

College Avenue

Colorado State | Volume 8: Issue 2 | October 2012



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Letter from the Editor

As a Colorado native I grew up in the snow. After all of this time I've developed a comfort in snow that I never noticed until I lived without it for a few years. I never quite understood that California catch phrase "going to the snow." Why would you need to go anywhere?

I'm not just a hot chocolate snow enthusiast either. Don't get me wrong, hot chocolate next to a fire is great, but only after a day of play. And I've been lucky enough to grow up doing it all; everything from sledding on it to driving in it. You name it, I've tried it. If you've only ever had to "go to the snow," then brace yourselves for an excellent winter here in Colorado.

Whether you're a yeti or have never seen snow, College Avenue is here to help. Look through and you are bound to find what you're searching for, from advice about snowshoe trails to how to build a sled on a budget. Even if you're the fireside type, flip to our cover story for a look back at skiing in the baby-boomer generation, or maybe just flip to the munchies for a to-die-for DIY Pumpkin Spice Latté recipe.

If you can't get enough, check out our website for more columns, features and DIY's; use your smartphone to scan the QR code below or go to collegeavenuemag.com.

The snow is not upon us quite yet, but it's coming soon and I hope you are all excited for the adventures awaiting you this winter!

Sincerely,



Kristin Hall
Editor In Chief



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letters to the editor

as the magazine produced by csu students for the csu and fort collins community, we would like to extend an invitation to our readers to submit letters to the editor ranging from 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 kristin@collegeavenuemag.com

mission statement

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

opportunities for employment

college avenue is accepting applications for reporters, photographers, designers, and copy editors. pick up an application at the front desk of student media in the basement of the lory student center.

college avenue is a magazine produced and operated by csu students intended as a public forum.

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Stanley Hotel

history and
Hollywood
brought to life



The Stanley Hotel, a tourist hotspot for its beauty and paranormal activity — also the hotel from Stephen King’s “The Shining” — was built in Estes Park, Colo., for Freelan Oscar Stanley and his wife Flora in 1907. When it was opened two years later, however, it was not intended to be a hotel for the general public.

Freelan Oscar Stanley, more commonly known as FO, was diagnosed with tuberculosis at the age of 53, and consequently, he and his wife moved from Kingsfield, Maine, to Denver because the high altitude was supposed to be helpful. Seeing as Denver was a highly industrial town in the early 1900’s, the couple decided to spend their summers in Estes Park, where they had a spacious house that still exists half a mile up the road from the hotel grounds.

In Maine, the Stanley family was host to many members of high society. Wanting to continue to share their company, they built what is now the Stanley Hotel to house all of their guests. The hotel was top of the line when it was built and was the first hotel west of the Mississippi to be fully powered by electricity.

Jesse Freitas, the Guest Services Manager at the hotel, and a tour guide known as “Scary Mary,” along with the whole hotel staff are extremely knowledgeable about the history of the hotel and its haunts.

Reports of paranormal activity within the hotel have been around since the 1940s. The hauntings are referred to as residual and intelligent, as detailed in sounds of children laughing, the sounds of furniture moving on hardwood on the fourth floor, which is really fully car-

peted, the sounds of balls rolling and objects being moved and images of people who are not actually there.

According to Scary Mary, “the most difficult question is ‘How many ghosts are there?’ Really, how many stars are in the sky?” To her, “energy is energy,” there will always be abnormal occurrences, and new abnormalities will continue to pop up.

Also according to the staff, in September of 1974 during his stay at the hotel, Stephen King got the inspiration for his book “The Shining.” In 1997, the ballroom and the lobby on the main floor were renovated for his movie rendition, and the rooms have remained darker in tone to go with the theme of the novel and movie.

The Saturday before Halloween, the hotel puts on their famous Shining Ball, a costume party themed around the movie, although guests may dress up however they wish. This year, the ball will be held on Saturday, Oct. 27 at 8:00 p.m. Guests must be 21 years of age or older.

The Stanley Hotel hosts a wide variety of tours, ranging from simple historical tours, to their late-night Ghost Hunts — all are sure to be a thrill.

it inspired...

The hotel inspired Stephen King's book “The Shining” and the subsequent movie directed by Stanley Kubrick. The plot details the experiences of a family when they stay at a hotel and encounter the paranormal, driving the father to madness.





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by garrett christensen

The TV Wars: 2012

The primetime thunderdome

It's that time of year again. Every television network will duke it out for your attention this fall, but few of these hopeful TV gladiators will succeed. Welcome to the Thunderdome ladies and gentlemen.

1) Last Resort, ABC: The captain of the U.S. missile submarine Colorado refuses the orders to fire missiles upon Pakistan. The Colorado itself is then fired upon and hit, and the submarine crew eventually finds themselves stranded on an exotic island.

2) Revolution, NBC: An age without electricity is a dark time indeed. Fifteen years after all power is gone, these future crusaders embark on a journey to uncover the secrets of the past, and they don't even have Google Maps to do it.

3) Ben and Kate, Fox: Ben moves in with his sister Kate to aid her in the raising of her child. However, Ben is a man-child himself.



4) Animal Practice, NBC: It's about, yup, an animal practice. Dr. George Coleman is the suave veterinarian who loves the pets and hates the owners. It also stars a helpful monkey dressed in a little monkey lab coat. Seems legit.

