped for gas, you too can invest an afternoon to a session with friends, absolutely free.

For more information: [www.skiwinterpark.com/rubyhill.html](http://www.skiwinterpark.com/rubyhill.html)

Pioneering its kind of recreational activities with ideals to keep kids off of tetanus infested city hand rails, 2-year-old Ruby Hill Rail Yard is a new era of innovation in riding. Free riding. Not free riding as in riding free, but free riding because there is no admission fee to enjoy Denver’s urban winter skate park. Holme, terrain park manager and Ruby Rail Yard founder, said that this season’s master plan to serve multicultural youth initiatives will include essentially the same layout of boxes as last year with potentially different rails with one to two acres in the same space. In Ruby’s prime running season, you can expect 2- to 3-foot deep, man-made snow covering the park with two planted beginner boxes, two intermediate, and two advanced ranging from 14 to 25 feet.

### echo mountain

Everyday is a holiday at Echo Mountain for Metro bound, tragically hip two planks and knuckle draggers alike. Echo Mountain is Colorado’s newest, cheapest, and closest addition of snow venues offering a world class terrain park that will keep adolescents on the slopes and out of havoc. Echo Mountain’s terrain caters to a myriad of shredder personalities as they focus their attention on the quality and uniqueness of their park features. Echo Mountain’s indoor operations manager Julie Teach explained that Echo Mountain is not corporate owned, which “allows us to be open as late as we want, crank the music and keep our prices low.” That being said, Echo Mountain is going against the grain of bourgeois, elite ski resorts by placing emphasis on an “urban, mellow, down to earth, stuffy-free and non pretentious vibe,” Teach said.

#### Showcase for Echo Mountain 07/08 season:

Echo Mountain will provide a bountiful selection of 40 new features to their terrain park this season, which will include a new woods area, as well as 12 new features in the new glades and tree skiing areas, Teach said. Check out the event calendar for Echo Mountain’s freestyle contest schedule. Entry fees for competitions run between \$10 and \$20 and prizes include cash, products and bragging rights!

For more information:  
[www.echomtnpark.com](http://www.echomtnpark.com)

Showcase for Loveland Ski Area 07/08 season:

“Our goal is to improve our park every year,” Knutson said, adding that there will be a variety of new additions to Loveland’s terrain park this season. Knutson said in addition to upgrades in their terrain park, they will be hosting free rail jams throughout the season.

For more information: [www.skiloveland.com](http://www.skiloveland.com)

## loveland ski area

If love can be described as offering some of the first terrain to shred in the nation, then Loveland is the land of love. Love at first site exists if you venture 12,000 feet up lift nine to the continental divide ridge to the peripheral view of cascading Rocky Mountain peaks, said Loveland’s group sales representative, Carly Knutson. Adjacent to Interstate 70, Loveland provides a hassle-free, ski-in ski-out opportunity to those who wish to have a run or two or the mountain to themselves. Unearthed in the crevices of this merry land hides stashes of virgin snow waiting for your arrival.

## arapahoe basin

On pre-season opening day you stand in awe at the base watching A-Basin’s mayhem as parades of hyperactive pre-teens and veteran ski bums pillage and plunder through the lift lines quicker than one can spell the word “plague.” A-Basin has managed to attract some of the largest crowds for its pre-and post-seasons because it holds one of the longest seasons as they strive to be the first opened and the last resort standing. Rendezvous with other skiers and snowboarders who share the same passion for milking the season for all its worth at an attempt

Showcase for Arapahoe Basin 07/08 season:

If the only Montezuma you can recollect is that episode of Montezuma’s Revenge in Cabo San Lucas you experienced last spring break, allow us to open your eyes to the nation’s largest expansion of the season. “Check out our backside!” said Sha Miklaf, guest services manager for Arapahoe Basin, who added that Montezuma’s Bowl will introduce 400 acres of new terrain, as well as a brand new six grip quad. Montezuma’s Bowl will offer more to Arapahoe Basin’s already superior high alpine groomed runs, chutes, glades and cornices. This 80 percent expansion of terrain will prospectively open around the holidays and has been constructed under an environmental friendly contract to preserve much of the forest that borders A-Basin’s unique and pristine terrain.

