

College Avenue

volume seven: issue two winter 2011

pregnancy perspectives

men, women, the media
and why it all matters

losing it at the rec

get this! holiday gift guide

warm up with cool winter beers



These friends were invited to your party



These people showed up when they heard about the keg

DUH.
KEEP YOUR PARTY UNDER CONTROL.



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CSU's carpooling service



Colorado State University

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seeing pregnancy from
all sides, including
the media

cover design and photo illustration by laura esposito,
original photo by chase baker

“ People really do focus on the female role when it comes to children and don't think about us males. ”

—Wes White
natural resource management major

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collegeavenuemag.com

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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 csumag@lamar.colostate.edu.

correction: photo on page 20 from our last issue are courtesy of Harper Point Photography.

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.

opportunity 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 lsc.

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

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letter from the editor

Our winter issue of College Avenue is about spreading the love all season long. But seriously – this issue we’re bringing you everything near and dear to our hearts, and hopefully now, yours.

This is simultaneously the most light-hearted and serious issue we’ve ever done. From family recipes passed down, to the gripping story of unplanned pregnancy in college, we’re covering intense new ground.



Our greatest hope is that while you cover new ground during your winter travels, you take College Avenue along with you. When my life adventure brought me to Fort Collins four years ago, I thought I would eventually return to my family’s hometown. Since then, I’ve lived everywhere from student housing apartments to a quaint house with insects that were larger than life – but I’ve loved it all. No matter my physical location, leaving the city is now “leaving home” for me.

So whether you’re leaving your home to visit family for the holidays, taking a last-minute trip or anything in between, we’ve made it our goal to bring you enough content to last you through to Valentine’s Day.

We’re showering you with love by igniting your tastebuds with mint chocolate truffles, getting your blood pumping with some extreme snow kayaking and filling your eardrums with the sounds of hair metal – not to mention, online-only stories hit collegeavenuemag.com on a daily basis.

Don’t forget to contact us and let us know what you think of all of the changes we’ve made or how you think we can improve. We know you’re busy, so we’re available online.

The staff at College Avenue wishes you a happy, healthy and safe winter season! Stay warm and we’ll see you in the spring!

A handwritten signature in cursive that reads "Laura" with a horizontal line underneath.



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letter to the editor:

Editor's Note: On Nov. 15, 2011, College Avenue Magazine ran an insert in the Collegian that included the article "A Different Kind of Stork". Cindy Sarai, Founder and Executive Director of Adoption Dreams Come True, wished to issue this clarification letter in response to the article.

Adoption, An Agency Perspective

Adoption is a wonderful way to create a family. Adoption gives a child born to be part of two family trees: a birth mother and father who love their child and make the hard and loving decision to choose adoption for their child, and adopting families who in their hearts a baby grows. Birth parents that choose adoption go through many emotions as do the families that wait for a child.

The common goal is for a child to have a loving, safe, and permanent home. Two families working together to give a child the life he or she deserves. Adoption can be a rare and wonderful experience for everyone involved. Adopting families go through a rigorous licensing process to become parents whether it be for one, two, or more children. Birth parents go through counseling and are supported through their decisions around the future for their child.

Birth parents who choose adoption can choose a semi open, open, or closed adoption, which formulates the amount of contact they will have with their adopting family. If they are choosing an adoptive family their preference is personal to them. They choose from a diverse population of families such as single parents, two parent families; same sexed families, families with children, without children and for reasons or circumstances that are important to them. There is no right or wrong and each basis for that decision is different.

A short clip and photo of waiting families like the Susa's featured in the article, "A Different Kind of Stork" can be found on agency websites such as

adoptiondreams.org which allows birth parents a way to view families hoping to create their families through adoption. Adopting families may want to get the word out to as many people as they can to increase their chances of being chosen. There are a lot of laws around this. All avenues of getting this word out should be cleared through an agency and directed back to the agency for the safeguard of all parties involved. While Facebook is a way to get mass amounts of information out into the public it could create a very vulnerable situation. Social media is a sign of the times. However, in such matters that require careful consideration of the emotions involved with an adoption it may not be the best way to create awareness for specific families versus agency sites.

As for the cost associated with an adoption, these fees are the responsibility to the family being licensed. Many families seek financial assistance from friends and family who subsidized cost of the adoption. Generally when there are fundraisers, the funds are used for the programs in the non-profit adoption agency and are tax deductible but are not distributed to individual family situations. All expenses that may occur for birth parents will be evaluated and approved through their agency. Adoption is a wonderful means to a family. It is a road that should be navigated by the help of trained professionals so that all parties are protected.

- Cindy Sarai
Founder and Executive Director of Adoption Dreams Come True

RentalSearch Find Your Place

Have a place? Need a place?

Check out Off-Campus Life's
rental listing site at
Rentalsearch.colostate.edu

Hello!





off-campuslife

Colorado State University

Questions: Call Off-Campuslife at 491-2248 or email us at ocl@colostate.edu

by jordan johnson

December

Santa's Workshop Opens in Old Town	2	Garden of Lights begins. Gardens on Spring Creek	4		6	7	CSU Collaborative Piano Recital Organ Recital Hall	Last day of classes!!
10	Canyon Concert Ballet presents "The Nutcracker Tea"	12	Final exams begin	Good Luck!	15	"Alvin and the Chipmunks" released	Winter break starts!	
	Hanukkah begins at sunset	Fall grades available on RAMweb	22			25		
26	27				New Year's Eve	31		

January

New Year's Day		4	5	6	
First Friday Gallery Walk 6 - 9 p.m. Old Town	Shakedown Street Mishawaka 8 p.m.	10	12		
Avenue Q opens Midtown Arts Center	STOMP Lincoln Center Performance Hall	15	Martin Luther King Jr. Day	Winter break ends	18
			Chinese New Year		
		26	The Fine Art of Marbling at the UCA		
		31			

DON'T MISS...

- Dec 2: Parade of Lights, Denver, Colo.
- Dec. 8: "Local Laughs" at the Ramskeller, 5 p.m.
- Dec. 9: Senior Dance Showcase 8 p.m., CSU Dance Theatre
- Dec. 10, 11: Canyon Concert Ballet presents: The Nutcracker Tea, 12 p.m., Lincoln Center Columbine Room Price: \$25
- Dec. 16: "Ghost Protocol" released "Sherlock Holmes: A Game of Shadows" released
- Dec. 31: Fireworks display in Denver, Colo.
- Jan. 1: Denver Zoo Lights ends
- Jan. 7: "Who's Bad" Michael Jackson Tribute Band, 9 p.m., Bluebird Theater, Denver, Colo.
- Jan. 13, 14: STOMP, Lincoln Center Performance Hall Price: \$44 - \$59 Dates/Times: Jan 13: 7:30 p.m. Jan 14: 2 p.m. & 7:30 p.m.
- Jan. 20: "Underworld: Awakening" released
- Jan. 27: The Fine Art of Marbling, Avenir Museum, University Center for the Arts Price: Free

February

Black History Month 1			Singer of the Year Competition	Super Bowl	6	First Friday Gallery Walk 6 - 9 p.m. Old Town
		10	Dancing with the Stars of Fort Collins, The Sunset Events Center		13	
	15		Direct from Ireland - Celtic Nights	Mump and Smoot, Griffin Concert Hall	19	
President's Day 20		22			24	Winter Farmer's Market 10 - 2 pm Opera Galleria
	27				29	

- Feb. 4: Singer of the Year Competition, Organ Recital Hall, University Center for the Arts
Price: \$7/Student, \$1/Youth \$12/Adult
- Feb. 11, 25: Winter Farmer's Market at the Opera Galleria, 10 a.m. - 2 p.m.
- Feb. 16: Direct from Ireland - Celtic Nights, Lincoln Center Performance Hall
Price: \$29- \$39 7:30 p.m.
- Feb 18: Mump and Smoot, Griffin Concert Hall, University Center for the Arts, Price: \$10/Students \$10/Youth \$20/Adult 7:30 p.m.
- Feb. 24: Tyler Perry's "Good Deeds" released

PHOTO

CONTEST



We challenge you to come up with the funniest, most creative blurb for our funny photos!

Submit your blurb to:

blurb@collegeavenuemag.com
or text (970) 823-BLRB (2572)

The fall blurb winner has been chosen! Head to collegeavenuemag.com. to see if you won!



What the fuss?



by kate wilson

'Tis the Season Trend: the ugly sweater shindig



This time of year, people like to surround themselves with loved ones for chestnuts roasting on an open fire, hot-buttered rum, eggnog and fruitcake. But with rising popularity over the past few years, one holiday trend has taken over the seasonal-soiree spotlight. Introducing: the ugly sweater party.

Ugly sweater parties have created such a buzz, a website dedicated to such socials has turned out a new book called "Ugly Christmas Sweater Party Book," and "The Wall Street Journal" reported in December 2010 that Google searches for "ugly Christmas sweaters" was up 30 percent from the previous year. I've never been to one of these get-togethers. But naturally, I had to investigate to see what the fuss is all about.

First, get an ugly sweater. Think un-sexy. Anything with gigantic reindeer, a sequined Christmas tree, elves, or jingly bells that actually jingle will probably be

a hit. Baggy, oversized sweaters are ideal, and you can kick it up a notch by wearing a turtleneck underneath. Ugly sweaters are easy to find at thrift stores, and you won't feel guilty buying one that you'll only wear once a year if it costs just a few bucks. If you really want to go the extra mile, complete your look by rolling your pants. Next, decorate. Include Christmas lights and garland. Keep it simple though, so it doesn't distract from the sweaters.

Have a contest. Have everyone vote on the ugliest sweater. Your peeps will be sure to wear the ugliest one they can find if they know there's a prize to be won.