Other Fall Notables

Nashville, ABC

Arrow, The CW

Emily Owens, M.D., Fox

The Mob Doctor, Fox

Beauty and the Beast, The CW

Partners, CBS

Made in Jersey, CBS

The Neighbors, ABC

Chicago Fire, NBC



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off-campuslife
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by cassandra whelihan

GearGuide

finding all the variables



The winter solstice flirtatiously beckons near; a time when the earth seems to hold its breath, waiting to exhale a winter's shiver. Snowgoers begin to mark their calendars in wintery anticipation.

October marks the start of staring out classroom windows, lost in a winter-wonderland of a daydream, wishing it would hurry up and snow already. This is a time of Warren Miller films and cyber snow-land utopia; a call to arms for the best snow-sports video premieres.

The days spent floating on Horsetooth Reservoir are coming to an end. Boots are beginning to make their way back onto campus as fall fashion swings into play.

Ladies and gentlemen, at last, it's time to trade in the old flip flops for ski or snowboard boots, whichever you prefer. The question on all our minds: what will be this year's winter trends?

Christy Sports, a ski and snowboard retailer, is trying to predict what will be most popular this season.

"There is more of a focus on functional fashion," said Maka Kalai, Christy Sport's manager, "more prints, more style."

The most popular brand this year?

"I would say that Never Summer is probably our most popular brand, selling out of everything we buy," Kalai said.

Never Summer, 686 and Ride are top brands for winter enthusiasts. Other reputable brands include Burton, North Face and REI.

Nonetheless, certain companies cater better to gender and fit-ability.

For example, ladies looking for winter jackets and pants should check out Volcom, Roxy, 686 and Burton. These four companies have worked hard to create fits designed specifically for chicks that like to shred the rad. Coats are now available in slim fits and tailored to women's specific body types.

Ashley Munson-Brigham, an officer for the Colorado State University club Snowriders, said she prefers to rock mostly Volcom and Burton gear.

“There is more of a focus on functional fashion [this season.] More prints, more style.”

— Maka Kalai, Christy Sport's Manager

"I like their gear because they have a great selection of women's products where as other companies don't have as many choices," Munson-Brigham said.

In the past, men have typically dominated this industry; therefore, guys tend to have an easier time finding outerwear that fits. The variety of gear for dudes is infinite. In addition to the brands previously listed, Arc'teryx, Bonfire and Marmot also carry killer attire to keep you out on the mountains all season long.

"I wear 686 outerwear because I like the smarty line zip-in

zip-out part," Kalai said. "It's always been a favorite of mine. Ride snowboard stuff is also great because they have a really good street fashion but also functional for snowboarding."

Layering is critical to keeping your heat where you want it. Under Armour, Spyder, Patagonia and Hot Chillys sell thermal bases that will keep you looking and feeling flaming hot. In addition to selling tops and bottoms, these companies also sell socks and gloves. Also, more companies are coming out with fashionable gear that enables you to create a personalized look.

With a shift toward stylish equipment, it can be difficult to know if you are getting weather resilient clothing or a chilly disappointment. Purchasing winter gear is a commitment, an expensive one. Doing your research online will help to narrow down your options to a few brands and will save you from disappointment.

Transworld Snowboarding and Teton Gravity Research both include gear reviews and recommendations on their websites. Most ski and snowboarding magazines can also be found online with their top season recommendations. Little companies making it big are always another way to purchase gear, but pay attention to customer reviews.

The art of gear shopping can be a tricky one. It all comes down to preference and what colors and designs catch people's eye. Don't be afraid to "temporarily borrow" your friends jacket to see if you like the fit and feel of it. Go around to local shops in Fort Collins and ask to try one on in every color. It's your money, use it for the winter!



Build Your Own Super Speedy Sled



It's that time of year again; the falling leaves will soon give way to falling snow and frigid weather. With bike trails covered in snow and the nearest ski area hours away, those with a lust for speed will have to turn to the old sledding hill. Cheap, plastic sleds are slow and boring, and the speedy runner sleds can cost more than a college student can spare. It's time to get out that screwdriver and head to the thrift shop to get supplies for your very own do-it-yourself sled.

Keep in mind the fact that snow is slippery. A sled that is equally slippery is going to go fast. The sled design

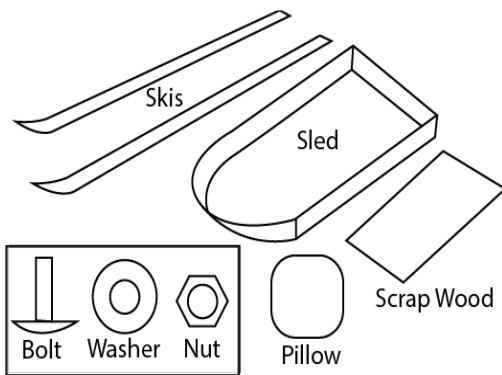
outlined below will go very fast on a mildly steep hill. So wear a helmet, and maybe some old football pads or other protective padding. Be careful; with great speed comes a great risk, and sleds don't have brakes. These instructions will require some knowledge of power tools, but nothing too difficult. If you haven't got any tools head to the Hammer Time! shop on East Laurel Street and check out their tool co-op. They have lots of tools that can be used for a suggested donation, and they're happy to help you use them.

