

magazine produced & operated by colorado state university students

collegeavenuemag.com

College Avenue

volume five: issue three spring 2010

VICES

Pot Predicament

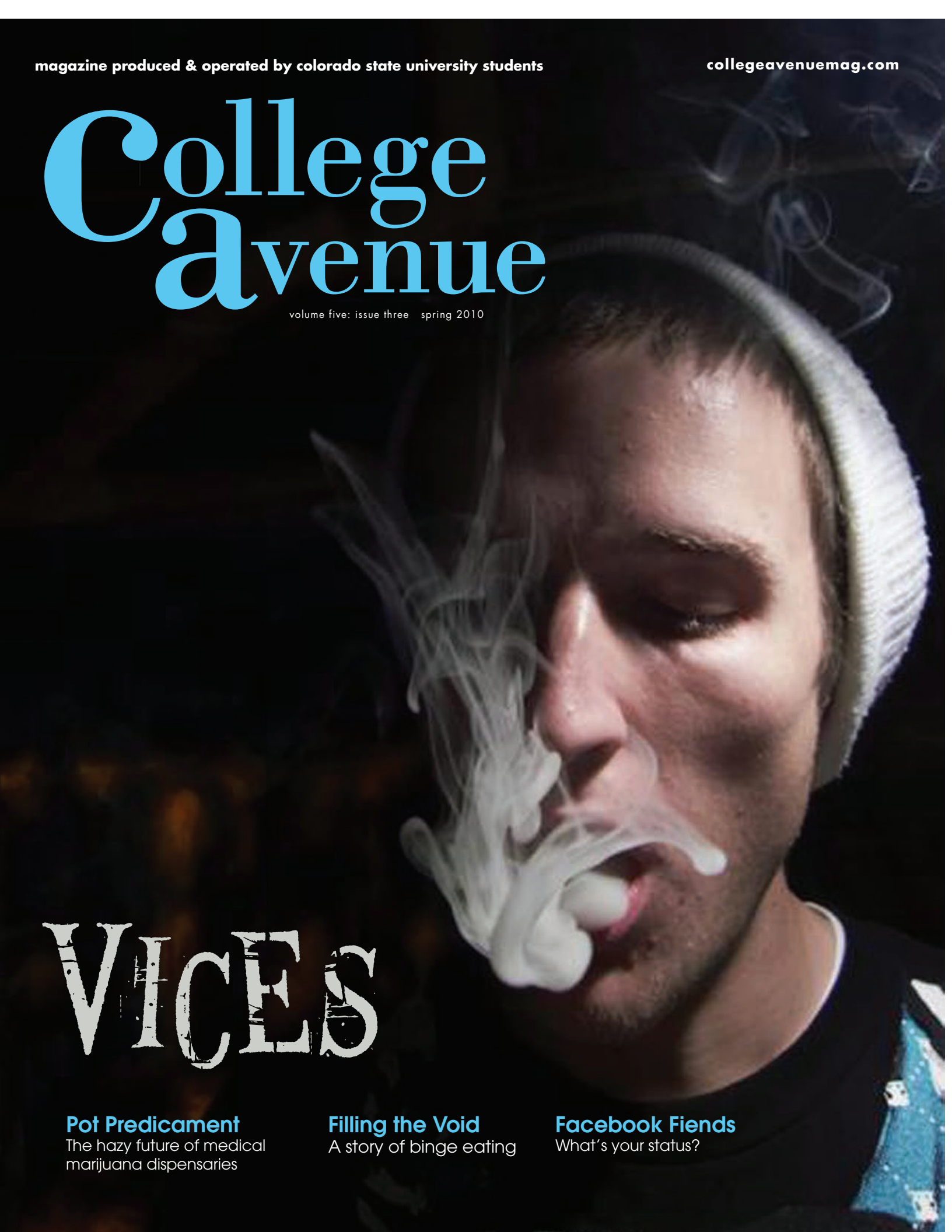
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Filling the Void

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what's your vice?



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on the cover



foibles, fixations and fascinations: from medical marijuana to social media, read about vices at csu.

cover design by valerie hisam, sean kessel and garrett mynatt

original photo by garrett mynatt

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collegeavenuemag.com

online exclusives

check our web site every week for new articles, blogs, photo journals and podcasts on local music, literature, art and other fort collins favorites

letters to the editor

Dear College Avenue:

Your winter 2010 cover with "SEX" in bold, red text caught my eye. As a former Colorado State University student, I was curious what changes have taken place in college culture since the "sexual revolution" of the '60s. While I appreciated Ms. Hisam's objective for the issue, I was both disappointed and saddened that no space was given for even a mention of the Judeo-Christian creational-sexuality viewpoint — i.e., God created mankind with bipolar sexuality (Genesis 1:27c), considered His work "very good," (v. 31) and extended spiritual blessing upon the act of sexual intimacy within marriage (v. 28). For readers not crippled by anti-Christian bigotry, may I recommend two scholarly articles by Professor Richard Davidson of Andrews University: "The Theology of Sexuality in the Beginning: Genesis 1-2" and "The Theology of Sexuality in the Beginning: Genesis 3." Both can be found at faculty.gordon.edu.

Readers may be surprised by what they discover. Dan Smedra (Livermore, CO)

submissions

as the magazine produced by csu students for the csu and fort collins community, we invite you to submit a letter to the editor. this is your magazine, and we would like to know what you think. all letters to the editor must be 50 to 150 words, attached as a typed word document via e-mail. send to: csumag@lamar.colostate.edu.

corrections

in volume 5 issue 2, LAMBDA community center was incorrectly referred to as LAMBDA center. college avenue regrets this error.

in volume 5 issue 2, an incorrect reference to the geographical flow of the colorado river was printed on page 45. college avenue regrets this error.

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 innovative and engaging coverage of relevant issues. our staff is dedicated to providing balanced and accurate reporting as well as visually stimulating design and photography to a diverse audience. above all, we strive to maintain integrity through professionalism and this standard of 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 lory student center.

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

this publication is not an official publication of colorado state university, but is published by an independent corporation (the rocky mountain student media corporation) using the name 'college avenue' pursuant to a license granted by csu.

college avenue is published by the rocky mountain student media corporation. college avenue is a complimentary publication for the csu and fort collins community. The first copy is free and additional copies are \$1 each, payable to the rocky mountain student media business office. advertising inquiries, corrections and letters to the editor should be submitted to the editor in chief at csumag@lamar.colostate.edu. the contents of this publication are copyrighted and may not be reproduced without prior permission of the rocky mountain student media corporation.

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letter from the editor



My main vices in life: coffee, shopping, books, movies, reality TV and don't even get me started on journalism. These are things I cannot live without – no really, if I was on a deserted island, give me a great dog-eared book, a caramel macchiato and the *New York Times*, and I would be able to wait forever.

For each person there is something different, something he or she would go to the ends of earth to find. This issue was about finding unique people who were willing to share their vices or addictions with us. Some, like Ashley and Jane, have overcome theirs and are on a new path as you will read in a moving article about the effects of binge eating. Others spend hours in front of a glowing computer screen, stalking on Facebook or defeating their enemies in *World of Warcraft*.

For some students, a vice is not a shortcoming or a corruption – such as my photography editor who goes careening down hills at neck-breaking speeds on his bike just for that rush. But that's just it – the rush. A vice can be self-created and can be something that doesn't have to break the bank or damage you physically. And on a serious note, I learned that if you are someone struggling with an addiction or vice, don't give up on getting help. It is out there.

And help is something that I have learned how to embrace during my stint as editor. Each of the three issues I have been in charge of are labors of love, and would not be possible without my editors, reporters, photographers and designers – old, new and graduated.

As this is my final issue, I look back at the year and one thing comes to mind: I have been able to work with the most devoted, passionate and creative people. Each person on my staff is one-of-a-kind, and I would hire them all again because of the unique talents they shared with me. And they are all volunteers, I might add. Thank you from the bottom of my heart for all of your hard work throughout this year.

For those graduating, I know you will find luck and success. And for those continuing on in school, I know you all will knock 'em dead. Each of my staff members is going to change the world, they just don't know it yet. I know this because they have each changed my life forever.

So as I look toward graduation, I think about the future and what it will bring. I'm a journalist, and I love it. All of its aspects – from the people to the anxiety of a great interview and typing that first paragraph – still brings excitement and chills. Journalism gives us stories that not only keep us informed, but it also gives us stories to fall in love with, offer hope and inspire. And that is what *College Avenue* strives for each and every issue for the past five years.

As my successor Kelly Bleck takes over, I know in the year to come you can look forward to stories that are not just stories – they will each have personality and each have a deeper passion that can only be seen in the writing, photography and design in *College Avenue*. My best wishes to the *College Avenue* staff of 2010 and beyond!

Bringing you something new for the last time,

Valerie Hisam

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This is a urinal

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HIDDEN HOMELESS

trying to survive in the choice city



▶ photos by garrett mynatt
 evan vent, a sophomore natural resources major, with his 1974 volkswagon beetle.

If Evan Vent took a seat next to you in class, you would never guess that he had been homeless before. The sophomore natural resources major has an Apple laptop, presentable clothes, a head of brown curls tucked behind a bandanna and a relaxed demeanor.

Vent, who is 21, has lived homeless during brief periods since 2008, but he does not classify himself as homeless because he is able to find work and can afford rent during the school year. He is currently living in a house on Stuart Street.

“I would never even consider myself homeless. I’m not even in the same demographic. [I’ve been homeless] just a couple of times, and not for extended stays. Well, I guess my friends’ couch for four or five months,” Vent says, changing his mind.

Though Vent’s current living situation does not reflect the turmoil of a homeless life, his past encounters shed light on a different definition of the homeless in the Fort Collins community. According to Zachary Penland, program supervisor of the Murphy Center for Hope in Fort Collins, an estimated 3,000 people in Larimer County are considered homeless, but that does not necessarily mean that many people are sleeping in the streets every night.

The definition of homelessness is simply more far-reaching than most people suspect, and encompasses a wide variety of situations.

“They’re a part of what we call the ‘hidden homeless,’” said Sister Mary Alice Murphy, a consultant on homeless services

for United Way for Larimer County. “There are a lot of people doubled up with a friend and not paying their share of the rent because they don’t have enough money.”

Murphy, for whom the Murphy Center for Hope is named, has formed numerous initiatives to combat homelessness since her arrival in Fort Collins in 1983, including the area’s first soup kitchen and homeless shelter. She works part-time at the Murphy Center, a new institution where clients in need can find and receive help from the 13 non-profit organizations that offer services on its premises. With the help of community members, her latest project is converting the Winter Day Shelter, which is housed at Community of Christ Church in Fort Collins, into a year-round day shelter.

“No matter where you go, this problem is there, and maybe [it’s] hidden in some communities,” Murphy said. “It’s hidden in this one.”

Homeward 2020, a local organization with the goal of ending homelessness in the Fort Collins area, defines homelessness as “the condition and social category of people who lack housing, because they cannot afford, pay for, or are otherwise unable to maintain regular, safe and adequate housing.”

The executive director of the organization, Bryce Hach, 35, further divides the homeless into two categories, the episodic and chronic homeless. He describes the episodic homeless, who account for 80 percent of national homeless cases, as the people living on the brink of homelessness who have to resort to it sporadically. The chronic homeless, on the other hand, account for only 20 percent of homeless cases but are the most visible demographic.

“The [hidden] homeless don’t put a sign on themselves saying ‘I’m homeless,’” Murphy said. “The stigma of being homeless is something they don’t want anyone to know and they’ll do anything to cover up.”

A study conducted in 2008 by Jamie Van Leeuwen, who has a doctorate in Public Policy and is the Project Director of Denver’s Road Home, illustrates the ambiguity surrounding the homeless. The data indicated that 556 men, women and children in Larimer County were homeless. However, Penland said in an e-mail that the number is not an accurate reflection.

According to Penland, last year Poudre School District identified over 750 homeless children in attendance. Considering statistics that almost half of those who are homeless are children, Penland places the homeless population estimate in Larimer County closer to 3,000 people, with the vast majority in Fort Collins.

“Fort Collins looks so great when people just go through it, and this is the soft underbelly,” Murphy said.

The reason that few people recognize this “soft underbelly,” however, is that a vast majority of the homeless are episodic and nearly impossible to identify. The Colorado Statewide Homeless Count, a point-in-time survey taken in January 2007, said that of the 15,394 homeless respondents, only 6.9 percent spent the night in the street. The survey lists eight stipulations that characterize a person as homeless, which range from sleeping in cars and public places to staying temporarily with family or friends while

looking for a place to call home.

Vent is certainly familiar with the episodic scenarios, as he grew up in poverty outside of Grand Junction, Colo., and has lived at the cusp of homelessness for part of his life. Throughout high school Vent was the main caretaker of his two younger brothers, and he worked after school and at night in order to support them. In college, Vent has lived in the residence halls, and most recently in a house with financial help from his father, but during the summers Vent receives no financial assistance and has resorted to a number of unusual accommodations for short periods of time: living in an RV on a friend’s driveway, a friend’s couch and even his 1974 Volkswagen Beetle.

For most of the summer months, however, he lives without shelter by choice. A self-described “free spirit,” Vent abandons his belongings with friends and has hitchhiked throughout Colorado, to Wyoming and New Mexico with other homeless people, partly to save money, and partly for the sense of adventure and community he finds. He has slept in national forests and even the streets of various towns.

“You meet some really cool people,” Vent said. “You really get to know people at the most basic levels, because they have nothing left to lose. [The homeless] have nothing to begin with.”

This is clearly a controversial element in Vent’s life, as he has lived homeless out of necessity before, yet chooses this lifestyle in the summer. Vent realizes that people may not understand him deliberately living this way.

“I’m not out there saying [to the homeless] ‘I came out here to live like you guys for a little bit,’” Vent said. “That would be condescending to them.”

He instead attributes his decision to live with nothing not only as an unusual way to see different sites but as a desire to understand the realities of the world.

“I think we all ask ourselves [the] question [of], ‘what’s that guy doing out on the curb? What’s he thinking? Does he have family?’” Vent said. “I mean, you put yourself out there and the cold times roll around and [you] can’t imagine doing this for four or five more months.”

It was during these situations that Vent received a dose of the reality that many homeless face every day, including the negative stereotypes placed upon them.

“You have to deal with that kind of mentality – just the typical stereotypes that people put on the homeless,” Vent said. “If you’re dirty and grungy looking, you’re [nothing].”