As well as legendary skiing, A-Basin also hosts legendary events. “A-basin will be hosting more rail jams as well as the high adventure series, telemark clinics, and extreme snowboard and ski clinics all season,” Miklaf said. Check out the calendar for specific dates on the Tree Line Rail Jams as well as clinics that A-basin will be hosting this season.

For more information: [www.arapahoebasin.com](http://www.arapahoebasin.com)

original graphic courtesy of coloradoski.com, illustration by makayla braden



to get the first and last tracks of the year.

## keystone

Claiming to have “the best jibbing in Summit County this coming season,” Keystone holds a reputation for being a breeding ground for child prodigies. In reference to the “Five Mountains,” one might be mistaken by New York’s “Five Boroughs” given that the Area 51 terrain park is decorated with juvenile delinquents armed in tall-tees and a mere triple extra large pair of pants. Speaking of New York, Keystone even maintains ambiance in the terrain park by flooding the speakers with harmonic themes of Tupac’s and Biggie’s Deadly Combination. Keystone’s quaint, rustic, local feel carries into the terrain park where gardens of fun features are kept in a valley of friendly, familiar vibes. If you’re in search for free-ride style skiing and riding, Keystone’s compilation of Dercum Mountain, The Outback and North Peak will do more than satisfy your craving for “more than 3,000 vertical feet and over 3,000 acres of bumps and bowls, glades and steeps, groomers and rollers,” according to Keystone’s Web site. Also, check out Keystone’s semi-new show-case called Independence Bowl if you’re in search for terrain only accessible by snow cats or hiking.

## breckenridge

Rumors of snowfall begin to accumulate in Summit County and moments later, Breckenridge is veiled with a seasonal Friday night fever. Nestled in the heart of Summit County, Breckenridge ripens into its alter ego as predicted flurries blanket this Victorian utopia of a ski town. With five parks and four pipes, Breckenridge’s Winter Wonderland provides 146 trails complete with finesse kickers, plus perfect trannies and manicured half pipes that serve as an unparalleled terrain park recognized nation-wide. “It should come as no surprise that the Best Pipe award went to Breckenridge in last year’s resort poll. Breck is renowned as some of the best in the world thanks to their complete dedication to maintaining the best pipes possible,” according to Transworld Snowboarding Magazine’s Web site. Breckenridge was also voted onto the podium in the 2006/2007 season for having the third best terrain park in the world. Like habitual routine of Breckenridge locals, spend your waking hours assessing drop-ins while by moonlight

### Showcase for Breckenridge 07/08 season:

Check out Breckenridge’s youngest addition the Imperial Bowl, only accessible by the highest lift in North America at 12,998 feet. You can access lake chutes for a 55 degree pitch with 1 to 80 feet of cornices, rock jumps, and fresh tracks, according to Breckenridge’s Web site. Check out the events calendar for dates on Breckenridge’s Chevrolet Snowboard Grand Prix for a chance to watch pros like Steve Fisher and J.J. Thomas compete with their home-town advantage over nation-wide transplants.

For more information: [www.breckenridge.com](http://www.breckenridge.com)

### Showcase for Keystone 07/08 season:

Area 51’s terrain park is accompanied by a short lift that allows for fast laps through a well-maintained park. More laps in less time represents the fundamentals for progression. There will be “12 custom boxes built and hope to have 40 new jibs by the time we open in November. We’re expanding our terrain in the park as well; got to have someplace to put our new walls, culverts, stalls, stair-sets, bonks, rails, boxes, jumps, quarters, logs, and everything else we deem jibbable,” according to Keystone’s Web site. If you feel as though you are equipped with the necessary “accessories,” take a lap to gander the galore of the bigger line in the park. Keystone still remains the only resort in Colorado with existing night skiing. Nowhere else can you share a romantic sunset chairlift ride and session a terrain park under solar-powered lighting. According to Keystone’s Web site, “lifts turn from 9 a.m. to 9 p.m. on night ski nights.” Keystone will be hosting yet another anniversary of liver punches and kidney shots also known as the 36 Hour Challenge. Accompanying the challenge is a strong line-up of live performances to entertain those who come to be included in the party of the season while avoiding hypothermic side effects with various blood-warming beverages.

For more information: [www.keystonesnow.com](http://www.keystonesnow.com)

you’ll be enjoying the Apres lifestyles of Cecílias and The Brown Bar.