Mostly anything will work as a sled. An old mattress can hold a few people and slides pretty well. Trash can

lids, cookie sheets, car hoods; anything hard and slick can work. Here, we go big or go home, so at the thrift shop take a look around for a pair of old skis. They can be beat up, ugly relics from the '80s as long as they've still got some wax on the bottoms. Try to find a cheap, plastic sled as well, or something similarly shaped, and an old pillow. Stop by the hardware store on the way home and get some scrap wood and four nuts, four washers and four bolts. Be sure to get the nuts with the smooth round heads, as they will slide easier.

Now to put everything together

What you'll need



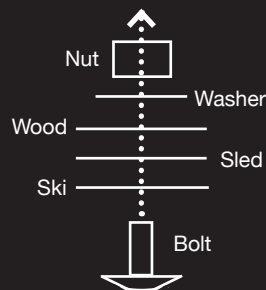
1. Place the sled between the skis and the wood.

2. Drill two holes the same size as your bolts through each ski and up through the sled and wood.

3. Bolt it all together, making sure the nuts are nice and tight.

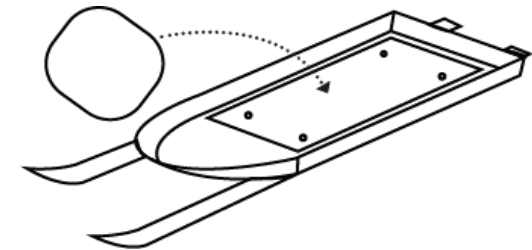
4. Put the pillow on top of the sled, covering the bolts.

* Optional: You may want to affix a rope to the sled so you have something to hang on too. Just drill a couple of holes in the front of the sled and tie the rope to them.



Finished product

Now it's time to try out the new sled! Sit on the pillow and go for a speedy ride down a nice snowy hill.





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WHAT'S YOUR HEEL TYPE?

Waking up in the morning, you go to your closet and pick out an adorable outfit to wear for the day, oftentimes going through about five different outfit selections until you find the right one. Then comes the important decision of what shoes to wear. You glance at your gorgeous new pumps that you recently bought and ask yourself that common question that every college girl deals with: is it worth it to wear heels on campus?

I believe that there are three different types of girls when it comes to whether or not they wear heels on

campus: the Clickers, the College Classic and the Hippies. What is your type?

Whatever your opinion on heels may be, there is always one rule for wearing heels: if you don't know how to walk in heels, don't wear them, or at least get some practice before you do. There is nothing that I hate more than seeing a girl who is wearing an adorable outfit with some heels and is stumbling all over the place. It just ruins the whole look.

In the end though, it's always up to you to determine when or whether to wear heels or not, but ask yourself that question girls, which category do you fall under?

THE Clickers

These are the girls who know how to walk in heels and how to pick the perfect pair of heels to accessorize with any outfit. They are often seen walking all over town and campus wearing heels, and the days that you don't see them wearing heels is a complete shocker. If you ever look at their feet, you will probably not be surprised to see a ton of different blisters from the constant day to day wearing of heels. Also, they will always keep a package of band-aids handy in their purse.



THE College Classic

These are the girls that only wear heels on occasion on campus. Most of the time you will see them wearing flats or other types of shoes instead of their pumps; but when you do see them wearing them, you get a 50/50 scenario in which some can pull them off while others can't.



THE Hippies

These are the girls who will avoid wearing heels at all costs. When it comes to their shoes, they are always for comfort. On that very rare occasion when they dress up, they will wear a cute pair of flats but never heels. Comfort, comfort, omfort, it is all that matters to them.



| by nicolle fagan



meet **Kelly** | fashion entrepreneur
Turner

What is your major?

“I am an art major concentrating in photography, and I have a minor in apparel and merchandising.”

So you are designing your own clothing line! What does that entail?

“In starting this line, I have spent a lot of time designing and working to create styles that I believe people will love and wear. It takes a lot of time planning. I have to start with the basics and work my way up to the fun part: the clothing release.”

What have you made so far?

“To start off, I have designed t-shirts, hoodies and stickers, but I plan to create more and to go further with this project in the future. They aren't ready yet, but will be coming soon!”

What was the inspiration for the line?

“I am a snowboard instructor and every week I go back and forth to the mountains. I wanted something comfortable for riding to keep warm and also something cozy for the 4 a.m. drive every Saturday, so I began sewing my own hoodies. Eventually, people saw them and started putting in orders. After a few months, I decided to create my own company to feature skateboard and snowboard apparel, inspired by the lifestyle and culture of the sports. I am inspired by my friends, family and the new people I meet and I hope to inspire them through this company with my art and designs.”

Does the line have a name yet? If so, what is it?

“The name of the company is Lleky Apparel, pronounced leh-key. It is actually my name mixed up.”

What do you hope to gain from making your own line? Why did you choose to take on this huge undertaking?

“I am already learning so much from it and I'm still at the beginning of the process. I have a lot of work to do but I plan to do it right. This is something I wanted to take on to incorporate my three favorite things: photography, fashion and skate/snowboarding. I want to design, capture local athletes and get artists involved with the apparel line.”

What got you interested in fashion?

“As a photographer, I have always had an interest in fashion, but I didn't always know specifically what kind of fashion. During my second semester of college, I added my apparel and merchandising minor and I was so excited. I was constantly inspired by the classes to start my own company and now it's all falling into place.”