Murphy acknowledges that the homeless are often afraid to speak of their hardships due to the criticism they receive.

“[Homelessness] has a very negative stigma,” Murphy said. “It means you haven’t done your fair share, you haven’t worked hard enough. It’s judgmental.”

And though Vent has received kindness from strangers when he was in need, he has also witnessed the feelings of indifference that some people have toward the homeless. He recalls a bitter cold night when the temperature dipped below freezing. His friend’s van that they were staying in was stolen and they had to sleep outside in Fort Collins.

“The next morning, I went to shake him and he was frozen

faces

solid,” Vent said. “[He] had frostbite over 80 percent of his body. I was terrified. You’re looking at people walking in the street and you’re like, ‘Hey my buddy is hurting’ and people just shrug you off. Finally, someone stopped [and] took him to the hospital.”

Vent’s friend was released from the hospital a few days later, and left Colorado to live in New Mexico. Vent has not heard from him since.

“He just kind of skipped out, which is what [homeless] people do,” Vent said.

Aside from the many hardships he has faced, Vent sees his encounters without shelter as a benefit to himself and others. He hopes to someday open a small

outdoor supplies shop that would not only cater to his adventurous nature, but would offer environmental classes and opportunities to underprivileged children, something he wishes had been available during his own difficult childhood.

Ultimately, he finds satisfaction in the fact that his time spent with homeless people has brought joy to all parties involved.

“I think offering [to be] a friend for a day can change someone’s life forever,” Vent said. “You listen to someone’s story and try to understand. It changed my perspective on a few things.”

Raquel Miller, a 23-year-old Kindercare teacher and nanny, is also not homeless, but lived for two months in her 2000 Chevy Impala when her car began experiencing problems. Though she had family in Livermore, Colo., which is an hour north of Fort Collins, Miller’s car could not make the drive, and she needed to stay in Fort Collins to work and save money to make repairs to her car. Inspired by the plea for social justice in the book “The Irresistible Revolution” by Shane Claiborne, Miller decided to live in her car, a choice that rendered her homeless during February and March of 2009.

“I wouldn’t even classify myself necessarily as homeless because I had a home, it just wasn’t very convenient to get to,” Miller said. “I did have some financial situations, but it wasn’t like I was at the end of my rope and didn’t have a home to go to because my parents had their home.”

Like Vent, Miller lived without a home for financial reasons and by choice, in order to gain an understanding of the daily obstacles faced by the homeless population. She moved to Columbus, Ohio in March, where she will utilize her awareness of the homeless to serve meals and provide aid to them at the Better Way ministry, a homeless shelter and soup kitchen.

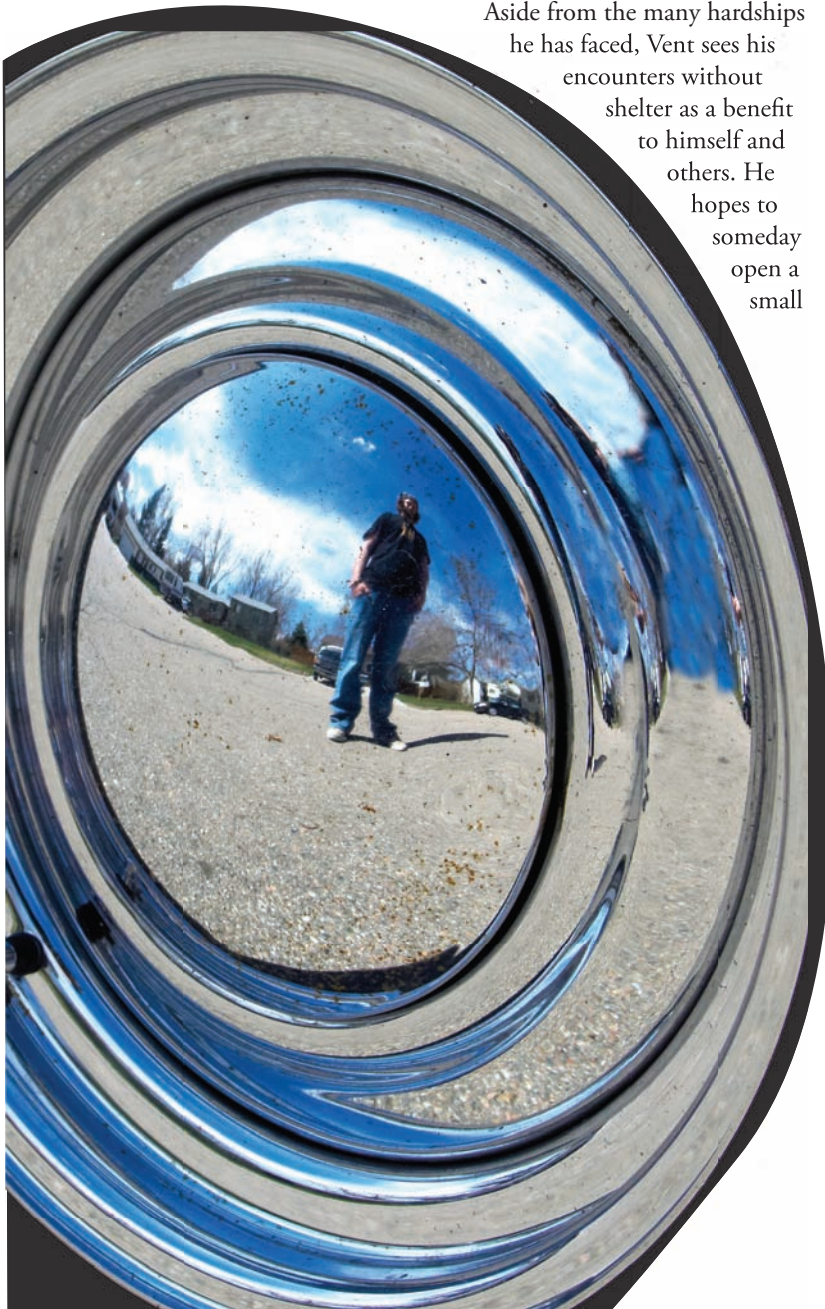
“I knew that [living in my car] was an introduction of what it’s like to be homeless,” Miller said. “And while I knew I was blessed with a safety net I also knew that this is just the beginning of helping to get people out of poverty and helping the homeless. This wasn’t just me trying to pretend [to be homeless] or have this self-righteous manner.”

Throughout her edifying encounter, Miller slept in the driver’s side of her car and worked during the day. She would clean herself and put on makeup in the morning at convenience stores and rotate parking at apartment complexes at night.

Aside from her mother picking her up to shower on weekends, because “it was a pretty dirty situation,” Miller never utilized any type of assistance.

“It’s really difficult to know what to do with yourself when you don’t have a home to go to,” Miller said. “I couldn’t find anything on public showers, the public bathrooms are closed, parks are closed. It really blew me away because I’ve seen plenty of homeless people in Old Town and I don’t know what they do [to stay clean].”

Beside basic hygiene and shelter, Miller missed a number



"IT'S REALLY DIFFICULT TO KNOW WHAT TO DO WITH YOURSELF WHEN YOU DON'T HAVE A HOME TO GO TO."

—RAQUEL MILLER

of conveniences that are often unappreciated in the setting of a permanent residence.

"When you [have] to go to the bathroom in the middle of the night, what do you do? It's hard to find a place that's open 24 hours," Miller said. "Sometimes I would park by the Alley Cat just so I could go to the bathroom at night. Or have light to read by. I never really thought about having no light to read – I'm such a huge reader and that had a really big impact on me."

Safety was another concern, as Miller's car windows were not tinted so anyone could see inside.

"It was hard at night [because] I was always worried a police officer would come up and be like, 'you gotta leave,'" Miller said. "One time someone tapped on my door and asked if I was ok."

And of course, the ever-changing Colorado weather was a constant issue as well. "When it snowed it was cold," Miller said. "But when you had to [get out of the car to] go to the bathroom, you froze, just froze entirely."

At the end of her two-month stint without a home, she had saved enough money to mend her car and afford rent. She credits the experience with opening her eyes to the challenges facing the homeless in Fort Collins.

"It's something I would recommend to other people – it gives you a fresh perspective and appreciation for life and what really matters," Miller said. "It was very much something I wanted to experience and I wanted to have a new realization for it [because] it's such an issue. We have privileges but let us remember the people who don't."

Unfortunately, a rising number of local individuals and families are finding themselves without permanent shelter.

"The problem is getting worse," said Daniel Covey, the case manager at the Murphy Center for Hope. "I've seen many families that are really on the trajectory of being homeless very soon."

Covey assists homeless clients at the Murphy Center, and estimates that the average age of his clients is 30. He says about half of the clients he sees are families.

"There's a time when people can come in and we can give them a lot of resources to help them avoid homelessness," Covey said. "But there's sort of a point of no return where people come in and it can be very difficult to actually prevent them from being homeless, and I'm seeing more of those families than I would like."

The Web site for the National Coalition for the Homeless cites a lack of affordable rental housing and a simultaneous rise in poverty as key factors behind the increase, but Covey adds that unaffordable health care, the economy and a more competitive job market have all taken their toll.

"For people with mediocre or poor work histories, they really don't get much of a chance," Covey said. "I was really surprised when I started working here how many of the homeless people have great and truly employable skills, but they may not have tools for their trade or they have employment gaps or a felony, so there are all these obstacles to them gaining employment."

Another obstacle often overlooked is human nature itself. Both Miller and Vent attribute much of their homeless experiences to their own faults, especially pride.

"I'm the type of person that I hate handouts," Miller said. "I want to earn what I have, so I didn't want to [sleep] at someone's house all the time, I didn't want to ask for a shower or whatever. Part of it is pride and part of it is just that I really believe firmly that you earn what you work for and I didn't have money to give them, so you find ways to make it work."

For Vent, pride has been a long-standing issue. Even when he was supporting his younger brothers and in financial need, he was always reluctant to accept the charity of others.

"I had to realize that people helping other people is more of a gift to give than it is to receive," Vent said. "A lot of homeless people do have pride, which is ironic, because when you're begging people for money there is no pride there at all. Pride was my vice. Not asking people for help, shutting others out when they did want to help. And humbling myself in that way and just accepting from people when I am in need has been kind of a major obstacle in my life that I've overcome."

Whatever the reason, the upsurge in difficult conditions has uprooted many people from the warmth of their homes and forced them to resort to unpleasant alternatives.

"The homeless and the problems that surround them are very multifaceted, with a broad spectrum, from the kid who's couch surfing at his friends' houses to the homeless man standing on the street corner saying, 'will work for food,'" Murphy said. "[And] if every single person took one aspect of helping the homeless, we could solve it." ■ **ca**

by rebecca howard



photo illustration by chelsea duntze

Connection Obsession

has social media become an addiction?

revised in 1994 and is set to be published in 2013. The proposal was shot down in February due to a lack of research.

Jeremy Sharp, a licensed psychologist in Fort Collins, said he has not seen any cases in his practice specifically for Facebook addiction; however, he has dealt with patients who had issues related to the social networking site.

“They say that they are having a lot of trouble forming relationships [and] maintaining relationships,” he said, which draws them to sites like Facebook in search of human interaction.

“We love being in relationships with people and feeling like we have close connections with other people,” Sharp said. “Facebook satisfies that in a superficial way.”

Whether someone can actually be addicted to Facebook – or the Internet in general – is debatable, but the rising popularity of the Web site cannot be denied.

the appeal of social networking

Christie Calhoun, a CSU alumna, said Facebook is a fast and easy way to keep in contact with friends and family.

“I like using Facebook because I like being able to keep in touch with friends, particularly those who I’m not able to see regularly,” Calhoun said in an e-mail. “I also really love sharing pictures with my friends and family.”

According to Jamie Switzer, an associate professor of journalism specializing in computer-mediated communication, this is the main appeal of social networking sites for most users.

“I think what really draws people overall is the ability to stay in touch and to interact with other people,” she said. “It’s really just to keep that connection because it’s easy to do.”

Facebook has also become a procrastination tool among students, partially due to the rise of games and applications developed for the site.

“The fastest growing area in gaming technology is Facebook game applications,” said Lucy Troup, an associate professor of psychology who teaches a course on human-computer interaction.

According to App Data, an independent company that measures trends on Facebook, Farmville reached over 80 million users in early February.

Switzer said that people have become used to the constant ability to chat, play and interact, which may lead a person to feel the anxiety of missing something when they are not online.

For many college students, “Facebooking” has become a verb. In March, Facebook passed Google.com to become the No. 1 most visited Web site in the United States, and according to Facebook, 18 to 24 year olds are the largest demographic to use the popular social networking site.

In an increasingly connected world, laptops, netbooks and smart phones have made it possible to access the Web from almost any location, and social networking sites allow individuals to communicate with the world at the click of a mouse.

But for some people, being connected 24 hours a day, seven days a week can be too much to handle.

defining addiction

According to a 2009 article published on CNN.com, individuals have started to seek professional psychological treatment for their obsessive use of Facebook. One woman was so consumed with spending time on the site that she had neglected both her work and her child.

From a medical standpoint, Internet addiction is not recognized as a legitimate diagnosis.

Some mental health professionals attempted to get the condition added to the fifth edition of the “Diagnostic and Statistical Manual of Mental Disorders.” The manual was last



Wall

Info

Photos

Boxes

Flair

+

“There is this constant stream of data and [you think] ‘oh my god, I don’t want to miss a thing,’” she said. “There is a sense of missing out on what everybody else is doing.”

Sharp agreed.

“There’s always a chance that something exciting is going to happen on Facebook,” he said. “It taps into ... our need for stimulation.”

But the constant flow of information, as well as the hyper-connected feel of the site, is exactly what made Bryan Nicholas log off of Facebook for good.

The senior landscape architecture major deleted his account during his sophomore year of college because he “didn’t see the benefit of it.”

“It kind of seems awkward that you have that much insight on people’s daily lives,” he said. “I thought that if they were truly my friends and truly people I want to spend time with, then Facebook didn’t really seem necessary in the first place. I’d rather spend 20 minutes talking to [friends] over the phone or meeting with them.”

when sharing becomes over-sharing

Facebook allows users to spread information quickly and with ease. From profile information to status updates and photo albums, people are sharing quite a bit about themselves with their online activity, perhaps more than they would in real life.

According to Sharp, a person’s inclination to share, or sometimes over-share, on Facebook comes from a sense of anonymity granted by online communication.