Take pictures. Not only is it comical to show off to your friends on Facebook, but also there may be more prizes to be won. Some websites and businesses have jumped on the sweater-party bandwagon. Last year Dunkin' Donuts gave away \$60 gift cards to some people who posted their ugly sweater pics on Twitter.



Finally, have entertainment. It can be a band, a DJ or a game. One of the annual sweater parties I heard about always includes a scavenger hunt. It's a great way to get the social wheel turning and people talking.

While not everyone is in the spirit of the holidays, even the worst bah-hum-bugger can't deny the hilarious nature of the ugly sweater party. It's about making a statement with one ridiculous piece of clothing. This is one holiday trend to keep alive, all you sweater-party people!



Want to be the ultimate ugly-Christmas-sweater partier? Become a master with "Ugly Christmas Sweater Party Book," by Brian Miller, Adam Paulson, Kevin Wool and Glenn Gontha, in bookstores now.

For a sample ugly-sweater-party scavenger hunt, scan the QR code or visit collegeavenuemag.com. Or to submit your own ugly-sweater photos, email blurb@collegeavenuemag.com.





TOP 10 HOLIDAY MOVIES

There is no better way to get into the holiday spirit than with movies. They make you laugh, they make you cry and they go well with a warm mug of hot chocolate and a cozy blanket. So curl up on the couch and click on the TV. Let's get the season rolling with the top 10 holiday movies according to Colorado State University students. Don't forget the popcorn!

A CHRISTMAS STORY

The adventures of little Ralphie, set in the 1940s, as he seeks to get the only Christmas present he has ever wanted: an "official Red Ryder carbine-action, 200-shot range-model air rifle with a compass and this thing that tells time".

When Buddy the Elf learns that he is actually a human, he sets out for New York City to find his real father to spend the holiday season with him.

ELF

IT'S A WONDERFUL LIFE

George Bailey contemplates suicide on Christmas Eve, but a guardian angel shows him what the world would be like if he had never been born.

Depressed child Charlie Brown discovers the true meaning of Christmas while helping put together a holiday play.

A CHARLIE BROWN CHRISTMAS

BAD SANTA

Willie T. Stokes moves around the country getting jobs as Santa Clause at malls in order to rob department stores, until he meets a young boy that changes his life.

Jack Skellington, local resident of Halloween Town, discovers the wonder of Christmas Town and attempts to put on his own version of Christmas, stealing Santa Claus and all.

THE NIGHTMARE BEFORE CHRISTMAS

FROSTY THE SNOWMAN

When a group of children put a magical hat on Frosty the Snowman, he comes to life. But a magician tries to melt Frosty in pursuit of his hat.

Two former army men from World War II join together in a song and dance act with two sisters as they perform a Christmas show in Vermont.

WHITE CHRISTMAS

HOW THE GRINCH STOLE CHRISTMAS

Whether watching the older animated version or the Jim Carey version, it tells the story of how the Grinch's heart grew three sizes after attempting to steal Christmas from the Whos in the town of Whoville.

The classic tale of the Christmas Carol is retold with all the hilarious twists of Mister Magoo.

MISTER MAGOO'S CHRISTMAS CAROL

NEW YEAR'S KISSES

college avenue's guide to the perfect new year's kiss

1 Find your target hot person (THP).

Be aware of jerk vibes, wedding ring lines, funky clothes or obnoxious laughs. If you notice any of these signs, move on to another target.

2 Get noticed.

Be confident and open, and flirt with other people. But be sure to make eye contact with your THP and show them your interest.

3 Start the conversation.

Keep the conversation light and fun, and include other people. Lightly brush your THP's arm, but don't make too much physical contact unless he or she initiates it.

4 Leave the conversation.

Excuse yourself and join a quick side conversation. You want to make your THP look over and think about you.

5 Return to the conversation.

This step has three parts:

#1 When you return, have something in your hand or at least something clever to say about being gone. This legitimizes your leaving, makes a better entrance and explains to your THP why he or she is enjoying the party so much more now that you are back.

#2 Pay attention to timing: Too late and you can't get your THP alone, too early and you will be trying to keep the conversation going. You want two to five minutes before the countdown—enough time to pull him or her in and get focused.

#3 Close yourself off from the circle. Joining back into the circle gives the idea that it is a group celebration. Instead, come up behind or beside your THP and angle him or her away from everyone else. Establish that this is an A-B discussion—not a group discussion.

6 Secure the countdown.

Get close but not too close. Fall into your THP a little or use him or her as support, just to break the physical boundary. This signals that it's okay to touch you. After all, kissing is hard to do when you're not touching.

7 The countdown breakdown:

10-9-8...

Close in, grab hands and drag your THP to where you are fairly alone or where it is packed so you have to get close. Use the excuse to see the fireworks or TV to justify moving.

5-4-3...

Lean in and look expectant but not too expectant.

2-1...

Make eye contact and hold it while smiling softly.

8 Close the deal.

Make the kiss last as long as possible and enjoy the start of your New Year!



10 Most Romantic Spots in Fort Collins For Your New Year's kiss

1. CSU Oval
2. Overlooking Horsetooth Reservoir
3. A well-lit alleyway in Old Town
4. Apartment roof
5. Bridge over the Poudre River
6. A favorite restaurant
7. Swings at City Park
8. Apartment complex hot tub
9. A favorite trail
10. A horse-drawn carriage in Old Town





Best & Worst gifts for the holidays: editor picks

1. The wish list

When in doubt, there is no harm in checking up on someone's Amazon wish list. This allows the person to post whatever it is he or she may want for anyone else to buy. While it may not be creative, people always enjoy getting exactly what they asked for.

2. Love coupons

Looking for something adorable to give your significant other? Make a handmade coupon booklet filled with coupons good for one hug, massage, dinner out or anything else your sweetheart may desire.

3. Electronics

These are one of the best presents a person can receive. Most people don't buy electronics on a regular basis because of the high prices. The holidays are a great time to give them something they wouldn't be able to afford themselves.

4. Money

It's always appreciated - plain and simple. While it may be impersonal, gifting money never goes out of style.

5. A night out

Silver and gold may be pricey and shiny, but experiences and memories are priceless. Take your significant other out for a night on the town. There is nothing better on the holidays than sharing it with the ones you love.

BEST



1. Exercise equipment

With all the turkey dinners and holiday cookies, people tend to put on some weight during this time of year. The last thing a friend or relative wants is for someone to remind them of this weight. Giving a person some sort of exercise equipment is never a good idea, unless the person specifically asked for it.

2. Re-gifting

Never re-gift or give something used, unless you severely dislike the person to whom you're gifting. These types of gifts are rarely appreciated unless there is some kind of sentimental value to them.

3. Man sweaters

No matter how good you think that sweater might look on your man, he will not appreciate it. Men don't like clothes. The end.

4. Lingerie

Although your woman may put on some sexy lingerie to please you, most women do not appreciate receiving it as a gift. When giving lingerie, questions come up in a woman's mind, like "why does he want me to wear this," and "is he trying to tell me that he wants me to be sexier?" So unless the woman picked it out herself, lingerie is a bad gift idea.

5. Gifts that require work

While these could be ideally thoughtful in the long run, they are generally unappreciated at the time of giving. Vacuums, lawn mowers, and razors are ok if the person asked to receive such a gift, but that is the only exception.

WORST

The holidays can be a stressful time of year, and added pressure to make good gift choices doesn't help. Here is a list of the best and worst gift ideas to ease the stress of shopping.

by danielle mcconnell

Kilwins Chocolates

sweet for every season

The story of chocolate is one told all over the world, and now it's in a location near Colorado State University. Kilwins, a small factory located in Old Town, specializes in all the sinful desires of a chocolate lover.

"Sweet in every sense since 1947" is the motto that Kilwins holds to and showcases in every possible way. Whether it's the hometown atmosphere and décor, or the friendly staff, something about this place keeps customers coming back over and over again.

"It is really nostalgic and old-timey in there. I had a small sweets shop in my hometown and it reminds me of that—very home-like," Paige McCaleb, a senior journalism major, said.

With the holiday season quickly approaching, chocolate takes on a whole new persona. At Kilwins Chocolates, Christmas means a time for molds.

"We mold our own chocolate delights, which include symbols like Santa, Christmas trees, and Jewish gelt, which is a mon-

etary coin in that culture," Josh Johnson, manager at Kilwins, said. Beyond the molds, chocolate begins to take on a new theme with a pumpkin-walnut brownie for the fall season. During the holiday season, Kilwins will release its peppermint-stick fudge and mint-chocolate cookies. For Valentine's Day, a cherry cordial fudge is colored specially in the spirit of love.

Most of the locations receive deliveries every week, but the Fort Collins location works with what they have to make specialties that can't be found anywhere else.

"Being the only Kilwins west of the Mississippi allows for some creation of more original recipes," Johnson said.

He recommends coming in and trying the chocolate peanut butter cups, but with all the other treats available, customers should probably go in and try a little bit of everything.

Specializing in treats from chocolate, fudge and caramel to even more extravagant apples, corns and brittles, Kilwins is the spot to fulfill any chocolate lover's dream.



Clockwise from top: Caramel apples wait patiently to be purchased at Kilwins Chocolates in Old Town; Josh Johnson, manager at Kilwins Chocolates, demonstrates the process of dipping sweet's in chocolate; Jars of candy line the counters at Kilwins Chocolates



GIVE THE GIFT OF TECHNOLOGY

tablets are the future for computers

Feeling a little behind the technology craze? Well, this year's gift to give is a hand-held computer tablet. Tablets are versatile gifts that range from recreational web surfing and games to notetaking for classes.