What is your favorite piece so far?

“My favorite piece right now is a men's tee I designed. It's simple, but I can't seem to get away from it.”

If you could only wear one thing for the rest of your life, what would it be?

“If I could wear one thing for the rest of my life it would be my snowboard get-up, just as long as there was snow, sunshine and a mountain to ride on.”



Getting back to the roots

Ski bums of the baby-boomer generation

The reasons behind people spending their winter seasons chasing blue bird skies are unbounded, but one thing is for certain, they are passionate.

“I think the world is a better place with people who are in love with the mountains, as simple as that sounds,” said Jeremy Jones, a professional snowboarder, in an interview conducted by Transworld Snowboarding.

Born in 1976, Jones has been shredding since the age of 13. He has taken part in the perpetual transformation of the ski industry and has also recently challenged more people to hike for their lines (back country mountaineering) in place of resort and competition skiing. Nevertheless, this industry is forever evolving and has come a long way.

What many people haven't considered, is what skiing was like back in the baby-boomer generation. During that time, a ticket for night skiing at Moose Mountain was \$3 and a full day ticket to Wildcat was \$10. Today, tickets are easily \$100 per day, and that's with owning your own equipment. Aside from price, however, what else distinguishes the past from present?

Skiing in New England back in the '60s was significantly different without snow-making.

“There was a lot of what we used to call blue ice, where the springs would freeze up,” said Gary Cassily, 54, owner of Fryeburg Glass in Maine.

Cassily, an esteemed ski bum, has spent his life out in the mountains. He can't recall a time when he hasn't skied; it's been a long time.

Back in the grunge phase, as Cassily likes to call it, his experiences were a lot different than simply resort skiing. Without a lot of money but determined to shred the rad, Cassily hooked up with a group of similar minded guys and set out into the wilderness.

“I don't mind lift service, but I'll hike for it,” Cassily said. “I got into the ski mountaineering part in my late 20s, early 30s. I was into telemarking and skiing with backpacks, going on two to three day tours which were just out of this world, crazy.”

This was a time when back-country was not yet widely recognized.

“The people I hung out with were not like the normal people – we were always outside and camping out in the winter time,” Cassily said.

Mountaineering is not for the faint of heart. It requires sleeping outdoors, survival skills and hard work. No doubt, the rewards include nature, adventure and memories; however, it's not for everybody.

Farther advances have been made in gear since then, making backcountry slightly easier. But, back then rolled up dungarees or colorful onesies were the norm and people rocked Nordica Astra Salomon boots.

“The equipments come a long way. I want to catch up with it a little bit,” Cassily said. “To climb in the future I need to get set up with a releasable heel binding and some skins and a wider board just to make it easier.”

Like most equipment, the technicality that gear has undergone enables current mountaineers to explore as far as their imagination allows, and that's just what Cassily did.

“When I was in high school, I used to build jumps in the back of my house and do all kinds of crazy stuff. We were at the cutting edge of all the craziness and extreme ski-

ing that's going on now. The X-Games and all that – we were pioneers,” Cassily said.

The innate desire to explore must run through snow-goers veins. Why else would they yearn to spend the winter seasons repeatedly clambering up and down mountainsides? Jones describes it as ‘white moments’, when the mind and body come together, working as one – it's as simple as breathing. It seems to be a deeper spark, a connectedness with oneself and with nature that keeps people chasing after the perfect winter.

The freedom and challenge are also motivators, according to Cassily. “Ah, the freedom: freedom, the outdoors and the mountains. Skiing is an individual sport. It can be a team sport, like racing, but it's up to the individual to push his or her own limits and I love that part of it,” Cassily said.

Even as a child he has loved the sport.

“When I was a kid I was so excited. If I was skiing the next day I couldn't even sleep and it's never failed – I've never lost it. That's what drives my whole life, that's how I operate. Just the other day I was thinking, ‘Jesus, I feel like I'm skiing’. I was driving on a tight corner road and I was going too fast,” Cassily laughed.

This concept of freedom while riding also resonates with long-time, East Coast boarder, Paul Trull.

“The freedom when I'm out there and I'm on my board, I definitely don't notice anything else that's around me and it takes me somewhere else,” Trull said.

Park Manager of Ragged Mountain, Tim Donahue, has continued boarding all these years in the name of fun and progression.

“Other than the fact that it's really fun, boarding is just one of those sports that feel natural to me and I can always learn or do something new,” Donahue said.

Furthermore, the communities out on the mountains are all encompassing. Cassily said he likes the people he has met throughout his years of snow covered memories.

“I just like the people that are out there, outside – if it's cold, if it's rainy, if it's snowy –they're still out there,” Cassily said. “It seems to be a pretty good class of people. I've made some really good friends in the ski industry.”

Spending the last moments of his father's life with him on the bunny slope is proof for Cassily that the mountains are not just for the young and the love for them never dies.

According to Jones, “Just being in the mountains is really fulfilling; it makes me feel good at the end of the day.”

“I just like the people that are out there, outside – if it's cold, if it's rainy, if it's snowy –they're still out there. It seems to be a pretty good class of people. I've made some really good friends in the ski industry.”