## copper mountain

With 2,433 lift-served acres of ski-able snow, Copper Mountain is Summit County’s largest resort destination. Copper Mountain is “Colorado’s perfect ski mountain,” according to [www.skitown.com](http://www.skitown.com). Copper is home of the Catalyst terrain park, which offers diverse lines of features, including flat boxes, rainbow rails, kinked rails, hips and giant table tops. Copper is profoundly known for their beastly maintained super pipe that stretches 430 feet and has 18-foot high walls. Copper’s haven serves as a vacation paradise to any skier or snowboarder looking for easily accessible and unique features to session.

### Showcase for Copper Mountain 07/08 season:

Copper’s renowned end-of-the-season spring bash of blue skies, sunshine, free live music, beer and Coppertone will return to celebrate another party with fun-filled festivities. Volcom’s Peanut Butter and Rail Jam will make another end of the season appearance to provide an opportunity for snowboarder’s to showcase their season’s bag of tricks for free with friends.

For more information: [www.coppercolorado.com](http://www.coppercolorado.com)

## winter park

Winter Park and sister local lady of pleasure Mary Jane have established and maintained their reputation as “Colorado’s favorite resort,” according to Winter Park’s Web site. If you’ve ever experienced Mary Jane first-hand you understand there is no comparison to her world-famous bumps, trees and sun-kissed cirques. Winter Park rests as a gem on the Continental Divide and attracts snowfall from each neighboring storm, which blankets the above-the-tree-realm of the Parsenn Bowl. Winter Park’s newest phenomenon is its three sovereign terrain parks arranged with a collection of features that professional snowboarder Travis Parker would describe as “the ultimate bowl of candy.” To escape the “glitterati” of more local-run terrain parks, file through the Rail Yard or the Dark Territory to experience what many consider the best

#### Showcase for Winter Park 07/08 season:

The addition of the new “Panoramic Express” stands as the highest, high-speed six-pack chair lift in North America and will serve as the newest, most luxurious way to access the Parsenn Bowl. Winter Park is constantly striving for new ways to upgrade their terrain park as well as maintain their flawless flow. This season Winter Park has decided to add some local pride and personality to their Rail Yard by constructing duplicates of famous Colorado street hand rails. Adding these clones of down town features will allow you to legally session urban features without the interference of concrete stairs, rusty nails, home-made drop-ins, and rabid police.

For more information: [www.skiwinterpark.com](http://www.skiwinterpark.com)

flow of any terrain park in Colorado.

#### vail

Poised to posh perfection, Vail captures the glitz and glam of Swiss ambiance in its snow globe of a reality. Ranking among the most elite ski destinations in the nation, Vail sits on the Rocky Mountain cobblestone grandstand boasting its consistent ratings as the No.1 ski resort in North America, according to Vail’s Web site. The grandeur of the seven natural bowls is what qualifies Vail for titles such as the “Cham-

#### Showcase for Vail 07/08 Season:

The world’s most progressive snowboard competition, more formally known as The Honda Vail Sessions, are returning to celebrate yet another season to showcase the biggest names in snowboarding events like the “Steel and Sky” and “Super Slope Style.” According to the Session’s Web site, you can expect another tenacious lineup with international names such as David Benedek and Mason Aguirre, and Summit locals like Chad Otterstrom, Mike Casanova and Ryan Thompson. Bombshell shreds Alexis Waite, Anne-Flore Marxer and Leanne Pelosi will raise the stakes of lady progression as they back flip into the hearts of little boys across the world.

For more information: [www.vail.snow.com](http://www.vail.snow.com)

pion of all ski resorts” or the mother ship of all ski-able terrain on the planet. Vail offers an opportunity to experience a mantra bluebird day with slim odds that you’ll retrace anybody else’s lines because after all, there are no friends on a powder day.

#### Showcase for Beaver Creek 07/08 season:

The World Cup’s Birds of Prey slalom and downhill competition will return to Beaver Creek’s race course that still boasts its position among the five most prestigious courses in the world. In collaboration with SKI Magazine, Beaver Creek is offering an opportunity to “ski with the pros.” Demo the latest equipment from Nordica and Head while skiing with champion skiers like Jenn Berg, Hannah Hardaway, Greg Tuffelmire, and Schroder Baker. Space is limited, so sign up on Beaver Creek’s Web site to reserve some time for quality skiing and Friday night Apres with your favorite pros.