According to Alex Layman, a sophomore communications major and a computer and tablets specialist at Best Buy, most tablets run with a software that is about one to 1.5 gigahertz.

"In terms of a computer this would be really slow, but for a tablet it is actually really fast," Layman said. "Since it is touch-based, it is actually faster than you can move, and that is all it needs to do."

Colorado State University's Morgan Library offers the opportunity to check

out the iPad 2 for a 24-hour period during which you can take it home to test it out with your home computer. This is a great way to test out the iPad to see if it is the right gift for the holiday season.

Chris Chagnon, a senior political science major and library computer technician, said this opportunity arose to allow easier access of online databases that are utilized by students.

"Introducing the iPad into the library is part of an information and technology push," Chagnon said.

At the Consumers Electronics Show (CES) 2011 in Las Vegas, more than 75 different tablets were showcased. The most common tablets found in stores are the iPad 2 and Android 3.0 (Honeycomb) processors such as the Acer Iconia, Samsung Galaxy,

Asus Transformer and the Toshiba Thrive.

No matter which one is preferred, they all have similar apps available for gaming, notetaking and more. Though most tablets lack a USB or SD port, Layman explained that they won't be necessary for long due to online storage availability.

A great way to ask family for this oh, so very light and portable computing device is to offer a statistic on the matter. According to the Pearson Foundation, 86 percent of tablet owners in college or college-bound say that tablets help students study more efficiently than other technological devices.

"These are going to throw you into the future, whether you like it or not," Layman said.

iPad 2

- 9.7-inch LED-backlit display
- Dual-core A5 chip
- Front-facing and rear-facing cameras
- Wi-Fi capability
- Bluetooth technology
- 10-hour battery life

Acer Iconia

- 10.1-inch high-definition touchscreen display
- Android 3.0 Honeycomb operating system
- Wi-Fi capability
- Front-facing and rear-facing cameras
- Media card reader for microSD and USB
- Bluetooth technology
- Eight-hour battery life

Samsung Galaxy

- 10-inch high-definition widescreen touchscreen display
- Android 3.1 Honeycomb operating system
- Wi-Fi capability
- Front-facing and rear-facing cameras
- Customizable options
- Bluetooth technology
- 14-hour battery life

Asus Transformer

- 10.1-inch touchscreen display
- Android 3.0 Honeycomb operating system
- Wi-Fi capability
- Front-facing webcam with microphone and rear-facing camera
- Media card reader
- Lithium-polymer battery
- Keyboard and mouse attachment capabilities

Toshiba Thrive

- 10.1-inch high-definition wide touchscreen display
- Android Honeycomb operating system
- Wi-Fi capability
- Front-facing and rear-facing cameras
- Media card reader for SD, SDHC and SDXC cards
- Bluetooth technology
- Prismatic lithium-ion battery



Infomercial Products:



Eggstractor Egg Peeler is the amazing new revolutionary egg peeler! Tired of peeling eggs? Not anymore! Simply place a hard-boiled egg into the Eggstractor Egg Peeler and out pops your peeled egg. It's that easy!"

Could there really be a world without the hassle of egg shells? Well, for \$24.95, it's yours. Although a very out-of-the-ordinary invention and quite possibly very unique gift, the reliability of infomercial products such as this is always a matter of question for consumers.

Investigating further into the "Eggstractor," one finds that the instructions are quite extensive, consisting of about 10 steps. It's hard to imagine that such a product would make the tedious egg-peeling process easier, but is often not the case.

Another eye-catching infomercial product is called "Smooth Away," a pad covered with superfine crystals that buffs away unwanted hair easily, safely and painlessly, according to the product's website. This product, priced at \$14.99, appears to be a great alternative to razor burn.

"I would probably buy 'Smooth Away' because sometimes shaving your legs really sucks," Maddi Robbins, a junior journalism major, said.

However, according to "Consumer Search," this product does just the opposite and tends to cause more razor burn than an actual razor.

Looking at another infomercial product, the body-adjusting, "Slendertone Abdominal Toning Belt," priced at \$150, also makes some questionable claims. This product tones abs in just eight weeks. Sounds pretty incredible, huh?

"Slendertone is appealing because



photo courtesy of | chad miller

supposedly you don't even have to go to the gym to flatten your stomach," Robins said. "How great would that be?"

Well, not according to reviewers, who say it is very uncomfortable, expensive and won't help you lose weight.

Another potentially gift-worthy product is the "Perfect Pancake," priced at \$24.95. The producers of this product claim that it's the world's first spatula-free pancake maker, and it may in fact be. However, reviewers say this product is of poorly built and very time-consuming, as it only makes one pancake at a time.

The lesson could be drawn to always remain skeptical of such products, no matter how alluring.

"Even though infomercial products are appealing, I would never buy them because

most of the time they break," Laura Nelson, a senior health and exercise science major, said.

But if you've ever been drawn into these savvy promotional advertisements before—or if you've found yourself on the more skeptical side of the spectrum—you can't help but be drawn to products claiming to save time and energy.

"We tend to laugh at these commercials but they are very powerful persuaders," Jeff Blyskal, a senior editor at "Consumer Reports", said in a New York Times article. "You say, 'I'm too smart to buy this,' but when you laugh, you kind of let your guard down and get drawn into it."



by justin hill

METAL OF THE 80S Is it still glamorous?



Back-combed, bushed-up hairdos, studded leather jackets, eyeliner and face makeup and tight, colorful spandex.

Sure, the 80s were probably not the greatest era for fashion, but any hard-rock or metal fan today knows it as the birth of glam metal—and of course, it's not dead just yet.

Some people think of metal as middle-aged men who just can't seem to give up their Poison cassette blasting college days and tossing their wild manes back and forth. These images remind us of a different era in music, when the term 'metal' was actually mainstream.

When you went to a party, it wasn't the newly computerized beats of Kesha or Jay-Z playing loudly over the speakers, but the wailing of guitar solos and operatic howling of bands like Quiet Riot and Judas Priest.

Quite frankly, I think I was born in the wrong decade.

That's right. Among my broad spectrum of interests from metal to jazz, classic and punk, I have a guilty pleasure: Twisted Sister—the most glamorous of the glam bands.

Fortunately, it is an era that doesn't seem to be going anywhere in our minds, as I see young kids sporting band T-shirts their parents likely passed down to them such as Judas Priest, Motley Crue, Van Halen and Kiss. For me, that was never the case.

Ever since my dad bought an 80s greatest hits album almost seven years ago and I heard the opening cowbell of "We're Not Gonna Take It," I have been captivated by both the visual and musical personas of Dee Snider and the Sisters. I take pride in honoring the roots of modern heavy music.

However, I'm excited to see these bands taking their rightful places in video games like "Guitar Hero" and "Rock Band." Many glam metal bands have songs that appear there, as well as characters

molded after famous rockers like Slash and Steven Tyler.

I was lucky enough to be in charge of the music for a transfer-student orientation with an 80s music theme. I was ecstatic to assemble a list of my favorite songs from the era like "Dr. Feelgood", "Rock Me," and "Let's Get Rocked." And of course, no 80s compilation is complete without "The Final Countdown" by Europe.

As with most of my music interests, the theme of rebellion, individualism and going against the flow are largely the motives of glam metal. I mean, what was more rebellious than men dressing up like women and singing in a higher key?

I'm glad to see such a unique style keeping with its roots and resisting the erosion of time. I feel joy in my heart every time I hear a kid sing "We're not gonna take it. NO! We ain't gonna take it. We're not gonna take it anymore!"

Long live glam!

Pictured: Aeon, guitar player for the band Class Delirium is seen at the Back to School Rock Fest on Sept. 8 at the Aggie Theater in Fort Collins.

by corinne winthrop

New Era in DC Comic Books

Boldly going where no comic-book industry has gone before, DC Comics wiped a clean slate with all 52 of its comic book series in late August. The entire line of DC titles underwent a major overhaul and has reset back to their original No. 1 issues, featuring the same iconic characters, but with an improved look.

Comic readers are now able to experience all the same major superheroes including Superman, Batman, Wonder Woman, Green Lantern, The Flash and even some more obscure characters, but from a whole different point of view. The comics have incorporated new story lines into each issue that fans have never read before.

“We really want to inject new life in our characters and line,” Dan DiDio, co-publisher of DC, told USA Today. He explained that DC is not necessarily starting all over from the beginning, but “at a point where our characters are younger and the stories are being told for today’s audiences.”

Political and social issues of the time will be a part of the stories directed toward today’s generation. “The origins are fresh — they relate to what’s going on in the world,” Eddie Berganza, executive editor at DC, said in a video on DC’s blog, “The Source.”

James Stewart, a clerk at Gryphon Games and Comics located on

College Avenue, but better known as “The Comic Guy,” described how political issues have been portrayed through DC Comics in the past. Around the 2008 presidential elections, DC created posters starring Barack Obama in a suit, ripping open his shirt to display a superhero costume underneath and the Superman symbol in the middle of his chest.

The relaunch began with “Justice League, No. 1” on Aug. 31, 2011.

“This is a great opportunity for those who aren’t familiar with our characters to jump aboard, to come join the party that is the DC universe,” Editor-in-Chief Bob Harras announced on the DC website.

In an attempt to grow its comic-book industry, DC is reinventing all new titles in hopes of bouncing back from recent years of decreasing sales. Jim Lee, co-publisher at DC, believes that the fresh look and new story lines will attract new readers as well as old fans.

“We’re trying to get people who have never even bought a comic book before excited about the medium, excited about the stories, about these characters,” Lee said on “The Source.”

DC is also breaking new boundaries with the new line by giving readers the opportunity to experience comics online and through portable devices.