-Gary Cassily, 54



An Inside Look at



Don Beaver opened a small, locally-owned grocery store called Beavers Supermarket in Fairmont, Nebraska in 1946. His son, Doug, began working there before and after school in 1960 when he was just 8 years old.

“I remember the railroad bums would come by on the railroad, and I would have to go down in the basement and help work with them and that always kind of scared me; I was just a little kid. We had to sack our own potatoes and handle our own eggs and all that,” Doug Beaver said.

Fifteen years later, Doug and his wife Cheryl would open their own Beavers Supermarket in Grand Junction in 1975. Soon after, however, Doug had an opportunity to buy a store in Fort Collins and moved to their present location on the northwest corner of Mountain Avenue and Shields Street in 1976.

“The neighborhood, mostly Mountain [Avenue] here, has changed — the area has upgraded to a higher class of people, you might say, over the years,” Beaver said. “The general store has stayed the same. As far as some of the products we carry, we’ve changed to carry more of the

higher end of things. Organic is a bigger deal now, of course that wasn’t even around back then.”

According to Beaver, the most difficult thing about running his supermarket for the last 36 years has been competing with the large supermarket chains.

“I’m competing with a store that’s how many times bigger than me and I just can’t carry everything they can,” Beaver said. “So people have to go other places at times for certain things; nothing I can do about that.”

Beaver has been creative about managing expenses and space to keep his prices low enough to attract savvy shoppers away from the large chain grocery stores, while providing a large selection of goods.

“Our warehouse is a co-op, so its owner owned, and we’re actually one of the owners,” Beaver said. “They’re big, they do over \$1 billion worth a year in sales and they’re in a lot of states so we’re with a big supplier, as big as [the chain stores] are in terms of actual warehouse space. Customers can get most anything they want and be in and out fast.”

He counts on a loyal customer base coupled with neighborly service to keep Beavers Supermarket in business.

“There are some [customers] that are five generations, and have been coming here as they grew up,” Beaver said. “We’re local; I think a lot of people like that — the atmosphere of the smaller store, a lot of people like that. We have, counting [Cheryl and I], 15 employees right now.”

Former CSU student Brenton Noon has been an employee of Beavers Supermarket for seven years now.

“It was my part-time college job,” Noon said. “We try to get some students in here, as far as the employees go. Every now-and-then, we’ll cycle some in and out; it’s been good work for me and students, that’s pretty much a huge thing for us. We get a lot busier when school is in session, no doubt about it.”

Noon works the meat counter, calling regular shoppers by name and helping to find the perfect cut of meat. The supermarket employs a full time butcher and carries USDA choice cuts and 10 flavors of their very own homemade sausage.

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by kristin hall

Guiltlessly Gluten-Free

the phrase "pass me a cold one" is on the lips of the gluten intolerant once more

	Alternative ingredients	Alcohol by volume (percent)	What to expect
Omission Pale Ale  Widner Brothers, Oregon	 gluten removed	5.8	This beer is hoppy and floral like most pale ales, with notes of caramel. If you are an India Pale Ale fan this might be your cup of...beer.
New Grist Beer  Lake Front Brewery, Wisconsin	 sorghum and rice	5.8	This beer is floral and fruity. It tastes more like hard cider than a fruity beer. If you really like hard cider and have always wished beer was more like cider, give this a try.
Omission Lager  Widner Brothers, Oregon	 gluten removed	4.6	This is a very simple beer. Its flavors mostly come from the barley and hops. It has just the slightest hint of citrus. This is a good option for those looking for a Bud Light alternative, though this is slightly better.
Shakparo Sprecher Beer  Brewery, Wisconsin	 sorghum and millet	5.5	This beer tastes of crisp apple and has subtle notes of banana. It is very smooth. If you are looking for adventure in your beer, this is a good way to go.
Tread Lightly Ale  New Planet, Fort Collins, Colorado	 sorghum and corn	5	This is a lighter beer; it has fruit and honey notes. If you enjoy drinking several beers and not feeling full, this might be just the beer for you.
Bard's Gold Bard's Tale Beer Co.,  New York	 sorghum	4.6	Bard's Gold is light, crisp, slightly sweet and bitter as well. It is a good option for all those PBR fans out there.



1



2

photos by kristin hall (1), allison lecain (2,5), khristian gilham (4)



3



4



photos by john sheesley (6), cassandra whelihan (3,7), logan martinez (8)





DIY

Pumpkin Chai Latte



As fall comes, it brings things like beautiful autumn colors, football, comfy clothes and, of course, your seasonal pumpkin latte. There's only one thing better than going down to the coffee shop and warming up with a traditional pumpkin latte, and that's staying warm inside and making it yourself. Why spend over \$4 on a latte when you can create your own delicious treat just as easily? So now take another fan favorite, the chai tea, and combine the similar flavors of chai and pumpkin. This recipe puts a super delicious twist on the seasonal latte.

Instructions

1. Brew coffee
2. Add milk and blend together
3. Add tea bag— keep in the coffee for as long as you desire. The longer you leave it in, the stronger the taste will be.
4. Add pumpkin spice, vanilla and cinnamon
5. Add pinch of nutmeg at finish
6. Taste and add sugar if you desire

Ingredients

- 1 chai tea bag
- 3/4 cup of strongly brewed coffee
- 1/2 cup of milk of your preference
- 1 teaspoon of Torani Pumpkin Syrup or pumpkin spice seasoning
- 1/2 -1 teaspoon of vanilla (depending on preference)
- 1/2 teaspoon of cinnamon
- pinch of nutmeg
- sugar for taste





This store has about 75 different kinds of root beer, 75 different flavors of taffy and candy bars that have been around since the 1920's. Sounds like a kid's store, but Rocket Fizz has a place in the hearts of the old and the young.