For more information: [www.beavercreek.snow.com](http://www.beavercreek.snow.com)

#### beaver creek

Season after season, Beaver Creek has accommodated guests ranging from students of their version of Ivy League ski lesson program to the Birds of Prey World Cup ski racers. There is no coincidence that the SKI Magazine annual resort guide put Beaver Creek in eighth place for overall quality, and the World Cup racers insist on their return to the premiere groomer experience of Bachelor Gulch and Arrowhead. Beaver Creek satisfies those in search of a low-key, Vail-like getaway without the crowds. Beaver Creek also values the ultimate nature experience in its effort to preserve its “backyard” by using 100 percent wind power.

#### steamboat springs

The champagne powder capital of the world and home to the more Olympians than any other city in the nation, Steamboat Springs is the Shangri La of Northwestern Colorado. Life in Steamboat approaches near imaginary perfection, especially if you are a single female student of “Harvard on the Hill,” more formally known as Colorado Mountain College. Steamboat is where the magic happens. This world class mountain of youth is secluded in the Yampa Valley where locals welcome tourists into their small-town with arms wide open to share the love of a white season. ■ Ca

#### Showcase for Steamboat Springs 07/08 Season:

Steamboat is prepping to get sleek and savvy as they invest a record \$16 million in mountain improvements, according to Steamboat’s Web site. Expect to witness the creation of 4,000 new pillows over the next few years as well as the new Christie Peak Express. Perhaps you have heard of Steamboats beloved monster of a half pipe named Maverick’s Super Pipe that plans to stand bold enough to give the Grand Canyon a run for its money.

For more information: [www.steamboat.com](http://www.steamboat.com)

Check out our website for the scoop on all the major winter events going on at all the greatest resorts!

[www.collegeave.colostate.edu](http://www.collegeave.colostate.edu)

# Winter Morale

## how seasonal changes affect mood



► photo illustration by katie stevens

**D**epression is the common cold of psychology.

According to CSU Psychology professor Karla Gingerich, this statement addresses a problem that is more common on college campuses than some might think.

That problem is winter-based depression.

"I'd say it's relatively common, but I'd say that's because depression is relatively common," Gingerich said. In fact, the Center for Disease Control and Prevention's Web site states that "about 18.8 million Americans experience depressive disorders ... and it usually starts between the ages of 15 and 30."

Seasonal Affective Disorder, or SAD, is a subcategory of major depressive disorder. According to Dr. Jay Hessler of the Hartshorn Health Center, symptoms can include "feeling fatigued, an increase in appetite, irritability, becoming more withdrawn, and having suicidal thoughts."

The Mayo Clinic's Web site adds that other symptoms are "hopelessness, anxiety, loss of energy, oversleeping, loss of interest in activities the person once enjoyed, weight gain, and difficulty concentrating and processing information."

"When people are depressed they don't think as well," said Dr. Michael Daine, director of the University Counseling Center. "Your ability to finish projects gets compromised." Daine also said that another symptom might be hypersomnia, where the person simply wants to sleep all of the time.

Gingerich added that people with depression can have difficulty getting out of bed and functioning, and thus depression is a common reason for missing class in the winter – a sentiment even echoed by some students who do not suffer from the disease.

"(It's) mostly just not wanting to get up – a lack of enthusiasm," said Kyle Hettema, a senior zoology major.

Kim Steffen, a sophomore sports medicine major, also said she would "rather sleep when it's cold."

According to Gingerich, this winter problem is especially prevalent on college campuses, due to the nature of the environment.

“Certain aspects of college are emotionally taxing,” she said. “I think there’s a lot of dysthymia – a mild form of depression – in college students, (because) people are trying to figure their lives out.”

“(It’s also especially hard) if you live in the dorms and stuff,” said Cody Smith, a sophomore construction management major.

Daine said that there are four main reasons why there is an increased risk for students to develop depression: students’ sleep schedules are often chaotic, their diet is probably not the healthiest, the use of alcohol (which disrupts sleep) is fairly common and stress.

Of course there can be other non-campus related factors involved, too. Hessler said that if things aren’t going well with the family, then a student may feel depressed, especially about the possibility of having to go back home for winter break.

However, Gingerich said the good news about depression is that people can usually get better. There are many ways to do this, emotionally and technically.