Scene and heard

by anna palmer, kara sawinska

TV OR NOT TV

In 2009, 29 percent of all internet users watched full-length TV shows online. This year, that number has increased to 39 percent of all internet users, according to “Online Marketing Trends,” a website about internet media.

These statistics may seem pretty standard in this day and age, but what has been the driving force of this change?

“Money and convenience,” Jenna Schroeder, a junior at Colorado State University, said.

Hulu, offered only in Japan and the United States, has become a sensation across the country, reaching an audience of 29.7 million in October 2010.

Offering its viewers a variety of TV shows, movies and other various media, the best part of them seems to be the no-money-out-of-pocket concept. The only downfall appears to be in the selection of offerings and free content, with a side of advertisements and commercials interjecting each video.

Hulu Plus was introduced as a way to attract more viewers, but comes at a price of \$7.99 per month. It includes a much broader selection of TV shows and movies, but is still commercial-infused.

Netflix, another video-streaming website, accounts for 61 percent of all digital-movie viewing in the U.S., according to “Netflix By the Numbers.”

However, on Sept. 1, Netflix hiked its prices from \$7.99 per month for online access and one DVD at a time, to \$15.98. For those who only want online access, the fee is still \$7.99 per month.

With websites such as Hulu and Netflix, there appears to be a decreased demand for TV and cable. In fact, Schroeder commented that she only has cable because her roommates want it.

Cable can get pretty costly when added on to all other expenses college students have to pay each month. In fact, digital-cable users pay an average of \$75 per month, according to “Online Marketing Trends.”

To read more, visit [collegeavenuemag.com!](http://collegeavenuemag.com/)



Redbox Revolution

- Redbox rents up to 40 discs per second from its kiosks.
- Redbox has more than 28,000 locations in the U.S.
- 1.5 billion Redbox rentals and counting
- 68 percent of the U.S. population live within a 5-minute drive of a Redbox kiosk

“Next to Normal” is Far From Ordinary

A concerned mother waits up late to chastise her teenage son when he arrives home at an untimely hour. It's not that unusual a scene, unless the son is dead and now only a figment of that mother's imagination.

According to the Midtown Arts Center website, Broadway musical “Next to Normal” won three 2009 Tony Awards and the 2010 Pulitzer Prize for Drama. Aside from Broadway, the play was only shown at two theaters in the U.S. this year, one of which was the Midtown Arts Center, a dinner theater in Fort Collins, from Sept. 8 to Nov. 12.

With a somber tone, the show depicted the main character, Diana, struggling to maintain her sanity after her infant son, Gabe, died. Although the show's attention was focused

on the mentally ill Diana, it also provided a glimpse into her husband's and daughter's lives and how they had been affected by her erratic behavior. Diana's husband, Dan, wrestled with himself about how to deal, and daughter Natalie engaged in risky behavior such as consuming her mother's medications.

Songs regularly replaced dialogue in an interesting twist, according to Samantha Hinsey, a junior anthropology major and server at the dinner theater. The musical script enabled the actors to embody their characters and evoke an emotional response from the audience with songs such as “I'm Alive,” sung by Gabe.

Hinsey stressed in an email that it was different from the other plays she has watched.

“It's like a breath of fresh air or an ice bath after a soccer game,” she said. “It's not your

regular ‘[The] Sound of Music,’ ‘Hairspray’ or ‘Wicked.’ It's interesting...and is much more relatable.”

For information and upcoming shows at MAC, scan the QR code!



in the know

Think Deeply
Love Fully
Cherish Life

Art-ivism:

Kiss softly

Who: Kimberly "InVinity" Ford
senior ethnic studies major
and women's studies minor

What: Spoken-word poet, focusing
on: race and ethnicity,
capitalism, empowerment
and social justice

by ricki watkins



csu student promotes change through spoken-word poetry

We encounter words every day. Most of these words are just meaningless jargon, but sometimes we hear and see words that are life-changing, that spark us to act, and that evoke emotions hidden deep in our hearts.

For Kimberly Ford, a Colorado State University senior, the power of words have inspired her love and interest in spoken-word poetry.

“Sharing our stories can be a powerful tool for building awareness and comeUNITY,” she said. “I love doing spoken-word poetry because it is a form of activism I have seen open hearts that have been carrying the weight of prejudice, pain and mistreatment.”

Spoken-word poetry is very similar to slam poetry except it does not have a competitive basis like slam poetry does. In both cases, a poet reads aloud, acts out performs their piece to an audience.

“[Spoken-word poetry] is someone’s self-expression,” Ford said. “One could almost think of it as a solo acting performance, except instead of ‘putting on’ a character the person is speaking about themselves and/or personal reflection or experience.”

In the beginning

Ford, 22, was first exposed to spoken-word poetry in high school when her teacher played parts of a “Def Jam Poetry” DVD to the class. One of the poets featured was Vanessa Hidary, who’s piece “Culture Bandit” instantly caught Ford’s attention.

“I ended up taking the DVD home and playing the piece over and over because I felt like I had never related so much to words performed on a stage,” Ford said. “I knew I wanted to be able to spark similar feelings in others as Vanessa

Hidary did to me.”

College is where Ford really began to get involved in spoken-word poetry. While at CSU, she has performed her pieces at several events, such as the annual Cesar Chavez celebration at CSU and Mama’s Hip-Hop Kitchen in New York City.

Ford has also performed some of her pieces to Assistant Professor Maricela DeMirjyn’s Latina/o Creative Expressions class. As Ford’s teacher, DeMirjyn was exposed to her work at other events and asked Ford to perform during the course’s poetry and spoken-word unit.

“I think that Kim is a gifted poet and uses her talent to strengthen our communities by bringing awareness to her audience members,” DeMirjyn said.

Ford, like most spoken-word poets, draws on personal experiences and opinions for inspiration. Ford’s poems typically revolve around race and ethnicity,

“our voice is valid and our story means something
- Kimberly Ford
”

capitalism, empowerment and social justice.

Finding her voice

“Life. What I have seen, my personal ignorance, the pain of events, the beauty of life and all the observations I have in it,” Ford said.

Ford also draws inspiration and motivation from her self-appointed stage name: InVinity. The basis of the title is infinity, which Ford said is “a constant reminder for me to stay committed to social justice and also meant to me personally to forever gr-Oh! and evolve.” The ‘V’ represents ‘Validity in Voice,’ Ford said.

“There were many times in my life I doubted myself and if my story or life mattered, the ‘V’ is a reminder to myself, and hopefully to others, that

our voice is valid and our story means something,” she said.

Brooke Martinez, a senior ethnic studies and women studies major, has seen and heard many of Ford’s performances and participates in some of the same social activist organizations at CSU that Ford does.

“Kimberly is one of the most strong-willed and courageous individuals I know,” Martinez said. “Her words are used to express her many identities, and a lot of the time people can relate to it in one way or another. Her poetry and soul are beautiful.”

Looking forward

Ford said she plans on continuing to write and perform her spoken-word poetry.

“Everything I am doing now is what I hope to do with it —sharing, building, dreaming with it,” she said. “Of course, I would like to produce a book at one point and maybe even produce a video of poetry.”

Though there is no organization at CSU specifically for spoken-word poetry,

Ford encourages those that are interested to just start writing and find others who share that same interest.

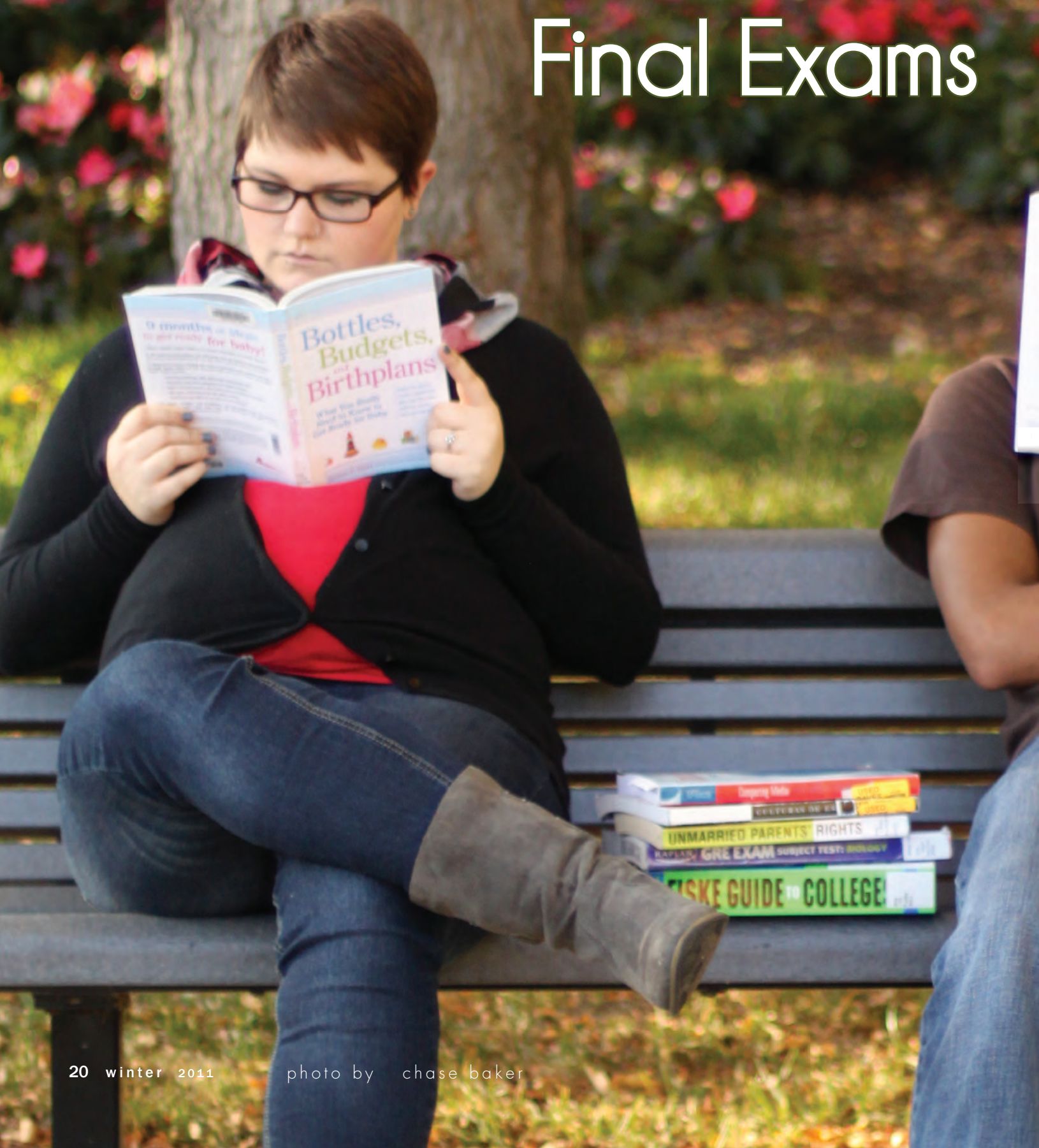
Ford also encourages people to attend spoken-word or slam poetry events “for the appreciation of art, healing through words, [and as] a builder of community.”