“I think online sharing gives us a level of anonymity that is attractive, especially for more introverted individuals,” he said. “A lot of people feel more comfortable writing than talking.”

Switzer agreed, explaining that the feeling of anonymity online is not necessarily associated with people being unaware of who you are.

“People are less inhibited because no one can see them,” she said. “Even though it’s [my] Facebook page and everyone can see my picture, there is that extra layer of detachment.”

Calhoun thinks that people’s willingness to divulge information is simply because they can.

“Our generation spends so much time in front of the computer,” Calhoun said. “I guess I never really [thought] that

it would be weird to post things about myself for my friends and family to see.”

when connecting becomes creeping

But with the act of sharing information comes the possibility that people will actually look at it. The term “Facebook stalking” has become commonplace, an act that is often joked about and to some extent seen as normal.

“I think there is a certain amount of the human condition that makes us nosy about other people and see what’s going on and know what other people are doing,” Troup said.

And Switzer, she said this is what leads us to engage in such a behavior. “Looking up college boyfriends or that girl you couldn’t stand in high school, there is that voyeuristic secret satisfaction,” Switzer said. “[Facebook] just makes it a little easier [to find information].”

Nicholas said that the general lack of privacy that came along with people viewing his information was what he disliked about having a Facebook profile.

“It’s just like watching a soap opera or a reality TV show,” Nicholas added. “It’s kind of the same mentality. You are viewing somebody’s life and it becomes a form of entertainment.”

Some users rely on privacy settings to keep their profile out of public view, but that becomes irrelevant when someone allows more than 100 “friends” to access their information — according to Facebook, the average user has 130.

“I have 558 friends [on Facebook], a lot of whom are people I’ve gone to high school with, and people I’ve met through classes at CSU and through work,” Calhoun said.

She added she tries to be cautious about what she posts online, but said that others may not do the same.

“I have two younger sisters, and sometimes I get concerned that they don’t fully understand the possible repercussions of using any kind of social networking sites if they are not careful with how they present themselves,” she said.

when over-use becomes a problem

Calhoun is a frequent Facebook user. She said she checks her account about six to 10 times a day and gets alerts pushed to her smart phone.



Wall

Info

Photos

Boxes

Flair

+

“I do think my smart phone influences how much I check [Facebook], particularly since it’s so easy to access,” she said. “I can pick up 3G almost anywhere I am, so if I’m bored on my lunch break or have a few minutes, I’ll usually hop on and see what’s new.”

But what separates the avid user from the obsessed user?

According to Troup, a person’s use of social networking sites becomes problematic when it interferes with real life.

“There are certainly people who don’t have a good balance in how much they interact with technology in their everyday lives,” she said. “If it’s interfering with your normal life, if you’re not going out and taking a stroll, or you’re not doing your college work because you’re on Facebook too much, then it’s a problem.”

Calhoun, on the other hand, said “I don’t think I’d wither up without it,” if she was forced to live without Facebook.

Switzer emphasized that communication tools like Facebook should be used to add to your social life, rather than replace it.

“I’m a firm believer in technology and I’m also a firm believer in human connections,” Switzer said. “If that’s the only way you can maintain those connections, like your sister is studying abroad in Spain, then yeah, have a virtual cup of coffee together.”

it’s not the end of the world

While it may be a real problem for some, Switzer said that the rise in popularity of social networking sites is not the end of the world, but rather a shift in technology trends.

“We need to be wary of thinking of [these things] as the end of civilization as we know it. It’s just the newest technology at the time [that people can use] in a dysfunctional fashion,” she said. “It’s how you use the tool.”

Troup agreed, and said that like it or not, these technologies will continue to be a part of life.

“I think rather than fight it, we need to embrace, understand and use it,” she said. “I think [technology] has a place in our world. I don’t think we should be [extreme] about it and say we should smash computers because it’s changing the world.”

Switzer said that social networking sites will continue to be around in some form for a long time, mainly because younger generations have grown up “connected” through technology. As for it being positive or negative, it’s all about the user’s choices.

“It’s made a fundamental shift in change in how people relate to each other,” she said. “It’s not good, it’s not bad. It’s how you use it.” ■ **Ca**

facebook by the numbers

400 million active users currently on facebook

60 million status updates are posted each day

3 billion photos are uploaded each month

55 minutes is the average time a user spends per day on the site

100 million active users currently accessing facebook via mobile devices

2 times more active are the people who access facebook with a mobile devices

information courtesy of facebook.com

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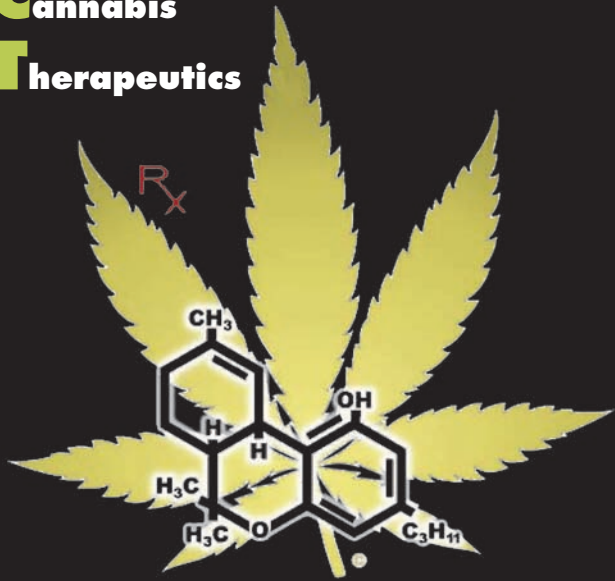
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Curbing the Craving: binge eating



Ashley is small, thin and slightly timid except for the red nail polish that stands out against her pale skin. And she is certainly not the kind of person you would expect to hear say that she used to eat obsessively and was, at one time, significantly overweight. But it is clear that the pain of her battles with food are still very recent, as she almost whispers her story about how her binge eating disorder came close to destroying her life.

Society doesn't usually consider those who like to eat to have an addiction and to be struggling day to day with something as overpowering as alcohol or drugs. Addiction as defined by the National Institute on Drug Abuse is a "chronic, often relapsing brain disease that causes compulsive drug seeking." According to Ashley, people can be addicted to food in this way just as easily as they can be addicted to any other substance or vice.

What sets food apart from most addictions is that it cannot be cut out of one's life, making it one of the hardest addictions to overcome, especially in a country that revolves around food. Americans eat at sporting events, in business meetings, at church, as well as in an abundance of other social settings – food is impossible to escape.

Ashley, who graduated from Colorado State University in December with a bachelor's degree in food science and human nutrition, began bingeing and purging at the age of

10 following her parents' divorce. She reflected on this as a way of coping with the things she didn't know how to talk about. Filling herself as quickly as possible, mostly with bread and peanut butter until it hurt, was her way of feeling something other than the emotional pain.

"That was the only thing I knew to do, to try and feel something else," Ashley said.

Her addiction led her to steal food from the grocery store and sneak into the kitchen at night to binge privately, which was always followed by purging. Purging, as defined by the National Institute of Diabetes and Digestive and Kidney Diseases, is the act of vomiting or using diuretics or laxatives after bingeing.

Age 16 to 18 was the worst time for Ashley, when she would purge about six times a day. But it was not until she went away to college that the habit began to control her life in unimaginable ways.

"I had no friends for two years," said Ashley, who chose to remain anonymous because of many social and school pressures. "I had to schedule my classes so I would have at least an hour break so I could go home and purge. You just can't have a friend if you truly have a big eating disorder because all you think about is food."

Chris Bachman, a registered dietitian with the CSU Health Network, said binge eating could be the body's physical response to being too low in calories, a common

reaction to traditional American dieting. Although more often, as in Ashley's case, it is caused by deep-rooted emotional problems.

"Binging is a coping tool," Bachman said. "People use food to deal with emotions of one kind or another and often times binging makes people feel calmer."

"A lot of people will say they had a hole in them that could only be filled by food," said Jane, about the emotional aspect of eating.

Jane is a member of Overeaters Anonymous in Fort Collins, a support group for people with eating disorders that follows the structure of Alcoholics Anonymous. In order to protect the integrity of the group, its members and herself, Jane chose to remain anonymous.

Jane, who has been in OA for three years, realized she had a problem after watching a movie about an alcoholic whom she was able to relate with.

"I behaved like the alcoholic had done with alcohol, but with food," she explained.

Jane recalled how she ate in reaction to any and every emotion in order to dampen her feelings. She also believes that she is physically addicted to sugary foods because they spark a reaction of binging that only stops when she has run out of food or is violently ill from overeating.

"My last sugar binge was after I'd been in the [OA] program for a whole year," she said. "I went to a dessert party and told myself I was going to have one plate. I ended up having two or three plates and then I got home and kept eating. The only way I didn't eat everything I had was because I gave the rest of it to my dog because she's the only one who can eat as fast as me. I eat until I'm sick – that's not emotional anymore," Jane said.

While Jane doesn't believe she can ever touch sugary foods without this reaction, Ashley views the addictive properties of her disorder differently. Instead, Ashley sees her eating addiction as a weakness that showed she was unhappy. Once she established what made her happy, the addiction subsided.

Even so, both Ashley and Jane see their disorders not only as an addiction, but as a disease that has taken control of their lives. Jane said there is no graduation from OA, even when it appears that someone has mastered his or her problem, because the disease doesn't go away.

"It takes over your mind," Ashley said. "You lose control of any rational thought. You lose control of your body."

Bachman explained binge eating is hard to overcome because of embarrassment, guilt or secrecy. There are two types of eating, public and private, she added. In public, binge eaters tend to eat less and healthier, which in turn drives private eating that tends to be out of control.

In high school, Ashley kept her disorder private, hardly ever eating with friends unless they were also overweight. Because of this, no one ever knew about Ashley's problem until her second year of college when she was literally at a breaking point and went to get help in despair.

"In public I would think about snacking," Ashley said. "I would eat with the family and then go upstairs and purge. I was always waiting for when I could eat more."

Societal pressures make it particularly difficult for people to cope with eating disorders Bachman said, who blames "mindless eating" – pairing eating with other things such as sports events, driving or doing homework – and an absence of set meal times as contributors to poor relationships with food.

Ashley stated that activities as simple as going to a friend's house and eating dinner can be difficult to those recovering from a food addiction.

"That's been a big realization with all of the social attachments of food," Ashley said.

The NIDDK Web site states binge eating affects 3 percent of adults in the United States, in particular women, who are affected more than men.

Society's expectations for women about eating made it difficult for Ashley, especially as a dietetics major who was overweight. The majority of women

"We're different from other addictions because we can't get away from the habit - we have to eat."
-jane, member of overeaters anonymous

studying nutrition are fit and healthy, Ashley explained, and she has felt judged by others. The intensity of her condition had also made her feel alienated, so part of her recovery was relearning social interactions to make friends.

"I hadn't been to a movie in years – I was scared," she said.

Help comes in different forms for each individual because, as Bachman put it, binge eating is a "private war." Ashley sought help from the CSU Health Network through counselors and a dietitian, and considers herself recovered. Like any addiction, she had to unlearn her unhealthy habits, which is a slow and difficult process, but from the progress Ashley has made, it is worth it.

In contrast, Jane has found the structure she needs to control her disorder through OA, but in her eyes she will never be cured.

"We're different from other addictions because we can't get away from the habit – we have to eat," Jane said. ■ [ca](#)



hot button

by philip lindeman

Rx Drugs

the other side of addiction

Last December during finals week, Helen went on a “study bender.”

Like she does often when it comes down to crunch time, Helen, then a junior interior design major, took Adderall to help her make it through a mountain of stress-inducing projects.

“When you take Adderall, it makes it so you’re really focused on what you’re doing,” she says. Coffee doesn’t cut it – it keeps her awake but doesn’t help her concentrate. “If I’ve taken Adderall, I can turn on my iPod and get in the zone.”

But the bender slowly turned into a marathon.

After four days and no sleep, Helen started to feel the side effects. When her jaw locked up, she chewed gum. An occasional cigarette break dampened her shakes for a little, but they never disappeared. Eventually, she can’t remember when, she passed a threshold.

“At that point, I was hallucinating and not there. That’s really unhealthy and I wouldn’t recommend it,” she says. “If I were a normal person, I would be concerned.”

A few months later during mid-terms, Helen went on another bender, taking at least one time-release pill – which can keep her awake for up to 11 hours at a time – every day for three weeks. She recently transferred from Colorado State University to Front Range Community College in Fort Collins, but chose to remain anonymous because she uses Adderall without a prescription.

“I wouldn’t say I’m addicted to Adderall because I don’t take it on a daily basis,” she says, mentioning that she only buys and keeps two to three pills at a time. “I just take one when I need to study. It’s like steroids.”

And Helen is not alone.

Adderall, a stimulant used to treat Attention-Deficit/Hyperactivity Disorder, is breaking the stereotype that drug abuse is always recreational. A 2008 study by the National Institute on Drug Abuse looked at over 35 years of drug trends and found college students are twice as likely to abuse prescription

stimulants as their peers outside of college.

“I believe prescription drugs can be very dangerous and there’s a reason they are controlled,” says Mari Strombom, the acting director of residence life at CSU. “It concerns me when people are using prescription drugs to self-medicate. I believe there is the potential for future harm.”

Not only is Adderall abuse seen as acceptable, but the pills are also more readily available than ever. The Food and Drug Administration estimates around 30 million Adderall prescriptions were written in the United States between 1999 and 2003, more than any other country.

Research also suggests that Adderall abuse is a cultural phenomenon. A 2005 report in the journal “Addiction” found connections between a high-stress college environment and Adderall abuse. At institutions with strict admissions standards, such as Ivy League schools, the usage rate was as high as 25 percent – a number that continues to grow.

beyond adderall and the study hall

Adderall is just one aspect of the legal drug culture. Prescription drug abuse is a growing trend across college campuses and the United States as a whole. According to the 2009 National Collegiate Health Assessment, an annual survey of over 80,000 college students, nearly 13 percent of students reported that they abused prescription drugs, the third most commonly used substances behind alcohol and marijuana.

“We’ve definitely seen an increase [in prescription drug abuse] in the past 10 years,” says Jim Weber, clinical coordinator of the DAY Programs, a group of substance abuse programs at CSU. “It’s much more acceptable to this current generation.”