One way that Hessler suggests treating winter-based depression is through “light therapy.” What happens for this to work is the afflicted person buys a 10,000 watt light bulb or light box and sets it up in their home and turns it on for some time every morning. Many psychologists believe that getting more light will ultimately help with the person’s mood. This is because more serotonin is produced by the pineal gland, which is stimulated by light. Serotonin is the hormone that is associated with depression. In other words, more light equals more serotonin, which equals better feelings.

“All their (the depressed person’s) symptoms remit when it’s light,” Gingerich said.

Emotionally lifting “light” can also be provided by a depressed person’s surrounding friends. Gingerich believes that friends should confront them and offer help when dealing with that sort of situation.

“Have some compassion for that person,” Gingerich said. “They just don’t have the emotional energy. My feeling is, ask ... and make them feel like they can get help.”

“Don’t be afraid (to confront someone),” Daine said. “The earlier (the confrontation happens), the better.” Gingerich also stresses that the depressed person should be confronted while they are in a relatively good mood, and friends should offer the person help.

Another way to help a depressed person, according to Daine, is to help them get into a more regular schedule, especially when it comes to sleep. “Sleep is a critical part of maintaining mood,” Daine said. “Young adults still have a need for sleep.” He added that if their fellow students can get them up earlier, then they will be tired earlier, and therefore want to go to bed earlier.

There are many on-campus resources that are available for help to students and community members alike. Students can use the University Counseling Center, located in Clark C-36, which is in the basement. The Center offers services such as group counseling and stress management programs, and five sessions have already been paid by student fees, so there is no cost to the individual. The center has walk-in hours from 10 a.m. to 4 p.m. daily. If the depressed person doesn’t get help soon enough, it could lead to an even deeper depression.

Daine also said that the Center is now offering QPR training. Train-

ing for QPR – “question, persuade, refer” – consists of three life-saving skills: how to question a person about suicide, how to persuade the person to get help and how to refer the person to the appropriate resource.

The more comfortable people become asking those confrontational questions, the more likely they are to confront and offer help to those in need

Although asking about it is not very common, winter depression is. But the key to overcoming it is realizing that there is help available and that friends are willing to give them the gift of support. ■ Ca

### symptoms of winter-onset seasonal affective disorder include:

- depression
- hopelessness
- anxiety
- loss of energy
- social withdrawal
- oversleeping
- loss of interest in daily activities
- change in appetite
- Weight gain
- Difficulty concentrating and processing

### symptoms of summer-onset seasonal affective disorder include:

- anxiety
- insomnia
- irritability
- agitation
- weight loss
- poor appetite
- increased sex drive
- reverse sad

### symptoms of reverse sad include:

- persistently elevated mood
- increased social activity
- hyperactivity
- unbridled enthusiasm out of proportion to the situation

- for more information, visit [www.counseling.colostate.edu](http://www.counseling.colostate.edu)

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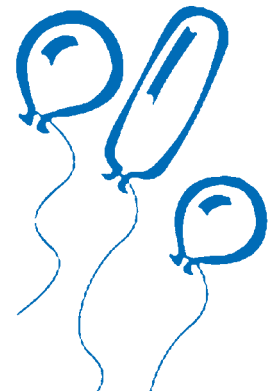
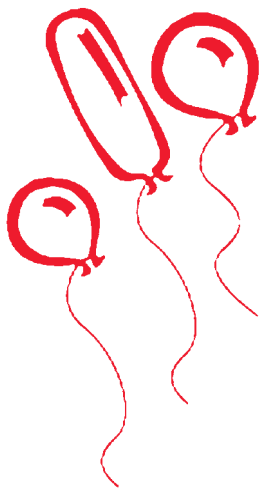
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# STUDENTmedia

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## Second Life

log in to a virtual reality



▶ image courtesy of linden research, inc 2007

**W**elcome to Second Life. I am Aurora Zhora, Second Life avatar extraordinaire, and I'll be your guide through the Second Life world. To an outsider, this may look like a strange, far-off planet, but this fascinating and dynamic world is only as far away as your computer-desk chair. However, this is no chat room.

And it is no game, either.

This is a world created entirely by its users, or residents. It has a social scene, academic venues, entertainment, museums and even an active economy. People here build houses, pay mortgages, climb trees, watch sunsets, dance, shop, fish and almost anything else that people do in the physical world, what we call first life; except here, people can fly.