Words can translate into change. Something spoken-word poets, like Ford, are striving to do.

“I identify as an activist, someone who combines art and activism to create change,” she said.

Maybe deep within the meaningless jargon of the typical day, we can find words both in the outside world and inside our souls that inspire us to take action against the injustices of our time.

Maternity, Paternity and Final Exams





how was school today, dad?

A woman spends nine months walking around with a human being inside of her. Someone who can't take care of his or her self and therefore must depend on the mother to supply everything the baby needs to survive. It's the ultimate sign of trust –having to wait on someone else to eat, to receive nutrients, or protect you from any danger. It creates a bond –an unbreakable bond that even science can't explain.

Naturally, when you think of someone balancing pregnancy with exams and essays, the first image that comes to mind is a co-ed in a maternity outfit.

But it takes two to make a child.

The men (if they choose to do what society deems “the right thing” and stay around) are often forgotten –making their perspective rarely heard.

Wes White, a natural resources management major at Colorado State University, couldn't agree more.

“People really do focus on the female role when it comes to children and don't think about us males,” White said.

White and his wife of six years, Angela, have 2 children: 3-year-old Jordan and 18-month-old Eleanor. White found out he would be a father before he enrolled at CSU and says between the two of them it really works out.

Not only is White a father, husband and student, but he also works an average of 25 hours per week at The Melting Pot.

“It's definitely a juggling act. I never go to sleep at a decent hour and I'm up at 6:30 with the kids,” he said. His wife is a full-time therapist and when he's not in class the duty of childcare falls on him.

The largest difference White finds between the treatment of mothers and fathers in society are the opportunities for aid in college. Even though White says the dads are a silent presence on campus.

“There are tons of scholarships for college mothers but there are none to help men,” he said. “It's kind of frustrating at times because I'm doing the same amount of work as a mom would do.”

White says that the juggling does get to be a bit much sometimes when he needs a little relief and just wants an hour for a nap, but that almost never happens.

“Sometimes I feel guilty, like I'm not being the best father at times because school does demand a lot of time,” he said. “And it can feel like I'm not giving them the time they deserve. That's hard on me.”

According to White, despite how hard it is to balance, it's all worth it. “Every day I wake up, I remind myself I'm doing it to take care of my family and it makes it easier.”

When unplanned pregnancy comes into play, the idea of a balanced family can be easily shaken. Many times the shockwave that occurs after that little white stick reveals two lines instead of one can effect far more people than just the woman. There are parents of pregnant women, employers, professors, even hopeful adoptive parents all hanging in the balance of what the woman decides to do next. All of these players are vulnerable to the “what now” of an unplanned pregnancy –a vulnerability that the media has become a master at targeting.

where pregnancy meets media

November was National Adoption Awareness month, but for the media the images of pregnancy are scattered over multiple media outlets. From TV shows to big screen, pregnancy is an image our society is used to seeing.

Small expenses quickly add up:

- Maternity clothes: \$50-\$100
- Prenatal vitamins: \$5-\$25 per bottle.
- Prenatal classes: on average, \$100-\$180
- Cost of delivery: \$5,000-\$40,000
- Total costs: without insurance, a pregnancy can cost \$10,000-\$43,000

Questions about whether the media are adding to the popularity of unplanned pregnancy are in constant circulation. However, in the case of a hopeful adoptive family, that plug from the media is something they rely on.

Since the release of “Juno” in 2007, there have been more than a half-dozen movies surrounding pregnancy including, “Baby Mama,” “The Back-up Plan” and “Away We Go.”

That doesn’t include the lengthy list of TV shows airing on multiple channels including ABC’s “The Secret Life of the American Teenager,” TLC’s “I Didn’t Know I Was Pregnant,” MTV’s “Teen Mom” and “16 and Pregnant” and NBC’s “The Baby Borrowers.”

While each show provides audiences with a different message, the inclusion of pregnancy remains the constant. Kurt North, communications and popular culture instructor at CSU, explained that there is great debate over whether or not these shows glorify pregnancy.

“I know you can find stats on both sides saying that it is doing one thing or another,” North said. “Media effects are always the argument over scholars and cultural critics.”

Paige, a birth mother who chose adoption for her daughter after she found out she was pregnant, said that the shows might be reaching young adults even though they leave out key factors of pregnancy like Medicaid assistance and doctor appointments.

“They don’t miss a lot of details,” Paige said. “I actually love the fact that they have adoption as something they can do, but some of the teen moms are doing great and some are doing poorly.”

According to a study published by the American Academy of Pediatrics, exposure to sexual content rather than pregnancy on TV predicted a woman’s probability of becoming pregnant.

The study showed that teens exposed to high amounts of sexual content on TV were twice as likely to experience a pregnancy in the following three years as opposed to a teen with a low exposure to sexual content.

“I can’t name one show, or commercial even, that doesn’t have some form of sexuality in it,” Paige said. “And that is because in today’s society, sex sells and everyone is doing it, so that won’t stop a teenager from getting pregnant.”

North utilizes that same sexual content on TV to ignite his class discussions.

“Mostly we think about it as not affecting me, but as affecting someone else – like younger crowds and teenagers,” North said. “That is who we are really worried about and who we want to regulate it for.”



Even though women may not believe it's affecting them, there are other messages being passed around that may not draw viewers' immediate attention.

"The shows have influenced American girls, spreading the message that it's okay to get pregnant because MTV might fund it. One "Teen Mom" star stated in court that she makes \$140,000 per season, not including endorsements and appearances," Shontel Stewart mentioned in her article "The Price of Teen Pregnancy and the Influence of Reality TV" on the Juvenile Justice Information Exchange website.

But not all critics agree that the shows are encouraging youths to experience pregnancy.

"As far as I'm concerned, they are among the most effective teen-pregnancy prevention PSAs ever made," Bill Albert, chief program officer of the National Campaign to Prevent Teen and Unplanned Pregnancy in Washington, D.C., said in a National Post article, "Teen Moms on TV — The New Birth Control?" by Tamsin McMahon. "Anyone who has watched the show knows it shows a very gritty reality of teen pregnancy. There's nothing glamorous about those young people's lives."

The organization also released survey statistics that stated of teens who viewed the 2009 season of 16 and Pregnant, 87 percent agreed that it helped to educate them about teen parenthood more than anything else.

Glorified or not, audiences are being bombarded with images of pregnancy. Many of these popular TV shows and movies are then underlined with a multitude of messages from ethical shame to single-mom bliss.

"What they are trying to say is that you are going to have long nights, you are going

to have difficult times with the father, with parents, with trying to figure out school, and it is going to be really rough," North said.



"From what I understand they do show that to an extent, but at the same time you are making teen idols out of these moms."

Paige says she sees TV's incorporation of pregnancy in both lights.

"Teen Mom" and "16 and Pregnant" can go either way," Paige said. "If younger girls are listening to the message, I feel it can help prevent teen pregnancy. But some younger girls don't listen to the message."

North sees media as a complement to other life experiences for young people, rather than the leading cause for unplanned pregnancies.

"Teenage rates of pregnancy overall are down," North said.

"Although, I guess sex rates are probably up

right now. How much can we attribute that to media, as opposed to single parent households or the preponderance of drugs and alcohol for teenagers?"

Though the cause for unplanned pregnancy may not be attributable solely to TV, unplanned pregnancy is enveloping several teen-based channels that North said were used to drive ratings.

"TV caters to a teenage market and [pregnancy] is something that is happening for teenagers," North said. "There certainly is a large population of teens that get pregnant and it certainly is a big worry for teenagers so they are just appealing to their demographic."

The amount of messages that demographic has to decipher is almost as overwhelming as the amount of choices in the variety of entertainment outlets.

"No two teens who become pregnant share the same experience," Stewart said. "This is easy to forget with the stories portrayed on MTV's so-called reality shows. It's hard to see past the glamorized magazine covers, a good paycheck and, of course, fame."

-Pregnancy tests: \$5-\$20

(two or three may be necessary)

-Blood or urine test for confirmation by doctor:
\$200-\$400 (without insurance)

-Monthly doctor visits: \$50-\$150 per visit
(without insurance)

-Ultrasound: about \$300 (without insurance)

-Student Accident and Sickness Plan through CSU Health Services covers 80 percent of medical costs if an in-network provider is used and will cover the cost of pregnancy test.

a birth mom's story

Though the glamorization of pregnancy on TV is easy to believe, young parents-to-be make their own choices about their next move after discovering they are pregnant.