And the problem is worsening. From 1999 to 2004, the number of young adults aged 15 to 24 who died from unintentional overdoses nearly doubled, according to a 2007

report by the Centers for Disease Control and Prevention. Of the drugs used, most were prescription painkillers like OxyContin – heroin’s legal equivalent – which Weber claims can be the most addictive.

“It’s perceived safety is equal to risk,” Weber says. “Culturally, there’s this divide. We don’t see pills as bad. This contributes to this false sense of safety and security that says, ‘It’s safe because a doctor gave it to me.’”

Along with depressants like Xanax, stimulants and painkillers make up a trifecta of the most highly abused prescriptions. Adderall and OxyContin are both classified as Schedule II narcotics by the Drug Enforcement Administration, sharing a place alongside cocaine and methamphetamine.

Despite the numbers, education and research efforts targeting college students have been few and far between. The NCHA only recently included specific questions about prescriptions – much as they have done with alcohol and marijuana since the survey began in 2000 – making it difficult to draw any broad, long-term conclusions about student abuse.

After participating since 2003, CSU stopped giving the NCHA survey to everyone but student athletes in the spring of 2008 – the same semester prescription drug questions were introduced.

“We just wanted behavioral data about our students,” says Debra Morris, a health educator with the CSU Health Network who helped administer the survey. “Why are prescription drugs not included? I just don’t know. So many students come to a university with prescription drugs, and other people will want to use them to stay awake longer. So yes, I think it’s a concern.”

the other side of prescription addiction

Eric Lintz, a detective with the CSU Police Department and Northern Colorado Drug Task Force, claims that even at the law enforcement level, prescription drugs are not a hot topic.

“It’s not fancy, it’s not glamorous,” Lintz says. “Someone in the office says, ‘I’m going to get a guy with three grams of coke,’ compared to, ‘I’m going to buy three grams of pills.’ It’s not the same. It’s not sexy.”

In the past 12 months, Lintz claims that around a dozen college-aged students were arrested for selling heroin to undercover officers in Northern Colorado. Heroin is the cheap alternative to the more expensive prescription opioids.

“These kids at one time were majoring in school,” Lintz says. “But as they drop out they still have to eat and still have to live, so they go to the only thing they know. And that’s selling drugs.”

The 2005 “Addiction” study adds weight to Lintz’s experience. It found that students who abused prescription stimulants were 20 times more likely to use cocaine and 10 times more likely to use marijuana.

“If we’re doing something that doesn’t require brain power but just focus, my friends and I will smoke weed,” Helen admits, saying that marijuana is better than cigarettes for counteracting the side effects of Adderall. In addition, she has taken Xanax, ecstasy, Ambien and acid.

Despite its perceived prevalence on a college campus, prescription drug abuse at CSU is hardly documented and no

data is currently being collected, says both David McKelfresh, the executive director of assessment and research for the Division of Student Affairs, and Pam McCracken, the communications director for the CSU Health Network.

“When it comes to feeding the mind or feeding the addiction, the addiction wins,” Lintz believes.

For now, Weber is the main point of contact for students who struggle with abuse. A point he stresses is that taking drugs without a prescription is a felony, even if no money is exchanged.

“They’re safe if used in accordance with how they’re prescribed,” Lintz says. Like several officials, he relates prescription drug education efforts to alcohol in the wake of Sam Spady’s death in 2004 – reactionary. “I think the problem is bigger than even law enforcement recognizes. I hope it doesn’t take someone OD’ing for the community to wake up to the problem.”

When asked if she could make it through finals without the help of Adderall, Helen hesitates.

“None of it’s safe, obviously, but when I take it I know I’m not going to die,” she says. “Everything other than Adderall I take recreationally. And I don’t do it often. I could do finals week [without it], but why would I? It would be counter-productive.” ■ Ca

the other drugs

opioids

- oxycodone, oxyContin, percocet
- schedule II: no refills, manufacture is federally restricted
- rx use: painkiller
- health effects: nausea, coma and deadly if crushed and snorted

stimulants

- amphetamine, adderall
- schedule II
- rx use: attention-deficit/hyperactivity disorder
- health effects: irritability, heart failure and weight loss

depressants

- benzodiazepine, valium, xanax
- schedule IV: five refills in six months, no restrictions
- rx use: anxiety and sleep disorders
- health effects: fatigue, dizziness and respiratory arrest

information courtesy of the national institute on drug abuse

Merging Addictions

when energy drinks mix with alcohol

Print glasses of Red Bull line the bar with shot glasses filled with Jägermeister balancing on the rims. A crowd forms as the first shot is tipped over, creating a chain reaction and knocking over shot after shot. Eager hands reach for the glasses as the final shot makes a tumultuous splash, ending yet another successful “Jäger-train.”

But as it turns out, students are getting more than just entertainment out of this lighthearted way to consume Jägerbombs – they’re getting intoxicated faster without knowing it. As the consumption of energy drinks and alcohol becomes more popular, people may be inclined to develop a dependency on alcohol, according to a study by the University of Florida published in April in the journal “Addictive Behaviors.”

“Drinkers [may] underestimate their levels of intoxication and consume larger quantities of alcohol,” says Dennis Thombs, co-author of the study and associate professor in the department of behavioral science and community health at UF. In a 2008 study, Thombs theorizes that this may increase the tolerance for alcohol, creating a “chronic pattern of drinking.”

Energy drinks alone have grown exponentially more popular in the last several years and has become a part of college life as a quick perk for the sleep deprived, according to “Beyond the Buzz: Inside Energy Drinks,” an article from the summer 2008 issue of *College Avenue*. Mix that with alcohol, and students may have an evolved addiction, merging two into one.

While bars are seemingly making profit from Jägerbombs and other similar beverages, the debate is on among students about whether consuming the drinks provides an added perk or pitfall.

“I get really tired when I drink, so having a little bit of

an upper makes the experience that much better,” says Jordan Kelly, a sophomore biological sciences major. “The fact that it’s double the high gives energy drinks and alcohol its appeal. You can have the best of both worlds. You can drink without feeling like you’re going to pass out.”

And these actions are exactly what the CSU Health Network wants students to avoid. The consequences of mixing alcohol with high-caffeine beverages is a riskier alternative to drinking alcohol alone, says Jane Higgins, a medical doctor and staff physician at Hartshorn Health Services.

“You get the depressant effects of alcohol and you get the increased perception of performance enhancement from energy drinks,” she says. “Your skills are worse, but you think they’re better.”

Abbie Jefferson, a junior psychology major, says she doesn’t enjoy mixing energy drinks and alcohol and makes an effort to avoid them.

“Energy drinks taste [bad], and I don’t like what’s in them,” Jefferson says. “If you’re going to drink something with alcohol, stick with coffee or [soda], not something with so many chemicals in it.”

In Thombs’s study, he explains there are more than added chemicals in energy drinks that contribute and encourage the behavior produced when mixing an energy drink with alcohol just to mask the taste of alcohol, which may affect how fast a drink is consumed.

“It masks the liquor pretty well,” says Jeremy Kempter, owner of Luscious Nectar, a bar located on Linden and Jefferson streets. “People may drink faster, which may [also] play a role in it. The energy drinks have a strong, overwhelming flavor with a lot of sugar.”

Tiffany Knauer, a sophomore communication studies major, is an energy drink and alcohol fan. But the appeal for Knauer doesn’t have anything to do with the delayed awareness of intoxication.



"I usually drink six nights a week and I probably drink alcohol with energy drinks about three times a week," Knauer says as she sits inside Luscious Nectar with a Red Bull and vodka in front of her. "I personally think that alcohol is alcohol, and people are just trying to find reasons for their behavior. All an energy drink is [is] sugar. You might get a little hyper, but it's the alcohol that's the issue."

Sugar and alcohol aside, caffeine is the ultimate suspect to play a large role in the effects of mixing the two conflicting substances. Thombs keeps this in mind, and in a phone interview, says he intends to monitor the caffeine levels in blood tests for a future follow-up study.

Despite the risky conclusions, Kempter, who says it's not unusual to go through two cases, or 48 cans, of Red Bull a week, can believe the findings, although he has no real way of confirming them.

"It's not like we have a problem with people who drink [energy drinks and alcohol]," he says. "[Those] people aren't more rowdy than anyone else so there's just no indication, but it's not something we make a point to monitor."

Meanwhile, less than a mile away, Bob Pischer, the general manager of Trailhead Tavern, goes through up to 120 cans, or five cases, in a week because of the Jägerbomb's popularity. But he's more skeptical than worried about any ban on serving energy drinks with alcohol, saying the news coverage is just another media scare.

"Alcohol was promoting risky behavior way before [mixing it with] energy drinks, and I don't think that energy drinks promote that," he says. "I think it's a gimmick. Every night it seems like the media [say something new is] bad for you."

At Mo Jeaux's Bar and Grill, bartender Laura Marchelya says they go through only 24 cans, or one case, of Red Bull a week, and she agrees with Pischer. Although Mo Jeaux's only has three regular customers who ask for energy drinks and alcohol, she still has reservations about the study.

"I read some studies on how energy drinks and alcohol can affect behavior," Marchelya explains. "I feel like a lot of the comments about it have been [regarding] rave-type situations, like all-night dance parties."

Many people feel the trend has received a lot of media attention over the years because this is still an issue for college-aged students to be aware of. Yet, grabbing their attention is harder than it seems, Higgins says.

"A big adverse effect captures attention for awhile," she



► photo illustration by chelsea dunfee

says. "Whether it would still be influential [after several years], I don't know. As a health care provider, I remember [these kinds of events], but as a student coming in, just hearing about it, it probably wouldn't make a big impact."

Teaching students to be responsible, first, is the way to go, Jefferson says, and after that, maybe then the public will start to see a natural regression in the level of alcohol and energy drink consumption.

"Kids are going to do what they want, when they want," Jefferson adds. "More education and more [valid studies] about the potential hazards could help." ■ Ca

*"the fact that it's **double** the **high** gives **energy drinks** and **alcohol** its appeal. you can have the **best of both worlds**. you can drink without **feeling** like you're going to pass out."* —jordan kelly, sophomore biological sciences major

photo Spread

VIDEOS



LUST

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4



5

1

addison den hartog, a senior graphic design and marketing major, works on his latest painting.

2

deangelo jones, a junior sociology major, says playing video games is his vice.

3

zenas "Xclu\$iv3" willard, a junior communication studies major, raps to allow release in his life. the rapper/producer says, "music is my life. it provides comfort and escape."

4

erin massey, a sophomore biological science major, practices yoga. fort collins has over 10 yoga studios as well as classes located at the new student recreation center.

5

andrew beardsley, an undeclared sophomore, spins on his turntables.

6

erica lobato, a post graduate student getting a second bachelor's in journalism and technical communication, loves to shop.

▶ photos 1, 4, 5 by garrett mynatt
▶ photos 2, 3, 6 by chelsea dunfee

CAUGHT IN THE HAZE how weed took root in fort collins

From outside, the two-story cottage just north of the Colorado State University campus looks much as it did in 1902 – simple gray stone walls, red-trimmed roof and a single tall window on the second floor. Today, sandwiched between two office complexes, the building is easy to miss.

A surveillance camera housed in black glass and a small sign by the doorbell give the only indication of what is inside: Medicinal Gardens of Colorado, 420 S. Howes St.

Like most medical marijuana dispensaries, or MMDs, a visitor must ring the bell before being allowed inside. On an afternoon in late March, three staff members mill around a small waiting room -- wearing professional namtags, they are the cannabis equivalent of Target or Best Buy employees. The marijuana is sold in a separate room, kept in glass jars with labels describing the strain and dosage.

Tim Gordon is well-versed in the history of the cottage. He lists a number of different uses since the turn of the century – a school, a train depot, a farmer's carriage house. Gordon, a 36-year-old Army veteran with black shoulder-length dreadlocks, is the co-owner of Medicinal Gardens. Since opening in June 2009, he and business partner Travis Cutbirth have become the go-to pot experts for patients and city officials alike.

"Travis and I know the medicine, we know the laws," says Gordon, sitting in a small classroom on the second floor where he teaches courses such as how to cook with cannabis. "We're good growers and good caregivers. I think I have one of the larger patient bases in Larimer County because of that."

Gordon estimates 70 percent of his clients are around 40 years old, and a subdued atmosphere is one reason Medicinal Gardens appeals to this majority. Shying away from stoner-culture imagery – a few blocks south off Elizabeth Street, the MMJ Dispensary uses a cannabis leaf for a symbol – was a conscious choice.

"Medical marijuana has never been scary when it's medicine," Gordon says. "I want people to feel comfortable to bring their children inside, sit in the lobby and get their medicine."

Medicinal Gardens doesn't just show the evolution of a Fort Collins landmark – it is at the forefront of an issue that has exploded across Colorado in the past year. Today, the Colorado Medical Marijuana Registry estimates there are

nearly 63,000 registered patients in the state, up from just 5,000 in March 2009.

Gordon and Cutbirth are navigating a burgeoning industry that, despite their greatest efforts, is in danger of being stripped to the bone by September 2010.

"They're making rules in fear of marijuana," Gordon says, referring to the mish-mash of legislation that has swamped state and local government. "They know it's legal, but they fear it. Does medical reefer exist? Hell yeah, it exists."

the green rush

MMDs are a budding sight in Fort Collins, but medical marijuana has been legal for nearly a decade in Colorado. In November 2000, voters passed Amendment 20, making it a treatment option for patients suffering from cancer, glaucoma, AIDS and other forms of chronic or severe pain. It also identified

about the legislation

ordinance

- MMDs and cultivation sites can't be within 1,000 feet of each other or primary and secondary schools
- MMDs and cultivation sites can't be within 500 feet of csu, parks, churches and child care centers
- no marijuana can be used on site at an MMD or cultivation facility

zones

- all cultivation sites must be in unmarked industrial zones, and at press time, no growing is allowed on-site at MMDs

the license

- people released from jail within the past 10 years cannot own or have stake in an MMD
- owners must record the name of every person they sell to, how much is sold and the amount paid, and police can inspect records at any time
- patients can grow up to 12 plants, six of them being mature, in their home



above: edibles available at medicinal gardens range from brownies to cereal bars. ▶ photos by garrett mynatt



right: an employee at medicinal gardens weighs out a strand of marijuana for a patient.

a key player in the new legal cannabis world – the primary caregiver, someone who “has significant responsibility for managing the well-being of a patient.”