### What is Second Life?

Second Life is an online, virtual world in which people can create

a digital persona, called an avatar. According to the Second Life Web site, it was created by Linden Lab and founded in 1999 by Philip Rosedale, "to create a revolutionary new form of shared experience, where individuals jointly inhabit a 3-D landscape and build the world around them." Its mission is "to connect us all to an online world that advances the human condition."

When an avatar is "born" he or she is dropped into a strange new world. But it doesn't take long to figure out the basics like walking, chatting and teleporting from one part of the world to another. There are even helpers on Orientation Island to help get us started. At first, a lot of reading is involved. Reading about how to purchase land, create objects and move from place to place, among other things. It's all written in several languages, because people from all over the world are logging in.

Second Life was opened to the public in 2003 and has seen steady growth ever since. In just the last year, the number of registered subscribers has jumped from 1 million to about 9.6 million.

As you'll see during our tour, universities all over the world have begun to build virtual classrooms, even campuses for their students – and CSU is no exception. Several professors at CSU have logged in and are beginning to see the potential for education in Second Life.

## Avatars and Interaction

Avatars are computer-generated people that can walk, dance, laugh, chat and act much like real humans, but are totally at the control of their human creators. They are also completely customizable. Some look like their creators, some have purple skin and turquoise eyes. Some have cat ears and a cattail. My creator wishes she had my long, dark hair and big green eyes, and that slimming her waist was as easy for her as it is for me. So I guess you could say that I am what she wishes she were.

Perhaps that is why so many people are choosing to spend their time in Second Life. Here, a person can be whatever or whomever he or she chooses to be, regardless of expectations. It's a place where experimentation is not only easy, but encouraged. Whether you simply want to be a bigger risk-taker when it comes to fashion or meeting people, or you want to try something more life-changing such as being the opposite gender or starting your own business, the Internet venue provides the anonymity that fantasies often require in order to come to life. All you need is a bit of cash and some creativity.

## The Economy

But it's that "cash" part that gets people. It is possible, however, to actually earn money in Second Life. The concept of making real money in a virtual world is strange, but it works.

There is a free version of Second Life where anyone can create an avatar, customize it and wander around meeting people as much as they want. A Second Life resident can also build anything using tools provided within the world – a dress, a hairstyle, a building, a tree, etc. He or she can then sell those creations to other Second Life residents for L\$ – Linden dollars, the official currency of Second Life. Then, using the Linden Lab Web site, he or she can trade in those L\$ for U.S. dollars. This can all be done with the free version, however you won't have any of your own L\$ to start with – L\$ only comes with a subscription.

## Education

Today, many universities are providing classes in Second Life because it can provide a tool for learning about communication, economy, physics and other topics that can best be illustrated using examples. "I think it's silly to do traditional lectures in Second Life; it's boring. . . I think you have to be doing something or building something," said fellow resident Hack Richard, known in his first life as Richard Hackathorn from Bolder Technology, Inc.

Some CSU professors are trying out Second Life classrooms. Jamie Switzer, an assistant professor at CSU, teaches a portion of her Fundamentals of Computer-mediated Communication course in Second Life. She has been teaching courses online for a few years and said she has noticed there is a lot more "interactivity" with

online classrooms and bulletin boards. The online format makes people "much more apt to do things they wouldn't normally do," said Switzer. Just like the anonymity allows for experimentation, it can also foster confidence and can allow otherwise shy students to speak up. Her students are not required to pay for subscriptions, just use the free version to create an avatar.

However, not everyone in the country is convinced that Second Life is useful for education. Even Hackathorn admits that the technology is still "fragile." Determined hackers are easily able to overcome the system and the Linden Lab blog page is very often used to explain why the world is down, when it will be back up and offers apologies for the "inconvenience." For now, the technology is unpredictable and many people are not willing to take the risk that the world might not be running when they need it.

## The Future

Just like computer classes used to seem unnecessary and futuristic, Second Life could be helping to create a new set of skills for the future work force, Hackathorn said. Skills like business management, graphics design, architectural design, programming, digital video, audio and photography could be honed in Second Life. Film-makers have started to use Second Life as a medium for their films. Artists are beginning to see the potential in Second Life by creating and displaying their work in the world. Bands and vocal artists can perform concerts in-world as well.

Second Life, or something like it, could be the future for college campuses. It could also be the future of business, advertising, entertainment, fashion, or almost anything else imaginable.