"The first couple of days after I found out I didn't know what to do," Paige said.

While Paige was trying to decide what her next move would be with her pregnancy, she went to a pregnant friend for advice and was given an adoption agency's phone number.

"I was still feeling very sad and emotional about the whole thing for about two weeks into it," Paige said. "I went to talk to the agency and met my adoption counselor. I then knew, after discussing every option, that an open adoption was the best thing for me."

Through Paige's choice she found her child's new home with a family she loves and is still able to experience her child's development.

"The adoption process has been very open," Paige said. "I get to see her all the time. I get pictures. I get to watch her grow up every month and it brings joy to my life –just knowing she is happy and getting

everything she needs."

Paige chose adoption because she knew it would be the best chance at giving her child the life she wanted her to have.

"I wasn't in school and was working a fast food job, which made it nearly impossible to be a single mother," Paige explained.

Though Paige chose adoption, she still encourages other young parents to make their own choices about pregnancy.

"I love the life I have now," Paige said. "I wanted to just let girls know that regardless of what you do, make sure its the right choice for you."

**Editor's note: All models used in the photography for the Cache are not directly related to this story. All images have been altered to create the appearance of pregnancy.*

Depending on the time needed to take off from school and how difficult the pregnancy is, the mother may need to withdraw from school.

Advisors with the Center for Advising and Student Achievement will help the mother find the most convenient plan to fit the parents' situation.





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Outtakes

by the college avenue staff

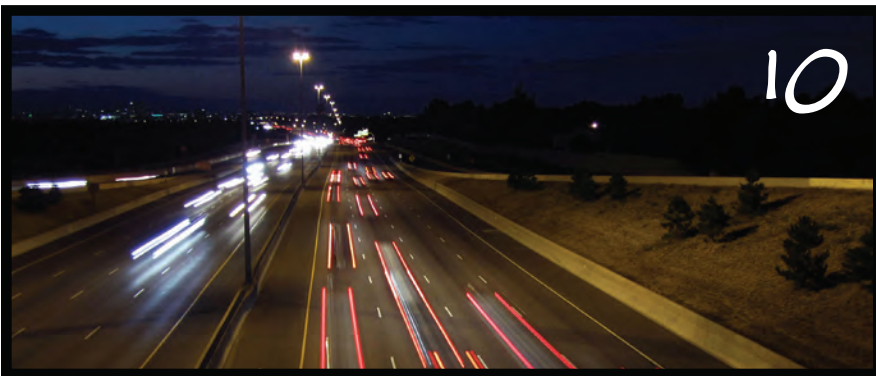


College Avenue staffers have been busy snapping photos since our first issue was released in September. Here's an inside look at some of their adventures! **1.** Tyler Tel, 22, jumps through the air on his skateboard at Edora Skatepark. Tel has been skating for years and continues to skate as a method of relieving work-related stress. Photo by Chase Baker. **2.** Blending in with its surroundings, this one-pound bull frog hides within the blades of grass on the Conaway Farm in Loveland, Colo. Photo by Chelsea Dunfee. **3.** Fashionably dressed mannequins patiently wait all night for the next day's customers at Cira, a women's clothing boutique in Old Town, Fort Collins, Colo. Photo by Chelsea Dunfee. **4.** Singing to a sold out crowd, country music artist Zac Brown, from Zac Brown Band, signs his popular hit "Colder Weather," on Sept. 5, 2011. Photo by Chelsea Dunfee. **5.** Carlee Dunfee, 14, dances while several Glowsticks are attached to her body while she spins a light up hula-hoop. Photo by Chelsea Dunfee. **6.** An apple swan shows that playing with your food can actually result in a work of art. Photo by Kara Sawinska.





7. Pelar Conaway, 22, talks to her barrel-racing horse Moca on her family's farm. Conaway has been barrel racing since she was eight years old and even rode Moca to help her achieve the title of Miss Larimer County Rodeo Queen in 2008. Photo by Chelsea Dunfee. 8. Chip, a chocolate labrador belonging to staff photographer Chase Baker, attempts to catch a tennis ball thrown to him. Photo by Chase Baker. 9. Political science major Alexander Espinoza, 21, displays proper boxing technique in his friend's garage. Espinoza has been boxing since he was approximately 15 years old. Photo by Chase Baker. 10. Traffic through Denver is always a blur. A view from the Hampden Ave. Bridge over I-25 in Denver, Colo. Photo by Kelly Sterner. 11. The tip of a pine tree branch radiates out, soaking up the sun on a September afternoon. Photo by Kelly Sterner. 12. A droplet of water drips into a full glass of water on a kitchen countertop. To capture this shot, the photographer put blue food coloring into a glass of water and had a helper squeeze liquid out of an eyedropper from above, hoping to capture the droplet as it splashed into the water. Photo by Chase Baker.



Youngest to for US House of Representatives Run

Fort Collins' voice in the U.S. House of Representatives may be from a man no older than the average student of Colorado State University.

Topher Lazarz, who just turned 25, barely meets the age requirement for the 2012 election. He may be going to Washington D.C. to represent one of Colorado's seven chairs, speaking for the people of Fort Collins, Longmont, Loveland, Greeley and smaller northeastern towns.

Each state's number of seats is determined by its population. With more than five million people recorded in 2010, Colorado gets a seat for approximately every 718,457 people. Since 2010, Congressman Cory Gardner has represented the 4th Congressional District. If Lazarz is elected, he will be the only Libertarian and youngest congressman to represent Colorado.

"I never thought I would be running at such a young age," Lazarz said. "But I think Washington needs some new blood—someone who sees the problems Americans are having."

Running under the Libertarian platform, he said he strictly follows their beliefs and is working under

Colorado's official Libertarian party.

He summarized the platform as "keeping the government as small as possible."

"It's for economic freedom and social freedom," he said. "You take the social aspect of the Democrat and the economic aspect of the Republican and you combine them into one, with a lot less regulation at the federal level and personal level."

Lazarz is planning on graduating in fall of 2012 from the University of Colorado with a business administration degree. He began his business career in high school and held the position of president at Foxcore Corporation, which operated internet corporations like Quack Web Internet Solutions, College Shack and Spread Photos, Inc.

Politics is a passion of Lazarz' and he would like to continue in the field for life, maybe with a presidential campaign one day. But through it all, he would like to keep a business side. Lazarz believes seeing the business and economics of government will help him in his political career.

"You can't really make a career out of it unless you're accepting money from lobbyists, and I would rather not do

that," he said. "I'd rather support myself off my own business than take corporate handouts."

With an early campaign, Lazarz is primarily spreading his name through word of mouth, social media sites, and his website that should be up within the month. He plans on making appearances at different venues and reaching more people through his publicist. Lazarz hopes to reach as many people as possible through commercials and radio ads, but is still in the early stages of his run and filing paperwork.

Lazarz may be young and less well-known than others, but in the future he may be in the position to affect important decisions for the people of Colorado and Colorado State University. He hopes people will listen to what he has to say even though he is not from either of the big parties. He says that Americans need to get out and see that there are other choices. Lazarz realizes he is running against big parties and it will be a challenge, but believes he is different because he is focusing on the people and not the campaign.

"It's a good stepping stone so if America isn't ready now, it gets my name out for future elections. But I believe in this."

"I never thought I would be running at such a young age, but I think Washington needs some new blood."

— Topher Lazarz



Warm Up With a Chilled Glass of Beer

The sweet taste of caramel and toffee and the tang and spice of the most classic holiday fruits fill up a glass. Who would have thought mom's Christmas cookies could be brought out in a beer? Fermenting since September, two new holiday brews will be among the 100-beer lineup at Mayor of Old Town this December.

Samichlaus, an Austrian lager with 14 percent alcohol, and Delirium Noel, a New Belgium creation, will be on the menu to warm chilled patrons.

But just what makes a holiday beer? Bar Manager Michelle Peth provided some insight.

"I think the words to describe how they taste are sweet, spicy, chewy, bold, big and warming," Peth said. "You will find they are all darker, heavier and stronger beers."

She describes the seasonal beers as a sliding scale: the colder it gets outside, the darker the beer. Darker beers tend to be heavier and higher in alcohol content because the amount of fermentable sugar is greater. When the yeast eats the sugar, it creates more alcohol. This is what gives the feeling of warmth that comes from drinking it.

"When I think of winter beers, I think of

beers you can sip and sip, and it warms you starting at the ears," she said.

For Christmas, Peth said she likes to get beers with toffee, caramel and fruit tones to them.

"It's all like Christmas candy and Christmas cookies and holiday fruits," she said. "Those are the items that people had available for centuries to use to brew and to cook, so now they are associated forever with the season."

The spicy, festive flavors that come through in the beers often come from the type of yeast used. Different strains of yeast eat different types of sugars, which create different flavors that come out through the beer.

"A German yeast would create the banana-and-clove flavor that you get," Peth said. "And then the Christmas ales you might get more of apricot, spicy and fruity."

She expects to begin serving the two beers by the end of November or early December and should last till February, depending on when the kegs run out.

"I honestly go with opening the door and feeling the weather outside when I am putting out the next beer," she said. "When I unpack some of my winter clothes I know its time to start seeing some of these dark beers."

BEER TASTING FOR DUMMIES

Get the most out of your holiday brews by knowing the right way to taste them. Michelle Peth teaches the secrets of beer tasting.