Rocket Fizz, a candy and soda shop off College and LaPorte Avenue in Old Town, Fort Collins opened on June 24. The owner, Jeff Sindelar, said he wanted to create a shop reminiscent of the past.

"Usually the grab-and-go candy stores back in the '50s had pop and candy, soda fountains, kind of everything," Sindelar said. "The old-style pop and candy stores, they kind of went hand-in-hand."

In this regard, Sindelar gives his customers more than a few choices. Rocket Fizz has over 400 types of soda, ranging from root beer made in Australia to Coca-Cola made in Mexico.

As far as candy goes, there is British and Asian candy, salt-water taffy to regular taffy and a large variety of old-school and modern candy bars.

"We carry stuff that's common, all the way to uncommon," Sindelar said. "You might see some old stuff here, but we carry all the flavors of that type of candy."

Rocket Fizz also carries tin "retro" signs, rock concert posters, cardboard stand-ups, toys and gag gifts.

As a result, the shop can cater to many different age groups.

"We are good for all ages really," Sindelar said. "No matter what age anybody is, we will probably have something in the store they will like."

Rocket Fizz is not just all about the treats though. Providing excellent customer service and a unique experience is the shop's main mission, Sindelar said. To accomplish this, the staff is interactive with every customer. For manager Troy Horner, 42, this means thinking like a customer.

"I deal with [customers] the way I would like to be dealt with," Horner said. "In a nice orderly manner; a courtesy type of way."

Eye contact and interaction are an important aspect of the Rocket Fizz experience.

"[My favorite part] is interacting with the customers and seeing the big smiles older customers get when they see a product they haven't seen since they were a kid, to the little kids just bouncing and jumping around from all the candy they don't normally get to see in a regular store," Horner said.

While new to Fort Collins, this is not the only Rocket Fizz store. The stores originate from a small chain with 32 stores across the country, according to Sindelar. However, the business plan is a kind of hybrid.

"Each store is kind of individually owned and operated," Sindelar said, "but yet we're a chain in

that we pull everything together and buy from our own ordering system and it saves money on all our prices."

Rocket Fizz also provides some of its own products. The company makes its own soda that can be stocked in any of the stores.

The store and the value system of the company are what convinced Sindelar to get in the business.

"Their support is excellent and the people are really good," Sindelar said. "It's really a family-oriented company."

According to Sindelar, the store is always changing. Inventory is a little bit different every week to make it a new experience for returning customers. If a customer comes in and does not find the product they are looking for, Sindelar and his staff do what they can to get it in.

"We will get it if we have the ability to order it," Sindelar said.

Sindelara is hoping to be able to provide seating in the galleria outside the store soon. They will also be putting up a life-size Spiderman.

"[Working here is] fun, energetic and enjoyable," Horner said. "[One of my] favorite candies is the smoothie, which is a butterscotch, butterscup candy bar."

Getting the Most Out of Your Snowshoe

Hopes are high that this winter season is going to have downpours of fresh powder to make up for last year's pitiful snowfall, so if you're looking for a sport that's a medium between hardcore skiing and plopping marshmallows in your steamy hot cocoa, then snowshoeing is quite possibly the perfect sport for you.

We will help you cover the basics: how to get started, where to get your gear, what trails are close-by, and a few health benefits.

Snowshoes come in three variations: recreational, aerobic and backpacking. The type of snowshoe you use depends on the difficulty level. The recreational snowshoe is a great fit for the first-time snowshoer and good for using on simple terrain. If you're looking to