The world is growing so quickly that every time I look around there's something new and amazing. The best way to learn about Second Life is to visit our world. Good luck, and don't forget to look me up! ■ Ca

## how to sign up for second life:

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## Fair Trade Coffee

changing the world, one bean at a time

A simple cup of coffee. A daily ritual for many students and a lifeline during finals. But for the growers, it's so much more than coffee. It's their life.

And with each sip, consumers become a part of it.

The current coffee market is keeping hundreds of thousands of farmers in poverty, forced to sell their crop at or below production cost, according to Oxfam America, a non-profit organization that campaigns to end global poverty. Their decreased profit has also led to harmful environmental practices to save money, including rainforest destruction.

But now there's a way to help, right here in Fort Collins.

Buying coffee that is certified "fair trade" is essentially ensuring the coffee was purchased from growers at a fair price, meaning they made a reasonable profit. Fair trade also ensures the beans are grown in a sustainable way. And students don't have to go out of their way, because fair trade coffee can be found right here in Fort Collins.

According to sociology professor Douglas Murray, director of The Center For Alternative and Fair Trade Studies (CFATS) at CSU, the affects of ignoring the fair trade movement could be devastating.

The reason behind the corruption of the coffee market is complex. Wealthy buyers are able to pick and choose their growers, demanding lower and lower prices for coffee beans, Murray said. This, according to Oxfam, has caused bean prices to recently hit a 30 year low. Buyers then sell the beans to coffee companies at a higher price, increasing their profit without

the grower benefiting.

This contributes to the poverty of small-scale farmers, their families and entire communities.

The price of coffee has started to rise again, but according to Oxfam, the problem is far from solved because more than 25 million coffee farmers are still unable to afford life's basic needs, such as food and shelter.

But with the rise of fair trade, there is hope for the farmer.

When purchasing coffee with the "Certified Fair Trade" label, one can be assured it was purchased directly from the growers, who received a fair price with no middle man, and in exchange met certain working conditions and environmental standards.

"One way you can take control of the globalization process is understanding the impact of what you eat and drink," said Murray, who recently co-authored a book, "Fair Trade: The Challenges of Transforming Globalization." "Buying fair trade is an opportunity to shape the way globalization is developing and guide it in a way that is beneficial to poor people, the environment, and ultimately, ourselves."

Some students are already at work. Michael Long, a CSU Ph.D. student in sociology and associate for CFATS, has done several research projects on fair trade and considers it a social responsibility to buy certified products.

"It essentially cuts out the middle man," he said. "Buyers purchase directly from consumers and are guaranteed that part of the profit benefits the community, including schools, hospitals and educational opportunities for women."

The fair trade movement is still fairly new, but is consistently growing.



*"one way you can take control of the globalization process is understanding the impact of what you eat and drink."*

*- douglas murray, director of the center for alternative and fair trade studies*



fair trade certified coffee beans from mugs coffee shop in old town. ▶ photos by adriana lopez

Officially launched in the Netherlands in 1989, according to the Fair Trade Foundation, fair trade initiatives are now being taken in over 20 countries, and products can be found at supermarkets and coffee shops nationwide.

Fort Collins is no exception. Many local shops buy fair trade coffee products, and they can also be purchased at numerous local grocery stores. A list of these places is posted on the CFATS Web site.

The Alley Cat, located in an alley north of Laurel Street, has been buying coffee that is solely fair trade for several years, manager Jesse Perkins said. He believes there is more than one reason that buying fair trade is worth it.

“Buying fair trade is beneficial to us in two ways,” he said. “Not only are we potentially huge customers of someone in Panama or Ethiopia, paying them a fair price for their crop, but we’re also earning respect from our customers.”

Starbucks, one of the largest coffee manufacturers in the world, does provide fair trade coffee beans for purchase. However, according to Ashley Montgomery, a barista at the Starbucks on Laurel Street and College Avenue, only one of their 12 rotating drip coffees is fair trade certified, and is only available for one week each month.

CFATS has been working with experts and scholars on an international level and hopes to fund several more research, education and outreach programs.

As far as the future of fair trade goes, Murray believes it’s the only way to purchase, but the road to recovery from the industry’s destruction will be a rocky one.

“Essentially, we’ve found that fair trade is a rapidly growing phenomenon with significant impact on various parts of the world,” he said. “It’s a movement with considerable potential, but it’s likely to face dilemmas.” ■ Ca

## fort collins shops that offer fair trade coffee

Cool Bean Café  
1721 W. Harmony Road

Bean Cycle  
144 N. College Ave.