1. Look at the beer and then smell it. You want to smell with your mouth slightly open because you have smell receptors on the back of your palate.
2. When you taste the beer, let it roll across your tongue first. Then when you swallow with your mouth closed, exhale through your nose. This is called retronasal. You are getting more of the aroma that way.
3. Hold your hands fully enclosed around the beer to warm it up. Like an over-chilled white wine, beer is chilled to hide flaws. As the beer warms up you can really pick those out and when a beer tastes amazing as it warms up, that's when you know it's a good beer.

by kara sawinska

from lonely

how some foods can make every home feel like home during the winter holidays

The days are getting shorter, the nights are getting colder and the winter holidays are right around the corner. For many Colorado State University students, being away from home during this time can be exceptionally hard. Many students have found certain foods can fill this void and recreate that homey atmosphere.

Since baked goods are common treats this time of year, selecting easy recipes that require minimal ingredients are a great option for students.

"My roommates and I usually make gingerbread cookies or decorate Christmas cookies," Jordan Lillmars, a junior communications major, said. She elaborated in an email that this tradition began during her sophomore year when she and her roommates started living in their apartment. For Lillmars, baking cookies is festive and brings her happiness during the holidays.

Although she and her roommates do return home for the holidays because their families live in Colorado, having a baking party still serves as a fun home-away-from-home activity, especially since it involves sampling their original creations.

Through spending quality time with friends and making recipes come to life, the tantalizing scents

associated with each food wafting through the kitchen creates a feeling of hominess.

Making a cuisine that mirrors one's cultural background can additionally serve as a way for college students to create a holiday atmosphere that resembles the one at home.

Esmeralda Rodriguez, a senior social work major, has done this through her sorority, Lambda Theta Nu Sorority, Inc., by partaking in a cultural potluck that typically happens in the fall semester and involves the sisters either cooking or bringing food associated with their culture.

"Sometimes we do a presentation of that country and present a dish," she said. "Coming from a Mexican

to homey

family I usually do empanadas or chili rojo."

By associating with those who share a similar ethnicity, it can serve as a yet another way to remember the holidays as well as one's values and culture.

cheaper options for a tasty holiday meal

College students can bring the holidays to their home-away-from-home by being thrifty and purchasing some tasty holiday appetizers rather than the entire main course. Taking advantage of smart deals is a simple, inexpensive way to still have a taste of the holiday favorites while staying within a modest budget.

Harry and David items for less than \$20

- o Pineapple Macadamia Nut Cake...\$14.95
- o Old-Fashioned Bacon...\$18.95
- o Original Baklava...\$19.95
- o Light Size Cushman's HoneyBells...\$19.95
- o Antipasto Plate...\$19.95
- o All Occasion Sweets Box...\$19.95
- o Create-Your-Own Cookie Collection, 1 dozen...\$19.95
- o Fruit-n-Berry Breakfast Bread...\$19.95
- o Chocolate Decadence Cake...\$19.95
- o Traditional Fruitcake, 1 lb...\$19.95
- o Moose Munch Chocolate Bites Tin...\$19.95

For more information, visit www.harryanddavid.com





Oreo Truffles

For those addicted to chocolate who prefer to satisfy their cravings by creating a delectable dessert using minimal ingredients, this is the ideal recipe! These Oreo Truffles are the epitome of easy and will make enough to last for multiple periods of indulgence. So, set aside some time in the kitchen to create these bite-size pieces of goodness and treat yourself to a moment of heaven on earth.

Ingredients:

One 18-ounce package Oreo Chocolate Sandwich Cookies, finely crushed, divided
Eight ounces cream cheese, softened
Two 8-ounce packages semisweet baking chocolate, melted

Instructions:

1. Place wax paper on a baking sheet.
2. Mix the cream cheese and three cups of the cookie crumbs until well-blended. Mold into 42 one-inch balls.
3. Dunk balls in melted chocolate; place on the baking sheet. Sprinkle with left-over cookie crumbs. (Any melted chocolate remaining can be kept in a tightly covered container at room temperature and saved for an additional use.)
4. Refrigerate for one hour, or until firm. Keep any remaining truffles in a tightly covered container in the refrigerator.

Makes 42 truffles

Holiday Mint Truffles

However you celebrate the holiday season, these petite delights are the perfect sweet treats! Try serving these dessert hors d'oeuvres at your family gathering or gifting them in a festive box to your foodie friend. Plus you can make these in your dorm — they're bake-free!

Ingredients:

Two cups of butter, melted
One cup finely chopped pecans
1 ½ cup of crème de menthe chips
Four cups confectioners' sugar
Two cups (12 ounces) semisweet chocolate chips
Two teaspoons shortening

Instructions:

1. Fill a small saucepan $\frac{3}{4}$ full with water; heat on medium and bring to a boil. Quick tip: If you cannot easily access a stove (or if you live in the dorms), microwave the crème de menthe chips in a micro-safe bowl on 50 percent until melted, stirring frequently.
2. Then pour crème de menthe chips into a small metal or heat-safe plastic bowl and place in the saucepan so that it floats on the surface of boiling water. Watch carefully and stir frequently until the chips have melted into smooth liquid.
3. In a large bowl, combine melted butter, pecans and melted crème de menthe. Gradually beat in confectioners' sugar. Cover and let sit in room temperature for one hour.
4. With hands lightly dusted with confectioners' sugar, shape mixture into approximately one-inch balls. Place on wax paper-lined baking sheets. Chill for 30 minutes or until firm.
5. Using same methods of heating described in step one, melt semisweet chocolate chips and shortening; stir until smooth. Then dip balls in chocolate mixture letting excess chocolate drip off. Return to wax paper and chill until chocolate has hardened.

Makes 54 truffles

You are what you wear

study on workout apparel changes life styles of students

Get Fit this Year!

The Physical Activity Laboratory is seeking healthy non-smoking female volunteers, aged 18-45 for a study on how exercise apparel affects improvements in fitness during a 12-week supervised exercise program.

Benefits include:

- Participation in a supervised exercise program (like having your own personal trainer)
- Comprehensive fitness assessment
- Body composition (% body fat)
- Bone density

On July 11, numerous Colorado State University students opened their email accounts to find this message awaiting their reply. Some students immediately trashed it, others questioned its authenticity, and over 1,000 students replied.

Eighty women are now participants in this study to research the effects of a company's new line of workout apparel. The research compares the new women's clothing with generic apparel to see if the new line yields better fitness, strength, posture and body composition over a 12-week period.

is just one of the students who runs the study. From assessing participants every four weeks to overseeing the supervised exercise, Martin will work an average of 35 hours a week.

The exercise study has played a big part in Martin's career path, who up until now has not had any real jobs that have specifically related to exercise study.

"With many studies you maybe get to do a test once," she said. "But with this study I actually get to be in the lab, learn how things work and become familiar with exercise studies."

According to Ray Browning, principal investigator of the study and a professor in the department, the exercise study is an example of applied learning because students are able to practice and apply what they have learned through their courses.

"This is ultimately a way to practice what they are being educated on," he said. "If you talk to Hannah Martin, it is a terrific opportunity for her to perfect those skills, and she likes being around people. So that is a nice benefit that it is not just pure research where the students are not involved."

The results that will help this company, which asked not to be named, decide whether to market the product is are in the hands of the Department of Health and Exercise's students and recent graduates. Testing the apparel are CSU's own students.

Senior health and exercise science major Hannah Martin



The study has also brought benefits to the CSU community through student participation.

“All of our participants, all 80 people, will come out with a better aerobic capacity,” Browning said. “You, as a participant, are going to leave 12 weeks after you started, healthier than when you started.”

Participants work out three times a week for 45 minutes on orthotic elliptical machines with the equivalent of a personal trainer like Martin at their side. Then every four weeks, participants receive a comprehensive fitness assessment that

tells them their bone density and body-fat percentage, not to mention a nice \$250 compensation when they finish the study.

“There’s something for everybody on campus from a research perspective,” Browning said. “This is a research institution. There is a lot of research going on and I think every student needs to recognize that is the kind of institution they have attended and they need to try and immerse themselves in it some way.”

For Martin, who recently has applied for an internship with the Mayo Clinic in Rochester, Minn., the study is an enjoyable and rewarding experience because she gets

to help and work with girls who all have the same goal, to get in shape.

The study is just one example of CSU and the Department of Health and Exercise Science’s commitment to bring learning to the community.

“It’s a tribute to our department that we have the resources to do these kind of experiments and that’s a tribute to the university,” Browning said. “The university is invested in the department in a way that allows us to compete for these kinds of opportunities.”





The Skinny on Holiday Health

don't let the travel bug get you down

For some, the holiday season means standing in long airport-security lines or logging hours behind the wheel to visit family. Whether dining between flights or munching on the road, it's important to fuel your body for sustainability. Holiday trips can leave you tired and disoriented, but being prepared and choosing the right foods can help you fight travel-induced fatigue.

"To stay sustained, think about protein and fiber to stay full and carbohydrates for energy," said Teri Giordano, a dietetic intern and graduate nutrition student at University of Illinois at Chicago, in an email. She suggests tuna in a pouch or cup, low-fat string cheese, yogurt or peanut butter for protein to keep you full and whole-wheat crackers, toast or English muffins to get your dose of carbs and fiber.

"Fruits and veggies are high in fiber and low in calories, loaded with vitamins and minerals and may help with energy," Giordano said.

Whatever your means of travel, planning ahead is the best way to stay on the healthy-eating track. You can pack your own healthy snacks in a travel bag (sans the liquid foods if you're traveling by plane), and decide ahead of time what foods you'll look for in convenience stores

and restaurants.

"If you plan ahead, that will curb the [likeliness of eating] extra calories if you stop at the convenience store and go 'oh, I'm starving,'" Sylvia Krick, a senior food science and human nutrition major at Colorado State University, said.

"It doesn't hurt to bring a bag of nuts with you... Fruit travels well," Krick said. "Those little Babybel cheeses travel well. I love those for road trips."