On the surface, it was a major victory for pot advocates and a blessing for patients. But Larimer County District Attorney Larry Abrahamson claims a lack of foresight led many to take advantage of the laws, blindsiding government officials.

Of the 14 states with legal marijuana, Colorado is the only one to make access a part of its constitution. Because state amendments are much more difficult to change than statutes, Abrahamson calls this a mistake.

“There’s very little that is clear and unambiguous about the issue,” Fort Collins Police Services Cpt. Jerry Schiager says. Others agree the amendment is riddled with drawbacks. It places a heavy burden on city governments to make zoning restrictions and makes no mention of MMDs or cultivators.

“Marijuana is still a pretty low priority drug,” Schiager says. “We have methamphetamine, coke, some of those other things that are a bigger public concern. We didn’t follow [medical marijuana] until it fell into our laps.”

Although a 2007 court ruling dissolved a restriction that limited individual caregivers to five patients, Schiager points to 2009 as the beginning of the current pot industry boom. In August, the Colorado Department of Public Health and Environment loosely defined the duties of a caregiver – “significant responsibility” could be interpreted as simply providing marijuana through a storefront.

While patients are not required to designate a caregiver, Gordon says many don’t have the means or know-how to grow in their homes. Local entrepreneurs filled this need, sometimes acting as caregivers for 150 patients or more, Abrahamson says.

“The combination of those things really opened the door for the profit making-retail model,” Schiager says. “The restrictions that were in place had kept it really underground and small.”

Suddenly, the rush was on.

Like the plants they sell, MMDs grew organically, popping up in shopping centers all around Fort Collins. In early 2009, there were three registered commercial MMDs. When the city put a moratorium on sales tax licenses in December, there were 36 –

three more than the number of licensed liquor stores in March.

Now, state lawmakers are scrambling to keep up. Their biggest question: How do you regulate a business where, according to Abrahamson, people are able to grow a pound of marijuana for \$300 and sell it for \$5,000 from storefronts – the legal equivalent of large-scale drug dealing?

“They found out they could make a lot of money really fast,” says Abrahamson, although he didn’t name any specific Fort Collins businesses. “Dispensaries are huge money makers.”

“a nightmare”

MMD owners in Fort Collins, however, claim they make little to no money. They are nervous that lawmakers are creating legislation based on a few questionable businesses and doctors that are purely profit-driven.

“You’ve got these big business owners who are trying to change the rules and the smaller guys are crying foul,” says Terri Lynn, owner of the marijuana delivery service Natural Alternatives for Health. “The whole while patients are saying, ‘What about me?’”

As former commander of the Northern Colorado Drug Task Force, Schiager sees some unnerving parallels between legal and illegal marijuana. Since MMDs began opening en masse, at least six home-growers have been robbed, some at gunpoint.

And the criminal element extends beyond violence. Because the definition of severe pain is vague, numerous Web sites have appeared, giving tips on what symptoms to claim and which doctors are more likely to “rubber-stamp” a recommendation.

Although the registry is approaching a six-month backlog – the office receives over 1,000 applications a day – in September 2009, there were already 800 doctors in Colorado who had recommended marijuana to patients. Because marijuana is a plant, it is not an FDA-approved prescription drug or covered by healthcare providers like Anthem Blue Cross and Blue Shield and also the CSU Health Network. Doctors who have been stripped of their ability to write prescriptions – a federally regulated license – can still sign a marijuana card.

“To curb recreational use, what they need to do is go upstream to the doctors,” Lynn says. Because she grows in her



hot button

home, she uses a different last name to protect herself and her patients' privacy. "I think it's a nightmare for real patients. There are a lot of unintended consequences that council members are regulating. It's very fear-based and focused on recreational use."

a growing (student) problem

As a college town, Fort Collins is enticing. Roughly half of all current MMDs are within two miles of CSU, a fact the city hasn't overlooked.

"I think having a university here makes for a really tempting market, and maybe a market that is tempted," says Ginny Sawyer, an administrator with Fort Collins neighborhood services. She mentions that aside from using, students are growing in homes with little to no security. "Probably this next renting cycle, you will see some very spelled-out clauses saying 'no growing on-site.'"

Kris Ticnor, owner of the property agency MyHouse, has seen this problem first hand. When she went to inspect the home of two long-time tenants, she discovered 100 marijuana plants. The residents, also CSU students, had gone through all the steps to register themselves as a private MMD, but they overlooked Ticnor – neither the city nor the tenants notified her when the tax license was approved.

"Their position was, 'No one comes to our door, we deliver it,'" Ticnor says, stressing that the two lived next to an elderly man. "My position is all it takes is one person, who is high on something else, and all of a sudden cops are all over and I've broken my promise to those neighbors."

Instead of pressing charges or evicting the tenants, she allowed them to stay if they paid for the mold damage caused by the plants. Although she is not against medical marijuana, she sees the situation as one way it can be abused.

"There are certain community organizations that will grab onto this issue as a student issue, not a pot issue," Ticnor says. "It will become a bad tagline for students."

Sawyer and Schiager were part of a city committee that wrote a new ordinance to regulate MMDs. They held focus groups with patients, business owners and other community members, a process Ticnor believes was a token gesture and similar to the contested 3-Unrelated ordinance.

The resulting law, passed on March 16, mapped out defined areas around the city where MMDs can be located. A major concern for the committee was keeping large-scale grows like the one Ticnor found out of residential areas. After July 14, all cultivators and MMDs operating in homes will be illegal – including Lynn's.

"People already growing illegally will stay that way," she says. "There's no need for an ordinance to control them. You're going to have folks like me who were legal, who will either have to go out of business or move out of the city in order to sustain the model."

Schiager realizes this will shut down many already-established businesses, but the regulations are meant to protect communities

and define what he calls "crazy, contradictory laws."

On the other side, business owners and activists are fighting decades of pot prejudice. While the ordinance was being written, Gordon and Cutbirth arranged a tour of several local dispensaries to showcase their business model and prove that marijuana can be a viable medicine.

"Initially, there was a lot of apprehension and fear on all sides," Gordon says. "Now, it's like, 'Wow, there is a legitimate need [for MMDs]. We've seen how it works and it's not that bad.'"

The committee was immediately impressed; Schiager often deferred to Gordon and Cutbirth with questions about the ordinance. Despite this relationship, Medicinal Gardens is one of 30 MMDs that could be forced to move or close their doors. The new zoning and spacing requirements could effectively regulate them out of business, something that frustrates Gordon.

"It's 2010 – 10 years after laws could've been implemented and put into effect," Gordon says. "They are dragging their feet."

colorado's pot predicament

Don is a 29-year-old CSU freshman history major and former Marine who tore his rotator cuff while stationed in Washington D.C. After several years, his shoulder never healed and military doctors kept prescribing painkillers "like candy." By the summer of 2009, he was taking up to four 800-milligram pills at a time, as often as four times a day. He got his registry card in December after developing stomach ulcers from the intense dosage.

"I'm not doing it to get wasted and stoned," Don says. "I eventually decided that relief from the pain was worth it. It is something I can afford to do without being screwed up from all the pills."

Don chose to remain anonymous because his relief comes at a risk: Possession is still a federal crime, so he could lose the Veterans Affairs benefits that pay for his tuition.

Don's unease shows the fickle relationship between state and federal law. Despite a 2009 presidential directive, there is still concern and confusion about personal rights. Marijuana is considered a Schedule I drug, on par with ecstasy and mescaline.

"Federal government – the Obama administration – has said they don't care about medical marijuana," says Brian Vicente, executive director of Sensible Colorado, a Denver-based marijuana advocacy group. "But the [Drug Enforcement Administration] didn't get the memo. We have a branch of the government that is acting in a rogue manner and harassing patients and providers."

In March, Sensible Colorado teamed with Americans for Safe Access, a national lobbying organization, to train Fort Collins community members and MMD employees on how to react to DEA raids.

"We thought it was important to educate people on how to deal with DEA intervention in Colorado," Vicente says. "We

CREATING POLICY

a timeline of legislation for medical marijuana

april 20

city council decided if MMDs can grow on site, addressing concerns that new zoning leaves little available properties

june 30

deadline for active MMDs to apply for a new license and remain in business

march 16

city council passed licensing and zoning ordinance 6-1, extending the moratorium until september

july 14

deadline for MMDs and cultivators in residential neighborhoods to remove all plants, including inventory

february 5

bill creating state licensing authority for MMDs and cultivators introduced in colorado house

september

city council will decide if active MMDs can be grandfathered into ordinance without changing locations

january 20

bill concerning physician-patient relationship introduced in colorado senate

wanted to send a message to the federal government saying we don't want any intervention in state laws."

Spurred by this federal bullying, lawmakers from both parties have created a laundry list of legal marijuana legislation.

State Rep. Tom Massey, a Republican, has sponsored a recent bill that would address what he calls the "loopholes" in Colorado law that allow for MMDs. Dubbed the Colorado Medical Marijuana Code, it would create the State Licensing Authority for marijuana to track all MMDs, similar to the patient registry.

Another bill, introduced in the Senate, would redefine the physician/patient relationship, requiring doctors to perform a full physical and keep separate records of every patient they recommend for marijuana. It would also keep doctors from having any connection with MMDs.

With state legislation still up in the air indefinitely – after a major overhaul in the House, the patient/physician bill failed the Senate on March 26 and was sent back to committee – there is a sense of exasperation in Fort Collins.



When asked if he ever imagined himself on a legal marijuana committee, Schiager chuckles.

"I hope this doesn't turn into a five-year project," he sighs. "This was never an issue I was looking for to define my career."

But MMD owners and city officials, including Sawyer, feel that the people at the heart of the legislation – the patients – may have been lost in the process.

"They were able to find caregivers and it made their lives functional," Sawyer says, recalling the story of a 60-year-old woman who suffered for years with multiple sclerosis until she discovered marijuana. "That is who I would hate to see put at risk by such strong regulations."

The activist in Gordon remains hopeful that the city won't force any current MMDs to move. A decision on whether to grandfather the 30 violating businesses under the ordinance will not be made until September. But he is still afraid bureaucracy could stall or even destroy a good thing.

"My biggest fear – myself as a patient and an activist – is I don't want my patients deferring to street drugs," Gordon says. "I will fight tooth and flippin' nail to ensure that doesn't happen." ■ Ca



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by garrett mynatt

Chasing the Fix

confessions of an adrenaline junkie

Hesitating at the top of Bingham Hill Road, my legs begin to twitch. The road is open and nearly empty, waiting for me. I plummet down the pavement hill with a graceful jolt of energy. Pedaling faster, my legs start to burn as the wind rushes past – taunting me to go faster – and the only sound I hear are the tires humming on the road.

Nearing the bottom, I lift myself off the seat and lean over the handlebars, tightening my grip in preparation to push past the car ahead of me. And as I pass, not only are their faces shocked to see me on my bike passing them, but they also realize I have no brakes as I take a hard right and lock my legs, skidding to a stop.

I am an adrenaline junkie and I have just fed my fix.

I ride a fixed-gear bike or “fixie,” which means that my bike pedals do not stop moving; there is only one gear and no brakes. So how do I stop? I can either resist the pedals or lock my legs to skid to a halt.

Some people may think that riding a bicycle at 20 MPH or more without brakes is crazy, but to me, it’s just the most entertaining and exhilarating way to get around.

I was an avid long boarder in high school, and when I moved here to attend Colorado State University, I needed something that could take me farther than a long board. A bike was the perfect answer. I needed something light, cheap and fast. My roommate was the first to introduce me to fixies, and after learning the basics, I was off.

While I don’t currently BASE jump or sky dive, I do consider myself an adrenaline junkie and, no, I don’t take offense to the term. For me, the adrenaline rush is only one of the appealing aspects of participating in extreme sports.

What I want to know is: can adrenaline be an addiction? What’s out there that gives different people that same rush? Or is there just the adrenaline junkie type who is always looking for the next rush?

There are a lot of sports that are now considered “extreme” – rock climbing, white water rafting, fixed-gear riding, snowboarding and long boarding to name a few. Basically, extreme sports are considered to have higher levels of risk and more physical demands.

Steve Ross, a licensed clinical and sports psychologist with the CSU Health Network, says there is not an actual diagnosis of adrenaline addiction in the “Diagnostic and Statistical Manual of Mental Disorders,” Fourth Edition. But, he adds, there does seem to be an addictive component to extreme and high-risk sports.

“Many of the athletes who participate in extreme sports do so through rigorous training that allows them to constantly increase



photos by garrett mynatt

hot button

their skill levels to match the increasing demand,” Ross says. “Therefore, virtually any sport could trigger the production of adrenaline.”

According to the Genetic Science Learning Center at the University of Utah, adrenaline – also known as epinephrine – is usually equated with the “fight or flight” instinct in humans. Adrenaline is a reaction to an extreme situation or is the body preparing for that situation.

Once this starts, the adrenaline sends a message to the body including the heart and lungs, opening the airways and blood vessels to create a boost of energy in specific ways for different parts of the body.

“I’m still trying to figure out if I enjoy that adrenaline,” says Kyla Novak, a junior graphic design and art education major, about the adrenaline she gets from rock climbing and fixed-gear riding. “I know my limits and when to take a risk and when to stay in the shadows.”

And with no hesitation, Novak agrees with me that, yes, adrenaline is addicting. But, she adds, “It comes and goes like the weather does – when the weather is brutal outside I’ll still ride.”

As I have come to religiously believe, adrenaline is something that comes along with many forms of sports, including one of Novak’s favorites: city riding.

Novak has been fixed-gear riding in Denver before and would like to ride in other cities, not just for the thrill, but also because it holds a great challenge – crowded streets with heavy traffic, narrow spaces and one-way streets.

“Adrenaline is very thrilling,” Novak says. “It’s safe, but it’s risky.”

But extreme sports are not for everyone, and although I can get my fix from them, others choose to push themselves in sports for the challenge it offers.

“I’m not an extreme athlete, I’m not going to go ski off a cliff or something,” Jane Welzel says. “For different people, different sports give them that rush. From my experiences, the really extreme stuff is too scary for me. I don’t want that, I don’t need that to get the high, I just need something that challenges me.”

For some, like Welzel, adrenaline can be more properly classified as the thrill of the unknown.

And, as she nears 55 years old, she explains that “there is always something [out there] to test yourself.”

Even though extreme sports are typically more risky and physically demanding, the release of adrenaline, or the “rush,” does not require danger, as Ross explains.