Starry Night Coffee Co  
112 S. College Ave.

Colorado Coffee Exchange  
215 E. Foothills Pkwy # B4

Beatnik Coffee  
144 N. Mason St. # 3

The Alley Cat  
120 1/2 W. Laurel St.

Deja Vu Coffeehouse Inc  
646 1/2 S. College Ave.,

Buzz Stop  
1600 Specht Point Road.

Bean Trees Drive Thru Coffee Cafe  
432 12th St.

Everyday Joe’s Coffee House  
144 S. Mason St.

Mugs Coffee Lounge  
4050 Timberline Road

Koffee Kettle  
749 S. Lemay Ave.

Dazbog Coffee  
4532 McMurry Ave.

- for more places check out cfats web site  
[www.colostate.edu/Depts/Sociology/cfats](http://www.colostate.edu/Depts/Sociology/cfats)

# Empowering Students

## developing personal identity

The Diversity Advocate Council (DAC) is a student grassroots-created initiative that was born a few years ago under the Diversity and Outreach Department of the Associated Students of Colorado State University (ASCSU.) It is the objective of the DAC to create an environment on our campus that captivates students to develop personal diversity and identity. The DAC promotes its campus-wide vision by providing services and programs that are aimed at helping to create an understanding of one's distinctive definition of diversity and to bring out one's individualized identity in supporting, promoting and advocating for the interests of the student body at large.

My interest to take lead in this organization comes from a student's ability to take initiative to make positive changes. There is a need for better understanding of certain topics on this campus, and one concern deals with the realm of our advocacy. In many cases, there are efforts to create educational experiences with new focus but our own community doesn't give proper attention to the issue, furthering the ignorance and paralyzing our future.

It is the hope of the DAC to create student empowerment by allowing students to stand up and fight the normal ways of society and bring about change in the most positive and respectful way when acting for the betterment of our student body and our community as a whole. I am a firm believer in this empowerment because we are the next generation; we cannot continue to go about dealing with the old ways of life, because our society is not the same as it was 10 or 20 years ago. One of these different aspects is the diversity within our own community and across the nation. Since many groups are not tolerant or accepting of others in this world, we as students, thinking of our future, need to push back and prove that change is good. It requires understanding for the success of not only one race but for the continuing survival of humankind as a whole. Anything that you take forward, it is a step in the right direction because something is getting done. Every little step matters. Even if everyone doesn't hear or see it, someone is paying attention and you are making change.

When making decisions, remember that you're not only living for yourself but for those around you as well.

One in-process initiative of the DAC is the "We Are...State" campaign. The purpose of this campaign is to create a program that resembles an initiative to educate our university of the importance in acceptance and tolerance of our diverse community through the ability of language. Pennsylvania State hosted a similar program with

identical intentions a few years ago, and it is the hope of the DAC to create something along the same lines but also different by being able to present both sides of the argument. It is never the intention of the DAC to impose a belief on this campus without giving choice, opportunity for self-reflection and to be able to make the choice individually.

Specifically, the "We Are...State" campaign will be composed of both negative and positive advertising phases – using flyers, posters, our student newspaper and other proper venues of communication within our student body. The negative phase,

which should take place at the beginning of the spring 2008 semester, will be composed of words or phrases that are chosen as a focus of this program to create shock and to make students think about their actions; specifically to target a personal definition of "who we are." The positive, or inspirational phase, which will also be launched and aimed at the same time as the negative phase, has the intention of making our students better citizens. The same words or phrases used in the negative portion will be reexamined from a different and more affirmative perspective. This portion of the campaign hopes to bring light to "who we ought to be." All in all, the desired outcome is self-reflection and to promote change in behavior and beliefs.

This campaign will require extensive analysis to ensure that the appropriate areas of our campus are targeted. The "We Are ... State" campaign will provide meaning to our campus and should not in any manner create hostility amongst our students. For those interested in helping with our efforts, I highly encourage you to attend our regular DAC meetings that are hosted in the Lory Student Center room 227. I am the Chair of the council, so feel free to contact me with any questions or to support our efforts – ejaimes18@mac.com. ■Ca



photo by adriana lopez

estevan jaimes, a political science junior, is the chair of the diversity advocate council.

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