While bringing healthy snacks from home is the best and usually least expensive option, sometimes it's impossible to go all day without buying something along the way.

Katie Russ, a senior food science and nutrition major at CSU, said if you're stopping to eat in an airport café or a restaurant along the road, tell yourself that you're going to eat healthy.

"Before you even go into a restaurant, think 'I'm going to look into a healthy option,'" she said. "Don't let the menu or waitress talk you into something. A low-carb menu is typically a healthier option."

Russ also warns to look out for portion sizes. Ask for the lunch-size instead of the dinner-size entrée, and keep in mind that you can eat half and take the rest with you for later.

"Most fast-food places offer healthier side options such as side salads, apple

slices and yogurt parfaits," Giordano said. "Choose these over fries, cookies and other high-calorie options."

If you're stopping for coffee, you can pick up healthy food options at the same time.

"There's going to be a Starbucks at every airport. Look in their little refrigerated area and sometimes they have cheese and crackers," Krick said. "Or nuts, or those Kind bars – I eat those all the time, and it's all natural."

As far as your need for caffeine goes, be sure you're still taking care of what you put into your body.

"Get a small cup of coffee rather than a foo-foo drink," Russ said. "Coffee drinks that have chocolate or whipped cream are high in sugar. [It] will put you on a sugar high, but it's not going to help stay awake longer."

Whatever you eat, Giordano suggests eating several small, frequent snacks throughout the day. This keeps your energy level and helps avoid junk food and overeating.

"I recommend three modest-size meals and two small snacks per day," she said. "If this is not possible while traveling, then break your meals into approximately five or six snacks spread throughout the day."

IF YOU ARE:	Bringing food from home	At a convenience store or supermarket	At a restaurant or fast foods
EAT THIS:	<ul style="list-style-type: none"> - tuna in a pouch or cup - fresh fruit - whole-wheat crackers - raw nuts - granola bars with at least 3 g. fiber and 140 calories or less 	<ul style="list-style-type: none"> - traditional low-sodium beef jerky - low-fat cheese or yogurt - dried fruit (100 percent fruit) - Sun Chips or Baked Lays - Vitamin water or 100-percent juice (no soda!) 	<ul style="list-style-type: none"> - Salad with <i>grilled</i> chicken or fish (no croutons, bacon or cheese; low-fat dressing on the side) - regular burger (hold the cheese) - iced tea with zero-calorie sweetener

Wait! I can in the KAYAK SNOW?!



THE VERB: kayak
WHAT: snow kayaking
WHERE: anywhere there is a clear snow-covered hill



Sledding down the little hill by your house is a staple childhood memory for anyone who grew up in Colorado.

Maybe you had a little wooden toboggan, a plastic saucer

or even an inner tube that doubled as a pool toy in the summer. We all have memories of barreling down that hill, wrecking at the bottom and laughing when you come up with a face full of snow.

Even though our childhood days are gone, there is still an urge in a great many of us to revisit this childhood activity. But maybe, now that we are grown, it's time to graduate to something more challenging, more exciting. It's time to try snow

kayaking. That's right; use your kayak in the winter, too. It's as simple as dragging your kayak to the top of a hill and careening down, using your paddles to control direction and speed.

Snow kayaking can be as docile or extreme as you choose to make it. A simple sledding hill will be fine, or for those experienced adventure junkies, there are mountain-peak options as well. However, the ideal place is a hill clear of trees and rocks, because they can create dangerous obstructions. Many ski slopes don't allow this activity on their hill—however, some do, so be sure to ask. And don't forget: with millions of acres of forest-service land surrounding Fort Collins, it should be no problem to find a hill that suits your adventure level.

Don't have a kayak? No problem. JAX Mercatile, Co. rents kayaks to anyone all year around. It costs \$20 per day and \$10

for each additional day. This includes the kayak, paddle and all necessary accessories.

Please remember this activity can be dangerous. Kayaking in snow requires different equipment than kayaking in water. Don't forget to wear a helmet and dress for the weather. If you are new to snow kayaking, be prepared to take some spills and don't take on the craziest hill you can find at first. It's best to start small and work your way up. But don't let that keep you from getting out and giving snow kayaking a try. It's just like your childhood sledding, but better.

**Editor's note: College Avenue is not responsible for any injury and/or fun associated with snow kayaking. Please be safe, be responsible and stay warm.*

COST: \$20 if you don't own a kayak, otherwise, free
WHAT YOU NEED: kayak, winter clothes and a snowy hill





Running With Scissors

by kelly sterner

How to... make it through the plaza. cell phone walkers and environmentalist stalkers



It only takes one day on campus to realize that trying to get through the plaza is like a high-intensity game of Frogger with a side of bumper cars.

There's a little bit of everything: people unsuccessfully texting while walking, people saving the environment one survey at a time, Jesus fanatics, those select Jesus fanatics who are borderline cult leaders, and of course, people trying to sell something no one needs.

Most of these people are a lot like the strangers and potential kidnappers we were all warned about and told to avoid as youngsters. Don't be fooled by people trying to lure you in with candy.

Just as texting while driving is illegal, texting while walking should be illegal. I always imagine throwing down a speed bump in front of these oblivious characters like a spike strip in a hot pursuit. For now, just stay on the periphery since multitaskers tend to hog the middle.

Traditional methods of avoiding stalkers with clipboards and flyers, such as talking on the phone or avoiding eye contact, don't apply to the persistent offenders on the plaza. We're dealing with professionals.

As a freshman, I was approached by a girl who was just an excited ray of sunshine inviting people to a spaghetti dinner to discuss Jesus. I asked her if Jesus would be there. She said "no" in a less-than-chipper tone. I told her to call me when they got Jesus. I heard they didn't get Jesus to show up, but food poisoning filled in.

When dealing with the delicate extremists of the Jesus freak variety, you must tread lightly. You can't act interested



because there's no way out. And by all means, do not say you don't go to church anymore because you're too busy perfecting your witchcraft. Apparently this isn't funny, and they will try to save you. Lesson learned.

I once had a boss that gave me advice that carries over to situations such as these. When someone approaches you demanding something or with an attitude, simply stare at them with a big smile on your face, blinking sporadically until they feel uncomfortable and walk away. Who knew I'd learn so much working at a party-supply store.

Don't pretend to not know English—they are prepared for this.

I once made the mistake of humoring someone with a clipboard and stopping to chat. He wanted me to donate \$10 per month so that junk food wouldn't make it into the hands of children. First of all—*really?* It's sugar, not crack. And second of all, I say let the kids have their

Snack Pack puddin'.

Honorable mention goes to a guy who finally had enough. He was approached and followed by a barefoot environmentalist

who he couldn't shake.

He set her flyer on fire, peed on a tree and then built a monument made of plastic bottles from the recycle bin. Bravo my friend. A little much, but bravo.

To everyone on the prowl in the plaza: I have no money, I don't want to be preached to, I have no interest in joining a cult, I know you're lying when you say it's just a quick survey, I don't have time for the environment, and no—my moral compass doesn't need to be recalculated.

Don't waste your time or flyer because me throwing it away isn't very environmental. But most importantly, I can't hold my breath long enough to get down to where you're swimming. I'm just trying to get to Taco Bell.

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and Student Conduct Services

325 Aylesworth NW
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**"ARGH, I'M TRYING TO STUDY
BUT MY ROOMMATE'S GIRLFRIEND
IS HERE ALL THE TIME!"**



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Who's your SUGAR HONEY?

which of these celebrities is sweet enough to foot your bills?

1. What can your sugar honey do for you?

- A. Just pass me the dough.
- B. Wisk me away from my problems and give me the good romantic life.
- C. My baby just needs to love me for who I am.

2. You need money, honey, and *Now*. You're most likely to interrupt him or her...

- A. Combing through the latest financial reports from sketchy off-shore bank accounts.
- B. Sleeping. Between me and work, my darling doesn't get much...sleep, anyways.
- C. Sorting laundry, drinking tea and eating scones.

3. You call your sugar honey...

- A. Professor, even though I'm not a student anymore.
- B. Wolfman Harry! I know it's not appreciated, but I love to make honey mad!
- C. Poppet, Smoochie-Poo – that sort of thing.

4. You love sugar honey because he or she is...

- A. Really, really disgustingly rich. Did I mention the privately owned island?
- B. Suave, sexy, and good with the hands...among other things.
- C. Loyal, noble, gentle, loving and completely wrapped around my finger.

MOSTLY AS

Bill Gates or Oprah

You're in it for the sweet, sweet lovin' of cold, hard cash. You're basically willing to do whatever it takes to never see a student loan payment a day in your life. A little sucking up to your honey is totally worth the endless amounts of ridiculously expensive and meaningless gifts that comprise your relationship, right? Fellas, get ready to join an entourage – hey maybe you'll get a free car! Ladies, iron your best pantsuit – you're gonna need it.

MOSTLY BS

Russell Brand or Britney Spears

As long as you have booze money and a place to crash for the night, you're ready to party the night away with your honey. Sure, your sweetie may call you every name but your own, run naked with hair clippers through your house and throw ragers until 7 a.m., but it's kind of like a more intense frat party. Forever. Ladies, if you can make it through his jumbled British ramblings you've got it made. Fellas, yeah... good luck with that crazy train.

MOSTLY CS

John Krasinski or Amy Adams

If you have an unnatural ability to talk in a nasal baby voice and can handle endless amounts of pinching, then you're golden. You and your honey are so cheesy, in fact, that it carries over into most of your daily tasks. No, your boss will never respond to "honey bunches," no matter how hard you try. You and your honey are so disgustingly cute that you probably belong together so you can go somewhere far away from innocent public ears...and take that stupid stuffed animal with you!



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