Welzel says she does not participate in sports that put her into survival mode because where she is at is “a good place.” And there’s no doubt about that because she has been running for over 35 years and has competed at one of the highest levels of competition – the Olympics – which she qualified for five times.

She has been actively involved in sports throughout her life, which began with swimming, water polo and cross-country in college. She began running to stay in shape for swimming, but instead of pursuing swimming, she took up running. And adrenaline, for her, is not directly related to the danger of her sport.

“There’s that similarity in pushing the edges and not knowing

what’s possible,” Welzel says on how she gets her adrenaline fix.

In my experience, the adrenaline in sports can be an addiction. Although it isn’t just for the pure rush, it is more of an addiction to something I love to do – play sports and be active.

I’ve played almost every sport there is starting in kindergarten, and for now, riding my fixie cannot be replaced by anything. I have spent countless hours riding, tinkering and enjoying everything that comes along with it. So much so that I’ve gotten most of my friends into riding fixies because of how fun and cheap this is. And it isn’t hard to coax them – all I have to do is say, “Hey, try this out” – and they’re hooked.

I was never really attracted to the dangerous side of riding a fixie, except that danger does give me that fix, that adrenaline rush that other sports cannot match.

“Adrenaline is a hormone produced by the adrenal glands when the body is under stress,” Ross explains. “When this is paired with participating in an extreme sport, the adrenaline is useful, as it is expended during the activity. Concurrently, there is often an endorphin release during extreme sports. Endorphins are generally responsible for a feeling of well being and their opioid effect can short circuit the pain response.”

Rob Breckenridge, a CSU alumnus and owner of A-1 Wildwater Rafting, has been on the Cache la Poudre River for over 30 years and acknowledges that white water rafting has the potential to be dangerous.

“[Its] definitely part of why people come – [there is] a great adrenaline rush when you go down the river,” Breckenridge says.

When Breckenridge came to Fort Collins, he went out on the Poudre River and started an experiential learning program for rock climbing, white water rafting and other outdoor activities. He graduated with a bachelor’s degree in natural resources management in 1978, and after teaching high school biology, he returned to CSU for graduate school; however, he quickly realized that since “no one was doing much on the Poudre River,” that he should – so he started A-1 Wildwater Rafting.

Last year, Breckenridge wasn’t white water rafting due to a hip injury, but he plans on returning to the rapids this season. He does more safety boating, which is following the rafts in a kayak and helping people that fall out get back to shore.

Safety is a big concern in extreme sports because they are riskier than traditional sports. And I try to be as safe as I can be – despite the fact that I’m weaving in and out of traffic – and surrounded by over 3,000 pounds of metal.

Fixed gear is just one of many extreme (and not so extreme) sports that can entice me and other adrenaline junkies into chasing the rush. I’m OK being classified as an adrenaline junkie and will always be looking for the next rush – even if that means I’m “addicted to adrenaline” – I guess I’ll just have to enjoy the ride. ■ Ca

garrett mynatt is an adrenaline junkie who can be seen pedaling around fort collins on his blue-wheeled fixie. comments and questions can be sent to csumag@lamar.colostate.edu.



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by louie garramone

Poetry in Motion

A white fedora adorns his head —
 His head explores his **cache of words**,
too heated
 with all these college people packed in,
 seated in the **Bean Cycle** and weak knees ensue, dude.
 Nostrils **tingle** as coffee beans crumble
 and **people** mingle,
 humbled by the last poet's
punch line about political times,
 while **intricate art**
 straight from aching hearts
 hangs inside wall frames.
 And **Brent Adams** is **too cool** to fumble over any broken words,
 his verbs in action,
 sparking flames fueled by reactions from fans,
new-comers, new experiences.
 But **Adams**, slipping rhymes into
people's minds through the mic,
 Simply sees it to unite by turning writing into insight,
 his **right mind transforms his left views**
 to something new,
community something the
 can use —
 And as the last lines fall off his lightning quick lips, his words cease.
 The crowd pleases him with
screams of applause,
oohs and **ahs**.

This is the scene of the Fort Collins Poetry Slam at the Bean Cycle. This is where people unite on the first Friday of every month, to see these poets perform. This is the language transcending and transforming into art, and people come to freely express their voice.

Brent Adams, 24, is a Colorado State University graduate student, majoring in ethnic studies, and he has been writing poetry since middle school.

"People feel small and insignificant in addressing issues in the world," Adams says. "If you're one person in a sea of violence, thinking about these problems, it can wear you down. But poetry offers the community a chance to hear voices that normally can't be heard."

Adams has not only found a way to express his thoughts through poetry, but he has found it to be empowering. While working with eighth grade kids at the Sexual Assault Victim Advocate Center in Fort Collins, Adams says that sometimes he doesn't know if what he does really helps, this is why he writes poetry.

"If we can get together and show that more of us care, it makes me feel like we do have power in the community," Adams says. "Poetry gives me a sense of efficacy."

Efficacy,
 to project and definitively
speak to minds
 that feel they to find and communicate thoughts,
 and to **connect in an authentic way**,
 Where the oppressed are, **heard**
 and **voices** are found.

Kimberly "Infinite" Ford, a junior ethnic studies major, also finds her voice through poetry.

"I think [slam poetry] is a great way to communicate thoughts," she says. "People who are not heard in political arenas, such as everyday people like us, are given a chance to be heard through poetry."

Along with Adams, Ford performs at the poetry slam in early April. Women's rights. Removing distrust in people. Abandonment. These are the issues that strike a cord when voiced through her spoken word. She wants people to listen, and wants to hear others as well.

"We have equal respect for each other's words," she says, alluding to the poetry slam. "Whether it's the audience or the other poets, it creates a feeling of community when people are able to freely and openly express their voice."



Aggression, curved.

Politics, diverge.

Human rights, for sure.

Expression, through verbs.

Action, **thinking**, **writing**,
reaction, **stinging**,
fighting

and overall **uniting**,
because of spoken word.

Sounds absurd?

Yes, but still it occurs,

and all **we** want is

our voices **heard**

We are **poetry**.

We are poetic.

We are **people**.

But most of all ...

... **we are**.

Sasha Steensen, a CSU assistant English professor, is fond of poetry, but feels that the poetic voice can get lost in the sea of technology.

“There are so many demands upon our attention,” she says. “You’ve got Internet, e-mail, billboards — an information overload. Poetry presents and looks at these things from different angles and helps us decide how to process these things as a culture and as individuals.”

She describes language as a “way to communicate a particular meaning.” If something needs to be described or communicated, we use words to symbolize a particular feeling or object. But with poetry, a poem is an object itself, and the reader has to engage with how the words sound and look in relation to each other, rather than each individual meaning.

“Try to think without using language and usually it comes in immediately to label whatever it is we are thinking about,” she says. “Poetry, on the other hand, requires a certain kind of engagement and asks the reader or listener to be critical and pay attention.”

Steensen always tries to accept an invitation to read and enjoys how the performance enhances the poetry. She says the slam can expand the possibilities of poetry for the listener.

This is where Larry Holgerson comes in to play ... on words, that is.

Holgerson, who is known as the “slam master” or “booger,” is a well-known face in the slam poetry world. Holgerson is also the one responsible for organizing the slam at the Bean Cycle and has been doing so for the last five years.

“We always fill up the place [the Bean Cycle], and people may have to sit on the floor,” Holgerson says. “When those 16- and 17-year-olds come in, along with the college kids, and speak their truths, they can say something that simply devastates you. They’ve been thrown a world of crap, and find a way to speak through it all. Their day to day dealings, concepts and aggressions are portrayed through their poetry.”

“It doesn’t take a degree, employment, permission [to

write poetry],” Adams says. “You just need guts.”

“It stems from oppressed communication, oppressed voices,” Ford says.

“We don’t have any engagement with the world that doesn’t involve language,” Steensen adds.

“Culture is an operating system and we need the one in Fort Collins to be heard and feel eloquent about the way we do it,” Holgerson says.

They all speak, hear, listen, voice their opinions and lead individual lives. They all live in Fort Collins and involve themselves in the community. They all have something to say about poetry. And if you listen very closely, you might catch the meaning behind their spoken words. This is the motion of poetry, deep in the heart of Fort Collins. ■ **Ca**

A BREATH OF FRESH AIR

recreational
inhalation

Just breathe. Feel your lungs inflate, and slowly deflate as you exhale. Breathing is a process of everyday life; it is a function our body does involuntarily, yet not many people think about using oxygen recreationally – that is until the O₂ Market and Lounge opened about six months ago in Fort Collins.

Eli Traufeld, co-owner of the O₂ Market and Lounge, explained that the oxygen provided at the oxygen bar is 92 percent oxygen mixed with aromatherapies that come in powder form. The non-medical powder is put into water and mixed in a filter. Then a hose pumps the oxygen out of the filter, through a sanitary nose pipe and into the body.

This recreational oxygen is not 100 percent pure oxygen – that would be the type of oxygen that is used for medical needs. Though this particular oxygen is non-medical, Traufeld said recreational oxygen can help people struggling to adjust to Fort Collins' high altitude, among other health benefits.

There are many effects that people can feel after using recreational oxygen. One person who enjoys these effects is Mike Walsh, a senior horticulture major at Colorado State University, who was hired at the O₂ Market and Lounge in April after taking a liking to recreational oxygen.

"It's really just a relaxing sensation," Walsh said. "Atmospheric oxygen today is a lot lower than it has been in the past, so it really feels better in my mind."

The oxygen lounge offers 15 aromatherapy flavors that are supposed to enhance how users will feel after, which Walsh agrees with. For him, using oxygen can get rid of his headaches and makes him feel more energized.

"I feel calmed after [using] lavender, but I feel more uplifted



after trying the lime or the wintergreen,” Walsh said. “Overall, I feel healthy and relaxed.”

The oxygen bar is a new addition to Fort Collins, but another relaxing recreational inhalant has been around a bit longer – hookah. Fort Collins is home to two hookah bars, one of which is Narghile Nights Hookah Lounge, located on College Avenue.

Aria Khosravi, owner of Narghile Nights, said the social aspect of smoking hookah contributes to this trend.

“I don’t think many people come here just to smoke,” Khosravi said. “It’s to have fun and socialize.”

Walsh said he tried smoking hookah, but realized after discovering recreational oxygen that the health benefits play a role in his preference for oxygen.

Though there have not been many aggressive studies done to prove the exact effects of smoking hookah on the body, according to Kirk DePriest, a pulmonary critical care physician at the Medical Center of the Rockies, doctors are concerned that it may cause cancer. Additionally, the nicotine that is present in tobacco smoked through hookah pipes raises concerns for doctors.

“Anything where we see addictive medicine uprising can be a concern,” DePriest said.

Freshman political science major, Ally Gandy, said while she knows smoking hookah is bad for her, she has been doing it off and on since she was 15 years old.

“Anything that you put into your lungs is going to affect you,” Gandy said. “It’s something you have to deal with.”

Traufeld claims his business is a healthy alternative to the hookah bars.

“Smoking is not for everybody, but oxygen is,” Traufeld said. “It’s OK to inhale.”

The experience is different for everyone but possible effects that oxygen can have on customers are increased focus, energy, circulation, weight loss, digestion and decreased stress.

“I don’t see any disadvantages,” Traufeld said.

While recreational oxygen use does not have hazardous effects like hookah may have, DePriest said, there are no proven health benefits of breathing in anything but air because our bodies were not made to consume more oxygen than the air provides.

Khosravi said he never lies to his customers when they ask him about the health effects of smoking hookah.

“Anytime anybody asks me a question about the health effects, I shoot them straight,” Khosravi said. “There are health effects associated with this. We are very open on it – there are no secrets.”

He knows smoking hookah is not for everyone, but wants to offer a new thing for people to try.

“Everybody has a right to choose what they want to do,”

Khosravi said. “I believe anything in moderation is fine, and that’s why we put warning labels on all of our menus.”

Although it might be thought that hookah has the social benefit that oxygen bars do not, Walsh said that he often sees large groups of people coming into the O₂ Market and Lounge. Even though the point of the oxygen bar is to relax and breathe, he said you can get the same calming effects while talking to friends.

Traufeld also describes the oxygen lounge as a social atmosphere.

“It’s a non-alcoholic place to come and relax and hang out,” Traufeld said. “We wanted a place of healing. It’s a ‘home away from home’ type of environment. ■ Ca

scented inhalation

about 200 years ago, there was 40 percent oxygen in the atmosphere. due to increased pollution, there is now only 21 percent. the o₂ market and lounge provides 92 percent oxygen for a refreshing experience. here is a sample of their 15 flavors, all of which impact the body differently.

strawberry – stimulate & clarify

vanilla – calm & comfort

lime – refresh & sensual

peppermint – refresh & concentrate

spearmint – energize & refresh

watermelon – balance

tangerine – uplift & cheer

lemongrass – energize & cleanse

pumpkin – strength & balance

wintergreen – refresh & stimulate

lavender – calm & relax

information courtesy of the o₂ market and lounge

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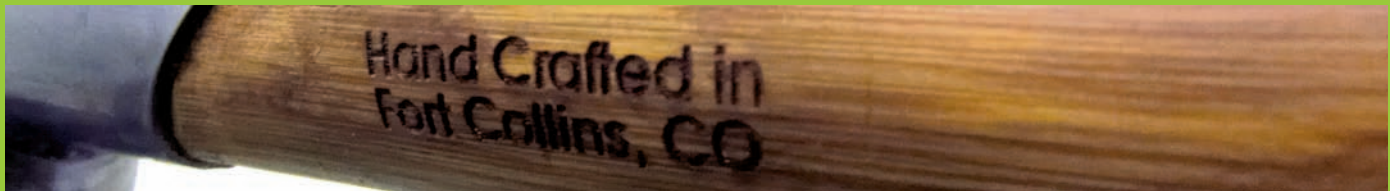
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by jaime pritchard

Off the Grid

bamboo bike makers crafting environmentally-friendly designs



It's not the kind of place you can just wander into. The off-white stucco building has a vacant feel and no sign out front. The entrance opens into an empty hallway that is just wide enough for one person, and zigzags a few times before ending at the back of the building. Their door is on the right.

The address and phone number of the shop cannot be found anywhere online or in the yellow pages. There is an e-mail contact on the Web site, but the physical location of the business is off the grid, yet the Fort Collins-based business called Panda Bicycles is creating a new trend that is on the move.