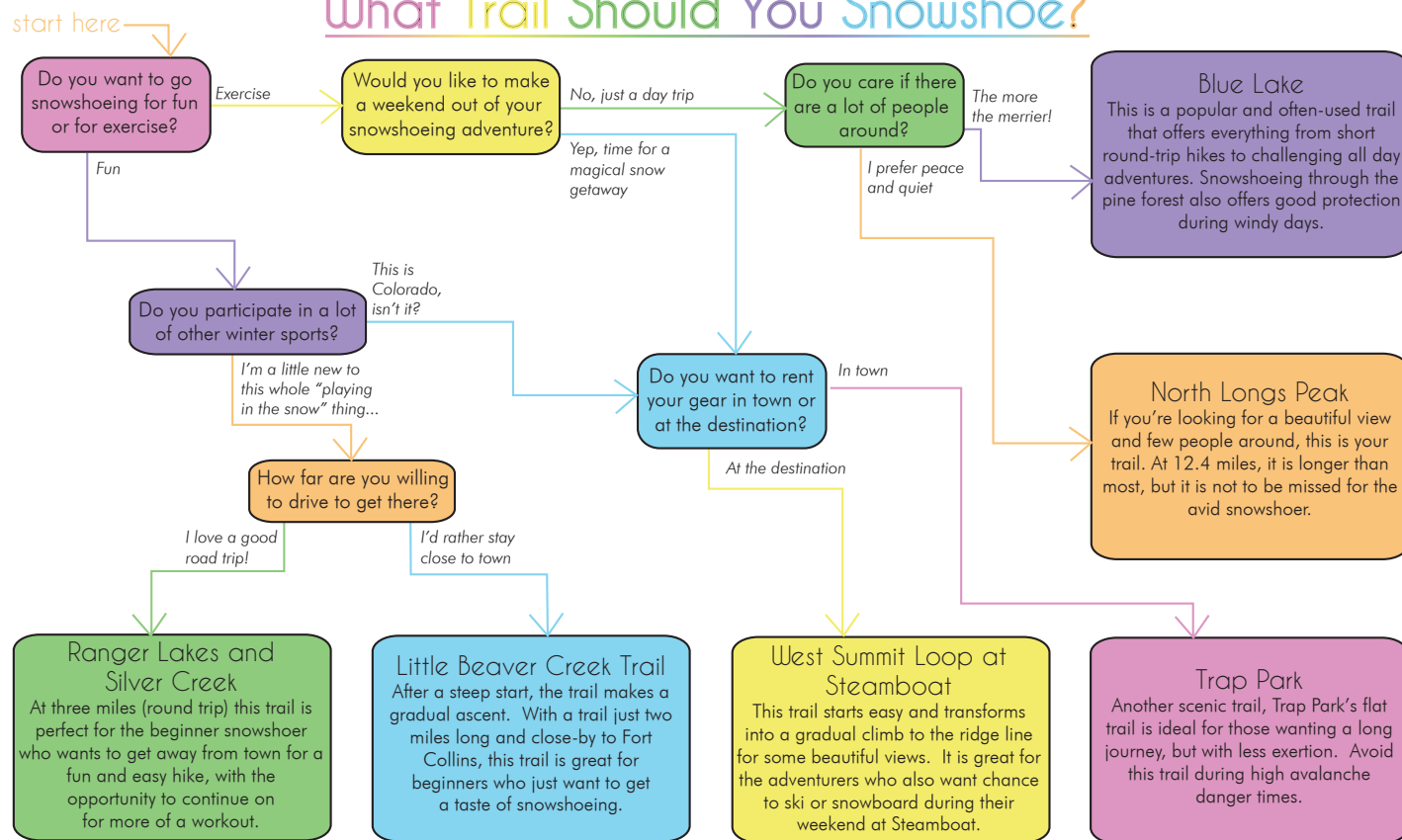
do a little cross country, you should look into the aerobic shoe because its polished design is perfect for more agile movements. Lastly, a backpacking snowshoe is made for durability, with its aluminum frame and resilient bindings to support boots.

"Something that most people don't realize about snowshoeing is the level of difficulty," said Rob Sharp, a sales associate at Sports Authority. "They're just not aware how difficult it really is until they actually do it."

The length of your snowshoe depends on your weight; lengths range from 25, 30 to 36 inches long.

Sports Authority rents and sells snowshoes, as does REI. According to Snowshoe Magazine, prices usually range from \$100 to \$300 when purchasing snowshoes. The most popular type of snowshoe is the aerobic because it makes movement easier, Sharp said.

What Trail Should You Snowshoe?



The top five things to bring with you on your excursion would be a friend or hiking partner, leather boots, a GPS, a plethora of layers and gaiters, which keep snow out of your boots when you're trekking in deep snow. Whatever you do though, don't wear anything cotton because it will soak up and store moisture. Make sure to wear wool or polyesters and, if you can, waterproof your whole body to avoid any frostbite.

As for places to go snowshoeing, you can go anywhere snow has fallen. For a laid-back hike, you can visit Cirque Meadows and Emmaline Lake, which is 6.5 mile trek and has a view of Pingree Park. There's also Little Beaver Creek Trail, which is just two miles. To ramp up the pace to a moderate difficulty, you can visit Crown Point Road, which is 12 miles, or take a trip to Signal Mountain, which is five miles. For the daredevils, you can trek Stormy Peaks trail, which is six miles in length, or visit Lake Agnes for a strenuous five mile hike.

The CSU Rec Center is organizing a snowshoeing day hike to Lory State Park for Dec. 1, starting at 10 a.m. to go till 5 p.m. The last day to register is Nov. 29. The hike costs is \$20, which includes transportation, instructors, gear, food and poles.

The health benefits of snowshoeing includes little risk of injury and little energy exertion while working wonders for a person's cardio fitness. Snowshoeing can burn more than 600 calories per hour, according to Snowshoeing Magazine.

"I loved it," said Victoria Suha, a CSU freshman who has snowshoed before. "I did it at Steamboat Springs. It's quite a different experience because you are able to see things you wouldn't have otherwise seen while skiing because you are taking things in at a slower pace. It's very peaceful and makes me feel adventurous."

THE POWER OF MEDITATION *achieving peace of mind*

by allison lecain

The mind is a powerful thing, constantly racing with thoughts about school, work and social life. It controls everything we do, and yet many people focus all their energy on how their body looks or how well-liked they are among friends.

As a college student, the mind is more frantic than ever, but through meditation, anyone can achieve peace and happiness.

Quinn Hutchinson, senior psychology major, created the Kadampa Meditation Club at CSU about a year ago in order to share the culture of meditation with her fellow students.