Colorado State University alumni Jacob Castillo and John McKinney are literally "growing bikes" by hand-making frames out of bamboo. McKinney was inspired by a pre-graduation trip to Mexico where he used bamboo as a building material.

According to green-eoliving.com, bamboo is a fast-growing, eco-friendly renewable material that is strong like traditional steel frames, but is much lighter and more flexible, making it ideal for bicycles.

Panda Bicycles launched their first line in September 2009 that consisted of 25 limited edition bikes with a unique steel-lug design that is patent-pending. Selling for \$1,050 a piece, there are two models: The One and The Natural.

"The One is a one-speed bike designed for commuters," Castillo said. "The Natural is also designed for 'commuter functionality' but has a more retro style."

But why buy a bamboo bike? What makes them recreationally advantageous over other types of bikes?

"The frame quality is comparable, if not better than steel or aluminum," said Chris Olson, a bamboo bike owner. "My bike is very smooth, quiet and strong."

Caley Fretz, a junior political science major and the president of the Ram's Cycling club, has also ridden a bamboo bike and said, "The ride was comfortable, but felt like any other bike."

But, JC Coughlin, a sophomore mechanical engineering major and former cycling competitor, questions the durability of bamboo.

"I wouldn't pay that much money for a bamboo bike because I don't think it could withstand the elements like steel can," Coughlin

said. "I feel like the bamboo would crack and warp eventually."

To prevent the bamboo from deteriorating, Panda Bicycles uses a three-step process that consists of a flame treatment to dry out the bamboo, stain application and polyurethane application to seal it from weather.

Senior mechanical engineering majors Peter Lund, Matt Deault, Adam Lum and Matt Cuff decided to work with Panda to test the durability of a bamboo bicycle as their capstone project.

Lund, Deault, Lum and Cuff began working on the project in August 2009 and are currently in the testing phase. They began by riding Panda's original bamboo bike design, which "felt like a noodle because it was shaking so much," Lund said. He said the design quality of Panda's bikes has changed drastically since the first model – the current frame is stronger and a higher quality.

The design team made modifications to the frame's design and sent it to be tested at the Orthopedic Bioengineering Research Laboratory of CSU.

The frame endured three tests established by the American Society for Testing and Materials that measured its structural durability:

- horizontal fatigue test: frame compression is measured after the bike endures 100,000 cycles with 600 Newtons (134.8 pounds) of horizontally applied weight
- vertical fatigue test: 1200 Newtons (270 pounds) of weight is applied vertically while the bike endures 50,000 cycles
- an impact test.

The frame passed all three tests so Panda Bicycles is waiting to receive their official ASTM certificate, proving that their design meets consumer reliability standards.

Castillo and McKinney plan on releasing their 2010 models this spring and since Panda Bicycles is steadily gaining popularity, this off-the-grid business is finding a way of putting itself on the map. In addition to a local clientele they have had customers in Ohio, Michigan, Illinois, California and Arizona.

"The community has been great," Deault said. "There's been a lot of support. Fort Collins is a great place to [start selling bamboo bikes] because of its bike culture." ■ Ca

Finding Sustainable Structure

the venture of urban development

Energy is a commodity and a resource, but where does it come from? From students to teachers to community members, everyone relies on energy; yet as our population grows, there is a need for more space and more energy.

This is where urban planning comes in. By laying out the space and how energy will be used, a more efficient city flourishes. Currently, there is an opportunity for planners to not keep using vital environmental resources for energy, but to sustain them.

Urban development is the planning of high population areas and cities. It also encompasses how buildings are located in respect to each other, and how building attributes can be sustainable, according to Delwin Benson, a professor in the Department of Fish, Wildlife and Conservation Biology and an extension wildlife specialist.

Sustainability, on the other hand, is how a resource is used so it is not depleted or permanently damaged, according to the Merriam-Webster online dictionary.

Benson explained there is a disconnect between the people living in urban centers and the environment – living in an urban setting means we don't see the source of our energy or the impact it has on the environment.

"In the old days, you were living on the farm and you had a wood stove. You knew that you had to cut the wood to put in the stove to heat the house to make it warm," Benson said. "Now all you have to do is turn up the thermostat. You don't know whether it's gas and where the gas comes from, or maybe its electric heat – where does electricity come from?"

Urban people in urban development centers are [detached] from sustainability. They may not know where it comes from and they may not know how to vote wisely about it because they are so far removed."

David Rigozzi, who works for the Denver regional office of the U.S. Department of Housing and Urban Development as the field environmental officer, said that urban planning dates back to World War II, when more people moved into suburbs. As commerce and retail centers began to shift away

from large cities such as Denver, HUD's attention has been drawn to more "blighted" areas.

"You have two options with sites like that – you can just let them be derelict forever, or you can turn them into a park," Rigozzi said. "But HUD's idea is [to] go for a more concentrated plan because the more concentrated you get, the more efficient use of energy."

HUD's current model across cities is to fund mix-use clean up projects where commercial and residential retail areas can be more affordable and sustainable.

The Sustainable Communities Initiative, a \$100 million federal program started in 2009, joins the forces of HUD and the U.S. Department of Transportation to improve upon "housing, transportation, economic development and sustainability in urban planning efforts," according to the HUD Web site. Rigozzi explained HUD is also creating a new office for sustainability.

"It is kind of just nature taking its course – a lot of it, to me personally, stems from the fact that the United States is an affluent country in the world and this takes a lot of money," he explained. "We expect or want these things to happen. Sustainability costs more money – 50 years ago there was no technology."

Rigozzi is optimistic about current technologies, but explained there is a risk if operation and maintenance costs get too high.

"The companion to sustainability is recycling – we have to have a convenient system so we are not turning a lot of these high-tech systems into hazardous waste," he added.

Part of this is educating the masses. Aside from spreading information gathered by the university, Benson seeks out people and custom-tailors solutions to them. One goal for a more sustainable community is the "need to convince people that they want to do things in a sustainable way."

Sustainability goes beyond environmental issues - it's influenced by the economy and society, Benson added.

"It is not only how you build a building, how you find the structure for people, but [it is also] teaching people

proper behaviors,” Benson said. He added that social sustainability can be just little things, such as turning off the lights and not running the water while brushing your teeth.

April Wackerman believes sustainability requires people to work together. Wackerman is a project manager with the Institute for the Built Environment at Colorado State University. Through her work as a green consultant, Wackerman helps builders get Leadership in Energy and Environmental Design certification for using resources wisely, along with providing a healthy space for occupants.

“In the past few decades, the buildings are a lot less efficient and decrease in quality of materials, so other components have affected the indoor environmental quality,” she said. “There is a social impact as well, such as having natural lighting versus manufactured. It is not just about energy, it is about the health and well-being of the people that occupy and build the buildings.”

Although the trend of sustainability in urban planning is fairly new, Benson argues that people have been practicing sustainability for a long time – such as finding efficient ways to grow crops, which has taught people how to use the environment so it won’t deplete itself over time.

Benson believes sustainability is a give-and-take relationship because everything is intricately connected in multiple-use environments.

“A balance should be found first in how the earth works, and we don’t want to do something that destroys the functions of the earth,” he said. “We should decide to never let our earth get any worse off than what it is now and hopefully do what you can to make it better. If we are to demand energy, we have to accept some trade-offs to get it.”

Brian Dunbar held the same philosophy in finding ways to make the earth better. Dunbar, a professor in the Department of Construction Management and the executive director for IBE, works with graduate students, CSU faculty and off-campus professionals to work on green building and sustainable development.

“An entire neighborhood or city can be sustainable,” said Dunbar, who has a new innovative project in the works that will not only be sustainable, but will also create “regenerative living environments.”

Known as LENSES, or Living, Environment, Natural, Social and Economic Systems, Dunbar and his research team are creating a guiding framework that they are hope will be implemented by projects in Northern Colorado, and eventually across the country and around the world. Dunbar explained how this is the next step in sustainability.

“Green building has done a good job of showing we can harm the planet less. The next generation of development and building will ideally not just use less, but



do good for the planet,” he explained. “What if there was a building that actually had a positive footprint? What if it creates more energy than it uses?”

Both Dunbar and Benson hold a positive outlook for the future of sustainability and, one day, regenerative buildings. Benson said the best way to do so should start here, at CSU.

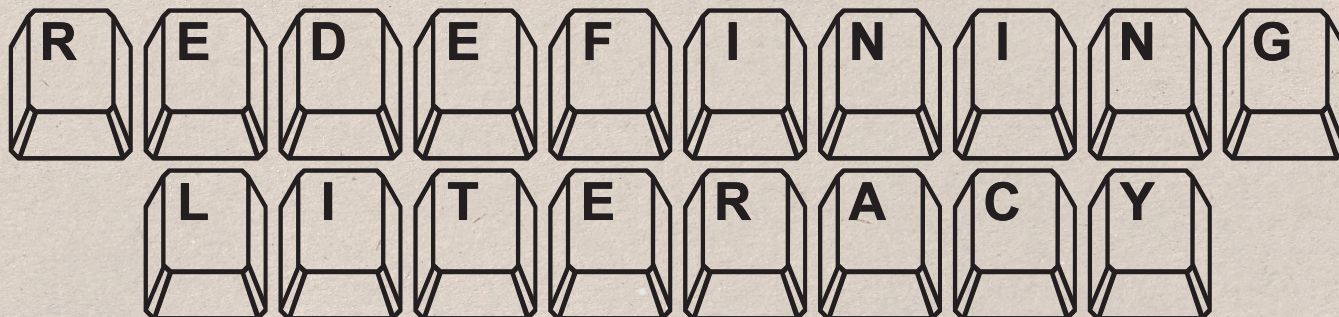
“We are an institution of higher learning, we should experiment here,” he declared. “Let’s not save it for somebody else to build – let’s be entrepreneurs.”

Wackerman champions personal, intimate involvement in every building project.

“Urban development has a real opportunity to think about ways to draw people to a community and where people want to live,” she said. “It’s a reconnecting.” ■ Ca

*“what if there was
a building that actually had a
positive footprint?
what if it creates more energy
than it uses?”*

-brian dunbar, executive director at CSU institute for the built environment



technological impacts on traditional reading and writing

Your fingers slide along the keys. A slight, consistent tapping is the only sound in the room besides intense, concentrated breaths.

Small blotches of text dot the page and the ink bleeds slightly. Words are formed meticulously. You struggle to spell each word and shape each sentence, referring back to your outline every so often.

As the tab dings and releases, the beginning of the next sentence is marked by the orange of the type guide.

As you review your masterpiece, you notice an error, two-thirds down the page. You rip the paper out to begin typing again – what other choice do you have?

This was reality for writers using a typewriter before the invention of the computer, before simple creation and before immediate revision.

“[I have my students] work out of the book,” says Deanne Gilman, senior history major and teacher of ACT prep for Poudre, St. Raine and other school districts. “Writing by hand, students are forced to interact with the page.”

However, in a technology-driven world, the original definition of literacy no longer applies. A quick outline on paper and the primal, physical act of writing have changed.

Rather than a simple ability to read and write, “literacy” must now shape and develop to encompass new forms of writing, new ways to communicate and a new influx of information into the previously simple world of print.

Mike Palmquist, associate vice provost for the Institute for Learning and Teaching at Colorado State University, says the belief that technology is ruining literacy and the process of writing is a myth.

“[People] have an idea of this glorious past before the Internet,” Palmquist says. “But before that it was television, it was radio, it was reading horrible dime novels in the 1920s. But if you look at the writing of a fourth, eighth or twelfth

grader, they write like a fourth, eighth or twelfth grader. People have been writing badly for a long time.”

With the invention of the computer, writing processes have been affected, especially revision. Palmquist says there is a lack of knowledge about where education was before technology; some may be blaming technology for the perceived lack of literacy now.

“I began writing on a computer in 1981,” Palmquist says. “I was typing a novel in college [on a typewriter] and if I made one mistake, I’d have to retype the whole page. But for revision [technology has] made a huge difference.”

But Gilman combats this revision process, claiming that technology may be harming the ability to revise because we “don’t have to be accountable for our mistakes. [Spell-check] fixes things, but we don’t understand how it’s a problem.”

When teaching the process of writing, elementary school students begin pen to paper, planning with outlines and notes. But they are still required to learn the actual process of writing as well as the basics of grammar and spelling.

In the “Past and Present of the Verbs to Read and to Write” Emilia Ferreiro writes, “Technology in and of itself will not simplify the cognitive difficulties of the process of learning to read and write.”

Evolving from the paper outline, the writing process has developed into typing immediately and returning to revise.

“As soon as you start writing, the planning is over,” Palmquist says.

However, Gilman says, “The physical connection [between pen and paper] drives [the writing process] home. Writing it themselves, writing with their hands, makes them connect easier.”

The support system of spell check is nice to have since it catches initial grammar and spelling mistakes, Gilman says.

“But you can’t sit next to a computer and gain from it,”

she says. "You still have to learn how to use it appropriately."

The implementation of word processors may also affect the product of writing, as writers may rely too much on spell check to catch mistakes that those using typewriters may have caught and fixed before creation.

"On my own computer, I turn off the grammar functions," says Tobi Jacobi, co-director of the Community Literacy Center in Fort Collins. "Spell check is not always right and Dictionary.com is not the end all, be all."

Palmquist says technologies can be seen as a positive influx, helpful for teaching or at least catching the initial mistakes.

"I don't know that people are losing the ability to spell," Palmquist says. "It may be getting better because of the tools."

Beyond spell check or word processors, the Internet has changed information gathering rather than just spelling. A lot of options are available online, allowing writers to access information immediately rather than waiting days for the return of a library book. But with this access comes responsibility in how writing is done and how it may be perceived.

"Everything is a more public forum," Jacobi says. "[Writers] have to think about audience and form more because it's public – not just for the classroom."

Jacobi also emphasizes how access has expanded, how writers can post research that can then be cross-referenced immediately.

The Internet's amount of information has also changed reading practices as information is being presented differently.

"Reading is quicker in chunks," Palmquist says. "There is anecdotal evidence that people spend less time reading extended articles, instead they're scanning information. In a news article on the Web there are links now."

Students can access some textbooks online, while classrooms and class discussions can be held in chat rooms, such as the chat function on RamCT at CSU.

"The Internet has expanded our forms of literacy," says Pember Hedger, a junior health and exercise science major. "I don't read books – I don't like them. But I don't like reading on a computer so I print everything out."

But Jacobi reminds us that the ease of access to these materials online comes with the responsibility to be aware of where the information comes from.

"There are more mature uses of literacy practices [now], and technology is enabling some of that," Jacobi says. "But we still have to check the origins of sources we don't know – and Google doesn't take us all the places we need to go." ■ Ca

history 101 notes april 2010

1873 Typewriter

- Christopher Latham Sholes invents typewriter; inspired by British attempt

1875 Mimeograph

- Thomas Alva Edison discovers a way to make duplicate copies of documents

1921 Wirephoto

- Western Union sends first electronically-transmitted photograph

1939 Digital Computer

- John Atanasoff and Clifford Berry of Iowa State College complete the prototype of the first digital computer

1964 Operating System

- IBM introduces the OS/360, the first mass-produced computer operating system; could run any software program

1970 Optical Fiber

- GTE and AT&T will soon begin experiments to transmit sound and image data using fiber optics

1975 Microsoft

- Bill Gates and Paul Allen form Microsoft to write computer software.

1976 Super Computer

- Cray Research, Inc. introduces its first supercomputer, the Cray-1

1983 PC

- In January "Time" names its 1982 "man" of the year -- the personal computer. PC's have taken the world by storm dramatically changing the way people communicate
- IBM dominates the personal computer market

1988 Graphic User Interface

- Apple files a suit charging that Microsoft has pirated Apple's user-friendly graphical interface. The suit fails, and Microsoft's star continues to rise

information courtesy of pbs.org



ADDICTION, VIDEOGAMES AND THEIR MUTUAL EXCLUSIVITY

I think everyone can picture that room. It's the room where you find the sweaty fog of stale, unwashed air. It's the room where the walls shiver away from the light, uneasy under its foreign glow. It's the room where Cheetos and other junk food sprawl across the floor. It's the room where the videogame addicts hunch over their videogame controllers, fast asleep at 3 p.m. That room exists, somewhere.

There are two problems with this picture. First, it exists so rarely that mentioning it does a disservice to gamers as a whole. Second, it has a forceful impact that is more socially permeating than any positive gaming anecdotes, making it effective in creating a stigma. Addiction is an established mainstay in gaming, but that stereotype doesn't encompass everyone.

World of Warcraft, better known as WoW, is the largest online game in existence. It houses over 12 million monthly paying subscribers, and according to Computer Addiction Services, at least 10 percent of them are addicted.

But this kind of game fosters addiction. Imagine being depressed. WoW has a bursting economy, things to do, ways to feel useful, and over 12 million people to take you for who you are without any nonsense labels to judge you by. You can be yourself, or you can create a whole new persona. Who can say they've never just wanted out, to start over, to escape? Games are about escapism.

I used to play Everquest, a precursor to WoW and one of the first games to beget a professional online rehab center – WoW has tons. During the summer sometime around my middle school years I achieved critical mass when I was going to sleep at 5 a.m., waking up at 8 p.m. Only, unlike many WoW players, I weaned myself off the game because many of my friends left. I was definitely addicted. I had very few real-life friends at the time, and it was a sort of sanctuary for me at the time. Now, I stay away from WoW.

The concept that your average person can't quite seem to grasp is that gamers play games for the same reasons people watch movies



photo by garrett mynatt

scott lee is a junior journalism and technical communication major and the U.S. editor of the gaming news web site beefjack.com.

or read books, two mediums that also find their way into an escapist's realm more often than not. Shooting up baddies in "Halo 3" is merely more interactive than watching "Starship Troopers." "Dragon Age: Origins" is essentially "Lord of the Rings," though the former allows you to twist the story based on your actions. Similarly comparable to movies and books is the gamer's ability to press pause or stop playing.

The length of a game, sometimes infinite, is what nurtures an outside viewer's opinions of gamers. When someone sits down to play a 70-hour-long game in 5-hour chunks, it's no wonder their significant other starts screaming. Then again, you might consider that the "Lord of the Rings" books could take equally long to get through if you're a slow reader.

When that same person starts playing games that never end, like WoW, games with constant expansions and updates from their developers and a group of close online friends, well, it's no wonder they don't have a significant other. While more and more psychology journals add videogame addiction to their lists of professionally recognized and treated addictions, the gaming audience grows exponentially. This doesn't show a rise in videogame addiction, it exemplifies that ratios generally stay the same with or without the growth of an audience.

I think gaming requires a well-developed balance. What sets it apart from movies and books, as a hobby, is its expensive nature, fiscally and time-wise. However, as a CSU student with, you know, life goals, it can be hard to keep up with what's new. Just don't let the games take over your life. Set them aside if needed. If you do have problems with that, then see a shrink.

I don't play WoW because I'm aware of my addictive nature. But I play many single-player games on different consoles because they're fun. Sometimes I need to escape. So what? Gaming is a hobby that I enjoy, and I feel validated in that. I would take an interactive, immersive experience over a movie any day. But just because I need to escape or lob off a Saturday where I don't do anything but "nerd out" doesn't make me addicted, as long as I maintain a high enough level of self control. ■ Ca

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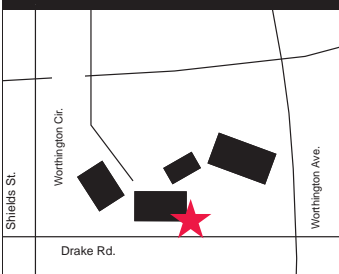
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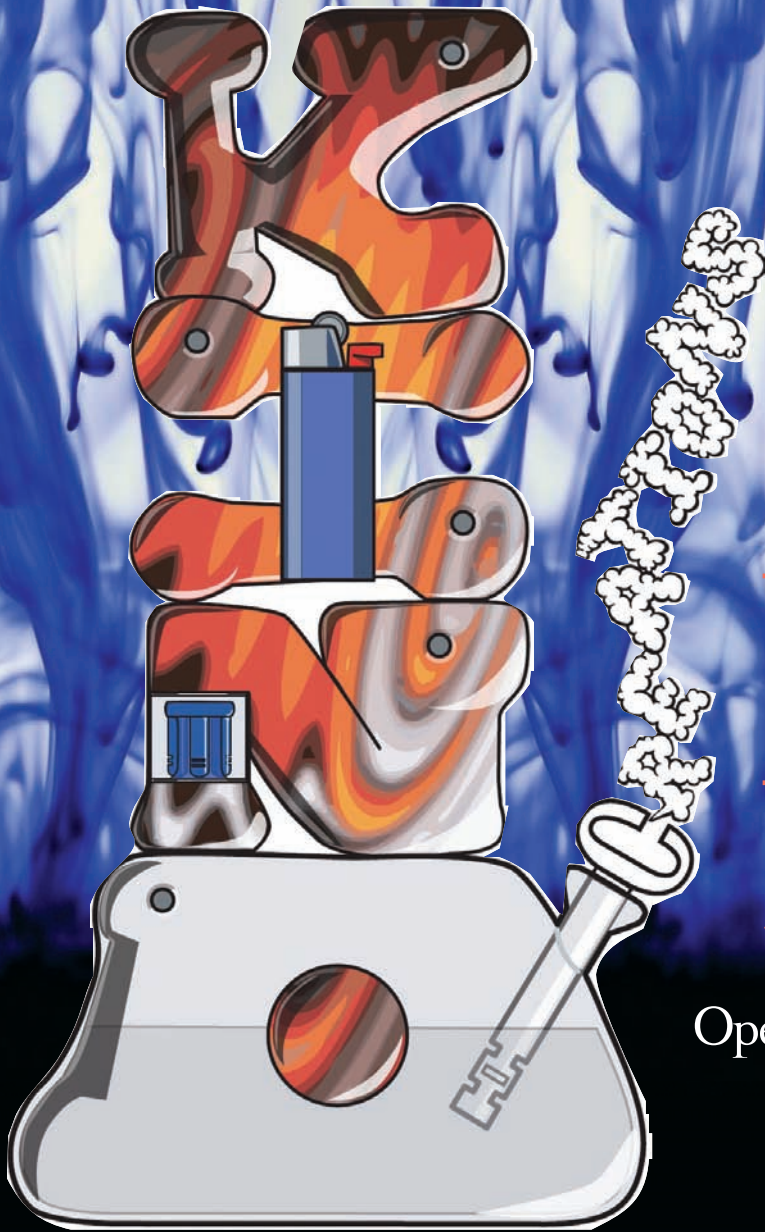
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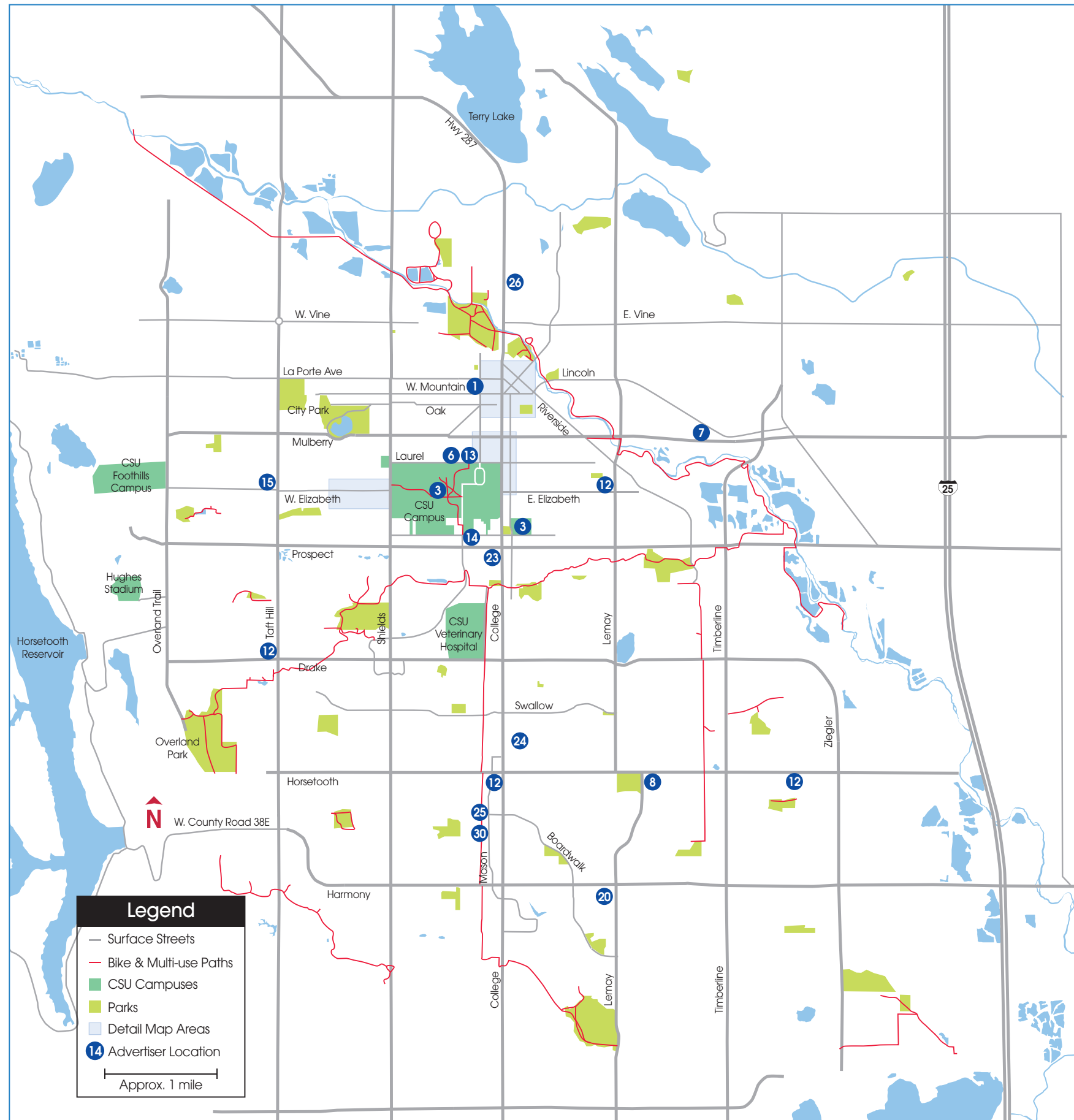
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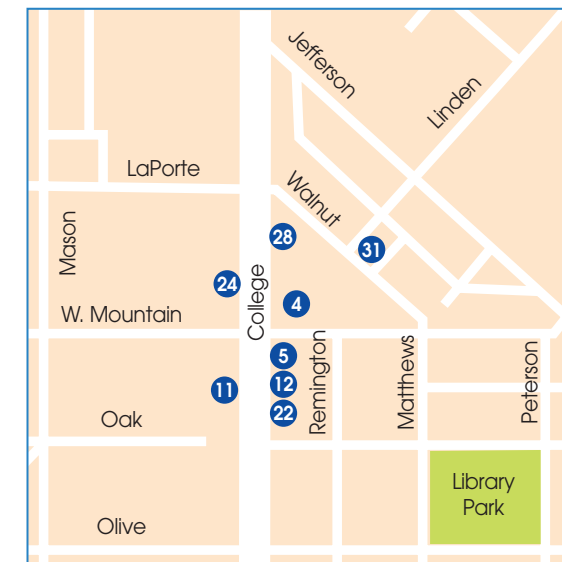
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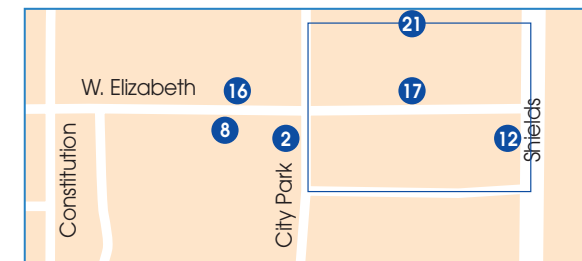
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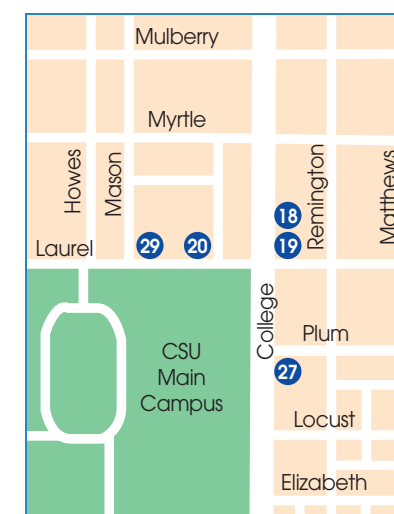
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