“The benefits of meditation are really powerful and I think they’re so necessary at this age where we have so much going on,” Hutchinson said.

Meditation is a Buddhist practice of calming the mind in order to gain clarity and peace. It only takes about 10 minutes to feel the effects of meditation, and is best if practiced at least once a week.

One goal of meditation is to become a happier person who is more in touch with their mind. Hutchinson started practicing meditation four



Gen Kelsang Rinzin, a resident teacher from the Heruka Buddhist Center

years ago when she saw a flyer for a class. Raised as a Catholic, she said she thought the idea of meditation was a little funny at first, but, over time, she said noticed a great difference in her quality of life.

“I was calmer and more stress-free and it really changed my life,” Hutchinson said. “I went from being a big partier to trying to get in touch with something deeper.”

When starting the meditation club, she collaborated with the Heruka Buddhist Center to have resident teacher Gen Kelsang Rinzin, a western Buddhist monk, come to CSU to teach meditation classes every week.

As Kelsang Rinzin explains, through meditation, a person can develop peace of mind and the ability to let go of disturbing thoughts. A negative thought can be changed into a positive one, full of kindness. This can change your outlook on life, according to

Kelsang Rinzin.

Kelsang Rinzin said meditation can be a good way for students to let go of stressful thoughts; Hutchinson agreed.

“If I start to get stressed out, I have five minute brain-breaks,” Hutchinson said. “Five minutes of meditation is so helpful for me throughout the day, like focusing on my breath and tools that I didn’t have before. Our brains are so powerful when you tap in to that.”

The mind is so powerful that Kelsang Rinzin compared it to a wild elephant, as in anything a person can do, he or she can only do because their mind thinks it first. Our mind is in control and our bodies are just machines fulfilling the mind’s commands. This why Kelsang Rinzin said it is important to get in touch with your mind through meditation.

“It’s all the power of our mind,” Kelsang Rinzin said. “If we can learn to let go of negative thoughts and cultivate positive thoughts from meditation, then there is so much opportunity to be peaceful, healthy people.”

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he Koru is a Maori spiritual symbol meaning new life, creativity, personal growth and new beginnings. This New Zealand fern plant represents the unfolding of new life, a subtle reminder that everything is reborn and continues. It represents renewal and hope for the future.

The Koru is not only symbolic of this journey I am embarking on, but of the life I have left behind.

Standing on the precipice, I left behind my family and friends as the fate of my home stood on the brink of disaster. The Waldo Canyon fire swept through the foothills at a pace so rapid I am grateful for the life it did spare — the life of my family and friends.

The flames charged down the foothills behind my home, urging us to leave behind the majority of our material possessions. I will never forget the image of the massive flames flickering in the rearview mirror as we drove away, looking back on what would be the last view of our home and life as we knew it. The fire took away my home, leaving behind only rubble and ash. The destruction this fire evoked will not be forgotten for many years to come. The hiking trails I grew so accustomed to and maybe even took advantage of are now gone and exist only in my memory of life before the fire.

Anna Palmer is a columnist for College Avenue. Her columns focus on her study abroad experiences in New Zealand this semester.



Koru symbol from Wikipedia

Koru symbolizes new life, new beginnings and personal growth

by the college avenue staff

What snow sport are you?



1. What is your comfortable temperature?
 A. Polar bear dive
 B. In my jacket packed with hand warmers
 C. Room temperature

2. What's your first thought when you see snow?
 A. Wow I'm up really high... I could use a spotter right now
 B. I could slide on that
 C. Hit the switch, we need to turn on the fireplace

3. What's your go-to winter beverage?
 A. Gatorade. I need to stay hydrated
 B. Boiled snow and ice, as long as it's not yellow I'll drink it
 C. Hot cocoa and schnapps

4. What's your winter spirit animal?
 A. Yeti
 B. Snow leopard
 C. Hibernating bear

5. You're trapped in tundra, what are you thinking?
 A. I bet I can set a world record for getting out of here
 B. Home sweet home
 C. Wait... how'd I get outside?



6. Who is your hero?
 A. Apollo Ohno
 B. Bear Grylls
 C. Nikki Minaj

Mostly A's - Winter Olympian

Now that your favorite season is coming up, it's time to decide what sport you'll be mastering. Chances are you already have a gold medal in luge, figure skating and ski jump. Maybe speed skating or Nordic this year? Regardless of what you pick, you will be a winner.

Mostly B's - Ice Climber

You're an adventurous outdoorsmen that lives life on the edge. You probably have had your snow boots, ice picks and rope ready for months. When you take a deep breathe and your nose hairs freeze, you know it's going to be a good day.

Mostly C's - Fireplace Cocoa Bum

For you, winter is not a time of adventure, but a good excuse to curl up on a couch next to a roaring fire. You probably have a stack of holiday movies sitting by your television. Boil some water for hot cocoa, stay indoors, and don't forget the marshmallows.

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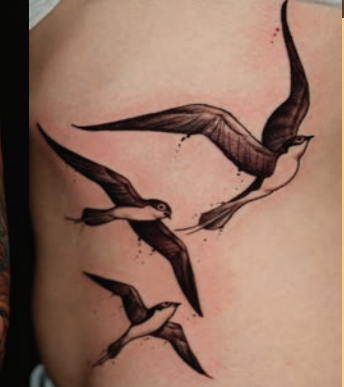
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